

THURSDAY, MARCH 21, 2024

# THE FORT JACKSON LEADER

AMC'S #1 PUBLICATION



COMMUNITY EXCHANGES INFORMATION AT THE ...

# CIE



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# Army Chief of Chaplains comes home to receive 2nd star

Story, photo by MEL SLATER  
Institute for Religious Leadership

A promotion ceremony in honor of Chaplain William "Bill" Green Jr., the U.S. Army Chief of Chaplains was held at the Institute for Religious Leadership at Fort Jackson, March 15.

The event was hosted by Gen. Gary M. Brito, commanding general, U.S. Army Training and Doctrine Command.

"We're going to promote Brig. Gen. Bill Green to the distinguished rank and hard-earned rank of major general in our United States Army. And as many of you know, as I certainly do, this is not just a promotion to a new rank," Brito said. "This is to formerly and fully enable Bill Green to execute the monumental importance of the Office of the Chief of Chaplains, where he will continue to lead the efforts of our entire Chaplain Corps while they minister to the spiritual, emotional and mental needs of our Soldiers, their Families and our civilian professionals."

Brito also spoke of Green's character.

"Chaplain Green is not only a man of faith, which is obvious given his profession, but he truly and genuinely walks the walk as he lives his life and has gone about his career with a true servant's heart."

The Zimmerman Auditorium on the IRL campus was full of many members of Green's Family, friends, and colleagues. Distinguished visitors included Fort Jackson Commanding General, Maj. Gen. Jason E. Kelly; retired chaplain (Maj. Gen.) Douglas L. Carver; Chaplain (Brig. Gen.) Jack J. Stumme, Deputy Chief of Chaplains; Chaplain (Brig. Gen.) Andrew Harewood, Dep-



Robin Green, wife of Chaplain (Maj. Gen.) William 'Bill' Green, chief of chaplains, and his brother Calvin Lawyer Sr. pin the rank of major general on his shoulders as his mother, Mary Green watches.

uty Chief of Chaplains, U.S. Army Reserve; and Sgt. Maj. Meaghan Simmons, Chaplain Corps Regimental Sergeant Major. An overflow room was used to accommodate other guests who could view the proceedings online over several screens.

Green's wife Robin and his brother Calvin Lawyer Sr pinned the two silver stars on his shoulders as his mother, Mary Green witnessed the act up close and his three adult children watched from the audience. Green and his wife Robin also will celebrate 40 years of marriage later this year.

Green is the 26th Chief of Chaplains and

the third African American to hold the position in 248-year history of the Chaplain Corps. While he was born in Savannah, Georgia, he grew up on Hilton Head Island, South Carolina.

Green shared a history story from the Civil War that took place on Nov. 7, 1861, known as the Big Gun Shoot. It is the anniversary of the Battle of Port Royal and the start of the reconstruction of South Carolina that affected Hilton Head Island and Hilton Head Islanders including Green's Family, many who were slaves. The Union Army liberated Hilton Head Island at this time and

four chaplains from Union Army units installed the first pastor of the church to which Green belongs.

"You might be wondering why I wanted to have this ceremony here, why was it so important to come back home to Hilton Head Island or to South Carolina to have this ceremony. God has brought my Family and my people from a mighty long way and guess what the Army was there." Green said. "The U.S. Army was there. On the day of the Big Gun Shoot the U.S. Army was there, why; to liberate, to bring freedom. And I love freedom. I love freedom so much that I joined, and I raise my hand and I've been serving for well over 30 years."

"And so, this place, the U.S. Army Institute for Religious Leadership here in South Carolina. The Heart and Home of the United States Army Chaplain Corps. Also, Nov. 7, 1861, and those four chaplains. They are unlike the Four Chaplains that we talk about all the time. We don't hear much about these four. But I will tell you that these four hold a very prominent place in my life and in my ministry because they cared, and they wanted to bring freedom."

Upon graduation from high school, Green enlisted in the Army as a cannon crewman and field radio repairman.

In 1986 he left active duty to pursue his calling and to become an ordained minister and Army chaplain.

Green is a 1989 Distinguished Military Graduate of Savannah State University, Savannah, Georgia, with a Bachelor of Science degree in criminal justice. In 1992, he graduated from Emory University, Decatur, Georgia, with a Master of Divinity degree from Candler School of Theology.

## ON THE COVER

Col. Timothy R. Hickman, garrison-commander, speaks during the Community Information Exchange held at the 1917 Club March 22.



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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Garrison Commander ..... Col. Timothy Hickman  
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# ‘Barn raising’ builds teamwork, saves money

Public Works employees team up to fix shed like an Amish barn raising, saving taxpayers money

By **ROBERT TIMMONS**  
Fort Jackson Public Affairs

No one can say there’s no DPW in teamwork. At Fort Jackson there surely is.

Members of the Fort Jackson Directorate of Public Works’ Operations and Maintenance Division came together in a pseudo barn raising, March 11 to fix the Roads and Grounds heavy equipment shed.

“It reminds me of what you see with the Amish where the whole community comes together and pitches in for one day and gets it framed up,” said Steve Townsend, OMD chief.

Hideki Tsuboi, supervisor of the Vertical Shop, thought of the event as a way to get a lot of work done on the shed in one day and do some team building at the same time.

“The idea was we’ll do team building and get everybody working together and provide lunch and just have a great day and accomplish some goals,” Tsuboi said.

Tsuboi’s carpenters and PM team were joined by the electricians, Roads and Grounds equipment operators, and even the

mechanic from the Central Energy Plant. Some team members, who didn’t have the skills to do certain tasks took charge of lunch and grilled hot dogs, hamburgers and sausages, all accompanied by coleslaw, chips and sodas.

The teams structured the work so they would complete their jobs “in such a manner that we’re not standing on each other’s toes,” Tsuboi said. “Everybody had a priority for them to knock out ... we were all here so why not do all the lunch stuff since it was actually a gorgeous day.”

**WE ARE TRYING TO BE GOOD STEWARDS OF THE TAXPAYER’S DOLLAR AND MAKE OUR EQUIPMENT LAST LONGER.**

- Steve Townsend  
Chief, Operations and Management Division

Roads and Grounds guys used “their heavy equipment to lift the beams and stabilize the structure while carpenters cut away the old rotten wood and put new wood back in,” Townsend said about the project. “The electrical shop was taking out the old conduit and putting in new conduit and new lighting fixtures.”

Some team members even responded to emergency calls during the event.

This was all to help protect the heavy equipment stored in the structure.

Millions of dollars in heavy equipment is “parked under there and it keeps them out of direct sunlight and keeps it out of the rain” away from corrosion, Townsend said. “You want to protect the tires and hoses from (ultraviolet light) if you can when they are not being used – they will last longer.

“We are trying to be a good steward of the taxpayer’s dollar and make our equipment last longer.”



Photo by *WHITNEY HUTTO*

**Members of the Directorate of Public Works’ Operation and Management Division team conduct repair on a heavy equipment shed. Workers from various parts of the division came together for team-building and repair the building. Heavy equipment operators would hold up the roof while carpenters would replace certain parts of the structure. Team members who did not have skills needed took charge of lunch and grilled hot dogs, hamburgers and sausages.**

# Community Updates

## ANNOUNCEMENTS

### 2024 Active Spouses Survey

The Active-Duty Spouses Survey is out. It assesses the impact of military life on spouses and their families. Unlike many surveys about military family life, this survey is a representative sample and is authorized by the Department of Defense. This is our opportunity to share what is working and what is not working in this military life we all live. It will take about 10 minutes.

#### How do I take the 2024 survey:

1. Visit <https://www.dodsurveys.mil/>
2. Click the "Don't have a ticket" button.
3. Put your 10-digit beneficiary DOD ID number found on the back of your military ID Card. This ensures only military spouses are the ones completing the survey and they are completing it only one time. It is an anonymous survey.
4. Put in your day of birth and click the "get my ticket number" button.
5. Click Start Survey

### 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](http://home.army.mil/jackson/about/fort-jackson-road-renaming).



### Family/Volunteer of the Year

Army Community Service is accepting nominations for the Family and Volunteers of the Year through March 29. The

family and volunteers of the year will be recognized in a ceremony, April 18. Nomination forms are available at: [jackson.armymwr.com/programs/army-volunteer-corps](http://jackson.armymwr.com/programs/army-volunteer-corps) select Make a Difference in Our Community-Volunteer. Download and submit nomination packets to the Army Volunteer Corps Coordinator's office, Bldg. 9810, Liberty Division Road. For more information, call 751-5444.

## COMMUNITY EVENTS

### SATURDAY-SUNDAY Spring Family Campout

4 p.m. to 10 a.m., Twin Lakes. Come out with the family and enjoy a fun-filled campout. The event costs \$20 for adults and \$15 for children. The cost includes games, crafts and more. Tents, cots, sleeping bags and sleeping pads are available for rent. For more information or to register, visit Marion Street Station or call 751-3484.

### SATURDAY Bataan Death March

6:30-9 a.m., Hilton Field. Fort Jackson holds a memorial Bataan Death March to honor the heroic service members who defended the Philippines from Japanese invasion in 1941. There are two routes, 26.2 miles and 14.2 miles. A 35-lb. rucksack is optional for both male and females. For more information or to register, call 751-3700.

### MONDAY Spouse's Green Table Talk

10-11 a.m., Victory Hall. The USAG Civilian Workforce Development Program and the Army Community Service Financial Readiness Program are partnering to offer the Leader/Workforce Development Series Training "Spouse's Green Table Talk" class. Join other spouses and an experienced financial counselor in a comfortable setting to converse about financial interests, concerns and/or the

things that are important to today's military spouse. The counselor, who comes with a wealth of personal finance knowledge and experience listens and provides insight, tips and resources.

## TUESDAY

### 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.

### Shred Day

9 a.m. to 2 p.m., Fort Jackson Recycling Center. All types of paper with sensitive information will be accepted, but NO classified documents. Shredding paper with your personal information provides a level of insurance against identity theft and misuse. If you need more information on what you can or can't shred, call 751-4208.

### MARCH 30 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.

### MARCH 31 Easter Sunrise Service

6:30 a.m., Hilton Field. Fort Jackson celebrates the Annual Easter Sunrise Service. All are invited to attend this event, there is no cost; however, attendees can donate to the Chapel Tithes and Offerings Fund. Event will be live streamed on the Fort Jackson RSO Facebook page.

See **EVENTS:** Page 10

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### MARCH 22

■ Ghostbusters: Frozen Empire (PG-13) 6 p.m.

### MARCH 23

■ Ghostbusters: Frozen Empire (PG-13) 2 p.m.

### MARCH 27

■ Ghostbusters: Frozen Empire (PG-13) 2 p.m.

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

## 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](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.

## JUST CAUSE STREET



By **FIELDING FREED**  
Basic Combat Training Museum

The United States' invasion of Panama, known as Operation JUST CAUSE, in December 1989 surprised many but it had been brewing for years. Once considered an ally in the region during the Cold War, Panamanian dictator Manuel Noriega's relationship with the United States deteriorated after his dealing in illegal drugs was exposed publicly. At the time the United States still controlled the economically and strategically important Panama Canal.

The crumbling relationship motivated General Maxwell Thurman, the Commander-in-Chief of U.S. Southern Command, to plan what many believed was an inevitable invasion. An additional 13,000 troops would be airlifted from the United States to supplement the 13,000 U.S. military personnel already stationed within Panama. These would include members of 193rd Infantry Brigade, now stationed at Fort Jackson.

Noriega's increasingly anti-American rhetoric, the result of several drug trafficking indictments against him in the United States, caused a rise in violence against U.S. citizens and servicemembers stationed in the Panama Canal Zone. Panama's response to Noriega's mounting le-

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*

**The terrain varied in Operation Just Cause and included urban combat for these members of the 82nd Airborne Division.**

gal troubles was to declare that a state of war existed with the United States on December 15, 1989. This further fanned the flame of tensions resulting in the murder of a Marine by Noriega's Panama Defense Force the following day. The United States could no longer ignore Noriega's dictatorship.

The invasion commenced at 1:00 a.m. on Dec. 20, 1989. Resistance by the 16,000 member PDF and Noriega's paramilitary "dignity battalions" resulted in heavy, but

brief fighting. At the end of eight hours of combat, the U.S. forces had defeated the Panamanians.

American losses were 23 killed and 325 wounded, compared to 314 PDF killed and an unknown number of wounded. Credited for minimizing casualties on both sides, Army Psychological Operations teams successfully used loudspeakers to talk many of the 1,908 captured PDF soldiers into surrendering.

After several days on the run, a surrounded Noriega sought refuge in the Vatican's diplomatic mission in Panama City. The Army famously employed the sound amplifiers again, this time to play loud rock music, which Noriega allegedly despised, directed at his hiding place. The surrender of dictator Manuel Noriega on Jan. 3, 1990 effectively ended Operation JUST CAUSE.

- Lt. Col. Richard C. Bennett  
U.S. Southern Command

PANAMA WAS NOT A NEAT, LINEAR BATTLEFIELD ... (IT) MORE RESEMBLED A LETHAL MOSAIC OF SEPARATE ATTACKS CONDUCTED BY LAND, SEA, AND AIR FROM THE FOUR POINTS OF THE COMPASS.



Scan to learn more about the Operation JUST CAUSE.

## Students learn to eat well

By **LORRAINE EMORY**  
DOD News Service

The Academy of Nutrition and Dietetics launched an annual program in March 1980, where everyone is welcome to learn about making educated food choices and forming healthy eating and exercise habits.

It is now declared a month-long celebration.

The subject for this year is "Beyond the Table," which covers nutrition from farm to fork, including how to navigate grocery stores and farmers markets as well as food production and delivery. It discusses sustainability and the many ways we eat as well.

Moncrief Army Health Clinic's nutritional clinic visited Pierce Terrace Elementary School all day March 14 to teach the students the many ways to eat well.

The visiting team members consisted of Capt. Blake Brauning, Capt. Kara Andrews, 1st Lt. Michael Bruno, and Spc. Mary Pennington. Their educational lesson included learning the official symbol representing the five food groups and how to construct the healthy 'MyPlate.'

In teaching students about proteins, the nutrition team used an analogy by bringing in building blocks to share with the students, stressing the importance of eating protein for the body.

Andrews encouraged students to "Eat the rainbow" in the assortment of healthy vegetables.

Kindergarten teacher Jodina Tyson said, "Our students were engaged and excited to share various colors of healthful fruits and veggies."

The students were more than just passive listeners during the nutritional clinic visit. They actively participated in a craft project, where they were given printed colored assorted food items.

Community exchanges information at the

# CIE

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

“There are a lot of things that are occurring on Fort Jackson,” said Col. Timothy R. Hickman, garrison commander. “The challenge a lot of times is just finding out when and where to enjoy those events.”

Hickman was speaking to the Fort Jackson community gathered at the 1917 Club and on-line during a Community Information Exchange, March 14.

“We wanted to share what’s happening with you today because Fort Jackson is a great place to live and work,” he added. “So, we want to let you know how to find out some new information. Our goal is to present the information in ... multiple ways to find out how to enjoy Fort Jackson.”

The post did this by setting up an impressive lineup of who’s who on post and off post. There were representatives from:

- Camp Cole
- The Commissary
- Department of Defense Education Activity schools
- Army Community Services
- Child and Youth Services
- Army Substance Abuse Program
- Family and Morale Welfare and Recreation

- American State Utility Services
- Housing Office
- Safety Office
- Moncrief Army Health Clinic
- Armed Forces Wellness Center
- Holistic Health and Fitness
- Religious Services Office
- The Exchange

“This is a forum and an opportunity for our community to engage leaders at Fort Jackson,” said Maj. Gen. Jason E. Kelly, post commander during the event. It allowed not only the community to engage leaders, but for them to reciprocate as well.

“There is nothing that prevents us from talking about and being transparent about what’s happening on our community ... We have to have dialogue about what better looks like.”

Kelly added that at the current time, “we don’t have enough people, we don’t have enough money and we’re downsizing. What are we going to do about it? Well, I think we’ve got to optimize what we have ... What I want us to do is figure out how we make our community better.”

He said he wants to see the CIE continue “to be one where we’re receiving advice from our community and getting better.”

To view the entire event visit: <https://www.facebook.com/FortJacksonCommandingGeneral/videos/745197551051164/>

**(Middle Top) Col. Susan Cebula, Dental Activity - Fort Jackson commander, takes notes during the Community Information Exchange held March 14 at the 1917 Club.**

**(Middle Center) Col. Timothy R. Hickman, garrison commander, welcomes the Fort Jackson community to the exchange where the post was updated on events and happenings on the installation.**

**(Middle Bottom) Garrison Commander Col. Timothy R. Hickman and Garrison Command Sgt. Maj. Brie Kotula, congratulate Caylee Tatingal, for her artwork depicting what a healthy relationship looks like. Tatingal and other C.C. Pinckney Elementary School students were recognized at the event.**



Fort Jackson social media administrators stand by ready to answer any questions that came through during the live stream of the Community Information Exchange, March 14. ‘The forum is an opportunity for our community to engage leaders at Fort Jackson,’ said Maj. Gen. Jason E. Kelly, Fort Jackson commander. The community was able to interact with leaders in person or via a live stream on the Fort Jackson Commanding General’s Facebook page.

# Good boy!

By Nathan Clinebelle

The Nation honored its four-legged heroes March 13 as part of National K-9 Veterans Day marking the official birthday of the United States K9 Corps in 1942. Every day Military Working

Dogs train and remain ready to duty ... no questions asked. Military Working Dogs Tomy, Moo, Xixo, and Betta were busy that day training to protect the Fort Jackson community.

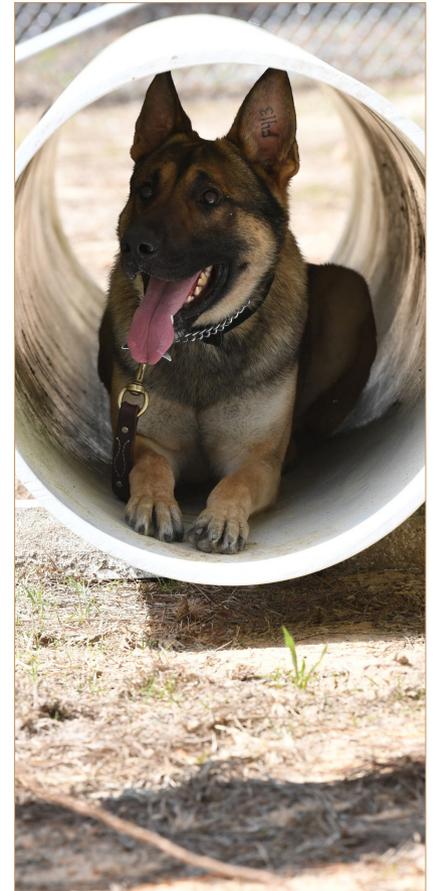
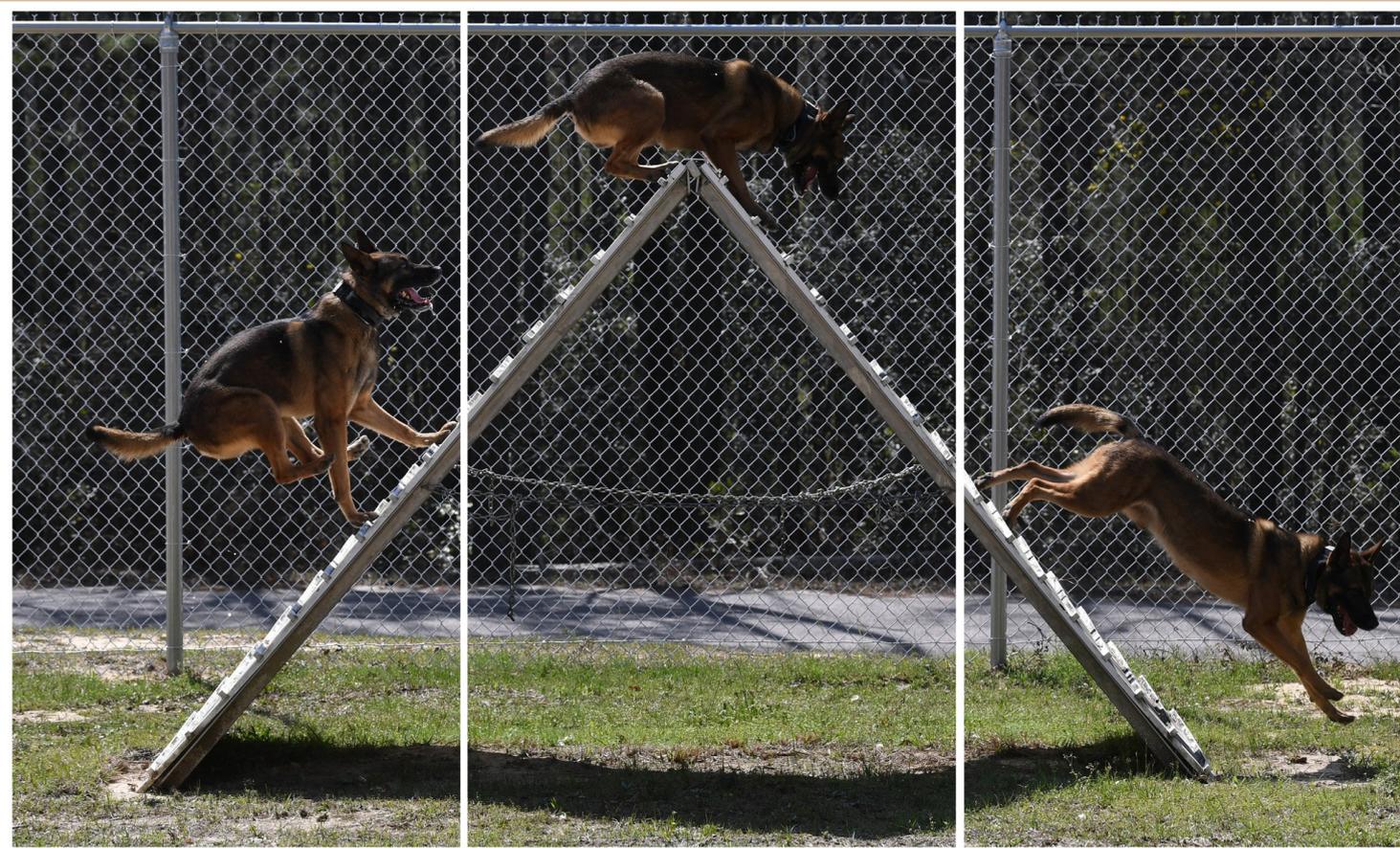




Photo by NATHAN CLINEBELLE

## Sharing Herstory

Command Sgt. Maj. Kimberly Nieves, Moncrief Army Health Clinic senior enlisted leader, share her service story during the second Herstory event held March 13 at the 1917 Club.

## SALUTING THIS BCT CYCLE'S HONOREES 2nd Battalion, 13th Infantry Regiment

**ALPHA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Michael Wielgorski

**SOLDIER OF THE CYCLE**  
Pvt. Dylan DiGregorio

**BRAVO COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pvt. Yvonne Gonzalez

**SOLDIER OF THE CYCLE**  
Pfc. Sean Foster

**CHARLIE COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Pfc. Avery Benson

**SOLDIER OF THE CYCLE**  
Pvt. Gabriel Russell

**DELTA COMPANY  
SOLDIER LEADER  
OF THE CYCLE**  
Spc. Benjamin Heidenreich

**SOLDIER OF THE CYCLE**  
Pfc. Shaina Sta Ana



**STAFF SGT. JACOB WOOD**

**DRILL SERGEANT  
OF THE CYCLE**

# 'The Weigh It Is' with Pam Long

Some noticeable body discomforts come along with exercising. Muscle cramps are one of them. Almost everyone experiences a muscle cramp at some time in their lives (and their workout). These temporary, but intense spasms are common for various reasons. The good news is that muscle cramps can be minimized with a regular preventive practice approach that complements your new exercise lifestyle.

Bet you did not know several types of cramps exist. The type that can put a real 'cramp' in your workout routine is called true cramps. True cramps involve part of a single muscle or a group of muscles that generally act together. Most agree that True cramps are caused by hyper-excitability of the nerves that stimulate muscles. If you are exercising a muscle and giving it all you've got that makes that muscle hyper. It is pulsing and tightening with every lift and squat you deliver during your workout.

During your workout, sometimes muscle fatigue begins and if you keep pushing through that threshold (which is common in exercising ... feel the burn) your muscle



**Long**

fatigue because of the intense vigorous muscle exercise use.

True cramps may come hours after you are through with your workout. This can be so frustrating because cramps at rest are common. They are even more common during the night. Night cramps (known as nocturnal cramps) can be painful and disruptive to your sleep. Sometimes you work through that cramp only to get another one before the night is over.

This cramp battle could go on for several

minutes making for lots of discomfort and pain. When you regularly exercise at an intense level, muscles remain in a hyper state; this makes a muscle vulnerable to cramping. If you avoid cramping during the exercise you could experience calf cramping while lying in bed.

Both scenarios could lead to cramping later.

**T r u e** cramps are notorious side effects regular exercisers encounter. They are associated with muscle

fatigue because of the intense vigorous muscle exercise use.

True cramps can happen right on the spot or later when resting or sitting. Stretching and staying hydrated are best practices when dealing with true cramps.

Another common type of cramp is called the tetany.

Here, all the nerve cells in the body are activated, which stimulates the muscles. When this happens, you experience spasms

minutes making for lots of discomfort and pain. When you regularly exercise at an intense level, muscles remain in a hyper state; this makes a muscle vulnerable to cramping. If you avoid cramping during the exercise you could experience calf cramping while lying in bed.

This is known as a charley horse.

To help prevent or minimize True cramps, during intense exercise replenish sweat loss, water is not the only fluid lost during perspiration. Salts, minerals, and other fluids keep our body temperature balanced.

We must replace fluid loss during exercise, or it could show up later as a true cramp.

True cramps can happen right on the spot or later when resting or sitting. Stretching and staying hydrated are best practices when dealing with true cramps.

Another common type of cramp is called the tetany.

Here, all the nerve cells in the body are activated, which stimulates the muscles. When this happens, you experience spasms

or cramps throughout your body (not a good feeling).

Doctors state that sufferers of low blood levels of calcium and magnesium may experience such spasms or cramps.

Low calcium and low magnesium increase the activity of nerve tissue; again, you have muscles or nerves that are over-excited.

The result can lead to more cramping.

Effective measures that can help relieve or rid us of cramping, begins with hydration. With all types of cramps, the importance of staying hydrated comes first. Water remains the champion in hydrating the body. When exercising, keep water handy and drink throughout the entire workout time. Aim for 0.4 to 0.8 liters of water per hour. This is a gauge; if you need more water, drink more water.

The need to replace electrolytes (sodium and potassium) can happen when:

- There is not enough of these important minerals present in your meal or snacks choices.

# Events

Continued from Page 4

## 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

### Dog Walks and Talks

10 a.m., Twin Lakes. Bring your four-legged friends and join a walk around Twin Lakes Park. There will be a best dog trick competition. For more information, call 751-3484.

## 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 FJ and the surrounding Columbia community.

# Weigh

Continued from Page 9

- When your workout lasts for several hours
- Or if you are exercising or working in excessive heat.

If these are factors, you may want to also add a beverage like Gatorade to replenish those minerals. Stretching before and after exercise will complete the prevention package to help minimize cramps caused by vigorous activity.

Take these easy steps and before you know it this problem will no longer cramp your active lifestyle.

Pam's thought for the week: "Hydrate, hydrate, and hydrate."

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 Pam Long, Fitness and Wellness Specialist for the Directorate of Family and Morale, Welfare and Recreation at 751-3700.

## Catholic Holy Week Schedule

### March 24 - Palm Sunday

9 a.m. - Holy Rosary

9:30 a.m. - Palm Sunday Mass

### March 28

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

### Good Friday, March 29

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, March 30

8:30 p.m. - Easter Vigil Mass

### Easter Sunday, March 31

9 a.m. - Holy Rosary

9:30 a.m. - Easter Sunday Mass

**DID YOU KNOW: All personnel must wear hearing protection when on firing ranges while noise hazards are present (forward of the hearing protection signs). 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.	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

## Small drone training presents challenges, opportunities

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The adoption of small, unmanned aircraft systems has significantly increased in military applications, attributed to their versatility in reconnaissance, surveillance, intelligence, and offensive operations. Despite their advantages, integrating small aerial drones into training presents various challenges, including financial constraints, the necessity for specialized training and authorities, as well as unit and headquarters logistical coordination.

Adopting iterative training with an emphasis on audible signature replication presents numerous benefits.

Audible replication enables Soldiers to acclimate operating in an environment where small drones operate freely, and enhances trainees capability to recognize and react to these systems effectively. Trainees gain a deeper understanding of small drones, enabling better situational awareness of the threats and enable tactical level leaders the ability to maneuver in an environment which is much more transparent and visible to adversaries. Preparing forces for future battlefields, where small aerial drone technologies and adversaries evolve, ensures a strategic advantage, critical for mission success in contested environments at the tactical level.

The strategy to overcome training and fiscal constraints involves using readily available technology to mimic small aerial drone sounds during exercises.

Utilizing smartphones for their widespread availability and audio playback features is a practical and cost-effective option. Adding a low-cost Bluetooth speaker enables additional audio quality and introduces remote capabilities for the operator. These devices are all portable and easy to deploy, facilitating realistic engagements, simulating real small drone.

Integrating auditory replication into current POI does not interrupt or distract from training objectives. It improves and makes the training environment more realistic to today's operational environment. Audible replication enable units to execute training at scale, with minimal additional



Photo by NATHAN CLINEBELLE

**A small drone flies over a recent iteration of The Forge. The adoption of small unmanned aircraft have made the battlefield become even more complicated.**

costs, and reduces outside coordination and deconfliction requirements.

The proposed approach to integrating small aerial drones into military training leverages a phased progression, ensuring trainees develop a thorough understanding and practical skills in reacting to small aerial drone threats. This coincides with the traditional phases of basic combat training. Each phase is tailored to introduce, develop, and refine specific competencies related to small aerial drones.

During the Yellow Phase, trainees are introduced to small aerial drones through a class that lays the foundational knowledge of these systems. This class covers essential topics such as the various types of drones, their capabilities and uses, countermeasures, and the importance of spot reporting. The goal is to build a base understanding of the small drone operational frameworks and threat identification.

As trainees advance to the Red Phase, practical exercises are executed to develop muscle memory. Trainees learn how to respond to small enemy drones while in a defensive position. Integrating auditory replication methods provides the stimulus

trainees require to recognize and to react the drones' signatures. This phase culminates in the "Hammer" field training exercise, where these skills are tested in simulated combat scenarios, emphasizing defensive tactics against drone threats such as employing camouflage, cover, and concealment.

The White Phase shifts focus towards understanding peer drone capabilities and enhancing offensive operation competencies.

Trainees are exposed to scenarios that require reacting to enemy drones while on dismounted patrols. Trainees learn how to maneuver and remain concealed during practical exercises to ensure survivability. Points of emphasis include dispersion of Soldiers and air guards. During the "Anvil" field training exercise, trainees encounter enemy drones through audible signature identification and employ countermeasures and tactics they have learned up to this point to evade being targeted and destroyed.

During the "Forge" field training exercise trainees execute all tasks learned throughout their training. Enemy drones are integrated into the scenario to ensure the full spectrum of enemy threats are trained and

reinforced. Scenarios are designed to incorporate the audible signature of drones into react to indirect fire and react to chemical attacks. In these scenarios enemy drones are used as reconnaissance vehicles to locate friendly forces and report those positions to enemy artillery for engagement. This phase ensures all trainees are proficient in their drone competencies, prepared for real-world threats, and capable of employing both traditional and innovative counter-drone tactics to survive and accomplish their mission.

The battle drills the trainees perform follow ATP 3-01.81 Counter-Unmanned Aircraft System (C-UAS), as well as articles published by the Center for Army Lessons Learned and the Asymmetric Warfare Group.

While patrolling, the designated air guards will call every member of the formation to freeze upon positive identification of a drone (trainer will replicate audible signature from cellphone, weed whackers, or blue tooth speaker). Each trainee conducts SLLS (stop, look, listen, smell) drill to verify if a drone has identified and is targeting their formation. If the formation remains unobserved, they may resume mission after the drone has left their operating area.

If the formation was identified and targeted (trainer continuously increases volume of audible signature) the formation disperses, and conducts react to indirect fire battle drill. From a defensive position, trainees will disperse and seek concealment/cover prior to the drone sighting. Once the trainer replicates the signature, trainees freeze, hide in place, and conduct SLLS (stop, look, listen, smell). No radio communications are transmitted to higher until the clear is given. Once the drone has left their operating area, they can continue mission.

This structured approach to training, emphasizing iterative learning and practical execution, aligns with the holistic strategy proposed for mitigating the challenges of small drone integration into training.

By progressively building on knowledge and skills related to small drones, the military can enhance its operational capabilities, ensuring readiness against evolving threats in contemporary and future battlefields.

# VICTORY... STARTS HERE.



Col. Michelle Williams, the first female commandant of the U.S. Army Finance and Comptroller School, watches as Command Sgt. Maj. Kimberly Nieves, Moncrief Army Health Clinic's senior enlisted leader, shares her career experiences during the Herstory event held at the 1917 Club, March 13.

Photo by NATHAN CLNEBELLE