

THURSDAY, JULY 25, 2024

THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION

BOMBS AWAY!

LONG DRIVE COMPETITION HITS POST



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Commentary: Afraid of retirement unknowns? There's help

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

Is thinking about retirement scary for you? Does the fear of the unknown give you a double take? Do you think you have prepared enough?

If you think of these, you are not alone.

I recently stopped by Army Community Service to see just how prepared I was and quickly determined I was in the right place.

The financial counselors there can help you start preparing whether you are on your first enlistment or in the twilight of your career.

I am not exactly nearing the end of my career, but I can see the faint light at the end of the tunnel and wanted to make sure I was on the right track.

I spoke with Kim Bottema, an ACS financial counselor who has been in civil service for 35 years, who gladly helped me find out where I stand.

It's up to the individual on when they will retire but it's better to plan earlier rather than later.

"If I can get a client that comes in when they first start civil service, I really feel like we can make a huge difference in the retirement pension," she said.

"But it's a personal issue when it comes to retirement."

The clients might say I'm tired of working. I was retired military and I've been in civil service for 15 years, or I just don't want to work anymore.

"It's about can you afford it too," Bottema said.



Graphic by **TECH SGT. WILLIAM O'BRIEN**

Retirement preparations can be daunting, but Army Community Service has financial counselors available to help. The Garrison Workforce Development Office holds retirement seminars throughout the year.

One thing that helps is to create a budget and see where you are.

"If I retired this is what the dollar amount will be in my pension," she said. "If you're going to draw Social Security, this is the amount of Social Security I'm going to receive. I'm retired military, this the dollar amount. Then you add up all these and do a budget with your rent, your utilities, car payment, insurance ...

"Oh, can I afford it? My goodness, I'm going to be in a deficit. So, then we have to change some of our spending habits and stop some of the things now before we retire," she said. "It's a personal choice when you retire and if you can afford it."

One of the most important parts of preparation for retirement is can someone afford it. It's best to start preparing now, like Bottema said. If I don't have the mon-

ey to retire right now, I can work at saving money so I will have it in the future.

She showed me I am on the right track heading to retirement, but I can improve where I'm at by looking at some areas that can boost my savings and put my retirement plans in the black. These included tweaking my Thrift Savings Plan; making sure I have adequate savings and emergency money accounts; and (since I am retired military) maximizing my disability rating. One area that shocked me was life insurance.

Bottema counseled me (ACS has counselors not advisors by the way) that taking a look at my life insurance can help me increase my retirement pension.

As I get older insurance will get more expensive. Will I need all the coverage I pay for, and did I realize that the premiums from the Federal Employee Group Life Insurance policy will decrease the amount of my monthly civilian retirement annuity?

Not at all. It didn't even cross my mind. Wow that will be something I will have to take a look at. Will civilian term insurance beat the FEGLI and Veterans Group Life Insurance I have?

Another way I could save more is by examining my TSP.

There are three areas I needed to look at: how much I am putting in, how that was being dispersed and if it was a Roth or Traditional Individual Retirement Account.

As a government civilian, the amount

See **RETIREMENT:** Page 9

ON THE COVER

Matthew Powell crushes a drive off the tee during the Military Long Drive finals held July 22 at Fort Jackson. Powell lost the competition to Brendan Ridge



Photo by **ROBERT TIMMONS**

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THE FORT JACKSON LEADER

"We Make American Soldiers"

Fort Jackson, South Carolina 29207

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

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

Commanding General Maj. Gen. Jason E. Kelly
Garrison Commander Col. Timothy Hickman
Public Affairs Officer Tom Byrd
Command Information Officer Robert Timmons
Social Media Manager Nathan Clinebelle

Website: home.army.mil/jackson/FortJacksonNews

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Post Command Sgt. Maj. Erick Ochs checks the uniform of Staff Sgt. Alexa E. Villegas at a Sergeant Audie Murphy Club board held July 23 at Fort Jackson.



Command Sgt. Maj. John Blyler II, senior enlisted leader for the 165th Infantry Brigade, wears his Sergeant Audie Murphy Club medallion during a board to question Soldiers attempting to enter the club.



(Above) Command sergeants major from across Fort Jackson ask Staff Sergeant Alexa E. Villegas a series of questions before they voted on welcoming her into the Sergeant Audie Murphy Club, July 23.

(Right) Villegas, with the 165th Infantry Brigade, answers questions before a panel of command sergeants major as part of her attempt to join the Sergeant Audie Murphy Club. She was accepted into the club at the board.

In the club

Photos by Robert Timmons

The 165th Infantry Brigade's Staff Sgt. Alexa E. Villegas took the final step to joining the prestigious Sergeant Audie Murphy Club when she went before a board of command sergeants major. Villegas unanimously passed the board after rigorous questioning.

The Sergeant Audie Murphy Club, named after the most decorated Soldier of World War II, is a private Army organization for noncommissioned officers whose leadership and performance merit special recognition.



Community Updates

ANNOUNCEMENTS

Change of Command

9 a.m., Aug. 23, Hilton Field. Maj. Gen. Jason E. Kelly will relinquish command of Army Training Center and Fort Jackson to Maj. Gen. Daryl O. Hood.

Road Name Changes

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



SPRC Yoga Hours

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

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

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

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

The Friday class has been cancelled.

Safety Classes

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

■ Basic Riders Course:

July 30-Aug. 1 (five seats open); Aug. 6-8 (six seats open)

■ Advanced Riders Course

Aug. 13 (six seats open); Aug. 20 (six seats open)

■ Local Hazards Course: Aug. 5, 12, 19 and 26.

■ Intermediate Drivers Course: Today (30 seats open); Aug. 15 (30 seats open)

■ Remedial Drivers Course: Aug. 21 (12 seats open)

■ Unit Safety Officer Course: Aug. 6-7 (22 seats open)

Needs Assessment Survey

Help our Education Center to better understand and meet your educational needs on Fort Jackson. Your participation and feedback is valuable and will be utilized to help improve ACES education programs and services. You need to take the needs assessment survey. Scan the QR code to begin. The Fort Jackson Education Center can be reached via email atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil, or via phone at (520) 691-4472.



School and Sports Physicals

Moncrief Army Health Clinic is conducting school and sports physicals Mondays and Wednesdays until July 31. Parents/guardians may bring children from 4:30-6:30 p.m. (You must be checked in by 6 p.m.) Required school immunizations can be done at this time. This is only open to MAHC enrolled children in grades K-12. Upon arrival check-in with the Integrated Health Medical Home on the ground floor of MAHC, Room #2318A. Please bring

any external immunization records and required sports/school physical forms for your child's school program. To expedite the process, complete the patient information portion of each form prior to arrival. Patients will not be checked in until the patient portion of the forms are completed. For more information email For questions, contact tashiana.a.rodgers.civ@health.mil.

100% Housing Inspections

Housing officials recently announced that congressionally-mandated 100% inspections of on-post housing units will take place in August. The residents will soon be able to schedule those inspections using an online tool.

COMMUNITY EVENTS

TOMORROW

Amnesty Day

7 a.m. to 2 p.m., Darby Field. Fort Jackson is holding an Amnesty Day July 26 to give Soldiers and Department of Defense civilian cardholders to turn in unauthorized ammunition and other ordnance in their possession without fear of reprisal. For more information, call (803) 751-2541.

AUG. 2

Blood Drive

10 a.m. to 2 p.m., Drill Sergeant Timothy Kay Soldier Performance Readiness Center. The American Red Cross is holding a blood drive. To sign up to donate visit: redcrossblood.org/ and enter sponsor code: sprc.

AUG. 3

Saluda River Tubing

9 a.m. to 12:45 p.m. Join Fort Jackson Outdoor Recreation for a relaxing two-hour trip tubing down the Saluda River. The trip costs \$25 and includes transportation, rentals and shuttle services. Coolers allowed. For more information, or to

Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

SATURDAY, JULY 27

■ Deadpool & Wolverine (R) 2 p.m.

WEDNESDAY, JULY 31

■ Deadpool & Wolverine (R) 2 p.m.

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

register, call the Marion Street Station at (803) 751-3484.

AUG. 5

Intramural Golf League

Letters of intent are due for the Intramural Golf League starting Aug. 13. The league is for teams of two active duty Soldiers only. This is a commander's cup event. For more information, call (803) 751-3096.

AUG. 6

Facilitating Flow

9:30-11 a.m., MS Teams. This session will shed light on the experience of flow by discussing its science, features, applications, and benefits across various fields.

See **EVENTS:** Page 10

THE FORT JACKSON LEADER

SEND ALL
SUBMISSIONS TO

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

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

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

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

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

Questions? Call 751-3615.

Army investigates how to improve alertness



Photo by ARLEN CAPLAN

A Soldier demonstrates how the sleep study suites are used at the Center for Military Psychiatry and Neuroscience of the Walter Reed Army Institute of Research.

By PAUL LEGASSE
Army Medical Research
and Development
Command

A good night's sleep is something that most people take for granted, but for warfighters, chronic and acute sleep deprivation is an all-too-familiar part of their routine.

Lack of sleep negatively impacts performance, which can lead to errors, injury and potentially even loss of life. To help overcome this problem, researchers at the U.S. Army Medical Research and Development Command's Walter Reed Army Institute of Research are investigating ways to help service members get

the most out of their sleep.

"Two thirds of service members do not sleep enough every night, a rate that's twice as high as the civilian population," said Dr. Tracy Jill Doty, the chief of WRAIR's Sleep Research Center. "Service members are often in situations where they just can't sleep for extended periods. There's a need to have a tool that they could use in the field to help make short sleep opportunities more restorative. If they can only sleep for two hours, is there a way that we could make their sleep better?"

Doty and WRAIR senior sleep researcher Dr. John D. Hughes are investigating the use of gentle electrical pulses

to stimulate the production of restorative brainwaves that occur during sleep. Preliminary evidence suggests that this approach helps boost the alertness and cognitive performance of Warfighters when they're awake.

During deep sleep, the brain's outer layer — called the cerebral cortex — buzzes with electrical activity that oscillates between 0.5 and 4.5 Hz, a much lower frequency than the waves that occur in the brain when a person is awake. For years, researchers believed that the so-called "slow waves" associated with sleep were simply an indication of the brain returning to a default state in the absence of conscious thought.

However, 20 years ago, a pair of researchers at the University of Wisconsin proposed a hypothesis that slow waves actually allow the brain's neurons to restore their plasticity, which enables a person to respond more quickly and precisely to what's happening around them when they're awake.

Subsequent research has borne out the hypothesis that slow waves improve the brain's performance. A 2006 study, for example, found that just 25 minutes of stimulation by slow waves in the first half-hour of a full night's sleep improved the ability of test subjects to recall word pairs that

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DOD releases Arctic strategy

By JIM GARAMONE
DOD News

The Defense Department released its 2024 Arctic Strategy, July 22. The strategy acknowledges how environmental changes are affecting the Arctic region, details the implications for U.S. security and spells out how the department plans to be ready to meet new challenges there.

"The Arctic region of the United States is critical to the defense of our homeland, the protection of U.S. national sovereignty and the preservation of our defense treaty commitments," Deputy Defense Secretary Kathleen Hicks said during a briefing at the Pentagon. "Our Arctic strategy will guide the department's efforts to ensure that the Arctic remains a secure and stable region."

Eight nations have a presence in the Arctic, including Canada, Denmark, Finland, Iceland, Norway, Sweden, the United States and Russia. All have interests there for both commerce and security.

Climate changes have meant the melting of ice in the Arctic and the opening of new sea routes, which means new opportunities for commerce and resource exploitation, but also increased risk to nations whose borders were previously protected by the region's inaccessibility.

"Climate change is fundamentally altering the Arctic, and with it, geopolitics and U.S. defense missions," Hicks said. "The readiness of our forces for those missions is always foremost on our minds, and that's why for decades, across Republican and Democratic administrations, the department has been seeking to ensure our military capabilities can meet the mark, even in the face of a changing climate."

See **NATO**: Page 8

Brendan Ridge, a sniper team leader in the 2nd Infantry Division at Joint Base Lewis-McChord, Wash., raises the World Long Drive cup after winning the 2024 Military Long Drive Competition held at Fort Jackson, S.C., July 22.



Photo by NATHAN CLINEBELLE

A long drive contestant drills a ball during the World Long Drive competition, July 22. The event was held at Fort Jackson, July 19-22.



Photo by NATHAN CLINEBELLE

Staff Sgt. Benjamin Garnett, with the 282nd Army Band, sings the National Anthem during opening ceremonies of the final day of the 2024 World Long Drive competition.

Photo by ROBERT TIMMONS

BOMBS AWAY!

2ID Soldier wins long drive competition

By **ROBERT TIMMONS**
Fort Jackson Public Affairs

For one sniper team leader in the 2nd Infantry Division at Joint Base Lewis-McChord, Washington, hitting a golf ball wasn't for distance. He found out July 22 that hitting a golf ball a long way can become far more lucrative.

Brendan Ridge won the Military Long Drive Championship held at Fort Jackson, South Carolina with a drive of 348 yards.

Twelve active duty, retired, or reserve service members from around the country competed at the event. As winner of the military championship, Ridge automatically qualified to compete in the open division at the World Long Drive Championship, Aug. 8-11 in Atlanta. He also received \$10,000 for his win.

"It feels bad to say it, but I was here just to kind of see what was going to happen because I mostly play regular golf," the staff sergeant said. "So, I was kind of open minded and the win is a huge surprise."

Ridge had to win competitions at his post to qualify for the finals, and then had to battle some heavy hitters from across the services including Mikael Dubois – an Air Force pilot who won the last Military Long Drive Championship held at Fort Jackson in 2019.

"After I graduated college, I wanted to play a lot



Photo by ROBERT TIMMONS

Brendan Ridge carefully places a ball on the tee before the final round of the Military Long Drive competition.

of golf," said the infantryman with four years in service. "I just didn't know this was an opportunity for the military specifically, or never really thought to go into it or regular golf. I'm glad I discovered it."

Ridge met Dubois on the driving range before the first round that, he professed, helped calm him down for the tournament.

"He told me that getting balls in play matters a lot and just have fun with it," Ridge said. "I think going into it with that attitude, loosened me up. Once I started getting balls in the grid and knowing that I was getting out there, like 310-320 yards, I figured I might have a shot at this."

David Livingstone, chief commercial officer for World Long Drive said it was special to hold the MLD competition again on Fort Jackson.

The competition was held there in 2019, with plans to return, but the COVID pandemic forced a delay until this year.

Livingstone said the group appreciates "being able to be a part of this organization, seeing what this base does to prepare our young Soldiers, young men and women, and exposing our athletes to the community here."

"It's fantastic and just the excitement and energy they get from hitting in front of these Soldiers."

According to the WLD, the event is the ultimate, full-throttle competition to see who can outlast their opponent by hitting a golf ball the farthest.

DOD

Continued from Page 5

Climate change and the shifts in the operating environment, Hicks said, mean the U.S. must rethink how to protect warfighters and prevent conflict.

The People's Republic of China, not an Arctic nation, is increasing its presence in the Arctic. The PRC operates three ice-breakers in the Arctic, for instance, and has a military presence there as well. The Chinese military has also demonstrated its ability to operate in the Arctic by conducting operations with the Russian navy, for instance.

"While not an Arctic state, the PRC seeks greater influence in the region, greater access to the region, and a greater say in its governance," Hicks said. "That's concerning given that it's the only strategic competitor with the will and increasingly the wherewithal to remake the international order."

Russia's presence in the Arctic, including its military presence — the largest of all Arctic nations — can hold U.S. and allied territories at risk. At the same time, Russia is increasing its presence in the Arctic by reopening Soviet-era military installations.

"Russia continues to pose an acute threat to security and stability in the region," Hicks said. "Russia has continued to build up its military infrastructure in the Arctic and assert excessive claims over Arctic waters."

Russia is also partnering with China, Hicks said, and this presents additional concerns for U.S. defense.

"We've seen growing cooperation between the PRC and Russia in the Arctic, commercially, with the PRC being a major funder of Russian energy exploitation in the Arctic, and increasingly militarily, with Russia and China conducting joint exercises off the coast of Alaska," Hicks said. "All of these challenges have been amplified because the effects of climate change are rapidly warming temperatures and thinning ice coverage, and it's enabling all of this activity."

The DOD's 2024 Arctic Strategy addresses these concerns in the Arctic with three lines of effort, including enhancing

the capabilities of the joint force, greater engagement with allies and partners and exercising U.S. presence in the Arctic.

"Our Arctic strategy adopts a 'monitor and respond,' approach in the region," Hicks said. "It is underpinned by robust domain awareness and intelligence, surveillance and reconnaissance capabilities, cooperation with our allies and partners and deterrent power enabled by the agility of the joint force. The strategy focuses on enhancing our domain awareness and Arctic capabilities, engaging with our allies and partners and exercising calibrated presence in the region."

Iris Ferguson, the deputy assistant secretary of defense for arctic and global resilience, said mission enhancement includes, among other things, a focus on domain awareness in the Arctic.

"We must improve our domain awareness and enhance our ability to detect and respond with our Canadian allies to threats to the homeland," Ferguson said.

"A key focus for my office is championing investments that will enhance our awareness of threats in the region. We want to make sure that we have the right sensing architecture and the right communications architecture for command and control."

Also, a target for operational enhancements in the Arctic are enhancements to communications and data architecture; intelligence, surveillance and reconnaissance capabilities; infrastructure; and cold weather equipment and mobility.

With seven of the eight Arctic nations also members of NATO, the U.S. has great partnership opportunities in the region. The strategy directs the U.S. to take advantage of those partnerships and others, as a way to strengthen U.S. security.

"Our strong network of partners, including Arctic allies, federal, state, local and tribal partners, are key stakeholders in securing the Arctic and our homeland," Ferguson said. "From the communities that host our bases and troops in Alaska,

to our colleagues in the U.S. Coast Guard and the Department of Homeland Security, we all have a role to play to maintain the stability of the Arctic Region."

Finally, the 2024 Arctic Strategy directs the department to enhance U.S. security through increased presence in the Arctic, including increased operations and military exercises.

"Exercising tactics and equipment is a prerequisite not only for success but for survival in the unique Arctic environment," Ferguson said. "To this end, one of my office's key implementation priorities will be ensuring that the joint force is equipped and prepared to operate there."

The strategy calls for continued service-specific, joint, interagency and combined exercises as well as war games, simulations and tabletop exercises that focus on the Arctic.

The strategy also calls for military services to conduct training in the Arctic to build experience operating there.



Photo by NAVY PETTY OFFICER 2ND CLASS TREY HUTCHESON

The USS Pasadena breaks through the ice in the Beaufort Sea, March 12, 2022, during Ice Exercise, an exercise that allows the Navy to assess operational readiness in the Arctic. The Department of Defense released a new Arctic strategy, July 22.

'The Weigh It Is'

with Pam Long

There is no evidence that shows why positive self-talk works, but people who engage in self-talk can boost their own optimism.

Using self-talk engages and turns on specific mental skills that have the potential to help you solve problems, think differently about a situation, even be more efficient at coping with challenges (like dieting) or hardships.

We don't have to imagine what positive coping skills do for the stress and anxiety we face daily.

It helps us. It helps us deal with it on a healthier level.

Positive self-talk is not the opposite of negative thinking.

Negative self-talk looks inward for you to possibly criticize or blame yourself (which helps nothing). You might even put a greater emphasis on what is going wrong while placing zero emphasis on what is going right.

Negative self-talk expects the worst and closes your mind to the possibility of a better outcome with the situation.

Negative self-talk decides if it is either good or bad; you don't give yourself any wiggle room. Why not take that energy and effort and turn it around? Use positive self-talk instead.

Like any other lifestyle change, the more you do it, the easier it will become, and you can get to know a brighter, more optimistic version of yourself.

This gives you a more productive way to look at the challenge you might be facing.

As it relates to wellness and healthier living, positive self-talk can create a platform for a healthier outlook and mindset

that starts when you have a positive talk with yourself.

Speaking inward positively can be pivotal in developing and shaping a healthier temperament when dealing with things like body

image and overall acceptance of where you currently are on your wellness journey.

You can use healthy self-talk to build a more positive relationship with your exercise dedication and healthier eating habits.

Positive self-talk makes an individual more mindful of their choices. You create an opportunity to think about your choice to indulge or stick with your program.

This becomes so eye-opening because you gain a deeper understanding of why you suddenly wanted to break your diet or skip your workout.

You have identified what led you to that decision.

This is a profound self-awareness step because you understand deeper why you wanted or felt compelled to make that decision. By discovering your behavioral tendencies, you can use positive self-talk to help break potential negative habits.

Self-talk is a personal tool you can use to help build internal confidence. That internal confidence will display externally in your daily wellness lifestyle.

Science agrees, self-talk is beneficial on many levels and



Long

worth practicing because it delivers many benefits that help us on our wellness lifestyle journey.

Practicing positive self-talk daily offers inner confidence that you can do it. It fuels you with good energy that is happier and

more confident, reminding you that you got this.

Practicing self-talk lets you acknowledge and recognize the healthy things you are doing well. It also gives room to positively see what needs more work.

You can see your struggles, but your self-talk frames it in such a way that you don't beat yourself up about it. You can change that habit for the better. You gain strength (a powerful tool) through this technique.

Our thoughts are a source of our mood and emotions. Healthy self-talk offers an outcome that is filled with confidence in our ability to eat healthy salads daily and exercise at the end of our day.

There is so much we can do for our wellness with positive self-talk. It is worth doing regularly.

Healthy self-talk comes easier to some than others, but that should not deter you. We can all learn how to cultivate positive thoughts and not give in to negative ones. Shift your inner talk to one that encourages and uplifts your quest for healthier living.

Pam's thought for the week:
"Be careful how you talk to you ... because you're listening."



Photo by NATHAN CLINEBELLE

Celebrating Service

Fort Jackson recognized the careers of Command Sgt. Maj. Owen J. Smith, Noncommissioned Officer Center of Excellence, Fort Bliss, Texas, and Staff Sgt. Caterrica L. Hunt, 3rd Battalion, 34th Infantry Regiment, during the 3-34th Basic Combat Training graduation ceremony held July 18 on Hilton Field.

Retirement

Continued from Page 2

I put in will determine how much my agency will contribute. The government will match my contributions up to 10%.

I should also look at how its dispersed within the TSP as some funds have performed better over the past few months than others. For instance, the G Fund or Government Securities Investment Fund has a lower rate of return than the C Fund or Common Stock Index Investment Fund.

Finally, if my TSP is a Roth of Traditional IRA will also help in my retirement due to when the contributions are taxed. If I have a Roth IRA, the taxes are paid up front so when I would withdraw it in the future I wouldn't pay taxes on it. However, a traditional IRA

is not taxed until I withdraw it.

Hmm, I could pay the tax now and have a lower paycheck each pay period, or have the money taken out and I would have a larger paycheck, but maybe a higher tax later on. It's a difficult choice that ACS can counsel me on, but not advise me to take.

Bottema and the other financial counselors, Esperanza Romero and Shawn Smith are ready to help active-duty service members, Family members, retirees, and Department of the Army Civilians.

"We can see you," Bottema said. "Our primary clients are our active-duty Soldiers, of course, but we absolutely see all ID card holders."

For more information, or to set up an appointment with ACS counselors call (803) 751-5256. The Garrison Workforce Development program also hosts retirement seminars occasionally throughout the year.

Events

Continued from Page 4

Budgeting for Back 2 School
1:30-2:30 p.m., 9810 Liberty Division Road, Room 119. Come learn how to save money on back to school shopping and other educational expenses. Learn about scholarship opportunities and what you can do now to save on educational expenses in the future.

National Night Out
6 p.m., Patriots Park. The Fort Jackson Police Department hosts the annual National Night Out to highlight the partnership between law enforcement and the community. Law enforcement officers from the S.C. Highway Patrol, Richland County Sheriff's Department, Columbia Police Department, Army Criminal Investigation Division, military police and the U.S. Marshall's Service will be in attendance.

AUG. 8
Making Major Purchases Webinar
1-2:30 p.m., MS Teams. This seminar will provide an overview of the financial as-

pects of making major purchases
AUG. 10
Back to School Color Run
9 a.m., Fort Jackson Youth Sports Complex. Kick off your back-to-school with the Youth Sports Color Run. There will be bounce houses, raffles, a one-mile fun run and a meet and greet with Richland County Sheriff Department deputies. For more information, call (803) 751-7451.

AUG. 13
Stress! You Can Handle It Webinar
1:30-2:30 p.m., MS Teams. This one-hour class focuses on individual learning techniques to promote physical and emotional wellbeing, heighten awareness, and identify and manage stressors.

AUG. 17
Offshore Fishing Trip
5 a.m., Marion Street Station. Join Outdoor Recreation on a fishing trip to Hilton Head, S.C. The trip costs \$90, which covers transportation, license, bait, and tackle. For more information or to register, call (803) 751-3484.

AUG. 20
Meals in Minutes & Your Budget
9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. Armed Forces Wellness Center and Army

Community Service provides programs and services to improve and/or maintain readiness of the military community. Registration is required. For more information or to register, call (803) 751-5256.

AUG. 24
Army Ten-Miler
5 a.m., Hilton Field Sports Complex. Come out and run in Fort Jackson's version of the Army's prestigious race. This is a commander's cup event. For more information, call (803) 751-3700.

SEPT. 3
Meals in Minutes & Your Budget
1:30-2:30 p.m., 9810 Liberty Division Road, Room 119. This session will teach how to save calories while also optimizing your budget.

SEPT. 5
Early Career Benefits Overview
2-6 p.m., MS Teams. Upon completion of the pre-retirement briefing, participants will know the requirements for retirement eligibility, consequences of making a deposit/redeposit, survivor annuity elections, eligibility for continuing FEHB/FEGLI.

SEPT. 10
Love and Money Matters
10 a.m. to noon, Chaplain Family Life

Center. The two-hour workshop will teach effective communication strategies and address common money issues in relationships.

SEPT. 12
Financial Retirement Planning
1-2:30 p.m., MS Teams. Take time to learn about planning for retirement — so you'll be prepared for today's needs and wants, while also paving the way to meet your future financial goals and enjoy the retirement you deserve. Join us as we discuss the strategies and resources that are available to help you fine-tune or establish your retirement plan.

SEPT. 16
Social Security Benefits
2-3:30 p.m., MS Teams. The 90-minute training workshop provides information on how Social Security affects your retirement income.

SEPT. 17
Meals in Minutes & Your Budget
9-10 a.m., MS Teams. Learn how to save calories while also optimizing your budget. Armed Forces Wellness Center and Army Community Service provides programs and services to improve and/or maintain readiness of the military community. Registration is required.

DID YOU KNOW: All kitchen appliances located in your facility are required to be plugged directly into a wall outlet

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
JEWISH SHABBAT SERVICE	FRIDAY	7-8 P.M.	LIGHTNING 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

Army couple finds calling through new recruiting program

By SGT. 1ST CLASS SCOTT EVANS
Army News Service

This spring, Chief Warrant Officers 2 Juana and Josue Trujillo were among the first Army professionals to attend the 10-week Talent Acquisition Warrant Officer Basic Course at Fort Jackson, South Carolina and Fort Knox, Kentucky to become designated as talent acquisition technicians, 420T.

The course is a new initiative by the United States Army to hone the skills of subject matter experts. The 420Ts will advise their commanders by synchronizing market analytics, intelligence, expenditures, relationships and strategy with data-driven insights that help our Recruiters.

Josue, a native of Ventura, California, is motivated to make a difference in the Army's overall recruiting goals and shape the future of the new military occupational specialty his wife and he have chosen.

"My role as a 420T within U.S. Army Recruiting Command will allow me to contribute to new organizational initiatives aimed at achieving the Army's recruiting goals," Josue said. "It's going to be challenging, deliberate but worth being part of. I am excited to be part of the USAREC team and these transformative efforts."

His wife, Juana, originally from Las Vegas, echoed many of her husband's sentiments of when deciding to be a part of this career field.



Courtesy photo
Chief Warrant Officers 2 Josue (left) and Juana (right) Trujillo were among the first Army professionals to attend the 10-week Talent Acquisition Warrant Officer Basic Course at Fort Jackson.

"I chose this military occupational specialty because the idea of working in admin appealed to me at the time," Juana said. "Being a human resources specialist was a gateway to understanding the inner workings of the Army. Promotions, awards, financial entitlements and the benefits available —

these are not administrative tasks but steppingstones."

When reflecting on his own reasons for joining the Army, Josue contributed several factors that personally led to his decision to serve.

"I enlisted in the Army due to financial constraints preventing me from attending college," he said. "Additionally, I needed to leave my hometown to explore new job opportunities and travel experiences."

By way of both her educational background and long military experience along with the support of her husband, Juana is confident she will thrive in her new role.

"My willingness to help others has had a lasting impact on my organizations, creating a culture of support and continuous improvement," Juana said. "If I had to pick a living person to my success, I will give my husband Josue the credit. I can always count on his honest feedback and recommendations. I would not have made it this far in the Army without his love and support."

For both warrant officers, their family has also been a great source of inspiration for them as they embark on their new endeavors in Army recruiting.

"I serve because I want to be an example for my children," Juana said. "I look forward for the opportunity to shape the future of 420T, to lead teams, manage resources, and make strategic recommendations, which can be valuable for personal and professional growth."

DOD

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they learned prior to going to sleep.

These discoveries have opened up an entirely new field of neurological research — and suggested to Hughes that if restorative slow waves can be induced, rather than waiting for the brain to generate them itself, then people might be able to still experience the same benefits of a full night's sleep even if they are only able to sleep for a few hours.

To test his hypothesis, Hughes designed a preliminary study in which undetectably weak positive electrical currents would be transmitted via sensors placed on the scalp — a technique called transcranial electrical stimulation, or TES — to induce the brain to start generating slow waves. The study participants were subjected to 46 hours of continuous sleep deprivation,

during which researchers periodically assessed their performance with attention tests.

The researchers found that the participants who had received TES during the two-hour sleep window performed significantly better during the subsequent sleep deprivation period than those who had not, suggesting that TES had enhanced the recuperative value of the short sleep period. Furthermore, the subjects who received TES recovered much more rapidly from their sleep deprivation once they were allowed to have a full night's sleep again.

"We are not the first to use TES in sleep research, but I believe we are the first to have demonstrated that it has a positive effect on sleep restorative properties," Hughes said.

Using the results of the preliminary study, the Sleep Research Center is now in the process of designing follow-up studies to help narrow down different variables.

SUN SAFETY

SUMMER SKIN PROTECTION

WEAR BROAD HAT

USE SUNGLASSES

WEAR PROTECTIVE CLOTHING

AVOID SUN BETWEEN 11 AM AND 3 PM

USE SUNSCREEN

DRINK MORE WATER

SEEK SHADE

AVOID DIRECT SUNLIGHT

REFLECTION CAUTION

SPRING INTO SUMMER WITHOUT MISHAPS!

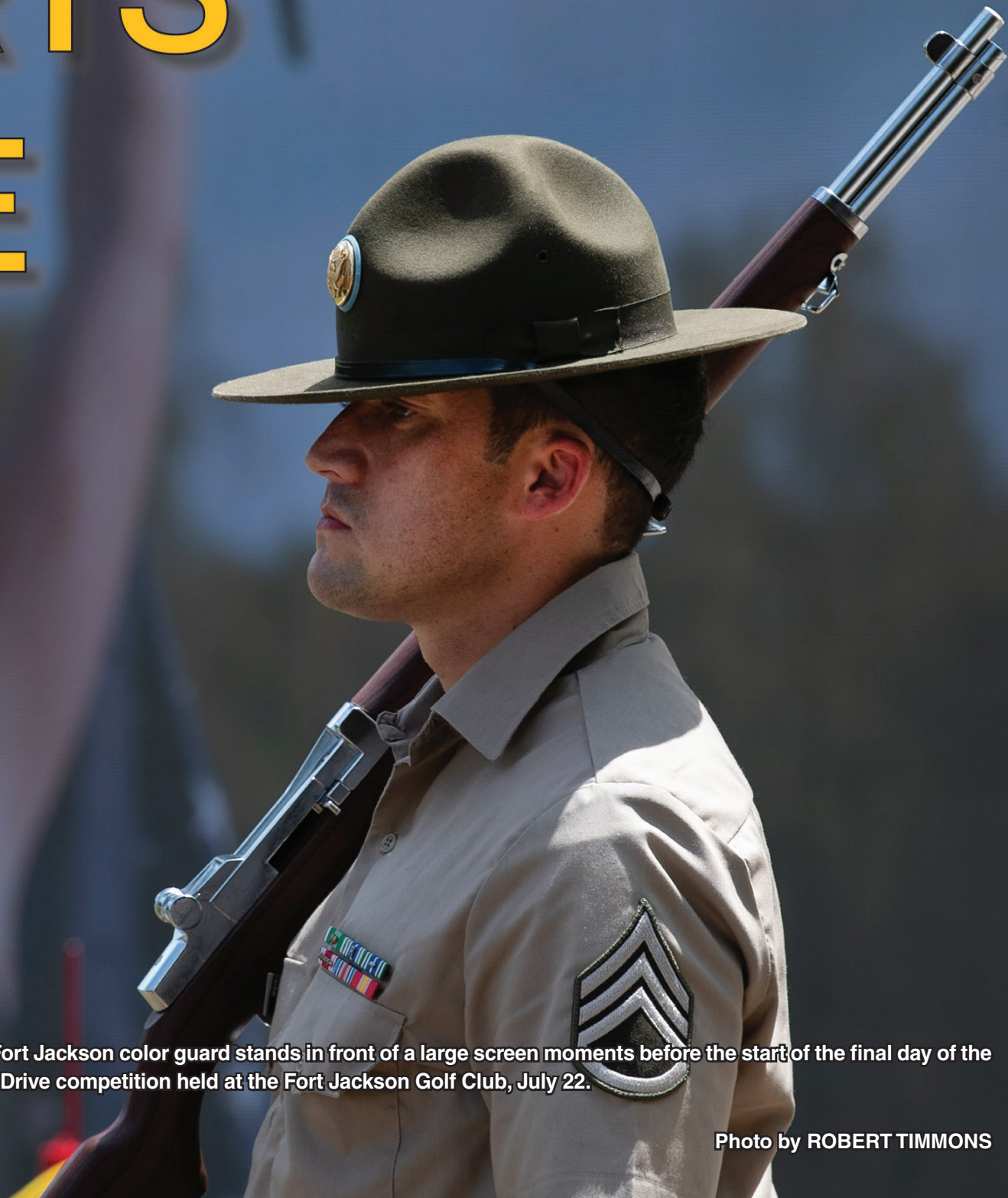
U.S. ARMY

<https://safety.army.mil>

CHECK OUT THE USAORC ON SOCIAL MEDIA

Facebook, X, Instagram, YouTube icons

VICTORY... STARTS HERE



A drill sergeant and member of the Fort Jackson color guard stands in front of a large screen moments before the start of the final day of the World Long Drive and Military Long Drive competition held at the Fort Jackson Golf Club, July 22.

Photo by ROBERT TIMMONS