

THURSDAY, AUG. 15, 2024

# THE FORT JACKSON LEADER

AMC'S #1 DIGITAL PUBLICATION



## CG REFLECTS ON 'MAKING AMERICAN SOLDIERS'



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# DOD launches housing feedback system

DOD News

The Department of Defense announced Aug. 12, the launch of the DOD Housing Feedback System, an initiative designed to enhance transparency and accountability in DOD privatized military housing. The new system allows active-duty service members and their authorized dependents to submit feedback on their current leased unit, ensuring their voices are heard, and their concerns are addressed in a timely manner.

The system opens an additional, high-visibility communication channel for active-duty service members living in privatized military housing and their authorized dependents to submit public feedback related to the condition of their current housing unit and receive a response from their privatized landlord. The DHFS is intended to augment, not replace existing processes for submitting maintenance work order requests. Privatized military housing residents should continue to submit work order requests through their community's property manager or other regular channels to receive corrective action for maintenance issues.

The launch of this initiative is part of the department's ongoing commitment to improving the quality of life for our service members and their families.

"The Department of Defense has a moral obligation to ensure that the spaces where our service members and their families live are healthy, functional, and resilient," said Deborah G. Rosenblum, acting Deputy Under Secretary of Defense for Acquisition and Sustainment. "This new feedback system is a critical step to ensuring transparent and timely responses to occupants' concerns and aligns with Secretary Austin's priority to Take Care of Our People. We are focused on putting our people's experiences at the very center of all the work we do."

The DHFS is now live and can be accessed at <https://www.dhfs.mil>. We encourage all eligible tenants to use this system to provide their valuable feedback and help us continue to enhance the quality of military housing.

The DHFS home screen includes options to access official



Photo by VERAN HILL

**Fort Jackson residents show their fall cheer in the this file photo. The Department of Defense's Housing Feedback System launched Aug. 12 allowing on-post residents a forum to provide their comments on military housing.**

OSD / military department housing webpages that include web links where they can:

- Submit a maintenance work order for repair directly with the landlord's property management office.
- Initiate the dispute resolution process if unsatisfied with their work order experience.
- Find a copy of the privatized housing Tenant Bill of Rights.
- Locate contact information for the Military Housing Office and privatized landlord or their property manager.
- Access the DOD Hotline website if there are concerns about retaliation for submitting feedback.

The DOD directly supports the Secretary of Defense's

priority to take care of our people by provides roughly 250,000 homes for service members and their families. The new feedback system will help improve installation conditions today and the quality standards Service members and their families deserve.

Earlier this year, the Department released its Resilient and Healthy Defense Communities Strategy, which will guide the Department's actions in the coming years to improve the built and natural environment on defense installations. Directly supporting the Secretary of Defense's priority to take care of our people, the strategy focuses on improving the quality of life for service members, their families, and the DOD civilian workforce.

## ON THE COVER

**Maj. Gen. Jason E. Kelly, Fort Jackson commander, speaks with ROTC cadets during the 2024 LTG Twitty Leadership Symposium held earlier this year.**



Photo by NATHAN CLINEBELLE

**See Page 6-7**

## THE FORT JACKSON LEADER

"We Make American Soldiers"

**Fort Jackson, South Carolina 29207**

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# Unit honors 100-year-old vet at graduation

by **ROBERT TIMMONS**  
Fort Jackson Public Affairs

A Memorial Day encounter led to Fort Jackson helping a veteran celebrate his centennial.

Staff Sgt. Idelisse Irizarry, a drill sergeant with 3rd Battalion, 39th Infantry Regiment, and others in her unit were volunteering at an assisted living house in Columbia, South Carolina, and met Earle Tyler – a 99-year-old World War II veteran.

“We went out and spoke to him and learned that his 100th birthday is tomorrow,” Irizarry said Aug. 8, after the unit’s graduation, “and it coincided with our graduation today.”

Tyler, who joined the Navy in 1942, is one of roughly 1,561 living in South Carolina. The National WWII Museum estimates that of the 16 million who served in the U.S. Armed Forces during the war roughly 119,550 World War II veterans were alive in 2023 with 131 dying each day.

Tyler was a special guest during the unit’s Basic Combat Training graduation and was honored with a unit challenge coin. A challenge coin is a part of a tradition where commanders would award their troops a coin for a special deed or achievement.

“We really appreciate everything that Fort Jackson has done to bring Daddy in here to honor him,” said Earle’s son David. David and his brother Joe and other members of their family accompanied Earle to the graduation.

“It’s quite an honor for him too,”

David added.

Earle in recent years has begun talking about his service more, his sons said.

“We have been encouraging him along the way to stay in touch with the armed services,” David said. “It kind of has become his identity as he has gotten older. He has talked more about his service in the Navy in the last few years.”

Earle’s son’s spoke fondly of stories he told about his service in the Pacific fighting the Japanese. Some of those stories centered around his camp life.

“They had some bombardment going on, so he dug a trench right by his cot. So, whenever the firing went off, he would roll right off his cot into the trench he dug,” Joe said. “Some of his buddies filled it with water ... One night he rolled right out into the water.”

Stories of World War II veterans are special for Irizarry too.

“World War II is one of my favorite modules to teach,” the drill sergeant said, “so I was excited to actually meet someone from that time frame.”

She said she was touched when she met him for the first time. He spoke to her about his life and showed her different things in his room.

The centenarian had special advice on how to leave to be a 100.

“Just keep breathing,” he joked.

All joking aside, the Soldiers were honored by Earle too.

“We have some big shoes to fill,” Irizarry said. “I hope that in the future we can” make him proud.



Soldiers of 3rd Battalion, 39th Infantry Regiment stand in formation during their unit’s graduation, Aug. 8.



Photos by NATHAN CLINEBELLE

Command Sgt. Maj. Edward Cummings, 3rd Battalion, 39th Infantry Regiment senior enlisted leader, shakes the hand of Earle Tyler, a 100-year-old Navy World War II veteran, during the unit’s Basic Combat Training graduation ceremony, Aug. 8.

# Community Updates

## ANNOUNCEMENTS

### Death Notice

This notice serves as a death notice advisory for all those in possession of the property of Staff Sgt. Corey Brown, as well as those whom the deceased is indebted, or those indebted to the deceased. Please contact 1st Lt. Kristian Swiney, Summary Courts Martial Officer with questions or concerns at (520) 678-4429 or email [kristian.e.swiney.mil@army.mil](mailto:kristian.e.swiney.mil@army.mil).

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



### Choir positions available

The Main Post Chapel Roman Catholic Mass has a contract position open for a Choir Director/Organist/Pianist. For information, email Chaplain (Maj.) Dave Mooneyham at [ray.d.mooneyham.mil@army.mil](mailto:ray.d.mooneyham.mil@army.mil).

### 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.

- Advanced Riders Course: Tuesday
- Local Hazards Course: Monday and Aug. 26
- Remedial Drivers Course: Wednesday

### 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](mailto:atusarmy.jackson.93-sig-bde-mbx.dhr-jacksonedcenter@army.mil), or via phone at (520) 691-4472.



### 100% Housing Inspections

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

### 193rd Female Mentorship and Morale Program

The program is holding the following events:

- Aug. 22 - Financial Freedom Event
- Sept. 10 - Suicide Awareness/ Prevention Seminar

- Oct. 4 - Breast Cancer Awareness Walk/Run
- Oct. 18 - Breast Cancer Awareness Event

### ID Card appointment information

Patrons need to bring two forms of identification (not including a current or an expired CAC) that must be shown upon arrival to the ID card section for their CAC renewal appointment. The ID card section cannot accept identification from an email nor a cellphone as verification. One form of ID must be a valid picture ID.

## COMMUNITY EVENTS

### TUESDAY

#### 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. The class provides tips on meal prepping, eating out, recipes, comparison shopping, meal planning, shopping lists, cooking tools, and ways to save money.

### SEPT. 5

## Fort Jackson Movie Schedule

3319 Jackson Blvd.

Phone: 751-7488

### SATURDAY, AUG. 17

- Alien: Romulus (R) 2 p.m.

### WEDNESDAY, AUG. 21

- Alien: Romulus (R) 2 p.m.

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

### 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 into retirement, and the process for submitting a retirement application.

### SEPT. 7

#### Run/Walk for the Fallen

8 a.m., Hilton Field. Join Fort Jackson in honoring those who lost their lives serving the country since 9-11. Registration begins at 7 a.m. and opening remarks are scheduled to start at 7:45 a.m.

### SEPT. 10

#### Love and Money Matters

10 a.m. to noon, Chaplain Family Life Center. The two-hour "Love and Money Matters" workshop will teach effective

See **EVENTS:** Page 10

## THE FORT JACKSON LEADER

SEND ALL  
SUBMISSIONS TO

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

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

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

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

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

Questions? Call 751-3615.



## Post reminded to ‘See Something, Say Something’



Ed Newton, installation antiterrorism officer, talks to a patron about Antiterrorism Awareness Month. Newton, and Scott Park, Army Training Center antiterrorism officer, set up a booth at the Fort Jackson Exchange, Aug. 13, to help educate the post community on what they can do to keep the installation safe.

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

The post’s antiterrorism officers were at the Exchange Aug. 13 to educate the Fort Jackson community on Antiterrorism Awareness Month.

Ed Newton, installation antiterrorism officer, and Scott Park, Army Training Center antiterrorism officer, had set up a table to remind the community about the post’s commitment to prevent terrorist attacks.

“It’s really important for the personnel on Fort Jackson and off post, whether they be civilians, military contractors or service members to be aware of antiterrorism efforts because of the world we live in, the current threats, and the hazards we face on a daily basis,” Newton said.

It is important for the post “to really understand what suspicious activity is

and how to report it,” he added.

Newton and Park work closely together to coordinate post-wide efforts and to promote this year’s ATAM theme of “See Something, Say Something.”

The Department of Defense calls on all employees to “trust their instincts” and to report a behavior or activity that makes them uncomfortable.

One way the Jackson community can report suspicious activity is to call the Fort Jackson military police desk, Newton said.

“Call (803) 751-9111 and report that activity with a detailed list of exactly what they see,” he said. Callers can even dial 911 and inform the operator they are on the installation.

According to the DOD, below is a quick checklist of the event details:

- Date and time
- Where it happened
- What you witnessed

- A description of who was involved
- Gender
- Height and build
- Hair color, skin color, age
- Language(s) spoken
- Was there a car? Note the license plate number
- Have you seen this activity before?

Another way to report is through iSalute at [www.inscom.army.mil/isalute](http://www.inscom.army.mil/isalute).

DOD calls on the public to “remember to remain vigilant, pay attention to your surroundings, report any suspicious activities, and don’t expect someone else has already done so. Report all potential risks so investigative actions can occur.”

For more information, about Antiterrorism Awareness Month visit: <https://www.jcs.mil/JKO/Latest-News/JKO-Customer-Spotlights/Article/3113800/august-is-antiterrorism-awareness-month/>

## ‘Strong’ Soldier overcomes adversity

**By PACHARI MIDDLETON**  
595th Transportation Brigade

Strong. It’s one of the words Sgt. Sa’Teedra Jones uses to describe herself. After a year with the 595th Transportation Surface Brigade at Camp Arifjan, Kuwait, she’s taking that strength and heading back to where her Army journey began — Basic Combat Training at Fort Jackson, South Carolina. But this time, instead of a recruit, she’ll be a drill sergeant.

It takes more than just physical strength to be entrusted with transitioning civilians into combat-ready Soldiers, but Jones felt her nearly seven years in the Army and turbulent childhood built up the fortitude required.

“I really started at the age of three hopping from home to home,” Jones recalled. She considers herself lucky family members looked after her and her siblings.

When Jones was 14, the courts asked her to make the heartbreaking choice of choosing who would raise her. She chose her grand-aunt and grand-uncle, both pastors, who’d essentially been looking after them all along. That family came with three new siblings.

“I knew all of the brothers from church,” Jones said. “They never treated me any differently. I never felt any different. Those were my brothers.”

The middle brother, Nathan, encouraged her to join the Army, telling her he’d always wanted to join. He emphasized his support by helping her study for the ASVAB and running with her at the high school track.

“I remember sitting on that track

See **ADVERSITY:** Page 11





Photo by ROBERT TIMMONS

Maj. Gen. Jason E. Kelly, Fort Jackson commander, unfurls his two star flag moments after being promoted during a ceremony held Feb. 14 in the post headquarters building.



Photo by NATHAN CLINEBELLE

Then Brig. Gen. Jason Kelly congratulates runners after completing the 2023 Run/Walk for the Fallen.



Photo by ROBERT TIMMONS

Crowds applaud as Kelly and a special olympian light the ceremonial cauldron to start the 2023 Special Olympics of South Carolina's Summer Games in May 2023.

# CG reflects on 'making American Soldiers'

by **ROBERT TIMMONS**  
Fort Jackson Public Affairs

When Maj. Gen. Jason E. Kelly passes leadership of Fort Jackson to Maj. Gen. Daryl O. Hood in a ceremony next week, he will leave a proud legacy behind.

This legacy is nested in preparing the future of the Army for any potential conflict.

“Our mission is vital and demands our very best,” Kelly said. “Our legacy must be one of selfless service, strong leadership, and adaptation. I think we’ve accomplished this and built our legacy based upon our deeds, not our words. Robert Louis Stevenson’s quote about the future, ‘Don’t judge each day by the harvest you reap but by the seed you plant,’ should guide our team as we strive to ensure that Fort Jackson remains a highly coveted destination of choice for Soldiers, Department of the Army Civilians, and their Families.”

Kelly espouses the motto, “We make American Soldiers” as a mantra guiding the post’s actions.

“As the Army’s largest training base, we have a tremendous impact on the day-to-day readiness of our Army,” he said.

“We are impacting and changing our Army everyday by our actions with Basic Combat Training, the Future Soldier Preparatory Course, Advanced Individual Training, Victory Holistic Health and Fitness, the Drill Sergeant Timothy Kay Soldier Performance Readiness Center, and Foundational Skill Training to name just a few.”

These activities are all nested in the post’s four lines of effort: Strengthening the Professional, Training and Developing Leaders, Quality of Life, and Engaging Communities. Kelly called these “the playbook” the post uses to turn ideas into action.

“The entire essence of the installation is geared towards providing trained Soldiers and leaders today, who are relevant tomorrow,” Kelly said. “Whether it is training chaplains at the U.S. Army Institute for Religious Leadership;

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...

- Maj. Gen. Jason E. Kelly  
Commanding General  
Army Training Center and Fort Jackson

conducting Advanced Individual Training at the Soldier Support Institute; providing graduate courses in psychophysiological detection of deception at the National Center for Credibility Assessment; or training Soldiers in Basic Combat Training ... training is what we do at Fort Jackson.

“We generate readiness for our Army today

and tomorrow.”

Kelly will miss the Fort Jackson community and its partners in the Midlands when he leaves to become the Deputy Commanding General for Civil Works and Emergency Operations, with the Army Corps of Engineers, in Washington, D.C.

He called the relationship with the areas surrounding the installation as “tremendous” and an integral part of the post’s successful mission.

“The Midlands community, the state of South Carolina, and Fort Jackson are interlinked and must remain nested and on a common path for the future,” he said.

He called on Fort Jackson to continue being at the forefront of Army readiness.

“Never lose sight of what we do here,” he said. “We make American Soldiers! We create disciplined, trained, physically-fit, resilient and morally-grounded Soldiers for the Nation. The leaders and Soldier we provide the Army are our legacy.”



Photo by NATHAN CLINEBELLE

Maj. Gen. Jason E. Kelly throws out the ceremonial first pitch during the Lexington Blowfish's military appreciation game.



# Commentary: Benefits of breastfeeding

By **AMY PHILLIPY**

New Parent Support Program

August is national breastfeeding awareness month.

Breastfeeding is a vital practice that offers numerous benefits for both the infant and the mother.

With a large population of females and parents in the Army, it is of paramount importance that Army leaders and commanders understand the importance and value of supporting breastfeeding and having lactation rooms.

Understanding the importance of breastfeeding, the benefits it provides, and the Army regulations in place, are not just about promoting health but also about fostering a supportive environment that acknowledges the needs of many service members.

For infants, breastfeeding is more than just a means of nutrition; it provides a range of health benefits that are difficult to replicate through other feeding methods.



Photo by **TAYLOR WHITAKER**

A patron visits a static display in the Moncrief Army Health Clinic lobby.

Breast milk contains the perfect balance of nutrients tailored by nature for human infants. It is rich in antibodies that help babies fight off viruses and bacteria, which lowers their risk of having allergies, asthma, and infections.

Additionally, breastfeeding has been linked to a higher IQ in later stages of childhood.

For mothers, the act of breastfeeding burns extra calories, helping them lose pregnancy weight faster.

It also lowers the risk of breast and ovarian cancer, type II diabetes, and postpartum depression.

The physical closeness, skin-to-skin touching, and eye contact all help deepen the bond between mother and baby, creating a sense of emotional wellbeing and support.

Ultimately, the physical and mental health outcomes are improved which are issues the Army values.

In the Army, discipline and efficiency are paramount, but commanders might overlook the importance of support systems like lactation rooms.

However, these facilities are crucial for nursing military personnel.

Providing a private, clean area for breastfeeding or pumping breast milk not only supports physical health and emotional well-being but also promotes equality in the military.

Commanders who prioritize lactation rooms demonstrate an understanding of the needs of their personnel, fostering an inclusive environment that respects and supports family responsibilities.

This can lead to improved morale, reduced stress among nursing mothers, and enhanced readiness and retention of skilled service members. Supporting breastfeeding in the Army is not merely about providing health

## Army welcomes first 42T cohort

By **HUNTER WEST**  
U.S. Army Recruiting Command

Twenty-five non-commissioned officers joined U.S. Army leaders and industry representatives at Fort Knox on Monday, Aug. 5, 2024, for a historic signing that marked the next phase of the Army's commitment to modernizing recruiting.

This first cohort of future 42T Talent Acquisition Specialists will embark on a four-month Training with Industry rotation and will learn specialized recruiting techniques to incorporate into the curriculum for this new specialty.

"This program is about innovation," said Col. Chesley Thigpen, Adjutant General Corps chief and Adjutant General School commandant. "This program is about the transformation of how we train our Soldiers in the Army, and we couldn't do that without our industry partners that are here today."

After the Soldiers finish their corporate rotations, they will have more training to complete before officially becoming a 42T.

The majority of the newly minted Talent Acquisition Specialists will then use what they have learned to train future 42T Soldiers, and the rest will take their knowledge to the field at recruiting stations throughout the country.

"The lessons learned with Training with Industry will help shape and modernize the curriculum that will be taught to future 42T students at the Soldier Support Institute," said Sgt. Maj. Alan Myers, Headquarters, Department of the Army G-1 Directorate of Military Personnel



Photo by **HUNTER WEST**  
**Col. Chesley Thigpen, Adjutant General Corps chief and Adjutant General School commandant, gives remarks to Army senior leaders, industry partners, and 42T students during a signing ceremony, Aug. 5.**

Management, Acquire and Retain Division sergeant major.

The Army's TWI program offers Soldiers the opportunity to work with civilian industry experts within their field to learn the company's best practices and methodologies.

The Army opened their partnership initiative with Amazon, Deloitte, Wells Fargo, Boot Camp Digital and the University of Louisville to provide a wide range of experiences for this cohort. These partnerships serve an important role in not only building relationships with external organizations, but ensuring that the Army, and its recruiting force, remain in line with the current climate of the work force.

"At Deloitte, we don't have it all figured out, but there are some things that we are doing right, and we're looking forward to offering those," said Tony Wrice, industry partner from Deloitte. "There are some things that the Army is probably doing great that Deloitte can use to be better as well."

Each of these five organizations have opened their doors to share their knowledge, expertise and industry standards for both them and the Army.

According to Wrice, this program creates an opportunity for collaborative growth by fully immersing each Soldier into the company.

Soldiers will absorb new information for the benefit of the creation of the 42T curriculum and be able to contribute to the filling of gaps that their sponsoring company might have in recruiting.

"This is our way of serving the U.S., too," said Dr. Jeffrey Sun, University of Louisville. "We are really thrilled to be able to take part in this new project with the U.S. Army."



## 'The Weigh It Is' with Pam James-Long

Many have heard stories where people end up dropping 15 pounds or more just from giving up sodas.

Truth of the matter ... sodas are liquid candy and what they have truly let go of is sugar.

We don't realize it, but cutting back or eliminating sugar can make a profound difference to your weight and overall health. There is a laundry list of benefits gained when we put sugar in its proper place in our diets.

The problem is giving up sugar is often easier said than done.

Honestly speaking, we have all dipped into the sugar bowl. On average, people take in 300 calories from added sugar every day, according to a poll performed at the University of North Carolina. The report went further and showed about 20% of people take in more than 700 calories of added sugar every day. That's a lot of sugar.

There are 16 calories in one teaspoon of sugar. If your favorite coffee, tea, juice concoction features high calories, more than likely those calories come from sugar. It is safe to say, sugar appears to be in everything. From pies, chocolates, donuts, and soda; to things like salad dressing, pasta sauce, even yogurt. High sugar foods often have zero protein in them. Remember, we need protein because it is an essential



James-Long

nutrient for blood sugar control. Protein also gives us that full feeling; sugar keeps us hungry.

Foods filled with healthy fats, vitamins, minerals, protein, and fiber have nutrients in them which our body needs to function at its best. Most foods high in added sugar lack nutrients and people tend to overeat them because they are void of nutrients. That's why sugar is often called empty calories.

Healthier eating includes sugar control. It is recommended to minimize or eliminate sugar altogether. Most people want to give up (or at least cut down) on sugar, but that is hard to do and will require will-power.

When considering giving up or cutting back on sugar, before you begin, first you deserve a big thumbs up! Lifestyle changes can be challenging because giving up sugar is a challenge but think about the list of sweet benefits you can expect along this journey.

When you cut back or cut down on added sugar, you will notice that your taste buds change for the better. You really get to taste what your food tastes like. We don't realize how camouflaged our foods are until we strip away the sugar, salt, etc. and are left with tasting the

food. Initially, it takes a bit of getting used to, but you appreciate it in the long run.

Removing the extra sugar from your diet is a weight-loss bonus.

We over-consume sugar, which is absorbed quickly into our body.

This means we get a huge amount of sugar all at once faster than we can use it, so we store it (as fat). Many don't know that dental health improves and not just your smile, but especially where plaque is concerned. Bacteria feed on sugar. By cutting back or eliminating sugar, we get rid of a food source that bacteria feed on.

Our mental alertness sharpens when the amount of sugar in our body is reduced. Our system is forced to depend on other sources of energy within our body.

You feel more energized and vigilant without the sugar rush and crash. The body becomes more energy efficient without relying on sugar. Some studies show less or zero sugar in the diet helps improve our cells and promotes a more restful sleep.

Just one week without refined sugar helps the body improve its insulin levels and reduces the feeling of swelling (bloat) in the belly. Two weeks and your taste buds begin to adapt to what food truly tastes like and any trace of sugar naturally occurring in the food will be enjoyed more. Let the journey begin.

**Pam's thought for the week: "Sugar is not required."**

## SALUTING THIS CYCLE'S HONOREES

### 1st Battalion, 13th Infantry Regiment

#### DRILL SERGEANT OF THE CYCLE

Staff Sgt.  
Seth Tignor

#### ALPHA COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Nathaniel Amiot

#### SOLDIER OF THE CYCLE

Spc. Jacob Sperry

#### BRAVO COMPANY SOLDIER LEADER OF THE CYCLE

Pfc. Tyve Wilson

#### SOLDIER OF THE CYCLE

Pfc. Braxton Blanchard

#### CHARLIE COMPANY SOLDIER LEADER OF THE CYCLE

Spc. Kyle Haston

#### SOLDIER OF THE CYCLE

Spc. Daniel McIntosh

#### DELTA COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Addy Mock

#### SOLDIER OF THE CYCLE

Spc. Parker Meads

#### ECHO COMPANY SOLDIER LEADER OF THE CYCLE

Pvt. Matthew McCarthy

#### SOLDIER OF THE CYCLE

Pfc. Jason Cambra



## Celebrating Service

Fort Jackson recognized the career of Chief Warrant Officer 4 Fernando R. Barrow, with the 175th Support Maintenance Company, during the 3rd Battalion, 39th Infantry Regiment's Basic Combat Training graduation, Aug. 8. Barrow retires after 40 years of service.

Photo by  
NATHAN CLINEBELLE



Events

Continued from Page 4

communication strategies and address common money issues in relationships. Learn to set SMART goals as a couple that can lead to wealth.

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. 13  
Self Defense Class

10 a.m. to 1 p.m., Solomon Center. Army Community Service hosts a self defense class given by the Richland County Sheriff's Department. Increase your strength, focus, fitness, flexibility, and learn ways to defend against physical attacks. For more information, call (803) 751-5256.

**SEPT. 14**  
**Fort Eisenhower Horseback Trail Ride**  
8:30 a.m. to 3 p.m. Join Fort Jackson Outdoor Recreation for a horseback trail ride at the Fort Eisenhower Horse stables. All welcome-novice or pro. This is a guided tour costs \$60 per person and will be great fun for those looking for an outdoor adventure. For more information or to register, call (803) 751-3484 or visit Marion Street Station.

**SEPT. 16**  
**Social Security Benefits**  
2-3:30 p.m., MS Teams. 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. The training will provide information on how Social Security affects your retirement income. Start today by attending a financial readiness seminar that will provide you with the tools for creating a better financial future.

**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. For more information or to register, call (803) 751-5256.

**SEPT. 18**  
**Sleep Hygiene Management Workshop**  
Noon to 1 p.m., Army Substance Abuse Program Bldg. 4310 Century Division Ave. Bring your own lunch and learn about healthy sleep habits. Register for the event no later than Sept. 13. For more information and to register, call (803) 751-2915.

**SEPT. 20**  
**Community Baby Shower**  
10 a.m. to 1 p.m., 1917 Club. "If you are currently expecting or have had a baby within the past year, New Parent Support Program wants to celebrate you. NPSP is hosting the Fort Jackson Community Baby Shower where information will be provided from multiple on and off post agencies. There will be games, food, and prizes. Spouses are welcome and childcare will be provided. To use the childcare, your child must be registered with Child, Youth Services. Registration for the event is required. For more information or to register, call (803) 751-5256

**SEPT. 24**  
**Mid-Career Benefits Overview**  
9 a.m. to 1 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 into retirement, and the process for submitting a retirement application.

**Money & Mindsets Webinar**  
1:30-2:30 p.m., MS Teams. This webinar will dive into an individual's mindset regarding managing money, effective self-talk, and goal setting. This is a great opportunity to learn about self-motivation, setting and achieving goals that will help you improve the management of your personal finances and achieving financial goals.

**SEPT. 26**  
**Building Wealth Webinar**  
1-2 p.m., MS Teams. There's more to financial fitness than building budgets and paying down debt. Getting financially fit means mastering the long game - financial freedom. Join us to learn more about wealth building strategies.

**DID YOU KNOW: Non-tactical government vehicles require a current dispatch and daily preventative maintenance checks and services sign-off sheet in the vehicle binder. Remember to always wear seatbelts.**

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



# Benefits

Continued from Page 8

benefits but is also a matter of equality and operational effectiveness.

Army Regulation 600-20, Army Command Policy (2020) section 5-5 is the primary source of requirements for breastfeeding and lactation support.

More recently, the Army has issued updates to the policy. These updates are outlined in Army Directive 2022-06.

The following are key aspects on what should be included in a lactation room.

According to Army Directive 2022-06, commanders are required to provide a designated private space (not a bathroom) for female soldiers to breastfeed or express milk.

This space must be shielded from view, free from intrusion, and have access to electricity, a refrigerator to store breastmilk, comfortable seating, a flat surface other than the floor to place the breast pump and other supplies, along with frequent sanitation to keep the area clean.

Finally, there should also be a safe water source within reasonable distance from the lactation room.

Breastfeeding is a critical aspect of early childhood development and maternal health.

In the Army, commanders play a pivotal role in facilitating this by understanding the importance of and implementing lactation rooms, alongside adhering to Army regulations that support breastfeeding.

This sends a powerful message that the Army respects and supports family commitments, which can significantly enhance morale and aid in the retention of skilled personnel.

By doing so, they also enhance the operational effectiveness of their units by ensuring that female soldiers are supported in balancing military duties with parental responsibilities.

For more information or assistance, contact the New Parent Support Program at (803) 751-5256, option 3 or visit us at 9810 Liberty Division Road.

*(Editor's note: Amy Phillipy is a registered nurse with the NPSP).*

# Adversity

Continued from Page 5

and him telling me 'You're going to do great. You're going to do it. You're going to be in the Army,'" Jones said.

Three weeks before Jones entered basic training, Nathan, only in his mid-20s, suddenly passed away.

Jones admitted she was devastated but managed to push through the training. "It was a dark time and place. I just felt like I made it through ten weeks of hell, but the reason I joined is because I had people — my adoptive parents and my brother — pushing me, believing I could make it, even when I didn't believe in myself."

Now a mother, Jones felt her childhood made her want to be a better parent. As the oldest sibling, she had always looked after her brothers and sisters.

"My childhood was motherhood," she explained, though she admits she was terrified when she was pregnant with her daughter.

"One thing I thought I was going to struggle with was expressing my emotions and my love because I didn't have that from my biological parents," she said, though she admitted her fears were washed away the minute she looked at her little girl, who also brought Jones and her biological mother together.

"She moved to Temple to help me raise my daughter. I'm truly grateful to have that relationship with her now."

A son followed soon after for Jones. He shares his middle name, Ryan, with Nathan.

In a final tribute, on Jones' right forearm is a tattoo with wings and the letters "LLN."

"Long live Nathan," Jones explained. "I felt like it was finally



Photo by PACHARI MIDDLETON

**Sgt. Sa'Teedra Jones prepares for training at the weapons range June 12, 2024, while stationed at Camp Arifjan, Kuwait. Jones, a human resources noncommissioned officer for the 595th Transportation Brigade, heads to Fort Jackson for drill sergeant duty.**

time to let it go. The wings represent him as my personal guardian angel — like he's there for me. I also feel like it represents his freedom, like he's gone, but never forgotten. Ever."

As she prepares for the next step in her Army journey, Jones knows the time at Fort Jackson will be filled with memories.

"Half of me is a little bit nervous because I remember Private Sanders walking on that drill pad and I was afraid. And now, as Sergeant-promotable Jones walking on that drill pad, I'm still nervous. But I'm stronger. I'm wiser. I'm knowledgeable and I'm dedicated. It's two different people on that drill pad. And if we could turn and look at one another, I would let Private Sanders know that you're going to make it.

"You're going to get through it. You're going to come out stronger at the end."

# Keeping Fort Jackson safe: Ask an expert

Directorate of Emergency Services

**Q: With the new South Carolina Constitutional Carry law, do the rules for bringing firearms onto Fort Jackson change?**

A: No, the new state law does not affect how firearms are handled on a federal military installation like Fort Jackson. All privately owned weapons brought onto Fort Jackson must still be registered at the Visitor Control Center.

**Q: If I register my firearm, can I then carry it openly or concealed on Fort Jackson?**

A: No. Open or concealed carry-on Fort

Jackson is strictly prohibited, except for authorized military personnel and law enforcement in performing their duties. Even with registration, privately owned weapons must remain unloaded and secured in your vehicle while on post.

**Q: How should I transport my firearm while at Fort Jackson?**

A: When transporting a firearm onto Fort Jackson, the weapon and ammunition must be stored separately in your vehicle. Additionally, they should be kept at least an arm's length away from the driver and in a location not readily accessible (e.g., the trunk). If you bring the firearm for a specific purpose, such as hunting or a community

event, ensure you have any necessary permits or authorizations.

Remember: Regulations on military installations can change periodically. For the most up-to-date information, consult official sources like the Fort Jackson website at [home.army.mil/jackson](http://home.army.mil/jackson) or contact the Provost Marshal's Office.

If you have any questions, complaints, concerns, or future topics you want the Directorate of Emergency Services to address, please provide an ICE comment for future publication.

*(Editor's note: Information from this was taken from Fort Jackson Supplement 1 to Army Regulation 190-11).*



# STORY... ARTS RE



Gen. Gary M. Brito, commanding general, Army Training and Doctrine Command, and Stephanie Kelly, pin two stars onto the shoulders of Maj. Gen. Jason E. Kelly, Fort Jackson commander, during his promotion ceremony, Feb. 14, 2024, in the post headquarters. Kelly will relinquish command of Fort Jackson during a ceremony held at Hilton Field, Aug. 23.

Photo by NATHAN CLINEBELLE