POST CELEBRATES BIRTHDAY WITH FIREWORKS, LIVE MUSIC – P3, 12-13

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C.C. PINCKNEY STUDENTS HAVE A FIELD DAY, P7

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PUBLIC HEALTH EXPERTS OFFER TRAINING TIPS FOR ARMY 10-MILER PARTICIPANTS, P9

102 YEARS YOUNG
POST CELEBRATES BIRTHDAY WITH FIREWORKS, LIVE MUSIC – P3, 12-13
CYS patrons and avenues to bring concerns to concerns he may have. One of Beagle’s main topics included effective communication with CYS patrons and avenues to bring concerns to his attention through the use of town halls, open door policies, patron surveys and ICE comments. He stressed patrons should attend town halls and feel confident in using other methods to communicate their concerns since he is unable to fix issues he is unaware about.

Jackson Soldier wins MEDCOM Best Warrior Competition

By NEYSA WILLIAMS

Moncrief Public Affairs

Sgt. Cedric H. Miller representing Moncrief Army Health Clinic and Regional Health Command-Atlantic was victorious and brought home the title of U.S. Army Medical Command 2019 Non-commissioned Officer of the Year back to Fort Jackson.

MEDCOM hosted its 2019 Best Warrior Competition from May 29 – June 1 on Fort Jackson, South Carolina.

“This competition is about reminding our Soldiers and demonstrating to the rest of the Army that we are, and always will be Soldiers first and foremost, then our medical specialties,” said Command Sgt. Maj. Mark Riddick, MAHC’s senior enlisted leader. “We here at Moncrief are so proud of Sgt. Miller.”

The BWC promotes “esprit de corps” throughout the Army while recognizing Soldiers and NCOs that demonstrate commitment to the Army values and embody the Warrior Ethos. All active duty, National Guard and Reserve Soldiers are eligible to compete to earn the privilege to represent MEDCOM at the Army-level BWC.

The competition allowed eight of the Army’s finest medical warriors from the four regional health commands, to compete for a chance to represent MEDCOM at the Army’s Best Warrior Competition in October. Competing subordinate commands select their best warriors to compete in the competition.

During the four-day competition, competitors tested their knowledge, skills, and abilities by conquering urban warfare simulations, demonstrating critical thinking, formal board interviews, physical fitness challenges, written exams, and warrior tasks and battle drills relevant to today’s operating environment. Miller will represent MEDCOM at the Army-level BWC later this year.

THE FORT JACKSON LEADER

Fort Jackson, South Carolina 29207

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Garrison Commander: Col. Stephen Elder
Garrison Public Affairs Officer: Patrick Jones
Command Information Officer: Robert Timmons
Editor: Wallace McBride
Writer: Alexandra Shea
Writer: Elyssa Vondra
Volunteer: Ron Lester
Volunteer: Saskia Gabriel

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Post celebrates birthday with fireworks, live music

Leader Staff Reports

The night sky was lit up and load booms were heard over Fort Jackson for roughly 30 minutes June 1.

No, it wasn’t a normal training exercise; it was the installation ringing in Victory Week – its 102nd Birthday celebration – with a fireworks display.

The display was characterized by Brig. Gen. Milford H. “Beags” Beagle Jr, post commander, as one of the best in the Midlands’ “hands down.”

Not only did the post launch a massive fireworks display at Hilton Field, it also welcomed the Fife and Drum Corps as well as the Army’s Silent Drill Team from the “Old Guard” as they entertained an audience mixed with trainees and civilians from Fort Jackson and across the Midlands.

Fort Jackson officials invited the public to join them for the celebration as it does every year.

Local bands the Reggie Sullivan Band and Tokyo Joe played mixtures of R&B and rock classics causing trainees and civilians to dance in celebration.

“These events are great for Families,” said Master Sgt. Eugene Serrano, deputy commandant of the Non-commissioned Officers Academy on Fort Jackson, “because it connects Fort Jackson with trainees and Families.”

Serrano, who once served as a drill sergeant leader at the U.S. Army Drill Sergeant Academy during a previous tour on post, said he likes taking his children to events like this because they can see how the new trainees are “part of the same team.”

Victory Week continues this week with sporting events Wednesday and a Come Meet Your Army tour and Fort Jackson Hall of Fame induction ceremony today. The celebration extends into Friday with a post run with cannon fire and the Commanding General’s Golf Tournament.

More photos from Fort Jackson’s 102nd birthday celebration.

– Pages 12-13

A vocalist with the 282nd Army Band sings the national anthem June 1, kicking off Fort Jackson’s 102nd birthday party at Hilton Field. The event was capped later that evening with a fireworks display, the only one scheduled on post in 2019.

Photo by NICHOLAS SALCIDO
**EVENTS**

**Community Calendar**

**SATURDAY**

Birthday Ball Tickets
Tickets are on sale for the 244th Army Birthday Ball June 7 at the Columbia Metropolitan Convention Center. Tickets cost $37.79 for E-7/GS-9 and below, and $53.55 for all others. To register, visit https://ausafpcarmybdayball2019.eventbrite.com.

**JUNE 11**

Housing Town Hall
5 p.m. Victory Hall. Brig. Gen. Milford H. “Beags” Beagle Jr., Fort Jackson commander, is hosting a town hall at 5 p.m. in Victory Hall to address on-post housing concerns. Free child care will be provided at Lee Road Child Development Center from 4:30-7:30 p.m. Call 751-5819 for reservations. For more information contact Emma Watson, chief of Fort Jackson’s Housing Division at 751-9343.

**JUNE 14**

USAG Change of Command
9 a.m. Victory Field. Col. Stephen Elder, garrison commander, will relinquish command to Col. John W. (Wes) Hankins during a change of command ceremony. Elder’s award presentation will take place at 8:40 a.m. June 14 in the Victory Hall Ballroom. For more information contact Juliette Skernit at juliette.skernit.oiv@mail.mil.

**JUNE 14**

Fort Jackson will be showing a first-run movie as it debuts across the country. Men in Black: International starring Chris Hemsworth and Tessa Thompson will premier June 14 at the Post Theater. The project, set to begin May 20, is scheduled to be patient when work begins on a new obscuration wall near the Gate Two entrance. The showtimes are 1 and 7 p.m. June 14; 1 and 5 p.m. June 15; and 2 and 6 p.m. June 16. Movie is open to the public. For more information contact Thomas Kuttamperoor, Army Force Exchange Service general manager at kuttamperoor@aafes.com.

**SATURDAY**

JULY 15-19

Vacation Bible School
9 a.m. to 1 p.m. Main Post Chapel. During this summer’s “In the Wild” Vacation Bible School, kids will encounter elephants, egrets, polar bears, penguins and more, focusing on encounters with Jesus and God’s word. Kids will make crafts, play games, enjoy snacks, sing, dance and learn about missions. Pre-Kindergarten-6th grade students are welcome. The free registration for Vacation Bible School can be done at the Main Post Chapel, Monday through Friday from 8:30 a.m. to 4 p.m. in the main lobby area and during Chapel Services/Mass on Sunday. For more information, contact Religious Education Coordinator Dr. Jeffrey Frick at 751-4691, or at jeffrey.w.frick.ctr@mail.mil.

**JUNE 19**

2-60 Change of Command
9 a.m. Victory Field. Lt. Col. Travis W. Mills, commander of 2nd Battalion, 60th Infantry Regiment, will relinquish command of the unit to Lt. Col. Daniel L. Rausch during a ceremony at Victory Field. For more information contact 751-3972.

**JUNE 21**

4-39 Change of Command

**JUNE 21**

**SEND ALL SUBMISSIONS TO**

FJLeader@gmail.com

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Questions? Call 751-7045.
Those wishing to purchase an annual mailed subscription for The Leader should contact the Camden Media Company at csmith@chronicle-independent.com or 803-432-6157.

**Announcements**

Lane Closures
Fort Jackson officials are asking drivers to be patient when work begins on a new obscuration wall near the Gate Two entrance. The project, set to begin May 20, is scheduled to end Aug. 30. There will be temporary and sporadic lane closures after 9 a.m. each day. Lanes 2 and 3 are set to close the weekend of July 15 during the construction. Inclement weather may cause delay in construction.

Alcoholics Anonymous Meeting
6-7:30 p.m. Lightning Chapel. The Lightning Chapel’s Fellowship Hall, 9476 Kemper Street, every Wednesday. This month is only for those seeking personal recovery. For more information call Katie Martin at 751-7945.

Sportsman Advisory Council
Are you interested in learning more about the Fort Jackson Sportsman Club? Come to a meeting of the Sportsman Advisory Council Working Groups. The Cycling Working Group meets the third Tuesday of each month at Magruder’s Pub. The next Hunting and Angling Working Group meeting will take place 6 p.m. the third Thursday of the month at Alpine Lodge.

Moncrief Army Health Clinic
Due to increased prescription volume as a result of cold and flu season, the Refill Pharmacy is increasing the turnaround time for refilled prescriptions to 72 business hours. Please ensure refills are called in with sufficient time so that current prescriptions do not run out. The Pharmacy Department apologizes for any inconvenience that this may cause. For more information, contact the Moncrief Public Affairs Office at 751-2293.

**Fort Jackson Movie Schedule**

3319 Jackson Blvd.
Phone: 751-7488

**FRIDAY**

- The Hustle (PG-13) 7 p.m.

**SATURDAY**

- Detective Pikachu (PG) 1 p.m.
- The Hustle (PG-13) 5 p.m.

**SUNDAY**

- Detective Pikachu (PG) 1 p.m.
- The Hustle (PG-13) 5 p.m.

**WEDNESDAY**

- Detective Pikachu (PG) 2 p.m.
- The Hustle (PG-13) 5 p.m.

**TICKETS**

Adult: $6 / Child (6 to 11): $4

**3-D TICKETS**

Adult: $8 / Child (6 to 11): $6

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

WWW.SHOPMYEXCHANGE.COM

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Family and MWR
Upcoming Events

June
15: Beginners Archery at Heise Pond, Semmes Rd., 9 a.m. - 12 p.m. For more information call (803)751-3484.

16: Father’s Day Brunch at the NCO Club, 5700 Lee Rd., 10:30 a.m. - 1:30 p.m. For more information call (803)782-2218.

18-19: Youth Sports ProCamp Football Camp, (P&G) Youth Sports Park, 5975 Chesnutt Rd., 12-4 p.m. For more information call (803)751-7451.

29: Natural Fitness Contest, 6510 Strom Thurmond Blvd., 11 a.m. - 1 p.m. and 6 - 8 p.m. For more information call (803)751-3790.

July
20: Car and Bike Show at Patriot’s Park, 6510 Strom Thurmond Blvd., 10 a.m. - 2 p.m. For more information call Auto Craft Shop (803)751-5755.

20: Black Light Bowling at Century Lanes Bowling Center, 4464 Gregg St., 8:30 - 11 p.m. For more information call (803)751-6138.

August
17: Black Light Bowling at Century Lanes Bowling Center, 4464 Gregg St., 8:30 - 11 p.m. For more call (803)751-6138.

Palmetto Falls Water Park
6511 Marion Ave. (803)751-3475
OPEN for SEASON
JUNE 8 - AUGUST 11
Tuesdays-Saturdays: 11 a.m. - 7 p.m., Sundays and Holidays: 1-7 p.m., Closed Mondays
Daily Entry Fee: ID Cardholders: $6
Guest of ID Cardholders: $11
Off Post Civilians: $13

Boots on the Court
Free Tennis Clinics
Saturday, June 22, Semmes Road Tennis Courts
Family and MWR is hosting a youth event where Blue Sky Foundation’s Dick Stockton will provide tennis lessons as a way to say thank you for our military families for the sacrifices they make in a daily basis.
Youth Clinic (Ages 4-6): 10:30 - 11:45 a.m.
Junior Clinic (Ages 9-15): 12:15 - 1:30 p.m.
Adult Clinic (Ages 16+): 2 - 3:30 p.m.
For more information call Darius Lane at (803)751-7451

Happy Father’s Day

Father’s Day Brunch at the NCO Club
June 16, 10:30 a.m. - 1:30 p.m., 5700 Lee Rd.
Let us cook for you and your dad. Enjoy great food including breakfast, lunch, and outdoor grilling. Doors open at 10:30 a.m. to 1:30 p.m.
Reservations are recommended, but not required.
Adults $18.95 Children (ages 5-10) $9.50
For reservations call NCO Club at (803)782-2218

Blacklight Bowling
at Century Lanes Bowling Center
June 15, 8:30 - 11 p.m., 4464 Gregg St.
Call Century Lanes at (803)751-6138 for more information

$10 per person
If you have never experienced Blacklight Bowling, you don’t know what you’re missing. Wear white and fluorescent clothing to see how the blacklights set it aglow, as well as, unique features in the bowling center.
Understanding social security benefits

By TONY WILLIAMS
Social Security

Social Security touches the lives of nearly every American, whether at the birth of a child, the loss of a loved one, the onset of a disability, or the transition from work to retirement. For more than 80 years, Social Security programs have contributed to the financial security of the elderly and the disabled.

Social Security replaces a percentage of a worker’s pre-retirement income based on their lifetime earnings. The amount of your average wages Social Security retirement benefits replaces varies depending on your earnings and when you choose to start benefits. If you start benefits after full retirement age, these percentages are higher. If you start benefits earlier, these percentages are lower. Most financial advisers say you will need about 70 percent of pre-retirement income to live comfortably in retirement, including your Social Security benefits, investments, and personal savings.

You can learn more about retirement benefits at www.socialsecurity.gov/benefits/retirement. Our resources and publications are easy to share with people you think might need the information. Many people think of Social Security as just a retirement program. It’s true that most people receiving benefits are retired, but others receive benefits because they’re:

- Individuals with disabilities
- A spouse or child of someone who receives benefits
- A divorced spouse of someone getting or eligible for Social Security
- The spouse or child of a worker who died
- A divorced spouse of a worker who died
- The dependent parent of a worker who died.

If you can’t work because of a physical or mental condition that’s expected to last at least one year or result in death, you may be eligible for Social Security disability benefits.

Our disability rules are different from private or other government agency programs. Qualifying for disability from another agency or program doesn’t mean you will be eligible for disability benefits from us. Having a statement from your doctor saying you’re disabled doesn’t mean you’ll automatically be eligible for Social Security disability benefits.

Make learning about disability programs easier by visiting www.socialsecurity.gov/benefits/disability.

Capt. Sarah Wax, chief of Nutrition Care Division, U.S. Army Medical Department Activity-Fort Jackson, offers swag, healthy snacks and talks to attendees during the Civilian Appreciation Week Health and Wellness Fair on May 29. The fair was part of a week of events to honor the dedication and service of Fort Jackson’s civilian workforce.

Civilians attributed to mission success

By ALEXANDRA SHEA
Fort Jackson Leader

Department of Defense Civilians were treated to a week of events to show appreciation for their hard work and dedication to the Fort Jackson community.

The appreciation week started on May 28 and continued to May 31.

Civilians provide vital roles across all military branches. While Soldiers are constantly deploying and moving duty locations about every three to four years, civilian employees provide vital continuity of installation and department operations during these transient periods and serve as stewards of their specialties to incoming staff and personnel.

“I cannot personally express my gratitude to all of our civilians. Words of appreciation cannot appropriately describe the impact so many of you have made over the years at Fort Jackson,” said Brig. Gen. Milford H. Beagle, Jr., Fort Jackson commander. “This celebration is for you and it is my sincere hope that even this small gesture shall now find a way to prove to you how much you are appreciated.”
FIELD DAY

Photos by Elyssa Vondra

As the school year winds down C.C. Pinckney Elementary School students were able to take a break from their studies to have fun May 31, continuing an annual tradition of promoting team building in students through competitive sportsmanship. The last day of school for C.C. Pinckney students is Friday.
British Prime Minister Winston Churchill, third from the left, visited Fort Jackson in June 1942. ‘The rate at which the small American Army of only a few hundred thousand men, not long before the war, created the mighty force of millions of Soldiers is a wonder in military history,’ Churchill recalled in his autobiography.

CHURCHILL VIEWS FORT JACKSON TRAINING, 1942

‘I saw the creation of this mighty force’

By HENRY HOWE
Curator, Basic Combat Training Museum

In the summer of 1942 America’s direct involvement in World War II was barely six months old. Our primary European ally, Great Britain, had reservations about the United States’ ability to train and deploy an army capable of contending with the German blitzkrieg. On June 21, 1942, Winston Churchill, Great Britain’s prime minister, quietly slipped into Washington D.C. to meet with President Franklin Roosevelt to discuss the pending Allied invasion of North Africa.

Churchill knew the invasion of North Africa would pose a daunting challenge to America’s newly rebuilt military, but looming just beyond the horizon waited the cross-channel invasion of France.

Churchill questioned if America’s Army would be ready in time.

After a round of discussion, Gen. Marshall decided a demonstration of American Soldiers in a training environment would best prove his point and recommended they travel to Fort Jackson to see firsthand the intensity to which American Soldiers trained. Fort Jackson, an infantry training base which supported the training of nine divisions at the time, was the ideal choice.

See CHURCHILL: Page 16

From left, Gen. George Marshall, Chief of Staff of the Army, British Prime Minister Winston Churchill and U.S. Secretary of War Henry Stimson meet at Fort Jackson in June, 1942.
Public health experts offer training tips for Army 10-miler participants

By DOUG HOLL
Army News Service

Signing up for a 10-mile run can be intimidating whether you are an experienced runner or a novice. Fortunately, the Army Public Health Center offers some expert advice and training tips to help every runner prepare for the upcoming Army 10-miler in October.

“You can do it,” said Maj. Timothy Benedict, an APHC physical therapist who specializes in injury prevention. “Come up with a progression plan and be confident that many people just like you have far exceeded what they thought was possible. The human body is incredibly resilient.”

Training for the Army 10-miler starts with incorporating the Performance Triad into your training routine, said Benedict. P3 focuses on sleep, activity and nutrition intertwined to enhance every runner’s performance.

See HEALTH: Page 15

FORT JACKSON WORSHIP SCHEDULE

**CATHOLIC**
- **Sunday**
  - 7:30 a.m., Confessions, Solomon Center
  - 8 a.m., IET Mass, Solomon Center
  - 8:30 a.m., Anglican/Liturgical Service, Lightning Chapel
  - 9:30 a.m., CCD, Education Center
  - 9:30 a.m., Mass, Main Post Chapel
  - 10:30 a.m., Reconciliation (after Mass or by appointment), Main Post Chapel

  **Monday through Thursday, First Friday**
  - 11:30 a.m., Mass, Main Post Chapel

**CHURCH OF CHRIST**
- **Sunday**
  - 10:30 a.m., Worship Service, Magruder Chapel

**JEWISH**
- **Sunday**
  - 9:15 a.m., Worship, Anderson Street Chapel
  - 10:15 a.m., Fellowship, Anderson Street Chapel

**LATTER-DAY SAINTS**
- **Sunday**
  - 10:30 a.m., Worship Service, Anderson Street Chapel

**ISLAMIC**
- **Friday**
  - 12:30 p.m., Jumah Services, Main Post Chapel
  - 11 a.m., Service, Main Post Chapel

**PAGAN**
- **Sunday**
  - 11 a.m., Pagan Circle Sacred Well Congregation worship and study, Solomon Center

**HISPANIC PROTESTANT**
- **Sunday**
  - 9 a.m., Worship Service, Main Post Chapel

**PROTESTANT**
- **Sunday**
  - 8 a.m., Worship Service, Main Post Chapel
  - 8:30 a.m., Anglican/Liturgical, Lightning Chapel
  - 9 a.m., Service, McCrady Chapel (SCARING)
  - 9:15 a.m., Adult Bible Study, Main Post Chapel
  - 11:45 a.m., Fresh Encounter Bible Study, Chaplain Family Life Center

**ADDRESS AND PHONE NUMBERS**

- Anderson Street Chapel, 2335 Anderson St., 751-7032
- Lightning Chapel, 9476 Kemper St., 751-4101/4542
- Chaplain Family Life Center, Bldg. 5460, 751-4961
- Daniel Circle Chapel, 3359 Daniel Circle, 751-1297
- Education Center, 4581 Scales Ave., 751-5341
- Fort Jackson Garrison Chaplain and Religious Support Office, 4356 Hardee St., 751-3121/6318
- McCrady Chapel, 3820 McCrady Road at McCrady Training Center, 751-7324
- Magruder Chapel, 4380 Magruder Ave., 751-3883
- Main Post Chapel, 4580 Scales Ave., 751-8469/6681
- Warrior Chapel (120th Adjutant General Battalion), 1895 Washington St., 751-5067/7427
NEWS

‘I BECAME A SOLDIER ...’

2ND BATTALION,
13TH INFANTRY REGIMENT

PVT. COLE ANDERSON, 21
Salt Lake City

“I wanted to join the military from a young age. As I got older and set goals for my life, research showed me the Army had the most cost effective resources to reach my career goals.” This influenced me most to join the Army.

The most difficult thing for me during Basic Combat Training was “working with (so many) people from different backgrounds and cultures.”

My MOS is “15Y – AH-64 Armament/Electrical/Avionic System Repairer. I chose this MOS because I want to fly helicopters. I wanted to immerse myself into the aviation field and learn more about the aircraft I hope to fly one day.”

“I feel I learned a lot and have grown in many ways while in Basic Combat Training. My Drill Sergeants have shown me military standards and discipline I will use throughout my career. I look forward to where my Army career will take me.”

PVT. BRANDON LONG, 19
Atlanta

“My grandfather was in World War II and awarded the Silver Star for his actions. He was a huge influence in me joining the Army. I wanted to have that discipline, fearless attitude and selflessness to serve my country.”

The most challenging part of Basic Combat Training for me was “overcoming my fear of heights. Victory Tower was terrifying but after completing it I realized how irrational it was to be afraid. It built my confidence.”

“My MOS is 15B – Aircraft Powerplant Repairer. I chose this MOS because I’m fond of working with my hands. I like mechanics, repairing and building things and believe it will be an easy transition to the civilian sector should I want to get out (of the military) in the future.”

PVT. JOSHUA WOOD, 21
Las Vegas

“The chance to better myself physically, mentally and live up to my Families legacy of military service,” are what influenced me the most to join the Army.

The Army is “similar to what I had been told and the stories I had heard,” before joining.

The most challenging part of Basic Combat Training was “learning to lead individuals to become a part of a team.”

My MOS is “12N – Horizontal Construction Engineer. (I chose this MOS) because I knew I could excel at it and hopefully better the team (I’m assigned to).”

“I look forward to having the opportunity to lead others and help them learn to better themselves, as people and Soldiers.”

PVT. GARRAN DAVIS, 21
Las Vegas

“My brother is in the Army and my dad is a Marine. They, along with my mother, were big motivators (for me to join). My wife and daughter are the main reason I joined the Army. I want to provide them with a better life.”

The most challenging part of Basic Combat Training for me were learning to work with people (who I feel) didn’t care as much as I do and combatives training.”

“My MOS is 91F – Small Arms/Artillery Repairer. 91F seemed like a great skill to obtain while I fix the issues with my security clearance.”

“In the future I hope to reclassify into intelligence and relocate so I can provide intelligence for the Army overseas. I can say that I became an efficient Soldier and leader through Basic Combat Training and am ready for further growth (personally and in my Career).”

SPC. KYLE COSOLETO-MILLER, 23
Bloomsburg, Pennsylvania

What influenced me most to join the Army is “I wanted to challenge myself and push myself to new heights.”

“I knew becoming a Soldier would not be easy, but I didn’t expect some of the challenges that we overcame along the way.” What I found most challenging during Basic Combat Training was “learning Warrior Task and Drills is such a short timeframe.”

My MOS is “13F – Fire Support Specialist. I chose this MOS because it sounded exciting and different from anything I’ve done before.”

“While Basic Combat Training issued me lots of gear for training, including canteens, I’m looking forward to bottled water (again).”

SPC. DEANNA TATUM, 27
Granite City, Illinois

“The biggest factor in my decision to join the Army was job stability and benefits. I was having difficulty finding jobs in my field (before joining) and the Army provided opportunities for me to gain lucrative job skills while providing for my Family.”

“The most challenging aspects of Basic Combat Training (for me) were sleep deprivation, doing long foot marches and adapting to new information and constant surprises.”

“My MOS is 68A – Biomedical Equipment Specialist. I chose this MOS because of the transferable job skills and I find working with electronics rewarding.”

I learned a lot about myself during Basic Combat Training. I’m looking forward to attending Advanced Individual Training and learning more about my MOS.”

Page 10
June 6, 2019
On Saturday June 15th from 9am to 12pm, Palmetto Wood Turners (palmettowoodturners.com) will be hosting the 4th annual Purple Heart Pen “learn to turn” event at Mann Tool and Supply, 802 Chris Drive in West Columbia (www.manntools.com). If you know anyone who is currently deployed or who has served, come out and learn how to turn a pen out of Purple Heart wood. For a $5.00 donation (the cost cover supplies and shipping), a club member will teach you how to turn a pen from Purple Heart wood. Pens will be sent to deployed soldiers along with a thank you note.

This project began with Cindy McLafferty, a military wife herself for over thirty years, who has been building and shipping care packages to the military for more than two decades. She began adding the homemade pens to the packages after taking a wood working class in 2007. My husband was on his last deployment before retiring, and I wanted to learn something we could do together when he got home,” McLafferty said. He likes making a lot of things from wood so now we have this in common.

McLafferty says she makes the Purple Heart slim line pens from Purple Heart wood due to its symbolic connection to the military. It’s not the same as a Purple Heart Award, she explained. Those are given to service members injured in combat. But anyone who serves has more than earned one of these Purple Heart Pens.

For details please contact:

Cindy McLafferty: tddup4e@bellsouth.net
803-790-ARMY (2769)

Suzanne Brunnemer: suzanne@manntools.com
803-252-7777
Happy Birthday

Victory Week

JUNE 6
7 a.m. Come Meet Your Army tour
8 a.m. 2nd Battalion, 13th Infantry Regiment graduation

JUNE 7
6 a.m., Birthday Run
8 a.m., CG’s Victory Week Golf Tournament
10 a.m., Hall of Fame induction at NCO Club

JUNE 8
6 p.m. 244th Army Birthday Ball.

Tickets for the ball are $37.79 each for E7/GS-7 and below, while civilians and all others pay $53.55 each. To purchase tickets visit https://tinyurl.com/yxckyb8l.

Fireworks explode behind the shadow of the Andrew Jackson statue at Fort Jackson’s Hilton Field during the post’s 102nd birthday celebration June 1.

Photo by ROBERT TIMMONS

Photo by VERAN HILL

HAPPY BIRTHDAY


Photo by SASKIA GABRIEL

Photo by RON LESTER
NFL player to conduct football ProCamp at Fort Jackson

Leader Staff Reports

Buffalo Bills wide receiver and return specialist Andre Roberts will host a Football ProCamp for the Fort Jackson community later this month.

Roberts will offer campers the opportunity to learn the fundamental skills of football. Participants will also receive an autographed team photo, ProCamp T-shirt, water bottle, and pizza. The camp sessions will be held 1-4 p.m. June 18 and 9 a.m. to noon June 19 at the Fort Jackson Youth Sports Complex.

Active duty family members first to eighth graders are eligible to attend. The first 150 campers to register will be accepted.

Registration forms can be picked up at the Youth Sports office, located at 5975 Chesnut Road.

For more information call Darius Lane, Youth Sports and Fitness director, at 751-7451.

2019 AER campaign begins

Col. Stephen Elder, Fort Jackson’s garrison commander, signs a check to Army Emergency Relief for the installation’s donations to the agency’s annual fundraising campaign May 29 in the Garrison Conference Room.

Photo by NICHOLAS SALCIDO
Saluting this BCT cycle’s honorees

DRILL SERGEANTS OF THE CYCLE

JACKSON

ARMIJOS

GAINOUS

MELENDEZ

WEBBER

This We’ll DEFEND

Health

Continued from Page 9

Sleep is critical for performance and is needed to rejuvenate, said Benedict. Focus each night with seven to eight hours of sleep and keep a regular sleep schedule with a consistent bed and wake-up time.

Activity is the next tenant of P3 and Benedict says a three to five month progressive training schedule is plenty of time to prepare for the 10-miler. Benedict has developed a training schedule, adapted from the Runner’s World Big Book of Marathon and Half-marathon Training, with a 20-week or 10-week progression.

“To help with motivation, think about signing up with a local running group or convince a friend to join you,” said Benedict.

Benedict, who is also an experienced distance runner and 10-miler veteran, says inexperienced runners should give themselves at least 12 weeks of training to give their bodies time to adapt to the distance and also allow them to vary their mileage, reducing mileage every fourth week.

A good training regimen will include three to four runs per week, said Benedict. A long run, a medium run, and interval training.

“Incorporate strength training and gradually increase your mileage for your weekly long run, and ramp back down for a relatively easy run every fourth week or so.”

How long is long? Both the 10-week and 20-week recommended training schedules start with a shorter 2-4 mile run during the week followed by a longer run on weekends, progressing from 2-8 miles and back down to 3 miles on easy weeks.

“Your long runs should be at a one to two minute slower pace per mile than your short run pace to build up your endurance,” Benedict said. “This applies even if you are walking up hills and running on the flats and downhill.”

To avoid injuries while training, Army Public Health Center Kinesiologist Tyson Grier recommends comfortable running shoes and said overuse injuries can be avoided by incorporating sprint training or high intensity interval training during the week to offset weekly distance running.

“Interval training is running fast for one to four minutes, then recover at a light jog for an equal amount of time,” Grier said. “You can use mailboxes or telephone poles as your intervals.”

Grier suggests adding one or two days of strength training to the training plan and one or two additional runs per week in between, with an easy pace and at low distances.

Benedict also recommends using tempo runs for training. A tempo run is a pace a runner can maintain for an hour, not a runner’s fastest pace.

“Start with a warm up for five minutes and then transition to a faster run for five to 10 minutes and slow down for five minutes,” Benedict said. “Gradually increase up to 25 to 30 minutes at the faster pace.”

Fueling is also a critical part of every runner’s training regimen, said Joanna Reagan, an APHC registered dietitian nutritionist. Nutrition is the third tenet of the performance triad with target goals of building a healthy plate with lean proteins, fruits, vegetables, whole grains and dairy at each meal. Aim to make half of each plate fruits and vegetables each meal and choose water over sugary beverages.

“Eat a light breakfast before your long run,” Reagan said. “Focus on mostly carbs and some protein about 30 minutes before you run. Pick foods that are easily digestible.”

Some examples of good pre-long run fuel include a bagel with peanut butter, a banana, and an energy bar, or a bowl of cold cereal or oatmeal with a cup of milk, Reagan said.

“If you’ll be out for more than an hour, a sports drink or hydration drink mix will help to replenish electrolytes and provide around six to eight percent carbohydrate,” Reagan said. “Practice with different brands to determine the best tolerance for you. Don’t try anything new on race day.”

See HEALTH : Page 18

Incorporate strength training and gradually increase your mileage for your weekly long run, and ramp back down for a relatively easy run every fourth week or so.

— Maj. Timothy Benedict
Churchill

Continued from Page 8

Churchill and his entourage boarded the president’s train in Washington D.C. on the evening of June 23 and arrived on Fort Jackson at 11 a.m. the following day. There to greet him were 9,600 Soldiers representing the 8th, 30th, and 77th Infantry Divisions. Column after column of Soldiers, tanks, and artillery pieces passed in review for Churchill and his staff to inspect. After the review, Churchill went to inspect airborne troops as they prepared for a static line jump against a simulated enemy airfield. Nearly 1,000 paratroopers took part in this airborne assault. They executed the air assault flawlessly. After a brief lunch, Churchill was brought to the weapons range where he witnessed a simulated ground assault against an enemy ground position.

The attack began with a scout team locating the enemy stronghold and ended with an artillery barrage against that position. Once again, the Soldiers demonstrated impeccable discipline and competence. Emboldened by his 5 ½-hour visit to Fort Jackson, Churchill headed back to England with a renewed faith in the U.S. Army’s ability to transform a massive number of civilians into combat-ready Soldiers.

Reflecting after the war, Churchill wrote in his autobiography, “I greatly admired the manner in which the American Army was formed. I think it was a prodigy of organisation, of improvisation. There have been many occasions when a powerful state has wished to raise great armies, and with money and time and discipline and loyalty that can be accomplished. Nevertheless, the rate at which the small American Army of only a few hundred thousand men, not long before the war, created the mighty force of millions of Soldiers is a wonder in military history.”

“I was here two or three years ago, and visited with Gen. Marshall all Army corps being trained in South Carolina, and we saw there the spectacle of what you may call the mass production of divisions. In great and rapid rotation, they were formed, and moved on to further stages of their perfection. I saw the creation of this mighty force — this mighty Army, victorious in every theatre against the enemy in so short a time and from such a very small parent stock.

This is an achievement which the soldiers of every other country will always study with admiration and with envy,” Churchill wrote in his book, “The Hinge of Fate.”

In support of World War II, Fort Jackson trained approximately 270,000 soldiers, but it was the 5 ½-hours spent by Winston Churchill on the post that won over and solidified a crucial military alliance.

If you would like to know more about Fort Jackson’s involvement in World War II, come visit the Basic Combat Training Museum or visit the Fort Jackson library.
Moncrief Army Health Clinic and the American Red Cross understand sometimes just a good cup of coffee and a snack can make all the difference while waiting for an appointment or a prescription in the pharmacy. Karen Hill, American Red Cross Regional Program Manager and Alicia DiFrancis, the American Red Cross- Moncrief Clinic Lead, have a ‘comfort trolley’ they take with them through the lobby and pharmacy waiting rooms of the clinic. The trolley contains coffee, water, various juices and snacks that patients can have while in the clinic. The refreshments are of no cost. DiFrancis can be seen three days a week in the morning and afternoon having a great conversation, warm smile and providing ‘a little pick me up’ to those waiting in the lobby.

Photo by NEYSA WILLIAMS
Health

Continued from Page 15

Proper hydration is also important. Reagan recommends not overhydrating the morning before a long run so “you don’t have to look for a pit stop along the way.”

Experts recommend drinking 16-24 ounces of fluid before each workout or race.

“On long-run days, plan to either carry water with you in a water bottle or plan a route that you can loop back to your car or home so you can pick up water and snacks,” Reagan said. “Make sure you are drinking water along the way.”

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“On long-run days, plan to either carry water with you in a water bottle or plan a route that you can loop back to your car or home so you can pick up water and snacks,” Reagan said. “Make sure you are drinking water along the way.”

For the cool down, Benedict recommends walking for 10-15 minutes. “Just take it slow and give it time.”

Benedict also recommends planning both a good warm-up and recovery or cool down with every run. “A dynamic warm-up means slow, controlled movements that increase blood flow to the muscles and joints you will be using during your work-out,” Benedict said. “For instance: jogging in place, slow squats or lunges, or Army Physical Readiness Test preparation drills. Your warm-up does not need to last more than five to 10 minutes.”

For the cool down, Benedict recommends walking for 10 minutes to slow down the heart rate and help prevent soreness. This is also a good time to perform some stretches.

“Hold your stretches for about 30 seconds each” Benedict said. “You should feel gentle tension while stretching, no need to push through anything stronger.”

Nutrition is also an important part of recovery.

“Plan to have a snack of about 250 calories containing carbohydrates and protein within 30 minutes after finishing your run,” Reagan said. “It’s important to replenish your glycogen stores. Low fat chocolate milk is always a good choice as it has protein and carbohydrates.”

Grier said picking the right running shoes and clothing is also a must for every runner.

“Ideally your shoes should be worn in for a couple of months before the race,” Grier said. “Practice wearing the right amount of clothes during training. Many runners heat up more when racing and will wear less clothing on race day. It also depends on the weather conditions, so check the weather forecast before training and on race day.”

The key to good training is not giving up, Benedict said. “Don’t get discouraged if you have a hard week or two,” Benedict said. “It’s not a crime to walk at times. Your body will adapt and become more efficient at running. Just take it slow and give it time.”

For more information and training tips, check out the APHC Army 10-miler webpage at https://phc.amedd.army.mil/topics/campaigns/htr/Pages/default.aspx.
Success

Throughout the week, events were held to show the post’s appreciation to the installation’s civilian workforce. A tour of Fort Jackson kicked off the four-day work week. Attendees had an opportunity to see behind the scenes at the 120th Adjutant General Battalion (Reception) where trainees take their first steps as they transform from citizens to Soldiers. The tour showcased the initial entry process and the Engagement Skills Trainer where trainees sharpen their weapon qualification skills. Another tour was held Thursday morning.

A Health and Wellness fair was held at the Solomon Center where agencies from across Fort Jackson provided information about health resources such as the Army Wellness Center, healthy eating from U.S. Army Medical Department Activity-Fort Jackson dieticians and personal safety were featured. Small aero classes were held to demonstrate classes available at the installation gyms and a masseur demonstrated how massage can help ease physical tensions and help the body and mind relax in unison.

The week closed out with a luncheon May 31 at Victory Hall in honor of the hard work and dedication of the installation’s civilian workforce. Here, guest speaker David Paschal, deputy G-3/7 for training, U.S. Army Training and Doctrine Command, spoke to attendees about the vital role civilians play in training more than half of the nation’s fighting force at Fort Jackson and how fostering professional relationships contribute to the overall success of the installation’s mission.

“None of this would be possible without the great working relationship between our noncommissioned officers, officers and the nearly 2,600 team members who are a part of the Fort Jackson civilian workforce,” Paschal said. “We are members of a proud profession, your contributions are immeasurable to our Army’s success.”

According to the Army Civilian Handbook, Soldiers and civilians have worked alongside each other since as early as 1775 to fulfill Army mission needs, which can include moving forward to remote location alongside their military counterparts during times of war and conflict. Civilians have (and are) deployed to countries such as the Balkans, Bosnia, Hungary, Macedonia, Kosovo, Kuwait, Iraq and Afghanistan alongside military units to help support national defense commitments.

During one of the appreciation luncheon speeches, Hellen Keller was quoted “alone we can do so little, but together we can do so much.”

More than 100 Fort Jackson civilian employees recite the Army Civilian Creed during a luncheon held at Victory Hall on May 31. The luncheon was one event held during Civilian Appreciation Week to honor the hard work and dedication of civilian employees for their contributions to ensure the mission success of Fort Jackson as they transition more than half the nation’s fighting force from citizens to Soldiers.
The adjutant general for South Carolina visited the Republic of Colombia, April 29-May 3, 2019, during a key leader engagement as part of the National Guard’s State Partnership Program.

Army Maj. Gen. Van McCarty, who became the state’s adjutant general in February 2019, and Air Force Col. Akshai Gandhi, South Carolina Air National Guard, 169th Fighter Wing commander, met with Colombian army and Air Force senior leaders, as well as the Chief of Defense; further strengthening the bonds between the South Carolina National Guard and the Colombian military.

“The week’s visit was strategically important for the partnership,” said Army Maj. Justin Montgomery, South Carolina National Guard State Partnership Program director. “Colombia has no better partner than the United States, and the United States has no more willing and capable partner in the region than Colombia.”

The SPP between the Republic of Colombia and South Carolina began via a signed partnership proclamation, July 23, 2012. The South Carolina partnership falls within U.S. Southern Command’s area of responsibility.

Montgomery added the South Carolina National Guard is scheduled to participate in two large security cooperation activities in Colombia this summer. The 218th Maneuver Enhancement Brigade, 1-118th Infantry Battalion will participate in an infantry live-fire exercise with the Colombian army and the South Carolina Air National Guard will send four F-16 fighter jets to fly alongside the Colombian Air Force Kfir fighter jets in July to participate in the biannual air show in Rionegro. Both events increase interoperability between the two nations’ militaries.

South Carolina has focused on establishing long-term relationships between Colombia and South Carolina to promote mutual interests and build lasting capabilities for both partners. The National Guard’s SPP is uniquely qualified to connect experts together for information sharing and exchanging ideas.
June’s Yard of the Month winners

Retired 1st Sgt. Larry and Leanita Kirchner are the Yard of the Month Grand Prize Winners for the month of June. Pictured from left are Garrison Command Sgt. Maj. Anthony Wilson, Leanita Kirchner, retired 1st Sgt. Larry Kirchner, Col. Stephen Elder, garrison commander, and Judy Boley, Balfour Beatty Communities manager. The Family received a certificate of appreciation signed by the garrison commander, a garrison coin, reserved parking pass for the month of June for use at the Exchange and Commissary, a gift basket from Balfour Beatty, and a gift bag from Garrison Housing Office. The other Yard of the Month Winners in June are: Staff Sgt. Taylor and Ashton Mat- teson, Staff Sgt. Brian and Janice John, Maj. Daniel and Stephanie Kersey, 1st Sgt. Philip and Christin Streagle, Capt. William and Christy Smith, and Del- phinia Ashley and Family.

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By GARY SHEFTICK
Army News Service

More deserving Soldiers will be promoted sooner and fewer school seats should go vacant under the Army’s new Enlisted Centralized Promotion Board process, said Sgt. Maj. of the Army Daniel Dailey.

Dailey took part in a Facebook Live session with Sgt. Maj. Mark Clark of the G-1 Directorate of Military Personnel Management. They discussed changes to the Army’s non-commissioned officer boards scheduled to be implemented over the next three years.

“It used to be called a promotion board; in the future it will be called an evaluation board,” Dailey said. Future boards will evaluate Soldiers for schooling and assignments as well as promotion.

Under the new process, if an NCO cannot go to school for any reason, then the next in line will immediately be offered the seat, he said.

TALENT-BASED SEQUENCE

The fundamentals of how NCO records are evaluated by the boards will not change, he said. The big change will come on how those deemed fully-qualified are sequenced.

“Previously the board members would vote; they would rack and stack individuals based on DA Pam 600-25 and then they would be re-sequenced based on time in service, time in grade. That process will not happen anymore,” Dailey said. “It will be a true talent-based list.”

When the board decides a Soldier is the most talented and all prerequisites have been met, that Soldier will be number one on the list.

“That number, for the first time in the history of our centralized promotion board system, will show you how you rated against your peers,” Dailey said. It won’t be based simply on seniority.

“We want to change our system from largely a time-based system to a talent-based system,” he said, where the most talented is promoted first.

“I can assure you that it is the right direction to take our NCO Corps,” he said.

PROMOTION LISTS

Following future boards, a sequenced promotion list will not be published, Clark said.

A list of all fully-qualified NCOs will instead be published in alphabetical order.

“So there won’t be a committed list where you have to wait 12 to 18 months to be promoted,” he said.

NCOs will first be evaluated 18 months out from when eligible, Dailey said.

“The perception is going to be that we will promote Soldiers too fast,” Dailey said. “That’s not true.”

An NCO must still meet all the qualifications before being promoted, he stressed.

MORE FLEXIBILITY

Under the old process, boards drew a line across the sequenced list based on an estimate of how many NCOs in that MOS would be needed at that rank. Only those on top of the line would be promoted.

“Sometimes we got it right. Sometimes we didn’t,” Dailey said.

The new process will allow more NCOs to be promoted mid-year if more are needed, he explained.

“This is an evolving, adapting and changing Army,” he said.

“Most importantly, this process will improve Army readiness,” Clark said. “We will now be able to train Soldiers, assign them and train them based on being the best-qualified to man our forces so that we could be the most lethal Army in the world.”

IMPLEMENTATION

Education about the new board process will begin this year with sergeants major and be followed by training for the trainers. Comprehensive education in the new system will be provided over the next three years to all Soldiers, Dailey said.

Current sequence numbers from recent boards will remain in effect for now, Dailey said. The new process will be adopted over time to keep from hurting any NCOs, he said.

The process will be implemented first for the most senior ranks. Beginning this year the nominative sergeant major board and command selection boards were cancelled. They will be replaced with an evaluation board that will take place in August, Clark said.

This month, the master sergeant board that was conducted will not sequence those qualified by time, but instead by merit. In November of 2020, a new sergeant first class evaluation board will be held, he said, later explaining this was formally known as the master sergeant promotion board.

In February of 2021, staff sergeants will be evaluated by the new board for promotion to sergeant first class and for assignments, he said.

The old centralized promotion process served the Army well for 50 years, Dailey said. “That doesn’t mean we can’t improve upon it,” he added.

The new process should allow qualified NCOs to attend school and be promoted with less delay, he said.

“It rewards those who are working hard to do what the Army needs them to do,” he said.
"Our fixed-price menu features hand-cut beef, poultry, pork and lamb served tableside. The salad buffet selection, which includes fresh seafood and sushi, rivals any other in the Carolinas. We invite you to come enjoy the feast."

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