

TRACKING ...

NEWS

Schools address bullying, signs

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UP CLOSE



Native American group visits post

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SPORTS



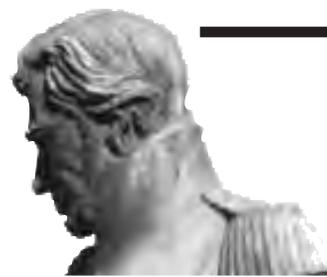
Gamecocks honor post Soldiers

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The Fort Jackson Leader



Thursday, November 18, 2010

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www.jackson.army.mil

Brand name

NCCA ribbon-cutting set for today

By **CHRIS RASMUSSEN**
Fort Jackson Leader

One of Fort Jackson's organizations is changing its name to better reflect what it does.

The Defense Academy for Credibility Assessment will be renamed the National Center for Credibility Assessment during a ribbon-cutting ceremony at 9 a.m., today. The center provides graduate-level education in the operation of polygraph and other credibility technologies to 25 federal

agencies.

"We are still DoD, but since we support every polygraph program in the federal government we are changing our name to show we are a national organization," said Bill Norris, the center's director. "In essence, we have been a national agency since 1995."

Only nine of the 25 agencies the center supports are defense organizations. First established in 1951 as the Army Polygraph School, the center has expanded its focus over the years to encompass all technologies that rely on physiological and behavioral

measures to test for agreement between an individual's statements and memories.

"Most people think the polygraph is like in the movie "Meet the Parents," but it is actually a very structured process," Norris said, referring to a scene in the movie in which the character played by Robert De Niro is able to tell if someone is lying by holding his or her wrists.

In addition to providing education, the center is on the forefront of researching

See **NATIONAL:** Page 8

Rendering honors



Photo by KRIS GONZALEZ

William Campbell, a Korean War veteran, and Silvia Butler, Fort Jackson's installation transportation officer, salute the flag as the national anthem plays during a Veterans Day wreath-laying ceremony Nov. 10 at Gate 1.

Soldier input valuable for post leaders

I recently ordered a command climate survey that included all of the Army Training Center brigades and the Drill Sergeant School. I felt that it was important that we take the post's pulse, so I tasked our Equal Opportunity staff to conduct the survey. We received the results back earlier this month.

Overall, the survey produced some very positive and satisfying results, but we still need some work in a few areas. Climate surveys are a requirement at the company level. Any command climate survey conducted above the company level is an option.

The EO staff did an excellent job in carrying out this mission. It was a challenge, gathering results in such a way that they could be easily managed and the data made meaningful. The survey was conducted Sept. 3 through Sept. 27 and involved a great deal of cooperation across the post.

I not only commend EO staff members, but I also thank the more than 2,000 participants in the survey. The group included junior and senior enlisted Soldiers, junior and senior officers, and a number of civilians. All participants were asked to answer 65 base questions and then 10 additional questions that I added to the survey.

The top five findings in the survey are:

- There is a positive EO climate across the installation.
- Racism and discrimination are not prevalent.
- Overall job satisfaction regarding our mission is

MAJ. GEN. JAMES M. MILANO
Fort Jackson
Commanding
General



very high.

— Fort Jackson's statistics are in line with the Army's numbers. We are on track and where we should be.

— The possibility of an individual expressing negative EO behavior is very minimal, while the possibility of someone expressing positive EO behavior is very probable.

Nevertheless, there is an area in which we need some work: We need to communicate better. In any excellent military organization, effective communication is essential to mission accomplishment. Sometimes, a slight communications disconnect between two Soldiers can trigger much larger issues. Misunderstandings generally occur due to a failure to listen.

Sometimes the problem stems from how the information is being delivered or how it is perceived. Sometimes it's all of these reasons and more. There are an infinite

number of reasons why communication misfires occur.

Moreover, if left unchecked, these things often grow into larger issues that only impede our progress and mission success.

Leaders, use your "radar" to detect these types of things and stress that communications problems are addressed immediately and at the lowest possible level. In other words, when you see a problem, take care of it. It is imperative that we pay attention in the way we communicate with one another.

This should be one of our main goals.

Overall, I am very pleased with the results of the survey. Brigade commanders and command sergeants major are currently being briefed on the climate survey's results. I will conduct a follow-up survey down the road to compare it with this and note our improvements as we move forward.

One last point: I realize that sometimes there is a reluctance or ambivalence surrounding participation in surveys. The common perception is that we rarely do anything with the surveys we execute, nor do we ever release the results, and nothing is corrected. That is not the case here — we value Soldier input.

Soldiers need to realize that their opinions are valued and their feelings count. I can assure you that this climate survey has not fallen on deaf ears. I have been briefed and my hearing is excellent.

Army Strong and Victory Starts Here!

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Resiliency not just a buzz word

Given the Army's 235-year history, resiliency is a relatively new word in our vocabulary. We hear it often nowadays, from the highest levels of leadership on down, as we talk about how we are addressing the effects of nine years of conflict.

There may be a danger that someone will hear the word once too often and tune it out as the latest buzz word. However, we need to keep talking about it until every member of the Army community — every Soldier, civilian and family member — hears it and gets the message that we want them not only to survive, but to thrive.

A dictionary definition of resiliency is the ability to recover from misfortune or adjust easily to change. When we in the Army talk about resiliency, though, we are talking about more than the ability to bounce back from adversity. We are also talking about the ability to realize personal growth and development in the face of challenging situations. Resiliency is rooted in physical, mental and spiritual fitness. It is about finding the balance in your life between work, family and self, and living your dash — the line on the tombstone between the dates of birth and death — to the fullest.

During the last nine years of conflict, our Soldiers, civilians and family members have faced challenging situations, and in too many cases, tragedy. Multiple deployments and too little dwell time have strained our relationships. We can see the stress manifest in rising rates of divorce, domestic violence, suicide and other destructive behaviors. We have to reverse the trends. We owe it to our Soldiers, civilians and family members to help them build the resiliency they need to cope with their challenges and come out stronger and better.

The Army is recognizing the stress and strain on our forces and families. We are making resiliency a priority and a part of Army culture, and have taken a number of steps to assess and build resiliency in our Soldiers, civilians and family members. One of the initiatives is the Comprehensive Soldier Fitness Program. The program is designed to enhance the resilience, readiness and potential

LT. GEN. RICK LYNCH
IMCOM
Commanding
General



of Soldiers, Civilians and Family members by building strength in every area of life: not just physical fitness, but also emotional, social, spiritual, and family.

CSF is mandatory for Soldiers, but geared to the whole Army community, with components for family members and civilians, as well. Soldiers, civilians and family members begin with the Global Assessment Tool, which measures strength in each of the five areas. The GAT is located at the CSF website, <http://www.army.mil/csf/index.html>. The results of the assessment direct an individualized training plan, which includes virtual training, classroom training and support from resilience experts. It is a long-term program, meant to help every member of our community succeed in his or her job and grow personally.

Another resource that helps Soldiers, civilians and family members build their resiliency are the Army Wellness Centers. Like the CSF, the Wellness Centers are focused on prevention. They are focused on helping individuals identify their problem areas and make positive changes for their health and well-being. Wellness Center programs include metabolic and fitness testing, nutrition education, weight management, stress management, and tobacco cessation.

One challenge for the Army is to make sure that every member of the Army community, including National Guard and Reserve Soldiers, and family members who are

Post schools take aim at bullies

By KRIS GONZALEZ
Fort Jackson Leader

Bullying hurts.

And school administrators are working to make sure Fort Jackson's children are protected.

From introducing an anonymous "bully box" to implementing positive behavior incentive programs, staff at Pierce Terrace and C.C. Pinckney Elementary schools are taking progressive measures to combat bullying in their classrooms.

Both schools have incorporated Trevor Romain's "Bullies Are a Pain in the Brain" anti-bullying program into their curriculums. Through reading, writing, discussion and watching motivational videos, the students learn how to be proactive in preventing bullying themselves.

"Our main goal is to prevent problems from occurring," said Debbie Magill, C.C. Pinckney's counselor. "By implementing programs like this, we can address (bullying) early. It makes a big difference. I think we do a good job at nipping it in the bud."

The program, based on Romain's books and cartoons, uses humor, music and interactive children's stories to provide students practical and easy-to-implement solutions for dealing with bullies.

The students learn to focus on building confidence, standing up for themselves and others, telling adults about bullying they endure or witness, and understanding why bullies bully. Key to the program is that students are heavily encouraged to write about their experiences and feelings in journals.

On Nov. 3, Romain made a guest appearance at the Fort Jackson schools and he told the students how his father introduced him to journaling when Romain was only 8 years old.

"I put all my frustration, all my anger, all my dreams and all my hopes in my journals, and that was an amazing self-regulating program for me," he said. "Sometimes just simply putting your feelings down on paper can really help."

Romain shared personal stories about dealing with bullying during his childhood, and how his experiences helped him succeed in life.

During his presentation, he used animation, antics and role-playing to engage his young audience. He simulated passing a book bag from one student to another to demonstrate how bullies pass off their negative feelings onto somebody else so that they are not alone in carrying their emotions and feelings. He showed the students how a bully's transfer of emotional baggage can weigh heavily on the other person.

Then he held up a \$5 bill and asked the children what the bill was worth.

"Five dollars," the students replied.

He crumpled it up, threw it on the ground, stomped on it, picked it back up and asked again what the bill was worth.



Photo by KRIS GONZALEZ

Trevor Romain, author and illustrator of "Bullies are a Pain in the Brain," uses a \$5 bill to show Pierce Terrace Elementary School students that no matter how much they are bullied, their self value always remains the same.

"Five dollars," they repeated.

"It was a great visual for the kids," said Brian Perry, Pierce Terrace principal. "It showed that even though somebody may be mean to you, or may be bullying you, your self-worth is the same."

He asked the students how many of them had been bullied and how many of them had bullied others.

"I was surprised to see the amount of hands that went up when he asked how many of them had ever been bullied," said

Jamie Burns, Fort Jackson school psychologist.

"I was even more surprised to see the amount of children who admitted they were bullies."

"It's hard to admit you're a bully," Romain said. "(Admitting is) half of the battle."

Each child had his or her own reason for bullying. Most said they did it because they were frustrated or angry.

"I was impressed they were able to recognize that and understand what they had done," Romain said when he met with parents and teachers in separate presentations later. "Each one of them felt bad or ashamed for what they had done."

He spoke to the caregivers about the importance of looking into the reasons why children bully.

"We need to look at the reasons instead of just saying 'You're a bad person, don't bully,'" he said. "If a kid's bullying, most of the time that child has got something go-

ing on. People don't just do that. They may climb on the bandwagon when somebody starts saying mean things, but normally when children say mean things it's because they're trying to boost themselves. Maybe they're feeling insecure and they want to be accepted. We have to investigate why they feel the need to do that.

"And when we talk to victims, we should say 'Just look at the bully and say to yourself, 'Wow, it must be really hard for that person to come to school every day

and be mean to make themselves feel better.' Then we're shifting the emphasis away from them owning it and being a victim to having them realize it's the bully's problem, it's not (the bullied) who (are) insecure."

Romain said one of the most important things parents and teachers must do for the children is create a comfortable communication system students can use to report what's going on.

"A lot of these kids don't even tell their parents what's worrying them," he said. "Some kids are having a really hard time, and in a day and age when kids are taking their own lives because of bullying, we have to have every avenue possible for them to be able to ask for help."

The school administrators are already coming up with creative ways to reach out to their students.

Magill personally makes time to eat

lunch with students each week to find out in an informal way what's going on in the school.

Burns said she is working with staff to create bully boxes to place in each school's cafeteria so that students can anonymously report incidents of bullying.

Both schools have implemented a Life Skills Program that helps students focus on doing the right thing. Each month, the students learn about a character trait, such as loyalty, and students are rewarded for exemplifying those traits. Students are recognized over the intercom during the schools' morning shows and are rewarded with small prizes.

Pierce Terrace also flies a "peace flag" every day. One side of the flag is purple; the other side is white. If someone does something they are not supposed to do, like spitting, hitting or messing around, the flag flies with its white side showing. If there are no reports of inappropriate behavior, the flag flies with its purple side showing. After the flag has flown purple for 20 consecutive days, the students have a celebration, where they enjoy extra recess or treats.

"The goal (of the incentive programs are) to build a sense of community among the students and to encourage them to be supportive of one another," Burns said.

"Life's hard enough," Magill said she often tells her students. "We're in this together. We need to build each other up."

Parents who have concerns about bullying may contact Magill at 787-6815 or Burns at 782-1772.

Kris.Gonzalez1@us.army.mil

Housing Happenings

COMMUNITY UPDATES

❑ Housing and Balfour Beatty Communities offices will be closed Nov. 25 for Thanksgiving.

❑ It is possible to save money and energy by turning off devices, such as computers and monitors, when not in use. Dimming monitor brightness conserves energy as well. Another way to save energy is by unplugging chargers after electronic devices have been fully charged.

❑ Residents should return trash receptacles and recycle bins to the home after each pickup.

❑ Residents are encouraged to review the pet policy in the resident guide before adding a pet. Restrictions on exotic animals and some dog breeds apply. There is a two pet limit per household.

❑ Balfour Beatty Communities is now on Facebook. Search for Fort Jackson Family Housing and click "like" to stay up to date on housing happenings.

CONSTRUCTION UPDATES

❑ To date, 211 homes have been completed.

❑ To date, 243 units have been demolished in the Phase II area for junior noncommissioned officers.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP logo.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

LEADER INFORMATION

To contact the Leader about story ideas or announcements, e-mail FJLeader@conus.army.mil.

Daddy's home



Photo by KRIS GONZALEZ

Capt. Vincent Myers, Company A, 2nd Battalion, 60th Infantry Regiment, surprises his daughter, McKayla, 9, Friday at C.C. Pinckney Elementary School after returning from a yearlong deployment in Afghanistan. Myers was expected to arrive Friday evening, but landed in Columbia around noon. He and his wife, Shannon, drove straight to the school so that Myers could award McKayla a medal during the school's Reading Counts program awards ceremony.

It's your credit, so own it

FINANCIAL ADVICE

By CHRISTINE JULIUS
Army Community Service

According to www.creditcard.com, 61 percent of consumers carry credit card balances month to month and over half have no financial plan. As consumers, it is important for us to understand the concept of how the use of credit affects our credit score and our credit reports.

First, credit scores allow for lenders and credit companies to distinguish the type of interest rate for which consumers can qualify.

For example, Consumer A and Consumer B both want to purchase a vehicle that costs \$20,000 with a loan term of 48 months. Consumer A has a credit score of 550; and an interest rate of 18 percent. The total cost of the new vehicle for Consumer A is \$28,200. That's \$8,200 in interest.

Let's look at Consumer B, who has a credit score of 750. The interest rate is 2.9 percent. The total cost for Consumer B's new vehicle is \$21,207. Consumer A is paying \$6,993 more for the same vehicle.

In essence, the higher the credit score, the lower the interest rate; and the lower the credit score, the higher the interest rate. It is also important to know that *MyFICO.com* reports that there are five components used to determine consumer credit scores.

It is imperative that consumers examine each area to understand what areas in a personal credit report need work. The Fair Credit Report Act entitles consumers to receive a free copy of their personal credit report once every 12 months.

Consumers can obtain a free credit report from www.annualcreditreport.com. Consumers can request all three reports at one time or request one credit report from a different agency once every four months.

The three major credit reporting agencies are Equifax (1-800-685-1111), Experian (1-800-397-3742) and TransUnion (1-800-916-8800).

Contact the Army Community Service, Financial Readiness Program at 751-5256.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the Dec. 16 Leader must be submitted by Dec. 2.

Announcement submissions are due one week before publication.

For example, an announcement for the Dec. 16 Leader must be submitted by Dec. 9.

Send your submissions to FJLeader@conus.army.mil.

For more information, call 751-7045.



Obama makes historic MOH presentation

By **ALEXANDRA HEMMERLY-BROWN**
American Forces Press Service

WASHINGTON — President Barack Obama presented the Medal of Honor Tuesday to the first active-duty service member in nearly 40 years.

Staff Sgt. Salvatore Giunta was described as a humble, low-key Soldier — one that shies away from the limelight. But his actions on Oct. 25, 2007, were anything but low-key when he refused to let enemy fighters carry off a fellow wounded Soldier in Afghanistan.

Giunta, then a specialist, individually pursued two insurgents who had captured a badly wounded Sgt. Joshua Brennan during a deadly firefight. Giunta killed one insurgent and injured the other, and immediately began to administer first aid to Brennan, all while under heavy enemy fire.

It was this act of rare bravery that saved lives and warranted receipt of the Medal, Obama explained.

Yet Giunta doesn't seem to see it that way, and feels that he did what any Soldier in his place would have done.

The president quoted Giunta as saying, "If I am a hero, then every man who stands



White House photo by **CHUCK KENNEDY**

President Barack Obama presents the Medal of Honor to Staff Sgt. Salvatore Giunta in the White House's East Room in a ceremony Nov. 16.

around me, every woman in the military, every person who defends this country is."

Obama agreed with Giunta's sentiment that every military member is heroic, but added that Giunta is genuinely a home-

grown hero.

"I'm going to go off script here for a second, and just say I really like this guy," Obama quipped, resulting in cheers from the audience. "When you meet Sal, and

you meet his family, you are just absolutely convinced that this is what America is all about."

Since the Vietnam War, the Medal of Honor has been given nine times, but to Soldiers who have given the ultimate sacrifice.

"Staff Sgt. Giunta, repeatedly and without hesitation, you charged forward through extreme enemy fire, embodying the warrior ethos that says, 'I will never leave a fallen comrade,' Obama said. "You may believe that you don't deserve this honor, but it was your fellow Soldiers who recommended you for it."

The Iowa native and paratrooper in 1st Platoon, Battle Company, 173rd Airborne Brigade Combat Team says he was just doing his job.

"I'm incredibly proud of my service. I've given blood, sweat and tears for this country and I know some great men and women that have died for this country," said Giunta.

"I'm glad that I can say I'm part of the stars and stripes and the men and women that serve every single day," he said.

Obama said he is proud of America's service members, as they repeatedly do everything their nation calls them to do.

Icing on the cake



Photo by **KRIS GONZALEZ**

Tayla Anderson, 5, bites into a lemon drop cupcake during a Multi-generational Bake Exchange Saturday at the Post Library. In celebration of Military Family Appreciation Month, Fort Jackson community members were invited to bring a dozen of their favorite cupcakes, including recipe, to swap.

News and Notes

FLU SHOT-DRIVE DATES SET

Solomon Center flu shots: 8 a.m. to 2 p.m., Nov. 6, 20 and Dec. 4, 18; and 8 a.m. to 3:30 p.m., Dec. 6, 13 and 20.

Commissary flu shots: 8 a.m. to 3:30 p.m., Monday and Nov. 29; and 10 a.m. to 1 p.m., Dec. 3, 7, 10, 14, 17.

Seasonal flu shots are available to all eligible beneficiaries, 4 and older. Children, newborn through 36 months, can receive vaccinations at the Family Health Clinic. Call 751-2210 for more information.



Nov. 19 — 7 p.m.

Case 39

R

Nov. 20 — 4 p.m.

Secretariat

PG

Nov. 20 — 7 p.m.

My Soul to Take

PG

Nov. 21 — 4 p.m.

Secretariat

PG

Fort Jackson Reel Time Theater
(803) 751-7488

Ticket admission

Adults: \$4.50

Children (12 and younger) \$2.25

Visit www.afes.com for listings.

National center serves 25 federal agencies

Continued from Page 1

and developing new technologies that fit applications for which the polygraph is not suited, as well as improving the polygraph. The center also provides inspection oversight for all federal polygraph programs.

“By designating NCCA as a national center, the Department of Defense and Defense Intelligence Agency are taking an important step in helping to harness the rapid technological advances in the field of credibility assessment ...” Rep. Joe Wilson, R-SC, said in a statement to Congress Nov. 18. “... I am honored to have this important national asset in my district, and I congratulate the leadership of DIA and the military and civilian employees at NCCA on this important recognition.”

The center came to Fort Jackson in 1999 from Fort McClellan, Ala., when the installation closed due to BRAC. Named the Department of Defense Polygraph Institute at the time, the center was renamed the Defense Academy for Credibility Assessment in 2007.

“Being at Fort Jackson has been a perfect location for us because the Army provides us with BCT Soldiers to act as test subjects,” Norris said. “Each student is able to have about 45 real life tests with Soldiers. We couldn’t get our mission accomplished without help from Fort Jackson.”

Students at the center must maintain a 3.0 GPA during the 3 1/2-month course and earn 15 graduate-level college credits. Following graduation, students complete a six-month to a year internship. Students return to the center every two years for 80 hours of continuing education.

The center also provides support to local and state law enforcement agencies on an as available basis and sends instructors to Iraq and Afghanistan to train military on the use of credibility assessment tools in the field.

Chris.Rasmussen@us.army.mil



Photo by CHRIS RASMUSSEN

The National Center for Credibility Assessment, formerly the Defense Academy for Credibility Assessment, officially changes its name during a ribbon-cutting ceremony today.

Children’s mental health, deployment focus of study

By **ELAINE WILSON**
American Forces Press Service

WASHINGTON — Young children from military families are more likely to seek mental and behavioral health care when a parent is deployed than when a parent is at home, a military study has concluded.

Findings also show that children of married couples — with the father as the service member — are more likely to seek care than children with a married military mother or with a single service member parent, said lead researcher Navy Cmdr. (Dr.) Gregory H. Gorman, a staff pediatrician with the Uniformed Services University of the Health Sciences.

The study, which included more than a half million children from active-duty families, will be published in the December issue of the journal “Pediatrics” and was posted on the journal’s website earlier this month.

From fiscal year 2006 to 2007, a team of researchers examined the records of more than 642,000 military beneficiaries ages 3 to 8. They looked at all outpatient visits — whether to military or civilian facilities — billed to TRICARE, the

military’s health care system. They then matched those records up with parents’ deployment records.

Compared to a baseline of care established prior to deployment, researchers found that military children are 11 percent more likely to seek care for behavioral and mental health issues during deployments than when the parent is at home, Gorman said.

Gorman said he broke issues down into three categories: anxiety disorders; pediatric behavioral disorders, such as attention deficit disorder; and stress disorders, which include post-traumatic stress disorder and other types of stress reactions. The study indicated an overall rate increase of 15 to 19 percent within these categories, with rates of anxiety and stress disorders showing the highest increases.

The findings substantiate what the military community has anecdotally known for a long time: deployments affect children. However, Gorman said, “It’s the first time ... we’ve quantified how it really affects children and how it affects the military community as a whole.”

The findings are particularly significant when set against the backdrop of an overall decrease in medical visits for issues such as colds or routine care,

Gorman said. The study indicated a 10 to 11 percent drop in visits for physical ailments while a parent was deployed, he explained.

The drop in medical treatment makes sense, Gorman said, since the spouse is acting as a single parent.

“They’re juggling a lot more responsibility, so perhaps the threshold for bringing a child in for a doctor’s visit may change,” he said. They may defer on routine visits, for example, until the parent returns from deployment, he said.

Researchers also found distinctions based on a child’s age and a parent’s gender, and they noted a gradual increase in care-seeking rates as children increased in age.

Gorman attributes this to older children’s wider array of emotional and behavioral responses. However, children’s gender didn’t seem to play a significant role, he said, with girls and boys experiencing the same impacts.

However, gender did play a role among parents. Researchers found that when the caregiver back home was the mother, the mental health visit rates increased. However, if the caregiver was the father, less of an increase was seen, Gorman said. He also noted an increase in care for children

of married service members, as opposed to those of single service members.

Gorman chalked up these distinctions to recognition. Mothers typically are the primary caregivers, and may be more in tune with a child’s behavioral and mental health needs than the father, he explained. And, during a deployment, a child of a single service member may go to live with an extended family member or close family friend, who may not be as aware of the child’s behavioral norms, so is less likely to recognize variations, he added.

“We probably underestimated (the increase) in those populations,” Gorman said.

Gorman said he hopes the study will go a long way in helping to identify issues among military children and how to better address them, particularly among civilian providers.

The study examined 6.5 million outpatient visits, of which two-thirds were with civilian doctors, he said. Many civilian providers may not be aware of the unique stressors military children face or the resources available to help them, he added.

“Hopefully, this will help to inform civilian pediatric providers,” he said. “They also need to be aware of the resources that they can call on for these families.”

School events honor Native Americans

Leader staff report

Students at C.C. Pinckney and Pierce Terrace Elementary schools received a glimpse of the customs and culture of Native Americans during Native American Heritage Month events at the schools last week.

Members of the “Circle of Native Americans” met with students to describe various Native American customs and traditions. Members also recreated elements of an Indian village, including a tipi and a spirit circle.

The group will also perform during a post luncheon, which is scheduled for 11:30 a.m. to 1 p.m., today, at the Officers’ Club.

The “Circle of Native Americans” will entertain with traditional dances, and the post museum will present a display. The theme for this year is “Confronting the challenges that face our nation.”

The guest speaker is Marcy Hayden, Native American Affairs coordinator for the S.C. Commission for Minority Affairs.

Luncheon tickets cost \$9.25 and may be purchased at the door. Call 751-2990 for more information.



Photos by KRIS GONZALEZ

Susan “White Lily” Little, from the Stockbridge Munsee Band of the Mohicans, and her granddaughter, Dyani “Of the Deer” Mann, 13, describe the customs and traditions of the tribe to Pierce Terrace Elementary School students Tuesday.



Left photo, Michael “Tall Bear” Mann, 10, describes the design and construction of a traditional tipi lodge for Pierce Terrace Elementary Students. Right photo, Ethan Gregg, 7, models a Native American headdress as Susan “White Lily” Little, from the Stockbridge Munsee Band of the Mohicans, describes how different headdresses are made and why they are worn by members of various tribes. The Mohican tribe is one of 20 tribes represented in the “Circle of Native Americans,” whose members visited Pierce Terrace Monday and C.C. Pinckney Elementary School Tuesday.

Resilience resources not just for Soldiers

Continued from Page 2

not located near an installation, have access to the resources they need to build resiliency. All members need to know



what support exists for them and where they can access it. We have plenty of great programs and services, such as the CSF program and Army Wellness Centers, but we need to make sure we are effective and efficient in delivering them to the Army Community members who can use them.

In the spring I will be joining senior commanders and other Army leaders at Fort Hood to discuss the importance of resiliency and the different

ways we are approaching the issue. We are meeting there to take a look at a bricks-and-mortar model, the Fort Hood Resiliency Campus.

The Resiliency Campus is a one-stop shop where Soldiers, civilians and families can go to strengthen the mind, body and spirit. Composed of several buildings located next to each other, the campus offers a comprehensive array of services and programs, including spiritual and physical fitness programs, personal financial assistance, culinary classes, individual and family counseling, Warrior Adventure Quest and family programs.

The symposium will also consider the possibility of a virtual resiliency campus, which is in the beginning phases of conceptualization and development. IMCOM Headquarters' Chaplain Ministry Team will demonstrate a virtual Spiritual Fitness Center, which would be a core component of a virtual resiliency campus. The virtual Spiritual Fitness Center will be accessible both as a conventional website and in Second Life, on the Army OneSource Survivor Island web page. Both avenues will provide Soldiers, civilians and family members faith-based and non-faith-based resources for building their spiritual fitness.

The virtual campus merits serious consideration. Like a physical campus, it would offer a single point of access to assess needs and direct the individual to the best source

of help, but it would also be available to Army community members anywhere and anytime. Ultimately, the symposium will consider what models of resiliency campuses, virtual and physical, can be standardized to benefit the whole Army.

The Army's focus on resiliency is important. It puts mental, emotional and spiritual fitness on par with physical fitness, all of which we need to perform successfully. It also acknowledges that the Soldiers who make up our all-volunteer Army and their family members need and want balance in their lives.

It is easy to get knocked off-balance by the challenges we face, which is why I encourage you to take the time to build your resiliency and find your balance. As I said, you have to live your dash.

For me, the dash signifies not only serving my country, but even more importantly, being a husband and father and making time for friends. When you are taking your last breaths, you are probably not going to wish you spent more time working, but more time doing the things you enjoy and being with the people you love. Especially during the fast-approaching holiday season, take the time to do what recharges you, to spend time with those important to you, and ultimately, to live your dash well.

Support and Defend.

AROUND POST

This week's honors



**Sgt. 1st Class
Jason Farmer**
Drill sergeant leader
Drill Sergeant School



**Sgt. 1st Class
Rosa Trujillo**
Leadership award
Drill Sergeant School



**Staff Sgt.
Daniel Taylor**
Physical fitness award
Drill Sergeant School



**Staff Sgt.
Will Benjamin**
Distinguished honor graduate
Drill Sergeant School



**Staff Sgt.
Ricky Schramm**
Instructor of the cycle
187th Ordnance Battalion



**Staff Sgt.
Christopher Lynch**
Cadre of the cycle
187th Ordnance Battalion



**2nd Lt.
Gregory Bookston**
Distinguished honor graduate
Adjutant General BOLC-B
course



**Sgt/
Jimmy Williams**
NCO of the Year
Moncrief Army Community
Hospital



**Spc.
Andrew Ducharme**
Soldier of the Year
Moncrief Army Community
Hospital



*Want more Fort Jackson news?
Watch Fort Jackson video news stories
and Victory Updates at
<http://www.vimeo.com/user3022628>*



Photo by CHRIS RASMUSSEN

Joe Rice, manager for University of South Carolina's TRIO program, speaks during a Military Spouse and Children Scholarship Seminar Wednesday at the Strom Thurmond Building. The seminar, which was sponsored by the Army Community Services Employment Readiness program, is one of several free seminars planned through February. The seminars include information on available federal, state and military financial assistance.

ACS one-stop shop for scholarship info

Leader staff report

From parents looking for scholarship money for a college-bound child, to those looking to ease ever-rising tuition for themselves, now is the time to begin the hunt for college funds. The Army Community Services Employment Readiness program offers seminars geared toward military spouses and children to help set them on the right track toward finding and applying for college scholarships. Below is a sampling of the available scholarships:

MILITARY SCHOLARSHIP FINDER

Military spouses and dependent children should visit www.military.com and click on "Scholarship Finder." Users can set up a profile to meet their specific needs, then users will receive daily e-mails from a variety of sources regarding military scholarships.

SCHOLARSHIPS FOR SPOUSES AND DEPENDENT CHILDREN:

Army Emergency Relief offers financial aid for full-time college study for dependent children of retired Soldiers. Scholarships are awarded based on financial need and on academic achievements and individual accomplishments. Apply online at www.aerhq.org and click on "scholarships."

The two programs are:

- Dependent Children Scholarship Program Major General James Ursano

Scholarship Fund Dependent Children Scholarship)

- Stateside Spouse Education Assistance Program

FREQUENTLY ASKED QUESTIONS (AER)

Q: Do you have a number of spouses who apply for scholarships who are turned down?

A: We don't turn down anyone. If they have a complete application and are eligible then they will get some sort of funding, IF they meet the financial need requirements. We have 11 spouses that did not meet financial need requirements, therefore did not receive education assistance.

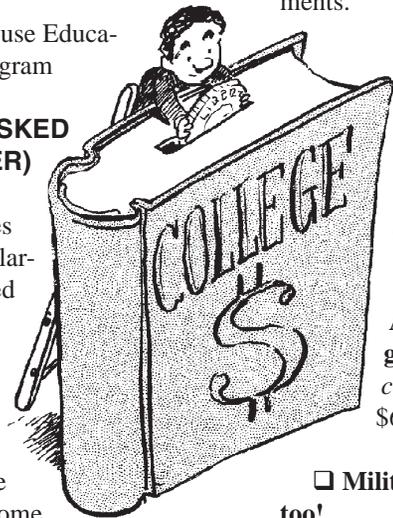
Q: Do you have a set number of scholarships that you award each year?

A: No. We will take as many that want to apply.

Q: Have you ever run out of money and not able to give a scholarship to all who meet the requirements?

A: No. We are given a maximum amount approved by our Board of Managers. We adjust our brackets according to that maximum to assist all eligible

students that meet financial need requirements.



OTHER SCHOLARSHIPS

- Severely injured Service Members and Spouse Scholarship Opportunities, <http://www.dantes.doded.mil/sfd/index.asp?Flag=true>
- Military Spouse Career Advancement Account Program, www.militaryonesource.com/mycaa (One time- up to \$6000)
- Military helps spouses get degrees too! <http://education.military.com/school/military-helps-spouses-get-degrees-too>
- Dependents' Educational Assistance (Department of Veterans Affairs), http://www.gibill.va.gov/pamphlets/CH35/CH35_Pamphlet_General.htm
- Education Benefits for Survivors of Service Members, www.vba.va.gov/survivors
- Defense Commissary Agency (Dependent Children), <http://www.militaryscholar.org/about/about.shtml> or www.commissaries.com
- Military Order of the Purple Heart, <http://www.purpleheart.org/Mem->

www.militaryhandbooks.com (Request a free copy of the Military Children's Scholarship handbook at www.militaryhandbooks.com)

National Military Family Associations (Military spouse scholarships) <http://www.nmfa.org>

National Military Family Association Joanne Holbrook Patton Military Spouse Scholarship Program, http://www.nmfa.org/site/PageServer?pagename=Spouse_Scholarship

Federal Employee Education and Assistance Fund (FEEA), <http://www.feea.org/scholarships.html> (Current civilian federal employees and their dependent members.)

Post 9/11 GI Transferability, Military member can transfer GI Bill entitlements to family members, <http://www.defenselink.mil/gibill>

IN THE KNOW

The next family member scholarship seminars are scheduled for 1 to 2 p.m., Dec 7, and 9 to 10 a.m., Dec 14, at the Strom Thurmond Bldg, Room 222. Call 751-5862/5256 to register.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Morgan Turner
Company A
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Dwayne Kanzler

SOLDIER OF THE CYCLE

Pfc. Samantha Combs

HIGH APFT SCORE

Pvt. Michael Smith

HIGH BRM

Pvt. John Nephew



Staff Sgt. Brian Benjamin
Company B
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Jason Spradlin

SOLDIER OF THE CYCLE

Pfc. Adam Garrett

HIGH APFT SCORE

Pvt. Takuya Fujimura

HIGH BRM

Pfc. Casey Ogden
Pvt. Zachary Ballard
Pvt. Kurtis Finn



Staff Sgt. Raymond Agan
Company C
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvc. Eugene Patton

SOLDIER OF THE CYCLE

Spc. Rohan Malcom

HIGH APFT SCORE

Pvt. Kenneth Bennett

HIGH BRM

Pvt. Justin Turner



Staff Sgt. Edwards Neely
Company D
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pvt. Robert Ochiltree

SOLDIER OF THE CYCLE

Pfc. Kiara Lamar

HIGH APFT SCORE

Pfc. Michael Schneider

HIGH BRM

Pvt. Nathan Smith



Sgt. 1st Class Terrence Wesson
Company E
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Spc. Alisher Khalmukhamedov

SOLDIER OF THE CYCLE

Spc. Jared Domin

HIGH APFT SCORE

Spc. Jared Domin

HIGH BRM

Spc. Josue Acevedo
Pfc. William Pope



Staff Sgt. Douglas McDonald
Company F
1st Battalion,
13th Infantry Regiment

SOLDIER LEADER OF THE CYCLE

Pfc. James Jackson

SOLDIER OF THE CYCLE

Pfc. Cierra Mendoza

HIGH APFT SCORE

Spc. Daniel Launt

HIGH BRM

Pvt. Tyler Miller
Pvt. Jim Glenn

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT

Sgt. Antonio Martinez

CIVILIAN SUPPORT

Elizabeth Thometz

DFAC SUPPORT

Rosa Robinson



Hoorah!

Marine Corps Brig. Gen. Vincent Stewart, USMC director of intelligence, addresses students in the Navy Chaplains Basic Leadership Course during the graduation ceremony at the Naval Chaplaincy School and Center Nov. 10. The graduation date coincided with the Marine Corps' 235th birthday.

*Photo by
CHAPLAIN (CMDR.)
YOLANDA GILLEN,
Naval Chaplaincy School and Center*

At your service

Phone numbers and operation hours for key post facilities

All South Federal Credit Union	782-9830	Monday-Thursday, 9 a.m. to 5 p.m.; Friday, 9 a.m. to 6 p.m.
American Red Cross	751-/4329/5923	Monday-Friday, 8 a.m. to 4 p.m.
Andy's Fitness Center	751-4177	Monday-Friday, 5 a.m. to 9 p.m.; Saturday, 8 a.m. to 6 p.m., Sunday, 10 a.m. to 4 p.m.; call for hour on training and federal holidays
Army Career Alumni Program	751-4109/4104	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Army Community Service	751-5256	Monday-Friday, 8 a.m. to 4 p.m.
Army Continuing Education Services	751-5341	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Army Substance Abuse Program	751-5007	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Bowling, Century Lanes	751-6138	Closed Monday; Tuesday-Thursday, 11:30 a.m. to 10 p.m.; Friday, 11:30 a.m. to 11 p.m.; Saturday, 1 p.m. to midnight; Sunday, 2 to 10 p.m.
Bowling, Ivy Lanes	751-4759	(For use by Soldiers in training): Thursday, 1 to 8:30 p.m.; Friday, 5:30 to 9 p.m., Saturday, 1 to 9 p.m.; Sunday, 11 a.m. to 5 p.m.
Car Care Center	782-1639	Monday-Friday, 8 a.m. to 5 p.m.
Chaplain Museum	751-8827/8079	Monday-Friday, 9 a.m. to 4 p.m.
Child and Youth Services	751-4865	Monday, Wednesday and Friday, 7:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 7:30 a.m. to 6 p.m.
Civilian Personnel Advisory Center	751-3219	Monday-Friday, 8 a.m. to 4 p.m.
Class VI	782-1601	Monday-Friday, 9 a.m. to 7 p.m.; Saturday, 9 a.m. to 8 p.m.; Sunday, 10 a.m. to 7 p.m.
Clinical Army Substance Abuse Program	751-6597	Monday-Friday, 7:30 a.m. to 4:15 p.m.
Coleman Gym	751-5896	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends, training holidays and holidays except Christmas and New Year's Day, 6 a.m. to 2 p.m.
Commissary	751-5789	Sunday, 11 a.m. to 6 p.m.; Tuesday and Saturday, 9 a.m. to 8 p.m.; Wednesday-Friday, 10 a.m. to 8 p.m.
DA Photos (TSC)	751-7592	Monday-Thursday, 8 to 11 a.m. and 1 to 3 p.m.
Defense Military Pay Office	751-6669 (Soldiers)	Monday-Friday, 8 to 11:30 a.m. and 12:30 to 4 p.m. Civilians should call 751-4914.
Dental Clinics	751-5178/6017	Monday-Friday, 7:15 a.m. to 4:15 p.m.
Family Health Center	751-2273	Monday-Friday, 7:20 a.m. to 8 p.m.; training holidays, 8 a.m. to 4 p.m.
Florist	738-1812	Monday-Friday, 9 a.m. to 5:30 p.m.
Fort Jackson National Cemetery	699-2246	Monday-Friday, 8 a.m. to 4:30 p.m.
Furniture Store	787-9175	Monday-Friday, 9 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m.
Hospital Retail Annex	782-1263	Monday-Friday, 7 a.m. to 4 p.m.
ID Section	751-7731	Monday-Friday, 8 a.m. to 4 p.m.
Legal Assistance and Claims	751-4287/3603	Monday-Friday, 9 a.m. to 4 p.m.
LCI-SSSC	790-5306	Monday-Friday, 8 a.m. to 4 p.m.
Main Outpatient Pharmacy	751-2259	Monday-Friday, 7:30 a.m. to 5 p.m.
MG Robert B. Solomon Center	751-4056	Monday-Friday, 8 a.m. to 8 p.m.; Saturday, 8 a.m. to 6 p.m.; Sunday, 10 a.m. to 4 p.m.
Military Clothing Sales Store	787-5248	Monday-Friday, 9 a.m. to 7 p.m.; Saturday-Sunday, 10 a.m. to 4 p.m.
Movie Theater	751-7488	Hours vary
National Federation of Federal Employees	751-2622	
NCO Club	782-2218	Monday-Friday, 7 a.m. to 3:30 p.m.; Saturday, 8 p.m. to 2 a.m. Open later for entertainment and special events; call for details and times.
Officers' Club	751-4906	Monday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 2 p.m.
Palmetto Falls Water Park	751-3381	**Closed for season**
Perez Fitness Center	751-6258	Monday-Friday, 5:30 a.m. to 9 p.m.; weekends and training holidays, 10 a.m. to 6 p.m.
Pharmacy Annex (PX mall)	751-2250	Monday-Friday, 9 a.m. to 6 p.m.
Pools, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m.; 4:30 to 7 p.m.
Pools, Legion	751-4796	**Closed for season**
Post Exchange	787-1950/1951/1952	Monday-Saturday, 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 7 p.m.
Post Library	751-5589/4816	Monday-Thursday, 11 a.m. to 8 p.m.; Friday-Sunday, 11 a.m. to 5 p.m.
Post Office	782-8709	Monday-Friday, 8:30 a.m. to 5 p.m.
Recycling Center	751-4208	Monday-Friday, 7 a.m. to 3 p.m.; open 24 hours for drop-off
Reuse Center	751-5121	Monday-Friday, 10 a.m. to 2 p.m.
Safety Center	751-6004	Monday-Friday, 7:30 a.m. to 4:30 p.m.
Shoppette Gate 1	782-2076	Monday-Friday, 7 a.m. to 9 p.m.; Saturday-Sunday, 8 a.m. to 9 p.m.
Shoppette Gate 2	790-4478	Open 24 hours a day
SSI Retail Annex	738-9189	Monday-Friday, 8 a.m. to 2:30 p.m.
Thrift Shop	787-2153	Tuesday and Thursday, 9 a.m. to 3 p.m.; Wednesday, 9 a.m. to 5 p.m.
Vanguard Gym	751-4384	Monday-Friday, 5:30 a.m. to 9 p.m.; Saturday, Sunday and holidays, 1 to 8 p.m.
Vehicle Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Veterinary Clinic	751-7160	Monday-Friday, 8 a.m. to 4 p.m.
Victory Travel	751-5812	Monday-Friday, 8 a.m. to 5 p.m.

Anything we missed? E-mail us at fjleader@conus.army.mil.



Above, Staff Sgt. Adam Arruda, 187th Ordnance Battalion, marches with the battalion's Soldiers in the City of Columbia's Veterans Day parade Nov. 11. Right, retired Col. Charles Murray interacts with the crowd during the parade. Murray, who received the Medal of Honor for his actions in World War II, served as the parade marshal.

Photos by JAMES ARROWOOD, Command photographer



Events honor veterans

Leader staff report

Thousands of members of the Fort Jackson and Columbia communities took advantage of the sunny weather to pay honor to service members past and present on Veterans Day.

This year's activities got off to an early start with a wreath-laying ceremony at Gate 1 Nov. 10.

The guest speaker was Jack Van Loan, a former Air Force pilot who was a prisoner of war for six years during the Vietnam War.

On Veterans Day, Fort Jackson Soldiers, led by Maj. Gen. James Milano, took part in the City of Columbia's 32nd annual parade in honor of the nation's veterans.

The parade's grand marshal was retired Col. Charles Murray, one of two living Medal of Honor recipients in the Midlands.

Soldiers from the 187th Ordnance Battalion and the 282nd Army Band participated in the parade through downtown Columbia.



Members of the American Heritage Girls take a break from marching in the Veterans Day parade.

Photo by CRYSTAL LEWIS BROWN



Staff Sgt. William Paige, a drill sergeant leader with the Drill Sergeant School; Jack Van Loan, a prisoner of war during the Vietnam War; Post Command Sgt. Maj. Brian Stall; and Maj. Gen. James Milano, Fort Jackson' commanding general, show their respects during a Veterans Day ceremony Nov. 10 at Gate 1.

Photo by JAMES ARROWOOD, Command photographer

CMYK

CMYK

27" WEB-100

HAPPENINGS

Calendar

Today

Native American Heritage Month luncheon

11:30 a.m., Officers' Club

Friday

Veterans Day Ball

6 p.m., Medallion Center, Columbia
For more information, call 751-3318/3319 or e-mail Douglas.Schuckman@conus.army.mil.

Monday

Army Family Covenant re-signing/ Family of the Year ceremony

4 p.m., Solomon Center

Tuesday, Nov. 30

Retirement Review

10 a.m., Post Headquarters

Thursday, Dec. 2

School board meeting

4 p.m., C.C. Pinckney Elementary School

Holiday tree lighting

5 p.m., Post Headquarters

Friday, Dec. 3

First Friday tournament

1 p.m., Fort Jackson Golf Club

Friday, Dec. 3

Garrison holiday gala

6 p.m., Solomon Center
Tickets cost \$12. Contact your committee representative for tickets.

Saturday, Dec. 11

Sergeants Major Association

Christmas party

6 p.m., Officers' Club
Tickets cost \$25. For tickets, call 381-2939 or (815) 621-4180.

Housing events

Through Monday

Harvest Hope Food Bank food drive

Bring in your donations and be entered into a raffle.

Tuesday, Nov. 23

Festive fall yard decoration contest

The residents with the most beautiful and festive yard will win a gift card.

Wednesday, Nov. 24

Gobble gobble art contest

Children can color a turkey coloring sheet. The art will be on display in the Community Center. The coloring sheet is available at the Community Center or online at www.ftjacksonfamilyhousing.com.

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Announcements

COMMISSARY HOURS

The Commissary will be open Nov. 22, the Monday before Thanksgiving. It will be closed on Thanksgiving, Nov. 25.

ACS CLOSURE

Army Community Service offices will be closed Nov. 26. An ACS Army Emergency Relief case worker will be available. In case of an emergency, call 751-5256 or (800) 337-3445 for AER assistance.

WEDNESDAY GRADUATION

The graduation ceremony for Companies D, E and F of 3rd Battalion, 34th Infantry Regiment is scheduled for 10 a.m., Nov. 24.

THRIFT SHOP CLOSURE

The Thrift Shop will be closed Nov. 23 through 25 and Dec. 28 through Jan. 6. Before Christmas, Wednesday shoppers will have a chance to win a Christmas basket every hour from noon to 5 p.m.

ACS ON SOCIAL MEDIA

Army Community Service now has a Facebook page and Twitter feed. Follow FtJacksonACS on Twitter or friend Ft Jackson ACS on Facebook.

DRILL SERGEANTS NEEDED

The Drill Sergeant School is accepting applications from drill sergeants with more than one year of experience on the trail to become drill sergeant leaders. For more information, call Sgt. 1st Class John McHaney at 751-3355 or e-mail John.P.McHaney@conus.army.mil.

MONEY MATTERS CLASS

Money Matters, a Boys and Girls Club

program for 14-18 year olds, meets 7:30 p.m. Wednesdays and 4 p.m. Saturdays at the Youth Services Center. The classes focus on budgeting, saving and planning for college. For more information, call 751-7706.

VA CASH BENEFITS

Pension-eligible veterans who require home care, assisted living or nursing home care may be eligible for VA Aid and Attendance and Housebound Benefit benefits.

Both programs provide cash to eligible veterans. For more information, visit www.vb.va.gov/bln/21/pension/vetpen.htm#7 or e-mail va@oepp.sc.gov.

EXCHANGE OPTOMETRY HOURS

The Optometry Care Eye Clinic at the Exchange is open 8:30 a.m. to 5:30 p.m., Mondays, Tuesdays, Thursdays and Fridays; 10:30 a.m. to 6:30 p.m., Wednesdays; and 9 a.m. to 2 p.m., Saturdays. The clinic accepts TRICARE, Medicare and Blue Cross and Blue Shield insurance. For more information, or to schedule an appointment with Dr. Peter Candela, call 790-1849.

AAFES ESSAY CONTEST

AAFES is awarding a \$2,000 shopping spree to the winner of its 300-word "My Hero" essay contest. The contest is open to all military ID card holders, 18 and older. Essays may be submitted in one of six categories: community crusader, young wonder, family champion, peacemaker, earth keeper or animal wonder. Entries will be accepted through Friday and should be submitted to PatriotFamily@aafes.com.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

THANKSGIVING AT THE DINING FACILITY

The 120th Adjutant General Battalion (Reception) will serve Thanksgiving meals to retirees and guests of military ID card holders from 1:30 to 2:30 p.m., Nov. 25. Meals cost \$7 (standard rate) and \$5.95 (discount rate). The discount rate is for dependents of enlisted personnel grades E-1 through E-4. For more information, call 751-5556/7274.



Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

VA BENEFITS SEMINAR

A free seminar explaining VA benefits is scheduled from 9 a.m. to noon, Saturday at Bible Way Church of Atlas Road. The seminar is open to military members, veterans and their families.

MILITARY APPRECIATION DAY

Bible Way Church of Atlas Road has scheduled two military appreciation services Sunday. The services are set for 8 a.m. and 11 a.m. Command Sgt. Maj. Teresa King, Drill Sergeant School, will be the guest speaker for the 11 a.m. service. A free meal will be available for military and their families following the second service. For more information, call 788-1469.



Reading counts

Top readers for the first quarter of C.C. Pinckney Elementary School's Reading Counts program display their first prize trophies with the school principal, Sherry Schneider, Friday during an awards ceremony at the school's auditorium. From left: Larauna Holden, 11, sixth grade; Jackson Mears, 10, fifth grade; Clairice Wyszynski, 9, fourth grade; Nirvana Khan, 8, third grade.

Photo by KRIS GONZALEZ



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao

Superhero stop



Photo by MONICA DUVERNAY, Family and Morale, Welfare and Recreation

Capt. MWR and Dot Com make a surprise visit to the EDGE! More Harry Potter class Nov. 10 during Wand-making 101. In addition to the EDGE! classes, Family and Morale, Welfare and Recreation is offering many free and low-cost activities during Military Family Month.

Hometown tour program begins

By THERESA O'HAGAN

Family and Morale, Welfare and Recreation

Family and Morale, Welfare and Recreation's Community Recreation Division is launching its new "Be a tourist in your hometown" program this month with a holiday edition today.

"I was meeting with the folks at marketing and we were discussing all the interesting things there are to do in Columbia that our people don't know about. We came up with this program as a way of introducing them to the many things Columbia has to offer," said Brent Bookman, programmer, Recreational Delivery System.

The first event begins today at 5 p.m.

"We will meet at Marion Street Center and head off to Vista Lights," Bookman said. According to *visitcolumbia.com*, Vista Lights is the Vista's signature open house which starts the holiday season with a night of culture, cuisine and artistic performances. More than 60 galleries, shops, restaurants, bars and entertainment venues will open their doors for the evening to showcase holiday treasures. This year's event will also include the city's annual tree lighting ceremony with Mayor Steve Benjamin.

This event is free for the first 15 DoD ID card holders who sign up. Those who register in November get all four Holiday Edition events free. There is limited space left for all four trips; those interested in attending Vista Lights must register by noon, today. Events included in the package are: Governor's Mansion tour, Dec. 2; Holiday Lights on the River at Saluda Shoals Park, Dec. 9; and Riverbanks Zoo Lights Before Christmas on Dec. 16. All subsequent trips will be depart from Marion Street Station at

5 p.m. Register at Marion Street Station, or call 751-3484.

JINGLE BELL JOG SET FOR DECEMBER

*Deck the tables with carbs & chocolate,
fa la la la la la la la la;
Add some gravy and some potluck,
fa la la la la la la la la;
Don we now our gay apparel,
fa la la la la la la la la
Oops, it won't fit;
That's our carol,
fa la la la la la la la la*

Too many families end up singing this song after the holidays. It's easy to overindulge, especially with all the parties, luncheons and treats in overabundance during the season. The key is everything in moderation and staying active to ward off those extra pounds, so, like Santa, when we laugh, we won't shake "like a bowlful of jelly."

Child, Youth & School Services wants to help families avoid the holiday heft with a Jingle Bell Jog from 8 to 11 a.m., Dec. 4. The jog, which will start and end at the Youth Sports Complex on Chesnut Road, takes runners on a four-mile trek with turnaround points every half-mile (up to the two-mile point) to suit everyone's ability level. Families are encouraged to participate with strollers if their little ones are too small to walk or run.

Reindeer Games will follow at the Youth Sports Complex, including Holiday Hula Hoops, Rudolph Races, Ring Around the Reindeer, and Dasher's Diaper Derby. Families will be able to share in a yummy, but healthy, breakfast during a quick stop at Blitzen's Breakfast Bites. Santa's favorite elf, Tess Twinkle, will be on hand to give out treats and pose for holiday photos.

For more information, contact Santa's Helpers, Beverly Metcalfe at 751-3053 or Madge McNaboe at 751-3773.

Editor's note: Beverly Metcalfe contributed to this report.

FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ **Magruder's Pub and Club** is open for lunch.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy story time, 6:30 to 7 p.m., **Post Library**. Come in your PJs, and go home ready for bed.
- ❑ Today is the last day to get transportation and tailgating with **Outdoor Recreation**. Register today and get a free game ticket. Call 751-3484 for more information.

FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the **Youth Services Center**.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while supply lasts.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761.

MONDAY

- ❑ Families of the Year Ceremony, 4 p.m., **Solomon Center**. Celebrate the accomplishments of Army families. Winners of the essay contest will be announced.
- ❑ TRX Outdoors group fitness classes at the **Perez Tennis Court**. Call 751-5768 for more information.

WEDNESDAY

- ❑ Get your party on at the **NCO Club**, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs. Join in for Morale Call 8 p.m. at the NCO Club's Liberty Lounge.
- ❑ 4-H Club meeting for grades one through five. For more information, call 751-1136.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**

EDGE! CLASSES

- ❑ **In the swing golf** — 3:30 to 5 p.m., Mondays and Thursdays, Fort Jackson Golf Course. For ages 9-18.
- ❑ **Cook your own Thanksgiving** — 3:30 to 5:30 p.m., Tuesdays and Wednesdays, 5955-D Parker Lane. For ages 10-18.
- ❑ **Camp EDGE!** — 4 to 6 p.m., Tuesdays and Wednesdays. Meet for transportation to Weston Lake at 5955 Parker Lane. For ages 11-18.
- ❑ **More Harry Potter!** — 3:30 to 5 p.m., Wednesdays and Fridays, Balfour Beatty Community Center. For ages 8-15.
- ❑ **Thanksgiving on Thursday (Magic Tree House)** — 3 to 4:30 p.m., Wednesdays, Post Library. For ages 6-10.
- ❑ **Tricky video** — 3:30 to 5 p.m., Tuesdays and Thursdays, 5933 Parker Lane. For ages 11-18.

All EDGE! classes canceled on Thanksgiving Day.

Smoke residue can still pose hazard

By **KARLA SIMON**

U.S. Army Public Health Command (Provisional)

Tobacco smoke has a new potential danger to its list of hazards: third-hand smoke. The term was coined in a study published in the medical journal, "Pediatrics," to describe the interaction of tobacco smoke with indoor surfaces.

Most people know that first-hand smoke is inhaled directly by a smoker and second-hand smoke is the smoke passively breathed in by people near someone smoking. Researchers have determined that third-hand smoke is the residue left on surfaces from second-hand smoke. The pungent scent of smoke that lingers in enclosed spaces long after a cigarette has been extinguished gives away the presence of third-hand smoke.

Parents often smoke when their children are out of the house to try to reduce

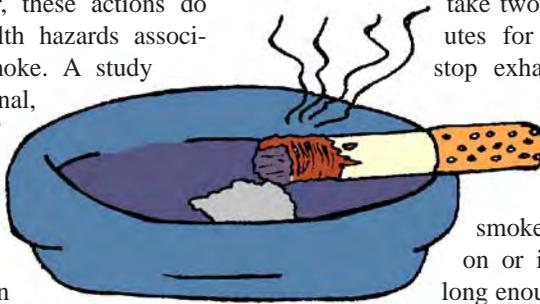
second-hand smoke exposure. They also turn on fans to ventilate the room and let down a window in a car to dissipate cigarette smoke. However, these actions do not eliminate the health hazards associated with tobacco smoke. A study published in the journal, "Tobacco Control," found that the sticky residue from nicotine and tar can persist in carpets, furnishings, drapes, dust and on skin and clothes for several months after smoking has ceased.

New research has shown that residual nicotine reacts with a common air pollutant, nitrous acid, which is a combustion product generated with the use of gas-powered appliances and vehicle engines. The nicotine and nitrous acid combine to form more carcinogenic compounds. These small par-

ticles can enter the body either through skin exposure, dust inhalation or ingestion.

According to the Mayo Clinic, it can take two to three minutes for a smoker to stop exhaling the toxins of smoke after their last puff. Third-hand smoke can remain on or in the smoker long enough to settle in places considered smoke-free. Babies and toddlers are of particular concern, since they have far greater exposure to contaminated surfaces.

Although adults are discouraged from smoking when children are present, this is not enough. Making the home and car a 100 percent smoke-free will protect loved ones, human and animal.



Tips ease discomfort of quitting

By **BETHANN CAMERON**

U.S. Army Public Health Command (Provisional)

Many people make the transition from using tobacco products to using nicotine replacement patches, gum or other medicine. Remember to use the medications as prescribed by a health care provider.

Transitioners may experience uncomfortable feelings such as headaches, nervousness, irritation or anxiety. Drinking plenty of water can ease these discomforts. These symptoms will go away as your body tolerates reduced amounts of nicotine until there is no nicotine left.

Most smokers automatically reach for their cigarettes or spit tobacco. The automatic reaching will be almost gone in a few months. The association between tobacco and many daily activities will curtail.

Before, a smoker's brain was trained to connect using tobacco with a daily activity. Now, daily activity is connected with a new habit or pattern of behavior that has been developed. An example of a smoker's behavior is that he or she might drink a cup of coffee and smoke a cigarette or reach for spit tobacco in reaction to fatigue or stress. Now, that same person might reach for a straw, a piece of candy or gum.

The process of maintaining control in order to stay tobacco-free requires using some strategies. One tip is to avoid people or places where people use tobacco. To cope with an urge to smoke, use the four Ds.

- Deep breathing: take slow deep breaths to feel relaxed and in control.
- Drink water—at least eight glasses a day.
- Do something else to keep busy.

— Delay by counting to 100 or 200 and thinking pleasant thoughts until the urge passes.

Another alternative is to use a "survival kit" of items such as chewing gum, candy, toothpicks, rubber bands and paper clips to serve as substitutes instead of using tobacco.

A former smoker may have pleasant memories of tobacco and think how nice it would be to have just one cigarette or a little dip. This is risky because it can lead one to "slip" or relapse into using tobacco.

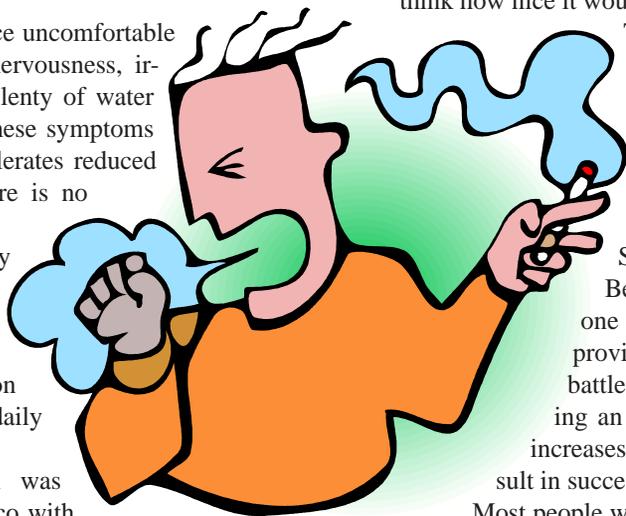
After a slip, make a fresh start by considering the circumstances that caused the slip. Review the reasons for quitting tobacco: health, family members, personal appearance, easier to breathe or mission readiness. Set a date, make a quit plan and quit again. Be sure to get support system: a buddy, someone to talk with, or a group of people who can provide support. The only people who lose their battles with tobacco are the ones who stop making an attempt. Each unsuccessful attempt to stop increases the likelihood that the next attempt will result in success.

Most people who quit say that about one year after quitting they no longer think about tobacco. This depends on the amount of nicotine, the level of dependence and how many aspects of life rotated around using tobacco.

Remaining tobacco-free for the rest of one's life requires effort. Do whatever is necessary to maintain a tobacco-free status. Make it last.

For additional information and support in staying tobacco-free, contact your medical treatment facility. These online resources are also available:

- DOD, Quit Tobacco, www.UCANQUIT2.org
- American Lung Association Freedom from Smoking, <http://www.lungusa.org/stop-smoking/how-to-quit/getting-help/>
- American Cancer Society, Fresh Start Program, <http://www.acsworkplacesolutions.com/freshstart.asp>



There are ways to minimize the impact of third-hand smoke in residences and automobiles:

☐ Detoxify your home and vehicle. Tobacco smoke will infiltrate every crevice. Open windows and doors and let in fresh air when the weather permits.

☐ Do a thorough cleaning. Start by washing all clothing, bedcovers, drapes and furnishings. This includes windows, doors, walls, ceilings, kitchen cabinets, wall hangings, light fixtures, blinds and shades.

☐ Steam-clean carpet and upholstered furniture and car seats. Make sure to use a cleaning agent and not just a deodorizer that only masks the smell.

☐ Remove smoke-infused wallpaper.

☐ Replace all heating and air conditioning filters regularly.

☐ Use several coats of non-toxic sealant and paint to prevent odors and nicotine stains from leaching through the paint.

MACH updates

ONLINE BOOKING FOR MINORS

TRICARE Online now offers authorized family members to schedule, view and cancel appointments on behalf of themselves, other adult family members (who have granted access) and children younger than 18 through the TRICARE online booking appointments for minors feature. Access TBAM by logging onto www.tricareonline.com using DoD self-service logon or a Common Access Card. Call 800-600-9332 for 24-hour customer service support.

MACH RETIREE ENROLLMENT

Retirees and their family members who are TRICARE Prime eligible can now enroll at Moncrief Army Community Hospital. Active-duty family members, retirees and retiree family members who want to enroll at MACH can visit the TRICARE Service Center on the 10th floor at MACH. For more information, call the Patient Services Office at 751-2425/0471/2778 or e-mail machptservices@amedd.army.mil.

OUTPROCESSING PROCEDURE

Soldiers must clear the Department of Behavioral Health prior to leaving the installation. Outprocessing hours are 2 to 3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

APPOINTMENT CANCELLATIONS

Call 751-CARE (2273) or 877-273-5584 to cancel appointments.

'A friend loves at all times'

By **CHAPLAIN (CAPT.) EDWARD TOLLIVER**
Installation Chaplain's Office

Recently, a Soldier came into my office and was depressed, with little hope. He said that he had been at Fort Jackson for a few months and was feeling a little homesick. I asked him if he had any friends or co-workers when he could talk to or just hang out with.

So often, we tend to isolate ourselves and try to be a "lone ranger." It reminds me of a sermon illustration. It goes like this:

A man was walking down a road and fell into a deep pit, with steep walls on four sides. He yelled and screamed for someone to help. A lawyer walked by and, seeing the

man down in the pit, typed a legal brief and threw it into the hole and walked away. A doctor walked by and, upon hearing the man, wrote a prescription and threw it into the hole and walked away. Then a friend walked up to the hole and after hearing the cries of the abandoned man, jumped into the pit.

The bewildered man looked into the eyes of the newly trapped friend and asked: "Are you an idiot, now we're both stuck!" The friend responded, "But I've been down here before and I know the way out."

Who can you befriend and help out of a pit today? Remember, even the Lone Ranger had Tonto.

"A friend loves at all times, and a brother is born for adversity." (Proverbs 17:17)

THANKSGIVING SERVICES

A Thanksgiving service is scheduled for 11:30 a.m., Wednesday at the Main Post Chapel. Refreshments will be served following the service. For more information, call 751-6469.

Thanksgiving Mass is scheduled for 9 a.m., Nov. 25 at the Main Post Chapel. Wine and bread for your Thanksgiving meal will be blessed following the service for those who wish to bring some. For more information, 751-6681/6469.



PROTESTANT

- Sunday
- 9 a.m. McCrady Chapel (SCARNG), McCrady Training Center
- 9 a.m. Daniel Circle Chapel Gospel service, Post Theater
- 9:30 a.m. Hispanic, Solomon Center
- 9:30 a.m. Main Post Chapel
- 10:45 a.m. Sunday school, Main Post Chapel
- 11 a.m. Magruder Chapel
- 11 a.m. Memorial Chapel
- 11 a.m. Chapel Next, Bayonet Chapel
- 6 p.m. Transitions Christian service, Anderson Street Chapel
- Wednesday
- 6 p.m. Prayer service, Magruder Chapel

Protestant Bible Study

- Monday
- 7 p.m. Women's Bible study (PWOC), Main Post Chapel
- Tuesday
- 9:30 a.m. to noon Women's Bible study (PWOC), Main Post Chapel
- Wednesday

- 6 p.m. Gospel prayer service, Magruder Chapel
- 7 p.m. Gospel Bible study, Magruder Chapel
- 7 p.m. LDS scripture study, Anderson Street Chapel
- Saturday
- 8 a.m. Men's prayer breakfast (PMOC), Main Post Chapel (every second Saturday of the month in the activity room)

Protestant Youth of the Chapel

- Sunday
- 5 to 6:30 p.m. Club Beyond youth group, Main Post Chapel
- Saturday
- 11 a.m. Daniel Circle Chapel youth group, Dorn VA Hospital (first Saturday of each month)

CATHOLIC

- Monday through Friday
- 11:30 a.m. Mass, Main Post Chapel
- Sunday
- 9:30 a.m. CCD (September through May), Education Center
- 9:30 a.m. Religious ed class for adults (September through May), Main Post Chapel
- 9:30 a.m. Religious ed class for children (September through May), Main Post Chapel
- 10:30 a.m. Reconciliation (after Mass or by appointment), Main Post Chapel
- 11 a.m. Mass (Main Post Chapel)
- 12:30 a.m. Catholic youth ministry, Main Post Chapel
- 7 p.m. Women's scripture study, Main Post Chapel

- 8 p.m. Mass, McCrady Chapel (SCARNG), McCrady Training Center
- Wednesday
- 7 p.m. Rosary, Main Post Chapel
- 7:30 p.m. RCIA/Adult inquiry (September through May), Main Post Chapel
- Friday
- 11:30 a.m. Ladies of the parish, Main Post Chapel (first Friday of each month)

ANGLICAN/LITURGICAL

- Sunday
- 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
- 8 to 10 a.m. Islamic studies, Main Post Chapel
- Friday
- 1 to 2 p.m. Jumah services, Main Post Chapel

JEWISH

- Sunday
- 9:30 to 10:30 a.m. Worship service, Memorial Chapel
- 10:30 to 11:30 a.m. Jewish book study, Post Conference Room

CHURCH OF CHRIST

- Sunday
- 11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
- 9:30 to 11 a.m. Anderson Street Chapel
- Thursday
- 7 to 8 p.m. LDS scripture study, Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Bayonet Chapel**
9476 Kemper St., 751-6322/4542
- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-1297/4478
- Education Center**
4581 Scales Ave.
- Family Life Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard (inside of Main Post Chapel), 751-5780
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- Main Post Chapel**
4580 Scales Ave, corner of Strom Thurmond Boulevard, 751-6469/6681
- McCrady Chapel (SCARNG)**
3820 McCrady Road (located at McCrady Training Center)
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Warrior Chapel (120th AG Bn.)**
1895 Washington St., 751-5086/7427
- Installation's Chaplain's Office**
4475 Gregg St., 751-3121/6318

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshall Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief

CASES OF THE WEEK

❑ A civilian was issued a one-year post bar letter after he ran a gate checkpoint at Gate 2, Military Police said. A Soldier was also cited for having an open container of alcohol in the vehicle and for disobeying a person directing traffic, MPs said.

❑ A Soldier was cited for shoplifting in connection with the thefts of two



watches from the Main Exchange, MPs said. The merchandise was valued at a little more than \$95, MPs said. The Soldier was released to his unit.

❑ A civilian was ticketed for driving with a suspended license after attempting to enter the post with no driver's license, MPs said. MPs discovered that the license had been suspended for failure to pay traffic tickets, MPs said. The civilian's vehicle was released to a licensed driver.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK TARGET AMERICA



Please contact the MP Desk to report any suspicious activity at 751-3113/3115

Gamecock basketball salutes military

Leader staff report

The University of South Carolina men's and women's basketball teams opened their seasons with a doubleheader Friday; and Fort Jackson Soldiers were part of the game plan.

Fort Jackson's Soldier of the Year, Sgt. Chentile Jackson, 3rd Battalion, 60th Infantry Regiment, and Post Command Sgt. Maj. Brian Stall were honorary captains for the women's and men's teams, respectively. In addition, Capt. Michele Quille, Company A,

1st Battalion, 61st Infantry Regiment, was honored before the men's game.

Throughout the games, photos of service members were shown on the scoreboard of Colonial Life Arena. Some of the teams' players and coaches offered their thanks to veterans and active service members via pre-recorded video messages.

The Gamecocks split the doubleheader with the women falling in the first game to No. 5/6 Xavier, 84-65, and the men beating Elon, 94-79.



South Carolina guard Samone Kennedy, left, and Xavier forward Amber Harris chases after a loose ball during the first half of Friday's game. The No. 5/6 Musketeers beat the Gamecocks, 84-65, behind Harris' game-high 21 points.

USC freshman point guard Bruce Ellington prepares to drive past Phoenix guard Josh Bonney during the Gamecocks' season-opener Friday.

Photos by
SUSANNE KAPPLER



Dawn Staley, left, head coach of the University of South Carolina's women's basketball team, presents a game ball to Sgt. Chentile Jackson before a game Friday at Colonial Life Arena.



Post Command Sgt. Maj. Brian Stall, accompanied by his son, Spencer, 9, receives a game ball from Darrin Horn, head coach of the University of South Carolina men's basketball team.

Welcome ghrelin, the hunger gremlin

It is easy to find people who are trying to lose weight but having no real success. They are doing all the right things and that scale is barely moving.

I hate to say it, but I must include myself in that number. I am willing to eat right more than I eat wrong, but sometimes that hunger just won't let go. All the fresh fruit world can't satisfy the appetite.

A person tries to wait for his or her brain to signal to the stomach that it is full, but a lot of consumption damage can be done by the time that happens. I will admit that eating smaller frequent meals throughout the day has been the best remedy so far in keeping my diet under control. But I recently discovered a hormone called ghrelin that obviously plays a lead role in why we are so incredibly hungry.

Ghrelin is one of a complex array of natural substances that carry messages between the brain and the digestive system. Secreted by specialized cells in the stomach and the upper part of the small intestine, ghrelin acts on the brain. It is the first natural appetite stimulant found to be made outside of the brain.

Another hormone, leptin, is found in the brain and it signals the stomach to let a person know he or she is full; because this hormone is located in the brain it is difficult to manipulate (the brain is a pretty smart cookie).

The Weigh It Is
By Pamela Greene
*Fitness programmer,
 Family and Morale, Welfare
 and Recreation*



However, ghrelin is produced in the stomach and uses the bloodstream to send its messages to the brain. Scientists believe that if ghrelin is the key that fits the "what-makes-us-hungry lock," then it can be manipulated easier than leptin. Ghrelin also seems to favor the accumulation of lipids in visceral fatty tissue (belly fat). Although that is interesting, as well, we must remember belly fat is linked to health risks such as heart disease and Type 2 diabetes.

So it would appear that this hormone ghrelin is made in our stomachs and this hormone increases hunger.

That is the first bit of bad news; there is a hormone working against us to make us want to eat. It's bad enough if you are a woman who struggles with PMS and the cravings that visit on a monthly basis, now a hormone has

been discovered that works daily to make us hungry and drives our desire to eat.

Ghrelin also decreases the burning of fat and decreases the basic metabolic rate (we can't win for losing). Anyone who has ever dieted knows that the first few pounds come off relatively easy, but then the basic metabolic rate (energy) drops, appetite becomes unbearable and further weight loss becomes very difficult.

When a person eats, the amount of his or her ghrelin hormone drops so you are not as hungry and when you don't eat (dieting) your amount of ghrelin increases (you could eat a small country).

Eating small frequent meals throughout the day stabilizes hunger and, in return, the ghrelin hormone is not as potent as it has potential to be; because you are eating. To me this also means that dieting may not hold any real success because restricted eating triggers ghrelin.

Studies show that this hormone has a substantial drop after each meal and then rises between meals until you eat again. So, how does one turn ghrelin off so that hunger stops, the metabolic rate is maintained and fat is burned so he or she can lose weight?

Unfortunately, there is no answer to that just yet. But stay tuned, research on this hormone is fairly new, so there is much more to come.

Football standings*

Monday/Wednesday League		Tuesday/Thursday League	
4-10th	8-0	120th	8-0
2-39th	5-2	1-61st	6-2
SCARNG	5-2	TSB	6-2
1-34th	4-3	171st	4-4
3-34th	4-3	187th	4-4
165th	2-5	3-60th	3-4
193rd	2-5	80th DIV	2-5
MPs	2-6	2-60th	1-7
MEDDAC	1-7	TFM	1-7

*Standings as of Tuesday morning

Want more

Fort Jackson news?

*Watch Fort Jackson video news stories
and Victory Updates at [http://www.](http://www.vimeo.com/user3022628)*

[vimeo.com/user3022628](http://www.vimeo.com/user3022628)