

THURSDAY, SEPT. 6, 2012

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON/COLUMBIA, S.C. AREA
WWW.JACKSON.ARMY.MIL

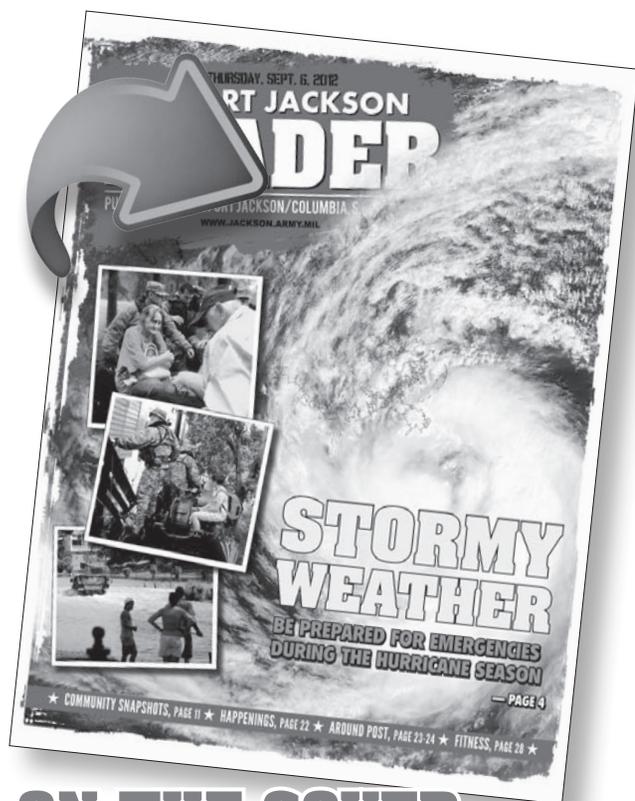


STORMY WEATHER

BE PREPARED FOR EMERGENCIES
DURING THE HURRICANE SEASON

— PAGE 4

★ COMMUNITY SNAPSHOTS, PAGE 11 ★ HAPPENINGS, PAGE 22 ★ AROUND POST, PAGE 23-24 ★ FITNESS, PAGE 28 ★



ON THE COVER

Illustration by WALLACE McBRIDE

Hurricane Isaac made landfall in Louisiana last week. For tips on how to prepare for hurricanes and other natural disasters SEE PAGE 4.

THE FORT JACKSON LEADER

PUBLISHED FOR THE FORT JACKSON, COLUMBIA, S.C. COMMUNITY
WWW.JACKSON.ARMY.MIL

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products or services advertised.

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

The Fort Jackson Leader is published by Camden Media Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information call (803) 432-6157 or write Camden Media Company, P.O. Box 1137, Camden, S.C. 29020. For classified advertising information only: call (800) 698-3514 or e-mail sbranham@ci-camden.com or fax (803) 432-7609.

For questions or concerns about subscriptions, call (803) 432-6157. To submit articles, story ideas or announcements, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@gmail.com.

Commanding General.....Brig. Gen. Bryan T. Roberts
Garrison Commander.....Col. Michael S. Graese
Public Affairs Officer.....Michael B. Pond
Command Information Officer.....Joseph Monchecourt
Editor/Staff writer.....Susanne Kappler
Staff writer.....Wallace McBride
Staff writer.....Andrew McIntyre

Website: www.jackson.army.mil

Facebook: www.facebook.com/FortJacksonLeader

Twitter: www.twitter.com/fortjacksonpao

Flickr: www.flickr.com/photos/fortjacksonpao/

Video news stories: www.vimeo.com/user3022628

COMMANDER'S CALL

Roberts: Nation's resolve, resilience remains strong

Fort Jackson to remember 9/11 victims in wreath-laying ceremony at Post Headquarters

For many of us, Sept. 11 conjures up memories unlike any other. Many of us remember this day, down to the finest detail, and how we bonded as a nation to respond. This year will mark the 11th anniversary of the attacks on our nation's soil. We remember the nearly 3,000 lives lost on that tragic day, and sacrifices of families nationwide for service members who have paid the ultimate price for our country.

Across the nation, Americans will attend ceremonies to honor and remember their lives. Their memories will live on in the spirit of America.

Families and service members will come together just as we did on that horrific day, and we will bond. Those bonds are held together with our patriotism and commitment to our country.

Like many of you, I am constantly amazed that after all we have experienced in the past 11 years, our resolve and resilience as a nation remains strong.

We honor and commit to our memories the Families who have lost loved ones.

They will never be forgotten.

We will never forget the sacrifices of those who have gone on before us.

Those attacks have provoked a renewed commitment for our entire country to remember the hallowed words of Duty, Honor and Country.

As Soldiers, we step up to the plate every day to answer the call of duty, and we will continue to train like we fight in order to defend the nation's freedom.

Americans here on and around Fort Jackson and all across the nation have shown constant acts of kindness and gratitude toward our service members for

their actions at home and abroad — and for their Families who support and sacrifice alongside them.

The tragedies of 9/11 have spawned a new breed of volunteers who are more willing to defend the nation's freedom against evil attacks. These individuals who are trained to fight collectively as one unit remember the attacks of 9/11 and understand the importance of pressing forward, to prepare the next generation for the fight against terror.

As we continue providing this nation with Soldiers who

are fit to fight our nation's wars, we will remember the more than 6,000 service members who have given their lives in Iraq and Afghanistan in the 11 years since that day and the tens of thousands of wounded warriors.

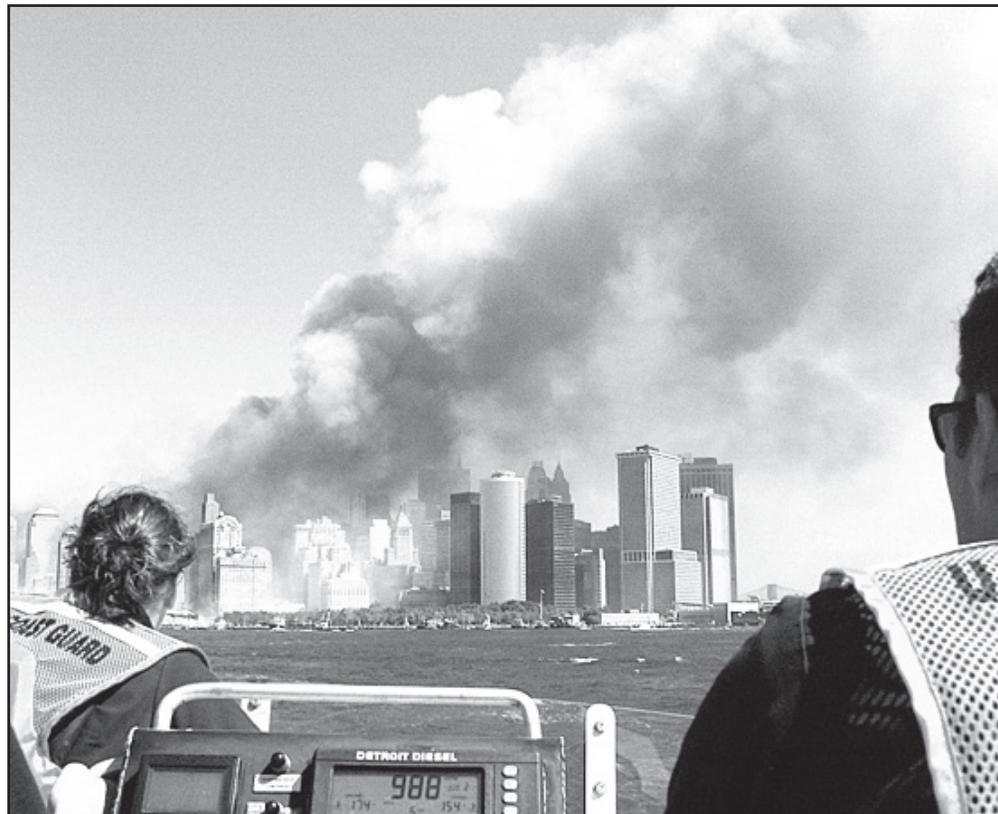
On Tuesday, I ask you to remember the 9/11 attacks and honor the memories of those we lost that day, and those who

continue to sacrifice in defense of our great nation. I invite you to join me in remembering by attending a 9/11 wreath-laying ceremony at 9 a.m. in front of Post Headquarters.

Army Strong and Victory Starts Here! Victory 6

By BRIG. GEN. BRYAN T. ROBERTS

Fort Jackson
Commanding General



Coast Guard photo

A Coast Guard rescue team races to the scene of the 9/11 terrorist attack.



Follow Brig. Gen. Bryan T. Roberts at www.facebook.com/FortJacksonCommandingGeneral

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to FJLeader@gmail.com. For more information, call 751-7045.



Photo by VERAN HILL, Public Affairs Office

Changes to gates coming

On Oct. 1, Fort Jackson will transition its security guard force from contractors to federal employees. This action was required by Congress, which mandated that all federal installations replace their contract security guards with Department of the Army security guards. This change will require adjustments to the installation's access procedures. Many of the current contract security guards who provide security at the gates are making the transition from contractor to federal employee. This transition allows them to bring their experiences and knowledge of Fort Jackson's security requirements with them. This is a big plus for Fort Jackson's security posture. In addition, newly hired employees will require a training period during which they are integrated into the guard force. This transition period will require adjustments with regard to how installation gates are operated. The Fort Jackson community will notice adjustments to gate operating hours as well as increased random antiterrorist measures, which will maximize security personnel's ability to maintain the current security posture of the installation. As hiring and training requirements are met, the community will see a gradual adjustment back to more traditional gate operating hours and procedures. Fort Jackson leadership asks for everyone's patience and cooperation during this transition. In the meantime, Gate 2, pictured, remains closed for renovation. The gate is scheduled to reopen Sept. 20.

Unit FedEx shipping changes announced

Leader staff report

The Army has changed the way it funds overnight shipping for individual units.

"FedEx shipments used to be centrally funded, not with funds from Fort Jackson," said Jerry Weidner, Fort Jackson garrison resource manager officer. "Effective immediately, if you FedEx anything, the unit is responsible for paying for it."

Individual units are now required to pay for the cost of overnight shipping, he said.

There has been no change in funding for official mail.

The change was imposed before the end of the fiscal year, which determines how much money is available to units for this kind of spending. This added unexpected expenses for day-to-day operations, but Weidner said this won't be an issue when the new fiscal year begins Oct. 1.

"In the meantime, we're working with them to provide payment for the rest of the fiscal year," he said.

LEADER DEADLINES

Article submissions are due two weeks before publication. For example, an article for the Sept. 20 Leader must be submitted by today.

Announcement submissions are due one week before publication. For example, an announcement for the Sept. 20 Leader must be submitted by Sept. 13.

Send your submissions to FJLeader@gmail.com. For more information, call 751-7045.



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.

Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."

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

ARE YOU PREPARED?

Isaac heralds the peak of hurricane season



Photo by CAPT. LANCE CAGNOLATTI, Louisiana National Guard

An Airman from the Louisiana Air National Guard assists local authorities with evacuating residents of Braithwaite, La., in Plaquemines Parish after Hurricane Isaac made landfall. Louisiana Guard members have been assisting local authorities with safety and security throughout the area.

Plan for emergencies as storms brew in the Atlantic

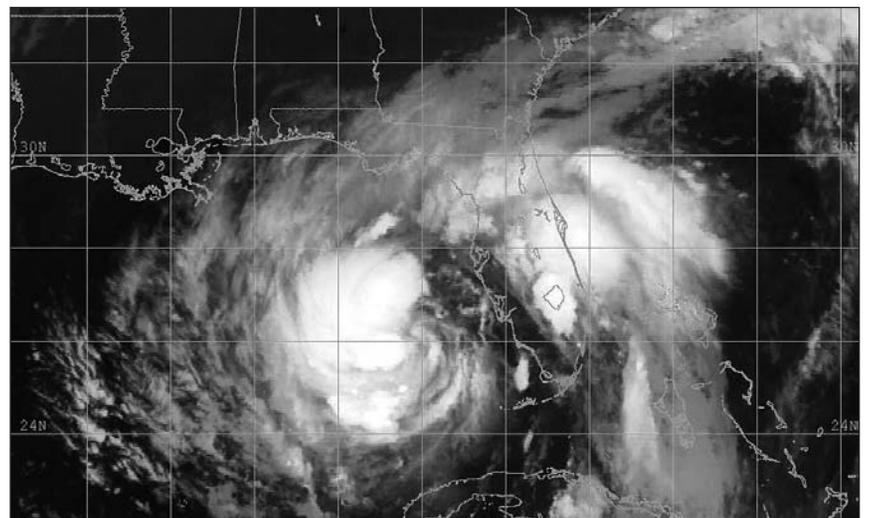
From staff and Army News Service reports

ARLINGTON, Va. — With Hurricane Isaac making landfall in Louisiana last week and the National Oceanic and Atmospheric Administration, or NOAA, recently increasing its estimate of named storms and hurricanes for 2012, military families in hurricane-prone areas should assess how vulnerable they are, and review their emergency plans to make sure they weather the season safely.

Resources are available online that can help families prepare for worst-case sce-

narios. Ready America and the NOAA have resources available on their websites that can help military families make emergency plans, protect their property from damage, and build “bug-out bags” in case Mother Nature takes aim at their homes.

Hurricanes can destroy a family home, and even take out an entire city or region. Families should plan for emergencies and have their own emergency supplies ready for a sustained loss of support from outside agencies.



U.S. NAVY PHOTO

An infrared satellite image of Tropical Storm Isaac provided by the U.S. Naval Research Laboratory in Monterey, Calif., shows the storm's location Aug. 27. Isaac made landfall in Louisiana Aug. 28 as a Category 1 hurricane.

See **STORMS:** Page 6

Storms

Continued from Page 4

“When emergencies occur, military and civilian organizations respond, but it takes time to mobilize, and they focus on the most critical needs first,” said R.J. Frazier, Fort Jackson’s all-hazards emergency manager. “Remember, emergency preparedness is everyone’s responsibility.”

Families cannot count on immediate support from local authorities if a hurricane cripples an entire area. Hurricane Katrina is an example of how one storm can overwhelm the support system families might think they can rely on for assistance.

“You should get ready to take appropriate action during an emergency and be prepared, to be self sufficient, for at least three to five days after a disaster,” Frazier said. “Ready Army provides the tools and standardized checklists to support you as you prepare. Historically, South Carolina is susceptible to hurricanes and earthquakes.”

Hurricane Katrina, which came ashore Aug. 28, 2005, as a Category 3 hurricane, was the most destructive storm in terms of economic losses, according to the NOAA. Its 125 mph winds and storm surge overwhelmed the city of New Orleans, and much of the surrounding area. It caused an estimated \$125 billion in damages.

Military families can hope that they are not affected by a hurricane this season, but they should also prepare for the worst-case-scenario.

HAVE A PLAN

Families should have an emergency plan. All family members should know what to do in case of an emergency. Ready Army suggests families discuss issues such as where children will go if they are in school at the time of an emergency. Although phone lines and cell phones may not work, text messaging sometimes works even if cell phone lines are overwhelmed with calls.

Families should ensure their plans include how they will evacuate family members with special needs, as well as pets. All members of a family should have an in-case-of-emergency point of contact in case they cannot reach each other. A trusted relative living outside of the area expected to be affected by the storm would be a good candidate. A local point of contact should also be established. These names and phone numbers should be programmed into all family member cell phones, and written copies should be with all family members as well.

EVALUATE THE RISK — WATCH VERSUS WARNING

According to the NOAA, a hurricane watch means hurricane conditions — sustained winds of 74 mph or higher — are possible within a certain area. A hurricane watch is issued 48 hours in advance of when the NOAA expects the onset of tropical-storm-force winds — sustained winds of 39 to 73 mph.

The watch is issued well in advance of the storm so that families have time to prepare properly. Once the tropical-storm-force winds arrive, making final preparations could be difficult. Families should prepare in advance.

A hurricane warning means hurricane conditions are expected within an area. However, it is issued 36 hours before the expected onset of tropical-storm-force winds.

HOW BAD IS BAD?

Families living in coastal areas may be vulnerable to storm surges, or storm tides. Ready Army defines a storm surge as a dome of water pushed ashore by winds during tropical storms and hurricanes. Storm surges can reach 25 feet high and be 50 to 1,000 miles wide. A storm tide is defined as a combination of a storm surge and normal tide, increasing the amount of water. For example, a 15-foot



Photo by SGT. RASHAWN D. PRICE, Louisiana National Guard

Sgt. Lee Savoy, assigned to the Louisiana Army National Guard’s 256th Brigade Special Troops Battalion, assists with getting a child onto the back of one of the unit’s trucks as Soldiers from the unit work to rescue local residents from flood waters caused by Hurricane Isaac, Aug. 30.



KEY TELEPHONE CONTACTS

Post Emergency Operations Center
(803)751-5166 or 3938

Installation Emergency Manager
(803)751-4621
<http://www.jackson.army.mil/sites/garrison/pages/502>
<http://www.acsim.army.mil/readyarmy/>

Installation Red Cross
(803)751-4329 or 6516

Installation 911 Center
(803)751-9111 Emergencies
(803)751-7023 Non-Emergencies
If off post dial 911, direct

South Carolina Emergency Management
<http://www.facebook.com/SCEMD>
<http://twitter.com/SCEMD>
(803)737-8500

KEY RADIO STATIONS FOR EMERGENCY INFORMATION
WCOS 97.5 FM
WTCB 106.7 FM
WLTR 91.3 FM
WRJA 88.1 FM
WQVA 1170 AM (Spanish)

storm surge with a two-foot normal tide creates a 17-foot storm tide.

It is useful to know just how strong a hurricane will be when it reaches an area. Families in the path of a hurricane can learn from all weather sources what a storm’s expected strength will be when it reaches their area. Hurricanes are rated by category.

Category 1 — winds 74-95 mph, storm surge 4-5 feet, minimal damage to plants and signs

Category 2 — winds 96-110 mph, storm surge 6-8 feet, some flooding, minimal damage to mobile homes, roofs, and small crafts

Category 3 — winds 111-130 mph, storm surge 9-12 feet, extensive damage to small buildings and low-lying roofs

Category 4 — winds 131-155 mph, storm surge 13-18 feet, extreme damage with destroyed roofs and mobile homes, downed trees, cut off roads and flooded homes

Category 5 — winds exceeding 155 mph, storm surge over 18 feet, catastrophic damage

PROTECT YOUR HOME

Families can take steps to minimize the damage caused to their home, and to protect themselves financially, should the storm damage their property. Families in coastal areas should consider flood insurance. According to Ready America, flood insurance is the only way for people to financially protect themselves should their homes or businesses be damaged by a flood.

Families can also take precautions to protect their homes from an impending hurricane, and to ensure decent quality of life in the aftermath of a storm. They should:

- Cover all of the home’s windows with pre-cut plywood or hurricane shutters to protect the windows from high winds.

- Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

- Keep all trees and shrubs well trimmed so they are more wind resistant.

- Secure the home by closing shutters, and securing outdoor objects or bringing them inside.

- Turn off utilities as instructed. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.

- Turn off propane tanks.

- Install a generator for emergencies

- Reinforce the garage doors; if wind enters a garage, it can cause dangerous and expensive structural damage.

- Keep a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other large containers with water.

See **SAFETY ACTION GUIDE**, Page 8

Hurricane Safety Action Guide

Don't get caught unprepared by the next big storm to strike South Carolina.

BUILD A "BUG-OUT BAG"

When the order comes to evacuate, families should evacuate. It is possible that families not in an area under evacuation order may also have to leave their home if it suffers an unexpectedly high amount of damage. In these situations, prepared families can grab their "bug-out bags" and make it to safe areas. This little bit of preparation can pay off in the quality of life a family has in the days following a disaster.

VEHICLE EMERGENCY KIT

In the event that you are stranded while driving, keep this kit in your vehicle at all times.

- ◆ This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).

- ◆ Make sure to include your family's communications procedure.

Families cannot stop Mother Nature from taking a swipe at where they live or work. However, by having a plan, knowing the risk, taking precautions and preparing for the worst-case scenario, families can reduce the risk of getting hurt, having their homes damaged, or having their quality of life drastically affected should a hurricane come through their area.

Prepared families can weather a storm well, even if local, state, or federal agencies can't help them immediately after a hurricane hits.

PORTABLE EMERGENCY KIT

Take this kit with you when you are ordered to evacuate.

- ◆ Place items in a designated area that will be easily accessible in the event of an emergency.

- ◆ Make sure every member of the family knows where the kit is.

- ◆ If you are required to shelter in place, keep this kit with you.

- ◆ Consider adding enough supplies to last two weeks.

WORKPLACE EMERGENCY KIT

This kit should be in one container to be kept at your work station in case you must evacuate from work.

- ◆ Make sure you have comfortable walking shoes at your workplace in case you have to walk long distances.

- ◆ This kit should include at least food, water and a first aid kit.

- ◆ Make sure to include your family's communications procedure.

ADDITIONAL CONSIDERATIONS

- ◆ Infant formula and diapers for those who have young children
- ◆ Pets supplies, including food, water, medication, leash, travel case and documents

- ◆ Disinfectant

- ◆ Matches or flint in a waterproof container

- ◆ Sleeping bag or other weather-appropriate bedding for each person

- ◆ Coats, jackets and rain gear

- ◆ Fire extinguisher

- ◆ Paper and pencil

- ◆ Books, games, puzzles, toys and other activities for children

HOME EMERGENCY KIT

- ◆ Water — at least one gallon per person per day for at least three days

- ◆ Food — nonperishable food for at least three days (select items that require no preparation, refrigeration or cooking such as high energy foods and ready-to-eat, canned meat, vegetables, fruit)

- ◆ Manual can opener (if the food is canned), preferably on a multi-tool

- ◆ Reusable plates, cups, utensils, saucepan (a metal bowl can double as a cup or plate)

- ◆ First aid kit

- ◆ Prescription medications

- ◆ Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties

- ◆ Hand-crank or battery operated flashlight

- ◆ Hand-crank radio or battery operated cell phone charger

- ◆ All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio

- ◆ Extra batteries at the size required

- ◆ Cord to charge cell phone from AC outlet in vehicle

- ◆ Brightly colored plastic poncho (can be used as shelter, clothing or a marker)

- ◆ Weather-appropriate clothing to keep your family warm and dry

- ◆ Cash in case point of sale devices and ATMs are offline

- ◆ Any tools needed for turning off utilities

- ◆ Local maps and the family emergency plan

- ◆ Command reporting information — know the Army Disaster Personnel Accountability and Assessment System (AD-PAAS)

- ◆ Important documents, including will, medical and financial power of attorney, property documents, medical instructions

- ◆ Emergency preparedness handbook

FOR MORE INFORMATION

READY ARMY
www.ready.army.mil

THE DEPARTMENT OF HOMELAND SECURITY
www.ready.gov/america/makeaplan/index.html

THE AMERICAN RED CROSS
www.redcross.org

THE FEDERAL EMERGENCY MANAGEMENT AGENCY
www.fema.gov/plan/prepare/index.shtm

Challenge builds esprit de corps

By **CAPT. BRIAN HOLLANDSWORTH**
Adjutant General School

Students accept the challenge during their warrior challenge training exercise

Students of the Adjutant General Captains Career Course, Class 902-12, participated in a warrior challenge event at Weston Lake, Aug. 23. This event, which is designed to challenge physical fitness while also refining team building and esprit de corps, serves as a hands-on experience for the students' Captains Career Course common core leadership lessons.

The course consisted of a high crawl, a 1.4-mile run, a litter carry, a water jug carry, and a canoe race. Three teams of nine students completed the relay by successfully navigating all obstacles in the timed event.

Completing the challenge in 41 minutes, the Charlie Centurions won with a commanding lead. They were followed by the Alpha Assassins with a time of 48 minutes. The Bravo Bulldogs finished the event in 80 minutes — making sure they finished the event despite some setbacks on the course.

One aspect of the challenge is learning to solve problems as a team. Each team had unique challenges it had to overcome, and through teamwork, all teams completed the course successfully.

Capt. Kevin Sudsberry, Alpha Assassins, said the canoe event particularly emphasized working as a team.

"The entire course was a challenge and a test of endurance, but I found the canoe event to be the toughest since I have never canoed before," Sudsberry said.

Capt. Jerry Lindsey, Bravo Bulldogs, said the event had a positive effect on his team.

"The warrior challenge made our team bond even stronger," Lindsey said.

Capt. Tamarrow Climes, Charlie Centurions, shared a similar sentiment.

Capt. Khalid El Abbassi, left, and Capt. Clint Campbell carry 1st Lt. Treka Henry on the litter carry for the Charlie Centurion team. The warrior challenge also included a high crawl, a 1.4-mile run and a water jug carry.

Photo by
CAPT. BRIAN HOLLANDSWORTH,
Adjutant General School

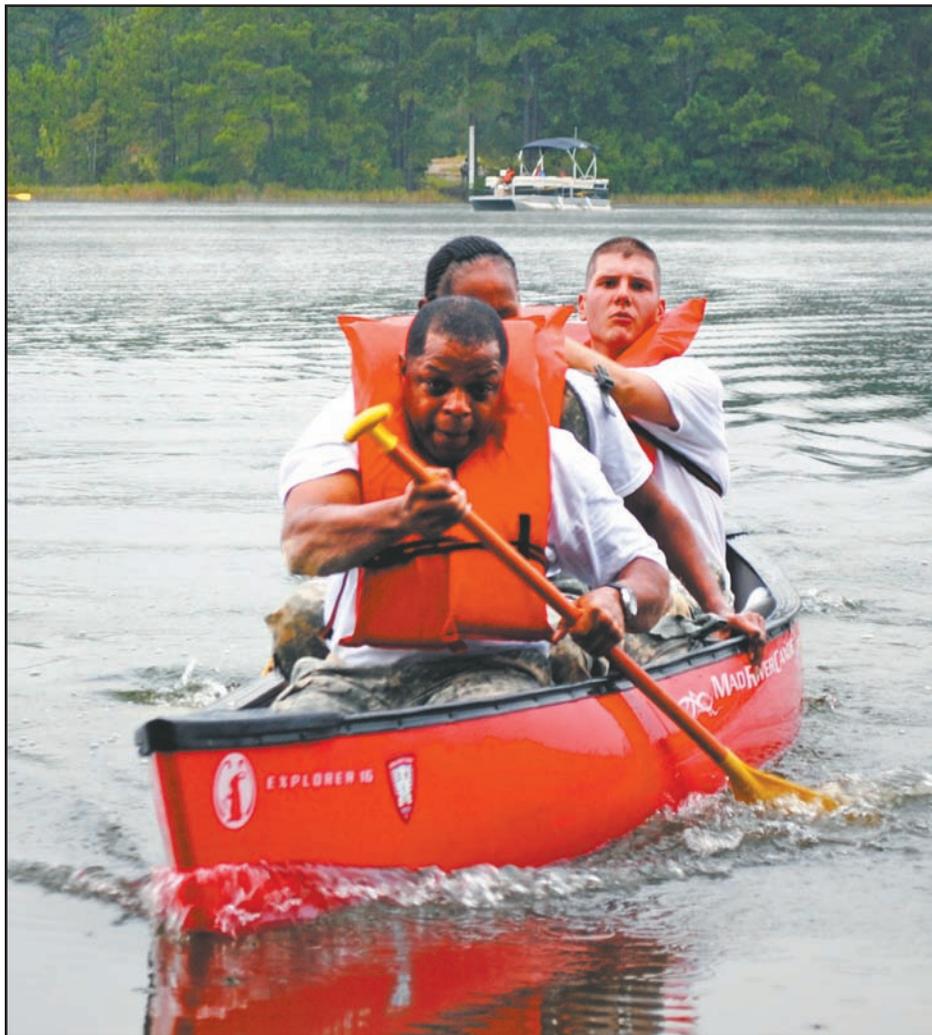


Photo by CAPT. SABRINA GAMMAGE, Adjutant General School

Capt. Andre Thomas, left, Capt. Tamarrow Climes, center, and Capt. Adam Katz guide their canoe to the finish of the canoe event, which was part of the Adjutant General School Captains Career Course warrior challenge.

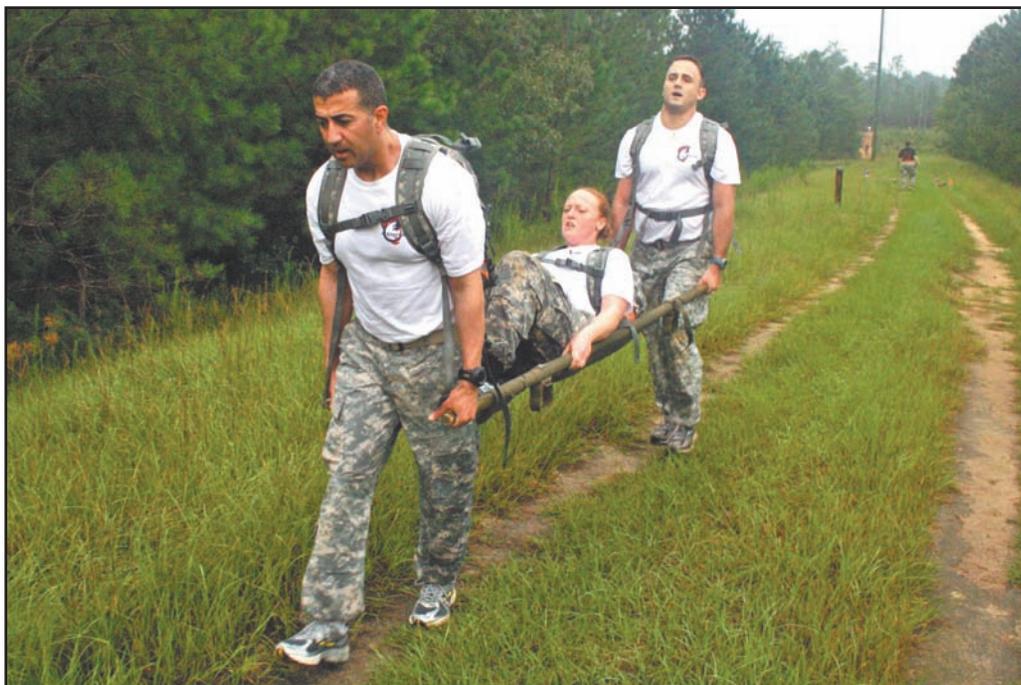
"I would say that it brought together everything our team has been working to build over the past six weeks and gave us an opportunity to demonstrate how strong we really are," Climes said.

The Warrior Challenge also afforded the students the opportunity to plan a safe, challenging event. The class operations officer, Capt. Adam Katz, said the key to success was making sure that all the pieces were in place to execute the

training effectively.

"The evaluation of safety for the course was also an in depth process," Katz said. "Navigating both water and terrain obstacles can present some risk and this has to be extensively mitigated."

Just six weeks into their 21-week course, the students built bonds that will enhance the learning environment for the remainder of the course while also building professional relationships.



News and Notes

9/11 CEREMONIES SCHEDULED

A wreath-laying ceremony to honor the victims of the 9/11 attacks is scheduled for 9 a.m., Tuesday in front of Post Headquarters. At 3 p.m., Tuesday, a First Responders Remembrance will be unveiled at the Columbia Metropolitan Convention Center, 1101 Lincoln St. The memorial is dedicated to all Midlands emergency first responders and service members who have lost their lives in the line of duty since 9/11.

GATE 1 EXTENDS HOURS

Gate 1 is now open from 5 a.m. to midnight, daily. The new hours will remain in effect until Gate 2 reopens. Gate 2 renovations are scheduled to be completed Sept. 20.

ACTIVE SHOOTER SURVIVAL PLANS

In the aftermath of the mass shootings in Colorado and Wisconsin, renewed attention is being given to active shooter survival plans. The garrison antiterrorism officer can assist organizations with conducting training, provide standard operating procedure templates and provide an assessment tailored to individual facilities. The ATO can also help in planning and conducting active shooter drills. For more information or to coordinate training, call 751-2132/6268.

CHANGES OF COMMAND AND RESPONSIBILITY

□ **Saturday — 310th Human Resources Sustainment Center:** Col. Janet Townley will assume responsibility from Col. John Aarsen; 10 a.m.; 81st Regional Support Command auditorium.
To announce a battalion level or above Change of Command/Responsibility, call 751-7045 or email fjleader@gmail.com.

LEGAL NOTICE

Anyone with debts owed to or by the estate of Capt. Adrienne Denise Mitchell must contact Capt. Rommel Camange, the summary court martial officer for the Soldier. Mitchell passed away Aug. 20 in Columbia. To contact Camange, call 751-4044 or email rommel.camange@us.army.mil.

SUBMISSION GUIDELINES

Community announcements should be typed and no more than 45 words. All submissions may be edited to comply with *Leader* style and Public Affairs regulations. Send all submissions to FJLeader@gmail.com. For more information, call 751-7045.

COMMUNITY SNAPSHOTS



Gabe takes the field

Courtesy photos

American Humane Association Hero Dog Award finalist Gabe and his owner, Sgt. 1st Class Chuck Shuck, visited Dodgers Stadium and Bark in the Park in Los Angeles last weekend. The two threw out the first pitch of the game, and met Dodgers great Steve Garvey, left.

Courtesy photo

VolunTEENs

The Fort Jackson Red Cross provides an opportunity for young people to contribute to their communities through the VolunTEEN program. The program is open to middle school and high school students 12 to 19 years old. VolunTEENs conduct one meeting and one event or project monthly from September to June. A variety of projects benefits the local communities. Events and projects include support of the Harvest Hope Food Bank, the South Carolina Special Olympics, the Fort Jackson fire prevention Hotoberfest, the Fort Jackson tree lighting ceremony and health-promotion events. A Red Cross VolunTEENs orientation and enrollment meeting is scheduled for 6:30 p.m., Tuesday at 9810 Lee Road, Room 116. For more information, call 751-4329.



Suicide prevention vital to force readiness

By **KIRK FRADY**
Army Medicine

WASHINGTON — The Army has designated September as Suicide Prevention Month and joins the nation in observing National Suicide Prevention Week, Monday through Friday, and World Suicide Prevention Day, Monday.

The Army will expand its observance with events occurring during the entire month of September, focusing efforts on total Army family well-being, resilience, stigma reduction, and positive results achieved by getting involved and reaching out for help.

“We are committed to every Soldier and our efforts are focused on prevention well before the individual chooses suicide as his or her only option,” said Lt. Gen. Patricia D. Horoho, Army Surgeon General and Commander of the U.S. Army Medical Command.

To reduce the number of suicides, the Army is taking a holistic approach to health promotion, risk reduction, and suicide prevention. It takes into account the challenges derived from financial, relationship, legal, substance abuse, and medical issues. The Army has partnered with the National Institute of Mental Health, or NIMH, to conduct the largest behavioral health study of risk and resilience factors among military personnel.

Agencies and organizations throughout the Army are planning appropriate educational activities to observe the Army’s Suicide Prevention Month.

On Fort Jackson, suicide prevention events are scheduled for Monday, Sept. 18



Photo by **ANDREW McINTYRE**

Brenda Watley, left, and Sylvia Johnson, both with the Army Substance Abuse Program, hand out yellow ribbons Tuesday at Moncrief Army Community Hospital as part of the post’s Suicide Prevention Month efforts. Watley speaks to Pvt. Lewis Williams, Company F, 2nd Battalion, 13th Infantry Regiment. Suicide prevention events are planned throughout the month.

and 25. Suicide awareness banners are placed at the post gates, and educational booths will be set up 11:30 a.m. to 12:30 p.m., Friday, at Moncrief Army Community Hospital and the Exchange.

Public Service Announcements with senior leaders’ messaging have been developed and disseminated throughout the Army to support Army leaders. A stand down has been directed by Vice Chief of Staff of the Army Gen. Lloyd J. Austin III for Sept. 27.

The theme for the stand down is “Shoulder to Shoulder, We Stand up for Life.”

“Leaders across our Army recognize that the health of our Soldiers, Army civilians, and family members is a top priority,” Austin said. “We remain committed to doing what is needed to care for our most precious asset — our people — thereby ensuring a healthy and resilient force for the future.”

Defeating suicide will take active involvement from everyone. Civilian and

military research on suicide has demonstrated that it is a complex phenomenon that defies easy solutions. The Army has expanded access to services and programs to help Soldiers and family members improve their ability to cope with the stresses associated with military service (i.e. separation, deployments, financial pressures, etc.).

These services are used increasingly by Soldiers and families. For example, the number of Soldiers who have been seen in behavioral health clinics has steadily increased over the past five years, the total number of behavioral health clinic visits increased, and the number of Soldiers who participate in Strong Bonds marital retreats has increased. These types of programs are geared toward getting the Army out “in front” of the suicide, and will ultimately help lower suicide rates.

The stigma associated with seeking behavioral health support is a national problem that the Army takes very seriously. Numerous surveys indicate that some Soldiers are reluctant to seek help because they view it as a sign of weakness, or they believe their leaders will view it as a sign of weakness.

However, over the past several years, the percentage of Soldiers who hold these views has decreased. At the same time, the number of Soldiers who are using treatment programs such as behavioral health and substance abuse programs has steadily increased, which indicates Soldiers are overcoming those stigma barriers.

For assistance, Soldiers and family members can contact The National Suicide Prevention Lifeline/Military Crisis Line at 1-800-273-TALK (8255).

Talking shop

Col. Michael Graese, garrison commander, addresses IMCOM employees at an employee town hall meeting Aug. 30 at the Solomon Center. Graese, who assumed command in June, explained his command philosophy and expectation to employees. He also talked about Fort Jackson’s plan to be recognized as an Army Community of Excellence by 2014. A second employee town hall meeting, for those not able to attend the first one, took place Tuesday.

Photo by **KARA MOTOSICKY**,
Public Affairs Office



NFL, Army call attention to brain injury

By **DAVID VERGUN**
Army News Service

WEST POINT, N.Y. — The Army and National Football League are both working to improve awareness of traumatic brain injury and further research into its causes, prevention and treatment.

The top leaders of both organizations — Army Chief of Staff Gen. Ray Odierno and NFL Commissioner Roger Goodell — met at the U.S. Military Academy Aug. 30 to discuss the issue and sign a letter of agreement to continue sharing resources to combat TBI.

They were joined by a panel of Soldiers and retired NFL players who have had concussions while serving on the battlefield and the playing field. Also, about 200 cadets attended, as well as representatives from Army medicine.

Odierno explained how some of the best traits in Soldiers can sometimes hinder many from seeking help following concussions.

“Mental and physical toughness, discipline, team over self and stressing the importance of resilience are fundamental to the cultures of both the NFL and the Army. We have the Warrior Ethos, reinforced by the Soldier’s Creed,” Odierno said.

“While commendable and essential to what we do, these traits make it particularly

difficult for individuals to come forward and identify physical and mental issues, especially mental,” he said. “We are seeking to educate both players and Soldiers about TBI, to empower them to seek treatment both on the battlefield and playing field.”

The Army and NFL are continuing the dialogue and sharing of research on TBI, he said, citing examples of joint efforts at monitoring TBI, including placing special sensors in the helmets of both Soldiers and NFL players, which can detect a possible concussion following trauma to the head.

Both NFL players and Soldiers are now coordinating strategies and using special types of tests to determine if a concussion has occurred, said Dr. Richard Ellenbogen, chair of the Department of Neurological Surgery, University of Washington.

Ellenbogen said he expects research to continue to reduce TBI.

The NFL commissioner addressed the cadets.

“You are the future leaders of Army,” Goodell told them. “Together, we can make a big difference, sharing medical research, and helping players and fighters and bringing a greater awareness to society as well. I believe we can change our cultures, with athletes and Soldiers sharing their experiences.”

The cultural shift Goodell was referring to is the reluctance of many football players and Soldiers to ask for help after receiving concussions.

“A frank conversation needs to take place at the lowest levels with the people most powerful in Soldiers’ lives — not me, but their platoon sergeants and first sergeants,” Odierno said. “Soldiers must be made to realize that there will not be retribution of any kind for asking for help.”

“Sometimes the NCOs must make the decision for the Soldiers and not penalize them,” said Staff Sgt. Shawn Hibbard, addressing the reluctance of many Soldiers to seek help on their own. “When I got blown up I felt like, ‘Hey, I’m mentally still in the fight.’ That NCO must check those injured and remove them from the fight so they can get better.”

Hibbard suffered concussions during recent combat operations, but was reluctant to seek help.

Troy Vincent, a former cornerback for the Miami Dolphins, Philadelphia Eagles, Buffalo Bills and Washington Redskins, had a concussion on the field so severe, he said he was unconscious and didn’t recall the event. No one got him to seek help, he explained.

“They protected me with some play calls and didn’t expose my weakness at the time,”

he said. “The coach told me that 70 percent of you is better than 100 percent of the second string (players).”

Goodell said that old school mentality of not asking for help will no longer be tolerated. He stressed the importance of accountability.

“Myself, the coaches and other members of this organization have a responsibility to make the lives of players better, both on and off the field,” he said, adding that he hopes those in other sports — especially young athletes — get the message and provide proper leadership and supervision.

The Army and the NFL have had a close working relationship over the last few years.

“It was my honor to visit Soldiers in Iraq and Afghanistan,” Goodell said. “Our cultures are similar in so many ways. We owe it to our players and Soldiers (to remove the stigma of seeking help).”

“Having played football and been the senior commander in Iraq for almost five years, I’ve personally seen the impact of traumatic brain injury,” Odierno said. “Roger and I got together on several occasions. He’s passionate about taking care of his players. Our organizations make a really good match. I’m excited.”

Odierno said he hopes the initiative helps both Soldiers and football players.



Army photo

Army tour comes to Columbia

The 2012 Spirit of America schedule will bring more than 300 active duty Soldiers from the U.S. Army Military District of Washington to Columbia, Sept. 21 and 22. The Soldiers will perform four shows at the Colonial Life Arena. For more than 30 years, Spirit of America has told the story of the Army through each American generation. With a combination of music, historical narration and live action dramatization, Spirit of America presents the true story of men and women who have left friends and families behind to protect and defend the United States. Although Spirit of America is free, tickets are required. Tickets are available at the Colonial Life Arena box office or online at www.coloniallifearena.com.



VICTORY STARTS **HERE**

**New Soldiers with the 3rd Battalion,
34th Infantry Regiment conquer
Victory Tower during recent
Basic Combat Training exercises.**

Photos by 1st Lt. LONG PHAM, 3-34TH



Calendar

Friday and Saturday

Case lot and seafood sale
Fort Jackson Commissary

Tuesday

9/11 remembrance

9 a.m., Post Headquarters

Tuesday

VolunTEEN orientation meeting

6:30 to 7:30 p.m., 9810 Lee Road, Room 116

For more information, call 751-4329.

Wednesday, Sept. 12

ROWC luncheon

11:30 a.m., Officers' Club

RSVP required by today. For more information and to RSVP, call 788-1094 or 783-1220.

Tuesday, Sept. 18

Time Warner job fair

10 a.m. to 2 p.m., Strom Thurmond Building, Room 222

To register, call 751-4862.

Saturday, Sept. 22

Do it in Pink aerobathon

10 a.m. to 1 p.m., Solomon Center
Aerobathon in support of breast cancer awareness.

Tuesday, Sept. 25

Time Warner job fair

10 a.m. to 2 p.m., Strom Thurmond Building, Room 222

To register, call 751-4862.

Friday, Sept. 28

SELF Symposium

9 a.m. to 2 p.m., Solomon Center

To register online, visit www.fortjacksonmwr.com/self.

Sunday, Sept. 30

Gold Star Mother's Day observance

7 p.m., Semmes Lake

For more information, call 751-4867.

Friday, Oct. 26

Domestic Abuse Awareness Month event

11:30 a.m. to 1 p.m., Officers' Club

The guest speaker will be Mildred Muhammad. Tickets cost \$9.50. For more information and to register, call 751-6325.

Announcements

GATE 1 EXPRESS EXTENDS HOURS

The Gate 1 Express store has extended its hours to 6 a.m. to 8 p.m., Monday through Friday. The store is open from 10 a.m. to 6 p.m., Saturdays and Sundays.

SPEED LIMIT CHANGES

In order to allow for Soldiers crossing the street during physical training hours, the speed limit on a portion of Marion Avenue will change from 35 mph to 20 mph between Semmes Road and Early Street from 5:30 to 7:30 a.m.

CLOTHING STORE

The Military Clothing Store is now closed Mondays.

THRIFT SHOP NEWS

❑ The 2012 Fort Jackson cookbooks are now available at the Thrift Shop.

❑ The Thrift Shop will hold a weekly football drawing throughout football season.

❑ The Thrift Shop is accepting Halloween items through Oct. 14.

ASAP HOURS

The Army Substance Abuse Program clinical hours are Mondays, Tuesdays, Thursdays and Fridays from 8 a.m. to 4 p.m.

CIF IN-AND-OUT PROCESSING

Personnel required to in-and-out process at Central Issue Facility must schedule an appointment. Soldiers clearing CIF are required to have their post clearing papers. To schedule an appointment, call 751-6524, 751-2870 or 751-2739.

CIVILIAN CAREER WEBSITE

A website has been launched that consolidates information about civilian training and career development. Visit the site at www.civiliantraining.army.mil. The Army Civilian Training and Leader Development Division also established a Facebook page at www.facebook.com/armyciviliantraining.

AA OPEN MEETINGS

Alcoholics Anonymous open meetings are scheduled from 9 to 10 a.m., Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

CAC REPLACEMENTS

Some Common Access Cards that are set to expire after Sept. 30 will have to be replaced because they contain older encryption keys that will no longer provide network access. Most CACs contain the newer, compatible encryption keys. Personnel who are affected will receive an email from DMDC.CAC.Replacement.Notification@osd.pentagon.mil. To replace the CAC, visit <https://rapids-appointments.dmdc.osd.mil> and schedule an appointment.

ACS ON SOCIAL MEDIA

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

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. Send your announcements to fjleader@gmail.com.

Community announcements may be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.

The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.

For information about classified advertising, call 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to sbranham@ci-camden.com.

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.

SPIRIT OF AMERICA TOUR

The Army's Spirit of America tour will perform at the Colonial Life Arena Sept. 21 and 22. Tickets are free and available at www.soa.mdw.army.mil.

FREE HISTORICAL TOUR

A free historical tour titled, "Leadership in the Siege of Ninety Six" is scheduled for 10 a.m., Sept. 15, at the Ninety Six National Historic Site. For more information, visit www.nps.gov/nisi/.

FLU SHOTS

Moncrief Army Community Hospital will begin offering free influenza vaccines to military ID card holders Oct. 15. Flu shots will be offered at the following locations:

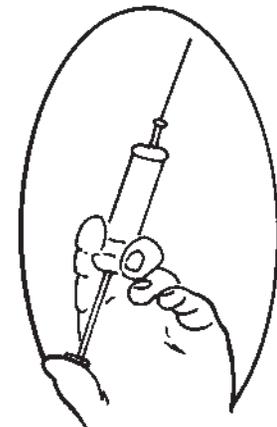
❑ **MACH, Room 6-20:** Sept. 17-21, 24-28; 8 a.m. to 4 p.m.

❑ **Solomon Center:** Oct. 15, 22 and 29; 8 a.m. to 3:30 p.m.; Nov. 5, 19 and 26, 8 a.m. to 3:30 p.m.

❑ **Commissary:** Nov. 13, 15, 20, 27 and 29, 10 a.m. to 2 p.m.

❑ **Exchange:** Nov. 16 and 30, 10 a.m. to 3:30 p.m.

Vaccines for children younger than 4 will be available at MACH, Room 6-39.



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

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

Like us on Facebook.
Log on and search for
"Fort Jackson Leader."

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



**Staff Sgt.
Joshua Gonzalez**
Company A
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Paul Cink

SOLDIER OF THE CYCLE
Spc. Kelly Womack

HIGH APFT SCORE
Pvt. Vincent Miller

HIGH BRM
Pfc. Kathryn Mease



**Sgt. 1st Class
Jared Dean**
Company B
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Travis Moxley

SOLDIER OF THE CYCLE
Pfc. Jeffrey Archer

HIGH APFT SCORE
Pfc. Cory Desteunder

HIGH BRM
Pfc. Daniel Bullock
Pvt. Taner Houk



**Staff Sgt.
Shane Hawkins**
Company C
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Billy Pabon

SOLDIER OF THE CYCLE
Pfc. Jonathan Reyes

HIGH APFT SCORE
Pvt. Billy Pabon

HIGH BRM
Pvt. Kevin Hart



**Staff Sgt.
Anthony Agney**
Company D
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Christopher Spencer

SOLDIER OF THE CYCLE
Pfc. Justin Jones

HIGH APFT SCORE
Pfc. Angelica Sanchez

HIGH BRM
Pfc. Anthony Chagolla



**Sgt. 1st Class
Matthew Torres**
Company E
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pvt. Khari Daniel

SOLDIER OF THE CYCLE
Pfc. Michael Hughes

HIGH APFT SCORE
Spc. Cabot Cobb

HIGH BRM
Pvt. Joseph Rhodes



**Staff Sgt.
Pedro Ortiz**
Company F
1st Battalion,
34th Infantry Regiment

**SOLDIER LEADER
OF THE CYCLE**
Pfc. Jeremiah Jacob

SOLDIER OF THE CYCLE
Pfc. Daniel Gassaway

HIGH APFT SCORE
Pfc. Crystal Vroman

HIGH BRM
Pvt. Wayne Guidotti
Pvt. Aden Miller

SUPPORT AWARDS OF THE CYCLE

STAFF SUPPORT
Sgt. Omar Desoto

TRAINING SUPPORT
Sgt. LaRhonda Johnson

SERVICE SUPPORT
Coreen Skaggs

SERVICE SUPPORT
Staff Sgt. Christopher Seeman

FAMILY SUPPORT
Carolyn Dedeugd

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 hours 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.
Basic Combat Training Museum	751-7419	Monday-Friday, 9 a.m. to 4 p.m.; Family Day, 9 a.m. to 6 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.
Family Life Resiliency Center	751-4961	Monday-Friday, 9 a.m. to 5 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	Tuesday-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	Temporarily closed
Officers' Club	751-4906	Tuesday-Friday, 8:30 a.m. to 4:30 p.m.; Sunday brunch, 11 a.m. to 1:30 p.m.
Palmetto Falls Water Park	751-3475	Closed for the 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.
Pool, Knight	751-4796	Monday-Friday, 6 a.m. to 2 p.m., 4:30 p.m. to 7 p.m.
Pool, Legion	751-4987	Closed for the 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.; Saturday, 8:30 a.m. to 3:30 p.m.
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.
Gate 1 Express	782-2076	Monday-Friday, 7 a.m. to 6 p.m.; Saturday-Sunday, 10 a.m. to 6 p.m.
Gate 2 Express	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.
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.; closed on federal holidays
Weapons Registration	751-5887	Monday-Friday, 8 a.m. to 4 p.m.
Weston Lake	751-5253	Oct. 1 through April 30: 9 a.m. to 5 p.m.; May 1 through Sept. 30: 10 a.m. to 6 p.m.

Anything we missed? E-mail us at fjleader@gmail.com.

Exercise according to your body shape

There are three descriptions used to describe the type of body we have — ectomorph, endomorph and mesomorph. In the 1940s, Dr. William H. Sheldon, a physician and psychologist, created this well-known and medically approved system of classifying people by body types.

By photographing and measuring 46,000 men and women, Sheldon and his colleagues eventually developed 88 distinct categories. To simplify his system, he then created three major divisions: ectomorph, endomorph and mesomorph. Within each of these major divisions are degrees of dominance. In other words, no one is purely ectomorph, mesomorph or endomorph but rather a combination of all three body types. One type, however usually dominates the body.

Because each individual is a combination of the three types, it must be noted that humans tend to dominate one body frame type more than others.

In researching body types, I looked at Sheldon's larger base of 88 distinct categories and discovered a broader base to help not only describe body types, but to focus on key exercises that should bring results and shed light (and pounds) on the complexity of our bodies.

How many times do we go to the gym and wonder which exercises would best meet the needs we are trying to achieve for our body? How many times do we try to create a flatter tummy, trimmer thighs, definition in our arms; but, no matter how much we exercise, those areas never seem to shape up the way we would like them to.

Maybe you see others at the gym who are able to improve on those same areas, but when you speak to them, they let you know that getting results is easy, but getting results in other areas is hard. We each have areas that shape up quickly and areas that, no matter how hard we train, don't improve easily.

In his book, "Shape Training," author Robert Kennedy focuses on six categories that better

describe the multiple-layered exercises we need to bring a more balanced harmony to our bodies. The body type categories take on the shape of certain letters. They are the A-frame, H-frame, I-frame, O-frame, T-frame and the X-frame. Over the next six articles, this column will focus on each body frame type. I will describe the frame, provide exercises for that frame type, and include healthy eating

The Weigh It Is

By Pamela Long
*Fitness programmer,
Family and Morale, Welfare
and Recreation*



options.

THE A-FRAME

One of the main features on an A-Frame body type are the hips and thighs. Not only are they more sizeable than you want them to be, but they also store a larger amount of body fat. You more than likely spend the bulk of your workout time on your hips and thighs, but still do not have the results you should (especially with all the work). Your mission is to lean out your thighs and hips and tighten them up. You need to develop the muscles in your lower body. This will only increase the strength in them which will help with making them firmer.

The A-Frame has many characteristics of the endomorph. Endomorphic physiques are typically fuller and soft, with a higher ratio of body fat to muscle.

Endomorphs gain lower body weight easily. Body fat is usually distributed in the hips, thighs and buttocks.

EXERCISES

Exercises that are ideal for this body type, and more specifically the lower body, are squats, leg curls, dead lifts, shoulder press, side laterals, upright rows, lat pulls, bench press, biceps curl, triceps extensions and basic abdominal crunches.

The exercises listed for the upper body should be performed as well. Never neglect the

rest of your body by just focusing on your trouble areas. When you train the entire body you create the balance you have been trying to achieve.

I am sure you are not surprised to see squats on the list. More than likely, you are probably tired of them, but squats are great for trimming and toning. My motto for results is found in my commitment to form and technique.

These two approaches bring major changes to our results. Here's how to get maximum results:

- When you squat, make sure your legs are wider than hip distance apart. This allows you to better target the area of your inner thighs and hips. Try using a body bar or bar bell instead of free weights for your squats. This helps to develop the entire lower body, including the hamstrings and calves.

- Point your toes outward to target inner thighs and hips. Point the toes straight ahead to target outer thighs.

- Squeeze up, but do not push the hips forward.

- Your weight should be heavy but controllable.

- Repetitions are high. Aim for four sets with about 15 repetitions in each set for all your leg exercises.

- When performing exercises for your upper body — since you do not struggle as much in this area — use heavy weights, but with fewer repetitions. This will develop your upper body in proportion to your lower body without bulking you up.

- Repetitions for upper body; aim for four sets with about six to eight repetitions in each set.

Select a combination of the recommended exercises and practice them at least four days a week for one hour each session.

NUTRITION

No workout routine is complete without nutrition. Results are 75 percent more visible when healthy and clean eating are practiced. Make a habit of including the following in your nutrition lifestyle:

- Drink plenty of water — at least eight glasses a day.

- Make fresh vegetables the star on your plate. Eat these low fat, low calorie food items to help keep calorie intake under control.

- Use a serving size of fruit as a way to satisfy your sweet tooth instead of reaching for sugary, refined flour snacks.

- Include a piece of lean protein with every meal to keep your metabolism balanced and hunger under control. Protein is very satisfying, unlike carbohydrates which raise blood sugar then makes it dive. Protein is steadier on the glucose level.

- Reach for whole grains for your carbohydrate choice. They are a great source of fiber, which also keeps you fuller and focused because it keeps blood glucose steady as well.

There are many food combinations you can enjoy from following the tips above — salads, hearty sandwiches, whole grain pasta dishes and much more. Think of what you can eat — do not focus on what you cannot eat — and you will approach your meal times in a new way.

Begin practicing with these lifestyle changes and continue to take control of your health.

In the next column, we'll take a look at H-frame physiques.

If you have questions regarding specific exercises, email me at Pamela.j.long19.naf@mail.mil.



Sports shorts

DUATHLON, FOOTBALL SIGN UP

A swim-run duathlon for active-duty service members is scheduled for Sept. 22. The event includes a 200-meter swim and a 3.5-mile run. Letters of intent are

due Sept. 13.

Flag football league play for active-duty teams begins in October. Letters of intent are due Sept. 19. For more information, call 751-3096.

For more Fort Jackson photos, visit www.flickr.com/fortjacksonpao



Follow the Leader on Twitter at www.twitter.com/fortjacksonpao for breaking news and updates.