

THURSDAY, SEPT. 20, 2018

THE FORT JACKSON LEADER

"VICTORY STARTS HERE."

TOWN HALL TACKLES
CONCERNS OVER
LEAD-BASED PAINT

- P4

DIGGING IN

FORT JACKSON RALLIES FOR HURRICANE FLORENCE

**ALL HANDS ON
DECK AS STORM
NEARS, P3**

**CHAPLAIN SCHOOL
PROTECTS 'GEORGE
WASHINGTON', P6**

**HURRICANE FLOODS
INSTALLATION WITH
SAILORS, P7**

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ON THE COVER

Trainees from the 120th Adjutant General Battalion fill sand bags Sept. 11 on Fort Jackson as part of the post's preparations for Hurricane Florence.

SEE PAGE 3



PHOTO BY ROBERT TIMMONS



Fort Jackson, South Carolina 29207

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Community Calendar

SEPT. 22

Annual Do It in Pink Workout Aerobathon

10 a.m.-1 p.m., Solomon Center. Featuring cardio-boxing, fitness hip-hop, old school aerobics, Zumba and more. Admission is free, must workout in pink in support of breast cancer awareness. For more information, call 751-3700.

SEPT. 27

Victory Hall Grand Opening Ceremony

11 a.m., Victory Hall. Join as Victory Hall is reopened and adopts a new name. Take a tour of the renovations. Meet the management and team. Sample new menu items, including a large selection of healthy choices. The Directorate of Family, Morale, Welfare and Recreation activities will provide informational booths and activities to showcase other fitness and recreation programs that encourages healthy lifestyles.

SEPT. 28

Patient Appreciation Day

1-4:30 p.m. Moncrief Medical Home. The Moncrief Medical Home will host its annual patient appreciation day from 1-4:30 p.m. The event will provide patients with nutrition, infectious disease, patient safety, TRICARE, and pharmacy information through question and answer sessions. Patients will be given the opportunity to ask questions to our Primary Care Managers, staff nurses, clinical pharmacist and behavioral health professionals throughout the event. Finally, we plan to sign up and educate our family of beneficiaries on Secure Messaging System and TRICARE Online.

Hispanic Heritage Month Luncheon

Fort Jackson will be honoring Hispanic Heritage Month with a luncheon from 11:30 a.m. to 1 p.m. at the Fort Jackson NCO Club. Julio Hernandez, Clemson University's senior associate director for Hispanic Outreach will be speaking at the event.

The event hosted by the Soldier Support Institute costs \$10.50 per person. For more information, or to purchase tickets, contact your Equal Opportunity Advisor, the Equal Opportunity Office or call the post EO Office at 751-2990.

OCT. 2

Domestic Violence Awareness Month Candlelight Vigil

11:30 a.m.-1 p.m., Main Post Chapel. Join in the candlelit vigil to stand up against domestic violence. For more information, call 803-751-5256 or 800-337-3445.

OCT. 20

Stop Domestic Violence Bike-A-Thon

10 a.m.-1 p.m., the Solomon Center. Take a stand against domestic violence and ride for a loved one. Accept the pledge and ride 30 minutes, one hour, two hours, three hours, or 20 miles outdoors.

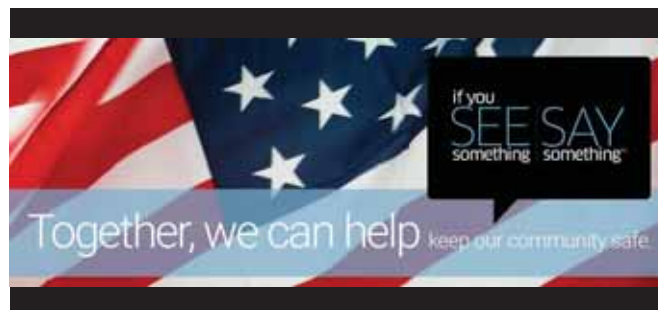
OCT. 30

Math Prize Patrol

4:30 p.m., the Fort Jackson housing areas. C.C. Pinckney and Pierce Terrace Elementary Schools will be holding their annual Math Prize Patrol to celebrate the academic achievements of their students. For more information, contact Kerrie Ammons at kerrie.ammons@am.dodea.edu.

SPORTSMAN ADVISORY COUNCIL

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



SEND ALL SUBMISSIONS TO FJLeader@gmail.com

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

If you submit an article on an event that already has taken place, please send it as soon as possible. Tuesday is the last day we will be able to accept an article for publication the following Thursday. Include the date and place of the event, as well as a description of what took place. Please include quotations, if possible. With any photo you submit, include IDs — rank, unit, and first and last names.

Questions? Call 751-7045.



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Photo by STAFF SGT. JORGE INTRIAGO

Air Force Security Forces Airmen assigned to the South Carolina Air National Guard, 169th Fighter Wing, from McEntire Joint National Guard Base, working alongside Florence County, S.C., Sheriff's Department assists citizens during evacuation efforts as the Black Creek river begins to crest Sept. 17 in Florence, S.C.

Hard Rain Post rallies ahead of Hurricane Florence

By ELYSSA VONDRA
Fort Jackson Leader

All hands were on deck Sept. 13-14 preparing for the dreaded Hurricane Florence. Though the storm didn't have much effect on the Columbia region, preparations tested the Army's readiness. Not everyone got away with such little destruction.

A rainy weekend defined Columbia's experience with the infamous Hurricane Florence. The storm was downgraded from a Category 4 to a Category 1 hurricane in the days before touchdown.

In the lead-up, the installation prepared for worse than a windy rainstorm, with the devastating flooding of 2015 in mind.

"It was a great exercise in preparedness," said Ann Garner, director of the Directorate Public Works.

This preparation made returning to normalcy an easy transition.

"Our workforce; both military and civilian, did an outstanding job to keep Fort Jackson operating at a high level," said Brig. Gen. Milford "Beags" Beagle Jr., Fort Jackson commander. This helps the post "to resume training and normal operations relatively quickly."

While sailors from Joint Base Charleston roamed the installation, seeking refuge from the storm, Fort Jackson departments prepared for the impact the hurricane would have.

"In preparation for Hurricane Florence coming to our neighborhood, we ask that you secure objects that could become flying projectiles with high winds," Garner said, on Thursday. "We also ask that you stay inside until emergency crews have restored essential services that may have been lost during the high winds and heavy rains."

In the end, the impact of the wind was a few downed tree limbs, Garner said Tuesday.

On Sept. 13, Garner provided the community with a number to call in the case of power outages.

Power loss at Fort Jackson didn't end up being much of

“Our workforce; both military and civilian, did an outstanding job to keep Fort Jackson operating at a high level.”

— Brig. Gen. Milford "Beags" Beagle Jr.
Fort Jackson commander

an issue.

"We didn't have any power outages to speak of," Garner said. There was only a small, isolated incident in the Weston Lake region.

The Fire Department, too, geared up for the storm in the days before.

See FLORENCE: Page 13



Ann Garner, director of Fort Jackson's Directorate of Public Works, speaks to Fort Jackson community members about lead based hazards on post during a Garrison Town Hall Sept. 18 at the Post Theater. Attendees learned how the post mitigates lead hazards and what they can do to prevent lead from becoming a problem in their homes.

Town hall tackles concerns over lead-based paint in housing

By **ROBERT TIMMONS**
Fort Jackson Leader

Col. Stephen Elder, Fort Jackson's Garrison Commander, hosted a town hall Tuesday to help allay any fears the community may have over lead based paint.

Installations across the Army have been holding similar town halls in response to a recent Reuters article exposing lead based paint hazards at Fort Benning, Georgia.

"We think this is a big deal," Elder said while fielding questions at the event.

The U.S. Government banned the use of lead-based paint in 1978, so homes built before that year "are presumed to have lead-based paint in them," said Ann Garner, director of Fort Jackson's Directorate of Public Works.

Of the installation's 810 on-post residences, 119 were built before 1978, Garner said. One problem Fort Benning has that Jackson doesn't is that buildings here are not considered historical and can have lead problems removed more easily.

Still lead paint is only a problem if it is cracking, bubbling or peeling off, Garner added. There is no problem if it is completely covered over by non-lead paint.

Despite this, lead can still be a problem, post officials said.

"There is no safe level of exposure to lead," said Lt. Col. Matthew Chambers, chief of preventative medicine at Moncrief Army Hospital Clinic.

Mexico and some other places may still allow lead to be in paint. Garner cautioned Families to be cautious with what they eat too because some candies from Mexico and India have been found to have had lead in them.

To combat lead hazards, Fort Jackson will continue to routinely test the post's water, she said. They also will review and validate Balfour Beatty's procedures in on-post housing to ensure they are compliant with all safety laws and regulations. Fort Jackson will also encapsulate or abate all lead hazards.

DPW routinely inspects the amount of lead in the post's water supply, Garner said.

The ways the community can help reduce the risk of lead hazards are to:

- Inspect and wet wipe all painted surfaces in pre-1978 homes and ensure children don't have access to peeling paint of painted chewable surfaces.
- Thoroughly clean exposed skin and change clothes if exposed to lead in the workplace.
- Use only cold water to prepare food and drinks, because hot water makes lead soluble.
- Flush water outlets used in food and drink preparations.
- Clean debris out of outlet screens and faucet aerators on a regular basis.
- Avoid using cookware, containers and tableware that are not shown to be lead-free.
- Be aware of lead hazards from hobbies such as stained glass or those involving casting lead objects.

"If you have concerns, let us know," Elder said. "We will send someone out to take a look at it."



FAMILY AND MORALE, WELFARE AND RECREATION PROGRAMS

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9TH ANNUAL "DO IT IN PINK" WORKOUT AEROBATHON

at the **Solomon Center**
6510 Strom Thurmond Blvd

Saturday, September 22, 2018, 10 a.m. - 1 p.m.



Admission is **FREE!**
Please workout in Pink!

(in support of breast cancer awareness)

Featuring:

Cardio Boxing, Fitness Hip Hop,
Old School Aerobics, Zumba!, and more!



For more info, call Pam Long at (803)751-3700

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

VICTORY HALL
3630 SEMMES RD.

*Opening for Lunch
October 1*

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

FAMILY CAMP OUT
AT WESTON LAKE
OCTOBER 13, 4 P.M. - OCTOBER 14, 10 A.M.

Looking for some quality family bonding time? Join Outdoor Recreation at Weston Lake for the Family Camp Out! Staff will teach you how to pitch a tent along with some other basic camping skills. There will be games, crafts, campfire stories and of course S'mores!

*\$8 per person includes food, camping gear available for rent, campfire stories & S'mores

**REGISTER
BY OCTOBER 5**

For more information, call (803)751-3487

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

Ballet

Monday, October 15, 5:30-6:15 p.m.
at the SKIES Center (6100 Chesnut Rd.)

Introduction To Ballet
A class taught by a professional dancer and member of the Columbia City Ballet.

Open to Fort Jackson Youth ages 7-14. Don't miss this unique one day only opportunity! Space is limited.

For more information please call Darius Lane to reserve your space (803)751-5040 or (803)751-7451

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS



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Photo by MEL SLATER

USACHCS' Initial Military Training NCOIC, SFC Matthew Brueggeman stands next to the wall he helped to construct to protect the George Washington and Valley Forge Window from any strikes or anything that might hit the glass and break this historic stained glass window from the arrival of Hurricane Florence.

Chaplain school protects George Washington from Hurricane Florence

By MEL SLATER
U.S. Army Chaplain Center and School

Hurricane Florence was the first major hurricane of the season and many in the path of harm's way made preparations to weather out the storm.

The main concern for most was protection of life. That was followed by protection of property.

The George Washington at Valley Forge Window located at the U.S. Army Chaplain Center and School on Fort Jackson, is a very important piece of property that needed protection.

As the storm approached the Carolinas, Sgt. 1st Class Matthew Brueggeman, Initial Military Training Non-commissioned Officer in Charge, and Team USACHCS members Paul Davis and Staff Sgt. Craig Berg, along with Monica Dixon and Andrea Hinojosa, constructed a protective covering for a large, precious stained glass window on the USACHCS campus to shield it from harm.

"We're protecting George Washington," Brueggeman said. "We have the George Washington and Valley Forge Window which sits in the Chaplain Basic Officer Leader Course class breakroom. What we're trying to do is protect it, before the incoming hurricane, from any strikes or anything that might hit the glass and break this historic stained glass window."

Brueggeman led the effort. He has many years of experience with carpentry projects from working with his father John in California. Armed with power saws, hammers, nails and other equipment, they went to work.

"We built a protective wall using plywood, two-by-fours and things of that nature in order to protect the stained glass window," Brueggeman said.

The plaque outside the building at the USACHCS campus says that the window, which originally adorned the main entrance of the Post Chapel at Fort Monmouth, New Jersey, cost \$4,500 to make.

See **GEORGE**: Page 13

Fort Jackson: HOUSING NOTES

Updates from Housing Services

■ **Mayors Needed:** The Mayoral Council is looking for volunteers to serve as mayors for the Fort Jackson Housing Communities. Becoming a part of the council allows you to be a voice for the community. Your voice can bring ideas and suggestions to residents for improving the quality of life while residing on Fort Jackson. In addition to receiving credit for volunteer hours, you will get to meet new people and receive valuable training. Child care is provided at no cost while performing mayoral duties. Interested residents should contact Vickie Grier at usarmy.jackson.imcom-atlantic.mbx.fort-jackson-dpw-housing@mail.mil, or 751-7567.

■ **Juvenile Curfew & Supervision of Children and Resident Guide Review:** The housing office encourages residents to take time to review the Juvenile Curfew & Supervision of Children Policy and Resident Guide to ensure policies and guidelines are adhered to (i.e. wading pools, unattended children at the playgrounds, etc.) The resident guide can be viewed at www.fortjackson-familyhomes.com. You may pick up a copy of the Juvenile Curfew & Supervision of Children Policy from the Housing office located at 4514 Stuart Ave.

■ **Voice Broadcast:** We would like to remind our residents to ensure our management office has your most current phone number and email address. Our One-Call system is used to deliver emergency weather updates, reported utility outages, scheduled maintenance that may interfere with your day-to-day plans, and weekly event updates. If you have opted out or changed your phone number and would like to receive them again, please contact our office at 803-738-8275. Don't forget to like us on Facebook at *Fort Jackson Family Homes*.

■ **Refer a Friend:** Unlimited Refer-a-Friend Rewards. If you are a current resident with Balfour Beatty Communities and you invite a friend to live with us, we will take \$500 off your next month's rent. Some restrictions apply. For more information, call 803-738-8275.

■ **PCS Rewards:** Save time and money by staying with Balfour Beatty Communities. Our residents are number one, and we want to reward our loyal customers. If you are a current resident relocating to a community where Balfour Beatty Communities manages the housing, choose to stay with us and we'll offer you a \$250 reward. Contact our office for details and to view our locations.

Florence floods post with Navy

By **ELYSSA VONDRA**
Fort Jackson Leader

Hurricane Florence had grown Fort Jackson's populace by nearly 1,973 personnel and 43 pets as naval personnel and their families made their way to the installation, seeking shelter from the storm.

Navy students of Joint Base Charleston arrived in droves Sept. 13, as part of a memorandum of agreement.

Gov. Henry McMaster's evacuation orders for Charleston brought them to the installation. Pouring out of buses, vans and cars, they were processed at the Joe E. Mann building Sept. 11-12.

Fort Jackson's Emergency Family Assistance Center equipped the space for the occasion, bringing in agencies from around post to help.

Sailors filled out a needs assessment form, went through a weapons check and had their pets' microchips scanned. They were sent across post to "safe havens" to sleep, said Danielle Hanson, Army Community Service Deployment and Stability Support Operations Specialist.

Lt. j.g. Arne Albin Anderson, originally of Arlington Heights, Illinois, is one member of the Navy who drove in from Charleston. He assisted with the administrative process.

"The story began on Saturday," Anderson said. That was when McMaster declared a State of Emergency.

Having lived through Hurricanes Irma and Matthew, Anderson didn't partake in doomsday preparations for Florence.

Those hurricanes "didn't end up being that bad," he said.

He waited calmly as others raided Walmart for bread and water.

As of Sept. 10, there were still no plans to leave Charleston, he said. By Sept. 11, the evacuation orders had come in.

He barricaded his house's windows and secured his possessions.

By Sept. 12, he and his crewmates were on their way to Fort Jackson.

"It's kind of like an adventure," he said.

Petty Officers 3rd Class Nathan Dubina (right) and Megan Bunnell explore Palmetto Greens Miniature Golf during their stay last weekend to Fort Jackson.





U.S. Army photo

A child joins a 2nd Armored Brigade Combat Team, 1st Armored Division Soldier at the Silas L. Copeland Arrival/Departure Airfield Control Group facility at Fort Bliss, Texas last summer. The topic of Family readiness will be center stage during Military Family Forum I in October at the Association of the United States Army annual meeting and exposition.

Forum to focus on what Army leaders know about Families

By **JOSEPH TREBING**
Army News Service

How do Army leaders define readiness for Soldiers, much less for their Family members? How do Families influence unit readiness? What develops, strengthens and sustains self-reliance and readiness?

Those topics will be center stage during Military Family Forum I Oct. 8 at the 2018 Association of the United States Army annual meeting and exposition in Washington, D.C.

The Army asked scientists at the Research Facilitation Laboratory in 2017 to build a new portrait of military family readiness by reviewing literature from the last 10 years related to family readiness. The Research Facilitation Laboratory is part of the Army Analytics Group.

Research Facilitation Laboratory scientists reviewed more than 400 studies on military family readiness published from 2007 to 2017. Their summary and findings have been published in "What We Know About Military Family Readiness: A Decade of Research Evidence from 2007-2017."

See **FORUM**: Page 15

Five patterns of military family readiness

-  Having available social support is strongly linked to better physical and mental health, better relationships, and more supportive parenting styles
-  Deployment can lead to problems in many areas for children, particularly those with poor social support
-  Service members and spouses can impact each other's mental health
-  Parents' mental health and family communication problems can hinder healthy family functioning
-  The well-being of the home front spouse is critical for the well-being of children during deployment



Fort Jackson Movie Schedule

3319 Jackson Blvd.
Phone: 751-7488

FRIDAY

- Blackkklansman (R) 7 p.m.

SATURDAY

- Blackkklansman (R) 1 p.m.
- Happy Time Murders (R) 5 p.m.

SUNDAY

- Blackkklansman (R) 1 p.m.
- Happy Time Murders (R) 5 p.m.

WEDNESDAY

- Blackkklansman (R) 2 p.m.
- Happy Time Murders (R) 5 p.m.

TICKETS

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

3-D TICKETS

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

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

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U.S. Army photos



Training spotlight

Above, trainees fight to clear their eyes and lungs after exiting the gas chamber at Fort Jackson. Trainees typically learn the basics of nuclear, biological and chemical defense during the first three weeks of Basic Combat Training, referred to as 'Red Phase.' As part of the training, the must enter the gas chamber, remove their gas masks and experience the effects of tear gas.

FORT JACKSON WORSHIP SCHEDULE

CATHOLIC

Sunday

- 7:30 a.m., Confessions, Solomon Center
- 8 a.m., IET Mass, Solomon Center
- 9:30 a.m., CCD, Education Center
- 9:30 a.m., Mass, Main Post Chapel
- 10:30 a.m., Reconciliation (after Mass or by appointment), Main Post Chapel

Monday through Thursday, First Friday

11:30 a.m., Mass, Main Post Chapel

CHURCH OF CHRIST

Sunday

10:30 a.m., Worship Service, Magruder Chapel

EASTERN ORTHODOX

Sunday

9 a.m., Worship and Liturgy, Hospital Chapel

JEWISH

Sunday

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

LATTER-DAY SAINTS

Sunday

10:30 a.m., Worship Service, Anderson Street Chapel

ISLAMIC

Friday

12:45 p.m., Jumah Services, Main Post Chapel

Sunday

8 a.m., Islamic Studies, Main Post Chapel

PAGAN

Sunday

11 a.m., Pagan Circle Sacred Well Congregation worship and study, Magruder Chapel

HISPANIC PROTESTANT

Sunday

9 a.m., Worship Service, Magruder Chapel

PROTESTANT

Sunday

- 8 a.m., Worship Service, Main Post Chapel
- 8:30 a.m., Anglican/Liturgical, Lightning Chapel
- 9 a.m., Service, McCrady Chapel (SCARNG)

■ 9:15 a.m., Adult Bible Study, Main Post Chapel

■ 9:30 a.m., Sunday School, Main Post Chapel

■ 10 a.m., Gospel Worship Service, Daniel Circle Chapel

■ 11 a.m., Service, Main Post Chapel

■ 11 a.m., Chapel Next, Lightning Chapel

■ 5 p.m., Aspire! Protestant Youth, Chaplain Family Life Center

Monday

■ 7 p.m., Protestant Women of the Chapel Woman's Bible Study, Lightning Chapel

■ 7 p.m., Protestant Men of the Chapel, Bible Study, Chaplain Family Life Center

Tuesday

■ 9 a.m., Protestant Women of the Chapel, Main Post Chapel

Wednesday

■ Noon, Protestant Bible Study, SSI Library

■ 7 p.m., Gospel Bible Study, Daniel Circle chapel

Thursday

■ 11:45 a.m., Fresh Encounter Bible Study, Chaplain Family Life Center

ADDRESSES, PHONE NUMBERS

- **Anderson Street Chapel**, 2335 Anderson St., 751-7032
- **Lightning Chapel**, 9476 Kemper St., 751-4101/4542
- **Chaplain Family Life Center**, Bldg. 5460, 751-4961
- **Daniel Circle Chapel**, 3359 Daniel Circle, 751-1297/4478
- **Education Center**, 4581 Scales Ave., 751-5341
- **Fort Jackson Garrison Chaplain and Religious Support Office**, 4356 Hardee St., 751-3121/6318
- **McCrady Chapel**, 3820 McCrady Road at McCrady Training Center, 751-7324
- **Magruder Chapel**, 4360 Magruder Ave., 751-3883
- **Main Post Chapel**, 4580 Scales Ave., 751-6469/6681
- **Warrior Chapel (120th Adjutant General Battalion)**, 1895 Washington St., 751-5086/7427

NEWS

'I BECAME A SOLDIER ...' 2ND BATTALION, 60TH INFANTRY REGIMENT

PVT. ALYSIA GREEN, 24
Columbus, Georgia



"My son is my number one motivation and the reason I'm here. I wanted my son to have the best life I could give him without me having to stress or struggle with being a single mother."

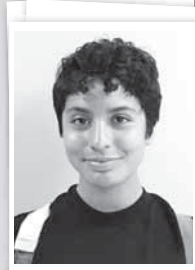
"In a number of ways, (the Army) demands you to be strong when you come in."

The most challenging part of Basic Combat Training was "becoming a team with people who have different reasons and motivations for joining, and trying to motivate people who have been broken down physically and emotionally."

"My MOS is 92F — Petroleum Supply Specialist. The MOS I wanted was not available, and I was trying to come in as soon as possible so I wouldn't leave my son when he would really notice it."

Basic Combat Training "was one of the hardest things I have had to do, but it is extremely worth it. You come out with friends, but mostly people you call family."

PVT. MOLLY PIZA, 18
Palm Springs, California



"Joining the Army meant I was going to be a part of something greater than myself. There was no more 'me, myself and I.' Being a part of the Army has taught me how to be a leader and part of a team."

"I thought I'd get yelled at more. (Basic Combat Training) definitely tests your physical and mental limits. I was scared I wasn't going to adjust to the environment, or that I'd second guess myself, but joining the Army was everything I thought it would be."

"The most challenging obstacle wasn't running two miles, throwing grenades ... it was trying to find the motivation to keep going. It was difficult to find motivation when some people didn't want to be at Basic Combat Training. If my battle buddies told me they didn't have motivation, I'd try to help them find it. It's hard being away from home and starting intense training, but after a while you get used to it."

PVT. RUBÉN HERNÁNDEZ, 18
Mammoth, Arizona



"I wanted to build a better life for myself. I wasn't interested in going to college. I had a rough life back home as well. I wanted to make my Mom proud and be able to support her and whoever might be in my future life."

"I went in (to the Army) with no expectations ... I didn't really want to get hit in the face with something I would be unsure of."

In Basic Combat Training, "the only thing challenging for me was dealing with all the different personalities."

My MOS is "42A — Human Resources Specialist. I picked (my MOS) because I wanted to work on getting a degree while I'm in here, focusing on college. I didn't really want something that would keep me too far away from the computers."

"I'm looking forward to my career. I'm looking forward to my new life and making everybody back home proud."

PVT. RAMCHAND SUKHEO JR., 19
Jersey City, New Jersey



"My biggest influence to join the Army would be patriotism — solely patriotism and the love of the country."

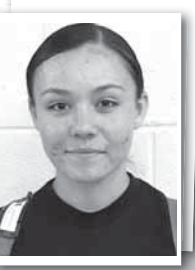
"I was prepared for (the Army). I did a lot of research on what I might encounter, so I didn't really have any surprises when I got here."

"The most challenging part of Basic Combat Training isn't anything physical. It's just the emotional aspect of sitting in a room full of strangers from all over the place — different attitudes, different personalities — and having to work together all at once."

"I'm a 92Y — Unit Supply Specialist. I chose (my MOS) simply because I couldn't get a security clearance."

"Basic Combat Training is really not that difficult once you get through the first couple of days. You just have to be respectful and do what you're told to do at all times."

PVT. SIENNA WINCHESTER, 18
Las Vegas



"My biggest influence to join the Army came from my Junior Reserve Officers' Training Corps instructors. At first I didn't want to be in JROTC because it would be so strict, but my Mom forced me into it, and I ended up being the battalion commander at the end of my four years of high school. I actually really enjoyed it. I felt at home with how it was structured and everything about it."

"I thought (the Army) would be a lot harder, but it's been good. I've liked my experience here."

"The most challenging part (of Basic Combat Training) was probably just trying to get along with a ton of different people from different backgrounds with different personalities. It's still kind of a struggle, but we've made good improvement."

"My MOS is 42A — Human Resources Specialist. I'm not sure why I chose it. I think it's because my Mom worked in an office, so I just wanted to be closer to my Mom."

"I'm looking forward to seeing where the Army will take me, as far as traveling and getting ranked up."

SPC. DANTE JACKSON, 33
San Francisco



Joining the Army is "something that I've thought about doing over the years. What helped me make the decision finally was YouTube ... watching people's experience with Basic Combat Training."

"The experience in Basic Combat Training has been exactly what I thought it would be. YouTube helped me kind of figure out what everybody else's experiences were and what they struggled with."

"Because of my age, I was in my head a lot ... you're here with 18-year-olds, 17-year-olds ... I look at everybody, as far as the 42A — Human Resources Specialist guys, as little brothers. It's like corralling cats in the beginning."

"I chose to be a 42A — Human Resources Specialist mainly because I was an airport operations manager; it's kind of close to what I already did with personnel. I was in charge of 150 personnel. I have a business management degree also."

"I'm looking forward to Advanced Individualized Training and a little bit more of a grown up experience."

NOTICES

Gate 4 hours update

Fort Jackson has begun a pilot test to monitor the number of drill sergeants entering the installation at certain hours each morning. Fort Jackson's commander directed the test to help the command determine better access control policies. It will run from 4:30 to 5 a.m. until Oct. 9 at Gate 4. For more information contact Fred Vasquez, Chief of Physical Security at fernando.lvasquez2.civ@mail.mil or via phone at 751-2005.

Legion Lake Lowering

The U.S. Army Corps of Engineers lowered the levels of Upper Legion Lake the first week of August to perform embankment work. The water will remain low until roughly mid-October. Upon the completion of the project, Upper and Lower Legion Lakes will be controlled by a new outfall structure coupled with a new emergency

spillway, and Lower Legion Dike will have been rebuilt and upgraded. The overall project will allow the lakes to better withstand heavy storms. The Legion Lakes project is tentatively scheduled to be completed by spring 2019. For questions or need additional information call Jason Hinton, 751-3124, ext. 1112.

American Red Cross Dental Assistant Program

Military identification card holders will have an opportunity to gain a new skill as a dental assistant as part of the American Red Cross Dental Assistant Program taking place at the Fort Jackson Dental Health Activity. The program is scheduled to start Oct. 26. The program consists of seven weeks of classroom study, and students must complete 600 clinical hours. Requirements for the program include:

- 18 years of age or older

- Have a high school diploma or equivalent
- Up-to-date immunizations
- Military dependent (Active Duty, Reserves, National Guard, Retiree)
- Must be a U.S. citizen

Applications will be available at American Red Cross (located at 5450 Strom Thurmond Room 120) and Oliver Dental Clinic (4323 Hill Street) starting Aug. 27.

Family Campout

Looking for some quality family bonding time? Join Outdoor Recreation at Weston Lake for the Family Camp Out from 4 p.m.-10 a.m. Oct. 13. Staff will teach you how to pitch a tent along with some other basic camping skills. There will be games, crafts, campfire stories and of course, s'mores. Outdoor Recreation will provide supplies for food and games, assist with setting

up camp sites, lead activities and prepare meals for campers. Camping gear will be available for rent. The cost, including food, is \$8 per person.

Fort Jackson Exchange offering fee-free layaway for holidays

Budget-minded Soldiers, families and retirees can kick off their holiday shopping early by taking advantage of the Army & Air Force Exchange Service's fee-free layaway. The Fort Jackson Exchange will waive the \$3 service fee for items of \$25 or more – including toys and bikes – that are placed on layaway starting Sept. 1 and paid for by Dec. 24. To hold items on layaway, Fort Jackson Exchange shoppers are required to make a deposit of 15 percent of the purchase price. Shoppers can visit customer service at their Fort Jackson Exchange for program details and eligibility information.

NEWS

HURRICANE FLORENCE ARMY CONTINUES RESPONSE EFFORTS



Photo by PVT WILLIAM BROWN

Above, a Soldier with the South Carolina Army National Guard assists Conway Fire search and rescue teams with rescue efforts Sept. 17 in Conway, S.C., in the aftermath of Hurricane Florence.

Soldiers roll out to support FEMA, communities and citizens during storm

By Army News Service

Damage assessments, rescues, and evacuations continue as U.S. Army Forces provide aid and support to FEMA, local communities and citizens recovering from Hurricane Florence.

The Secretary of the Army, Dr. Mark T. Esper, surveyed the damage across the Carolinas today with relief effort leadership. Flooding continues to be a concern in the region. Federal, military and city officials keep watch on both the Cape Fear and Lumberton Rivers as they approach flood stage in the aftermath of the storm.

At press time:

- Soldiers have rescued 372 persons and evacuated 47 in various parts of the Carolinas.
- More than 9,000 Soldiers are providing Total Army support to hurricane response.
- More than 4,000 Soldiers, civilians and dependents displaced due to the impacts of the hurricane.
- National Guard helicopters have delivered 61,500 lbs of needed supplies by air.
- More than 9,000 Soldiers are currently responding to hurricane relief efforts as leaders continue to refine the mission needs.

Here are a few U.S. Army mission highlights:

- XVIII Airborne Corps Task Force Truck – 31 high water vehicles and crews – evacuated 170 civilians to shelter; rescued one from high waters; provided supplies to those in need; evacuated an additional 40 civilians and rescued 20 including two pets in Jones, Duplin and Brunswick counties, North Carolina.
- XVIII Airborne Corps Quick Response Force (20 high water trucks and crews) respond to local demand for evacuations. Working with emergency responders, they conducted mandatory evacuations within one mile of the Cape Fear River; approximately 16 civilians evacuated to shelters, rescued one emergency operations center worker from home, and assisted in notifying residents of voluntary evacuation orders in Raeford.

See **STORM:** Page 17



Photo by WALLACE McBRIDE

Evacuees, many of them naval service members from Joint Base Charleston, flock to the food court at the post exchange Friday afternoon. The installation was a temporary home for more than 1,900 people and pets fleeing the coast in anticipation of Hurricane Florence last week.

George

Continued from Page 6

The plaque also describes the window and the events involving General George Washington and the Continental Army he commanded.

“The scene depicts General George Washington and Soldiers from the Continental Army gathered at Valley Forge, Pennsylvania,” the plaque reads. “After losing battles of Brandywine and Germantown in 1777, General Washington was forced to

move the Army away from Philadelphia, thereby allowing the British to occupy the city which was the temporary capital of the United States.”

There is more information about the Revolutionary War on the plaque. To read more and to see this historic stained glass window, visit the USACHCS campus. While there, also visit the U.S. Army Chaplain Corps Museum. The museum holds a rich history that goes back to the Revolutionary War.

The George Washington and Valley Forge Window is part of that history. It was Gen. George Washington who petitioned the Continental Congress to establish

chaplains as part of the Army. The measure was approved July 25, 1775.

There were many positive comments about the work done to protect the window.

One comment came from a proud father. “Well done,” said John Brueggeman. “With hopes that Florence moves through without stalling or overwhelming damage.”

Hurricane Florence was downgraded to a tropical storm and eventually a tropical depression by the time it made it to South Carolina. The effects of the storm were not as severe as in neighboring North Carolina. The wall was constructed to withstand the worst. The worst never came.



As Hurricane Florence approached, Chaplain School Soldiers and civilians constructed a protective wall for the George Washington and Valley Forge Window located on the campus. The stained glass window was crafted in 1970, and originally adorned the main entrance of the Post Chapel at Fort Monmouth, New Jersey.

Photo by MEL SLATER

Florence

Continued from Page 3

“We’re preparing for Hurricane Florence by ensuring our readiness in our equipment and in our training to respond to any kind of emergency after the hurricane,” said Juan Salazar, an engineer at Fort Jackson’s Fire Department.

Emergency Medical Services had been readying itself for action as well.

“We have been preparing over the past week or so for Hurricane Florence that’s heading toward the Columbia, Fort Jackson Area,” said Staff Sgt. Benjamin Cunniff of EMS.

“Our primary mission here is to provide emergency services to the community at Fort Jackson,” added EMS chief Theodore Byrd.

Flooding wasn’t problematic either. No flooding in Fort Jackson housing was reported, Garner said.

Still, the idea was clear last week: “Stay inside, turn around, don’t drown, and stay safe,” as Garner put it. Fort Jackson in the end didn’t need the advice, but others weren’t so lucky.

Fort Bragg’s 1st Lt. Heather Magill of Herndon, Virginia was part of a hurricane relief task force that moved in to Fort Jackson on Sunday. She described the greater devastation in North Carolina.

“North Carolina was hit very hard,” Magill said. There were massive power outages and devastating flooding. “Some houses, (flood water) was all the way up to the roof.”

Her team left Fort Bragg at around 9 p.m. Saturday. They arrived at Fort Jackson 2:30 a.m. Sunday.

A trip that can normally be completed in just a few hours took nearly six.

Her team had to take an alternate route with a combination of back roads and city roads to arrive safely to the installation since many streets were washed out.

(Editor’s note: Wallace McBride contributed to this article)

NEWS



Photo by Staff Sgt. Jorge Intriago

South Carolina National Guard Engineers, from the 122nd and 178th Engineer Battalions, build a barrier by placing 1,000 pound sand bags along a section of highway at Lake Busbee to prevent flooding off of highway 501 Sept. 18 in Conway, S.C. Approximately 3,100 Soldiers and Airmen have been mobilized to prepare, respond and participate in recovery efforts as Tropical Storm Florence has caused flooding and damage to the state.

S.C. National Guard helps with storm relief efforts

By **SGT. BRAD MINCEY**
South Carolina National Guard

The South Carolina National Guard filled and delivered sandbags to multiple counties in the state Sept. 15 to help protect infrastructures in advance of flooding after Tropical Storm Florence's impacts of rain were beginning to be felt in areas in northeastern South Carolina.

The South Carolina National Guard transported and placed the one-ton sandbags to prevent flooding in the Pee Dee Region. Soldiers from the 218th Brigade Support Battalion worked during the day and continued throughout the night to fill, load, and move more than 1,500 sandbags to Lake Busbee in Conway to assist with flood prevention along Highway 501.

As lakes, rivers and streams began to flood, the South Carolina National Guard supported efforts to protect homes and businesses from rising waters. When needed, National Guard engineers provided

debris-clearing capabilities with heavy equipment and chainsaws to clear roadways to ensure county officials and emergency response personnel could begin their assessments and identify any needs or hazards.

Additionally, the South Carolina Air National Guard partnered with the Civil Air Patrol's search and rescue teams and U.S. Coast Guard to track and relay aerial movement, coordinate communication across the diverse group of units stationed throughout the state, and ensure synchronization with authorities to continue to plan for future operations.

"As the weather clears, we will continue to coordinate with these elements and begin looking at infrastructure and residencies," said South Carolina Air National Guard Maj. Bago Madrid, 169th Fighter Wing electronic combat pilot. "We will also continue to support the search and rescue teams to meet their needs."



South Carolina National Guard Soldiers and S.C. Department of Transportation fill sandbags Sept. 15 in preparation of possible flooding caused by Tropical Storm Florence, Sept. 15.

See **GUARD**: Page 16

Saluting this BCT cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Randall Shaffer
Alpha Company
2nd Battalion, 60th
Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Ruben Hernandez

SOLDIER OF THE CYCLE
Pvt. Brile Kline

SHAFFER



Staff Sgt. Mychael Begaye
Bravo Company
2nd Battalion, 60th
Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Juan Castro

SOLDIER OF THE CYCLE
Pvt. Kristopher Sanchez

BEGAYE



Staff Sgt. Adam Quintana
Charlie Company
2nd Battalion, 60th
Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Sp. Danter Jackson

SOLDIER OF THE CYCLE
Pvt. Sienna Winchester

QUINTANA



Staff Sgt. Ian Lynch
Delta Company
2nd Battalion, 60th
Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Christopher Rakowski

SOLDIER OF THE CYCLE
Sp. Anita AlunyoBello

LYNCH



Staff Sgt. Christopher Mendiola
Echo Company
2nd Battalion, 60th
Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Coby Rodrigues

SOLDIER OF THE CYCLE
Pvt. Ramchand Sukhdeo

MENDIOLA

This We'll DEFEND

Forum

Continued from Page 8

Their review identified 16 indicators of Family readiness and presented the evidence base that described the effect of each indicator.

Dr. Stacy Hawkins, principal investigator at the Research Facilitation Laboratory, will open the forum with a presentation and discussion of the 16 indicators of military Family readiness. An expert panel will follow to discuss the importance of family readiness connections to adult functioning, relationships, deployment experiences, social connection and networking. Vice Adm. Raquel "Rocky" Bono, director of the Defense Health Agency, also will present on TRICARE.

"What is clear to me from this report," said Helen Roadarmel, Chief of the Soldier and Family Readiness Division, Office of the Assistant Chief of Staff for Installation Management, "is that Soldiers carry Family responsibilities and issues – and sometimes problems – into the unit. Sixty percent of all Soldiers have a spouse or dependents, in addition to parents, siblings and others."

"Soldiers and Families value support programs, they value consistency and predictability," Roadarmel added. "Their trust in the Army and its leaders is influenced by their perception of the care and concern shown to them. The evidence supports

continued investment in family programs and services."

The Army, and the nature of military lifestyle, places many demands on its Soldiers and – inevitably – their Families. Two decades of conflict amidst a shifting political and cultural landscape have changed Army demographics, policies and culture. Soldiers and their Families have weathered changes while successfully sustaining readiness and lethality over the same period.

"Every Army Family has unique needs," said Dee Geise, acting deputy director of Installation Services for the Assistant Chief of Staff for Installation Management. "Our job is to provide the programs and services that strengthen the self-reliance and personal readiness of Soldiers and Families – to prepare them for the challenges they will face as a part of military life and to ensure they have skills and resources to successfully navigate and overcome those challenges."

Previous research assessments on Army family readiness were published in 1993 and 2007, summarizing then-current information on Army Families and their effect on Soldier and unit readiness. When combined, these reports summarize 800 studies, surveys and analyses from 1983 to 2017 – over 35 years of data related to how Families influence outcomes important to the Army: morale, retention and readiness. The evidence helps military leaders make decisions about policies, programs and services that affect the readiness of military families, Soldiers and units.

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NEWS



Photo by STAFF SGT. JORGE INTRIAGO

South Carolina National Guard Soldiers and Bennettsville, S.C., Law Enforcement work together Sept. 16 to help the local community evacuate as flooding caused by Tropical Storm Florence forces citizens from their home Approximately 3,400 Soldiers and airmen have been mobilized to prepare, respond and participate in recovery efforts as Tropical Storm Florence caused flooding and damage to the state.



U.S. Air Force Security Forces airmen assigned to the South Carolina Air National Guard, 169th Fighter Wing, from McEntire Joint National Guard Base, work alongside Florence County, S.C., Sheriff's Department in evacuation efforts as the Black Creek river begins to crest.

Guard

Continued from Page 14

If aerial rescue was needed, the South Carolina Helicopter Aquatic Rescue Team remained on standby awaiting the call. SC-HART is a hybrid team of rescue specialists from the S.C. Urban Search & Rescue Task Force 1 and pilots and air crewmen from the South Carolina Army National Guard, 2nd Battalion, 151st Aviation Unit headquartered at McEntire Joint National Guard Base, in Eastover, South Carolina.

"We have been able to combine state and National Guard capabilities to not only support the citizens of South Carolina, but the nation as well," said Chief Warrant Officer 4 Tripp Hutto, a UH-60 Black Hawk pilot with the 2nd Battalion, 151st Security and Support Aviation Battalion.

The SC-HART team is made up of Guard and civilian pilots and first responders who work and train together to provide needed search and rescue operations during floods and other natural disasters. Their

missions have included rescues during Hurricane Harvey and the floods of 2015 where they rescued 35 civilians during their first day of operations.

"This is why we have the HART team," said Hutto. "The purpose is to provide a capability to the state of South Carolina that didn't exist to our citizens. We blend our aviation expertise and military assets with civilian first responder expertise and assets and we have a well-oiled, all-purpose search and rescue capability."

In addition to SC-HART, the South Carolina National Guard had other assets available to assist in recovery and search and rescue efforts including more than 160 Light Medium Tactical Vehicles, which are capable of rescuing citizens in waters of three feet deep, staged throughout the state to assist local fire and rescue teams. Additional assets from outside the state include a HART team from Pennsylvania and a C-130 with 10 Zodiacs from the New York National Guard.

"This is what we train for year round," said Hutto. "The unique partnership is about neighbors helping neighbors."

Storm

Continued from Page 12

■ The North Carolina Army National Guard conducted more than 250 ground missions, employing 112 force packages, completing 11 air missions with 47 persons evacuated and 82 rescued. Out of 34 armories in affected areas, only four sustained minor damage. NC is using two armories as shelters for evacuees, staffed by Red Cross.

■ The South Carolina Army National Guard (SCARNG) conducted more than 170 ground missions. They are currently conducting high water vehicle support with 99 water rescues.

■ SCARNG is distributing blankets and cots to Dillon and Chesterfield counties and assisting law enforcement with security.

Corps of Engineers:

■ South Carolina National Guard and USACE are coordinating to assist flood mitigation emergency operations in partnership with state and local officials. They are starting to place super sandbags to protect the 501 Corridor near Myrtle Beach, South Carolina from potential river flooding following heavy rainfall related to Hurricane Florence.



Photo by SGT. BRIAN CALHOUN

South Carolina Army National Guard Soldiers with 1053rd Transportation Company assist a family that was trapped inside their vehicle during the early morning hours as a result of flood waters on the roadway Sept. 18 in Hamer, South Carolina.

CID warns of disaster fraud schemes, scams

By U.S. Criminal Investigation Command

The U.S. Army Criminal Investigation Command is alerting the Army community to be on the lookout for “disaster fraud” charitable schemes and repair scams.

“Disaster fraud occurs after man-made or natural catastrophes such as the recent damage, storm surge and flooding caused by Hurricane Florence. Often dishonest individuals or contractors will use this opportunity to inflate damage estimates, or swindle homeowners in home repair, debris removal and other cleanup scams,” said Chris Grey, CID spokesman. “These scammers will also exploit the disaster by seeking out those wishing to support and assist affected victims by soliciting fictitious charitable donations, sending fraudulent e-mails

or creating phony websites to solicit contributions or personal information resulting in identity theft.”

CID agents warn that some of these organizations are fraudulent, or misleading at best because they do not have the infrastructure to support the affected disaster area. Do not respond to unsolicited email (spam), links or attachments from these fake groups because in addition to stealing your identity, these links may also contain computer viruses and/or hijack your computer files for ransom.

The scammers will also focus on getting their victims to become emotionally invested to help those in need. Special agents from CID recommend that people who want to give do research before donating. Ask detailed questions about the charity or organization, which includes basic information such

as their name, address, telephone number, and if the charity is registered. Also request proof that a contribution is tax deductible or if the organization is tax exempt. Be cautious of out of state organizations – especially if their address is a post office box.

Officials also urge would-be-givers to ensure money is donated to trustworthy organizations and make contributions directly to known and verified organizations rather than relying on a third party.

Experts also advise that copycat websites are very active during natural disasters. Copycat websites will have links that will appear authentic to similar, known web addresses.

See **CID**: Page 22

Army scientists discover mathematics of brain waves that could help PTSD

Army Research Laboratory Public Affairs

A U.S. Army Research Laboratory scientist has collaborated with a team of researchers from the University of North Texas to develop a new data processing technique that uses electroencephalogram, or EEG, time series variability as a measure of the state of the brain.

The researchers say such a technique has the potential to provide measures that facilitate the development of procedures to mitigate stress and the onset of conditions such as Post-Traumatic Stress Disorder in troops.

“The human brain is considered by many to be the most complex organ in existence, with over a billion neurons and having in excess of a trillion interconnections,” said Dr. Bruce West, senior scientist of mathematics and information science at the U.S. Army Research Office and ARL fellow.

According to West, it is the operation of this extraordinary complex network of neurons that hosts human thinking, and through the central nervous system, enables the functioning of most, if not all, of the physiologic networks, such as the

respiratory, motor control and cardiovascular.

However, according to the researchers, even with this central role the brain plays in enabling our existence, remarkably little is known about how it does what it does.

Consequently, measures for how well the brain carries out its various functions are critical surrogates for understanding, particularly for maintaining the health and well-being of military personnel.

A small but measurable electrical signal generated by the mammalian brain was captured in the electrocardiogram of small animals by Caton in 1875, and in human brains by Berger in 1925.

Norbert Wiener, a half century later, provided the mathematical tools believed necessary to penetrate the mysterious relations between the brain waves in EEG time series and the functioning of the brain.

According to West, progress along this path has been slow, and after more than a century of data collection and analysis, there is no taxonomy of EEG patterns that delineates the correspondence between those patterns and brain

activity – until now.

The technique developed by West and his academic partners generalizes Evolutionary Game Theory, a mathematical technique historically used in the formulation of decision-making in war gaming.

Their findings are reported in a paper published in the August edition of *Frontiers in Physiology*.

In the paper, titled “Bridging Waves and Crucial Events in the Dynamics of the Brain,” West, along with Gyanendra Bohara and Paolo Grigolini of the University of North Texas, propose and successfully test a new model for the collective behavior within the brain, which bridges the gap between waves and random fluctuations in EEG data.

“The workhorse of decision making within the military has historically been Game Theory, in which players cooperate or defect, and with pairwise interactions receive various payoffs so that under given conditions certain strategies always win,” West said.

See **PTSD**: Page 23

It's the same for some social media platforms. An increased use of social media platforms using copycat websites and accounts of trusted organizations will be used to display devastating and emotional images combined with a link in an effort to get you to donate to those in need.

If you decide to donate, go directly to the organization's website and do not donate using a link that has been sent via email or social media, CID advises. Be sure to check the organization's verification. Most sites use a check mark behind the name to let you

know that you are on or viewing a verified account.

Additionally, some crowdfunding and fundraising websites and accounts may not be used for the intended purpose of helping disaster victims, so beware of solicitations from these sites posing as legitimate and fake organizations. It is important to verify all organizations before donating.

In addition to charitable donations and email scams, victims should also beware of contractor and home repair fraud.

"Please keep in mind that legitimate and licensed repair contractors are quickly booked," said Special Agent William Stakes Jr., CID's Economic Crime program manager. "Do not overlook normal precautions and do not hire an untrustworthy or questionable freelancing handyman because you

are eager to start the repairs quickly. Do your research when hiring repair contractors."

Stakes provided some red flags and important points to consider when hiring a contractor:

- Ensure contractor hired is legitimate. Seek companies licensed obtaining three itemized bids before choosing a contractor.

- Contractor asks for cash up front (advanced fee scheme)

- Get a written estimate and don't sign a blank contract. Get a second set of eyes to look over the contract. Always best to get a second opinion.

- Don't sign over your insurance settlement check and don't pay with cash but by credit card or check and never the full amount up front.

- Have the work inspected; holding the final payment until repair completed to your satisfaction.

- Don't be pressured or fall for someone claiming to offer a "one-day-only" special or discount for hiring them on the spot. Often after disasters, disreputable contractors will solicit door to door offering to repair or clean up damage.

- Beware swindlers peddling "Mold-Free" certificates – there are no laws requiring homeowners to produce this credential.

- Another good proactive measure is to take pictures with the contractor; business cards, contractor/vehicle licenses – fraudsters are unlikely to cooperate.

If you think you've been the victim of any of these scams, you can file a complaint with the Federal Trade Commission.

PTSD

Continued from Page 19

“When the game is extended to groups in which individual strategy choices are made sequentially and can change over time, the situation evolves, offering a richer variety of outcomes including the formation of collective states in which everyone is a cooperater or a defector, resulting in a collective state.”

It turns out, West said, that the technique developed to process EEG data, the self-organized time criticality method, or SOTC method, incorporates a strategy that is an extension of Evolutionary Game Theory directly into the modeling of the brain’s dynamics.

“The collective, or critical, state of the neural network is reached spontaneously by the internal dynamics of the brain, and as with all critical phenomena, its emergent properties

are determined by the macroscale independently of the microscale dynamics,” West said.

This macroscale can be directly accessed by the EEG spectrum.

The EEG spectrum, obtained by the SOTC method, decays like Brownian motion at high frequencies, has a peak at an intermediate frequency (alpha wave) and at low frequencies has an inverse power law.

In the case of the brain, the inverse power law has revealed that there is a broad range of time scales over which the brain is able to respond to the demands placed on it.

This spectrum suggests a flexibility in response, reflecting a potential range from concentrating on a single task for hours to rapidly countering a physical assault.

“This means that in the foreseeable future, the physical training of warriors, along with the necessary monitoring of progress associated with that training, will be expanded to include the brain,” West said. “The reliable processing of brain activity, along with the interpretation of the processed EEG signal, will guide the development of reliable techniques to

reduce stress, enhance situational awareness and increase the ability to deal with uncertainty, both on and off the battlefield.”

West said that the research team even speculates that such understanding of brain dynamics may provide the insight necessary to mitigate the onset of PTSD by early detection and intervention, as is routinely done for more obvious maladies.

According to West, going forward with this research can proceed in at least two ways.

“One way is to apply these promising results to data sets of interest to the Army,” West said. “For example, quantify how the EEG records of warriors with PTSD differ from a control group of warriors and how this measure changes under different therapy and medication protocols. The other way is to refine the technique, for example, locate where on the scalp it is the most robust, while retaining sensitivity.”

However this research proceeds, these Army scientists are focused on bringing the technology to fruition to help the Soldier of the future succeed in an ever-changing world and battlefield.

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