United States Coast Guard
Sector Scoop
Sector Sault Sainte Marie

February 2011

The M/V KAYE E. BARKER on the St. Mary's River on Christmas morning by Mr. Andy Nadolny

The fuel and oil removal of the Tug William Hoey in Duncan Bay, Cheboygan, Michigan, on 20 Dec 2011. Submitted by MST1 Aaron Borg.

SECTOR SAULT WEATHER LINE
635-3311

Please call this number during inclement weather to determine base closure and staffing hours. Any closures and delays will be posted by 0600.

February Focus Group Meetings

Wardroom: 8 February @1000
Civilians: 22 February at 1000

Please come to the meeting with an open mind, ideas, concerns, and solutions.

LOCATION: The meetings will be held in the Conference room, Wardroom, or on the Mess Deck (TBD).

Points of Contact

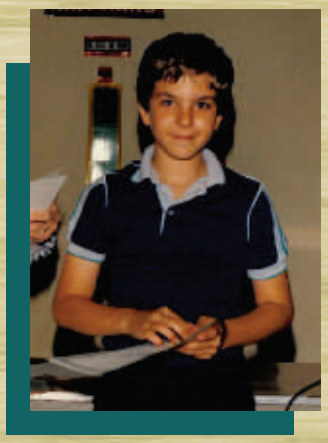
Wardroom: LCDR Duren	E6: MK1 Lesech
Warrants: CWO Thornhill	E5: MK2 Repa
Chiefs: BMCS Remer	E4: HS3 Gilbert
Civilians: Nancy Keck	E3 and below: FN Walbecq

Photo taken on 9 Jan 2011 and submitted by ME1 Kevin Rofidal, MSU Duluth

Guess Who!

Send your guess and your own Guess Who! to nancy.a.keck@uscg.mil

Last Month's Guess Who: EMC Kurt Baschab



City Winter Parking Rules The City of Sault Ste Marie bans motor vehicle parking on streets between 0300 and 0600, 1 Dec - 1 Apr

Thank you to all those who submitted photos!
The photo contest has been discontinued for 2011; however, I welcome and will include photos submitted. Send photos to Nancy.A.Keck@USCG.MIL

Happy Birthday Evan Johnson!

Congrats to EM1 Johnson on the birth of your new Baby Boy!

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

February 4th - 5th, 2011
John Dee Snowfest 2011
Houghton
www.johndee.com

February 5th, 12th, 19th, and 26th 2011
Snowshoe and Cross Country Skiing
Tahq Falls State Park
Guided Snowshoe Hike at 3:30pm.
One-mile Lantern Lit Ski & Snowshoe Trail from 5:00-8:00pm
Bonfire with refreshments.
Free Snowshoe rental.
Contact: Theresa Neal
906-492-3415

February 5th, 2011
Newberry Old Stuff Ovals Vintage Snowmobile Race
Tahquamenon Motor Sports Park, M-28, Newberry, MI
906-293-9330

February 5th and 19th 2011
The Luce Moose Rusty Nuts Flat Track Amateur Snowmobile Race
Luce-West Mackinac County Fairgrounds, Newberry
www.lucewestmackfair.com
906-293-8955

February 5th, 2011
43rd Annual I-500 Snowmobile Race
Sault Ste Marie
www.i-500.com
Email: terryjoss@i-500.com

February 5th, 2011
Winter Fest
Tahq Falls State Park
www.mi.gov/dnr
906-492-3415

February 9th - 13th, 2011
90th Annual Michigan Tech Winter Carnival
MTU, Houghton
www.mtu.edu/carnival

February 10th - 13th, 2011
Dome Softball Tournament
Superior Dome, Marquette
www.softballinthedome.com

February 11th, 2011
George Jones
Kewadin Casino, Sault Ste Marie
www.kewadin.com
800-KEWADIN

February 11th - 13th, 2011
Pine Mountain Continental Cup Ski Jumping Tourney
Pine Mountain, Iron Mountain
www.kiwanisskiclub.com/

February 12th - 13th, 2011
UP Snow Softball Tourney
Shepler's, St Ignace
www.stignace.com
800-338-6660

February 17th - 21st, 2011
UP 200 Dog Sled Race
Marquette to Grand Marais
www.up200.org

February 18th - 19th, 2011
Top of the Lake Antique & Vintage Snowmobile Show
Naubinway
Phone: 906-477-6192

February 18th - 19th, 2011
Mardi Gras De Snow
Paradise
Phone: 906-492-3219

February 18th - 20th, 2011
UP Adult Pond Hockey Championship
Moran Bay
www.stignace.com
Phone: 906-643-6950

February 19th, 2011
Glacier Glide Winter Outdoor Art Exhibit
Presque Isle Park, Marquette
Email: cdeo@charter.net
Phone: 906-225-0254

February 19th, 2011
Jack Rabbit Snowshoe Challenge
Marquette
www.teachingfamilyhomes.org
Email: jbaysore@tfhomes.org
Phone: 906-249-5437

February 19th, 2011
Winter Carnival
South Manistique Lake Downtown
Phone: 906-586-3700

February 20th, 2011
Tahquamenon Snowshoe Race
Upper Tahquamenon Falls
www.greatlakesendurance.com

February 25th, 2011
Great Lakes Antique Snowmobile Series, Newberry One Lunger 200, Snowmobile Race
Tahq Motor Sports Track, Newberry
www.greatlakesseries.com
Contact Information: Steve Maki
Phone: 906-293-9330

February 26th, 2011
DL Hughley
Kewadin Casino, Sault Ste Marie
www.kewadin.com
Phone: 800-KEWADIN

February 26th - 27th, 2011
2nd Annual Copper Harbor Backcountry Snow Race
Copper Harbor
www.copperharbortrails.org/events.htm

February 26th - 27th, 2011
UP Youth Pond Hockey 4-on-4
Moran Bay
www.stignace.com
Phone: 906-643-8676

Thank you to all those who submitted photos!
The photo contest has been discontinued for 2011; however, I welcome and will include photos submitted. Send photos to Nancy.A.Keck@USCG.MIL

Save the Date

14 May 2011

Coast Guard Housing Spring Garage Sale

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March 4th - 6th, 2011
CopperDog 150 Race
Calumet
www.copperdog150.com

March 4th - 6th, 2011
UP Builders Show
Superior Dome, Marquette
www.upbuildershow.com
marqbx@marquettebx.org
Phone: 906-225-1216

March 5th, 2011
Motorsports Trade Show/ Swap Meet
UP State Fairgrounds, Escanaba
www.deltami.org
www.upinternationalraceway@gmail.com
Phone: (906)-450-5112

March 5th, 2011
UP Ice Chip Golf Scramble
Wild Ice of Moran Bay, St Ignace
www.stignace.com

March 11th, 2011
Junior Bear Chase
Houghton
www.keweenawtrails.com/skitigers/junior.html

March 11th - 12th, 2011
The Fab Four
Island Resort & Casino, Harris
Phone: 877-ISL-SHOW

March 12th, 2011
31st Annual Portage Health Great Bear Chase
Calumet
www.bearchase.org

March 14th, 2011
Buck Cherry, Papa Roach & My Darkest Days
Kewadin Casino, Sault Ste Marie
www.kewadin.com
Phone: 800-KEWADIN

March 15th, 2011
Pink Floyd Experience
Kewadin Casino, Sault Ste Marie
www.kewadin.com
Phone: 800-KEWADIN

March 19th, 2011
UPPERacing Sno-X Races
Zellar's Meadows, Newberry
www.upperacing.com

March 25th - 26th, 2011
Eric Church
Island Resort & Casino, Harris
Phone: 877-ISL-SHOW

March 25th - 27th, 2011
Dome Recreation Show
Superior Dome, Marquette
Phone: 906-228-7749

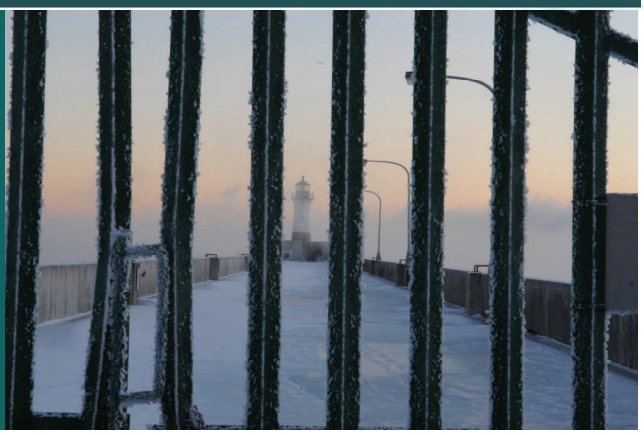
March 26th, 2011
UP Cagefighting
Marquette
Phone: 906-228-7749

March 29th, 2011
Peking Acrobats
Rozsa Center, Houghton
www.rozsa.mtu.edu
Phone: 906-487-3200

The pier at Station Duluth is frozen in as the shipping season comes to an end.

Photos taken on 9 Jan 2011 and submitted by ME1 Kevin Rofidal, MSU Duluth

It's -10 degrees at the Duluth Ariel Bridge; view from the shores of Lake Superior.



Focus Group Meetings

Sector Sault Sainte Marie will be holding Focus Group Meetings. The groups will be divided as listed below. Please come to the meeting with an open mind, ideas, concerns, and solutions.

LOCATION: The meetings will be held in the Conference room, Wardroom, or on the Mess Deck (TBD).

Month	Group	Date / Time
January	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
February	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
March	Warrants	2nd Tuesday at 1000
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
April	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
May	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
June	Warrants	2nd Tuesday at 1000
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
July	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
August	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
September	Warrants	2nd Tuesday at 1000
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
October	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
November	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
December	Warrants	2nd Tuesday at 1000
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030

POC: Logistics Department Head

20 Little Ways to Drop Pounds

Smart tips for how to take them off—and keep them off.

Bad news: The average person gains one to two pounds a year.
Good news: Consuming just 100 fewer calories each day is enough to avert that weight gain.

If you're finding this out a little too late—and you want to actually lose some of that weight—you have to downsize by 500 calories a day. But you don't have to slash them all from your plate.

"You can eat 250 calories less and then burn 250 by walking for 30 to 45 minutes. Over a week, that will produce about a pound of weight loss," says Holly Wyatt, MD, a clinical researcher at the Center for Human Nutrition in Denver. You won't see dramatic changes immediately, but small tweaks like those that follow will pay off over time.

1. Start with salad...and eat less during the rest of the meal, says a study from Pennsylvania State University. When salads were topped with low-fat mozzarella and low-calorie Italian dressing instead of high-fat alternatives, women ate 10% fewer calories over the course of the day.

2. Stick a fork in it. If you prefer your salad dressing on the side, dip your fork into it before stabbing your greens. That little maneuver could cut hundreds of calories.

3. Order two appetizers. According to a study at the University of North Carolina, the average hamburger is 23% larger today than it was in 1977. Choose a pasta dish and salad or soup from the appetizer column, instead.

4. Visit the vending machine. Nibbling on single servings is better than digging your way to the bottom of a megabag of chips.

5. Walk and talk. When your cell phone rings, slip on your walking shoes and stroll the halls at work or hoof it outside. If you did this for 10 minutes every workday at a moderate 3 mph pace, you'd burn about 1,000 calories a month and lose 3 pounds a year.

6. Watch coffee calories. The fancy concoctions that are now the javas of choice for many people can contain as many calories as an entire lunch.

7. Crack a nut. Dieters in a Harvard University study who ate a handful of peanuts or mixed nuts daily were more likely to keep weight off than a group whose regimen didn't include the high-fat snacks.

8. Be wary of white foods. That's the color of most high-calorie carbs—bagels, potatoes, breads, rice, and creamed corn.

9. Sleep well, lose more. Insufficient shut-eye appears to increase production of the stress hormone cortisol, which regulates appetite. High levels seem to worsen bingeing and hunger; moreover, too little sleep could keep your body from burning carbohydrates, which translates to more stored body fat.

10. Double your protein. The high-protein, low-carb approach may help keep you from losing muscle along with fat, according to a study published in The Journal of Nutrition. According to study author Donald K. Layman, PhD, of the University of Illinois, the amino acid leucine—found in beef, dairy, poultry, fish, and eggs—may help preserve muscle tissue.

11. Keep an exercise journal. Writing down your fitness achievements is a great way to track your progress, give yourself positive feedback, and maintain focus on your goals.

12. Eat dairy daily. A piece of cheese or a cup of milk or yogurt can rev up your metabolism, a University of Tennessee study found. People who cut 500 calories a day from their diets while eating yogurt three times a day lost 13 pounds over 12 weeks, more weight and more body fat than a control group who only cut calories.

13. Drink water. Your body often mistakes thirst for hunger, so staying hydrated means you'll probably also stay satiated. Have an apple before dinner. How did 346 people in small-town Washington lose an average of 17 pounds each in 3 months? With regular exercise, balanced eating, and an apple with every meal. The typical apple has 5 grams of fiber, which makes you feel fuller.

14. Be picky about bread. Select loaves with whole grain listed as the first ingredient, and make sure each slice contains at least 2 grams of fiber.

15. Have an apple before dinner. How did 346 people in small-town Washington State lose an average of 17 pounds each in 3 months? With regular exercise, balanced eating, and an apple with every meal. The typical apple has 5 grams of fiber, which makes you feel fuller.

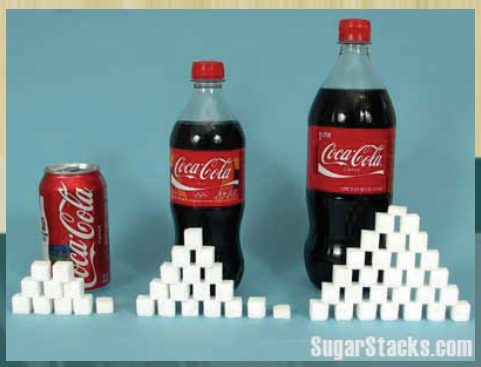
16. Act like a kid. Expand your definition of physical activity to include shaking your booty with your kids. It's a welcome break from the StairMaster and can burn just as many calories (about 120 every 20 minutes).

17. Eat breakfast. A Harvard study found that people who did so every day cut their chances of becoming obese and developing diabetes by 35 to 50 percent, compared with those who ate breakfast only twice a week.

18. Don't just sit there. The average person burns 100 calories per hour sitting and 140 per hour standing. Get on your feet 2 hours a day while you work, and you could drop an extra 6 pounds over the year.

19. Munch a handful of M&M's. Just under half a pack of plain candies adds only 100 calories to your daily tally and can satisfy a sweet tooth.

20. Brush your teeth after every meal. It doesn't just fight cavities: Brushing serves as a physical and psychological cue to stop eating. When you're on the go, a few Altoids or a breath strip can have the same effect.



Education Service Officer

Happy February 2011!

We are about four weeks into the new Semester and because of the turnout for the MA 081/082/083 and the COMM101 (Speech) course being offered here on base, Lake Superior State University has agreed to offer two more courses on base during the summer and into the next fall!

This is a unique opportunity for our crew in that it offers you college credit courses with a reputable university without leaving your work space. Please understand that reservists and civilians and spouses and dependents can also attend these courses and many of you have walked by the Conference Room or Mess Deck during a class and thought, "Ok, I probably should have enrolled."

The next courses will again, completely depend on total interest. LSSU would like to see ten people per class. They appreciate the smaller courses as do the students, but cannot financially offer the courses if they do not get ten. So, that said, we will probably be requesting the second session of Math modules 84/85/86 in order to keep moving forward with the math and to get it out of the way. Then, in the Fall, we will request college-level algebra to be brought starting with MA102.

With one course selected, it is up to you and your interest to bring the other course here as well. We would like to get the General Education courses out of the way as they transfer anywhere if you are unable to complete your degree here due to transfer. However, LSSU is working at other select online degrees but your general education courses will need to be completed traditionally.

Some courses of interest have been:

Sociology
Psychology
History I and II
English I and II
Intro to Homeland Security
Criminal Justice
Computers and Programming

Again, the school is very flexible as far as what courses to bring to the base. The request basically comes from us and they will do their best to accommodate. It is just a matter of determining your interest.

Should you have any questions or suggestions about courses available or other information you may need about getting into any school, taking a CLEP exam or any other educationally-related subject including FAFSA, please let me know.

Thank you and enjoy the semester!

Mr. Brian Streichert
635-3355
Brian.D.E.Streichert@uscg.mil

Safety Officer CDR Joe Paitl, 635-3211

Safety Manager CWO Aaron Julch, 635-3265

Safety

How important was that last text?

- If you cause an accident while texting, you could spend time in jail.
- Twenty-three studies show hands-free phones are just as dangerous as using your hand-held phone.
- Texting while driving is six times more likely to result in an accident than driving while intoxicated.
- Texting while driving brings eyes off the road an average of 4.6 seconds.
- At 70 MPG, one would travel the length of a football field, including end zones without looking at the road.
- While talking on your cell phone, you are 400% more likely to cause a crash.
- 84% of drivers admit to using a cell phone while driving.

From the November 2010 GSA Fleet Newsletter

Did you know?

If you eat right, Mother Nature will help you maintain a proper weight if you eat when you are hungry and stop when you are full—just like you did as a child.

Winter Snow Removal

Thank you in advance for your assistance and cooperation; it is very much appreciated! V/R MKC Bolin

Just a friendly reminder that winter is upon us and snow removal from the parking lots will most likely occur on a daily basis. Please keep the following in mind:

- If you are going TAD, please carpool or have your significant other bring you to work. If you need to park on base, please leave your keys with someone.
- Exercise extreme caution when transiting around snow removal equipment; be patient and give them plenty of berth as it is hard to see behind machinery.
- Please watch your speed coming down the hill. The maximum speed limit on base is 10 MPH!
- Do not park on the snow piles; machinery or snow may slide and damage vehicles.
- Upper NW Parking Lot: Vehicles have been crowding the walkway and stairwell by the guard shack. If you park in that area, please provide enough room to allow for snow removal from the walkway and stairs.
- NW Parking Lot: Ice buildup occurs in the parking spaces on the hill between the big pine tree and contractor's dumpster. In previous years, cars and trucks have slid into each other while parked.
- Please remove all snow and ice from government and personal vehicle windows, headlights, signal lights and license plate before getting underway.

Be Red Cross Ready

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook
Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory
Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch
Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning
Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?

- ❑ Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- ❑ Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- ❑ Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- ❑ Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- ❑ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- ❑ Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ❑ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ❑ Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- ❑ Running water, even at a trickle, helps prevent pipes from freezing.
- ❑ All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- ❑ **Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?

- ❑ Water—at least a 3-day supply; one gallon per person per day
- ❑ Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- ❑ Flashlight
- ❑ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ❑ Extra batteries
- ❑ First aid kit
- ❑ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- ❑ Multi-purpose tool
- ❑ Sanitation and personal hygiene items
- ❑ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ❑ Cell phone with chargers
- ❑ Family and emergency contact information
- ❑ Extra cash
- ❑ Baby supplies (bottles, formula, baby food, diapers)
- ❑ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ❑ Tools/supplies for securing your home
- ❑ Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- ❑ Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- ❑ Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?

- ❑ Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- ❑ Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- ❑ Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- ❑ Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- ❑ Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- ❑ Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- ❑ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ❑ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- ❑ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- ❑ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- ❑ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Website available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.

American Red Cross

For more information on disaster and emergency preparedness, visit RedCross.org

Copyright © 2009 by the American National Red Cross | Stock No. 658606

Sector Sault Sainte Marie Skating Rink

Hours of Operation

0700 to 2100 hours

If the gate is locked, do not climb the fence or access the rink--it is **CLOSED**

SAFETY

Safety is a top priority. Your safety and the safety of your dependants are ultimately your responsibility. Ice skating and ice rink related sports can be dangerous. Therefore, you should carefully consider the risk associated with use of the ice rink, and ensure that you and your children always wear appropriate safety gear.

If you have any questions or concerns regarding the rink, please contact one of the following **Ice Custodians**:

MKCM Bret Jacobson, (906) 748-0032

SKC Jeff Center, (906) 630-1789

If you notice any **Safety** deficiencies or would like to offer recommendations to improve safety at the ice rink or within housing, please contact a **Safety Manager**:

CWO Aaron Julch, 635-3265

CDR Joe Paitl, 748-8414

Thanks to the hard work of Sector Personnel, we have a new warming shack to change in and watch your kids from. It is heated so please keep the door shut and impress on your children the need to be energy mindful. As with other public places, please pick up what you brought with and keep it cleaner than when you left it. Report all misuse to the housing office - CWO Ricky Thornhill (906) 635-3206. *CSC Jacobson*

The Rink is open on a **First-come, First-served** basis; however, please treat others neighborly and share the ice with other users. When other skaters are waiting to use the ice, please limit your use to no more than **one hour.** If you would like to schedule use of the rink for a **special event** (i.e. broom ball, adult hockey, skating party), please contact an Ice Custodian to reserve the rink.

DO NOT SKATE ON SNOW-COVERED ICE

Please shovel any snow from the ice before you use the rink

Calling All Parents and Community Members!

The EUPISD, Take the Challenge, LSSU & Lt. Colonel Dave Grossman present

How Our Kids Are Learning to Kill and Learning to Like It

Lessons from Jonesboro, Littleton & Vietnam

Monday, April 4, 2011
6pm-8pm
LSSU Fine Arts Center

FREE

Reduce Screen Time

Questions? E-mail Lisa Jo Gagliardi, EUPISD, at lgagliardi@eup.k12.mi.us

Internationally renowned speaker Lt. Colonel Dave Grossman, one of the world's leading experts on the causes of violent crime and author of the acclaimed book *Stop Teaching Our Kids to Kill*, will be presenting to EUP parents and community members to raise awareness on the effects of violent visual media on children and adolescents.

HIGH SCHOOL STUDENTS REPORTED...

~Watching more than 3 hours of television on an average school day (30%).

~Playing more than 3 hours of video games and/or using a computer for something other than school work on an average school day (1 in 4).

~Being in a physical fight in the past year (1 in 3)

~Being bullied in the past year (1 in 4).

SCARY STATISTIC: By the time the average child reaches the age of 18 they will have witnessed 200,000 acts of violence and 16,000 murders through visual media.

Michigan Youth Risk Behavior Survey, 2009