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SECTION **C**

Seasonal blues can affect job effort

Productivity down among sufferers

By PAULA BURKES ERICKSON
THE OKLAHOMAN

Feeling sluggish lately? Withdrawn? Eating more than usual? Because of the shortened exposure to daylight, you may be suffering from seasonal affective disorder or its milder form, the "winter blues."

About 6 percent of Americans have the seasonal disorder, and another 14 percent have the blues, according to Norman Rosen-thal, author of "Winter Blues."

Symptoms begin in the fall and run through February.

Don't scoff. Seasonal affective disorder, known as SAD, is a real physical illness with its own diagnosis. Employers should take it seriously, medical and workplace experts agree.

SAD is a subset of recurrent major depression and bipolar disease, or mood swings between depression and anger, said Jenny Boyer, a psychiatrist with Oklahoma University Physicians.

Both are physical conditions, she said, that result from an access problem between the brain's pituitary and hypothalamus glands.

About one in five Americans will suffer from depression in their lifetime, Boyer said.

For two or more weeks, they'll have fatigue, increased guilt, disinterest in their normal activities and increases or, less frequently, decreases in appetite and sleep.

"I see people with SAD all the time," Boyer said. "Patients will say 'Doc, it's winter. I always get this way in the winter.' They're kind of like bears hibernating. They'll eat a whole bunch, sleep all the time and be super emotionally sensitive."

Meanwhile, studies by the National Institutes of Health show depression costs the nation about \$44 billion every year in lost work days, decreased productivity and other illnesses.

Consequently, it's important for employers to offer workers ways to cope, from ample workplace lighting to employee assistance counseling programs to on-site fitness facilities.

People's brains and behavior change with the shorter days and less daylight exposure, Boyer said.

In the winter, people produce more melatonin, a depressive hormone that is made almost exclusively at night and to which SAD sufferers are more susceptible.

In conjunction with behavioral counseling, SAD is treated with antidepressants, which are 45 percent effective, and phototherapy, which is 70 percent effective, Boyer said.

Medication is the main choice for people who want a quick, convenient option.

SAD DAYS

Sufferers of Seasonal Affective Disorder will experience the following symptoms, often from fall through spring:

- Fatigue
- Guilt
- Disinterest in normal activities
- Increases or, less frequently, decreases, in appetite and sleep

Recalling the darkest day

Medal of Honor recipient travels world to make impression on young people

By JENNIFER LEWIS
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It was almost 40 years ago, but Sammy L. Davis can't get Nov. 17, 1967, out of his head.

Nightmares remind him of the day when Davis, now 60, was among an outnumbered group of young Army soldiers in Vietnam fighting the enemy during a nighttime attack.

Davis, who hails from southern Indiana, was gravely injured that day, but he managed to save the lives of fellow soldiers. A year later, he was awarded the Medal of Honor for his heroics.

Davis told his story to a group of Center Grove High School students recently during one of his many public-speaking stints. The Illinois resident has traveled the world encouraging young people to be productive citizens.

Davis is one of only 111 living Medal of Honor recipients, he told students gathered in the school auditorium.

Anyone who has seen the movie "Forest Gump" has observed part of Davis' story. The scene when Tom Hanks' character receives the Medal of Honor was actually footage of Davis' 1968 medal ceremony, with Hanks' face on Davis' body.

After hearing Davis' story, one Center Grove

student asked why he enlisted in the Army.

Davis responded with a chuckle and described going to Indianapolis to enlist. His oldest brother was in the Navy, and Davis originally planned to enlist in that branch as well. However, the line for Navy enlistment was longer than for the one for Army, so he joined the Army.

"I hate standing in line," he said.

Davis told students that many men who fought in Vietnam live with guilt that they came home alive.

"I am one of those that has the guilt that I survived, and my brothers did not," he said.

Davis believes he made it back to spread a positive message to young people. Kids are his greatest inspiration, he said.

"Kids" is one word Davis used throughout his talk to describe himself and other young soldiers who fought in the Vietnam War. "Brothers" was another descriptor, reflecting the bond they formed during their time together.

Davis' story took the students to an era decades before they were born.

At 2 a.m. on Nov. 17, 1967, Davis was among a group of 42 soldiers attacked by 1,500 Viet Cong fighters.

The Viet Cong fired small rockets at the Americans for 30 minutes.

At 2:30 a.m., there was silence, followed by

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"I am one of those that has the guilt that I survived, and my brothers did not."

Sammy L. Davis, Medal of Honor recipient who fought in Vietnam



Sammy L. Davis, a Medal of Honor recipient from southern Indiana, spoke recently at Center Grove High School.

STAFF PHOTO BY JENNIFER LEWIS/jlewis@thejournalnet.com

It'll be the Colts! No, the Bears!

Annual celeb poll calls Super Bowl outcome

By DAVID NIELSEN
SCRIPPS HOWARD NEWS SERVICE

Celebrities from movies, TV, music, sports and pop culture predict the winner of Sunday's game between the Indianapolis Colts and the Chicago Bears in this abridged version of the 18th annual Scripps Howard Celebrity Super Bowl Poll.

Sylvester Stallone, actor: Colts, 38-30. They are a team of destiny, and nothing could be harder than what they went through to get here.

Jack Nicklaus, golfer: Colts, 34-24. I think in a warm-weather game with no elements working in their favor, it might be tough for the Bears to keep Peyton Manning and the Colts' offense under 34 points.

Dwayne Wade, NBA player, Chicago native: Bears, 28-24. Because we're the best!

Danica Patrick, IndyCar driver: Bears, 31-27. I think both teams will start out slow, probably just a couple of field goals in the early part of the game. But then I think it will be wide open in the second half.

Mark Wahlberg, actor: I don't care. The Patriots aren't in it. That is my team.

Paul Newman, actor: Bears, 21-20. I wouldn't have picked the Bears over the Patriots, but I think they'll be able to squeak by the Colts.

Serena Williams, tennis player: Colts, 17-13.

William Shatner, actor: Colts, 24-17, because of Peyton Manning.

Haley Joel Osment, actor who has picked the last seven Super Bowl winners: Colts, 31-24.

Jimmie Johnson, NASCAR driver: Colts, 31-28. I hope Peyton gets the ring.

Phyllis Diller, comedienne: Colts by 8. The guy with the bad thumb, Peyton Manning, it's his time.

Gary Sinise, actor: The Bears will win the Super Bowl this year. I have felt it from the beginning. Even with all the craziness with Rex Grossman. I knew they would win in '86, and I know it now.

William Shatner, actor: Colts, 24-17, because of Peyton Manning.

Dick Vitale, basketball announcer: Colts, 28-21. The Bears will succumb to the power of Peyton.

Wayne Newton, actor/singer: Bears, 21-7. How you can go against the Monsters of the Midway?

Charlie Sheen, actor: Colts, 37-33. The Colts will play mistake-free football; the Bears will not.



AP PHOTO
What do celebrities like Mark Wahlberg know about the Super Bowl? Not much probably, but they aren't afraid to weigh in.

Colts came through all right, but they aren't only comeback kids in town

The Colts' victory was a heart-stopping example of a comeback through perseverance.

I can honestly say I kept the hope throughout the whole game and didn't tear off my blue Colts jersey, like Center Grove freshman Liz Brown during her dramatic, emotional living-room plea, when the Colts were down 21-6 at halftime.

Through perseverance, the Colts had the biggest comeback in conference title-game history.

Everyone in Johnson County was cheering the Indianapolis Colts not just because they won but because they persevered and won. (OK, everybody but that one Johnson County Chicago Bears fan.)

The human spirit cannot help but cheer when another person's spirit is down but then makes a comeback.



Janet Hommel Mangas

We love those stories: the Cinderella fairy tale, the movie "Remember the Titans," or President Abraham Lincoln, who had a range of setbacks before he won the presidency.

So I set out to find other "I persevered and made a comeback" Johnson County not-so-famous heroes.

Marriage perseverance

Greenwood residents Ted and Sue Wassman were married for

18 years (1972 to 1990) before they divorced.

"There was no affair, no nothing," Sue Wassman said. "We were just focused on different things."

When Ted Wassman got out of the armed services in 1994, they got back together and re-married. They have been married a total of 30 years, 18 the first time and 12 the second time.

Sue Wassman credits a marriage class in 2000 for strengthening their union and turning their marriage around. Ted Wassman wasn't so sure about the first Dynamic Marriage class they attended.

"I did not want to go. We were sitting against each other back to back, with our arms folded," he said. "The second class we were sitting side by side."

"And by the third class we were

side by side, holding hands."

Last year, their marriage was tested when Ted Wassman suffered a bout with cancer.

"He was amazing through this trial and showed peace. He had no fear," Sue Wassman said, bragging about her husband. "I never thought our marriage would be at this point. It's all because of God."

Go Ted and Sue.

Physical perseverance

For the past 17 years, Dan Gardner, 55, has run the 500 Festival mini-marathon. An avid biker, he also volunteers, helping lead a local bicycle ministry.

On Nov. 10, he went into cardiac arrest while riding his bike with friends Matt Simcox and Brad Kiesel.

Doctors think a blood clot caused it.

By coincidence (or God-incident) Mike Saidler, an emergency medical technician who lives in Morgan County, was taking his wife to the doctor. Saidler usually travels on County Road 144 but decided to take State Road 252 and saw Gardner collapsed on the side of the road.

By the time Saidler stopped to help, Gardner's face was the color of pavement, his eyes were fixed and dilated.

Saidler and Simcox, an elder at Smith Valley Baptist Church, performed CPR, and Gardner was rushed to the hospital in Martinsville, then taken by helicopter to Methodist Hospital in Indianapolis.

Gardner noted that Tammy Mosson, a Trafalgar resident, was the first person who stopped to help.

"She told me last week that

she had prayed for me then and all the next day," Gardner said.

Gardner is training again and is also helping others train for the mini-marathon, serving as a coach in a local 15-week training session.

Go Dan.

Spiritual perseverance

Sometimes a comeback isn't involved in persevering. Sometimes the persevering is simply staying focused.

Center Grove area resident Mary Smith has taught third-grade Sunday school for 40 years. Two weeks ago, after shoveling her car out of her driveway, she drove to church.

At church, 72-year-old Smith took the snow shovel out of her

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