

CHAPLAIN'S CORNER

When your creek runs dry...

By **CHAPLAIN (LT. COL.) RAMSEY COUTTA**
CSJFTC Installation Chaplain

Has your creek ever run dry?
When I was a boy I used to enjoy going down to a creek not far from my house. When there had been recent rains the creek was a great place to explore and play. There would always be leftover pools and ponds of water in which stranded fish would be swimming around.
We would wade in the water and try to catch the fish, throw a hook and line in or

sometimes just throw rocks at the fish hoping for a lucky strike. However, in the heat of summer sometimes we would go down to the creek only to find it dry as a bone.
We were disappointed but would try to make the best of the situation by turning over rocks looking for worms and crayfish. We usually never left there without some new adventure or tale.
Sometimes life is like that, isn't it?
Sometimes our cherished desires in life dry up when we least expect it and we are left disappointed. Maybe a goal in life, a relationship, or a job dries up and we are

left with feelings of emptiness, anxiety, and uncertainty.
In *1 Kings 17*, the prophet Elijah was being cared for by the Lord. Daily he would go down to the brook called Cherith to drink. One day he went to the brook and it had dried up. He could no longer drink from his source of nourishment.
He probably was disappointed, but the Bible says that the Lord told him to go visit a widow who would supply him with food and drink. He didn't gripe or complain and he didn't give up in despair. He went unquestioningly and the Lord again took care

of his needs.
At some point in life all of us will experience our creek drying up in one form or another. It's just part of being human. But when this happens you have choices. You can gripe, grumble, complain and blame others for your problems, or you can put your faith in God and trust him to lead you to a place where he can take care of you.
I encourage you to trust the Lord to see you through challenging times and times of change. Always remember, when God closes a door he will always open a window.

CAMP SHELBY AREA WORSHIP OPPORTUNITIES

The following worship opportunities are available through Camp Shelby Joint Forces Training Center.

ON POST
General Protestant
Sunday, 9 a.m., Greer Chapel
Sunday, 12:30 p.m., Greer Chapel

Catholic Mass
Saturday, 2 p.m., Greer Chapel

(Confessions at 1:30 p.m.)
Sunday, 2 p.m., Greer Chapel
(Confessions at 1:30 p.m.)

For Jewish, Latter-day Saints and Muslim services, please contact the Post Chaplain for assistance at 558-2378.

Lutheran
Sunday, 8 a.m., St. John Lutheran

Church, 2001 Hardy Street, 601-583-4898.

OFF POST
*Transportation provided for Jewish, Episcopal, Lutheran, Muslim services ONLY (due to time scheduling) Units are responsible for arranging transportation by calling 601-558-2622.

Latter-day Saints
Sunday, 9 a.m., Latter-day Saints Meeting House, 1618 Broadway Dr., 601-268-2438/ Hall: 601-268-9706. Contact the Post Chaplain.

Episcopal
Sunday, 8 a.m., Trinity Episcopal, 509 West Pine St., 601-544-5551

Jewish
Friday at Temple B'Nai Israel at 801

Mamie Street, 601-545-3871. Every Friday at 6 p.m.

Muslim
Contact Post Chaplain

Others
Church of God at Bellevue, Hwy. 589, Hattiesburg
Jesus Christ of LDS, 2215 Broadway Drive, Hattiesburg

Staying properly hydrated

By **1ST LT. RODNEY HALL**
CSJFTC Safety Office

Summertime is in full swing and the temperatures are climbing higher and higher. With heat indices in the triple digits, staying cool and comfortable is at the top of everyone's list. But being properly hydrated should also be a top priority because under hydration can cause and make you susceptible to heat injuries.
So, as the long hot days of the summer months drag on, with little relief in sight, Soldiers need to be aware of the increased dangers of heat-related injuries.
According to the Combat Readiness Center, "Taking just a drink of water when thirsty may be too little too late in some cases." Staying hydrated is critical as it helps to maintain proper blood volume, which allows your body to perspire and regulate heat.
The Army Technical Bulletin MED 507, titled Heat Stress Control and Heat Casualty Management, stresses that 6 to 8 quarts of water a day is the recommended consumption for Soldiers performing daily routine activities. For Soldiers who are located in hot environments or performing strenuous activities, it is recommended that their water intake should increase to between 9 to 12 quarts a day.
But remember to be careful with your water intake for over-hydration can cause major health problems. This can be controlled by monitoring and only drinking enough water to make your urine color clear.



Heat injuries can be preventable. Leaders, supervisors and soldiers must keep an eye on each other and look for the early warning signs. All verified heat injuries are required to be reported by submission of a DA Form 285 Army Ground Accident Report (AGAR) through the unit chain of command to the CSJFTC-Safety Office.
Remember, heat injuries are preventable when standards are followed.

William E. Tolbert, D.M.D.

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