

CHAPLAIN'S CORNER

Put your problems in God's hands

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

I read a devotional the other day from Our Daily Bread which I thought was worth re-phrasing in my own words so that you might benefit from it.

Psalm 46:10 says "Be still, and know that I am God."

I don't know if you are like me, but when something is troubling me and causing me anxiety, I like to be doing something about it. I will mull it over constantly in my mind. I will think of various scenarios of how it can be addressed. I will take actions that I think will resolve it and so on.

There is nothing wrong with this, except that some problems and concerns just don't lend themselves so easily to my solutions. Some problems just seem intractable no matter what I come up with. They seem outside my power to control.

Have you ever had problems like this?

No matter what you planned and tried or

wanted to try, you just couldn't resolve them yourself?

Some problems in life are best left in the hands of God. We need to be still and know that no matter how bad things are, God is in control and He is a good God. As a result, He will ultimately bring good out of all the turmoils of man.

The word for "still" in this verse means "to cease striving." In other words, putting your hands down and letting God intervene in your situation without your interference.

In many, if not most, rescue situations, the victim has to choose to let go of what they have been clinging to in order to allow those rescuing them to do so. In the same way, in order to be still and allow God to act, we have to let go of our problems (and maybe our solutions) and let Him rescue us.

When we put our problems in God's hands, He puts His peace in our hearts.

As teens it seems that we have a wonderful life with exciting opportunities laid out before us like a great feast at a banquet.



And often times, aspects of life work out this way. But equally as often, day-by-day, we find ourselves shouldering one new care or concern after another.

We don't immediately recognize it, but our burden grows heavier and heavier to

the point that life seems to be bringing us crashing to our knees. If you sense this is happening in your life step back to evaluate your situation. Then lay what you can at God's feet and be still knowing that he is God.

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

Summer vacation....Making a plan, staying safe

By 1st LT. RODNEY HALL
CSJFTC Safety Office

Summer tends to be one of the more enjoyable seasons for Families. Most summer trips will be by auto while some others will be by airplane with many vacations involving some form of outdoor activity.

Good planning and preparation for those vacations could mean the difference between enjoyable times as opposed to a catastrophic event. Good planning can start by following a few helpful tips that will help travelers have a safe and uneventful vacation.

Safe travels

- Conduct a thorough risk assessment.
- Perform a route plan, select routes that will help you maintain constant speeds and allow you to bypass congested areas. Avoid taking short cuts or venturing into unfamiliar roads; people have gotten lost, sick, injured and even have died as a result.
- Obtain a good route weather forecast and prepare for contingencies. Dress accordingly and pack some warm clothes if you are planning to go through high mountain roads.
- Start your trip early while traffic is light. Plan meal and rest stops.
- It is always good to keep an emergency kit in your car that includes basic survival gear, jumper cables, basic hand tools, flares, first aid kit, flash light with fresh batteries, plenty of water and a cell phone.
- Determine your vehicle carrying capacity and don't overload it.
- Avoid placing luggage on top of your vehicle; it creates wind resistance which results in poor fuel economy.
- Avoid carrying high value items like jewelry and expensive personal items. Carry the smallest amount of cash and use credit or debit cards as much as possible; they can be reported and easily traced, cash can't.
- In addition to proper trip planning it is strongly recommended that traveler have their vehicle inspected before the trip. Items like lights, engine and transmission fluid

levels, coolant, windshield washer fluid, and tire pressure (don't forget the spare tire) can be checked on your own but an experienced technician will have to check your brakes, steering, suspension, and undercarriage.

Observing and performing these tips not only will keep you off the side of the road; they will save you money, frustrations and possibly keep you from having an accident.

Heat-related injuries

While enjoying your summer trip it is also prudent to know that one of the main factors resulting in injury is hot weather injury.

Heat can be a real danger for Soldiers and Families during the summer, especially those who participate in outdoor and water sports. Heat illness should be viewed as a serious health problem, one that can be fatal. For many Soldiers, summer heat is uncomfortable, but for some it can be very dangerous.

There is a very simple message about summer heat - Water, Rest, and Shade.

This is good advice because thousands of people experience heat illness, which often manifests as heat exhaustion. If not quickly addressed, heat exhaustion can become heat stroke, which killed more than 30 workers last year.

As we are in the summer months, it is very important for Soldiers and supervisors to take the steps necessary to stay safe in extreme heat. Drinking water often, taking breaks and limiting time in the heat are simple but effective ways to prevent heat ill-



ness. heating. You perspire and as the perspiration evaporates, it cools your skin, cooling your body and you maintain the proper body temperature.

Blood vessels also play a role by bringing heat to the skin surface and releasing it from your body. But when you are working or playing hard in the heat, particularly when it's also humid, your coolant system can breakdown. It'll breakdown first if you're past middle age or if you have health problems. But eventually on hot days, even

What makes heat a health problem?

Heat illness is the result of the body overheating much the way your car can overheat in hot weather. Normally, your "coolant" system prevents over-

young, healthy Soldiers can be stricken.

When the body's cooling system can't keep up with the heart, the heart rate rises, along with body temperature, increasing the risk of a heart attack particularly in Soldiers with heart disease.

Heat also affects the brain. A rise in body temperature of as little as 2 degrees can negatively impact brain function, making heat an underlying cause of job accidents. As Soldiers overheat, their diminished brain function can cause them to overlook hazards and make mistakes. A 5 degree rise in body temperature can be fatal.

Signs of Trouble

The hotter it gets, the more stress is on the body. The first signs of trouble include symptoms like:

- Fatigue
- Thirst
- Discomfort
- Lightheadedness

Simple heat stress can quickly become heat exhaustion if early symptoms are ignored. Symptoms of heat exhaustion include:

- Pale or flushed appearance
- Moist, clammy skin
- Dizziness
- Headache
- Nausea

Untreated heat exhaustion can become heat stroke.

The heat stroke victim:

- Stops sweating and has hot, dry reddish skin
- Has a rapid pulse and feels hot to the touch
- May become confused or delirious
- May suffer convulsions
- May become unconscious

Twenty percent of heat stroke victims die. Those who survive may suffer brain and kidney damage.

When planning a vacation or trip always make a plan. Furthermore, when conducting outdoor activities look for signs of heat exhaustion and continue to hydrate.