

Traphagan works in education center

By DANA ELISE SMITH
CSJFTC Public Affairs

Hannah Traphagan is the new administrative services manager at Camp Shelby Joint Forces Training Center's Education Center. Her duties include administrative and clerical services and ensuring that Soldiers and their Family members serving at Camp Shelby are counseled and made aware of all their educational opportunities.

"I enjoy knowing that I am helping serve our Soldiers who serve our great



Traphagan

PERSONNEL PROFILE
CIVILIAN

country," said Traphagan. The Moselle native currently resides in Hattiesburg. She earned her associate degree in art from Jones County Junior College and plans to complete her bachelor's degree from William Carey University this summer. She plans to continue her education and earn a doctorate degree. She is married to Army Reserve Staff Sgt. Travis Traphagan, who is currently mobilized with the 2nd Battalion, 346th Infantry Regiment, 177th Armored Brigade. Together they raise

five children – Christopher, 9, Brianna, 8, Joshua, 7, Kiersten, 6 and Matthew, 6. "Our Family enjoys camping, fishing, mountain climbing, boating and any other adventures. We enjoy every moment spent with one another and feel blessed that God has given us such strong bonds," she said. In her spare time, she enjoys painting and reading her favorite books, which include the Bible and anything written by Nicholas Sparks. She hopes to own an art gallery and restaurant in the future.

Disaster

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bad? Well, that depends on your definition of "bad". As stated elsewhere, properly canned or dried foods (if fat free or nearly so) usually do not become unsafe when stored longer than recommended, but palatability and nutrient value are diminished. So while it probably won't go "bad" as in unsafe, it will become less nutritious or less appealing. All, or nearly all foods, deteriorate over time. Living organisms are designed with self-preservation mechanisms but when they die or are harvested, naturally occurring enzymes cause discoloration, loss of nutrients, textural changes, or flavor changes. We can slow these changes; we can't stop them. Americans (and many other cultures) serve bread with nearly every meal. Meals don't seem complete without some form of bread. No wonder it's called the "staff of

life". We believe that bread is a key consideration in any food storage program. How do you store bread? Some rely on wheat as their source of bread in the event of an emergency. If you are into grinding wheat and baking bread regularly--bravo! The rest of us need a better answer. We don't have time to grind wheat and bake bread, or we haven't acquired those skills, or our families don't like the heavy, dense bread that usually comes from ground wheat. We need a better answer. If the bread that we eat is going to be a key component of our food storage program, then making bread should be quick and convenient. Mixes help. Not only do they save time when time may be a premium, but all the ingredients are available and assembled. Stored foods often are boring or dry. Boring foods don't work well in a food storage program because they don't get used and eventually become stale. One of your preparedness missions should always be to provide food that you will use and enjoy.

LOD

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investigation. The appointing authority, on receipt of the DA Form 2173, appoints an investigating officer who completes DD Form 261 and appends appropriate statements and other documentation to support the determination, which is submitted to the General Court Marshall Convening Authority (GCMCA) for approval. Don't wait until it is time for you to be released from active duty to document your injury or to ensure your LOD has been completed. An informal LOD should be completed 40 days after the incident. A formal LOD should be completed 75 days after the incident. So who is responsible for what? Soldiers are responsible to immediately report any injury, illness, or disease that occurs in a duty status to the chain of command; understand the process of the LODD/LODI and what purpose it serves the Soldier and the Government, and adhere to the medical treatment plan established by the treating physician. The Commander is responsible for ensuring Soldiers understand the importance of the LODD/LODI process and their responsibility to report IIDs immediately, complete and forward an Informal LOD to the Appointing Authority NLT 10 days from the date of the incident, complete and forward a Formal LOD to the Appointing Au-

thority NLT 30 days from the date of the incident. The Medical Officer's responsibility is to initiate an LODD at the time of treatment for the IID. Even though the Commander and the Medical Officer have responsibilities related to processing your Line of Duty determination/investigation, please remember it is YOUR LOD. Track the LOD and make sure your injury, illness, or disease is completely documented.

"Teaching and training" together are one of the four Inspector General functions. In an effort to ensure the operation readiness of CSFTC and reduce the number of violations of standards, the CSJFTC IG will routinely publish informational articles in the Camp Shelby Reveille. If you have a question or topic you would like the IG to advise on simply send a question to her email at jennifer.a.collins@us-army.mil.

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