

CHAPLAIN'S CORNER

How to make a fresh start....

CHAP. (LT. COL.) RAMSEY COUTTA
CSJFTC Installation Chaplain

Some years are better than others. Maybe 2012 wasn't the greatest year for you. Perhaps you experienced setbacks, disappointments and discouragements. Possibly you have even begun to reflect more on spiritual things because of these problems.

You might feel like you are being punished by God because of the troubles you are experiencing in your life. Maybe you recognize you have not been living the way God desires of you and how you expect of yourself.

While God may not necessarily be punishing you, perhaps you have moved out

from under his hedge of protection and you are now experiencing the natural turmoils of life. Let me suggest some actions you can take to make a fresh START in this New Year and get your life back on track.

S – Stop making excuses; stop blaming others and stop seeing yourself as a victim of circumstances.

Proverbs 28:13 says, *"A man who refuses to admit his mistakes can never be successful. But if he confess and forsakes them he gets another chance."*

Be willing to accept personal responsibility for how your life is currently and the fact that with God's help you can make it better.

T – Take an inventory of your life experiences, including successes and failures.

Galatians 3:4 says, *"You have experi-*

enced many things. Were all those experiences wasted? I hope not."

Every significant experience you have had this past year is an opportunity to learn from and become a better person. Draw lessons from your experiences and apply them to your life.

A – Act in faith that if you want to change something in your life it can be done, even more so if you allow the Lord to help.

Matthew 9 states, *"According to your faith it will be done to you."*

You can accomplish much more if you actually believe it can be done, and God makes it possible.

R – Refocus your thoughts and actions to making your goals come to fruition. This means you may have to make some major

changes in your life, giving up those things that are damaging, and embracing those thoughts and behaviors that are beneficial. It's hard to give up something the "feels" good but really isn't good for you, but you must if you want to have a better life.

T -Trust God to help you succeed. Depend on God, not on yourself.

Zechariah 4:6 says, *"You will not succeed by your own strength or power but by My Spirit, says the Lord."*

Success in the life is not trying harder, but living smarter. Giving God control of your life is the smartest choice you can make.

I hope these suggestions will be helpful in allowing you to have a fresh start in the New Year!

CAMP SHELBY AREA WORSHIP OPPORTUNITIES

The following worship opportunities are available through Camp Shelby Joint Forces Training Center.		Church, 2001 Hardy Street, 601-583-4898.	
ON POST		OFF POST	
General Protestant	For Jewish, Latter-day Saints and Muslim services, please contact the Post Chaplain for assistance at 558-2378.	*Transportation provided for Jewish, Episcopal, Lutheran, Muslim services ONLY (due to time scheduling) Units are responsible for arranging transportation by calling 601-558-2622.	
Sunday, 9 a.m., Greer Chapel			
Sunday, 12:30 p.m., Greer Chapel			
Catholic Mass	Lutheran	Latter-day Saints	Muslim
Saturday, 2 p.m., Greer Chapel	Sunday, 8 a.m., St. John Lutheran	Sunday, 9 a.m., Latter-day Saints Meeting House, 1618 Broadway Dr., 601-268-2438/ Hall: 601-268-9706. Contact the Post Chaplain.	Contact Post Chaplain
		Episcopal	Others
		Sunday, 8 a.m., Trinity Episcopal, 509 West Pine St., 601-544-5551	Church of God at Bellevue, Hwy. 589, Hattiesburg
		Jewish	Jesus Christ of LDS, 2215 Broadway Drive, Hattiesburg
		Friday at Temple B'Nai Israel at 801 Mamie Street, 601-545-3871. Every Friday at 6 p.m.	

Play it smart when it comes to ladder safety...

By SGT. 1st CLASS CECIL WILSON
CSJFTC Installation Safety Office

Ladders are useful tools that, when used properly, serve as a safety system for climbing. Working at an elevated height is inherently dangerous and the safety afforded by a ladder is often circumvented by misuse.

Each year more than 300 deaths are attributed to misuse. More than 160,000 people are injured as a result of falls from ladders due to not following safety precautions. Most injuries are cuts, bruises, and fractures. Common factors contributing to falls are haste, sudden movement, poor quality of footwear, and lack of attention. However, the number one cause of ladder accidents is overreach. Making a mistake while using a ladder can change or end your life.

Ladders are built from one of

three basic materials – wood, fiberglass, and aluminum. The environment of your work site is the first factor in choosing the material from which your ladder is constructed.

For example, if you are working near sources of electricity, a metal ladder should not be used, since aluminum is an effective electrical conductor. Next, consider the duty rating of the ladder. This is an indication of the maximum weight capacity the ladder can safely carry. To figure out the total amount of weight your ladder will be supporting, add your weight plus protective equipment that you will be wearing. Also, add the weight of tools and supplies you are carrying and the weight of tools and supplies stored on the ladder.

There are five categories of ladder duty ratings:

- Type IAA (special duty) 375 pounds

- Type IA (extra heavy duty) 300 pounds
- Type I (heavy duty) 250 pounds
- Type II (medium duty) 225 pounds
- Type III (light duty) 200 pounds

The duty rating can be found on the specification label. Safety standards require a duty rating sticker to be placed on the side of every ladder. Do not assume that a longer ladder has a higher weight capacity. There is no correlation between ladder length and weight capacity.

There is a wide variety of ladder types to choose from (step, single, articulated, combination, extension, fixed, mobile ladder stands and ladder stand platforms). Probably the most important factor in determining the type of ladder to use for a given job is your work environment and the physical size restrictions.

When climbing a ladder it is safest

to utilize "Three Points-of-Contact" because it minimizes the chances of slipping and falling from the ladder. At all time you must face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder steps or side rails. Also, avoid carrying any objects in either hand that can interfere with your grip of the ladder. In this way you are not likely to lose your balance.

Three points-of-contact cannot be maintained and the chance of falling is increased. You can reduce your chances of falling during the climb by:

- Wearing slip resistant footwear.
- Cleaning the soles of all footwear to maximize traction.
- Using towlines, tool belts or having someone to assist you in moving tools/materials so that your hands are free when climbing.

- Climbing deliberately and avoiding sudden movements.
- Keeping the center of your waist between the ladder side rails when climbing or doing work.

Many of the basic safety rules that apply to most tools also apply to ladders. You should never use ladders in high winds or storms. Always inspect ladders for loose or missing parts and never use a ladder is you feel dizzy or are prone to losing you balance. Before using your ladder, check the safety sticker to determine the load limit and the maximum safe height. Be sure to follow all safety instructions on your ladder.

Ladders are an essential part of many work and home improvement projects, but they must be used properly. As always, safety is the most important consideration on any job.



CARE
PHYSICAL THERAPY



Billy Cochran
P.T., C.S.C.S.

IMPROVE BONE DENSITY WITH NEW WBV TREATMENT

It is well established that weight bearing exercise programs, including walking, help to increase bone density. Unfortunately, many patients are unable or unwilling to participate in these intense regimens. Whole Body Vibration (WBV) Platforms have been designed to exercise you while you simply stand on it. Recent studies reveal that standing for brief periods (10-30 minutes) on a WBV Platform increases bone density.

CARE Physical Therapy offers WBV treatment in an outpatient setting. Treatment is covered by Medicare, health insurance, or workers compensation. Of course, this treatment is not intended to replace medications prescribed by your physician, but it may be a great adjunct.

For more information, please contact CARE Physical Therapy at 296-0199. Extended morning and evening hours are available for your convenience.

52 Ninety Eight Place Blvd. • Hattiesburg, MS • 601-296-0199
(Located down the street from Anatomies)

WE ALSO ACCEPT CAMP SHELBY'S TRI-CARE INSURANCE

www.carephysicaltherapy.net



PINE BELT
DENTAL, PLLC



John L. Guillot, DMD
General Dentistry
Laser & Cosmetic Dentistry



New and Emergency Patients Welcome!

601.264.5800

49 Cross Creek Parkway • Hattiesburg, MS • Mon-Fri 8am-5pm