



The Vanguard

Volume 4, Issue 2

SECOND QUARTER - 2015

IN THIS EDITION

<u>ANNOUNCEMENTS & EVENTS</u>	<u>2</u>
<u>THE 2015 SAR GAMES</u>	<u>3</u>
<u>GEAR REVIEW</u>	<u>4</u>
<u>SAR GAMES PHOTOS</u>	<u>5</u>
<u>SAR GAMES PHOTOS</u>	<u>6</u>
<u>SAR NOTES</u>	<u>7</u>
<u>OSRT OFFICER PRESENTS</u>	<u>7</u>
<u>FTX PHOTOS</u>	<u>8</u>
<u>SAR QUIZ</u>	<u>8</u>
<u>THE 2015 FTX</u>	<u>9</u>
<u>TOUCH-A-TRUCK</u>	<u>10</u>
<u>UNIT 6 UPDATE</u>	<u>10</u>
<u>UNIT 1 UPDATE</u>	<u>11</u>
<u>UNIT 3 UPDATE</u>	<u>11</u>
<u>CHAPLAIN'S CORNER</u>	<u>12</u>
<u>GEAR REVIEW</u>	<u>12</u>
<u>MEMBER TAKES ACTION</u>	<u>13</u>
<u>ROPE RESCUE TRAINING</u>	<u>14</u>
<u>MOSQUITOS</u>	<u>15</u>
<u>IN THE SPOTLIGHT</u>	<u>18</u>

OSRT REQUESTED BY COLUMBUS POLICE DIVE TEAM

In Late July, two men fell into the Olentangy River and were swept downstream to their death. Columbus Police Dive Team recovered one of the men and requested that OSRT assist with shore-line search and recovery efforts the next day. OSRT provided personnel that covered the banks of the Olentangy River from Lane Avenue south to King Avenue. OSRT personnel coordinated search efforts with both the Columbus Police Dive Team who were working from the last recovered man upstream and with the Franklin County Dive Team in boats coming downstream from Lane Avenue. K9 resources were deployed on the boats while ground team members covered the shoreline. After several hours of searching, Columbus Police Dive Team recovered the body of the second man just meters away from OSRT ground team members. Great coordinated efforts by all responders. This incident marks the second time that the CPD Dive Team has requested OSRT.



ANNOUNCEMENTS & UPCOMING EVENTS

THE OHIO SPECIAL RESPONSE TEAM

The Ohio Special Response Team (OSRT), Incorporated is a broad based response unit able to respond to a variety of emergencies and disasters in support of the civil authorities. Possessing a range of skills increases the value and versatility of the unit to the civil authorities. Members of the unit are trained to rigid standards in a number of skills to assure they can accomplish the assigned task (s).



Proud Member of



The Mountain
Rescue Association

VOLUNTEERS ARE NEEDED! JOIN THE TEAM!

Would you like more information about OSRT or would like to volunteer?

Contact Information
597 PARK AVENUE EAST RD
MANSFIELD, OH 44905
419-528-0041
OSRTINC@YAHOO.COM



facebook.com/ohiospecialresponseteam

The Vanguard Staff

The term Vanguard originates with the medieval French avant-garde, i.e. the ward in front. The vanguard would lead the line of march and would deploy first on the field of battle. OSRT strives to lead the way in volunteer assistance through a variety of services, leadership and professionalism.

Editor in Chief: Major Brian Baizley
Layout & Design: Captain Joseph Bobot



Ohio
Voluntary Organizations
Active in Disaster

UPCOMING EVENTS & ACTIVITIES



UNIT 6 DRILLS

SECOND SATURDAY OF MONTH

0930 - 1200 HRS.

MORROW COUNTY EMA

140 S. MAIN STREET, MT. GILEAD, OH

UNIT 3 DRILLS

THIRD SATURDAY OF THE MONTH

0800 - 1200 HRS.

STARK COUNTY EMA

4500 ATLANTIC BLVD-LL, CANTON, OH

Unit 4 Drills

Training is scheduled on the 3rd Saturday @ Caesar Creek State Pk. 8570 E. St Rt 73 Waynesville, OH 45068

Unit 7 Drills

Training is scheduled on the 2nd Saturday @ Medina Co. EMA, 555 Independence Drive, Medina, OH 44256

HQ Training at the Peoples Center, Oct 3rd, 2015

Ohio EMA Grants, Training, Exercising and Field Operations Branch has free training. Please see their newsletter for dates and locations near you! All of their newsletters can be found at:



http://ema.ohio.gov/PAO_NewsLetters.aspx.

SEARCH AND RESCUE GAMES – TEAM COMPETITION

Article by OSRT Commander Elvin Burnell

For the first time at our annual three day field training exercise (FTX) we committed half a day to a new event - SAR Games. The event was a big hit with all of the members attending the FTX.

The purpose of the SAR Games is to facilitate the means for members to exercise their SAR skills. The games provide the means for the members to exercise skills they have learned in training and apply these skills in hands on task environment. The field exercise utilizes national Standards*. These are subjects related to search and rescue training requirements. The Objectives were to:

- Discover strengths/weaknesses in the training program.
- Test and enhance leadership skills of the members.
- Additional benefits of the Team Competition provided each member with the opportunity to utilize;
 - 1) Time Management –allocating time to complete an event and having sufficient travel time to move around the course.
 - 2) Planning by determining the best course of action in completing an event.
 - 3) Decision making within the team – gaining consensus.
 - 4) Interact with civilian agencies - most events had a civilian Event Manager an expert on the subject. Each task had an Event Manger to monitor the task being performed.
 - 5) Test members’ practical and written knowledge relating to search and rescue missions tasks.
 - 6) Provide the members with an opportunity to apply the skills they have learned.

There are many organizational benefits from the SAR Game. For example: Evaluation of task proficiency is an essential element of any training process. Accordingly, SAR Games training results are an important part of training evaluation and unit assessment.

Training today demands a focused, structured, and innovative training process which maximizes availability of training time by focusing on specific tasks derived from a unit’s mission tasks.

The emphasis is on the size of the unit (3 to 4 members) to achieve the desired results. The SAR Games are based on search and rescue training.

- Teams were formed into 3 to 4 members – composite teams from overall membership. Team leaders are assigned and briefed a day prior to the start of the event.
- Rules of engagement (how the SAR Games will operate) for the event are provided to each team.
- During the event the members could not have any reference material, notes, or hand held radios- except those items authorized.
- Each team is provided with a score card, map showing locations of the events, and rules of engagement. Teams operate as a unit to perform the practical and written (quiz). Each team was provided a map showing the locations of the events.

Awards were given to the top two teams in overall points. Each member of the winning teams received an award. A detailed description of the events can be found on page 4

* *American Society for Materials and Testing (ASTM), F 2209 Land Search & F 2751 Land Rescue*

SEARCH AND RESCUE GAMES – TEAM COMPETITION

The SAR Games Events:

- ◆ **Fire Building** - Demonstrate the capability to build a fire in field conditions. No supplies provided to the teams except the coffee.
- ◆ **Area Search** - Utilize area search techniques
- ◆ **Evidence Identification and Preservation** -Tests the ability of the members to identify, preserve, and document evidence and to answer a quiz.
- ◆ **Tracking** - Techniques for tracking an individual.
- ◆ **Human Remains** - Identify human skeletal bone in field conditions.
- ◆ **Edible Wild Plants** -Identify several wild edible plants and answer a quiz on the subject.
- ◆ **Knots** - Demonstrate knowledge of knots by tying selected knots.
- ◆ **Field First Aid** - Administer first aid (simulated) to a victim and answer a quiz on first aid. The injured (simulated) individual was in reality hearing impaired.
- ◆ **Rope** - Be able to identify various types of rope materials and strength of knots and answer a quiz on the subject.

All the members who participated in the SAR Games unanimously agreed the training was valuable.

See photos of the event on pages 5 & 6.

GEAR REVIEW

by Joseph Bobot



LuminAID

The LuminAID PackLite 12 is a compact, solar-powered light that twists flat and inflates into a lightweight, portable lantern. Safe, sustainable and ultra-portable, the LuminAID PackLite 12 is the perfect size to light up a tent or to keep around the house in a first aid kit. It provides up to 12 hours of consistent LED light or 32 hours in flashing mode for those emergency situations. The PackLite 12 has 12 bright LEDs and recharges with a built-in, high-efficiency solar panel in just 7 hours of sunlight.

The new twist-to-close feature makes it easy to stow away for those in-a-hurry moments and the adjustable strap makes it easy to attach to your backpack to charge on the go, hang from a tent, or carry as a torch to light your path ahead! **This equipment endorsement is for personal use only, and is not meant as an endorsement for OSRT.**



\$22.95 + s/h www.luminaid.com

SEARCH AND RESCUE GAMES – TEAM COMPETITION



Event Managers at the Identification of Human Vs. Animal Bones station



Two members at the knot tying station



Two members at the rope identification station



A team facing a communication challenge at the field first aid station

SEARCH AND RESCUE GAMES – TEAM COMPETITION



Two members in transition between stations



Two members at the fire challenge



A team identifies edible plants at another station



A team identifies prints at the tracking station

SAR NOTES

By Captain Joseph Bobot, WEMT/ SAR I

As we care for remote patients we find that it is greatly different from the street treatment that lasts about 20 minutes to possible patient care in the hours when dealing with a wilderness patient. An important skill is something we call "trending". In the urban EMS scene we are lucky to get two sets of vitals before we roll into the ER. So as a remote medical care provider we need to know what these changes in vital signs mean. One of the many conditions that presents often hours after the onset is increased intracranial pressure (ICP). As many of our "lost" person cases are the result of an overdue outdoor adventurer, injuries are a common reason why someone doesn't come home when they are expected. ICP usually results from a traumatic injury from a fall or a serious impact with falling debris. Just because a patient is found with a climbing helmet doesn't protect from blunt trauma related ICP. We know that "trauma" usually means shock from blood loss or other systemic insult. But when you find a patient with a traumatic insult and the vital signs just don't represent what you are seeing, consider ICP. Shock is represented by decreasing blood pressure from a loss of volume, increased heart rate as the body attempts to compensate and hyperventilation as the body is fighting for more oxygen. But with ICP the body exhibits an increase in the systolic blood pressure and a lowering of diastolic blood pressure, also known as a widening pulse pressure and a slowing pulse and irregular or slowing respiration rate. Depending upon where the injury is, a patient's pupils may still be equal, however will be slow or lacking a response to light.

This should not be confused with Cushing's Reflex. Cushing reflex consists of an increase in sympathetic outflow to the heart as an attempt to increase arterial blood pressure and total peripheral resistance, accompanied by slowing heart rate. Cushing's triad suggests a cerebral hemorrhage in the setting of trauma or an space occupying lesion (e.g. brain tumor) that is growing and a possible impending fatal herniation of the brain. Cushing's triad is named after an American neurosurgeon Harvey Williams Cushing (1869-1939).

Treatment should always start with the patency of the airway, the support of breathing and protecting the cervical spine. There really isn't much we can do in the field to reverse ICP, but recognition and a change in evacuation method may just save a life.

CUSHING'S TRIAD three primary signs that often indicate an increase in intracranial pressure (ICP)

- ↑ Systolic BP
- ↓ Pulse
- ↓ Respiration

*Symptoms of Increased ICP are opposite of SHOCK

- ↓ BP
- ↑ Pulse
- ↑ Respiration

*It should not be confused with Cushing's syndrome, a disease state resulting from the elevated levels of blood cortisol.

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OSRT REPRESENTED AT SAR CONFERENCE

OSRT Unit 6 Commander, Joseph Bobot was invited to present at the 2015 MRA/NASAR/CSRB National Search & Rescue Conference in Estes Park, Colorado. Captain Bobot presented two courses at the conference. Captain Bobot's son joined him as a "victim" for the AMDR course that helps searchers determine the best spacing in the field during grid searching.



MRA / NASAR / CSRB
National Search and Rescue Conference
June 4-7 • Estes Park, Colorado



Instructor Mark Sexton conducts a tracking evaluation at this year's FTX for future advanced tracking training.

TAKE THE SAR QUIZ

Answers can be found on page 14



- ___ 1) A missing 7 year old in a large National Park System is a wide area search incident.
- TRUE FALSE
- ___ 2) A response to a small town after a tornado has touched down is a wide area search incident.
- TRUE FALSE
- ___ 3) Which is not one of the four T's of wide area search planning?
- A) Time B) Training
C) Tasking D) Technique
- ___ 4) During what phase of search would there be NO rescue operations?
- A) Rapid Search B) Hasty Search
C) Recon D) Primary Search

FIELD TRAINING EXERCISE (FTX) 2015

The FTX 29-31 May 2015 was an outstanding success. The event was held at Hidden Hollow Camp – a mostly wooded reservation of some 600 acres with cabins and a dining hall. The event design was to provide more time out of the class setting and in the field. The morning sessions were in class and the afternoon in field activities.

Friday morning started with 2 great instructors:

- The first session was on Ticks and Chiggers. These insects are a concern since we are in the field for training and operations. The instructor Dr. Needham explained how to prevent and treat ticks and chiggers.
- The next session was on Coyotes – Professor Geert is an expert on coyotes' behavior. He explained what to expect if we should encounter them in the field. Canines with the search team(s) should be removed from the area. There is the possibility that coyotes would attack a small canine.
- In the afternoon we had a search and rescue training exercise. The primary purpose of the exercise was to practice our procedures and complete the documentation.

On Saturday we started the day with:

- Advanced Tracking course - the training took place in the classroom and in the field. The Tracker and his assistant provided practical instructions on how to read and follow human tracks.
- During the Tracking course other members attended a Land Navigation course instructed by Lt Jerry Whaley (member).

- In the afternoon we had the SAR Games. This was a new event for the FTX. For details on the event refer to the separate article.

Sunday morning we had a 4 hour course titled Autism; A Course for First Responders. The instructor Mark Farrar provided important information on what we should and should not do if, on a search operation, we would encounter an individual with Autism. This was a very enlightening course.

All of the meals were prepared by one of our members, and his family, who is a trained chef. All of the meals were great; however, the steak cookout proved to be the highlight of the FTX. None of the members complained about the meals. On Sunday the chef and his family received a standing ovation.

No doubt all of the members attending the FTX had a great time.



Members working the mock search exercise during FTX

KROGER TOUCH-A-TRUCK

Members of Units 6, 8 and K9 participated in Kroger's Touch-a-Truck community event in July sponsored by the Houk Road Kroger in Delaware, OH. Several local visitors signed up for more information about joining the team and many kids tried on SAR equipment and had their photos taken with members of the team. A big thanks to the event's coordinator, Lindsey Clark (Bobot) for inviting us.



UNIT 6 UPDATE

Hello from Unit 6. Since our last update, we have been working on getting our on-line training and helping Unit 8 get established in Licking County. We lost a few members and have gained a new member, Andrew Leitz. We are hoping that those who signed up during the Touch-a-Truck event will follow through with their intent. We are planning our annual over-night SAR training for this fall... we have done this now for the last three years and every year it gets bigger and better! So watch the e-mails for dates and location. Once again we have secured our water rescue training at Zoombezi Bay water park for the end of August.



WATER RESCUE TRAINING!

Friday evening, August 28, 2015 at 1900 hrs. This is for OSRT members only. Our friends at Zoombezi Bay Aquatics is once again allowing OSRT to conduct throw-bag and water recovery training in the wave pool and lazy river. We will have both day and night operations.

Report to the Zoombezi Bay member's gate just off the south parking lot at 1900 hrs.

UNIT 1 UPDATE... Tim Durbin

In April we worked with GPS units logging tracks and uploading info to our mapping program at the Mansfield Raceway.

On July 4th we sold food and had a recruiting table set up at the Freedom Festival held at the Mansfield Lahm Airport. We had a couple of K9 teams there talking to people. We raised \$900 from our food sales. We would like to thank Steve Burnell for managing the event and Wendy's for the food donation.

Coming up soon is the Blueberry Festival in Lexington; this event requires a lot of support from other Units to maintain our staffing requirements. I'd like to thank everyone who steps up to help us out.

The next couple of months we are going to set up a Fitness Test and work on trail logging the hiking trails in Mohican and Pleasant Hill Parks. Lt. Thompson has K9 training every weekend and we'd like to encourage everyone to join them or see if they could train in your area. Working with the K9s teaches us a lot about how and why they work and they always need new scent and people to train with.



UNIT 3 UPDATE... Daryl Smith

The Ohio Special Response Team had a very successful recruiting event in June at Dog-fest in Zoar, Ohio. A special thank you (and Good Job!) goes to Lt. Harland Schreffler for organizing and planning this event. It was on a somewhat short notice but everyone came together and made it happen. We had 22 people from 5 counties sign our sheet requesting more information on joining OSRT. The organizer of this event was very impressed with OSRT and has asked us to come back next year. I would like to thank the following members who attended and made this a great event. Thanks to Daryl Smith, Shannon Poland, Brian Tomblin, Bill and Cel Ryan, Dale and Stephanie Thompson, Sarah Gentry, Lynne Patterson, and Phil Lohmeyer. A very special thanks to all of our K-9 Members, Gertie, Besa, Ally, Steph's dog, and handlers that were once again the stars of the show! Our K-9 Teams take events like this to a higher level! Thanks again to everyone that helped.

OSRT has also been invited once again to the Atwood Area Fall Festival being held Oct. 2-4. This will be our 4th year of participation at this event, with activities for the children which include the Hug-a-Tree program, a compass course, a knot class and a tracking / search tactic demonstration. There will also be a display / recruiting tent with the mobile command unit on site. Our efforts have been very well received by the festival committee and we have met some great people. It is a family friendly event you don't want to miss.

Lastly I would like to thank all members that have offered their help and support in my new role as Unit 3 Captain.



CHAPLAIN'S CORNER

With everything that is going on in our nation, many people have asked what we can do to get back to where we once were. As a Chaplain, I asked myself that question and I found the answer of course in the Bible. 1 Timothy chapter 2 verses 1-4 (paraphrase) tells us to:

“Pray... Pray for all men and for Kings, and for all that are in authority; that they may lead a quiet and peaceable life in all goodness and honesty”

So I would encourage each of you (regardless of your political views) who have asked what you can do for your country to take time out and pray for our leaders every day. Finally I will leave you with this poem:

Lord Teach America to Pray

Lord teach America to Pray,

and as her flag unfurls on high its starry splendor to the sky,

may we in grateful thanks to Thee who gave to us this land so free,

preserve her freedom in Thy way. Lord teach America to pray!

May our good land be true and just, her motto ever “In God we Trust”

may she be guided by Thy Word, thy wisdom in her halls be heard.



Rev. Philip Lohmeyer,

OSRT / Chaplain

Rescue Me Balloon

Submitted by Capt. Bobot

The Rescue Me Balloon is a compact, easy-to-carry emergency apparatus that places an SOS balloon 150 feet above a person in distress and illuminates an SOS signal using an LED light. Essentially, it's a flare that lasts a week! For anyone stranded in the woods, lost at sea, or needing immediate assistance, Rescue Me Balloon is the most cost efficient, reliable, and longest lasting way to ask for help.

The balloon, made of durable plastic, is stored in a small canister with a clip for attaching to your belt, backpack or anti-zombie crossbow. When deployed, the balloon rises up to 150 feet in the air, tethered by a lightweight cord. The RMB also has a built-in flashing LED signal, which developers say is visible up to two miles away. The LED flashes an SOS signal, and the balloon is also designed to show up on radar.

The crowdfunding site does not appear to be live yet, but the company says it's looking to raise \$100,000. Early backers can pre-order the balloons for \$40 each, with estimated delivery in March 2015.

www.rescuemeballoon.com



MEMBER TAKES ACTION TO ASSIST CHOKING PERSON

Article by D Stein, Unit 7

On the evening of June 24th, 2015 we were working the ORST recruiting table at the Wadsworth Blue Tip Festival. I was standing at the table speaking with two prospective members. Bill was in the OSRT truck interviewing a young man who had expressed interest the previous evening and had returned to apply. As these things tend to happen, suddenly and out of nowhere I sensed a commotion, turned to my left, and almost on top of me was a tall, stocky, solidly built middle-aged man racing towards me making guttural sounds and pointing at his throat. He stopped in front of me and turned his back to me. I knew he was choking on something and I began the Heimlich maneuver. I immediately started shouting for Bill Ryan (he is an OSRT EMT and I have only Standard First Aid). Within seconds Bill was out of the truck, saw what was happening, and took over from me.

For the next approximately 5-min. Bill aggressively and continuously gave upward thrusts and thumps to the man's back. A crowd was forming. I was keeping the furniture out of their way as they moved about, and someone (probably one of the event staff) called the paramedics who were at the opposite end of the venue from us. They arrived in short order. I don't quite remember what was said, but the man was able to pass air and was not threatening to pass out, but he did have something lodged in his throat. Bill continued on as the Paramedics were pulling out their gear to take more invasive actions. The offending item finally dislodged and popped out to the ground. It turns out it was a small piece of pork bone, about a half inch across and about a quarter inch thick, roughly circular.

The man, who was one of the carnival workers, recovered quickly. I think he refused further treatment and everyone began to disperse. He of course was very thankful to everyone. Not a lot more was said or done. We then took a few moments to reflect on what had just happened over the last ten minutes and went "Wow". The two folks I was speaking with were still standing there, and I think they plan to sign up.

FROM THE OSRT COMMANDER:

Bill Ryan, Unit 7 commander, is to be commended for his quick action and persistence in assisting in the quick recovery of a person who was choking.

Elvin W. Burnell
OSRT Commander

PROTOCOL TRAINING FOR LOW ANGLE ROPE RESCUE

Article submitted by Elvin W. Burnell, ORST Commander

American Society for Testing and Materials (ASTM) F 2209 Land Search and Rescue recently changed and was revised and separated into the ASTM F2209 Land Search document and the other document is ASTM F2751 Land Rescue.

The document F2751 places increased emphasis on training for Low Angle Land Rescues - slopes at 55 degrees or less. The changes to F2751 have required OSRT to make changes to the units training standards.

To achieve compliance with ASTM F2751 Land Rescue and to develop a rope rescue protocol (standardize methods) a training course has been scheduled for 26-27 Sep 2015. This initial course (26-27 Sept, 2015) on equipment and protocol. The 26 members certified to National Fire Protection Association 1670 Rope Rescue I Level will be invited to attend the training. Standardized training minimizes risks of our members and to the person being rescued.

The training contract package includes instructors training 25 Sep on low angle equipment and protocol for 6 members. These 6 members will in turn train other members (not certified to Rope Rescue I level) that will be performing at low angler land rescues.

A nationally recognized instructor (from out of state) will provide the training of instructors and Rope Rescue I Level members.

Recently OSRT purchased rope rescue equipment. This equipment will be available for the training in September. The low angle training utilizing rope rescue equipment will be a great experience. A major result of the training will be a standardized protocol for members to follow in conducting low angle land rescues.

NEW SLEEPING BAGS FOR SALE

OSRT has sixteen never used army hood style sleeping bags for sale. Good for cold weather – goose down/polyester filled. Prices to sell at \$45.00 each plus \$5 shipping. Contact Steve Burnell – Logistics Manager.

Offer good until 1 Oct 2015.

THE SAR QUIZ

(Answers from page 8)



1. FALSE
2. TRUE
3. B - Training
4. C - Recon

MOSQUITOES

By Dr. Mercola

www.mercola.com

Submitted by Craig Spieker, Unit 2 Commander

What Attracts Mosquitoes and How to Repel Them

Summertime calls most of us to spend time outdoors, but this means we must share our space with mosquitoes. Scientists say that about one in five people are especially appetizing targets for the little bloodsuckers... are you one of them? Of the 3,000 species of mosquitoes in the world, roughly 200 can be found in the US, which all differ in their persistence, biting habits, and ability to transmit disease. Protecting yourself from mosquito bites not only prevents that horrid itching but can also lessen your chances of contracting several mosquito-borne illnesses, such as encephalitis, yellow fever, malaria, West Nile virus, or dengue. It is estimated that between one and two million people worldwide die each year from mosquito-borne illnesses, the most common being malaria. Most commercial insect repellants contain a chemical called DEET, which should be used with caution, if at all. Many studies have found DEET to have harmful effects. Fortunately, there are plenty of tricks for keeping biting bugs at bay, and they don't involve applying toxic chemicals to your skin. There are also several natural remedies that can help take the sting out of your insect bites, should your preventative efforts fail.

Mosquitoes Plan Their Attack from Behind the 50-Yard-Line

Mosquitoes are attracted to a number of chemical compounds that they can detect from an impressive 50 yards away. The males are not interested in your blood, but the females are a different story, thirsting after the protein and iron in your blood to produce their eggs. At this point in our scientific knowledge base, we know that mosquitoes are attracted to the following:

- ◇ **Bacteria:** One trillion microbes live on your skin and create your body odor. Humans have only about 10 percent of these microbes in common—the rest vary between individuals. Some of us have a collection of microbes that are particularly irresistible to mosquitoes.
- ◇ **Chemical compounds:** When they are sniffing us out, mosquitoes are attracted to a wide variety of chemicals—277 were isolated as potential mosquito attractants from human hand odors in one 2000 study. Some of their favorites are lactic acid, ammonia, carboxylic acid, and octenol (present in human breath and sweat). Mosquitoes are especially drawn to carbon dioxide. The more you emit, the more attractive you are to them.
- ◇ **Movement and heat:** Mosquitoes are drawn to both movement and heat. So if you're exercising outside on a warm summer evening, you're the perfect target—especially if you're short of breath!



MOSQUITOES (Cont.)

Plants Hold the Key to Repelling Mosquitoes Safely

Fortunately, there are highly effective mosquito repellents on the market comprising natural botanical oils and extracts that are every bit as effective as DEET, but with none of the potentially harmful effects. You can also make your own repellent using:

- ◇ Cinnamon leaf oil (one study found it was more effective at killing mosquitoes than DEET)
- ◇ Clear vanilla oil mixed with olive oil.
- ◇ Wash with citronella soap, and then put some 100 percent pure citronella essential oil on your skin.
- ◇ Java Citronella is considered the highest quality citronella on the market.
- ◇ Catnip oil (according to one study, this oil is 10 times more effective than DEET) .
- ◇ Lemon eucalyptus was found very effective in a 2014 Australian study; a mixture of 32 percent lemon eucalyptus oil provided more than 95 percent protection for three hours, compared to a 40 percent DEET repellent that gave 100 percent protection for seven hours.
- ◇ Use a natural formula that contains a combination of citronella, lemongrass oil, peppermint oil and vanillin to repel mosquitoes, fleas, chiggers, ticks, and other biting insects.

Treating Bites and Stings with Herbs and Natural Agents

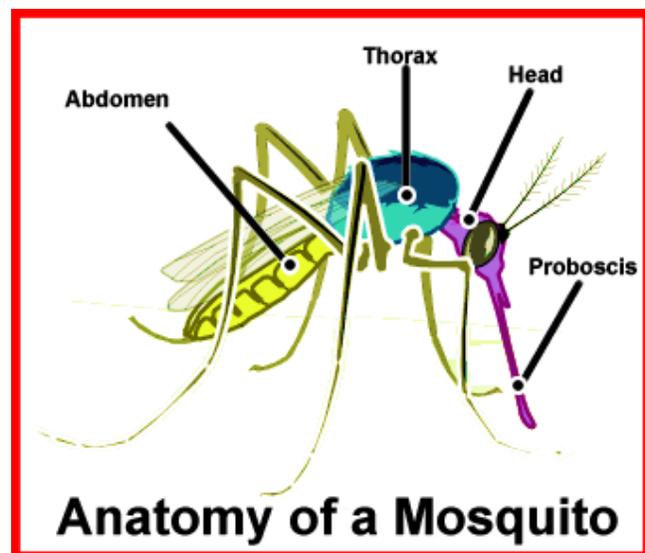
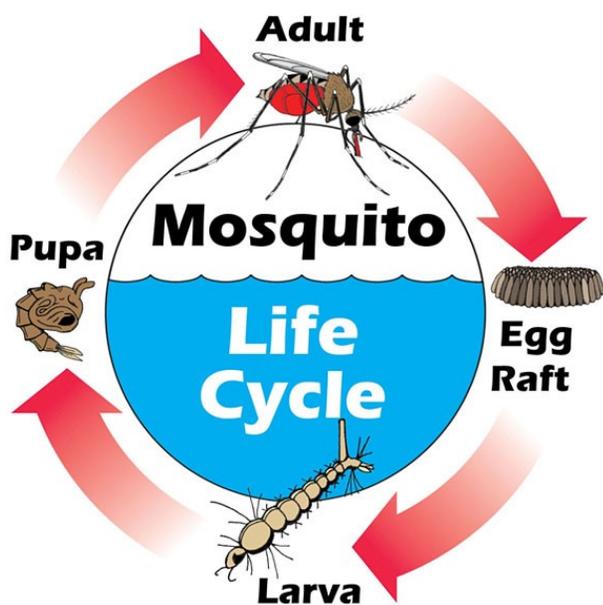
Once you've been bitten, the objective changes from repelling to treating the itch and inflammation caused by the bite. Fortunately, a variety of herbs and other natural agents are soothing to the skin, and many have anti-inflammatory and antimicrobial properties. So, for your occasional mosquito bites, try some of the following:

- **Aloe Vera:** Contains more than 130 active compounds and 34 amino acids that are beneficial to your skin
- **Cinnamon:** In addition to possibly repelling mosquitoes, cinnamon has antibacterial and antifungal properties.
- **Raw organic honey**
- **Lavender:** One of the most popular essential oils for its calming scent, lavender is soothing and antimicrobial.
- **Tea Tree oil:** Helpful for healing cuts, burns, infections, and a multitude of other skin afflictions; also a good antimicrobial and antifungal.
- **Basil:** Contains camphor and thymol, two compounds that can relieve itching; crush up some fresh herb and apply directly to the bite, or buy the essential oil.
- **Peppermint:** The cooling sensation can block other sensations, such as itching, and provide temporary relief; either crushed fresh leaves or the essential oil will do.
- **Jewelweed:** A wildflower that grows throughout in the Eastern US, helpful for reducing itching from many types of skin ailments, including poison oak and ivy.
- **Tea bags:** Swiping a cooled tea bag over your bites can help, as the tannins in the tea act as an astringent, to reduce swelling.
- **Apple cider vinegar:** Add two to three cups to your bath and soak for 30 minutes; the acidity helps relieve itching.
- **Baking soda:** Dissolve in your bath and soak for 30 minutes.

Extra Thiamine May Make Mosquitoes Think You Stink

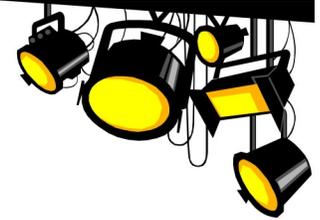
Taking vitamin B1 (thiamine) may be effective in discouraging mosquitoes from biting. Taking more vitamin B1 than your body requires causes the excess to be excreted through your urine, skin, and sweat. Vitamin B1 produces a skin odor that female mosquitoes seem to find offensive. This vitamin is water-soluble, and there is no danger of toxicity—even at high doses—so it is a safe measure to try. Dr. Janet Starr Hull recommends taking one vitamin B1 tablet a day from April through October, and then adding 100 mg of B1 to a B100 Complex daily during the mosquito season to make you less attractive to mosquitoes. You may also want to forgo bananas during mosquito season, as something about how they are metabolized appears attract mosquitoes. Research also suggests that regularly consuming garlic or garlic capsules may help protect against both mosquito and tick bites.

Some may work better than others for each individual, as mosquitoes in particular are attracted to certain biochemical components in your skin, and different types of mosquitoes have different attractions and aversions. Should your preventive measures fail, there are well over a dozen different home remedies that can help, from herbs to baking soda to ice packs or heat, whether in the form of a heated or cold spoon, compress, or electronic gadget, or maybe even just a piece of tape.





THE SPOTLIGHT



Philip Lohmeyer
Captain
HQ – Chaplain/PIO



Philip has a strong desire to help others and to serve the community. When he found out about OSRT last year he decided this would be a great opportunity to join a unit of all volunteers. Not only would this give him the chance to help and support the members in OSRT and at the same time be available to deploy with the organization in support of the civil authorities searching for missing/lost individuals.

He brings to the organization many years of public service:

- ◆ Fulltime law enforcement for 19 years with the Sheriff's Office in Tuscarawas and Ottawa counties. He retired from the position of Chief of Police in Bolivar, OH.
- ◆ Received his pastoral education via the Christian and Missionary Alliance and Emergency Services Chaplain Training from Assemblies of God Theological Seminary.
- ◆ He served 14 years in the Army Reserve and 6 years in the National Guard as a Military Police Sergeant.
- ◆ Philip has been a volunteer firefighter for the last 14 years – still a VFF.
- ◆ Lohmeyer is currently the Village Administrator for the Village of Centerburg, OH – he has been in that position for the 8 years.

His hobbies consist of working with community service groups such as Freemasons and the AmVets. He currently plans to take the NASAR SarTech II course this spring. He is also a certified instructor with Ohio EMA for several courses. He is married (DeeAnne) with 3 children and 2 grandchildren.