

## "Living green pays off..."

Staff Sgt. James Borders (center, right), 2nd Battalion, 4th Infantry Regiment, 4th Brigade Combat Team, 10th Mountain Division, holds his latest recognition — the first ever certificate of achievement from the Net Zero Waste program for being a Net Zero Hero. Borders established a dynamic recycling program within E Company, 94th Brigade Support Battalion and a centralized recycling point within his brigade footprint. He is seen here surrounded by other environmental compliance officers (from left) Pfc. Amber Jones, Pfc. Becca Eikenberry, Pfc. Class David Strachan, Spc. Sergio Chavez and Pfc. Joshua Goodwin.



# Pay attention: Bath salts can destroy mind, body, career

By KIRSTEN ANKE

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ABERDEEN PROVING GROUND, Md. — Bath salts, not Epsom salts for bath water, but the synthetic stimulant street drug — have many names including "Bloom," "Blue Silk," "Cloud Nine," "Hurricane Charlie," "Ivory Wave," "Lunar Wave," "Scarface," "Vanilla Sky," "White Lightning," "Zoom" and others.

What is in a name? The catchy names for this dangerous product create an illusion that using it will lead to relaxation or an exhilarating high. But the reality is that the use of bath salts comes with unpredictable reactions and dangerous consequences.

Bath salts are unregulated street drugs. The crystals or powder may include combinations of one or more man-made chemicals related to drugs like amphetamines, cocaine and Ecstasy. Chemical mixtures are created to avoid being identified as an illegal substance. These types and amounts of chemicals vary in each packet or jar.

Nothing good results from swallowing, inhal-

ing or injecting the white, yellow or brown crystals or powder that are sold in packages labeled "not for human consumption." Because you do not know what is in this dangerous product, you do not know how it will affect you.

Bath salts are toxic chemicals, not helpful medicines. They increase levels of brain chemicals (serotonin, dopamine or norepinephrine), which may result in feelings of euphoria or increased alertness. However, the short-lived intoxication comes with potentially life-threatening mental/emotional, behavioral and physical reactions.

Your mind: Mental/emotional reactions may include anger, agitation, paranoia, hallucinations, panic attacks, insomnia and psychotic or combative behavior. Paranoid behaviors and delusions may last for days after the high is over. Impulsive and violent behavior may result in hurting someone else or self-inflicted injury, which may lead to death.

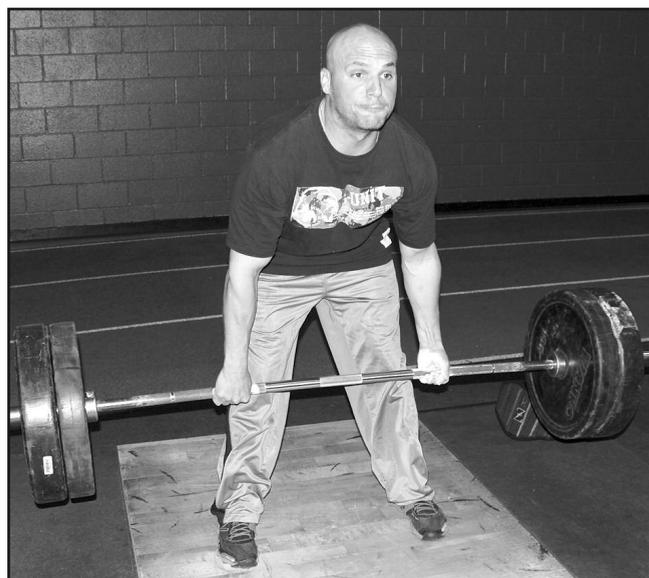
Your body: The physical effects to your body can be dangerous and deadly. Bath salts may cause a fast heart rate, increase in body temperature, high blood pressure, chest pain, dehydra-

tion, breakdown of skeletal muscle tissue, seizures, kidney failure and death.

Your future: Bath salts may be addictive. The body may develop a tolerance to and dependence on the chemicals. Once you start to use the drugs, you may crave them and find it difficult to stop using them. The Synthetic Drug Abuse Prevention Act of 2012 was signed into law to ban the possession, use or distribution of chemicals used to make man-made drugs like bath salts.

In accordance with Army Directive 2012-14, Prohibited Substances — Controlled Substance Analogues, "Army personnel are prohibited from using, possessing, manufacturing, selling, distributing, importing into or exporting from the United States any controlled substance analogue," such as bath salts. Violations of the policy may result in punishment.

Bath salts, the so-called designer street drugs, have many sexy names, but no matter what you call them, they are illicit drugs that can destroy your mind and body. If you or someone you know needs help with drug addiction call (800) 662-4357.



## "Pump it up..."

In the Feb. 14 Guardian, the class 3 winner of the powerlifters competition held Feb. 7, was misidentified. The winner of this category is Mark Hollis, pictured here.

CHUCK CANNON / GUARDIAN

## Shape up with Civilian Fitness Program

### HEALTH PROMOTIONS OFFICE

FORT POLK, La. — Shake off those winter doldrums and the lethargy that comes with cold, cloudy days by getting a grip on your physical fitness.

No time? No excuse — now you have a chance to work out during your work day thanks to the Joint Readiness Training Center and Fort Polk Civilian Fitness Program. Registration for the 2014 spring session is now available.

The Civilian Fitness Program is designed to be a one-time only, six-month program that allows employees the opportunity to participate in physical fitness activities

for one hour a day, up to three hours per week.

These hours will be annotated as Admin Leave and not charged against the employee.

The suspense for registration is quickly approaching March 21 so don't miss out on this opportunity.

Enrollment packets are available by emailing [rakebriel.d.maxie@mail.mil](mailto:rakebriel.d.maxie@mail.mil) or [taleta.y.jackson.ctr@us.army.mil](mailto:taleta.y.jackson.ctr@us.army.mil).

Completed packets should be emailed, faxed or hand carried to the Installation Health Promotion Office or the Civilian Fitness Program Coordinator, 6661 Warrior Trail, bldg 350, second floor, or call 531-4076/2018/3666.