

# Computer users must know rules

Did you know the phrase "loose lips sinks ships" was coined during World War II and the Department of Defense outlined 10 prohibited subjects service members were to avoid discussing publicly?

Ranging from "don't write of military installations" to "don't write of the effect of enemy operations," close to 70 years later these basic principles remain true today.

In a world where information travels at the speed of light, where you can broadcast and access information instantly, information security, or INFOSEC, information assurance, and operations security are as important as ever.

Recent Wikileaks incidents have prompted Army actions for better safeguarding of sensitive and classified information on government computers. Everyone - military, civilian and family members - must be vigilant with regard to the types of information processed on their government and home computers, and what information is accessed and posted on any website, including Wikileaks or Facebook.

Army networks should be used to support our warfighters, promote information sharing and maximize efficiency.

Unauthorized disclosure of our information on pub-



## Did you know?

By Col. Raymond Lacey  
Fort Sill Garrison commander

licly accessible websites, chat rooms or social media sites harms national security. Each and every unclassified computer user must understand the classification level of the information processed and ensure that the data is processed on the appropriate system.

Commanders and supervisors must ensure that their servicemembers, civilians

and contractors comply with information assurance tenants:

- Read and understand the Computer User Acceptable Use Policy;
- Never install personally owned hardware or software;
- Never use prohibited portable electronic devices in government facilities;
- Seek IA/INFOSEC guidance and assistance when attempting to transfer data

of differing classifications between networks;

• Understand that all activity by computer users is monitored; and

• Recognize and report inappropriate behavior.

Whether at home or work, personally identifiable information must be safeguarded at all times. PII is defined as "information that can be used to identify (name, date and place of birth, mother's maiden name, Social Security Number, age, military rank, civilian grade, marital status, race, salary, home/office phone numbers, demographic, biometric records, personnel, medical and financial), contact or locate a single person or can

be used with other sources to uniquely identify an individual."

If you have any questions, please contact your organizational INFOSEC, IA or OPSEC representative or contact the Fort Sill Garrison Information Management Office at 558-1922.

### To reach me

To send questions or comments to me, please e-mail [fscoms.conus.army.mil](mailto:fscoms.conus.army.mil) or you can mail your comments to Commander, USAG-Fort Sill, 462 Hamilton Road, Suite 120, Fort Sill, OK 73503.

Thanks and have a great Fort Sill day.

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## New support group meets at RACH

By Courtney Griggs

On any given day in the United States 10,567 babies are born. According to the Centers for Disease Control 75 percent of new mothers choose to breast-feed.

That number drops drastically when the baby reaches three months of age. By six months, only 11.3 percent of babies are still being fed exclusively with breast milk.

Why are so few women opting to not breast-feed exclusively?

"Breast-feeding isn't always easy," said Dr. Suzanna Holbrook soon-to-be certified lactation consultant with five years working in breast-feeding. "Many women give up when they start having trouble and don't realize that there is help available. A lot of people don't know the health benefits for both mother and baby. Many babies are breast-fed while the working mother is on maternity leave, but when she returns to her job she either stops completely or supplements with formula during that day."

Reynolds Army Community Hospital started a breast-feeding support group in August, which was Breast-feeding Awareness Month. The support group meets the third Wednesday of every month in the classroom outside of labor and delivery.

"The next support group is Sept. 15 at 6 p.m.," said Holbrook. "We are inviting everyone who is interested in breast-feeding, is currently breast-feeding or who has breast-fed in the past and wants to share their wisdom and experience. Women will be able to ask questions, get support, learn that other people are breast-feeding and need information, too. My main focus for National Breast-feeding Awareness Month was to make sure Soldiers know their rights when it comes to breast-feeding in the work place."

The general guidelines allow lactating Soldiers three 15- to 20-minute breaks a day to express milk.

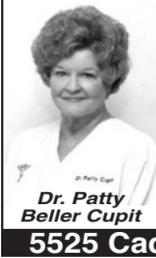
"They are allowed one mid-morning break, one break during lunch and one mid-afternoon break," said Holbrook. "They are supposed to be provided a clean location to do that, not a men's restroom. If the Soldier is dedicated enough, they can find a solution."

Pumping can be time consuming, uncomfortable and frustrating. Plus the added expense of pump and storage containers often deter women from continuing to breast feed exclusive.

"Breast-feeding, no matter how long, is beneficial health-wise," said Holbrook. "The longer you breast-feed, the better you are, though. Breast-feeding can decrease the child's chance of upper and lower respiratory ailments, allergies, intestinal disorders, colds, viruses, staph infections, strep and E. coli infections, as well as lifetime protection from many diseases."

For more information on breast-feeding or the breast-feeding support group, Holbrook can be reached at [suzanna.holbrook@us.army.mil](mailto:suzanna.holbrook@us.army.mil).

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