



The Ozark Ambassador

National Weather Service Weather Forecast Office Springfield, Missouri

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Ozark Ambassador Team

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Meteorologist in Charge

Steve Runnels
Warning Coordination Meteorologist

David Gaede
Science and Operations Officer

Kyle Perez
Weather-Ready Nation Ambassador Leader and Newsletter Editor

Spring Weather Websites

[NWS Springfield Weather Story](http://www.weather.gov/sgf/weatherstory)
www.weather.gov/sgf/weatherstory

[NWS Springfield Situation Report](http://www.weather.gov/sgf/sitrep)
www.weather.gov/sgf/sitrep

[NWS Springfield Severe Weather](http://www.weather.gov/sgf/embrief)
www.weather.gov/sgf/embrief

[Storm Prediction Center](http://www.spc.noaa.gov)
www.spc.noaa.gov

Being Prepared this Summer

PLAN NOW

YOUR FAMILY MAY NOT BE TOGETHER WHEN A DISASTER OCCURS, PLAN HOW YOU WILL CONTACT ONE ANOTHER AND TEST YOUR EMERGENCY COMMUNICATION PLAN.

AMERICA'S **PrepareAthon!**
BE SMART. TAKE PART. PREPARE.

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

How will I receive emergency alerts and warnings? What is my shelter plan? What is my evacuation route? What is my family/household communication plan?

Step 2: Consider specific needs in your household.

As you prepare, tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan.

Step 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use them as a guide to create your own. [Emergency Plan for Parents](#)

Step 4: Practice your plan with your family/household

Disaster Supply Kit

- ✓ Food and Water
- ✓ Battery Powered Weather Radio
- ✓ Flashlights and Batteries
- ✓ Cell Phone (With Charger or Spare Battery Pack)
- ✓ First Aid Kit
- ✓ Pair of Shoes
- ✓ List of Emergency Contacts
- ✓ Whistle to Signal for Help



Welcoming New Meteorologists

Justin Titus

Lead Meteorologist



Hometown: Billings, Missouri

Favorite type of weather: Severe

Time with agency: 9.5 years

Joined NWS Springfield Office: April 2019

Q: If you were not a meteorologist, what would you be?

A: If I wasn't a Meteorologist, I would be a personal financial planner or a software developer, probably both.

Q: Briefly describe your career path and how you got to where you are today:

A: I worked as a student volunteer here at the Springfield NWS office from 2005 to 2007, then worked for another 2 years here from 2007 to 2009 through NOAA Hollings Scholarship program. After graduating with my Bachelors degree from the University of Missouri - Columbia, I found my first full time job in the NWS at Weather Forecast Office Marquette, MI on the shores of the largest freshwater lake in the world - Lake Superior. After a year working there, I was promoted on-station to General Forecaster. I worked at the Marquette office for nine and a half years, which was quite an adventure for a Missouri boy given that an average winter there saw over 200 inches of snow. It's a pleasure to be back at NWS Springfield to serve my home community!

Q: Briefly mention 1-2 activities you like to do in your free time:

A: Hanging out with my family is my favorite thing to do, followed by pretty much anything outdoors. Topping the list is dirt biking, jet skiing, mountain biking, snowmobiling, downhill skiing, and baseball.

Mike Albano

Meteorologist



Hometown: Chesterton, Indiana

Favorite type of weather: Lake effect snow

Time with agency: 1 year

Joined NWS Springfield Office: May 2018

Q: If you were not a meteorologist, what would you be?

A: I would be a sous-chef, slinging bowls of handmade pasta with my brother. Together we started a small business that has blossomed into one of northwest Indiana's best Italian restaurants.

Q: Briefly describe your career path and how you got to where you are today:

A: My career path has not exactly been linear. Before I moved to Springfield, MO to continue my career in weather, I helped launch a small business. Before that, I spent a little over a year working for one of the oldest private forecasting firms in America in Palatine, IL. There, I was able to gain experience in applying my education to the forecasting process. Before that, I attended Valparaiso University where I earned my B.S. degree in meteorology (May 2016). And before that, I grew up in a small Indiana town about five miles south of the base of Lake Michigan. It was there that I developed my curiosity and appreciation for weather.

Q: Briefly mention 1-2 activities you like to do in your free time:

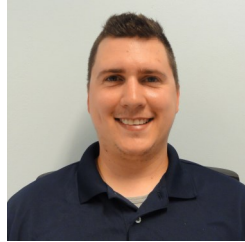
A: Since it's summer, the two things I like to do most in my free time are gardening and watching baseball.



Welcoming New Meteorologists

Kyle Perez

Meteorologist



Hometown: St. Louis, MO

Favorite type of weather: Severe

Time with agency: 10 months

Joined NWS Springfield Office: July 2018

Q: If you were not a meteorologist, what would you be?

A: If I were not a meteorologist I likely would be a Missouri Conservation agent as I have always had a passion for hunting, fishing, and the outdoors.

Q: Briefly describe your career path and how you got to where you are today:

A: I received my Bachelors of Science and Masters of Science in Meteorology from Saint Louis University. I worked on research with the Cooperative Institute for Precipitation Systems (CIPS) analogs and developing Severe Probability Guidance in days 1 through 8. Prior to joining the NWS as a meteorologist last summer, I was a volunteer at the St. Louis NWS Office in 2015. I started my career in the NWS last July here in Springfield, MO.

Q: Briefly mention 1-2 activities you like to do in your free time:

A: I enjoy spending time outdoors, trying new craft beers, and watching sports.

Cory Rothstein

Meteorologist



Hometown: Saint Michael, MN

Favorite type of weather: Severe

Time with agency: 10 months

Joined NWS Springfield Office: July 2018

Q: If you were not a meteorologist, what would you be?

A: If I wasn't a meteorologist, I would either be working at the Department of Natural Resources or working as a restaurant chef.

Q: Briefly describe your career path and how you got to where you are today:

A: I received my Bachelors of Science in Meteorology from Saint Cloud State University and a Masters of Science in Atmospheric Science at the University of Wisconsin-Milwaukee. I was a student volunteer at both the Twin Cities, MN and Milwaukee, WI NWS offices and also worked as a meteorologist at Innovative Weather while studying for my Masters degree in Milwaukee. My Masters research work was on probabilistic heavy rainfall guidance for Great Lakes Cities. I finally started my NWS career when I joined the NWS in Springfield, MO in July of 2018.

Q: Briefly mention 1-2 activities you like to do in your free time:

A: I enjoy running, kayaking, cooking, and brewing beer.

Weather-Ready Nation Ambassador Spotlight

Organization: Senior Age Area Agency On Aging

Director of System Alignment—Mark Applegate

Ambassador Since—February 2019

Senior Age became a Weather-Ready Nation (WRN) Ambassador in February. Mark Applegate, the Director of System Alignment at Senior Age, completed the application and quickly became involved in the initiative.

continuity of operations during high impact events for employees and having a plan of action for seniors such as transportation before or after an event. He says that following closely to the Ready in 3 initiative is key to being prepared for emergencies. Senior Age has a calling tree that gets calls out early to prepare for hazardous weather. Senior Age is actively promoting weather safety on social media and through drills. Mark mentioned one of the greatest benefits of being a Weather-Ready Nation Ambassador is the NWS infographics. He summarizes the Weather-Ready Nation Ambassador program as, “a great partnership with an organization that can help you be prepared.”

On April 3, 2019, Senior Age employees participated in #SafePlaceSelfie day to recognize where you would go in a life threatening situation. The National Weather Service encourages all of our partners and ambassadors to take part in promoting weather awareness and safety.

Senior Age has been serving thousands of seniors in southwest Missouri since 1973. Senior Age is responsible for 37 centers across 17 counties in southwest Missouri. They have served seniors through many programs, senior centers, and numerous services throughout the years.



Pictured: Senior Age employees. #SafePlaceSelfie.

April 3, 2019. (Tweeted by Senior Age via Mark Applegate).

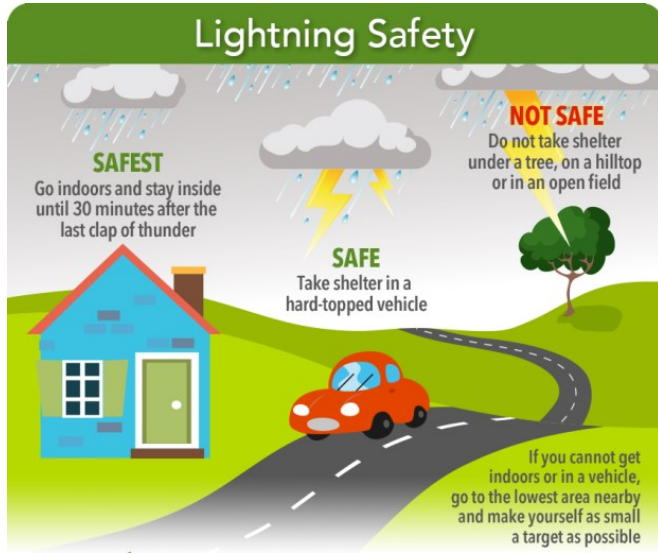
Mark Applegate says, “that being an ambassador has heightened his awareness on the topic of weather safety and preparedness.” One of the biggest risks Senior Age faces is the

Share success stories **Be a Force of Nature** **Serving as an example**
Collaborate with NWS **Help Build a Weather-Ready Nation™** **Promoting weather safety**
How to become an Ambassador?

Visit www.weather.gov/wrn/amb-tou

Lightning Safety

Lightning strikes the United States about 25 million times a year. Although most lightning occurs in the Summer, people can be struck at any time of year. Lightning kills an average of 47 people in the United States each year, and hundreds more are severely injured. It is always good advice, When Thunder Roars, Go Indoors!



Take these simple precautions to stay much safer from the Lightning hazard:

Get in a modern, enclosed building or a metal-topped vehicle if you hear thunder. Look up “Faraday cage” to see why this is so helpful and why the vehicle needs a metal roof to protect you.

Avoid open shelters (like gazebos) and tall trees.

Time your visits to high-risk areas with local weather patterns, so you aren’t in a high-risk area at a high-risk time.

First Aid For Lightning Victims

The mechanisms that hurt us are electricity, heat, and the air blast. These cause many different kinds of neurological problems, burns, and trauma.

Treatment Principles

Scene Safety: Avoid further injuries. It may be safer to wait for the storm to pass before treating victims in extremely hazardous locations.

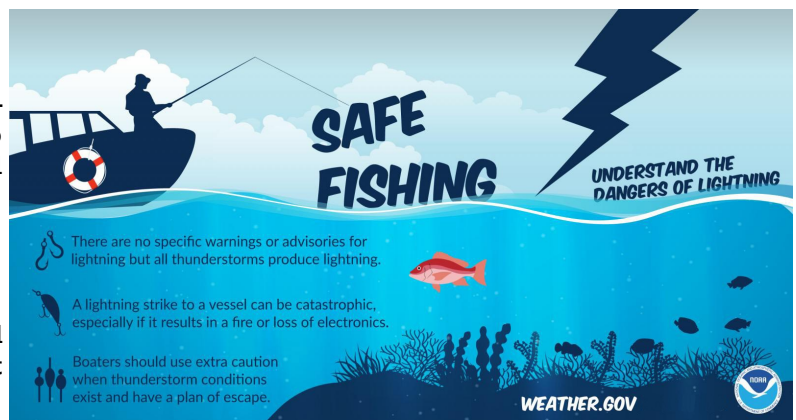
Basic Life Support: Be prepared to provide rescue breathing.

Triage: Unlike normal triage protocols, attend first to those who are in cardiac or respiratory arrest without obvious lethal injury.

Assessment: All patients require a complete body survey and careful evaluation for head, spinal, long bone, or cardiac injuries. Assess peripheral pulses, and sensory and motor status. Check the skin for small hidden burns.

Monitor for cardiovascular, respiratory, and neurological problems.

Evacuate anyone obviously injured by lightning. Be alert for lingering issues that need further evaluation and treatment. Survivors could be disoriented or confused. Their decision-making ability (including judgment, direction finding, and planning) could be dangerously impaired.



Heat Safety

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The Centers for Disease Control and Prevention provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. Some of these symptoms and steps are listed below.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 	CALL 9-1-1	<ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives

Heat Cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Symptoms may include painful cramps and spasms usually in legs and abdomen. Heavy sweating may occur.

First Aid: Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.

Heat Exhaustion symptoms may include heavy sweating, weakness, cool, pale, clammy skin, fast, weak pulse, muscle cramps, dizziness, nausea, vomiting, and fainting

First Aid: Move person to a cooler environment. Lay person down and loosen clothing. Apply cool, wet cloths to as much of the body as possible. Fan or move victim to air conditioned room. Offer sips of water. If person vomits more than once, seek immediate medical attention.

Heat Stroke symptoms may include person with altered mental state as well as throbbing headache, confusion, nausea, dizziness, and shallow breathing. The body temperature will be above 103° F. Skin will be hot and red. Pulse will be strong and rapid. The person may faint.

First Aid: Heat stroke is a severe medical emergency. Call 911 or get the victim to a hospital immediately. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or a bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do NOT give fluids.



PET HEAT SAFETY

SAVE A PET'S LIFE IN A HOT CAR

Animals can die of heatstroke within 15 minutes.

Cracking the windows does not help, the inside still gets dangerously hot.

During hot weather, keep your pets at home.

If you see a pet in an unattended vehicle, do not leave until the problem has been resolved!

 weather.gov/heat

Look Before You Lock!

Hot Cars and Children Safety



38 KIDS

Die each year by being left in an unattended vehicle



88%

Are ages of 5 & Under



54%

Were forgotten by caregiver

100% of These Deaths Can Be Avoided!

Statistics courtesy of noheatstroke.org

6 WAYS to receive a warning

- NOAA Weather Radio
- Local TV and Radio
- Wireless Emergency Alerts & Weather Apps
- Outdoor Sirens
- Internet Sites
- From Your Friends, Family and Coworkers

Your Mobile Device Could Save Your Life

There are multiple ways to receive warnings at your fingertips

- text messaging service
- social media
- weather apps
- wireless emergency alerts - WEA
- mobile.weather.gov from your family and friends

Timely delivery of National Weather Service (NWS) weather warnings issued by our offices across the nation is critical to the NWS mission of the protection of life and property. It is very important that you are able to receive warnings and weather information at home and at work. Two of the most effective ways you get can warning information directly from the National Weather Service are through Wireless Emergency Alerts on your mobile phone, and on NOAA Weather Radio.

How to Report Severe Weather

There are a variety of ways to report weather to the NWS office in Springfield, MO. There are several of ways to submit your reports including Facebook, Twitter, email, and telephone. Please be sure to include the location of the weather event, e.g. 5 miles northwest of Branson. You may also indicate if you are a trained spotter, a ham radio operator, a member of law enforcement, or other affiliation if applicable.

FORECASTS, WARNINGS, AND MORE ANYTIME...ANYWHERE
WWW.WEATHER.GOV/SPRINGFIELD

Submit Your Storm Report

- facebook.com/NWSSpringfield
- [@NWSSpringfield](https://twitter.com/NWSSpringfield)
- contact.sgf@noaa.gov
- [MPing](#)

NWS OFFICES	TELEPHONE #	WEBSITE
Springfield, MO	417-863-8028	weather.gov/springfield
Kansas City, MO	816-540-6132	weather.gov/kansascity
St. Louis, MO	636-441-8467	weather.gov/stlouis
Paducah, KY	270-744-6440	weather.gov/paducah
Tulsa, OK	918-838-7838	weather.gov/tulsa
Wichita, KS	316-942-3102	weather.gov/wichita
Little Rock, AR	501-834-0308	weather.gov/littlerock