



THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



FEBRUARY 2013

THE NEWSLETTER OF THE U.S. ARMY INSTITUTE OF SURGICAL RESEARCH

Brig. Gen. Carvalho new MRMC Commander



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San Antonio's Best



Scan 2-D code for USAISR web site link

CDR's Corner



Col. (Dr.) Michael A. Weber
Commander, USAISR

“Optimizing Combat Casualty Care”

Hello ISR,

Our Nation's most senior leaders are struggling with difficult choices as they try to balance our budget. As we watch our leaders face fiscal uncertainty, it is important to remember that our leaders understand that people are our Army, we are our Nation's force of decisive action-ready today-prepared for tomorrow, and together we are meeting the needs of the Nation.

Budget restrictions are going to happen at the ISR, and we will carefully execute our plans to minimize disruption to the greatest extent possible. This is a very fluid situation where information is updated frequently. I want us all to be focused on our mission and not overly anxious on the latest national news. Demonstrating our productivity and steadfastness is the best way of demonstrating our

value.

There are several events that can help us maintain balance during the month of February.

February is African-American History Month! Also:

FEB 2, Groundhog Day

FEB 10, Chinese New Year

FEB 12, Abraham Lincoln's Birthday and Mardi Gras

FEB 14, Valentine's Day

FEB 18, President's Day

FEB 22 George Washington's Birthday (Happy 281st)!

I am impressed with what you all are able to accomplish every day!



Col. Michael A. Weber present Douglas Johnson with a Certificate of Appreciation for his speech at the Dr. Martin Luther King Jr., day celebration January 16. Here is Johnson's speech:

I would like to share with you a personal remembrance of April 4, 1967 at about 1900: I was seven years old, growing up in a small town in rural western Michigan, sitting in the living room (watching our black and white television) waiting for my favorite TV program ("Flipper") to start, when a news bulletin came on. Just a screen that said "We interrupt this program for breaking news" and a voice that reported that Dr. Martin Luther King Jr., had just been shot on the balcony of his motel in Memphis by an unknown sniper, and to please stay tuned for further details. My mother was in the kitchen washing dishes at the sink, and she asked me what the bulletin had said. I went to the doorway of the kitchen and told her that Martin Luther had just been shot and killed. She said, "Do you mean Martin Luther King Jr.?" in an urgent voice. When I told her yes, she sagged at her knees and gripped the sink for support. "Oh, nooo!" she wailed, in a tone that I have never heard her use before or since, and began to weep silently, tears running down her cheeks that she lacked the strength to wipe away. I ran and hugged her and asked, "Mommy, why are you crying so? Who is he?" "It's because ... It's just ... He was such a good man," she finished, unable to say anything more. "Well, isn't he in heaven with

see MLK continued on page 14



ARMY MEDICINE
Serving To Heal...Honored To Serve

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MRMC kicks off new year with change of command

By J. Ellen Crown and Chelsea Bauckman, MRMC Public Affairs

The U.S. Army Medical Research and Materiel Command and Fort Detrick changed command Jan. 11, with Maj. Gen. James K. Gilman turning the reins over to Brig. Gen. (promotable) Joseph Carvalho Jr., in a ceremony at the Odom Fitness Center.

The change of command ceremony also marked Gilman's Army retirement, culminating a distinguished 35-year career. Gilman was the USAMRMC and Fort Detrick commander since 2009.

Army Surgeon General and Commander of the U. S. Army Medical Command Lt. Gen. Patricia D. Horoho served on the official party and provided remarks, thanking Gilman for his "exceptional" service and ensuring him that his legacy will live on as he embarks on retirement.

"During Maj. Gen. Gilman's tenure as commander, the USAMRMC has been changing battlefield medicine," said Horoho. "The survival rate of those wounded on the battlefield far exceeds 90 percent and continues to go up. Much of the credit for that belongs here at USAMRMC and to its leaders, who are committed to ensuring that we will protect our warriors and restore them to health."

Horoho added, "While we are losing one of our great Soldier leaders, we know that another leader with equally impressive credentials will continue to lead this team. Brig. Gen. (promotable) Joseph Carvalho Jr., understands that the good health of our Soldiers and their families demands careful and faithful attention to an infinite array of small details."

Gilman echoed Horoho's faith in incoming commander Carvalho. In his remarks, Gilman thanked family, friends, and colleagues and also spoke about the honor and duty of leader-



The U.S. Army Medical Research and Materiel Command and Fort Detrick hosted a change of command Jan. 11. The assumption of command is symbolized by passing the organizational colors. During the change of command ceremony, Command Sergeant Major Kevin B. Stuart stands ready to pass the organizational colors to the incoming commander, Brig. Gen. (promotable) Joseph Carvalho.

ship.

Said Gilman, "USAMRMC was never really 'my' command. It was simply a gift I was charged to use to accomplish a mission but also to do all that I could to make it even better than it was when it was handed to me. In this context, it gives me great pleasure to see the gift of the USAMRMC command bestowed upon Joe and Lorraine Carvalho because I know Joe well and I know that he will use the gift wisely and make it even better for the commanders who will follow him."

As a military leader, Carvalho has had a variety of operational experiences, including deployments in support of Operation Iraqi Freedom. His most recent assignment was serving as the commanding general of the Northern Regional Medical Command.

He earned his medical doctorate from the Uniformed Services University of the Health Sciences School of Medicine in Bethesda, Md. He also holds a Bachelor of Arts in mathematics from Gonzaga University in

Spokane, Wash., and a master's degree in strategic studies from the Army War College. His medical specialty training includes internal medicine, nuclear medicine and cardiology. His military training includes Army Airborne and Flight Surgeon schools, as well as Navy Dive Medical Officer and SCUBA courses. He has also earned Special Forces and Ranger tabs and the Expert Field Medical Badge.

"I give you my solemn word that I will do absolutely everything within my power to adeptly and honorably serve the fine men and women of the U.S. Army Medical Research and Materiel Command and to accomplish the missions assigned to me," Carvalho said during the ceremony. "I make this commitment not only to you but also to the warriors and to their families. I will ensure our personnel are well prepared to deliver top quality work at home and abroad, and I will make it my personal goal to develop leaders at all levels to take Army Medicine forward well into the future."

SGM Says



ISR Sergeant Major
Vincent M. Herrington

“Protect and Sustain, Lead From the Front”

Thank you for all that you do for our organization. We greatly appreciate the dedication and commitment you demonstrate daily. Congratulations to Spc. Mark L. Plamper on his first reenlistment. Congratulations also to 2nd Lt. Jonathan C. Richardson and his family on his promotion to Sergeant and a commission to 2nd Lt. in the same month. Hooah, he went from a non-commissioned officer to a commissioned officer in less than a month. Lastly, we would like to thank everyone who attended the monthly awards ceremony and congratulations to all the military and civilian awardees.

Next, some of you may have recently heard or read about the Army’s Profession of Arms. The Army has launched the America’s Army - Our Profession (AAOP) program which started January. The AAOP goal is to enhance the education, training, and pride of service for Army professionals. This effort will generate an inspirational dialog for Soldiers and civilians to reaffirm their understanding of themselves as professionals, recommit to a culture of service, and identify with the Army ethic and culture. The



program is a critical component and will be vital as we communicate the requirements and initiatives necessary to shape the Army of 2020.

Every quarter of calendar year 2013 there has themes. This quarter’s theme is “Standards and Discipline.” The second quarter’s theme is “Army Customs, Courtesies, and Traditions.” The third quarter’s theme is “Military Expertise,” and the fourth quarter is “Trust.” I challenge everyone on our team to be actively engaged in the AAOP program. You can not only help shape our current force but also our future forces. More information is available at the Center for the Army Profession and Ethic (CAPE) website at www.cape.army.mil.

“Everyone wants a good unit—and could have one if only they would demand that standards be met... People talk a lot about Ranger battalions. Every unit in the Army could be like a Ranger Unit. What the Rangers have is a high set of standards that the leadership and the Soldiers must meet. The leadership demands and ensures standards are met.

SMA Glen E. Marrell,
“As the SMA sees It,” Army Trainer,
Fall 1984, pp. 22-23.



Sgt. Maj. Vincent Herrington congratulates newly promoted 2nd Lt. Jonathan Richardson at his promotion ceremony January 22.

see story on page 11

Company Notes



First Sergeant
Bradley G. Proud

Farewell and safe travel to Maj. Stuart Tyner, Maj. Lawrence Petz, and Staff Sgt. Cameron Hubbard who have departed for a 6-month deployment. We have been in contact with them all, and they are doing fine.

Welcome to the ISR family: Staff Sgt. Joel R. McVay and his wife welcomed a son, Levi, January 19.

Congratulations to Sgt. Khanesa Murrell and Spc. Christopher Drew for winning NCO and Soldier of the Month for January. Their photographs will be on display in the company area.

The ISR 2012 NCO and Soldier of the Year competition will be held February 27 – March 1. We will include first quarter 2013 competition at the same time. Due to facility and land availability, the weapons qualification portion of the competition will be conducted February 20 at the Engagement Skills Trainer 2000.

The U. S. Army Medical Research and Materiel Command Best Warrior Competition is coming to Camp Bullis April 7-12 and will be hosted by the Soldiers of the ISR. We appreciate all the assistance from the ISR family to ensure that the event is once again a success. We were tasked again to host the competition because last year's competition stressed the Soldiers and their resolve, contributing to successes at the U.S. Army Medicine Command

level.

On January 16, the ISR Equal Opportunity team provided an exceptional program in honor of Dr. Martin Luther King, Jr. The ISR staff was honored with a personal account from Douglas Johnson of the time and days leading to the death of King. Johnson was moved by his mother's outward expression after news broke of the assassination. That moment became a crucible event that he has never forgotten and continues to look back on. The ISR will observe Black History Month on February 21 from 1130-1230 in the SAMMC auditorium.

The Army kicked off an education

and training program for calendar year 2013 designed to increase our understanding of the Army Profession; ISR has been utilizing the principles of Army Profession since July 2012 when we introduced concepts with questions on our Command Climate Survey and one-on-one conversations with Soldiers. We will have quarterly themes throughout the year starting off with "Standards and Discipline" for the first quarter. There will be some formal discussions as well as leadership dialogue during existing meetings. We will also incorporate some thoughts from Soldiers and civilians in *The Innovator* each month starting in March.



Staff Sgt. Hipolito Ramos cut the Dr. Martin Luther King Jr., day celebration cake January 16.



Soldier of the Month
Spc. Christopher Drew



NCO of the Month
Sgt. Khanesa Murrell

Injured dog handler adopts teammate

Story and photo by Steven Galvan
ISR Public Affairs Officer

Before Azza, a trained bomb detection dog, could warn her handler, Tech Sgt. Leonard Anderson, that they had walked up to some explosives, the improvised explosive device (IED) was remotely detonated. Anderson was hurled through the air landing several feet from the explosion with massive wounds to his legs, abdomen, arms, and hands and requiring a helicopter medical evacuation (medevac) to save his life. That was the first time that the inseparable bomb detection team was separated from each other in months.

Five-and-a-half months after the explosion that separated Anderson and Azza, they are back together—this time for good. On January 15, Anderson met Azza, an 8-year-old Belgian Malinois at the San Antonio International Airport to take her home.

“She is going to have run of the house,” he said. “She’s going to do everything and go everywhere with me. To my appointments, on boat trips, everywhere.”

Tech Sgt. Ryan Goodrich, Anderson’s co-worker and good friend flew with Azza from Eielson Air Force Base in Alaska where they are members of the 354th Security Forces Squadron known as the “Arctic Warriors.” Anderson submitted the necessary paperwork to adopt Azza the minute that he found out that she had been deemed ready for retirement by the squadron commander.

“Working dogs are usually always adopted by their trainers,” he said.

Once Azza had been cleared to join Anderson, he purchased plane tickets for Goodrich and Azza to fly from Alaska to Texas.

“It’s worth every penny,” Anderson said. “Azza is with me where she belongs and we’re both very happy.”



Tech Sgt. Leonard Anderson meets Azza at the San Antonio International Airport January 15 to take her home.

Road to Recovery

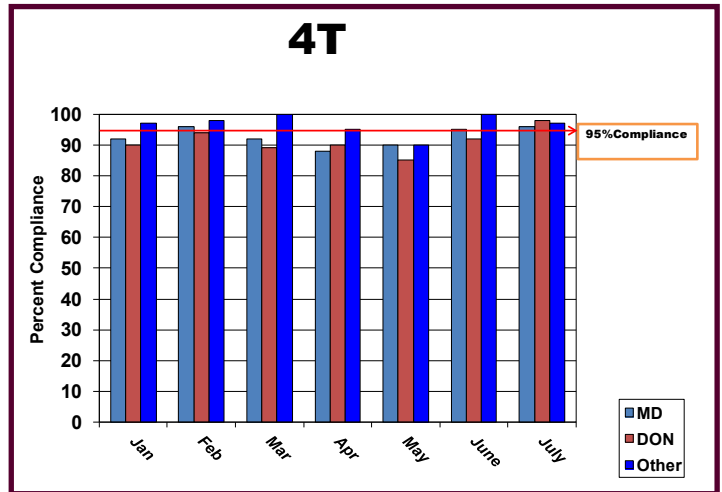
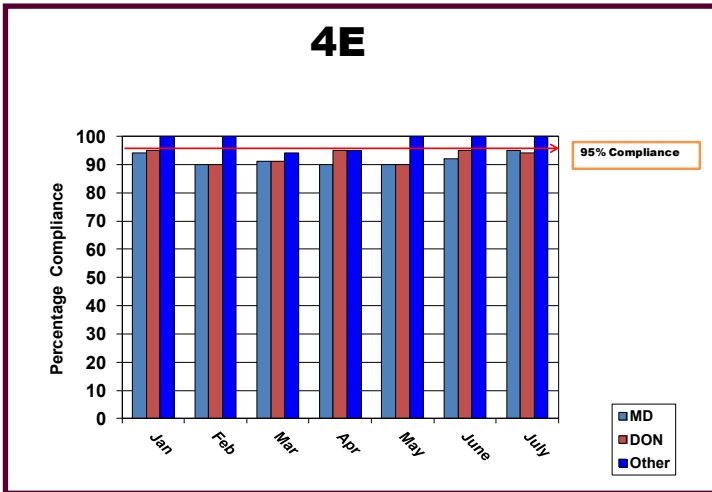
These days, Anderson spends a lot of time at the Rehabilitation Center of the U.S. Army Institute of Surgical Research Burn Center located at the San Antonio Military Medical Center, Fort Sam Houston, Texas, where he has

been a patient since early August 2012. Despite efforts to keep his hands intact, he lost two fingers and the thumb to each hand.

“You don’t realize that everything you do is with your hands until you can’t use them,” he said.

see AZZA continued on next page

Hand Hygiene Compliance



AZZA continued from previous page

Anderson’s physical therapy sessions are designed to strengthen the limited grip that he has on each hand. Soon he will start agility routines to build up his legs that he almost lost. His goal is to get back to the way he was before the explosion.

“I would like to stay active duty and finish my time,” he said. “But first and foremost, I want to be able to take care of my family.”

Anderson and his wife have two children, both under 3 years old. His hands limit how much he can assist his wife with changing diapers and their overall care. “I want to be able to change the kids’ diapers and help with the kids as much as I can. It’s all about being able to take care of my family.”

Taking care of his family, staying on active duty, getting back to the gym, and playing softball is what motivates Anderson to get his life back as close to the way it used to be.

“I’m getting there,” he said. “Every little milestone is a big achievement.”

Anderson is willing to do whatever it takes to achieve his goals. He has opted to have his left hand amputated so that he can be fitted with a prosthetic and able to hold on to things.

“That’s the only way that I’ll be able to grip a bat,” he said. “If you can’t grip

a bat, then you can’t play softball.”

When asked why he wants to stay active duty, Anderson said, “I love being in the military. I knew the dangers before I joined. I knew this could happen to me. It happened, and now I’m dealing with it.”

Day of the Explosion

Anderson said that he does not remember that day at all. He doesn’t remember waking up, getting ready for the day, going out on the mission—nothing. One thing for sure, Anderson and Azza were on an explosive-finding reconnaissance foot patrol mission that was captured on film. A crew from the television channel Animal Planet joined the team that morning to videotape the mission for a documentary due to air in February.

When the IED was detonated, Craig Constant, a former Marine and Operation Iraqi Freedom veteran, was recording the foot patrol. Constant’s initial reaction was to pick up the video camera and continue filming the aftermath of the blast. When he realized that Anderson had landed near him and the extent of his injuries, his military training kicked in and he applied tourniquets to the groin area of his legs.

“He saved my life,” said Anderson.

“I could have bled to death because my legs were mangled and I was bleeding really bad.”

Anderson and Constant, who lives in Dallas, now have a life-long relationship. “We are good friends and we talk on the phone all the time.”

Azza and Anderson have a strong bond as well. While Constant was placing the tourniquets on his legs, Azza laid down next to him until he was medevaced. The inseparable team wouldn’t see each other for 3 months when Anderson was discharged from the Burn Center and was able to fly to Alaska.

“It was horrible for me to come back without her,” he said. “I wanted to bring her back with me, but I always knew that someday I’d bring her home for good because we belong together.”

FREE Continuing Education (CEU) and Continuing Medical Education (CME)

CEU
ce.nurse.com/Free-Nursing-CEU-Texas
ce.nurse.com/FreeCE.aspx
www.cdc.gov

CME
www.medscape.org/cme
www.freecme.com

Some courses may require registration.

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



We have a multitude of safety procedures, administrative and engineering controls in the workplace to prevent from fire hazards, but we need to also take the time to think safety at home. Not just you solely but it should be a family affair take a moment to go over the following tips as we enter February which is also Burn Awareness Month. The most important convenience around the home is safety which will cover not just fire safety but general home safety. The following tips are provided to help you keep your home and family safe. Here are a few easy ways to increase safety in your home:

Check smoke detectors the first or last day of every month by testing them with a well-aimed poke from a broomstick. Change batteries when you turn your clocks forward or backward for daylight savings time. Keep your stove company. Kitchen fires often occur when wandering cooks forget that they are cooking. When cooking, wear short or close-fitting sleeves to prevent clothing from catching fire.

Keep furniture away from windows so that children can be prevented from tumbling out an open window. Drawers have been used by children as stairs so be sure to anchor tall chests to walls to prevent them from falling over.

Be kitchen wise:

Most home fires begin with cooking equipment. When in the kitchen, remember to:

- Never leave cooking unattended.
- Wear clothes with tight fitting sleeves when cooking.

In the Spotlight

Audrey L. Premdas

Job title: Budget Analyst

How long have you worked at the ISR? 5 ½ years

What or who has been an inspiration to you in your work? My family, friends and co-workers.

What is your favorite part of your job? Knowing that what I do whether big or small it's helping our soldiers.

Your proudest achievement? My proudest achievement is earning my degree.

Short- and long-term goals? Short-term: take a vacation, long-term going back to school to further my education.

Hobbies: Spending time with my family and friends, traveling, cooking and bowling.

Favorite book: *The Twilight Series*

Favorite movie/TV show: *The Notebook/Man v. Food*

Favorite quote: "It is hard to fail, but even worse never to have tried to succeed"
Theodore Roosevelt



- Always set a kitchen timer to remind you to turn off burners and/or oven.
- Keep stove surfaces free of clutter and built-up grease.
- Always have a lid or some type of non-combustible flat surface to put over a pan fire so that it will be smothered out.
- Never pick up and run with a pan fire that has the potential to spread the fire even further.

Install smoke detectors:

Be sure to have smoke detectors in all sleeping areas and on every level of your home including the basement. Have a smoke detector either in each bedroom or in the hall adjacent to the bedroom.

Test the batteries in your smoke detectors monthly, and replace your batteries when you turn your clocks

forward or back for daylight saving time. If you are hearing impaired, use a tested and approved smoke detector that triggers a strobe light. Every home should have a fire extinguisher

At least one fire extinguisher should be installed in plain view above the reach of children in every home. They should be positioned near escape routes and away from stoves or heating appliances.

Keep an all-purpose fire extinguisher in an accessible place and make sure everyone in your home knows how to use it. A multi-purpose fire extinguisher is best. Look for the rating to be at least 2A:10 B:C on the label. This type of extinguisher can be used on any commonly caused type of fire.

Extinguishers should be inspected
see SAFETY continued on page 14

February Health News

By Maria G. Dominguez, R.N. COHN-S/CM Occupational Health



This February marks the 10th year of the American Heart Association's (AHA) Go Red For Women movement. This is an opportunity for teens and women of all ages, ethnicities, and socioeconomic backgrounds to be empowered with tools that will promote a healthy mind, body, and spirit. But heart disease affects both men and wom-

en. Taking action to keep your heart healthy is important because heart disease is the number one killer in the U.S., and in the world.

According to AHA statistics from 1999 to 2009, cardiovascular disease (CVD) death rate declined by 33 percent; however, CVD still takes the lives of more than 2,150 Americans every day, an average of one death every 40 seconds.

During that same time, the relative rate of stroke death fell by 37 percent and the actual number of stroke deaths declined by 23 percent. Still, stroke is a leading cause of disability in the U.S.

Making lifestyle changes before you develop a chronic condition such as high blood pressure or high cholesterol is critical. While medication may

reduce your risk for a heart attack or stroke, it can't eliminate the risk.

The first step to doing this is getting a full picture of your health by knowing your Life's Simple 7 numbers. Life's Simple 7 focuses on the seven factors and behaviors that have the biggest impact on your heart health, both on their own and taken together. They are:

- Get active
- Eat better
- Lose weight/maintain healthy weight
- Control cholesterol
- Manage blood pressure
- Reduce blood sugar
- Stop smoking

You don't have to be a heart surgeon to save lives. Love your heart!

Dubick recognized for contributions to SCCM

Story and photo by Steven Galvan ISR Public Affairs Officer

Michael A. Dubick, Ph.D., the damage control resuscitation (DCR) task area manager at the U. S. Army Institute of Surgical Research (ISR) was awarded a 2013 Presidential Citation for his outstanding contributions to the Society of Critical Care Medicine (SCCM).

"My job is very rewarding," Dubick said. "This award brings credibility to the ISR."

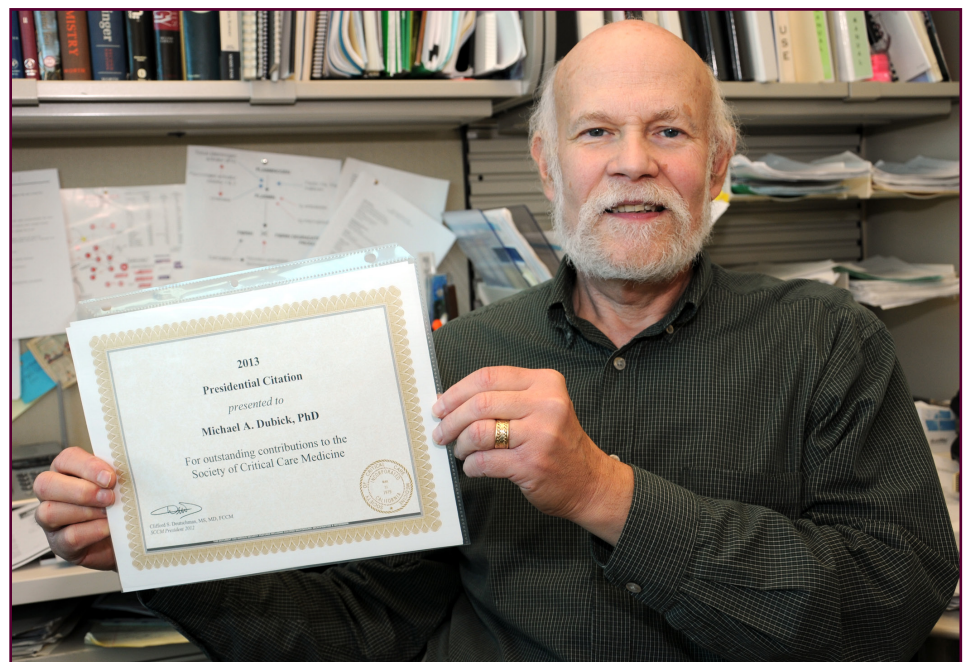
According to the SCCM website, the organization is the largest multi-professional organization dedicated to ensuring excellence and consistency in the practice of critical care. With nearly 16,000 members in more than 100 countries, SCCM is the only organization that represents all professional components of the critical care team. The Society offers a variety of activities that promote excellence in patient care, education, research, and advocacy.

For almost 20 years Dubick has

been conducting combat casualty care research at the ISR. Since 2004, the hemostasis and then DCR areas have been involved in four research programs that have resulted in being recognized in the "Army's Top 10 Inventions." 2004—Chitosan Hemostatic Dressing; 2005—Combat Application

Tourniquet; 2007—Damage Control Resuscitation of Severely Injured Soldiers; and 2008—Combat Gauze for Treating Hemorrhage in Injured Soldiers.

When not at work, Dubick has dedicated a portion of his time to the **see DUBICK continued on page 14**



Michael A. Dubick, Ph.D., received a 2013 SCCM Presidential Citation.

Salinas named ISR Civilian of the Year



ISR Civilian of the Year, Narciso "Chicho" Salinas Jr., inspects completed duct work while Robert Payne, project manager looks on.

Story and photo by Steven Galvan
ISR Public Affairs Officer

Keeping a facility like the U.S. Army Institute of Surgical Research (ISR) operational is not an easy task, but that's exactly what Facility Manager, Narciso "Chicho" Salinas Jr., from Logistics Division does every day. His dedication to the ISR mission and enthusiasm to accomplish and go beyond command expectations were recognized January 24 when he was named the Civilian of the Year during a Soldier/Civilian awards.

For his stellar performance and commitment to the ISR mission, Salinas was presented with a Civilian of the Year certificate by the ISR Commander, Col. (Dr.) Michael A. Weber.

"I am extremely honored for being selected as the ISR civilian of the year," Salinas said. "I work with so many great people who are professional and are also worthy of this award."

Salinas has been working at the ISR since 2009 and said he believes he was

selected for this honor because he always goes the extra mile on everything he does. "Not only by completing all of my projects on time, but also by maintaining a good working relationship with my colleagues and maximizing all organization mission requirements."

Chief of Logistics Division Leila

"I am extremely honored for being selected as the ISR civilian of the year. I work with so many great people who are professional and are also worthy of this award."

Narciso "Chicho" Salinas Jr.

Rathburn said that she's extremely proud that Salinas was selected for this award. "As facilities manager, Salinas manages multiple projects and work orders on a daily basis," she said. "He continually ensures that the customers' requirements are taken care of in an efficient manner without impeding

the mission. His commitment and exemplary performance have greatly enhanced the functionality of our facility."

Rathburn went on to say that Salinas manages facility projects and work orders for more than 250,000 square feet of laboratory, administrative, warehouse, and vivarium space. "He also works closely with our headquarters, the Air Force 502nd Civil Engineering Squadron, and the Army Corps of Engineers to ensure all projects are coordinated accordingly and in compliance with current regulations."

One of the best things that Salinas likes about his job is being able to work independently and the people around him. "It's great to work with people who care about doing a good job."

Salinas also said that the only challenge he faces at the ISR is not having served in the military. "There is a lot to know when working with military staff, civilians and contractors, to include cultural diversity." But that won't stop him from going above and beyond what is expected of him and offers this advice to anyone who would like to be the next Civilian of the Year at the ISR. "Be highly committed to the mission and strongly motivated to achieve and exceed expectations."

Research Orientation for Newcomers

April 2
0800-1600
BHT1 2nd Floor Conf. Rm



From a Specialist to 2nd Lt. in 8 days

Spc. Jonathan Richardson, left, is promoted to sergeant by his wife, 1st Lt. Rose Richardson January 14. On January 22, Capt. Natalie D. Collins promoted Sgt. Richardson to 2nd Lt.

Story and photos by Steven Galvan
ISR Public Affairs Officer

Being promoted from a specialist to sergeant and then a second lieutenant in eight days is not common in the Army, but those are the promotions that Jonathan C. Richardson saw during the month of January. Richardson, a medical laboratory technician (68K) at the U.S. Army Institute of Surgical Research (ISR) was promoted to the ranks of a non-commissioned officer January 14 and commissioned as an officer January 22.

The newly commissioned 2nd Lt. began a new chapter in his Army career as a Clinical Laboratory Scientist (71E) January 23 when he began the Basic Officer Leader Course at Fort Sam Houston. For the next two-and-a-half months Richardson will be a student at the U.S. Army Medical Command Center and School before transferring to his first assignment at the 153rd Medical Detachment (Blood Support), Fort Lewis, Wash.

“This is fantastic,” said Richardson. “Before this promotion, I was unsure if I was going to make the Army a career, but now I know that I am.”

Richardson left the ISR after three years in the Research Directorate and said that he still hasn’t accomplished

what he has set out to in life, but he’s off to a good start. Three years ago, he and his wife, a first lieutenant in the California National Guard and environmental scientists (72D), aimed to earn a commission in the Army when

they were attending Advanced Individual Training at Fort Sam. Earning a commission is just a stepping stone for his ultimate goal.

“My goal is to go to medical school and become a doctor,” he said.



San Antonio’s Best

Lt. Col. Kevin Chung, left, and Col. Evan Renz, were among the 900-plus top doctors and dentists from the eighth annual survey of the best doctors as referred by their peers in “The Best of 2013 San Antonio Doctors” of the S.A. Scene magazine. Chung was selected in the Internal Medicine, Critical Care category and Renz in the Surgery, Critical Care.

Around the ISR



Top left: Lt. Col. (P) Booker T. King gives a tour of the Burn Center to Bank of America executives January 30.
 Top right: 1st Sgt. Bradley G. Proud is surprised on his birthday with a cupcake from the Company January 28.
 Bottom right: Lt. Col. Sandra Escolas receives 16 televisions from Autumn Manning of the Soldiers' Angels January for the Burn Center Intensive Care Unit.
 Bottom left: Capt. Natalie D. Collins presents Sgt. Victor Oquendo a plaque during his going-away ceremony January 30.
 Left center: Araceli "Sally" Perez celebrates her birthday January 23.

Around the ISR continued



Top left: Maj. Katherine Malachi, left, greets Brigadier Dag Hjelle from the Norwegian Armed Forces Medical Services for a briefing and tour of the ISR and Burn Center January 30.
Left center: Staff Sgt. Angela Madoux presents Col. Louis Stout with a going-away gift January 23.
Bottom left: Col. Anthony Johnson, left, presents Spc. Mark Plamper with an Honorable Discharge certificate during his reenlistment ceremony January 23.

Top right: Staff Sgt. Tiffany Baldwin receives a cupcake on her birthday from the ISR Company January 28.
Right center: Col. Evan Renz gives a tour of the Burn Center to Rear Adm. Colin G. Chinn, Director, Medical Resources Plans and Policy Division, January 23.
Right bottom: ISR awardees pose for a photo after the Civilian/Soldiers Awards ceremony January 28.

SAFETY continued from page 8

and serviced based upon the manufacturer's service schedule. Rechargeable models must be serviced after every use. Disposable fire extinguishers can be used only once, then must be replaced.

If you have a fire, always call 911 first and then proceed as follows to operate an extinguisher, using the PASS system:

- PULL the pin out to unlock the operating lever.
- AIM low; point the extinguisher nozzle (or hose) at the base of the fire.
- SQUEEZE the lever below the handle to release the chemical.
- SWEEP from side to side, moving carefully toward the fire. Keep the extinguisher aimed at the base of the fire and sweep back and forth until the flames appear to be out.

Watch the fire area. If the fire re-ignites, repeat the process.

Family escape plan:

Have an escape plan and have everyone in the family practice the plan:

Know two ways out of each room (think doors and windows).

Have a meeting spot outside the house.

Have all members of the family practice "Stop, Drop and Roll."

Give space heaters space:

Keep electric or any type of portable space heater at least 3 feet from everything, including you! Just brushing against one could set your clothing on fire.

Prevent clothes dryer fires:

The National Fire Protection Association reports approximately 14,100 fires per year that are caused by improperly venting a dryer or careless maintenance procedures.

Tips for dryer safety:

Prevent fires with proper dryer duct installation. The dryer duct should vent directly outdoors - never to a room inside the house. Venting a gas dryer

inside is especially dangerous because the air discharge can contain a combination of combustible gases.

Avoid using plastic duct work because it could ignite or melt. Instead, install a hard metal duct from the dryer to the outside of the house.

Keep the duct free of lint to help reduce the chance of fire spreading outside the dryer and into the vent. Never attempt to dismantle a dryer to clean the line between the dryer drum and the heat element. Contact a professional to do that type of work.

Use dryer vents constructed of non-flexible metal that contain as few bends as possible.

MLK continued from page 2

Jesus now?" "Yes, I'm sure he is." And then she sat down in a kitchen chair and wept, her face in her hands, rocking slowly back and forth, as the early spring twilight slowly faded into darkness. It was a mighty time.

You must understand that my mother is white. She grew up in rural Wisconsin, and knew some "colored" people (as the term was back then) when she studied nursing in Chicago, where she had met and married my father, who is also white, before they moved to a town where the closest African American was thirty miles away. Both of my parents supported integration and equal rights, but they never marched or demonstrated the way others did. They were just average Americans living average lives, working and paying their bills and going to church on Sundays. But somehow, a 32 year old white mother of three small children had been so deeply touched by the life and work of Martin Luther King, Jr., that she mourned his passing in way that I never saw her grieve again, and every January since his birthday became a holiday, when she was able to walk, she always marched and held a candle in the evening to honor his memory, as have I, even if no one was around to see me hold the candle and say a prayer for justice, for peace, for equality. Back when I was a single soldier living in the barracks at Fort Stewart, I used to have a picture of Martin Luther King, Jr., on the inside door of my wall locker, next to my Sports Illustrated swimsuit picture of Angie Everhardt. Guys would always ask me why a white guy like me would have a picture of a dead black man in place where I could see it every day. "Well, it's just ... he was such a good man." I really couldn't explain it any better than that. Martin Luther King, Jr., is a hero to so many because he did not just speak for justice and equality for African Americans who lived in a segregated world that has fortunately ended for all time because of his leadership. He also spoke for peace in a country wracked by war, and he called for a war on poverty instead of a war on Vietnam. He spoke not just for poor Americans, but for the poor of Africa, Asia, and Latin America, which is a reason that his memory continues to be honored around the world, in a way no other American is honored. "He was such a good man." Had he been a Roman Catholic, instead of a Baptist minister, he would be canonized as a saint by now, for his Christian witness remains so powerful that none can deny it. I'm not talking just about the non-violence, the marches, the speeches. We know the intimate conversation of Martin Luther King Jr. in a way that the thoughts of few other great historical figures can be known, thanks to the wire tapping conducted by the FBI. What is so remarkable is that even when he was not speaking in front of cameras, when he was speaking just to those closest to him, even when he did not know that his words were being recorded, he never spoke with hatred of his enemies. There were many who sought to speak falsely of him, because they were afraid of him, and to slur him as a Communist, which he was not, and as an adulterer, which he was. If ever a man had just cause to speak with anger and with venom against his foes, that man was Martin Luther King Jr. Yet he turned the other cheek. For real. He prayed for

Clean the lint trap after every use.

Call a professional if your dryer is not working properly.

Install a smoke detector near your laundry room.

Candles:

Never leave burning candles unattended and always have them in or on a non-combustible surface and away from any combustible surface.

Don't place lighted candles near paper, draperies or clothing and never leave papers near a heater or fireplace.

Be smoker wary:

Use large, deep, non-tipping ashtrays. Empty ashtrays often, wetting the contents before dumping into the trash and never smoke in bed.

see MLK continued on page 16

DUBICK continued from page 9

SCCM by serving on the committee that reviews vision grants and he currently serves on the program committee. He also reviews manuscripts for SCCM's monthly journal *Critical Care Medicine*, the premier peer-reviewed, scientific publication in critical care medicine.

“Participation in scientific societies is intergral to what we do as scientists,” said Dubick. “It’s a commitment that I make to improve critical care to society. We are doing relevant work for the warfighter and delivering life-saving products to the battlefield.”

Don't let Sexual Assault suck the life out of you. There is help!



- SFC Buckmaster** 539-4665
BHT 2
- SFC Gibson** 916-1766
COTO Admin Hall
- SSG Sample** 916-0994
COTO Education Office
- SFC Gilmore** 916-5743
COTO Burn Clinic
- SFC Thomas** 916-0784
COTO BICU
- CPT DelToro** 916-5732
COTO Rehab Hall
- Kay Neer** 539-3635
BHT 1

Escolas earns proficiency designator, O2M3



The 9A Proficiency Designator recognizes highest level of professional achievement within each of the Corp’s specialties or sub-specialties in the Army Medical Department (AMEDD) by the Surgeon General. Escolas made significant contributions to the advancement of knowledge in psychology through extensive publication and active national professional organization membership. The O2M3 is a unique, private organization that recognizes excellence and promotes fellowship and esprit de corps among AMEDD personnel. Membership in the Order denotes distinguished service which is recognized by the senior leadership of the AMEDD.

“I am honored and humbled to receive the highest honor Medical Service Corps,” Escolas said.

Escolas entered the Army as a PFC to serve as a signals intelligence analyst (98C). After three years of service she returned to civilian life to start a family and earn a college degree. Ten years later, Escolas received her Doctor of Philosophy in Experimental Psychology and joined the Army as a captain for duty as a research psychologist.

“It has taken a lot of work to get

see ESCOLAS cont. on next page

Lt. Col. Sandra M. Escolas earned the 9A Proficiency Designator and the Order of Military Medical Merit.

Story and photo by Steven Galvan
ISR Public Affairs Officer

“2012 was a very good year for me,” said Lt. Col. Sandra M. Escolas, burn center executive officer and one of the clinical trials in burns and trauma task

area managers. Escolas, a research psychologist (71F), was referring to the 9A Proficiency Designator Certificate of Achievement that she was presented by the Army Surgeon General and her membership into the Order of Military Medical Merit (O2M3).

Back When...



Can you guess who this ISR staff member is?

This photo was taken 1987 at Fort Rucker, Ala., while she was attending the Warrant Officer Candidate School.

Last Month's Answer:



Gilbert Ramon
Logistics Division

ISR Statistics Class

LOGISTIC REGRESSION

Learn:

- When to use it
- How to run and interpret it
- About **confounding** and how to adjust for it

Tuesday, February 29
1500-1600
BHT2 Second Floor Conference Room



MLK continued from page 14

those who hated him. For real. He loved his enemies. For real. "He was such a good man." He was a man. And because he was a man, not a god, not a symbol, not perfect by anyone's reckoning, he inspires us all, by the example of his life, to be men (and women) like him. Unlike Peter, he never denied Christ, despite great temptations to do so. Even unto death, he was faithful to Jesus. My mother has no doubt, and I have no doubt, that he is with Jesus now. If the power of God is so great that it could work such a wonder in a man, what other miracles can it work in the lives of men and women like us, if only we allow it to?

So, again this year, I shall honor the memory of Martin Luther King Jr., as will my eight year old son, with a candle in the early evening twilight, and brief prayer for peace, for justice, for equality. The work is not done yet, though some may claim it is. Even though an African American now is the President, there is still prejudice and hatred everywhere. Just turn on the radio if you doubt that. But there can be no doubt that if we remain faithful to the dream, to the Power that inspired it, that one day the dream will come true. "If God be for us, who can be against us?" Thank you for letting me share my remembrance, and to pay tribute to a good man.

ESCOLAS cont. from previous page

here," she said. "But it's worth it. I absolutely love my job and these honors validate that I am helping our Soldiers and that my contribution is important. I couldn't have done it without the support of my family and the outstanding leaders and soldiers I have been blessed to work with and learn from."

January Civilian/Soldier Awards Ceremony

Civilians of the Quarter

Calvin Cooper-Resource Directorate
Bijan Kheirabadi-Research Directorate
Raul Vanegas-Clinical Directorate/Burn Center

Commander's Award for Civilian Service

Rosann Berg
Rosevelt Cunningham
Claudia Wood

Elsa Coates
Lynn Valo

Achievement Medal for Civilian Service

Ashley Fransisco
Jennifer Sherman

Johnny Quinney
Tina Somers

Army Commendation Medal

Spc. Michael Auchey
Sgt. Leonardo Aviles
Spc. Belinda Becoat-Rogers
Staff Sgt. John Camelo
Spc. Jaffster Daus
Spc. Nicole Jeffrey
Spc. Eric Kim
Sgt. Khanesha Murrell
Sgt. Victor Oquendo
Sgt. David Sosa
Lt. Col. Richard Williams

Army Achievement Medal

1st Lt. Natasha Benton
Spc. Jaffster Daus
Staff Sgt. Orlando Hernandez
Spc. Stephen Holmes
Staff Sgt. Joseph Holtz
Spc. Eunjoo Kim
Spc. Yong Lee
Staff Sgt. Angela Madoux
Sgt. Khanesha Murrell
Sgt. John Newton
Sgt. Anntoniette Pierce
Staff Sgt. Erick Pisauero
Staff Sgt. Maria Thomas

Certificate of Achievement

Sgt. Leonardo Aviles
Spc. Shane Berry
Spc. Brandon Bock
Spc. Billie Durrett
Sgt. Victor Gaines
Sgt. John Newton
Staff Sgt. Erick Pisauero
Spc. Marites Staley

Army Physical Fitness Excellence Patch

Cpl. Jamar Williams