



THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



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USAISR Inducts 14 NCOs

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Celebrating National American Indian Heritage Month

CDR's Corner



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

"Optimizing Combat Casualty Care"

Hello ISR,

Last month, we recognized Maria Chapa and her 45 years of inspirational service as a Department of the Army Civilian. She is one of our key people in translating ideas into actions and miracles. Her dedication to duty motivates me to "Be All I Can Be." Her service reminded me of a presentation by the U.S. Army Medical Department Civilian Corps Chief, Gregg Stevens.

The key topic that Stevens highlighted was the importance and relevance of civil servants to the Army Team. We must not forget that our mission could not be accomplished without the unique contributions of our civilian team members as Army

Professionals.

Our contractors are also key members of our team. Although the contractors are not Army employees, they are our partners in mission accomplishment and deserve to be thanked and recognized for their essential contributions. There are important tools our civil servants need for their career management. Stevens provided this link to the AMEDD Office of the Chief Website that has information on self-development: <https://ameddciviliancorps.amedd.army.mil/>.

Take advantage of every program that the Army has to offer. I encourage and support programs at our Institute that are aimed at keeping us active and healthy. Maria Dominguez is leading the Institute's "Group Lifestyle Balance

Program." Watch for her e-mail announcements and fliers for opportunities to enroll in the 12-week program. Whether walking, jogging, or playing a game of basketball before or after working hours or during the lunch hour, find an activity that you like and stay healthy.

Staying active is only part of the Performance Triad: good nutrition and getting plenty of sleep every night are also important. Everyone at the ISR is part of the Army Team, and we need everyone to optimize their health.

I wish everyone a safe and wonderful holiday season. Use this season to increase the value of your personal, family, and spiritual relationships. I encourage everyone to remember the five
CDR continues on page 6



Col. (Dr.) Michael Weber presents Maria Chapa with a certificate of recognition of 45 years of service in the U.S. Government Nov. 26

New USAISR Vision Statement:

The Nation's premier joint research organization that integrates safety into planning and executing registry-based and translational research providing innovative solutions for burn, trauma, and combat casualty care from the time of injury through rehabilitation.



ARMY MEDICINE

Serving To Heal...Honored To Serve

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SGM Says



ISR Sergeant Major
Vincent M. Herrington

“Protect and Sustain,
Lead From the Front”



Happy Holidays everyone and thanks for your dedicated service to our Nation. A special thanks to our deployed Soldiers and their family members. The holiday season is a great time to spend quality time with family and friends or just relax. It is also a time for reflection. Reflecting on this year, the list of accomplishments you all have achieved collectively and individually this year are remarkable and have not gone unnoticed. Hopefully, we have done a good job of recognizing those accomplishments throughout the year. The teamwork shared throughout our organization is truly inspiring and worthy of every praise given by those

whom we serve. There is no doubt your commitment to excellent will continue into the New Year. However you decide to enjoy this joyous season, please be safe and considerate of others.

Congratulations to all the awardees for last month awards ceremony. Congratulations to Sgt. Cedric Mason and his family on reenlisting in the Army. Congratulations to Sgt. Daniel Zimmerman and recently promoted Sgt. Jeremy Walden who were selected as the USAISR NCO and Soldier of the Quarter, respectively. Welcome to all the newly assigned Soldiers and Family members.

“Teamwork, leadership and dedication [are] the winning formula that has enabled the Army to maintain quality despite turbulent circumstances.”

Gen. Gordon R. Sullivan and Sgt. Maj. Richard A. Kidd,
“Facing the Future,” Soldiers, July 1993, p. 6

14 ISR Sergeants Inducted into NCO Corps

The U.S. Army Institute of Surgical Research (USAISR) inducted 14 non-commissioned officers (NCOs) into the NCO Corps during an NCO Induction Ceremony November 22 at the San Antonio Military Medical Center auditorium.

The longstanding traditional NCO Induction Ceremony is for recently promoted sergeants who are joining the ranks of a professional Army Corps that highlights and builds the pride shared by all members of the elite Corps. The ceremony is also designed to honor the memory of men and women of the NCO Corps who have served with pride and distinction.

Sgt. Jacqueline L. Mason was among the inductees who said the ceremony gave her a sense of pride.

“Going through the ceremony made me feel as though trust and responsibility were actually passed on to me,” she said. “I didn’t feel this way when I

NCO continues on page 5



Sgt. Jacqueline L. Mason goes through the “Arch of Sabers” as she is inducted into the Army’s NCO Corps November 22 at the San Antonio Military Medical Center auditorium.

Company Notes



Company Commander
Capt. LaShawna N. Ray

Welcome to the ISR family: Spc. Samuel Gatitu and his wife welcomed a daughter Sandra Wairimu born on November 16.

Congratulations to Sgt. Pablo Sierra and Spc. Chet Voelker for being selected as NCO and Soldier of the month, respectively, for November. Their photographs will be on display in the company area.

Congratulations to the following Soldiers on their promotion effective December 1: Staff Sgt. Leonardo Aviles, Sgt. Jamar Daniels, Sgt. Jaffrey Daus, Sgt. Yong Hwi Lee, and Sgt.

Jeremy Walden.

Thank you to the Equal Opportunity (EO) Team for the fantastic celebration of National American Indian Heritage Month.

With the holiday season approaching and the year coming to a close, I want to take time to express how appreciative I am for all the hard work, dependability, and perseverance everyone has shown in the face of some challenging times. I wish for all to have a peaceful break spent with family, friends, and loved ones.

We are also celebrating with our annual holiday party, scheduled for December 21 from 1600-2200 at the Warfighter and Family Readiness Center (ACS/ Roadrunner) building on JBSA. If you would like to join the committee or volunteer to help out with this event, please contact Staff Sgt. Michael Cavallo.

Remember to consider all safety hazards that may be interfere with your holiday plans: drinking and driving, weather changes, fire safety, and preparing food, just to name a few. Do what you can to keep you and your loved ones safe. May you have a joyous and festive holiday season!

Thank you all for everything that you do each day to help us be the best organization in the MRMC!



NCO of the Month
Sgt. Pablo Sierra



Soldier of the Month
Spc. Chet Voelker

By Sgt. 1st Class Rosalba Rodriguez, USAISR EO Leader

There Is A Battle Of Two Wolves Inside Us All



One is evil. It is anger, jealousy, greed, resentment, lies, inferiority and ego.

The other is good. It is joy, peace, love, hope, humility, kindness, empathy and truth.

The wolf that wins? The one you feed.

-Cherokee Proverb

Historically, diversity is a concept that has been neglected for centuries. Now, however, diversity has taken the lead to being recognized as a concept that is beneficial in contributing to the overall success of an organization. According to author Charles Coffey, diversity "is more than respecting differences between ethnic groups or genders; it is about acknowledging a variety of dimensions and life situations" beyond this; diversity nurtures an environment that values the differences and maximizes the potential of all employees and one that stimulates employee creativity and innovative ideas, regardless of the individual's age, gender, race, sexual preference, or religious affiliation.

The Department of Defense celebrates eight ethnic observances every year. The USAISR EO Team, along with the BAMC EO Team, develops programs to recognize and celebrate the different cultural differences. See page 12 for this month's observance.



Staff Sgt. Maria Thomas lights one of three candles that signify valor and hardiness, purity and innocence, and perseverance and justice.



Sgt. Kenneth Venable walks through the "Arch of Sabers" during the NCO Induction Ceremony.



Master Sgt. Jon Gran, acting 1st Sgt. administers the NCO Creed to Sgt.s Leonardo Z. Aviles, Brian J. Brown, Polly A. Busman, T.J. Chavez, Wade R. Giacomini, Christopher M. Kay, David E. Lyons, Olarewaju S. Magreola, Jacqueline L. Mason, Francisco A. Rosario, Pablo R. Sierra, Kenneth W. Venable, and Jamar T. Williams.

Sgt. Polly A. Busman, also one of the 14 sergeants to be inducted into the NCO Corps, said she was inspired by the Sgt. Major's remarks. "It was very insightful and informative," she said.

Busman went on to say that she was proud to be part of the NCO Corps and that she was confident in her abilities to be a leader in the Army. "It's more challenging, but I like having more responsibility."

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got promoted."

Command Sergeant Major, Northern Regional Medical Command, CSM Benjamin H. S. Scott Jr. was the guest speaker who talked about integrity and excellence in leadership and discipline.

"For they [leadership and discipline] go hand-in-hand," said Scott.

Using the first three letters of his first name, B-E-N, Scott challenged the newly inducted NCOs and everyone in attendance to "Be Excellent Now."

"First, start with yourself," he said. "The number one key to success is to do what you say you are going to do. Integrity starts with you."



The youngest USAISR NCO to be inducted into the NCO Corps, Sgt. Francisco A. Rosario, presents guest speaker Command Sgt. Maj. Benjamin H. S. Scott Jr. with a token of appreciation for his remarks.

Company Commander helps divert suicide attempt



USAISR Company Commander, Capt. LaShawna N. Ray, assisted in distracting a young lady who was distressed and thinking of committing suicide.

By Steven Galvan
USAISR Public Affairs Officer

Some may call it instinct; others would credit military training kicking in. Regardless of what it was that kicked in that day, the actions taken by the U.S. Army Institute of Surgical Research (USAISR) Company Commander Capt. Lashawna N. Ray resulted in a botched attempted suicide.

On her drive to work during the early hours of a mid-November morning, Ray noticed a young female pedestrian walk toward her as she drove over a bridge at loop 1604. She didn't realize how that morning was going to unfold until she saw the young lady look over the side of the bridge.

"I rolled my window down to say something to her, but I realized that the driver in front of me had rolled her window down and was yelling something to her," said Ray.

Ray then got out of her car and approached the distraught lady now

sitting on the side of the bridge and asked what was wrong and if she could help her.

"I reached out to put my hand on her shoulder while I asked her if I could help her," she said. "Then she got even more hysterical. She was yelling and cursing at me and the others who were around her telling us to leave her alone and to keep our hands off of her."

Ray's next reaction was to leave the

"She did exactly what she was supposed to. Every situation is going to be different, but the most important thing to remember is to keep yourself safe."

Maj. Shawn P. Gallagher,
Psychiatric Nurse Practitioner,
USAISR Burn Center

site and go back to her car to retrieve her cell phone and call 9-1-1. As she was dialing, she was told by another driver that the call had already been

made. Ray went back to the location to see what else she could do.

As she continued to try to calm down the pedestrian, another bystander lunged at her and knocked her off of the side of the bridge to the pavement where she was held until the authorities arrived.

"She did exactly what she was supposed to," said Maj. Shawn P. Gallagher, the staff Psychiatric Nurse Practitioner at USAISR Burn Center. "Every situation is going to be different, but the most important thing to remember is to keep yourself safe."

Regardless of why Ray reacted how she did is irrelevant. She followed the Army ACE Suicide Intervention Training program offered to all Soldiers. ACE stands for "Ask, Care, and Escort." While the training is aimed at preventing suicides in the Army, it can apply in any situation, as Ray found out firsthand.

"I'm just glad that I was there and able to help out," she said. "I don't know what was going on in her life, but I hope she was able to find the help she needs."

CDR continued from page 2

ISR team members who are deployed to Afghanistan during the December holiday season with a moment of quiet reflection or prayer.

There are times when the holiday season causes depression. If you start feeling depressed, please ask to talk to someone. If you notice one of our teammates acting depressed, please Ask, Care, and Escort for help.

Plan ahead for your holiday parties: don't drink and drive. As diverse as our workforce is, so are the ways we celebrate the holiday season. Enjoy your time with your family and friends as you celebrate Christmas, Hanukkah, Kwanzaa, and Festivus, and have a Happy New Year! Thank you for all that you do. Hooah!

Sample selected as the MRMC Retention NCO of the Year

Photo and story by Steven Galvan
USAISR Public Affairs Officer

The U.S. Army Medical Research and Materiel Command (USAMRMC) named its top Retention Non-Commissioned Officer of the Year for 2013. Staff Sgt. Floretta G. Sample, a respiratory specialist (68V) at the U.S. Army Institute of Surgical Research (USAISR) Burn Center, was selected for this honor from among eight other retention NCOs from USAMRMC subordinate commands.

“I feel blessed to be considered for such an honor, let alone to be selected,” said Sample.

Nominees from each command submitted a packet with their updated Enlisted Record Brief; physical fitness test results; a recommendation letter from their Commander, Sgt. Major, or Senior Enlisted Advisor; their biography and portrait; and an essay with a response to the question, “If I was able to make policy for retention, what is the one policy I would make and why?”

Sample, a 14-year Army veteran, has been at the Burn Center for four years where she has been assigned to the Clinical Operations and Education Office. For the last couple of years, Sample has also served as the USAISR



Staff Sgt. Floretta G. Sample was selected at the 2013 U.S. Army Medical Research and Materiel Command Retention Noncommissioned Officer of the Year.

Retention NCO “assisting Soldiers and civilians make life-changing decisions easier,” she said.

During the last two years, Sample has processed 89 reenlistment packages with 34 of those packages being processed during FY2013. She said she enjoys her duties as the command retention NCO despite some of the challenges.

“Some challenges include changes in the Army’s retention policies and the constant changes in Soldier’s lives

that affect their decision,s” Sample said.

Sample is scheduled to transfer in 2014 to the 115th Combat Support Hospital, Fort Polk, La., where she plans on continuing to work on her short- and long-term goals. “Some of my short-term goals include earning my registered respiratory therapist certification and master’s degree in Education,” she said. “Some of long-term goals include retiring from the Army as a 1st Sergeant and becoming a college professor.”

ISR Marathon team competes in SA race

By Spc. Jaffster Daus

November 17 marked the 4th anniversary of the ISR marathon team’s participation in the San Antonio Rock & Roll Marathon. Even though the new course had more hills than in previous years and it was a record-breaking 89 degrees, we all managed to get through in one piece. Although the training was considerably scaled back this year, there was still large participation throughout the Institute.

The ISR “Combat Casualty Care

Running Team”, or C3RT, will resume training in January for various races throughout South Texas, plus the full-scale marathon train-up will begin in early July.

We would like to congratulate the following people for their hard work in completing this year’s marathon: Jesse Wu, Spc. Jaffster Daus, Sgt. Soohyun Bang, Sgt. Polly Busman, Staff Sgt. Jan Holland, Sgt. 1st Class Rosalba Rodriguez, Muris DeSilva, Stephanie Quails, Sgt. Jamar Williams, and Staff Sgt. Christian Hannon.



Spc. Jaffster Daus and Jesse Wu complete the San Antonio marathon.

Burn Center volunteer knits for pediatric patients



Shirley Adcock, a Burn Center volunteer, displays her hand-knitted stuffed dolls and animals in the Command Suite at SAMMC. Adcock has donated dozens of handmade toys to the Pediatric Hematology/Oncology Clinic. U.S. Army photo by Robert Shields, BAMC Public Affairs

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

An 86-year-old BAMC volunteer is hoping to weave her lifelong love of knitting into some holiday cheer for children receiving treatment here.

Shirley Adcock, a volunteer at the U.S. Army Institute of Surgical Research Burn Center here, donated dozens of her hand-crafted dolls and stuffed animals to the Pediatric Hematology/Oncology Clinic this week.

"I hope they bring some joy to the children," said Adcock, who sits surrounded by the fruits of her labor – elephants, bears, koalas, pandas and frogs – all painstakingly crafted down to the colorful laces on their knitted shoes.

As a volunteer in the Burn Intensive Care Unit, Adcock offers comfort to family members waiting to see their loved ones after a surgery or treatment. When the waiting room is empty, she reaches for the knitting needles that

have become nearly an extension of her hands after more than 82 years.

"The toys are an outlet for me," she said with a trace of an Australian accent – a remnant of her youth in Sydney. "I'm hoping to teach some of the ladies in the waiting room so they can fill the time."

Adcock's grandmother first taught her to knit when she was 4 years old. She knitted socks and sweaters for her family until they were "socked out." As a teen in the early 1940s, she helped the war effort by knitting wool socks and balaclavas, a type of ski mask, to keep the Australian soldiers warm. One night a week, she and other ladies would set up shop in an empty store in the Sydney suburbs and sew camouflage netting.

Soon after, she was selected to work for the U.S. Army Air Corps and shipped to the Philippines, where she did administrative work for several generals, including Curtis LeMay. She was en route to Washington D.C. for a new job when she met her husband, a

Detroit police officer and World War II veteran named Benton Adcock. That was 65 years ago, Adcock said proudly.

While her husband served in the Army Reserve and the Border Patrol, Adcock took on a number of office jobs over the years but never lost her passion for knitting. After retirement, she decided to volunteer a day at week at BAMC, where she and her husband are enrolled for medical care, and launched her stuffed toy venture on the side.

"I wanted to put my knitting to good use," she said, and "there's no better way to do that than giving to children."

Each night, Adcock and her husband sit side by side and watch their favorite shows, the rapid clicking of her knitting needles a nearly constant companion. Adcock can polish off a small toy in a day or two and a large one in a week, she said.

At 86 and "with nothing left to buy, this gives me something to do," she said with a smile.

With her first batch of stuffed toys delivered, Adcock plans to start on a new set that will include some firemen, policemen, ballerinas, and more. While she has a few ideas, "I want to make the toys the children want," she said.

She also hauled in several large stuffed clowns this week that will be displayed in the hospital's Medical Mall. One has a Christmas theme, complete with a wish list stuffed in a knitted pocket and a snowman perched on a winter hat.

As she walked across the hospital parking lot, clowns in hand, several people stopped her and asked her if the dolls were for sale.

She told them all no. "I'll never sell them," she said. "I do this for the children."

An honor to serve on the post Honor Guard

By Spc. Jaffster Daus

A flight arrives at George Bush Intercontinental Airport in Houston carrying an Army Sergeant who was killed in Afghanistan. As the plane taxis in, two fire trucks flank both sides of the runway and honor the plane by shooting jets of water over top of it as it passes underneath the streams. Airport personnel, police officers, and the motorcycle Patriot Riders line the pavement rendering salutes.

Looking up from the tarmac, passengers inside the terminals, lined shoulder to shoulder, pressed up against the glass, looking down with intense interest and respect. A silent calmness sets in as a casket is sent down a conveyor belt from the back of the plane. The only sound and movement seen is from the Military Honor Guard as they slowly march in, pick up the Sergeant, and transfer him into a waiting hearse.

Once at the funeral home, members of the Honor Team guard the Soldier by standing like a statue at the head of the casket protecting him, and ensuring he's never alone.

The following morning at Houston National Ceremony, the Honor Guard transfers the Sergeant from the hearse to the burial site where he will be laid to rest. The area has a deafening silence as the Honor Guard conducts the ceremony; then the silence is interrupted by a shattering, "Ready, Aim, Fire," as the firing party shoot three volleys of fire, followed by the eerie sound of Taps being played by a lone Soldier out in the distance.

Although friends and family may have appeared to be strong and holding it together, the moment starts to overtake everyone and the sound is replaced by sobbing. Appearing to be unaffected by the emotions filling the air, the Honor Guard lifts the flag off the casket and begins its precision

folding of the flag, and presents it to the fallen Soldiers wife, "On behalf of the President of the United States, the United States military, and a grateful nation, ..."

I have been humbled by my experience with the Honor Guard, and I'm extremely grateful I've had the opportunity to be part of this incredible organization, which is overseen by Army North's Honor Guard Military Funeral Honors section here at Joint Base San Antonio-Fort Sam Houston and is made up of Soldiers from various units across the post. The ISR is just one of the units that send Soldiers to assist in Army North's mission of conducting Military Funeral Honors across 58 counties in lower Texas, spanning over 63,000 square miles of Texas territory.

Besides being able to pay final respects and honors to Soldiers through the Military Funeral Honor Guard, the unit also focuses on building and developing Soldiers. HSC ARNORTH provides Soldiers the opportunity and guidance for Soldiers to improve themselves through a variety of avenues. Mock promotion boards, record rifle ranges, record APFT, time to complete



college credit hours, and a rigorous PT program are just a few highlights that make this assignment a great place to work.

This Honor Guard unit is successful because of the outstanding leadership and through the continued supply of motivated Soldiers who want to be there. Staff Sgt. Scott Eriksen, Sgt. James McAllister, Spc. Amanda Childs, Spc. Eunjoo Kim, and I are the only Soldiers from the ISR who have volunteered for this incredible tasking and opportunity. If you would like to participate in the Military Funeral Honor Guard, have your NCO support channel contact the 1st Sgt. for the next 90-day rotation in January.

USAISR Statistics & Epidemiology
Fall Class Series



Gender

THE WORLD OF CATEGORICAL DATA



Learn how to

- Describe
- Graph
- Perform simple statistics

Education



Military Service

December 17
1500-1600
BHT-2 1st Floor
Conference Room

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



Last Minute Shoppers

The National Crime Prevention Council (NCPC) reminds last-minute holiday shoppers to keep safety in mind as they hunt for those last-minute bargains. The organization best known for its icon, McGruff the Crime Dog, has tips to help you shop safely while getting those great holiday bargains.

Shopping in Stores

- Do not buy more than you can carry. Plan ahead by taking a friend with you or ask a store employee to help you carry your packages to the car.
- Save all receipts. Start a file folder to keep all receipts together and to help you verify credit card or bank statements as they come in.
- Consider alternate options to pay for your merchandise, such as one-time or multiuse disposable credit cards or money orders, at online stores and auction sites.
- Wait until asked before taking out your credit card or checkbook. An enterprising thief would love to shoulder surf to get your account information.
- Tell a security guard or store employee if you see an unattended bag or package.

Walking to and from Your Car

- Deter pickpockets. Carry your purse close to your body or your wallet inside a coat or front trouser pocket.
- Have your keys in hand when

In the Spotlight

Janet L. LaFauci

Job title: RN-Quality Auditor for the Department of Defense Trauma Registry

How long have you worked at the ISR? I have working for the ISR since July 2007. However, I also worked for the trauma registry at Landstuhl Regional Medical Center from 2004-2006.

What or who has been an inspiration to you in your work? What brings me the most satisfaction and my favorite part of work is knowing that our efforts at the Joint Trauma System reduce morbidity and mortality for our wounded warriors and improve their quality of life.

Your proudest achievement? My proudest achievement is establishing a functioning QA system for the DODTR.

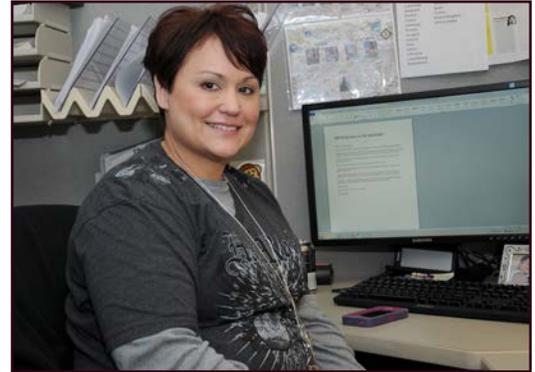
Short- and long-term goals: Short-term: To finish getting my ICD-10 coding certification. Long-term: To go back to school to become a nurse practitioner.

Hobbies: I enjoy traveling, baking, and hanging out with my friends, family, and four dogs. I also work to rescue stray animals and promote ending breed-specific legislation.

Favorite book: *The Witching Hour* by Anne Rice

Favorite movie/TV show: *The Office*

Favorite quote: "Be the person your dog thinks you are!" J.W. Stephens



approaching your vehicle. Check the back seat and around the car before getting in.

Shopping with Small Children

- If you are shopping with children, make a plan in case you are separated from each other.
- Select a central meeting place.
- Teach them to know they can ask mall personnel or store security employees if they need help.

Shopping Online

- Before surfing the Internet, secure your personal computers by updating your security software. Everyone's computer should have anti-virus, anti-spyware, and anti-spam software, as well as a good firewall installed.
- Keep your personal information private and your password secure. Do not respond to requests to

"verify" your password or credit card information unless you initiated the contact. Legitimate businesses will not contact you in this manner.

- Beware of "bargains" from companies with whom you are unfamiliar—if it sounds too good to be true, it probably is!
- Use secure Websites for purchases. Look for the icon of a locked padlock at the bottom of the screen or "https" in the URL address.
- Shop with companies you know and trust. Check for background information if you plan to buy from a new or unfamiliar company.

To find more useful shopping tips and personal safety information, visit the National Crime Prevention Council's Website.

December Health News

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



It's the holidays! What's the big deal? Your health is! So how do you stay active and reasonably healthy in the hustle and bustle of the holiday season? Easy—integrate healthy behaviors into your daily activities.

Keep in mind that during the season of holiday eating, sometimes not gaining weight is just as important as losing weight. To balance out what you eat, keep moving. Make a more conscious effort to be physically active during the holidays. This will make it easier to enjoy a few holiday treats without paying for it later with extra pounds to lose.

Stress can also be an uninvited guest. You can feel the impact of what you eat and what you do or don't do. Clearly, stress has an effect on behavior, eating, and exercise patterns. Stress can keep you from sticking to your usual regimen. Hold your own schedule and don't overbook yourself. The best gift you can give yourself is peace and control. Here are a few tips to help you during this holiday season:

Put it on a plate. When hors d'oeuvres are passed or plated it's hard to keep track of what you're consuming and it's easy to go overboard. Skip the tray and go straight for a small appetizer plate. This will ensure you know exactly how much you are eating.

Find a mix. Try filling your plate only once with a reasonable, healthy portion of food. Avoid filling your plate. This will keep you from ab-

sent-mindedly eating bite after bite, losing track of the total amount of food. It also helps to stand away from the food table and focus on socializing. Aim to eat at least five fruits and vegetables a day.

Share. If you're at a sit-down dinner, be mindful of serving sizes. If portions are on the larger side, share with your date or a friend.

Never go to a party hungry. If you go to a party hungry, you are more likely to eat too much.

Stay hydrated and limit alcohol. Moderation is important for overall health. But alcohol also provides extra calories and interferes with your ability to keep tabs on your food intake. You'll drink and eat more calories than you mean to eat.

Pace yourself. The holiday season is not a race, and every party you attend will mostly likely require a different set of heart-healthy decisions. At times it is more psychological than anything else. Be mindful about what you're going to be eating and plan for that. Sometimes you might have your treats and that's OK. It's called a treat because you're not supposed to have it all time

So now you made it through the parties, share the health. Give the gift of heart health this holiday season. You don't have to spend hours shopping to find the perfect present. Here are some great ideas:

Stress balls. The holidays can be stressful, so why not include a stress ball so your family and friends can work their arm muscles instead of turning to the candy jar to relieve stress?

Relaxation kits. Stress is not good for anyone's health, and the holidays are typically a stressful time of the year. Give your friends and loved ones a relaxation kit. Include a few candles, maybe some incense, soaps, or a CD with soothing music.

Gym memberships. A gym

membership or a gift certificate for classes at a yoga or Pilates studio gives people a way to work out, no matter what the weather is outdoors.

Active gear for kids. Encourage the kids in your life to stay active for at least 60 minutes every day to lower their chances of getting cancer as adults. Rollerblades, a bike, scooter, or iceskates are all good ideas. Just make sure to buy a helmet, too!

Winter accessories. When the weather changes and the temperature drops, people tend to stay indoors more and therefore get less exercise. Give your co-workers a new hat, a scarf, and a pair of gloves; that gives them no excuse to take a walk around the block and admire their neighbor's holiday decorations

Dark chocolates. In addition to being delicious, moderate amounts of dark chocolate may play a role in cancer prevention. Find beautifully packaged chocolates at gourmet chocolate shops, online, or at your local drugstore.

Green tea sampler. Studies suggest that the antioxidants in green tea may stop cancer cells from growing. You can find pretty green tea sampler packs at local chains, coffee shops, teahouses, or gourmet grocery stores.

Another idea is to give a fruit-of-the-month club membership. These clubs deliver a fresh fruit basket one to four times a month to your lucky gift recipient.

Steamer. Know someone who loves to cook? A steamer is a great gift because it cooks food without using oil or butter, which can add extra fat and calories to meals.

Now that you've made it through the parties and a healthy gift idea for everyone on your list, how about a new "you" to be thankful for? Start your journey to a healthier you. Your new season's greeting can now be "Happy, healthy holidays!" Merry Christmas to you and yours!

Celebrating National American Indian Heritage Month

The Brooke Army Medical Center and the U.S. Army Institute of Surgical Research Equal Opportunity teams joined to commemorate National American Indian Heritage Month at the San Antonio Military Medical Center Mall November 22. Isaac Alvarez Cardenas, a member of the Tap Pilam Coahuiltean Nation and Director of Programs for the American Indians in Texas at the Spanish Colonial Missions, was the guest speaker. Cardenas was joined by Calvin Osife, Izel Lopez, Sherry Campas, Dakota Osife, and Dominick Covarrubias as they performed traditional tribal dances.

Photos: top right: (back row) Calvin Osife, Izel Lopez, and Sherry Campas (front row) Dakota Osife and Dominick Covarrubias pose for a photo before the National American Indian Heritage Month celebration November 22 at the San Antonio Military Medical Center Mall.

Bottom right: Calvin Osife, born and raised on a Navajo Reservation in Arizona, performs a traditional Navajo dance.

Bottom left: Guest speaker Isaac Alvarez Cardenas performs a traditional Tap Pilam Coahuiltecan dance.



November Promotions



Top left: Sgt. Francisco A. Rosario gets his new rank pinned Nov. 1 by his mother Andrea. Top right: Sgt. Wade R. Giacomini, left, is presented his Letter of Promotion by Staff Sgt. Class Carlos Gonzalez November 1. Top center: Sgt. Brian Brown get his new rank pinned by his wife Lakesha. Bottom right: Staff Sgt. Scott Eriksen is congratulated on his promotion by Col. (Dr.) Robert Hale November 1. Bottom left: Sgt. Marites Staley gets her new rank pinned November 1 by her husband Rod. Center left: Sgt. Polly Busman displays her Letter of Promotion Nov. 1.

Around the ISR



Top left: Lt. Col. Paul Mittelsteadt, center, won 1st place in the Burn Center "Biscuit Cook-Off" November 18. Second place was Sarah Shingleton, right, and third went to Cathy Rauschendorfer. Photo by Elizabeth Channell. Top right: Maria Dominguez cuts her birthday cake November 4. Photo by Rick Anzaldua. Center: Sgt. Brian Eklund is congratulated by Col. (Dr.) Anthony Johnson after being presented the Army Commendation Medal at his going-away party November 6. Photo by Staff Sgt. Tiffany Baldwin. Bottom right: Dr. David C. Cone gives a presentation titled "Military Prehospital Care: Perspectives from the Civilian Sector" November 13 during the Dr. Basil A. Pruitt Trauma Grand Rounds Lecture Series. Bottom left: Maria Chapa celebrates 45 years of government service November 25.

Around the ISR, continued



Top left: Bridgette Adams cuts her birthday cake November 7. Top right: Staff members from 4 East pose with Mixed Martial Arts fighter Daniel Cormier November 7. Cormier was at the Burn Center and San Antonio Military Medical Center visiting patients. Center right: Maj. John Graybill and his wife Maj. Sky Graybill cut a cake during a "Welcome Home" gathering November 7. Bottom right: Staff Sgt. Michael Cavallo, right, hands a baked potato to Marcy Fowler, Ph.D., during a fundraiser held by the ISR Special Events Committee. Bottom left: Lina Alvarado and Araceli "Sally" Perez decorate the Angel Tree November 27 in the BHT1 lobby. The Angel Tree will hold 125 "Angels" for ISR/BHT staff members to provide gifts for the children of the staff. Center left: Lt. Col. Sandra Escolas conducts a presentation online using the Defense Connect Online system November 1.

Back When...



Can you guess who this ISR staff member is? This photo was taken in 1989 when he was a Sgt. 1st Class assigned at the Brooke Army Medical Center.

Last Month's Answer:



Renee Williams
Personnel Office

Submit your "Back When" photo to the PAO for publication in the upcoming issues of *The Innovator*.

Library News

By Gerri Trumbo
Library Manager



We thank you for your continued support in helping us keep the library a vital and valuable resource for the Institute.

We have just put out a collection of new books – a list was e-mailed to all staff members and there is a copy of the list on our door.

If you come across any links in the library resources, please report it to us. You can use the "Ask a Librarian" e-mail form found on the library Intranet homepage. Many times we are not aware a link is broken or needs to be updated, so your input is valuable in helping us make things accurate and updated.

We would also like to remind you that ISI Web of Knowledge/Web of Science is available on LEAP in the database section. ISI Web of Knowledge includes access to Web of Science, Current Contents Connect, and Journal Citation Reports. There is a browse button listing all available databases and the source that delivers the database to us. It is very extensive, so you might like to take some time to look it over.

We wish the entire staff a very happy and safe holiday season!

November Awards Ceremony

Meritorious Service Medal

- Sgt. 1st Class Erika Buckmaster
- Staff Sgt. Hipolito Ramos

Army Achievement Medal

- Sgt. David Lyons
- Spc. Billie Durrett
- Spc. Eunjoo Kim

Army Commendation Medal

- Sgt. Soohyun Bang
- Sgt. Marites Staley

Certificate of Achievement

- Staff Sgt. Scott Eriksen
- Staff Sgt. Maria Thomas
- Sgt. Soohyun Bang
- Sgt. Victor Gaines
- Sgt. Danny Girela
- Sgt. Jamar Williams
- Spc. Jamar Daniels
- Spc. Jaffster Daus
- Spc. Billie Durrett

Military Outstanding Volunteer Service Medal

- Staff Sgt. Charles Goodwater

Civilian of the Quarter

- Gilbert Ramon

