



# THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



JANUARY 2015

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

## ISR Teams Earn Annual Wolf Pack Award

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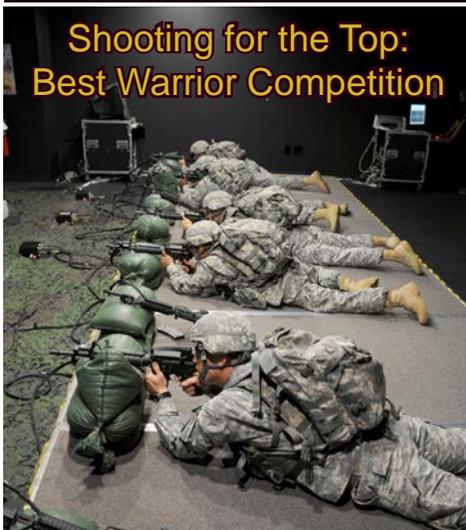
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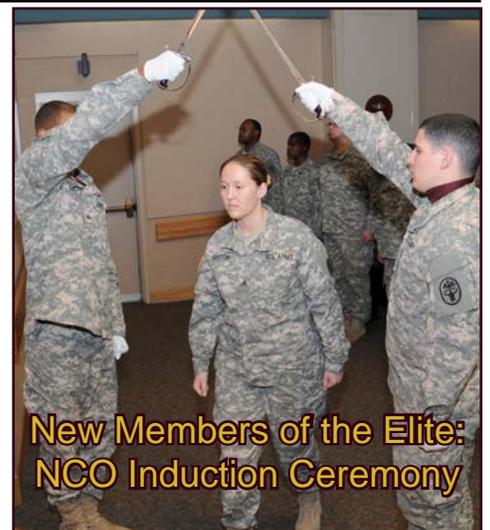
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### Shooting for the Top: Best Warrior Competition

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### New Members of the Elite: NCO Induction Ceremony

# CDR's Corner



Col. (Dr.) Michael D. Wirt  
Commander, USAISR

with the fiscal year 2014 quarterly Army Medicine Wolf Pack Award which directly contributed to the Institute receiving the 2014 annual Wolf Pack Award. Congratulations to the BRDSS Team, the entire Joint Trauma System and everyone at the ISR. Your work and your support for these two Teams are definitely "Optimizing Combat Casualty Care" and making a difference for our brave men and women wounded on the battlefield.

Together we are all making a difference and I am looking forward to 2015 and excited to see the advancements in Combat Casualty Care we'll achieve this year.

This month we will honor the birthday of Dr. Martin Luther King Jr. on the 19th. This special day is more than

just a Federal holiday; many people consider this day to serve their communities. Regardless of how you spend it, take time to reflect on the great work done by Dr. King and do your part to keep his dream alive.

Among the many monthly, weekly and daily observations in January are National Blood Donor Month and National Braille Literacy Month. The second week of the month is Letter Writing Week and if you're married don't forget Spouse's Day on the 26th.

I will end my remarks by telling you that I am truly proud and humbled to be part of this organization. Your dedication and devotion to your work never ceases to amaze me.

Serving to Heal... Honored to Serve!

## "Optimizing Combat Casualty Care"

Greetings ISR,

I'd like to welcome everyone back and I hope that you had a great holiday season with family and friends.

As we look forward to a New Year I ask that you reflect on the accomplishments that you helped us achieve during the last year. From the Research Directorate to the Burn Center, the Dental and Trauma Research Detachment and Joint Trauma System, the individual, group, and unit awards and achievements for 2014 are numerous. It would be impossible for me to name them all, but I do want to highlight just couple that goes deep into the reason why we exist.

Two of our Teams were honored



Lt. Gen. Patricia Horoho, the Army Surgeon General and Commander, U.S. Army Medical Command unveils the 2014 Army Medicine Wolf Pack of the Year Award presented to the USAISR Dec. 11.



**ARMY MEDICINE**  
Serving To Heal...Honored To Serve

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## SGM Says



Sergeant Major  
Quinton Rice Jr.

## Protect - Project - Sustain

Team,

On the week of Dec. 8-12, we held our annual Best Warrior Competition which is designed to help identify our best enlisted Soldier and Non-commissioned Officer in the unit. These Warriors had to win a monthly and quarterly competition as a prerequisite to qualify for entry into this prestigious and grueling challenge. The winners have the honor of representing our organization, as long as they are winning, in several other higher level competitions, striving to be the United States Army Best Warrior.

During our competition the competitors were tested on their aptitude through board interviews that evaluated their appearance, military bearing and critical thinking on Army topics and scenario based situations. Additionally, they had to complete the physical fitness test, written exams, urban warfare simulations, marksmanship skills, day and night land navigation, obstacle course and other Soldier tasks and battle drills relevant to the Army's operating environment. I was thoroughly impressed with the motivation and effort displayed by our competitors. The candidates were: Staff



ISR Best Warrior competitors during Day 2 of the competition at the Engagement Skills Trainer Range. Left to right: Staff Sgt. Pablo Sierra, Spc. Matthew Winans, Spc. Harvey Harper, Spc. Michah Korff, and Sgt. Danny Girela.

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Sgt. Pablo Sierra, Sgt. Danny Girela, Spcs. Harvey Harper, Micah Korff and Matthew Winans. An award ceremony was held to honor our competitors where we announced Staff Sgt. Sierra and Spc. Winans as the winners.

The candidates said that the most challenging part of the competition was staying motivated while negotiating the physical and mental riggers of the week-long event. Our organization is building a training plan with subject matter experts to help the winners prepare themselves for the next level of competition. Participation in these types of events is generally the catalysis for a very successful career path. There is a tremendous distinction between the competitors and their peers especially when it comes to promotion potential. How can you argue with who is the best when it is documented through the Army's model for excellence? Therefore, I challenge those of you who look to catapult yourselves ahead of your peers to participate and win these types of competitions.



## On the Cover



Lt. Gen. Patricia D. Horoho, left, presents Maria Serio-Melvin (BRDSS Team), ISR Acting Commander Col. (Dr.) Philip DeNicolo, and Col. (Dr.) Kirby Gross (Joint Trauma System) the 2014 Army Medicine Wolf Pack of the Year Award Dec. 11.

Company Notes



First Sergeant  
Natasha Turrell

Capt. Ray and I hope that everyone had a safe and enjoyable time with family and friends during the holidays. We want to take the time to recognize a few Soldiers

Welcome to the organization for 1st Quarter FY15: Maj. Carlos Ramos, Sgt. 1st Class Burt Hensley, Staff Sgt. Jason Williams, Staff Sgt. Adrian Whitaker, Sgt. Chiquita Thomas-Benson, Sgt. Scot Bennett, Spc. Shawn Lackey, Spc. Tae Kim, Spc. Courtney Charlson, Spc. James Gorley, and Pfc. David Watson.

Congratulations to our NCO of the Year Staff Sgt. Pablo Sierra and our Soldier of the Year Spc. Matthew Winans. Job well done! Their photographs will be on display in the main lobby.

Welcome back from deployment Maj. Ian Driscoll!

Welcome to the ISR family: Tyler Morris--Maj. Kristi Morris; Aurora Hensley--Capt. Sarah Hensley and Sgt. 1st Class Burt Hensley; and Harvey Lee Harper III--Spc. Harvey Harper.

\*Thank you to the Events Committee and all the volunteers who worked so hard to raise the funds and setup for the ISR 3rd annual holiday party on Dec. 20. It was truly a delightful event catered by Grady's BBQ, with arts and crafts for the children and a time to reflect on the year with our co-workers and loved ones while building camaraderie.

Capt. LaShawna Ray, husband Ben and daughter Addison.



First Sgt. Natasha Turrell and son Evan



Thank you to Mr. Dale Prince who served as Santa, and Staff Sgt. Tiffany Baldwin, our elf, who passed out gifts to the children and posed for photos.

\*Upcoming events: January 2015 we are hosting the ISR NCO/SOQ 1st QTR FY 14.

The ISR/BAMC Dr. Martin Luther King Jr. Equal Opportunity Observance will be at 1200 on Jan. 16 at the SAMMC Medical Mall.

The holiday season was a joyous time for us to enjoy our favorite foods and seasonal treats. So if you

are looking for a fun way to burn a few calories, I have just the thing for you. Everyone at the ISR is invited to join the Command Team on Jan. 23 from 0530-0630 to participate in an ISR Zumba Showdown at the Jimmy Brought Gym. Information on appropriate attire to this exciting event will be published soon.

Remember to show your ISR pride and wear your ISR shirt and jeans/khakis on Jan. 30. Happy New Year; let's continue to do great things in 2015!

## Sierra, Winans selected 2014 NCO, Soldier of the Year



Staff Sgt. Pablo Sierra and Spc. Matthew Winans receive the Army Achievement Medal for their selection as the 2014 USAISR Non-commissioned Officer and Soldier of the Year.

By Steven Galvan  
USAISR Public Affairs Officer

After a grueling weeklong competition, two Warriors from the U.S. Dental and Trauma Research Detachment (DTRD) were named the 2014 U.S. Army Institute of Surgical Research (USAISR) Non-commissioned Officer (NCO) and Soldier of the Year. The announcement was made during an awards ceremony Dec. 12 by USAISR Sgt. Maj. Quinton Rice Jr., where he congratulated all of the competitors.

“At the end of this ceremony I want you know that every competitor is a winner,” said Rice. “You have proven that you are the best of the best, not only during this week’s competition, but throughout the year and I congratulate you.”

Staff Sgt. Pablo R. Sierra III was named the Non-commissioned Officer of the Year. He is a native of San Antonio and a dental laboratory technician assigned as the USAISR Training NCO. Selected for Soldier of the Year

was Spc. Matthew D. Winans who hails from Wellsville, N.Y. and is a bioscience specialist at DTRD.

“They are two of the most driven and committed Soldiers at DTRD,” said Staff Sgt. Shanelle McNair, DTRD NCOIC.

Sierra joined the Army in 2007 and has been at the USAISR for about a year-and-a-half.

“I feel honored for being selected as NCO of the Year,” he said.

Sierra said that he joined the Army because he wanted to be a part of something that was bigger than him. He attributes his selection to his performance year round and his determination to always do his best.

“I’m not afraid to try new things or to fail,” Sierra said. “Determination is key to gaining the experience needed to succeed.”

Earning the Expert Field Medical Badge and getting inducted into the Sergeant Audie Murphy Club is what Sierra is striving for. “I also want to earn a Bachelor’s of Science in Nurs-

ing and win the MEDCOM [Army Medical Command] NCO of the year competition,” he said.

Sierra will have the opportunity to compete at the MEDCOM level, if he wins the next phase at Fort Detrick, Md.—the U.S. Army Medical Research and Materiel Command (USAMRMC) competition in February.

Joining Sierra at the USAMRMC competition will be Winans who is no stranger to accolades. Winans not only made the Commandant’s List at the Warrior Leadership Course at Fort Hood, Texas in September, he was selected by his peers for the Distinguished Leadership Graduate Award.

Winans has also been assigned to the Institute for about a year-and-a-half and said joined the Army in 2012 for multiple reasons.

“Many others in my family have served before I had the opportunity to heed the call,” he said. “Army also continues to help me to support my fantastic wife along with our future family.”

Winans said that for now he is focusing on earning the rank of Sergeant, scoring a 300 on the Army physical fitness test, and applying to the Enlisted to Medical Degree Preparatory Program.

“My long-term goal is to become a medical doctor and to become fluent in Swahili,” said Winans.

He believes that his overall performance at the competition was a reflection of DTRD’s support and guidance.

“I was provided ample preparation and support which translated into a great performance during the competition,” he said.

Sierra and Winans said that they are honored and proud to be representing the USAISR at the next competition. Their advice to anyone who would like to follow in their footsteps is simple.

“Take the first step and try to compete,” said Winans.

“And try your best,” added Sierra.

USAISR Company 1st Sgt. Natasha

**NCO/SOY continues on page 7**

## 2 ISR Teams Earn Annual Wolf Pack Award

Story and photos by Steven Galvan  
USAISR Public Affairs Officer

“There’s not an award that we give in Army Medicine that focuses on team effort like this award,” said Lt. Gen. Patricia D. Horoho, the Army Surgeon General and Commander, U.S. Army Medical Command when she presented the prestigious Army Medicine Wolf Pack of the Year Award Dec. 11 to the U.S. Army Institute of Surgical Research (USAISR). The Wolf Pack Award is presented quarterly to recognize teams comprised of military and civilians who are focused on excellence in Army Medicine—the annual award is presented to one of the quarterly winners.

“Your teams have obviously over-excelled with that,” said Chief of the Army Medical Department Civilian Corps, Gregg Stevens.

During fiscal year 2014 two of the four quarterly recipients were from the USAISR and were selected as co-winners of the annual award. The co-winners were the first and fourth quarter winners—the Burn Resuscitation Decision Support System (BRDSS) team and the Joint Trauma System (JTS), respectively.

Accepting the award for the USAISR presented by Horoho and Stevens were: Col. (Dr.) Philip DeNicolo, Acting Commander; JTS Director, Col. (Dr.) Kirby Gross; and Maria Serio-Melvin, program director of clinical information and decision support systems.

“It really goes to show that the staff here at the ISR does a tremendous job,” said DeNicolo. “Our civilians, contractors and military form a synchronous unit to accomplish high-quality research that’s world class.”

The BRDSS Team developed the BRDSS also known as the Burn Navigator, a Food and Drug Administration (FDA)-cleared device that assists non-burn experienced medical providers in a deployed setting with burn resuscitation. The JTS was estab-

lished in 2006 as a global organization committed to the health and welfare of combat wounded by overseeing the performance improvement and the follow-through of the performance improvement of casualties of war to optimize the survivability and decrease morbidity and mortality of wounded warriors. In 2013 the JTS was designated as a Department of Defense Center of Excellence.

Gross said that it was fitting that both teams receive the award together. “The JTS serves as a way to sense the circumstances in theater and clinical circumstances. The information that we sense, we provide to our researchers, our researchers take that information and then develop tools and then on the back end we provide the clinical guideline,” he said.

Serio-Melvin acknowledged the clinicians at the Burn Center for providing honest and candid feedback during the development of the Burn Navigator.

“The BRDSS would have never been developed to the quality of which it

was developed without the clinicians’ support,” she said.

“This is a monumental accomplishment,” said Col. (Dr.) Michael D. Wirt. “It is a true reflection of the overall excellence achieved by our diverse teams who are focused on combat casualty care each and every day.”

“It doesn’t surprise me that this command is getting the annual recognition,” said Horoho. “Everyone on the team is dedicated, intelligent and focuses on doing the right thing to make a difference in the lives of those who are willing to give so much to our Nation. Congratulations to each and every one of you and thank you for the difference that you make each and every day.”

The USAISR co-winning teams were selected from among the two other quarterly winners: Bayne-Jones Army Community Hospital at Fort Polk, La., and the Center for the Intrepid at Joint Base San Antonio-Fort Sam Houston, Texas. Overall, there were more than 40 teams nominated for the Wolf Pack Award in 2014.



Lt. Gen. Patricia Horoho, the Army Surgeon General and Commander, U.S. Army Medical Command presents the prestigious 2014 Army Medicine Wolf Pack Award to the USAISR Dec. 11.

**NCO/SOY continued from page 5**

Turrell said that she was extremely proud of the two Soldiers.

“These two Soldiers have proven that they are willing to go above and beyond,” she said. “I know that they will give it their all and they will represent us well at Fort Detrick.”



Spc. Harvey Harper - Obstacle Course



Spc. Micah Korff - Oral Board



Sgt. Danny Girela - Engagement Skills Trainer Range



Spc. Matthew Winans - Mystery Event  
Photo by Sgt. 1st Class George Wallace



Staff Sgt. Pablo Sierra - Land Navigation  
Photo by Sgt. 1st Class George Wallace

# Safety Notes

By Stephanie L. Truss  
Health, Safety and Environmental Specialist



According to the U.S. Department of Labor, slips, trips and falls make up the majority of general industry accidents, which account for:

- 15 percent of all accidental deaths per year, the second-leading cause behind motor vehicles
- About 25 percent of all reported injury claims per fiscal year
- More than 95 million lost work days per year – about 65 percent of all work days lost

In general, slips and trips occur due to a loss of traction between the shoe and the walking surface or an inadvertent contact with a fixed or moveable object which may lead to a fall. There are a variety of situations that may cause slips, trips and falls.

- Wet or greasy floors
- Dry floors with wood dust or powder
- Uneven walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails
- Sloped walking surfaces
- Shoes with wet, muddy, greasy or oily soles
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps
- Ramps and gang planks without

## In the Spotlight

Corinne "Cori" Nawn

**Job title:** Biomedical Engineer

**How long have you worked at the ISR?** 6 months

**What or who has been an inspiration to you in your work?**

I identify greatly with the signs by which we walk every day: "For Combat Wounded..."

I have always been deeply inspired by those who serve our country and I am continuously motivated by the prospect of helping those wounded in their service.



**What is your favorite part of your work?** I enjoy the wide variety of people each bringing their own unique talents and background to the division. The overall friendly and upbeat atmosphere is a nice change in pace from the Northeast too.

**Your proudest achievement?** Buying my horse and moving across the country with him.

**Short- and long-term goals:** Short-term: Obtain a master's degree in Biomedical Engineering, contribute to the TCCCR task area, and still emanate "BostonStrong" here in Texas as much as possible. Long-term: Simply put-All I want to do is save lives and ride horses.

**Hobbies:** Horseback riding, Fitness, Yoga, Boston Sports

**Favorite book:** I grew up as a big *Harry Potter* fan; so, that series will always stick with me.

**Favorite movie/TV show:** *Good Will Hunting*

**Favorite quote:** "Use the gifts you've been given to give back" – My Dad

- skid-resistant surfaces
- Metal surfaces – dock plates, construction plates
- Weather hazards – rain, sleet, ice, snow, hail, frost
- Wet leaves or pine needles

Here are six guidelines to help you create a safer working environment for you and your employees.

### 1) Create Good Housekeeping Practices

Good housekeeping is critical. Safety and housekeeping go hand-in-hand. If your facility's housekeeping habits are poor, the result may be a higher incidence of employee injuries, ever-increasing insurance costs and regulatory citations. If an organization's facilities are noticeably clean and well organized, it is a good indication that

its overall safety program is effective as well.

### 2) Reduce Wet or Slippery Surfaces

Walking surfaces account for a significant portion of injuries reported by state agencies. The most frequently reported types of surfaces where these injuries occur include:

- Parking lots
- Sidewalks (or lack of)
- Food preparation areas
- Shower stalls in residential dorms
- Floors in general

### 3) Avoid Creating Obstacles in Aisles and Walkways

Injuries can also result in from trips caused by obstacles, clutter, materials and equipment in aisles, corridors,

**SAFETY continues on page 12**

## Health News

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



As the New Year begins we receive many well wishes, as well as wishing others a Healthy Happy New Year. We tell people “be well.” We set our healthy goals for the New Year and yearn to be the picture of health and wellness. But what does it all mean? Why does it matter?

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is the quality of being healthy. According to medical dictionaries wellness is: “A dynamic state of health in which an individual progresses toward a higher level of functioning, achieving an optimum balance between internal and external environments.” The World Health Organization defines wellness as “...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” The National Wellness Institute says wellness is: “a conscious, self-directed and evolving process of achieving full potential.” But wellness is more than being free from illness; it is an active process of change and growth.

And, why does wellness matter to you? Does it matter because at your last medical checkup you were told you needed to? Because all your relatives have diabetes, or your grandparents had medical issues before age 50, or Aunt Mary had breast cancer at age 30?

Everything we do and every emotion we feel relates to our well-being. And in turn well-being directly affects

our actions and emotions. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions. Wellness matters.

Remember Maslow’s Hierarchy; composed of physical, emotional needs? Maslow believed that people have an inborn desire to be self-actualized, to be all they can be. In order to achieve this ultimate goal, however, a number of the more basic needs must be met first such as the need for food, safety, love, and self-esteem.

Wellness also consists of similar components: 1. Physical wellness 2. Emotional wellness 3. Social 4. Spiritual 5. Intellectual 6. Environmental wellness and 7. Occupational wellness.

So let’s review and compare: 1. Physiological Needs: The most basic vital needs to survival, such as the need for water, air, food, and sleep. Maslow believed that these needs are the most basic and instinctive needs in the hierarchy.

2. Security Needs: Security needs are important for survival, but are not as serious as the physiological needs. Examples of security needs include a desire for steady employment, health care, safe neighborhoods, and shelter from the environment. These are needs for safety and security.

3. Social Needs: These include needs for belonging, love, and affection. Maslow described these needs as less basic than physiological and security needs. Relationships such as friendships, romantic attachments, and families help fulfill this need for companionship and acceptance, as does involvement in social, community, or religious groups.

4. Esteem Needs: Once the first three needs have been satisfied, esteem needs becomes increasingly important. These include the need for things that reflect on self-esteem, personal worth, social recognition, and accomplish-

ment.

5. Self-actualizing Needs: This is the highest level of Maslow’s hierarchy of needs. Self-actualizing people are self-aware, concerned with personal growth, less concerned with the opinions of others, and interested in fulfilling their potential because all needs become secondary until these physiological needs are met.

In the wellness components we have:

1. Physical wellness which encourages us to care for our bodies through physical activity, proper nutrition, and a strong mind. Obtaining an optimal level of physical wellness allows us to nurture personal responsibility for our health. By becoming conscious of our physical health, we can identify elements to reach this healthy physical balance.

2. Environmental wellness is respect—the core being respectful for all nature and all species living in it. Environmental wellness does not require that we join a movement or organization, but it encourages us to practice habits that promote a healthy environment.

3. Intellectual wellness encourages us to engage in creative and mentally-stimulating activities. Activities to expand knowledge and skills as well as allowing us to share this knowledge and skills with others. How do we get there? Intellectual wellness can be developed through academics, cultural involvement, community involvement and personal hobbies. As intellectual wellness develops, we are able to develop personal resources that work together with the other realms of wellness in order to achieve a more balanced life.

4. Occupational wellness inspires us to prepare for work in which we will gain personal satisfaction and find enrichment in our life. The passion for being a doctor or a janitor! Doing it safely and proudly. Being fulfilled, achieving self-actualization.

**HEALTH continues on page 12**

# Around the ISR



Top left: Lt. Col. James Leith, right, gives a brief of the Burn Center operating rooms Dec. 19 for two medical officers visiting from Australia.  
Top right: Bonnieface Premdas celebrates his birthday Dec. 17.  
Center left: Dr. Vic Convertino is a guest on the Military City USA Radio show Dec. 13.  
Center right: Beverly Ash celebrates her birthday Dec. 5.  
Bottom right: Lt. Col. John Melvin, left, gives a tour of the Burn Center Dec. 12 to a group of guests participating in the Army Recruiting Command Educator Tour.  
Bottom left: Gary Muniz, right, and Dr. Carmen Hinojosa-Laborde demonstrate the features of the Compensatory Reserve Index Dec. 11 to KLRN TV Chief Operating Officer, Julie Coan.



### Promotions

Top right: Staff Sgt. Valentino Forondo is pinned with his new rank Dec. 2 by Staff Sgt. William Vidal.  
Center left: Staff Sgt. Wilfredo Alvarez gets his new rank pinned on by his son Mateo Dec. 2.  
Bottom right: Spc. Robert Sadowski is presented a Certificate of Promotion Dec. 3 by Lt. Col. Joseph Novak.  
Bottom left: Sgt. Chiquita Thomas-Benson gets her new rank pinned on her cover by her husband Charles.



**SAFETY continued from page 8**

entranceways and stairwells. Proper housekeeping in work and traffic areas is still the most effective control measure in avoiding the proliferation of these types of hazards. This means having policies or procedures in place and allowing time for cleaning the area, especially where scrap material or waste is a by-product of the work operation.

**4) Create and Maintain Proper Lighting**

Poor lighting in the workplace is associated with an increase in accidents.

- Use proper illumination in walkways, staircases, ramps, hallways, basements, construction areas and dock areas.

- Keep work areas well lit and clean.
- Upon entering a darkened room, always turn on the light first.
- Keep poorly lit walkways clear of clutter and obstructions.
- Keep areas around light switches clear and accessible.
- Repair fixtures, switches and cords immediately if they malfunction.

**5) Wear Proper Shoes**

The shoes we wear can play a big part in preventing falls. The slickness of the soles and the type of heels worn need to be evaluated to avoid slips, trips and falls. Shoelaces need to be tied correctly. Whenever a fall-related injury is investigated, the footwear needs to be evaluated to see if it contributed to the incident. Employees are expected to wear footwear appropriate

for the duties of their work task.

**6) Control Individual Behavior**

This condition is the toughest to control. It is human nature to let our guard down for two seconds and be distracted by random thoughts or doing multiple activities. Being in a hurry will result in walking too fast or running which increases the chances of a slip, trip or fall. Taking shortcuts, not watching where one is going, using a cell phone, carrying materials which obstructs the vision, wearing sunglasses in low-light areas, not using designated walkways and speed are common elements in many on-the-job injuries.

It's ultimately up to each individual to plan, stay alert and pay attention.

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5. Spiritual wellness/ mindfulness not only allows us to seek meaning and purpose in human existence, but it also allows us to appreciate life experiences for what they are. When we find meaning in life experiences, we are able to develop harmony with our inner self and the outside world. In simple terms, spiritual wellness = balance.

6. Social wellness refers to the relationships we have, how we interact with others. Our relationships can offer support during difficult times. Maintaining an optimal level of social wellness allows us to build healthy relationships with others. A conscious effort is imperative in learning how to balance our social life with our academic and professional lives. Social wellness also includes balancing the unique needs of romantic relationships with other parts of life. 7. Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is essential to be attentive to both positive and negative feelings and to understand how to handle these emotions. Emotional well-being encourages autonomy and proper decision

making skills. Emotional wellness also includes the ability to learn and grow from experiences. Having good social wellness is critical to building emotional resilience. It is an important part of overall wellness.

Remember: *"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."* **Buddha**

Happy New Year!

To Health and Happiness.

**AMSUS Force Health Protection Award**



Col. (Dr.) Kirby Gross and Lt. Col. (Dr.) Robert Mabry accept the Association of Military Surgeons of the United State (AMSUS) Force Health Protection Award presented to the Joint Trauma System Trauma Registry Team Dec. 9 at the AMSUS Annual Meeting.

# NCOs join elite corps during induction ceremony



Top: The newly-inducted NCOs recite The Creed of the Non-commissioned Officer administered by Sgt. Maj. Quinton Rice Jr.  
Bottom right: Sgt. Damian Thomas presents Command Sgt. Maj. Darlene Taylor with a gift during the NCO Induction Ceremony Dec. 3.

Story and photos by Steven Galvan  
USAISR Public Affairs Officer

Six U.S. Army Institute of Surgical Research (USAISR) non-commissioned officers (NCOs) and two from the Fort Sam Houston Dental Activity were inducted into the NCO Corps during an Induction Ceremony Dec. 3 at the San Antonio Military Medical Center auditorium. The 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.

The longstanding traditional ceremony was hosted by the USAISR Sgt. Major Quinton Rice Jr. with Command Sgt. Maj. Darlene C. Taylor from the 264th Medical Battalion as the guest speaker.

During her remarks, Taylor congratulated the newly inducted NCO's and stressed that they are part of the leaders who will help transform the Army of the future.

"Commit yourself to one word and you will succeed," she said. "That word

is 'lead.' In order to succeed as a leader you need to lead by example; know your Soldiers and their families; and lead by knowing yourself."

USAISR First Sgt. Natasha Turrell administered the Oath of the NCO and said that this ceremony is more than just an induction into the NCO corps. "It's about building the future of the Army and promoting professionalism," she said. "A promotion to the rank of an NCO is more than a pay raise—it's a significant increase in responsibility; an empowerment to lead Soldiers and make tough decisions."

Staff Sgt. Jan Holland lights the first of three candles that signify valor and hardiness, purity and innocence, and perseverance and justice.

Sgt. Jeremy S. Walden was among the eight inductees and said the ceremony gave him a sense of pride and honor.

"Induction into the NCO ranks is a tradition that is honorable beyond words," he said. "To be officially recognized as the true 'Backbone of the Army' is recognition that I have truly earned my stripes—a responsibility that I definitely take seriously."



# Annual Holiday Tradition Continues at Burn Center



Top: Texas Burn Survivors Society volunteers provide Burn Intensive Care Unit Non-commissioned officer in charge, Staff Sgt. Floretta Drummond with a holiday meal--a tradition started a decade ago.  
Bottom: Burn Center Director, Col. (Dr.) Booker T. King presents TBSS executive director Sue Dodson with a command coin.

By Steven Galvan  
USAISR Public Affairs Officer

For the last decade, the Texas Burn Survivor Society has been providing the staff at the U.S. Army Institute of Surgical Research Burn Center a holiday meal during the month of December.

“It provides us a way of saying thank you to the Burn Center staff for the loving and compassionate care they provide to burn patients on a daily basis,” said Sue Dodson, executive director of the TBSS.

The tradition was started by the founders of the TBSS, David and Jane Jayne. The Jaynes know personally of

the care provided at the Burn Center. In 1959, Jayne was critically burned in an Army helicopter crash and spent three years at the Burn Center where he underwent burn care, reconstruction surgery and rehabilitation.

According to the TBSS website, “his wife Jane experienced firsthand the devastating impacts which burn injury and its treatment has upon the family of the patient ...”

With the goal of helping other patients and families experiencing the same hardships that they endured at the Burn Center, the Jaynes established the TBSS in 1962.

“The Jaynes volunteered faithfully at the Burn Center for well over 30 years,” said Dodson.

With his wife by his side, Jayne fully recovered and had successful careers in the Army where he retired as a Lt. Col. and then at a large law firm in San Antonio after he earned a law degree.

Throughout this time the Jaynes continued building the TBSS to offer burn survivors and their families what it does today. Scholarships, support groups, summer camp for young burn survivors, and the annual luncheon at the Burn Center where they have personally served the staff for years. But this year there was a notable difference at the luncheon. The Jaynes were not able to attend.

“About three years ago they had to retire from volunteering as their health would no longer permit it,” Dodson said. “They still had been able to come for the luncheon, until this year.”

Now in his mid-80s, Jayne is no longer able to attend the tradition that he started at the Burn Center, but the spirit of why he started this annual luncheon lives on through the staff and volunteers from the TBSS.

“We were sorry that the Jaynes couldn’t attend the luncheon,” said Maj. Thomas Rountree, Burn Center executive officer. “However, we knew that they were there in spirit.”

“It was very difficult not to have them here, but they were happy that

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we were continuing the tradition,” said Dodson. “It would seem disrespectful to them to discontinue something that means so much to them, simply because they are no longer to attend physically.”

Staff Sgt. Floretta Drummond, Non-commissioned officer in charge of

the Burn Intensive Care Unit said that entire Burn Center staff appreciates the annual meal provided by the TBSS.

“It shows their [TBSS] gratitude for the staff’s expertise and dedication to their healing, as well as building the staff’s morale,” said Drummond.

“Their visits along with all of the other great volunteers for the TBSS

continually reinforces the reason the Burn Center staff come to work every day,” Rountree said.

“They have set a high standard,” added Dodson. “And those of us who love the organization they began are determined to continue the work to honor them and help the burn community they love.”

## ISR Holiday Party



USAISR family and friends celebrated at the Holiday Party Dec. 20 at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center. One of the activities was photos with Santa Claus.

Top left: Lt. Col. (Dr.) Michael Davis, Col. (Dr.) Michael Wirt, Col. (Dr.) Kirby Gross, and Col. (Dr.) Booker King.

Top right: Staff Sgt. Tiffany Baldwin.

Center right: Amani, Yael, Avianna and Aksel Arizmendi.

Bottom right: Karina Wirt.

Bottom left: Staff Sgt. James McAlister with wife Stephanie, Mason and Marissa.

Photos by Rozetti Haynes

### Back When...



Can you guess who this ISR staff member is? This photo was taken in 1976 at the San Francisco Polo Grounds. He played 10 years of national and international level Rugby following a 2-year career in semi-professional baseball.

Submit your photo for publication in upcoming issues.

Last Month's Answer:



Kaye L. Neer  
Training Coordinator

## Library News

By Gerri Trumbo  
Library Manager



As we enter the New Year, we will be bringing you new subscriptions in the print and electronic versions. The new titles we added are: Critical Care (online only through LEAP); Journal of Reconstructive Microsurgery (print and online); and Stem Cells (print and online). These titles were at their maximum requested allowance for copyright laws compliance.

The project of re-cataloging all of the books in the library, replacing some older editions with new editions, updating certain collections, and adding new collections (dental and ophthalmology) are also priorities begun in 2014 and will continue in 2015.

As always, we welcome suggestions on monographs and journal subscriptions at any time during the year. If approved and funds are available, we can add to our current collection.

I would also like to remind you of the library resources available on AKO. When you log in with your CAC and choose Self Service, you will see a link to My Library. Click on that link, and discover the many electronic resources available through the MWR libraries available to all AKO users.

Best sellers, newspapers from all over the country are just a click away. You can even download the Zinio app to your tablet or smartphone and access free books 24/7. There are 500 online courses available on Career Transitions, and some over CEUs.

The library staff wishes you a very merry Holiday Season and a great 2015!



Sgt. Varkaris Thompson, Marissa Rodriguez, Sgt. Annetoniette Pierce and Stephanie Truss sort through the gifts Dec. 18 collected as part of the ISR Angel Tree.