

# #INNOVATOR

Optimizing Combat Casualty Care

December 2016



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Can You Guess Who It Is?

## Spott Honored With Distinguished Civilian Service Award



Mary Ann Spott, Ph.D., Joint Trauma System Deputy Director, is presented the Distinguished Civilian Service Award Nov. 6 during an award ceremony at the Pentagon. Left to right: Bob Work, Deputy Secretary of Defense; Capt. (Dr.) Zsolt Stockinger, JTS Director; and Michael Rhodes, Director of Administration and Management, Office of the Secretary of Defense.

By Steven Galvan, D.B.A.  
USAISR Public Affairs Officer

The Deputy Director of the Joint Trauma System at the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas, received the highest honor given by the Secretary of Defense during a ceremony at the Pentagon Nov. 3. Mary Ann Spott, Ph.D., was among eight Department of Defense civilian employees who were awarded the Distinguished Civilian Service Award by the Deputy Secretary of Defense Bob Work at the 61st annu-

al DoD DCS Award ceremony.

Spott joined the USAISR in 2006 as the first director of the JTS to establish the DoD's first and only trauma system and trauma patient registry.

"Dr. Spott developed the strategic vision for trauma operations across DOD and was instrumental in building the trauma system from the ground up," stated JTS Director Navy Capt. (Dr.) Zsolt Stockinger in the award nomination write-up.

With the creation of the JTS, the DOD Trauma Registry was also estab-

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## CDR's Corner



Col. (Dr.) Shawn C. Nessen  
Commander, USAISR

### "Optimizing Combat Casualty Care"

Team ISR,

I hope that everyone is having a pleasant and wonderful holiday season so far this year. The holiday season has traditionally been a time for taking time off work, traveling, shopping, get-togethers with family, friends and coworkers, and preparing special meals. While this time of the year should be joyous and full of love and cheer, it can actually be the most stressful time of the year for many of us.

The old adage of "all things in moderation" can go a long way into keeping holiday stress manageable. There's no method to avoid stress. We all have some ongoing stress at times, but overspending, overeating and drinking, overworking and overextending yourself can make for a stressful holiday season. While I encourage you to spend some quality time with friends and loved ones, I also strongly discourage you from putting yourself in a situation that could endanger your life or your health and increase your stress level.



Col. (Dr.) Shawn Nessen presents Lt. Col. (Dr.) Andrew Cap with an "A" Proficiency Designator certificate Nov. 10 during a command awards ceremony. The "A" Proficiency Designator recognizes the highest level of professional achievement within the U.S. Army Medical Department Corps' specialty.

Fortunately, there are some measures that we can take to minimize the holiday stress. For instance, set priorities and realistic goals that don't overwhelm you with too many activities. Something that I try not to forget during the holiday season is the Surgeon General's "Performance Triad" of sleep, activity and nutrition. While there may be times that we overindulge, try not to skip your exercise routine and your sleep. And most importantly, be responsible and do not drink and drive. Have a plan if you are going out and stay safe.

The holiday season should be a festive time spent with family and friends. Whether you observe and celebrate Christmas, Hanukkah, Id al-Fitr or another religious or personal celebration, take the time to plan for a happy and safe event. Find ways to manage your stress.

Finally, make sure you take care of each other. Watch for concerning behavior in your peers, subordinate and leaders. If you feel someone is at

risk or displaying concerning behavior, ask if they need help or let your leaders know you have concerns. Sometime we all need a little help in life.

From my family to yours, I wish you a safe and Happy Holidays.

## THE INNOVATOR

Col. (Dr.) Shawn Nessen  
Commander

1st Sgt. Natasha Santiago  
Acting Sergeant Major

Steven Galvan, D.B.A.  
Public Affairs Officer

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Deadline for submission is five days before the first of the month. We reserve the right to edit submissions selected for publication.

## SGM Says



Master Sgt. Natasha Santiago  
Acting Sergeant Major

### One Team. One Purpose! Conserving the Fighting Strength!

Greetings ISR Team,

November has come and gone. We are now officially in what is called the "Holiday Season." Our Breakfast with Santa is going to be on December 10 from 1000-1200 at the Fort Sam Houston Warrior and Family Support Center. I truly hope that everyone enjoyed their Thanksgiving holiday and as we enter the month of December, there are just a few items I want to focus on.

The first thing is in relation to counseling and mentorship. I received the Health Service Branch Newsletter this month and there was some staggering information in there about the promotion rates and school eligibility for Specialists and Sergeants. I want to talk about this because it directly correlates to what I discussed last month. What was mentioned was the fact that leaders are not recommending their junior Soldiers for promotion to Sergeant and Staff Sergeant, therefore, school seats are unable to be filled. The Army is promoting younger and faster as seen by recent statistics from DA Select promotion boards. Many Soldiers are being promoted in the secondary zone and with mentorship and guidance are doing the job that they are selected to be promoted to already. So why do we not counsel appropriately?

Something was explained to me a

few months ago; mentorship is done verbally and counseling is done in writing. When leaders counsel their subordinates, guidance is provided on such items as job performance, professional/personal growth and development, leadership, training, goals (short- and long-term) and physical fitness and military bearing just to name a few areas. If we as leaders are addressing these areas (where applicable) monthly for our junior enlisted Soldiers and quarterly for our NCOs, officers, and civilian staff members, then there should never be a question as to whether anyone is ready for the next level of professional responsibility. Leaders also need to be transparent when addressing changes in behavior with the personnel entrusted to them.

If they see any immediate cause for concern, we as leaders will always be their advocate.

The holiday season can inject stressors into many peoples' lives just based on the time of the year. It varies for each person. For some it may trigger memories, for others, it just may be the additional stress of additional shopping or being away from family or friends. The opposite may occur too, where stress may increase if you are the host of family or friends. The important thing to remember is that nobody here on the USAISR team is ever alone. There is someone always to your left or right that you can talk to. We are all one team.  
Happy Holidays!



Acting Sgt. Maj., Master Sgt. Natasha Santiago presents Sgt. 1st Class Timothy Hair with a command coin during a command awards ceremony Nov. 10 as Col. (Dr.) Shawn Nessen looks on. The command coin was presented to Hair for designing the new USAISR command coin.



## Company Notes



Company Commander  
Capt. Cleveland S. Bryant Jr.

The ISR has engaged in organizational seasonal festivities such as our Annual Fall Festival and the Resource Directorate Thanksgiving Feast this month. The Fall Festival was a wonderful success which included support from both military and civilian personnel. A great “thank you” and appreciation to the following personnel that made it happen: Acting Sgt. Maj., Master Sgt. Natasha Santiago, Pvt. Stardous Gibbons, Sgt. David Corey and his daughter Hailey, Spc. Deveney Gillespie, Sgt. Luis Sanchez, Sgt. Chiquita Thomas-Benson, Ms. Kassie Ferrel, Mrs. Maria Dominguez with granddaughters Isabel and Jessica Aguilar, Ms. Bobbie Mills, and our event coordinators, Mrs. Stephanie Truss and Staff Sgt. Tiffany Baldwin. The Resource Directorate Thanksgiving Feast was an amazing, heartwarming potluck event displaying not only the culinary talents of our civilian and military colleagues, but also the greater sense of family among our work place environment. The feast brought out a great gathering prior to the actual Thanksgiving Holiday, giving a moment of thanks and appreciation of community within personally and professionally.

The ISR conducted a Civilian/Military Awards ceremony on Nov. 4. Ranging from Certificates of Achievement, Army Achievement and Commendation Medals, the ceremony

identified the great work conducted within this organization. This event significantly promotes the collective recognition of both military and civilian personnel publicly within the organization and will be conducted periodically throughout the coming new year.

Just prior to the Thanksgiving Holiday, the Company had a little fun conducting an esprit de Corps PT session in which all military personnel including the ISR Commander participated in Ultimate Frisbee. The event was a change of pace as well as a fun physical activity aimed to promote teamwork, positive competition and “down right” organizational fun. More of these events will be scheduled monthly to promote total wellness of our Soldiers.

Congratulations to our graduate from the Basic Leadership Course, Spc. Alisa Lebedeva. She recently attended and graduated from the NCO Academy located at Fort Hood, Texas. If not already done so, please congratulate Sgt. Varkaris Thompson of the Logistics team for graduating from the Advanced Leadership Course last month. Great job and well done!

Congratulations to Sgt. Luis San-

chez regarding his reenlistment of service on Nov. 18. He has and continues to stand out as a great Soldier with great promise in the years to come.

Congratulations to Spc. Ellen Fulmer, Pfc. Uzziel Pineda, and Sgt. 1st Class Timothy Hair for their respective promotions this month.

Congratulations to Spc. Jordan Smith and Sgt. Matthew Anselmo on their selection as this month’s Soldier and NCO of the Month, respectively. Upcoming events: Christmas/New Year’s Holiday (Dec. 25 – Jan. 1).

As we enter the Christmas Holiday season, let us be mindful of each other during this celebratory, but also to some a stressful time of year. Be sure to maintain good health and sound well-being throughout the season and charge toward a great new beginning after the New Year. Be sure to cherish the time with family and friends. Be a light of peace, hope and love to all.

Thank you all for everything you all do every day. Continually, it is truly an honor serving as your Commander and First Sergeant! God Bless you all.

One Team. One Purpose. Conserving the Fighting Strength.



NCO of the Month  
Sgt. Matthew Anselmo



Soldier of the Month  
Spc. Jordan Smith

# Around the Company



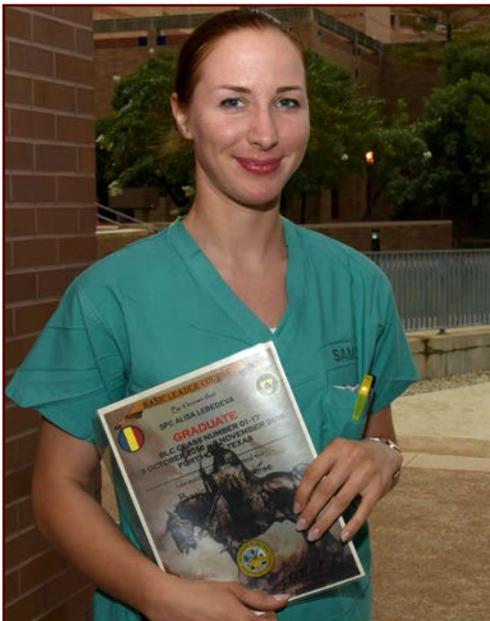
Top left: Spc. Tyler Everett removes the Pvt. rank from Pfc. Uzziel Pineda at his promotion ceremony Nov. 21.

Top right: Spc. Ellen Fulmer is promoted by her father Chilton Fulmer during her promotion ceremony Nov. 21.

Center right: Sgt. Luis Sanchez recites the Oath of Reenlistment being administered by 2nd Lt. Jonathan Vargas from BAMC during his reenlistment ceremony Nov. 8.

Bottom right: Sgt. 1st Class Timothy Hair, second from right, and his wife Holly pose with Acting Sgt. Maj., Master Sgt. Natasha Santiago, left, and Col. (Dr.) Shawn Nessen during his promotion ceremony Nov. 4.

Bottom left: Spc. Alisa Lebedeva graduated from the Basic Leadership Course at Fort Hood on Nov. 3.



## SPOTT Continued from Page 1

lished to capture trauma information from the point of injury to stateside recovery and rehabilitation. To date, the DoDTR contains more than 130,000 trauma records from Overseas Contingency Operations in Iraq and Afghanistan. The data from the records have led to more than 500 research publications and 44 Clinical Practice Guidelines created specifically for deployed healthcare providers.

“The JTS, under Dr. Spott’s leadership, statistically verified that the implementation of the JTS CPGs and educational opportunities resulted in decreasing fatality rates to less than nine percent despite the increased acuity of the Iraq and Afghanistan combat injured patient,” noted Stockinger in the award nomination.

“My work has always been centered around the patient,” said Spott.

In 2013, the JTS was designated as a Department of Defense Center of Excellence for Trauma by the Office of the Assistant Secretary of Defense. The JTS was also recognized in 2014

“The award to Dr. Spott is the long-overdue recognition of a decade’s dedication, personal and professional sacrifice in the service of the nation’s Wounded Warriors. That it comes from the Secretary of Defense underscores the impact what she has accomplished on their behalf.”

**Capt. (Dr.) Zsolt Stockinger  
JTS Director**

with the U.S. Army Medical Command Wolf Pack Award and the Force Health Protection Award. The awards continued in 2015 with the Major Jonathan Letterman Medical Excellence Award as well as being the first recipient of the Military Health System’s Battlefield Innovation Award.

Spott joined the USAISR after having served as the Associate Director, Management Information Systems and Trauma Registry, Pennsylvania Trauma Systems Foundation for 10 years.

“I am humbled to have received the award and appreciate that patients have had better outcomes based on some of the work I have contributed,” said Spott. “It’s been a hard sell, but knowing people have survived and have been able to go home to their families makes all the tough times worth it.”

“The award to Dr. Spott is the long-overdue recognition of a decade’s dedication, personal and professional sacrifice in the service of the nation’s Wounded Warriors,” said Stockinger. “That it comes from the Secretary of Defense underscores the impact what she has accomplished on their behalf.”

According to DOD officials, “The DCS Award is the highest recognition DOD can award an employee, and it is presented to a small number of civilian employees whose careers reflect exceptional devotion to duty and significant contributions of broad scope of policy, scientific, technical or administrative fields that increase effectiveness and efficiency.”

## Center created to improve outcomes of combat casualties

By Steven Galvan, D.B.A.  
USAISR Public Affairs Officer

The U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas, has a new research center focused on improving outcomes from the leading cause of death on the battlefield. The Battlefield Health and Trauma Center for Human Integrative Physiology or BHTCHIP was formed by the USAISR Senior Scientist to study inadequate tissue oxygenation associated with military trauma and battlefield health that will result in new knowledge and materiel solutions for accurate and timely assessment of warfighters suffering from hemorrhagic shock or compromised performance.

“The focus will be on developing  
**BHTCHIP Continues on Page 7**



Victor “Vic” Convertino, Ph.D., points at a computer monitor and describes the functions and capabilities of the CRI to Maj. Gen. Barbara Holcomb, Commanding General, USAMRMC, as Lt. Col. (Dr.) Kevin Chung, left, and USAMRMC Command Sgt. Maj. David Rogers look on.

## BHTCHIP Continued from Page 6

advanced clinical assessment and intervention for improved outcomes of combat casualties suffering from hemorrhage and healthy Soldiers whose performance may be compromised by battlefield conditions,” said Victor “Vic” Convertino, Ph.D., Senior Scientist for the U.S. Army Medical Research and Materiel Command Combat Casualty Care Research Program. “The BHTCHIP includes the only research laboratory in the Department of Defense with the unique capability that allows for the study of the physiology of human hemorrhage and onset of hemorrhagic shock using the model of lower body negative pressure.”

The lower body negative pressure chamber (LBNP) consists of an airtight chamber that creates a vacuum below the waist of test subjects to simulate the reduction in blood volume in the upper body similar to that experienced with hemorrhage.

“LBNP simulates a person progressively ‘bleeding out’ without removing a single drop of blood from them,” explained Convertino.

The LBNP model used by the BHTCHIP is unique in that it has been used to collect physiological data from more than 270 volunteers exposed to simulated hemorrhage that leads



Gary Muniz, left, Carmen Hinojosa-Laborde, Ph.D. and Victor “Vic” Convertino, Ph.D. place monitors on a volunteer in the lower body negative pressure chamber to collect physiological data as part of a research protocol.

to hemodynamic decompensation (early stage of shock). According to Convertino, the database has proven uniquely critical in the development of the only state-of-the-art capability in the world that will allow emergency medical caregivers the ability to assess the status of bleeding patients such as combat Wounded Warriors or assist unit commanders to recognize compromised Soldier performance.

That state-of-the-art technology is designed to measure the body’s compensatory reserve, the body’s ability to compensate for low-volume blood loss with minimal change in traditional vi-

tal signs, using an algorithm called the Compensatory Reserve Index (CRI) that utilizes the information from the arterial wave of a standard pulse oximeter. The CRI monitor gauges whether a patient or Soldier engaged in combat requires resuscitation or immediate medical attention due to a compromise in tissue oxygenation during low circulating blood volume states.

“The CRI is a non-invasive medical device that can evaluate information from waveforms,” Convertino said. “The algorithm provides a decision support system that could help battlefield care providers make earlier life-saving decisions or to assist unit commanders in recognizing when a Soldier’s performance is compromised which could potentially affect the unit’s mission.”

Convertino’s vision of the BHTCHIP is to continue to develop new clinical research protocols designed to provide experimental and clinical validation of the compensatory reserve as a measurement of tissue oxygenation.

“We have already developed new studies and the experiments are ongoing,” he said. “The preliminary results indicate that measurement of the compensatory reserve provides superior sensitivity and specificity for low circulating blood volume states than standard vital signs.”



The Compensatory Reserve Index can evaluate information from waveforms generated from a standard pulse oximeter, which is a non-invasive medical device routinely placed on a finger or ear and measures levels of blood oxygen saturation and heart rate.

# Safety Notes

By Stephanie L. Truss  
Health, Safety and Environmental Specialist



Holiday safety is an issue that burns brightest from late November to mid-January, the time when families gather, parties are scheduled and travel spikes. By taking some basic precautions, you can ensure your whole family remains safe and injury-free throughout the season.

## Watch Out for those Fire-starters Turkey Fryers

While many subscribe to the theory that any fried food is good—even if it's not necessarily good for you—there is reason to be on alert if you're thinking of celebrating the holidays by frying a turkey.

The Consumer Product Safety Commission reports there have been 168 turkey-fryer related fires, burns, explosions or carbon monoxide poisoning incidents since 2002. CPSC says 672 people have been injured and \$8 million in property damage losses have resulted from these incidents.

The National Safety Council discourages the use of turkey fryers at home and urges those who prefer fried turkey to seek out professional establishments or consider a new oil-less turkey fryer. But for those who don't heed that advice, please follow these precautions:

- Set up the fryer more than 10 feet from the house and keep children away
- Find flat ground; the oil must be even and steady to ensure safety
- Use a thawed and dry turkey; any water will cause the oil to bubble furiously and spill over
- Fryer lid and handle can become very hot and cause burns
- Have a fire extinguisher ready at

# In the Spotlight

Pvt. Stardaous Gibbons

**Job title:** Dental Specialist, 68E

**How long have you worked at the ISR?** 5 months

**What or who has been an inspiration to you in your work?** My battle Spc. Sergio Rubio, He motivates me to do my best.

**What is your favorite part of your work?** Helping out others.

**What is your proudest achievement?** Being part of the Armed Forces Action Plan (AFAP) that is designed to improve quality of life for service members and their families.

**Short- and long-term goals:** My short-term goal is to get promoted to Pfc. and my long-term goal is to get promoted to Staff Sgt.

**Hobbies:** Watching movies and doing hair.

**Favorite book:** *A Matter of Trust*

**Favorite movie/TV show:** *Fugget About It*

**Favorite quote:** "Even when it's raining the sun is shining somewhere else."



all times

## Candles and Fireplaces

About 2,200 deaths were caused by fires, burns and other fire-related injuries in 2013, according to Injury Facts 2015; and the National Fire Protection Association reports that 12 percent of home candle fires occur in December. Increased use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire.

- Never leave burning candles unattended or sleep in a room with a lit



candle

- Keep candles out of reach of children
- Make sure candles are on stable surfaces
- Don't burn candles near trees, curtains or any other flammable items
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year

## Even Angel Hair can Hurt

- Putting up decorations is one of the best ways to get into the holiday spirit, however, an estimated 15,000 injuries involving holiday decorating were seen in emergency rooms during the 2012 season.
- "Angel hair" is made from spun glass, and it can irritate your eyes and skin; always wear gloves when handling it, or substitute non-flammable cotton
- When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully; these

**SAFETY Continues on Page 9**

# Health News

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



**HO HO HO!**  
Time to celebrate, give thanks and reflect. Give the gift of health and safety to yourself and others. This time of the year is the season for family, festivity, and food—lots of food. Temptations are everywhere; holiday parties and travel disrupt daily routines. What's more, it all goes on for weeks. If you plan for it, no food needs to be on the naughty list.

How do you stick to your healthy routine when everyone around you seems to be splurging? Here are some tips that can help. Wash your hands often, prevent spread of germs, manage stress, don't drink and drive. Bundle up to stay warm and dry. Be smoke free, fasten seat belts. Get exams, screenings and vaccinations! Monitor children, practice fire safety, prepare food safely, and eat healthy.

When it comes to the meal plan, holiday proof your plan and out-smart the buffet. Have a small plate of the foods you like best and then move away from the buffet table. Fit in favorites; like your Aunties pie. Keep moving and stay active. Get your ZZZs. Get some "me" time and get your energy back for the next celebration!

Activity is a must to keep balance: Are you beating holiday shoppers to your nearest mall for the big sales? Why not for a morning or after dinner walk? Malls have features that make walking in them particularly appealing to adults. They are protected from the weather, are well-lit, have flat and even walking surfaces, have convenient restrooms, and have seats and benches where you can rest for a little while in

the middle of the walk. And, during the busy holiday season you can use it to get in your recommended physical activity while enjoying the mall's holiday decorations and music. And when the shops open you can take advantage of where you are to do some shopping!

While everyone wants to keep food safe during the holidays, it is especially important for pregnant women to do so, because they are at increased risk of food poisoning. Avoid eggnog entirely unless you know it contains no alcohol and is pasteurized or made with pasteurized eggs and milk. Do not eat refrigerated smoked seafood unless it is in a cooked dish. Do not eat or drink other raw or unpasteurized products, such as juice or cider. The American Heart Association (AHA) can help you make your holiday traditions healthy. One good way to avoid those extra seasonal pounds is to keep eating plenty of fresh fruit and vegetables with Seasonal Eating and Cooking with Heart. See the [heart.org/healthy\\_eating](http://heart.org/healthy_eating).

Fall and winter brings its own color pallet of seasonal fruits and vegetables. Deep colors like oranges, reds, and purples are especially prominent in the cooler months. Apples, pears, broccoli and Brussels sprouts are fresh in the market. Perfect holiday colors: red and green. The more green the more red for your heart!

Then there is the Holiday Blue! Depression doesn't show up on an X-ray like a broken bone. It has to be detected through behaviors and attitude. So it's all about taking that first step. The



age-old advice is having a sound mind and a sound body.

Be aware of possible depression in those around you or yourself. Problems can arise when you try to avoid thoughts or feelings rather than noticing them as they come and go. Instead of avoiding them, try to note your thoughts or feelings, accept them, and keep moving forward rather than dwelling on them. If you need or want to think about something further, pick a good time and place to think it through later. But if it's outside your control, practicing acceptance can help separate the things you can control from those you can't—and help you find some peace this holiday season. Try practicing acceptance of the things you can't control or avoid. Keep your perspective, stay realistic, make time for fitness, and foster new memories with your loved ones. The best gift you can give yourself? Peace—and control. The goal is to live right, eat right and have a good attitude.

Happy and Healthy Holidays to You and Yours

## **SAFETY Continued from Page 8**

- sprays can irritate your lungs if inhaled
- Decorate the tree with your kids in mind; move ornaments that are breakable or have metal hooks toward the top
  - Always use the proper step ladder; don't stand on chairs or other furniture
  - Lights are among the best parts of holiday decorating; make sure there are no exposed or frayed wires, loose connections or broken sockets
  - Plants can spruce up your holiday decorating, but keep those that may be poisonous (including some Poinsettias) out of reach of children or pets
  - Make sure paths are clear indoors so older adults do not trip on wrapping paper, decorations, toys, etc.; NSC provides tips for older adults on slip, trip and fall protec-

**SAFETY Continues on Page 12**

# Around the ISR

Top right: Sgt. Joshua Freeman, right, inspects Sgt. Chase Moore before he enters a promotion board Nov. 1.

Center right: Connie Luna cuts her birthday cake during a celebration Nov. 7.

Bottom left: Audrey Premdas holds a certificate for her selection as the Resource Directorate Civilian of the Quarter presented to her by Maj. Kristi Morris Nov. 28.

Center left: Victor "Vic" Convertino, Ph.D., explains the functions and capabilities of the Compensatory Reserve Index to members of the San Antonio Chamber of Commerce while on a tour of the ISR Nov. 9.



# Around the ISR cont.

Top right: Maj. Rebecca Morrell gives a tour of the Burn Center Rehab Unit to officers of the Royal Thai Army Nov. 3.



Center right: Burn Center staff members pose with Senator Joni Ernst from Iowa who was touring the Burn Center Nov. 18.

Bottom right: Dr. Eluned Lewis, UK Personal Ballistic Protection expert presents for ISR staff members Nov. 16.

Bottom left: Staff Sgt. Pablo Sierra is presented with a going away gift Nov. 18 by Col. (Dr.) Richard Williams.

Top left: Maria Dominquez cuts her birthday cake Nov. 2.



## Back When...



Can you guess who this ISR staff member is? This photo was taken in 2006 when he was a Pfc. attending Basic Combat Training at Fort Benning, Georgia.

Submit your photo for publication in upcoming issues.

## Last Month's Answer:



Staff Sgt. Kevin Johnson  
Respiratory Therapy NCOIC

- Be prepared for heavy traffic and possibly heavy snow
- Remember, when guests are staying in your home, make sure areas have night lights or easy-to-reach lamps in case they need to get up during the night. And, whether you are visiting someone else's home or you have guests in your home, make sure all medications are kept up and away and out of sight from young children.

## Don't Give the Gift of Food Poisoning

- The U.S. Department of Health and Human Services provides some holiday food safety tips. Here are a few:
- Do not rinse raw meat and poultry before cooking
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate food within two hours
- Thanksgiving leftovers are safe for four days in the refrigerator
- Bring sauces, soups and gravies to a rolling boil when reheating
- When storing turkey, be sure to cut the leftovers in small pieces so it will chill quicker
- Wash your hands frequently when handling food.

Have a happy and safe holiday season.

## SAFETY Continued from Page 13

tions

### It's Better to Give ... Safely

We've all heard it's important when choosing toys for infants and children to avoid small parts that can be pulled or broken off and might prove to be a choking hazard. Here are some additional gift-related safety tips you might not have heard about:

- Select gifts for older adults that are not heavy or awkward to handle
- Be aware of dangers associated with coin lithium batteries; of particular concern is the ingestion of button batteries
- See which toys have been recalled

### Traveling for the Holidays? Be Prepared

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. According to Injury Facts 2015, 343 people died

on New Year's Day, 360 on Thanksgiving Day and 88 on Christmas Day in 2013. Alcohol-impaired fatalities represented 31 percent of the totals.

- Use a designated driver to ensure guests make it home safely after a holiday party
- Make sure every person in the vehicle is properly buckled up
- Put that cell phone away; distracted driving causes one-quarter of all crashes
- Make sure the vehicle is properly maintained and keep an emergency kit with you



New Lactation rooms are available at the following locations:

BHI I 2nd Floor  
BHT2 1st Floor

Room doors are marked Lactation Rooms. Please refer to Occupational Health webpage on the USAISR Intranet for more information.

