ISR welcomes new 1st Sgt.

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Hello ISR,

The next month is one of our busiest at the ISR and there will be a lot of new places and new faces to get to know.

Over the past year, we sustained a high level of awareness with our suicide prevention and our Sexual Harassment/Assault Response and Prevention (SHARP) programs. Over the summer, there will be many PCS moves that will increase risk for our new ISR team members. It is critical that our sponsors use the resources and training received over the last year to support our new team members during the on-boarding process.

Our new team mates will be excited and anxious as they learn their new work environments and communities. The Vice Chief of Staff of the Army Gen. John Campbell challenged us all to, “Get to know those under your charge; Soldiers, junior leaders, and Civilians. Show them that you genuinely care by increasing access to available resources to help in their time of need. There is no substitute for engaged leadership.”

This month we celebrate our Independence Day on the Fourth. As you enjoy this holiday, please start your planning with an emphasis on safety. Fireworks are very dangerous and must be used under adult supervision.

June 28th was the start of the 30 days of Ramadan and its observance is one of the Five Pillars of Islam. If someone at work or in your community is observing Ramadan, consider encouraging them with one of the following: Ramadan Kareem (Nobel Ramadan), Ramadan Mubarak (Blessed Ramadan), or Kul ’am wa enta bi-khair (may every year find you in good health). The fast will be broken on July 28 with the celebration Eid al-Fitr.

July in Texas is marked by hot weather making dehydration an important consideration for all outdoors events. There are special risks with swimming and boating, make sure your swim plans and float plans are supervised and communicated.

As I think about the sacrifices made by our patriots since our original Independence Day, I think of the sacrifices made by our current military and civil servants. I reflect on last year’s furlough that started in July and the amazing esprit and dignity that our civil service brothers and sister sustained while uniquely shouldering their burdens. There are many uncertainties in current world events, but I am heartened by the certainty that all who contribute to the ISR’s mission work from their hearts and minds and not just with their hands.

Thank you all for what you do every day, Hooah!
SGM Says
Acting Sergeant Major
Natasha A. Turrell

Back to the Basics

The past month has presented us with a few changes in the ISR command leadership. We rendered best wishes and farewell to Sgt. Maj. Vincent M. Herrington. He is now the MEDCOM G4 Sergeant Major. I wish him well in his new position. In the interim, I will be the ISR acting Sergeant Major until Sgt. Major Quinton J. Rice arrives at the end of August. Although we are in a period of many changes in leadership, let's embrace it with an open mind.

I recently received a startling e-mail, with pictures attached, from a Sergeant Major in the Joint Base San Antonio area. The email originally came from the Sergeant Major of the Army, Command Sgt. Major Kenneth O. Preston. The e-mail was in reference to a noncommissioned officer who reported to Drill Sergeant School with tattoos on his calves. The tattoos were not in accordance with Army Regulation (AR) 670-1 and in violation of AR 600-20 (Chapter 6 Equal Opportunity program). Therefore, that NCO was turned away and sent back to his unit.

This is a prime example of why we have to ensure that we are enforcing the standards, the basics. As NCO’s we should take the time every day to question ourselves about whether we are being standard bearers or are we being derelict.

Did you take the time to tactfully and discreetly inform that new second lieutenant that he/she can’t walk down the hall eating while in duty uniform? Last night, did you correct the Soldier that you saw at Target walking around talking on the phone while in duty uniform?

As NCO’s we are the standard bearers and must be vigilant in our duties. Let’s get back to the basics!

Celebrating Diversity and Equality
Acting ISR Commander, Col. (Dr.) Booker T. King, cuts a ceremonial cake June 20 in observance of the 2014 Pride Month.

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Acting ISR Commander, Col. (Dr.) Booker T. King, cuts a ceremonial cake June 20 in observance of the 2014 Pride Month.

Farewell Sgt. Maj. Herrington
ISR Company Commander, Capt. LaShawnna Ray presents Sgt. Maj. Vincent Herrington with a gift during a going-away luncheon at the Fisher House area June 3.
The Innovator

ISR welcomes new first sergeant

By Steven Galvan
USAISR Public Affairs Officer

The U.S. Army Institute of Surgical Research (ISR) held a traditional First Sergeant Change of Responsibility ceremony June 12 at Joint Base San Antonio-Fort Sam Houston, Texas. With the passing of the noncommissioned officer’s sword from the ISR Company Commander, Capt. LaShawnna Ray to 1st Sgt. Natasha A. Turrell, 1st Sgt. Bradley Proud relinquished responsibilities as the ISR First Sergeant.

Turrell had strong praise for Proud who served as the Institute first sergeant since August 2012 and headed to Madigan Army Medical Center at Joint Base Lewis-McCord near Tacoma, Wash.

“He’s leaving me with a great group of Soldiers,” said Turrell. “His leadership was a valuable asset to the Soldiers and this Institute. My intention is to build upon that foundation and take us to the next level.”

Turrell has been assigned to the ISR since September 2013 where she served as the Damage Control Resuscitation and Blood Group noncommissioned officer in charge and said that she is ready for her new position.

“I feel honored and humble by the opportunity to serve as the first sergeant,” she said.

With only a few short weeks at the helm, Turrell said that she is getting into a battle rhythm and looking to see how to best serve the ISR.

“I would like to see the ISR involved with more volunteer opportunities in the San Antonio and surrounding communities. I would also like to help build a greater culture of trust among the command, Soldiers and civilians.”

The 20-year Army veteran believes that she is in a position where she can share her knowledge and experience with her Soldiers and help them excel on a personal and professional level. She also wants them to know that everyone at the ISR is on one team and should always treat each other with the upmost dignity and respect.

“I expect for Soldiers to be honest and give 100 percent in all that they do,” said Turrell. “In return, they can expect me to be fair, honest and accessible to helping them excel. I will give them 100 percent as their first sergeant.”

Turrell will be focused on the success of her Soldiers and the Institute by looking at new ways of doing day-to-day business.

“My goal is to streamline some of our daily processes and making things easier for the Soldiers to access information,” she said. “I would also like to help the command open up to new innovative ideas to make the Institute better.”

Turrell believes that she will have a positive tour because she has the support of the command and her family.

“My family has always been my source of encouragement and a great sounding board in my professional and personal life,” she said. “I value the wisdom and knowledge that my family has gifted me with over the last 20 years.”
Welcome to the ISR family: Sgt.'s Joshua and Mylah Joy Freeman welcome a daughter, Jaslyn Joy on June 17. All are doing well.

Congratulations to Sgt. Shane Berry for his selection as the NCO of the Month for June. His photograph will be on display in the company area.

Please congratulate Staff Sgt. William Vidal and Sgt. Billie Durrett on their promotion effective July 1.

Upcoming events: NCO/Soldier of the Quarter competition, which includes: AFPT, obstacle course, day and night land navigation, ruck march, essay, oral board and a range.

The ISR Change of Command Ceremony will be held July 30 when Col. Michael Weber will relinquish command to Col. Michael Wirt in front of the BHT at 0900.

We have been granted the July 7 as a “training holiday” for military personnel. Throughout this holiday weekend, I ask that all leaders and individuals do their part to prevent accidents. Personal responsibility is key and begins with leaders who care about their personnel.

Get involved, emphasize safety, and lead by example. Address possible hazardous activities traditionally associated with the Independence Day holiday period such as driving, use of fireworks, use of alcohol, water sport activities, and activities in excessive heat. If your activities involve the use of fireworks, remember that improper handling can cause severe injury and the possibility of an unintentional fire. Always have water readily available in case of an accidental fire when using fireworks.

On June 12 we held a change of responsibility ceremony and said goodbye to 1st Sgt. Bradley Proud and welcomed 1st Sgt. Natasha Turrell. The ceremony was a great success. I want to thank Staff Sgt. Michael Cavallo and all the NCOs and Soldiers who orchestrated the event. First Sgt. Turrell, we look forward to working with you. With your guidance and leadership, I know will continue to lead the company in positive direction.

Thank you for all that you do!
Vidal earns prestigious Expert Field Medical Badge

By Steven Galvan
USAISR Public Affairs Officer

A veterinarian technician from the U.S. Army Institute of Surgical Research (ISR) at Joint Base San Antonio-Fort Sam Houston, Texas was one of few Soldiers to qualify for the coveted Expert Field Medical Badge (EFMB).

Sgt. William A. Vidal joined an elite group when he completed the final event May 28, a grueling 12-mile road march at Camp Bullis. Vidal was the only ISR Soldiers out of six from the Institute to complete the event to earn the badge.

“It was one of the most mentally and physically exhausting things that I’ve done,” he said.

The 10-day event began with 107 Soldiers hoping to earn the distinction of being among the best in Army medicine. But after four days of training and six days of being mentally and physically tested only 17 Soldiers succeeded and earned the exclusive badge.

For Vidal, the second time was the charm. Having gone through the process before, he knew what to expect and complete the event.

“It’s overwhelming at first, but you should only focus on the next day’s event,” he said.

To earn the EFMB, candidates are required to perform emergency medical treatment and evacuation tasks under life-like simulated combat condition as well as pass a written exam, the Army Physical Fitness Test, day and night navigation courses, weapon qualifications, CPR, survival and communication skills, and the 12-mile road march within three hours.

“The days are long and you have less and less energy at the end of each day,” said Vidal.

While earning the EFMB is an individual feat, Vidal gives credit to the Soldiers of ISR Company for helping him complete the competition.

“I could not have made it without their support,” he said. “They pushed me and encouraged me when I needed it the most.”

The pinning ceremony culminated the arduous experience which was made unforgettable for Vidal. His father, a retired Army Master Sgt. pinned the EFMB on him.

“It was a special moment for me,” said Vidal. “He has been there throughout my career and having him pin on the badge means a lot to me.”
OPTIMIZING COMBAT CASUALTY CARE

SHOULDER TO SHOULDER
I SAVE LIVES

SSGOLAREWAJU MAGREOLA
7-YEAR ARMY VETERAN
OPTIMIZES COMBAT CASUALTY CARE
AS DENTAL LAB TECHNICIAN
USAISR

CDRGERALD BURKE
22-YEAR NAVY VETERAN
OPTIMIZES COMBAT CASUALTY CARE
AS DIRECTOR OF OPERATIONS
NAMRU-SA

MSGTKATHERINE FLORES
19-YEAR AIR FORCE VETERAN
OPTIMIZES COMBAT CASUALTY CARE
AS NCOIC, DENTAL LAB EVALUATIONS
USAF DECS

Calvin did this.
The Innovator

July 2014

GEMS camp makes learning math, science fun

Story and photos by Steven Galvan
USAISR Public Affairs Officer

Developing our country’s future mathematicians and scientists begins in school classrooms. But, the Army is doing its part in exposing young students to real-world military research with hands-on activities designed to show them the joy of scientific discovery.

For the third year, the U.S. Army Institute of Surgical Research (ISR) is hosting three Gains in the Education of Mathematics and Science (GEMS) camps during June and July for San Antonio middle school students at Joint Base San Antonio-Fort Sam Houston, Texas. The four-day sessions are laboratory-based camps that provide students the opportunity to participate in scientific experiments and learn basic laboratory skills.

ISR GEMS program coordinators, Stephanie Truss and Kathy Ryan, Ph.D., planned the laboratory activities that they thought would be engaging and exciting for the students, also known as interns.

“We have the luxury of designing the activities to actual research being conducted here,” said Truss. “Most of the students do not have this type of hands-on activities, or if they do, the activities are not as extensive in their schools, so it’s good for them.”

Activities at the ISR expose interns to subjects such as electricity; cardiology; blood typing; types of bacteria; DNA; surgical knots and suturing techniques; dentistry; and hair, fiber, and fingerprint analysis. The interns make it through the camp with the help of two resource teachers who are full-time licensed teachers and four college students, or near-peers, to mentor the young interns.

“We present what they know and have learned in school and show them how they can use it in the future as researchers in military labs like this one,” said Leigh Anne McIver, ISR GEMS resource teacher.

Ashlyn Rathburn, a Texas State University elementary education major, is a near-peer who said that it is important for students at this age to be exposed to these types of activities.

“It is a great experience for all of us,” she said. “We learn from each other.”

GEMS interns Khalil Sample and Natalie McVay both said that the camp was fun and would recommend it to their friends.

“We don't get to do this in our school,” said Sample.

Each camp is designed for 24 interns divided into two laboratory classrooms. The small groups allow for a lot of one-on-one interaction between the staff and students. Resource teacher Maria Anzaldua enjoys the small classroom atmosphere because it gives her the opportunity to keep the students engaged in their activities.

“If we don’t, then it’s easy for them to lose interest,” she said.

In addition to the hands-on activ-

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GEMS continued from page 8

ities, the interns hear from ISR re-
searchers about potential career paths
in science, as well as their current
research projects. McIver added that
this one-of-a-kind experience will be
invaluable for the interns' future.

“They get to see what research is
being conducted here and may some-
day say that they knew about it before
it became known to the public,” said
McIver.

GEMS is one of several programs
developed by the Army Educational
Outreach Program to offer summer
educational activities for middle and
high school students who have an
interest in becoming scientists and
might have an interest in working for
the Army or Department of Defense.
The GEMS summer camps are offered
at various Army laboratory facilities
throughout the U.S.
In the Spotlight

Jeffrey Howard

Job title: Postdoc Fellow

How long have you worked at the ISR? 1 month

What or who has been an inspiration to you in your work? Since beginning my fellowship I have been very inspired by the researchers and clinicians here. There is an incredible collection of researchers from very diverse backgrounds. The collaborative environment has the potential to make significant impacts on both military and civilian health. Having the chance to be a part of that is very inspiring to me.

What is your favorite part of your work? I really enjoy the variety of research topics in which I am able to participate.

Your proudest achievement? Completing my Ph.D. and being awarded UT System Board of Regents Chancellor’s Fellowship and the ORISE Postdoctoral Fellowship.

Short- and long-term goals: My short-term goal is to contribute as much as possible to the important research being done here, and also to learn as much as I can in the process. My long-term goal is to secure a tenure-track faculty position at a university or health science center.

Hobbies: Hiking, reading

Favorite book: 3-way tie: The Sirens of Titan, Henderson the Rain King and The Heart is a Lonely Hunter

Favorite movie/TV show: The Shawshank Redemption

Favorite quote: “Get busy livin’ or get busy dyin’.”

Fireworks are an American tradition and can provide hours of wholesome, family entertainment, but must be used by adults carefully and safely. The Consumer Product Safety Commission estimates that 8,800 people were treated for fireworks-related injuries in 2002. During the past 10 years, about a third of the injuries associated with fireworks have been caused by illegal explosives or homemade fireworks.

Fireworks Safety:
1. Children should not handle fireworks. Never let children handle, play with or light any fireworks. Only adults should handle and light the fireworks. The fireworks are great family fun, but they burn hot and are intended to be handled only by adults.
2. Do not use alcohol with fireworks. Please do not consume alcohol while lighting fireworks. Fireworks must be used only by individuals who act in a responsible manner and who are not under the influence of alcohol or drugs.
3. Follow the laws. Follow your local and state laws regarding the possession and use of the fireworks, and use good common sense when using fireworks. Read all directions, cautions, labels and warnings on each individual firework item to understand the product performance and hazards associated with the use of the item.
4. Use fireworks on a hard surface. Always light fireworks on a hard, flat and level surface to ensure the stability of the items. Grass is generally not suitable for any aerial items.
5. Use in a clear, open area. Keep the audience, and particularly children, a safe distance from the shooting site. Always light your fireworks in a clear open area away from buildings and vehicles. Avoid lighting the fireworks in any area where there is dry grass or brush that could catch fire. Never use fireworks indoors.
6. Keep clear of the fireworks. Never put your head or any part of your body over the top of any firework product. Never hold a lighted firework item in your hand. Keep as far away from the firework item as possible when lighting.
7. Use care in lighting the fireworks. Always light fireworks with a punk or an extended lighter. This will enable you to keep as far from the product as possible. Light the firework product and get away.
8. One at a time. Light only one firework item at a time.
9. Don’t use malfunctioning items. Never attempt to re-light, alter or fix any “dud” firework. If an item fails to ignite, let it sit for at least five minutes, then immerse it in water.
10. Have water close by. Have an accessible fire extinguisher, water supply, hose or bucket of water nearby for emergencies.
11. Windy conditions. Be cautious of lighting any aerial firework during strong wind conditions. The firework

SAFETY continues on page 11
deployed to Afghanistan in 2011. She noted that many Soldiers suffered from sleep deprivation. They found it hard to get more than four hours of uninterrupted sleep. Healthy activity—physical, mental and spiritual—was disrupted by a host of factors including operations, the threat of attack, available recreation options, and individual motivation.

The Army is also training and positioning certified Master Fitness Trainers as advisors for unit commanders, company through division, to facilitate and standardize physical training for Soldiers across the Army to improve fitness and help prevent injuries. For civilians, the Army Civilian Wellness/Fitness Program (Army Regulation 600-63, Army Health Promotion) encourages them to improve their health and fitness through exercise and moderate physical activities.

So what better time to get started. Take the summer shape up challenge! Even more ways to a healthy, sun-safe summer: A little exercise, with a lot of health benefits and fun! Summer is the perfect time for outdoor activities. Once you have started your program there are many ways to keep you moving. In recent years, there has been a spike in the number of mobile applications and online tools designed to support your health and wellness. Also, the Department of Defense and military service branches have released a variety of free programs that enable you to conveniently manage your nutritional intake, physical activity, sleep, mental wellness and tobacco cessation efforts. One of the goals of the Performance Triad is to show you how technology can help you meet your performance and health-related goals. Here are some examples of recently released tools and mobile apps that can help you with your healthier lifestyle:

**ArmyFit™**: A tech resource provided by the Comprehensive Soldier and Family Fitness program.

**Army H.E.A.L.T.H.**: A web and Smartphone app that helps promote performance nutrition and exercise.

For a full list of mobile apps and tools that support healthy living, visit the Operation Live Well website.

One last note, as you drive away to the great vacation remember the importance of seat belts and what can be done to get every person in every seat buckled up on every trip.
The Innovator

ISR researchers sharpen writing skills

Story and photo by Steven Galvan
USAISR Public Affairs Officer

Ask any researcher at the U.S. Army Institute of Surgical Research (ISR) what part of their job is most difficult; they will probably say “writing a grant proposal.”

ISR Research Director, David Baer, Ph.D., agrees; “Writing a good research grant proposal is not an easy task.”

To help researchers improve their professional writing, including grant proposals, the Institute turned to renowned author and writing consultant George Gopen, J.D., Ph.D., Professor Emeritus of the Practice of Rhetoric at Duke University. During the four-day writing workshop, two days of lectures and two days of individual tutorials, Gopen shared his unique insights about writing.

“I discovered that reading and writing are not, as most people assume, 85 percent word choice and 15 percent structure; rather, they are 15 percent word choice and 85 percent structure,” he said. “The bottom-line question, where the quality of professional writing is concerned, is simple: ‘Did the reader get delivery of what the writer was intending to send?’ Therefore, to understand the language better we should get to know as fully as possible how readers actually go about the act of interpretation: what are the reader’s expectations.”

Chief of Statistics and Epidemiology, Jeana Orman, Sc.D., attended the workshop; she said that this approach to writing makes sense.

“If the reader doesn’t understand what the writer intended, the writing will not have the desired impact; that could directly affect whether a grant proposal gets funded, an article gets published, or a research protocol gets approved,” she said.

While writing grant proposals, articles, and protocols is not easy, it is a necessary undertaking for researchers at the ISR. Gopen stresses that, in order to succeed, researchers must write these documents to meet the reader’s expectations.

Kathy Ryan, Ph.D. Research Regulatory Compliance Division chief agrees that researchers need to write clear and precise research protocols.

“Because I didn’t understand what the researchers were trying to express, I’ve had to kick some back,” she said.

Gopen’s lectures focus mostly on scientific and legal writing; but the approach can be used in all forms of communication.

Registered Nurse and Nurse Preceptor Coordinator at the ISR Burn Center Progressive Care Ward, Michael Barba said that this workshop will improve both her abstract writing and her personal communication.

“I find myself re-reading my

GOPEN continues on page 13
Army Warrior Tasks Training
The ISR Company held Army Warrior Tasks (AWT) training at Joint Base San Antonio-Fort Sam Houston June 4. AWT training is a set of drills for Soldiers to stay sharp on fundamental combat skills to maintain proficiency to fight and win on the battlefield. Top left: Spc. Austin Frye evacuates a casualty from the battlefield. Top right: Sgt. Jacqueline Mason request medical evacuation support by providing landing coordinates. Bottom right: Sgt. David Trapolsi provides cover during casualty medical evacuation from the battlefield. Bottom left: Staff Sgt. (P) Christopher Coates conducts a weapons check on an M-16 prior to commencing AWT.

GOPEN continued from page 13

According to Gopen, he is on a lifelong crusade to teach writers the key to success: writing that meets the reader’s expectations. “He was very inspirational,” said Barba. “This workshop will enhance my professional and personal writing skills.”

“He is so engaging; he convinced even the hardened skeptics,” said Orman. “It’s a testament to the many years Dr. Gopen has devoted to this important work.”

GOPEN continued from page 13

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“He is so engaging; he convinced even the hardened skeptics,” said Orman. “It’s a testament to the many years Dr. Gopen has devoted to this important work.”
Top left: Maj. Christopher VanFosson welcomes members participating in the Recruiting Command Educators Tour to the Burn Center June 27 for a tour.

Top right: Gary Muniz describes the functions of the Compensatory Reserve Index algorithm June 4 to members of the San Antonio Chamber of Commerce.

Center right: Capt LaShawnna Ray administers to “Oath of Reenlistment” June 19 to Staff Sgt. James McAlister, Staff Sgt. Joel McVay and Sgt. 1st Class Brandon Gibson.

Bottom right: Sgt. 1st Class Russell Gilmore explains the use of fabricated masks at the Burn Center to Col. Tae Ho Chang, Commander, Armed Forces Medical School—Republic of Korea June 25.

Center left: Mark Atkins presents Maj. Alejandro Gonzalez a going away gift at a luncheon June 3.
Top left: Col. (Dr.) Anthony Johnson, left, presents Sgt. Billie Durrett with her Certificate of Promotion June 30.
Top right: First Sgt. Bradley Proud, left, is presented a going-away photo June 3 by Staff Sgt.s Shanelle McNair and Khanesha Murrell.
Bottom right: Maj. Christopher VanFosson gives a tour of the Burn Center June 12 to students from Fox Tech High School.
Bottom left: Dr. Seung Kim, left, is presented the Army Superior Civilian Service Award June 12 by Col. (Dr.) Booker T. King.
Center left: Lt. Col. Sandra Escolas and Staff Sgt. Charles Goodwater are recognized during a “Welcome Back” celebration June 18.
Back When...

Can you guess who this ISR staff member is? This photo was taken in 1975 in San Marcos, Texas prior to departing for Navy Basic Training.

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

Library News

By Gerri Trumbo
Library Manager

The ISR Library has asked that you send in complete citations and not publisher or Google links when requesting articles or papers. We have found that links are not reliable in detecting the composition of the article (author, title, date, pagination, journal published, PMID or DOI). So please try to send a PubMed or OVID citation when requesting articles. You will help us get your request much faster and assure accuracy.

Don’t forget to register for your MyAthens account. MyAthens will allow you access to the library electronic holdings at home, on TDY or anywhere off campus. The link to register for MyAthens is: https://register.athensams.net/uam/

You will find this link and complete instructions on the library Intranet home page.

After you register and get approved you will receive an e-mail from eduserv. Do not delete that e-mail as it will contain your username and password. Using MyAthens is different than LEAP, but the link to LEAP is found in the MyAthens list of databases. So if you click on it, you can go about your searching the same way you would if going directly to LEAP.

You can also use the PubMed link within LEAP/MyAthens.

We encourage you to report any bad links, problems or issues. We will do our best to find a remedy or alternative for you.

Thank you for using the ISR Library.

June Awards Ceremony

Defense Meritorious Service Medal
Lt. Col. Sandra Escolas

Army Commendation Medal
Lt. Col. Elizabeth Mann-Salinas
Cpt. Jillene Orth

Meritorious Service Medal
Col. Robert Mabry
Maj. Kevin Akers
Maj. Alejandro Gonzalez
Sgt. Maj. Vincent Herrington
1st Sgt. Bradley Proud

Army Achievement Medal
Sgt. Jaffster Daus
Sgt. Wilfredo Villareal
Sgt. Jeremy Walden
Sgt. Daniel Zimmerman
Spc. Mathew Winans

Joint Service Commendation Medal
Staff Sgt. Charles Goodwater

Order of Military Medical Merit
Maj. Alejandro Gonzalez

Last Month’s Answer:
Bonnie Jackson
Burn Program Manager

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