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Scan 2-D code for USAISR Website link
Greetings ISR,

I’d like to start off by congratulating our Safety and Occupational Health Manager, Ms. Stephanie Truss, on her selection as the 2014 ISR Civilian of the Year. As the safety manager and with your assistance, she has been instrumental in ensuring a safe working environment for all of us at this Institute. Remember to include safety in the forefront of our every day events, whether at work or at home.

I would also like to congratulate our two Soldiers who competed at the MRMC Best Warrior Competition in February. Both competitors did an outstanding job. Spc. Matthew Winans won the Soldier competition and Staff Sgt. Pablo Sierra earned runner-up honors at the NCO competition. We are all extremely proud of both Soldiers, great job! Spc. Winans will now advance and represent MRMC at the MEDCOM Best Warrior competition in May. We wish him good luck and I know he will do a superb job representing the USAISR.

The reason that I am so confident that Spc. Winans will do well at the MEDCOM level is because we are using a team-oriented training approach to prepare him for the upcoming competition. Teamwork is the key to both individual and organizational success. Our organization is complex and our mission to “Optimize Combat Casualty Care” is equally complex. To solve the difficult and important problems revolving around care on the battlefield, it takes a team, working within and across clinical and task areas to innovate and drive the high-level science this Institute is known for. As we position the Institute to address the problems of the future, I ask that you continue to remain focused on our mission. It is imperative that we work together as a cohesive unit to develop solutions for care of the combat wounded.

We are a highly successful Institute and we will continue to succeed as long as we stay dedicated to our duties and continue working as a team. As we move forward through this month and the upcoming year, I ask that you remain safe and embrace the spirit of teamwork that has been displayed here for decades.

Serving to Heal… Honored to Serve!

Lt. Col. (Dr.) Vikhyat Bebarta, second from right, is presented the Geneva Foundation 2014 Researcher of the Year Award by Dr. Neil Vining, a member of The Geneva Foundation’s Scientific Advisory Board and Orthopedic Trauma Surgeon and Elise Huszar, President of the Geneva Foundation during the USAISR Command Awards ceremony Feb. 20 hosted by Col. (Dr.) Michael Wirt, USAISR Commander.
SGM Says

Sergeant Major
Quinton Rice Jr.

Protect - Project - Sustain

Make a Difference

There are two prominent dates in most military personnel careers; the day they enter and the day they exit the military. There are a number of other significant dates that occur during that continuum of time. The questions you should ask yourself are: what was my impact? How will I be remembered? Was I a positive influence? Did I provide purpose, direction and motivation? Often times our personnel will not remember when we arrived or when we left, but they will remember the answers to those questions.

There are many who believe that they are great leaders in their own mind and very few who will admit to being a subpar leader. Great leaders are the ones who have taken the time to learn and grow. I have heard several NCOs express concerns about promotions. Many of these concerns are centered on timing. What I have discovered after sitting down and talking with the NCOs is that many of them lack the experiential knowledge which cannot be assimilated through didactic studies.

This long and protracted war has propelled many through the ranks with a deficit in Garrison experience. One thing about being great leaders is that they are always willing to learn, although the learning curve shrinks the more senior they become. There is a grey zone that will surface the longer they deal with others and the true testament of great leaders is how they navigate that zone. It is inherently the responsibility of everyone on the team to remedy or mitigate the anomalous performance of subpar leaders who would provide a deleterious influence to an organization.

A great leader has the confidence to stand alone, and if necessary the courage to make tough decisions while having the compassion to consider the needs of others. Great leaders do not stand around and bloviate at the decrement of others. A great leader is like a Train Engine: it has a clear destination in mind. They make sure that all of the passengers (employees) reach their destination. They understand that the passengers (employees) belong to so many different categories (low/high performing, active/inactive, sick/healthy, poor/rich etc.) however, they take all of them along toward the target destination steadily reaching it. They keep the engine up and running to ensure that target is achieved by all appropriate means necessary.

Generally, they do not set out to be great leaders, but through trials, tests and determination their character shines through. These are the ones who people solicit advice from and bring their problems to knowing that they have their best interest at hand. Leaders, let’s be the ones who make a positive impact on others and our organization.

The US Army Institute of Surgical Research

Epidemiology and Biostatistics

Special Guest Lecture

Deborah J. del Junco, Ph.D.
Associate Professor
Department of Surgery
University of Texas Health Science Center
Houston, TX

THE 7 DEADLY SINS IN TRAUMA RESEARCH:
AVOIDANCE OR ABSOLUTION

MARCH 24  1500 – 1600  BHT-1 2ND FLOOR CONF. RM.

On the Cover

USAISR 2014 Civilian of the Year, Stephanie Truss, right, confirms that Staff Sgt. Khanesha Murrell verifies the contents of a chemical spill kit are included and up to date.

See story on page 5
Welcome to the ISR family: Staff Sgt. Floretta Drummond and husband welcomed a daughter February 12. Mother, daughter and family are doing well. Pfc. Aaron Liddle and wife welcomed a daughter February 12, all are doing well.

Congratulations to Sgt. Olarewaju Magreola and Spc. Amber Buckelew for their selection as the NCO and Soldier of the Month for February, respectively. Their photographs will be on display in the company area.

Upcoming events: On March 9 the Events Committee will host a Chili Cook-Off and on March 17 a Saint Patrick’s Day Bake Sale—both in support of the upcoming Easter Egg-stravaganza. The event will be held from 1300-1600 at the WFSC. We will have several family oriented events to include: egg hunting, cookie decorating, arts and crafts, photos with the Easter bunny, and much more. We hope to see you and your loved ones there as we celebrate the season and continue to bond as an organization.

Thank you to the Equal Opportunity Team for the contributions made towards making our Black History Month Observation a great success. This month is Women’s History Month. This year’s theme is “Weaving the Stories of Women’s Lives.” Accounts of the lives of individual women are critically important because they reveal exceptionally strong role models who share a more expansive vision of what a woman can do. The stories of women’s lives, and the choices they made, encourage girls and young women to think larger and bolder, and give boys and men a fuller understanding of the female experience. Knowing women’s achievements challenges stereotypes and upends social assumptions about who women are and what women can accomplish today.

Thank you all for everything that you do!

Col. (Dr.) Michael Wirt presents Sgt. Varkaris Thompson with a gift card Feb. 27 at the USAISR/BAMC African American/Black History Month observance ceremony for winning the USAISR African American/Black History Month quiz Feb. 26.
Truss selected 2014 ISR Civilian of the Year

Col. (Dr.) Michael Wirt presents the 2014 ISR Civilian of the Year, Stephanie Truss with a certificate during the command awards ceremony Feb. 20.

Story and photo by Steven Galvan
USAISR Public Affairs Officer

The safety and occupational health manager at the U.S. Army Institute of Surgical Research (USAISR) was selected as the 2014 Civilian of the Year. Stephanie Truss, who hails from Houston, has been at the Institute since 2007 where she was first assigned as a medical laboratory noncommissioned officer while on active duty in the Army. Shortly after retiring from the Army in 2011 Truss accepted her current job as a contract employee which was transferred to a civil service position in 2012.

As the safety and environmental advisor to the commander, Truss said she feels honored and privileged to being selected as the Civilian of the Year.

“I’m not really sure why I was selected as the Civilian of the Year, but if it could be a shared award, then know that I’m sharing it with everyone at the ISR,” said Truss. “If it were not for everyone at this Institute I would not be here, therefore this is our award.”

Under Truss’ guidance, the USAISR is on track to earn an unprecedented Army Safety in Excellence streamer for the third year in a row. The streamer is awarded to Army units without any Class A or B accident for 12 months; have 100 percent completion of Composite Risk Management training; and completion of the Army Readiness Assessment Program within the last 24 months. The USAISR is in the top 25 percentile of safe worksites within the Army.

“I love being able to help people in any method that I can and what a better way than assisting them in keeping safe,” Truss said.

During the last several months, Truss has diligently being promoting and implementing the Voluntary Protection Program (VPP). VPP is an Occupational Safety and Health Administration program that identifies worksites that exhibit exemplary safety performance beyond compliance.

Truss hopes to move into the next stage of the VPP by earning the Star Site recognition—the highest level of recognition.

“Through the support of the VPP Communicator Team and the involvement of the entire staff, my short-term goal is to complete the VPP final stage with flying colors,” she said. “My long-term goal is to attain a master’s in occupational health and safety and to continue to foster a safe working environment to maintain VPP standards in the upcoming years.”

Truss said that she enjoys her job because she is able to work toward making a difference every day, but her job doesn’t come without challenges.

“Promoting change in a positive way is challenging,” said Truss. “Often we get very complacent in doing things and when changes must occur being understanding but yet effective in the implementation and enforcement of the changes can also be interesting.”

Truss’ advice to anyone who would like to be selected as the Civilian of the Year is to always work hard and do the right thing.

“Work knowing that your efforts are noticed and appreciated,” she said. “The reward is not always an award, it can simply be a meaningful ‘thank you.’”
Winans triumphant at MRMC’s Best Warrior competition

Story and photo by Steven Galvan
USAISR Public Affairs Officer

The 2014 U.S. Army Institute of Surgical Research (USAISR) Soldier of the Year competed at the 2015 U.S. Army Medical Research and Materiel Command (USAMRMC) Best Warrior competition at Fort Detrick, Md., and came out victorious in his category. Spc. Matthew D. Winans, a Bioscience Specialist at USAISR Dental and Trauma Research Detachment (DTRD) won the USAMRMC Best Warrior competition and will now compete at the 2015 Army Medical Command Best Warrior of the Year competition in May.

“It feels great to earn the title of MRMC’s Best Warrior,” said Winans. “It is a reflection of the outstanding leadership and training I received from the noncommissioned officers [NCO] at the ISR. The achievement was a team effort.”

To prepare for the competition, Winans and Staff Sgt. Pablo Sierra, the 2014 USAISR NCO of the Year, who competed at the NCO level, trained and studied with the assistance of several ISR NCOs in the different categories of the event. Winans credits the countless hours of training and studying to be the deciding factor in the competition.

“Each competitor was physically and mentally strong,” he said. “It was slightly stressful due to the pace of the events and the cold weather. Near the end of the competition, the small gaps between the competitors increased the anxiety for everyone. As the competition progressed, it was wonderful to see the esprit de corps between competitors.”

Sierra who took the runner-up spot in the NCO of the Year competition will continue to train and study with Winans.

“It was an exceptional performance by both ISR competitors,” said Col. (Dr.) Michael D. Wirt, USAISR Commander. “Our two Soldiers truly embody the Warrior ethos and proudly represented the ISR throughout the competition.”

USAISR Sgt. Maj. Quinton Rice Jr. said he was proud of both competitors and attributes Winans’ success to the support and motivation from their departments and the entire organization.

“It was a very tough competition,” said Rice. “It went down to the last event and Spc. Winans out distanced the top members of eight other organizations under the MRMC umbrellas.”

Winans also attributes his success to the support of his wife and family, his sponsor Staff Sgt. Scott Eriksen, and the personal guidance he received from Sierra during the competition.

“Staff Sgt. Sierra kept saying ‘you are never out of the fight,’” said the Wellsville, N.Y. native. “From that advice I was able to manifest personal courage and stay positive in the face of adversity.”

Winans, who has been at DTRD for almost two years and in the Army since 2012, said that he will continue to train and study for the next competition.

“Spc. Winans is a stellar Soldier who has the initiative, drive and discipline to accomplish anything he wants,” said Staff Sgt. James McAlister IV, DTRD NCOIC. “I am so proud that he was able to implement the training he received for this competition and I will continue to support him throughout the next one.”

Rice believes that Winans will excel at the next level.

“I believe that if our organization continues to support him and provide him challenging training, then he will do exceptionally well,” said Rice.
Drs. Jose Salinas and Heather Pidcoke, center were among the guest speakers who presented at The Health Cell’s 2015 State of the Industry event Feb. 10 in San Antonio, Texas.

**ISR scientists share combat casualty care research**

Story and photos by Steven Galvan
USAISR Public Affairs Officer

Two research scientists from the U.S. Army Institute of Surgical Research were selected to be among several keynote speakers at The Health Cell’s 2015 State of the Industry event Feb. 10 in San Antonio, Texas. The annual event is designed to promote professional development and collaboration in San Antonio’s healthcare and bioscience sector. Drs. Heather Pidcoke and Jose Salinas gave an overview of the USAISR and spoke about their interests in blood and military critical care research.

“Military healthcare is a significant sector in San Antonio both economically and in terms of innovation,” said Health Cell co-founder Beth Eby. “An event designed to represent the diversity of the local healthcare and bioscience industry would not be complete without it.”

Pidcoke stressed that the event was an excellent opportunity to make connections with other scientists in San Antonio while showcasing the impact of military research on trauma care.

“Multiple people approached me after our talk to tell me how impressed they were with the ISR’s mission and impact,” added Pidcoke, a research physiologist and deputy task area manager of Coagulation and Blood Research. “They also expressed their appreciation for the work that is done here in support of our injured military personnel.”

Salinas, the Comprehensive Intensive Care Research, Single/Multiple Organ Support, and Vital Tissue Preservation Task Area Manager also said that the event gave him and Pidcoke the opportunity to showcase the research that the military is doing in San Antonio and provide the audience a different perspective on medical issues faced by the military community.

“I hope that the attendees were able to appreciate the challenges faced by the Department of Defense in taking care of severely wounded warfighters and the role that the ISR plays in addressing these issues,” said Salinas.

“Military medicine’s special characteristics and its high level of integration brings a unique perspective to our events and encourage attendees to challenge assumptions, seek out new collaborators and create new models,” Eby said. “As a result of the participation of the ISR, scientist attendees got a peek inside the buildings they usually only see from the highway and learned the stories behind what they see in the news. Both the scientists and the wounded warriors live among us, so understanding their perspective is important to the community.”

According to Eby the Health Cell was founded in 2012 and welcomes all who work in or with healthcare and the biosciences—academic, private sector, non-profit and military—and its monthly events periodically spotlight leaders in military medicine.

Other individuals who presented at the 2015 State of the Industry event were: Randy Strong, Ph.D., University
In the Spotlight

Spc. Vanessa Zugg

**Job title:** Medical Laboratory Technician

**How long have you worked at the ISR?** 7 months

**What or who has been an inspiration to you in your work?** The Wounded Warriors. I see them knowing that the work ISR is doing now will save lives in the battlefield in the future is very inspiring.

**What is your favorite part of your work?** My co-workers are definitely my favorite part as everyone in our section motivates each other to become better than what we were the day before. It makes it easier to get up and come to work every morning knowing you are surrounded by a great group of people.

**Your proudest achievement?** Coaching a 10 to 12 year old girls softball team that had never won a game to two undefeated seasons. It’s where I found my love of teaching and coaching.

**Short- and long-term goals:** Short: Transition into civilian life and attend Arizona State University for Secondary Education in the fall. Long: Open a softball/baseball clinic for student athletes.

**Hobbies:** Baseball, college football, coaching, volunteering... Oklahoma Sooners!

**Favorite book:** Moneyball: The Art of Winning an Unfair Game

**Favorite movie/TV show:** A League of Their Own/ER

**Favorite quote:** “Never let the fear of striking out keep you from playing the game.” Babe Ruth

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SAFETY continues on page 13
By Maria G. Dominguez, R.N.
COHN-S/CM
Occupational Health

“Of all the senses, sight must be the most delightful”. Helen Keller

According to the World Health Organization (WHO), about 285 million people are visually impaired worldwide; 39 million of them are blind. The WHO estimates that 80 percent of visual impairment can be avoided or cured? The clinical diagnosis of legal blindness refers to a central visual acuity of 20/200 or less in the better eye with the best possible correction, and/or a visual field of 20 degrees or less. Often, people who are diagnosed with legal blindness still have some useable vision.

Subsequently, in November of 2014, the CDC released a Funding Opportunity for a $1 million grant to “Establish a Vision and Eye Health Surveillance System for the Nation.” Once a proposal is selected and funded, work will begin to fulfill this important task.

Findings from the 2012 National Health Interview Survey (NHIS) Preliminary Report established that an estimated 20.6 million adult Americans (or nearly 10 percent of all adult Americans) reported they either “have trouble” seeing, even when wearing glasses or contact lenses, or that they are blind or unable to see at all.

While March is Workplace Eye Wellness Month, it is of great importance to care for your eyes all year long. Taking care of your eyes should always be a priority while you are working. Many eye injuries are irreversible and can be permanent. Workplace Eye Wellness Month is a great time to learn and practice about protecting your vision while working. There are hundreds of chemicals, machines and other miscellaneous items in the workplace that can cause eye injuries. Chemicals can cause permanent damage to your eyes. It is not worth taking the risk of not wearing eye safety equipment while at work. It is imperative for employees to learn about the different dangers that lurk in the workplace and could permanently injure your eyes. Training employees in the proper use of machines and harmful chemicals will help to greatly reduce eye problems.

In addition to common eye injuries, healthcare workers, laboratory staff, janitorial workers, animal handlers, and other workers may be at risk of acquiring infectious diseases via ocular exposure. Infectious diseases can be transmitted through the mucous membranes of the eye as a result of direct exposure (e.g., blood splashes, respiratory droplets generated during coughing or suctioning) or from touching the eyes with contaminated fingers or other objects. The infections may result in relatively minor conjunctivitis or reddening/soreness of the eye or in a life threatening disease such as HIV, B virus, or possibly even Avian Influenza.

There are several different ways to protect your eyes from the dangers in the workplace. During Eye Wellness Month, take a few extra minutes to review the types of eye protection and safety equipment that can be used while working. Keeping your eyes protected at work is easy and can take seconds to do. Your eyes are very important and all precautions to protect them should be taken at all times. Wearing the proper safety gear and following eye safety guidelines will reduce the risk of permanent injury. Eye protection in the workplace is a must. Keeping your eyes safe will ensure your vision will stay safe for a long time.

In addition to eye safety, March 2015 marks the 32nd year that the Eye Bank Association of America (EBAA) commemorates National Eye Donor Month in March to promote awareness of the need to donate eyes, to recognize donors and their families and to celebrate corneal recipients. Since 1983, a member of Congress has read a proclamation into the Congressional Record annually in March to note this special occasion. The first proclamation was written by Ronald Reagan. The EBAA is a not-for-profit organization of eye banks dedicated to the restoration of sight through the promotion and advancement of eye banking.

Visual loss from corneal disease compromises quality of life, making it difficult for people to do “everyday things,” such as read street signs or food labels. This tragic loss of vision may result from congenital corneal disease, infection, trauma, chemical burns, or corneal swelling.

The cornea heals very well with minor injuries or abrasions. If the highly sensitive cornea is scratched, healthy cells slide over quickly and patch the injury before infection occurs and vision is affected. If the scratch penetrates the cornea more deeply, however, the healing process will take longer, at times resulting in greater pain, blurred vision, tearing, redness, and extreme sensitivity to light. These symptoms require professional treatment. Deeper scratches can also cause

HEALTH continues on page 13
Top left: Maj. Rebecca Morrell is presented a promotion certificate by Col. John Stang Feb. 15 as her family looks on.
Top right: Sgt. 1st Class Christopher Coats is pinned his new rank Feb. 1 by Sgt. Maj. Bonnie Skinner, the command senior enlisted leader of Combined Joint Task Force-Horn of Africa, Camp Lemonnier, Djibouti.
Bottom right: Sgt. Tamara Saxton recites the Oath of Reenlistment administered by Capt. Mollie Christiansen Feb. 6.
Bottom left: The top the winners of the "Sweet Temptations Bake-Off: 1st Place-Irene "Amy" Polykratis (chocolate cheesecake); 2nd Place-Staff Sgt. Tiffany Baldwin (stawberry shortcake cupcakes; and 3rd Place-Beverly Ash (down home mini sweet potato pies).
Top left: Col. (Dr.) Anthony Johnson congratulates Capt. Gina Griffith during her commissioning ceremony Feb. 2.
Center right: Capt. Mollie Christiansen, left, gives a brief of the Burn Center Progressive Care Unit (4 East) Feb. 11 to members of the Alamo Federal Executive Board.
Center left: Capt. Elaine Por presents Staff Sgt. Charles Goodwater with a his certificate of reenlistment Feb. 5.
BRDSS-C receives 510(k) clearance from FDA

Story and photo by Steven Galvan
USAISR Public Affairs Officer

“This is the first time that the ISR has been able to take a medical device from a blackboard concept to a full Food and Drug Administration (FDA) 510(k) clearance using our newly developed internal quality system,” said Jose Salinas, the Comprehensive Intensive Care Research, Single/Multiple Organ Support, and Vital Tissue Preservation Task Area manager at the U.S. Army Institute of Surgical Research (USAISR) at Joint Base San Antonio-Fort Sam Houston, Texas. “This marks the beginning of a new model for medical device development within an Army research institute.”

Salinas is talking about the Burn Resuscitation Decision Support System-Clinical (BRDSS-C) that was developed for use by burn personnel to manage and optimize fluid resuscitation of severely burned patients admitted to the USAISR Burn Center. According to Salinas, “The entire development was handled internally through ISR processes. We were able to conceptualize, test and provide all the necessary data to the FDA for clearance of the system without the need for an external medical device company serving as our sponsor.

“We first discussed the concept of computer-based decision support systems for burn resuscitation at the ISR in 2005. We wanted to explore the possibility of developing an algorithm that would assist providers to improve fluid management in severely burned patients that could also potentially improve their outcomes,” said Salinas.

A related technology from the ISR (BRDSS-Mobile/Burn Navigator) received the same clearance in 2013, “but the process was handled by Arcos Medical, Inc. of Houston through a collaborative agreement with the USAISR. This process involved granting a technology license to Arcos to commercialize the technology and also get the FDA 510(k) clearance with ongoing collaboration and assistance from the ISR,” said Maria Serio-Melvin, Program Director for Information and Computer Decision Support Systems and FDA Program Manager for Decision Support Software Medical Devices for Salinas’ task area.

The clinical and mobile algorithms are designed to assist care providers in avoiding problems related to over- or under-resuscitating burn patients, a potentially fatal issue. However, the BRDSS-C has been designed and implemented for use by experienced burn providers and includes recommendations and rules tailored for burn experts. The Burn Navigator, on the other hand, was designed for field deployment and use by non-expert users with little or no burn care resuscitation expertise.

“Because this system is designed to assist care providers with decisions it will also help relieve anxiety, stress, and validate decisions while taking care of severely burned patients,” Serio-Melvin said.

The eventual goal is to have both systems working together seamlessly. Right now, a Burn Navigator used in a deployed setting can be transferred with a patient through the different care settings in a warzone. In the future, we are hoping that once a patient arrives at the Burn Center for definitive care, the data from the Burn Navigator will be imported into the BRDSS-C for uninterrupted care.

“And now we have two products to assist with resuscitation of burn patients,” said Salinas.

Salinas added that while the Burn Navigator is designed for battlefield use, multiple Burn Navigators could also be used stateside during a mass casualty scenario to treat numerous burn patients.

“It would be helpful for the care provider because all of the fluid resuscitation decision-making could be transferred to the BRDSS-C.”

Jeff Fields, a critical care nurse at the U.S. Army Institute of Surgical Research Burn Center Intensive Care Unit, is testing the Burn Resuscitation Decision Support System-Clinical system at the USAISR Burn Center. The system is currently undergoing U.S. Army network certification for deployment in the near future.
citation data would be readily available on the Burn Navigator for each patient,” he said.

Although both systems are working as designed, Salinas said that he and his team are looking forward.

“We want to push the envelope and design a system that will automatically resuscitate a burn patient without human intervention in some cases,” Salinas said. “The ISR is on the forefront of technology and we’ve been asked by the FDA to work on this concept as part of a larger initiative on autonomous systems for the critical care environment.”

“We wouldn’t be here without the unwavering support of MRMC,” said Serio-Melvin. “Now we have two products to assist with the resuscitation of burn patients.”

The USAISR is a subordinate command of the U.S. Army Medical Research and Materiel Command at Fort Detrick, Md., the Army’ major command that leads efforts in support of the full life cycle of medical supplies and equipment, to include research, development, acquisition and sustainment.

of Texas Health Science Center at San Antonio; James Lechleiter, Ph.D., University of Texas Health Science Center at San Antonio; Suzette Tardif, Ph.D., Texas Biomedical Research Institute; Adam Bingaman, M.D., Ph.D., Methodist Healthcare System; and Morris Miller, CEO, Xenex Disinfection Services.

**HEALTH continued from page 9**

corneal scarring, resulting in a haze on the cornea that can greatly impair vision. In this case, a corneal transplant may be needed.

Anyone can be an eye donor! Cornea donation is not dependent on age, eye color, blood type or even eye sight quality.

On another note, do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? This March in conjunction with Nutrition Month, include in your diet kale, sweet potatoes, strawberries, salmon, and green tea.

Safety glasses. All in favor say Eye!

**SAFETY continued from page 8**

and health for themselves and their fellow workers.

• Workplace and job hazard analysis. An effective management program actively examines the worksite and specific jobs to anticipate and prevent unsafe conditions. Regular analysis identifies existing hazards as well as operations that might create new ones.

• Prompt implementation of hazard prevention and controls. Once a hazard or potential hazard is found or recognized, elimination or controls are undertaken in a timely manner. Engineering controls, design, or re-design are implemented first where feasible. Where engineering solutions to eliminate the hazard are not feasible, controls are put in place to reduce the exposure hazards and prevent unsafe conditions.

• Health and safety training. Comprehensive training is tailored to the size and complexity of the facility and the nature of the hazards. Safety training addresses responsibilities of all personnel and is best when tied to job practices and performance requirements.

After reviewing the four elements and your daily duties you should be able to come up with at least two meaningful ways and after your divisions, department and or sections have completed their scheduled VPP briefs to be able to clearly list there meaningful ways that you are involved will be easy. If you have not had your VPP brief contact your local Fire and Safety Monitor.
Back When...

Can you guess who this ISR staff member is? This photo was taken in 1967 when she was in the 7th grade at Offutt Air Force Base, Nebraska where her father was stationed at while serving in the Air Force.

Submit your photo for publication in upcoming issues.

February Awards Ceremony

Geneva Foundation
2014 Researcher of the Year
Lt. Col. (Dr.) Vikhyat Bebarta

2014 ISR Civilian of the Year
Stephanie Truss

Government Time in Service Award
Bridgette Adams (35 yrs)
Christopher Wiseman (10 yrs)

Army Achievement Medal
Staff Sgt. Kevin Johnson
Sgt. Supal Udas

By Gerri Trumbo
Library Manager

The following are some of the best medical apps released in 2014.

1- JAMA Network Medical Image Challenge – has a quiz function to compare your answers to peers and see how you are progressing through a point scoring system. Free.
2- Medscape MedPulse – features what is trending on Twitter and can create very targeted medical news based on your interests. Free
3- UMEM Pearls – educational pearls from the staff of the Emergency Dept., University of Maryland. Free
4- Multiple Sclerosis @Point of Care – an end-all app that can answer any question you have on MS. Free
5- PreopEval14 – comprehensive app for any health provider who does pre-operative evaluations. Free
6- Pediatric Quick Reference – designed by Children's National Medical Center to assist with dosing medications, correct equipment to use and ability to search disease pathology. Free
7- Eye Emergency Manual – takes you through treating a patient with various eye problems. Free
8- Blood Donor by American Red Cross – tracks blood donation drives and centers. Free
9- CDC Vaccine Schedules – a vaccine tracker for physicians that can look up recommended adult vaccines based on conditions such as diabetes, pregnancy, HIV, and more. Free
10- Family Practice Network – content is also available on its website for free. Contains over 700 chapters and thousands of disease pathology discussions. Monthly: $1.99; Annual: $19.99