

THE INNOVATOR

Optimizing Combat Casualty Care



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Schauer earns top individual research award at MHSRS



Vice Adm. Raquel Bono, Director, Defense Health Agency, presents Maj. (Dr.) Steven Schauer, of the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas, with the 2017 Military Health System Research Symposium award for Outstanding Research Accomplishment (military/individual) Aug. 26.

By Dr. Steven Galvan
USAISR Public Affairs Officer

The 2017 Military Health System Research Symposium award for Outstanding Research Accomplishment (military/individual) was presented to Maj. (Dr.) Steven Schauer of the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas during the conference in Kissimmee, Florida, Aug. 26. Schauer was the USAISR Medical Director for the Combat Casualty Care task area and is now the Liaison to the Air Force En Route Care Research Center (59th Medical Wing/ Science and Technology).

“I greatly appreciate the recognition in receiving the award,” said Schauer. “It’s really just a mark of the highly motivated investigators, mentors, and staff that I’ve been able to work with—they know who they are.”

According to his nomination, “Schauer made several significant contributions to military operational medicine by way of original research and institutional policy recommendations. More impressive, he accomplished this while deployed to Baghdad, Iraq, for nine months in the sole Role 3 military treatment facility supporting Operation Inherent Resolve in Iraq and

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CDR's Corner



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

"Optimizing Combat Casualty Care"

Team ISR,

I recently received and reviewed the final report of the Organizational Assessment survey conducted earlier this year. Questions you were asked to answer in the survey were on the topics of the unit's communication flow, cohesion, command actions, and

equal opportunity behaviors among others. I am pleased to announce that the assessment indicates that most of the commander-identified areas and the overall unit climate are positive. That's not to say that it's a perfect assessment. There are areas for possible improvement: specifically in leadership cohesion, exhaustion, diversity management, and trust in leadership.

I provided our leadership at MRMC with detailed findings of the assessment, as well as recommendations for improvement. The way I see it, it all starts with the institute's leadership. In order for us to succeed, leaders must be successful in establishing a climate of safety and trust. In doing so, members of this organization may feel more comfortable coming forward with issues and reports of incidents. Leaders can do this by providing mentorship, setting the example of appropriate behavior for others to model, and quickly correcting those who engage in sexually harassing or sexist behaviors.

Leaders should also provide vision and guidance for the execution of the sexual assault prevention program.

We do this by delivering appropriate sexual assault prevention and response messages within the institute. We should also set expectations regarding accountability for behavior and offenses, and ensure that new staff members have a sponsor. Promoting healthy relationships between peers, partners, family, and friends has shown promise to enhance a healthy command climate and prevent sexual assault. Peer mentors can integrate relevant values, attitudes, and behaviors related to sexual assault prevention reinforcing our core military values and professional standards.

Everything that I have mentioned should be something that we all should be doing every day. If we work together, we can make the improvements that we need within this organization. Overall, I am very pleased with your professionalism, pride, and enthusiasm.

You are truly inspiring and motivating and it is an incredible honor to command this Institute and to be a member of this team! Great job and keep moving upward!



Col. (Dr.) Shawn Nessen provides information on combat casualty research to John McIntyre Tolar, Director, Wounded Warrior Program, The Office of the Chief Administrative Officer, U.S. House of Representatives, left, on Sept. 26.

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Col. (Dr.) Shawn Nessen
Commander

Sgt. Maj. William "Dave" Poist Jr.
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



Sgt. Maj. William "Dave" Poist Jr.
USAISR Sergeant Major

Greetings,

Fall season is upon us and the Holidays will quickly be upon us. I appreciate how our personnel continue to make critical analysis and informed decisions to allow this institution to develop, grow and blossom.

The ISR leadership has invested interest in the welfare of our Military and Civilian personnel. This is something the CMD Team take very seriously. This month our organization has incorporated the Arbinger and Spectrum training models into our formations. This training is unlike some of the mandated training that focuses how to politically address issues; this training focuses on Self Awareness and identifying your own character defects, and in return will assist us in how to properly address and interact with personnel. I feel that is where the value added is at, and in turn we can approach topics and resolve conflict effectively.

Our Burn Flight team, once again, provided world class healthcare providing support to our missions. Great Job!

I am proud to say that we had three NCO promotions, three Officer promotions and one BLC (Basic Leader Course) Graduation this month.

Our Safety Officer and program continues to take the bull by the horn. Our unit received an outstanding



Capt. Cleveland Bryant, left, presents Pfc. Kristine Gentz with a Certificate of Promotion on Sept. 8 during her promotion ceremony.



Sgt. Melody Sandoval is promoted to her new rank Sept. 11 by her husband, Adam, as their two sons, Ethan and Evan look on.



report card on the last inspection due to the our personnel involvement and

the supervision of the Safety Officer Strong Work!

Company Notes



Company Commander
Capt. Cleveland S. Bryant Jr.

One Team.
One Purpose!
Conserving the
Fighting Strength!

of this noble cause.

Thank you all for everything you all do every day. Continually, it is truly

an honor serving as your Company Commander and First Sergeant! God Bless you all.



NCO of the Month
Sgt. Andrew Taylor



Soldier of the Month
Spc. LeKrystal Harris

For the month of September: Congratulations to the following personnel graduating the Basic Leadership Course: Spc. Joshua Little. Also, congratulations to the following personnel promotions to Sergeant: Sgt. Melody Sandoval.

We would also like to congratulate the NCO and Soldier of the Month. The NCO of the Month for September is Sgt. Andrew Taylor and the Soldier of the Month is Spc. LeKrystal Harris. Well done and much deserved for your hard work.

Upcoming events: Flu vaccine campaign for October 2, in the ISR BHT1-2.

And remember, always remain vigilant, be creative, be productive and stay focused on the mission you support here at the ISR. We as the Company Command team encourage you all to continue the great and innovative work you endeavor here every day. Once again, remember that your work and ideas from this organization are critical to the advancement of medicine and science globally. You are the tip of the spear of medical innovation and progress. Continue to be the torch



Sgt. Melody Sandoval, right, ensures Spc. LeKrystal Harris' uniform is spotless before entering the Soldier of the Month board Sept. 29.



SCHAUER Continued from Page 1

Syria.”

During his nine-month deployment, Schauer devised 14 original research projects focused on prehospital management of critical injuries and led efforts to analyze previously untouched data from the Joint Trauma System's Prehospital Trauma Registry. He also led the Foreign Internal Defense initiatives to establish and enhance military medical capabilities, and submitted multiple grant applications seeking \$3 million to fund research projects dedicated to warfighters.

“The biggest driving factor for me to be so passionate about my work

is the chance to have a macro-level impact on the way we care for combat casualties” added Schauer. “When we see a patient in the clinical setting, we have a chance to change the outcome for that one person. When we improve the science of battlefield medicine, we have the chance to impact the care of a multitude of casualties. After spending time here [USAISR] and deployed working with so many great service members, I hope that the science I am passionate about will one day improve the way they are taken care of if they are ever injured in combat.”

The annual MHSRS Outstanding Research Accomplishment award is designed to recognize outstanding

research contributions by an individual research scientist with the focus on significant accomplishment(s) of high impact achieved during the past year.

Maj. Jason Naylor, PA-C was the officer-in-charge of the Role 3 hospital emergency department during Schauer's deployment to Iraq and submitted him for the award. Naylor concluded his nomination with, “Major Schauer is uniquely trained and experienced to lead prehospital research projects producing policy and trauma management recommendations that hopefully will result in improved survival rates among U.S. service members in future conflicts.”

Sinese visits Marine in the USAISR Burn Center

Story and Photo by Dr. Steven Galvan
USAISR Public Affairs Officer

“It's good to see family and friends, but when you see a celebrity like him, it's a nice surprise.” That's what burn patient Staff Sgt. Christopher Guerrero said about his visitor—Gary Sinese. The award-winning actor, director and musician stopped by the U.S. Army Institute of Surgical Research Burn Center to visit with Guerrero Sept. 15 at Fort Sam Houston, Texas. Sinese was at the Brooke Army Medical Center during his “Invincible Spirit Festival” with the Lt. Dan Band and celebrity chef Robert Irvine to celebrate the courage of Wounded Warriors, their families and caregivers.

“Anytime that someone with his success and status comes to see people in the hospital shows the type of character they have,” said Guerrero. “I was familiar with who he is as a celebrity, but to meet him in person, now I have more respect and admiration for him.”

Guerrero, a reservist with the Marine Fighter Attack Squadron 112, Cowboys, based at Naval Air Station Joint Reserve Base Fort Worth, Texas was burned on 80 percent of his body



Gary Sinese stopped by the U.S. Army Institute of Surgical Research Burn Center at Fort Sam Houston, Texas, to visit Staff Sgt. Christopher Guerrero Sept. 15.

while taking hydraulic oil samples from an F-18 Hornet during his two-week summer training at Marine Corps Air Station Miramar, California. He said the visit from Sinese was unexpected, but much appreciated, especially since his three young sons were able to meet the celebrity.

“It was exciting for me to meet him,”

added Guerrero. “But it was more exciting that my boys met him and got to take pictures with him.”

Guerrero's three sons, 12-, 7- and 5-years-old had never met a celebrity like Sinese before.

“They thought it was cool to meet a celebrity,” Guerrero said. “It meant a

lot to them.”

Sinese created the Gary Sinese Foundation to recognize and give back to service members, retirees, first responders and their families by traveling around the world with the Lt. Dan Band and Irvine to support those who sacrifice to defend our country through several programs to show gratitude through entertainment, family support and acts of appreciation. The Invincible Spirit Festival is a program to boost morale at military medical centers in the U.S. for the hospital's staff, patients and their families.

During his visit to the Burn Center, Sinese offered aid and support through his foundation to Guerrero and his family.

“I thanked him for the offer and he told me that ‘it’s not about him,’” said Guerrero. “I think that’s what we have in common. To me, this is not about me--it’s about my boys and my family. That’s what keeps me going every day.”



Gary Sinese poses with Staff Sgt. Christopher Guererro, right, and his brother James, and his three sons, Gavin, Jacob and Gage, during his visit to the U.S. Army Institute of Surgical Research Burn Center Sept. 15.

Bottom: Gary Sinese, center, with some staff members of the U.S. Army Institute of Surgical Research Burn Center Progressive Care Unit.



USAISR Burn Center participates in doctor exchange program with Pakistan Army

Story and Photo by Dr. Steven Galvan
USAISR Public Affairs Officer

The staff members of the U.S. Army Institute of Surgical Research Burn Center at Fort Sam Houston, Texas, conducted a subject matter expert exchange with medical doctors from the Pakistan Army Sept. 12-13.

The SMEE was part of a five-year military-to-military plan between the U.S. Central Command and the Ministry of Defense of Pakistan designed for continuous support of regional stability. Maj. Elena Amspacher, a U.S. Air Force critical care nurse and international health specialist at the Office of the Command Surgeon at MacDill AFB, coordinated the visit.

“The Pakistani doctors consisted of two brigadier generals, two colonels and a major,” said Amspacher. “The purpose of the SMEE was to exchange information related to burn care with a focus on reconstructive surgery and best practices on burn care.”

During the two-day SMEE the Pakistan delegation received a brief of the USAISR Burn Center and the Burn Flight Team, sat in a round table discussion on burn care and ongoing research, and participated in morning rounds conducted in the Burn Intensive Care Unit.

“This was a very successful and productive visit,” said Brig. Gen. Saddat Ali Janjua, head of the Pakistani Army Burn Center. “We read the same research literature and perform similar procedures in our burn centers. Over all it was a very positive exchange of information and experience.”

“This event helped improve the mutual understanding of the aspects and clinical practice guidelines as well as lessons learned in burn care in the U.S. and Pakistan,” added Amspacher. “US CENTCOM will continue build-



Aldo Arredondo explains burn care procedures to, left to right, Maj. (Dr.) Nafees Abu UI Ala, Brig. Gen. (Dr.) Ahmed Tahir Masood, Col. (Dr.) Ali Muhammad; Brig. Gen. (Dr.) Saadat Ali Janjua, and Col. (Dr.) Akhtar Khalid Ibrahim Sept. 13 during a two-day Subject Matter Expert Exchange engagement between the Pakistani Army and the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas, as Maj. Elena Amspacher, SMEE program coordinator looks on.



Dr. Leopoldo “Lee” Cancio, U.S. Army Institute of Surgical Research Burn Center Director describes burn care research to Brig. Gen. (Dr.) Saadat Ali Janjua, Col. (Dr.) Ali Muhammad and Col. (Dr.) Akhtar Khalid Ibrahim Sept. 13 during a two-day Subject Matter Expert Exchange engagement between the Pakistani Army and the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas,

ing capacity and capability of Pakistan military medical forces.”

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



The crisp weather and color-changing leaves make it a great time to spruce up your home, go for a drive, walk your pets or cozy up indoors. But with all those things comes the potential for danger. It's important to be aware of your surroundings whether you live in the country or the city.

Here are some autumn safety tips for your family, home, car, and for those with the thirst for knowledge consider signing up for the various class offerings as a part of the Fall into Safety Campaign. The general course listings will be out in the upcoming days. Think Safety at all times.

Personal

- Get a flu shot. Even though you could still get sick after getting the shot, the vaccine can provide protection against severe complications from the flu.
- Wash your hands. One of the best ways to avoid getting sick is to wash them regularly and thoroughly. Use hot water, plenty of soap, and wash for at least 30 seconds.
- If you're a workaholic and get sick, avoid going to work and spreading it to your team. Your boss and coworkers will thank you because group productivity won't be at risk. It's easier to deal with one person away from the office than several, all because you coughed on them.
- When you're outside and it's chilly, wear a jacket. It sounds pretty basic, but you'd be surprised how many people think they're "tough guys" walking around in a t-shirt when it's 40 degrees out.
- Raking leaves? Prevent back

In the Spotlight

Sgt. Jonathan Hendrix
Job title: Logistics NCO

How long have you worked at the ISR? 2 months

What or who has been an inspiration to you in your work? My family because they've always been there to support me no matter the situation. Staff Sgt. Sanchez because ever since my first day at ISR he's been determined to help me achieve my goal of getting promoted. He's proven to be a very dependable NCO since day 1 and that's the type of NCO I want to be.

What is your favorite part of your work? Being logistics I get to meet a lot of people. Even though I'm normally a very quiet and shy person at first I always enjoy meeting new people.

What is your proudest achievement? It would actually have to be finally getting promoted to Sgt.

Short- and long-term goals: Short-term would have to be getting promoted to Staff Sgt. and go to Airborne school. Long-term; I have two different ones. Professional goal is to retire from the Army, and personal is to raise my son to be a proper gentleman.

Hobbies: I really enjoy any form of cardio, spending time with my family and video games.

Favorite book: *Harry Potter* series

Favorite movie/TV show: *Supernatural*, *Walking Dead*, *Rick and Morty*, and of course *Game of Thrones*

Favorite quote: I actually don't have a favorite quote.



injuries by standing upright while raking and pull from your arms and legs. Don't overfill leaf bags, and when picking them up, bend at the knee and use your legs, not your back, for support.

- If you use a leaf blower, shield yourself. Wear appropriate clothing, eye protection, and work boots to prevent injury.
- Do not allow children to play in leaf piles near the curb. The piles can obstruct the view of drivers



and put your child at risk for getting hit, especially since it gets dark outside earlier.

Home

- Every month should be fire prevention month, but we tend to plug in a lot more devices in the fall and winter. It's important to test all smoke alarms and have a family fire drill. Remember to replace used and expired fire extinguishers as well.
- Turn your heater on before the temperatures really plummet so you can ensure it works. Contact a technician to inspect that it's operating properly if you suspect it needs servicing.
- Keep all flammable materials away from your furnace. This includes

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Health News

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



Thank you all for participating in the ISR Flu 2017-Campaign September 28. This marks the annual kickoff of the flu vaccination campaign led by the Centers for Disease Control and Prevention (CDC) and the National Foundation for Infectious Diseases (NFID)—ISR is already going strong!

As we start getting excited over the change of seasons and into the holidays, let's review some new and exciting things happening in the occupational and health and safety arena:

Save your Ears: Developed and released for public use the NIOSH Sound Level Meter for Apple mobile devices, which can accurately sample noise exposures with a smartphone or tablet device. This provides employers and workers with a free, easily accessible tool to make changes in real-time to reduce noise exposure. •To learn more, visit <https://www.cdc.gov/niosh/topics>

Before you carry that box over your shoulder:

NIOSH Launches Mobile Lifting Calculator App: NIOSH recently launched a new mobile app called NLE Calc, which is designed to help workers avoid injuries that are typically caused by job-related manual lifting tasks. The mobile app is available for both Apple and Android phones at their respective application stores. The National Institute for Occupational Safety and Health (NIOSH) Lifting Equation mobile application, NLE Calc, is a tool to calculate the overall risk index for single and multiple manual lifting tasks. This application

provides risk estimates to help evaluate lifting tasks and reduce the incidence of low back injuries in workers

Have you heard of Skin notations? NIOSH skin notations are hazard warnings used worldwide to alert workers and employers to the health risks of skin exposures to chemicals in the workplace. In August 2017, this document was revised to clarify the levels of evidence for skin designations (sufficient, limited, and insufficient). This new strategy is a form of hazard identification that advances our understanding of the hazards posed by skin exposures to chemicals. Such improved understanding will enable us to implement better risk management practices and controls for the prevention of workplace skin diseases and other occupational diseases where skin exposure may contribute to disease development. Understanding the hazards related to skin contact with chemicals is a critical component of modern occupational safety and health programs. Current updates include : New Skin Notation Profiles: Arsenic and Inorganic Arsenic Containing Compounds [CAS#: 7440-38-2] Disulfoton [CAS#: 297-04-4], Heptachlor [CAS#: 76-44-8], 1-Bromopropane [CAS#: 106-94-5], 2-Hydroxypropyl acrylate (HPA) [CAS#: 999-61-1], Dimethyl Sulfate (DMS) [CAS#: 77-78-1], Tetraethyl Lead (TEL) [CAS#: 78-00-2], Tetramethyl Lead (TML) [CAS#: 75-74-1], Trichloroethylene (TCE) [CAS#:

79-01-6].

Recommended Immunization Schedule for Adults Aged 19 Years or Older. In February 2017, this recommended immunization schedule became effective, as recommended by the Advisory Committee on Immunization Practices (ACIP) and approved by the Centers for Disease Control and Prevention (CDC). CDC announced the availability of the 2017 adult immunization schedule at www.cdc.gov/vaccines/schedules/hcp/index.html.

Other October favorites : Eye Injury Prevention Month , American Academy of Ophthalmology, National Breast Cancer Awareness, Month Mental Illness Awareness Week, National Dental Hygiene Month.

"A healthy outside starts from the inside." Robert Urich

SAFETY Continued from Page 8

- clothing, paint products, toxic materials, cardboard and more.
- If you use a portable or space heater, keep it away from clothing, bedding, drapery and furniture. Remember to shut them off if you leave the house and don't leave them unattended if you have children or pets.
 - Do not use your space heater as a dryer for hats, gloves and other articles of clothing.
 - If you have a fireplace, inspect the chimney to confirm it is free of debris, creosote buildup, and is unobstructed so combustibles can vent. Make sure the bricks, mortar and liner are in good condition.
 - Do not warm your kitchen with a gas range or an open oven door, as this can lead to toxic air that is not safe to breathe.
 - Keep matches, lighters and candles out of the reach of children and pets.
 - When burning a candle, don't leave them unattended, burning near other flammable items or on an unsteady surface.
 - Doing laundry? Avoid fires by cleaning filters after each load of wash and removing lint that col-

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Around the ISR

Top right: Scott Dewey, right, gives a tour of the Burn Center Rehab gym to John McIntyre Tolar, Director, Wounded Warrior Program, The Office of the Chief Administrative Officer, U.S. House of Representatives and a staff member Sept. 26.

Center left: Andrew Wallace, left, welcomes members of the Chaplain Seminary Faculty Tour to the Burn Center for a tour on Sept. 20.

Bottom right: Angela Cooper at the Burn Center outpatient clinic desk poses as Rosie the Riveter on Sept. 14.



Butler earns prestigious award for medical excellence



Dr. Frank Butler and his wife Debbie during the award ceremony where he was presented the 10th Annual Major Jonathan Letterman Medical Excellence Award by the National Museum of Civil War Medicine Sept. 15.

By Dr. Steven Galvan,
USAISR Public Affairs Officer

“Thanks to the National Museum of Civil War Medicine and everyone here tonight for maintaining a sharp focus on battlefield trauma care through the Letterman Award. The men and women who defend our country on the battlefield are counting on military medicine to provide them with the absolute best care possible if they are wounded in combat. We have to live up to that trust every day,” said Dr. Frank Butler during his acceptance speech during the 10th Annual Major Jonathan Letterman Medical Excellence Awards.

Navy retired Capt. and SEAL, Butler, chairman of the Committee on Tactical Combat Casualty Care,

accepted his award on Sept. 15 at a ceremony in Frederick, Maryland. The award honors individuals, programs or organizations that have made exemplary contributions to civilian or military medicine.

Former U.S. Army Institute of Surgical Research commander and retired Army colonel, Dr. John Holcomb nominated Butler for the award. Holcomb was the recipient of the Letterman Award last year.

“Without any exaggeration, Navy SEALs are more lethal, military and civilian divers are safer and thousands of wounded combatants are alive because of his singular efforts on TCCC,” said Holcomb.

In the nomination write up, Holcomb pointed out that Butler’s singular achievement during his mil-

itary career was to create and implement Tactical Combat Casualty Care. TCCC is a comprehensive set of evidence-based, best practice battlefield trauma care guidelines now recognized as one of the most significant advances in combat casualty care during the conflicts in Iraq and Afghanistan.

“By merging good medicine with sound operational tactics, Capt. Butler has saved the lives of thousands of casualties during the recent wars,” stated Holcomb.

“The best thing about receiving this award is that it gives me an opportunity to thank the many, many individuals and organizations who have helped with TCCC’s 25 year journey to bring about these improvements in battlefield trauma care,” said Butler.

Butler thanked the volunteer group of trauma surgeons, emergency medicine and operational physicians, physician’s assistants and combat medical providers who are members of the Committee on Tactical Combat Casualty Care as well as all of the other members of the Tactical Combat Casualty Care Working Group.

“This group has been working nonstop for 16 years to make TCCC better,” he said. “Lt. Gen. (Dr.) Doug Robb described the TCCC group a few years back: ‘You guys are relentless and you are never satisfied.’ I think he meant that as a compliment, but either way, we certainly took it as one.”

He also noted the untiring efforts of the USAISR and his colleagues at the DOD’s Joint Trauma System to improve combat casualty care.

Butler gave special thanks to the military’s combat medics, corpsmen, and pararescuemen, noting that new trauma concepts in published research papers and new medical technologies don’t save lives.

“Until these courageous men and women take them into combat and use them to save lives on the battlefield—this award tonight is really about them.”

Back When...



Can you guess who this ISR staff member is? This photo was taken in 1989 when he was a Pvt. after completing Basic Combat Training in Fort Jackson, South Carolina.

Last Month's Answer:



Spc. Sergio Rubio
Dental Specialist

Submit your photo to PAO for publication in upcoming issues.

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- lects in dryer vents.
- Do a quick check for areas that may need repair before extreme weather hits: unsteady roof shingles, warped windowsills and concrete that might be sloping toward the house.
- Check all outdoor lighting fixtures to make sure they are working properly. This can safeguard you against falls and neighborhood crime.
- Clean your gutters by removing all debris and leaves.
- Before burning leaves, check your city's regulations, as it may be illegal where you live. If you burn them, do so away from the house and use proper containers.

Car

- With fewer hours of daylight, it can be difficult to see pedestrians or cyclists clearly, so if you don't have automatic headlights, make sure they are on at the onset of

- dusk.
- In the mornings, the sun can be extremely bright, making it difficult to see brake lights ahead. Keep a pair of sunglasses in your car to reduce glare and protect your vision.
- Temperatures can also affect driving performance. Clear your windshield of frost before beginning your journey and turn on your defogger if necessary. Frost can also form on the road surface without being visible, so be cautious in wooded areas, bridges and overpasses, where ice can quickly develop. Remember, leaves + rain can also make for a very slippery surface!
- Keep an emergency kit in your trunk. Some can be found in stores already pre-made for convenience, but if you want to create your own, be sure to include a flashlight, first-aid kit, jumper cables, windshield washer fluid and basic tools. You might even consider purchasing a car battery

charger if you have a long commute each day.

- In Michigan we have a saying – "Don't veer for deer." Meaning, don't swerve! You could lose control of the car quickly, especially if you are on a curve or narrow road with little to no shoulder. Instead, brake firmly with both hands on the wheel to come to a controlled stop.

Pets

- If your pets spend a lot of time outdoors or live outside, make sure that they are fed more often during cooler weather to help them retain body heat. If you live in a more rural area, and own farm animals like horses, have a place where non-frozen water is accessible to them.
- While many mushrooms are non-toxic, some are poisonous for dogs and it's difficult to tell the difference. To avoid mushroom poisoning, walk them in areas that do not have fungi growing, and if you see your pet ingest one, call your local animal poison control center or ASPCA immediately.



- It's apple-picking season! Thinking of bringing your pets to the cider mill? Watch that they don't eat apple stems, leaves or seeds, as they can cause vomiting, diarrhea, respiratory problems, coma and possibly death, if too much is consumed.
- Since pests tend to seek shelter from the cold indoors, you may decide to use some type of pest control chemical to keep them at bay. If you use them, particularly ones to kill rodents (rodenticides), keep them away from your pets, as even a small dose can be fatal, especially for dogs, if not treated immediately.

Make the fall season a happy and safe one by being prepared, having a high level of awareness and knowing the right resources to contact if you're in doubt of what to do.