



THE INNOVATOR

OPTIMIZING COMBAT CASUALTY CARE



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ISR Wins 7th Annual Major Jonathan Letterman Award

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CCC Research Senior Scientist Selected

CDR's Corner



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

"Optimizing Combat Casualty Care"

Greetings ISR,

Another month has come and gone and the holiday season is just around the corner. Unfortunately, with this joyous time of the year we also have to cope with the flu season. At this Institute, we were fortunate to offer our military, civilian and beneficiary staff members the flu shot.

I would like to once again thank our Occupational Health Nurse, Ms. Maria Dominguez for coordinating flu shots for us at the Burn Center and at the BHT. I would also like to thank everyone who took advantage of this service and remind those who have not received their flu shot yet that other options remain available and that Ms. Dominguez would be more than happy to assist you.

I would like to congratulate every member of the ISR staff for earning the



Col. (Dr.) Michael Wirt gets his flu shot Oct. 14 at the Institute when the shots were offered to ISR staff members.

Major Jonathan Letterman Award for Medical Excellence that was presented by the National Museum of Civil War Medicine. This is a true testament of the amazing staff members at this Institute. The efforts of everyone at every corner of this command earned this award and I couldn't be more honored to serve with you.

I would also like to congratulate Dr. Vic Convertino on his selection as the new Combat Casualty Care Research Senior Scientist. His new role with the organization will foster better collaboration and coordination of research efforts between this command, MRMC and other external partners. This key position has been vacant for more than four years and we are very excited to have a Senior Scientist again!

As we look ahead to the holidays I would like to remind you to be safe

in all of your festive endeavors. I hope that everyone takes advantage of the activities on post and throughout San Antonio during Veterans Day on Nov. 11 and to spend some quality time with your family and friends on Thanksgiving Day on Nov. 27. Other important days to remember during the month of November are Election Day on the 4th, and World Peace Day on the Nov. 17.

One last item, the Command Climate Survey completion date has been extended to Nov. 7. If you have not already completed the survey, please do so as your feedback is valuable to me in making our organization better. As Tom Cruise said in the movie Jerry Maguire, "Help me help you."

Until next month, be safe and keep up the phenomenal work.

Serving to Heal...Honored to Serve!



ARMY MEDICINE

Serving To Heal...Honored To Serve

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SGM Says



Sergeant Major
Quinton Rice Jr.

Protect - Project - Sustain

Force Reduction

Team,

The military has historically reduced its end strength at the conclusion of every major conflict. There is no doubt that our military is getting smaller as directed by Congress. The Army is continuing to trim down as it seeks to reach an active-duty end strength of 490,000 in two years. This action will undoubtedly cause some turbulence in the ranks. The decrementing of nearly 80,000 soldiers was supposed to take place over a four year period ending in fiscal year 2017. The Army felt it necessary to accelerate the drawdown in order to meet any additional strength reduction requirements that might come because of the uncertainty associated with the ongoing budget crisis.

The Army has a myriad of involuntary separation tools at its disposal to include but not limited to Officer Separation Boards, Qualitative Service Program for noncommissioned officers, and Enhanced Selective Early Retirement Boards. This is the first



Sgt. Maj. Quinton Rice Jr. presents Staff Sgt. Hector Cortez with a Command Coin during his going-away luncheon Oct. 17.

time since the 1970s that the Army has convened reduction-in-force boards for captains and majors in over-strength year groups. Noncommissioned officers including E-9s are not exempted from these involuntary separation measures. Many commanders will inevitably crack down on low level misconduct which will help with the attrition rate. Understandably, there may be some legit cause for anxiety and worry for many who have served admirably over the years. Recently, the Army has revisited the 15-year or more retirement options for both enlisted and officers as a way of granting compensation to many deserving soldiers.

Those who are fortunate enough to make rank and remain serving in this uniform will probably be required to do more with less, which is nothing new for many. In any event, let's make sure that we give the proper respect to those who have served in this profession of arms with us if they are asked to leave our ranks. This is by far the Army's largest force structure reorganization we have had since World War II and it will affect many personnel and their family members.



On the Cover



Left to right: George Wunderlich, Executive Director National Museum of Civil War Medicine; Maj. Stuart Tyner; Col. (Dr.) Anthony Johnson; and Army retired Maj. Gen. George Weightman during the presentation of the Major Jonathan Letterman Award Oct. 23. Photo by Kacie Peterson.

Company Notes



Company Commander
Capt. LaShawna N. Ray

Congratulations to Sgt. Christopher Kay and Spc. Chet Voelker for being selected as NCO and Soldier of the month for October. Their photographs will be on display in the company area.

Upcoming events:

Flu Campaign; the campaign is ongoing for those that did not make the ISR Clinic. Please look for the flyers posted by Ms. Maria Dominguez regarding the location and times to receive your vaccine.

Thank you Sgt. 1st Class Rosalba Rodriguez and the EO Team for the fantastic celebration of Hispanic Heritage Month. This was educational and entertaining event. The next observance will be Native American Heritage Month. More information

will soon be out on that event.

Thank you to Staff Sgt. Tiffany Baldwin, Capt. Kenneth Dunham, the Events Committee and all the volunteers for hosting an excellent Fall Festival at the Warrior and Family Support Center this year.

During the event we had face painting (Staff Sgt. Joseph Holtz and Spc. Daniel Wendorff), Pumpkin Painting (Ms. Dominguez), Art and Crafts (Sgt. Antionette Pierce), Candy Corn Bowling and Spider Ring Toss (Staff Sgt. Floretta Drummond), Bobbing for Duckies (Spc. Silvia Matchinske), Cookie Decorating (Staff Sgt. Shanelle McNair), Door Greeting/Goody Bags (Sgt. Danilo and Mrs. Mendoza), and a Costume Contest (Staff Sgt. Baldwin). When you see the members of the committee, please congratulate them putting together this family-fun event. If you would like to join the committee or volunteer to help out, please contact Staff Sgt. Baldwin.

The holiday season is beginning! It's a time for fellowship, parties, good times, and safety. Ensure that safety is included in your holiday planning, both in the office and at home. During the this season, we take time to reflect on all of the things that we are thankful for, the Thanksgiving Day meal is typically a highlight and focus of everyone's celebration. It is very important that we practice some basic safety

measures as the kitchen becomes the center of activity and a gathering place for our family and friends. Additionally, the holiday season brings increased travelling to allow time to be spent with loved ones. Be sure the plan and properly prepare for all trips. Thank you all for everything that you do!



Top: Capt. LaShawna Ray at the 2014 ISR Fall Festival held Oct. 25. at the Warrior and Family Support Center.
Bottom: Addison Ray. See more Fall Festival photos on Page 5.



NCO of the Month
Sgt. Christopher Kay



Soldier of the Month
Spc. Chet Voelker

2014 ISR Fall Festival

The ISR Fall Festival was held at the Warrior and Family Support Center Oct. 25. Numerous events for staff members and their families were held like a costume contest, face painting, pumpkin painting, food and games.

Photos by Capt. LaShawna Ray and Staff Sgt. Tiffany Baldwin



ISR Wins 7th Annual Major Jonathan Letterman Award

By Steven Galvan
USAISR Public Affairs Officer

The U.S. Army Institute of Surgical Research (ISR) was selected as the winner of the 7th Annual Major Jonathan Letterman Award for Medical Excellence presented by the National Museum of Civil War Medicine Oct. 23 at Bethesda, Md. The award is named after Maj. Letterman who is known as “the Father of battlefield medicine.” According to the museum website, the annual award recognizes an individual and an organization for leading innovative efforts in civilian emergency care, combat casualty care, prosthetic technology, improving outcomes for patients with catastrophic injuries or leveraging today’s cutting medical technology to develop new ways to assist military service members or civilians who have suffered severe disfiguring wounds.

“This award is a direct result of the remarkable staff at this Institute and the significant contributions made every day to optimizing combat casualty care,” said Col. (Dr.) Michael D. Wirt, ISR Commander. “Our Commanding General, Maj. Gen. Brian Lein congratulates us for winning this award calling



Maj. (P) Stuart Tyner, left, and Col. (Dr.) Anthony Johnson accepted the Major Jonathan Letterman Award for Medical Excellence presented by the National Museum of Civil War Medicine Oct. 23 at Bethesda, Md. The 7th annual award is named after Maj. Letterman who is known as “the Father of battlefield medicine.” Photos by Kacie Petterson.



it ‘a phenomenal recognition of the sacrifices and work done.’”

Representing the ISR at the award ceremony were Col. (Dr.) Anthony Johnson, Research Task Manager for Ocular Trauma; Acting Director of Combat Casualty Care Research Directorate, Maj. Stuart Tyner; and former Director of Combat Casualty Care Research Directorate, David G. Baer, Ph.D.

“I was honored to represent the Institute at the awards ceremony,” said Tyner. “The men and women of this

organization have done more than anyone else to advance the care of combat wounded. I am humbled to be a small part of the ISR and privileged to have to opportunity to advocate for the impact the ISR has had on advancing battlefield trauma care.”

The other organizational nominees were: Center for Neuroscience and Regenerative Medicine; Defense and Veterans Brain Injury Center; McGowan Institute for Regenerative Medicine; and Naval Hospital Camp Lejeune Warrior Rehabilitation Team.

Convertino Selected as Senior Scientist

By Steven Galvan
USAISR Public Affairs
Officer

A physiologist/researcher at the U.S. Army Institute of Surgical Research (ISR) who has served as the tactical combat casualty care research task area program manager for 13 years has been selected as the new ISR Combat Casualty Care Research Senior Scientist. Victor A. Convertino, Ph.D., will continue his research efforts in his current area of human hemorrhage physiology, but will now serve as an advisor to the ISR commander and the U.S. Army Medical Research and Materiel Command for combat casualty care.

“I am humbled and honored to have been selected as the Combat Casualty Care Senior Scientist,” said Convertino. “This selection is not about me. It’s about the awesome responsibility of being in a position that requires the upmost attention and energies to

move combat casualty care research to a new level.”

Convertino’s current research has been focused on developing the Compensatory Reserve Index (CRI) which is a new technology that uses information obtained from a standard pulse oximeter to gauge whether a patient requires resuscitation or immediate medical attention.

“This tool has real potential to limit and control shock and hypotension on the battlefield,” said ISR Commander, Col. (Dr.) Michael D. Wirt.

Convertino began his work in phys-



Victor Convertino, Ph.D. is the new ISR Combat Casualty Care Research Senior Scientist.

iology long before earning his Ph.D. from the University of California, Davis in 1981. His career in government service began after completing a fel-

“I am humbled and honored to have been selected as the Combat Casualty Care Senior Scientist. This selection is not about me. It’s about the awesome responsibility of being in a position that requires the upmost attention and energies to move combat casualty care research to a new level.”

Victor Conversion, Ph.D.

lowship at Stanford and an academic appointment to the University of Arizona.

His first job as a physiologist was at the Kennedy Space Center where he was a senior researcher with NASA. From there he moved to San Antonio to lead the Physiology Research Branch at the U.S. Air Force Armstrong Lab. In 1998, Convertino brought his expertise to the ISR where he led his task area for more than 13 years.

“My career has spanned over four decades and taken me to diverse positions,” Convertino said. “The pathway in federal government research positioned me well for my current role as a research physiologist at the ISR. With the most challenging job of ‘optimizing combat casualty care, our research focused on the ultimate goal of saving lives of our warfighters on the battlefield through the

development of novel technologies designed to enhance the capabilities of our combat medics in the pre-hospital setting.”

“In this role he has directed research efforts to develop advanced therapeutic and triage capabilities in the pre-hospital setting, as well as led human and clinical research designed to provide evidence-based solutions for improved survival of combat casualties,” said Wirt.

Convertino added that he’s looking forward to his new roles as Senior Scientist where he will be able to promote

CCCRSS continues on page 14

Safety Notes



by Stephanie L. Truss
Health, Safety and Environmental Specialist

It's Turkey Time: Safely Prepare Your Holiday Meal

Whether you're a seasoned chef or a novice preparing your first holiday meal, make sure you know the safest ways to thaw, prepare, stuff and cook your turkey.

Holidays are times we share the kitchen with family and friends. Make it a goal this year to also share good food safety practices. The Centers for Disease Center is a partner with the U.S. Department of Agriculture, Food Safety and Inspection Service, which is responsible for the safety of meat and poultry. Here are simple tips that all cooks in the kitchen can follow this holiday season for cooking a delicious and safely prepared turkey.

When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to the adequate temperature.

Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 40 and 140°F — the temperature range where foodborne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing can begin to grow again, if it is in the "danger zone."

There are three safe ways to thaw food: in the refrigerator, in cold water, and in a microwave oven.

Bacteria present on raw poultry

In the Spotlight

Nicole Jeffrey

Job title: Biological Research Assistant

How long have you worked at the ISR? Since 2010

What or who has been an inspiration to you in your work? Helping wounded soldiers.

What is your favorite part of your work? Constantly learning.

Your proudest achievement? Graduating with a B.S. in Molecular Biology from the University of Michigan and making it through boot camp at nearly 30 years old.

Short- and long-term goals: My short-term goal is to increase the amount of peer-reviewed publications I co-author. My long-term goal is to write a horror novel.

Hobbies: Traveling, reading, gaming, and being with friends.

Favorite book: *Broca's Brain* by Carl Sagan

Favorite movie/TV show: *Sean of the Dead/Law & Order*

Favorite quote: "We are star stuff harvesting sunlight." Carl Sagan



can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods.

For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness.

Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2-1/2 inches

deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

Enjoy your holiday meals and stay safe.



Health News



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

November is the 11th month of the year in the Julian and Gregorian calendars. This was changed to the present day order when Catholic countries adopted the Gregorian calendar in 1582. November derives from novem, the Latin for nine. It also denotes the letter N in the NATO phonetic alphabet.

November also has a beautiful vividness to it. The air is unequivocally cooler. Tree leaves illuminate their surrounding with their resplendent colors. Alas, soon they will be off the trees. It is the month, when the chill descends and darkness closes in, pulling us from autumn into winter.

November is full history and holds the promise of celebration, opening the door to the Holiday Season!

One major historical event in November is “The Great American Smokeout” sponsored by the American Cancer Society. It occurs on the 3rd Thursday of November, one week before Thanksgiving. The first Great American Smokeout was held in San Francisco’s Union Square on Nov. 16, 1977. This was one of the precursors of today’s Health Promotion. On this day all smokers are encouraged to quit smoking for 24 hours, in hopes that they will stay quit forever!

Hand-in-hand with smoking is COPD (Chronic Obstructive Pulmo-

nary Disease) Awareness Month and Lung Cancer Awareness Month. Sponsored by the U.S. COPD Coalition, COPD Awareness Month is meant to educate people, especially smokers about the fatal disease. COPD is a smoking-related respiratory illness commonly known as chronic bronchitis, emphysema or “smoker’s lung.” An estimated 24 to 30 million Americans have COPD, but only about 12 million have been diagnosed. COPD is the nation’s 3rd leading fatal disease in the U.S.

Lung Cancer Awareness Month is also recognized every November. Lung cancer is currently the leading cause of cancer deaths in both American men and women. During this month, the goal is to educate the public about the dangers of smoking, as well as the other causes of lung cancer. As we transition to this season of celebration keep in mind self-care, and the development of community and individual measures to maintain and enhance well-being.

The medieval Irish festival of Samhain was held at the beginning of November, to mark harvest and the end of the year’s light. Bonfires were lit and cattle slaughtered for the winter. In the 9th century, the Roman Catholic Church shifted the date of All Saints’



Day to November 1st, while November 2nd later became All Souls’ Day.

And Oh! This brings us to Thanksgiving, a unique tradition in which people of all races, religions and backgrounds can partake.

Most Americans believe that the first Thanksgiving was an autumn feast that took place sometime in 1621 at Plymouth Plantation, Massachusetts. The 1621 Plymouth feast and thanksgiving was prompted by a good harvest combined a religious and social celebration. As President of the U.S., George Washington proclaimed the first nation-wide thanksgiving celebration in America marking November 26, 1789, “as a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God.”

Thanksgiving has its historical roots in religious, cultural and patriotic traditions. This holiday, is a time to reflect on all that you have, and to be thankful for it, great or small.

Happy Thanksgiving! Be Safe!

“The thankful receiver bears a plentiful harvest.”

William Blake



Around the ISR



Top left: Lt. Col. (Dr.) Wylan Peterson gives a tour of the Burn Center Oct. 1 to Dr. Ron Hann, Director, Joint Science and Technology Office, Chemical and Biological Defense Program, Defense Threat Reduction Agency.

Top right: Sgt. Damian Thomas is pinned his new rank Oct. 1 by his wife Jessica.

Center right: Col. (Dr.) Michael Wirt, left, presents Col. (Dr.) Michael Cawthon with a Certificate of Retirement Oct. 17.

Bottom: Navy Capt. Zsolt Stockinger, third from left, in Ali Al Salem, Kuwait Oct. 4 with members of the U.S. Central Command Joint Theatre Trauma System at the Combined Forces Land Component Commander/Army Central Command En Route Care forum.



Around the ISR continued



Top left: Staff Sgt. Olarewaju Magreola, center, wins first place at the All Star Brazilian Jiu-Jitsu Tournament held at the Freeman Coliseum Oct. 11.
Top right: Staff members from the Burn Center 4 East Progressive Care Unit pose with Chef Robert Irwine Oct. 7.
Bottom right: Col. (Dr.) Booker T. King welcomes medical officers from the Chinese People's Liberation Army Oct. 7 for a tour of the Burn Center.
Bottom left: Capt. LaShawna Ray presents Staff Sgt. Hector Cortez with a going away gift Oct. 17.
Center left: Sgt. 1st Class Russell Gilmore describes the method for making face masks at the Burn Center Rehabilitation Department Oct 22 to Monte Kapec, Deputy Chief of Staff, Procurement, Office of the Surgeon General and U.S. Army Medical Command.

Reenlistments

Top right: Sgt. Jeremy Walden recites the "Oath of Reenlistment" administered by Capt. Mollie Christiansen Oct. 31.

Bottom right: Lt. Col. John Melvin, left, administers the "Oath of Reenlistment" to Sgt. Francisco Rosario Beloso Oct. 9.

Bottom left: Lt. Col. James Leith, left, presents Sgt. Damian Thomas with a Certificate of Reenlistment Oct. 3.



Career Day at UTHSCSA

Three ISR staff members were guests at the University of Texas Health Science Center San Antonio Career Day Oct. 30. Photos (left to right) Lt. Col. (Dr.) Andrew Cap; Kathy Ryan, Ph.D.; and Carmen Hinojosa-Laborde, Ph.D. spoke about their job in military research and answered questions for graduate students.

"Graduate students should be informed about the diversity of potential career paths available to them," said Hinojosa-Laborde. "Therefore, it is important for ISR scientists to share their insights and experiences as government scientists with graduate students whenever possible."



Teambuilding

ISR staff members participated in a Teambuilding event Oct. 29 to improve communication, problem solving, leadership, and build trust.

“Teambuilding is so important because it inspires groups of people to communicate through a series of planned events that are fun and motivational,” said Staff Sgt. Gina Chang, Noncommissioned Officer in Charge of Laboratory Support Section and organizer of the event. “This was a great opportunity for personnel from the Burn Center to meet and interact with personnel from the Research Directorate to interact and create experiences to strengthen our esprit de corp.”

Events included Blind Feedings--feeding partners blindfolded (top right); Siamese Twins--fastest pair to tie both shoes and blow up a balloon using two hands between the two (top right center and top left); Creative Minds--the pair builds a stable and stylish dome (bottom right center); Why Can't We All Just Get Along--teams work together to keep a balloon afloat (bottom left); and a Pumpkin Carving Contest (bottom right). Photos by Staff Sgt. Gina Chang.



Back When...



Can you guess who this ISR staff member is? This photo was taken in 1987 when he was a Pvt. in Basic Training at Fort Bliss, Texas.

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

Last Month's Answer:



Randy Malone
JTS Clinical Data Specialist

on September 30 to plan for the coming year and to begin work as proactive supporters of the library to help the staff help you. We are excited to share our ideas with each other and work side-by-side to bring the best resources to the ISR Library.

Our OIP time went exceedingly well. Although we were not fortunate enough to have the MRMC Command Librarian, here with us, we spent time on a conference call and e-mails to assure all library services conform to the specific regulations that cover our varied business tasks.

We also have another "truckload" of new books that can be now checked out. Stop in and take a look.

One last reminder—if you find a link or access point within our resource that is not working properly, please report it to us. We will do our best to get it fixed immediately.

Thank you for using the ISR Library!

CCCRSS continued from page 7

integration of research efforts across ISR task areas. He hopes to accomplish this by being directly involved in the "formulation and execution of effective scientific research strategies as well as building multi-disciplinary teams that leverage with other government, industry and academic resources to assure the highest possibility of research mission success for ISR and continue the legacy of 'Optimizing Combat Casualty Care' well into the future."



Library News



By Gerri Trumbo
Library Manager

The Holiday season is fast approaching. We would like to remind you to use the generic ISR Library e-mail address for all your correspondence regarding articles, status of interlibrary loans, and other general library business. This will allow the staff to take action on your inquiries. If sent to a

personal e-mail box, only the person addressed will see it. We want to provide the best service possible, so the generic mailbox serves that purpose.

As a reminder, you can send an e-mail to the generic mailbox by using the link provided on the Intranet homepage under E-MAIL on the right column.

The mailbox address is as follows:
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MBX.LIBRARY-ISRUSAISR-FTSAM-
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Our new Library Committee met

