

#INNOVATOR

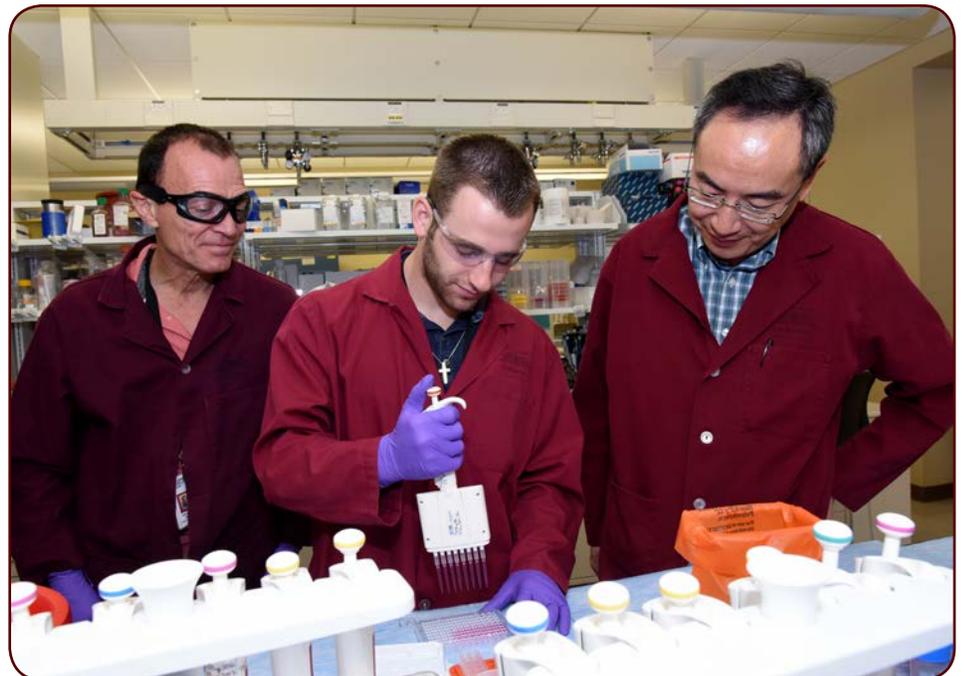
Optimizing Combat Casualty Care



Vol. 6 No. 8

August 2017

Summer College Intern Aspires to Care for Wounded Warriors



University of Pennsylvania student, Ryan Leone, center, in the laboratory with Daniel Darlington, Ph.D. and Xiaowu Wu, Ph.D., who mentored him during 10-week summer intern program at the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas

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

“I believe that I was groomed to do this from a young age,” shared Ryan Leone when asked about his career ambition to become an Army trauma surgeon. Leone, a student at the University of Pennsylvania, just wrapped up a 10-week summer intern program at the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas. He was among 13 college interns from

around the U.S. to spend their summer conducting combat casualty care research.

Leone said that he didn't realize it at the time, but he has been around military veterans who were leaders and coaches, especially during his years as an Eagle Scout in Boy Scouts and during his week at the American Legion Boys Nation Program in 2014.

“Some of them were veterans who had been injured, so I learned about

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CDR's Corner



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

"Optimizing Combat Casualty Care"

Team ISR,

I would like to share with you a press released from the San Antonio Fire Department that was released on August 1 in regards to one of our patients. "Today the SAFD is elated to share that Firefighter Brad Phipps has been released from the hospital. Brad will now be able to continue his recovery and therapy process from the comfort of his home with his wife and family.

SAFD Chief Charles Hood expresses, "On behalf of the entire SAFD family, we are overjoyed at the news that our beloved brother Brad is heading home today. This milestone is not only a testament to the spirit of a fighter that Brad embodies, but also to the exceptional medical care he received while at the U.S. Army Institute of Surgical Research Burn Center and the San Antonio Military Medical Center. The doctors and staff at these facilities truly are miracle workers; we as a community thank them for their dedication and commitment. Please join me in continuing to pray for Brad's healing and recovery as he moves forward in this process."

Brad also asked that we share the following "I would like to express my



USAISR Burn Center patient, San Antonio Firefighter Brad Phipps was discharged from the USAISR Burn Center Aug. 1 after 75 days of burn care following a fatal fire at Ingram Square Shopping Center. Maj. Julie Rizzo and Capt. Kyle Cunningham assist Phipps as he makes his way to an awaiting SAFD ambulance to transport him home.

sincere gratitude to the people of San Antonio for their amazing generosity and continued prayers. I am very happy to be able to go home to my family to continue my recovery. The love and support shown towards myself, Tina, and our boys by my fire family with the SAFD and District 2 Fire & Rescue has been overwhelming. They truly are family in every sense of the word." We ask that you continue to respect the Phipps family wishes and please do not try to contact them. If the time comes that Brad is ready to do interviews, these will be scheduled through the SAFD PIO office."

What sticks out from the press release is Chief Hood's comment on the exceptional medical care that the firefighter received at the Burn Center. I couldn't have said it any better. You are the leaders in research and burn care in the world. Patients who would have died a couple of decades ago are going home to their families because of your remarkable work at this Institute. It's true, a lot has to do with the patient's condition prior to their injury and the fight inside them to survive, but that fighting spirit within them and the care you provide has people surviving their injuries that otherwise wouldn't be here. I have seen if firsthand over the past few months and you should

be extremely proud of what you are doing. And it's not just the work of one or a few—it is the entire staff that contributes to our success.

Once again, I am truly inspired and motivated by your work each and every day. You are doing some incredible work for our Wounded Warriors, their families and the civilians who you care for. Keep up the great work! It is an incredible honor to command this Institute and to be a member of this team!

THE INNOVATOR

Vol. 6 No. 8

Col. (Dr.) Shawn Nessen
Commander

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

Steven Galvan, D.B.A.
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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 Team,

As you know this has been an eventful summer. Our ISR team continues to provide world class healthcare to our patients and research has developed results that will forever enhance Army Medicine. Some of the events our Soldiers led the way in this month are:

1. Provided specialized training to the U.S. Army Medical Research and Materiel Command Best Warrior competition. Sgt. 1st Class Jehnsen Gomez led a team of ISR Soldiers, as Cadre, to provide training to MRMC Best Warrior candidates. ISR Cadre provided 10 days of Warrior Task and Battle drills in preparation to the U.S. Army Medical Command Best Warrior Competition. They were presented with an MRMC Commander and Command Sgt. Major coin of excellence for their stellar train up and dedication preserving the Warrior Ethos.

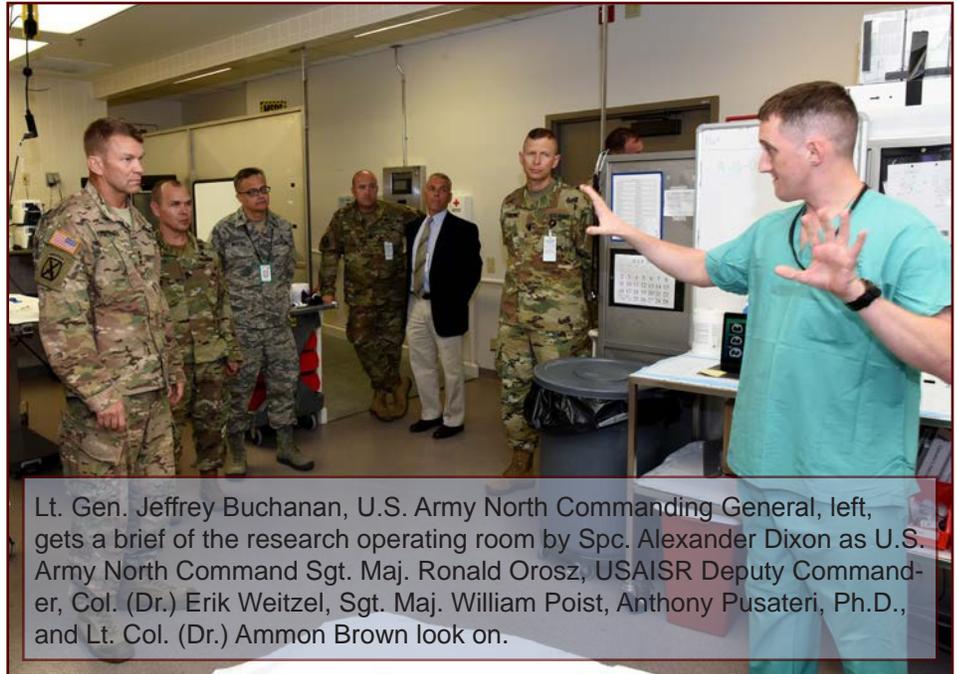
2. Sgt. 1st Class Jonathan Lucas, Sgt. 1st Class Robert "Bobby" Hann, and Sgt. 1st Class Franklin James were on the MEDCOM Cadre evaluation staff in support of the Obstacle Course event, Land Navigation event, Qualification event and the Mystery Task.

All of our Soldiers provided outstanding support for both of these events and showed off their individual skills making this year's MEDCOM Best Warrior Competition successful.

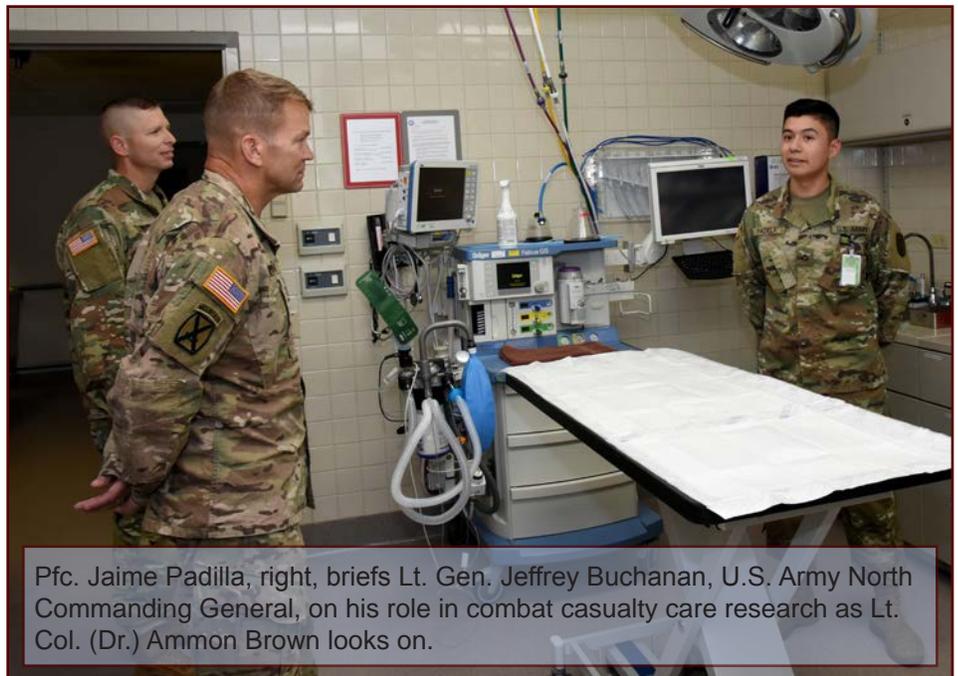
Our veterinarian research team had the opportunity to escort and provide a walk through brief for Lt. Gen. Jeffrey Buchanan, Commander, U.S. Army North (Fifth Army) and Senior Commander, Fort Sam Houston and Camp Bullis and CSM Ronald Orosz, U.S. Army North (Fifth Army) and Senior Commander, Fort Sam Houston and Camp Bullis). Once again, I am truly impressed at the level of

knowledge that our junior NCOs' and enlisted demonstrate as they describe what they do.

We are making the turn towards the end of summer and our kids will soon be back at school. I hope all of you are enjoying your summer and getting "out and about" with your families, and taking in all that Texas has to offer, (to include the heat?!)



Lt. Gen. Jeffrey Buchanan, U.S. Army North Commanding General, left, gets a brief of the research operating room by Spc. Alexander Dixon as U.S. Army North Command Sgt. Maj. Ronald Orosz, USAISR Deputy Commander, Col. (Dr.) Erik Weitzel, Sgt. Maj. William Poist, Anthony Pusateri, Ph.D., and Lt. Col. (Dr.) Ammon Brown look on.



Pfc. Jaime Padilla, right, briefs Lt. Gen. Jeffrey Buchanan, U.S. Army North Commanding General, on his role in combat casualty care research as Lt. Col. (Dr.) Ammon Brown looks on.

Company Notes



Company Commander
Capt. Cleveland S. Bryant Jr.

For the month of June, the ISR participated in the Army Birthday Run located on Joint Base San Antonio-Fort Sam Houston. The run was in celebration of the birth and beginning of the most powerful and most diverse uniformed military organization in the world.

We have a few Soldiers who we would like to congratulate. Congratulations to Spc. (P) Melody Sandoval on her reenlistment. Also congratulations to the following personnel on their promotionst: Spc. Moliere Pierre

and Staff Sgt. Elizabeth Watson. Great job! Keep up the outstanding work.

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 of this noble cause. Remain vigilant, be creative, be productive and stay focused on the mission you support here at the ISR.

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.

One Team.
One Purpose!
Conserving the
Fighting Strength!



Top: Spc.(P) Melody Sandoval recites the Oath of Reenlistment July 25 being administered by Capt. Andrew Holt in front of the Alamo.

Bottom: U.S. Army Institute of Surgical Research Soldiers pose for a photo in front of the Alamo after Spc.(P) Melody Sandoval reenlisted.

Photos by Spc. Chelsea Hornback

LEONE Continued from Page 1

the sacrifices that they made for our country. I had heard stories about their comrades who were severely injured or killed in combat,” he said. “It was during those years that I realized I wanted to become an Army trauma surgeon to help the wounded and to do my part to save their lives.”

The Long Island, New York native will be returning as a junior in the Roy and Diana Vagelos Dual-Degree Program in Life Sciences and Management at the University of Pennsylvania. He is studying to obtain two bachelor's degrees- a Bachelor of Arts in the Biological Basis of Behavior from the College of Arts and Sciences and a Bachelor of Science in economics with a Concentration in Healthcare Management and Policy from the Wharton School of Business.

Lead Intern Mentor and Combat Casualty Care Research Scientist at the USAISR, David Burmeister, Ph.D., stated that he was impressed with Leone's work ethic from day one. “In short, he's a go-getter with a bright future,” he said.

“Ryan, along with all the students in the internship program, is phenomenal,” said Daniel Darlington, Ph.D., one of Leone's mentors.

Darlington and Xiaowu Wu, Ph.D., both research physiologists at the USAISR, have mentored students since the program began seven years ago.

“I just wish we had more time with them,” added Darlington. “They add so much to our research and gain some invaluable experience. I know they could do a lot more if they had more time.”

“It has been an incredible experience,” said Leone. “We have been challenged and given the opportunity to do our own projects which add to the ongoing research here. I would definitely recommend this program to anyone who wants to expand their research knowledge and skills.”

Leone and his colleagues did more

“It has been an incredible experience. We have been challenged and given the opportunity to do our own projects which add to the ongoing research here. I would definitely recommend this program to anyone who wants to expand their research knowledge and skills.”

Ryan Leone

than just conduct research. They were given the opportunity to observe staff rounds at the USAISR Burn Center, meet with trauma and general surgeons, and meet with the leadership of the Joint Trauma System.

“It was humbling to meet with the top contributors in these fields,” Leone said.

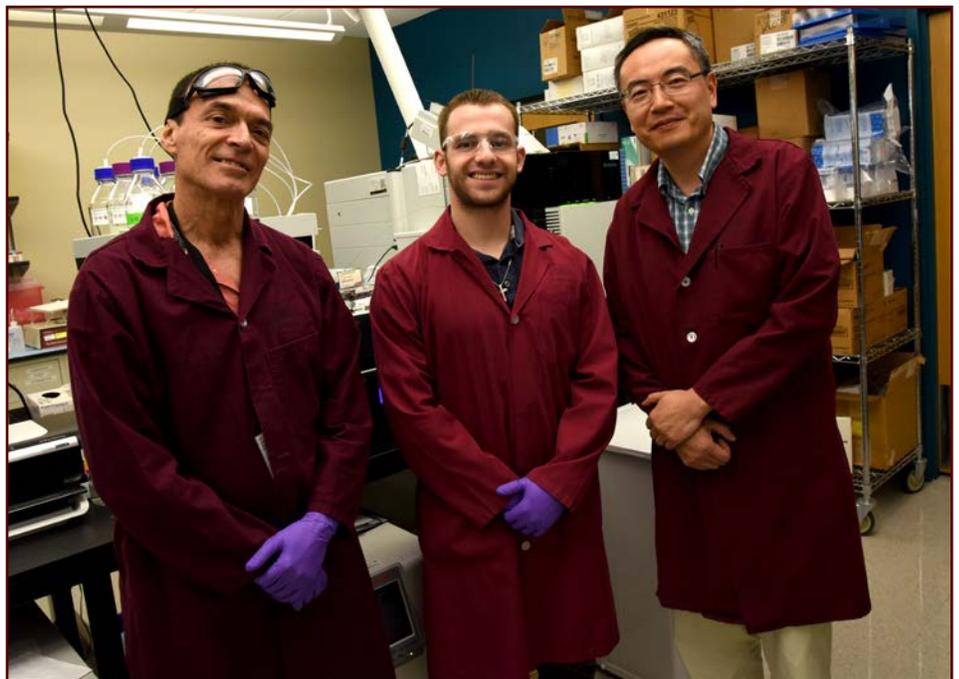
Leone's exposure this summer has him setting his sights higher than just becoming an Army trauma surgeon.

“If I could pick any job, I would strive to be The Surgeon General of the Army or the Director of the Defense Health Agency,” said Leone.

He's off to a great start. He was asked to be the first student to do a summer internship at the Defense Health Agency and he will assist in creating a formal internship program for future students there next summer.

“I'm looking forward to working under Vice Admiral Bono [DHA Director] and the other DHA executives next summer,” added Leone. “It's going to provide me with some great exposure. I care a lot about healthcare and want to do my part for our military and our country. I don't think there's a better way to spend my life than caring for our soldiers who are sacrificing their lives for our freedom. My ultimate goals are to treat their combat injuries and to make a difference at the policy level.”

The USAISR Summer Internship Program is sponsored by the Oak Ridge Institute for Science and Education to expose college students to a laboratory environment and provide them with invaluable research experience to assist with their educational goals.



University of Pennsylvania student, Ryan Leone, center, and his mentors Daniel Darlington, Ph.D. and Xiaowu Wu, Ph.D.

Pruitt to receive 'Icon in Surgery' Award



Dr. Basil A. Pruitt Jr., former commander and director of the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas, will be presented the "Icon in Surgery" award and appointed 2nd Vice President of the American College of Surgeons during the annual surgical meeting in San Diego, California.

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

Add "Icon in Surgery" and an appointment as Second Vice President to the latest accolades and accomplishments of an illustrious military and medical career. Dr. Basil A. Pruitt Jr., a former commander and director of the U.S. Army Institute of Surgical Research (ISR) at Fort Sam Houston, Texas, will be presented the award and appointment during the Clinical Congress of the American College of Surgeons in San Diego, California, in October. A video to commemorate Pruitt's life and achievements will be played during the presentation.

"This award recognizes all the fine work of the physicians, scientists and nurses with whom I have collaborated at the ISR and the University of Texas Health Science Center in San Antonio," Pruitt said.

Pruitt's clinical work and research has been centered on the surgical care

of burn and trauma patients. "My focus throughout the years and the focus of the men and women with whom I have worked have always been to improve the outcome of burn and trauma patients," Pruitt said.

Pruitt, a retired Army colonel, spent 35 years as an Army trauma surgeon. Following a year in Vietnam, first as Chief of Professional Services at the 12th Evacuation Hospital and then as Chief of the Trauma Study Section, USA Medical Research Team, Viet-

"This award recognizes all of the success of the physicians, scientists and nurses whom I have worked with at the ISR and the University of Texas Health Science Center in San Antonio,"

Dr. Basil A. Pruitt Jr.
USAISR Director/Commander
1968-1995

nam he returned to the USAISR and commanded the Institute for 27 years (1968-1995) before he retired from military service. After he retired he accepted a faculty position as a Clinical Professor of Surgery at UTHSC at San Antonio. He has also fulfilled numerous visiting professorships and presented a large number of lectures throughout the world.

Pruitt is a member of 38 professional societies and has authored or co-authored more than 470 published papers, 181 textbook chapters and 15 books and monographs. The distinguished awards that he has earned throughout his career are countless, but since 2007, he has been presented three lifetime achievement awards from the Society of University Surgeons, the American Burn Association and the Society of Critical Care Medicine.

Pruitt shows no signs of slowing down. He is working with Dr. Leopoldo "Lee" Cancio, the USAISR Burn Center acting director, to write a book on the history of the Institute and highlight the evolutionary and revolutionary advances that have occurred in the treatment of patients with thermal and mechanical injuries.

"There's a lot that has been accomplished at the ISR that deserves to be cited and extolled to illustrate the effectiveness of multidisciplinary research in addressing the problems of those injured in combat," said Pruitt. "I am looking forward to documenting the benefits attributable to the program of integrated clinical and laboratory research that we developed at ISR."

Data generated in studies at ISR have expanded the understanding of the pathophysiology of injury which by clinical application has increased survival and improved outcomes of the severely wounded. These clinical results have in turn enhanced the

PRUITT Continues on Page 16

Summer college interns wrap-up 10-week internships with poster presentations



Thirteen college students from around the U.S. participated in a 10-week summer internship program at the U.S. Army Institute of Surgical Research sponsored by the Oak Ridge Institute for Science and Education. Three students also participated in a summer internship program at the Naval Medical Research Unit-San Antonio. The 16 students wrapped up their internships with a poster presentation July 27 highlighting their research projects. For the first time since the summer internship program has been conducted at the USAISR, the interns' posters were judged and the winners were presented with a Certificate of Achievement.

Top: The summer college interns were presented with Certificates of Appreciation for presenting their posters July 27.

Right: Capt. Melissa Kottke presents Kelley Kempski with Certificate of Achievement for placing first place during the poster presentation.



More Summer Intern Poster Presentation Photos on pgs. 14-15

Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



August is Back to School Safety Month

The following health and safety tips are from the American Academy of Pediatrics (AAP). Feel free to excerpt these tips or use them in their entirety in any print or broadcast story, with acknowledgment of source.

Making the First Day Easier

- If your child seems nervous, remind your child that there are probably a lot of students who are uneasy about the first day of school. This may be at any age. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school to create positive anticipation about the first day of class. She'll see old friends and meet new ones. Refresh her positive memories about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your student can walk to school or ride on the bus.
- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the first day.
- If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day.

Backpack Safety

- Choose a backpack with wide,

In the Spotlight

Spc. Ryan Burgess

Job title: Immunohistochemistry Lab Technician

How long have you worked at the ISR? 1 year

What or who has been an inspiration to you in your work? My wife has always been my greatest inspiration, as a Soldier and a technician.

What is your favorite part of your work? Knowing that our work directly contributes to the future care of Wounded Warriors and being given the trust to carry out that mission.

What is your proudest achievement? Completing my training as a 68K Lab Tech.

Short- and long-term goals: My short-term goal is to be accepted into the Army cytotechnologist program and my long-term goal is to direct commission as a medical officer.

Hobbies: Reading, Martial Arts, Hiking/Camping

Favorite book: *A Song of Ice and Fire*, *Wheel of Time*, and anything written by Luis L'Amour

Favorite movie/TV show: *Game of Thrones*, of course.

Favorite quote: "If I have seen further, it is by standing on the shoulders of giants." – Sir Isaac Newton



padded shoulder straps and a padded back.

- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight. Go through the pack with your child weekly, and remove unneeded items to keep it light.
- Always use both shoulder straps.

Slinging a backpack over one shoulder can strain muscles.

- Adjust the pack so that the bottom sits at the waist.
- If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, they may be difficult to roll in snow, and they may not fit in some lockers.

BACK TO SCHOOL SAFETY TIPS.



Traveling To and From School

Review the basic rules with your student:

School Bus

- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.
- Remind your child to wait for the

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Health News



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

August is now knocking at our doors. School supplies are at every store! June weddings are now happy memories, as are the July vacations. August also brings back to school immunizations: National Immunization Awareness Month. New additions to the family? Lactation classes, national Breast Feeding Week, PTO? Engaging parents in their children's school life. Research shows this relationship between schools and parents cuts across and reinforces children's health and learning in multiple settings—at home, in school, in out-of-school programs, and in the community.

So as we transition and all the important things to remember, did you know there is an Army Regulation 600-63, Army Health? Promotion at your service? Same policy that provides for a Tobacco Free Campus and Army Suicide Prevention Program!

Here at JBSA together with BAMC Memo 40-189 HEALTH PROMOTION PROGRAM MANAGEMENT (HPP) is to support the Ready and Resilient Campaign and the System for Health. HPP activities span the wellness spectrum. Collaboration with Patient Centered Medical Home (PCMH) teams, JBSA tenant organizations and civilian partners is key to the success of this program.

HPP's targeted population includes active duty, family members, retirees and civilian personnel that live, work, and play in the Ft. Sam Houston and Camp Bullis communities.

Community Health Promotion Council is a "coordinator" of programs and services offered to DOD beneficiaries on the joint base environment. Thus, the intent is to bring together those agencies that have programs in health promotion, prevention, education, and services to assist with those "self-destructive behaviors."

R2C provides resilience programs that help curtail/manage some of those BH issues. The Comprehensive Soldier Family Fitness folks and Military Family Readiness Center provide many wonderful resilience programs. The issue, is that individuals either don't know about the programs or are unable to attend due to mission. Therefore, they fail to deal with small issues that become bigger issues and begin creating problems in their personal and professional lives.

The goal is to find a way to better get the word out about all the programs that are available and to make them more readily accessible. The HP intent is two-fold: 1. To bring these valuable programs and services to the forefront of the minds of providers so they can activate patients to begin to take charge of their own health. 2. To bring greater awareness of the areas in the lives of individuals (civilians, health care providers, patients, AD) that cause people to lack "optimal wellness" and what resources are available to them to improve these areas.

Within the BAMC health service area, the program in the hospital called Mindful Mondays and Wellness Wednesdays.

All classes take place, at this time, in the 4th floor auditorium at BAMC, from 1100-1200 and are open to anyone. Bring lunch as well (as long as

clean up after themselves.) Classes are announced overhead throughout the morning of and advertisement is in the BAMC Bulletin and on the monitors throughout BAMC.

Don't forget! August 21, the skies of North America will darken as a result of a total solar eclipse. Its startling onset and eerie appearance combine to create a unique visual impression. The last total solar eclipse, where the moon almost completely covers the Sun, that was visible in the continental United States occurred in 1979. If you want to view the solar eclipse in 2017, be aware that staring at the Sun during an eclipse may cause eye injuries, such as permanent blurry vision and central blind spots. This Fact Sheet provides information about how to safely observe this inspiring event using protective devices designed for eclipse viewing or indirect viewing techniques to prevent eye injuries.

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- bus to stop before approaching it from the curb.
- Make sure your child walks where she can see the bus driver (which means the driver will be able to see her, too).
- Remind your student to look both ways to see that no other traffic is coming before crossing the street, just in case traffic does not stop as required.
- Your child should not move around on the bus.
- If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus. (If your child's school bus does not have lap/shoulder belts, encourage the school system to buy or lease buses with lap/shoulder belts).
- Check on the school's policy regarding food on the bus. Eating on the bus can present a problem for students with allergy and also lead to infestations of insects and vermin on the vehicles.
- If your child has a chronic con-

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Around the ISR

Top right: George V. Ludwig, Ph.D., Principle Assistant for Research and Technology holds a town hall meeting for staff members during his visit to the Institute on July 11.



Center right: Russell Gilmore gives a tour of the Activities of Daily Living room July 20 to foreign officers attending the Medical Strategic Leadership Program at the AMEDD C&S.



Bottom left: Col. (Dr.) Shawn Nessen, Maj. (Dr.) Craig Ainsworth, and Col. (Dr.) Jennifer Gurney explain the process of military doctor's path to becoming trauma surgeons to Lt. Gen. Jeffrey Buchanan, U.S. Army North Commanding General on July 31.



Around the ISR cont.

Top right: Staff members of the Battlefield Health and Trauma Center for Human Integrative Physiology at the USAISR prepare a volunteer in the lower body negative pressure chamber July 11. Left to right: Jeffrey Howard, Ph.D., Christian Magby, Kristen Lye, Alicia Schiller, Ph.D., and Victor "Vic" Convertino, Ph.D.



Center right: Col. (Dr.) Shawn Nessen is presented a command coin by Lt. Gen. Jeffrey Buchanan, U.S. Army North Commanding General after a tour of the Institute and Burn Center..



Bottom: Col. (Dr.) Andre Cap, fifth from left, is among the military and civilians who were presented the 3rd Quarter Wolf Pack Award July 28 for their work on blood products for the battlefield.



SAFETY Continued from Page 9

dition that could result in an emergency on the bus, make sure you work with the school nurse or other school health personnel to have a bus emergency plan.

Car

- All passengers should wear a seat belt or use an age- and size-appropriate car safety seat or booster seat.
- Your child should ride in a car safety seat with a harness as long as possible and then ride in a belt-positioning booster seat. Your child is ready for a booster seat when she has reached the top weight or height allowed for her seat, her shoulders are above the top harness slots, or her ears have reached the top of the seat.
- Your child should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age). This means that the child is tall enough to sit against the vehicle seat back with her legs bent at the knees and feet hanging down and the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the thighs, not the stomach.
- All children younger than 13 years of age should ride in the rear seat of vehicles. If you must drive more children than can fit in the rear seat (when carpooling, for example), move the front-seat passenger's seat as far back as possible and have the child ride in a booster seat if the seat belts do not fit properly without it.
- Remember that many crashes occur while novice teen drivers are going to and from school. You should require seat belt use, limit the number of teen passengers, and do not allow eating, drinking, cell phone conversations even when using hands-free devices or speakerphone, texting or other mobile device use to prevent

driver distraction. Limit nighttime driving and driving in inclement weather. Familiarize yourself with your state's graduated driver's license law and consider the use of a parent-teen driver agreement to facilitate the early driving learning process. For a sample parent-teen driver agreement, see www.healthychildren.org/teendriver

Bike

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic and ride in bike lanes if they are present.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright-colored clothing to increase visibility. White or light-colored clothing and reflective gear is especially important after dark.
- Know the "rules of the road."

Walking to School

- •Make sure your child's walk to school is a safe route with well-trained adult crossing guards at every intersection.
- •Identify other children in the neighborhood with whom your child can walk to school. In neighborhoods with higher levels of traffic, consider organizing a "walking school bus," in which an adult accompanies a group of neighborhood children walking to school.
- •Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- •If your children are young or are walking to a new school, walk with them or have another adult walk with them the first week or until you are sure they know the route and can do it safely.
- •Bright-colored clothing will make your child more visible to drivers.

Eating During the School Day

- Studies show that children who

eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy.

- •Most schools regularly send schedules of cafeteria menus home and/or have them posted on the school's website. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- •Many school districts have plans which allow you to pay for meals through an online account. Your child will get a card to "swipe" at the register. This is a convenient way to handle school meal accounts.
- •Look into what is offered inside and outside of the cafeteria, including vending machines, a la carte, school stores, snack carts and fundraisers held during the school day. All foods sold during the school day must meet nutrition standards established by the US Department of Agriculture (USDA). They should stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice. Learn about your child's school wellness policy and get involved in school groups to put it into effect.
- •Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%. Choose healthier options (such as water and appropriately sized juice and low-fat dairy products) to send in your child's lunch.

Bullying

Bullying or cyberbullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, over the Internet, or through mobile devices like cell phones.

When Your Child Is Bullied

- Alert school officials to the prob-

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lems and work with them on solutions.

- Teach your child when and how to ask a trusted adult for help.
- Recognize the serious nature of bullying and acknowledge your child's feelings about being bullied.
- Help your child learn how to respond by teaching your child how to:
 1. Look the bully in the eye.
 2. Stand tall and stay calm in a difficult situation.
 3. Walk away.
- Teach your child how to say in a firm voice.
 1. "I don't like what you are doing."
 2. "Please do not talk to me like that."
 3. "Why would you say that?"
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.
- Monitor your child's social media or texting interactions so you can identify problems before they get out of hand.

When Your Child Is the Bully

- Be sure your child knows that bullying is never OK.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, school social workers or psychologists, and parents of the children your child has bullied.

When Your Child Is a Bystander

- Encourage your child to tell a trusted adult about the bullying. Encourage your child to join with others in telling bullies to stop.
- Help your child support other children who may be bullied. En-

courage your child to include these children in activities.

Before and After School Child Care

- During early and middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and supervise them after school until you return home from work.
- If a family member will care for your child, communicate the need to follow consistent rules set by the parent regarding discipline and homework.
- Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.
- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.
- If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, trained persons to address health issues and emergencies, and the rooms and the playground should be safe.

Developing Good Homework and Study Habits

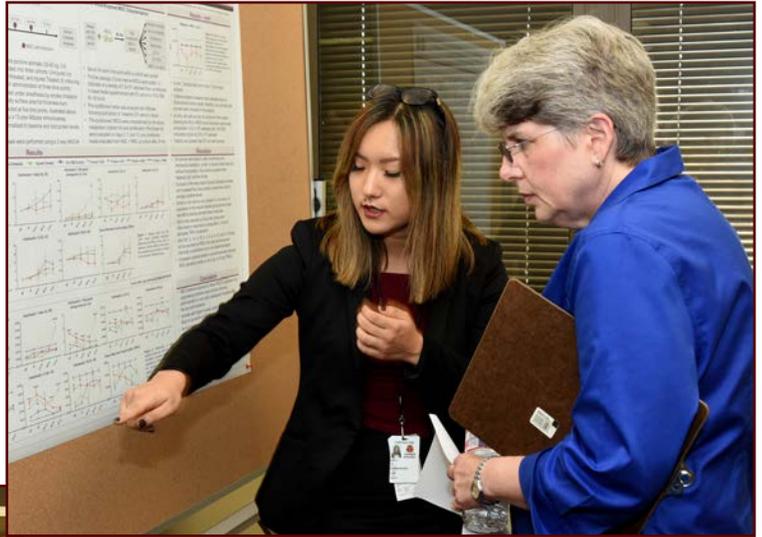
- Create an environment that is conducive to doing homework starting at a young age. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
- Schedule ample time for homework; build this time into choices about participation in after school activities.
- Establish a household rule that the TV and other electronic distractions stay off during homework time.
- Supervise computer and Internet use.

- By high school, it's not uncommon for teachers to ask students to submit homework electronically and perform other tasks on a computer. If your child doesn't have access to a computer or the internet at home, work with teachers and school administration to develop appropriate accommodations.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
- If your child is struggling with a particular subject, speak with your child's teacher for recommendations on how you or another person can help your child at home or at school. If you have concerns about the assignments your child is receiving, talk with their teacher.
- If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor, or health care provider.
- For general homework problems that cannot be worked out with the teacher, a tutor may be considered.
- Some children need help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
- Some children may need help remembering their assignments. Work with your child and their teacher to develop an appropriate way to keep track of their assignments – such as an assignment notebook. Establish a good sleep routine. Insufficient sleep is associated with lower academic achievement in middle school, high school and college, as well as higher rates of absenteeism and tardiness. The optimal amount of sleep for most adolescents (13-18 year of age) is in the range of 8-10 hours per night.

Summer interns poster presentation



Summer interns poster presentation Continued



Back When...



Can you guess who this ISR staff member is? This photo was taken in 1998 when she was a Pvt. graduating from Basic Combat Training at Fort Jackson, South Carolina.

Submit your photo to PAO for publication in upcoming issues.

Last Month's Answer:



Capt. Sabas Salgado
BICU ACNOIC,
Chief Flight Nurse

PRUITT Continued from Page 6

scholarly productivity of the investigators, dozens of whom have become directors of burn and trauma centers and units, and 17 of whom have become chairmen of departments of surgery, medicine, and pathology at medical schools in the U.S. (14) and other nations (3).

The Institute's success has been recognized and emulated globally, as reflected by the establishment of similar biomedical research programs in the United States and other countries. Pruitt is certain that current and future studies conducted by present-day ISR staff members and by ISR alumni will further improve care and increase the survival of combat casualties.

is best addressed by reminding yourself that all documents we write are potentially records. The success of you and your office co-workers finding this document may become critical in the future. Developing a common naming practice may be the best answer for the whole office.

Know where files are saved. On your work station is not the answer. Our computers are not backed up so a hard drive failure could spell out immediate disaster. Not to mention your computer is not normally available to others in the office. So the shared drive should be the place, right? Talk with your office Record Coordinator (RC) or Records Action Officer (AO) to find out.

Once this part of your records management is accomplished showing new personnel is becomes much easier. Knowing where to find documents (records) becomes much simpler and common knowledge. This makes office practices much easier for everyone.

If your office RC and AO do not have an answer for your questions, or you do not know who this person is, contact me. There is an answer in the Army Records and Information Management System (ARIMS).

For the Record

By Glen Gueller
Records/
Knowledge
Manager



Frequently record management is pushed to the bottom of that list of things we intend to do. Unfortunately that list grows until we just don't have the time to get to it. How can you change record management from a good intention to a good

practice? Here are several small steps to start you on the right path.

Reset your default printer to Adobe PDF. Initially this will be a challenge but one that will get easier over time. This change forces you to think with each document: Do I need a print or do I need to file? Electronic filing is as simple as figuring out what to name the file and where to place the file. The first couple of weeks this can be a challenge but once you have mastered this it becomes a practice and a good habit that places all of your files at your fingertips.

Know how to name those files. This is not an easy question to answer. This

*Army Records Information
Management System (ARIMS)*