Navy Medicine Education and Training Command leaders change

By Larry Coffey
NMETC Public Affairs

Rear Adm. Rebecca McCormick-Boyle relieved Capt. Gail Hathaway as commander of the Navy Medicine Education and Training Command during a combined change of command and retirement ceremony June 27 at the Army Medical Department Museum amphitheater at Joint Base San Antonio-Fort Sam Houston.

The Navy ship's bell rang out as local commanders and commanding officers from across all five military services were announced upon their arrival.


Wiggins and LaBrutta were two of more than 175 leaders from the military and local communities gathered for a time-honored military tradition with a nautical theme.

After welcoming the guests, Hathaway introduced the change of command’s presiding officer, Rear Adm. C. Forrest Faison, the U.S. Navy deputy surgeon general. Hathaway followed Faison’s comments with her personal remarks and reading of her orders.

“I am extremely proud of this command – the people who do the heavy lifting every day – and the entire Navy Medicine Education and Training enterprise,” Hathaway said. “They have continued to just get the job done despite the roadblocks. It was said once, ‘to be successful, you have to get up one more time than you fall.’ No matter the setbacks,
ACTIVE SHOOTER EXERCISE NOTIFICATION

The 502nd Air Base Wing will conduct an Active Shooter Exercise from 10 a.m. to 3 p.m. Tuesday and from 9 a.m. to 3 p.m. Wednesday and in around Joint Base San Antonio.

The purpose of this exercise is to conduct realistic law enforcement training in response to a simulated active shooter incident, improving staff coordination, validating post incident management planning and emergency response management operations.

During the exercise, there will be additional police, security and fire personnel activity. People should not be alarmed by the sound of sirens and a possible exercise-related temporary lockdown of access control points around the area.

The 502nd ABW will perform Giant Voice speaker mass notification announcements as part of the exercise. There is no cause for alarm and no actions need to be taken by anyone not directly involved with the exercise. The messages will be preceded by the announcement “Exercise, Exercise, Exercise.”

EMERGENCY DIAL 911

Security Forces
JBSA-Fort Sam Houston/Camp Bullis
221-2222
JBSA-Lackland
671-2018
JBSA-Randolph
632-3700


WORD ON THE STREET

What is your favorite summertime food?

Pfc. Colin Reynen
Company D, 264th Medical Battalion
"Barbecued smoked brisket. It is so delicious. I love it with that nice crisp char outside and juicy inside."

Spc. Marcus Thompson
Company D, 264th Medical Battalion
"Carne asada from California. My wife is Hispanic, so I get it home made."

Anthony Pena
Directorate of Combat and Doctrine Development, AMEDDC&S
"Cheeseburgers. It's what I barbecue every Sunday during the summer. You have to barbecue them to get it right."

Maj. Joseph Catamisan
Directorate of Combat and Doctrine Development, AMEDDC&S
"Barbecued ribs. It's something I like to make when I'm with my family and having fun."

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U.S. Army North kicks off Vibrant Response exercise July 21

By Don Manuszewski
ARNORTH Public Affairs

U.S. Army North, U.S. Northern Command’s Joint Force Land Component Command, will host about 5,500 military and civilian personnel from across the country to take part in a major training exercise simulating the response to a terrorist attack in the United States.

Vibrant Response, the nation’s premier disaster response exercise, will take place July 21 to Aug. 7 at Camp Atterbury, Ind., and surrounding areas.

The exercise will include participants from the Department of Defense, Federal Emergency Management Agency, Indiana Department of Homeland Security and numerous other local, state and federal agencies.

The training will include urban and aerial search and rescue missions, simulated decontamination operations, airlift, medical training and many other events.

Joint Task Force-Civil Support, based at Joint Base Langley-Eustis, Va., and members of the Defense Chemical, Biological, Radiological, Nuclear Response Force will be put to the test during the first half of the exercise along with FEMA and the IDHS.

Army North’s Joint Task Force 51 will mentor the newly established Task Force 76 as they and the Michigan National Guard will lead the forces of the two Command and Control Contingency Response Elements as they support federal, state and local emergency responders during the second half of the exercise.

Task Force-76 is comprised of Reserve members from the 76th Operational Response Command, Salt Lake City, and the 302nd Maneuver Enhancement Brigade from Chicopee, Mass.

The realism of the scenarios and participation of so many local, state and federal response agencies make VR14 the premier disaster response exercise in the nation.

The DCRF and C2CREs are organized into four task forces: Task Force Operations, Task Force Aviation, Task Force Medical and Task Force Sustainment. Their capabilities include CBRN technical rescue, decontamination, aviation, medical, logistics and other functions.

Army North, when directed by the commander of U.S. Northern Command, deploys response forces to support civil authorities in order to save lives, prevent further injury and provide temporary critical support.

Army North receives Army Superior Unit Award

By Sgt. Lee Ezzell
Army North Public Affairs

The commanding general of U.S. Army North (Fifth Army) was able to attach one more streamer to the Army North colors during a ceremony July 2 in the historic Quadrangle.

Lt. Gen. Perry Wiggins, commanding general of U.S. Army North (Fifth Army) and senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis, along with ARNORTH Command Sgt. Maj. Hu Rhodes attached the Army Superior Unit Award streamer to the organizational colors at the beginning of an awards and recognition ceremony.

The streamer was awarded by the Secretary of the Army for meritorious performance of a difficult and challenging mission in 2012.

Among the accomplishments that contributed to the award: support of civilian authorities for Hurricane Isaac and Super Storm Sandy; provided mission command and military expertise in support of the Republican and Democratic National Conventions, the 67th United Nations General Assembly, NATO and G-8 summits; and built an operational strategy and executed Theater Security Cooperation activities with Bahamian, Canadian and Mexican defense forces.

“People don’t usually care too much about what you have done,” Wiggins said to ARNORTH members at the ceremony. “They want to
BAMC emergency medicine department doctors, Special Forces get realistic training at JBSA-Camp Bullis

By John Franklin
BAMC Taylor Burk volunteer

Brooke Army Medical Center Emergency Medicine Department staff and residents joined forces June 16-22 with the Army Special Forces Soldiers to maximize their combat related medical training efforts at Joint Base San Antonio-Camp Bullis.

"I am here because of guys like you," said Special Forces Maj. Will Lyles, as he spoke to doctors about combat wounds he endured in Afghanistan.

The department's goal is for their graduating residents to receive the best possible combat-related medical training in the Department of Defense. This is accomplished by training with other military units, such as the Army Special Forces, in more realistic scenarios to take full advantage of the opportunity to learn and train in what to expect out in the battlefield.

All graduating emergency medicine residents from BAMC – eight Army and eight Air Force residents – participated in the event.

Maj. (Dr.) Guyon Hill, BAMC emergency medicine physician, is one of several combat experienced physicians who are seeking to continually refine the combat casualty care aspect of the emergency medicine physician's training.

Hill pointed out the graduating residents excel in emergency medicine practices in an emergency room, but it is also equally important to learn how to practice emergency medicine near the battlefield.

“There is no exercise like an emergency medicine exercise in the military,” Hill said. "Doctors in training work directly with a tactical unit to see the mission planning, tactical execution and medical care directly on the objective and all phases following."

The Emergency Medicine Department’s exercise blends into field training conducted by the 19th Special Forces Group.

“The exercise is mutually beneficial by providing insight for Special Forces medical sergeants into the echelons of care … as well as providing insight for emergency medicine doctors into Tactical Combat Casualty Care planning and execution in the battlefield,” said a Special Forces representative.

The seven-day exercise included a classroom presentation on the TCCC process, a special lab exercise focusing on austere combat situations and hands-on practical training in the field.

The tactical scenarios involved situations as the...
The U.S. Army Medical Department Center and School celebrated the 97th anniversary of the United States Army Medical Service Corps June 30 at Blesse Auditorium. The MSC is comprised of a wide spectrum of medical professionals, such as medical administrative, scientific and provider specialties ranging from the management and support of the Army’s health services system to direct patient care.

Sponsored by the Silver Caduceus Association and Silver Caduceus Society, Alamo Chapter, the ceremony included guest speaker Col. Kyle Campbell, commander, Brooke Army Medical Center. Campbell provided an overview of BAMC and the medical advances and treatments being performed at the hospital. Cutting the ceremonial cake (from left) are Brig. Gen. Bruce Miketinac, retired 11th MSC chief; Col. Byron Howlett; Col. Marion Johnson; Brig. Gen. Cynthia O’Connell, deputy commanding general of 3rd Medical Command (Deployment Support), Fort Gillem, Ga.; 2nd Lt. Ashley Denoyer, executive officer of Company B, 187th Medical Battalion; retired Army Maj. Gen. David Rubenstein, former AMEDDC&S commanding general and 16th MSC chief; and retired Army Brig. Gen. Richard Ursone, former assistant surgeon general for force projection, Office of the Surgeon General and 14th MSC chief.

BAMC from P4

Doctors observed Special Forces instruction on patrolling, tactics and marksmanship. Once trained, the guerilla force and the Special Forces conducted a series of raids into enemy territory.

“The purpose of the EMX is to provide education in the areas of military medicine not found in the rest of their emergency medicine residency or in other schools they attend,” Hill said. “It is to prepare them for deployments in any theater and/or their first jobs after residency.

“We replicated all three phases of care; care under fire, tactical field care, and tactical evacuation care and the entire theater evacuation chain from the point of injury to a definitive medical facility.”

“The exercise also improved the rapport between the graduating residents and Special Forces. Both teams gained a great deal of respect from the rigorous training they endured during the seven day exercise,” Hill said.

The event was a joint effort to include the 19th Special Forces Group, the Texas Army National Guard’s 108th Aviation Regiment, Air Force Critical Care Air Transport Teams, 197th Special Troops Support Company and San Antonio Military Medical Center emergency medicine department staff and troops.

(Editor’s note: Maria Gallegos, BAMC Public Affairs, contributed to the article)

Photo by John Franklin
Texas Army National Guard Soldiers help the emergency medicine doctors experience the difficulty of administering lifesaving medical aid in the back of a helicopter in the battlefield during a combat medical field exercise June 16-22 at Joint Base San Antonio-Camp Bullis.

U.S. Army Medical Service Corps Celebrates 97th Anniversary
32nd Medical Brigade holds competition for AIT Platoon Sergeant of the Year

By Esther Garcia
AMEDDC&S Public Affairs Office

Staff Sgt. Casey Lowe was named the 32nd Medical Brigade Advanced Individual Training Platoon Sergeant of the Year after competing in a grueling three-day competition held June 18-20 at Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

Lowe, with Company A, 232nd Medical Battalion, competed against platoon Sgts. 1st Class Nona Burns, Company B, 264th Medical Battalion; Ebony Alexander with Company D, 187th Medical Battalion; and Staff Sgt. Benjamin Brown with Company E, 232nd Medical Battalion.

An AIT platoon sergeant is a noncommissioned officer responsible for the health, welfare, mentoring, disciplining, physical fitness and warrior-task training of AIT Soldiers.

The competition tested the candidates’ warrior battle skills, counseling, mental and physical challenges. Lowe will represent the brigade at the Training and Doctrine Command competition later this year.

“The competition was put together very well,” Lowe said. “It tested our knowledge, skills and our abilities we have learned so far.”

The competition began with testing, essays, uniform inspection and answering a variety of questions from a panel of senior noncommissioned officers from U.S. Army Medical Department Center and School and the 32nd Medical Brigade.

The platoon sergeants were tested in their knowledge of a variety of techniques in Army combatives followed by a competition in hand-to-hand combat between each other.

“It was pretty intense, but good training,” Burns said. “I enjoyed the entire competition. The best part was not knowing what to expect day by day, what uniform to have on, etc. It made you think, kept you on your feet.”

The drill and ceremony competition tested the candidates command voice and involved leading a group of Soldiers to march in various directions, cadence calling and inspection of the troops.

The last day of the competition began early in the morning with a 12-mile ruck march at JBSA-Camp Bullis, followed by testing their expertise on an M16 rifle at the weapons range.

The hot day continued with the confidence obstacle course, where the candidates maneuvered through obstacles such as rope climbing, balancing on logs, climbing walls, swinging from ropes and weaving in and out of logs.

The warrior training and battle drills lane included moving from direct and indirect enemy fire, triaging and treating a wounded casualty and requesting a medical evacuation flight.

The lane included teaching scenarios to a group of Soldiers such as how to search a vehicle for explosives or devices prohibited on post, how to operate a single channel ground and airborne radio system and how to load and reload an M16.

The competition ended with a mystery event which tested the competitors’ knowledge of responding to a media interview.

“The competition was very good. It was challenging and fun to do,” Brown said. “Whoever wins will be very successful at the next level.”

“The people who are out here competing, they have heart, drive and motivation,” Alexander said. “Even though we are competing against each other, we utilized teamwork, we spoke to each other and encouraged each other to continue the fight and push on when we were tired. It was definitely helpful to have a great team out here.”

Staff Sgt. Casey Lowe, Company A, 232nd Medical Battalion, prepares to place a tourniquet on a casualty during the platoon sergeant of the year warrior training and battle drills competition held at Joint Base San Antonio-Camp Bullis June 20. Lowe won the platoon sergeant of the year title and will compete in the U.S. Army Training and Doctrine Command-level competitions later this year.

Staff Sgt. Benjamin Brown, Company E, 232nd Medical Battalion, weaves in and out of a maze of logs, one of more than 10 obstacles competitors went through at the Joint Base San Antonio-Camp Bullis Confidence Obstacle Course as part of the platoon sergeant of the year competition held from June 18 to 20.

Photo by Esther Gracia

Volunteers Needed As Patients For Medical Readiness Training

The 937th Training Support Squadron’s Medical Readiness Training Center at Joint Base San Antonio-Camp Bullis needs volunteers to serve as patients for medical readiness training. Patients are needed from 10 a.m. to 3 p.m. Wednesdays and 8 a.m. to 3 p.m. Thursdays from July 30-31, Sept. 17-18 and Sept. 24-25. Volunteers can assist for one hour or an entire day. Volunteers will be moulaged to have fake injuries, such as gunshot wounds, stab wounds, etc. Volunteers can be in civilian or military clothing, although it is preferable to wear old civilian clothing as the materials used for simulated injuries may stain. Call 808-3406 or 808-3410.
The U.S. Army Institute of Surgical Research held a traditional first sergeant change of responsibility ceremony June 12 at Joint Base San Antonio-Fort Sam Houston.

With the passing of the noncommissioned officer’s sword from USAISR company commander Capt. LaShawnna Ray to 1st Sgt. Natasha A. Turrell, 1st Sgt. Bradley Proud relinquished responsibilities as the institute’s first sergeant.

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

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

Turrell has been assigned to the USAISR since September 2013 where she served as the damage control resuscitation and blood group NCO in charge and said that she is ready for her new position.

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

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

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

The 20-year Army veteran believes that she is in a position where she can share her knowledge and experience with her Soldiers and help them excel on a personal and professional level.

Turrell also wants them to know that everyone at the ISR is on one team and should always treat each other with the utmost dignity and respect.

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

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

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

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

“My family has always been my source of encouragement and a great sounding board in my professional and personal life,” she said. “I value the wisdom and knowledge that my family has gifted me with over the last 20 years.”
despite the lack of staff and despite being in three locations, this command just kept getting back up, dusting itself off and being successful.”

McCormick-Boyle, who comes in from Washington, D.C., where she was chief of staff to the Navy surgeon general and the Navy Bureau of Medicine and Surgery, followed with the reading of her orders. The two exchanged salutes as Hathaway relinquished and McCormick-Boyle assumed command, and both reported to Faison that command had changed.

“Break my flag,” was McCormick-Boyle’s first order, and the new commander’s personal two-star flag was raised up the flag pole as the brass quintet from the 323rd Army Band, “Fort Sam’s Own,” played two “Ruffles and Flourishes” followed by “The Admiral’s March.”

McCormick-Boyle, who will also continue to serve as director of the Navy Nurse Corps, a position she has held since August 2013, discussed three areas on which she plans to focus – the Navy Medicine and NMETC education and training team, partnering with other organizations and military services, and continuing Navy San Antonio efforts to reach out to the local community.

“I look forward to blooming where planted here in San Antonio in collaboration with and support of NMETC’s subordinate commands to advance Navy Medicine’s Force Health Protection capabilities,” McCormick-Boyle said. “I am struck by the expertise and commitment to excellence of (the Navy Medicine Education and Training enterprise) senior leaders and staff.

“I look forward to deepening relationships and collaborations with my sister services – Army, Air Force and Coast Guard – as well as the Defense Health Agency, and in particular the Medical Education and Training Campus,” the admiral said. “And thirdly, I look forward to community outreach here in San Antonio in the great state of Texas.”

The admiral ordered her deputy, Capt. Rochelle Owens, and master of ceremonies Cmrdr. Michael Enriquez the traditional Navy task – “Take charge and carry out the plan of the day,” and “carry out the retirement ceremony for Capt. Hathaway.”

Hathaway summarized her almost 30-year Navy career before departing with her family after four rings of the ship’s bells and the traditional whistle from the Navy boatswain’s pipe, called “piping the side.”

“It’s hard to sum up 28 years in just a few moments,” Hathaway said. “So many thoughts ran through my head about my time in the Navy, from my first time stepping on a Navy ship; to getting kicked off a ship as it was getting underway because women couldn’t be on war ships in 1987 without very high-level permission; to my first helicopter flight; to the first time going supersonic in an F/A-18, dropping bombs, wearing night-vision goggles and pulling Seven G’s; to being one of the first Americans ever to visit the province of the Northern Moluccas in Indonesia, a completely Muslim area with little tolerance for Christians.”

Hathaway, who plans to remain in San Antonio with her family, added, “I have been truly blessed to have had the best job in the Navy; no, the best job in the world. I have been truly blessed.”
A gentle breeze latters banners and masts as the (top of) horses’ heads signals the arrival of a flag-draped casket.

Press of emotions unswelled among mourners already at graveawe as they watch the dark, mahogany parade proceeding through those last few steps behind the caisson toward a final resting place for their loved one.

The sun glints from brass instruments lamenting this last journey.

That Soldier and that horse, paratroopers in unison. Blind to the world, united in their purpose. They deserve the caisson.

A member of the 323rd Army Band ("Fort Sam’s Own") plays taps on a trumpet during a funeral ceremony at the Fort Sam Houston National Cemetery.

The Fort Sam Houston Caisson Section has provided military families the opportunity to pay tribute to their loved one in a unique manner through the caisson ceremony.

About three years ago, an author of a U.S. Air Force General’s letter was interested in the Fort Sam Houston National Cemetery with a caisson ceremony. The caisson is not used by all services at Arlington National Cemetery.

The senior commander already has a policy letter in place allowing the privilege to do so at Joint Base San Antonio. "Just like Arlington, we will always allow for that," Montgomery said. "This is their last honor. They deserve the very best."

All service members who die on active duty and Medal of Honor recipients are also authorized a caisson ceremony. There are currently four MOH recipients in our area.

"In the military, you have to be the mil- litary, period. My vision is that all services could utilize it. There is no reason why not," Maney said.

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Protect your eyes in sports just like you do in combat

By Dr. David J. Hilber
U.S. Army Public Health Command

Sports are an everyday activity for many Americans and for many Soldiers, Sailors, Airmen and Marines. Sports are also a leading cause of eye injuries, but not an activity where use of safety eyewear has completely taken hold.

The military uses a variety of sports activities to aid in physical fitness training and to stimulate competition. Increased participation in sports has been accompanied by an increase in injuries in general and eye injuries in particular.

Prevent Blindness America reports that more than 40,000 athletes suffer an eye injury while playing sports every year.

Every 13 minutes, an emergency room in the United States treats a sports-related eye injury.

PBA has estimated that 90 percent of all eye injuries are preventable, including sports-related eye injuries.

A research article on sports eye injuries from PBA estimates that more than 100,000 eye injuries occur annually. Another specialist in sports eye injuries reports that more than 42,000 of those injured require a visit to an emergency room for care.

In the Department of Defense, during the period of 2000-2012, among active-duty service members, sports accounted for 8 percent overall and 5 percent of inpatient treated eye injuries where the cause was reported. In nearly all of these cases, no protective eyewear was worn.

Which sports cause the most eye injuries?

According to PBA, around 6,000 Americans report eye injuries each year from basketball, making it the leading cause of sport-related eye injuries and the leading cause of all eye injuries among people over the age of 15.

The most common types of eye injuries from basketball are abrasions caused by fingers, which is why it is recommended that players use protective eyewear that meets ASTM International F803 standards. (ASTM International was formerly known as the American Society for Testing and Materials.)

Water and pool activities are the second leading cause, followed by guns (air, BB etc.), which are the leading cause of eye injuries in people aged 14 and under. Baseball/softball and exercise/weightlifting round out the top five.

Just as with military and industrial activities, it is important to have the right safety eyewear. With sports it is important to note that in some cases specific types of eyewear are needed to fully protect the eye.

National standards for protective eyewear developed by ASTM International exist for a number of sports programs.

Many sports organizations have also developed requirements to wear protective equipment for participation in their sports programs.

An example of the effectiveness of a sports-sponsored protective eyewear policy can be found within amateur hockey.

In 1974, the Canadian Amateur Association required that all amateur players wear full-face protectors. Throughout the next nine years, the average number of facial and eye injuries went from 257 the first year to zero in 1983. In 1979, the NCAA ruled that all collegiate hockey players must wear certified face shields. This ruling reduced facial and eye injuries by nearly 99 percent.

Players of any sport with potential to cause eye injury should wear protective eyewear designed for that sport. Polycarbonate lenses must be used with protectors that meet or exceed the requirements of ASTM International.

Individuals with only one functional eye should always wear sports spectacles with polycarbonate lenses if there is the slightest chance of injury to the eye. Polycarbonate eyewear is 10 times more impact resistant than other plastics, according to the National Eye Institute.

Note that in deployed settings, Military Combat Eye Protection spectacles, with the retention strap on, provide a good alternative form of eye protection when ASTM items are not available.

All it takes is a random elbow or swipe of a fingernail across the eye during that platoon basketball tournament to take you out of the action. Stay in the fight – wear your eye protection.
Critical Days of Summer:

Summer safety for pets

By Senior Airman
Krystal M. Jeffers
JBSA-Lackland Public Affairs

During the summer, there is a range of dangers to household pets, from hot weather to insects and dangerous animals to even plant life.

Dr. Donna DeBonis, Joint Base San Antonio-Lackland Veterinary Clinic veterinarian, provided tips and information to keep pets safe from a wide variety of dangers that occur during the summer season.

Pets that are new to the area need to acclimate to the warmer temperatures. In addition, they are not familiar with local wildlife and do not know what is dangerous, DeBonis said.

Heat

“I think one of the biggest problems we have is that people travel with their pets around town as they do errands and they forget that their car gets hot in just a few minutes,” DeBonis said. “It is safer to leave their pets at home. If they are going to take their dogs out to somewhere like the dog park, then they should make it a round trip to the park and back home. Pets shouldn’t be left in the car for any amount of time.”

A study by San Francisco State University’s department of geoscience, where the outside temperature ranges from 72 to 96 degrees, showed that the interior temperature of vehicles parked in outside temperatures rose steadily as time increased and cracking the windows had little effect.

In 10 minutes, the temperature rose 19 degrees and within an hour it rose 45 to 50 degrees.

The summer sun warms up more than cars; asphalt and sand are also affected, which can burn animals’ paws. Instead of taking dogs to run on pavement, take them somewhere grassy like a dog park.

Heated cars and cement aren’t the only challenges pets face. They also need to stay properly hydrated.

“People get used to leaving out a certain amount of water for their pets and not realizing they are going to go through more water during the summer time,” DeBonis said.

The veterinarian suggested that owners not only leave out more water, but also have multiple sources of water in case the pet knocks over or spills one.

In addition, sunburns, heat exhaustion and heat stroke can occur if pets are outside for long periods, without some type of shade to cool off under.

For that same reason, DeBonis advises people who run with their dogs to do so in the early mornings before it gets too hot. The heat doesn’t dissipate immediately after the sun sets so the evenings could still be too warm.

Swimming

“People like to take their dogs swimming with them like to the lake,” DeBonis said. “If they take them, they have to make sure to teach their pets how to swim.”

Some dogs however, can be unsuited for swimming for a number of reasons.

High bone density can make it difficult for some animals, like bulldogs and boxers, to float. Also, if they are short-faced, or brachycephalic, they could have breathing difficulties which would cause them to panic, become disoriented and drown, DeBonis added.

Even if owners teach a dog how to swim, there are dangers they must be aware of.

“They might be good at swimming, but if they go underwater for a moment and are unable to breathe well they could panic, which will cause them to get disoriented,” the veterinarian said. “If they get disoriented or panicked, then they will run out of energy quickly and drown.”

For people with pools, DeBonis provides the following tips:

• Don’t allow a dog to have unsupervised access to a pool.
• Show them where the stairs are.
• Put something to identify where the steps are like a colorful towel, something the pet will notice when they panic.

Wildlife

“People don’t realize that insects are more prevalent in the summer,” DeBonis said. “Dogs might try to eat them or they might accidently lay down in a red ant pile.”

“Puppies are very silly and will try to catch (bees),” she continued. “If they get it in their mouth, it can sting them and leave the stinger. Owners need to look into the mouth and try to remove the stinger, and then get them to the emergency room as quickly as possible if they are swelling up. Typically, one side is going to be more swollen than the other.”

Other dangers from insects can come from fleas and ticks, as well as mosquitoes which can carry heartworm disease. Owners are advised to place pets on flea and tick preventative and heartworm preventative medicine.

In addition to insects, owners should watch for snakes, even if they live in the city. Some common poisonous snakes in Texas include the copperhead, cottonmouth, harlequin coral snake and various types of rattlesnakes.

The South Texas Poison Center advises people and pets to stay out of tall grass and underbrush and to remain on hiking paths as much as possible. Also, avoid snakes that appear dead because they are able to strike up to one hour after death.

If bitten and unable to immediately seek medical attention, wash the bite with soap and water, immobilize the bitten area and keep the area lower than the heart. Do not apply oral suction to the bite, cut into or incise bite marks with a knife, apply either hot or cold packs, apply a tourniquet or try to kill, bag or bring in the snake in question, according to South Texas Poison Center.

To protect pets from snakes and insects, DeBonis recommends that owners thoroughly examine their backyard for any potentially harmful creatures, such as snakes, wasps, bees, scorpions and hornets and fix holes in fencing that could make it easier for pets to get out or for unwanted animals to come in.

Plant life

Another danger to consider is plants, some of which could be harmful to pets if ingested.

Some plants poisonous to pets include aloe vera, amaryllis, apples (leaves, stems and seeds), olean- der, callas, lilies, daffodils, ivy, garlic, hydrangea and tomato leaves.

A more complete list of poisonous plants can be found at http://www.aspca.org.

Common signs of problems with plants are vomiting, diarrhea, shaking, shivering or outright seizures, where they fall to their side and begin waving their legs around uncontrollably," DeBonis explained. "If they are not showing any signs but you suspect they ate something they shouldn’t, then call poison control. You’re going to want to describe what (they came in contact with) because the treatment could change depending on what it was.”

She also advised that owners have the name, address and phone number of the closest emergency veterinary clinic available.

For more information about pet summer safety, contact the JBSA-Fort Sam Houston Veterinary Treatment Facility at 808-6101 or 808-6104, the JBSA-Lackland Veterinary Treatment Center at 671-3631 or 671-2245 or the JBSA-Randolph Veterinary Clinic at 652-3190.

The animal poison control center of the American Society for the Prevention of Cruelty to Animals can also be contacted at 888-426-4435.
USAISR researchers work to sharpen writing skills

By Steven Galvan
USAISR Public Affairs Officer

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

USAISR research director David Baer, Ph.D., agrees. “Writing a good research grant proposal is not an easy task.”

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

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

Dr. Jeana Orman, chief of statistics and epidemiology, attended the workshop and said that this approach to writing makes sense.

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

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

Kathy Ryan, Ph.D., research regulatory compliance division chief, agrees. “Because I didn’t understand what the researchers were trying to express, I’ve had to kick some back,” she said.

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

Michael Barba, a registered nurse and nurse preceptor coordinator at the USAISR Burn Center Progressive Care Ward, said this workshop will improve both her abstract writing and her personal communication.

“I find myself re-reading my e-mails. Before sending them, I make sure I’ve communicated my message to the reader” Barba said.

According to Gopen, he is on a lifelong crusade to teach writers the key to success: writing that meets the reader’s expectations.

George Gopen, J.D., Ph.D., professor emeritus of the practice of rhetoric at Duke University, lectures U.S. Army Institute of Surgical Research members during a writing workshop June 2-5.
More than $505 million in contracts were awarded in each of the small business categories: 
- Veteran-owned small businesses
- Service-disabled veteran-owned small businesses
- Small disadvantaged businesses
- Woman-owned small businesses
- Historically underutilized business zone small business

The MICC is responsible for providing contracting support for the warfighter at Army commands, installations and activities located throughout the continental United States and Puerto Rico.

In fiscal 2013, the command executed more than $2.1 billion to American small businesses. Historically, the number of contract awards increase in the fourth quarter as organizations supported by the MICC refine and finalize their mission sustainment requirements in the final quarter of the government fiscal year.

“The importance of the fourth quarter of the fiscal year cannot be overstated, not only to the command as it achieves its small-business goals, but also to the thousands of American small businesses that will find, compete for and win new Army contracts during that period,” said Mark Massie, associate director for the MICC Office of Small Business Programs at JBSA-Fort Sam Houston.

The MICC Office of Small Business Programs consists of personnel around the country who provide aid, advice and counsel to small businesses.

In addition to providing advice to individual small businesses, the program also advocates within the command’s 33 contracting offices to ensure small businesses have the maximum opportunity to compete for Army contracts awarded by those activities.

MICC officials and small business representatives across the command conducted several acquisition forecast open house events at installations throughout the country in June. Massie said these outreach events were vital in helping communicate projected MICC contracting opportunities to the small-business community looking to do business with the Army.

Dollars awarded to small-business contractors help support the achievement of annual government-wide goals required by the Small Business Act. Small-business directors at JBSA-Fort Sam Houston monitor each small business category throughout the fiscal year to ensure contracts are awarded in each of the following small business categories:

- Small disadvantaged business
- Service-disabled veteran-owned small business
- Women-owned small business
- Historically underutilized business zone small business
Happy 65th birthday to the Air Force Medical Service

JULY 1, 1949

Happy 65th Birthday Air Force Medicine

Source: The Weather Channel at www.weather.com

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at http://ice.disa.mil.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays
Main Post (Gift) Chapel
Building 2200, 1605 Wilson Way
8 a.m. - Traditional

Dodd Field Chapel
Building 1721, 3600 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department
Regimental Chapel
Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Collective Service
11:01 - Contemporary “Crossroa...(Source: The Weather Channel at www.weather.com)

JEWISH SERVICES

8 p.m. - Jewish Worship, Friday, AMEDD
8:30 p.m. - Oneg Shabbat, Friday, AMEDD

ISLAMIC SERVICE

1:15 p.m. – Jummah, Friday, AMEDD

LATTER DAY SAINTS SERVICES

1 p.m. – LDS Worship, Sunday, AMEDD

BUDDHIST SERVICES

1 p.m. – Buddhist Services, Sunday, AMEDD

For worship opportunities of faith groups not listed here, please visit the JBSA-Fort Sam Houston Chaplain’s website at http://www.jbsa.af.mil/jbsachapel/samhouston.asp.

HONORARY COMMANDERS GET ACQUAINTED WITH JBSA

Brian Dougherty (left), Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center director, speaks to (from left) Teryl Heagerty, 502nd Force Support Squadron director, and Marco Barros and Dr. Ryan Van Dusen, 502nd Air Base Wing honorary commanders, July 2. The honorary commander program matches local civic leaders with Air Force commanders and is aimed at increasing public awareness and understanding of the armed forces and the missions.