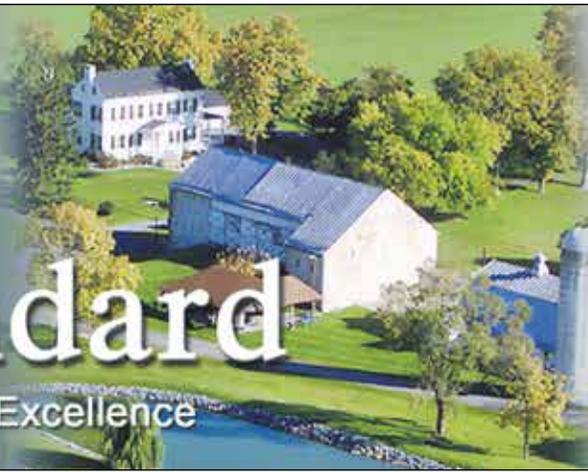




Fort Detrick The Standard

A Sustainable Community of Excellence



Vol. 32, No. 8

March 4, 2016

Army Priorities Discussed at Leaders Session



PHOTO BY LANESSA HILL, USAG PUBLIC AFFAIRS

The U.S. Army Medical Research and Materiel Command and Fort Detrick Commander Maj. Gen. Brian C. Lein talks to senior leaders about the U.S. Army Chief of Staff Gen. Mark A. Milley's vision and priorities, and how it all applies to Fort Detrick.

BY LANESSA HILL
USAG Public Affairs

Senior leaders recently came together at Fort Detrick for a Leadership Professional Development Session held by U.S. Army Medical Research and Materiel Command and Fort Detrick Commander Maj. Gen. Brian C. Lein and Command Sgt. Maj. David Rogers. The discussion focused on the views of Chief of Staff for the U.S. Army Gen. Mark A. Milley, his priorities and how it all applies to Fort Detrick. The session also gave attendees the opportunity to ask Lein questions.

In his first message to the force after being sworn in, Milley spelled out his top three priorities, with his number one priority being readiness.

"Our fundamental task is like no other — it is to win in the unforgiving crucible of ground combat," wrote Milley. "We must ensure the Army remains ready as the world's premier combat force. Readiness for ground combat is

— and will remain — the U.S. Army's number one priority." Lein reaffirmed, "There is no other priority. Readiness of our Army is what keeps him up at night and keeps a lot of people up at night."

So how does that affect Fort Detrick? In terms of the USAMRMC, "the big 'R' is research we do that prepares them to go," said Lein. "It is the research that takes care of them while they are gone, or getting them ready when they come back... that's the 'R' perspective. 'M' is 'are we equipping the Army with the right equipment?' 'Do we have the right sustainment package and plan and are we going to be able to sustain?'"

Readiness doesn't just affect the USAMRMC, it affects the U.S. Army Garrison too.

"The money that gets put into U.S. Army Garrison functions has to be readiness focused," said Lein.

See **Leaders**, Page 8

Glass Slippers and Tennis Shoes

BY JENNI BENSON
USAG Public Affairs

Despite injury, naysayers, personal doubts and fears, Melinda Norris, environmental program manager with the Fort Detrick Environmental Management Division, achieved something most little girls dream about... wearing the "glass slipper." This glass slipper isn't one from cartoons or fairytales, this one represents hard work, dedication and a pursuit to achieve something seemingly impossible; worn not on the foot, but around the neck as a medal of accomplishment.

Each year, Disney World in Lake Buena Vista, Florida, hosts the Disney Princess Half Marathon weekend. This year, the event took place Feb. 19-21. Each day, runners participate in a run. As an option, runners can "warm-up" for the Glass Slipper Challenge by running a 5k, moving on to a 10k the second day and finishing the weekend with a half marathon. To receive the "Glass Slipper" medal, one must successfully complete both the 10k and half marathon, maintaining a 16-minute mile. If you are passed by the "balloon ladies" (a line of women walking a 16-minute mile carrying balloons) you are "swept" and the illustrious medal disappears from reach, just as the glass slipper did at the stroke of midnight for Cinderella. For seasoned runners, this may seem like a normal weekend, but for Norris, this seemed like an impossible undertaking just a few short years ago.

"I have not always been a runner. I was always overweight and not at all physically active as a child and into my 20's," said Norris. "I avoided running at all costs, I was too self-conscious. In my 20's, I saw that my lifestyle was unhealthy and it was impacting my attitude towards myself and life, so I started



COURTESY PHOTO

Melinda Norris stands in front of Cinderella's Castle displaying her medals after running three races in three days to complete the Glass Slipper Challenge Feb. 19-21 at Walt Disney World in Lake Buena Vista, Florida.

See **Slippers**, Page 6

Social Media

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Find the U.S. Army Medical Research and Materiel Command

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Make The Most of ICE-Discuss it



**Command Sgt. Maj.
Franklin D. Jordan**
USAG Command Sgt. Maj.

The Interactive Customer Evaluation system serves as the official customer satisfaction feedback tool for the Army, and is an excellent avenue to rate and improve the products and services available at Fort Detrick. All comments, positive and negative are welcomed and I encourage you, the customer, to use the system and let us know how we are performing.

Since assuming my role as the senior enlisted advisor for the U.S. Army Garrison Fort Detrick, I noticed ICE is often used as a tool to facilitate only a one way flow of information here at Fort Detrick. The system requires leadership to provide a response to each comment received and enter it into ICE for tracking. However, the majority of customers are not providing contact information and are not able to hear the response. With that in mind, you can see how the flow of information becomes one way, and there is little to no customer confidence that comments are reviewed or even acted upon.

I encourage all users to provide their contact information. This allows leadership to follow up with the individual directly to gather additional information, provide a complete response, get to the root of the problem and possibly stop the rumor mill from continuing.

Every comment receives a high level of visibility, and each one is personally read by the command group. I want to foster

an environment which allows us open the lines of communication and work towards correcting the issues. By taking the lead by example approach, I can tell you that Col. O'Brien, the Garrison Commander, calls or emails people who include their contact information in their ICE comments. By leading from the front and taking this approach the Garrison is seeing an upswing of comments with contact information provided, and this is greatly appreciated. We are slowly opening the doors of communication.

ICE is also used to provide positive feedback on experiences. Often the comments are about superior customer service or recognition of an event that provided great family entertainment. Keep those coming in as well. In my own little way I like to personally recognize our employees and programs for their continued dedication, and your comments solidify what I already know, that we have a dedicated workforce.

As you consider ICE, please keep in mind that it can be useful if it's used as a tool rather than a rage against an establishment. Comments should be the first step in facilitating a discussion between the commander, myself and the community in order to work together to find a solution.

An example of a not so useful comment with no contact information is one we received in the last quarter. The customer simply wrote, "Staff needs to concentrate on customer service and not being on the phone or laptop. Also walking into the library is like walking into a war zone." If the commenter simply left their contact information, a discussion for more information such as what staff and what is meant by war zone may have helped to correct the issue.

There are also many instances of great cross talk and two-way communication using ICE. Here is one such comment, where the command was able to provide a clear response, alleviating additional frustration:

Question: "The gate change issues have been an ongoing debacle in my opinion. I work at the 302d Sig Battalion but have always used the Rosemont gate because I live in that direction. Since the closure of that gate I expected that the Veteran's

Gate would have more than only two gates open in the morning. This has not been the case. This morning the incoming traffic was backed up onto 7th street with vehicles not able to travel when the light turned green. This is also a force protection and security issue because it's apparent that we are employees of the DoD and could potentially be an easy target for attacks while stuck awaiting entrance to the base. The outgoing traffic at Veteran's Gate is even worse since there's only two lanes out with the lights affecting the flow. I would like to hear feedback specifically how the AT/FP issue is being addressed while we sit in traffic each morning awaiting entrance to Fort Detrick."

Response from Col. O'Brien to customer:

"I greatly appreciate the ability to interact with the two of you on this matter. Thank you for providing your contact information. We are analyzing the traffic patterns that are emerging as a result of closing Rosemont Gate last month. We closed the gate because it allowed vehicles to enter our perimeter without any reaction time for the security guards and others to act should an emergency arise. The gate did not meet a variety of standards and was very close to vulnerable infrastructure. I have asked the Director of Emergency Services to provide me feedback next week on the traffic situation and how we could mitigate the impacts. There are many factors that went into my decision to close Rosemont Gate but the real-

ity is that for a post this size, even having three gates open with the adjusted hours we instituted last month is potentially way above the service level I have the authority from my higher headquarters to provide and it is taxing our guard and police force to a high degree. A couple of issues I'm examining are what the traffic flow is like at each of our three gates and whether we can work with Frederick to adjust traffic light timing. The option that is not on the table is reopening Rosemont Gate. Again, we are examining ways to mitigate the changing pattern. Thank you for giving us the opportunity to interact with you."

The U.S. Garrison staff is responsible for providing the services and infrastructure needed to complete the Fort Detrick mission, enabling our troops to remain ready. Fort Detrick strives each day to provide top notch programs and facilities, and while we do remain optimistic that we're doing a great job, we need our customers to tell us if we are not. We need to communicate clearly and effectively and most importantly do it as a team. I am beginning to see changes in pride at Fort Detrick and I'm excited. Real pride is not happy talk; it is pride centered on purpose, and the purpose of Fort Detrick is securing this great Nation through great programs, services and infrastructure for our service-members, their families and our employees. If you experience something, say something and lets talk.

After Duty Numbers Important After Duty Hour Numbers

Provost Marshal Office	(301) 619-7114
Fire and Emergency Services	(301) 619-2528
Near Miss Hotline	(301) 619-3164
USAG Network Enterprise Help Desk	(301) 619-2049
Balfour Beatty	(240) 379-6518
Directorate of Public Works Trouble Desk	(301) 619-2726
Barquist Army Health Clinic	(866) 379-3981
Post Operator	(301) 619-8000



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PAO Staff

Visit our Web site at: www.detrick.army.mil

Chaplain's Corner

Lent: A Time to Grow

Lent is the season in the life of the church from Ash Wednesday to Easter; a time typically remembered by abstaining from meat on Fridays and focusing on repentance in preparation for Easter. It is a practice of restraint and forgiveness in order to focus on an individual's relationship with Christ. Feb. 10 was Ash Wednesday this year, and Easter will fall on March 27. I was very encouraged by the amount of interest in the Ash Wednesday service here on post, so next year I plan to work even harder to make sure the information is published well in advance so you all can add it into your schedule.

We are halfway through Lent for this year and I have a few suggestions to assist you, and me, for the remainder of this Lenten season. The Catholic church has chosen this year to be the Year of Mercy, and exercising opportunities to be merciful in our relationships with others is one way to remember the mercy of God and extend that same mercy to others. Closely related to mercy is forgiveness, making now a good time to also extend forgiveness to someone with whom you have struggled with in the past, or maybe even working to forgive yourself for your own failures in the past.

As I mentioned before, restraint is also typically exercised during Lent, by restraining from meat on Fridays or sweets. Food may be an area that you can exercise restraint in and recognize that, through faith, God provides for those who trust in Him. Thankfulness is another spiritual exercise that can help us to remember and focus on the blessings that we do have, not on what we do not have. Finally, of course, Lent gives us a perfect opportunity to make special time in our lives for increased prayer and Bible study. There are many other ways you can remember Lent as well, these are just a few ideas to help.

The Catholic church celebrates the Year of Mercy this year, and as a Chapel, we are focus-



ing on growing deeper in our faith this year. Lent is a great opportunity to draw our attention to our spiritual well-being, remember the Year of Mercy and focus on deepening our faith. Whatever means your particular Christian tradition uses to remember the season of Lent, I encourage you to make it a part of your life this year in an effort to strengthen your spiritual life.

Some of the Chapel opportunities during this Lenten season include the joining together of the Catholic Congregation each Friday during Lent to celebrate the Stations of the Cross, followed by a soup meal starting at 6:30 p.m. in the evening. This will culminate on Friday, March 18 with a fish fry here at the Chapel, starting at the same time. We will celebrate an Easter sunrise service at 7 a.m. here at the Chapel, followed by a continental breakfast on Easter Sunday, March 27. Our normal weekend worship schedule is still ongoing, with everyone always welcome. Call the Chapel at (301) 619-7371 with any questions.

God Bless you Fort Detrick, Chaplain (Lt. Col.) Michael Jeffries

#FLASHBACK FRIDAY

Star Spangled Banner Becomes National Anthem

BY NICK MINECCI
USAG Public Affairs

On March 3, 1931, President Herbert Hoover signed a congressional act making "The Star-Spangled Banner" the official national anthem of the United States.

The song was written by Frederick, Maryland native Francis Scott Key on Sept. 14, 1814, after he witnessed the massive overnight British bombardment of Fort McHenry in Maryland during the War of 1812. Key watched the siege while detained on a British ship and wrote the words after observing with the flag above Fort McHenry's surviving over 1,800 bomb launched at it.

The words were distributed as a handbill, then published in a Baltimore newspaper on Sept. 20, 1814, and later set to the tune of "To Anacreon in Heaven," a popular English song.

Throughout the 19th century, "The Star-Spangled Banner" was regarded as the national anthem by most branches of the U.S. armed forces and other groups, but it was not until 1916, and the signing of an executive or-



PHOTO COURTESY LIBRARY OF CONGRESS

Francis Scott Key watching the bombardment of Fort McHenry on Sept. 13, 1814. Scott was part of a delegation negotiating the release of American prisoners and was compelled to remain on board a Royal Navy warship. The night's intense bombardment inspired his poem "The Star-Spangled Banner," which became the words of the United States' national anthem.

der by President Woodrow Wilson, that it was formally designated as such. In March 1931, Congress passed an act confirming Wilson's presidential order, and on March 3 President Hoover signed it into law.

In and Around Fort Detrick

Safety Reminder

With weather getting warmer, this is a reminder that anyone riding a bicycle must wear a helmet. This is Maryland state law and Army regulation.

Army Emergency Relief Scholarship Application Period

Army Emergency Relief announced the opening of its scholarship application period. The entire application package for the 2016-2017 school year must be submitted online by May 1. For more information, call (703) 325-1692.

Youth Volunteer Program Coming in July

Fort Detrick is sponsoring a youth volunteer program for youth ages 14-17 in July. If your organization would like to sponsor a youth and teach them the tricks of your trade please call (301) 619-2197.

Installation Town Hall /Awards Ceremony

March 22
1 p.m.
Fort Detrick Auditorium
All Fort Detrick organizations are welcome to attend and submit employees to recognize at the awards ceremony. Call (301) 619-2503 for more information.

Quarterly Retirement Ceremony

May 12
10 a.m.
Flagpole of Building 810
Open to all employees and active duty. If you are retiring and would like to participate call (301) 619-2503.

Veterinary Clinic

April 2
9 a.m. -3 p.m.
Fort Detrick Auditorium
Basic wellness and vaccinations. Appointments are necessary. To schedule and for more information, call (301) 677-1300.

Installation Ball Planning Meeting

The installation ball will be held at the Wyndham Gettysburg on June 3. The event is in the beginning planning stage. Coordinators are searching for volunteers for the following committees: Fundraising, Advertising, Ticket Sales, Decorating, Programs and Entertainment. The event is open to anyone affiliated with Fort Detrick and Forest Glen Annex. The next planning meeting is March 8 at 1 p.m. To sign up for a committee or for more information please email micheleobrien01@yahoo.com.

World Language Day

March 5 (Snow date March 12)
11:30 a.m. - 2 p.m.
Tuscarora High School Cafeteria
There will be prizes, refreshments, entertainment, dancing, and information about language software, courses and community programs. Registration is free, just email: DeWayne.Cash@fcps.org.

USMAA Signs Agreement for New Medical Device Cybersecurity Pre-Assessment Process

By ELLEN CROWN
USAMMA Public Affairs

The U.S. Army Medical Materiel Agency entered into a Cooperative Research and Development Agreement with DeltaStrac(tm) LLC in January 2016, to start a new cybersecurity pre-assessment process for medical device vendors hoping to do business with the Army.

Many modern medical devices, such as computed tomography scanners, heart rate monitors and medical infusion pumps, need to connect to hospital networks to operate properly. In an effort to ensure medical devices purchased by the government do not introduce security vulnerabilities, each device must pass a robust security certification process.

Participation in a cybersecurity pre-assessment does not guarantee that the Army will purchase a device; however, the new agreement allows DeltaStrac(tm) LLC to work directly with industry partners to help them understand cybersecurity requirements, so they can engineer medical devices to

meet the cybersecurity standards.

USAMMA Clinical Technologies Product Manager Jimmy Bisenieks said cybersecurity pre-assessments are intended to improve the overall acquisition process.

"This new business practice is designed to save time and money," said Bisenieks, citing that the USAMMA will not provide any federal funds to DeltaStrac(tm) LLC or industry partners, as part of the agreement.

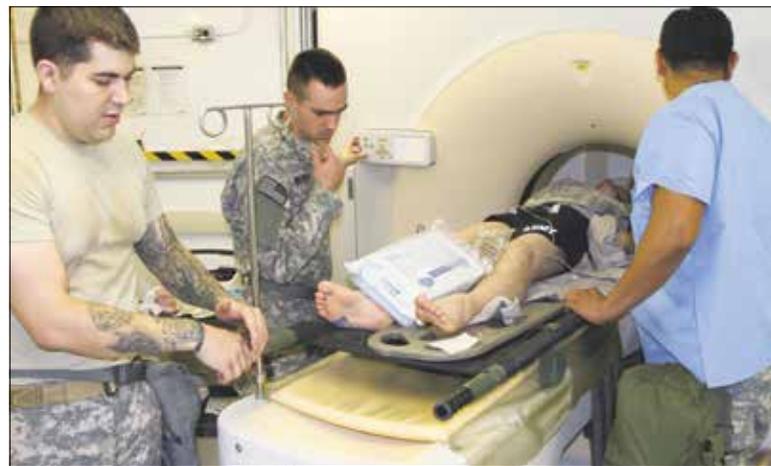
Bisenieks explained that, previously, system-specific cybersecurity testing typically began after the contract award, which created significant hurdles for both the government and the vendor. The process conflicted with industry best standards because device manufacturers often had to address security issues post-engineering, resulting in a "bolted on" fix rather than a "baked in" solution. The USAMMA believes working with industry partners early to achieve cybersecurity requirements will significantly shorten the time from

acquisition to actual use.

"We believe this is a win-win for both the Army and private industry," Bisenieks said.

Vendors who are interested in finding out more about the cybersecurity pre-assessment process should submit their queries to the U.S. Army Medical Research and Materiel Command's New Products and Ideas (NPI) web portal: <http://mrmc-npi.amedd.army.mil/>

The USAMMA is the procurement authority for the Super Capital Expense Equipment Program and the Medical Case Support Equipment, which are Army-funded programs that validate all high dollar medical device requirements through Army Medicine. The USAMMA is a subordinate agency of the U.S. Army Medical Research and Materiel Command, which is the Army's main medical materiel developer. The USAMMA's mission is to develop, tailor, deliver, and sustain medical materiel capabilities and data in order to build and enable health readiness.



COURTESY PHOTO

The U.S. Army Medical Materiel Agency entered into a Cooperative Research and Development Agreement with DeltaStrac(tm) LLC in January 2016 to start a new cybersecurity pre-assessment process for medical devices, including computed tomography scanners, which need to connect to hospital networks to operate properly. The pre-assessment process will help ensure medical devices are designed to be compliant with cybersecurity standards. USAMMA believes working with industry partners early to achieve cybersecurity requirements will significantly shorten the time from acquisition to actual use.



COURTESY PHOTO

At the 2nd annual Summer Expo on Fort Detrick, children of the Fort Detrick School Age Center and Middle School Teen program greet visitors and provide information on summer camps beginning in June. Pictured from right to left are: Amaya Smith, Brianna Lee, Clinton Lee, David Nichols, Kameron Bellinger, Asha Maher, Reginald Snowden, Zidaia Bryan, Tunai Ogendi, Emonte Hill Jr, Killian Maher.

CYSS Summer Expo 2016

BY TOMOKO DANGERFIELD
Fort Detrick CYSS

Excitement is in the air for the warm weather to come. Synonymous with warm weather are kids, summer camps and loads of fun, and this year, to kick start the season, children and staff at the Fort Detrick School Age Center and Middle School Teen program put on its 2nd annual Summer Expo on Feb. 26. With a greeting station set up at the entry way, patrons of the expo were greeted with a smile as well as plenty of summer camp information; showcasing all the Fort Detrick CYSS has to

offer the community this summer.

The Fort Detrick CYSS will offer a 9-week summer camp starting June 22 and ending Aug. 19, and will include such activities as swimming, sports, arts and crafts, field trips and much more.

Summer camp registration opens on March 14. Parents are welcome to visit CYSS Parent Center Services in Building 1520, Room 155, or call (301) 619-7100. Parents are also welcome, and always encouraged, to stop by Building 949 Sultan Drive, or call (301) 619-2901.

Youth Hoop

BY LANESSA HILL
USAG Public Affairs

Fort Detrick's U12 boys' basketball team defeated Middletown, winning their final game of the regular season in the Monocacy Youth Basketball Association on Feb. 20, qualifying them for playoffs.

"I think this is great to recognize what the kids are doing each and every one of these kids have gotten better during the season and I have had a lot of fun coaching them as well," said coach Charles Harriday.



PHOTOS BY SHANISE LEWIS, CYSS

Amiel Diaz #45 Maxwell Harriday #52 and Larry Mack Jr. #35 during a recent game where the Fort Detrick team defeated Middletown.



Coach Charles Harriday and Coach Reggie Mose U12 Basketball Team coaches at halftime of last Saturday's game at Wolfsville Elementary School which we won.

BOSS Soldiers Team Up for a Historical Journey Around The National Mall

BY SPC. WILLIAM C. COLLINS
Fort Detrick BOSS

Recently, U.S. Army Garrison Command Sgt. Maj. Franklin D. Jordan and Soldiers from the Better Opportunities for Single Soldiers programs at Fort Detrick and the Walter Reed Army Institute of Research teamed to visit the National Mall in Washington, D.C. The group went on a historical journey around the National Mall; America's front yard filled with the country's most hallowed heroes as depicted in memorials and monuments that commemorate presidential legacies and honors the courage and sacrifices of veterans.

The sites visited included the Lincoln, Martin Luther King, Jr., Korean War Veterans, Vietnam Veterans and World War II Memorials, as well as the Washington Monument, the White House and the U.S. Capital Building. The tour portion of the day included stops at the Smithsonian and the National Museum of American History to celebrate and honor the arts, histories and cultures of the world, and the United States com-

mitment to equality and freedom.

"I'm really glad that I had the chance to see the flag. That was the highlight of the trip for me," said Jordan, speaking on the original Star-Spangled Banner which flew over Fort Henry in the Baltimore harbor during the naval portion of the Battle of Baltimore during the War of 1812. The sight of this flag on the morning of September 14, 1814, inspired Francis Scott Key to write what is now our National Anthem.

"I really liked the 'Through the African American Lens' part of the National Museum of African American History and Culture because I feel like it fits the theme of Black History Month," said the WRAIR's BOSS President Spc. Rebecca Fant.

"The highlight for me was seeing the Martin Luther King, Jr. Memorial, but there is so much to see in D.C. that we'll definitely plan another trip," said Spc. William C. Collins, Fort Detrick's BOSS President.

Keep an eye out for upcoming BOSS events and an opportunity to get out and have fun with the Fort Detrick BOSS program.



COURTESY PHOTO

Command Sgt. Maj. Franklin D. Jordan (center front) and members of the Fort Detrick and Walter Reed Army Institute of Research Better Opportunities for Single Soldiers program visited in Washington, D.C.

Soldiers Getting New Easy-To-Use Junctional Tourniquet Designed to Save Lives

BY ELLEN CROWN
USAMMA Public Affairs

The U.S. Army Medical Materiel Agency, a subordinate command within the U.S. Army Medical Research and Materiel Command, is fielding a new junctional tourniquet designed to save Warfighters from dying on the battlefield after injuries to the groin or armpit area.

The SAM(tm) junctional tourniquet, which weighs about one pound, straps on like a belt and includes two inflatable air bladders that medics can inflate individually or both at the same time. The device is designed so that a person can position it in under a minute—a crucial factor for combat medics who only have mere minutes to save a fellow Warfighter's life if he or she is hemorrhaging.

Exsanguination, or bleeding to death, is the most common cause of potentially survivable death to wounded Warfighters. Groin and pelvic injuries have become increasingly common because of the enemy's use of Improvised Explosive Devices. Blasts from IEDs often cause pelvic fractures and high leg injuries, which result in massive blood loss (i.e., hemorrhage) if not immediately treated.

"One of the unique elements about this device is that it is easy to carry and use, yet incredibly effective when used properly," said Megan McGhee, a biomedical engineer and product manager assigned to the Project Management Office for Medical Devices at USAMMA.

McGhee explained that some other junctional tourniquets models required assembly and were bulkier.

"If it is going to be something that we want Soldiers to carry on the battlefield and use, it has to be



PHOTO BY ELLEN CROWN, USAMMA PUBLIC AFFAIRS.

SAM on person: The U.S. Army Medical Materiel Agency is fielding a new junctional tourniquet designed to save Warfighters from bleeding to death on the battlefield. Junctional tourniquets are designed to stop the bleeding in the groin or armpit area where the Combat Application Tourniquet cannot be used. The junctional tourniquet is designed like a belt with air bladders that can be positioned in about 60 seconds—a crucial factor for combat medics who only have mere minutes to save a fellow Warfighter's life if he or she is hemorrhaging.

not only simple to use but also as small and lightweight as possible," said McGhee.

The U.S. Food and Drug Administration cleared the SAM(tm) junctional tourniquet in 2013 for inguinal (i.e., groin area) use. The device was also later cleared for axillary use (i.e., armpit), as well as for pelvic binding.

Tourniquets are not new technology. The Combat Application Tourniquet, which was also developed by the USAMRMC, is standard issue to all deploying Soldiers. In a case of a bleeding emergency, a Warfighter can use a tourniquet to stop the flow of

blood temporarily. Nevertheless, the Combat Application Tourniquet does not work on junctional injuries, which is why a specific junctional tourniquet is necessary.

The U.S. Army Institute of Surgical Research, as well as the Naval Medical Research Unit San Antonio, tested the SAM(tm) junctional tourniquet to ensure it met the needs of the Warfighter. Additionally, the USAMRMC Test Branch performed altitude testing.

In addition, the USAMMA understood that Warfighters would need a way to carry the device.

Industry experts developed an attachable sack — a molle bag — that could fasten to the combat medic's main M9 bag. USAMMA worked with them to provide feedback that informed design changes and subsequent training information provided with each tourniquet. Additionally, the Army's Capability Development Integration Directorate performed form fit and function tests.

Finally, the SAM(tm) junctional tourniquet molle bag became available in 2015. The USAMMA started the fielding process to update specific Army's Sets, Kits and Outfits with the new junctional tourniquets. The USAMMA worked closely with the U.S. Army Medical Materiel Development Activity, also a subcommand of the USAMRMC, to update the ground ambulance and air ambulance SKOs. USAMMA also began updating the tactical combat medical company and forward surgical team SKOs. Additionally, USAMMA is updating the combat medic bag SKOs to include a junctional tourniquet and molle bag.

Since the devices are one-time-use items, the new junctional tourniquet can be supplied with the bag (NSN with molle bag: 6515-01-646-2617), or separately with the tourniquet on its own (NSN without molle bag: 6515-01-618-7475). Being able to order and field the tourniquet without the bag for those who already have a carrying case will help the Army avoid unnecessary costs and logistical burden.

Each device comes with a training DVD and simple step-by-step instructions printed on the actual tourniquet as well as on an instructional card. The U.S. Army Medical Department Center and School staff is also training new combat

Welcome to Fort Detrick

Fort Detrick welcomed eight new Department of the Army civilian employees Feb. 22 at the Civilian Personnel Advisory Center. As part of in-processing, Lt. Col. Jason Sepanic, commander of Barquist Army Health Clinic, swore in the new Army employees and spoke on topics such as sexual harassment, respect and teamwork.

OATH OF OFFICE

"I do so solemnly swear that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office upon which I am about to enter. So help me God."



PHOTO BY LANESSA HILL, USAG PUBLIC AFFAIRS



Dodgeball!

PHOTO BY LANESSA HILL, USAG PUBLIC AFFAIRS

The U.S. Army Medical Research Institute of Infectious Diseases holds a dodgeball tournament each quarter at Fort Detrick. Team 2 defeated Team 3 in a close game Feb. 19 in the Jennifer Odom Fitness Center.

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Slippers

Continued from page 1

I started to exercise and set little accomplishable goals to start to become healthier. At 29, after losing 45 pounds, I decided that I wanted to try and start running."

Norris went on to say, "I never was able to run, even a quarter of a mile straight, so I started setting small goals to increase my stamina. I'd say 'run until this song is over' and then if I felt okay, I'd run for another song. I remember the day I was able to run a mile straight, I was so proud of myself."

Fast forward a year, 25 more pounds lost and completing a total of six 5k's, a 4-mile and a 5-mile run.

Fast forward another year and Norris has now also stacked up two more medals for the Baltimore Half-Marathon and the Marine Corps 10k, all leading up to training for the Disney Glass Slipper Challenge.

"So altogether, I've been con-

sistently running for 3 years," said Norris. "When I started, I'd have to talk myself into it every single time. Now, if I have a bad day, or need to think, I go for a run outside."

Persistence, hard-work and dedication to health has proven to be a successful undertaking for Norris.

She plans to keep running and pushing herself to the next level setting goals to add to her "runner-bling," as she refers to her stash of medals.

"Receiving a medal at the end of a race is a nice, symbolic way to say 'you finished,' that you've accomplished a goal," said Norris.

Just like the Fairy Godmother sang about in Cinderella, "keep building up impossible hopes because impossible things are happening every day," Norris took her "impossible" goal and completed it with vigor and grace.

What's your "impossible hope"? Take inspiration from Norris, work hard and achieve greatness.



Classifieds

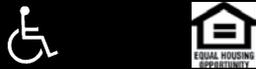
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Leaders

Continued from page 1

Focusing more specifically on gate operations, Lein continued, “The money used to open additional lanes is not readiness, especially when other gates never have a back-up. The IMCOM has been hit with reductions just like the MEDCOM has.”

During a recent visit to Fort Carson, U.S. Army Installation Management Command Commanding General Lt. Gen. Kenneth Dahl said his priority is infrastructure.

“If you don’t have infrastructure, then you don’t have a place to train and be ready,” said Dahl. “You don’t have a good place for Soldiers and their families to live. The Army has admittedly taken some

risks with regard to infrastructure over the last several years.”

According to Lein, we have big decisions to make as an Army.

Statistics show only one third of deployable units are ready to go to war today. The number one reason most are not ready is medical readiness. Milley’s goal is two thirds of deployable units ready to go. With that, everyone should expect to new profile forms starting in June.

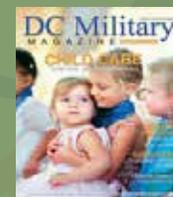
Questions from attendees included changes to the basic allowance of housing portion of the GI Bill. Newly announced rates can be found online at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>, and more information on separation boards.

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