



# AMEDDC&S NEWSLETTER

*The AMEDD Center & School...Army Medicine Starts Here!*

**JULY 2012, VOLUME 1, ISSUE 2**



**AMEDDC&S  
SAFETY  
TEAM WINS  
MEDCOM  
EXCEPTIONAL  
ORGANIZA-  
TION SAFETY  
AWARD FOR  
FY 11**

Top Row from left, SFC Timothy Kauffman, Alternate Safety Officer, CDD; Lt. Michael Honsberger, Safety Officer, 32nd Med Bde; LT Tonya Nelson, Safety Officer, 187th Med Bn, Ted Stovall, ADSO, DL; Melissa Hastings, Safety Officer, AMEDDC&S; Luther Fluke, ADSO, DMSET; John VanHamont, ADSO, JBAIDS; Juan Garcia, Safety Specialist, Safety Office; front row, left, Joel Zoucha, Safety Specialist, Safety Office; Kathryn Thornberg, ADSO, G8; Jennifer Graham, Safety & Occupational Intern, Safety Office; Beth Gutierrez, ADSO for KM; SFC Matthew Henigsmith, Safety Officer, 32nd Med Bde; Yvonne Higgins, Safety Specialist, Safety Office; SFC Ofelia Gutierrez, ADSO, AHS; Erin Neff, ADSO, CSBPO; Julius Chan, ADSO, DCDD. (See story page 7)

## IN THIS ISSUE:

- AMEDDC&S Safety Award
- AMEDD Birthday
- Focus on DPHS mission
- AMEDD Board at Work
- Garr assumes command of DMRTI
- New Chief Says Howdy
- Radio Personalities
- Platoon Sgt. Of the Year
- Healthy Snacks for Kids

## SERVICE

During the American Civil war, President Lincoln had a strapping, handsome, athletic young man as his secretary. In those days before office machinery, such a man would literally be pushing a pen or pencil. Well, this particular man was not happy about it. He wanted to get out where the action was on the battlefield. He wanted to go and do great things for his country. He was quite willing to die if necessary. So he kept on complaining about the work he was doing, when he could be in uniform confronting the enemy. After hearing the usual complaint one day, Lincoln stared at him, rubbed his hands in his beard and said in his philosophical way, "Young man, as I see it, you are quite willing to die for your country, but you are not willing to live for it!" May we be proud of our country and be willing to serve her whatever our position here at AMEDDC&S.

*CHAP(COL) Daniel Moll , AMEDDC&S Chaplain*



Maj. Gen. Philip Volpe presents a certificate appointing Dr. Dale Smith as adjunct professor to the Academy of Health Sciences for his contributions as a historian and educator. Smith participated as the keynote speaker at the 237th AMEDD Birthday celebration on July 27 held at Blesse Auditorium.

## **AMEDDC&S celebrates 237 years of military medicine**

The staff and faculty of the Army Medical Department Center and School gathered on July 27 at Blesse Auditorium to celebrate the 237<sup>th</sup> birthday of the AMEDD. Friends and distinguished guests included Alice Neel, widow of Maj. Gen. Spurgeon Neel, an Army physician who pioneered the development of aeromedical evacuation of battlefield casualties, and Army retired Brig. Gen. Charles Elia, Veterinary Corps, who turned 91 years old on this day.

Host for the ceremony, Maj. Gen. Philip Volpe said, "This celebration is about all of our corps and the great traditions and legacies we have, the officer corps, the enlisted corps, our NCOs, and the civilian corps through many years have come together as a team to better serve our service members and their families whether on a garrison installation or on battlefield around the world."

Keynote speaker Dr. Dale Smith, Senior Vice President of the Uniformed Services University of the Health Sciences, Bethesda, Md., provided the history of military medicine contributions to advances in civilian medicine beginning in 1775 to the current wars.

Smith said, "The AMEDD is 200 yrs old and it is important to remember that while we frequently call that the Medical Corps' birthday, the people that came to support soldiers in 1775 were not commissioned, they were civilian doctors on the battlefield. And, those people, some of whom had medical degrees and some whom were a string of health providers, met all the roles that all corps meet today. Dentist, farriers and veterinarians, nurses, and the ambulance corps all came from that same root. Today,

(cont'd next page)

they all still work together to do that exact same mission. conserve the fighting strength, take care of those that are hurt in the battlefield, conserve the fighting strength, and when the nation needs them, become the first responders in times of humanitarian disaster.”

“I want to submit to you on this birthday that you need to remember there is that third mission-heritage. It is part of your self-appointed mission to provide America with the best medicine today and to guarantee we will have better medicine,” Smith said.

Following his remarks, Volpe presented Smith with a certificate appointing him as an adjunct professor with the Academy of Health Sciences, AMEDDC&S, for his accomplishments as an educator and historian.

Volpe presented Jean Sabido, who attended as a special guest, the US Army Certificate of Appreciation for Patriotic Civilian Service. On May 14 at the Jimmy Brought Fitness Center, Sabido, a nurse with the Department of Nursing, AMEDDC&S, and another individual, performed basic life support with an automated external defibrillator for approximately 15 minutes to a Soldier until emergency medical services arrived.

Sabido was on the elliptical exercise machine when she heard a thud. She began chest compressions while another individual took care of the Soldier’s airways.

Sabido said, “The saving grace was the AED. Having the AEDs in the gym was worth every penny.”

Sabido said by the time emergency services arrived the Soldier was coming around. When asked how she felt when the Soldier was taken away, she said, “It was quite gratifying, and I didn’t know then he had two kids, that you can make a difference.”

That Soldier was Col. Robert Brigford, vice commander for the 502<sup>nd</sup> Air Base Wing. Brigford and his wife presented a bouquet of flowers to Sabido and said “Jean proved that she knew what she was doing. She did a tremendous job. I want to thank her for myself and on behalf of my family.”

The ceremony included recognition of several staff members of the Army Medical Department Center and School who were recognized by their supervisors for their outstanding performance in their workplace.

In a special presentation Volpe recognized another individual, Jacqueline Smith, wife of Master Sgt. John Smith, AMEDDC&S. Volpe presented the Doctor Mary Walker Award to Smith for her dedicated volunteer work and her work, quilting, depicting the Army Medical Department crest which now hangs inside Blesse Auditorium. Walker is the only woman in the United States history to receive the Medal of Honor. She became one of the first women physicians in the country in 1855.

The ceremony also included the presentation of the Army Superior Unit Award Streamer to the AMEDDC&S. AMEDDC&S received the Secretary of the Army award for exceptionally meritorious performance in support of overseas contingency operations while simultaneously planning and executing an extremely complex reorganization under the Base Realignment and Closure directives for the period Jan. 1 to Dec. 31, 2010.

The ceremony concluded with the reading of the proclamation by Sgt. 1<sup>st</sup> Class Ronald Palmer, proclaiming July 27 as Army Medical Department Birthday.

The celebration continued at the US Army Medical Department Museum with a social and cake cutting ceremony hosted by members of the Sgt. Audie Murphy club.



**Dr. Dale Smith, Senior Vice President of the Uniformed Services University of the Health Sciences, Bethesda, Md., SFC Jeffrey Ebert, President, Sgt. Audie Murphy Club, Maj. Gen. Philip Volpe and Command Sgt. Maj. James Diggs cut the birthday cake with the ceremonial sword celebrating 237 years of military medicine during the AMEDD Regiment social hosted by members of the Sgt. Audie Murphy Club at the AMEDD Museum.**



Left, Command Sgt. Maj. James Diggs and Maj. Gen. Philip Volpe affix the Army Superior Unit Award Streamer to the AMEDDC&S colors at the 237th AMEDD Birthday celebration in Blesse Auditorium.



Left, Gregg Stevens, deputy to the AMEDDC&S Commanding General visits with guests Herbert Coley, chief of Staff, US Army Medical Command, and retired Army Brig. Gen. Charles Elia, Veterinary Corps July 27 during the 237th AMEDD Birthday celebration held at Blesse Auditorium. Elia turned 91 years old on July 27.

Right, Maj. Gen. Philip Volpe presents the DA Certificate of Appreciation to Jean Sabido, Nurse, Department of Nursing Science, for Patriotic Civilian Service using her expertise that resulted in saving a Soldier's life.



Below, AMEDDC&S staff are recognized by their supervisors for outstanding performance of their duties.



## AMEDD Regiment celebrates 26 years



The U. S. Army Medical Department Regiment was activated July 28, 1986 during ceremonies at Fort Sam Houston on MacArthur Field hosted by then Army Surgeon General Quinn H. Becker.

Throughout our history, numerous reorganizations occurred during which Army units lost their identity, their history and their lineage. The Army Regimental System was created to preserve history and lineage of units. To that end, the Army Medical Department Regiment provides a number of services to perpetuate our history, traditions and camaraderie.

The Army Medical Department Regimental distinctive insignia was designated by the Institute of Heraldry and is one of the oldest crests in the Army today.

The 20 stars on the Crest correspond to the number of states in the Union between December 10, 1817, and December 3, 1818. The origin of the Crest dates from the Act of April 14, 1818, by which the Medical Department of the Army was first organized.

The alternating red and white stripes on the left side of the shield, as you face it, are the 13 stripes of the American Flag. The green staff is the staff of Aesculapius, the son of the Sun God, Apollo - the first healer, according to Greek mythology; and green was a color associated with the Medical Corps during the last half of the nineteenth century.

The phrase "To Conserve Fighting Strength" gives testimony to our mission as combat multipliers and guardians of our Nation's strength and peace.

PHILIP VOLPE  
Major General, USA  
Commanding

JAMES E. DIGGS  
Command Sergeant Major,  
U.S. ARMY



Maj. Gen. Philip Volpe, Command Sgt. Maj. James Diggs and Col. David Bitterman congratulate AMEDDC&S staff who were recognize during the 237th AMEDD Birthday ceremony July 27 for outstanding performance in their duties. Volpe presented each with a command coin.



Maj. Gen. Philip Volpe presents the Doctor Mary Walker award to Jacqueline Smith for her dedicated volunteer work and her work quilting, depicting the Army Medical Department crest.



AMEDD personnel attend the AMEDD Regiment Social July 27 at the AMEDD Museum celebrating AMEDD's 237th years of military medicine. The social was hosted by members of the Sgt. Audie Murphy Club.



ARMY MEDICAL DEPARTMENT  
CENTER & SCHOOL



# Proclamation



WHEREAS, SINCE THE FOUNDING OF OUR NATION, MEMBERS OF THE ARMY MEDICAL DEPARTMENT HAVE PLAYED A VITAL ROLE AS A PREMIER MEDICAL FORCE PROTECTING THE LIVES OF SOLDIERS ON BATTLEFIELDS AROUND THE WORLD AND THEIR FAMILY MEMBERS AT ARMY GARRISONS AND FRONTIER ARMY POSTS; AND

WHEREAS, THE HISTORY OF ARMY MEDICINE DURING 237 YEARS OF SERVICE TO THE NATION INCLUDES THE CONTRIBUTIONS OF OUR EIGHT CORPS INCLUDING THE MEDICAL CORPS, THE MEDICAL SERVICE CORPS, THE SPECIALTY CORPS, THE NURSING CORPS, THE VETERINARY CORPS, THE DENTAL CORPS, THE ENLISTED CORPS AND THE CIVILIAN CORPS DEMONSTRATING THAT OUR PEOPLE STRENGTHS OF COMPETENCY AND COMPASSION MAKE ARMY MEDICINE ARMY STRONG; AND

WHEREAS, SINCE THE FOUNDATION OF THE ARMY MEDICAL DEPARTMENT, ARMY MEDICAL PROFESSIONALS HAVE CONTRIBUTED SIGNIFICANTLY TO MILITARY MEDICAL RESEARCH AND DEVELOPMENT WITH PROFOUND BENEFITS TO WORLD HEALTHCARE AND DISEASE CONTROL.

WHEREAS, IN OPERATIONAL, CLINICAL, ACADEMIC AND RESEARCH MEDICINE ARMY OFFICERS, NON COMMISSIONED OFFICERS, ENLISTED SOLDIERS AND CIVILIAN MEDICAL PROFESSIONALS ARE ESSENTIAL TEAM MEMBERS IN PRIMARY, PREVENTIVE, ACUTE, REHABILITATIVE AND CRITICAL CARE ENSURING MILITARY MEDICAL READINESS ON AND OFF THE BATTLEFIELD; AND

WHEREAS, THE ARMY MEDICAL DEPARTMENT COMMITMENT TO SAVING LIVES ON THE BATTLEFIELD IS RENOWNED FOR ACCOMPLISHING THE HIGHEST BATTLEFIELD SURVIVABILITY RATE IN HISTORY WITH THE SACRIFICE OF 200 ARMY OFFICERS, NONCOMMISSIONED OFFICERS AND ENLISTED MEDICAL PERSONNEL WHO HAVE GIVEN THEIR LIVES TO SAVE OTHERS; AND

WHEREAS, ARMY MEDICAL PROFESSIONALS SUPPORT THE HEALTHCARE OF 5.95 MILLION BENEFICIARIES WITH A BUDGET OF \$13.7 BILLION AT NINE MEDICAL CENTERS, 15 HOSPITALS, 185 CLINICS AND NINE EXECUTIVE AGENCIES; AND

WHEREAS, THE ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL TRACES ITS HISTORY TO 1920 AND THE MEDICAL FIELD SERVICE SCHOOL ESTABLISHED TO TRAIN OFFICERS AND NONCOMMISSIONED OFFICERS ABOUT THEIR DUTIES AS MEMBERS OF THE ARMY MEDICAL DEPARTMENT.

NOW, THEREFORE, I, PHILIP VOLPE, COMMANDING GENERAL ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, IN RECOGNITION THEREOF, DO HEREBY PROCLAIM JULY 27, 2012 TO BE

"ARMY MEDICAL DEPARTMENT BIRTHDAY"

AND OFFER BEST WISHES TO THE ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL FOR A SUCCESSFUL CELEBRATION OF OUR HISTORY AND TRADITION RECOGNIZING THAT "AMEDD READINESS STARTS HERE!"

PHILIP VOLPE  
Major General, USA  
Commanding

JAMES E. DIGGS  
Command Sergeant Major,  
U.S. ARMY



**ARMY MEDICAL DEPARTMENT  
CENTER & SCHOOL**



LTG Patricia Horoho

The Surgeon General and Commanding General, US Army Medical Command

*Dear Army Medicine Team,*

*CSM Brock and I want to wish all members of the AMEDD and Army Medical Corps a truly happy birthday as we celebrate 237 years of excellent service to our Nation and the United States Army. Since July 27th, 1775, the professionals of the Army Medical Corps have been saving the lives of wounded Soldiers and*

*non-combatants on battlefields across the globe. Thank you all for being part of the Army Medicine Team.*

*Serving to Heal. Honored to Serve.*

*v/r, LTG Horoho*

## **AMEDDC&S Safety Office wins MEDCOM Exceptional Organization Safety Award**

The Army Medical Department Center and School Safety Office has been awarded the US Army Medical Command Exceptional Organization Safety Award.

The AMEDDC&S Safety office is responsible for the safety of more than 2,500 faculty and staff in the AMEDDC&S. The center is also responsible for 121 buildings, 101 laboratories, 189 classrooms, 41 learning centers, and 5 auditoriums. The school is where the Army educates and trains approximately 5,500 students daily and on average, 35,000 of its medical personnel annually in over 350 programs of instruction.

The AMEDDC&S Safety Office was recognized for numerous achievements during FY 11. The primary focus for FY 11 was the importance of accident reporting and the use of the statistics to determine problem areas or trends. AMEDDC&S saw an increase in overall reporting but a decrease in recordable accidents from 40 for FY 10 to 32 for FY 11, a 20% decrease.

Trained Additional Duty Safety Officers were added to the workplaces to advise the commander or director. During FY11 the AMEDDC&S Safety won first place in the US Army Combat Readiness Center Peer to Peer Video Contest. The 187<sup>th</sup> Medical Battalion produced the video called "Safety Strong" and focused on seat belt safety. In addition, the safety office produced a video narrated by the AMEDDC&S commanding general stressing the importance of composite risk management.

Safety strategic planning included hazard communication, blood born pathogen training, motorcycle safety, sports injury prevention and weapons handling.

"I want to highlight that this was a group effort. The entire organization played a part in the award," said Melissa Hastings, AMEDDC&S Safety Officer.

**Focus on;**  
**Department of Preventive Health Services hosts a multi discipline training program**



**COL Mustapha Debboun**  
**Chief, Department of**  
**Preventive Health Services**

The Department of Preventive Health Services includes the Environmental Health Branch, the Preventive Medicine Branch and the CBRNE (Chemical, Biological, Radiological, Nuclear, and High Yield Explosives) Sciences Branch.

The department trains and qualifies AMEDD personnel for primary duties as Health Phys-

ics Specialists (68SN4), Civil Affairs Medical Specialist (68WW2), Public Health Nurse (66B), and Preventive Medicine Officers to include Physicians, Health Physicists, Medical Entomologists, Audiologists, Environmental Science and Engineering Officers, and other health care providers such as Physician Assistants.

Courses focus on Chemical, Biological, Radiological, Nuclear and High-Yield Explosive medical defense sexually transmitted disease control, disease outbreak response, Occupational Health and Industrial Hygiene, Hazardous Waste Management, Pesticide Use, Management, Certification & Re-certification and MOS/AOC sustainment training. The department also provides Mobile Training Team (MTT) support.

**The Medical Zoology laboratory, Environmental Health Branch, houses a variety of critters used as training aids.**



## Preventive Medicine Branch



**LTC Alden Weg**  
**Chief, Preventive Medicine Branch**  
**Department of Preventive Health Services**

Preventive Medicine provides education and training in clinical, installation, public health, and theater preventive medicine management and operational skills for officers, enlisted personnel, and civilians. Courses include principles of Military Preventive Medicine, fundamentals of Occupational Medicine, sexually transmitted disease intervention, and Civil Affairs medical specialist.

Lt. Col. Alden Weg, Chief, Preventive Medicine, DPHS, said, "We have the 6A-F5 Course, Principles of Military Preventive Medicine, the core course that all preventive medicine officers and public health nurses attend once they begin their career in public health." He added a number of officers attend, science officers will attend at some point, entomologists will attend, all 72 series officers will need to attend this course at some point during their career. It is the course that gives the nurses their area of concentration qualification to become an army public health nurse."

Other courses offered is the Preventive Medicine Leaders course attended by preventive medicine senior leaders, field grade officers, senior captains and senior NCOs. Weg said, "The course focuses on teaching them skills to have or to hone if they find themselves in a more senior position in preventive medicine. The course teaches management type skill, strategic level thinking and planning, operating in a joint environment, focusing on those that have been in the field for a while and now they need more advanced training."

Other courses offered through the Preventive Medicine Branch are the Sexually Transmitted Disease Intervention Course and the Fundamentals of Occupational Medicine which is offered once a year and anyone assigned in an occupational health clinic must attend the course.



Students attend the 6A-F5 class, the clinical track.

## Establishment of Civil Affairs Medical Specialty (ASI) W2 Preventive Medicine Branch By SFC Matthew Nicholls

On June 30, the AMEDD Center and School graduated the first Civil Affairs Medical Specialty (CAMS) course, ASI W2. The CAMS course is run by the Preventive Medicine Branch within the AMEDD Center and School to meet the need for Civil Affairs (CA) qualified medics. It trains 68W Soldiers in 3 broad areas: Dentistry, Preventive Medicine, and Veterinary Medicine.



Candidates for the CAMS course are selected from 68W IET volunteers. Besides graduating 68W, volunteers must be active duty, a US Citizen, able to obtain secret clearance, no pending UCMJ or unfavorable action, have an 85% GPA or higher, and score 240 or above on the APFT.

Upon graduation from the 68W course, CAMS candidates undergo an additional eight weeks of training. This training includes: techniques of medical intelligence and surveillance, food safety, water quality, pest control, animal anatomy and physiology, herd animal health and preventive medicine, equine care, zoonotic diseases, dental anatomy, dental diseases, and dental trauma. Students are provided with hands on learning experience with dental anesthesia, herd animal management, waste management, and medical threat briefing. Portions of the course are taught in conjunction with the Texas A&M University large animal research facility.

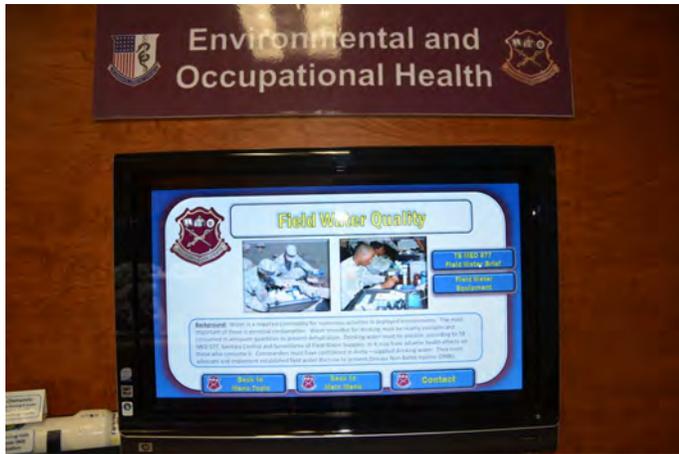
All graduates will be assigned as team medics to units within the newly formed 85<sup>th</sup> Civil Affairs Brigade. These four person teams are capable of operating in austere environments, away from sustained logistical support. US Army CA units support military commanders as the bridge to indigenous populations. CA units coordinate a better, more comprehensive approach to stability by working through civil authorities during peace time, contingency operations, and war. Although primarily focused on the health of their team, CA Medics are also humanitarians, diplomats, educators, and problem solvers. They build rapport with civilian populations to win hearts and minds, turn enemies into friends, and friends into allies.

**Above photo, SFC Matthew Nicholls, NCOIC, Preventive Medicine Branch, Civil Affairs Medical Specialty, presents a lecture on various waste disposal techniques.**

**Right photo, SFC Matthew Nicholls, NCOIC, Preventive Medicine Branch, Civil Affairs Medical Specialty, is teaching Waste Disposal to the Civil Affairs Medical Specialty students. The CAMS students will be assigned as medics to Civil Affairs units and have the additional Preventive Medicine, Veterinary Medicine and Dental Trauma training to function in the most austere locations on the planet.**



## Environmental Health Branch



The Environmental Health Branch provides training in environmental health and the prevention of vector-borne disease designed to maximize Force Health Protection during military operations. Courses include pest management certification and quality assurance, basic and intermediate industrial hygiene, and medical entomology.

“Our branch is responsible for monitoring primarily air, water, soil contamination, arthropod threats, and conducting surveys of the Soldiers workplace. We provide the same type of oversight that OSHA

provides to the civilian workplace,” said LTC Clay Miller, chief, Environmental Health Branch.



Students attend the Principles of Military Preventive Medicine Course. This is the first professional course that public health officers get as soon as they enter their military profession following BOLC. Miller said they teach two tracks. The clinical side and the environmental side. The preventive medicine course is nine weeks. The students spend approximately three weeks together learning side by side what is preventive medicine, two weeks for the science track in industrial hygiene and two weeks in environmental health and includes, food sanitation, water testing, hazardous waste and preventive medicine operations in the field. They then come back together for a week planning a field exercise. The clinical side is more focused on how a public health department works.



CPT Brad Hallman checks out equipment used for testing water during class. Students are taught how to use the equipment. Many will be going to a combat brigade team to serve as preventive medicine experts for that brigade and the equipment they will deploy with is the same equipment they use here.



Time for lunch, Keith Rex, feeds the fish.



### **HOW THIS SALTWATER REEF AQUARIUM RELATES TO TRAINING ENVIRONMENTAL HEALTH BRANCH**

These beautiful fish located in the Department of Preventive Health Services are very colorful but don't touch. "The colorful they are, the worst is their sting," said Keith Rex, Instructor/Writer, Environmental and Health Branch,

who said the fins if touched can sting. But this aquarium is more than just a fish tank. It is a fully-functioning miniature coral reef and represents all of the drinking water and waste water treatment methodologies used in the Environmental Health program of instruction for environmental health professionals, civil affairs medical specialists, and public health clinicians, who attend classes here. Soldiers are trained to collect samples from natural bodies of water and evaluate them for potential use as sources of raw water for field operations, for quality control of drinking water treatment systems, in natural swimming and bathing areas, and to evaluate potential damage to ecosystems. Lesson plans contain learning objectives directly related to the biology and chemistry of complex natural water systems, and no aquatic system represents the complexity of the natural environment better than a marine coral reef. The aquarium is used as a training aid like an in-house field trip to explore natural water sources.

The treatment devices studied are displayed in compartments below the tank to allow sampling of water as it passes thru the systems. These devices include reverse osmosis (like the Army field purification units), ultra violet disinfection (used in military treatment facilities), mechanical filtration, chemical filtration, and biological filtration (that produces municipal drinking water). Additionally, the calcium reactor and CO<sub>2</sub> injector demonstrates the influence of pH on dissolved solids in water supplies, an important parameter of water treatment processes. The system includes a refugium (an algae and live mud culture system) to process nitrogenous wastes and replicate the natural processes of water treatment in estuarine water systems, important in understanding waste water treatment of sewage, agricultural and municipal wastes. Soldiers can not only observe the impact of efficient treatments in a live system, but they sample and test the water using the same equipment they will encounter in a deployed environment. Without this sophisticated training aid, the sampling and testing process requires time-consuming and expensive field studies, many beyond the capabilities of the current program of instruction. The reef offers an in-house tool dynamic enough to show the impact of water treatment parameters, but readily available for a variety of classroom instruction.

## The Chemical Biological Radiological Nuclear Branch

The CBRN Sciences Branch provides training to Army Medical Department personnel to prepare them for medical operations on the nuclear, biological, chemical, or directed energy battlefield and on the safe use of radiation. The Health Physics Specialty (N4) includes instruction related to laser and radio frequency radiation hazards, medical X-Ray survey techniques, medical and field management of chemical and biological casualties, radiological hazards operations.

Lt. Col. Rodrigo Chavez, Chief, CBRN Branch, DPHS, said, "We are the Army Medical Department component for all CBRN training. Any thing that comes out for CBRN training requirement, we are required to review it and apply using policy from the surgeon general's office. It is a criteria for all AMEDD Army personnel to have some form of CBRN training, especially for clinicians."

Chavez said the CBRN Branch is not only involved with training missions, but supports NATO as it applies to CBRN defense and works directly with the Chemical School, Maneuver Center of Excellence at Fort Leonard. "We take what they develop for the war fighter and we determine the applied health effects as it applies to health service support," said Chavez.

CBRN offers a series of 5 courses, three are graduate level course. The three graduate courses are the Medical and Field Management of Chemical/Biological Casualties Course, and the Hospital Management of CBRNE incidents course. "We teach them the clinical side, medical management and in the field management we teach them how to do the process in a field environment structured for the senior enlisted, non-medical folks," said Chavez.

Other unique courses taught by the branch is the Medical X-Ray Survey Techniques course, Health Physics Specialty Course and, Chavez's favorite, the Radiological Hazards Operations Training Course, where students are sent to Tennessee or Idaho as a deployed scenario survey team. Chavez said, "They work with radiological sources, live contamination, and nuclear contamination. They do the operational response, detect, identify, mitigate, and follow up with a course of action review." It is a 10 day course and this branch is the only organization in DOD to provide the training. It is held once year with an average of 70 applicants.

Chavez said CBRN also supports METC with instructors on a regular basis because of their expertise and the CBRN requirements that the Army must have. "I have 17 personnel. Our folks are radiological nuclear experts, chemical experts, and biological experts, said Chavez. So our mission that you see from the schoolhouse is mainly training, that is our core mission, but we also have additional missions, because of the specialty sets that we have here." said Chavez.



**SFC Michael Shaw, NCOIC, CBRN Sciences, demonstrates how to wear the M40A2 Protected Mask, designed to protect soldiers against chemical warfare agents or vapors.**



**Left, Lt. Col. Rodrigo Chavez and SFC Michael Shaw demonstrate equipment used for detecting radiation. Right photo, an Iraqi Field Protective Mask are some of the items on display in the CBRN Branch.**

## AMEDD Board at work

The US Army Medical Department Board (USAMEDDBD) was tasked by the US Army Medical Materiel Development Activity to conduct a customer assessment of the Pathogen Reduction Device from 16 to 19 July 2012 at Camp Bullis. The purpose of the assessment was to evaluate the functionality of the device supporting the medical mission and usability in an operational environment. The Pathogen Reduction Device is used to treat blood products for viruses, bacteria, and protozoans prior to transfusion and deactivate white blood cells. This assessment will assist in determining if the device is acceptable to treat whole blood for transfusion in an operational environment. Currently, the operational force does not have any method of pathogen reduction for blood products collected in theater.

Riboflavin (vitamin B2) is mixed with the blood product (whole blood, platelets, or plasma), which is then exposed to ultraviolet light for a short period of time, typically less than 1 hour. This illumination causes a disruption of nucleic acid, either deoxyribonucleic acid or ribonucleic acid of pathogens, through two independent mechanisms. The effects are due to the light itself and electron transfer chemistry induced by the direct interaction of photo-excited riboflavin with nucleic acid pairs. The throughput of each machine is one sample per hour.



Above, SSG Gene Hendrickson, Lab Technician, prepares a blood sample for evaluation in the Pathogen Reduction Device during operational testing by the AMEDD Board at Camp Bullis.

Below, SSG Freddie Jordan, Instructor/Writer, CHET, mixes riboflavin (vitamin B12) with a blood sample. The samples are exposed to ultraviolet light that causes a disruption of nucleic acid of pathogens that may be in the blood.



Left, KABB-TV (FOX) news reporter Sylvia Rincon interviews COL Richard Gonzales during the evaluation of the Pathogen Reduction Device at Camp Bullis by the AMEDD Board. Gonzales is Director, Army Blood Program/ Blood Bank Consultant Office of The Surgeon General and Product Manager U.S. Army Medical Materiel Development Activity, Pharmaceutical Systems Project Management Office, Battlefield Health and Trauma Institute, Institute of Surgical Research.





## 32<sup>nd</sup> Medical Brigade selects 2012 Platoon Sgt. of the Year

Left, Commander, 187<sup>th</sup> Medical Battalion, Lt. Col. Soo Lee Davis and Command Sgt. Maj. Mark Cornejo accept the 32<sup>nd</sup> Medical Brigade Platoon Sgt. Of the Year with SFC Delroy Barnett engraved with the names of previous winners.

On July 12 Sgt. 1<sup>st</sup> Class Delroy Barnett with Company B, 187<sup>th</sup> Medical Battalion, 32<sup>nd</sup> Medical Brigade, was named the AMEDDC&S 2012 Platoon Sergeant of the Year during a breakfast at the Fort Sam Houston Golf Course Clubhouse.

Barnett competed with two other platoon sergeants, Staff Sgts.

Newroy Henry with Company A, 232<sup>nd</sup> Medical Battalion and Jeremy Krebs assigned to Company B, 264<sup>th</sup> Medical Battalion.

32<sup>nd</sup> Medical Brigade Command Sgt. Maj. Jayme Johnson said, "I saw the three competitors and I was very impressed by the quality of the non-commissioned officers competing."

The three day competition from June 23 to 25 held on Fort Sam Houston at various locations included a road march, day urban orienteering, weapons instruction, physical fitness test, warrior tasks and battle drills, uniform inspections, counseling techniques, combative instructions, a one page essay and an oral board.

Barnett said, "It was pretty realistic top training. Most of it was based on my skill as a platoon sergeant to teach the young Soldiers the skills they need to do on a daily basis to be a Soldier. The competition was pretty tough. I had to hang in there quite a few times, especially during the road march. I was a little bit hurt, but I kept on going."

Barnett will represent Fort Sam Houston at the Training and Doctrine Command Platoon Sergeant of the Year competition at Fort Eustace, Va., in September.

Barnett is originally from Jamaica but says his home is Hollywood, Florida. He joined the military in 2003 attending basic training at Fort Benning, Ga. and his Advanced Individual Training as a medic here on Fort Sam Houston. Barnett has been a platoon sergeant for 9 months and has deployed twice to Iraq.

The duties of a platoon sergeant begin as early as 4:30 in the morning, Monday through Sunday mentoring their Soldiers so that they excel in their medical training and understand basic soldierization topics such as Army core values and standards of conduct. A platoon's day usually ends by 6 p.m. sometimes until 8 p.m.

Barnett received the Army Commendation Medal, the Platoon Sergeant of the Year Trophy and his name will be added, along with previous winner names to the 32<sup>nd</sup> Medical Brigade Platoon Sergeant of the Year plaque. (Photos next page)



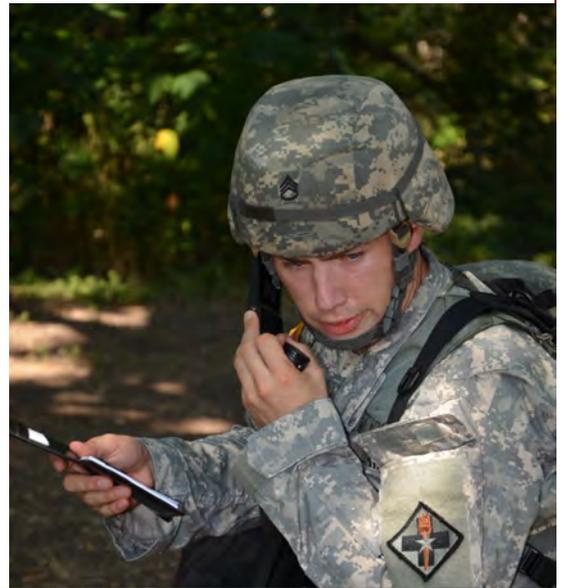
Top left and  
bottom left,  
**SFC Lee Trujillo**  
**SFC Ryan Emhnger**

Top right and  
bottom right,  
**SFC Bryan Crosby**  
**SFC Carl Hineman**

32<sup>nd</sup> Medical Brigade  
Command Sgt. Maj.  
**Jayme Johnson** presents  
*Certificates of  
Achievement* for out-  
standing support as a  
lane NCOIC at the 32<sup>nd</sup>  
Medical Brigade Platoon  
Sergeant of the Year  
competition.



**2012 Platoon Sergeant  
of the Year Competition**



**The heat and humidity did not stop competitors from competing in class instruction techniques and warrior and tasks and battle drills at Salado Creek Park June 25.**





**Air Force Col. Nancy Dezell, (right) chief of staff and director of the Program Integration for the Office of Force Health Protection and Readiness, presents the Defense Medical Readiness Training Institute command colors to incoming commander Col. John Garr (left) during the change of command ceremony at the Fort Sam Houston Quadrangle July 18. In the center is outgoing commander Navy CAPT Rich Dalton.**

## **Garr assumes helm at DMRTI**

Colonel John Garr assumed command of the Defense Medical Readiness Training Institute during a ceremony July 18 at the historic Fort Sam Houston Quadrangle. Air Force Colonel Nancy Dezell, chief of staff and director, of the Program Integration for the Office of Force Health protection and readiness served as host for the transfer of the command from outgoing commander, Navy Captain Rich Dalton.

The Defense Medical Readiness Training Institute was established in 1978 to train Defense Department healthcare providers to operate on the battlefield. In 1997 the or-

ganization was reengineered with expanded scope and mission as DMRTI with a staff of 120 Army, Navy and Air Force officer, civilian and enlisted personnel.

The best medical skills, honed at the most renowned medical schools, won't do much good in combat if the provider doesn't survive to use them. Currently offering 26 courses, DMRTI improves the medical readiness training for military medical personnel and the coordination of readiness training efforts between military and civilian organizations.

DMRTI offers resident and non- resident joint medical readiness training courses as well as professional medical programs in Trauma Care, Burn Care, Disaster Preparedness, Humanitarian Assistance, and Chemical, Biological, Radiological and Nuclear response.

During his remarks, Dalton noted that during his command tenure the DMRTI trained 20,000 resident students accounting for 400 courses conducted worldwide at 31 different locations and 30, 000 nonresident students . "We train more licensed healthcare professionals than any other institution," he said. Garr said that DMRTI is at the forefront of joint, integrated training and the organization has a tremendous legacy to move forward as a joint team.

The institute offers training to help doctors, nurses, physician assistants, and other medical service corps professionals from all military services prepare for the rigors of combat and the challenges of providing patient care on the front lines. The challenge for students is realizing that they are much more limited in terms of equipment and resources than at traditional treatment facilities.



## Welcome Chief

Howdy Team! It is great to be a Texan again, and great to be here as your Chief of Staff. I appreciate the warm welcome many of you have given me, and look forward to working with all of you in the years ahead. COL Dawn Smith has done an outstanding job as our Chief of Staff, and I hope to be as effective as she was with time.

So ... who is the new guy, anyway? I've been in the Army 27 years, with a mixture of MTOE and TDA time. Most recently, I come to you from Fort Leavenworth, Kansas, where I led the MEDDAC in Command of Munson Army Health Center. I am a Hospital Administrator/Health Care Administrator by career occupation, and I have spent most of the past 15 years of my career in direct health care organizations, either in the field or in garrison.

I've rotated through the Academy of Health Sciences at various times during my military career, and I was completely ignorant of the many varied missions of the Army Medical Department Center and School. This organization shapes the future of Army Medicine! Every one of you has an important role to play in

that mission.

My goal is to get out to as many work areas within the Center and School as I can. I'm not "looking for trouble"; rather, the more employees I meet, the better I understand our mission and the better I can help provide the resources you need to do your jobs.

COL David A. Bitterman, FACHE  
Chief of Staff, AMEDD Center & School  
Consultant, Health Care Administration  
(210) 221-8277



## Col. Smith bids farewell



## Policymakers Promote Credentialing of Service Members and Veterans

Policymakers at all levels of government are focused on the value of credentialing for Service members and Veterans. The President, Congress, and various state legislatures have all taken significant action in recent months to ensure that Service members get the credit they deserve for their military training and experience when applying for civilian certifications and licenses.

On June 1<sup>st</sup>, President Obama announced the *We Can't Wait Initiative* that will enable Service members to more easily obtain the civilian certifications and licenses required for civilian employment. The President directed the Department of Defense (DoD) to create a Military Credentialing and Licensing Task Force that will identify opportunities for Service members to earn civilian occupational credentials and licenses. The first Task Force meeting was held at the Pentagon on June 18<sup>th</sup> with representatives of all Services. The Task Force will oversee the implementation of a variety of credentialing initiatives, including a pilot program mandated by the National Defense Authorization Act (NDAA) during which military Service members in five key occupational areas will be provided opportunities to meet credentialing requirements and attain credentials related to their MOSs. One of the proposed occupational areas is healthcare support, which would affect 68W – Healthcare Specialists.

Congress has also shown great interest in facilitating credentialing of Service members and Veterans. Numerous bills have been proposed and passed designed to improve credentialing opportunities for Service members and Veterans. The *Veterans Skills to Jobs Act*, which was passed by both the House and the Senate with bipartisan support on July 11<sup>th</sup>. The Act directs the head of each Federal agency to treat relevant military training as sufficient to satisfy training or certification requirements for federal licenses. Veterans with the relevant training would be eligible to receive a federal license and get back to work immediately. Numerous states have passed similar legislation to ensure recognition of military training and experience for state licensure and academic credit—particularly in healthcare occupations, which are particularly subject to state licensure requirements. To find out which states have enacted this type of legislation go to the DoD web site – USA 4 Military Families - <http://www.usa4militaryfamilies.dod.mil>.

Congress is also working to ensure that military Service members seeking Emergency Medical Technician certification at all levels – Basic, Advanced, and Paramedic – get maximum credit for their military training and experience. On July 11<sup>th</sup>, the House held a hearing on the *Veteran Emergency Medical Technician Support Act* (HR 4124), which would create demonstration projects in states with a shortage EMTs) to streamline state requirements and procedures in order to assist veterans who completed military EMT training to meet state EMT licensure requirements.

The Army has been ahead of the game in facilitating credentialing of Service members and Veterans. The Army was the first Service to systematically tackle the issue with the creation, in 2000, of the Army Credentialing Opportunities On-Line (COOL) web site. The COOL web site matches every Army MOS to civilian licenses and certifications and provides detailed information on credential requirements and resources available to facilitate credentialing.

## RADIO PERSONALITIES TELL THE AMEDDC&S STORY

Tune in to 930 AM on KLUP radio every Saturday morning at 8 a.m. for the Military City USA program. Chances are members of staff, faculty or senior leaders of the AMEDD and AMEDD Center and School will be guests on this talk show that features topics related to the missions of more than 200 military missions in San Antonio. The AMEDD Center and School is featured prominently on the radio show with guest appearances by Gregg Stevens, Col Randall Anderson, Col Mustapha Debboun, Dr. Tim Jones, Col. Dawn Smith, Col Matthew Schofield, Col John Teyhen, Lt. Col. Deydre Teyhen, Lt. Col. Timothy Hudson, Col Lori Sweet, Col Donna Dolan and Col. Karen Gausman. The August 4 show will feature Col. Richard Gonzales, consultant to the TSG and Director, Army Blood Program and Blood Bank Consultant, Office of The Surgeon General. The podcast web site for live and archive shows is at <http://www.klup.com/Podcast.aspx?showid=78>.

Check it out!





**Mr. Hector Vizcaino  
Alpha Company, 187<sup>th</sup> Medical Battalion  
Leader Training Center, Basic Officer Leader Course (BOLC)**

Mr Hector Vizcaino received both the Academy of Health Science (AHS) Star and the Annual Safety Award for his ongoing contributions to the training and development mission of the AHS throughout 2011. Mr Vizcaino distinguished himself while assigned as the Basic Officer Leader Course (BOLC) Tactical Training Base (TTB) Manager through his relentless efforts to maintain and improve one of the AHS's largest field training sites with a reduced budget and an increased training operating tempo. His efforts to improve the BOLC TTB has improved overall field training for more than 5,000 Soldiers from: AMEDD BOLC, 68W reclassification courses, Brigade Combat Team Trauma Training (BCT3), EFMB testing, 100<sup>th</sup> Division HQs, 4<sup>th</sup> BDE/105<sup>th</sup> Division, Ft Sam Best Medic Competitions, 36<sup>th</sup> Infantry Division, 5501<sup>st</sup> US Army Hospital.

Mr. Vizcaino is passionate about training safety and made significant improvement to practices and facilities at the TTB. In anticipation of one of the hottest summers on record, he fabricated portable, stand alone immersion cooling systems for use at training areas with large student populations. This allowed students the opportunity to slowly cool their core body temperature as a preventive step to heat injuries during the hottest period of the San Antonio summer. To further combat the risks associated with summer training, Mr. Vizcaino assured every tent has at least two environmental control units (ECU's), allowing students the opportunity to dissipate the heat accumulated throughout the training day. Through deliberate and proactive planning, he ensured the TTB had backup ECU's and ECU parts in case some malfunctioned. He often personally responded to ECU outages, regardless of time of day or night.

## THRIFT SHOP OPENING ON FORT SAM HOUSTON

### THE SPOUSES' CLUB OF THE FORT SAM HOUSTON AREA WILL BE OPENING A NEW THRIFT SHOP ON

**WEDNESDAY, AUGUST 15, 2012!**

**HOURS: WEDNESDAY, THURSDAY, 3RD SATURDAY OF EVERY MONTH, 9AM-2PM**

**DONATE OR CONSIGN: DONATIONS/CONSIGNMENTS ARE BEING ACCEPTED NOW!  
PLEASE CONTACT STEPHANIE CROTTY AT CHAIRPERSON.THRIFTSHOP.FSH@GMAIL.COM  
OR (405) 415-5606 FOR INFO.**

**VOLUNTEER: WE ARE LOOKING FOR ENTHUSIASTIC PEOPLE WHO WOULD LIKE TO VOL-  
UNTEER THEIR TIME!! PLEASE CONTACT STACY WILLIAMS AT FSHTHRIFT-  
VOLS@GMAIL.COM OR (210) 257-9529.**

**\*\*GRAND OPENING!\*\***

**AUG. 18TH, 0AM-2PM**

**PLEASE JOIN US FOR REFRESHMENTS, DOOR PRIZES, FUN, FOOD**

**AND BARGAIN SHOPPING!!**

**3100 ZINN ROAD, BLDG 1154**

**ONE BLOCK SOUTH OF THE FSH CLINIC (CORNER OF SCHOFIELD AND GARDEN STREETS)  
AND OUTDOOR REC.**

**PROCEEDS FROM THE SALE THRIFT SHOP ITEMS WILL BENEFIT OUR SERVICE MEMBERS' FAMILIES AND ORGANIZATIONS THAT SERVE  
OUR MILITARY COMMUNITY.**

## ***Be In the Know — AMEDD Civilian Corps***

### **Army Civilian Education System (CES)**

Are you up to date with your CES training? The Civilian Education System is the basis of the Army's leader development program for all Army Civilians. You should complete the appropriate level CES course to be prepared for other training and developmental opportunities.

CES is administered by the U.S. Army Training and Doctrine Command through the Army Management Staff College (AMSC) and provides progressive leader development courses for the Army's civilian workforce commensurate with that of uniformed members. CES is centrally funded at the HQ Army level by the HQDA G-37/Training Directorate for most permanent Army Civilians, including but not limited to general schedule (GS), non-appropriated fund (NAF), local national (LN) and wage grade (WG) employees.

There have been some recent changes to CES resulting in the following training requirements. The grades listed include equivalent grades in all pay bands and pay systems:

- Foundation Course (FC): Grades GS 01 - 15 (Hired after 30 Sep 06)
- Basic Course (BC): Grades GS 01 - 09
- Intermediate Course (IC): Grades GS 10 - 12
- Advanced Course (AC): Grades GS 13 - 15 (No Change)
- Continuing Education (CESL): Grades GS 14 - 15 (No Change)



For example, if you entered Civil Service at the GS11 level, you need to take the Intermediate Course. You no longer need to start with the Basic Course first before the Intermediate Course. However, if hired after 30 September 2006, ALL employees MUST take the Foundation Course before any other CES training.

When you create or update your student profile in the Civilian Human Resource Training Application System (CHRTAS) at <https://atrrs.army.mil/channels/chrtas/>, you will see the CES course for which you are eligible -- based on grade level, as well as previous professional military education and civilian leader development course completions recorded in the Army Training Requirements and Resource System (ATRRS). You no longer need to request credit for previous equivalent courses within Army (military or civilian course recorded in ATRRS). You must complete the Foundation Course, if required as indicated above, to initiate the review of your ATRRS training record to determine and your eligible CES Course level.

The "10-year rule" for receiving course equivalency credit has been eliminated. You can receive credit for legacy civilian or military leader development courses regardless of when you completed the courses. CHRTAS automatically determines equivalent course credit for PME and civilian leader development courses that have been approved for equivalent credit by TRADOC. The list of equivalent courses is available in the "Resources" section of the Army G-3/5/7 Civilian Training and Leader Development website at [www.civilian-training.army.mil](http://www.civilian-training.army.mil) and in CHRTAS via the Main Menu under "About CES Course Credit."

Equivalent credit will only be granted for CES courses for which the individual employee is eligible by grade. For example, employees who are GS-11, GS-12, or equivalent grade cannot receive credit for the Advanced Course because they are not yet grade-eligible to attend the Advanced Course. Once employees advance to the appropriate grade, equivalency will be automatically assigned in CHRTAS if they previously completed the higher level equivalent course.

If you have more questions about CES and equivalency, you can get more information at:

- Army G-3/5/7 Civilian Training and Leader Development website: [www.civilian-training.army.mil](http://www.civilian-training.army.mil)
  - Civilian Human Resource Training Application System (CHRTAS) website: <https://atrrs.army.mil/channels/chrtas/>
  - The Army Management Staff College (AMSC) website: <http://www.amsc.belvoir.army.mil/main/>
- Or Send your questions to Mr. Ray Mendoza or Ms. Rebekah Lindsay at the HQMED

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Stay in touch through the Civilian Corps website: <https://ameddciviliancorps.amedd.army.mil/> COM G37 Operations, Readiness, Training & Exercise Division at [medcom.readiness@amedd.army.mil](mailto:medcom.readiness@amedd.army.mil).

Check out "What's New" for the latest updates. Click on "About Us" to read the Corps Chief messages. Select "Contact Us" to send an email message.

Having problems navigating the Civilian Corps site? Select the "Sitemap" icon in the upper right corner of our main page to see all the menu locations at a glance. It's great for the iPad, iPhone or other similar mobile devices.

## Commander's Calendar

### Aug

TBD		Delegation from Rwanda
1		Military/ Day/Leadership San Antonio Class 37 (AMEDDC&S / PAO)
1	1700	AMEDDC&S Commander's Reception for Basic Officers Leaders Course (BOLC) Location: Sam Houston Club
6-9		Educator Tour - Minneapolis Recruiting Battalion (25)
8-10		COL Martin Bricknell Assistant Director Medical Capability - UK COL Andrew Jose British Liaison Officer Medical
*10	1030	US Army Flight Paramedic Pilot Course Completion Ceremony Location: Blesse Auditorium
*14-15		MG George Anderson, US Army Retired Executive Director, Association of Military Surgeon United States (AMSUS) The Society of Federal Health Professionals (METC/BAMC/Wilford Hall)
16	1700	AMEDDC&S Commander's Reception for Senior Leaders Course Location: Sam Houston Club
*22		Educator Tour - Rio Grande and Corpus Christi area (10)
22	0800	DENCOM Change of Command Location: Fort Sam Houston Flagpole COL Priscilla Hamilton, Commander COL Thomas R. Tempel, Incoming Commander MG M. Ted Wong, Host
24		Civic Leader - 512AW Dover (30) - CFI/AMEDDC&S

Aug (Cont'd)

26 1900 Fort Sam Houston Gazebo Concert  
Hosted by: Mission and Installation  
Contacting Command (MICC)  
Location: Staff Post Road Gazebo

30 0900 Fort Sam Houston Consolidated Monthly  
Retirement Ceremony  
Location: FSH Quadrangle

31 Training Holiday - (AMEDDC&S)

Sep

3 Federal Holiday - Labor Day

\*14 0900 US Army South Change of Command  
Location: MacArthur Parade Field  
MG Simeon Trombitas, Commander  
MG Frederick Rudesheim, Incoming Commander  
GEN Douglas Fraser, Host

17-21 Dr. Patrick Mason  
Director of Human Performance Training and  
Biosystems (HPT&B) AMEDDC&S (MCIC)

18 Hiring Heroes Career Fair  
Location: Sam Houston Community Center

19-22 Korean Delegation (5)  
(AMEDDC&S/METC/BAMC)

20 1700 AMEDDC&S Commander's Reception for  
Senior Leaders Course  
Location: Sam Houston Club

25 1700 AMEDDC&S Commander's Reception for  
Captain's Career Course  
Location: Sam Houston Club

26 1700 AMEDDC&S Commander's Reception for  
Basic Officers Leaders Course (BOLC)  
Location: Sam Houston Club

\*26-30 Silver Caduceus Association Reunion  
Location: SATX  
[www.silvercaduceusassociation.com](http://www.silvercaduceusassociation.com)

27 0900 Fort Sam Houston Consolidated Monthly  
Retirement Ceremony  
Location: FSH Quadrangle

## Healthy Summer Snacks for Kids

Written By 2LT Carol Carr, 2d Lt Miriam Craft, and 2LT Amanda Vaughan

The kids are out of school and summer is in full swing. What better way to celebrate than to bring the fresh taste of the season into everyday foods? Colorful fruits and vegetables are a tasty way to add variety and important nutrients to our diet, especially for kids. Here we feature several suggestions for healthy snacks for the kids this summer- simple enough to have their help in the kitchen, and yummy enough to have them enjoy every bite!

**Chocolate Berry Smoothie** (adapted from "Eat to Live", by Dr. Furhman), Makes 2 servings.

5 oz baby spinach  
 2 cups frozen blueberries  
 ½-2/3 c Skim milk, or non dairy beverage like unsweetened soymilk  
 1 banana  
 2-4 dates, pitted  
 2 T unsweetened cocoa powder  
 1 T ground flaxseed  
 Blend all together in a blender until smooth and creamy.  
 Serve immediately.

**Fruit Salsa with Cinnamon Chips Recipe**, (Adapted from Taste of Home Online Recipes: <http://www.tasteofhome.com/Recipes/Fruit-Salsa-with-Cinnamon-Chips>),

Prep/Total Time: 30 min., Yield: 20 Servings

- 1 cup *finely chopped fresh strawberries*
  - 1 *medium navel orange, peeled and finely chopped*
  - 3 *medium kiwifruit, peeled and finely chopped*
  - 1 can (8 ounces) *unsweetened crushed pineapple, drained*
  - 1 *tablespoon lemon juice*
  - 1 *teaspoon sugar*
    - **CINNAMON CHIPS:**
  - 10 *wheat tortillas (8 inches)*
  - 1/8 *cup olive oil*
  - 1/4 *cup brown sugar*
- 1 *teaspoon ground cinnamon*



### Directions

In a small bowl, combine the first six ingredients. Cover and refrigerate until serving. For chips, brush tortillas with butter; cut each into eight wedges. Combine sugar and cinnamon; sprinkle over tortillas. Place on ungreased baking sheets. Bake at 350° for 5-10 minutes or just until crisp. Serve with fruit salsa. **Yield:** 2-1/2 cups salsa (80 chips). This salsa can also be served with cinnamon graham crackers or cinnamon chips.

FOR PUBLICATION IN THE NEXT AMEDDC&S Newsletter: All Newsletter submissions should be sent NLT the 3rd of each month for posting. Please send your submissions to [phillip.reidinger@amedd.army.mil](mailto:phillip.reidinger@amedd.army.mil) and [esther.garcia1@amedd.army.mil](mailto:esther.garcia1@amedd.army.mil)

(We reserve the right to edit submissions)

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