

THE

Volume 4, Issue 1

The Official Magazine of the 807th MC(DS)

Summer 2013

PULSE

Best Warrior *807th Top Soldiers Compete*



Arctic Care

109th Vet. Det. Helps Northwest Alaska

LEADERSHIP

Look to standards...

With Soldiers in mind — officers and enlisted alike — I would like to take this opportunity to re-examine the basics of Soldiering. I do this first because I want to establish my expectation regarding standards and discipline. We are first and foremost a military organization and a uniformed service where discipline is judged, in part, by the manner in which we wear the uniform as prescribed. Therefore, a neat and well-groomed appearance is fundamental and contributes to building the pride and esprit essential to an effective military force.

Commanders and first-line leaders are responsible to ensure Soldiers present a neat appearance and conduct themselves professionally both on and off duty. Leaders are responsible to the commander for the appearance and conduct of their Soldiers. Physical fitness and acceptable weight standards are an individual's duty to maintain. However, it is the responsibility of commanders and first-line leaders to ensure that their Soldiers present a neat and disciplined appearance. I am convinced engaged leaders make the difference in their units.

I was always taught early on in life that success begets success, meaning if you hang around successful people, you too, will be successful. Engaged leaders coach, teach, and mentor their Soldiers into doing what is right. As your Command Sergeant Major, I am here to assist all of those leaders, their commanders, and their Soldiers to ensure success in any mission endeavor as success begins with basic standards and discipline.

When I make reference to the basics and losing focus, I'm referring to the fundamentals of military bearing such as walking across the parking lot without your headgear or not wearing your headgear at all. Other observations I have made are wearing Bluetooth

devices when not in a car, wearing security access badge or military ID on uniforms outside of work areas, headgear visible or hanging out of the side cargo pocket, wearing a patrol cap instead of the beret, wearing sunglasses on top of your head, having your keys hang below your blouse, not wearing a reflective belt when conducting physical fitness training outdoors and talking on the cell phone while walking in uniform on or off your respective centers. Again, it's the basics. Let Army Regulation 670-1 be your guide.

I am very dedicated to ensuring that standards are enforced. This is where the sergeant is now responsible for his or her piece of the Army. It is the sergeant who conducts daily inspections of uniforms, supervises the Preventive Maintenance Checks and Services (PMCS) of the motor pool vehicles during maintenance periods, and ensures weapons are cleared to standard. It is the sergeant who conducts the Pre-combat Checks (PCC) of his or her Soldier's weapons and equipment.

It is the senior NCOs and leaders that hold the sergeant accountable. To ensure the standard is being met, senior leaders have to engage themselves and inspect their troops. Soldiers expect what you inspect. A Soldier out on an exercise or on patrol missing a piece of equipment means it was missed during PCCs by the sergeant and obviously missed by a more senior leader during the Pre-combat Inspection (PCI). This same correlation extends to every standard we set for our units and our sergeants to enforce.

For sergeants to thrive, it is incumbent upon us as senior leaders to remember our duty in growing sergeants. We need to hold ourselves accountable and lead by example demonstrating the standard in all that we do. This leading by example

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Best Warriors tell their stories

On the Cover:

Spc. Timothy Thelen, 807th Medical Command (Deployment Support), finishes the low crawl at the Wendell H. Ford Regional Training Center, Ky. obstacle course during the 807th MC(DS) Best Warrior competition. The four-day competition challenges noncommissioned officers and junior enlisted Soldiers in warrior tasks, physical endurance and mental toughness (Photo by Sgt. 1st Class Jeffrey Duran).

Right:

(Top) Capt. Jennifer McDougle hands a pet owner a copy of a rabies vaccination with Spc. Melissa Perez at Point Hope, Alaska as part of Innovative Readiness Training Arctic Care 2013. McDougle, a veterinary service officer with the 109th Vet. Det. from Garden Grove, Calif., is providing services remote locations to under served populations in northern part of Alaska. (Bottom) Sgt. Dr. Stephen McCleenny holds a horse steady while Sgt. Jesus Morales of San Diego, Calif., with the 149th Medical Detachment Veterinary Services checks its heartbeat at Redwings Horse Sanctuary. The training was conducted during warrior exercise at Fort Hunter Liggett, Calif.



PHOTO BY SGT. 1ST CLASS JEFFREY DURAN



PHOTO BY SGT. LISA RODRIGUEZ-PRESLEY

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Shifty supplements: dangers of dietary aids

With summer on the horizon, everyone is looking to get that perfect beach body. For many of us, reaching that goal means hitting the gym, eating better and eventually fitting into the bikini or trunks gathering dust in the closet.

While those goals to become more physically fit are admirable, Service members should be cautious about adding supplementation to their workout regimen.

Certain commercial supplements are not allowed for use by Service members due to health concerns. Members should understand what to look out for to avoid the consequences, and more importantly the risks, of taking a banned supplement.

"People ask me all the time about what supplements to take or not to take," said

Tony Arroyo, Health and Wellness Center exercise physiologist.

Arroyo suggested avoiding supplements because the Food and Drug Administration is not the authority determining the risks of these products. Instead of being FDA-approved, supplement manufacturers alone are responsible for ensuring supplement safety. While they do need approval from the FDA in order to introduce a new ingredient into a supplement, manufacturers do not need clearance to utilize the pre-approved ingredients in any combination they see fit.

In 2011, two Soldiers from Fort Bliss, Texas, died of heart failure during physical training. Doctors later determined that use of dimethylamylamine, or DMAA, was a factor in their deaths.



New antibiotic drug is now available

This week, the military medical community was notified that a new antibiotic drug is now available to treat Soldiers who have life-threatening, multidrug resistant bacterial infections.

Arbekacin is a new antibiotic treatment for multidrug resistant, or MDR, infections. Those types of infections may complicate wounds sustained by Soldiers in theater, said Col. Michael Zapor, an infectious diseases physician at Walter Reed National Military Medical Center, in Bethesda, Md.

Lab trials were initiated at Walter Reed, and Arbekacin was found to be effective against many isolates of Acinetobacter, as well as other potentially harmful bacteria like E. coli, Klebsiella pneumoniae, Enterobacter and Pseudomonas aeruginosa, as well as MRSA.

Without the support of Army medicine, it's doubtful Arbekacin would have ever been tested for use against MDR bacteria, he said.

The Japanese, who licensed Arbekacin in the early 1990s, approved it for use against MRSA. Although there were scattered reports of efficacy against other organisms, no role was envisioned for its use against MDR bacteria.

Algorithm gauges when patients are in danger

Researchers at the U.S. Army Institute of Surgical Research at Joint Base San Antonio--Fort Sam Houston, Texas, are improving medical monitors that have been used in clinics and hospitals since the early 1970s to assist physicians and medical staff in assessing a patient's condition.

The Compensatory Reserve Index, or CRI, is a new algorithm that utilizes the information obtained from a standard pulse oximeter and gauges whether a patient requires resuscitation or immediate medical attention.

"This [CRI] can evaluate information from waveforms generated by taking a standard pulse oximeter, which is a non-invasive medical device routinely placed on a finger or ear and measures levels of blood oxygen saturation and heart rate," said Victor A. Convertino, Ph.D., Tactical Combat Casualty Care Research Task Area Pro-

gram Manager at the USAISR. "The algorithm provides a decision support system that could help a young medic who doesn't have much experience in pre-hospital care make life-saving decisions."

The standard measurements displayed by a pulse oximeter cannot detect whether a patient is in danger of crashing [going into shock] like the CRI.

The CRI has a gauge much like a fuel gauge in a motor vehicle to indicate when fuel is running low. The CRI gauge begins to show a loss in "fuel" well in advance of changes in blood oxygen or heart rate measured by the pulse oximeter.

According to Convertino, when a person is injured and bleeding internally, the body compensates by increasing heart rate and constricting blood vessels responses that elevate blood pressure.

This compensation creates a patient with vital signs and cognition that appear normal to the attending clinician.

The CRI will show that the patient is in danger whereas the pulse oximeter alone does not.

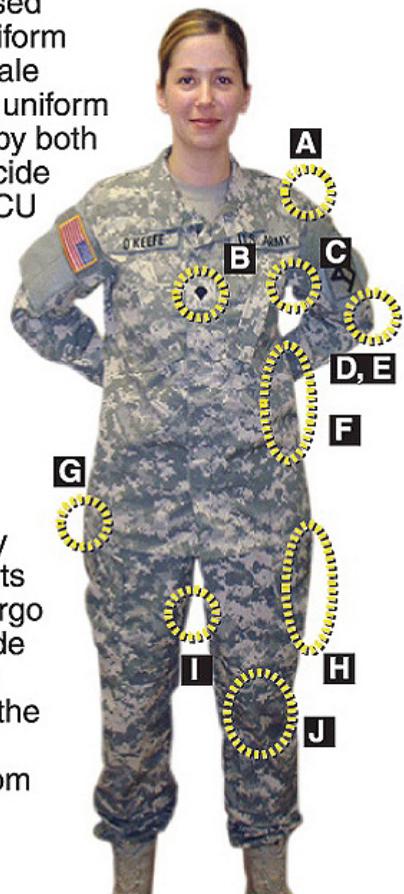
"We have developed a protocol to conduct clinical trials," said Convertino. "We're pretty confident that the CRI will receive FDA clearance within the next year."





ACU-Alternate offers more fit options

This 2010 graphic shows a breakdown of proposed changes to combat uniform design to better fit female soldiers. In March, the uniform was approved for use by both sexes. Soldiers will decide whether to wear the ACU or the ACU-A.



- A** Shoulder width narrowed
- B** Rank insignia moved above the breast
- C** Adjusted sleeve length and width
- D** Repositioned elbow patches
- E** Repositioned pencil and sleeve pockets
- F** Adjusted the cut of the material to conform to a woman's chest, hip, and waist size
- G** Longer length front and back
- H** Adjusted hip to waist ratio
- I** Adjusted the front and back rise to fit the female body
- J** Repositioned knee patches

Items not shown

- Removed drawstring/added elastic waistband
- Shortened button fly
- Repositioned pockets on lower leg and cargo
- Material on each side of the shoulder blades taken in to conform to the narrower female back, allowing greater freedom of movement.

The new uniform, several years in the making, was initially considered as being the first female-only uniform, but instead is now approved for both sexes and is being called ACU-A for Army Combat Uniform-Alternate.

The new uniform trousers feature wider areas at the hips, waist and backside; elastic around the waistband instead of a pull string; adjusted pockets and knee-pad inserts; and a shortened crotch length.

In the jackets, changes include adjusted rank and nametape positioning; adjusted pockets and elbow-pad inserts; slimmer shoulders; a thinner and more fitted waist; and a longer and wider ACU coat bottom. Also, buttons are replacing the Velcro pockets.

Compared to the original ACUs, which were designed principally by males for males, the new ACU-As were created to fit a wider range of body types; so there are also a lot more sizes to choose from. There are 16 sizes in both the jacket and trouser.

Program Executive Office Soldier, the program that develops and improves military uniforms and equipment, developed the new uniforms by letting male and female Soldiers wear the uniform and provide feedback.

This came about after a 2008 focus group of female Soldiers showed PEO Soldier that ACUs have a non-female-friendly fit.

Many females in the focus group reported that the knee-pad inserts fell on their shins, that they didn't have as much mobility because of the poor fit, and that they felt they had an overall unprofessional appearance.

PEO Soldier is also in the process of developing female body armor and a female flight suit. Both are still in development stages.

New black and yellow PT uniforms are also in the development stages, and a new improved duffel bag, which includes a zipper, has just been released and is being issued to basic training Soldiers.

ACU-As are available for purchase at Fort Sam Houston, Texas; Fort Lee, Va.; and Fort Myer, Va., Clothing Sales stores. While only a limited number of military Clothing Sales stores have the ACU-A in stock, it can be specially ordered at all of them.

Because the CIIP here just started issuing the new ACU-As in April, Soldiers might start to see a few of these uniforms at reclamation sales starting in August, Whitworth said.

He urged Soldiers to get to the sale early, because uniforms go fast.

Dealing with video game violence

Army Mom/Army Dad looks at Reservist parenting issues. Submissions welcome.

Video games offer a chance for soldiers to retreat from everyday life and provide a chance for them to relax while engaging with artificial intelligence or with other players.



COURTESY PHOTO

There are a lot of opinions when it comes to video game violence and the effects it has on our children. As a member of a generation that grew up with video games and other interactive entertainment, I've seen games progress from the relatively inane "Pong" all the way up to multi-million dollar cinematic productions with graphic violence and story lines ripped out of our media's headlines.

Now, more than ever before, parents must be vigilant when it comes to understanding the games our kids play. Not only because the games themselves might be violent or pose adult themes, but because they've become part of our culture and the online 24-7 world that our children are inheriting. Games are more than just simple constructs of light and sound, they carry with them a narrative and language all their own and it's one that increasingly, our kids understand and we don't.

While it's always been incumbent upon parents to keep in touch with their children's interests, it's also important for us to use our experience as Soldiers, as Warrior Citizens, to temper how we respond to these games and our children's interest in them.

First off, not all games are violent. There are thousands of simple, light

hearted games that are not only fun for kids of all ages, but are age appropriate for kids that are 6 or 60. But having said that, these aren't usually the games our kids are bringing to us and asking for us to buy. They want the big games, the popular games, the stuff they see on TV and online. They want the games their friends are playing. And many of them are violent enough and realistic enough to make a lot of parents pause.

Now I love games. I've played them since I was 4 and I've never stopped enjoying them. My interests as an adult and as a Soldier often leads me down the road to playing a lot of games that carry the same kinds of ratings and warning that an Hollywood produced action movie would. My son, who has just as vivid an interest in video games as I did at his age, wants nothing more than to hang out with dad and play these same games.

When he was younger, we stuck to things like Tiger Woods Golf. Sports games are easy, they're fun, and they build the same motor skills and hand-eye coordination that are important to a generation that is growing up with a game controller in their hand. But it wasn't long before he was ready to graduate from golf to something a little more intense. He wanted to play Call

of Duty. To those in the know, Call of Duty (or COD as it's known) is one of those mega-action packed, productions that are filled with guns, explosions, and enough bad language and adult themes that they're able to keep the attention of a room full of infantrymen. The game is filled with Soldiers and to my son, how can something that's full of people like his dad be bad?

Where to start, how to explain. Now, it's only natural for a son to want to be like his dad. Forgetting about games altogether, I've had to spend a lot of time and a lot of hours trying to explain to him what exactly it is that I do for a living. The results have been mixed. When he was 5 years old I was an Executive officer for an HHC company. I explained to him that I was responsible for managing vehicles, supplies and food for our unit. Later I found out that he simplified my explanation and told the kids at school I took care of Soldiers by passing out doughnuts. Fair enough.

Even though his young mind processed the information differently and simplified things in a way he can understand, he was happier understanding what it is I do as a Soldier. Part of my responsibility was also explaining the difference between the things that games

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Overlook obstacles to happiness



PHOTO BY SGT. JAMES P. HUNTER

As Americans, we are guaranteed, “life, liberty, and the pursuit of happiness.” How do we pursue happiness?

Clarksville, Tenn. native, Sgt. Steven Olesen, and Spc. Bryce Wiltermood, a native of Sacramento, Calif., both with the 101st Airborne Division (Air Assault), pose for a picture with a puppy.

Standing in the mud at Abu Ghraib, April 2005, an exceptionally miserable time in an exceptionally miserable place, a Blackhawk helicopter whisked me away and, thirty minutes later, I entered the palace in the International Zone. My escort greeted me warmly and began the tour, where I promptly encountered a Soldier who confided how difficult he found his assignment. “Why is that?” I inquired. “Well,” he explained, “there is no traction for my boots walking on the marble floors in the palace, and my feet hurt.”

I am sure that his feet did hurt. But I was struck by the contrast between life at the palace and life at Abu Ghraib, and how human nature is such that we will always find something to complain about.

As Americans, we are guaranteed, “life, liberty, and the pursuit of happiness.” How do we pursue happiness? The foundation of happiness is the quality of gratitude. If we view our lives as balanced between saying “please” and saying “thank you,” we will be happier people if we discipline ourselves to say “please” less often and “thank you” more often. Saying “thank you” is the foundation of happiness.

Happiness is not a goal; it is the by-product of a life well lived. Rather than waiting for something to happen that will make us happy, we should focus on our many blessings and cultivate an

attitude of appreciation. A sage observed that in our material being we should look down, and in our spiritual being, we should look up. This means that as we contemplate the richness of our physical lives—our health, our home, our family, our meaningful work, we should remind ourselves that others are far less fortunate. When we contemplate our own spiritual development, on the other hand, we should humbly reflect on our many shortcomings and our many opportunities for spiritual growth.

This is not to detract from the reality of profound tragedy. Unhappiness comes to each of us in this lifetime; it is part of the experience of being human. But our fundamental perspective should be one of gratitude and appreciation, cultivating happiness except in those truly sad moments, may they be few and far between.

There are many circumstances, which are out of our control. Our response to these circumstances is under our control. Making the best of what comes our way is one of the keys to happiness. It is human nature to be dissatisfied and to strive for more and better, and in many areas of our lives this serves us well. If we are dissatisfied with our work, we will try to improve. If we are dissatisfied with disease, we will search for cures. It is critical, however, that we learn to distinguish between what can and what cannot be changed. We create misery for

ourselves when we allow dissatisfaction over what cannot be changed to become an obstacle to our happiness.

The most important key to happiness lies in transforming our expectations. We develop grandiose expectations for our lives, our work, our relationships, and then we are crushed when reality, inevitably, disappoints. If we learn to be modest in our expectations, we will find many opportunities to rejoice.

A Stone Soup cartoon summarized it well—In the first frame we see the dog leap into the air, “Ball! Ball! Ball! Ball!” Next frame—“Food! Food! Food!” In the third frame the dog is sprawled out on the kitchen floor, “Nap, Nap, Nap,” and daughter asks her mom, “Mom? What’s the secret of happiness?” As the dog charges off after the “Ball, Ball, Ball” in the final frame, mom turns to daughter and replies, “Simplicity.” Rabbi Zelig Pliskin writes, “The simpler your desires, the greater the chance you will be able to meet their requirements. Anything extra you obtain beyond these demands will give you increased happiness.”

The Army is most adept at enabling us to distinguish between our wants and our needs. Anyone who has spent time in the field or been deployed has an intuitive sense of what, really, are the minimum requirements to sustain life. If we are blessed with more, we should be grateful every day, and that gratitude is the foundation of a happy life.

Great satisfaction in helping others

Continuing education has been a top priority for Siler. Using his Army Reserve benefits, he obtained a bachelor of science degree in social work

Army Reserve Staff Sgt. Michael Siler, a unit supply sergeant representing the 807th MD(DS) and a native of New Baltimore, Mich., competes in the 10km ruck march event at the 2013 U.S. Army Reserve Best Warrior Competition at Fort McCoy, Wis., June 26.

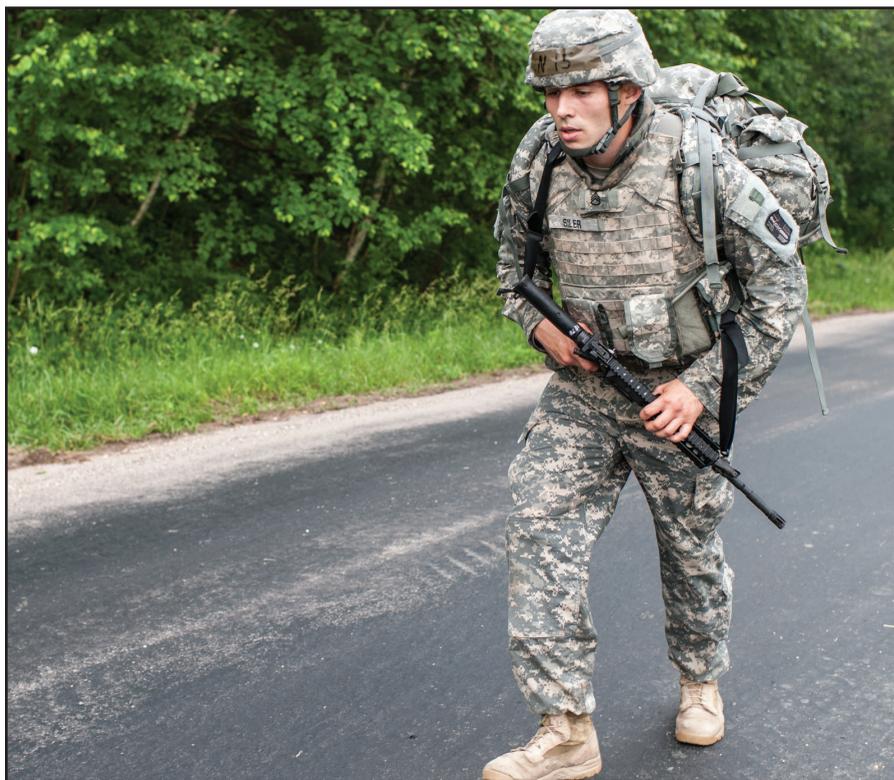


PHOTO BY TIMOTHY HALE

FORT MCCOY, Wis. - Since attending Basic Combat Training, Staff Sgt. Michael Siler, member of Bravo Company, 256th Combat Support Hospital in Twinsburg, Ohio, has heard about the many competitions the Army Reserve has to offer.

He has a strong appetite for competition but has not been assigned to a unit that was actively participating in any Best Warrior competitions before joining his present unit.

"I enjoy the physical aspect of competition, so I thought it would be cool to be the soldier of the year," said Siler. "I like being around others that like competition because it helps me up my game. Other soldiers inspire me when it gets tough but it was harder than I thought it would be to get here."

Continuing education has been a top priority for Siler. Using his Army Reserve benefits, he obtained a bachelor of science degree in social work and says it would have been very difficult without

the help of those benefits.

"I earned my degree using the GI Bill program and I would have struggled a lot more if I had no help," said Siler. "I had to work part time but I was able to go to school full time without incurring too much debt."

Social work is not all he is interested in though. He is also kicking around the idea of going to medical school and possibly becoming a physician assistant.

"It has been something I have thought about," said Siler. "I enjoy working with people and like helping people get on their feet, and I think I could be more useful working in the medical field so I am considering going back to school to become a physician's assistant."

After being deployed to Iraq in 2007-2008 and again to Afghanistan from 2011-2012, being in unfamiliar places is nothing new to Siler.

"While deployed to Iraq, I was a detainee guard and that's about all," said Siler. "I had a different experi-

ence in Afghanistan though. I learned more about the Afghanistan Army by providing both life-support and operational maintenance for about 1,800 soldiers and more than 200 structures. It was very rewarding to help them, as you discover some of your weaknesses and strengths when you are challenged."

Although Siler likes being active in the Reserve, he also enjoys his down time by spending some of it in the kitchen.

"I enjoy cooking every now and then but I don't do anything special yet," said Siler.

Siler says he is out for the experience of the 2013 Army Reserve Best Warrior Competition in Fort McCoy, Wis., and that he will do his best, but he is happy and confident in his abilities no matter the outcome here this week.

"I thought it was a cool opportunity to experience some tough training and I look forward to competing against the best the Army Reserve has to offer, and let the chips fall where they may."

Army education drives Reservist

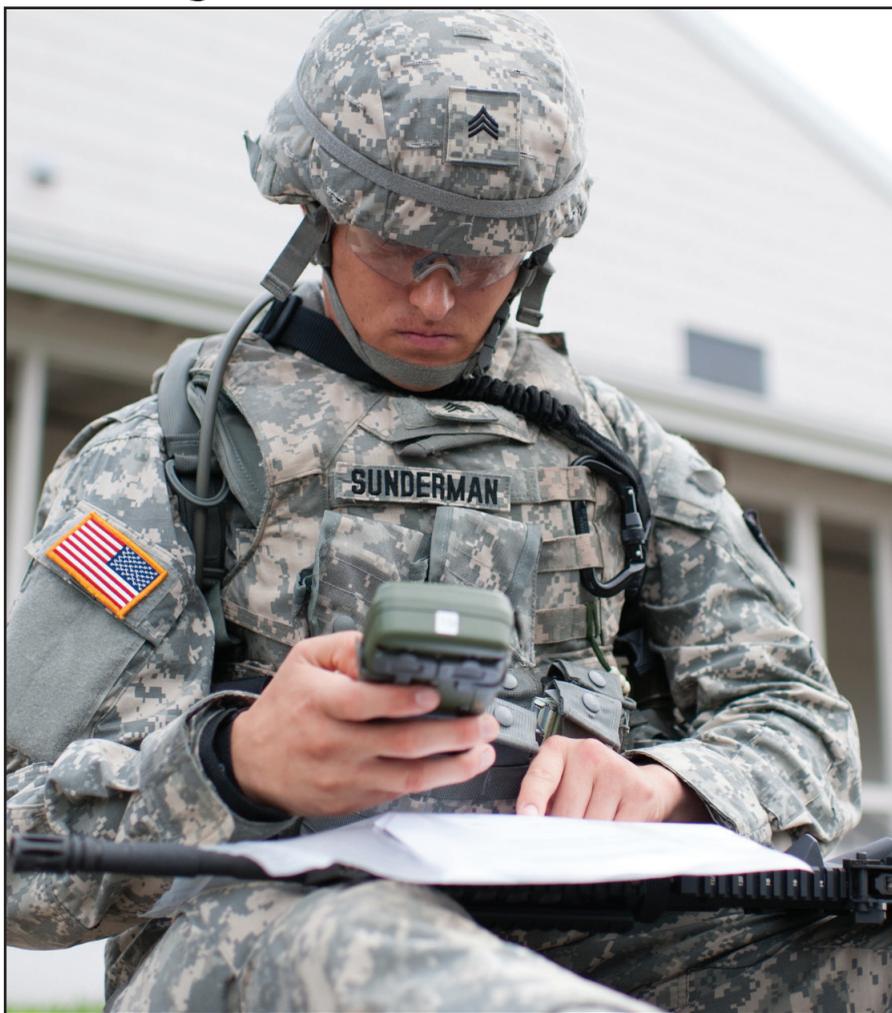


PHOTO BY TIMOTHY HALE

FORT MCCOY, Wis. – Sgt. Brian Sunderman, Army Reserve medic, 807th Medical Command, Temple, Texas, has reached the final phase of the 2013 Army Reserve Best Warrior Competition, at Fort McCoy, Wis. The competition began June 23 and continues through the June 28.

“I wanted to participate in the 2013 Army Reserve Best Warrior Competition to bring the best out in myself,” said Sunderman.

Sunderman joined the Army Reserve four years ago to help pay the expenses of going to college. He is currently enrolled at Southwestern University, where he is studying psychology and kinesiology and an associate in sociology from Temple

College. After college Sunderman would like to teach high school and coach track and field. One day he hopes to coach at the collegiate level.

“Being a citizen-Soldier means that I must not only know my civilian job and perform as a student, but that I must also know my role as a Soldier and fulfill those roles,” said Sunderman.

With his Army Reserve experience, Sunderman obtained his civilian employment as an Emergency Medical Technician with Scott and White Emergency Medical Services Inc., and has been with them for two years.

“My role in the Army Reserve contributes greatly to my civilian career by cross training and maintaining my certi-

The training that Sunderman has been going through will help him one day reach his goal of becoming an Army Ranger.

Sgt. Brian Sunderman, a combat medic representing the 807th MC(DS) and a native of Temple, Texas, programs coordinates on Defense Advanced GPS Receiver, or DAGR, during the Urban Orienteering event at the 2013 U.S. Army Reserve Best Warrior Competition at Fort McCoy, Wis.

fication,” said Sunderman.

Sunderman enjoys outdoor activities and running, he also is on a collegiate track team and will be running for them this fall.

The training that Sunderman has been going through will help him one day reach his goal of becoming an Army Ranger. He heard that they were the best of the best and they had a lot of opportunities for him to expand his career.

“This competition brings not only strengths of a soldier out but their weaknesses as well,” said Sunderman.

Sunderman plans to take everything he has learned back with him to assist in the training of soldiers and to finish his degrees to go on to be an educator.

Arctic Care 2013

When a storyteller writes about The North, they often romanticize about the biting cold, the harsh and frozen weather, and the wild, unforgiving terrain. They describe a place like Point Hope, Alaska. Point Hope is north, really north. More than 700 miles north of Anchorage, it's a tiny village located on a spit of land that juts into the Chukchi Sea, and is considered by many to be one of the oldest and most continuously inhabited villages on the North American continent.

It's the kind of place where the locals still make their living by fishing and whaling and where arctic foxes, wolves and polar bears wander freely through town.



The 109th Vet. Det. goes door-to-door looking for dogs to inoculate in Point Hope, Alaska.

*"What we do on short-term mission
You have to know where those sensitive spots in that
— Capt Brian*



Spc. Grace Park, 109th Vet. Det., shares a joke with Jack Snyder, a veterinary technician in Selawik, Alaska, while she fills out a rabies shot certificate for a local pet.



Spc. Melissa Perez injects rabies vaccine in a local pet as the owner holds the dog at Point Hope, Alaska.



Capt. Jennifer McDougle injects rabies vaccine in a local pet as the owner watches at Point Hope, Alaska.

It's also where the Soldiers of 109th Veterinary Detachment spent their annual training.

Serving as part of Joint Innovative Readiness Training Arctic Care 2013, the 109th was on hand to work with the locals on a very real, but unexpected predator that can't be put down with a rifle; They were there to help fight rabies.

While life can be hard this far north, it can be even harder on pets. Though for the working canines in villages like Point Hope, referring to them as simply "pets" may be a disservice. The dogs in this remote village and others like it are more partner than pet to the people they share their lives with. The dogs of Point Hope are lifelines in this wilderness, working as

sled dogs and standing watch over their master's homes.

But rabies is something the dogs don't know how to fight. When some of the largest and most cunning northern predators make regular appearances in your town, the chance of rabies spreading from the wildlife is a very real danger.

"Rabies is a potentially fatal disease in human beings," said Capt. Brian E. Joseph. "A fox comes into town. It gets in a fight with a sled dog. It bites the sled dog. The sled dog develops rabies and before there's any symptoms that sled dog can be passing rabies off to a human."

According to Joseph, veterinarian care can be very hard to come by. Some villages have to take their animals by plane as far

away as Kotzebue to get help. When a vet does make a visit, they're often only able to stay for a few days at most. Because of this, the 109th and their two-week visit to the region can be the functional equivalent of year's worth of care.

"These are very important missions. Up here in this area, the reason it is very important are that they are in a very austere environment and they very remote from one another and they are surrounded by wild animals," explained Joseph.

Although the care given means a lot to the citizens of Northern Alaska, it means quite a bit the Army as well. Joseph said that going to this part of Alaska is very close to deploying to any overseas area. The training and execution of mobiliza-

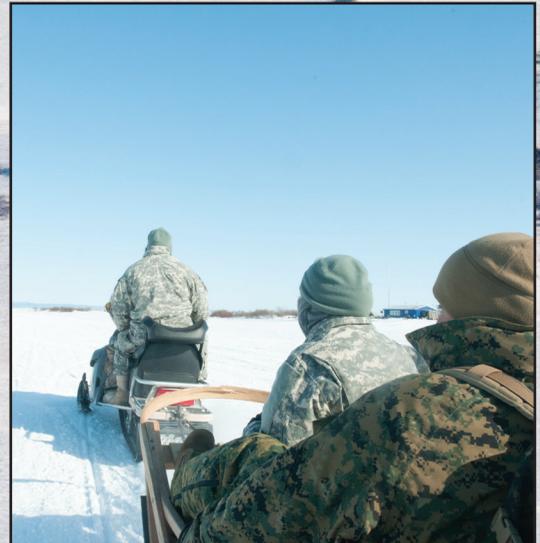
*is we really glance off a culture.
culture are so that you don't glance off and leave a bruise"*
Joseph



Spc. Grace Park, 109th Vet. Det. fills out paperwork as Soldiers and Marines watch.



Staff Sgt. Ricardo Ramirez draws rabies vaccine at Point Hope, Alaska.



The dogs in many "dogsleds" have been replaced by snowmobiles. Soldiers and Marines rode from place to place on this mix of modern and traditional transportation.



Capt. Richard McAroy closes a surgical incision on a local dog in Kotzebue, Alaska as part of Innovative Readiness Training Arctic Care 2013.



Capt. Richard McAroy closes a surgical incision on a local dog in Kotzebue, Alaska as students watch as part of Innovative Readiness Training Arctic Care 2013.

tion is a primary task set for any unit. Deploying to Northern Alaska gives the unit the training but still allows for fixing problems that crop up.

“The point of the mission is really training,” said Joseph. “The only difference between bringing people up here and on a deployment is the amount of time in the middle that you deliver the services.”

But everything else: preparation, medical clearance... it is the same. It is an enormous amount of work,” said Joseph. “It helps you be prepared for the future.”

One of the key learning points of the Arctic Care mission is that just because your unit is still in the United States it doesn’t mean that you can ignore the locals and their culture and traditions. Culture matters wherever Soldiers go.

“It is not enough to focus on the military aspects. You’ve got to focus on the cultural aspects and the people too. You’ve got to understand what is important to the people,” said Joseph. He added that is was covered in-depth in pre-training and that made a big difference.

“What we do on short-term mission is we really glance off a culture. You have to know where those sensitive spots in that culture are so that you don’t glance off and leave a bruise,” explained Joseph. “We just can’t just focus on the military product that we’re delivering. We’ve

got to see how it fits into their world.”

To the native Alaskans, elders are very important. If you take the time to just stop and say hello to an older person, shake their hand, ask them their name and give them your name, then you are no longer a foreigner,” said Joseph. “We can’t understate the importance of what people care about.”

Another key goal of the mission was to reach out to the children of the villages.

“This mission has had profound influence on the kids in every town.”

For example, in Kotzebue, 366 kids have watched part of a surgical procedure and had the opportunity to discuss it with a vet. Additionally, Soldiers and service members spoke to science and social studies classes and gave general lectures. Soldiers accomplished these small, but important outreach efforts while still remaining on task and on mission.

Of the 11 villages the 109th Vet. Det. served, only Kotzebue had a population that might be considered “substantial” - with 4,000 residents. Another 4,000 were spread across the other ten villages. Only 38 Soldiers covered all those.

One of the unit’s public health goals was to provide rabies immunization for as many dogs in each village as possible. Doing that not only benefits the dogs, but it protects the health and

See ARCTIC CARE, Page 28



US & Panama Partner

US and Panamanian medical professionals partner to provide care



(Above) Spc. Kevin Bell, center, an optical lab technician, and Capt. Jess Mendenhall, an ophthalmologist with 362nd Medical Logistics Company based out of Sacramento, Calif., present a Panamanian patient with a new pair of glasses following a full eye examination at Yavisa, Panama, May 14, 2013. (Left) U.S. Army Capt. Bryan Debott, pharmacist with Alpha Company, 256th Combat Support Hospital, from Mansfield, Ohio, gives a Panamanian patient information on a medication prescribed to her at Yavisa, Panama, May 14, 2013.

YAVISA, Panama - U.S. Army medical professionals partnered with Panamanian medical professionals at Dr. Manuel A. Nieto Hospital located in Metete, Panama, May 14 in support of Beyond the Horizons-Panama 2013.

The purpose of this partnership is to provide free medical care to local Panamanians, and to provide training for U.S. Army medical professionals during this Medical Readiness Training Exercise (MEDRETE) for Beyond the Horizons-Panama 2013.

"We realized that we have one mission and that is to train, and the second one is not only to train ourselves, but to take care of the local people and provide healthcare," said Sgt. 1st Class Jacob L. Dye, the non-commissioned officer in charge of the MEDRETE.

This medical partnership site provided general medical care, dental care, ophthalmology and pharmacy care from U.S. Army medical

professionals assigned to units throughout the U.S.

General medical care for both children and adults was offered at this medical partnership site. One of the greatest successes, said Dye, was the opportunity to deliver a new baby. Children receive screening for typical childhood diseases, and adults receive screening for typical adult disorders like diabetes and hypertension.

Dr. Blat Reyes of the Nieto Hospital is grateful for the opportunity to work side-by-side with the U.S. medical professionals. "They have a good work ethic and are nice to work with," said Reyes.

When the local people find out that a partnership with the U.S. is available, "it is sort of like winning the lottery. They know that when the Americans are coming, they have medicine, they know [the U.S.] offers [medical assistance]

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*Story by Capt. Katharine Zaccaria
Photos by Sgt. 1st Class Walter E. van Ochten*



Training in Belize

New Horizons' medical team makes a difference while training



(Above) Pfc. Sierra Chanel, optical lab specialist assigned to the 362nd Medical Logistics Company, checks a local resident's vision at San Felipe School, Belize, April 24, 2013. Medical professionals provided free medical treatment during medical readiness training exercises throughout Belize. The MEDRETES were designed to provide medical care to people in several communities, while helping improve their skills. (Left) Capt. Blong Ly, general dentist assigned to the 352nd Combat Support Hospital, gives a young Belizean girl anesthetic at San Felipe School, Belize.

BELIZE CITY, Belize — U.S. and Canadian medical professionals completed the second of two New Horizons large medical readiness training exercises April 25, at San Felipe School, Belize.

The 11-day medical exercise began April 15 and provided general medicine, dentistry, pediatrics, pharmacy, and optometry services at three locations in the northern part of the country: Guinea Grass School, San Pablo School, and San Felipe School.

"I believe conducting medical exercises provides the opportunity to build friendships, and friendships improve lives," said U.S. Army Maj. Carla Tate, Team Chief for the second medical exercise.

Among the 5,596 patients treated during the training exercise, U.S. Army Capt. Blong Ly, general dentist assigned to the 352nd Com-

bat Support Hospital, recalled a dental patient in his early twenties whose quality of life was improved when he visited the team while they were at the San Pablo school.

"We had a patient who came in early in the morning with large abscessed swelling in the upper left area of his face," said Ly. "His left eye was swollen shut and the whole upper face was swollen comparable to the size of a baseball."

Ly performed a 30-minute surgical procedure after determining the cause of the swelling and reviewing the patient's medical information to ensure it was safe.

The procedure involved antibiotics, numbing the area with a strong anesthetic, incising the gum tissue to allow the infection to drain, compressing the outer skin underneath the eye, flushing the area with sterile water and suturing

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Story & photos by Master Sgt. James Law

BEST WARRIOR

807th MC(DS)



2013 competition challenges bodies & minds



Spc. Timothy Theken, 807th Medical Command (Deployment Support), answers a question from a board of senior noncommissioned officers during the 807th MC(DS) Best Warrior competition at the Wendell H. Ford Regional Training Center, Ky.

PHOTO BY SPC. JACOB LEMOINE



Finding the Best

807th MC(DS) brings the pain for the 2013 Best Warrior Competition



Sgt. Justin Ellis finishes the “weaver” obstacle at the Wendell H. Ford Regional Training Center, Ky. during the 807th MC(DS) Best Warrior competition. The four-day competition challenges noncommissioned officers and junior enlisted Soldiers in warrior tasks, physical endurance and mental toughness. Sgt. Kyle Darling waits for a medical evacuation for a “casualty” at the Wendell H. Ford Regional Training Center, Ky.

The path to being the best warrior at any level is filled with multiple challenges. The drive that makes Soldiers compete was on full display at the 807th Medical Command (Deployment Support) Best Warrior competition at the Wendell H. Ford Regional Training Center, Ky.

The four-day competition challenges non-commissioned officers and junior enlisted Soldiers in warrior tasks, physical endurance and mental toughness.

Throughout the four-day challenge, Soldiers were faced with complex challenges for both the body and mind. The competition included the basics of land navigation, APFT, weapons qualification and ruck march.

But this year’s competition topped previous

others in the skills test.

The Soldiers of the 807th were challenged on a lane that included RPGs, IEDs, civilians on the battlefield and a full MEDEVAC complete with a Blackhawk to evacuate the “casualty.”

One thing the competitors can agree on is that the ruck march was a real challenge. The combination of the hilly terrain and shift to higher temperatures left the winners struggling.

In the end, Staff Sgt. Michael Siler, member of Bravo Company, 256th Combat Support Hospital in Twinsburg, Ohio and Sgt. (then Specialist) Brian Sunderman, Army Reserve medic, 807th Medical Command, Temple, Texas took the title.

Story & photos by Sgt. 1st Class Jeffrey Duran



(Clockwise from top left) Spc. Dylan Pike plots points at the Wendell H. Ford Regional Training Center, Ky. land navigation course during the 807th MC(DS) Best Warrior competition. Spc. Dylan Pike completes the ruck march. Sgt. Kyle Darling returns fire during warrior task lanes. Spc. Dylan Pike plots points at the land navigation course. Spc. Spencer Sullivan leaps over an obstacle. The four-day competition challenges noncommissioned officers and junior enlisted Soldiers in warrior tasks, physical endurance and mental toughness.



Spc. Timothy Thelen climbs a rope at the Wendell H. Ford Regional Training Center, Ky. obstacle course during the 807th MC(DS) Best Warrior competition.





Sgt. Anthony Diaz climbs an obstacle at the Wendell H. Ford Regional Training Center, Ky. during the 807th MC(DS) Best Warrior competition.



(Clockwise from upper left) Competitors fire at the Wendell H. Ford Regional Training Center, Ky. range as part of the 807th MC(DS) Best Warrior competition. Spc. Dustin Chavez assesses a casualty. Spc. Dylan Pike returns fire at the warrior task lane. Graders read the instructions for the push up at the pre-dawn APFT. Master Sgt. Robert Heston talks with flight medic Spc. Marbou Christman, Company F, 1-214th Aviation Regiment about loading the simulated casualty.



719th MDVS Helps Belize

New Horizons provides veterinary care to animals

Story & photos by Capt. Holly Hess



ORANGE WALK, Belize -- U.S. veterinary professionals provided treatment to various types of animals April 17 in Orange Walk, Belize, as part of a training exercise called New Horizons.

The veterinary team treated approximately 340 dogs, seven horses and one cat.

Elisa Castellanos, Orange Walk resident and owner of Napoleon, a 10-year-old Labrador and pit bull dog, was excited the clinic provided free veterinary care for dogs in the town.

"I love this effort because it is very much missing here in Orange Walk," she said. "When I heard about it, I told everybody."

Castellanos wants as many dogs as possible to be vaccinated at the clinic.

"My neighbors have never given their dogs vaccinations," she said. "I have some random dogs in my neighborhood, but I will make the trips back and forth."

Castellanos also said she believes this clinic will make a big difference in the community.

"A lot of it is people are not educated what to do for their dogs and the responsibilities

of it," she said. "We each have a responsibility to do something. We just have to do what we can in our community."

U.S. Army Maj. Erica McNaul, veterinarian from the 719th Medical Detachment Veterinary Services, discussed the importance of giving vaccinations and deworming the animals.

"The reason this is really important ... is that these animals carry worms and if the worms get into our children or ourselves, they can make us really sick," said McNaul. "They can also make the animals really sick. So if you (get your dog dewormed) it can't pass those worms on to other dogs and it can't pass them on to your kids or yourself."

McNaul also discussed how vaccinating can protect the human population.

"When we vaccinate them for rabies, it helps decrease the potential someone will be exposed to rabies ... we really want to make sure that we try to help protect the population here," said McNaul.

"These efforts are fantastic, my heart just really lit up when I heard about this," said Castellanos. "It is really about time. The dogs suffer in this community."

Maj. Erica McNaul, left, veterinarian, and U.S. Army Sgt. Carly Roche, center, veterinary technician, both from the 719th Medical Detachment (Veterinary Services), administer vaccinations to a dog in Orange Walk, Belize.





A local Orange Walk resident pushes two dogs in a cart to a veterinary clinic in Orange Walk, Belize, April 17, 2013. Veterinary professionals from the U.S. are providing free veterinary care to animals at multiple veterinary readiness training.

Boots & Hooves *Army Reserve,*

LOCKWOOD, Calif. – The United States Army has a long and colorful history with horses. While tanks and armored vehicles are now the mounts of Army Cavalry units, soldiers of the 149th Medical Detachment (Veterinary Services) and the 200th Preventive Medicine Unit continued that history by training at Redwings Horse Sanctuary during warrior exercise at Fort Hunter Liggett, Calif.

The veterinarians and vet techs got hands on experience at the 160-acre facility that rescues abandoned, abused and neglected horses and burros. A variety of breeds and backgrounds are represented among the 85 residents of the sanctuary, allowing the vets to work with horses of

every size and temperament. Redwings' veterinarian Stephen McClenny was on hand to show the soldiers some basic horse handling techniques, how to perform a physical, and diagnosing illness.

It was a unique experience for the unit, and though the Army no longer has horses, according to Maj. Victoria Smith, a Field Veterinarian from Lacey, Wash., the experience treating them is especially helpful prior to deployment.

It is great to get hands on training with large animals before a deployment because part of our mission is working with the local population," she said. "They will often bring horses, cows and other farm animals to us for treatment so getting this training

before we get in theater makes it easier for us to provide those services."

The Army Reserves and Redwings look forward to fostering a positive working relationship, said Brig. Gen. Jon D. Lee, commander, 91st Training Division, Fort Hunter Liggett, Calif.

"Veterinary units receive realistic training working with the animals," said Lee. "Redwing Horse Sanctuary has been an important partner in building bonds between Fort Hunter Liggett and the sanctuary."

Soldiers started the two-day training visit with an instructional video on basic horsemanship. They learned basic horse handling, safety, and haltering. They also



Sgt. Michael Thurman, a Lake Butler, Fla., native, 149th Medical Detachment Veterinary Services, Fort Lewis, Wash., finishes bridling and begins to walk a horse on Redwings Horse Sanctuary, Lockwood, Calif., during Warrior Exercise 91 13-01, at Fort Hunter Liggett, Calif.

PHOTO BY ARMY SGT. JOSHUA POLASCHEK

Redwing Horse Sanctuary partner up

learned to check and clean horse hooves, basic vital signs, and general first aid. Soldiers were then able to go boots-to-hooves with the animals to apply the training.

"It is excellent real-world training that will help for overseas missions. It's what we'll be doing," said Maj. Lisa Ellsberry, field veterinarian, from Seattle, Wash., 149th Veterinary Services Medical Detachment, Fort Lewis, Wash. "The troops loved it." The training for these soldiers marks the first time Redwings Sanctuary has provided training to the military, but for executive director Linda Plumb, this opportunity falls right in line with the mission of the sanctuary. "A big part of our mission here is to community outreach and education," she

said. Working with military or civilians, it allows us to get the word out so people will learn to appreciate these magnificent creatures."

"First time I've done training like this," said Spc. Stephen Terry, medical lab specialist, 801st Combat Support Hospital, and Sheridan, Ind., native. "It's been phenomenal."

As soldiers made their way through a large pasture toward a water pond, a herd of curious wild mustangs began to follow them. A preventative medicine unit also assisted Redwings by testing the equines' drinking water.

Having safe water for horses is an important safety measure and good hands-

on training for soldiers, said Pfc. Felisha Placencio, native of Ogden, Utah, preventative medicine specialist, 200th Medical Detachment, Fort Douglas, Utah.

The soldiers gathered samples from all of the water sources on the sanctuary to check for bacteria that could be harmful to the animals. Approaching slowly, the mustangs allowed the soldiers to get close enough to touch them, which was a thrilling experience for Sgt. 1st Class Nicholas Howle of Tracy, Calif.

"Man, I have the greatest job in the world," he said. Stroking the muzzle of a white mustang, he looked toward the other soldiers and asked, "Where else would you ever get to have an experience like this?"

Soldiers with the 200th Preventive Medicine Unit make their way through a pasture scattering the herd of wild mustangs at the Redwings Horse Sanctuary. The soldiers tested the water supplies throughout the property during warrior exercise at Fort Hunter Liggett, Calif.



ARCTIC CARE (Continued from page 11)

safety of the human population as well.

And there are a lot of dogs.

“Almost every house we’ve gone to had two-to-three dogs,” said Capt. Jennifer McDougle who was going door-to-door in the village of Point Hope. Point Hope has a population of about 670 in 186 households according to the 2010 Census.

“We don’t wait for the dogs to come to us. They go door-to-door. They want to immunize as many dogs as possible,” said Joseph.

McDougle said she likes going around the village to provide the services.

“It is such a great opportunity to see their culture,” said McDougle. “They’re still traditional in many ways.”

The other issue is tapeworms. This particular tapeworm that worries Joseph can lodge in the brain or the abdomen.

“By deworming the dogs we are knocking that parasites out of the ballpark and once again protecting human health,” said Joseph.

The third priority is spays and neuters for people that can’t afford it or don’t have

access to a veterinarian.

“There are dogs everywhere, so there are puppies everywhere,” said Joseph. “Then they interact with wild foxes and then we have a public health problem again.”

Joseph said his nine veterinarians have really pulled together for this mission and



Spc. Delancy Christian (left to right), Capt. Brian Joseph and 1st Lt. Katrina McSorley discuss 109th Vet. Det. operations in Kotzebue during Innovative Readiness Training Arctic Care 2013.

worked seamlessly without guidance.

“I couldn’t be prouder of the way they worked together,” said Joseph. “They are such good problem solvers.”

Joseph explained that when they arrived they had to build a new protocol on injectable anesthesia. The key to the collaboration was having a viable email

system where the veterinarians would discuss the options. Although phone conversations were possible the schedule made email a better choice to work together. Joseph said within three days the new protocol was in place.

“Every single veterinarian would respond. That’s the way you should work.

That’s just perfect,” said Joseph. “It is about problem solving. It is about teamwork. And it is so ingrained that you don’t have to tell them to do it.”

Arctic Care covered all aspects of medical care. The 109th Vet. Det. covered the animal services but all the other services brought in doctors, nurses and dentists.

“This mission is different than any one I’ve ever done in that this one is truly purple,” explained Joseph.

“There’s not been any inter-service rivalry,” said Joseph. “You’ve got people from every service.”

That’s the model for the military for the future. You take everybody with all their different skills and different abilities and you put them on a mission together and it is going to be a stronger mission.”

“It’s been very rewarding.”

CSM (Continued from page front cover)

empowers the young NCO to enforce standards on their small piece of the Army. There is truth in the adage that when you walk by an infraction, you have now established a new standard.

Not upholding the correct standard extends far greater and deeper than just setting a new standard; it circumvents the influence and authority of the sergeant. Senior NCO’s, teach your young sergeant’s how to do “on-the-spot” corrections respectfully and with tact.

Don’t just assume because they are now wearing Chevrons, that they know how to do an on-the-spot correction. Role play with them if you have to.

I have learned over the years that for a sergeant to establish his or her authority and create discipline in the organization,

he or she has to begin with the two fundamental building blocks: basic uniform and discipline standards.

Imposing basic principles and holding sergeants accountable for their troops is vital to developing junior leaders. In every instance where someone stopped enforcing standards and senior leaders tolerated it, the enforcement of standards in other areas begins to slip.

When you walk into an organization and see everyone in the same uniform, the Motor Pool and offices are organized, formations are conducted correctly, and Soldiers salute smartly, you learn a lot about the unit’s order and discipline. You know as an outsider that standards are established, everyone knows the standard, and there is a leader in charge.

As I travel in the coming weeks and months, I look forward to meeting all of you and finding out what your challenges are. As a WARNO, a few of the areas I will be looking during my visits are duty-MOSQ; sustainment training; evaluations, non-participants and deployable strength. If there is a “Best Practice” or something you’re proud of that you want me to see, please work it through your chain-of-command and I’ll do my best to make it to your training event or ceremony.

Until next time, I challenge everyone — military and civilian — to stay physically fit, mentally tough and above all, be a team player. If you have any questions, seek out your leaders. I am proud to Soldier with all of you.

ARMY DAD (Continued from page 4)

and the media glorify about being a Soldier and the hard truth. In the real world, bullets kill, and there are no saved games. To the invincible and immortal mind of a 9-year-old, no amount of stern warnings that, “war isn’t really like video games,” are going to have the full effect that a parent might want.

My solution has been to make sure that my son and I play games together. Sometimes we play the rough stuff and I know that not every parent would be thrilled with my decision. To me, it’s more important that I’m able to temper his enthusiasm with doses of reality. I’m able to answer his questions about what he’s seeing in the game and contrast it with the realities of being in the military and how it differs with what he’s seeing in game.

My son is 9 years old now and his understanding of both the Iraq and Afghanistan wars is very thorough. Or at least as thorough as you can expect out of someone his age. But he understands a lot about the history, and much of his interest was spurred on by our time playing games together.

Now that we live on opposite sides of the country, we can connect online and play as a team. More than anything else, I’m thankful for this technology most of all. Keeping an 9-year-old engrossed in phone conversation can be rough, but playing and talking at the same time gives us both a world of quality time that Soldier-parents of bygone generations simply did not have.

Every day our children get older and we get less time and less influence over them. One day soon “dad” will stop being the coolest guy on the block. That place will be taken up by friends, sports heroes, and the real and virtual celebrities that are part of our kids’ world. As parents we get so little real time to truly influence their attitudes and actions. Maybe my little dude will outgrow his dreams of being a Soldier. Maybe he’ll move on and do something completely different.

But thanks to games and our time together, I’ll get to be a part of his life - even when I’m away - and that’s something I’ll treasure always.

PANAMA (Continued from page 13)

that they can’t get for free [here],” said Dr. Reyes.

Dental professionals saw, on average, 24 patients per day. “This is the best thing that the U.S. military can do to help people from other countries,” said Maj. Francisco J. Catala, a dentist with U.S. Air Force Air Combat Command, Surgeon General’s Office from Langley Air Force Base, Va. “This is a great operation to meet dental professionals from other countries and other organizations,” said Lt. Col. Diana Zschaschel, 185th Medical Company Dental Services.

Zschaschel used this partnership opportunity to train enlisted soldiers in the dental field and to provide dental care to local Panamanians.

“The people here are very appreciative

of the work that we do,” said Zschaschel.

Eye exams and vision care are much-needed service being provided to the local Panamanians as well.

“We have 2,000 pairs of glasses to give out,” said Capt. Jess Mendenhall, ophthalmologist with the 362nd Medical Company.

Mendenhall treats as many patients as he can, mainly prescribing corrective eyeglasses. Medical care is not the only service provided to the local residents. Service members also spend quality time with the patients learning about their families and culture.

“We have a lot of medications that they don’t have, and they have a lot of medications that we don’t have, so it’s a really good partnership,” said Capt. Bryan

Debott, a pharmacist with the 256th Combat Support Hospital who partnered with the pharmacy department in the Nieto Hospital.

He worked with the Panamanian pharmacist to dispense medications brought from the U.S. that local patients needed for treatment. The majority of medications, Debott explained, are antibiotics for the children, and hypertension and diabetes medication for the adults.

Beyond the Horizon-Panama 2013 is a U.S. Southern Command-sponsored, U.S. Army South-led joint humanitarian and civic assistance exercise deploying U.S. military engineers and medical professionals to Panama to build cooperative relationships with the host nation while providing humanitarian services.

BELIZE (Continued from page 15)

a drain tube inside the cheek.

Once the surgery was complete, the patient was able to open his left eye and see again.

“It was a dramatic improvement,” said Ly. “He was ecstatic. He was very happy and satisfied with the service provided.”

Ly elaborated on the severity of the infection and potential outcome if the condition would have went untreated.

“It was a very severe infection,” said Ly. “That could have potentially led to a brain abscess or loss of sight.”

The medical exercise was part of a larger on-going exercise known as New Horizons. The exercise is designed to provide humanitarian assistance and medical care to people in multiple communities throughout Belize, while helping improve the skills

of military medical forces.

Ly believes this opportunity helped him and the medical team improve their skills.

“These are cases we don’t normally see back in the states because [American patients] see their dentist or their physicians on a regular basis and they will catch these big medical or dental issues before they worsen,” said Ly. “When we come here we can see anything ... and that’s what we have experienced.”

This year, New Horizons began April 2 and is scheduled to be completed June 30. Personnel are also building four schools; performing ear, nose and throat surgeries; providing plastic surgery for prescreened patients; and providing comprehensive dental care as part of the training exercise.

Department of the Army
HQ, 807th Medical Command (Deployment Support)
Public Affairs Office
106 Soldier's Circle
Fort Douglas, Utah 84113

