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Army Medicine Family,

As we wind up summer, I hope that each of you had a great long weekend and took some time to rejuvenate yourselves. As we enter the Fall season, don't forget your COVID-19 vaccination boosters and flu shots. Do your part to stay healthy and help keep others healthy as well.

CSM Hough and I had a great visit to the AUSA headquarters to discuss the latest in Army Medicine news with our colleagues on the AUSA Noon Report. Retired MG Joseph Carvalho was our moderator and retired BG Jack Haley was our host for the discussion. We want to thank AUSA for giving us the opportunity to share Army Medicine updates with their audience. We had nearly 400 registrants, which I know includes some of you. We appreciate your support.

On the 8 September, we conducted our first RHC re-designation ceremony. Regional Health Command, Atlantic was re-designated as the Medical Readiness Command, East in a ceremony at Fort Belvoir, VA. This is the first of four ceremonies as we start our pivot to readiness.

Please join me in congratulating our 3rd Quarter FY 2022 Army Medicine Wolf Pack Award recipients; the US Army North (ARNORTH), Office of the Command Surgeon Staff (OCSURG) at Fort Sam Houston, TX. The staff's contributions resulted in exceptional support to the U.S. Northern Command and the Nation during Operation Allies Relief/Welcome (OAR/ OAW) and the COVID-19 Operations. Outstanding team work and congratulations!

I also want to recognize SFC Michelle Paris, a combat medic assigned to Regional Health Command, Europe, for her heroic actions last month. She provided first aid to several injured airmen and a German national following a major two-car accident on a narrow road in Germany. SFC Paris was recently awarded the Department of the Army Safety Guardian Award for her actions. Thank you for your swift actions and intervention in this emergency situation. Link to the article: <https://www.army.mil/article/259839>

Employee Highlights

In this week's employee spotlight we meet Lori Stradford from the MEDCOM Office of the Staff Judge Advocate (SJA) as an Administrative Officer/Ethics Paralegal. She has been with MEDCOM for five years having come from the Air Force, where she was a paralegal.

In her current role she is responsible for everything that comes through the office. She and a colleague divide the requests for review and send them to the attorneys and track the requests to ensure clients get what they need on time. She handles the administrative duties for the office but also manages the ethics program for where she

reviews anything that involves gifts, conferences, Public Affairs requests, and financial disclosure reports.

Lori, who was born in Canada, spent 23 years in the U.S. Air Force and reached the rank of E-7 Master Sergeant. She joined at 24 years old during a point where she said she was trying to figure life out. "My parents were going through a divorce and my mom moved back to the states, said Lori. I moved to Denver and I was seeing banners and commercials that said, 'Aim High'. People I knew were also recommending that I join the military. I signed up and had my 25th birthday in basic training. Joining was the best decision I've ever made," she said.

She spent eight years as a transportation specialist in the Air Force before training as a paralegal. "In transportation, I deployed a lot and was TDY a lot, Lori said. I retrained to a career field where I wouldn't have to leave my son so much," she said.

Lori has two children, one of which is considering joining the military. She also has two step children and four grandchildren.

She is a Miami Dolphins fan and loves the San Antonio Spurs. Lori loves sports and her father was a pro-football player who is in the top ten of all time in the Canadian football league. In her free time, she loves exercising, biking, and swimming. Lori also has a parrot, "who says everything under the sun."

Thank you Lori, for your service and letting us get to know you better.

Army Medicine is Army Strong!

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