



# The JOAG Journal

*A newsletter by junior officers for junior officers*

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## Letter from the Chair



Dear Junior Officers,

It is indeed an honor and a privilege to serve JOAG as the 2011-2012 Chair and I am excited to get to work.

Since 2001, JOAG has epitomized one of my favorite quotes by Carter G. Woodson, "The true meaning of leadership is service." Without a doubt, JOAG has been a shining example of service, leadership, integrity and excellence. To help sustain the long-term growth and development of junior officers, JOAG must find ways to utilize the experience and wisdom of junior officers above and beyond their technical skills and advocate for the professional development needs of junior officers at different stages of their careers.

My vision for JOAG is to continue to provide resources and programs that actively engage all junior officers in continuous professional growth, designed to increase the success of all junior officers. Through an environment of professionalism and collaboration, all junior officers should have opportunities to increase knowledge, develop leadership skills, improve performance and enhance professional satisfaction.

My priorities for this year are as follows:

- Support the strategic initiatives and activities within the Office of the Surgeon General
- Ensure JOAG representation on all Corps-level workgroups and committees
- Advocate for increased leadership training and professional development for junior officers
- Better engage junior officers stationed in isolated duty stations

I look forward to the new challenges that being JOAG Chair will present, and I look forward to working with each and every one of you this operational year.

With Warm Regards,

**LCDR Damon Smith**  
Chair, Junior Officer Advisory Group

## Junior Officer Spotlight

**Officer:** LCDR Matthew William Murphy

**Category:** Scientist

**Education:** Ph.D. Environmental and Occupational Health, Industrial Hygiene, University of Iowa, 2007  
M.S. Medical Entomology, Iowa State University, 1999  
B.S. Biology, Iowa State University, 1996

**Hometown:** Washington, Iowa

**Agency:** Centers for Disease Control and Prevention, National Center for Environmental Health, Health Studies Branch

**Current Assignment and Duties:** Senior Research Scientist/Epidemiologist. I investigate outbreaks of disease caused by environmental factors at the request of state, tribal, and international governments and conduct research to evaluate emerging and ongoing environmental health threats.

**Previous Assignment:** Epidemic Intelligence Service (EIS) with the CDC

**Describe your professional experiences before joining the USPHS:** I originally started my scientific career studying wildlife ecology which allowed me the opportunity to live in East Africa for a few years working with local tribes on resource management strategies. Living there heightened my understanding and appreciation for the importance of public health and I continued working in Africa to study insect disease vectors for my M.S., specifically the behavior of mosquitoes that transmit malaria. I then worked with the entomology group at CDC before returning to graduate school to complete a Ph.D. dissertation in public health evaluating pesticide exposures and health risks in West African communities and workers. I rejoined CDC as an EIS officer and became a part of USPHS in the Scientist category at that time. I first learned about the USPHS from Dr. Wayne Sanderson, a retired USPHS officer, who formerly worked at NIOSH and was my Ph.D. professor at the University of Iowa.

**Tell us about some of your agency or USPHS deployment experiences so far.**

I am fortunate in my career that I have had the opportunity to have led numerous public health deployments. Some of my field investigations and emergency responses included investigating drinking water use and contamination issues on the Navajo Nation, evaluating an outbreak of unknown liver disease in Ethiopia, responding to flood events in various states, and



**LCDR Matthew William Murphy**

investigating formaldehyde levels in FEMA supplied trailers following Hurricane Katrina, which then led to an OFRD formaldehyde community education deployment in Louisiana and Mississippi. I am also an epidemiologist on APHT #1, and last summer we traveled to rural Texas for a community public health training mission. I enjoyed the opportunity to work with the team addressing public health needs directly requested by the community. It was a great opportunity to utilize the diverse skills of our USPHS officers.

**What is a goal you have with the USPHS?**

I believe that the USPHS offers an excellent opportunity for inter-agency collaboration to address critical public health concerns. As I investigate environmental health threats, it is my goal to further maximize communication with USPHS officers in other agencies and utilize USPHS expertise to address important public health needs. It is also my goal to serve as a career officer in the USPHS and to seek new challenges in roles of increasing responsibility.

**What advice would you give to prospective USPHS applicants (or other junior officers)?**

I would recommend that all junior officers get involved with both JOAG and your category PAC. I think there is definitely a learning curve for all of us after first joining the USPHS, and both these groups offer a great chance to become more involved and to identify new USPHS opportunities that align with your professional and personal interests.

## Uniform Corner: Proper Wear of Uniform Award Ribbons, Part II

Contributed by LCDR Gene R. Gunn, Jr.

In this issue of the Uniform Corner we wanted to discuss the proper wear of medals as there appears to be some confusion on the issue. Hopefully, we can clear up any misconceptions with a review of the regulations which can be found at: [http://dcp.psc.gov/eccis/documents/CCPM26\\_3\\_3.pdf](http://dcp.psc.gov/eccis/documents/CCPM26_3_3.pdf).

There are two types of medals: large and miniature. Large medals are worn with the Full Dress Blue (FDB) (Fig. 1) and Full Dress White (FDW) (Fig. 2) uniforms. When full size medals are prescribed, ribbons having no corresponding large medals are worn centered on the right breast in the same relative position as the holding bar of the lowest row of medals. If the individual has been awarded more than one of this type, the senior ribbon is required with the option to wear all.

When more than one large medal is worn, they are suspended from a holding bar of metal or other material of sufficient stiffness to support the weight of the medals. The holding bar of the lowest row of medals is located in the same position as the lowest ribbon bar. When more than one row is worn, no row is to contain a lesser number of medals than the row above. Except for the uppermost row, all rows shall contain the same number of medals, three medals side by side or up to five medals overlapping (Fig. 1).



Fig 1. Male FDB with large medal



Fig 2. Female FDW with large medal

Miniature medals are worn with the Dinner Dress Blue and White Jackets and Service Coats. On the male officer's Dinner Dress Jacket, the holding bar of the lowest row of miniature medals is positioned 3 inches below the notch and centered on the lapel, parallel to the ground (Fig 3.). When worn on the jacket of the female officer's Dinner Dress uniform, the holding bar is worn in the same relative position as on the male's Dinner Dress jacket, down one third of the

distance from the shoulder seam to the coat hem (Fig. 4). When worn on the male and female officer's Blue or White Service coats, the holding bar is centered immediately above the left breast pocket (Fig. 5) or pocket flap respectively.



Fig 3. Male Dinner Dress Blue jacket with miniature medals



Fig 4. Female Dinner Dress White Jacket with miniature medals



Fig 5. Male Dinner Dress White Service Coat with miniature medals

As is the case with ribbons, large and miniature medals are to be worn in the order of precedence from top down and from inboard to outboard within rows. All medals may be worn. If only one row of medals is worn, it shall consist of the five senior medals.

*In addition to being the recurring author of the "Uniform Corner", LCDR Gunn is also JOAG's voting representative on the Uniform Advisory Committee. Please send any ideas for future "Uniform Corner" columns to LCDR Gene Gunn at [gene.gunn@fda.hhs.com](mailto:gene.gunn@fda.hhs.com).*

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## Admiral's Corner

Contributed by LCDR David Wright

*Within the new accountability structure, the Office of Commissioned Corps Operations (OCCO), Office of Commissioned Corps Force Management (OCCFM), Office of Reserve Affairs (ORA), and the Office of Force Readiness and Deployment (OFRD) will be merged to form the Division of Commissioned Corps Personnel and Readiness (DCCPR). The new division within the Office of the Surgeon General will be under the authority of Rear Admiral Scott F. Giberson, the newly appointed Director as of September 1, 2011.*

**AC:** Congratulations Admiral Giberson on your new role. What actions precipitated this reorganization?

**DCCPR Director:** First of all, thanks for allowing me to join you in the first 'Admiral's Corner'. I wish you success with this in the future. All of our flag officers should be able to contribute – as it is our responsibility to help support and develop our Corps. Second, you have asked a very salient question. Since I was not part of the initial reorganization discussions, what I can tell you is that formation of the new structure will assist to create a new synergy among Corps leadership including a more streamlined accountability and reporting chain. It brings together 4 critical Offices and many essential functions within one Division. It should assist us to more effectively communicate, develop policy, and support our officers and customers.

**AC:** What is your first priority as head of the Division of Commissioned Corps Personnel and Readiness?

**DCCPR Director:** As with any new position, my first priority is to gather the necessary information to assess the current situation, its resources, successes and challenges. We have already commenced this data collection and (in parallel) have attempted to set some initial strategic directions and increase communications with each other and our customers.

**AC:** What will be the most challenging aspects you can identify as leader of the DCCPR?

**DCCPR Director:** There may be many. The biggest challenge may be to learn to think differently about how to solve problems. Yet, there is a huge upside. We have dedicated and committed officers and civilians that will do everything possible to make this a successful Division



Rear Admiral Scott F. Giberson

**AC:** Every leader brings a different style of leadership. Which direction will you take your Division?

**DCCPR Director:** You are correct in that there are many leadership styles. Some are more successful in certain situations than others. Yet, one method has always exceeded expectation in my book and that is inspirational leadership. Charles Schwab once said, his greatest gift was his ability to inspire others. If I were able to lead this way, I believe it would take the Division in a good direction. We will perform, we will be accountable, we will communicate and be as transparent as allowed. Finally, I do believe investing in human capital is critical. As Southwest proclaims, we take care of our people and they take care of our customers.

**AC:** What changes can PHS Commissioned Officers expect from the newly reorganized DCCPR?

**DCCPR Director:** Aligned with the new strategic direction, we will attempt (with the resources available) to improve our processes to be more efficient and effective. There is a need to increase responsiveness and communications and to make certain we are accountable for our programmatic activities. The accountability aspect is not only helpful to our customers, but also to our Division and OSG. If we have completed (and documented) our activities, then we may be able to analyze and communicate some of the challenges more clearly.

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## Fitness Corner

Contributed by the Inter-Services Collaboration Committee



**LCDRs Carlos Bell and Robin Toblin on a training run on the National Mall in DC during the Cherry Blossom Festival**

**Officers:** LCDR Carlos Bell and LCDR Robin Toblin  
**Category:** LCDR Bell: Health Services  
 LCDR Toblin: Scientist  
**Education:** LCDR Bell: MPH, Epidemiology, Emory University  
 LCDR Toblin: PhD, Clinical Psychology/MPH, University of Southern California  
**Hometown:** LCDR Bell: Virginia Beach, VA  
 LCDR Toblin: Gaithersburg, MD  
**Current Location:** Both: Silver Spring, MD  
**Agency:** LCDR Bell: US Food and Drug Administration  
 LCDR Toblin: US Army

### What do you do to stay fit?

**LCDR Bell:** I have never been a very big fan of running. It wasn't until I moved to DC in 2008 that I really started to get into running. I quickly learned that it was a lot easier for me to enjoy running when I was with others. Now I usually try to schedule a run once or twice a week with a friend or a local running group. When not training for a race, I tend to not do as much cardio and increase the number of times I lift weights. On average, I try to lift weights 2-3 times a week, and do some form of cardio (running, biking, hiking, swimming) twice a week.

**LCDR Toblin:** When I'm training for a race, I focus more on running. When I'm not, I try to mix it up by running a couple of days a week, going to classes at the gym, bike riding, and long walks. Taking a class at the gym is a good motivator to get out of bed in the morning! I also ride my bike to work on a great trail (Capital Crescent) when the weather is nice. When I go on vacation, I use running as a way to explore my new area and I bring my resistance bands to do some basic toning workouts. I also try to be as active as possible on trips and do a lot of outdoor activities when possible.

### 2010 Fitness Accomplishments:

In 2010, Carlos and Robin started off the year training for the Cherry Blossom 10-Mile Run in April. They even trained in the winter throughout the massive blizzards in the DC area. Over the summer, after serious arm twisting, Carlos convinced Robin to take on an even greater challenge with the Mid-City Marathoners (a group of friends in DC) and began training for the Philadelphia Marathon. Carlos had previously run the Marine Corps Marathon, but it was Robin's first (she had run three

half-marathons). For four months, they met on the weekends to take longer and longer runs around DC topping out at 20 miles. On Sunday, November 21, they both completed the Philadelphia Marathon in just over 4 hours and 50 minutes.

During the training, both Carlos and Robin took on additional fitness challenges. Carlos ran the Army 10-Miler while Robin began teaching a weekly boot camp-style group fitness class at her local gym. She also decided to use the marathon as an opportunity to raise money for a cause that had personal meaning. She raised \$3,000 for Best Buddies – Pennsylvania chapter, an organization that helps establish friendships and leadership skills to teens and adults with intellectual disabilities in honor of her sister.

### Fitness Goals for the Future:

**LCDR Bell:** I am currently really into minimalist running and recently bought a pair of Vibram shoes, or as my friends like to say "Toe Shoes". My immediate goal is to work my way up to running a marathon using the minimalist method of running. Eventually I would also love to do a Triathlon.

**LCDR Toblin:** I took a national certification exam for group exercise instructors and should be getting my results back any day. I hope to hit at least level 3 on all parts of my next APFT. I'd like to run a 5K in less than 27 minutes. In August 2011, I'm taking the Viking Challenge, a 5-day outdoor adventure challenge in Iceland with a different outdoor activity each day. And I plan to round out the year with the Turkey Trot 10K on Thanksgiving.

### How to Work Your Core!

#### Toned abdominal muscles (abs) are a key element to support the spine and contribute to good posture.

- Most people tend to focus on abs during a workout; however, constantly working your abs and keeping them contracted can help prevent certain injuries. Try to focus on pulling your naval towards your back at all times. By doing this, you'll find that you sit straighter in your chair and have better posture while walking.
- Do ab crunches at work. Sit back in your chair. Straighten your back. Crisscross your arms over your chest. Contract your abs. Begin crunching abs by pushing your chest down and out a bit until you feel a tightening in your ab muscles. Return to sitting up straight again. Repeat 6 times. Complete as many sets as you feel comfortable doing.
- Try doing planks. Start by lying face down on a mat. Place your forearms on the mat with your shoulders aligned directly over your elbows. Extend your legs behind you and rest on your toes, as if you are going to do a pushup. Your hips should not be lifted to the ceiling, nor should your back be arched. Tighten your abdominal muscles to help you hold the position correctly, and hold it as long as you can.
- Remember that good back support is crucial. Stop doing an abdominal exercise if you experience pain or discomfort anywhere in your back.

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# Recruitment & Retention Matters: The Future of USPHS - Moving Forward with a New Paradigm in Recruitment

Contributed by LCDR Scott Steffen and LT Chinyelum "Chi-Chi" Umejei,  
on behalf of the Recruitment and Retention Committee

As Junior Officers we all know what it means to serve and support the United States Public Health Service (USPHS) mission. Historically, this was accomplished in part through clinical work and our public health endeavors. Throughout the years we have had many accomplishments and throughout it all the Corps has always focused on the changing needs of the nation. This allows the Corps to shift into new paradigms and that includes the ability to determine the type of officers we'd like to bring into the Corps. This paradigm shift has been discussed by the Deputy Surgeon General RADM Boris Lushniak for the past few months and is advocated for by Dr. Howard K. Koh, Assistant Secretary for Health for the U.S. Department of Health and Human Services. Dr. Koh discussed this paradigm shift during his presentation at COF this year, where he talked of the five pillars for the placement of the next generation of officers. At least one of these following five pillars must be met for future positions: 1) serves needs of vulnerable or medically underserved populations; 2) satisfies significant unmet need to serve in hardship locations or difficult to fill positions; 3) requires 24/7 availability or rapid deployment capabilities; 4) requires regular interactions with other uniformed services; 5) cannot be filled without the Commissioned Corps to address an important public health need. With these pillars in mind the USPHS can use information from internal and external stakeholders to target recruitment for individuals to satisfy the stakeholder's needs in a rapid manner.

Significant internal reflection by Corps leadership determined that the USPHS needs to get back to its core values of serving the underserved and vulnerable populations of the United States. To help identify these areas or professions of need, a well-established relationship must be fostered between the Corps and the agencies it serves. These priorities will be triaged as to target underrepresented professions for the underserved populations by having newly appointed officer's start their careers in these areas. This new shift may put newly called to active duty officers in places that first and foremost meet the needs of the Nation, the agencies, and the Corps.

In preparation of this paradigm shift, Division of Commissioned Corps Recruitment (DCCR) staff will be developing marketing/recruitment strategies to best support the direction of the Corps in the future. With a focus on targeted recruitment it will allow the Corps to implement improved business processes to improve the overall commissioning process as well. The Corps needs may change as our stakeholders' needs change. The Corps also plans to set more accurate expectations about Corps positions. For example, if an officer is trying to join the Corps, but their profession is not one that is presently needed, we need to be better at communicating with them because there may not be a need for them at the present moment. This recruitment approach along with improved stakeholder communication and customer service will provide the latitude needed to adjust to the ever-changing needs of the Nation and the multitude of federal agencies serviced by the USPHS.

Another major change these pillars will affect is the application process. Previously, the Corps had more or less a "come one, come all"

mentality toward increasing recruitment numbers. Unfortunately, this has put a huge burden on, what many feel is, a broken application process because of the limited Office of Commissioned Corps Operations (OCCO) staff and the huge influx of applicants. This has resulted in individuals waiting as much as 13 months before being qualified for commissioning and thus often times results in the loss of highly qualified candidates. With the above-mentioned targeted recruitment and accurate expectations upfront, OCCO can triage applicants to get them to underserved duty stations quickly. To be clear, in the USPHS there is no direct force management like our sister services; however, the goal of the new application process is to expedite individuals in getting boarded and assist them in finding a position. For this next generation of officers, Corps leadership wants a faster process and to have all new call to duty officers go directly to the Officer Basic Course then onto their first assignments. By speeding up the application process and reducing the application burden on OCCO, the Corps can reestablish its role in the field and provide better service and support to internal and external stakeholders. Furthermore, the expectations of both candidates and agency stakeholders can be better defined resulting in a more transparent process.

The five pillars discussed by Assistant Secretary Koh are the results of tough decisions that were made by the Department of Health and Human Services (DHHS) and USPHS leadership. They will clearly change the way we recruit and bring people into the Corps. It will especially impact officers early in their careers. Field assignments can positively impact officers by providing them a better context about the Corps and enabling them to develop in ways they may not have thought about before. However, this does not mean that the Corps will be abandoning positions in metropolitan areas, officers in these positions still do great work and that will continue. Change can be difficult, but sometimes change is good; targeted recruitment could certainly have a positive effect on future generations of officers by getting them more involved in fieldwork and by laying down a firm foundation for them to develop into the best officer they can be.

The JOAG Recruitment and Retention Publications subcommittee would like to thank CDR Thomas Pryor, Senior Recruitment Specialist within DCCR and Deputy Surgeon General RADM Boris D. Lushniak for their comments during the preparation of this article.

*Here in the quarterly segment of Recruitment and Retention Matters we discuss issues to help facilitate recruiting by informing junior officers about new or key information to disseminate recruitment materials accurately and effectively. We also would like to use this segment on occasion to highlight recruitment efforts by fellow junior officers, so if you would like to share your career fair experience with other officers please send it to the address below. If you have any questions, comments, or topics you would like us to cover please contact the JOAG Recruitment and Retention Publications subcommittee at [scott.steffen@fda.hhs.gov](mailto:scott.steffen@fda.hhs.gov) or [cumejei@yahoo.com](mailto:cumejei@yahoo.com).*

## Arctic Crossroads 2011

Contributed by LCDR David Lau,  
on behalf of the JOAG Professional Development (PD) Committee

Operation Arctic Crossroads is a community outreach effort of the United States Coast Guard across Northern Alaska that incorporates local knowledge with the expertise from military and humanitarian responders to meet the challenges of operations in the Arctic. One important aspect of this mission involves bringing in specialized medical care to serve the residents of this remote Arctic region.

From 30 May 2011 thru 11 June 2011 a USPHS medical team comprised of a USPHS physician (CAPT Henry Shen-USCG), podiatrist (LCDR David Lau-IHSC/DHS) and optometrist (LT Ha Thi Huynh-IHS) deployed to Kotzebue, Alaska a remote Inupiat Eskimo village 33 miles north of the Arctic Circle in Northwest Alaska to provide medical care in support of Arctic Crossroads 2011.

The team spent Week 1 of the deployment in Kotzebue, AK at Maniilaq hospital, seeing patients in the clinic. I also had the opportunity to spend some time at the Senior Center seeing patients who were non-ambulatory, being in wheelchairs or bedbound. Seeing elders are always very rewarding not only in that we are able to assist and treat them for their medical problems, but also have the opportunity to hear the stories of their lives and memories of their past, priceless treasures which allow a glimpse into simpler times forgotten, where happiness was abound just living the simple life.

LT Huynh and I also volunteered to open and run the Eye Clinic on Saturday to help meet the patient overload, including some wheelchair bound patients from the senior center. Since I only do feet and not eyes, I only provided minimal clinical and mostly administrative support. However, we had the patients covered from head to toe, and everything in between, no pun intended.. Both the patients and hospital were very grateful for these additional clinic hours.



LCDR David Lau



LCDR David Lau with one of his patients.

During Week 2 the team flew out to the remote villages of Point Hope and Selawik, AK to see patients. These 2 communities are only accessible by air or boat, weather permitting. Point Hope is a whaling village, and we were offered a quick introduction to the local Eskimo diet. While doing a house call on a patient our "hosts" also offered us "muktuk", a traditional Inuit/Eskimo meal of whale skin and blubber. This delicious raw treat was very welcoming and much appreciated. I had always wanted to try "muktuk." I had the opportunity to try "Eskimo Ice Cream" last year on Arctic Crossroads 2010, another dessert treat made from salmonberries, berry jam, and seal oil. The other community, Selawik, is especially unique in that the entire village is built on wooden planks. This includes all the roads. There are no automobiles in this remote community, and four-wheeler and snowmobile are the two motorized forms of transportation.

We spent 2 days each in Point Hope and in Selawik. After flying out to the villages in the morning, we started seeing patients immediately once the clinic was set up and our patients started arriving. For the first clinic day in both villages, we saw patients through midnight, maximizing the use of all available time in the village. Since we were in the Arctic Circle so far north, the sun kind of goes down around 0200, and comes up at around 0400 so we always had daylight. We overnighted in each of these two villages, staying in the local "hotel" in Point Hope and in the clinic visitors' quarters in Selawik. We flew out on the second day from each village on the last flight out back to home base in Kotzebue. As news of the team got to the other remote villages, they also requested that we visit them. Unfortunately, our time on this deployment was limited and there was no additional time to visit any additional villages.

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## Applied Public Health Team (APHT)-2 Participation in Operation: Foothold

Contributed by LTJG Kazuhiro Okumura

For officers on deployment teams, the Office of Force Readiness and Deployment (OFRD) Summer Field Training Exercise (FTX) has become a staple like backyard summer barbecues. OFRD this year combined the Summer Field Trainings of the same deployment groups and I had the privilege of attending the FTX for a second time. As a member of Applied Public Health Team 2 (APHT), we descended upon Pikeville, Kentucky along with Rapid Deployment Force 2 (RDF), Services Access Team 2 (SAT), and Mental Health Team 2 (MHT). Approximately 150 officers spent a week in the small town of 6,500 residents. For the second year, APHT was tasked with working with local stakeholders to plan and carry out various public health projects. This year our project leaders worked with the Pike, Floyd, Magoffin, and Johnson county health departments, the Epidemic Intelligence Service officer assigned to Kentucky, LT Amy Kolwaite, and the Kentucky Department of Public Health.

A public health need that was identified during the planning stages was testing for contamination at a local water source. Water sampling at Elkhorn Creek and Russell Fork Water was conducted. The objectives were to test for E. coli and fecal coliform contamination and evaluate areas for potential coliform sources. All samples were well below Environmental Protection Agency's (EPA) standards for full body contact. The project was able to provide the county health department with baseline data that can be used in the future.

One of the more unique projects that were developed was to speak to Pike County seniors on various topics related to health and wellness. CDR Iris Valentin-Bon, LCDR David Lum, and I were selected to work on conducting a presentation on the subject of preventing food-borne illness. The presentation was based on the four rules of food safety: "Clean, Separate, Cook, and Chill." Over 50 seniors attend the event and Thermym the Thermometer's appearance was especially well received by the audience.

The Pike County Health Department also identified that well water and air sampling be conducted on five homes for potential contamination from underground mine gases. All five homes were located in close proximity to coal and natural gas mines. The team concluded that mine gases were affecting the water quality and gases that were leaking from the wells were at or above explosive concentrations.

Members from the team conducted grocery store surveys with county employees. A total of six stores were surveyed and determined that the state of Kentucky had adopted 2005 FDA Food Code. The members of the team were able to establish positive relationships with the county for future projects.

Another project was the review of all Safety Management Plans for all Pike County Schools. A total of 23 plans were reviewed and individual reports were written for each school. As a result of the review, the team determined that a Hazard Vulnerability Assessment should be performed at all schools to identify weaknesses and to incorporate the results of the assessment into new plans.



**LTJG Okumura and CDR Valentin-Bon (as Therymy) speaking to Pikeville seniors on preventing food borne illness.**

Radon and lead testing was conducted in Pike County. In areas with high rates of lung cancer, radon gas test kits were distributed. In addition assessments for lead paint and dust was completed. This team deployed 76 radon samples and provided the county with baseline data to make future public health decisions.

The largest of the projects in terms of scale carried out was the Community Assessment for Public Health Emergency Response (CASPER) survey. The CASPER survey is an epidemiologic technique designed to provide quickly and at low cost, household-based information about community needs in a simple format to decision-makers. The types of questions range from the ages of the people living in the household to medical conditions, and the types of communication devices available. In the two days, 36 people covered four counties and completed 409 surveys, which was 97% of the completion target.

A Body Mass Index (BMI) data analysis of sixth graders in Pike County was also completed. Data was collected earlier in the school year and this data was analyzed using free software from the Centers for Disease Control & Prevention (CDC). The team concluded that 50% of sixth graders in 10 of 12 Pike county schools were obese, and this data would be useful in targeting and evaluating healthy weight initiatives. Recommendations were made to share this data with the state health department and to continue BMI assessments using the free CDC software.

Special thanks go out to all of the APHT2 project leaders and team leadership who worked for six plus months to develop all of these projects. There is an incredible amount of planning that goes into these projects that so that the rest of us can benefit from the week we spend in these communities. I highly encourage all junior officers to join a deployment team early on in their career. Joining these teams does more than just being able to put something down on your CV. In my case I have developed friendships and connections with my teammates that I will rely on for the rest of my PHS career.

## USPHS Officers Go Green

Contributed by LCDR Sara Anderson

If you are green-friendly, have a great love of nature and the outdoors like me, and want to do your best to protect the environment, then check out your local tour. If you are lucky like me at the National Institutes of Health you will find plenty of opportunities to go “green.” Two recent events occurred including Earth Day 2011 and National Bike to Work Day.

NIH in conjunction with its health mission fully celebrates Earth Day. It is combined with “take your child to work day” thus allowing a perfect opportunity for children at an early age to learn how to protect the environment. Children participated in up to thirty events, from being able to see up close rescued raptures from the Maryland Department of Natural Resources including a great horned and screech owl, to planting tree seedlings.

I was able to serve as a volunteer collecting recyclables. Items like old sneakers can be used to build playgrounds as well as eyeglasses to donate to underserved populations. One donor I spoke to stated that she had been involved in a project which brought eyeglasses to isolated communities in South America. One elderly Spanish woman she had worked with was thrilled at age sixty-nine to finally have her first pair of glasses. The best part about collecting recyclables was that I was able to educate individuals at Earth Day about what is done with the recyclables. At my off-campus building, I inspired co-workers to get a jump start on their spring cleaning by placing boxes to collect recyclable items. Marianne Nogle commented “LCDR Anderson not only inspired me to do some de-cluttering, but also informed me how my extras could help out other individuals.”

I wasn’t the only USPHS officer at NIH who volunteered on Earth Day. LCDR Lester of Engineering distributed containers with EZ freeze at the bottom. No need to bring bag lunches. Just place your food in this container overnight in the refrigerator and it will stay cold throughout the next day.

Want to combine exercise with going “green?” Biking to work is a great solution. NIH Biking Club provides mentors to help employees find the safest bike path to work.



LCDR Sara Anderson demonstrates the proper use of a recyclable lunch container

My biking mentor, Lisa Finkelstein, states: “Biking to work protects the environment by reducing fossil fuel use and decreasing the air pollution generated by using a car. When you leave your car in the driveway, you not only help the environment but you also improve your health and fitness while keeping more money in your wallet (gas is expensive!).”

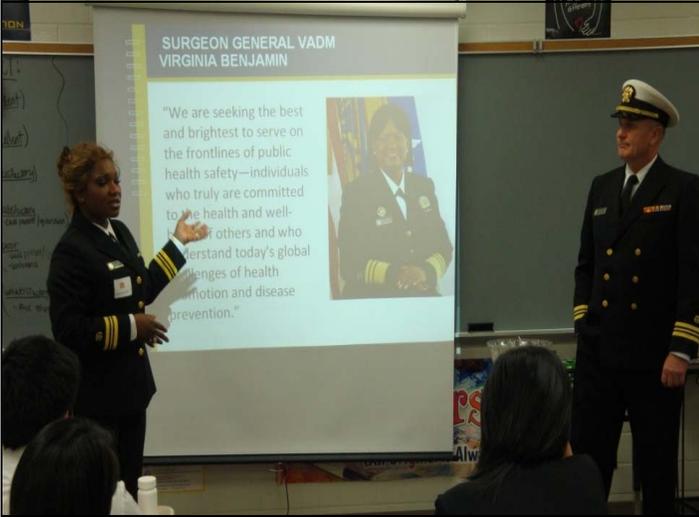
National Bike to Work day at NIH celebrates those who engage in these physical endeavors. On this day, three pit stops were set up at major sites. Not only did I get coffee, bagels, and pastries for biking to work, but also a local outdoor company traded in old socks for new socks (they are recycling the old socks). NIH won again this year from the Metropolitan Washington Council of Governments for having the most employees (700) in this event. My co-worker, Meretu Tesso, was inspired. “Perhaps I will now start biking to work,” she commented.

So you want to go greener? Look around at your agency. Perhaps there are opportunities you can take part in. Lack of opportunity? Think about starting a Green Committee at your tour. I did it during my previous tour. Local environmental organizations offer workshops on how to create a Green Committee at work. Protecting the environmental health of our nation is a part of the mission of the USPHS. Find out what you can do at your tour as you continue to enjoy what’s left of our great outdoors.

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

## Plant the Seed, Ripe Tomorrow

Contributed by LCDRs Linda Egwim and Rick Newton



**LCDRs Linda Egwim and Rick Newton provide career day presentation on the U.S. Public Health Service**

PHS officers in Houston are going as far as they can to plant the PHS seed of opportunity. Houston PHS officers are seizing every chance to showcase the outstanding career opportunities within the PHS. We were out to impact the beautiful lives of these young and bright 8<sup>th</sup> graders at the 10<sup>th</sup> Annual Dulles Middle School Career Day. The activity was centered on the theme; “Today’s Students, Tomorrow’s Professionals”.

These excited and inquisitive minds are at the beginning of their career search. What better time to introduce them to the great professional opportunities within the PHS? The turnout was great and impressive; we had approximately 120 students over 9 sessions. Each session lasted 15-20 minutes with about 13-15 students. Although we did not present any specific professional track; almost every student, parent and teacher found a potential opportunity within PHS after the presentation.

The students were amazed at the PHS uniform and professional appearance. They were blown away when they realized that one could serve our nation without bearing weapons or going to war. This was one of the

myths identified with uniformed service. They were passionate and excited about the PHS mission. They were informed that the Public Health Service strives to prevent and promote the Nation’s health on land, sea and overseas. We gave few practical examples of missions completed that most of them had experienced and witnessed first hand such as Hurricanes Ike and Katrina. They did not know who and where the health care professionals that assisted thousands came from.

Surprisingly, they had more interesting and intriguing questions than I did when I was in college. Looking back at the detailed questions they asked, it was obvious that these 8<sup>th</sup> graders are ready and stirring the water well. If I had asked the type of engaging questions they asked, I would have joined PHS at a very early year of my career.

Planting this seed might not have seem worth the while considering their age and grade, but, it was completely worth every minute invested. Above-all, it was a great rewarding experience, and it was an opportunity to broaden their career search. I have never seen a group of young teenagers that are interesting in what they want to be.

## JOAG Award Recipients

Contributed by the JOAG Awards Committee

*On June 20, 2011, the Annual JOAG Awards were presented at the Commissioned Officers Foundation (COF) Luncheon held during the USPHS Scientific & Training Symposium. Three outstanding officers were recognized for their contributions and achievements.*

The VADM Richard H. Carmona Inspiration Award was presented to CDR Heidi Blanck for her outstanding leadership by example, mentorship, empowerment, unwavering support, and overall inspiration and motivation to Public Health Service Junior Officers.



CDR Heidi Blanck with nominator LCDR Cria Perrine



LCDR Mahyar Mofidi

Junior Officer of the Year was presented to LCDR Mahyar Mofidi for his outstanding service, superior leadership, and significant contributions to the mission of the U.S. Public Health Service.

The JOAG Excellence Award was presented to LT Tracy Tilghman for her outstanding service and commitment to JOAG through active committee participation and visible leadership.



LT Tracy Tilghman

## JOAG Recognition Certificate Recipients

Contributed by the JOAG Awards Committee

**Congratulations to the following officers who received the Non-Voting Member Co-Chair Certificate, Non-Voting Member Secretary Certificate, or Outstanding Non-Voting Member Certificate.**

*Non-Voting Member Co-Chair*

**Development Committee**

LCDR Kevin Bates

**Welcoming Committee**

LTJG Beth Osterink

*Non-Voting Member Secretary*

**Awards Committee**

LT Adam Hughes

**COF Planning Committee**

LCDR Matthew Weinburke

**Communications and Publications Committee**

LT Danielle Mills

**Development Committee**

LCDR Monica Jessup

**Inter-Services Collaboration Committee**

LCDR Tammy White

**Membership Committee**

LCDR Eva McLanahan

**Policy and Procedures Committee**

LT Tala Hooban

**Professional Development Committee**

LCDR Dominic Frasa

**Recruitment and Retention Committee**

LCDR Laurelle Cascio

LTJG Christina O'Leary

**Welcoming Committee**

LCDR Christine Olson

*Outstanding Non-Voting Member*

**COF Planning Committee**

LT David Schwab

**Communications and Publications Committee**

LCDR Gene Gunn

**Development Committee**

LT Keisha Johnson

**Executive Committee**

LT Brittany Laymon

LCDR Scott Klimp\*

LCDR Rebecca Bunnell\*

**Inter-Services Collaboration Committee**

LCDR Jennifer McLellan

**Membership Committee**

LT Robert Kosko

**Policy and Procedures Committee**

LT Tala Hooban

**Professional Development Committee**

LCDR Heidi Hudson

**Recruitment and Retention Committee**

LCDR Joel Hutstedt

**Welcoming Committee**

LCDR Eva McLanahan

*Admiral's Corner (continued from Page 4)*

**AC:** Many active duty reserve PHS officers have inquired if they are Regular Corps after the Patient Protection and Affordable Care Act passed in 2010. Would you like to officially clarify this concern?

**DCCPR Director:** I clearly understand there has been confusion. Officers that were our former 'active duty Reserve Corps' are now Regular Corps officers after passage of the ACA on March 23, 2010. However, personnel orders are still on hold for reasons that do not affect that status. When I receive information I can disclose, I will certainly make it transparent. I hope this clarifies the situation.

**AC:** The USPHS Ready Reserve Corps is a continual work in progress. Please elaborate on its current status?

**DCCPR Director:** You are correct stating it is a work in progress. We have drafted policy on the Ready Reserve Corps and forwarded to senior leadership. We continue to appropriately inquire about further development of the Ready Reserve. We are also proactively having meetings to prepare if the green-light is given.

**AC:** Change is constant. What do you envision the DCCPR becoming?

**DCCPR Director:** The principal Division that provides an essential, valued and accountable cadre of U.S. PHS Commissioned Corps Officers to serve HHS and its partners to protect, promote and advance the health and safety of the nation. The Division will enhance and strengthen the Corps as an asset to the Department, agencies and all our customers.

**AC:** Admiral Giberson, thank you for discussing the Division of Commissioned Corps Personnel and Readiness and we wish you much success in your new role.

**DCCPR Director:** Many thanks for allowing me to share some ideas and perspectives with you. As a final comment, I hope that we as officers can all be role models for health. Look and act the part of a commissioned officer and health professional, and don the uniform with pride. Demonstrate every day that you exemplify and embrace the missions, traditions and values of our service and stand ready to accept additional responsibilities. That is what being a Commissioned Corps Officer is all about.

Please send any ideas or questions for future "Admirals Corner" columns to LCDR David Wright at [David.Wright2@fema.dhs.gov](mailto:David.Wright2@fema.dhs.gov).

*Arctic Crossroads (continued from Page 7)*

This deployment provided a fantastic opportunity for our team to learn more about the culture of the region while providing important medical care to the remote villages. All three team members brought a wealth of IHS knowledge and experience. Dr. Shen, an Alaskan Native, started his career with IHS in Alaska, and has served most of his entire USPHS career in Alaska. Dr. Lau also started his career with IHS and spent 11 years as an IHS podiatrist. Dr. Huynh has been an IHS optometrist at the Four Corners Regional Medical Center in Teec Nos Poc, AZ in Navajo Nation for the last four years, starting her career there.

The deployment also provided other enrichment opportunities during our spare time, which was little. While up in Point Hope, we were able to see the still frozen Arctic Sea. We did not chance to walk on it due to fear of falling thru the ice. The National Park Service's Northwest Arctic Heritage Center in Kotzebue also offered a nice gathering place on Tuesday evenings to watch free documentaries on Arctic life along with also providing insight into the area's wildlife and heritage. Our hospital friends had a BBQ cookout for us in Kotzebue. We were also able to watch and hear the floating ice coming down the river and going out to sea in Kotzebue -definitely a visual and audio experience. We were so blessed to be able to take advantage of these unique opportunities.

In closing, the entire team was truly very dedicated and passionate concerning our mission in serving the underserved, and carried out the entire deployment in this fashion. I believe I can speak for the entire team and say that this was one of the most rewarding experiences in our professional careers. Although we worked very hard and were at times exhausted, knowing there were many patients wanting to see us, and the fact that we were able to take care of these patients provided us the adrenaline and energy shots we needed to keep on going.

The Manillaq Hospital CEO may have said it best:

"On behalf of the MHC staff, I wanted to thank you and your colleagues for your visit over the past couple of weeks. You provided outstanding, much needed care to our communities and have our heart-felt appreciation for doing so. You are an inspiration for us all. Your team's ability to 'improvise and adapt' shows a keen insight into life in bush Alaska and was very much appreciated. Finally, your individual enthusiasm was contagious and the breath of health care system knowledge you shared opened many doors for our team to explore. It is my hope that we can stay in touch and that you will visit us again in the future."

Visit JOAG at: <http://www.usphs.gov/corpslinks/joag/>

# Junior Officers in Action at the USPHS Scientific and Training Symposium

Courtesy of CDR Donald Schmidt



## JOAG Congratulates all Junior Officers on their recent/upcoming promotions!

(Promotion Cycles June-Dec. 2011)

### To Temporary Commander (O-5)

#### Medical

Sapna Bamrah	07/01/2011
Ezra Jacques Barzilay	08/01/2011
Suzanne Farr Beavers	07/01/2011
Deron Cornell Burton	07/01/2011
Douglas Chin-Lu Chang	07/01/2011
Tai-Ho Chen	08/01/2011
John Stanley Condojani	10/01/2011
Ryan P. Fagan	08/01/2011
Nicholas Hilkert Gaffga	07/01/2011
Gavin Bayan Grant	07/01/2011
Juliana Sarah Grant	07/01/2011
Craig Maurice Hales	07/01/2011
Felicia Maude Toby Lewis	07/01/2011
Sara Elizabeth Luckhaupt	10/01/2011
Randall J Nett	07/01/2011
Christine Kay Olson	08/01/2011
Philip J. Peters	08/01/2011
Tiffany Marie Sanders	07/01/2011
Samir Vinodrao Sodha	07/01/2011
John Renn Su	07/01/2011
Kathrine May Tan	07/01/2011
Jennifer Rabke Verani	08/01/2011
Arthur Macrae Wendel	07/01/2011
*Dena Lynn Wilson	07/01/2011

#### Scientist

Candido Alicea	07/01/2011
Marco Antonio Bennett	10/01/2011
Aditya Avinash Bhagwat	11/01/2011
Cheksha Shani Clingman	07/01/2011
Bryan Michael Davidson	09/01/2011
Nicole Lynn Frazer	07/01/2011
Brian Hutchison Harcourt	12/01/2011
Christopher Lee Hunter	07/01/2011
Eric Steven Pevzner	07/01/2011
Sharon Hope Saydah	07/01/2011
Richard Paul Schobitz	07/01/2011
*Paul Ryong Seo	07/01/2011
Andrea J. Sharma	07/01/2011
David James Skanchy	07/01/2011
John Stansberry	07/01/2011

#### Scientist

Anthony Phillip Tranchita	10/01/2011
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#### Dietician

*Heather Michelle Dimeris	07/01/2011
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Christopher Patrick Dunbar	10/01/2011
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#### Dietician

Elaine B. Little	07/01/2011
Mary C. McCormick	07/01/2011
Lisa Hope Moser	07/01/2011

#### Dental

Christopher J. Bennett	09/01/2011
David Barrett Collier	10/01/2011
Miguel A. Franco	07/01/2011
John Vincent Linhart	10/01/2011
Jennifer Lynn Lombrano	07/01/2011
Yaohsien Peng	12/01/2011
Kyle Robert Stiefel	07/01/2011
Leira A. Vargas-Del Toro	07/01/2011

#### Environmental Health Officer

Michael D. Boley	07/01/2011
Michael George Box	07/01/2011
Randy James Boylstein	07/01/2011
Kenneth Michael Crombie	07/01/2011
Timothy P. Duffy	10/01/2011
Hayden R. Hardie	07/01/2011
Martin Leon Smith	07/01/2011
*Christopher K. Vantwuyver	07/01/2011

#### Therapist

Matthew Joseph Armentano	07/01/2011
Michelle Baker	08/01/2011
Teshara G. Bouie	07/01/2011
Alexander Karl Brenner	07/01/2011
Jessica Tara Fedra	07/01/2011
Mary Thembani Glenshaw	08/01/2011
Joseph Sean Golding	10/01/2011
Dan M. Smith	07/01/2011
Jodi Anne Tanzillo	07/01/2011
Jill Joanna Tillman	07/01/2011
Anne K Whitis	07/01/2011

#### Nurse

Pamela Sue Abrams	07/01/2011
Trellis Evette Adams	07/01/2011
Glenn R. Archambault	07/01/2011
Michelle Elyse Arena	09/01/2011
Shawn D Armes	07/01/2011
Cenk Ayril	07/01/2011
Wanza Rochelle Bacon	07/01/2011
Robyn Bent	10/01/2011

## JOAG Promotions

(Promotion Cycles June-Dec. 2011)

Contributed by the JOAG Welcoming Committee

### To Temporary Commander (0-5)

#### Nurse

Heather Ann Bonsell	07/01/2011
Eric Lee Campbell	07/01/2011
Richard Burnell Canning	07/01/2011
Eiginia Chacon	07/01/2011
Nichole J. Chamberlain	10/01/2011
Laurel A. Christians	10/01/2011
Ramona D. Clifton	07/01/2011
Elizabeth D. Connell	07/01/2011
Dino Raul Dominguez	07/01/2011
Joel David Dulaigh	07/01/2011
Giles Daniel Durano	11/01/2011
Leah R. Earl-Begay	07/01/2011
Bradley John Espeseth	10/01/2011
Anthony Wayne Ferrebee	07/01/2011
Alice Marie Fike	09/01/2011
Alfonso Flores	07/01/2011
Cynthia Hardin Gaia	07/01/2011
Angel H. Garced	07/01/2011
Tammy Lea Gragg	07/01/2011
Sandra Joy-Ann Griffith	07/01/2011
Maya Devonne Gripper	10/01/2011
Nongluk Gritsadanuruk	07/01/2011
Vanessa Marie Hadley	07/01/2011
Martin Dale Hamilton	10/01/2011
Joseph Marian Holshoe	12/01/2011
Nadina Adell Jean	07/01/2011
Donna Sue Johnson	07/01/2011
Natalie A. Keating	07/01/2011
Melanie Jo Kimmery	10/01/2011
Michael Charles Krumlauf	07/01/2011
Yvette Maria Lacour-Davis	10/01/2011
Scott Bradley Lamberson	07/01/2011
Lea Latham	07/01/2011
Anthony George Leonard	11/01/2011
Cynthia Ann Long	08/01/2011
David Michael Magnotta	07/01/2011
John Thomas Mallos	10/01/2011
John Lemuel Manuel	07/01/2011
John T. Marchand Jr.	10/01/2011
Darla Mary McCloskey	10/01/2011
Lois Jean Miller	07/01/2011
Brenda Eloistine Mitchell	07/01/2011
Aisha Kilolo Mix	12/01/2011
Aline Marie Moukhtara	08/01/2011
Bennie Joe Mullins Jr.	07/01/2011
Goldie Nwachuku	07/01/2011
Dawn Oleyte	07/01/2011
Shane Douglas Parks	10/01/2011
Hung P. Phan	10/01/2011

#### Nurse

Aileen Renolayan	07/01/2011
Dustin Brian Rider	07/01/2011
Davonda Osborne Roberts	07/01/2011
Anne Kathleen Rogers	07/01/2011
Rodney R. Sahr	07/01/2011
Sherbet Lenora Samuels	10/01/2011
Terri Lynn Schrader	07/01/2011
Tania Eva Schuppius	07/01/2011
Heather Elizabeth Skelton	10/01/2011
Susan E. Smith	07/01/2011
Sarah L. Sorrelman	07/01/2011
Robbie K. Taylor	07/01/2011
Shannon Tuckwin	07/01/2011
Amy Lynn Valderrama	08/01/2011
Erik Shane Vincent	07/01/2011
Faith Mccall Walsh	07/01/2011
Delinda Carol West	07/01/2011
William George Worthington	07/01/2011

#### Veterinarian

Casey Behravesch	07/01/2011
Bryan Frank Buss	08/01/2011
Stacy Marie Holzbauer	08/01/2011
Dwayne William Jarman	07/01/2011
*Richard R. Luce JR	07/01/2011

#### Health Service Officer

Jason Dean Abel	07/01/2011
Mark Joseph Agnello	07/01/2011
Marjorie Baldo	07/01/2011
Karen Denise Beckham	07/01/2011
Maria Lourdes Benke	07/01/2011
Maricela Bonilla	10/01/2011
Donna Kay Brown	07/01/2011
Mark A. Bryant	10/01/2011
Tina Y Bryant	07/01/2011
Sharon L. Bydonie	07/01/2011
Julian S. Canizares Jr.	10/01/2011
*Alnissa Tijuana Carter	07/01/2011
Jeffrey Allen Christopher	07/01/2011
Janet Cliatt	07/01/2011
Christopher Duane Cline	07/01/2011
Janet Denise Cochran	07/01/2011
Helen H Cox	10/01/2011
Stacey R. Evans	07/01/2011
*Martha Sonsiris Fermin	07/01/2011
Robin Renee Goodwin	07/01/2011
Darrel T Hamel	07/01/2011

\*EPP

## JOAG Promotions

(Promotion Cycles June-Dec. 2011)

Contributed by the JOAG Welcoming Committee

### To Temporary Commander (O-5)

#### Health Service Officer

Roger John Harris	10/01/2011
Suzanne Carole Hennigan	07/01/2011
Cecily Miesha Jones	07/01/2011
Vernita Michelle Jones	07/01/2011
Dale Lynn King	07/01/2011
Douangchit	
Moungthane Kirivong	07/01/2011
David Lau	11/01/2011
Kelly D. Lucas	07/01/2011
Scarlett A. Lusk	07/01/2011
Jerald Lee Mahlau-Heinert	07/01/2011
Miguel Angel Medina	07/01/2011
Traci Hillman Mullins	07/01/2011
Todd B. Pelton	07/01/2011
Gerarda Wedderburn Persad	07/01/2011
Chauha Thi Pham	07/01/2011
*Ronald R. Pinheiro	07/01/2011
Anita S. Pullani	07/01/2011
Josef F. Rivero	07/01/2011
Karen V. Romancito	07/01/2011
Joseph N. Roth Jr.	11/01/2011
Rachael Trimpert. Schmidt	10/01/2011
Sarah A. Stienbarger-Prei	07/01/2011
Robert Stuart Swanson	07/01/2011
*Shawn Deshannon Taylor	07/01/2011
Sherry L. Taylor	07/01/2011
Robert Anthony Windom	07/01/2011

#### Engineer

James E. Begeman	07/01/2011
Brian Jeffry Breuer	07/01/2011
Gretchen Anne Cowman	10/01/2011
Alexander James Dailey	07/01/2011
Cathie Marie Frazier	10/01/2011
Paul Eldred Frazier	07/01/2011
Thomas D. Hammack	07/01/2011
M. Stefanie. Pecos-Duarte	07/01/2011
Rebecca E Pollis	07/01/2011
Billy J. Porter	07/01/2011
Jennifer A. Proctor	10/01/2011
Nikhil Ajit Thakur	10/01/2011

#### Pharmacy

Irene Ahlstrom	07/01/2011
Lori Jean Alred	07/01/2011
Richardae T. Araojo	07/01/2011
Ray Harris Branson	07/01/2011

Gerald R. Brown Jr.	07/01/2011
Ivanne Lynne Chiovoloni	07/01/2011
Eunjung Esther Chuh	10/01/2011
Hollie Joanna Cook	07/01/2011
Alisea R. Crowley	07/01/2011
Kerri Tracey Culligan	07/01/2011
Cristen Ann. Dando	07/01/2011
Peter Seth Diak	07/01/2011
Ida-Lina Diak	07/01/2011
Matthew Robert Dionne	07/01/2011
Larron Stanley Dolence	07/01/2011
Dana Renee Evans	07/01/2011
Krista Sue Evans	07/01/2011
Forest R. Ford Jr.	07/01/2011
Lori Evans Hall	07/01/2011
Robert Lee Harkey	07/01/2011
Dianna L. Hatfield	07/01/2011
Elizabeth L. Helm	07/01/2011
Thomas Owen Hinchliffe	07/01/2011
Lisa H. Kwok	07/01/2011
Thang Xuan La	07/01/2011
Timothy Michael Lape	07/01/2011
Nicole Lee	07/01/2011
Jinhee Jahng Lee	07/01/2011
Aaron Paul Middlekauff	07/01/2011
*Lori Beth Moore	07/01/2011
Jaime Kristine Morris	07/01/2011
Binh Telvin Nguyen	07/01/2011
Kimthoa Thi Nguyen	07/01/2011
Amy L. Osborn	07/01/2011
Paras Mahendra Patel	07/01/2011
Mimi Thanh-Uyen Phan	07/01/2011
Cy James Riffle	07/01/2011
*Rachel Lumena Louis Rivera	07/01/2011
David Jay Schatz	07/01/2011
Andrew James Shiber	07/01/2011
Michael Earl Shuster	07/01/2011
Kelley Marie Simms	07/01/2011
Eric Christopher Skan	07/01/2011
Steven C. Smalley	07/01/2011
Emily T. Thakur	07/01/2011
Judith Beth Thompson	07/01/2011
Kristina Arnwine Toliver	07/01/2011
Jialynn K. Wang	07/01/2011

## JOAG Promotions

(Promotion Cycles June-Dec. 2011)

Contributed by the JOAG Welcoming Committee

### To Temporary Lieutenant Commander (O-4)

#### Pharmacy

Kendra Camille Worthy	07/01/2011
Yon Chu Yu	07/01/2011
Joseph F. Zagame III	07/01/2011

### To Temporary Lieutenant Commander (O-4)

#### Scientist

Danielle Triniece Barradas	07/01/2011
Adam Clarence Bjork	07/01/2011
Neil John Bonzagni	07/01/2011
Zewditu Demissie	07/01/2011
Elizabeth Lee Edwards	10/01/2011
Michael Jay Franks, Jr.	07/01/2011
Amy Lynn Freeland	07/01/2011
Asha Zakiya Ivey	07/01/2011
William Lyman Jeffries IV	07/01/2011
Juan Carlos Lacayo	07/01/2011
Andrew Paul Lloyd	07/01/2011
Xiaowu Lu	07/01/2011
Lara Katherine Misegades	07/01/2011
Todd Earl Myers	07/01/2011
Erika Camille Odom	07/01/2011
Ruiqing Yang Pamboukian	07/01/2011
Cesar Augusto Perez	07/01/2011
Cria Gregory Perrine	07/01/2011
Kenneth Scott Phillips	07/01/2011
Heather Lynn Silvio	07/01/2011
Charlene Amy Sydnor	07/01/2011
Sara Yee Tartof	07/01/2011
Tenaya Nekia Watson	07/01/2011

#### Dietician

Dolores G. Addison	07/01/2011
Destiny Dawn Anderson	07/01/2011
Mary Jane Chappell-Reed	07/01/2011
Samantha Jean Interpreter	07/01/2011
Frank J Koch	07/01/2011
Amanda Drake Loveless	07/01/2011

#### Environmental Health Officer

Kenneth William Fent	07/01/2011
David Steven Firley Jr.	07/01/2011
Monica Laverne Leonard	07/01/2011
Jeremy Scott Mason	07/01/2011
Derek Rolf Sakris	07/01/2011
Elena Bolivar Vaouli	07/01/2011

#### Therapist

Francine Amy Barnett	07/01/2011
Tami Ann Lopes Bonebrake	07/01/2011

#### Therapist

Carlos Alberto Estevez	07/01/2011
Allison Henry Longenberger	07/01/2011
Josef Samuel Otto	07/01/2011
Joann Shen	10/01/2011
Steven Lynn Spoonemore Jr.	07/01/2011

#### Nurse

Audra Jacinda Ashmore	07/01/2011
Regin Suan Baysa	07/01/2011
Sara Wanbli Bear	07/01/2011
Debra Ann Belgarde	07/01/2011
Donna M. Bertone	07/01/2011
Wendy Nicole Blazon	07/01/2011
William Charles Brennehan	07/01/2011
Cassidy L. Brown	10/01/2011
Jose Alberto Burgos	07/01/2011
Dana Leann Cash	07/01/2011
Kianne D. Cavin	07/01/2011
Kamerron Cook Cooper	10/01/2011
Sherri Ann Cote	07/01/2011
Angela Lavon Davis	07/01/2011
Lorenzo Dominguez	07/01/2011
Christopher Chukuka Egelebo	07/01/2011
Charmaine Contreras Flotildes	07/01/2011
Angela Kay Gaikowski	07/01/2011
Allison Kari Gallen	07/01/2011
Ruby M Gideon	07/01/2011
Robin Nicole Godwin	07/01/2011
Lori Lynn Goulet	07/01/2011
Elizabeth Clare Graham	07/01/2011
Violet M. Hart	07/01/2011
Loretta Claudia Haven	07/01/2011
Nakitia Latrecia Jackson	07/01/2011
Jacquelyn James	07/01/2011
Mark Jimenez	07/01/2011
Kerry Kingsley-Smith	10/01/2011
Amy Rebecca Kolwaite	07/01/2011
Steven Philip Link	07/01/2011
Daniel Wade Marcus	07/01/2011
Yolawnda TrINETTE Mckinney	07/01/2011
Gloria Astrid Milster	07/01/2011
Thomas L. Mitchell III	07/01/2011
Yvonne Decastro Mitchell	07/01/2011
Randall Lawayne Morris	10/01/2011
Cimbra Leigh Murphy	07/01/2011
Rebel Dee Nelson	07/01/2011
Janice Oluchi Oparah	07/01/2011
Veneda Tawana Polite	07/01/2011
Venecia Bridgette Rhoden	07/01/2011
Gloria Jean Shuler	07/01/2011
Reginald Orlanda Smith	07/01/2011

\*EPP



## JOAG Promotions

(Promotion Cycles June-Dec. 2011)

Contributed by the JOAG Welcoming Committee

### To Temporary Lieutenant Commander (O-4)

#### Engineer

David Michael Kostamo	07/01/2011
*Kimberly Gene Love	07/01/2011
Krista K. Pihlaja	10/01/2011
Richard Michael Racine	07/01/2011
Tamara Shanese Rosbury	07/01/2011
Michael Paul Sweeney	07/01/2011
Michael David Termont	07/01/2011
Ty Patrick Warner	07/01/2011
Brian Matthew Willoughby	07/01/2011

#### Pharmacy

Cyrus David Agarabi	07/01/2011
Amy Jong Alvis	07/01/2011
Jessica L. Anderson	07/01/2011
Maria Apodaca	07/01/2011
Sean David Berkey	07/01/2011
Lacey Kay Blankenship	07/01/2011
Enoch Kwasi Boateng	07/01/2011
Cassandra May Brockelman	07/01/2011
Ryan William Buff	07/01/2011
Sara L Camilli	07/01/2011
Shin-Ye Chang	07/01/2011
Eunice Haeyoon Chung-Davies	07/01/2011
Susan Maire Draftz	07/01/2011
Lindsay D. Gatrell	07/01/2011
Adam Nicholas George	07/01/2011
Jeffrey Scott Gildow	07/01/2011
Misti Michele Houck Houck	07/01/2011
Julian Pham Jolly	07/01/2011
Juliet Rosemarie Jordan-Joseph	10/01/2011
Abraham V. Kalathil	07/01/2011
Brittany L. Keener	07/01/2011
Ibad Ullah Khan	07/01/2011
John David Kurowsky	07/01/2011
Joseph Henry Landers	07/01/2011
*Tyler George Lannoye	07/01/2011
Jerome Pang Haw Lee	07/01/2011
Lesley Nicole Liggins	07/01/2011
Jennifer Ann Malek	07/01/2011
Prabath Priyantha Malluwa-Wadu	07/01/2011
Janice Lee Maniwang	07/01/2011
Jarrold Eugene Mann	07/01/2011
James Michael Mason	07/01/2011
Michell Rae Mathews	07/01/2011
Ryan Eliot Mccallum	07/01/2011
Jeffrey Scott Mccoy	07/01/2011
Kevin Paul Mcdermott	07/01/2011
Ezra Philip Mell	07/01/2011
Patrick Seth Moore	07/01/2011

Carl Arthur Murray	07/01/2011
Tiffanie L Myers	07/01/2011
Adora Esther Ndu	07/01/2011
Jessica Layne Nelson	07/01/2011
Phung Thien Nguyen	07/01/2011
Cecilia Phung-Kim Nguyen	10/01/2011
Tina T Nhu	07/01/2011
Erica Michelle Niiha	07/01/2011
Shane M Nye	07/01/2011
June P. Page	07/01/2011
Yves Brian Parker	07/01/2011
Hiren Dashrath Patel	07/01/2011
Sheetal K Patel	07/01/2011
Zachary Pearman	07/01/2011
Lindsay W. Peterson	07/01/2011
Quocbao Pham	07/01/2011
Douglas Bee Pham	07/01/2011
Hai Lien Thi Phung	07/01/2011
Monica Michelle Reed	07/01/2011
Thomas Charles Riordan	07/01/2011
Tami Lee Rodriguez	07/01/2011
Hobart Lee Rogers Jr.	07/01/2011
Samuel Madapallil Skariah	07/01/2011
Diana Adelola Solana-Sodeinde	07/01/2011
Narcisso Soliz Jr.	10/01/2011
Penny M. Strother	07/01/2011
Kelly Marie Summers	07/01/2011
Casey Delane Sumner	07/01/2011
Jamie Lynn Tapp	07/01/2011
Weston Dewey Thompson	07/01/2011
James Alan Thurber	07/01/2011
Hamet Michel Toure	07/01/2011
Sydney Quynh Tran	07/01/2011
Angela M. Troutt	07/01/2011
Adrienne Hilda Tveit	07/01/2011
Nicole Marie Vesely	07/01/2011
Rodney Carson Waite II	07/01/2011
Julie Arden Whitmire	07/01/2011
Joshua Paul Wireman	07/01/2011
Thaddus Donovan Wilkerson	07/01/2011
Sarah Elizabeth Yandell	07/01/2011

\*EPP

# JOAG Welcomes 207 Newly Commissioned Officers!

(Apr. – Aug. 2011)

Contributed by the JOAG Welcoming Committee

## BOP

LT Thomas Gera  
 LT Francisco Marilassalle  
 LT Meghan Reilly  
 LT Daniel TRUE  
 LTJG Kenia Altamirano  
 LTJG Michael Anderson  
 LTJG Khateeja Brahim  
 LTJG Isaiah Litton  
 LTJG Trish Wright  
 ENS Kellie Leveille  
 ENS Stephen Russell

## CDC

LCDR William Hanconck  
 LCDR Michael Kinzer  
 LCDR Satish Pillai  
 LCDR Kerry Pride  
 LCDR Gregory Racznik  
 LCDR Timothy Styles  
 LCDR Kristin Yeoman  
 LT Kristie Applegren  
 LT Sara Auld  
 LT Rachel Bailey  
 LT Catherine Burgess  
 LT Grace Chen  
 LT Kevin Clarke  
 LT Raymund Dantes  
 LT Stephanie Davis  
 LT Marie Deperio  
 LT Emily Kainne Dokubo  
 LT David Fitter  
 LT Eleanor Fleming  
 LT Tiana Garrett  
 LT Paul Gastanaduy  
 LT Yoran Grant  
 LT Adena Greenbaum  
 LT Stephanie Griese  
 LT Michael Gronostaj  
 LT Cara Halldin  
 LT James Houston  
 LT Keisha Houston  
 LT David Huang  
 LT Camille Introcaso  
 LT Mathew Johnson

LT Rachel Joseph  
 LT Andrew Kupper  
 LT Alison Laufer  
 LT Terrence Lo  
 LT Robert Luo  
 LT Sarah Meyer  
 LT Christina Mikosz  
 LT Erin Parker  
 LT Manihsa Patel  
 LT Meredith Pyle  
 LT Maria Said  
 LT Heather Scobie  
 LT Isaac See  
 LT Rachel Smith  
 LT Maroya Spalding  
 LT Eboni Taylor  
 LT Amita Toprani  
 LT Joyanna Wendt  
 LT Karen Wong  
 LT Jonathan Wortham  
 LT Stephanie Yendell

## CMS

LCDR Frankeena Wright

## DHS

LCDR Ryan Sheffield  
 LT Alexia Butler  
 LT Deana Foster  
 LT Jeremy Gustafson  
 LT Katrina Martinez  
 LTJG Haydee Cruz

## DOD TMA

LT John Stanson  
 LT Aimee William  
 ENS Nicole Crosby

## EPA

LCDR Brian Bearden

## FDA

LCDR Lisa Gilliam  
 LCDR Frank Hurst  
 LCDR Melinda McLawhorn  
 LCDR Jennifer Sheperd  
 LT Raichell Brown  
 LT Jessica Fox  
 LT June Germain  
 LT Kimberley Gordon  
 LT Iram Hassan  
 LT Tamara Henderson  
 LT Samina Khan  
 LT Mark Liberatore  
 LT Stephen Mottola  
 LT Oluwamurewa Oguntimein  
 LT Michelle Rodriguez  
 LT Alysia Salonia  
 LT Cullen Wilson  
 LTJG Nicole Bell  
 LTJG Timothy Onserio  
 LTJG Erik Sandvig  
 LTJG Krista Tuggle

## HRSA

LT Hyewon Lee  
 LTJG Enudio Mercado-Gonzalez  
 ENS Alex Classen  
 ENS Lois Lee

## IHS

LCDR Thomas Armitage  
 LCDR Stephanie Lovell  
 LT Jennifer Bongartz  
 LT Amanda Bonner  
 LT Laura Botkins  
 LT Michelle Chandler  
 LT Valerie Cooper  
 LT Joshua Crowe  
 LT Dwayne David  
 LT Russell Devolder

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## Newly Commissioned Officers!

Contributed by the JOAG Welcoming Committee

LT Janet Dudley  
LT Christopher Fish  
LT David Foss  
LT Deborah Gallo  
LT Rovigel Gelviro  
LT Niki Haney  
LT James Hayley  
LT Megan Hostetter  
LT Marie Johnston  
LT Crystal Lui  
LT Linsey Miller  
LT Roxana Mirabal  
LT Clayton Myers  
LT Ogechi Olumba  
LT Rodica Popescu  
LT Landon Sams  
LT David Stecco  
LT Joshua Valgardson  
LT Tabatha Welker  
LT Julie Yaekel-Black-Elk  
LT Ryan Zettle  
LTJG Elizabeth Geest  
LTJG Christopher Peltier  
LTJG Justin Plott  
LTJG Amanda Ramirez  
LTJG Justin Tafoya  
ENS Justin Bell  
ENS Danielle Black  
ENS Neil Bland  
ENS Duane Burfield  
ENS Lauren Butner  
ENS Matthew Chadwick  
ENS Sarah Chandler  
ENS Deanna Chavez  
ENS Devin Cooper  
ENS Mikayla Deardorff  
ENS Bryce Deguise  
ENS Melisaa Devera  
ENS Kim Eisberg  
ENS Tyler Fincher  
ENS Erica Fleury  
ENS Wesley Fowler  
ENS Stephen Friedman  
ENS Kathryn Fromuth  
ENS Richard Greene  
ENS Kyle Gustofson  
ENS Zachary Hanley

ENS Kristen Karlsen  
ENS Michael Kenes  
ENS Jeeah Kim  
ENS Brian Knorr  
ENS Kenneth Knutson  
ENS Ariell Lawrence  
ENS Maika Lee  
ENS Ingrid Lifleur  
ENS James Ludington  
ENS Savannah Martinez  
ENS Stanlee Maslonka  
ENS Candis Massingill  
ENS Zarah Mayewski  
ENS Amanda McQueen  
ENS Jaren Meldrum  
ENS Justin Milton  
ENS Julie Nelson  
ENS Elaine Nguyen  
ENS Renee Owusu  
ENS Marcos Perez  
ENS Adriel Perry  
ENS Laura Phan  
ENS Ladonna Pickett  
ENS Matt Porter  
ENS Andrew Pouliot  
ENS Jared Quesenberry  
ENS Christopher Quinn-Vawter  
ENS Laura Ramsdell  
ENS Jedidiah Reimnitz  
ENS Lailani Rockholt  
ENS Mollie Ruth  
ENS Ian Saxton  
ENS Allison Scott  
ENS Chelsea Sealey  
ENS James Simpson  
ENS Shane Slone  
ENS Karsten Smith  
ENS Jennifer Stahl  
ENS Elle Stark  
ENS Joshua Steffek  
ENS Gabriel Stonebraker  
ENS Nuri Tawwab  
ENS John Trochta  
ENS Marissa Ure  
ENS Kathryn Valenzuela

**NIH**  
LT Ian Myles  
ENS Maggie Kong  
ENS Christopher Morris  
**PSC**  
LT Lakeeta Carr  
  
**PSC**  
LT Filita Moore  
ENS Rachel Lucas

**JOAG's mission is to provide advice and consultation to the Surgeon General, Chief Professional Officers, Professional Advisory Committees, & other Commissioned Corps groups on issues relating to professional practice and personnel activities affecting Junior Officers in the USPHS Commissioned Corps.**



# ANNOUNCEMENTS

## JOAG Voting Membership 2011-2012

### JOAG Senior Advisor:

CAPT Dan S. Beck

### JOAG Executive Committee:

Chair, LCDR Damon Smith, HSO

Vice-Chair, LCDR Brett Maycock, HSO\*

Chair-Elect, LT Tracy Tilghman, HSO

Financial Liaison, LCDR Glendolynn Johnson, Pharmacy

Secretary, LCDR Eva McLanahan, EHO\*

Ex-Officio, LCDR Carlos Bell, HSO

### JOAG Voting Members:

#### Awards

LT Ben Chadwick (IHS), Engineer\*  
LCDR Liatte Krueger (FDA), Pharmacy\*

#### COF Planning

LCDR Latonia Ford (FDA), Nurse

#### Communications & Publications (CPC)

LCDR Janice Arceneaux (CMS), Nurse\*  
LCDR William Lanier (FDA), Veterinarian\*

#### Development

LCDR Kate Sawyer (PSC), Medical\*

#### Inter-Services Collaborations

LT Mitchel Holliday (BOP), Dietician\*

#### Membership

LCDR Irene Chan (FDA), Pharmacy  
LCDR Kristian Burnham (BOP), Therapist\*

#### Policy & Procedures (P&P)

LT Tracy Tilghman (FDA), HSO

#### Professional Development (PD)

LCDR Sam Schaffzin (CMS), HSO  
LCDR Heidi Hudson (CDC), HSO

#### Recruitment & Retention (R&R)

LT Martin Guardia (FDA), HSO  
LT Krista Pihlaja (IHS), Engineer

#### Welcoming

LCDR Scott Steffen (FDA), Scientist\*

#### PAC Liaisons

LT Scott Williams (IHS), Dentist\*  
LCDR Eva McLanahan (EPA), EHO\*  
LCDR Brett Maycock (DHS), HSO\*

#### \*JOAG PAC Liaison

*To view the 2010-2011 Voting Member Roster and Bios, please visit the [JOAG website](#).*

# JOIN OUR MEETINGS

## JOAG General Meeting and Journeyman Series 2011-2012

**December 9, 2011:** JOAG General Membership Meeting, 1300-1500 EDT

**January 13, 2012:** Journeyman Speaker Series, 1300– 1400 EDT

**February 10, 2012:** JOAG General Membership Meeting, 1300-1500 EDT

**March 9, 2012:** Journeyman Speaker Series, 1300– 1400 EDT

**April 13, 2012:** JOAG General Membership Meeting, 1300-1500 EDT

**May 11, 2012:** Journeyman Speaker Series, 1300– 1400 EDT

**June 19-21, 2012 (COF Symposium):** JOAG General Membership Meeting, 1300-1500 EDT

**July 13, 2012:** Journeyman Speaker Series, 1300– 1400 EDT

**August 10, 2012:** JOAG General Membership Meeting, 1300-1500 EDT

**September 9, 2012:** Journeyman Speaker Series, 1300– 1400 EDT

Join us for JOAG's monthly meetings via teleconference or in person on the second Friday of each month.

**By Conference Call:** (218) 936-4700

**Passcode:** 791-9605#

**In Person:** Parklawn Building  
5600 Fishers Lane  
Room 12A-55  
Rockville, MD 20857

**Miss a JOAG Meeting? Don't despair! JOAG meetings are recorded. Audio recordings are available "on demand" by e-mailing LCDR Hiren Patel at [Hiren.Patel@fda.hhs.gov](mailto:Hiren.Patel@fda.hhs.gov)**

*Any opinions or thoughts presented in the JOAG Journal are solely those of the author and do not represent the U.S. Public Health Service (USPHS), United States Department of Health and Human Services (HHS), or any other government agency.*

This newsletter has been provided by the JOAG Communications & Publications Committee. For more information on how to contribute to future editions, please contact Committee Chairs [LCDR Janice Arceneaux](#) and [LCDR Willy Lanier](#), or [LCDR David Wright](#), JOAG Editing Subcommittee Lead

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