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Presented by the JOAG Communications and Publications Committee

THE OFFICIAL JOAG MAGAZINE

DESIGNED FOR JUNIOR OFFICERS BY JUNIOR OFFICERS

CONTENTS

Winter 2017

FROM THE FRONT LINES

- Message from the Chair—Highlighting the Executive Committee Liaisons 4
- Message from the Editor—Taking Aim @ Your Goals 6
- Upcoming Events 31

COMMITTEE HIGHLIGHTS

- **Fitness Corner**

United States (U.S.) Fitness Events Log 8

- **Recruitment and Retention**

Senior Commissioned Officer Student Training and Extern Program (SRCOSTEP) 17

- **Outreach Committee**

2017 USPHS Scientific and Training Symposium—25

CONTENTS (CONTINUED)

- Money Matters—All you need to know to start your 2017 Financial Year off to a great start! 7
- Leadership Lessons 10
- Junior Officer Spotlight 13
- Sustainability & Healthy Communities—Amazon 15
- Protect your identity—CCMIS Identity Protection Reminder 22
- Quote of the Quarter 24
- Deployment Deets 30
- Food for Thought 32

- A Scientific Interpretation for Cultivating Compassion - LCDR Leigh Ann Miller 16
- Incident Command System: Every Day for CDER's Counter-terrorism and Emergency Coordination Staff - LT Carlos Gonzalez Mercado & LT Andrea Gormley 19
- Fort Bragg PHS Officers Participate in "Out of the Darkness" Suicide Prevention Walk - LCDR M. Lela Demby 20
- First Experience: Navigating Officership at a Conference as Aide-de-Camp" LT Joellen Friedman 21
- Oh the places you may go! Adventures of an USPHS Pharmacy Resident - LT Natalie Li and LCDR Jill Gelviro 23
- "Career Speaker Series" LCDR Daniela Cohn-Aizic 26
- Walk to School Event – LCDR William Church 26
- "Great American Smokeout" - LCDR Danielle DiDonna and LT Rumany Penn 27

MESSAGE FROM THE CHAIR

2016-2017 Operational Year Welcome

Dear Fellow Junior Officers,

JOAG is composed of nine committees. Each committee is chaired by two voting members. All committees have an Executive Committee (EC) Liaison, another voting member who represents committee views during EC meetings, serves as an advisor regarding committee activities, and ensures that JOAG develops high-quality initiatives and documents. For the next few issues of the JO Chronicles, you will hear from a different EC liaison, who will describe activities as they relate to their function on the EC as well as highlight achievements and current projects for two committees. For this issue of the JO Chronicles, we are featuring our Executive Secretary, LCDR Chitra Mahadevan, who liaises with the Communications & Publications Committee (CPC) and the Awards Committee (AC). I hope this rotation among the EC liaisons helps you learn more about what the EC does and how we support each of our committees.

Wishing you all the best for 2017!

In Service,

LCDR Samantha Spindel ■

Dear Fellow Junior Officers,

I am honored and humbled by the opportunity to serve as Executive Secretary during the 2016-2017 Operational Year (OY). As a first-year Voting Member, I am really enjoying the challenges of learning more about the roles of the EC, as well as the various committees. As Executive Secretary, my major responsibilities include:

- Informing JOAG membership, including general membership and voting membership, of meeting times and call-in information;
- Establishing meeting agendas in collaboration with the Chair and EC, and distributing such agendas;
- Preparing and distributing approved minutes, recording and tracking attendance during JOAG General Member and Voting Member meetings;
- Facilitating and tracking EC review of committee documents;
- Maintaining the EC and Voting Member max.gov pages; and Acting as Chair in the absence of the Chair, Vice-Chair, and Chair-Elect.

In addition to my responsibilities as Executive Secretary, I also serve as EC Liaison to the Awards Committee (AC) and the Communications and Publications Committee (CPC). I act as a liaison between the EC and both committees, represent the EC at committee meetings, review and edit all committee-produced documents, and post committee-specific publications and announcements to the JOAG listserv.

The AC Chairs this OY are LCDR Jonathan Whitehart and LCDR Sara Azimi-Bolourian. The AC facilitates the awards process and recognizes junior officers (JOs) for their accomplishments and commitment to PHS. The committee is hard at work throughout the OY conducting the de-identification and scoring of award nominations for the Junior Officer of the Year (JOY) Award, JOAG Excellence Award, VADM Richard H. Carmona Inspiration Award, and the VADM C. Everett Koop Award, which is newly established this OY. The AC tracks Voting Member eligibility to receive a Special Assignment Award at the end of a 2-year term and prepares the recommendation packages to be submitted to the Office of the Surgeon General (OSG). In addition, they oversee the efforts to recognize active JOAG participants, advisors, and other

MESSAGE FROM THE CHAIR

2016-2017 Operational Year Welcome

officers JOAG chooses to recognize, and assist the JOAG Chair with annual JOAG recognition certificates at the annual USPHS Scientific and Training Symposium. Lastly, a new certificate, created by the AC, which will recognize JOs for participation in one-time events, was recently approved.

The CPC Chairs are LCDR Beth Osterink and LT Katie Bante. CPC facilitates the dissemination of Corps-related information to JOs. They create several publications which are disseminated to the JOAG listserv throughout the OY. These include:

- The Junior Officer Chronicles – A quarterly publication for JOs, by JOs;
- JO Voice – A forum for collecting and responding to the questions, concerns and other input from JOs. Responses to input are prepared and distributed to the JOAG listserv and discussed during JOAG General Member meetings;
- Tip of the Month – A concise monthly document pertaining to personal and professional improvement for JOs;
- With Pride and Distinction – A quarterly newsletter that provides information on proper uniform wear and history of the USPHS; and
- End-of-Year Accomplishment Report – The annual document which conveys the milestones achieved during the previous OY.

The CPC Website Subcommittee disseminates Corps-related information to JOs via the JOAG website. They collaborate with website coordinators from each JOAG committee to maintain the JOAG website and to ensure that all information presented on the website is accurate, current and in compliance with Section 508 requirements. In addition, a new CPC initiative for this OY is to further increase JOAG's presence on social media. The CPC Social Media Subcommittee manages JOAG's Facebook and Twitter accounts, disseminating information that is relevant to JOs through both outlets.

As you can see, both Awards and CPC have a number of interesting projects ongoing throughout the OY. I am thrilled to be working with such dedicated and hard-working Committee Chairs and look forward to working with each of you this OY.

Wishing you and your family a happy and prosperous 2017!

In Service,
LCDR Chitra Mahadevan ■

LETTER FROM THE EDITOR

TAKING AIM AT YOUR GOALS

Happy New Year Everyone! Welcome to 2017! I am so happy to present the second edition of the Junior Officer Chronicles which is bringing you some AWESOME information and highlighting some remarkable service activities of our officers.

In this issue, we have leadership advice, financial readiness, deployment freebies, and preparedness tips all wrapped in a post-holiday bow (I am recycling) and it feels great!

My 2017 Vision Board. What would you put on your board?

- January 2017

I know January is all about change and resolutions. Everyone starts the new year full of hope and excitement. This is why we are making it our duty to help you develop your super powers via research, best practices shared, and our social media shout outs (check out our Facebook and Twitter outlets). We want to help you reach that new and improved you or push you a little farther to discover " A NEW YOU" you hadn't yet imagined.

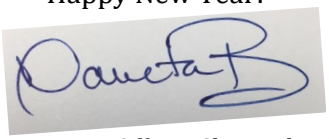
Finally, we look forward to expanding a two way dialogue with all of our readers this year via our social media outlets. Our JOC team encourages you to send all of your feedback (good or bad) or special requests for content throughout the year to us @ **joagcpcsubmissions@fda.hhs.gov**.

Welcome to all of our new members of the 2017 Junior Officer Chronicles Team and thank **YOU** for allowing us to continue to offer new and innovative ways to serve you.

With each New Year we get a fresh, clean page to start over.

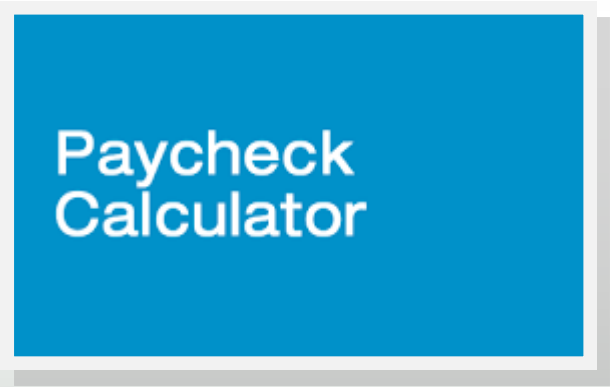
Here's hoping that life writes a beautiful new chapter for you this year.

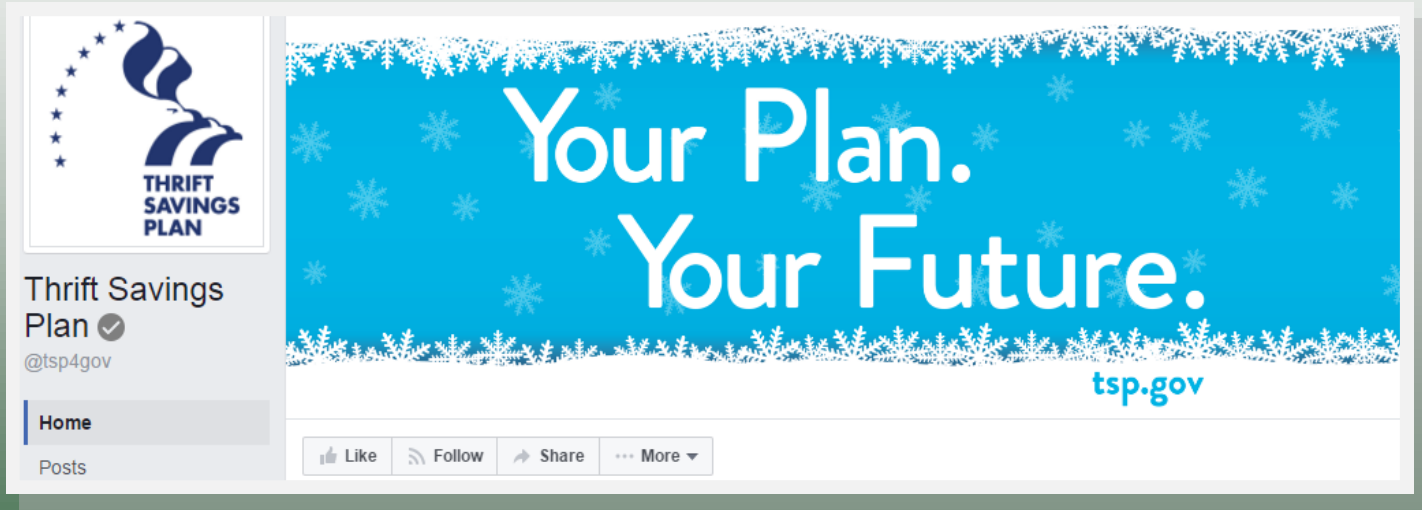
Happy New Year!



LCDR Daveta Bailey, Junior Officer Chronicles Senior Editor
JOAG Communications and Publications Committee, Junior Officer Chronicles Subcommittee

File for Free. *Everyone* has the option to prepare their tax return and e-file it for free. If you made $62,000 or less, you can use free tax software offered by the IRS. If you made more than $62,000 and are able to prepare your own return, you can use Free File Fillable Forms, the electronic versions of IRS paper forms. Visit www.irs.gov/freefile for options.





United States (U.S.) Fitness Events Log

LCDR Lori Braaten & LCDR Kayla Dewitt

Looking for ways to become more active? Tired of always doing the same type of exercise? The United States Fitness Events log may be the answer you are looking for!

Fitness Event Log

230	NORTH DAKOTA					
231	Race to Zero	4/9/2016	Bismarck, ND	10K Run, 5K Run/Walk	https://www.eventbrite.com/e/race-to-zero-5k-or-10k-runwalk-for-sexual-assault-awareness-prevention-2016-tickets-20584810723	Family-friendly event to encourage c conversation about sexual assault a prevention.
232	Extreme North Dakota Spring Primer Adventure Race (END-SPAR)	5/7/2016	Arvilla, ND	8-10 Hour Adventure Race. Every race will include running/trekking, mountain biking, packrafting, and map and compass navigation.	http://endracing.com/end-spar	Must register as a two, three, or four Race will be limited to 40 teams. Te free entry WILL count towards this ca fill up. NOTE--there is no race day re must register by May 5th to race.
233	Scheels Fargo Marathon	5/21/2016	Fargo, ND	26.2 M Run/Relay, 13.1M Run, 10K Run/Walk	http://www.fargomarathon.com/	PHS ATHLETICS EVENT: Contact Event L Lannoye northarms@gmail.com
234	Mission Run	6/1/2016	Argusville, ND	5K Run/Walk, Kids Run	http://www.active.com/argusville-nd/running/distance-running-races/mission-run-2016?rcmp=39-34-156210&ltcmp=A 273f3597-afe8-4e 05ef99c0becf&n	
	Metigoshe Turtle Trot	6/25/2016	Bottineau, ND	10K Run, 5K Run/Walk	http://metigosh	

Let's face it, exercise can get boring. Sometimes, even the most active officers can lose motivation when faced with the monotony of repetitive physical activity. Depending on where one lives, it may not be the monotony, but the apparent unavailability of a variety of activities that prevent officers from maintaining physical fitness. The Fitness Events Log was created to provide a comprehensive list of wellness and fitness-related activities to allow officers to find and participate in a suitable and convenient event organized in various locations across the country.

The Officer Health and Fitness Promotion Subcommittee, which is part of the Junior Officer Advisory Group (JOAG) Readiness & Deployment Committee, creates and publishes the U.S. Fitness Events Log quarterly. The Log Contains events, such as cycling, 5K runs, obstacle courses, marathons, and triathlons, occurring within each state across the nation. Furthermore, the Log is organized by state in alphabetical order, and contains information such as event date, location, type of event, and hyperlinks to the webpage for each event listed. The Fitness Events Log is currently posted on the JOAG Get Fit-Stay Fit Page and is disseminated via the JOAG listserv to all junior PHS officers.

Fitness events serve as an excellent opportunity for officers to maintain basic readiness and to promote health through fitness. Sometimes, even the act of registering for an event can provide the necessary motiva-

LCDR Lori Braaten at the Scheels Fargo 1/2 Marathon in Fargo, ND. "The events log has benefited me because I am more aware of the variety of activities available in my area."

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FITNESS CORNER

STAYING FIT DURING WINTER

(*Cont. from page 8*) tion to assist officers to reach their fitness goals. We encourage you to challenge yourself to try something new! Many of the events listed on the log have beginner options and offer a great way for officers to try new activities.

If you choose to complete a regional fitness event, consider participating with other interested officers and joining a PHS Athletics team in support of the Office of the Surgeon General PHS Athletics program. If an event on the log is also a PHS Athletics event, it will be noted in the "miscellaneous event information" column. Questions with regard to event criteria or how to make an event listed on the log a PHS Athletics Event may be directed to publichealthserviceathletics@gmail.com.

No more excuses! The tools you need to stay active are literally at your fingertips. Be on the lookout for the U.S. Fitness Events Log in your email prior to each quarter! ■

Let's make your commitment to fitness in 2017 different. Here are a few tips from our friends at "NewsOne" to help kick-start your New Year's exercise program and help you achieve your fitness goals:

- **Determine Your Readiness:** Make sure you are ready mentally and physically and/or able to start an exercise program.
- **Create A Plan:** Determine when you will exercise, what type of exercise program you will do and how much time you will spend working out.
- **Team Up With A Friend:** If you know someone who is planning on starting an exercise program in the New Year, begin your fitness journey as a team.
- **Don't Overexert Yourself:** Don't overdo it when you begin your exercise program. Start with low-to-moderate intensity workouts and build your way up to higher intensity exercise routines.
- **Be Realistic:** Do not be impractical about your fitness goals. Set a goal that is achievable and develop a sound foundation to build upon. ■

The JOC Team is always looking for ways to bring you unique opportunities to learn. In this edition, we are honored to be able to speak with ***CMDCM Lee Larson, (FMF/DV) USN (Ret)*** *and have him share some valued lessons on leadership after spending 20+ years in the US Navy.*

Early in your career, did you have a role model that you followed or someone who inspired/molded you?

As with most young Sailors, I was mentored, motivated, cajoled, coerced and brow beaten by a series of Chief Petty Officers. Notably, one comes to mind; HMC Dinsmore was more than a mentor, he created opportunities for me and more importantly, held me accountable for my actions.

Did ideals such as, personal accountability, flexibility, risk taking, exploration/innovation, and embracing change affect your career path and/or growth? If so, how?

Interestingly, as with the first question, every item mentioned, accountability, flexibility, risk taking, etc. were pieces of the Navy of the 70's. There weren't many role models that stressed those actions. The military of that period was ending involvement in Vietnam, was going through a downsizing and role/ responsibility actions were not well defined, the entire service structure was in a state of turmoil. Oddly enough when I think back on it, the culture was perfect for innovation and change. When I asked why, instead of hearing "because that is the way we have always done it" I was fortunate enough to have leaders that said – give me an alternative. Sometimes it worked sometimes it became a learning moment.

When did you learn about PHS and what was your first impression? After working with PHS, presenting at OBC and OMC, has your perception changed at all?

I first learned of the PHS while the Command Master Chief at NNMC, here in Bethesda. One day while walking the Master Chief Petty Officer of the Navy to his medical appointment, one of the duties as assigned, we ran into a PHS CDR with a beard, the MCPON asked me why I couldn't keep my officers in check, not realizing the uniform for the CDR in dress blues, wasn't Navy. The CDR was beyond gracious and gave us his "elevator" speech, I was then asked to brief ALL

the Fleet and Force Master Chiefs of the Navy (most senior enlisted in each specialty group) about the PHS, far more than an elevator speech but a great learning moment for me. The opportunities to make presentations at both the OBC and OMC have been remarkable chances for me to interact on a much more actionable level. As to changing my perception – more than a change it has been an evolution. The PHS is very much like any uniformed, service providing entity. Some are engaged, some aren't, for some the uniform is an important part of their existence, for some not so much. For all that I have met, however the idea of service to others comes through and with that a desire to provide a service is a unique view of your place in the world of Uniforms. All the services are defined by their

mission, the PHS is unique since it is far more focused on its mission of, as your website states; "serving the underserved".

When you started did you have your own vision or core values that helped to propel you throughout your career? If so, what were they? Did they change or vary over time?

Such an open ended question, I could write my thesis on this, however the most succinct answer I can give is, I was fortunate to have a family that (Leadership Lessons Cont..)

tolerated mistakes made without recrimination. At least when I learned from those mistakes, those tolerances gave me a moral compass and allowed me to learn to value actions over words, and substance over appearance. Obviously that is a constant lesson which I have had to learn over and over again.

Is there a particular mistake pattern or trend that you have noticed some senior leadership exhibit more frequently than others?

Generally, those leaders that lead from a position of power over substance are less successful. This reminds of a number of clichés, e.g. "because I said so", "my way or the highway", etc. In my opinion people accept leaders, particularly in Uniform, based upon rank initially but it always comes back to leadership integrity. Treating subordinates as inferiors will never be successful. Treating subordinates as equals, while great in theory isn't the answer either. Successful leaders lead by recognizing skills and talents, assigning individuals into positions that best make use of those skills and talents and when time and mission permit, allowing mistakes that occur to be learning points rather than career killers.

Can you name two characteristics that you believe every leader should possess?

Oh so easy to name, not so easy to do; integrity and passion.

- Integrity – in the form of the ability to admit an error, and giving credit to the appropriate individual/group
- Passion – a good leader has a passion for the mission at hand, a passion to recognize the good in others and place them in situations that allow them to succeed

Do you have a special or a particular set of resources, which you have used or would recommend which provides insight into becoming a better leader or officer?

Obviously there are a number of resources on leadership, Sun Zhu, Ulysses S. Grant, even Lincoln's "A Team of Rivals" is a good read. One in particular which is often overlooked but has some interesting dialogue is the book/movie – Starship Troopers. Now you may think I have gone over the edge, but do some research, it discusses, politics, e.g. the idea that social responsibility requires individual sacrifice. Military history, traditions and military science, in the movie/book there are ample discussions about whether it is moral to never leave a single man behind. The book, written within 5 years of the Korean War generated a great deal of controversy, discussion about racism, fascism, utopianism were offered. A leadership treatise that is both controversial and entertaining can only be thought provoking.

What's the best leadership advice you have ever given or received?

As the Command Master Chief of the Naval Hospital Corps school, each Monday morning we started a class of 60 potential Hospital Corpsmen, a 14 week course that graduated each Friday. I had the opportunity to talk with them on indoctrination day and graduation day and receive some feedback. The one item I stressed on indoctrination day was; "what is the most important skill a Corpsman can possess"? They would answer compassion, caring, empathy or intelligence. Certainly all important but not necessarily the most important. In my opinion, the one skill for a Corpsman, and indeed, a leader is the ability to listen. Listening to hear, not just listening, listening with all your senses, ears and eyes, looking and listening at how your words and actions are being, or NOT being accepted. Too often we "hear" and "see" what we wish. On each graduation day, the vast majority were in agreement...well at least those that weren't concentrating on graduating and getting away!

Can you provide insight on how you managed to guide the officers under your command to carry out the purpose, mission, and or vision of the organizations you have served?

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This too could be a treatise. Many times those people who are less comfortable with the uniformed services make an assumption that Rank is the sole factor in leadership. It is easy to see on any uniform that there is a mechanism to determine rank and even a quick idea of the service history, e.g. ribbons. So if one didn't know anything else, it is easy to assume Rank wins out. In my experience, and as I often state in the OMC, it is everyone's responsibility to lead, both up and down the chain of command. The easy answer is often right in front of us but not easily seen or understood. In most instances, day to day work is well defined, may be boring, maybe even mundane. In my experience, quite often the key to getting your subordinates, and sometimes peers and seniors to buy into the purpose, mission and/or vision is ensuring those ideals are achievable, reality based, well published and accepted and most importantly, and most difficult, accounted for equally across the board.

Have you ever had to motivate an employee to do job that was difficult or distasteful?

There is no panacea, difficult/ distasteful tasks abound. Thirty one years of service in the Navy generally makes me think I have seen it all…not true. A difficult task is still difficult wherever one sits. I wintered over in Antarctica a couple of times in the 80's. During my last winter, buried over 60 feet below the surface and sitting on a plateau of snow averaging 600 miles in diameter and over 4500 feet deep, was Siple station, named after Dr. Paul Siple, a legend in Antarctic exploration. The morning of the mid-winter party, a day set aside to celebrate the halfway point in our 15-month mission, our sewer outfall froze over. Now for the engineer world of PHS this is an interesting challenge, for all others it is as bad as it gets, -40 degrees F, cannot drain ANY water, the access to the sewer line is a 33 foot long culvert, 3 feet in diameter and half full of partially frozen raw sewage. There 7 souls on station, 3 science, one cook, two mechanics and the Navy Corpsman. The science guys cannot help, they only have a finite time to complete the science projects, and the cook has fallen days earlier and injured his back, leaving 3 people to do the job. The station leader, one of the mechanics, is a great worker and by definition, not a great leader. The project, clean out the partially frozen raw sewage to gain access to the outfall, dig a 15 foot access beyond the original, to create a new sewer outfall, remove the debris from the dig out to a clearly marked are on the surface at least one mile from the station entrance and mark it appropriately. Finally weld an extension to the sewer pipe. Did I mention, all of our fresh water came from a snow melter and we only had storage for 1000 gallons, which meant to create a new, useful sewer outfall we had to empty our water several times… at least we could now take showers after 3 weeks. The key to this challenge and indeed to many distasteful leadership challenges was to guarantee equality by sharing the workload evenly, clearly define roles and expectations, and hold everyone to the same standard and share in the reward at the end.

How do you recommend officers establish trust up and down their chain of command?

For those reading this, you will have noticed, perhaps, a trend in my ramblings, in my opinion a path to establishing trust both up and down the chain of command is to share the information, that can be shared; agree upon a mission and a vision to get there; work to ensure accountability at each level, ensuring reward and discipline are dispensed transparently; and above all listen to the tone and temper of your workplace, believe what you see and hear until proven otherwise. ■

Master Chief Larson enlisted in the U.S. Navy in November 1970.

Shore duty tours include: Naval Hospitals Pensacola, Florida, Roosevelt Roads, Puerto Rico, Camp Lejeune, North Carolina, Corpus Christi, Texas, Naval Hospital Corps School, Great Lakes, and the National Naval Medical Center, Bethesda, Maryland, where he served as the Command Master Chief of the President's Hospital. His sea duty tours include, various deployments with: Second Marine Battalion, Fourth Marine Regiment, Third Reconnaissance Battalion, Third Medical Battalion, Third Force Service Support Group, Headquarters Battalion, Third Marine Division, Second Medical Battalion, Second Force Service Support Group, the Naval Nuclear Power Unit and the Naval Energy Environmental Support Activity, Port Hueneme, California.

He attended the Naval Nuclear Power School, Fort Belvoir, Virginia, Surface Force Independent Duty School, San Diego, California, the Senior Enlisted Academy, Newport, Rhode Island, the University of Iowa, Iowa City, Iowa, and the George Washington University, School of Health Sciences, earning a Bachelors Degree. Operationally, Master Chief Larson has twice wintered over on the Continent of Antarctica at Siple Station, the smallest and least accessible station, in 1982 and 1985, and twice served in a support role with Seal Team Two in the Caribbean, and with Seal Team Four in the Republic of Panama, during Operation Just Cause, as well as numerous deployments with Marine Corps units.

Master Chief Larson was assigned as the Command Master Chief of Naval Hospital Corps School, the National Naval Medical Center, II Marine Expeditionary Force and Marine Forces Atlantic. He completed his Naval Career as the Command Master Chief for the 54th Presidential Inauguration, assigned to the Armed Forces Inaugural Committee (AFIC), a command comprised of members of all five Armed Services as well as members of the Reserve components of those services. The AFIC coordinates/provides all military support to the Presidential Inauguration, from pre-events through the actual ceremony and parade to post event support. .

Master Chief Larson has been awarded the following military decorations and awards; Defense Superior Service Medal, Defense Meritorious Service Medal, Meritorious Service Medal (three awards), Navy and Marine Corps Commendation Medal (three awards), Navy and Marine Corps Achievement Medal (two awards), Antarctica Service Medal with Gold Winter-Over Device, Navy Arctic Service Ribbon, Navy Expert rifle/Pistol Medal, and various deployment ribbons.

Master Chief Larson previously worked for the US Department of Health and Human Services, Office of the Assistant Secretary for Preparedness and Response as a medical planner, and is currently an Emergency Response Specialist for the Food and Drug Administration.

JUNIOR OFFICER SPOTLIGHT

LT DANIEL MALASHOCK

Category: Environmental Health Officer

Education: Master of Science in Environmental Health Sciences (MS), Bachelor of Science in Environmental Science & Geology (BS), and Registered Environmental Health Specialist (REHS)

Hometown: West Orange, NJ

Agency: Department of Homeland Security, Office of Health Affairs

CURRENT ASSIGNMENT

LT Malashock serves as a medical planner and environmental health subject matter expert for the Department of Homeland Security (DHS). In this role, he serves as a primary health security interface between the federal interagency and DHS components on matters of national security. He represents the Office of Health Affairs (OHA) and the OHA Assistant Secretary for Health Affairs in discussions related to natural disasters, and chemical, biological, radiological, and nuclear matters, including preparedness and response activities. Additionally, he develops public health and medical content for planning and decision support activities and facilitates state, local, and stakeholder coordination. Presently, LT Malashock is supporting DHS efforts related to chemical and biological defense, pandemic workforce preparedness, and health issues associated with mass migration.

LIFE BEFORE THE COMMISSIONED CORPS

Before coming on to Active Duty, LT Malashock completed an Association of Schools and Programs of Public Health Fellowship with the Environmental Protection Agency. As an Environmental Health Fellow, LT Malashock supported the EPA on science and policy issues related to climate change impacts on human health, greenhouse gas management, chemical risk assessment, and policy approaches to protecting vulnerable and at-risk populations and communities.

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JUNIOR OFFICER SPOTLIGHT

How did you find out about the PHS?

My introduction to PHS was somewhat accidental. I came across the Public Health Service while researching job opportunities in the field of Environmental Health. I was very intrigued about PHS and decided to reach out for more information. Coincidentally, while presenting at the American Public Health Association annual conference, I had a chance to speak with an officer who attended to represent the Commissioned Corps during the exhibition. This helped to solidify my desire to pursue a PHS career.

What are your goals with the PHS?

One of the biggest draws I had to pursuing a career in the Commissioned Corps was the flexibility officers have to move across the federal interagency and to work on a variety of different challenging environmental health issues. This being my goal, I hope that my career will give me a chance to work at the forefront of environmental health, whether in researching environmental health impacts or leading efforts in science and policy development. Above all, my goals for a career in the USPHS all revolve around one thing – that I always be in a challenging position that allows me to constantly learn new things.

What is your most memorable PHS experience so far?

In my two years as a Commissioned Officer, I have had many memorable PHS experiences. However, one experience in particular will likely remain to be one of the most memorable of my career. Attending the Officer Basic Training Course was an exciting, challenging, and very rewarding experience. I will always remember the first time my fellow OBC graduates (who are all outstanding people) and I put on our uniforms as well as the excitement we all shared when we finally were commissioned and graduated.

What advice would you give to prospective PHS applicants (or other Jr. Officers)?

Apply early and don't lose hope! The process can be time consuming and you may hit some frustrating gridlocks with your application or hunt for employment, but remain determined. It's worth it!

As early as possible, make contacts and build relationships with USPHS officers. I met several officers who helped me get through the process by providing guidance and offering words of wisdom from their own experiences coming onboard. Thanks to them I remained hopeful and determined, and today we remain very close friends and colleagues.

Please list any of PHS collateral duties you currently have?

I am fortunate to be serving as a voting member on the Environmental Health Officer Professional Advisory Committee (EHOPAC). In this role I am working with our PAC Subcommittees to improve our methods of communicating with EHOs, and helping to broaden our engagement with other organizations internal and external to USPHS.

Do you have a personal leadership philosophy or mentor? Is there anyone that inspires you to become a better leader?

My dear friend Thomas Lovejoy is someone who inspires me tremendously. Tom has worked on conservation issues for over 50 years – dedicating his career to visiting the Brazilian Amazon and conducting environmental research. He coined the term "Biological diversity", and has earned himself the esteemed title of "the Godfather of Biodiversity". I admire him not only because he has contributed greatly to our understanding of biological conservation, but because his deep intellectual interests and dedication to these issues have allowed for greater protection of the health of others and our environment. I similarly hope to contribute, even if only in some small way, to improving our understanding of environmental health issues and lead to greater protection of our health and environment.

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JUNIOR OFFICER SPOTLIGHT

RADM Scott Giberson & LT Daniel Malashock

(Continued from Page 14)

What's the best book you have ever read?

One of the most inspiring books I have ever read was "On the Move," by Oliver Sacks. Sacks penned this memoir, and provided a captivating recount of his life and perpetual journey of self-discovery. His story offers many relatable experiences, and an inspirational view into how he fought to change the way the medical community approached the treatment of disease – and was ultimately victorious. ■

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A Scientific Interpretation for Cultivating Compassion

LCDR Leigh Ann Miller

A lecture on Compassion and Global Health at CDC helped connect my role as a USPHS Officer more closely to the Surgeon General's National Prevention Strategy tenet of promoting mental health and emotional well-being. The guest lecturer and former CDC staffer, Dr. David Addiss mentioned the Emory-Tibet Partnership "Cognitive Based Compassion Training" (CBCT). I looked up the training program after the lecture and recognized how I could use it to promote my positive mental health and emotional well-being and better perform my job.

As a Social Worker on USPHS Mental Health Team 5, I am part of a team with a purpose to provide behavioral health support for needs arising from a major disaster or other event. Similarly, in my day job, as an Emergency Public Health Epidemiologist on CDC's Global Rapid Response Team, I deploy globally in complex settings and challenging environments where people are suffering from disease outbreaks or disasters. Typically, we think of the actions we take as Scientists, Social Workers, or Epidemiologists as doing our jobs. From this lecture and from CBCT, I came to recognize that these actions reflect a value of compassion.

When I registered for the CBCT course, I learned it would take place in Atlanta during two weekends, once in September and October. (I also learned it would qualify for continuing education credits that I need to maintain my Social Work licensure!) During the course, the teacher instructed on the scientific basis of compassion and how other-centered behaviors play a significant role in health and wellbeing. It was fascinating to learn the scientific reasons why we react with tenderness towards babies, the elderly and those who are sick. While we do learn these behaviors, there is also deep human evolutionary history for the roots of empathy and compassion. There were also exercises to practice developing awareness and discussions about how to cultivate compassion in our personal and professional lives.

As the Surgeon General's Strategy promotes, practices that enhance our sense of connectivity with others may positively impact our physical and mental health. Coming together with others in the two weekend workshops helped develop my skills at cultivating compassion. Going through a process of learning to focus my attention and improve awareness helped me develop compassion for myself and others. This is especially relevant during stressful times such as a deployment. Learning the scientific premises behind benefits for cultivating compassion was an engaging and worthwhile experience. ■

RECRUITMENT & RETENTION

Senior Commissioned Officer Student Training and Extern Program (SRCOSTEP)

LT Lusi M. Martin, MPH, MS, RD, CHES
CCHQ SRCOSTEP Coordinator

The Commissioned Corps Headquarters (CCHQ), in collaboration with federal agencies, is gearing up to welcome highly-qualified officers to the 2017 – 2018 Senior Commissioned Officer Student Training and Extern Program (SRCOSTEP). This is a highly competitive, early commissioning program available to full-time students beginning their final year of academic or professional training. Those selected for the program will become Commissioned Ready Reserve Officers in the U.S. Public Health Service (USPHS). These officers will receive full pay and benefits as an active duty officer (O-1 rank) while completing their final year of education or training. In return for financial assistance, SRCOSTEP officers agree to work for the USPHS sponsoring agency as a Commissioned Corps Officer immediately after graduation. The service obligation is equal to twice the time sponsored. Also, to continue in a career as a USPHS Commissioned Officer, SRCOSTEP officers must concurrently complete a 24-month obligation upon graduation. The commissioning process for SRCOSTEP applicants may take up to one (1) year. (***Continued on page 18)***

What Do Winter Weather Watches & Warnings Mean?

Do you know the difference between a storm watch, warning, or advisory? It can mean all the difference in the time you have to prepare for the storm with at least three days of food, water and emergency supplies to stay at home and keep off the roads.

The National Weather Service (NWS) issues watches, warnings and advisories for all winter weather hazards. Here's what they mean and what to do. Use the information below to make an informed decision on your risk and what actions to take.

Winter Storm Watch: Be Prepared. A watch means that severe winter conditions, such as heavy snow or sleet or an ice storm, may affect your area, but where, when and how much is still uncertain. NWS issues a watch to provide 12 to 36 hours notice of possible severe winter weather. A watch is intended to provide enough lead time for you to prepare.

Winter Storm Warning: Take Action! NWS issues a warning when its scientists forecast 4 or more inches of snow or sleet in the next 12 hours, 6 or more inches in 24 hours, or 1/4 inch or more of ice accumulation. Travel will become difficult or impossible in some situations. Delay your travel plans until conditions improve.

(Continued on page 31)

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The appointment timeline established for the **2017 – 2018 SRCOSTEP** is as follows:

DATES:	ACTIONS:	RESPONSIBLE:
September 1 - November 15, 2016	Applicants will contact the Call Center at 1-800-279-1605 to complete a preliminary screening for eligibility. Access http://usphs.gov/apply/srcostep.aspx to confirm eligible disciplines and call-in dates. For more information on qualifications, please visit http://usphs.gov/student/srcostep.aspx Eligible applicants will be sent instructions for accessing the online application. Applications must be postmarked by November 18, 2016 for consideration.	CCHQ & Applicant
December 12 – 16, 2016	Agency representative reviews candidate applications for initial/ tentative selections.	Sponsoring Agency
No Later Than (NLT) December 2016	Students notified of initial/tentative selection status. Students tentatively selected will be given instructions for completing medical and security requirements. Those not selected will be notified by email.	CCHQ
NLT February 2017	Medical and security documents due to CCHQ from the applicant.	Applicant
January – April 2017	Professional Appointment Board & Agency Interviews conducted.	CCHQ & Agency
NLT March 2017	Medical status communicated to applicants by email. Note: Applicants may appeal disqualification.	CCHQ Medical Team
NLT April 2017	Agency makes FINAL selections and submits PHS 1662 Request for Personnel Action to CCHQ.	Sponsoring Agency
NLT April 2017	Final notification of applicants not selected for SRCOSTEP.	CCHQ
NLT April 2017	Medical appeal documentation due to CCHQ.	Applicant
NLT May 2017	Security clearance completed and communicated to applicants by email.	CCHQ Security Team
NLT June 2017	Medical appeal decision communicated to applicants by email.	CCHQ Medical Team
Early May – October 2017	SRCOSTEP officers will be called to duty between May – October depending on when their academic programs begins. Personnel orders will be issued once CCHQ receives all of the following: • Updated school letter or Transcript – proof of full-time enrollment, and good academic standing • Ready Reserve Corps Oath of Office • Professional Appointment Board recommendation • Receipt of the PHS 1662 from the sponsoring agency • Medical & Security clearances • Nomination list confirmation	CCHQ

Incident Command System: Every Day for CDER's Counter-terrorism and Emergency Coordination Staff

– *LT Carlos Gonzalez Mercado & LT Andrea Gormley*

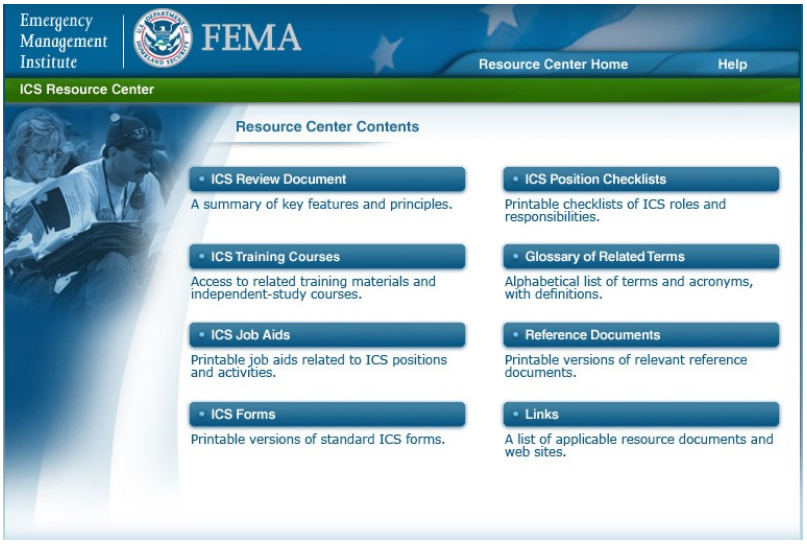
As PHS Officers, we are required to take trainings to understand the Incident Command System (ICS) and prepare us to apply it to emergency situations. Typically, we relate the ICS to deployments as a way to execute and manage an efficient and effective emergency response.

Within the Counter-terrorism and Emergency Coordination Staff (CTECS), we use ICS every day! From a fungal meningitis outbreak (caused by contaminated, compounded injectable products) to contaminated saline bags (that were not intended for human use but mistakenly entered the health care system) to explosions in a chemical warehouse in China (that may have contaminated drug products with toxic chemicals), CTECS in the Center for Drug Evaluation and Research (CDER) at the FDA applies ICS principles to our emergency responses for effective communication and regulatory action. Our response activities not only involve other CDER offices, but may also include other centers and FDA's Office of Crisis Management, and can extend to interactions outside of FDA, such as with the CDC and state public health officials. In addition, an emergency response is not confined to a standard work day. Depending on the scope of the incident, we may be performing our duties well into evenings and on weekends in order to protect the public health.

CTECS has an emergency coordination and response mission and can rapidly establish a task force of CDER subject matter experts able to act, respond to, and contain the risks from emergencies involving CDER-regulated products. ICS implementation is key to an organized response. Moreover, the system is a tool that establishes clear roles and responsibilities within the task force, resulting in a more rapid, efficient, and effective intervention.

As emergency coordinators, we are constantly faced with new challenges. While each new incident brings unforeseen issues and obstacles, applying the core values of the ICS allows for a consistent response. We have found the scalability of ICS to be a critical feature, as we have had teams from as small as 5 CDER employees to task forces as large as 65 CDER employees. ICS allows us to assign key points of contact from CTECS quickly into the roles of Incident Commander, Operations Chief, and Planning Chief. This creates clear communication and decision making channels, two critical components of a successful emergency response effort. Should the event escalate and require additional support, our staff is also trained to fill the role of Logistics Chief.

We recognize that every incident is different and we learn something new from each incident that will improve our emergency response procedures. As a result, our biggest lesson learned is flexibility. Under the high stress environment of emergency response, our emergency coordinators must adapt quickly to the needs of each particular situation. Our openness to suggestions for process improvements and willingness to make the necessary changes are what make us a successful emergency response staff. ■



Fort Bragg PHS Officers Participate in "Out of the Darkness" Suicide Prevention Walk

LCDR M. Lela Demby

Five USPHS officers assigned to Army post Fort Bragg in North Carolina participated in the first "Out of the Darkness" fundraiser for suicide prevention to be held in the local community. *Team Bragg Lights* raised $320, and had a total of 15 members including spouses, children, and coworkers who participated in this event. The team was the 8th highest fundraiser out of 41 registered teams, and helped the event to raise over $13,700 for local suicide prevention efforts. The officers who participated on *Team Bragg Lights* were CAPT Janet Cochran, CDR Tricia Booker, CDR Joseph Newcomb, LCDR Lela Demby, and LT Robert Van Meir. As a part of their medical and behavioral health billets at Fort Bragg, these officers engage daily in professional efforts to detect, intervene, and prevent suicidality in the military populations that they serve. However, several officers were also personally motivated to participate in this event in memory of friends, coworkers, and loved ones who are battling or already lost to suicide. Although the "Out of the Darkness" walks occur in all 50 states, this event was the first time that the walk was held in Fayetteville, North Carolina, home of a huge active-duty military and veteran community. Held in a local park, the fundraiser featured music, dedication boards, memorial quilts, informational booths of local resources, and talks by survivors of suicide, then culminated in a two-mile walk through downtown Fayetteville in a show of solidarity and support.

Team members pictured in the back row (from L to R) are: Jeff Vondy, Karla Smith, LCDR Lela Demby, CDR Tricia Booker, CAPT Janet Cochran, LCDR Joseph Newcomb, Hoi Ling Newcomb, Yukiko Newcomb, and Noah Newcomb. Pictured in the front row (from L to R) are: LT Rob Van Meir and Amber Oliver. [Not pictured are team members Adrienne Williams, Jessica Johns, and Andrea Cennington.]

Every day, approximately 117 Americans take their own lives, and approximately 22 of them are military or veterans. Suicide is the fourth leading cause of death for adults between the ages of 15 and 64 years in the US, and the tenth leading cause of death in the US. Donations raised by the "Out of the Darkness" community walks support the American Foundation for Suicide Prevention whose mission is to fund scientific research, promote policies and legislation that impact suicide prevention, and provide programs and resources for survivors of suicide loss and people at risk.

JUNIOR OFFICER DIRECT
REPORTS FROM THE RANKS

First Experience: Navigating Officership at a Conference as Aide-de-Camp

LT Joellen Friedman, PharmD

Pharmacy residents of the Indian Health Service are required to present their research at the American Society of Health-Systems Pharmacy Midyear Clinical Meeting, which met in Las Vegas, Nevada in December 2016 and will meet in Orlando, Florida in 2017. For many residents, this was our first conference attended as Commissioned Corps Officers. Presenting myself with the decorum of an officer, from my uniform to the way I talked, was especially daunting as I was privileged to also serve as Aide-de-Camp to RADM Pamela Schweitzer, Chief Pharmacy Officer, for a day . Through this experience, I learned the details of protocol with a Flag Officer and navigating a conference as a uniformed officer for the first time .

Per those coordinating the IHS residents' roles at the conference, we were requested to wear our Service Dress Blues (SDBs) on days we were presenting our research and showcasing our residency programs to students. Outside of those days, we were given the option of wearing our khakis. Other PHS officers that attended from throughout the country followed the same rule, wearing their SDBs the day of the Federal Forum, a day of programming dedicated to federal facilities like the Indian Health Service and Veterans Affairs facilities, so it was good to have both on hand when traveling to the conference. I hadn't had an opportunity to wear my SDBs since OBC graduation and needed to put my ribbons and name badge back onto the jacket. After measuring the ribbon bar of all of my authorized ribbons to be one-quarter inch above the left breast pocket, I had to eyeball the placement of the name badge on the opposite side of the coat, centered and even with the ribbon bar. This could be hard as the placement may look different when pinning it on lying flat or on a hanger and then once it's put on. I chose to wear the SDB skirt throughout the conference and had to buy a pair of heeled shoes to match . Per personal research and advice, I bought a pair of patent leather Aerosoles brand shoes at Macy's, which kept my feet fairly comfortable despite being on my feet all day. The heel fits the requirement of being less than 2 and 5/8 inches tall, which I checked at the store with my little OBC card ruler. I have tried the shorter heeled shoes available at some base uniform stores , but for my foot, my toes can barely handle a day in them before aching and forcing me into my oxfords for the rest of the week. Other officers also recommended plain leather Clarks brand, which has a style that meets the heel rule. Something else that could be easy to forget until arriving at a conference is bringing nude tights if you choose to wear the skirt.

At the intersection of uniform wear and my role as Aide-de-Camp was choosing a bag to use throughout the conference. RADM Schweitzer's regular team sent me some guides on the expectations of officers serving as Aide De Camp and tips for what to bring, which helped me prepare for the day. I knew I needed a bag that would conform to standards but also allow me to carry all the items necessary throughout the conference, including two combination covers, water, my portfolio, and other sundries. I ended up using a large black leather (pleather) tote bag from Target but was also looking for a large enough messenger bag that would accommodate all my supplies. Something I had to remember throughout the day was to keep my bag to the left and seeing fellow officers reminded me to switch sides when my memory lapsed. I would appreciate any feedback more experienced officers have regarding the use of bags beyond what would be considered a handbag or backpack!

While preparing to serve as Aide-de-Camp to RADM Schweitzer, my biggest concerns initially were not having necessary emergency items or saying something embarrassing in front of a role model. However, it became clear that being prepared to navigate the space and taking notes during formal and informal meetings were more important than knowing I had bandages and ibuprofen. I arrived early to the meeting location, a large conference center in Las Vegas, and mapped out our path to navigating the conference meetings. I printed maps, but found signs posted around the conference more helpful than the schematic. I also talked to the security guards around the venue to make sure my paths were reasonable and I wasn't missing a shorter route, and to discuss alternatives if needed. Knowing timing would be important, I timed how long it took to get from one location to the next to know how early to leave one spot to get to the

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next. Something indispensable for the day was carrying a small notebook in my SDB jacket pocket to make notes for follow up throughout and after the conference. I promptly emailed a summary to RADM Schweitzer at the end of the day for her records and follow up so no ideas or momentum would be lost from such a busy day. Being exposed to such inspiring leaders also gave me ideas on how to grow as an officer or implement new ideas within my duty station, and I wrote those down too before forgetting them in the excitement of the conference. Using a notepad instead of my phone for notes felt more appropriate, lest people think I was texting all day during my service as Aide-de-Camp and did not leave me at risk for my battery running out (though I did bring two extra charging banks).

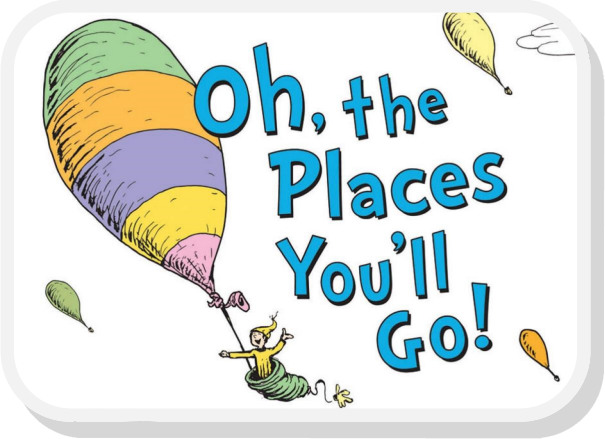
Overall, my first experience as a Commissioned Corps Officer at a conference was exceptionally positive and fulfilling. Working with such an accomplished flag officer, one hallmark of leadership that I was impressed with throughout the entire day was the ability of RADM Schweitzer to connect officers and civilians throughout the day . ■

Protecting your identity and your credit!

Review your credit reports for any information that you do not recognize or that is incorrect. You may request a free credit report from one or more of the three national credit bureaus:

- Equifax
  P.O. Box 740241
  Atlanta, GA 30374
  Phone: 1-800-685-1111
- Experian
  P.O. Box 4500
  Allen, TX 75013
  Phone: 1-877-284-7942
- TransUnion
  P.O. Box 105281
  Atlanta, GA 30348
  Phone: 1-877-322-8228

Each consumer is entitled to one free credit report per year from each of the three national credit bureaus. You may want to stagger your requests, requesting one from a different credit bureau every 4 months to have a better chance of finding any potential problem. You may ask for credit reports at https://www.annualcreditreport.com. This is the only authorized Web site for getting your free annual credit report under Federal law. ■



Adventures of an USPHS Pharmacy Resident
LT Natalie Li and LCDR Jill Gelviro

This past September, I embarked on an incredible journey to one of the most remote villages in the United States- Unalaska, Alaska. Coordinated by LCDR Gelviro, my Rural Anchorage Service Unit (RASU) preceptor, I had the opportunity to travel and work with an amazing team of healthcare professionals to participate in a local health fair and provide pharmacy services to the local clinic. Located on the shores of the famous Dutch Harbor, and generated through Aleutian Pribilof Islands Association, the health fair consisted of three days spent with community members to build relationships, celebrate culture, promote healthy living, and answer medical questions.

Health care team members cleaning off in the Bering Sea after the Unalaska Mud

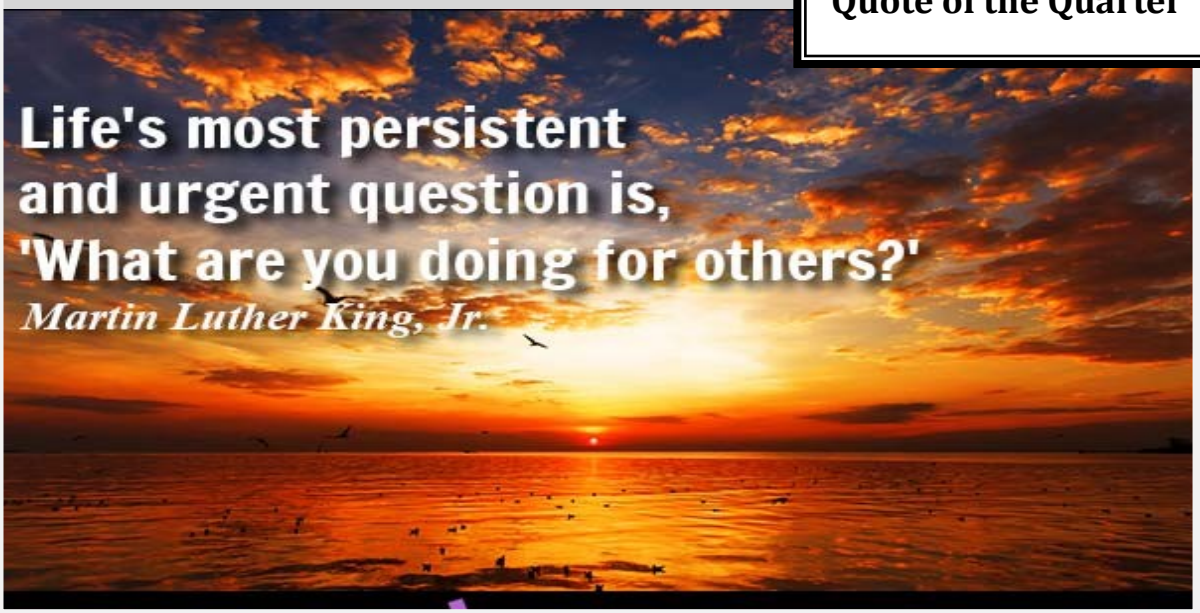
To kick off the health fair, our healthcare team consisting of behavioral health specialists, technicians, a nurse, pharmacists, and health educators introduced ourselves to the community with a potluck dinner on Friday night. Community members brought freshly picked berries, homemade smoked salmon, and various dishes made with an Unalaskan flare. The next day we set up our health fair booths in the local gymnasium. Tables consisted of education for tobacco cessation, injury prevention, healthy lifestyle, blood pressure screening, suicide prevention, mental health, medication safety, and blood work screening. At the pharmacy medication safety booth, I educated the community on the methods for safe storage and disposal of medicine. At our booth we played a game called "Candy or Medicine?" As people played, they tried to distinguish between candy and medicine placed in a display case. Both kids and parents alike learned how tricky discernment between the two can be, and left feeling more confident about how to dispose of old prescriptions and keep medicine out of children's reach. After the morning health fair, the team set up a mud-run race in a nearby soccer field to promote healthy living and an active lifestyle. Children and family members had the opportunity to run through tires, crawl through mud, and roll through puddles as a way to be active. Once the community completed the race the health care team participated too! Afterwards we cleaned up in the Bering Sea.

LCDR Gelviro (left) and LT Li (right) standing by the medication safety booth at the Unalaska Health fair.

In addition to the health fair, my preceptor and I visited the local clinic to maintain their PickPoint machine. These remote dispensing systems (RDS) are used in rural village community health clinics as an extension of telepharmacy. The pick point machines allow for dispensing of medication when resources are limited or mail-out prescriptions are delayed due to weather conditions. My preceptor and I inventoried, updated, rearranged, and maintained the RDS by evaluating expiration dates, reconciling inventory reports, and fixing mechanical issues. During this time in clinic, we were also available to the provider and community health-aides to answer drug information questions.

Through my experience in Unalaska I learned so much about provision of pharmacy services and education of the community in rural areas of this country. I realized how impactful a pharmacist can be through casual and educational conversations, and how creativity and tactfulness can eliminate barriers to pharmacy care in very isolated areas of Alaska. Not only did I grow in my pharmaceutical skills, but I learned more about the native culture in the area. We visited WWII ruins, watched bald eagles fly, tried new food, and gazed upon some of the most beautiful vistas I have ever seen! I was privileged to serve this community with my pharmacy skills, but even more so, the people, village, mountains, and experiences enriched my career and strengthened my passion for working in Alaska. ■

Quote of the Quarter



WE WANT TO SEE YOU!

The 2017 United States Public Health Service (USPHS) Scientific and Training Symposium will be held this year in Chattanooga, TN June 6-9. While that may seem like a long way off, it will quickly approach! The annual conference is a marquee event bringing together PHS Officers to learn and share the functions and broad scope of activities, research, and opportunities accomplished within the PHS. Details of the upcoming Symposium are available on the Commissioned Officer's Foundation (COF) website at http://symposium.phscof.org.

The JOAG Symposium Planning Subcommittee is proud to offer the following events for the 2017 Symposium:

- JOAG General Member Meeting. All junior officers are encouraged to attend JOAG's only in-person meeting of the year. This meeting provides an opportunity for junior officers to meet with senior PHS leadership, including both the Surgeon General and Chief Professional officers.
- JOAG Junior Officer Career Enhancement and Uniform Inspection Booths
- Community service event sponsored by JOAG
- USPHS Combined Social (planned jointly by JOAG)
- JOAG Junior Officer of the Year presentation
- JOAG Excellence Award presentation
- JOAG VADM Richard H. Carmona Inspiration Award presentation

New for this year will be the presentation of the first-ever VADM C. Everett Koop Junior Officer Award!

JOAG is working on a local resource guide for Chattanooga which will be available in advance of Symposium. To help offset the cost of the Symposium, JOAG is planning to provide a room share program. More information on this resource will be available at a later date. One change this year is that hotel reservations can only be made through registration, which is now open – visit http://symposium.phscof.org/registration for details.

Junior Officer Scholarships are offered via COA; check out the Symposium registration page for details.

Please try and make your plans early to attend the 2017 USPHS Scientific and Training Symposium. This conference provides awesome opportunities for category networking and offers continuing education credits for those with licensure needs.

If you have any questions on JOAG Symposium Planning or are interested in volunteering for a JOAG event during the symposium, please contact LCDR Chris Janik (Christopher.janik@fda.hhs.gov), JOAG Outreach Committee, Symposium Planning Subcommittee Lead. We look forward to seeing you in Chattanooga! ■

Career Speaker Series

LCDR Daniela Cohn-Aizic

I was presented the opportunity to speak at my daughter's school regarding the United States Public Health Service. Kopachuck Middle School, located in Tacoma, Washington invited parents to speak about their careers, in order to better prepare students in selecting high school classes that would complement their career choices. In this forum, I was able to educate the students on the importance of public health and how I, as a junior grade Commissioned Corps Officer, can serve this Country. I spoke about the various disciplines within PHS including my chosen field of Behavioral Health. I shared with them my background including the curriculum of the college I attended and what was required to become a PHS Behavioral Health Officer. I then covered what Behavioral Health Officers do in PHS and the mission of different agencies. In addition, I elaborated on the locations available for PHS officers around the world and the vast opportunities for growth. Furthermore, I discussed the benefits available and elaborated on the scholarship programs that may also be available. Finally, I discussed the positive impact PHS Officers can have on their community and our willingness to help others in their time of need.

The 60 interested students had a lot of questions including Uniformed Services customs and courtesies and wearing the military uniform. I ended the discussion of how my family and I recently PCS'ed to Tacoma, Washington from Miami, Florida and how moving across country was exciting, and that we are enjoying this great adventure and had a smooth transition. ■

Annual Walk to School Day

LCDR William Church

For the last 4 years LCDR Church, a member of the Fort Worth Chapter Commissioned Officers Association (COA), and member of the JOAG Everybody Walks subcommittee, has organized and led a team of USPHS officers to support the Annual Walk to School day community event at Corey Elementary School.

The Annual Walk to School Day, October 5, 2016: *From left to right: LT Raul Leija, LCDR William Church, CDR Julia Woodard, LCDR Taneka Walker, CDR Glinda Johnston, CDR Anita Krumm and CDR Kelli Bonyeau*

The motivation comes from a desire to increase community awareness toward active living and healthy lifestyle living, as well as, in support the surgeon general's call to action to promote walking and walkable communities. Since 2013, the Fort Worth Chapter COA began supporting this event, a total of 19 officers were recorded in support of 1,350 elementary students, parents and local community participants. ■

"Great American Smokeout" Community Outreach

LCDR Danielle DiDonna and LT Rumany Penn

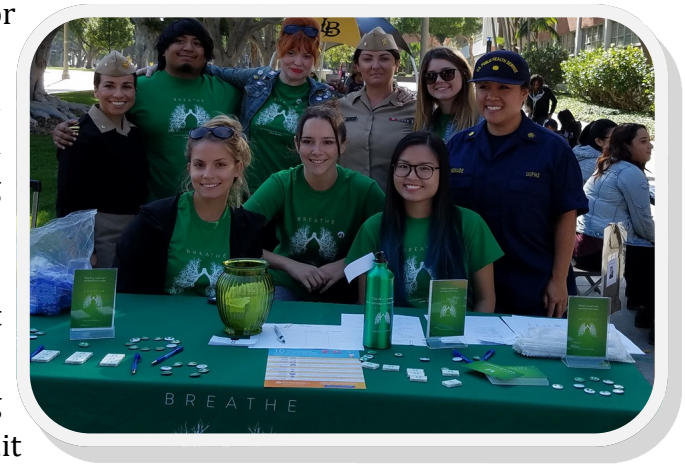
Our Surgeon General, Dr. Vivek Murthy, made one of the priorities of his term to focus on the improvement of health and quality of life for all Americans by transitioning our mindset from the *treatment* of disease to the *prevention* of disease and centered this approach around seven priorities of healthy living. As Public Health Officers, we are called to assist in our Surgeon General's Mission, invoking our various educational backgrounds to address these issues in various ways. Because many of our Officers are trained healthcare providers, we know these principles well and have incorporated them into our own lives. Our greater cause is to become force multipliers, to spread this message to the communities we serve, to provide all Americans with public health related services they need, and to achieve optimal health and well-being.

Tobacco Free Living is high on the list of the seven priorities of the National Prevention Strategy (NPS). About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the US. Quitting — even for one day — is an important step toward a healthier life that can lead to reducing risks of cancer, chronic obstructive pulmonary disease, and periodontal disease. The Commissioned Corps policy which banned tobacco use while in uniform took effect 01 January 2014. The Public Health Service (PHS) was the first uniformed service to ban the use of tobacco products while in uniform to set an official example and help our colleagues achieve a tobacco-free lifestyle. Though this step was monumental with regard to all uniformed service policies, the internal change was not enough. Because we understood the need to do more for our communities and those not in uniform, it was determined that PHS Officers would band together to reach the American public during the Great American Smokeout. The Great American Smokeout is an annual event represented on the third Thursday of November by the American Cancer Society to challenge Americans to stop tobacco smoking. In many communities, volunteers use this event to publicize and advocate for tobacco control laws, discourage the start of smoking, and support those people who want to quit.

Our Officers came together across different geographic regions, Agencies, and healthcare disciplines to answer our Surgeon General's call to affect change for our local communities via the first annual PHS "Great American Smokeout Outreach Event". The Junior Officer Advisory Group National Prevention Subcommittee (JOAG NPS) initiated announcement spread across many Public Health Officer Committee Forums such as: the Tobacco Cessation Service Access Workgroup (TCSAW), National Prevention Strategy Prevention through Active Community Engagement (PACE), and the Health Services Officer Category's Health and Wellness Workgroup (HSPAC); calling for motivated Officers to hold events in their duty station areas to spread the public health message of tobacco free living and refer individuals on to cessation services wherever possible. The following are brief summaries of separate events hosted by PHS Officers on November 17, 2016 for the Great American Smokeout Outreach:

Lead LT Rumany Penn and officers LT Venus Uttchin, LTJG Sara Richardson, and LCDR James Lee met with over 200 individuals within 4 hours while stationed in the lobby of the SF Federal Building in **San Francisco, CA**. Highlights included providing resources to employees who were determined to get the information out to their coworkers who currently were using tobacco products. This collaboration effort was advertised through the local Golden Gate COA branch, and the officers represented both the FDA and CMS.

Long Beach, CA FDA Officers LCDR Danielle DiDonna (Lead), LCDR Cristina Graves and LCDR Jessica Andrade partnered with California State Long Beach Public Health Program's Great American Smoke Out Event to spread prevention awareness and assist in arranging free cessation services on campus. The Event was held over a 2 day period from 11/17/2016 to 11/18/2016. There were informational booths set up and manned by trained public health program students and our Officers to distribute information. The 2 day event spread the anti-tobacco message to over 356 people from which 5 were referred to free or low cost services on campus to address their desire to quit in greater depth. PHS FDA Officers also spread awareness on equally hazardous health issues caused by vaping, a practice with growing popularity among the younger demographic. Our 3 Officers also briefly discussed NPS and this Initiative as it relates to our role as clinicians and patient educators. We bridged this event to return and present more formally on the roles of PHS to incoming Public Health Program students at the University...it



was a huge success on several levels!

As the first event ever held, it was a huge success! Through the impact of eight different organizations participating, – including the Food and Drug Administration (FDA), Center for Medicare Medicaid Services (CMS), Indian Health Service (IHS), local Commissioned Officers' Associations (COA's), Immigration and Customs Enforcement (ICE), Customs and Border Patrol (CBP), Port of Entry (POE), and California State University at Long Beach - we made contact with 808 individuals to spread the message of tobacco use prevention and cessation. Of the 808 people contacted, 59 people stated they had the desire to quit. Of these 59 active smokers, 35 stated they would attempt to quit in the next 30 days. Over one hundred people received or requested additional resources on cessation services, signifying an immeasurable exponential impact of those non-smokers who

Outreach Metrics	Totals:
Total Number of Individuals contacted/reached/met	808
(a) Total number of individuals stating desire to quit	59
(b) Total number stating attempt to quit in the next 30 days	35
(c) Total number receiving or requesting resources	101
(d) Total number requesting Rx for Change training	5
Number of event hours	41.5
Number of officers volunteered	24
Number of civilians volunteered	24

would share our resources with smokers that they knew personally. In addition, we had five (5) people seek out Rx for Change training information so they could become the educators as well.

These are only the initial numbers as officers' reports are still filing in. To date in total, 24 officers (22 as Junior Officers) and 24 civilians volunteered over 40 hours of event time to spread awareness, not including the countless hours spent in preparation of for each individual event hosted. Throughout the planning and hosting of these important public health outreach events, we observed Officers coming together and building a true sense of comradery based solely on their common goal to help make a difference. As a Unit, we represented the Commissioned Corps with pride and distinction, while in uniform during our events, bringing visibility and awareness to the Public Health Service. An after action meeting, with all the previously mentioned PHS Committees, and Officers who hosted events, was held to highlight the metrics of this tremendous effort. We have already begun the pre-planning phase for the 2017 event. We wish to thank all Officers who spent countless hours to make this first event successful…Mission accomplished! We look forward

Deployment Deets

These Boots are made for Walking and Standing…

During the Louisiana Floods of 2016 at Baton Rouge deployment, CDR Carla Hinz (then LCDR) conducted a survey of RDF-3 team members for a list of boot suggestions that made deployment operations less traumatic on your feet. Here is what she found out…

*__Boot requirements per regulations:__ **8-10" uppers, Leather or fabric, plain or capped toe, black leather or brushless black, steel toes and zippers are optional**

__Tips__

- Invest in some good wicking socks (e.g., Smart-Wool Hiking Socks - Midweight, Merino Wool (For Men and Women) https://amzn.com/B01IX4UZTK
- Consider buying liner socks (e.g., Fox River Adult Military Ultra-Light Weight Dress Liner Crew Socks (2 Pack) https://amzn.com/B00891PTEY, and doubling up; practice wearing these before deployment.
- Break new boots in prior to deployment.
- Use Elastic Blousing Garter - Foliage Green (e.g., https://amzn.com/B0034UP3ZU)
- Good inserts: Phase 4 platinum (www.walkfit.com)

Boot Recommendations by team personnel: Prices listed below are approximate.

Good-to-Excellent Boots (listed in random order)

⇒ Original SWAT ($90)
⇒ Danner Tachyon ($140)
⇒ Nike combat boots ($140)
⇒ ATAC 511 tactical ($90)
⇒ Belleville Tactical Research ($135)
⇒ Black Hawk Military Warrior Wear ($125)
⇒ Danner Acadia ($350)
⇒ New Balance Tactical Boots 991 MBK ($115)
⇒ Belleville Black Desert Combat ($120)
⇒ Bates Men's GX-8 8 Inch Ultra-Lites GTX Waterproof Boot ($150) https://amzn.com/B000HV5FS4

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Response Teams' "On-Call Month" Schedule

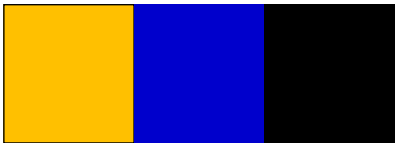
MONTH	RDF	APHT	MHT	SAT	CAP	NIST/EMG	TIER III
Jan-2017	3	3	3	3	3	Roster C	Roster C
Feb-2017	4	4	4	4	4	Roster D	Roster D
Mar-2017	5	5	5	5	5	Roster E	Roster E
Apr-2017	1	1	1	1	1	Roster A	Roster A

10 Mar 2017 | JOAG Journeyman Speaker Series

14 Apr 2017 | JOAG General Member Meeting

2017 National Health Observances

National Health Information Center



(Cont.. from page 17)

Winter Weather Watches & Warnings

Winter Weather Advisory: Be Aware. An advisory informs you that winter weather conditions are expected to cause significant inconveniences that may be hazardous. If you exercise caution, advisory situations shouldn't become life-threatening.

Blizzard Warning lets you know that snow and strong winds will combine to produce a blinding snow (near zero visibility), deep drifts, and life-threatening wind chill.

Remember to listen to your local officials' recommendations and to a NOAA Weather Radio, which broadcasts alerts and warnings directly from the National Weather Service. Learn more by visiting the NWS Winter Storm Safety page. http://www.nws.noaa.gov/om/winter/outreach.shtml ■

Mediterranean Greek Chopped Salad (Wrap)

This chopped chicken wrap combines olives, tomatoes, cucumbers, and goat-cheese crumbles for an authentic taste with a protein-packed punch. Add lemon vinaigrette, and you'll hit all the right notes.

INGREDIENTS

- Whole-wheat wrap: 1 10-inch
- Chicken breast, cooked: 5 oz.
- Goat cheese crumble: 1/8 cup
- Romaine leaves: 3
- Boston (or butter) lettuce: 2/3 cup
- Fresh parsley: 1/3 cup
- Fresh basil: 1/4 cup
- Red onion, chopped: 1/3 cup
- Cucumber: 1/3 cup
- Cherry tomatoes: 5 (cut in halves)
- Kalamata olives, pitted: 5 (optional)

LEMON VINAIGRETTE

- Lemon juice: 1 lemon
- Extra-virgin olive oil: 2 tbsp
- Oregano, dried: 1/2 tsp
- Garlic, minced: 1 tsp
- Bragg's apple cider vinegar: 1-1/2 tsp
- Sea salt: 1 pinch
- Pepper: 1/8 tsp

DIRECTIONS

1. In a bowl, mix together the ingredients for the lemon vinaigrette, and season to taste with sea salt and pepper.
2. Place all the salad ingredients on a large cutting sheet. Using the longest and sharpest knife you have, begin to chop up the salad to desired thickness.
3. Once the salad is chopped, add it to a mixing bowl. Add 1/3 of the lemon vinaigrette, and refrigerate the remaining dressing in a tightly sealed container. Mix the salad together with a spatula, then place some of the contents on a whole-wheat tortilla. Fold in the sides, and tightly roll up the wrap.

Reprinted from Bodybuilder.com/Courtesy of Kevin Curry @fitmencook

http://www.bodybuilding.com/Cont.ent/3-healthy-chopped-salad-wraps.html

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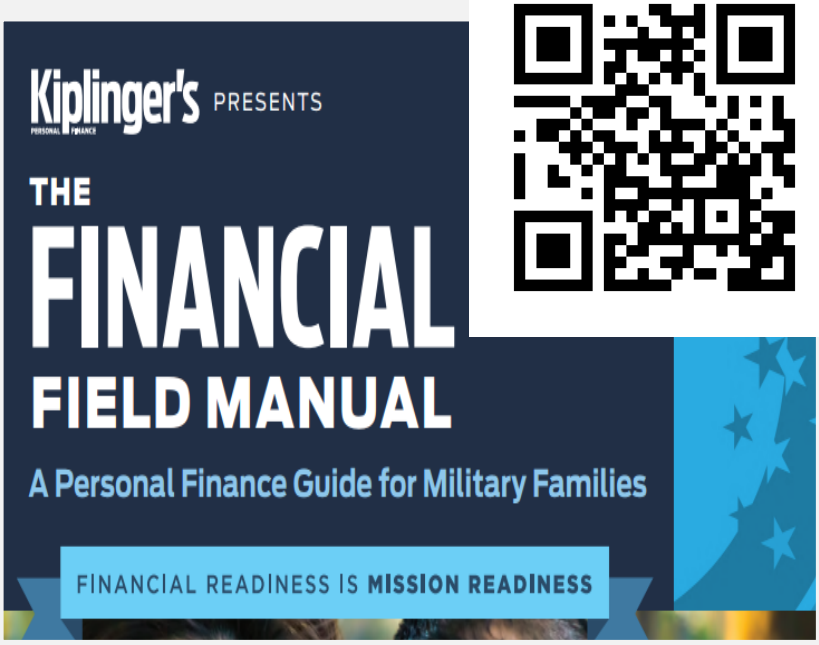

The Junior Officer Advisory Group (JOAG) is a public health professional group whose purpose is to provide advice to other Corps and non-Corps entities on interests and concerns specific to junior officers in the United States Public Health Service (USPHS) Commissioned Corps.

The Junior Officer Chronicles is a quarterly publication produced by the JOAG Communications & Publications Committee (CPC). Thank you to the 2016-2017 Co-Chairs, LCDR Beth Osterink and LT Katie Bante, CPC EC Liaison, LCDR Chitra Mahadevan, and the JOAG Chair, LCDR Samantha Spindel for their guidance and support.

Send editorial comments and concerns to either LT Katie Bante (Katie.Bante@tananachiefs.org) or LCDR Daveta Bailey (Daveta.Bailey@fda.hhs.gov).

To contribute to a future edition, submit articles electronically to joagcpcsubmissions@fda.hhs.gov

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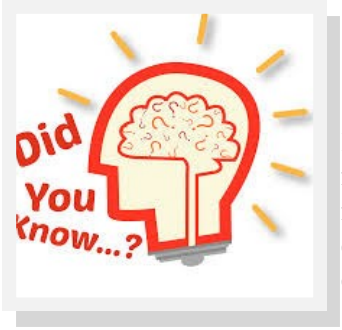

FROCKING

First, for those that don't know what frocking is, it is a custom in which a person (originally monks) wore a vestment or clothing article indicating their change in status. At one time, midshipmen (Naval Academy students) wore a short coat; once they were promoted to commissioned officer status or promoted in an acting capacity, they wore the long frocked coat of an officer, hence being 'frocked'.

The Corps does not have an official policy on frocking of officers, but the overall official stance on the matter is that the Corps does not frock, either by wearing the next rank or using the words 'Select', 'Rank (Sel)', or any derivation of selected for promotion in the signature block. Officers are reminded that their rank on their uniform must be the same rank on their Uniformed Services of the United States Geneva Conventions Identification Card (military ID). Gate guards or sentries may deny access to military installations if rank on the uniform and identification card does not match and may also confiscate the identification card. Commissioned Corps Issuance CC26.3.1, http://dcp.psc.gov/eccis/documents/CCPM26_3_1.pdf "Uniforms and Appearance," dated 1 March 2008, Section 6-2c states that officers shall not wear "badges, ribbons, medals or other accoutrements not specifically authorized in accordance with Corps policies, or that have not been annotated in an officer's electronic Official Personnel Folder (eOPF)." This would include rank insignia (Reprinted: https://dcp.psc.gov/ccbulletin/articles/uniform_qa_05_2010.aspx)