



THE JUNIOR OFFICER CHRONICLES



SPRING EDITION 2017

April 2017 – June 2017

The Official JOAG Magazine

Designed for Junior Officers by Junior Officers

The Junior Officer Chronicles - Spring 2017 Edition | Volume 1:3

[HTTPS://DCP.PSC.GOV/OSG/JOAG/](https://dcp.psc.gov/osg/joag/)

WHAT'S INSIDE?

SPRING 2017

FROM THE FRONT LINE		COMMITTEE HIGHLIGHTS	
Message from the Chair	3	Outreach Committee 2017 Symposium	6
Executive Committee Spotlight	4	Recruitment and Retention JRCOSTEP	9
Letter from the Editor	8	Fitness Corner 10 Race Commandments	12
Upcoming Events	28	Uniform Corner Aiguillettes	22
POINT OF IMPACT		JUNIOR OFFICER DIRECT	
Plan Ahead Basic Housing Allowance	10	First Alaska Region JOAG Meet and Greet: A Success!	14
Preparedness Spring Flooding Safety	11	On Tributes and Traditions	16
Continuing Education	13	Junior Officers present at United States Military Academy	17
Food for Thought	25	Spanish-Language Competency for Advancing Public Health	18
Quote of the Quarter	25	Did You Know???	19
Junior Officer Spotlight	26	Lessons Learned When Presenting	21
Mental Health Month	29	Camaraderie & Success	24

MESSAGE FROM THE CHAIR

Dear Fellow Junior Officers,

As you may recall from the previous edition of the Junior Officer Chronicles, each issue this year will feature an introduction from a different member of the JOAG Executive Committee. In the last issue, you learned about LCDR Chitra Mahadevan's role as the Executive Secretary as well as some highlights from the Awards Committee and the Communications & Publication Committee (CPC). Here's one update from each of these committees. The Awards Committee recently received several outstanding nominations for the VADM Carmona Inspiration Award and the recipient will be revealed at the USPHS Symposium. As for the CPC, this month's JO Voice segment is all about recruitment.



In this edition, you'll hear from LCDR Alice Shumate, our Financial Liaison, who liaises with the Membership Committee and the Outreach Committee, two other JOAG committees that have a lot of activity during the Spring. ■

Happy Reading!

In service,

LCDR Samantha Spindel

EXECUTIVE COMMITTEE SPOTLIGHT

Hello Fellow Junior Officers:

Welcome to spring, and to the spring issue of the Junior Officer Chronicles!

JOAG has been important to me from the very start of my career. I commissioned in 2012 and served at a duty station where I was the only officer; I've since moved across the country, this time to a duty station with one other officer. From the very beginning, JOAG has provided me with opportunities to connect with officers from different agencies and categories, and this has been

invaluable to my sense of connection to the Commissioned Corps, to our greater mission, and to my place in it. For officers located in Washington DC or other duty locations with plenty of officers and activities, JOAG might be one of a list of groups that offer opportunities for connection and career development. In Spokane, Washington, JOAG is my lifeline!



It's for this reason that I am so honored to serve as the JOAG Financial Liaison this Operational Year, and to serve as the Executive Committee Liaison to the Membership Committee and Outreach Committee, both of which serve purposes near and dear to my heart.

The Membership Committee, led this year by LCDR Scott Eckhart and LCDR Chris Sheehan, helps to increase the general membership of JOAG and facilitates the annual selection of voting members. With the help of many dedicated volunteers, Outreach fulfills this mission by:

- Organizing Meet and Greet events throughout the country, to inform officers about relevant issues and provide a platform for networking and professional support;
- Maintaining the JOAG Listserv and welcoming new subscribers with information about JOAG and opportunities to get involved;
- Reaching out to officers to congratulate them on their one-year anniversary as an active duty officer and upon promotion, and encouraging them to participate in JOAG activities;
- Last but not least, organizing the selection process for new voting members each year, to make sure that JOAG has vibrant, energetic leaders to help move it forward.



Spring is the most active time for the Outreach Committee, and this year is no exception. Please see the article on the following page about JOAG’s activities at the USPHS Symposium, authored by Outreach Co-Chairs LCDR Griff Miller and LCDR Bic Nguyen. This year’s Symposium will have more JOAG opportunities than ever. For me, the highlight of the Symposium is connecting with other officers—some of whom I have gotten to know quite well working remotely, but have never met!

The JOAG Annual Meeting feels like a homecoming to me, as well as a celebration of what we’ve done. Outreach has also done a fantastic job putting together a new informational session on using JOAG to turbocharge your career, in addition to all of the other Symposium activities and resources we’ve come to rely on. At the same time, Outreach also connects with newly commissioned officers by attending Officer Basic Courses, welcoming new officers, and providing them with JOAG’s New Officer Guide. Last but not least, Outreach designs the fantastic merchandise available at our JOAG Square store (<https://squareup.com/market/usphs-joag>). The most fun part of my duties as Financial Liaison is managing the JOAG store, and packing up merchandise and shipping it to officers all over the country, from Florida to Ohio to Hawaii. It’s a great reminder of the important roles junior officers fill in serving populations in need everywhere.

When I think about what I’ve gotten from JOAG, a lot of it has centered on opportunities to learn more about the Commissioned Corps and all of the agencies and roles in which officers serve and deploy, and of course on connecting with other officers. I hope JOAG does the same for you, and that you’ll take the opportunity to attend a local Meet and Greet, purchase some JOAG merchandise to show your PHS pride, and of course join us at the JOAG events at the USPHS Symposium in June.

Wishing you all the best for a productive spring! ■

In service,

LCDR Alice Shumate

2017 USPHS SYMPOSIUM in CHATTANOOGA, TN

By: LCDR Griff Miller and LCDR Bic Nguyen, JOAG Outreach Committee Co-Chairs

JOAG at the 2017 USPHS Symposium—Mark your calendar

The 2017 USPHS Scientific and Training Symposium to be held in Chattanooga June 6–9, 2017 is just around the corner.

If you have not already done so, now's the time to start making plans to attend this marquee event! This year's Symposium will feature over 75 presentations on the latest in public health research, best practices, case studies, and emerging trends. Keynote speakers include RADM Sylvia Trent-Adams, Dr. James Marks, Executive Vice President of the Robert Wood Johnson Foundation, and former Acting US Surgeon General RADM Boris Lushniak (ret), Dean of the University of Maryland, School of Public Health.

The JOAG Outreach Committee's Symposium Planning Subcommittee has been hard at work advocating for our junior officer presence and is proud to offer the following events currently being planned for the 2017 Symposium:

JOAG General Member Meeting

June 8th from 8–10am EDT, Room TBA

All junior officers are invited to attend JOAG's only in-person meeting of the year. This meeting provides an opportunity for junior officers to meet and engage in conversation with invited guests: the former Surgeon General, and the current Acting Surgeon General, and Chief Professional Officers.

New Two-part JOAG Presentation

June 6th from 5–6pm EDT, Room TBA

Want to know more about how you can benefit from JOAG? Join us for this discussion of how JOAG can help "turbocharge" your career. The second half of the session will include information on the new Blended Retirement System, so don't miss it!

USPHS Combined Social

June 6th, 8pm EDT, Raw Bar and Grill

409 Market St, Chattanooga TN 37402

Come out and have fun with fellow officers! Jointly planned by JOAG and officers throughout all categories of USPHS, the combined social will feature a night out on the town in fellowship with other officers.



(Symposium 2017 Cont).

JOAG Uniform Inspection Booth (UIB)

June 6th – 9th, Near Registration

Not sure if your medals are pinned on correctly for the Dinner Dress Jacket? What's the latest news on the Combination Cover? Find out at JOAG's UIB. Providing the most up-to-date and in-person uniform regulation knowledge, the UIB will provide education on proper wear of all PHS uniforms. The UIB will be available throughout the duration of the conference and prior to the Anchor and Caduceus Dinner.

JOAG Junior Officer Career Enhancement Booth (JOCEB)

June 7th – 9th, Exhibit Hall

Stop by the JOAG JOCEB to obtain resources and advice on career and professional development. Information will be available on: opportunities and resources available from each of the committees including the JOAG Job Shadowing Program, the JOAG Peer to Peer Network, the JOAG Professional Development Book Club, as well as other training and educational materials related to policy, health promotion/fitness and deployments. Display your PHS pride through purchase of t-shirts, coins, and other merchandise for sale, with proceeds funding scholarships for junior officer to attend the symposium.

JOAG Presentation of Awards

June 9th at 12:15pm EDT, Awards Luncheon, Room TBA

Join us at the Awards Luncheon as JOAG presents awards to the recipients of the Junior Officer of the Year, JOAG Excellence, and VADM Richard H. Carmona Inspiration Awards, as well as the first VADM C. Everett Koop Award.

Additional Symposium Resources:

JOAG Room Share/Ride Share Program

Looking to share the cost of a room or ground transportation to the conference? This program assists in connecting fellow officers to split the cost of a room, provide a room to a fellow officer at no cost, or share a ride. The online tool can be found at: https://docs.google.com/spreadsheets/d/1WXmpMNGi5yus5i1U6GIY43Pp619us_pL4TTaPJywlPk/edit?usp=sharing

Chattanooga Resource Guide

Explore Chattanooga! JOAG has compiled a comprehensive resource guide to local attractions, eateries, and entertainment in the Chattanooga area. The guide may be found at the JOCEB, Registration, JOAG webpage and distributed through the JOAG listserv.

For questions on JOAG Symposium Planning or if you are interested in volunteering for a JOAG event during the Symposium, please contact LCDR Griff Miller at miller.griff@epa.gov or LCDR Bic Nguyen at bic.nguyen@fda.hhs.gov.

We look forward in seeing you in Chattanooga! ■

RALLY POINT

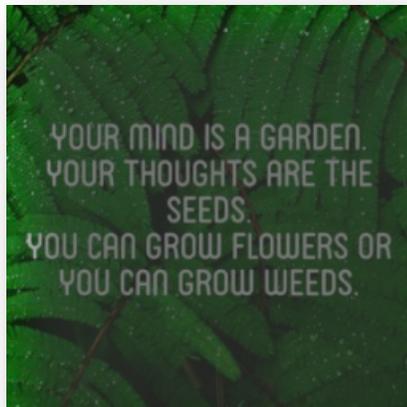
Welcome to 2017 Spring Edition of the Junior Officer Chronicles! I am so happy to present the third installment of the premier JOAG publication for the 2016-2017 operational year.

As usual, our officers have outdone themselves and shared some pretty AMAZING stories of service, collaboration, camaraderie, and forward-thinking. Our Junior Officer Chronicles (JOC) team continues to amaze me by pushing the boundaries of content outreach, design, and their personal commitment to the construction of this publication.

Spring is defined in the Merriam Webster dictionary as: ¹ the act of moving or jumping forward rapidly; ² to originate or arise from; ³ a time of season, growth, or development. With those themes in mind, our goal in this issue was to provide information to help you “spring forward” not only in your career but in your **LIFE**.

In this issue, we recruited the best and researched for countless hours to bring you information regarding: leadership, deployment preparedness, mental health, healthy living, (both in fitness and in nutrition) and current Surgeon General Initiatives. We also provided key information to assist you in your planning for the upcoming Symposium.

During the symposium, make sure you check in



Top of the Manitou Springs Incline Hiking Trail.
Manitou Springs, Colorado
March 2017

on our social media outlets, you may even catch a Facebook Live Video Feed or important interviews for those who were unable to attend. We would also love to hear how some of you celebrated “Public Health Week.” You can share your stories by sending them to joag.socialmedia@gmail.com.

Finally, I thank you in advance for allowing my team and I to serve you once again. As always, we encourage you to send all of your feedback and/or requests to joagcpcsubmissions@fda.hhs.gov

Good luck with your spring gardens, graduations, and congratulations to all of those who were promoted on 1 April 2017. I am looking forward to seeing you all during the Symposium. Make sure you stop me in the crowd and let me know what you think about our publication. ■

Peace and Blessings,



Junior Officer Chronicles Senior Editor

JOAG Communications and Publications Committee, Junior Officer
Chronicles Subcommittee

RECRUITMENT AND RETENTION

JRCOSTEP (Who, What, Where, and How)

Author: LCDR Travis Spaeth

Background:

The Junior Commissioned Officer Student Training and Extern Program (JRCOSTEP) is a training program for eligible students. It is similar to a civilian internship, as there is no payback obligation to serve later. Most JRCOSTEP assignments occur during the summer break, but can be flexible to meet agency needs and student availability. JRCOSTEP participants need to meet minimum commissioning standards, and the program is extremely competitive. The application window normally opens during late summer or early fall, around the time students return back to their program of study.

For an overview of the JRCOSTEP, benefits, qualifications, application information and testimonials, please visit <https://usphs.gov/student/jrcostep.aspx>.

The program in action:

In 2016, six agencies hosted 65 JRCOSTEPs'. The majority of these newly commissioned officers were stationed with the Indian Health Service. The officers represented four different categories (Engineering, Environmental Health, Pharmacy, and Nursing). Most of the sponsoring agencies are within the U.S. Department of Health and Human Services. JRCOSTEPs may select regions they want to go. However, this may limit their ability and opportunity for selection to serve. Flexibility and a service mindset can set a qualified applicant apart in the selection process. Agency selections for JRCOSTEPs occurred in December 2016 and the request for Personnel Action (PHS 1662) deadline was March 1, 2017.

Once on assignment, the expectations of JRCOSTEPs are to complete work alongside experienced agency professionals to observe and enhance their understanding of the professional competencies many of us perform on a daily basis.

I myself was a JRCOSTEP and my personal experience was great! "I was able to work on project designs, surveying, project inspection, and contract management. The compensation (compared to other engineering internships) and annual leave were perks not many internships offered.

(JRCOSTEP Cont.)

Other benefits of the JRCOSTEP program include allowing students a chance to travel (especially in the Western United States since assignments can have great geographic diversity) and student networking opportunities for future Agency recruitment needs..

Of particular note, [JOAG's Recruitment and Retention Committee, COSTEP Connection Subcommittee](#) has an annual mentoring program to assist JRCOSTEPs in pairing with a junior officer mentor. This connection allows students to experience and share in other career paths and USPHS experiences. "Not bad for a summer internship experience if you ask me."

So with full knowledge of how this internship/externship program works, I challenge you to go out and recruit new officers. Recruitment activities geared toward students offer a great way to meet future professionals and give them an opportunity to consider a career with the USPHS.

If you are unsure of your agency's JRCOSTEP sponsoring availability or needs, please ask your [agency liaison](#) or the [Commissioned Corps Recruitment Branch](#). The JRCOSTEP internship/externship program is unique and greatly benefits both the agency and tomorrow's public health professionals.

Have fun with recruiting and remember to always strive to protect, promote, and **advance** the health and safety of our nation." ■



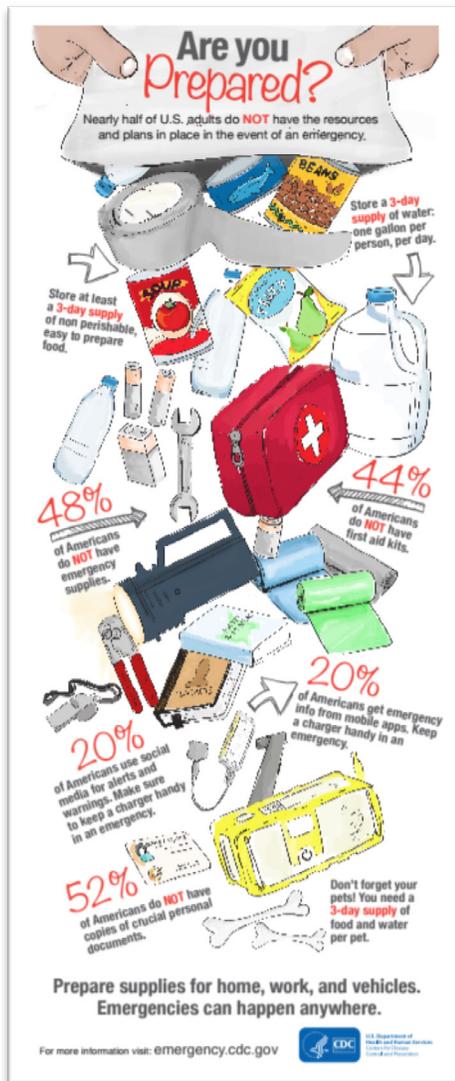
Changes in Basic Allowance for Housing during a PCS

When planning your next Permanent Change of Station (PCS), one of the first things you should compare is the amount of [Basic Allowance for Housing](#) (BAH) you receive at your current duty station and the amount you will receive at your new duty station.

Some of the questions you should be answering are: Will my BAH, increase or decrease? How will this change affect my budget? Military Saves offers you guidelines when considering housing affordability. Check out this site and other financial literacy sites while planning your next move. ■ <https://militarysaves.org/blog/1330-find-your-housing-affordability-number-to-better-manage-your-debt>

PREPAREDNESS

April Showers bring May flowers and plenty of dangerous weather



It's Spring time and you should prepare yourself and your family for potential dangerous weather.

Spring all-hazards emergencies include:

- Severe Weather/Tornadoes
- Floods
- Lightning
- Tsunamis
- Extreme Heat

Know what steps you can take to stay safe if dangerous weather is predicted.

Here are some tips from NOAA's National Weather Service (NWS) to help you get weather-ready for spring:

- 1. Know Your Risk** - Check weather.gov every morning. It is a simple action that will ensure that you're ready for the day's weather. Don't leave home without knowing the forecast.
- 2. Take Action** - Assemble an [emergency supplies kit](#) with 72 hours' worth of food and water. Have an [emergency communication plan](#). This plan lists meeting places and alternate ways of communicating in case of emergency.
- 3. Download Mobile Apps** - The Red Cross first aid app puts expert advice for everyday emergencies at someone's fingertips. The shelter finder lets someone know where Red Cross shelters are open. The free apps can be downloaded from the iTunes or Google Play stores by searching for American Red Cross.

As part of the responder community you should ensure that you practice what you preach. Know your risks, plan accordingly, and share this information with your family and community members. ■

Here are some additional resources to help educate you regarding Spring Weather Prep:

<https://www.cdc.gov/features/springweather/>

<http://www.crh.noaa.gov/Image/mkx/pdf/handouts/weather-safety-tips.pdf>

FITNESS CORNER

The 10 Commandments of Race Day

1. Thou shalt not carbo-load to the extreme – Spaghetti Friday is a real thing but is it the best use of your carb cheat day? Be sure that you are strategically preparing yourself for race day and not just binge eating. “You are what you eat from your head to your feet.”
2. Thou shalt have Alexa check the weather on race day – layer or hydrate. Know what to expect weather-wise on race day and prepare yourself accordingly.
3. Thou shalt not wear new gear on race day – Toes aching, shirt rubbing under your arms...sound familiar? Do not wear anything that you haven't broken in or tested on race day! Love the shirts in your swag bag but it will be there for the next race!
4. Thou shalt not arrive late – Think “Murphy's Law.” There will be a need to address “potty breaks,” “leg cramps,” and “no parking spaces”. Give yourself the time you need to be focused and ready to tackle the race ahead.
5. Thou shalt know the course and elevation map; they give you the map for a reason. This is important to know ahead of time to help prepare you for elevation and situational awareness. If you end up in a lake, it's your own fault. Trust me...it happens.
6. Thou shalt not be intimidated – running is as much as a mental operation as it is physical. Put your game face on and know that you are here by choice and you can conquer anything this race throws at you. Don't look at those around you and compare yourself. You're the leader of the pack, no matter where you place or the time you clock.
7. Thou shalt not confuse a marathon with a sprint race – Green light go!! NO, give your muscles time to warm up through your normal pace. Avoid injury and depleted resources with 13 more miles to go.
8. Thou shalt practice like you play. On race day your body and mind should be in peak performance. If you didn't practice hard, then you can injure yourself pushing beyond your normal limits during a race. Treat every day like it's race day and you can't go wrong.
9. Thou shalt make a post-race plan. Ensure you have a recovery program in place and accessible. Have a plan to meet family and friends and have a transportation plan so that you can avoid the rush and/or traffic delays.
10. Thou shalt not forget to have fun. Don't get stuck on beating your personal record...running should be fun, even when you are in pain. ■



Reference: <http://www.active.com/running/articles/the-10-commandments-of-race-day-for-runners>

CONTINUING EDUCATION

Continuous learning should be an important part of your officership journey. Don't think of it as promotion requirement, but use it as a guide to ensure that you remain engaged, curious, and part of a critically thinking and reflective public health machine. By pushing to become a better, smarter, and well informed officer, you create a pathway for other officers to follow and uplift the public health community.

The JOC would like to continue to share continuing education opportunities with you in future editions.

If you know of a program that's worthy of a "shout out," be sure to share it with us via the submission or social media addresses found in this issue.

If you are currently looking for an opportunity to gain free continuing education credits, check out FEMA's Emergency Management Institute. The program offers an opportunity to earn free continuing education courses that can complement your current deployment and/or independent study program. You can also get connected with the USPHS Continuing Education Listserv. ■

Emergency Management Institute/Independent Study Program

The Independent Study Program

General Information

The Emergency Management Institute's (EMI) Distance Learning (DL) Section offers the Independent Study Program (ISP). This is a distance learning program which offers training, free of charge, to the nation's emergency management network and the general public. It serves as both an alternative means to deliver valuable training to the professional and volunteer emergency management community, and an opportunity to improve public awareness and promote disaster preparedness nationally.

The Independent Study Program offers over 180 training courses via our training website <http://training.fema.gov/IS/>

In Addition...

Students are able to obtain continuing education units for all ISP courses. ISP also offers college credit for many of the courses through an agreement with the Frederick Community College in Maryland. Students who successfully complete courses can also request student transcripts be provided to institutions to assist students in obtaining continuing education units and/or to military institutions for military personnel to earn retirement points.

In addition, the program offers a customer support center to assist students. The customer support center can be reached through email at Independent.Study@fema.dhs.gov or telephone at 301-447-1200. The hours of operation are Monday through Friday, 8:00am-6:00pm ET.



How to get started

The fastest way to begin taking courses is to visit our website. You can learn about each course, download materials and take courses interactively. Just follow these easy steps:

1. Obtain a FEMA student ID number at: <https://cdp.dhs.gov/femasid>
2. Go to our website: <http://training.fema.gov/IS/>
3. Click on ISP Course List
4. Select your course of interest

Once you have studied the training material, you can submit your final exam, all from the convenience of your home or office.

Upon successful exam completion, you will receive an email within one business day that confirms your transcript has been updated and a link to create your electronic certificate.

USPHS Continuing Education Listserv

In response to high demand and interest, a formal USPHS Continuing Education listserv was created in summer 2015 for interested officers of all categories. Webinars, continuing education trainings/course/classes, and other opportunities are shared on upcoming events available to all officers.

You may subscribe to the listserv by following the link and providing your name and email address for regular subscription: https://list.nih.gov/cgi-bin/wa.exe?SUBED1=usphs_continuing-education&A=1.

To have your training or educational opportunity shared on the listserv, please contact the listserv's administrators: CDR Malaika Washington (pzp9@cdc.gov) and/or CDR Jemekia Thornton (akn1@cdc.gov). ■

First Alaska Region JOAG Meet and Greet: A Success!

Authors: LT Kristin Allmaras, LCDR Jill Gelviro, LT Christy Pierce

March 4, 2017 marked an inspirational day for many junior Commissioned Corps officers in Anchorage, Alaska as three JOAG Meet & Greet Regional Leads, LCDR Jill Gelviro, LT Kristin Allmaras and LT Christy Pierce, held the first ever JOAG Meet & Greet (M&G) event in the Alaska Region.

The rural communities of Alaska can generate various obstacles for officers stationed in isolated areas. There are often only two or three officers located throughout the entire area, creating barriers when attempting to network, volunteer, or actively participate in PHS-related events. The M&G provided those officers with a rare opportunity to network and build new relationships with junior officers living primarily in the urban area of Anchorage.

In addition, it provided all the attendees the opportunity to network with junior officers outside of their respective category. Five of the eleven USPHS categories were represented, including pharmacy, nursing, health sciences, environmental health and engineering. The event was well attended with a total of 17 junior officers on-site and 1 junior officer taking advantage of the conference line to listen in from Fairbanks, a city 360 miles north of Anchorage. Many of the officers traveled from the local Anchorage area as other junior officers traveled from a distance, including Juneau, Kodiak Island, the Kenai Peninsula and Wasilla (570 & 253 air miles; 158 & 44 drive miles from Anchorage, respectively) to attend the M&G.

Two distinguished officers were also in attendance and served as speakers to this inaugural event. The M&G hosted Captain Heidi Brainerd, Team Lead of the Rural Anchorage



1st Alaska Meet and Greet Event Participants

Service Unit pharmacy, as the main presenter. Captain Brainerd brings over 20 years of pharmacy experience to the table and provided “Tips on Career Planning and Officership.”



M&G AK Regional Leads (L to R) - LT Christy Pierce, LCDR Jill Gelviro, LT Kristin Allmaras



(Alaska Meet & Greet Cont.)

She highlighted the need to review category benchmarks early and throughout one's career, prioritize tasks and responsibilities appropriately, and stay up-to-date with uploading documents into one's eOPF. Captain Brainerd also spoke about the importance of maintaining a healthy work-life balance. As second speaker to the event, LCDR Brutrinia Cain, The Division of Commissioned Corps Personnel and Readiness Senior Policy Analyst and JOAG Voting Member, provided a description of JOAG and information about membership, committee participation and future opportunities for further JOAG involvement. Both CAPT Brainerd and LCDR Cain's topics opened up discussion to include benefits of becoming a national and local member of the Commissioned Officers Association, upcoming volunteer and networking opportunities, and Thrift Savings Plan management. Through this, it was determined that the majority of the attendees were fairly new to the Commissioned Corps and had multiple follow-up questions regarding COERs, Officer Statements, and maintaining basic readiness.

The event successfully linked officers together for

future PHS opportunities and served as the initial building block to a multitude of relationships. It also provided the regional leads with great ideas for future topic presentations and areas of improvement for upcoming JOAG Meet & Greet events. ■



M & G AK Presentation



M & G AK Group Meeting

On Tributes and Traditions

Author: ENS Michael Harding

Since its establishment in 1798 by the 5th Congress of the United States, passage of "An Act for the Relief of Sick and Disabled Seamen," the U.S. Public Health Service has upheld traditions and symbolism that have embraced our heritage as a sea service...

As a newly commissioned Ensign this year, it has been striking to witness how these rites and traditions have been maintained through to the present day - I have felt a sense of quiet pride. Of all of these traditions, none has been more personally meaningful than the chance to participate in the ceremony held on March 8, 2017 in the FDA's Wiley Auditorium as Palmer A. Orlandi, Jr., Ph.D., Senior Science Officer and Research Director in FDA's Office of Foods and Veterinary Medicine, was promoted to the rank of Rear Admiral and bestowed the title of Assistant Surgeon General.

It was my first time serving as a sideboy, and I was nervous as I waited in the hallway for the call from the Boatswain to post the sideboys. I was anxious that my actions should reflect the exactness and uniformity that had been impressed upon me. As the call came, we marched in and bells were sounded to signal the

arrival of senior officers. Our responsibilities were to hold a salute as the visiting dignitaries were piped "over the side" and onto the auditorium stage.

Throughout the ceremony, I was amazed at the attention to detail and the respect paid to both the Service and the associated dignitaries themselves. Moreover, it was an honor to rub shoulders with people who have dedicated their lives to the service of our country. Although many of the ceremony's aspects were emotionally stirring, I was most moved by the call to present arms. With perfect precision, eight white-gloved hands snapped up to the brim of their respective covers. As we solemnly listened to the National Anthem, I focused on the emblem of our nation and thought of everything it had come to represent to me—our privileges, liberties, and freedom on the one hand, and our duties as commissioned officers—to "support and defend the Constitution of the United States against all enemies, foreign and domestic"—on the other. While I have been grateful for the opportunity to don the cloth of our nation and shoulder those responsibilities, I never felt prouder to do so than I did that day. ■



Sideboys and Boatswain at the promotion ceremony of RADM Palmer Orlandi. Pictured left to right: Boatswain, LT Matthew Doyle, LT Iman Martin, LCDR Ramses Diaz-Vargas, RADM Sylvia Trent-Adams, LCDR Nancy Tian, RADM Palmer Orlandi, ENS Michael Harding, LCDR Solomon Tadele, LCDR Tyann Blessington, LCDR Sharon Edelson-Mammel,

Junior Officers Present at United States Military Academy

Author: LCDR Gary Koller

It was a beautiful fall day with bright colored leaves in West Point, New York. The United States Military Academy (USMA) Cadets had just finished their mid-terms for the fall semester. United States Public Health Service (USPHS) Nurse Officers LT Sarah Bailey, LCDR Kenneth Elsass, and LCDR Gary Koller embraced a unique opportunity to present at the USMA. The opportunity started 16 years ago when LCDR Koller and Major Green meet on Apache Range in Camp Hovey/Casey, South Korea. Both earned their Expert Infantry Badge that summer in South Korea and it was a start of a long friendship. After Major Green heard about the accomplishments achieved by USPHS in Africa, he invited the USPHS junior officers to come and present about the missions in Africa.

The presentation began with LCDR Koller discussing the history of USPHS, our recent accomplishments, and our current mission. He continued by explaining his medical mission to Africa, working with American Embassies in foreign countries, and challenges of foreign governments. LCDR Elsass then discussed the Ebola outbreak, the different organizations involved in caring for Ebola patients, and how the US Army's 101st Airborne Division led Joint Forces Command (JFC) - United Assistance role in creating the Monrovia Medical Unit (MMU). LT Bailey finished the presentation by describing the details of the daily operations of the MMU. LT Bailey described how the MMU was designed around Ebola care, the attention to detail that is needed to deliver care to Ebola patients, and the successes USPHS experienced in Camp Eason, Liberia.

The cadets were very engaged in the presentation and asked many questions. They were especially interested in how the USPHS worked with the Army. They all walked away understanding the dynamic roles that USPHS Commissioned Corps Officers can play.

Special thanks to U.S. Army Lt. Colonel Alexander MacCalman, Major Christopher Green, and Captain Jasmine Motupalli for helping to organize this opportunity at USMA. ■



Photograph from left to right is: LCDR Gary Koller, Major Christopher Green, LT Sarah Bailey, Captain Jasmine Motupalli, and LCDR Kenneth Elsass

Spanish-Language Competency for Advancing Public Health

Author: LT Jeff Zhou, PharmD, BCPS

¡Hola a todos! According to the 2010 United States Census, there are approximately 41 million native Spanish speakers in the US, and the Hispanic community is projected to account for over 30% of the total population by 2050. As the Spanish-speaking population continues to grow, so does the likelihood of providing healthcare to Americans of Latino or Hispanic origin. Currently, there is a chronic shortage of bilingual health care providers across our country, as well as within the Commissioned Corps. Lack of language services at healthcare facilities can lead to an increased number of emergency room visits, poor adherence to medications, and failure to follow proper instructions. These important issues warrant further discussion.

The Hispanic Officers Advisory Committee (HOAC) was established in 1990 as one of four Chartered Minority Advisory Groups under the Minority Officers Liaison Council (MOLC). One of HOAC's main endeavors is to raise the awareness of the critical public health issues affecting the Hispanic community as well as to provide resources for officers to develop deployment-related skills to better serve Spanish-speaking communities. From Unaccompanied Children deployments in 2014 to the recent emergency response to Zika, HOAC highlighted the need for intra-agency partnerships to obtain the necessary resources for improving the cultural awareness and language proficiencies among our officers. Currently, the Office of Minority Health (OMH) and Commissioned Corps are working together to promote and adopt trainings and materials to support the implementation of cultural and linguistic competency and the National Culturally and Linguistically Appropriate Service Standard (CLAS) in a public health setting. CLAS, published by OMH, highlights the importance of providing quality care and services that are responsive to diverse cultural health beliefs and practices,

preferred languages, health literacy, and other culture-based communication needs. Through this collaboration, the Commissioned Corps aims to increase language competence of all the officers, increase the understanding of communities being served, and to fortify an officer's background in CLAS. Recognizing these aims, RedDOG is currently working on implementation of CLAS training as a pre-deployment requirement as well as incorporating it into the curriculum of the Officer Basic Course. For officers who would like to receive CLAS training, please visit: <https://hclsig.thinkculturalhealth.hhs.gov/>.

Studying Spanish will prepare you for deployment opportunities impacting the Hispanic community and help you achieve linguistic competency. As officers, our goal is to decrease healthcare disparities. There are plenty of options to help you to study or improve your Spanish. "Duolingo" is a free language learning app developed by Carnegie Mellon University and has become one of the most downloaded apps. For those who wish to master medical Spanish, there is an award-winning program called "Canopy." It features a medical translator for 15 languages and a self-paced learning program. If you prefer to learn Spanish from a native speaker, you can try "italki". For a very affordable price, you can book an online session with an instructor. According to "italki," learners can choose from 281 professional Spanish teachers and 577 tutors. Other ways to learn Spanish include watching videos, movies, or TV shows with Spanish subtitles, or listening to podcasts or Spanish-language radio stations. To learn about other deployment-related resources to best serve Hispanic communities, please visit HOAC's Deployment Subcommittee at <https://dcp.psc.gov/osg/hoac/subcommittees.aspx> ■

HOAC is always looking for officers to help our organization to achieve its goals and objectives.

To learn more about HOAC, please go to our webpage at <https://dcp.psc.gov/osg/hoac/>.

To stay informed about all our activities, please join our listserv at <https://list.nih.gov/archives/hoac.html>.

To "like" or follow us on Facebook, please go to:



DID YOU KNOW???

THERES AN APP FOR THAT.....

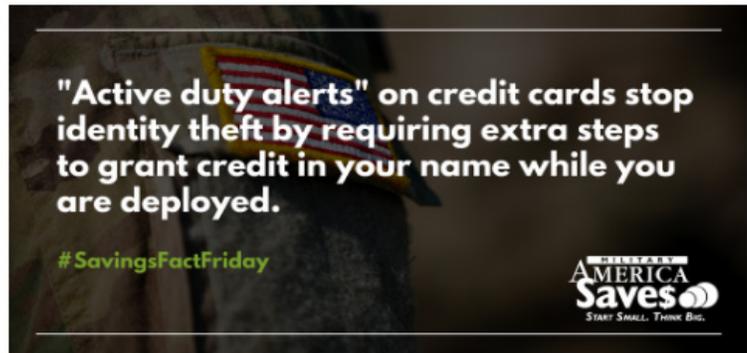


This mobile app US-based Open Garden is designed to help people communicate when traditional cellular networks go down during a

disaster. The app uses the combined signal of Wi-Fi and Bluetooth to form an ad hoc network that allows one to send and receive messages. This app works on both iOS and Android Platforms and provides NEWS, WEATHER & MEDIA from a verified source. You can also subscribe to early warning information and advisories during emergencies such as natural disasters or health crises. Download from iTunes or Google Play store for free. ■

ON THE MOVE...

Looking for extra protection during deployments or a Permanent Change of Station (PCS)? Try activating an active duty alert on a credit report. This means businesses have to take extra steps before granting credit in your name. Active duty alerts



last for 1 year, and can be renewed to match the period of deployment. ■

MILITARY APPRECIATION MONTH

Congress designated May as [National Military Appreciation Month](#) in 1999 to ensure the nation was given the opportunity to publicly demonstrate their appreciation for the sacrifices and successes made by our service members -- past and present. Each year the president makes a proclamation, reminding Americans of the important role the U.S. Armed Forces have played in the history and development of our country. May was selected because it has the most days set aside for celebrating and commemorating our military's achievements. In addition to the special days already mentioned, important dates for the military in May include Loyalty Day, which was established in 1921, Victory in Europe (VE) Day commemorating the end of WWII in Europe in 1945 and [Armed Forces Day](#). ■

Lessons Learned When Presenting

Author: ENS Quinn Bott, USPHS

I recently had the opportunity to introduce the U.S. Public Health Service to a small delegation of military physicians visiting from the Central Asian/Middle Eastern country of Tajikistan. Although it was a short part of their week-long visit to the Nation's Capital Region, the experience went a long way in teaching me about presenting. I was able to identify some pitfalls to avoid and wanted to share this advice with other junior officers.

First of all, I did not anticipate the challenges of having and using a translator - it was my first time being translated! Although the guests spoke and understood some English, they were travelling with translators and a guide from the Embassy who translated for them. Giving a presentation through a translator requires more careful attention to word choice and presentation style. Humor or nuance might not translate well, so it's important to be very clear and intentional with your message. Avoid jargon or complex concepts unless they are absolutely necessary. Have a plan to "chunk" your sentences to allow the translator time to catch up. Remember that the length of your presentation should actually be half of your allotted time, since everything you say will be "repeated". I think it would be a good exercise for any talk you give to pretend that your talk will be translated as you practice. A high-quality presentation will "translate" well because that means it's clear and concise. I also overestimated the audience's knowledge of certain topics and underestimated their knowledge of others. Depending on the context, it is probably best to explain concepts as simply as possible, but get to know what your audience does or does not know - and what they *want* to know.

I am glad that I took the time to learn a bit about their country. Tajikistan is the poorest country in Eurasia and is about the size of Wisconsin. Tajiki language is Persian with Russian influences. I included some Tajiki text (from Google Translate) on my slides in an attempt to be friendly and welcoming, but realized in horror that it might be misunderstood, or worse - seen by the Americans in the audience as a subversive encoded message!

I later researched the typical requirements for translated text in U.S. Government presentations to foreign colleagues. In more official contexts, translated text must be approved and double-checked through several layers of Embassy-approved translators, a process that should involve contacting your agency liaisons and HHS early, as it can take months!

This opportunity presented itself through a collaboration with the Global Health Interest Group at the Uniformed Services University in Bethesda, MD. PHS officers and our military colleagues work at the Center for Global Health Engagement, Department of Preventive Medicine and Biostatistics, and Center for Disaster Relief and Humanitarian Response. It's a great idea to get on their mailing lists or contact a medical or other health-professions school near you to look for opportunities! ■



Left to Right: Maj Parker, USAF, AFCENT, LTC Amrokhon Zoirov, Chief Resident, Infectious Disease Section, Central Military Hospital, Ministry of Defense, ENS Quinn Bott, USPHS, 1LT Mehroj Quvatov, Officer, International Military Cooperation Directorate, Ministry of Defense, LTC Murodzhon Akhmedov, Head, Infectious Disease Section, Ministry of Defense, MAJ M. Kuziev, Head, Sanitary and Epidemiological Section, Sugd Province Military Hospital, Ministry of Defense.

UNIFORM CORNER

Aiguillettes

Author: LT Michael Gu, USPHS and LT Courtney Drevo, USPHS

Aiguillettes (a'gwi'let') are worn by PHS officers while serving as an Aide to a principal in an official capacity. The principal is typically a flag officer, but can be individuals not in the uniformed services, including the President, Vice President, Secretary of Health and Human Services, or Foreign Heads of State. This role is usually referred to as an aide-de-camp, which in French means "helper in the camp."



Photo: Lord High Admiral Clinton in an arming doublet of 1562

Aiguillettes can be seen in European paintings as early as the 16th Century. They were originally functional and used as lacing to fasten plate armor together, which would leave a loop-like arrangement that hung from the shoulder.

In more recent usage, aiguillettes were worn on European military uniforms during the 18th Century. Starting in the 19th Century, the United States military began to use aiguillettes as ornamental cords on uniforms. Wear of aiguillettes was originally authorized for selected general staff officers and aides-de-camp to distinguish staff members from other staff officers. Since then, the use of aiguillettes has been expanded and changed to other officers and senior officials.

Aiguillettes cords in the USPHS are approximately 1/5 inch in diameter and are gold or gold and another colored thread; the same style as those utilized by the United States Navy. The number of aiguillettes cords worn corresponds to the principal's rank and position. The Aide to the President, Aide to the Vice President, Aide at the White

House, and officer designated as Aide to Foreign Heads of State wear aiguillettes on the right shoulder; aides to all other principals on the left shoulder. Aiguillettes are only authorized while performing duties as an aide-de-camp and are most commonly practiced in the Public Health Service in situations staffing the Surgeon General, Assistant Secretary for Health (ASH) and other Flag officers.

Aiguillettes vary in color, number of ropes and wear depending on several factors. The images below depict the differences in aiguillette appearances based on the occasion for wear and the principal's rank and position. Additionally, if the ASH is a Corps officer, the aide wears aiguillettes with four gold loops with dark blue spiral bands. If the ASH is a civilian, the aide wears aiguillettes with two gold loops with dark blue spiral bands. ■



Photo: USPHS Officers serving as Aide-de-Camps for RADM on left and VADM on right.

(Aiguillettes cont.)

Dress Aiguillettes	
Aide to the President	
Other Aides	
Service Aiguillettes	
Aide to the President	
Aide to the Vice President, Admiral, Cabinet Secretary or Deputy Secretary, Aide to the White House or Foreign Heads of State	
Aide to Vice Admiral or Lieutenant General	
Aide to Rear Admiral, Major General, Brigadier General, Assistant Secretary or Governor of a State or Territory.	

Types of Aiguillettes of the USPHS

As you look around can you solve the mystery of the aiguillette to determine the level of the principal?

References:

[1] Commissioned Corps Instruction 431.01 dated 29 April 2014. https://dcp.psc.gov/eccis/documents/CC431_01.pdf

[2] http://www.quartermaster.army.mil/jccoe/Special_Programs_Directorate/Enlisted_Aide_web_documents/Senior_Leader_Aide_Handbook_2010.pdf

[3] <https://en.wikipedia.org/wiki/Aiguillette>

Helping your Fellow Commissioned Corps Officers be Successful!

Author: LT Shayne Gallaway, PhD, MPH

Camaraderie. Does that word hold any special meaning for you? Camaraderie can be defined as a mutual trust and friendship among people who spend a lot of time together (from the mid-19th century; French, camarade ‘comrade’).

Have you ever been part of something so meaningful that its success took precedence over all individual achievements to those involved? Do you feel like that most days in your current job? Do you feel like that when you think about being a Commissioned Corps Officer in the Public Health Service?

As Commissioned Corps Officers, serving in individual billets spread across various agencies and geographical locations, without a “unit” or structure that brings us together day-to-day or month-to-month, it’s not uncommon to become predominantly focused on personal achievements, milestones and advancement. However, solely focusing on individual achievements can, at times, lead to feeling frustrated, isolated, or a feeling you are doing it “on your own”. Do you ever feel like all the Commissioned Corps Officers around you are your competition? Are you constantly comparing your achievements, your accomplishments, your job, and your experiences to theirs? It can be tiring, and yet if we’re honest, it’s probably very commonplace.

Truth is, that couldn’t be farther from the truth. As Commissioned Corps Officers, we are a part of a larger team with a bigger purpose. The success of the Public Health Service is dependent on the successes of all its Commissioned Corps Officers. **What if we tried to focus on how we can help each other to be successful every day?** We are all driven by different internal mechanisms...many of us were drawn to public health, in general, and the Public Health Service, specifically, because of a desire to help other people and populations. This internal drive to help others should motivate us to think about helping our fellow Commissioned Corps Officers to be successful. Think about creating opportunities that would allow for the success of the greatest number of Commissioned Corps Officers.

The leader I am today is significantly different from the leader I was 10 years ago. I have been influenced greatly by other leaders (good and bad), co-workers, and supervised staff. Maturing as a leader led to a deeper understanding that what constitutes success varies from what we do, to what we help others do, to watching others take the initiative to act. However, the most rewarding feeling is recognizing and helping others, who might not otherwise on their own, accomplish great things.

Our varied experiences (prior to- and while serving in the Commissioned Corps) contribute to and influence what we consider positive opportunities for learning, development, and success. We are all comrades, and any one of our success brings great credit to the Commissioned Corps....so think about what kind of opportunity you might be uniquely positioned to create to help one or more Commissioned Corps Officers be successful! ■

FOOD FOR THOUGHT

Pasta Shells with Spring Vegetables

Ingredients

- 1/2 pound fresh asparagus
- 1 (8-oz.) package sugar snap peas
- 1 cup ricotta cheese
- 4 teaspoons fresh lemon juice
- 2 teaspoons lemon zest, divided
- 1/4 cup plus 1/4 tsp. kosher salt, divided
- 1/2 pound large pasta shells
- 1 tablespoon olive oil
- 4 radishes, thinly sliced
- 1 tablespoon chopped fresh mint
- Garnish: pea tendrils



Preparation

1. Cut asparagus into 1-inch pieces, discarding tough ends. Cut snap peas in half.
2. Stir together ricotta, lemon juice, 1 tsp. zest, and 1/4 tsp. salt in a medium bowl.
3. Bring 4 qt. water to a boil in a stockpot over high heat. Add 1/4 cup salt; return to a boil. Add pasta; boil, stirring occasionally, 11 minutes or until al dente. Add asparagus and sugar snap peas, and cook 2 to 3 minutes or until tender. Drain pasta mixture, reserving 1/4 cup pasta water. Return pasta to pot. Stir in olive oil, radishes, and reserved pasta water.
4. Spread half of ricotta mixture in serving dish; top with pasta mixture. Dollop with remaining ricotta mixture. Sprinkle with mint and remaining zest. Add pepper to taste.
5. Serve immediately.

<http://www.myrecipes.com/recipe/pasta-shells-spring-vegetables>

Quote of the Quarter

Leaders are developers, team builders, imaginers, culture caretakers, roadblock removers and inspirers. Their success depends on enabling the success of others.

JUNIOR OFFICER SPOTLIGHT

Officer: **ZEWBITU (ZEWDE) DEMISSIE**

Category: Scientist

Education: PhD, Epidemiology, The University of North Carolina at Chapel Hill; MPH, Epidemiology, University of Minnesota – Twin Cities; BS, Genetics and BS, Psychology (minor: English), Iowa State University

Home town: Champaign, IL

Agency: Centers for Disease Control and Prevention (CDC)

Current Assignment and Duties:

Senior Research Scientist, Division of Adolescent and School Health (DASH), CDC. My primary job responsibilities include statistical analysis and dissemination of study findings through report and manuscript preparation and presentations. I also provide survey operations support for DASH's three national surveillance systems. I serve as the lead for the School Health Profiles biennial surveillance report.

Previous Assignment(s):

Epidemic Intelligence Service Officer (EIS), CDC, assignment: DASH. In addition to my analytic, dissemination, and survey operations work, I served as the County Lead for Santa Clara and Santa Cruz, CA counties during an outbreak of pertussis.

How did you find out about the PHS?

I didn't find out about the PHS until I was going through the EIS application process. At the EIS interviews in Atlanta, we were provided information about the PHS and civilian onboarding options. After this, I did some research to learn more about the service.

What are your goals with the PHS?

I am lucky to have had a number of wonderful experiences while serving as a PHS officer. I consider myself to be a service-minded person. I love sharing my expertise and experiences with others. I hope to continue this through mentoring and committee, workgroup, etc. opportunities. My goal is to continue to serve my agency and the service well. I want my research to support public health priorities and, hopefully, translate into meaningful guidelines or programs that can help change the health of the nation and the world.

What is your most memorable PHS experience so far?

Deploying for the 2016 Louisiana Major Flooding event was quite the memorable experience. RDF-3 was the first PHS response team to be deployed to Baton Rouge for the event. This was my first deployment and I knew very few of the officers on my team. I enjoyed meeting and working with officers from across the





nation and categories to help provide assistance to locals in need of shelter and medical management. My desire to deploy was one of the main reasons why I joined the PHS. I look forward to future deployment opportunities with my agency and my team.

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

For prospective PHS applicants, my suggestion is to do your research! The PHS isn't for everyone. Think hard about if it is the right choice for you. When I was considering my options for EIS, I spoke with civilians, a PHS officer thinking about separating, and a PHS officer who planned to make it a career. Hearing the various viewpoints was very enlightening. In the end, I decided that the PHS was for me. It's been almost seven years, and I am still happy with my decision. For junior officers, my advice is to get active in PHS and agency activities/organizations early. Don't think you have to wait to get to a certain stage to have valuable expertise and skills to share.

What current officership opportunities (PACs VM, etc.) are you currently involved in?

- For SciPAC, I serve as a Co-Chair for the Career Development Subcommittee and am also a member of the Mentoring Subcommittee.
- For BCOAG, I serve as the End-of-the-Year Newsletter Co-Editor under the Communications and Public Relations Committee.
- For JOAG, I am Co-Secretary of the Awards Committee, Co-Lead of the Operations Subcommittee of the Communications and Publications Committee, Secretary of the Readiness & Deployment Subcommittee APFT Team, and Liaison to the Sexual Orientation And Gender Diversity Advisory Group (SOAGDAG). For SOAGDAG, I am also a member of the Awards Committee.
- For Atlanta COA, I lead several community service and social events. I am a member of my center's Commissioned Corps Awards Board, CDC/ATSDR's Commissioned Corps Policy Advisory Committee, and The Surgeon General's Own Music Ensemble.
- I have been a member of RDF-3 since 2015.

What would be your "dream assignment," why, and where?

I think I am very fortunate to have a wide variety of research interests. My main passions are physical activity and mental health. However, I also am very interested in other obesity-related factors, chronic disease, sexual health, injury/violence, and environmental health. I enjoy being able to work on several topics and would love to be able to continue doing so. I am currently working in Thailand for three months as an International Experience & Technical Assistance fellow. Working in an international setting provides such a different perspective. My dream job would allow me to continue to do some international health work. I am not tied to location. While I love living in Atlanta, I am quite enamored with DC and could also see myself working in a state or overseas office for a period of time for the right position.

What's the best book you have ever read?

It's hard to pick just one. I love to read. My favorite book from childhood is *Wolf by the Ears* by Ann Rinaldi. It is historical fiction about a slave girl suspected to be the daughter of President Thomas Jefferson. It follows her from Monticello to Washington, DC, where she decides to pass as white. I recently read Ernest Cline's *Ready Player One*, a science fiction novel set in the future, and couldn't put it down. It provides an interesting portrayal of what the world could turn into, and there are 1980's references throughout the book. For an 80's child, that was tons of fun. ■



UPCOMING EVENTS

29 May | Memorial Day

4 June | Pre Conference Training
@ 2017 USPHS Symposium

6 June | 2017 USPHS Symposium begins

8 June | **General Member Meeting** @ 0800-1000 EDT *** *In-person @ Symposium; Call-in information will be distributed to the JOAG listserv for those not attending the Symposium*

PUBLIC HEALTH SERVICE ATHLETICS

[PHS Athletics Events](#)

Response Teams' "On-Call Month" Schedule

MONTH	RDF	APHT	MHT	SAT	CAP	NIST/EMG	TIER 3
JUNE 2017	3	3	3	3	3	ROSTER C	ROSTER C
JULY 2017	4	4	4	4	4	ROSTER D	ROSTER D
AUG 2017	5	5	5	5	5	ROSTER E	ROSTER E

JOAG
@PHS_JOAG

The Junior Officer Advisory Group is a public health professional group advising the Surgeon General on issues affecting junior officers of the USPHS.

dcp.psc.gov/osg/JOAG/

Acknowledgments

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 LCDR Katie Bante, CPC EC Liaison & JOAG Executive Secretary, LCDR Chitra Mahadevan, and the JOAG Chair, LCDR Samantha Spindel for their guidance and support.

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

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

Any opinions or thoughts presented within The Junior Officer Chronicles are solely those of the author and do not represent the USPHS, United States Department of Health and Human Services (HHS), or any other government agency.

May is Mental Health Month - #IntoMentalHealth

To find more resources visit the National Alliance on Mental Health click the image below:



Don't miss out on this great opportunity!



SURGEON GENERAL'S
VIRTUAL 5K JUNE 9, 2017

Getting and Staying
Healthy Together
JOIN US on June 9th!

STEP IT UP!

Register for the Run
Please click here: [Surgeon General's Run](#)

Make a Team,
Run-Walk-Roll with Family/Friends/Coworkers

Tell Others
Learn and be active together

Help the Surgeon General
Step It Up!

The Step It Up Program is designed to promote walking and walkable communities.

Join the Surgeon General on June 9th in a Virtual 5K event that you can participate wherever you are!!



12345
First Name
City, State
Team Name (If Added)

Step It Up!
Promote Walking and Walkable Communities