



THE JUNIOR OFFICER CHRONICLES

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Communications and
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2020



**THE OFFICIAL JOAG MAGAZINE
DESIGNED FOR JUNIOR OFFICERS BY JUNIOR OFFICERS**

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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 (JOC) is a quarterly publication produced by the JOAG Communications & Publications Committee (CPC) JOC Subcommittee. The 2019-2020 JOC Co-Leads are: LCDR Jeff Ward and LT Joellen Friedman. The CPC Co-Chairs are: LCDR Stephanie Kenez and LT Jenna Cope. The Executive Committee (EC) Liaison is LCDR Shondelle Wilson-Frederick..*
- ◆ *Send editorial comments and concerns to JOC Co-leads [LCDR Jeff Ward and LT Joellen Friedman](#).*
- ◆ *To contribute to a future edition, submit articles to JOC Co-leads [LCDR Jeff Ward and LT Joellen Friedman](#).*
- ◆ *Any opinions or thoughts presented in 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.*

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MESSAGE FROM THE CHAIR

Greetings Fellow Junior Officers,

We are now more than halfway through the JOAG Operational Year! It is my distinct pleasure to serve as the JOAG Chair for the 2019-2020 Operational Year, which began on October 1, 2019 and runs through September 30, 2020. The Surgeon General chartered JOAG in December 2001 to provide advice and consultation to the Office of Surgeon General, Chief Professional Officers and other PHS groups on the issues affecting the junior officers in the Corps. Personally, I feel there is no better time than now to be a junior officer in the Commissioned Corps. ADM Giroir and the rest of the Corps leadership have been working hard to modernize the Corps. More than 2600 junior officers, who make up about 45% of the Commissioned Corps, will ultimately benefit from the restructuring, as we are the future of the Corps. These changes provided the inspiration for our theme this operational year, which is “Empowering junior officers, building a stronger future for the Corps.”



As an officer who has only served in the field, I know firsthand how hard it is to connect with fellow officers. The officership and camaraderie opportunities are very limited for officers serving in remote areas. One of my priorities as Chair is to engage these officers in remote areas and ensure that every junior officer from Rosebud, South Dakota to Barrow, Alaska stays connected with their fellow officers in other parts of the country. A second priority for this Operational Year is advocacy. Through continuous engagement, JOAG hopes to convey the issues and concerns raised by officers to Commissioned Corps leadership. Lastly, JOAG will make it a priority this year to support and propagate the Surgeon General’s priorities. These priorities will be critical to the development of our new 5-year JOAG Strategic Plan, which is due for renewal this year. The opioid crisis and adolescent vaping are two of the major public health issues currently facing our country. I would like to encourage all junior officers to support the Surgeon General by contributing their time and resources to mitigating these issues.

I want to thank every officer that responded to our call for volunteers at the beginning of the Operational Year. The level of interest shown by the junior officers in getting more involved was incredible. We were able to fill all of our subcommittee leadership positions, which is integral to executing our mission. Active participation of junior officers in JOAG ensures that we have a diverse range of ideas and ways to empower junior officers in the field. There are still volunteer opportunities available on several of our committees and subcommittees. A mid-year call for volunteers will be going out soon. Please visit our website: <https://dcp.psc.gov/OSG/JOAG/committees.aspx> to see where you might be able to contribute. Remember that serving on JOAG not only boosts your officership, it helps bring your voice and that of other officers to the forefront. In addition, it helps convey critical information to junior officers that impacts their careers.

In conclusion, the only way JOAG can serve you is through your active engagement and feedback. Do you have a new initiative or idea that you would like JOAG to pursue? Do you have a question we might be able to answer? Please reach out to me or any one of the Executive Committee members. Remember that all the voting members are excited to serve you, their fellow junior officers. So, join us, engage us, and let us all build a stronger future for the Commissioned Corps together.

With Pride,

LCDR Mutiu Okanlawon, PharmD, BCPS
JOAG Chair 2019-2020

LETTER FROM THE EDITORS

Welcome to the 2020 Spring Edition of the Junior Officer Chronicles (JOC)! This edition has some officers showing off their medical skills, some statistics, a little bit of class, a little bit of self-awareness, and some reverence. But what we would really like you to know is that we want all of our junior officers to be included and to share some of the new things you have learned or experienced that you can share as a Corps officer. This JOAG Operational Year we are your JOC Co-Leads whom are currently experiencing the daunting emotions of acquiring a new part-time job with the JOC. We know we have some big shoes to fill following in the footsteps of LCDR Tara Jatlaoui and LT Roseline Boateng as previous Co-Leads, who proved to be exceptional JOC devotees during their time served. The new kids on the block, LCDR Jeff Ward and LT Joellen Friedman, know that none of this gets done without the contributors and the support team we have to review and compile these articles for everyone to appreciate. So, we want to thank and encourage everyone that perseveres to help keep JOC a good read.

In this Letter from the Editors piece, we want to encourage junior officers to formulate an article and send it in! We know all of us have some words of wisdom and valuable experiences that can benefit others. Perhaps there's a Corps topic you are curious about and can shed some light on for us as well. It's likely that many of us wonder the same thing. For example, some of us would like to know the purpose of the dual grades (permanent and temporary). Is the explanation complex? Can it be changed? Should it be changed? Many topics like this are on the minds of junior officers.

Many junior officers would like to know details of the promotion process. There's a lot of scrambling around for junior officers trying to find that perfect formula to prove worthy to the next rank. Many of those with some insight have been promoted and they might be a good reference for an article. Have your mentors or career counselors given some advice you would like to pass on? Most junior officers would love to read an informative article on ways to enhance their promotion potential.

Other happy reads pertain to deployments, things that have made you a better person or officer, motivations for enduring a hard spot in your occupation, or encouraging others to make lemonade out of lemons. What were your experiences during deployments? What would you recommend to prepare your fellow officers? Have you experienced recent health gains? What did you do to get healthier? What did you do in your occupation that helped you through a tough experience at work that you can share with us? Please don't keep all the valuable information to yourselves!

As you can see, we are using this section to solicit junior officer words of wisdom to contribute. This publication is for us and by us. We always need topics for future editions. Look at the headers. Is there any topic beneficial to junior officers that you'd be willing to take some time and share your knowledge with us?

We welcome your feedback for ways we can better serve you. Submissions to be included in future editions should be sent to both LCDR Jeff Ward and LT Joellen Friedman. Please place in the subject line: "JOC Submission."

We appreciate your support and thank you for your contribution to JOAG's premier journal by junior officers, for junior officers. Cheerful Reading!

Very respectfully from this dynamic duo,

Jeff and Joellen

EXECUTIVE COMMITTEE

SPOTLIGHT



LCDR Garrette Martin-Yeboah
JOAG Co-Executive Secretary

Category: Pharmacy

Education: Pharm.D. (Howard University)
MPH (University of Massachusetts Amherst)

Agency: U.S. Food and Drug Administration (FDA)

Current duty station: Silver Spring, MD

1. Tell us a little bit about yourself: interests, position, family, and hobbies.

Interests: Pharmacy, program management, and Lamaze Education.

Position: Regulatory Review Officer

Family: I am the mother of 2 teenagers (When did that happen?) (One who is about to have a driver's license). All on the road, beware!!

Hobbies: I enjoy cooking, reading, and traveling.

2. How did you get involved in Public Health?

I completed a total of 10 weeks at the Centers for Disease Control and Prevention (CDC) during my pharmacy practice rotations. There, I was introduced to the US Public Health Service and I was excited about the opportunity to have a nationwide impact on healthcare policy and program management. I also like the fact that you could change positions and make your career a varied experience and not a traditional pharmacy role.

3. How long have you been involved with JOAG and what is the most interesting aspect of your involvement with JOAG and/or serving the mission?

I have been involved with JOAG since my entry into the Corps. My first role was to serve as a booth volunteer at the symposium for 4 years and then each year I continued to expand my involvement. I was a lead with the Walking Workgroup (now the Step It Up! Subcommittee) and I coordinated volunteer events in my local area to get officers involved in community service. (Race for the Cure, National Trails Day Park Clean Up). I also volunteered for many JOAG community service projects. I enjoyed coordinating activities for junior officers. It was a great way to meet officers who, because of their duty station or category, I may not have had the chance to meet them. Working to expose community members to our service is great as well.

EXECUTIVE COMMITTEE

SPOTLIGHT

LCDR Garrette Martin-Yeboah, JOAG Co-Executive Secretary

4. What committee(s) do you liaise with and what is that committee doing this operational year?

1) Awards Committee—This committee manages the review process for the 4 major JOAG awards: Junior Officer of the Year (JOY) Award, VADM C. Everett Koop Junior Officer Award, JOAG Excellence Award, and the JOAG VADM Richard H. Carmona Inspiration Award.

2) Professional Development Committee—This committee is responsible for identifying existing career enhancement opportunities for junior officers.

5. What do you hope to accomplish/achieve in this position for the operational year?

I hope to advance the concerns of junior officers and serve well to efficiently capture the discussion of our JOAG meetings and ensure that listserv messages go out in a timely manner as this will facilitate the involvement in many activities.

6. What's your favorite piece of advice to share with fellow junior officers?

Advice that I was given—your career is a marathon, not a sprint. Pick a few outside of work duties and work well in those before volunteering for too many activities at once. Don't be afraid to step up for leadership positions. Many times you will be called on for a "stretch" assignment. Don't be afraid of the stretch. You will learn and grow and be better equipped for the next opportunity.



Advice: "Don't be afraid of the stretch."

www.cleanpng.com/png-exercise-stretching-stick-figure-fitness-centre-ph-1352191/

EXECUTIVE COMMITTEE

SPOTLIGHT

LCDR Shondelle Wilson-Frederick JOAG Co-Executive Secretary

Category: Scientist

Education: PhD, Bacteriology, University of Wisconsin-Madison Postdoctoral Fellowship, Cancer Epidemiology, Johns Hopkins Bloomberg School of Public Health

Agency: Centers for Medicare & Medicaid Services

Current duty station: Baltimore, MD



1. Tell us a little bit about yourself: interests, position, family, and hobbies you enjoy.

Interests: Mentoring, conducting sickle cell disease research, engaging in enterprise-wide data governance and standardization activities

Position: Technical Director for Analytics, CMS Center for Medicaid and CHIP Services

Hobbies: Traveling, increasing financial literacy, volunteering

2. How did you get involved in Public Health?

Over the years, I've been personally and professionally engaged with multiple organizations focused on public health priorities. To advance my training in public health, I obtained a postdoctoral fellowship in cancer epidemiology and applied qualitative and quantitative research methodologies to examine how social and environmental factors contribute to racial and ethnic disparities in chronic disease using multiple national data sources. I learned about the Commissioned Corps during my post-doc.

3. How long have you been involved with JOAG and what is the most interesting aspect of your involvement with JOAG and/or serving the mission?

I've been involved with JOAG since 2015. As a voting member, I am excited to have opportunity to increase the involvement of junior officers in modernizing the Commissioned Corps. This endeavor is a great opportunity for junior officers to respond to the call and assist with transforming our uniformed service.

EXECUTIVE COMMITTEE

SPOTLIGHT

LCDR Shondelle Wilson-Frederick, JOAG Co-Executive Secretary

4. What do you hope to accomplish/achieve in this position for the operational year?

JOAG represents the lifeline and the future leadership of the Corps and greatly contributes towards recruitment and retention of junior officers. As the JOAG Co-Executive Secretary, I plan to advocate for junior officers while promoting their development and visibility in the USPHS and within the communities we serve.

5. What's your favorite piece of advice to share with fellow junior officers?

- 1) Identify several strong peer and senior mentors (civilian and Commissioned Corps officers) – Be sure to be an accountable mentee.
- 2) Set strategic & SMART goals – Not everyone can have a leadership position, perhaps you can serve as volunteer.
- 3) Avoid over-commitment – This is easier said than done.
- 4) Don't be afraid of failure – This sounds weird but you learn valuable lessons from your mistakes.
- 5) Learn to see yourself the ways other see you – Often we are our worst critic.



Advice: "Don't be afraid of failure."

JUNIOR OFFICER

SPOTLIGHT

LCDR TINCY MAROOR

Category: Pharmacy

Education: Doctor of Pharmacy
St. Louis College of

Pharmacy **Hometown:** Chicago, Illinois

Agency: Indian Health Service

Current duty station:

Phoenix Indian Medical Center



1. How long have you been with and how did you find out about PHS?

I just finished 5 years of active duty with the Public Health Service (PHS). I first heard about the PHS when I was in pharmacy school completing an advanced practice pharmacy experience rotation at the Sioux San IHS Hospital. It was an amazing immersive experience into the day to day life of a PHS officer. After completing my rotation, I knew that having a long-term career in PHS was what I felt called to do.

2. What are your goals with the PHS?

My goals have evolved with my growing experience within PHS. Through the PHS, I hope to make advancements within public health to bring more resources and health education to the Native American population I currently serve. I also intend to utilize opportunities for deployment training that will help me be resourceful and ready to serve well during my deployments. Lastly, having a personal interest in global health, I hope to one day expand my career to focus on global health initiatives.

3. What do your current daily non-collateral duties entail?

In my current position as a Clinical Pharmacist at the Phoenix Indian Medical Center, I am responsible for staff duties including screening, verifying, and counseling patients prior to dispensing medications. The other half of my job is as a Clinical Pharmacist assisting with medication management during various inpatient and outpatient provider visits including the Emergency Department, Pediatric, Primary Care, and Specialty Care services.

JUNIOR OFFICER

SPOTLIGHT

LCDR Tincy Maroor

Working at an IHS hospital also gives me the very unique experience of working in pharmacy-run clinics which allows me to prescribe medications and manage disease states. Through the trainings provided in these clinics I've had the opportunity to become a Tobacco Cessation Provider and a Naloxone Clinic Director. Outside of the pharmacy, I am actively involved on our hospital Pain Committee and the Hospital Emergency Response Team.

4. What has been your most enjoyable experience with PHS so far?

Recently, four of my colleagues and I created the Community Health Advancement through Teaching (CHAT) Team to provide health education for employees, patients, and community members by collaborating with local community organizations. Through this team we were able to coordinate pharmacist presence at multiple health fairs and conduct classes that provided health education. This team gave me the opportunity to address health literacy gaps by combining pharmacy skills with the skills of community leaders such as police officers, social workers, and Drug Enforcement Agency (DEA) officers. This experience is especially memorable for me because it gave me a first-hand experience for the enthusiasm and willingness communities have for working with PHS officers.

5. What or who inspires you to do your job at such a high rate of initiative and productivity?

My uncle, Rev. Fr. P.D. Mathew, is a lawyer currently working in India to represent people in court that cannot afford representation. He was the first priest in India to obtain a law degree, which he used to teach and enable hundreds of people to be proactive about human rights. Uniformed, but for a different purpose, his career as a priest helped him identify a human rights literacy gap in the communities he served—that only education could close. His foundation for his goals was his law degree and love for service which grounded him to remain persistent with his mission throughout the years. His fearlessness as he trail blazed this new career path for priests in the judiciary system in India was something our family always has been very proud of. As I started my career in PHS, like my uncle, I wanted to be heavily embedded within communities to identify their most vulnerable needs, and, like him, I hope to answer those needs with the same persistence. As the first female in my family to serve in a uniformed service, I hope to serve proudly and remain dedicated to those I serve each and every day.

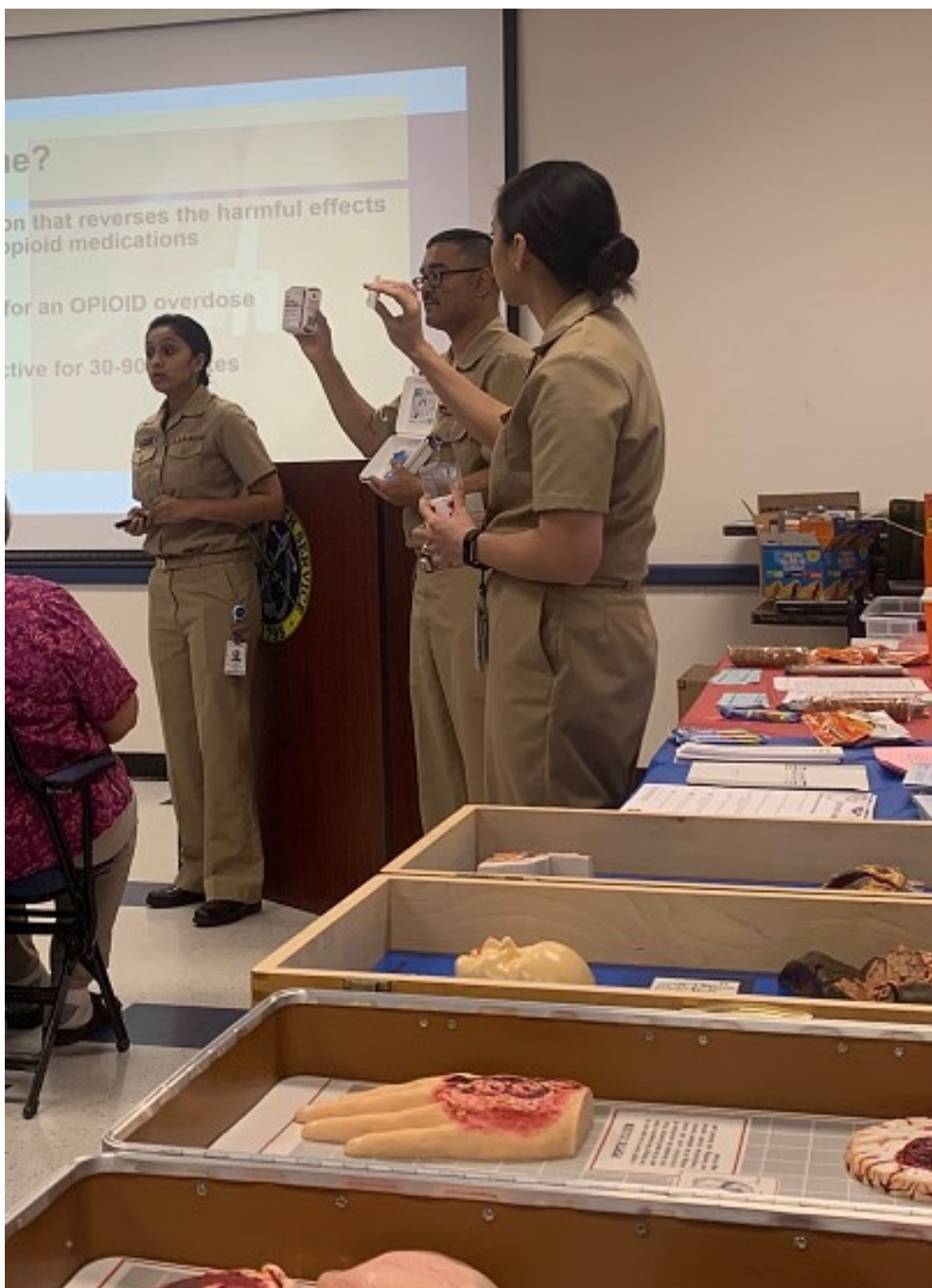
6. What PHS collateral duties have you acquired?

Throughout my last 5 years, I have had the opportunity to be involved in multiple groups, especially PharmPAC, JOAG, Heroin Opioids and Pain Efforts (HOPE) Committee, and Prevention through Active Community Engagement (PACE). Currently, my involvement includes being a PharmPac Pharmacist Opioid Overdose Response Training (POORT) Region 9 Lead, JOAG Peer to Peer Mentor, HOPE Committee Continuing Education Unit Planning Committee Lead, and coordinating PACE approved community education events. In the past, I've helped with JOAG booths with the Commissioned Officer Foundation (COF) and was a member of the JOAG Readiness and Deployment Workgroup.

JUNIOR OFFICER

SPOTLIGHT

LCDR Tincy Maroor



Teaching Naloxone drug information.

PHOTO: Left to right. LCDR Tincy Maroor, CDR Amit Patel, and LCDR Jackie Campbell.

REPORT FROM THE RANKS

Suture Skills Workshop

LT Sandra Herrera, APRN, FNP-BC; ICE Health Service Corps (IHSC)

On August 14, 2019, South Texas ICE Processing Center (STIPC) hosted a Suture Skills Workshop for the Advanced Practice Providers (APPs) of STIPC and the South Texas Family Residential Center (STFRC). This was an introductory workshop for nurse practitioners and physician assistants who reported limited experience in suturing or wanted a refresher course. The workshop covered instrument basics including suture types and selection, proper loading of the needle, wound assessment, and aftercare. All supplies were provided for the workshop using those regularly available in the clinic; and pigs' feet were used for hands-on practice.

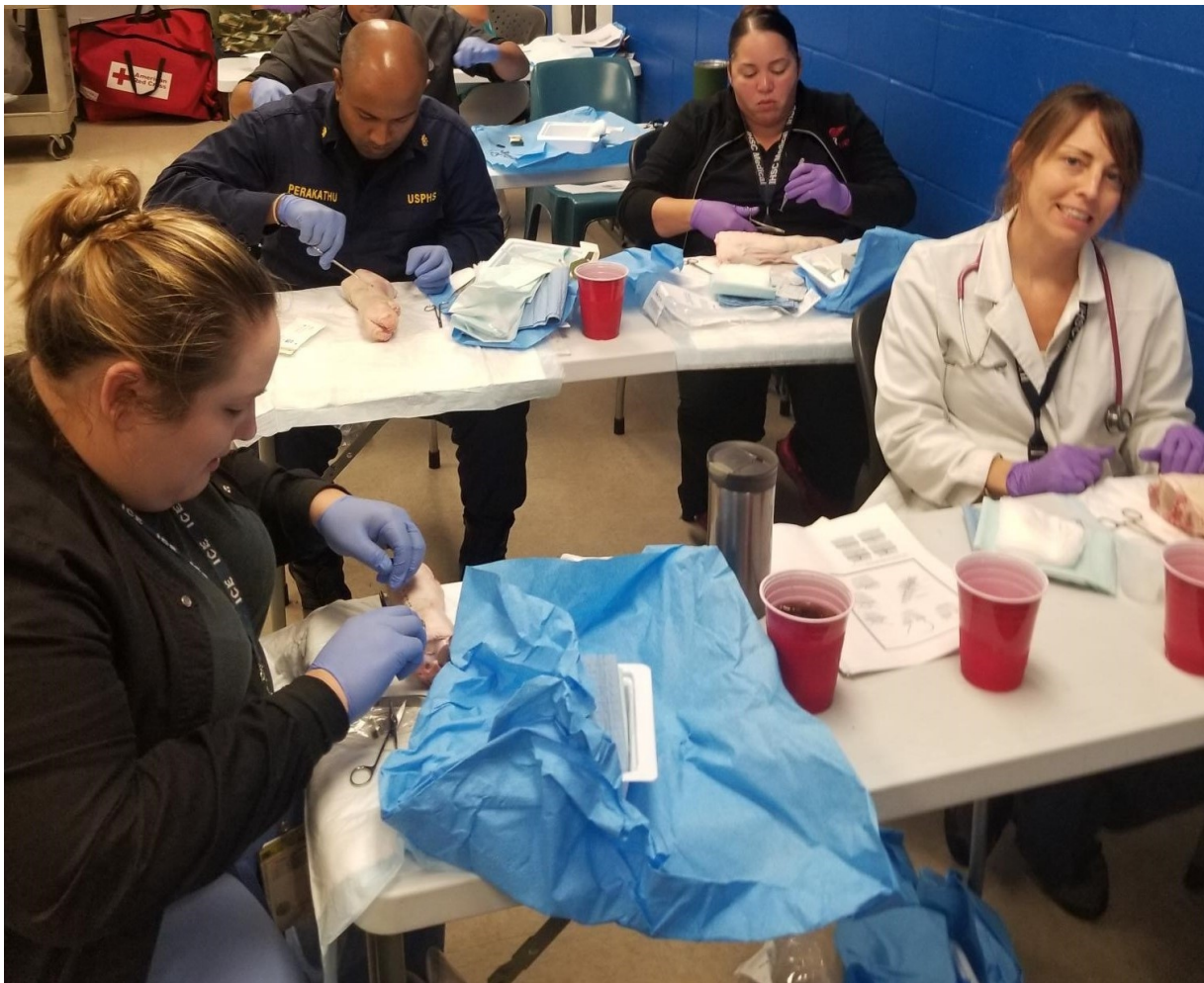


PHOTO: Back Left to Right: LCDR Sudhir Perakathu, RN; Jacinda Hurt-White, FNP
Front Left to Right: Miranda Ramirez, FNP and Melissa Selva, PA

REPORT FROM THE RANKS

Participants had the opportunity to practice basic suturing techniques in a small class and stress-free environment. The lead instructor for this workshop was Dr. Amanda Waterman, a contract staff physician at STIPC.

Upon conclusion of the workshop, staff were able to identify different suture material and needles, demonstrate wound closure techniques, and describe suture after care. In addition, all participants were able to take their suture kit home for further practice. The overall response from the participants was positive and many providers verbalized that they felt more confident in their suturing skills after completing the workshop.



PHOTO: CDR Misty Rios, FNP-C

REPORT FROM THE RANKS



PHOTO: Betty Lara LVN; LT Sandra Herrera, FNP-C

The administrative team at STIPC believe that continuing education and training are an important part of professional development and are committed to increasing staff preparedness and confidence in providing quality patient care. The plan is to continue these types of educational opportunities to provide staff the tools necessary for successful practice, confidence and expand their clinical skills.

SOCIAL MEDIA

Social Media and Officership: A Personal Reflection

LCDR Steven Galvez: 2018-2019 JOAG Social Media Co-Lead, Twitter Platform Lead
LCDR Phillip O'Bourke, PharmD: 2018-2019 JOAG Social Media Co-Lead, Facebook Platform Lead
LT Joellen Friedman, PharmD: 2018-2019 JOAG Social Media Co-Lead, Instagram Platform Lead

Three past JOAG Social Media Subcommittee Co-Leads worked together for three years and spent time planning ways to engage US Public Health Service Commissioned Corps officers and the public in JOAG activities. As they completed their service in these positions, they reflected on personal experiences using social media as individuals and as USPHS officers. They hope that by sharing these personal stories and reflections with you, JOAG members, you can learn more about how to best present yourself on social media as an officer.

Follow JOAG on all social media platforms and join the closed JOAG Facebook group to build community with your fellow junior officers!

LCDR Steven Galvez, past JOAG Twitter Platform Lead, has been using Twitter since 2010. Twitter has been his favorite social media platform due to the short posts, referred to as tweets, previously limited to 140 characters, but recently expanded to 280 characters. One of the reasons Twitter has become popular is due to users being able to scan interesting content by just glancing through their feeds. He has been involved with the JOAG Twitter account since 2016 and has seen the account outgrow his personal account by more than double the amount of followers. The account has more than 500 followers and is followed by the U.S. Surgeon General. Public health agencies and individuals interested in the U.S. Public Health Service have been the biggest supporters of the JOAG Twitter page, @phs_joag. It is very clear that the most enjoyed tweets are those featuring fellow officers. Followers love pictures and getting to know where other officers are working and how they are impacting public health. If you keep up with the news, you are well aware of tweets coming back to haunt some individuals. Lcdr Galvez suggests strongly considering the content that is a part of any social media platform and how it may be interpreted.

LT Joellen Friedman, past Instagram Platform Lead, has been using Facebook since 2008. She believes firmly in the modern adage "Once it's on the Internet, it's out there forever," but still tries to manage the photos and posts from the past that are easily publicly available. Connecting with other officers and potential mentors on Facebook means they can review a full Facebook profile. She sets some old posts and photos to "private to just me" as they show up in daily reminders of what happened on that day two, five, or even ten years ago that high school aged Joellen thought was a good idea to share with her Facebook friends. She still enjoys using Facebook for personal updates and general public health promotion, but keeps in mind that these items can get back to anyone at any time. LT Friedman notes "I am friends with my supervisors on Facebook and always consider if I would want them to know what I'm sharing before hitting 'Post'."



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SOCIAL MEDIA

Social Media team hard at work.

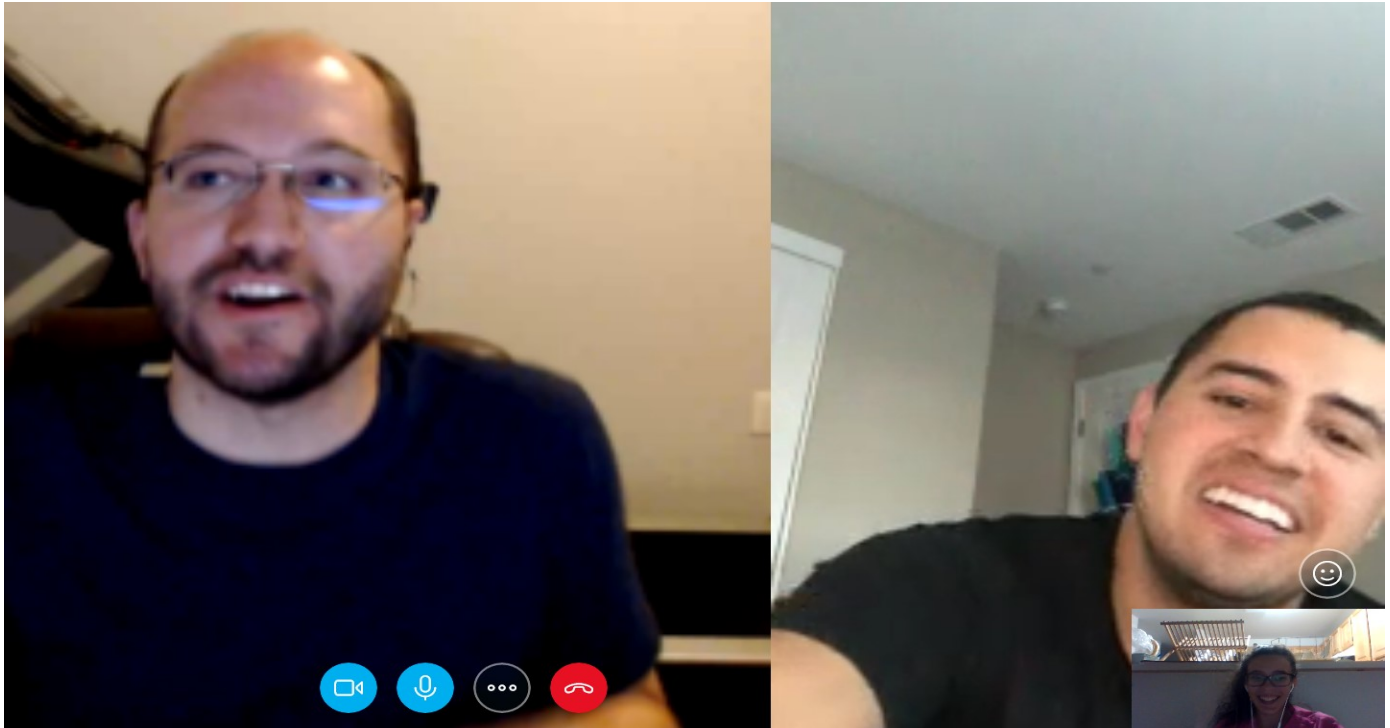


PHOTO: Left to Right: LCDR Phillip O’Bourke, LCDR Steven Galvez, and LT Joellen Friedman.

LCDR Phillip O’Bourke is past JOAG Facebook Platform Lead and also administrator and creator of the "Commissioned Corps Officers USPHS (unofficial)" Facebook group. He started the unofficial group in July of 2013 to help officers connect, get questions answered, and keep up on current events within the Corps, but the group evolved into so much more. LCDR O’Bourke has been impressed by how 99% of officers participate in the group in an innovative and positive manor. "It's most edifying to see officers helping each other. It's hard for such a dispersed group such as USPHS to really understand what they are all going through, across so many agencies and sites as well as professions and jobs there are many challenges to unity and *esprit de corps*." The best advice LCDR O’Bourke has for officers is not to give up on social media because of a few bad apples. It is a strong tool that can greatly help or harm a person’s life or reputation. He’s seen officers inappropriately challenge leadership only to find themselves called later by that leader personally to deal with the problem. The officer thought they were being “punked” and then realized they were in hot water because of one short sentence on social media. He’s also seen the Corps come together and give money to an officer’s family who died by suicide. He’s seen thousands of officers over the years receive help with important life decisions such as what a job is like in a certain place, how to get a VA loan, and how to invest in their TSPs. He closes with encouraging officers to “see the positives and not the negatives. Social media is hard work, much like anything else, and it’s worth it.”

END-OF-YEAR REPORT

JOAG recently published the JOAG End-of-Year Report for the 2018-2019 Operational Year. This annual publication summarizes JOAG activities, updates, and accomplishments. The link to the full report is available on the JOAG Accomplishments webpage: https://dcp.psc.gov/OSG/JOAG/about_accomplishments.aspx. Here are some of the exciting JOAG accomplishments from the past Operational Year:

Awards Committee: Developed an Excel based log for JOAG Voting Members to track eligibility for the Special Assignment Award (SAA).

Communications and Publications Committee: Developed a JOAG social media guidance and code of conduct that applies to the JOAG Facebook, Twitter, and Instagram accounts.

Membership Committee: Increased Participation at JOAG Meet and Greets around the country.

Outreach Committee: Developed first JOAG Readiness Checklists and finalized the Uniform Inspection Booth Train-the-Trainer module.

Policy and Procedures Committee: Published five *Cyber-Grams* addressing a variety of issues and policy topics.

Professional Development Committee: Hosted five Journeyman Speaker Series (JSS) presentations and documented one of the highest JSS turnouts with the participation of 114 officers.

Public Health Community Service Committee: A total of 73 officers and 26 civilians participated in 20 community service events that provided services to more than 1,280 people.

Readiness and Deployment Committee: Started publishing *Let's Get Practical*, which offers monthly tips to promote officer mental, physical, and spiritual well-being.

Recruitment and Retention Committee: Provided recruitment information to 105 separating sister service members at three transitional assistance program events.

FOOD FOR THOUGHT

<https://www.nhlbi.nih.gov/sites/default/files/publications/03-2921.pdf>

Keep the Beat: Heart Healthy Recipes

TURKEY

Spaghetti with Turkey Meat Sauce

Ingredients:

- 1 lb ground turkey, lean
- 1 can (28 oz) tomatoes, cut up
- 1 C green pepper, finely chopped
- 1 C onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano, crushed
- 1 tsp black pepper
- 1 lb spaghetti, uncooked
- as needed nonstick cooking spray

Directions:

1. Coat large skillet with nonstick spray. Preheat over high heat.
2. Add turkey and cook, stirring occasionally, for 5 minutes. Drain and discard fat.
3. Stir in tomatoes with juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boil. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Remove cover and simmer for added 15 minutes. (For creamier sauce, give sauce a whirl in blender or food processor.)
4. Meanwhile, cook spaghetti in unsalted water. Drain well.
5. Serve sauce over spaghetti.

Turkey isn't just for Thanksgiving. Let it go Italian for this healthier version of spaghetti.

Nutrition:

Yield: 6 servings
Serving size:
5 oz of sauce with
9 oz of cooked spaghetti

Each serving provides:

Calories: 455
Total fat: 6 g
Saturated fat: 1 g
Cholesterol: 51 mg
Sodium: 248 mg
Total fiber: 5 g
Protein: 28 g
Carbohydrates: 71 g
Potassium: 593 mg

UPCOMING EVENTS

MAY

Mental Health Awareness Month

Stroke Awareness Month

Brain Injury Awareness Month

Colo-rectal Cancer Awareness Month

National Nutrition Awareness Month

6 - National Nurses Day

10 - Mother's Day

25 - Memorial Day

JUNE

Men's Health Month

Safety Awareness Month

2 - Cancer Survivors Day

8 - Family Health and Fitness Day

14 - World Blood Donor Day

14 - Flag Day

19 - World Sickle Cell Day

21 - Father's Day

27 - National HIV Testing Day

July

Eye Injury Prevention Month Awareness Month

4 - Independence Day

19 - Stick Out Your Tongue Day

20 - Chess Day

28 - World Hepatitis Day

Share your photos and ideas with the rest of your junior officers across all social media platforms with the #hashtag [#JOAG](#) throughout the year!



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**THE OFFICIAL JOAG MAGAZINE
DESIGNED FOR JUNIOR OFFICERS BY JUNIOR OFFICERS**



Junior Officer Spotlight

Do you know of a deserving officer?

Do you know a junior officer that has a unique duty station? Is the officer a super star at work? Do they work tirelessly to support community endeavors, or just have a story to tell? We want to hear from you! Submit the officer's name and a short (50 words or less) narrative on why you think this officer's story should be shared. Submissions should be sent to: [LCDR Jeff Ward and LT Joellen Friedman](#). All submissions will be reviewed and one junior officer will be selected and showcased in a future edition of the JOC.