



Holiday Newsletter

HOLIDAY ISSUE

DECEMBER 15, 2017

INSIDE THIS ISSUE

Letter from the Chair 1-4
MLS Focus 5-7

Pumpkin Risotto 8

Easy Microwave Nut Brittle 9

Traditions 10-12

Scotcheroos 13

Hamilton Family Christmas Traditions 14, 15

Cream Candy 16

A Magical Time 17

Custard Pie 18

Good Reads 19

Holiday Candied Sweet Potatoes 20

Greetings MLS Officers,

It is hard to believe that 2017 is coming to a close! It seems like only yesterday that the year had just begun. As a PAG and discipline, we have accomplished a lot in 2017 and to say that we were busy was an understatement. To highlight how industrious we have been, below is a list that depicts a “few” of our accomplishments:

2017 MLSPAG Accomplishments:

Deployment:

Many of our laboratory officers were out on deployment providing support to the Hurricanes Harvey, Irma, and Maria relief efforts with the following missions, which include but not limited to:

- Federal Medical Station (FMS)
- Incident Response Coordination Team (IRCT)
- Joint Field Office (JFO)
- Secretary’s Operations Center (SOC)
- Warehouse cache resupply

MLSPAG Administrative Management Subcommittee:

- Reviewed five (5) voting member nomination packages
- Reviewed and selected the 2018 MLSPAG Chair-Elect

MLSPAG Awards Subcommittee:

- Instrumental in organizing and reviewing of the MLS PAG Junior and Senior Officer(s) of the year Award nomination packet
 - * CDR Jeff Christopher was selected as Senior MLS of the Year
 - * LCDR Thomas Maruna was selected as Junior MLS of the Year
- LCDR Ndenga presented an award to the graduating medical doctors at Wake Forest University School of Sciences.

MLSPAG Communications Subcommittee:

- Created MLSPAG Facebook page with over 100 likes
- Produced and disseminated three (3) MLSPAG newsletters for 2017

MLSPAG Education, Training, & Mentorship Subcommittee:

- Created five (5) laboratory related case studies for continuing education
- Coordinated the 2017 Medical Laboratory Professional Week's activities
Laboratory related games, trivia, and education.
- Collated and disseminated six (6) refresher laboratory related presentations via the MLSPAG listserv
- Created two articles for the HS PAC Mentoring News Summer 2017

MLSPAG Policy Subcommittee:

- Reviewed the accreditation and continuing education requirements for all HSPAC's PAGs to make sure the MLSPAG activities aligned with other similar PAGs.
- Verified that the Continuing Education events, general body meetings, and Technical Readiness events could be used by MLS officers to meet their re-certification requirements
- Submitted an article to the newsletter
- Conducted a review of ASCP and AMT eligibility requirements
- Reviewed the MLSPAG appointment standards

MLSPAG Recruitment Subcommittee:

- Reviewed, scored, and ranked 17 MLS applicants during 2017 open application period per DCCPR's charge.

MLSPAG Stakeholder and Community Engagement Subcommittee:

- Submitted an article highlighting USPHS MLS Officers and the important work we perform daily.

MLSPAG Technical Readiness Subcommittee:

- Hosted and presented a technical readiness webinar specifically for MLS Officers
- Ensures that MLS Officers are able to perform their clinical roles during deployment, regardless if they are functioning in programmatic or clinical billets within their respective agencies.

MLSPAG Charges for 2018:

As busy as we were in 2017, I know that all of you will rise to the challenge and tackle head on all the following charges for our PAG with the incoming 2018 MLSPAG leadership:

MLSPAG Subcommittee Standard Operating Procedures (SOP):

Draft and complete each subcommittee's SOP in the new uniform PAG SOP template

Strategic Priority Area: Conditions of Service/Deployment Readiness

Aim: By December 2018, the MLS PAG will develop & execute a laboratory cache orientation and training.

Metrics: Launched by 12/31/2018

Welcome to new MLS Officers:

I want to take this opportunity to welcome two new MLS Officers (names are bolded below) who recently completed Officer Basic Course (OBC) 99. LCDR Tom Maruna and I were able to attend their graduation ceremony (see photo below).



[L-R, LCDR Dave Young, **LT Yen Phan (FDA)**, LCDR Tom Maruna, **LTJG Greg Vock (IHS)**]

Thank you!

For my parting words, I want to take this opportunity to thank the following people who have supported me by providing feedback, guidance, and mentoring throughout the year:

2017 MLSPAG Executive Secretary

2017 MLSPAG Subcommittee Chairs and Co-Chairs

2017 MLSPAG Subcommittee Members

2017 MLSPAG Senior Advisors

General MLS community

I can't thank you all enough for all that you've done for me. I have learned a lot during my tenure as PAG Chair and I have you all to thank.

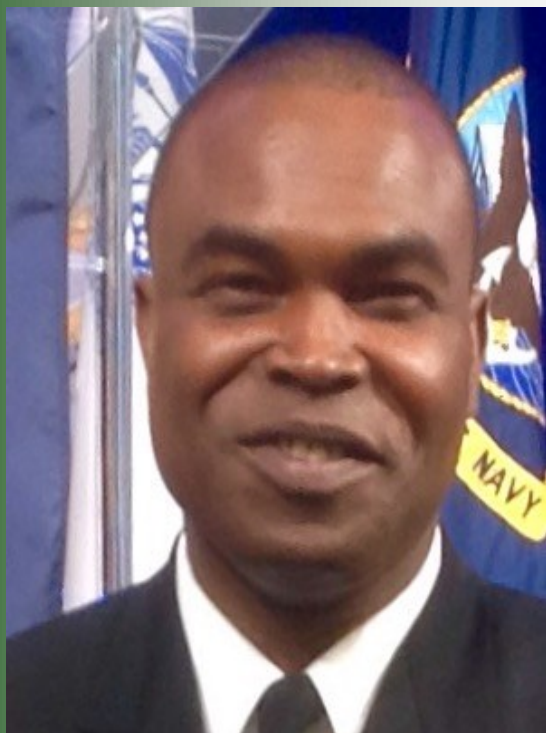
Have a wonderful and safe holiday season!

Regards,

LCDR Dave Young

Chair, 2017 MLSPAG

MLS Focus
CDR Babatunde Oloyede, Ph.D., MSHS, MLS(ASCP)CM
Butner, North Carolina



Education: Degrees, Universities, Dates:

Global Clinical Research Training Scholar Harvard Medical School 2017-2018

PhD Public Health (Epidemiology) Walden University 2010

Masters in Health Sciences (Clinical Research) The George Washington University 2007

Bachelor Health Sciences (Medical Laboratory Sciences) The George Washington University 2004

Background: Hometown, Family, Hobbies:

Born in Ibadan, Oyo State, Nigeria, West Africa

Married to Juliet and have two children a boy and a girl Oluwafemi and Oluwakemi

CDR Oloyede enjoys reading and singing. When outdoors, he likes to play soccer and lawn tennis.

Current Agency:

Bureau of Prisons / Department of Justice

Federal Medical Center Clinical Laboratories is a reference laboratory that service over 42 Bureau of Prison's Institutions across the United States. The Clinical Laboratory is responsible for daily routine and drug monitoring tests of the inmate population to help with adequate health care delivery.

Current Assignment and what you like most about it:

My current assignment is at the Federal Medical Center in Butner North Carolina.

Oversees over **\$600,000** annual Budget for the logistics of 42 BOP Institutions with over 1 million high complexity patients' samples in the Chemistry Section of the Laboratory.

Prepared for and Passed CAP Inspections for two consecutive times in the year 2014 and 2017 to maintain laboratory accreditation for Chemistry Section of the Laboratory.

Also helped in the Implementation of the beta-HCG quantitative pregnancy test for female BOP inmate populations that utilize our MRL.

Also, took the certification to become a Team Lead Inspector of College of American Pathology in 2016.

Job Title:

Chief Medical Technologist (Lead Medical Laboratory Scientist)

What I like most about my job:

I like my job as a medical laboratory scientist because it allows me to be strategically creative and also enable me to learn more about the day to day requirements for prompt Patients health care delivery.

Duties:

Daily quality control monitoring and review in clinical chemistry section. New reagent lot to lot parallel.

Monthly equipment maintenance log monitoring. New Quality control lot to lot parallel. Reagent Inventory and other consumables in the Chemistry section. Responsible for monthly quality control report and calibration report. Serve sometime as a generalist and Phlebotomy to cover other areas in the laboratory.

Other Duties:

Member USPHS Surgeon General Choral Ensemble

Co-Administrator HSPAC HSAAP program

Coordinator for region 4 PPAG Strike Team

Previous Assignments:

CDR Oloyede started as E-1 in the United States Navy where he served honorably for eight years aboard USS Bunker Hill and also Naval Academy Medical Center in Annapolis before joining the United States Public Health Service in 2005. He served between 2005 and 2008 with the Indian Health Service in Browning Montana and since 2008 has been with the Bureau of Prisons Federal medical Center in Butner North Carolina. He has also worked with the Johns Hopkins Medical Institution and Saint Agnes Hospital in Baltimore Maryland.

CDR Babatunde Oloyede is the current President of the North Carolina Commissioned Corps Association. He is also the 2018 MLSPAG Chair and the Chair of Stakeholder and Community

Engagement Subcommittee. He has also been on the ASCP Council for laboratory Professionals for two terms. In the year 2017 leadership forum he was elected to be the Chair of the council in 2018. CDR Oloyede hold several service awards from the United States Navy, United States Public Health Service and from other organizations. To include the following, Outstanding Unit citation, Unit commendation Awards, Presidential Citation, Achievement Award, Sea service expedition Award, Surface warfare Award, Hazardous Duty Award, Isolated Hardship Award, Crisis response service award, Special Assignment award, Field Medical readiness badge. Prestigious American Society for clinical pathology regional award, Award for distinction in Technology from the Christian Association of Nigerian Americans in the Unites States.

Pumpkin Risotto Recipe (Source: Bettycrocker.com)

Submitted by CDR Toni Bledsoe

Ingredients:

1 cup vegetable broth
1 cup water
1 tablespoon olive oil
½ cup chopped onion
1 cup uncooked Arborio or regular long-grain rice
¾ cup canned pumpkin (not pumpkin pie mix)
½ cup dry white wine or vegetable broth
1/3 cup grated Parmesan cheese
¼ teaspoon freshly ground pepper
¼ cup chopped fresh parsley
1/8 teaspoon ground nutmeg
Freshly shredded Parmesan cheese, if desired

Directions:

In 1-quart sauce pan, heat 1 cup vegetable broth and 1 cup water over medium-high heat just until simmering. Keep liquid at a simmer while preparing risotto.

Meanwhile, in 3-quart saucepan, heat olive oil over medium-high heat. Cook onion in oil 2 to 3 minutes, stirring frequently, until softened. Stir in rice; cook 5 to 8 minutes, stirring frequently, until edges of kernels are translucent. Stir in pumpkin and wine (or ½ cup vegetable broth).

Reduce heat to medium. Stir in 1 cup of the heated broth mixture. Cook uncovered about 5 minutes, stirring frequently, until broth is absorbed. Stir in remaining broth mixture. Cook 10 to 15 minutes longer, stirring frequently, until rice is just tender and mixture is creamy. Stir in grated Parmesan cheese and pepper.

To serve, sprinkle parsley, nutmeg and shredded Parmesan cheese over risotto.

Easy Microwave Nut Brittle from CDR Toni Bledsoe

Ingredients:

- 1 cup sugar
- ½ white corn syrup
- 1 cup nuts
- 1 teaspoon butter
- 1 teaspoon vanilla
- 1 teaspoon baking soda



Microwave oven setting: High (100% power)

Directions:

Combine sugar and corn syrup in 1 ½ quart glass casserole. Stir to blend. Microwave, uncovered, 4 minutes, stirring after 2 minutes. Stir in nuts, microwave 3-5 minutes until mixture is light brown. Stir in butter and vanilla, blending well. Microwave 1-3 minutes longer. Syrup will be very hot and nuts heated. Add baking soda, stirring until frothy (1 minute). Spread mixture onto buttered baking sheet. Let stand 30 minutes to 1 hour. Break into bite-size pieces. Store in airtight container. Makes about 1 pound.

Traditions

By: CDR Toni Bledsoe and LCDR Lisa Flores

Traditions some families have time tested traditions passed down through generations, some have new traditions, and some have the tradition of being untraditional! Throughout the years several traditions have withstood the test of time: decorating the inside and outside of houses, decorating the Christmas tree, hanging stockings, singing carols, and of course PRESENTS!

Some traditions have evolved with the passing of time: kids no longer wait for the JC Penny catalog (aka the biggest wish list ever) to appear in the mail instead many can virtual shop on popular web sites creating a personal wish list, some families went to a religious service on Christmas Eve of Christmas day now they may opt to watch the service on television or computer.

As I reflect on the season and how the celebration of Christmas has changed in my family I find many of our traditions begin with a favorite book, movie, cookie, or activity. Please enjoy our fellow MLS officers' favorite book, movie, or tradition.

LCDR Lisa Flores, FDA, ORA:

Favorite Movie: Rudolph, the Claymation version, our traditions have changed throughout the years but one that remains constant is from Black Friday until December 26, Christmas music is the only music in our house or cars, we also enjoy decorating the house and three Christmas trees

LCDR Richard Bashay, FDA, ORA:

One of my favorite holiday traditions is decorating the Christmas tree. This is because it is a way that I can reflect over the years with the ornament that signifies something special that happened in my life. For example, I have ornaments of all the wonderful places that I travel throughout the world.

LCDR Mary Sheets, FDA, ORA, Cincinnati:

Favorite Book: Twas the Night Before Christmas, Favorite Movie: ELF, Tradition: getting to open one present on Christmas Eve.

LT Vanessa Stefka, BOP-USMCFP:

My favorite holiday book is The Night Before Christmas
Movie: Home Alone and National Lampoon's Christmas Vacation
Favorite tradition is opening stockings at my Grandma's house

LT Torrey Ward, BOP:

A favorite in our household (book and tradition!) is the Elf On the Shelf!
Happy Holidays!

LCDR Jessica Damon, Centers for Disease Control and Prevention:

Favorite Holiday Tradition
Christmas Morning Breakfast

My favorite family tradition is the planning, preparation and cooking of the Christmas morning breakfast to share with my family. I love this part of our holiday celebration because it starts early and quietly on Christmas morning, just as the sun peaks across the horizon. I slide out of bed, careful to not wake my husband, throw on my robe and slippers and head to my kitchen. I set the coffee pot to brewing a mild roast, filling the kitchen with the warm, earthy aroma of coffee. Then I assemble the quiches with their red and green bell peppers on top to add a bit of festive flair, placing them in the oven to bake. While the egg, cheese and sausage goodness in pastry dough bubbles and bakes, I move on to sweeter treats. I drink my first cup of coffee while I fill a Bundt pan with Monkey Bread ingredients. Simultaneously I mix up some pancake batter for the pancake/bacon dippers. At this juncture, my freshly showered husband usually joins me for his first, and my second, cup of joe. As I remove the quiches and place the cinnamon-gooey Monkey Bread into the oven, I have my husband put Christmas carols on to play in the background. I assemble and fry the pancake/bacon dippers while slicing fresh oranges and seeding pomegranates for a healthy fruit side dish. Each dish is prepared and placed on the lavishly decorated buffet table to greet the now arriving grandparents. Just as the last item reaches the buffet, my husband wakes the kids and our Christmas celebration begins. While our kids are now mostly grown (17, 19 and 23) the tradition has remained unchanged. I believe it may continue for many more years until we become the grandparents arriving to join in the fun.

CDR Jeri Coats, Indian Health Service, Pawnee Indian Health Center:

Christmas is my favorite time of year. I have more than one favorite Christmas movie: Elf, Christmas Vacation, Love Actually and It's a Wonderful Life

One tradition I do with my family; Crazy Socks! Since I was a little girl, every year there would be the most outlandish pair of socks in my stocking. This has continued onto my girls. Every year, it is fun to pick out the ugliest, funniest, furriest, toe socks, long socks, etc. that we can find to put in their stockings.



LCDR Lundy Patrick, Imports Compliance Officer, FDA:

Favorite tradition is of course, spending time with family. Having grandkids now makes it much more fun as well! Favorite holiday movie is probably A Charlie Brown Christmas.

LCDR Matthew Morrison, FDA, Regional Radiological Health Officer

Wow. Favorite holiday movie? That's hard to choose. Traditional = White Christmas (Bing Crosby) Comedy = Christmas Vacation Action = Die Hard (Now I have a machine gun...Ho Ho Ho).

As a kid my family would all meet in Iowa at my grandparents and we would do the standard family things like over-eat, exchange gifts, attend church, and if it wasn't too nasty out we'd snowmobile until mom complained that the cousins drove all the way from Idaho to see us and we are out in the woods all weekend. Boys will be boys.

CDR Toni Bledsoe, NIOSH/ CDC:

One of the amusing Christmas traditions celebrated in the Bledsoe family is to have a box of Whitman's Assorted Chocolates under the Christmas tree. The chocolate sampler contains the traditional assortment of nuts, nougats, cremes and last but not least - the dreaded jellies. Apparently there isn't a single Bledsoe who likes jelly-filled chocolates. My husband once told me that one of his criteria for a prospective spouse was a woman who liked the jelly-filled chocolates! Amusing... Back to Christmas morning. The gifts have been opened, phone calls to family members far away have been made, it's time to break open the chocolate!!! But wait, we need to review the rules of selecting the chocolate! Yes, there are rules. you can carefully observe the chocolates, you can look at the diagram of chocolate under the lid, but you can't squeeze the chocolate to see if it is filled with jelly or nougat. Once you touch a piece of chocolate, you own it!



Scotcheroos

LT Danielle Terrett, MT (ASCP), IHS, Northern Cheyenne Service Unit

Ingredients:

1 cup light corn syrup
1 cup white sugar
1 cup peanut butter – chunky or smooth
6 cups of rice krispies cereal – just eyeball it

Topping/Frosting:

1/2 bag semi-sweet chocolate chips
1/2 bag butterscotch chips



Directions: Place the syrup and sugar in a pan on medium heat. Stir mixture until it is bubbling hot. Remove from heat and add peanut butter. Once all mixed, add the cereal and pour into a greased 9 x 12 pan. Use greased hands and pat down into the pan. Warm the chips together and mix; once smooth, spread onto bars. Enjoy!

Hamilton Family Christmas Traditions

By: LT David Hamilton, MT (ASCP)

When you start talking about Christmas this time of year around me, I immediately have three thoughts that come to mind: The birth of Jesus Christ, Cream Candy, and Nerf Wars. I know what you are thinking, “I understand the first two but what do nerf wars have to do with any of them?” Well let me explain.

This will officially be my 40th Christmas to celebrate on this earth. Some of my earliest memories of Christmas center on my Mom making one of my favorite homemade sweets of all time, cream candy. I particularly remember when Mom and Dad would wait until it got real cold outside, butter up a real marble slab about 2 ft. x 2 ft. in size, set it outside and throw together ingredients from my three favorite food groups: butter, sugar, and vanilla. Add a little water, plus some time on the stove and bang you have cream candy.

Well, maybe it is not quite that easy. For those who are not familiar with what cream candy (or pulled candy) is, I'll first describe the processing of making it as a labor of love. Once all the ingredients have come to temperature on the stove, you take your pot with the boiling hot mixture outside and pour it on top of the buttered ice-cold marble slab. The mixture spreads and settles in a thick consistency, like molasses. The goal now is to work very methodically but quickly because everything begins to cool fast. At this stage, Mom and Dad would work the candy over the marble until it was cool enough for Mom to pick it up and hold in her hands without burning them.

Now comes the work. Once in her hands, she would form the candy in kind of an elongated shape and slowly begin pulling on each end. Mom would pull it right up to when it would almost pull completely apart and then fold itself back together, then repeat the process. Once she felt the candy would hold together, we would go inside while continuing to pull and prepare to cut it into bit size pieces with a large pair of scissors. Making cream candy calls for patience, something I did not have at that age. It seemed like this process took days when in reality everything is complete start to finish in less than an hour. I would anxiously await and ask if I could have the first piece. I did not care if it had not creamed completely yet, I just wanted sugar! Once in your mouth it just melts. You can taste the vanilla, sugar, and butter, again all of my favorite food groups wrapped in one. Can't beat it.

Anyway, decades later I myself have learned to make this wonderful candy with a little twist that no longer required a heavy marble slab. I will share later in the recipe below. God blessed me with three beautiful daughters Brianna – 15, Kaela – 13, and Emma – 6. Every year around Christmas time, I make sure to involve each of my daughters in my tradition of making cream candy. Mom still comes over and we will occasionally make it together as well. I am hopeful each of my daughters will have that same special memory of making Christmas cream candy with their Dad.

Fast forward to about the time I was 17, right before my last year of high school where I met the love of my life. Her name was Tabitha Teegarden. Tabitha's parents raised her in a Christian home. Her Dad was a preacher and they had this wonderful Christmas tradition of reading about the birth of Jesus from the Bible on Christmas morning. This occurred before anything else, including opening presents. Now 23 years later, Tabitha and I are married, raising our kids in a Christian home. Every year on Christmas morning, we too read the story about the birth of Jesus from the Bible. Once old enough each of our

girls read the story for us, taking turns through the verses. For the first time, our youngest daughter will get her turn this year. I look forward to this moment the most every year. Nothing makes me feel more complete and peaceful.

Now on to the Nerf Wars. Around the age of 10-11, my parents unfortunately divorced. Three decades later, my daughters not only have the blessing of Tabitha and I's mothers for Grandmothers but also have my Stepmom. At Christmas time each year, my wife, daughters, and I gather at my Dad and Step-mom's home to celebrate. My Stepbrother's wife and two boys come as well. Over the last several years, it has been a tradition of my Stepmom to purchase Nerf guns for both of my nephews and my middle daughter Kaela. You all know who the tomboy is in the family. Anyway, she also purchases a couple for my stepbrother and me. Once all the gifts are open, the war is on! My 38-year-old stepbrother and the 40-year-old self fly around inside the house with the kids and shoot at each other as if it is World War III. Nerf bullets fly around everywhere and we all eventually end up ganging up on one of the remaining adults who happen to be unarmed. I have no other words to describe except it is just a lot of fun and makes me feel like a kid again.

Particularly, it takes me back to the times my Stepbrother and I would play together as kids growing up. I once shot him in the knee with a BB gun while he was in a tree. I always told him and everyone else it was an accident but in reality, I did it on purpose. Please do not let that cat out of the bag. It wasn't because I was mad or anything, just wanted to see how good a shot I was. The only way I could verify this was to aim at something that could tell me where I hit, turned out it was his knee. Good shot confirmed! Plus, I was the older brother. You are obligated to do those kinds of things, right? So much fun growing up as a boy!

There you have it, Christmas Traditions – Hamilton Style. Looking back on my life, I just do not know how much better things could have turned out for me. Even through the divorce as a child, which was horrible, things just worked out for the best. I have wonderful family memories about Christmas and hope for many more. Every step of the way, God has blessed me with so much to be grateful and thankful for, most of which surround Jesus Christ, Cream Candy, and Nerf Wars.

God Bless and Merry Christmas from the Hamiltons!



Cream Candy

By: LT David Hamilton

Ingredients:

1/2 cup water
2 1/2 cups sugar
1 stick unsalted butter sliced up
1 tsp vanilla
dash of salt

Directions:

Pour water in an aluminum throwaway roaster pan to about a quarter to half way. Place this pan in the freezer. Do this the night before making candy. This will hold the 9 x 13 nonstick buttered cake pan later. You can also just use ice from your icebox to place in the aluminum throwaway roaster pan. The point is to have something that can keep the bottom cake pan cold enough to cool your mixture down for the pulling process.

Butter the 9 x 13 cake pan generously. Place the cake pan inside the aluminum throwaway roaster pan and store in the freezer.

Now combine all ingredients in heavy saucepan. Place a candy thermometer in the saucepan.

Cook over medium heat until it reaches hardball stage (250-265 F). A good candy thermometer will have it clearly marked for you. This will take a few minutes.

Once at the hardball stage, remove the roaster pan from the freezer, with butter cake pan still inside the roaster pan. Immediately pour the candy mixture into the buttered pan.

Mixture will be very hot. Be careful. The edges will begin to harden. Once that occurs, grab an edge and fold over in the center. Repeat the process until the entire mixture hardens enough for you to pick it up. Once you are able to handle begin pulling. Keep pulling until it is too hard to pull. Stretch out into a long piece and cut off bite size pieces with heavy-duty scissors. Place on parchment paper and let sit overnight until it has creamed. Store in airtight container at room temperature.

A Magical Time

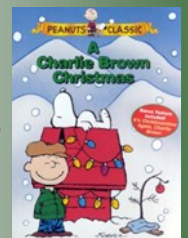
By: LCDR Leah Ferrier

This time of year is magical for children and adults alike. From, it's a Charlie Brown Christmas, The Nutcracker ballet, to the classic A Christmas Carol and who can forget the pageantry of Irving Berlin's White Christmas? Growing up in Northern Minnesota, I couldn't understand why the people would be so surprised that it would snow before Christmas and why did the people in the film seem to think it was such a great experience? Snow was a given in MN and along with it came great COLD. Yet the songs, the music and the dance scenes were magical and I loved them all.



Now living in California, I see the streets lit up with the Christmas decorations and I feel that same energy of Irving Berlin's White Christmas that I had as a child, even with the absence of snow. I can hear Bing Crosby singing those songs and my feet feel a little more like dancing.

In a family of 14 we didn't have much, but the traipsing through the snow, singing Christmas carols, picking out a pine tree to cut down in the twilight after school to bring home was just as exciting as making paper chains and popcorn strings for decorating the tree while watching those shows on a black and white TV. There were oranges and apples in boxes and penny suckers of all flavors, given as gifts from relatives and neighbors. One very special Christmas Morning, my siblings and I came down to find gifts wrapped in newspaper and tied with a string. They were from an older brother, who throughout the year, had sent off for free samples and had saved them to share with his siblings.



Other traditions and faiths have similar expressions of good cheer and well wishes for happiness. Great traditions value success for everyone. May we all have the goodness within light up with blessings. For those who have suffered the losses of loved ones, property, and precious dreams of success, may the supports that so many of us have spontaneously offered bring some small relief. Thank you to all the Commissioned Officers who deployed to serve storm ravaged areas during these most desperate times. May Puerto Rico and the Virgin Islands be restored by our efforts.

Happy Holidays to each of you and your families.

Recipe: Candied Buddha Fingers: (Lemon Chews)

Two Buddha Hand Lemons:

Three Cups cane sugar



<http://www.thekitchn.com/5-things-to-do-with-a-buddhas-hand-196888>

Custard Pie

By: LT David Hamilton

Ingredients:

1 BAKED deep dish pie shell
2 cups sugar
1 can carnation milk
1/2 cup water
8 Tbls all-purpose flour
6 egg yolks Reserve whites for meringue
1 tsp vanilla

Directions:

In heavy saucepan, stir together flour and sugar. Add milk, water, and then egg yolks. Stir in vanilla. I like to strain it at this point, it makes a smoother filling. Cook over medium heat stirring constantly until really thickened. Once it starts to thicken, it will do it fast.

Note: You can add a 1/4 cup cocoa for chocolate pie. Just add the cocoa with the flour and sugar.

Meringue Topping

Ingredients:

6 egg whites
1/2 cup sugar
1 tsp vanilla

Directions:

In mixer bowl beat egg whites until very soft peaks form, and then start adding sugar. Test with fingers to see if it is gritty, and then add vanilla. Dump onto middle of pie and spread to edges sealing the edge. Place the pie in a 375-degree oven for 5 – 10 minutes until the peaks of the meringue begin to brown.

Good Reads by CDR Toni Bledsoe

A Family Christmas

Selected and Introduced by Caroline Kennedy

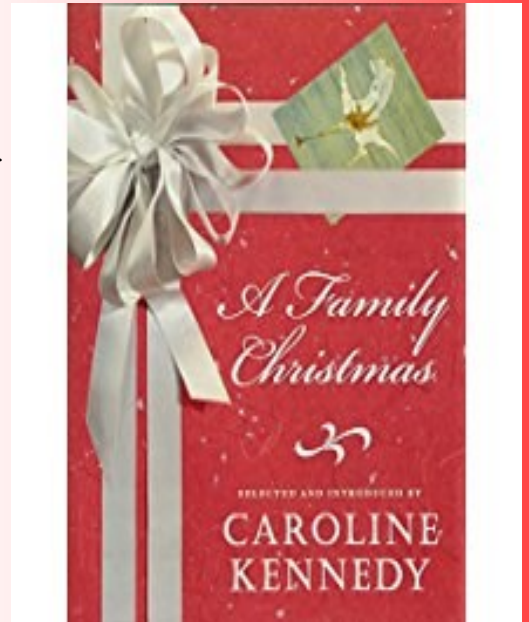
Sometimes during the course of the busy holiday season I want to spend a few moments to reflect on the season.

The holiday hustle and bustle seems to kick into high gear on Thanksgiving Day and continues through early January. When I have a few moments to myself, I turn to **A Family Christmas**. This anthology is a collection of passages from scripture, poems, short stories, excerpts from books, prayers, hymns, and popular songs related to the Christmas season.

The book is divided into Sections such as Away in a Manger, The Gracious Time, Deck the Halls, Winter Wonderland, Santa Claus is Comin' to Town, and Hark! The Herald Angels Sing- Hail the Heav'n Born Prince of Peace:

Christmas in Wartime. I pick up the book, I let it open randomly and I begin to read. Caroline Kennedy gathered some beautiful words written by well-known and famous persons as well as non-celebrities. Literal offerings from George Washington, Truman Capote, St. Augustine, Laura Ingalls Wilder, O Henry, Martin Luther King, Jr, and Mark Twain.

Caroline Kennedy also includes a letter she wrote to Santa Claus in 1962 where she tells Santa what she and her little brother, John would like to see under their tree on Christmas morning. Finally, Caroline also includes the 'Letter to Michelle Rochon' written in 1961 by her father, President John F. Kennedy, assuring the little girl of Santa's safety from the Russians. I guarantee that everyone will find a special Christmas message within the pages of **A Family Christmas**.



Holiday Candied Sweet Potatoes

By: LT Shercoda “Cody” Smaw

Prep Time: 5 min, Cook Time: 35 mins, Ready In: 40 min

Ingredients

4 Pounds sweet potatoes, quartered
1 ¼ Cups Margarine or I Can't Believe It's Not Butter
1 ¼ Cups Brown Sugar
3 Cups miniature marshmallows, divided
Ground cinnamon to taste
Ground nutmeg to taste



Directions

- 1) Preheat oven to 400 degrees F (200 degrees C). Pam Spray (Olive Oil) a 9X13 inch baking dish.
- 2) Bring a large pot of water to a boil until slightly underdone, about 15 minutes. Drain, cool, and peel.
- 3) In a large saucepan over medium heat, combine margarine or I Can't Believe It's Not Butter, brown sugar, 2 cups marshmallows, cinnamon, and nutmeg. Cook, stirring occasionally, until marshmallows are melted.
- 4) Stir potatoes into marshmallow sauce. While stirring mash about half the potatoes, and break the others into bite-sized chunks. Transfer to prepared dish.
- 5) Bake in preheated oven for 15 minutes. Remove from oven and cover top evenly with remaining marshmallows. Return to oven and bake until marshmallows are golden brown. Take out and let cool for 5 minutes before eating. ENJOY!

HAPPY HOLIDAYS

From:

The MLS-PAG Communications

Subcommittee:

CAPT Todd Alspach, CDR Toni Bledsoe, CDR
Cara Nichols, LCDR Charles Boison, LCDR
Leah Ferrier, LCDR Lisa Flores, LT David
Hamilton, and LT Angela Hatzenbuhler

To submit an article for the MLSPAG

LCDR Lisa Flores

lisa.flores@fda.hhs.gov

Or

LCDR Charles Boison

Charles.boison@fda.hhs.gov

Editors: CAPT Todd Alspach

CDR Cara Nichols,

JOIN THE MLSPAG

MEETINGS

*Join us via
teleconference*

*every second Thursday
of every other*

month @ 1400 EST

1-866-882-1054

Passcode: 2066464



**Medical Laboratory Scientist Professional Advisory Group Coin
Order Form**

**[http://usphs-hso.org/sites/default/files/hso_docs/
pags/mlspag/mlspag_coin_order_form.pdf](http://usphs-hso.org/sites/default/files/hso_docs/pags/mlspag/mlspag_coin_order_form.pdf)**