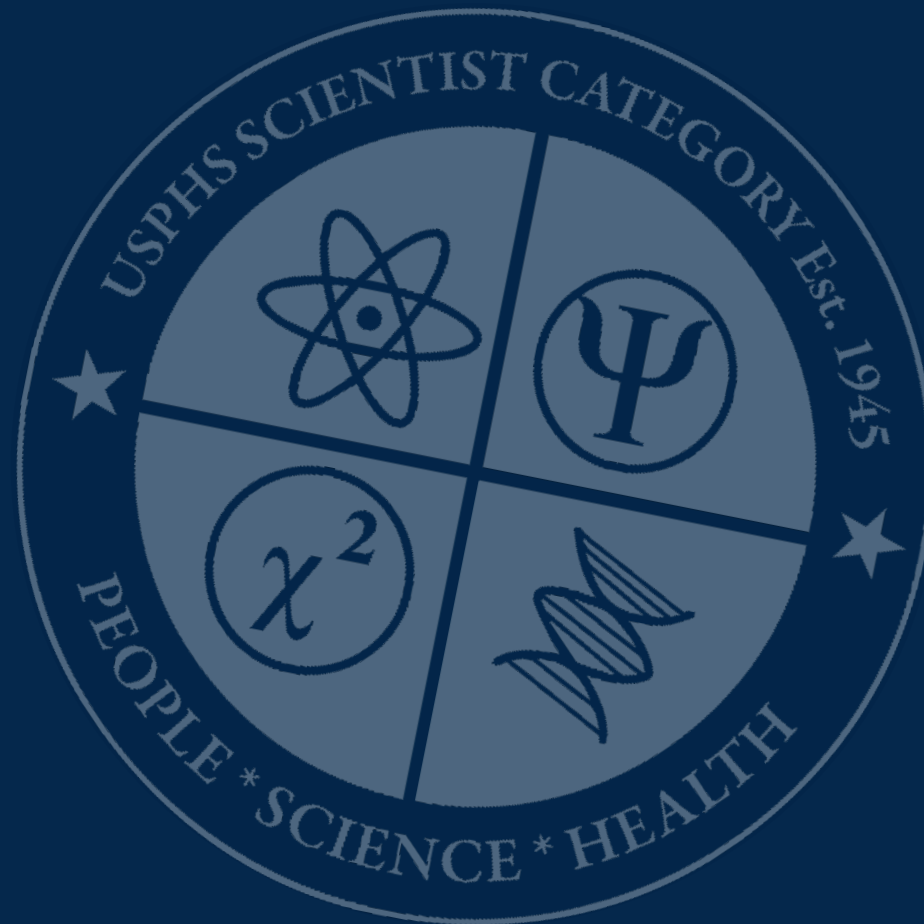


The Scientist Officer



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Scientist Officers on Deployment: Data Management as New Core Tenet of Deployment Operations

LCDR Jonathan Leshin, CDR Sara Vagi, and LCDR Victoria Jeisy Scott

Effective management of deployments and surrounding information is critical to ensure safety and accountability of deployed U.S. Public Health Service (USPHS) Officers. During the COVID-19 deployment and later during the Unaccompanied Children mission in 2021, the number of USPHS Officers deployed grew significantly. To meet the goal of managing large, long-term deployments, USPHS Officers were asked to help develop and manage a deployment tracking structure. Scientist Officers were critical in building, modifying, expanding, and maintaining these systems.

The Commissioned Corps Headquarters (CCHQ) Data Management Section developed a system using database software. When the demand outgrew the practicality of this system, the team created a new relational database in a frequently used intranet collaboration program to provide a common platform for data entry, management, and reporting across all operational teams. Every CCHQ Command Cell Section provided information to the database, including processing new deployment requests (Administration and Finance Section and Logistics Section), contacting USPHS Officers in the field daily, updating the database with their location (Operations Section), or verifying deployment and demobilization dates (Data Management Section as well as Corps Care).

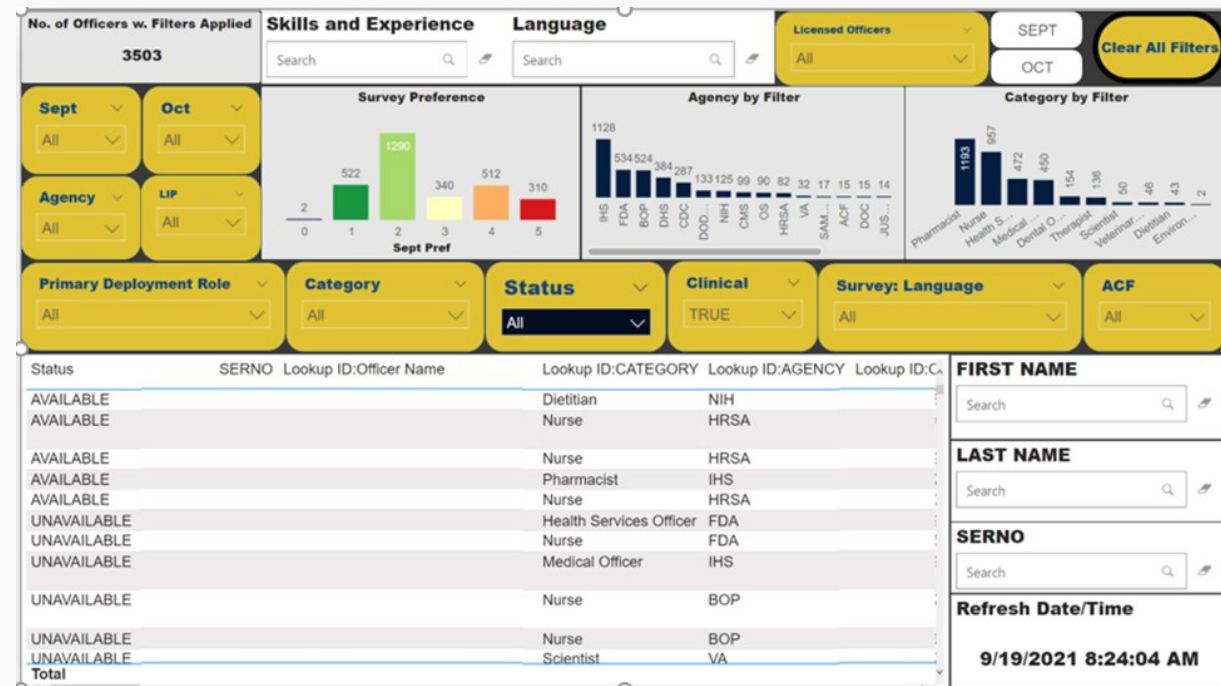


Figure 1 – Initial Version of the deployment rostering tool

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Scientist Officers on Deployment: Data Management as New Core Tenet of Deployment Operations

LCDR Jonathan Leshin, CDR Sara Vagi, and LCDR Victoria Jeisy Scott

To help leadership understand deployments and availability of USPHS Officers in real time, the Data Management Section created visualizations directly linked to the relational database. By maintaining accurate data and building multiple visualization dashboards, the Data Management Section regularly provided timely, actionable information to senior USPHS leadership. Accurate data and visual dashboards facilitated a better understanding of the Officers' footprint in the field and the ability of USPHS to fill deployment requests. Scientist Officers also built a new rostering tool (Figure 1), allowing the rostering team a more accurate understanding of available Officers' skillsets, preferred month of deployment, and other relevant deployment characteristics.

Scientist Officers further supported deployments by developing and implementing the second USPHS deployment survey, which included collection of information regarding preferred deployment months, with a goal of improving Officer wellness by allowing time to use vacation and respite time with family, friends, and loved ones. Scientist Officer involvement improved the survey by removing data that could be determined from other sources and focusing the content to capture the most relevant information. This information was used by the rostering team to give Officers an increased chance to know when they would be most likely deployed.

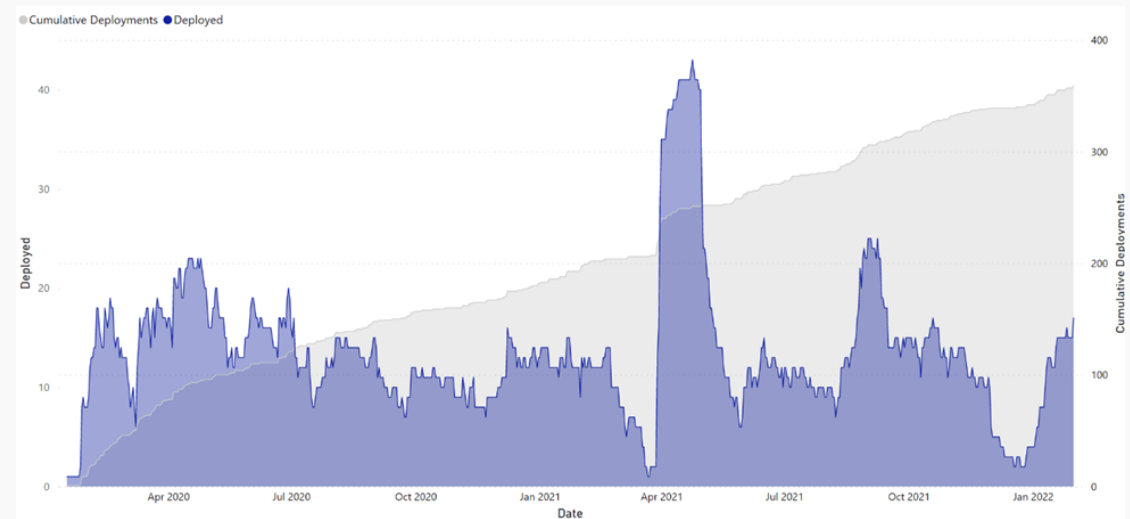


Figure 2 – Scientist officer deployments over time

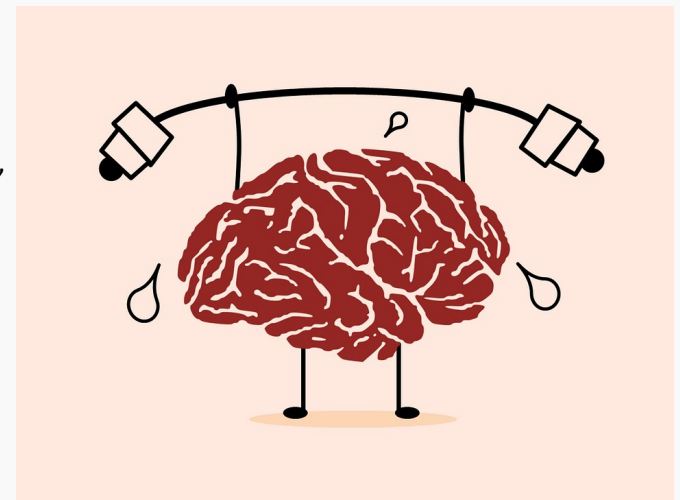
Scientist Officers are critical resources for USPHS deployments (Figure 2). This is especially apparent in the data management/data visualization field, an area that many Scientist Officers conduct work in daily. Understanding how Scientist Officers played a role in the existing data deployment structure is key to helping USPHS leadership make informed decisions in the future about deployments and how we can use our unique data management skillsets to support improving the USPHS Commissioned Corps deployment process.

Maintaining a Healthy Mind as We Age

By LCDR Adriana Restrepo

What does the word aging mean to you? Is it getting older, slowing down, forgetting things, seeing more wrinkles and gray hair, or is it sharing wisdom, reflecting on life accomplishments, and no longer sweating the small stuff as much? Whatever the meaning of the word is to you, it's a normal experience and inevitable for all. One of the things that comes with aging is mental decline, memory lapses, and most seriously for some, dementia. Experts suggest that adults can improve their chances of maintaining a healthy mind by managing health problems, exercising frequently, eating a healthy diet, getting plenty of sleep, learning new things, and staying socially engaged. In addition, our perspectives on aging are equally important. Older adults who view aging in a better light tend to have better health, physically and mentally. Meanwhile, focusing on the negative aspects of aging can predict poor health. The goal is to find ways to shine as we age, keeping our minds sharp and continuing to pursue life passions. These everyday steps are good reminders that can help us on our own journeys:

- 1) Exercise regularly. The right amount—and type—of exercise varies by age and health status, but it is best for us all to keep our bodies moving. Whether it's walking, training for a 5K, hiking through nature, gardening...the options are endless. Even small everyday motions, like walking the dog, can help create new cells in the brain that are essential for memory storage.
- 2) Do activities you enjoy. Hobbies like traveling, dancing, reading, listening to music, playing board games, word puzzles, or volunteering may help keep your mind and body functioning at its best. Engaging in these activities can also result in developing and connecting you to a supportive community. Socializing can help improve cognitive skills and result in improved memory abilities.
- 3) Learn something new. Memory strength is similar to muscular strength. The more you use it, the stronger it gets. Keep in mind that you can't lift the same amount weight every day and expect to get stronger. Our brains are the same. You'll need to keep your brain constantly challenged and learning a new skill is a great way to strengthen your brain's memory capacity.
- 4) Manage stress in healthy ways, as it is something that we all face almost on a daily basis. Meditation, mindfulness, gratitude, and relaxation techniques ease the strain on one's mental health. Remember that asking for help when you need it and accepting it when it's offered are two things that can help in the long run toward a healthier lifestyle.



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Maintaining a Healthy Mind as We Age

By LCDR Adriana Restrepo

5) Check your health regularly. Your primary care provider can advise you on the types of screenings and preventive care you need. Also, follow up if you have questions about medications or symptoms, including signs of depression.

6) Lastly, obtain a good night's rest. Without this, the neurons in our brain become overworked, making it difficult to coordinate information and access memories. Consider putting electronics away at least an hour before bedtime and to focus on resting to wrap up the day and allow your brain to unwind and recharge.

The bottom line is that our brain is a big deal. It is the control center of our bodies, and it is in charge of keeping our hearts beating and lungs breathing, allowing us to move, feel, and think. Mental fitness is just as important as physical fitness, and it is important that we exercise our mind and keep our brains in shape. Mental fitness is important in keeping our brains and bodies healthy, especially as we age. There are many types of mental dexterity exercises, and you don't need to go to the gym to do them. These can include active mental exercises, such as learning a new song or playing a game, as well as restful mental exercises, such as relaxation and meditation exercises. Schedule a mental fitness break into your calendar right next to your workout schedule. Your mind and your health are worth it.

Highlighting the Contributions of Psychologists to SciPAC and the USPHS Mission

By LT Kerui Xu, LT Marisa Hast, LCDR Patrick Sears, LCDR Nazia Rahman, CDR Sharyl Trail, LCDR Adriana Restrepo, LCDR Colleen Scott

On July 1, 2021, all active duty, doctoral-level USPHS psychologists were integrated into the Scientist Category. Approximately 130 psychologists are currently serving in the category, stationed across 16 agencies and departments, with the majority of Officers serving in the Department of Defense (35%), Bureau of Prisons (26%), and the Centers for Disease Control and Prevention (12%). All USPHS psychologists have a doctoral degree, with 58% holding a PsyD and the other 42% holding a PhD. USPHS psychologists fulfill a variety of roles in their agencies, with the majority (83%) serving in clinical roles and the others serving in counseling, developmental, and community support roles, among others. In December 2021, 32 (21% response rate) USPHS psychologists responded to a survey regarding their accomplishments and experiences in USPHS. Respondents serve in nine agencies and have served in USPHS for an average of seven years (range 1–29). Over 90% of respondents serve in a supervisory billet or position, overseeing a median of 15 staff (range 2–100). These USPHS psychologists reported participating in 89 PHS deployments over approximately 30 responses such as the COVID-19 pandemic (20 deployments), Hurricane Maria (12 deployments), and Unaccompanied Children or Unaccompanied Minors missions (5 deployments).

Highlight of Selected USPHS Psychologists

Two of the psychologists who have exemplified excellence and have made profound contributions to the USPHS mission are CDR Wade Keckler and LCDR Nicholas Buhr. Under unprecedented conditions amidst the ongoing COVID-19 pandemic, these Officers have adapted effectively to the rapidly changing work environment by focusing on building resiliency, instituting innovative approaches in mental health care, and dedicating significant efforts to support the mental well-being of their teams and the vulnerable populations they serve. Their extraordinary leadership as supervisors, patient care providers, and subject matter experts has had a direct impact on the many high-priority PHS deployments and initiatives they led or supported and enabled the continued growth of their institutions.

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Highlighting the Contributions of Psychologists to SciPAC and the USPHS Mission

By LT Kerui Xu, LT Marisa Hast, LCDR Patrick Sears, LCDR Nazia Rahman, CDR Sharyl Trail, LCDR Adriana Restrepo, LCDR Colleen Scott



CDR Wade Keckler, Senior Mental Health Executive, Naval Hospital Pensacola

CDR Keckler has served in USPHS for nearly 9 years. His main responsibilities at the Naval Hospital Pensacola include providing direct mental health care and serving as senior leader for behavioral health services across 17 clinics in the U.S. Southeast region. During the COVID-19 pandemic, CDR Keckler set policies that balanced patient care with providing maximum infection protection for his patients and staff members, including adapting care to various telemedicine modalities. In his PHS career, CDR Keckler has deployed a total of 19 times, including 9 times with the PHS (6 times in formal leadership roles) and 10 times with his agency. CDR Keckler's training as an Army psychologist was invaluable as a foundation for deployments, emphasizing direct patient care in combination with understanding the importance of force health protection.

LCDR Nicholas Buhr, Course Supervisor/Division Officer, Navy Drug and Alcohol Counselor School

LCDR Buhr has served in USPHS for 5 years. His main responsibilities include the supervision of a full staff of 8 instructors for 92 courses, 36 labs, and 6 exams each quarter. LCDR Buhr has served on several notable deployments, where he has used his counseling skills and engaged the deployed PHS officers and local health providers in group or individual counseling. These deployments include serving as Public Information Officer/Case Manager for COVID-19 at March Air Reserve Base (CA) and Lackland Air Force Base (TX) quarantine sites, Mental Health Team Lead/Behavioral Health Force Protection for COVID-19 in the Navajo Nation (NM and AZ) and Officer in Charge for Operation Allies Welcome in Fort Dix (NJ). At Fort Dix, LCDR Buhr created a system and process-flow for referral, treatment, and follow up services for dealing with mental health crises such as suicidal thoughts, psychosis, and physical or domestic abuse.



Spotlight: USPHS Psychologists

By LCDR Nazia Rahman

In an effort to spotlight USPHS psychologists, the Outreach and Education Team of the Psychologists Integration Subcommittee will be spotlighting psychologists in the next several issues of the “The Scientist Officer.”

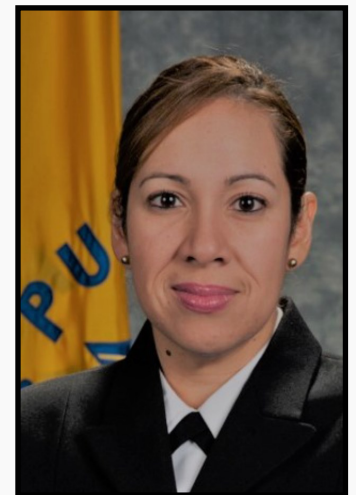


CDR Eduardo Cua

- **Agency:** Administration for Strategic Preparedness and Response (ASPR)
- **Education:** Doctor of Psychology (PsyD)
- **Current Position:** ASPR Senior Advisor/Liaison Officer to US Indo Pacific Command (one of six geographic combatant commands defined by the Department of Defense's Unified Command Plan, spanning 36 nations comprising the Asia-Pacific region)
- **Interests/Hobbies:** Surfing and yoga

LCDR Adriana Restrepo

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD), American Board of Professional Psychology (ABPP), certified in Clinical Psychology
- **Current Position:** Psychology Examiner in Program Review Division at Bureau of Prisons Central Office
- **Interests/Hobbies:** Public health, mental health/self-care, mentoring, diversity and cultural competency, travel, exercise (specifically endurance sports and triathlons), and hiking
- **Favorite piece of advice to share with fellow officers or a favorite quote:** “Life begins at the end of your comfort zone.”
- Neale Donald Walsch



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Spotlight: USPHS Psychologists

By LCDR Nazia Rahman

LCDR Marilyn Park

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD)
- **Current Position:** Drug abuse program coordinator
- **Interests/Hobbies:** Lip syncing with my children to their favorite Disney songs. Currently it is music from the movie Encanto.
- **Favorite piece of advice to share with fellow officers or a favorite quote:** "The ultimate measure of a person is not where one stands in the moments of comfort and convenience, but where one stands in times of challenge and controversy." - Martin Luther King, Jr.

LT Brian Reiner

- **Agency:** Indian Health Service
- **Education:** Doctor of Psychology (PsyD)
- **Current Position:** Clinical Director and Supervisory Clinical Psychologist for the Great Plains Area Youth Regional Treatment Center
- **Interests/Hobbies:** Beach, volleyball, martial arts, and all outdoor activities
- **Favorite piece of advice to share with fellow officers or a favorite quote:** "The mark of the immature man is that he wants to die nobly for a cause, while the mark of the mature man is that he wants to live humbly for one." – J.D. Salinger

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Spotlight: USPHS Psychologists

By LCDR Nazia Rahman

CDR Meghan Reilly

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD)
- **Current Position:** Resolve Program Coordinator (non-residential trauma treatment program for female offenders), Federal Correctional/Federal Detention Center, Tallahassee, FL
- **Interests/Hobbies:** Spending as much time as possible with my almost 6-year-old twin boys.
- **Favorite piece of advice to share with fellow officers or a favorite quote:** "This too shall pass."

LT Brent Huber

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD)
- **Current Position:** Staff Psychologist
- **Interests/Hobbies:** I enjoy gardening and making my own BBQ sauce.
- **Favorite piece of advice to share with fellow officers or a favorite quote:** "There is no comfort in growth, and no growth in comfort." – Unknown

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Spotlight: USPHS Psychologists

By LCDR Nazia Rahman

LT Brian McAleney

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD)
- **Current Position:** Chief Psychologist
- **Interests/Hobbies:** Running and travel
- **Favorite piece of advice to share with fellow officers or a favorite quote:** “This too shall pass.”

LCDR Brendan Eberenz

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD), American Board of Professional Psychology (ABPP), certified in Group Psychology
- **Current Position:** Drug Abuse Program Coordinator at Federal Correctional Institution-Morgantown. Supervise drug treatment programming for the entire inmate population at the institution.
- **Interests/Hobbies:** Avid builder and flyer of Control Line model airplanes. Also bought an RV and looking to take the family on grand adventures (to include Badlands, Rushmore, Devils Tower, Tetons, Yellowstone, and Glacier). Also, just bought a piece of Green Bay Packer stock, officially making me part owner. The Packers are the only franchise of the 4 major professions where an average Joe like me can buy stock and be part owner.
- **Favorite piece of advice to share with fellow officers or a favorite quote:** “Everything can be taken from a man but one thing: the last of the human freedoms— to choose one’s attitude in any given circumstances, to choose one’s own way.” – Viktor E. Frankl

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Spotlight: USPHS Psychologists

By LCDR Nazia Rahman

LCDR Kari Schlessinger

- **Agency:** Bureau of Prisons
- **Education:** Doctor of Psychology (PsyD) and Doctor of Philosophy (PhD)
- **Current Position:** Chief Psychologist
- **Interests/Hobbies:** I love to run.
- **Favorite piece of advice to share with fellow officers or a favorite quote:** “Your mental and physical health are more important than anything else. Without that we have nothing!”

How Pickleball, the Fastest Growing Sport in America, Kept me Fit (and Sane) During COVID-19

By LCDR Oliver Ou

Said to be the fastest growing sport in America, pickleball has quickly become the perfect pandemic pastime for me during COVID-19. With gym closures and gathering restrictions when the pandemic started, it was difficult to stay physically and socially healthy. Luckily, pickleball came to my rescue.

Pickleball is a low-contact paddle sport played with a whiffle ball and paddles like table tennis bats on a badminton-sized court that has a tennis-style net. It is easy to learn, and the rules are simple. Pickleball is a unique sport that beautifully blends exercise, friendship, and fun. Many people love this sport because it is a multi-generational sport that can be enjoyed by all. The old, the young, and everyone in between can have a great time playing together. It is truly for people of all ages, genders, and athletic abilities. Men and women can also compete at the same level. In fact, an NBC story on the sport spotlighted a 91-year-old pickleball tournament participant (<https://youtu.be/qmYF67dqNaQ>). I was introduced to the sport when COVID-19 started, and since then, I have been playing outdoors regularly. The following are some hidden benefits of playing pickleball I discovered that have kept me fit (and sane) during COVID:

Pickleball = An ultimate social-distancing game. Pickleball is played on a 20' x 44' court with a “non-volley zone” of seven feet from the net on each side of the court. It allows players on opposite teams to practice social distancing while enjoying the outdoors.

Pickleball = Moderate physical exercise. Unlike other strenuous activities, playing pickleball generally will not make you feel sore the next day. The sport still exercises all the major muscle groups and helps improve agility, strength, flexibility, and balance.

Pickleball = Focus & Relaxation. Playing pickleball is a great way to unwind and de-stress. Despite all the challenges everyone must face during COVID, I forget about everything that is happening in the world when I am on the court. I don't have to think about any other problems. It is just me and the ball and nothing else.

Pickleball = Friendship & Community. Pickleball is a very social game. You can usually just drop in and play. I have made over 100 friends through playing pickleball during the pandemic. We have a WhatsApp group and communicate almost daily. I even met other USPHS Commissioned Corps Officers on



LCDR Oliver Ou (right) introducing pickleball to LT Suresh Jayasekara (left) and LCDR Daniel Lee (Pharmacist Officer, center).

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How Pickleball, the Fastest Growing Sport in America, Kept me Fit (and Sane) During COVID-19

By LCDR Oliver Ou

Pickleball = Fun. Every pickleballer will describe the sport as fun – that is how the game keeps bringing people back to the court. You can easily tell people are having a blast by all the beaming and smiling faces while playing pickleball.

In addition to these benefits, I found pickleball is also inexpensive to play. All you need is a paddle and a ball. You can also bring the paddle with you while traveling. It is easy to make time for pickleball. And unlike other sports that take forever to play, most pickleball matches can be completed in half an hour. With the soaring popularity of pickleball, you have a very good chance to find pickleball courts nearby. I usually play at King Farm outdoor pickleball courts in Montgomery County, Maryland. You often can see me there on a nice, sunny, late afternoon!

If you haven't played pickleball, I hope you give it a try. It might be the sport that motivates you to get off the couch and join in the outdoor fun!



LCDR Oliver Ou (middle) winning gold at the "Competition Solo" tournament in Montgomery County, MD.



LCDR Oliver Ou (right) and partner winning the gold medal in mixed doubles at the "Reston Paddle Battle" tournament in Reston, VA.

Retirement of CAPT William Murphy

By CDR Andrea McCollum, LCDR Matthew Steele, and LCDR Ashleigh Murriel

CAPT William Murphy retired from the U.S. Public Health Service (USPHS) Commissioned Corps on March 1, 2022, after 29 years and two months of service as an Officer stationed at the National Institute for Occupational Safety and Health (NIOSH). CAPT Murphy received his B.S. (Physics, 1982) and M.S. (Solid-state Physics, 1984) from Iowa State University; M.Eng. (Acoustics, 2012) from Pennsylvania State University; and Ph.D. (Physics, 1992) from Purdue University. His career at NIOSH focused on hearing loss prevention. CAPT Murphy developed new methods to assess hearing and prevent hearing loss by hazard prevention and better use of noise control engineering, hearing protection, and awareness. He is a fellow of the Acoustical Society of America.

CAPT Murphy was a long-time member of the "The Surgeon General's Own" USPHS Commissioned Corps Music Ensemble beginning in 2005 and president of the Cincinnati Branch of the Commissioned Officers Association from 2000-2001. He is the recipient of ten USPHS unit awards and five individual awards, including a Distinguished Service Medal recognizing his contributions to the field of hearing loss prevention.

In February 2022, CAPT Murphy received the Retiring Scientist Outstanding Service Award for his outstanding and honorable service to the Scientist Category and the USPHS Commissioned Corps.



CAPT Murphy with his family at the celebration of his brother's life. From left to right: Alyssa Murphy (daughter), Samantha Sinclair (future daughter-in-law), Aaron Murphy (son), Debora Murphy (wife), CAPT Murphy, Elijah Oelker (son-in-law), Abigail Oelker (daughter)

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Retirement of CAPT William Murphy

By CDR Andrea McCollum, LCDR Matthew Steele, and LCDR Ashleigh Murriel

1. What about your childhood, education, and experiences inspired you to pursue a career in public health?

As a child, I had considered pursuing medicine as a career. I thought that the idea of helping to heal people from illnesses was inspiring. I drew that inspiration from my grandfather, Walter Hoepfner. After serving in the U.S. Army as a corpsman in WWI, he completed his studies at the University of Chicago and Rush Medical School. When WWII broke out, he immediately went to the recruitment office and accepted a commission as a Lieutenant Commander in the U.S. Navy. His academic achievements were an inspiration to me.

When I was in grade school and high school, I was fascinated by the fields of physics and mathematics. I entered Iowa State University as a physics major with aspirations of pursuing premedical studies. After taking chemistry, I decided that was not a field I enjoyed, and physics was more to my liking. Around my junior year, I was wondering, “What do you do with a physics degree (besides high energy, nuclear, solid state, or theoretical physics)?” Because of my faith in God, I desired to have my life make a difference in the lives of people. I hoped to be able to become a teacher or researcher (just not both at the same time). My wife and I went to Purdue University: I for a Ph.D. in physics and she for a master’s degree in speech language pathology. I learned about collaborative research conducted between our respective departments to understand the hearing mechanism, specifically the origins of sounds generated by the ear. I was fascinated by the biological side, the physical modeling, and the potential that this field of hearing science held to improve hearing testing and diagnosis of hearing disorders.

Before I graduated, CAPT Rick Davis (retired USPHS) invited me to apply for a position at CDC/NIOSH to conduct research closely in line with my training. I conducted auditory testing with rats, chinchillas, and mice, and studied the effects of different noise exposures and mixed exposure to noise and ototoxic chemicals. I got involved with the development of standards for testing hearing protection devices using both continuous noise and more recently high-level impulsive noise. I developed equipment that laboratories can use to create high-level impulse noise and acoustic test fixtures that can measure the performance of hearing protectors in these types of noise. I developed a hearing protector fit-testing system that was commercially licensed. Employers can use the fit-test system to determine the protection that workers achieve when wearing earplugs. It’s hard for me to fathom that my entire career resulted from answering the letter from CAPT Davis.

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Retirement of CAPT William Murphy

By CDR Andrea McCollum, LCDR Matthew Steele, and LCDR Ashleigh Murriel

2. What advice do you have for new Calls to Active Duty?

Since I am writing to Scientist Officers, I would strongly urge you to consider working in the research arms of the USPHS Commissioned Corps. I have spent my entire career working at NIOSH doing noise research. I have been privileged to do so because the system when I joined was less focused on the deployment and geographic mobility of the Corps. I started with a small, focused project and collaborated with chemists, toxicologists, and statisticians who had skills that I do not. As my career has grown, I have been able to collaborate with a broad range of government, academic, and industrial partners to advance the research. Two highlights have been the CDC Public Health Grand Rounds, "Hearing Health Across a Lifespan," in 2017 and the development of the NIOSH National Occupational Research Agenda for Hearing Loss Prevention. These efforts have had broad impact on raising the public's awareness of hearing health. Publishing papers and giving presentations are important to communicate a public health message. The recent changes in the USPHS Commissioned Corps mean that Scientist Officers have to be more agile with our work. We need to plan on deployments on a regular basis and they will be outside of your comfort zone.

3. What have you liked most about your career?

I would have to say it has been the team of researchers with whom I have worked for nearly 30 years: John Franks, Ph.D., Audiologist; CAPT Derek Dunn, Ph.D., Audiologist; CAPT Rick Davis, Ph.D. (retired USPHS), Experimental Psychologist and office mate for 23 years; Lt. Col. Mark Stephenson, Ph.D. (retired U.S. Air Force), Audiologist; Carol Stephenson, Ph.D., Psychologist; Thais Morata, Ph.D., Audiologist; Christa Themann, Audiologist; CAPT Chucri Kardous, Electrical Engineer; CAPT David Byrne, Ph.D., Audiologist & supervisor; Pamela Graydon, Electronics Engineer; CDR Edward Zechmann, Ph.D., Mechanical Engineer; LCDR Bryan Beamer, Ph.D., Industrial Engineer; and CAPT Charles Hayden (retired USPHS), Mechanical Engineer. Our research team uniquely combined physics, engineering, audiology, psychology, and physiology to develop evidence-based recommendations that have influenced safety and health recommendations for occupational hearing loss prevention. In 2015, I was honored by the National Hearing Conservation Association as the Outstanding Hearing Conservationist. In my short address, I couldn't help but channel Bilbo Baggins' speech on the occasion of his eleventy-first birthday, "I have worked with about half of you, the rest of you I hope to have the opportunity to collaborate with in the future." NIOSH research conducted in collaboration with the Department of Defense has influenced the development of medical standards for assessing impulse noise. Think of it: the chance to preserve the hearing of one soldier, one worker, one mother, brother, sister, and father so that they can hear the words that matter most in their lives. That's why I have loved this job.

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Retirement of CAPT William Murphy

By CDR Andrea McCollum, LCDR Matthew Steele, and LCDR Ashleigh Murriel

4. Do you have any suggestions on how to balance the requirements of the day job and USPHS Commissioned Corps?

In the past decade, the USPHS Commissioned Corps has transitioned to become a more agile service, able to deploy wherever we are needed. You will have to make time for your physical fitness training and plan to deploy on a regular basis. Following 9/11, some of us referred to the USPHS Commissioned Corps as Tommy's Army. HHS Secretary Tommy Thompson toured NIOSH and was extremely pleased with how the USPHS Commissioned Corps and Civil Service performed their jobs. Through the different strains of flu, Ebola, and now the *SARS-CoV-2* pandemic, USPHS Officers have admirably led the greatest public health challenges in over a century. As a physicist, I struggled with how my skills fit in with the deployment teams. I was a member of a NIST response team from 2002 to 2009, then moved to a tier 3 team to better focus on my role as a leader in hearing loss prevention. You will have greater opportunities to deploy if you serve on a response team. The Rapid Deployment Force teams were the most active and required the greatest flexibility.

Doctoral studies require intense focus and specialization. Being a Scientist Officer requires that same focus in your daily job, but public health response requires flexibility and application of your skills in unforeseen ways.

5. What are you most looking forward to about retirement?

A more flexible schedule. I admit to having prioritized the job over family. I am passionate about hearing loss prevention. I will be working with a company devoted to this mission. A colleague and I presented a workshop on hearing protector fit testing to the National Hearing Conservation Association. In January, I taught a graduate course in hearing loss prevention and noise control at the University of Cincinnati. I am planning to develop continuing education courses for Industrial Hygienists with the University of Cincinnati Department of Environmental Health Sciences. I am already working on new research to assess and control firearm noise exposures with suppressors. Through the pandemic, I have had far more time to help my family, cook, exercise, and work. Over 29 years, I have spent close to 2,000 hours commuting 64 miles a day. In the past year, I have used that commute time to walk more than 1,400 miles and swim more than 150 miles. I am ready to devote time to life outside the government.

Note: If you are retiring soon and wish to be featured, please reach out to CDR Andrea McCollum (amccollum@cdc.gov) and LCDR Matthew Steele (matthew.steele@fda.hhs.gov).

New Psychologist Officer Meet-and-Greet

By LT Robert Gahl

On March 15, 2022, the SciPAC Career Development Subcommittee held a virtual meet-and-greet to welcome the new Psychologist Officers to the Subcommittee (screen shot below). LT Robert Gahl, executive secretary of the Subcommittee, led the meeting. Seventeen Subcommittee Officers were joined by CDR Sharyl Trail, the Psychologist Integration Subcommittee point of contact. During the meeting, new Psychologist Officers provided additional background about their discipline and how they are going to apply their expertise in the Commissioned Corps and SciPAC. Additional topics were discussed among the many important teams of the subcommittee, such as the Promotion Guidance Team, Promotion Panel Initiative Team, and the Job List Team. Psychologist-specific needs assessment was discussed including unique issues of Psychologist promotion, education and credential needs of Psychologist Officers, and Psychologist job opportunities apart from USAJobs (e.g., Indian Health Service). Additional questions about the efforts in the Career Development Subcommittee can be directed to the Chair, LCDR Adriana Restrepo (arestrepo@bop.gov) and Co-chair CDR Nancy Tian (nancy.tian@fda.hhs.gov).



Top row L-R: LCDR Xinzhi Zhang, CDR Cara Halldin, and CDR Sharyl Trail
Second row L-R: LT Michael Krage, CDR Gelio Alves, and LT Kristen Jean Marks
Third row: L-R - LCDR Tyann Blessington, LT Ying Lin, LT Lacreisha Ejike-King, and LT Robert Gahl
Not pictured: LCDR Angela Coulliette-Salmond and CDR Tamara Henderson

Laissez les Bons Temps Rouler: 2022 SciPAC Mardi Gras Event

By CDR NaTasha Hollis and CDR Zewditu Demissie



On February 27, 2022, four Scientist Officers gathered for a SciPAC Mardi Gras social held over Zoom. CAPT Deborah Dee and LT Lacreisha Ejike-King joined hosts CDR Zewditu Demissie and CDR NaTasha Hollis for this fun event. There were also a few intermittent appearances by Brooklyn, LT Ejike-King's daughter. All officers appeared using Mardi Gras virtual backgrounds, adding to the festive virtual event.

The event consisted of general introductions, which were prompted by responses to three New Orleans-related ice breaker questions regarding experiences with visiting or living in New Orleans; interest in card games (New Orleans is widely considered to be the birthplace of poker and craps); and experiences with eating alligator, turtle, or other exotic foods (turtle soup and fried alligator are popular in New Orleans). All Officers were able to relate to at least one of the three questions. Our New Orleans expert was CDR Hollis, who attended undergrad at Xavier University in New Orleans.

Following the ice breaker, CDR Demissie and CDR Hollis led the group through a fun set of twenty New Orleans- and Mardi Gras-inspired trivia questions. By the end of the game, Officers were surprised to find that they knew much more about New Orleans and Mardi Gras than they expected, with each correctly answering the majority of the questions. The celebration concluded with a Mardi Gras mask competition; CDR Hollis was deemed our winner with a fabulous mask that she purchased in New Orleans! All in all, the social was fun, festive, and full of laughs.

Test yourself: What term describes people who follow the band for the music and dancing in a parade that is typically held for events such as weddings and funerals? (Answer on next page)

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Laissez les Bons Temps Rouler: 2022 SciPAC Mardi Gras Event

By CDR NaTasha Hollis and CDR Zewditu Demissie

The Visibility Subcommittee will continue to offer virtual gatherings into the future, but we look forward to eventually meeting in person again. If you are interested in leading an event or have a suggested topic or activity, please contact Social Team Lead: LT Lacreisha Ejike-King (Lacreisha.Ejike-King@fda.hhs.gov).



Top row: CDR NaTasha Hollis, CDR Zewditu Demissie

Bottom row: L-R - LT Lacreisha Ejike-King (with daughter, Brooklyn), and CAPT Deborah Dee

Answer: Second-line

SciPAC Fist Bump



Congratulations to CDR David Huang on the birth of his adorable newborn son. CDR Huang and his wife, Ellen, recently welcomed the birth of their third child, Hezekiah ("Hezzy"), on February 7, 2022. Mom and baby are doing well.

We congratulate you and your family on this joyous occasion as you welcome this new bundle of joy!

SciPAC Fist Bump

Don't forget to nominate yourself or another Scientist officer for a SciPAC Fist Bump! Whether you welcomed a new family member, delivered an impactful talk or service, or completed a deployment, we want to hear about it!

[You can find the Fist Bump Submission Form here](#)

Recognition of Scientist Officers who Achieved Temporary Promotion

Temporary Captain (O-6)

Qiao Bobo
Renee Calanan
Deborah Dee
Judy Facey
Anne Marie France
Jon "Eric" Tongren
Matthew Wise

Temporary Commander (O-5)

Danielle Barradas
Mary Demby
Andrew Hickey
NaTasha Hollis
Kathryn Morris
Rachel Slayton
Nancy Tian

Temporary Lieutenant Commander (O-4)

Angela Coulliette-Salmond
Brandi Freeman
Jayleen Gunn
Marisa Hast
Carloyn Herzig
Xia "Michelle" Lin
Sean Marcsisin
Gina Masessa
Kevin McDermott
Olivia McGovern
Megan Peck
Brian Reiner
Tia Rogers
Adelaida Rosario
Amy Schuh
Kelly Shaw
Dantrell Simmons
Tanesha Tutt

Congratulations!

Recognition of Scientist Officers who Achieved Permanent Promotion

Permanent Captain (O-6)

Dominic Frasca
Tracy MacGill
Mark Seaton

Permanent Commander (O-5)

Vincen Barnes
Aditya Bhagwat
Matthew Breiding
Dianna Carroll
Chekesha Clingman-Henry
Minglei Cui
Maleeka Glover
Eduardo Gomez-Saladin
Brian Harcourt
Wade Keckler
Matthew Newland
Lana Rossiter
Jorge Ruano-Rossil
Alfredo Sancho
Kenneth Sekulic
Jacqueline Sram
John Stansberry
Emily Streeter
Steven Yoon

Permanent Lieutenant Commander (O-4)

Tyann Blessington
Virginia Bowen
Israel Cross
Juana Figueroa
Theodore Garnett
Rory Geyer
Seth Green
Iram Hassan
Tamara Henderson
Andrew Hickey
Kelsy Hoffman
Brooke Hoots
Gwendolyn Hudson
Asha Ivey-Stephenson
Shane Jack
Eric Jamoom
Lisa Jarvis-Durham

(CONTINUED ON PAGE 27)

Recognition of Scientist Officers who Achieved Permanent Promotion

Temporary Lieutenant Commander (O-4) *continued*

Eric Kebker	Ashleigh Murriel
Juan Lacayo	Rashid Njai
Jonathan Leshin	Oliver Ou
Rebecca Levine	Ruiqing Pamboukian
Kimberly Litton-Belcher	Sharyn Parks Brown
Matthew Lozier	John Pesce
Xiaowu Lu	Mary Puckett
Neali Lucas	Nazia Rahman
Charlene Maddox	Alison Laufer Halpin
Iman Martin	Jeff Showalter
Madeline Maysonet-Scavo	Sarah Swift
Leigh Ann Miller	Angela Thompson-Paul
Mark Miller	Sara Vagi
Jonetta Mpofu	Maroya Walters
Jorge Muñiz-Ortiz	Tenaya Watson

Temporary Lieutenant (O-3)

Andrew Anderson	Orbelin Montes-Zamano
Anna Chard	Eric Mooring
Nicholas Deputy	Megan Peck
Brett Dodd	Tia Rogers
Sean Griffing	Beth Rubenstein
Amanda Hott	Phillip Salvatore
Jesica Jacobs	Marsha Samson
Jueichuan Kang	Kindra Stokes
Michael Krage	Nicholas Wiese
Oren Mayer	Rebecca Woodruff
Brian McAleney	Kerui Xu
Tiffany McCain	Shannon York



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