



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

Inside This Issue:

JOAG Executive Committee

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Senior Advisor

[CAPT Dean Coppola](#)

This newsletter has been provided by the JOAG Communications & Publications Committee

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LCDR Carlos Bel,

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Original Features

Junior Officer Spotlight

Current Assignment and Duties: Supervisory Clinic Nurse of Intensive Care Unit and the Adult Medicine Clinic, Claremore Indian Hospital, Claremore, OK...[Continue](#)

Uniform Corner: Hair Do's...and Don'ts

On March 1, 2009, the Commissioned Corps Instruction on Uniforms and Appearance was updated, and now incorporates "Personal Appearance/Grooming Standards"...[Continue](#)

JOAG Honors Our Senior Advisor, CAPT Dean Coppola

CAPT Dean Coppola has served as JOAG's Senior Advisor since September 2006. His term will end this September, so it is fitting that we pay tribute in this issue to his dedication to JOAG...[Continue](#)

From the Committees

JOAG Welcomes 297 Newly Commissioned Officers

JOAG would like to welcome 297 newly commissioned officers. These officers represent 13 different operational divisions... [Continue](#)

JOAG Honors 2009 Award Recipients

On June 3, 2009, the 2009 JOAG Awards were presented at a luncheon held during the USPHS Scientific Training & Symposium. Three outstanding officers were recognized for their contributions and achievements... [Continue](#)

2009-2010 JOAG Voting Members and Executive Committee Selected

The 2009-2010 operational year for JOAG doesn't begin until this October, but the 20 junior officers who will represent JOAG as voting members have already been selected ... [Continue](#)

Show your support for JOAG and USPHS!

LCDR David Lau,
LCDR Willy Lanier

Through the purchase of several items, currently sold by JOAG's Development Committee... [Continue](#)

Photos from this past year's USPHS Scientific & Training Symposium

[Click here to view photo collage of Junior Officers](#)

Officer Contributions

RADM Williams' Message to Junior Officers

The Acting Deputy Surgeon General, RADM Robert C. Williams, joined the Junior Officers at the 2009 USPHS Scientific and Training Symposium in Atlanta, GA... [Continue](#)

FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment

The care of skin and feet is still a critical issue for all uniformed services, whether in the trenches, the sweltering heat of summer, or the bone numbing cold of an arctic winter... [Continue](#)

My First USPHS Scientific and Training Symposium

After joining the Commissioned Corps in October 2008, I struggled whenever I was asked to explain the U.S. Public Health Service ...[Continued](#)

JOAG congratulates ALL Junior Officers on their recent promotions!
CLICK HERE TO VIEW LIST OF OFFICERS



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

Junior Officer Spotlight

Officer: LCDR (sel) Mary Lou Kennedy

Category: Nurse

Education: BSN, Southern Nazarene University, Tulsa, Oklahoma

Home town: Claremore, Oklahoma

Agency: Indian Health Service



Current Assignment and Duties: Supervisory Clinical Nurse of the Intensive Care Unit and the Adult Medicine Clinic, Claremore Indian Hospital, Claremore, Oklahoma

Previous Assignment(s): In September 2008, I converted to the PHS from my Civil Service position of Supervisory Clinical Nurse of the Intensive Care Unit and the Adult Medicine Clinic that I had occupied since October 2001. I supervise 14 Registered Nurses, 2 Licensed Practical Nurses, 5 Nursing Assistants, and 1 Medical Support Assistant. Prior to this I was a staff nurse in the Intensive Care Unit at Claremore from July 1998 to October 2001. I was a travel nurse for several years traveling to Louisiana, Maine, Wyoming, Alaska, and New Mexico. I have worked in Intensive Care most of my nursing career.

How did you find out about the PHS?

I found out about the PHS ten years ago when I came to work at Claremore Indian Hospital. I had previously never heard of the PHS in my 23 years as a professional nurse and 4 years as a LPN.

What was the most challenging part of applying to the PHS?

The most challenging part of applying to the PHS was the volumes of paper work and ensuring that all the forms got to the right division and getting the approvals for me to convert to the PHS from the Civil Service.

What are your goals with the PHS?

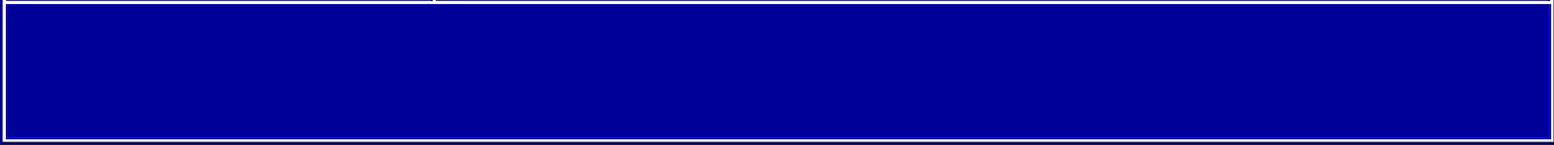
Goals with the PHS are to become the best officer that I can be and be an asset to the facility where I am assigned.

What is your most memorable PHS experience so far?

Most memorable PHS experience so far is the Officer Basic Course I attended in November 2008 and the entire class of wonderful officers that I met. I learned a lot from all the people that I met and I will never forget the fine officers that instructed that OBC. You all are great people and I feel honored to have had the wonderful experience of meeting and serving with each and every one of you.

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

PHS will give you the opportunity to do so much more than you could ever imagine and will contribute to your growth in your chosen profession.





[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

Uniform Corner

Hair-Do's...and Don'ts

On March 1, 2009, the Commissioned Corps Instruction on Uniforms and Appearance ([CC26.3.1](#)) was updated, and now incorporates standards outlined in the Personnel Policy Memorandum 07-012, "**Personal Appearance/Grooming Standards**", dated 8/28/2007.

Below are some of the highlights from the updated document regarding appropriate hair appearance while in uniform.



****Please note that the following are not an all inclusive list of requirements, and the document in its entirety can be viewed in the link above****

Males

1. Hair may be no longer than 4 inches and may not touch the ears or collar, extend below the eyebrows when headgear is removed, or interfere with the proper wearing of any head gear. The bulk of hair (the distance that the mass of hair protrudes from the scalp) may not exceed approximately 2 inches.
2. Hair shall not show from under the front brim of the combination cap, garrison, or command ball caps. Hairstyles must allow for the proper wearing of headgear.
3. Sideburns should be kept neatly trimmed and may not extend below a point that is level with the middle of the ear. They must also be of even width and end on a horizontal line.
4. Plaited/braided hair and dreadlocks are not authorized.

5. Hair above the ears and around the neck shall be tapered from the lower hairline upwards at least $\frac{3}{4}$ inch and outwards not greater than $\frac{3}{4}$ inch to blend smoothly with the hair style (this may not be attainable for all hair types; please see the document in the link above for a full description of this requirement).

Females

1. Hairstyles may not consist of any outrageous colors or faddish styles, to include designs cut or braided into the hair.
2. Lop-sided styles, asymmetrical styles, ponytails, pigtails, widely spaced individual hanging locks, and braids which protrude from the head are not authorized.
3. Multiple braids ARE authorized, but must be conservative and conform to applicable guidelines. If multiple braids are worn, they should be of a consistent dimension that is small in diameter (approximately $\frac{1}{4}$ inch). Foreign objects such as beads may not be braided into the hair.
4. Corn-rows are authorized, but they should minimize scalp exposure and the ends may not protrude from the head. They must also be secured inconspicuously with bands that match the hair color. Dreadlocks are not authorized.
5. All headgear must fit snugly and comfortably around the largest part of the head without distortion or large gaps. Hair may not show from under the front of the brim of the combination cap, garrison, or command ball caps.
6. When in uniform, the hair may touch, but not fall below a horizontal line level with the lower edge of the collar. Long hair, including braids, which fall below the edge of the collar shall be neatly and inconspicuously secured and no portion of the bulk of the hair as measured from the scalp may exceed approximately 2 inches.
7. A maximum of three **small** barrettes/clips similar to hair color may be used, in addition to hair colored bobby pins, etc. Scrunchies are not authorized.

PHS uniform regulations can be found at:

<http://dcp.psc.gov/eccis/CCISToc.aspx?ShowTOC=N>

In addition to being the recurring author of the "Uniform Corner", LT Cartmill is also JOAG's voting representative on the Uniform Advisory Committee. Please send any ideas for future "Uniform Corner" columns to [LT Leslie Cartmill](mailto:LT.Leslie.Cartmill).



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

JOAG's Senior Advisor: CAPT Dean Coppola

CAPT Dean Coppola has served as JOAG's Senior Advisor since September 2006. His term will end this September, so it is fitting that we pay tribute in this issue to his dedication to JOAG. Much of CAPT Coppola's work with JOAG goes on behind the scenes. JOAG would like to highlight several of CAPT Coppola's contributions as well as provide further detail on the role of Senior Advisor for junior officers who may not be aware of what the position entails.

CAPT Coppola provides guidance on several matters and decisions that affect JOAG and makes himself readily available to the Executive Committee members individually or as a group. He possesses an intuitive sense of knowing when to intervene, but primarily allows JOAG's members to develop their own initiatives, goals, and act on them. He carefully reviews JOAG initiatives forwarded to him and provides insightful feedback with a global perspective, for instance, how it may be looked upon by other Uniformed Service Branches.

Several members of JOAG's Executive Committee respect him highly for the mentorship he has provided. The words "approachable" and "involved" are commonly used by junior officers describing their interactions with him. LCDR Jessica Feda, Vice-Chair, worked with him to initiate JOAG's formal involvement in a Forward Thinking Initiative which provides analysis and advice on the long-range future of the Public Health Service. She said CAPT Coppola is a great "sounding board" for the JOAG Executive Committee.

LCDR Diem Ngo, this year's Chair-Elect, worked closely with CAPT Coppola on the Officer Profile Verification project and felt he was instrumental in JOAG's involvement in this new Transformation initiative. CAPT Coppola also influenced JOAG's involvement with Health Occupations Students of America (HOSA) as well as provided insight on the OSG's interests in JOAG activities and in coordinating our quarterly meeting with the OSG.

More about CAPT Coppola:

CAPT Coppola is a Dentist by training. He received his Doctor of Dental Surgery from Marquette University School of Dentistry and his Masters in Public Health with honors from the University of South Florida.

CAPT Coppola's career in the Public Health Service's Commissioned Corps has been one of diversity and advancing progression. He began his career as a Staff Dental Officer at the Federal Prison Camp located in Alderson, WV. After only 18 months in Alderson, he sought a various number of assignments with Bureau of Prisons, Indian Health Service and the U.S. Coast Guard, most as Chief Dental Officer, over the next 9 years. Dr. Coppola's clinical assignments culminated with his activation the largest Federal Detention Center in the nation. After 10 plus years in the clinical arena, CAPT Coppola's career took a dramatic turn as he transferred to the PHS' Division of Commissioned Personnel. In that office positions he held were Dental Staffing/Career Development Officer and Section Chief of the Recruitment and Assignments Branch. CAPT Coppola was then afforded the honor of being assigned as the Surgeon General's Representative to the Department of Justice, Federal Bureau of Prisons. He was detailed to the Office of the Surgeon General and served in the Office of Reserve Affairs as the Chief of Training and Recruitment. From there he accepted an assignment as a Senior Policy Analyst in the Office of Commissioned Corps Force Management within the office of the Assistant Secretary for Health before transitioning onto the Secretary's Commissioned Corps Transformation Team where he served as a Team leader. CAPT Coppola was recently awarded the privilege of



serving as the Director of Commissioned Corps Recruitment in the Office of the Surgeon General.

CAPT Coppola has been formally involved in emergency response for over 14 years. He had served on the Command Staff of the inaugural Public Health Service Rapid Deployment Force, RDF-1 until accepting his most recent assignment which declared him Mission Critical. He had previously served first as a member and then as the Chief of Dental and Allied Health on the now retired PHS-1 Disaster Medical Assistance Team (DMAT) for over 11 years.

CAPT Coppola has been deployed to over 18 responses in a variety of roles: Dental Officer, ESF-8 DMORT Liaison, Team Leader/Commander, Liaison Officer and Preventive Medicine Officer. Some of the most notable events he has been responded to include the NYC World Trade Center , Katrina, Ike and the 2004 Florida hurricanes, Operation "Provide Refugee" assisting Kosovar refugees at Ft Dix, the Joint Task Force Operation "Pelican" in Belize, and numerous Presidential Inaugurations. He also deployed in support of the 2nd Naval Dental battalion by augmenting force preparedness of the Second Marine Expeditionary Force for deployment of "Operation Iraqi Freedom." CAPT Coppola also had the honor of being selected to serve as the Officer in Charge of the PHS contingent aboard the USS Boxer for Operation Continuing Promise Pacific - 2008. In September 2009, he deployed as the Team Commander of a Federal Medical Shelter team of over 200 officers that served the needs of over 300 highly acute special needs residents at College Station, Texas.

CAPT Coppola has received numerous awards and honors throughout his 20 plus year career. Among them 8 Individual, 19 Unit, and 13 Service awards, highlighted by the Surgeon General's Exemplary Service Medal, five Outstanding Unit Citations, seven Crisis Response Service Awards and the National Emergency Preparedness Award. He also holds the honor of wearing the Department of Health and Human Service's Secretarial Identification Badge and the PHS' Field Medical Readiness Badge.

More about the role of Senior Advisor from the JOAG Bylaws:

"The Senior Officer Advisor to JOAG is an Ex-Officio member with a three-year term. The term shall be consistent with the JOAG voting member term. In the event of a discrepancy between the start of an incoming or the completion of an outgoing term of a Senior Advisor and the JOAG operational year, the Executive Committee shall have the power to extend or shorten a Senior Advisor's term (in conjunction with the Senior Advisor's willingness and ability to serve) as needed to best serve the interests of JOAG. The Senior Advisor must demonstrate a willingness and ability to serve as needed to best address the interests of the JOAG.

The Senior Advisor must be an officer ranked O-6 or above, can work for any agency, and is expected to be a consultant to JOAG, advising on JOAG-related issues, concerns, policies and procedures. The Senior Advisor may advocate for but does not officially represent JOAG.

JOAG shall review and discuss all application packets received by nominees for the position of Senior Advisor. Qualified nominees shall be interviewed by the JOAG membership and ranked in order of preference. JOAG shall provide to the Surgeon General or Deputy Surgeon General, a list of qualified candidates for final selection and appointment as Senior Advisor to JOAG."



The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

[JOAG Home Page](#)

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

JOAG Welcomes 297 Newly Commissioned Officers!

AHCPR

LT Karen Ho

ASTDR

LT Robert Robinson
LT Racquel Stephenson
ENS Megan Crawley
ENS Michael Dirks
ENS Janelle Zindroski

BOP

LCDR Sherrie Bisci
LCDR Michael Clark
LCDR Andrew Gillihan
LT Joyce Davis
LT Elizabeth Graham
LT Glinda Johnston
LT Judith LaMaree
LT Daniel Marcus
LT James McEntee
LT Brian Murphy
LT Adaris Pickett
LT Rodney Waite
LT Zachary Woodward
LTJG Jamie Cass
LTJG Jahanara Jones
LTJG Carl Maltese
LTJG Siamak Sahand

CDC

LCDR Eleanor Click
LT Simon Agolory
LT Teeb Al-Samarrai
LT Thomas Bender
LT Laura Bettencourt
LT Philip Budge
LT Linda Capewell
LT James Colborn
LT Jennifer Cope
LT Chad Cox
LT Zanethia Eubanks
LT Kenneth Fent
LT Jennifer Foltz
LT Tchernavia Gregory
LT Bobby Rasulnia
LT Lashonda Roberson
LT Terrance Jones
LTJG Johnni Daniel
LTJG Melinda Frank
ENS Samantha Kantowitz

DOD TMA (cont)

ENS William Albanese
ENS Brent Amaya
ENS Madeline Anna
ENS Heather Blumhagen
ENS Michelle Bryson
ENS Christopher Caler
ENS Rosemary Call
ENS Matthew Chadwick
ENS April Childs
ENS Paul Eaton
ENS Brian Fejka
ENS Anissa Ferguson
ENS Lisa Herron
ENS Emily James
ENS Kevin Jensen
ENS Matthew Just
ENS Margarette Kading
ENS James Long
ENS Jannefer Ma
ENS Stanlee Maslonka
ENS Justin McCann
ENS Brian McCrate
ENS Theresa McEvoy
ENS Melissa McGee
ENS Delaine McKenzie
ENS Dyan Melvin
ENS Oliver Omnes
ENS Zachary Orsborne
ENS Luke Peltier
ENS Abby Peterson
ENS Tan Pham
ENS Billy Porter
ENS Mistin Ray
ENS Heather Reynolds
ENS Leslie Roberson
ENS Shannon Saltclah
ENS Jayme Schenk
ENS Nicole Scheuer
ENS Amy Schroer
ENS Dana Schultz
ENS Janet Shaw
ENS Samuel Shell
ENS Genna Slape
ENS Kelly Stewart
ENS Gabriel Stonebraker
ENS Melinda Tran

IHS

LCDR Barry Agan

IHS (cont)

ENS Adam Howell
ENS Tyler Jackson
ENS Catherine Lee
ENS William MacDermott
ENS Luke Mackewich
ENS Matthew Majors
ENS Janine Marie Odea
ENS Justin McCormick
ENS Kathleen Momeau
ENS Valeria Moore
ENS Jeremy Moyer
ENS Claire Nachowicz
ENS Jennifer Newman
ENS James Norberg
ENS Jenna Parker
ENS Jeremy Pearson
ENS Gregory Scheeler
ENS David Tapscott
ENS Lacie Thomas
ENS Nicole Trautman
ENS Erica Williams
ENS Denise Zitnik

EPA

LT Eva Mclanahan

FDA

LCDR Catherine Beer
LCDR Aileen Buckler
LCDR Gustavous Chenwendorf
LCDR Latonia Ford
LCDR Erin Kim
LCDR Scott Steffen
LCDR David Vehovic
LT Sheila Barthelemy
LT Neil Bonzagni
LT David Firley
LT Melissa Hulett
LT Vickie Kanion
LT Pamela Lee
LT Melva Palmer
LT Hiren Patel
LT Sherry Spriggs
LT Esra Toussaint
LT Tina Walther
LT Kelli Wilkinson
LTJG Andy Duong
LTJG Diana Guidry
LTJG Christopher Le

HCFA (cont)

LT Angela Zimmerman
LTJG Katrina Burbage
ENS Jennifer Chang
ENS Hoa Chau
ENS Yangnae Cho
ENS Cynthia Kempf
ENS Michaela Oetken
ENS Matt Oldacre
ENS Stephen Smith
ENS Reid Smith
ENS Cody Steele
ENS Tristian Strait
ENS Stephen Turner
ENS William Wiseman
ENS Xu Yang

INTERIOR

ENS Michael Blasy
ENS Christianna Holmes
ENS William Marsh
ENS Russell Moore

NIH

LCDR Amy Chi
LCDR Kimberly Scott
LT Shu Cai
LT Kala Rochelle
LTJG Cara Kenney
ENS Maggie Allen
ENS Melissa Amaya
ENS Michelle Anderson
ENS Frances Andrada
ENS Kimberly Coffey
ENS Lisa Greenpope
ENS Stephanie Montgomery

PSIC

LCDR Joel Dulaigh
LCDR Diane Morof
LCDR Armand Sprecher
LT Thomas Fuhrman
LT Aimee Geissler
LT Steven Grube
LT Lee Hampton
LT Susan Hocevar
LT Wade Ivy
LT William Jeffries
LT James Keck
LT Christina Khaokham

DHS

LCDR Daniela Cohn-Aizic
 LCDR Robert Feinberg
 LT Jennifer Custodio
 LT Fred Echoles
 LT Bertholet Eugene
 LT Nakitia Jackson
 LT Michael Saulibio
 LT Demetria Sawyers
 LT Brent Stephen
 LTJG Alina Avila
 LTJG Arturo Rios
 LTJG Ranay Yonkers
 ENS Racio Carter

DOD TMA

LCDR Scottie Eppler
 LCDR Alfreda Sancho
 LT Esteban Acosta
 LT Joan Attridge
 LT Shani Bjerke
 LT Dana Lee
 LT Thomas Raisor
 LT Docia Sampson
 LT Revondolyn Scott
 LT Aaron Simpson
 LT Dena Smith
 LT Kathleen Watkins
 LTJG Diane Acosta
 LTJG Vanessa Segay
 ENS Clara Acuna

LT Jeannette Ashley
 LT Florina Esplain
 LT Angela Fallon
 LT Debra Hall
 LT Amber Jones
 LT Abraham Kalathil
 LT Muhammad Kanakri
 LT Daniel Lillquist
 LT Brandi Martinez
 LT Michael Rinaldi
 LTJG Naomi Aspaas
 LTJG Kimberley Blood
 LTJG Jennifer Harrison-Hauer
 ENS Laura Botkins
 ENS Nicholas Brant
 ENS Ashley Brown
 ENS Lateshia Brown
 ENS Daniel Browne
 ENS Mike Buckelk
 ENS Donald Clark
 ENS Paige Corcoran
 ENS Scott Daly
 ENS Brandon Davis
 ENS Christopher Dedene
 ENS Bryce Deguise
 ENS Jesse Drake
 ENS Brittany English
 ENS Tyler Fincher
 ENS Tyler French
 ENS David Gelder
 ENS Kristine Guzak
 ENS Natalie Helms

LTJG Priscilla Pope
 ENS Ashley Burns
 ENS Samuel Cincotta
 ENS jacklyn Finocchio
 ENS Zachary Keene
 ENS Neha Nagesh Rao
 ENS Tammy Nguyen
 ENS Melissa Smith

HCFA

LCDR Jabal Chase
 LCDR Manon Tillman
 LT Kinberly Andrews
 LT Jessica Bowermaster
 LT Tyler Campbell
 LT Kelly Freer
 LT April Haddock
 LT Adam Harris
 LT Kristine Hynes
 LT Charles Latimore
 LT Julie Myhren
 LT Columbus Nettles
 LT Amy Nguyen
 LT Lazarus Popovski
 LT James Sims
 LT Adams Solola
 LT Nicolas Sparrow
 LT Dinesh Sukhlall
 LT Lynette Wasson
 LT Scott Wiegand

LT Brian Kit
 LT Barbara Knust
 LT Erin Koers
 LT Anagha Loharikar
 LT Jevon McFadden
 LT Jeffery Miller
 LT Lara Misegades
 LT Eva Mortensen
 LT Brett Petersen
 LT Parvathy Pillai
 LT Agam Rao
 LT Caitlin Reed
 LT Monika Roy
 LT Erin Sauber-Schatz
 LT Ethel Taylor
 LT Pritish Tosh
 LT Jenny Walldorf
 LT Nancy Williams
 LT Jyl Woolfolk
 LT Ellen Yard
 LTJG Evan Spencer
 ENS Samuel Imbraile

OS

LT Monica Jessup
 LT Samuel Price
 LT Samuel Schaffzin
 LTJG Tracy Smith
 ENS Katherine Harkins
 ENS Raphael Smith



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's...
and Don'ts](#)

[JOAG Honors Our Senior
Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly
Commissioned Officers!](#)

[JOAG Honors 2009 Award
Recipients](#)

[2009-2010 JOAG Voting
Members and Executive
Committee Selected](#)

[Show your support for JOAG
and USPHS](#)

[Photos from this past year's
USPHS Scientific & Training
Symposium](#)

Junior Officer
Contributions

[RADM Williams' Message to
Junior Officers](#)

[FOOT & SKIN CARE TIPS:
How to Take Good Care of
Your Feet – At Home or On
Deployment](#)

[My First USPHS Scientific
& Training Symposium](#)

On June 3, 2009, the Annual JOAG Awards were presented at a luncheon held during the USPHS Scientific Training & Symposium. Three outstanding officers were recognized for their contributions and achievements.

Junior Officer of the Year was presented to LCDR Amy Parker for her outstanding service, superior leadership, and significant contributions to the mission of the United States Public Health Service

LCDR Amy Parker is a nurse epidemiologist with the Division of Viral Diseases at the Centers for Disease Control and Prevention. She earned a master's degree in nursing and a master's in public health from Emory University in Atlanta in 2005. After graduating, she joined CDC as an Epidemic Intelligence Service Officer on the Measles, Mumps, and Rubella Team. In her four years at CDC, LCDR Parker has been involved in many public health activities that have made a domestic or international impact. She has been the lead investigator of measles and varicella outbreaks and was a key member of the multi-state mumps outbreak investigation team. LCDR Parker has used findings from these outbreak investigations to support changes in national vaccination policy and has published articles in high profile journals. She assisted the Government of India in polio eradication efforts by monitoring a national immunization campaign and conducting acute flaccid paralysis surveillance. LCDR Parker also led a safe water intervention in Kenya that has now expanded to 109 Kenyan clinics and 10 other developing countries.

In addition, LCDR Parker was deployed for Hurricane Katrina in New Orleans where she was stationed on the USS Iwo Jima, she was deployed to Baton Rouge for Hurricane Gustav where she worked as a nurse in a 300-bed field medical station, and she was deployed to CDC's Emergency Operations Center for the recent H1N1-influenza A outbreak as the night shift epidemiology and surveillance team leader. LCDR Parker participates in volunteer activities with the Atlanta Commissioned Officers Association.



The JOAG Excellence Award was presented to LT Martin Guardia for his outstanding service and commitment to JOAG through active committee participation and visible leadership

LT Martin Guardia started with the FDA in civil service for three years prior to being commissioned as a PHS Officer in September 2005. He worked at the New England District

Office in Stoneham, Massachusetts first a Consumer Safety Officer for over six years and then as Supervisory Consumer Safety Officer for one year. LT Guardia recently transferred as a Supervisory Consumer Safety Officer to the Baltimore, Maryland FDA District Office and now lives in Urbana, MD with his wife and two daughters.

In October 2005, LT Guardia joined the JOAG, Recruitment & Retention Committee and volunteered for membership on the Career Fair Information Workgroup Sub-Committee. For the 2007-2008 JOAG operational year, he served as Lead for the Career Fair Information Workgroup sub-committee. LT Guardia has a Bachelors degree in Biology from Radford University and a Master of Public Health degree from the University of Massachusetts, Amherst.



The VADM Richard H. Carmona Inspiration Award was presented to CAPT Steven Glover for his outstanding leadership by example, mentorship and empowerment, unwavering support, and overall inspiration and motivation to Public Health Service Junior Officers





[JOAG Home Page](#)

The JOAG Journal

A newsletter *for* junior officers *by* junior officers

Issue 11, Summer 2009

JOAG Journal Front Page

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

2009-2010 JOAG Voting Membership

New Members

LCDR Harvey Ball
LCDR Heather Bair-Brake
LT Christina Coriz
LCDR Blakeley Denkinger
LCDR Merel Kozlosky
LCDR Rajal Mody
LT Jamie Mutter
LCDR Corey Palmer
LCDR Robin Toblin
LCDR Yvette Waples

Return Members

LCDR Carlos Bell
LCDR Amy Constantine
LCDR Alex Dailey
LCDR Margaret Facenda-McNeil
LCDR Jessica Feda
LCDR Thomas Janisko
LCDR Brett Maycock
LCDR Diem-Kieu Ngo
LCDR Carolyn Tabak
LTJG Martin Taxera

Executive Committee

LCDR Diem-Kieu Ngo, Chair
LCDR Carlos Bell, Chair-Elect
LCDR Blakeley Denkinger, Vice-Chair
LCDR Alex Dailey, Treasurer
LT Jamie Mutter, Secretary

**Congratulations to these officers!
New Members will begin their term with the start of the
operational year in October, 2009.**



[JOAG Home Page](#)

The JOAG Journal

A newsletter for junior officers by junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

Show your support for JOAG and USPHS through the purchase of these items, currently sold by JOAG's Development Committee.



USPHS Blanket

This polyester anti-pilling fleece blanket with white USPHS seal folds neatly inside itself.

It folds up into itself, secures with a Velcro® closure and has an attached handle

for easy carry.
\$12.50 each

USPHS Coin Rack

This solid pacific coast maple coin rack measures 7"x9" and has five rows that can hold military and USPHS coins.

It has the USPHS seal and mission laser engraved on the front.

\$20 each



JOAG T-Shirt

(M, Lg, X-Lg sizes available)

A gray t-shirt with the JOAG seal on the front and the slogan "The Surgeon General's Commissioned Corps, Helping You Live Healthy" on the back.

\$15.00 each

**If you are interested in purchasing any of the above items,
please contact LCDR Thomas Janisko, Development Committee Chair
Phone: (202) 205-9317, Thomas.Janisko@HHS.gov**



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Spring 2009

JOAG Journal Front Page

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)



See you in San Diego, 2010!



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

RADM Williams Addresses JOAG

The Acting Deputy Surgeon General, RADM Robert C. Williams, joined the Junior Officers at their meeting during the 2009 USPHS Scientific and Training Symposium in Atlanta, GA. He provided greetings on behalf of the Acting ASH and Acting Surgeon General and expressed pleasure in being with the group since its inception 8 years ago. "The JOAG meeting has become legendary."

RADM Williams opened the meeting with a fable (see below) with the group that empowered the Junior officers to move toward a new culture in the Corps. The future was bright as long as they helped to mold and shape it, and the members knew that the Corps would be stronger and better for accepting change.



He spoke on the importance of leadership and congratulated those who were promoted. To those who were not promoted this time around, he encouraged them to keep working and to not be discouraged. "The difference between those who are successful and those who fail - the successful person gets up again and tries just a little bit harder"

RADM Williams reported on the expansions taking place in the offices within the Office of the Surgeon General. Both the Office of Science and Communication and Office of Reserve Affairs gained new directors as well as new staff come on board. New hires also joined the Office of Commissioned Corps Operations, Office of Civilian Volunteer Medical Reserve Corps and Office of Force Readiness and Deployment.

In addition, he discussed the work taking place in the Office of the Surgeon General where current policies for the OSG and the Department are Childhood Overweight and Obesity Prevention; Healthy Youth for a Healthy Future; the Prevention of Deep Vein Thrombosis and Pulmonary Embolism; the Prevention of Underage Drinking; Promoting Healthy Homes, America's Reinvestment and Recovery Act (focusing on prevention), and Diabetes Prevention. Examples of these activities include:

- (1) As the nation's top doctor, RADM Galson made the prevention of childhood obesity his top priority. He has traveled the nation as part of his Healthy Youth for a Healthy Future initiative. He visited and recognized those programs that are making a difference in helping kids get and stay healthy, and encouraged adults and children alike to accept the challenge of preventing childhood obesity. His message is simple and direct: be physically active, eat healthy, and make healthy choices.
- (2) Deep vein thrombosis and pulmonary embolisms are often 'silent' conditions that can occur suddenly and without symptoms. Fortunately, we have made significant progress in understanding how these disorders develop and how to prevent, diagnose, and treat them. It's time to put this knowledge into action.
- (3) Since the Surgeon General's Call to Action to Reduce and Prevent Underage Drinking was issued two years ago, the Office of the Surgeon General has visited 13 states to dialogue with parents and local leaders about preventing underage drinking. His discussions have led state legislatures to pass tougher regulations regarding access to alcohol and to establish prevention programs.
- (4) RADM Galson serves as the Chair of the HHS Childhood Overweight and Obesity Council

which includes senior representation from across the department's operating and staff divisions. The Council is charged with developing synergistic activities to leverage the reach and impact of departmental programs. Over 35 departmental partnerships and joint activities have been executed. This unprecedented level of coordination has not only maximized HHS attention to the issue of childhood obesity prevention, but served as a catalyst and an important model to states and communities to work together across organizational boundaries to accomplish important goals.

What is happening within the Corps?

"Transformation is steadily moving forward – the culture of the Commissioned Corps has changed – each day, our Uniformed Service becomes stronger, more visible, and more focused on public health and response. We have more than 6,300 officers within the ranks, and we have a new possibility of reaching 4,000 officers in the Regular Corps. Direct Access is steadily becoming the Corps information management system. Soon, Officers will be able to use Direct Access for direct input of contact information, some readiness data, assignment preferences and creating/viewing an eResume to summarize their accomplishments and skill sets. In addition, the new Billet Program is providing billets which more accurately reflect position requirements. A new electronic billets system, beta-tested and prototype-tested, is under final development. This new system, which will result in the development of unique billets for more than 6,200 positions held by Corps Officers, is scheduled for launch in August of this year. Before the end of CY 2010, all Corps officers will officially fill these new billets. The new electronic billets system will provide dramatic force management and career development enhancements for Officers, Agencies, and the Corps.

A real gem in the new culture of the Corps is the Officer Basic Course. More than 860 new Officers, mostly recent Calls to Active Duty, have been trained in the two week course that provides a basic understanding of the Corps history, processes, and procedures, and prepares officers for deployment roles. Preparation is underway for the Intermediate Officer Course – thanks to JOAG's LCDR [Jessica] Feda's team, we have excellent input on key components and competencies to be considered during this developmental process."

RADM Williams encouraged JOAG to take advantage of the opportunity to meet with Office of Commissioned Corps Operations staff while at the Conference to learn more about the new Corps Call Center, the revamping of the Associate Recruiter program, and opportunities for mental health providers to work with wounded warriors and their families through our HHS-DOD Memorandum of Understanding. He also commented on the upcoming Field Training planned for August and September being planned by the Office of Force Readiness and Deployment. Furthermore, the shipboard missions continue with Pacific Partnership, where the USNS Richard E. Byrd, a Lewis and Clark class dry cargo ship, is providing services to Tonga, Samoa, Solomon Islands, Kribati, and the Republic of Marshall Islands and well as the Continuing Promise mission where the USNS Comfort traveled to the Caribbean and Latin American to provide humanitarian assistance this past summer.

What can JOAG do?

Anything. JOAG was challenged to assist in

- Developing future courses: the Immediate Officer Course and Advanced Officer Course
- Recruiting activities
- Mentoring activities for newly assigned officers
- Commenting on policies and procedures that come forward

A CORPS FABLE

Once upon a time in a land far, far away, there was a team of young, inspired, courageous folks who enjoyed life everyday.

They were a diverse group – with a wide array of training and experiences – and they were powerful, not because of brute strength, but because they understood the importance of consensus and the power of collective wisdom.

Their elders were not always so enamored with them. "How can they be so smart and yet be so youthful," said the elders, "it must be a trick or some sort of sorcery." Although the elders could not admit it, they were in some ways envious of the team – for no matter what the team set out to do, they seemed to be successful.

Now in this land of far, far away was told to be a monstrous, horrible, vast dragon – armed all over with scales of brass fitted so closely that no sword, or spear, or "pen" could pierce them. The dragon was reported to have wings and a long tail with two sharp stings at the end, speckled red and black, and very sharp claws – which were perhaps its most deadly weapon.

The elders were sorely afraid of the beast, though none of them had ever seen it. They feared the unknown, as we all do, with far greater passion than those things which we clearly see.

After one particularly eventful day, when the youthful team had once again inspired all those present with their feats of prowess – the elders determined that the dragon must be slayed – and they dispatched the youthful team to accomplish the task – what better way to be rid of the youthful team once and for all?

The youthful team came together - some were very afraid – “How can we possibly accomplish this task, the dragon is too vast, too horrible, too ugly?” Others were bold, “We must just think we can do it, and then find the way – the answer will come to us if we just try.”

In their typical fashion, the team decided on a plan – they would either scare the dragon away (for if it wasn't real, and only a perception, then they had nothing to fear themselves) or they would befriend the dragon, and find an opportunity through that friendship.

“But, if we are to attempt this adventure, one that none would ever attempt even on a dare, shouldn't we have a name for our group?”, cried the youngest among them.

Thoughtful murmuring ensued and amidst much debate a name was chosen, a name that would become known throughout history as the dragon slayer – and that name was...well, we'll come to that in a moment.

The team set out to seek the dragon, knowing not what they would find, but knowing that they had the collective will to defeat any obstacle placed in their path. They met up with the dragon, which was not only ugly, and a little bit evil, but breathed fire and smelled bad – but otherwise had no magical powers. As the team stood face to face with the dragon, some defiant, some quaking in their boots, a revelation occurred.

The team came to realize that the dragon, though hideous, was really only a personification of a myth; a myth that had been buoyed by inactive minds over a period of years. The dragon was nothing more than inertia, its substance was primarily fictional, and yet it had held back the Corps for years and years. The dragon, which you may now recognize, was the old culture of the Corps, reluctant to respond to change.

By convincing themselves that the dragon was not really so loathsome, the team was able to convince themselves and many elders to join in and celebrate the new culture of the Corps. By embracing the dragon, and accepting it, the team became a powerful force to be reckoned with and they lived long and prospered.

Oh, and who were these dragon slayers? Who saw the light and knew that the new culture was nothing to fear, the future was bright as long as they help mold and shape it, and who knew that the Corps would be stronger and better for accepting change – they are known as JOAG – they are you - and now you know the rest of the story.

Special thanks go to LT La Keisha C. Jones, MPH, Special Assistant - Office of the Surgeon General for her contributions to this article.



[JOAG Home Page](#)

The JOAG Journal

A newsletter *for* junior officers *by* junior officers

Issue 11, Summer 2009

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

[My First USPHS Scientific & Training Symposium](#)

FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment

Contributed by CDR Carol Kirkland

The care of skin and feet is still a critical issue for all uniformed services, whether in the trenches, the sweltering heat of summer, or the bone numbing cold of an arctic winter. If your feet are not protected and well cared for you become a casualty.

Basic Skin Care: Hydrate, Hydrate, Hydrate!

The skin is our largest organ, protecting the internal organs from bacteria, fungus, pests and disease. Organisms that are naturally found on healthy skin prevent the overgrowth of opportunistic organisms that can cause infection and disease. To protect us, skin must be healthy, inside and out.

- Drink at least 8 glasses of water on a normal day, more if perspiring heavily or performing physical labor. (1-2 gallons is reasonable if temp >100)
- Apply sun screen, insect repellent, and moisturizers – refer to the bottle for directions on how often to reapply
- Keep nails trimmed to 1/8-1/4 inch from end of toes, cut straight across or round the edges to prevent a toenail cutting into the neighboring toe when they rub
- Prevent callused feet by using a pumice stone, foot file or Lava Soap – thick calluses reduce skin sensitivity and limits flexibility, increasing the risk of a wound developing where the soft healthy skin meets the thick, hardened callus
- Prevent blisters by wearing 2 pairs of socks, breaking in new boots for one to two hours per day, gradually increasing until they can be worn comfortably the entire day
- Wear good quality socks that wick away moisture, are the correct thickness and padding for the shoes/boots, and do not use fabric softener – liquid or sheets



Athletes Foot

Athletes Foot, a common fungal infection, occurs when the feet are warm and moist. Athletes Foot is highly contagious, often transmitted in public showers, gyms, and family bathrooms. Common signs of Athletes Foot are moist, pale-white, peeling or cracked skin between toes, small dry bubbles / blisters that cause flaking in a classic "moccasin pattern" around the side and across the bottom of the foot, or thickened yellowed calluses that often have a strong musty odor. Most forms of Athletes Foot are itchy. Left untreated, Athletes Foot can develop into a secondary bacterial infection due to large, small, or even microscopic openings in the skin. These "super infections" can result in fever, chills, severe pain, swelling, oozing wounds, and systemic infections (bacteria in the blood) that require intensive treatment including hospitalization for oral or intravenous antibiotics, antifungals, and steroid medications, crutches, and daily wound care.

Athletes Foot can be prevented by keeping feet dry and eliminating the fungus.

- Change socks at least once every 8-12 hours, more often if feet sweat heavily
- Alternate boots daily and allow to air dry between wearing. If prone to Athletes Foot, spray boots/shoes with a LIGHT squirt of a mixture of half bleach/half water and allow to air dry for 24 hours. Throw away if heavily contaminated.
- If Athletes Foot is present, wash and dry feet well, apply antifungal cream 2-4 times per day or as directed. Seek professional help for redness, swelling, pain, odor, or if no improvement occurs
- After bathing or when changing socks, wash feet with Listerine or other alcohol based Mouthwash, or Vinegar, using a cotton ball or paper towel – it will kill fungus on skin and

nails, without causing irritation

CDR Kirkland is formerly the Amputation Prevention Coordinator and Podiatry Liaison for the Warm Springs Health and Wellness Center, Warm Springs, OR and is now stationed with the Sells Service Unit within IHS. JOAG congratulates CDR Kirkland on her recent promotion!



[JOAG Home Page](#)

[JOAG Journal Front Page](#)

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's... and Don'ts](#)

[JOAG Honors Our Senior Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly Commissioned Officers!](#)

[JOAG Honors 2009 Award Recipients](#)

[2009-2010 JOAG Voting Members and Executive Committee Selected](#)

[Show your support for JOAG and USPHS](#)

[Photos from this past year's USPHS Scientific & Training Symposium](#)

Junior Officer Contributions

[RADM Williams' Message to Junior Officers](#)

[FOOT & SKIN CARE TIPS: How to Take Good Care of Your Feet – At Home or On Deployment](#)

The JOAG Journal

A newsletter *for* junior officers *by* junior officers

Issue 11, Summer 2009

My First COF USPHS Scientific and Training Symposium

Contributed by LT Jennifer Cheng

After I joined the Commissioned Corps in October 2008, I struggled whenever I was asked to explain the U.S. Public Health Service. "I work for DHHS under the guidance of the U.S. Surgeon General. I am detailed to the Department of Homeland Security (DHS), and I work for a law enforcement agency (ICE/DRO)." The USPHS, I would explain, is one of the seven Uniformed Services, but we are not part of the Armed Forces. People quickly lost interest or began to look extremely confused. No matter how clearly I tried to define my role, my job, and my affiliation, I always seemed to fail to articulate what the PHS does for the nation. Truthfully, I didn't fully understand it myself.

Within three weeks of entering the Corps, my coworker and a fellow officer encouraged me to submit an abstract to present at the upcoming COF Scientific and Training Symposium Conference 2009 in Atlanta, GA. I remember arguing that I knew nothing about the PHS and was not at all worthy of presenting at this conference. She insisted that my work on the ICE TB Continuity of Care Program was noteworthy, and later became my co-presenter. With financial support from the Junior Officers Scholarship and last minute support from my agency, I was able to attend my first USPHS Scientific and Training Symposium.



The conference started off with a group of wonderful opening speakers. RADM Steven Galson spoke to us about chronic disease prevention and I felt a huge relief that our leader recognized this significant problem. Through my limited experience in the Corps, I began to believe that not all of PHS was about public health and serving the underserved. Immediately following the eloquent Surgeon General, Dr. Richard Besser, the acting Director of the Centers for Disease Control and Prevention, outlined the US response thus far to the H1N1 pandemic. He emphasized working together to provide the safest, most effective, and least destructive response plan. I was captivated by his intelligence, professionalism, and multi-tiered perspective of the subject matter. I ended the day beaming and feeling psychologically energized.

For the first three days of the conference, I was my mentor's shadow. He introduced me to every person he knew or thought I should know. Monday felt so overwhelming that I don't think I remembered a single person's name. I just remember shaking a lot of hands and

[My First USPHS Scientific & Training Symposium](#)

thinking, "I'm never going to remember these people, and they are never going to remember me."

During the award banquet on Monday evening, Dr. David Satcher, the 16th U.S. Surgeon General, inspired us to work as a team like a track relay team does and emphasized that we needed to "pass the baton." I tried to absorb all of the information that had been given to me over the last 12 hours and I tried to learn as much as I could with my mentor guiding me through the entire experience.

Tuesday was much better, and a little less overwhelming. I participated in the HSO Category Day and learned about the diversity and wealth of expertise the HSO Category offered. RADM Kenneth Mortisugu shared some words of wisdom. He spoke to us about diabetes and encouraged us to lead by example, not with words. Although I started to recognize some faces, I felt like I should have taken pictures of each person and written notes in my blackberry for future reference when my memory failed me.

Wednesday was my day to shine. LCDR Jennifer Jones and I presented the ICE Tuberculosis Continuity of Care Program in the morning, and we were supported by many DIHS officers. We were even graced by the presence of two Admirals! In the afternoon, I heard some more words of wisdom from RADM David Rutstein during our brief AMSUS Planning Committee meeting. He verbalized the PHS mission: outward, not inward, and how we differed from the military. We are not the military, but we support the other services because that is our nature. We reach out to the underserved populations in addition to supporting our fellow officers.

As strange as it may sound, the Surgeon General's 5K Run/Walk was a very significant event for me. I was getting ready for the Surgeon General's Run/Walk when I ran into a friend who expressed fear that she'd be the only walker at the event and didn't want to participate now even though she had registered. I encouraged her to attend and told her that I would walk with her if nobody else walked (but I knew she wouldn't be alone). Then, during the walk, I ran into a fellow officer who was cramping up and wanted to quit at the halfway mark. I encouraged him to stay with me and finish; he did and made it to the end! I am a competitive endurance athlete and am competitive by nature. However, something inspired me to look around and simply absorb the culture of teamwork, leadership, and camaraderie. I finished without caring about my time and I realized that my mentor had successfully passed me his baton this week.

Everything I learned from the last five days came together in the end. My mentor guided me through my very first COF Conference. The experience could have been overwhelming, and I could have missed so many golden opportunities to learn about Public Health, the Corps, and to meet lots of influential officers and people. He led me by example and through his guidance, I was inspired by our leaders. I had subconsciously internalized his actions and proceeded to follow his example at the run. I better understood the PHS, and I began to understand the function of such a large professional group who had one common goal.

Since that week, I have been able to more accurately credit the Corps for the work that has been done, is currently being done, and will be doing in the future of public health. In grade school, I was taught that every person can make a difference. While that is true, I know that groups of people can make an even larger impact. We are a group consisting of the most knowledgeable, experienced, educated, and dedicated public health professionals.

The next time someone asks me about the PHS, I will tell them that I am in the service with the brightest and best public health professionals who prevent diseases, outbreaks, and public health disasters. We serve the underserved and make many contributions to improve the overall health of the nation and sometimes even the world. Our work may never receive the proper recognition, but it can and will have a greater impact – short and long term, direct and indirect – on our lives as a whole and individually more than any other policy implemented by the government. That, in a nutshell, is the PHS, and I will continue serving faithfully and silently with other officers to protect the health of our country.

Editor's Note: The author of this piece, LT Cheng, was recently featured as a cover story author for Hearing Loss Magazine where she shares her insights about living, working, and competing with a hearing loss that was diagnosed at age 17. Here is a link to LT Cheng's article:

<http://www.hearingloss.org/magazine/mag-julyaug09.asp>

To further bring awareness to this cause, she is also organizing a USPHS team for the WALK4HEARING Walkathon in DC on October 17th. All USPHS officers are encouraged to visit the website and participate:
http://hlaa.convio.net/site/TR/Teamraiser/2009WashingtonDCWalk/1207840123?pg=team&fr_id=1570&team_id=11740

We congratulate this Junior Officer for her many achievements!



[JOAG Home Page](#)

The JOAG Journal

A newsletter **for** junior officers **by** junior officers

Issue 11, Summer 2009

Inside This Issue:

JOAG Journal Front Page

Original Features

[Junior Officer Spotlight](#)

[Uniform Corner: Hair Do's...
and Don'ts](#)

[JOAG Honors Our Senior
Advisor, CAPT Dean Coppola](#)

From the Committees

[JOAG Welcomes 297 Newly
Commissioned Officers!](#)

[JOAG Honors 2009 Award
Recipients](#)

[2009-2010 JOAG Voting
Members and Executive
Committee Selected](#)

[Show your support for JOAG
and USPHS](#)

[Photos from this past year's
USPHS Scientific & Training
Symposium](#)

Junior Officer
Contributions

[RADM Williams' Message to
Junior Officers](#)

[FOOT & SKIN CARE TIPS:
How to Take Good Care of
Your Feet – At Home or On
Deployment](#)

[My First USPHS Scientific
& Training Symposium](#)

JOAG Congratulates all Junior Officers on their recent promotions!

(First Quarter of Promotion Cycle; July – Sept 2009)

To Commander (O5)

Dental

| | | | |
|------------------------------|----------|------------------------------|----------|
| Kathleen Marie Anderson | 7/1/2009 | Shani N. Lewins | 7/1/2009 |
| Margaret Ann Facenda-Mcneill | 7/1/2009 | Charles Christopher Truncale | 7/1/2009 |
| Kathryne W. Feng | 7/1/2009 | Phillip Andrew Wilson | 7/1/2009 |
| Kim Nancy Hort | 7/1/2009 | | |

Dietitian

| | | | |
|-----------------|----------|-------------------|----------|
| Susan A. Jordan | 7/1/2009 | John Edward Urban | 7/1/2009 |
|-----------------|----------|-------------------|----------|

Engineering

| | | | |
|------------------------|----------|----------------------|----------|
| Dawn Marie Braswell | 7/1/2009 | John A. Hall | 7/1/2009 |
| Lisa Denise Cash | 7/1/2009 | Norman Thomas Hepner | 7/1/2009 |
| Hubert Charles Cathlin | 7/1/2009 | Kenneth J. Ramondo | 7/1/2009 |
| Stacey Lynn Coburn | 9/1/2009 | Andrew H. Sallach | 7/1/2009 |
| Kenneth J. Fitzgerald | 7/1/2009 | David George Steen | 7/1/2009 |
| Hugo Gonzalez | 7/1/2009 | | |

Environmental Health Officer

| | | | |
|--------------------|----------|------------------------|----------|
| Jeffrey T. Dickson | 7/1/2009 | Gordon D. Tsatoke Jr | 7/1/2009 |
| Karin B. Knopp | 7/1/2009 | John Thomas Whitesides | 9/1/2009 |

Health Services Officer

| | | | |
|------------------------|----------|------------------------|----------|
| Michael James Belgarde | 7/1/2009 | Cathy Dawn Melvin | 9/1/2009 |
| Daniel M. Coviello Jr. | 7/1/2009 | Vickie S. Owens | 7/1/2009 |
| Michael William Davis | 7/1/2009 | Tracey Jackson-Weaver | 7/1/2009 |
| David Dietz | 7/1/2009 | Lesley Jane Preston | 7/1/2009 |
| Michelle Renee Everett | 7/1/2009 | Catherine T. Salisbury | 7/1/2009 |
| Travis Ladel Fisher | 7/1/2009 | Angela Johnson Sanchez | 7/1/2009 |
| Abnah B. Forbes | 7/1/2009 | Donald William Schmidt | 7/1/2009 |
| Teresa Lynn Fox | 7/1/2009 | Ralph H. Smith Jr. | 7/1/2009 |
| Robert Andrew Garcia | 7/1/2009 | Debora S. Snyder | 7/1/2009 |
| Candace Y. Hander | 7/1/2009 | Edward M. Sottong | 7/1/2009 |
| Leslie Beth Hausman | 7/1/2009 | Allen Scott Taylor | 7/1/2009 |
| Thomas Scott Hochberg | 7/1/2009 | Michael Dean Weahkee | 7/1/2009 |
| Julie L. Holifield | 7/1/2009 | Paul W. Wickard | 7/1/2009 |
| Karyl Lee Jennings | 7/1/2009 | | |

Medical Officer

| | | | |
|---------------------|----------|---------------------|----------|
| Sandra Marie Bender | 7/1/2009 | John Wesley Hariadi | 7/1/2009 |
|---------------------|----------|---------------------|----------|

| | | | |
|---------------------------|----------|---------------------------|----------|
| Stephen Richardson Benoit | 7/1/2009 | Alexander Kallen | 7/1/2009 |
| Gary Wayne Brunette | 7/1/2009 | Karen C. Lee | 7/1/2009 |
| Ann Margaret Buff | 7/1/2009 | Michael Francis Lynch | 7/1/2009 |
| Kevin Patrick Cain | 7/1/2009 | Susan Elizabeth Manning | 7/1/2009 |
| Tracy Larene Creek | 7/1/2009 | Meredith Lynn Mcmorrow | 7/1/2009 |
| Puneet Kumar Dewan | 7/1/2009 | Gregory S. Mims II | 7/1/2009 |
| Daisy Y. Eng | 7/1/2009 | Susannah Q. Olnes | 7/1/2009 |
| Scott Jay Filler | 7/1/2009 | Tom Takeo Shimabukuro | 7/1/2009 |
| Nicole T. Flowers | 7/1/2009 | Rebecca Helane Sunenshine | 7/1/2009 |
| Monique R. Fountain Hanna | 7/1/2009 | Michael Craig Thigpen | 7/1/2009 |
| Ana I. Guzman | 7/1/2009 | Daron Alan Watts | 7/1/2009 |
| Michael Thomas Handrigan | 7/1/2009 | Edward Camden Weiss | 7/1/2009 |

Nurse

| | | | |
|--------------------------|----------|-------------------------|----------|
| Wendy Karen Blocker | 7/1/2009 | Dale Patrick Mishler | 7/1/2009 |
| Brent James Bonfiglio | 7/1/2009 | Rebecca Stuart Noe | 7/1/2009 |
| Randy Vernon Bong | 7/1/2009 | Sandra Zoe Oquendo | 7/1/2009 |
| Tammie B. Brent Howard | 7/1/2009 | Cheryl L. Peterson | 9/1/2009 |
| Tessa Renee Brown | 7/1/2009 | Ivan N. Pierce Jr. | 7/1/2009 |
| Cindy Lynn Butler | 7/1/2009 | Michael C. Ray | 7/1/2009 |
| Pamela M. Cook | 7/1/2009 | Nelson Reyes | 7/1/2009 |
| Joseph Michael Creager | 7/1/2009 | Josie C. Ricci | 7/1/2009 |
| Sean Tyler Creighton | 7/1/2009 | Madia Ricks | 7/1/2009 |
| Wendy Marie Davis | 7/1/2009 | Melissa Ann Robb | 7/1/2009 |
| Dan Fletcher III | 7/1/2009 | Dean L. Robinson | 7/1/2009 |
| William Joseph Foust | 7/1/2009 | Vickie Scott-Lewis | 7/1/2009 |
| Andrew Salandanan Ganzon | 7/1/2009 | Sherry L. Secrist | 7/1/2009 |
| Mark Roland Glover | 7/1/2009 | Venetta Joi Thompson | 7/1/2009 |
| Brant Byron Goode | 7/1/2009 | Troy Ray Thompson | 7/1/2009 |
| Josefine Renate Haynes | 7/1/2009 | Shirley Jean Thompson | 7/1/2009 |
| Lysa A. Hieber | 7/1/2009 | Jennifer Lyn Tredway | 7/1/2009 |
| Carol Kirkland | 7/1/2009 | Kathleen Tyler | 7/1/2009 |
| Geoffrey Alan Kuzmich | 7/1/2009 | Victoria Lynn. Vigil | 7/1/2009 |
| Michael J. Lackey | 7/1/2009 | Jedeon Muyot Virata | 7/1/2009 |
| Paul Lee Link | 7/1/2009 | Renee Marie Webb | 7/1/2009 |
| Janet Ruth Mehring | 7/1/2009 | Susan K. Wood | 7/1/2009 |
| Cathy A. Miller | 9/1/2009 | Delia Calvillo Zorrilla | 7/1/2009 |

Pharmacist

| | | | |
|---------------------------|----------|---------------------------|----------|
| Bach Nhi Beasley | 9/1/2009 | Kristina Marie Joyce | 7/1/2009 |
| Mike Aaron Beiergrohslain | 7/1/2009 | Steven Anthony Labrozzi | 7/1/2009 |
| Sean J. Belouin | 7/1/2009 | Joy Ellen Lee | 7/1/2009 |
| Patrick Kevin Bolte | 7/1/2009 | Christina Han Lee | 7/1/2009 |
| Tammy L. Buntjer | 7/1/2009 | Jeffrey Joseph Mallette | 7/1/2009 |
| Mary Catherine Byrne | 7/1/2009 | Timothy Michael Murray | 7/1/2009 |
| Brian Neil Campbell | 7/1/2009 | Brian Matthew Narog | 7/1/2009 |
| Jason Foster Chancey | 7/1/2009 | Jeffrey Glenn Newman | 7/1/2009 |
| Peter Chen | 7/1/2009 | Ryan T. Nguyen | 7/1/2009 |
| Kai L. Chiu | 7/1/2009 | Keith John Olin | 7/1/2009 |
| James P. Czarzasty | 7/1/2009 | Ted C. Palat | 7/1/2009 |
| Gregory S. Davis | 7/1/2009 | Krista M. Pedley | 7/1/2009 |
| Quynh-Chi Tan Duong | 7/1/2009 | Matthew John Rodriguez | 7/1/2009 |
| Carla D. Evans | 8/1/2009 | Jacquie K. Roth | 7/1/2009 |
| Tracy L. Farrill | 7/1/2009 | Sheila Kathleen Ryan | 7/1/2009 |
| Violette G. Ganoe | 7/1/2009 | Sandeep S. Saini | 7/1/2009 |
| Ann Louise Gorman | 7/1/2009 | Pedro Solis Jr. | 7/1/2009 |
| Ross P. Green | 7/1/2009 | Maya Angelou Thompson | 7/1/2009 |
| Cedric Bernard Guyton | 7/1/2009 | Jeffrey James Tworzyanski | 7/1/2009 |
| Jeffrey Eugene Haug | 7/1/2009 | Thuyanh The Vu | 7/1/2009 |
| Monika Ann Houstoun | 7/1/2009 | Monica Ivone Zeballos | 7/1/2009 |

Scientist

| | | | |
|------------------------|----------|---------------------|----------|
| Boris R. Aponte | 7/1/2009 | David Alan Thompson | 7/1/2009 |
| Christine Marie Hunter | 7/1/2009 | | |

Therapist

| | | | |
|-------------------------|----------|-------------------------|----------|
| James Matthew Cowher | 7/1/2009 | Jeffrey Dean Richardson | 7/1/2009 |
| Mike D. Faz | 7/1/2009 | Thomas A Schroeder | 7/1/2009 |
| Jeffrey Joseph Lawrence | 7/1/2009 | Joseph B. Strunce | 7/1/2009 |

Veterinary

| | | | |
|----------------------------|----------|------------------------|----------|
| Susan Patterson Montgomery | 7/1/2009 | Brianna Skinner-Harris | 7/1/2009 |
|----------------------------|----------|------------------------|----------|

To Lieutenant Commander (O4)**Dietitian**

| | | | |
|-------------------------|----------|-----------------------|----------|
| Margaret E. Digennaro | 7/1/2009 | Michael J. Mero Jr. | 7/1/2009 |
| Jennifer Constance Graf | 7/1/2009 | Susan Arlene Steinman | 7/1/2009 |

Engineering

| | | | |
|------------------------|----------|-------------------------|----------|
| Kevin Bliese | 7/1/2009 | Benjamin Albert Marnell | 7/1/2009 |
| Allen Frank Bollinger | 7/1/2009 | Janis Marie Mccarroll | 7/1/2009 |
| Sean Thomas Bush | 7/1/2009 | Peter James Mitchell | 7/1/2009 |
| Ryan Travis Cole | 7/1/2009 | Travis Healey Monson | 7/1/2009 |
| Ryan Patrick Costello | 7/1/2009 | Kris David Neset | 7/1/2009 |
| Tanya Hoogerwerf Davis | 7/1/2009 | Jeremy Bret Nickels | 7/1/2009 |
| Zhengqin Fu | 7/1/2009 | Raffi B Papazian | 7/1/2009 |
| Jill Rochelle Hammond | 7/1/2009 | Michael Garrett Roberts | 7/1/2009 |
| Eric Charles Hanssen | 7/1/2009 | Alan Michael Stevens | 7/1/2009 |
| John Paul Kathol | 7/1/2009 | Matthew James Zoch | 7/1/2009 |

Environmental Health Officer

| | | | |
|----------------------|----------|-----------------------|----------|
| Gino Begluitti | 7/1/2009 | Kyle Youtheang Lim | 7/1/2009 |
| Jonathan Lee Blonk | 7/1/2009 | Matthew Roy Mcnew | 7/1/2009 |
| Gregory Paul Calvert | 7/1/2009 | Derek A.Newcomer | 7/1/2009 |
| Charles E. Craig | 7/1/2009 | Christianna Lyn Zerbe | 7/1/2009 |
| Joseph Paul Laco | 7/1/2009 | | |

Health Services Officer

| | | | |
|----------------------------|----------|--------------------------|----------|
| Karina Delia Aguilar | 7/1/2009 | Christine Ann Nemeti | 7/1/2009 |
| Kevin Andre Bates | 7/1/2009 | Adriane Talisha Niare | 7/1/2009 |
| Monica Elaine Bennefield | 7/1/2009 | Cara Ann Nichols | 7/1/2009 |
| Jody L. Bennett-Meehan | 7/1/2009 | Julie A Niven | 7/1/2009 |
| Daniel Cajigas | 7/1/2009 | Nellis Devon Patterson | 7/1/2009 |
| Barbara Suzanne Cohn | 7/1/2009 | Gerarda W. Persad | 7/1/2009 |
| Junio Rasos Colobong | 7/1/2009 | Donna Latrise Phillips | 7/1/2009 |
| Andrea Jean Cunningham | 7/1/2009 | Kimmine N. Pierce | 7/1/2009 |
| Chad Hugh Dowell | 7/1/2009 | Dexter E. Pritchett Sr. | 7/1/2009 |
| Idongesit I. Essiet-Gibson | 7/1/2009 | Matthew James Rendahl | 7/1/2009 |
| Leah Leona Ferrier | 7/1/2009 | Angela Denise Richardson | 7/1/2009 |
| Ulgen Semaye Fideli | 7/1/2009 | William Frank Rigney | 7/1/2009 |
| Samantha P. Fontenelle | 7/1/2009 | Josef F. Rivero | 7/1/2009 |
| Myoshi Meshay Francis | 7/1/2009 | Shane S. Sims | 7/1/2009 |
| Denise Marie Gaughan | 7/1/2009 | Cindy Ann. Smith | 7/1/2009 |
| John Francis Gibbons | 7/1/2009 | Sylvester Smith | 7/1/2009 |
| Keri Anne Gorman | 7/1/2009 | Daniel Lloyd Stanley | 7/1/2009 |
| Harlem Jason Gunness | 7/1/2009 | Robert Stuart Swanson | 7/1/2009 |
| Thomas James Janisko | 7/1/2009 | Shawn Deshannon Taylor | 7/1/2009 |
| Mivoyel Jeanpaul | 7/1/2009 | Dawn Elizabeth Thomas | 7/1/2009 |
| Anthony Lee Johnson | 7/1/2009 | Jasen Russell Thompson | 7/1/2009 |

| | | | |
|-------------------------|----------|-----------------------|----------|
| Joseph Daniel Kelly | 7/1/2009 | Robert Lee Titchener | 7/1/2009 |
| Shah M.Khan | 7/1/2009 | Mellissa A.Walker | 7/1/2009 |
| Jennifer Jo Lamere | 7/1/2009 | Deidre M. Washington | 7/1/2009 |
| Eduardo Yap Lim | 7/1/2009 | Lorraine N. Williams | 7/1/2009 |
| Kenneth Matthew Monahan | 7/1/2009 | Robert Anthony Windom | 7/1/2009 |

Nurse

| | | | |
|---------------------------|----------|------------------------------|----------|
| Trellis Evette Adams | 7/1/2009 | Kimberly Susan Klink | 7/1/2009 |
| Grafton George Adams | 7/1/2009 | Jesse Michael Larson | 7/1/2009 |
| Cynthia Lynn Adson | 7/1/2009 | James A. Lentz Jr | 7/1/2009 |
| Shawn D. Armes | 7/1/2009 | Trevor Brian Lidge | 7/1/2009 |
| Anthony Brian Benjamin | 7/1/2009 | Troy A. Litsinberger | 7/1/2009 |
| Dawn Ann Benth | 7/1/2009 | Fleetwood V. Loustalot III | 7/1/2009 |
| Shawna Gale Bogle | 7/1/2009 | James Kyle Lyons | 7/1/2009 |
| Linda Webb Bridges | 7/1/2009 | Deeanne M. Marshall | 7/1/2009 |
| Christy Daniel Bunn | 7/1/2009 | Rhonda E. Martinez-McFarland | 7/1/2009 |
| Julia Diane Burchfield | 7/1/2009 | Linda Marie McDannold | 7/1/2009 |
| Jennifer R. Chhibber | 7/1/2009 | Jennifer Ann Mclellan | 7/1/2009 |
| Deborah Lyn Christensen | 7/1/2009 | Christian Andrew Meyer | 7/1/2009 |
| Laurel A. Christians | 7/1/2009 | Thomas Owen Meyers | 7/1/2009 |
| Brett Alfred Clark | 7/1/2009 | Barbara J. Mock | 7/1/2009 |
| Mark D. Cruz | 7/1/2009 | Jenny R. Mohon | 7/1/2009 |
| Anitra Custalow | 7/1/2009 | Monica M. Morris | 7/1/2009 |
| Raymund Joseph Delapena | 7/1/2009 | Vera C. Moses | 7/1/2009 |
| Daniel Harris Deleon | 7/1/2009 | Timothy Paul Newland | 7/1/2009 |
| Dino Raul Dominguez | 7/1/2009 | Shannon Carole Newland | 7/1/2009 |
| Sandra San Juanita Duncan | 7/1/2009 | Kellie Woodlief Obriant | 7/1/2009 |
| Amanda Jill Duncan | 7/1/2009 | Brenda Jean Palmer | 7/1/2009 |
| Christine Marie Fallon | 7/1/2009 | Reggi Nia Parker | 7/1/2009 |
| Jason Edward Fitzgerald | 7/1/2009 | Lisa M. Patterson | 7/1/2009 |
| Cheri L. Fleming | 7/1/2009 | Heidi N. Rogers | 7/1/2009 |
| Alfonso Flores | 7/1/2009 | Daniel Patrick St. Laurent | 7/1/2009 |
| Veronica Tonya Granger | 7/1/2009 | Lenora Tso | 7/1/2009 |
| Maya Devonne Gripper | 7/1/2009 | Latoya Nichole Usher | 7/1/2009 |
| Vanessa Marie Hadley | 7/1/2009 | Antonio Lebron Vargas | 7/1/2009 |
| Brian Jeffrey Hamilton | 7/1/2009 | Enrique Vega | 7/1/2009 |
| Glenn Edward Hamilton | 7/1/2009 | Catherina Patrice Walker | 7/1/2009 |
| Elvira Loretta Hardy | 7/1/2009 | Leslie Dyan Wehrlen | 7/1/2009 |
| Jeremy W. Hargrove | 7/1/2009 | Daniel J. Whitehurst | 7/1/2009 |
| Michael Robert Harrison | 7/1/2009 | Erika Monique Wilkerson | 7/1/2009 |
| Brenda Lee Hoverson | 7/1/2009 | Dawn J. Williams | 7/1/2009 |
| Michelle Nicole Jesse | 7/1/2009 | Carroll D. Wyble | 7/1/2009 |
| Benjamin Stuart Kanten | 7/1/2009 | Dawn Louise Wydner | 7/1/2009 |

Pharmacist

| | | | |
|---------------------------|----------|-------------------------|----------|
| Rosalyn O. Adigun | 7/1/2009 | Marisol Martinez | 7/1/2009 |
| Kelly Joseph Battese | 7/1/2009 | Jack Thomas Mohr | 7/1/2009 |
| Anne Marie Bott | 7/1/2009 | Jodi Sachi Nakai | 7/1/2009 |
| Kenneth Rodolfo Bryan | 7/1/2009 | Doan Thuc-Minh Nguyen | 7/1/2009 |
| Joseph Preston Bryant | 7/1/2009 | Ulysses W. Pappas | 7/1/2009 |
| Todd Anthony Campbell | 7/1/2009 | Jade Ariel Pham | 7/1/2009 |
| Chihwei Chen | 7/1/2009 | Susan E. Polifko | 7/1/2009 |
| Edwin Villadiego Deguzman | 7/1/2009 | Audrey Winnie Poolaw | 7/1/2009 |
| Dat T. Doan | 7/1/2009 | Andrew Mark Potter | 7/1/2009 |
| Sara E. Doran-Atchison | 7/1/2009 | Cicely Clark Reese | 7/1/2009 |
| Julie E. Dunston | 7/1/2009 | Kiesha Resto | 7/1/2009 |
| Brian J. Eddy | 7/1/2009 | Christel Gail Rogers | 7/1/2009 |
| Kristina Elisa Estes | 7/1/2009 | Danielle Evette Russell | 7/1/2009 |
| Melissa Marie Faneuf | 7/1/2009 | Michael Shawn Sanders | 7/1/2009 |
| Clinton Kyle Gropp | 7/1/2009 | David Jay Schatz | 7/1/2009 |

| | | | |
|------------------------------|----------|---------------------------|----------|
| Jennifer Fleming Hawkins | 7/1/2009 | Steven Ray Scott | 7/1/2009 |
| James Dwayne Hicks | 7/1/2009 | Philip Jason Siebigteroth | 7/1/2009 |
| Shannon Lavyya Hill | 7/1/2009 | Jodi Nicole Sparkman | 7/1/2009 |
| Glendolynn Sanderlin Johnson | 7/1/2009 | Stacey Marie Thompson | 7/1/2009 |
| Kristi L Johnson | 7/1/2009 | Tana Nicole Triepke | 7/1/2009 |
| Kevin Michael Johnson | 7/1/2009 | Frank Verni | 7/1/2009 |
| Shary Marris Jones | 7/1/2009 | Yvette Ward Waples | 7/1/2009 |
| Kara A. King | 7/1/2009 | Christopher Alan Wheeler | 7/1/2009 |
| Timothy George Langford | 7/1/2009 | Abigail J. White | 7/1/2009 |
| Jing Li | 7/1/2009 | Roney Yun Won | 7/1/2009 |
| Theresa C. Liu | 7/1/2009 | David Alan Zimbrick | 7/1/2009 |
| Ladonna Therese Lock | 7/1/2009 | | |

Scientist

| | | | |
|-----------------------|----------|-----------------------|----------|
| Nancy Jennings Aburto | 7/1/2009 | Emily Susan Jentes | 7/1/2009 |
| Robert Alvin Belde | 7/1/2009 | James L Kenney | 7/1/2009 |
| Sanny Yi San Chen | 7/1/2009 | Adam James Macneil | 7/1/2009 |
| Shane Paige Davis | 7/1/2009 | Richard Paul Schobitz | 7/1/2009 |
| Deborah Lynn Dee | 7/1/2009 | Kenneth David Sekulic | 7/1/2009 |
| Jennifer Marie Dolan | 7/1/2009 | Robin Laurie Toblin | 7/1/2009 |
| Tracie Jo Gardner | 7/1/2009 | Jeremy Loren Wally | 7/1/2009 |
| Brooke Wenman Heroux | 7/1/2009 | | |

Therapist

| | | | |
|--------------------------|----------|---------------------------|----------|
| Stanley Wayne Bennett | 7/1/2009 | Ronald Gerard Kelderhouse | 7/1/2009 |
| Alexander Karl Brenner | 7/1/2009 | Dale Wesley King | 7/1/2009 |
| Kristian Jeremie Burnham | 7/1/2009 | Michael Gregory McClain | 7/1/2009 |
| Christina Ann Eaker | 7/1/2009 | Matthew Daniel Ritchey | 7/1/2009 |
| Gwendolyn Hanchey Hall | 7/1/2009 | Kieu-Phuong Thi Vu | 7/1/2009 |
| Darren Mathew Heer | 7/1/2009 | Lori Anne Wiggins | 7/1/2009 |

Veterinary

| | | | |
|--------------------|----------|---------------------|----------|
| Kevin M. Greene | 7/1/2009 | William A. Lanier | 7/1/2009 |
| Christa Renee Hale | 7/1/2009 | Jan R.. Linkenhoker | 7/1/2009 |

