THE JOAG JOURNAL

A NEWSLETTER BY JUNIOR OFFICERS FOR JUNIOR OFFICERS

FEATURES

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Editors
LCDR Daveta Bailey
LT Katie Bante

Art Editor
LCDR Steven Porter

MESSAGE FROM THE CHAIR

Greetings fellow junior officers,

By the time you read this message, we will be winding down our operational year, which ends 30 September,2015. As I look back, I am humbled by not only our accomplishments, but by the sheer vastness of our organization. JOAG represents almost half the Corps and strives to encourage participation from every category, region, OpDiv and cultural background. Despite our sprawl, I am encouraged by our efforts to return to the basic charge set forth in our charter by the Office of the Surgeon General. Honing in on our mission and goals can only make us a stronger organization, serving our officers with purpose and intention.

I'm especially pleased that since our last journal we were able to release our 2015-2020 Strategic Plan. The plan culminates over two years of examining the direction we want our organization to go and laying a roadmap to get there. This living document will need to be revisited each year as the needs of our service and organization change. If you are not already involved in a committee, I would encourage you to find a topic that interests you and join the discussion. The concerns you raise, the suggestions you make, and the activities you lead will certainly shape our Corps for the future.

As my tenure draws to a close, I have too many people to thank than space in this short article, but I would be remiss if I did not mention at least a few:

To the JOAG Chairs and ECs before me, you have served as an invaluable resource and have helped keep things in perspective. I truly believe our strength derives from within our ranks and you're a shining example of that. Thank you for being available to me and mentoring me.

To the current EC, we have not only learned a lot about our Corps, but also about ourselves and our capacity to lead. Through our open and honest relationship, we have been able to ask each other tough questions, address intricate issues, and navigate difficult situations with tact and diplomacy. I never imagined we would grow this much as leaders this year, but I feel we did. Thank you for your flexibility, integrity, and expecting the best out of everyone.

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JOAG LEADERSHIP

SPECIAL THANKS TO THE 2014–2015 OPERATIONAL YEAR OFFICERS

Chair: LCDR Jessica Otto	EHO	FDA
Vice-Chair: CDR Robert Kosko	PHARM	FDA
Chair-Elect: LCDR Elizabeth Garza	HSO	CDC
Executive Secretary: LCDR Lindsay Hatch	HSO	FDA
Financial Liaison: LCDR Erin Nichols	SCI	CDC

JOAG Committees	Chair/Co-Chairs	Category	Agency
Awards	LCDR Chinyelum Olele	PHARM	FDA
	LCDR Abraham Marrero	ENG	CDC
COF Planning	LCDR Eleanor Fleming	DENT	CDC
	LCDR Debra Wagner *(Non-VM)*	HSO	CDC
Development	LCDR Judith Eisenberg	PHYSICIAN	CDC
	LCDR Dawn Montoya	NURSE	BOP
Communications & Publications	LCDR Daveta Bailey	EHO	FDA
	LT Katie Bante *(Non-VM)*	EHO	IHS
Public Health & Community Service	LCDR Frank Koch	DIET	BOP
	LCDR Samantha Pinizzotto	VET	FDA
Membership	LCDR Cara Halldin	SCI	CDC
	LCDR Kari Irvin	HSO	FDA
Policy & Procedures	LCDR Elizabeth Garza	HSO	CDC
Professional Development	LCDR Qiao Bobo	SCI	FDA
	LCDR Avi Stein	HSO	CDC
Recruitment & Retention	LCDR Peter Arroyo	THER	BOP
	LCDR Quynh Nhu Nguyen	ENG	FDA
Welcoming	LT Mekeshia Bates	NURSE	HRSA
	LCDR David Huang	SCI	CDC

The Junior Officer Advisory Group (JOAG) is a public health professional group whose purpose is to provide advice and other Corps and non-Corps entities on interests and concerns specific to junior officers in the United States Public Health Service (USPHS) Commissioned Corps. *The JOAG Journal* is a quarterly publication produced by the Communications & Publications Committee. Send editorial comments and concerns to either LT Katie Bante (Katie.Bante@tananachiefs.org) or LCDR Daveta Bailey (Daveta.Bailey@fda.hhs.gov). To contribute to a future edition, submit articles electronically to joagcpcsubmissions@fda.hhs.gov. Any opinions or thoughts presented within *The JOAG Journal* are solely those of the author and do not represent the USPHS, United States Department of Health and Human Services (HHS), or any other government agency.

MESSAGE FROM THE CHAIR

(Continued from page 1)

To the voting membership, you have kept us both grounded and inspired. Through your contributions, service, and sacrifice, we have: increased our listserv membership and outreach; expanded shadowing and peer mentoring programs; revolutionized the journal format; provided new opportunities for officers to be more physically active and volunteer in their communities; provided quality reports to senior leadership on issues affecting junior officers; and offered an array of seminars on professional development just to name a few. On this trajectory, there's no limit to what JOAG will accomplish in the next five years. Thank you for your willingness to serve.

Finally, to the general membership, you have inspired me to be a better officer. The knowledge, skills, empathy, innovation, and resiliency you have shown the past year are beyond measure. There is no way our organization can function without your volunteerism and contributions.

There is also no way we can move our Corps forward without you bringing us your concerns and suggestions. Never be afraid to ask for clarification or assistance, it is our mission to bring your concerns to senior leadership, and connect you with the resources you need to thrive.

In this issue of the JOAG Journal, you'll find some great articles written by your peers on uniform wear and care, a little-known global alliance, and the power of the pedal. You can contribute to future issues by submitting articles to joagcpcsubmissions@fda.hhs.gov; and, as always, please send your comments, questions, concerns, or suggestions to us through the Junior Officer (JO) Voice at phs.joag@gmail.com.

All the best,

LCDR Jessica L. Otto MPH, REHS, HHS
Chair, Junior Officer Advisory Group

The Passing of the Gavel

LCDR Jessica Otto

2015 Outgoing Chair

passing the gavel to

LCDR Elizabeth Garza

2016 Incoming Chair

19 Aug 2015

Courtesy of LCDR Jessica Otto

Recruitment & Retention

CORPS PRIDE WITHOUT THE UNIFORM PROPERLY AND PROUDLY REPRESENTING THE CORPS OUT OF UNIFORM

LT Lashley Hatch and LT Jonathan Leshin

In the last few years, USPHS commissioned officers have increasingly dedicated themselves to the spirit of healthy living. There are an abundance of examples from fitness routines to running marathons. Publications within the USPHS even have specific sections highlighting these activities and events. There is also the new USPHS Athletics initiative where officers can organize and participate in athletic events, such as 5K's and marathons, and be recognized by the Corps. Former Acting U.S. Surgeon General RADM Boris Lushniak set an excellent example by carrying the USPHS flag while leading a team of over 60 PHS officers in the annual Army Ten-Miler in Washington D.C.

Indeed, this spirit seems very fitting. As Commissioned Corps officers, our mission is "to protect, promote, and advance the health and safety of our Nation." How can we confidently do this if we are not protecting, promoting and advancing our own individual health?

In light of this, we had a Q&A session with LCDR Lyons (Uniform Policy Coordinator) about how to properly and proudly represent the Corps out of uniform.

Are there any restrictions on the use of the USPHS insignia on so called "spirit wear" or non-uniform components?

LCDR Lyons: Use of the Corps device is supposed to be cleared by ASPA or OSG (LCDR Lyons), however, if the device is used tastefully and doesn't ridicule or make fun of the USG (United States Government), HHS, or the USPHS, ASPA usually doesn't require clearance. The official Corps Seal, "circle with anchor/caduceus, and *1798*" is an official seal of the USG and is not for open source usage. This accordance with the HHS General Administration Manual.

Which uniform components can be used by themselves (such as the ODU t-shirt)?

LCDR Lyons: Any item that doesn't have a rank insignia on it may be worn off duty. The logoed ODU t-shirt may be worn, but again, must be worn in appropriate places or during appropriate activities. The old black BDU ball cap may be worn off duty as long as the rank is removed AND there is no visor ornamentation (scrambled eggs) on the visor.

Are there any restrictions on wearing a non-uniform or uniform component (such as places or events to avoid)?

LCDR Lyons: You cannot wear anything that indicates your status as a Corps officer in places such as bars, clubs, political action committee events, "adult" themed environments. Please see CC412.01, subsection 6-4 for a more in depth look at where PHS attire is not allowed.

We applaud the recent desire of so many of our officers to increase their visibility and promote a healthy lifestyle. The personal benefits are obvious, but the influence in the community and nation are far-reaching and should not be overlooked. What better way to promote and recruit than leading by example? We hope this spirit continues to burn and motivate us all "to protect, promote, and advance the health and safety of our Nation." ■

The quarterly segment of Recruitment and Retention Matters discusses issues to help facilitate recruiting by informing junior officers about new or key information. Occasionally this segment will highlight recruitment efforts by fellow junior officers or leadership/career development topics important to officer retention. If you have any questions, comments, or topics you would like us to cover please contact the JOAG Recruitment and Retention Publications Subcommittee at Pharper@bop.gov or teisha.robertson@cms.hhs.gov

USPHS AND THE PAN AMERICAN HEALTH ORGANIZATION: A LONG TRADITION OF PARTNERSHIP

LT Alyson Rose-Wood

Vision is critical to our future health as a nation. Helen Keller once said: "I would rather be blind than to have no vision." She understood that vision was much more the result of an internal focus than a physical capability. As a Federal Uniformed Service, we should focus on the vision and share the responsibility of addressing our most challenging issues so that we can share the reward of a healthy and secure nation.

Pan American Health Organization (PAHO)

When PAHO was organized in 1902, it was out of concern for communicable diseases. As delegates from 11 countries gathered in Washington, D.C. for the First International Sanitary Convention in 1902, yellow fever–and the control of epidemic diseases in general–was at the top of the agenda. But so was the notion of working together, collaboratively, with a shared vision, to fight disease.

U.S. Surgeon General Wyman presided over the Convention and delivered the inaugural address, stating:

> "No subject could be more important to be discussed at this conference than the protection of people against disease and ensuring that people live in an environment that puts them in a position to reach the highest levels of health."

Since its founding in 1902 as the International Sanitary Bureau (ISB), PAHO has been a central part of a century-long pursuit to bring health to all the peoples of the Americas. PAHO worked throughout the 20th century to control infectious diseases including smallpox, polio, malaria, measles, and tuberculosis in North, Central, and South America and the Caribbean and to promote more equitable access to health care. Headquartered in Washington, D.C., PAHO is the oldest continuously operating international public health program in the world.

U.S. Surgeons General and PAHO

The USPHS has a long tradition of partnership with PAHO to improve our region's health. In fact, the first three directors of PAHO were U.S. Surgeons General. Surgeon General Wyman had a leading role in the creation of PAHO in 1902. He was the first of three U.S. surgeons general to serve as the chairman of the ISB. His experience transforming the U.S. Marine Hospital Service into a comprehensive national public health agency helped shape the early work of the Bureau. He served as both Surgeon General and as Chairman of the ISB until his death in 1911.

U.S. Surgeon General Dr. Rupert Blue was the ISB's second chairman, serving from 1911 to 1920. Dr. Hugh S. Cumming was the third U.S. surgeon general to serve as director of PAHO. Under his leadership, the Bureau's budget more than quintupled, and its activities expanded to cover a wide range of public health issues. He was the longest-serving PAHO director, from 1920 to 1947.

USPHS/HHS and PAHO Today

Currently, HHS partners with PAHO through policy guidance development, seconding staff to PAHO Headquarters and country offices, providing subject matter experts to regional technical meetings, coordinating around public health emergency preparedness and response, serving as WHO Collaborating Centers of

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UNIFORM CORNER

WEAR SUMMER WHITES WITHOUT WORRY

STAIN RESISTANCE PUT TO THE TEST

LCDR Richard Dunville

Even before the Summer White (SW) uniform became optional, they were perhaps the least worn uniform in the USPHS closet. Most Officers cite fear of stains as the chief reason not to wear the SW more often. Is this a legitimate concern? I set out to discover if the SW is actually *more* stain resistant than it seems?

Background

Polyester is a synthetic polymer of ethylene, derived from petroleum, with ester, an acid. Since it's development by the DuPont Company in the 1950s, it has come to be widely used, inexpensive, durable material. The SW is made from 100% Certified Navy Twill (CNT), which is a texturized polyester. Molecularly speaking, CNT has more in common with a water bottle than cotton thread and is therefore likely to behave differently with regard to staining.

Method

To test the stain resistance of the SW, I chose three sample liquids that are likely to spill or drip and pose a substantial risk of staining. Coffee seemed like an obvious choice given its ubiquitous nature in many offices and its potential for dark, difficult-to-remove stains. For this experiment, I used espresso, for its increased concentration of staining compounds. Next, I selected the popular chili-garlic condiment, sriracha, for its fiery red color and owing to the use of chilis in natural dyes. Finally, I chose barbecue sauce for its tomato base, thick nature, and dark color.

I applied 1 oz. of each to a clean, dry pair of SW pants and allowed the stain to set for five minutes. I then briefly rinsed off any residual sample liquid with cold water and applied a stain pre-treatment to the area. After two hours, I washed the pants according to the label instructions (i.e., warm water, permanent press

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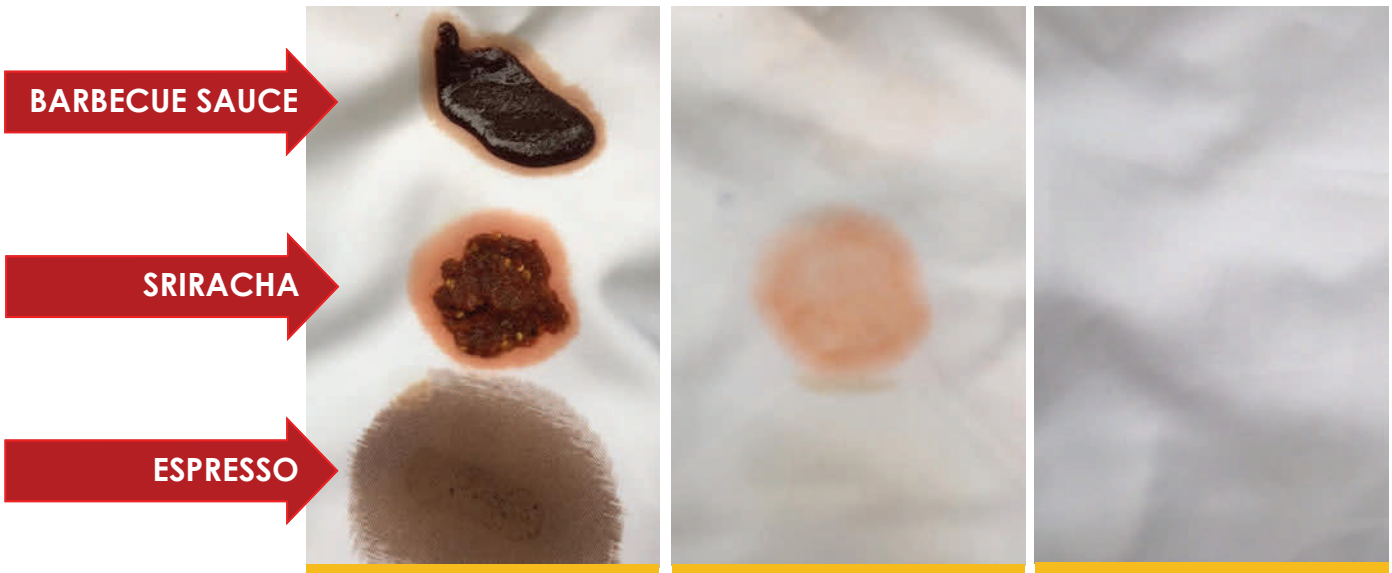

STAIN AFTER FIVE MINUTES | STAIN AFTER COLD RINSE | STAIN AFTER PRETREAT AND WASH PER LABEL

FITNESS CORNER

IOWA BY BICYCLE: A PERSONAL RIDE FOR PUBLIC HEALTH

LCDR David Shih, MD, MS, FACPM

For the past 43 years, the Des Moines Register has hosted RAGBRAI, the Register's Annual Great Bicycle Ride Across Iowa. As part of the PHS Athletics initiative, Deputy Surgeon General RADM Boris Lushniak challenged Commissioned Corps officers to join him in this madcap 500-mile, week-long journey by bike across the Hawkeye state at the end of July. I hadn't ridden a bicycle regularly in 11 years; but decided to answer his challenge.

Although decent physical shape, I had a lot of preparation ahead of me. First, I purchased a modestly-priced hybrid bike designed to reach a destination safely - not to win races. Then, I tricked-out my bike with ergonomic handlebar grips, a comfort saddle, and a cargo rack. Finally, I trained. Initially, my rides covered 17-miles, but within a few months, I was able to endure 55 to 75 miles per day.

LCDR David Shih stops near Coralville, Iowa. Photo courtesy of **CAPT Jason Woo.**

Throughout the journey, I had very memorable experiences. By day, I met and rode with the 30 other officers on the trek—many of which I had never met before. By night, we ate dinner as a group, hung out in the campsite, and slept in tents. Each host town provided evening entertainment, including live music - from local cover bands to Huey Lewis, Denis DeYoung (formerly of Styx), and Cheap Trick.

My favorite part was the food. We burned thousands of extra calories each day, requiring lots of fuel. It was like being a teenager again: we were constantly eating. Every couple miles we found food stand vendors. Some were local legends, such as the vendor known simply as "Mr. Pork Chop," as written on his signature all-pink school bus. Mr. Pork Chop grilled hundreds, possibly thousands, of pork chops. Riders waited in long lines for an opportunity to pay $8, be handed an inch-and-a-half-thick pork chop in a napkin, and begin eating without utensils. Delicious!

My birthday coincided with the final night. To my surprise, the group, led by fellow junior officer LCDR Stephanie Begansky, produced a birthday cake and serenaded me with *Happy Birthday*!

If you have the opportunity to participate in such an event, I wholeheartedly recommend doing so. The camaraderie, food, and entertainment were all enriching, unforgettable experiences. Through our visible participation in this public athletic event, we did more than benefit from exercise, we rode for public health. Our example shows that physical activity is essential to protect, promote, and advance the health and safety of our Nation. ■

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Excellence, and through cooperative agreements. The current Deputy Director of PAHO, Dr. Isabella Danel, began her tenure in November 2014 after a career with HHS (CDC) as a USPHS Officer.

In her remarks at PAHO's 110th Anniversary celebration, U.S. Surgeon General Regina Benjamin looked to the future of health collaboration in our region, stating:

> "None of us knows what the next 100 years will bring, but we do know that people will place the highest priority on their health. In the years ahead, there will be new diseases, and new forms of old diseases that will challenge the ingenuity of humankind to overcome them. But I have every confidence, based on its history of 110 years, that PAHO will be critical in addressing these challenges." ■

2015 PHS UNIFORM INSPECTION BOOTH: READY TO ASSIST

LCDR Mary Emanuele, LT Haydee Howard

The 2015 Junior Officer Association Group (JOAG) Uniform Inspection Booth was ready to assist and served numerous PHS officers at the 50th annual USPHS Scientific and Training Symposium at the Sheraton Hotel in Atlanta, Georgia from May 18-21, 2015. It was an impressive sight, looking throughout the conference center at the sea of Commissioned Corps Officers dressed sharply in their service uniforms of dress whites, dress blues and khakis.

Why it so important to ensure that PHS officers are wearing their uniforms according to the updated regulations? The PHS uniform distinguishes The Commissioned Corps Officers from all other uniform branches. The PHS uniform automatically commands respect and while wearing it, we represent the PHS Commission Corps to the public. Many citizens are active duty military as well as, prior and retired military personnel whom recognize when uniforms are not up to specification, it does not go unrecognized. In response, The Uniform Inspection Booth Subcommittee was created by JOAG Professional Development Committee in an effort to provide in person education and advice to PHS Commissioned Corps Officers on the proper wear of the PHS uniforms.

On May 19, 2015 twenty dedicated volunteers representing the JOAG Uniform Inspection Booth gathered in person from all over The United States. They were prepped with the most updated uniform regulation knowledge and ready to assist their fellow PHS officers in correcting even the slightest imperfections of the uniforms; as well as, to share their knowledge on recent updates to the PHS uniform regulations.

What does dragging anchors mean? What is a gig line? Is the office sweater permitted to be worn outside the office with Khakis or can we wear it here at the symposium? The JOAG Uniform Booth was the "go to" place to find quick and reliable answers to these and all your uniform questions. As of January 2015, new regulations for the wear of the PHS Uniform went into effect; contributing to the Uniform Inspection Booth being especially active this year with questions from officers off all ranks and agencies. It takes a keen eye to distinguish the old devices from the new and the Uniform Inspection Booth was ready to assist our fellow PHS officers. It was impressive to see the number of junior and senior officers who took the time to visit the Uniform Information Booth to request a quick inspection and take note of the newest uniform regulations.

Uniform Inspection Booth volunteers fielded many questions and noted in preparation for the 2016 symposium. In the first hours of the symposium, over 60 people inquired on the new updates. The most common issues were how to distinguish between the old and new collar and sleeve devices for the Service Dress Blues. Many questions arose pertaining to the women's new khaki shirt was how to measure appropriately to attach name tags and ribbons since there are no longer pockets to serve as a guide. As well as, how to wear your garrison cover under or over your belt and which way should the insignia devices face and be positioned. Once officers were shown the differences side by side, many officers noted a newly found confidence in knowledge and wear of the uniform.

The Uniform Inspection Booth featured several "Uniform Display Boards" that volunteers utilized as effect teaching tools. These Uniform Display Boards included actual uniform components that included

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REPORTS FROM THE RANKS

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both new and old older versions of devices, shoulder boards, patches and name tags including displays of incorrectly placed items. A few officers stated it was a fun challenge to figure out the difference between correct versus incorrect items.

There are several reasons that may lead to a PHS officers unfamiliarity with the proper wear for certain uniforms, such as: being stationed throughout the country in rural and isolated duty locations with limited access to interact with other PHS Officers or limited opportunities wear their dress blues, dress whites and khakis for special occasions. In addition, specific job descriptions, profession job duties or work locations that may have dress code restrictions that limit the officer in their reasonable choices for uniform of the day selections. It is our responsibility as officers to educated ourselves and share our knowledge with other PHS officers because the world is looking to us to lead by example. Please thank any officer willing to assist you on the presentation of your uniform, it may have been an oversight on your part or it may be an opportunity for you to share updated regulations with that officer. We are here to share our knowledge and to empower The Corps to increase the safety and health of the nation.

The success of the 2015 Uniform Inspection Booth was due to all the dedicated volunteers representing the Uniform Inspection Booth Subcommittee and fellow PHS officers who took the time to ask questions!

Special thanks to the JOAG Uniform Inspection Booth Co-chairs LCDR Warner and LT Hager for taking on this endeavor. Our liaisons LCDR Idowu and LT Wittry did an exceptional job arranging numerous volunteer teleconference meetings and navigating the logistics of booth placement for this event. They also conducted Volunteer training sessions both online and in-person regarding all new uniform regulations which a critical component to success of the 2015 Uniform Inspection Booth. All Uniform Inspection Booth Volunteers attended numerous teleconferences and a mandatory in person uniform training session in preparation to provide the most accurate and up to date information regarding 2015 PHS Uniform regulations for all officers.

In anticipation for 2016, the Uniform Inspection Booth Volunteers kept a topic log of questions to ensure we are a continued reliable source for your questions by providing insight and clarification on regulations for the wear of all PHS Commissioned Corps uniforms.

For updated information on PHS uniform regulations updates, please visit the JOAG Website and read the *Uniform Corner* in every edition of the JOAG Journal. ■

UNIFORM CORNER

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cycle, no bleach) with a powdered detergent.

Results

As shown in Figure 1, five minutes after applying the sample liquids, the stain migrated beyond the initial point of deposit. Following the rinse with the sprayer, the sriracha area remained apparent; the espresso left only a faint trace; and the barbecue sauce is not visible (Figure 2). There is no trace of the sample liquids after washing (Figure 3).

Discussion

Despite the selection of three liquids with a high potential for staining, no stains are visible after a rinse, pre-treatment, and washing according to the label instructions. Notably, barbecue sauce was entirely removed with a simple rinse with cold water. Likewise, coffee was almost entirely removed this way. This suggests that many stains, should they happen, could be easily removed in the workplace bathroom. However, should a stain persist after this process, as was the case with sriracha, it may be removed with routine laundry practices.

The findings of this experiment are valuable for officers who may be hesitant to wear the SW because of perceived potential for staining. This experiment demonstrated that the SW is very resistant to staining and easy to maintain and Officers should feel confident in placing the SW into spring and summer rotation.

No uniform was harmed in the creation of this article. ■

PHS OFFICERS SUPPORT THE NATIONAL PREVENTION STRATEGY

LT Jennifer Clements
LT Jinean Riley
LCDR Samantha Fontenelle

The JOAG National Prevention Strategy Community Service Subcommittee has joined forces with local organizations in support of the Surgeon General's National Prevention Strategy. Public Health Service Officers and their families volunteered around the Washington, D.C. region in support of this effort.

The **Capital Area Food Bank (CAFB)** is a hub for food sourcing, food distribution and nutrition education in the D.C. metro area and its six surrounding counties. In the area that CAFB serves, almost 700,000 people that are at risk for hunger. One way that CAFB is combating hunger is through its partnership with Food Assistance Partners and direct service programs including the Weekend Bag Program for children.[1] This program delivers food, including produce to those who live in food deserts.

On 28 March 2015, PHS officers and their family members along with other volunteers at CAFB prepared 405 fresh produce bags for 405 children in the Weekend Bag Program. PHS officers un-

CAPITAL AREA FOOD BANK

Row 1: Kyler Martin-Yeboah (civilian), LT Agatha D'Costa, LT Olive Taylor, LT Diana Wong; Row 2: LT Janesia Simmons, LT Jennifer Clements, LT Gail Tarlton, LT Emily Tong Crarey, LCDR Tyann Blessington, LT Cindy Hong; Row 3: LT Garrett Martin-Yeboah, LCDR Bethanie Parrish, LT Reginald Taylor, LT Ofir Noah Nevo.

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MANNA FOOD CENTER

Row 1: LCDR Shin-Ye "Sandy" Chang, LCDR Andrew Kim, LCDR Christopher Egelebo, LTJG Isabel Nieto, LCDR Lana Rossiter, LT Jinean Riley, LCDR Linda Park; Row 2: LT LaToya (Shenee') Toombs, LCDR Jung Lee, LCDR Nicole Zelenak, LT Alison Park; Row 3: LT Jibril Abdus-Samad, LCDR Ian Myles, CAPT Kristin Moe, LCDR Jennifer Myles. Present, not pictured: LTJG Isabel Nieto, LCDR Ashleigh Hussey, and LCDR Minh-Huong Doan.

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packed the donated produce, inspected it, and sorted it into the bags. Other PHS officers did a quality inspection to ensure no produce was missing, and then finally labeled and packaged the produce bags into crates for delivery. In addition, PHS officers and their family members assisted with the packaging of shelf staple items for 2,103 children in the Weekend Program which would be delivered with the produce bags. Some of the staple items included mac and cheese, gogurt, and canned goods. PHS had 13 officers and 4 civilian volunteers present. PHS officers then collected all the bags and packaged them for delivery.

Manna Food Center, a nonprofit organization, strives to eliminate hunger in Montgomery County through food distribution, education, and advocacy. Founded in 1983, Manna Food Center strives to end hunger in Montgomery County through education, advocacy, and food distribution. Since 1983, Manna has helped thousands of our neighbors escape the grip of hunger allowing them to focus on achieving greater self-sufficiency. Today, Manna provides food to nearly 40,000 individuals each year.

On 4 April 2015 PHS Officers and their families worked together to pack 192 boxes of donated non-perishable goods. These goods will be distributed along with pro-

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duce and other food to 192 families in need in Montgomery County. Depending on family size, each box has up to five days worth of food and serves as supplemental of emergency food for families that qualify for aid in Montgomery County. There were a total of 19 volunteers, including 17 PHS officers and two civilians. LT Jinean Riley received prior training from the Manna Food Center and led the event in their absence.

MARTHA'S TABLE

Row 1: LT Jinean Riley, LCDR Monica Muñoz; Row 2: LCDR Collins Mason, LT Jennifer Young, LCDR Eleni Anagnostiadis, LT Mathew Gianferante

Martha's Table is a non-profit organization that works with children, families, and neighbors to break the cycle of poverty. Martha's Table address emergency needs with food and clothing programs and work to assist children and families as they break the cycle of poverty through education and family support services. Currently, they reach over 18,000 people through their food, education and thrift store programs with significant support from 10,000 volunteers every year.

On 2 May 2015, six PHS Officers and two civilian volunteers worked with Martha's Table staff to packaged hot meals, salad, and sandwiches. The meals were then packed up and delivered to senior residents at nearby Paul Lawrence Dunbar Apartments in Northwest, Washington D.C. who struggle to make ends meet or are homebound. A total of 60 parcels of food were delivered to these residents. The residents were extremely grateful and look forward to these deliveries from Martha's Table.

The mission of **Bread for the City** is to provide vulnerable residents of Washington, D.C., with comprehensive services, including food, clothing, medical care, and legal and social services, in an atmosphere of dignity and respect.

On 9 May 2015, 20 PHS officers and many other civilians volunteered in Beltsville, MD at City Orchard. Vol-

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unteers split up into groups led by Bread for the City staff and tended to crops, including weeding blueberry and strawberry plants, and putting down mulch around the orchard. All of the fruit grown and harvested at City Orchard will be distributed to Bread for the City clients through their two food pantry locations. The City Orchard Project grows approximately 45,000 pounds of food per year for their Washington, D.C. clients in need. Officers were excited to be a part of this effort knowing that their hard work would benefit those in need in Washington, D.C. Helping to promote food security in the Washington, D.C. region is a great way for PHS officers to directly support the National Prevention Strategy's priority of 'Healthy Eating'. Volunteers also increased visibility of the PHS and demonstrated our commitment and passion to promoting public health.

BREAD FOR THE CITY

LCDR Jennifer Myles, LCDR Ian Myles, LT Lisa Jarvis-Durham and daughter, LT Lindsay Wagner and her husband Matthew Wagner, LCDR Nguyet Ton, Tan Nguyen (civilian), LT Jason Wood, Aaron Fennell (civilian), LT Laura Annetta, LCDR Katherine S. Won, Darla Lipscomb (civilian), LT Jinean Riley. Present, not pictures: LCDR Margaret Caulk and LT Melissa Amaya

Alexandrians Involved Ecumenically (ALIVE!) is a 501 (c)3 nonprofit organization of volunteers from more than 40 religious congregations and the community who work together to help those in need in Alexandria, Virginia. Founded in 1969, ALIVE! is the largest private safety net devoted to helping Alexandrians who are facing emergency situations or who have long -term needs. ALIVE! programs include the ALIVE! House Shelter, Child Development Center, and Emer-

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ALEXANDRIANS INVOLVED ECUMENICALLY (ALIVE)

LCDR Samantha Fontenelle, LCDR Scott Steffen, LTJG Michael Van Sickle, LTJG Tyler White, LCDR Nicole Zelenak, LT Daniel Quist, LT Kyle Snyder, LT Crystal McBride, and CDR Matthew Weinburke

gency Monetary Assistance, Family Emergency and Last Saturday Food Distribution Programs. The organization helps needy Alexandria residents become capable of assuming self - reliant roles in the community.

On Mother's Day, 10 May 2015, nine PHS officers including 4 officers who recently returned to the United States after serving with Monrovia Medical Unit Team 4 volunteered with ALIVE! located in Alexandria, Virginia. Volunteers sorted more than six tons of food donated by the U.S. Postal Service as part of its annual Letter Carriers Food Drive. The food donated by the Postal Service directly supports ALIVE!'s two food program, the Family Emergency and Last Saturday food programs. Both programs provide staples and fresh produce to needy families in Alexandria.

The Letter Carriers Food Drive is one of two food drives conducted annually that directly supports the ALIVE!'s mission. The Boy Scouts Food Drive is conducted in the fall of each year; and last year seven PHS officers supported this event. Throughout the year, ALIVE! also receives food and monetary donations from the more than 40 religious congregations and the community that support its mission. ■

Junior Officer Spotlight

LCDR AARON OTIS

Category: Environmental Health Officer

Education: MPH in Environmental and Occupational Health; BS in Biological Sciences

Hometown: Pettysburg, OH

Agency: Centers of Disease Control and Prevention

What are your goals with the PHS?

My short term goal is simply to advance the Florida Public Health and Medical System. My long term goals are more complex, challenging and interwoven. In basic terms I want to continue to advance my career in public health preparedness and response leading to outcomes that have a national impact. When I depart from the service I want to know that I have left a positive mark on advancing our capabilities to respond to all disasters.

What is your most memorable PHS experience so far?

Wow, what a difficult question to answer. I really don't have a defining moment that I call my most memorable. If I had to select one I will select the one that best defines my current assignment. As field assignee my primary duty is to support and coordinate with the county health departments. Early in my assignment a state employee was introducing me and she stated "Yes, he wears a uniform but he is truly a local at heart." This was a memorable moment simply because it was proof that I had been able to represent and support the needs of the local communities where public health starts.

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

Start as close to the local level as you can get! The

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CURRENT ASSIGNMENT

Public Health Advisor assigned to the Florida Department of Health, Division of Emergency Preparedness and Community Support in Tallahassee. I am a programmatic and grant specialist in the Bureau of Preparedness and Response responsible for assisting the 67 county health departments implement CDC Public Health Emergency Preparedness funds and ensure that projects are integrated and support the Florida's strategic plan. During state responses I serve as the Operations Section Coordinator with responsibilities of overseeing state supported field missions including healthcare facility assessments, patient movement and alternate care sites. Additionally, I serve on APHT-2 as a planning section chief.

PREVIOUS ASSIGNMENT(S)

Compliance Officer, Detroit District Office, Food & Drug Administration.

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time in the field will allow you to become a leader instead of a program monitor.

What advice would you give an Officer interested in obtaining a position in public health preparedness?

Nothing beats experience so if you are looking to obtain a field position in public health preparedness start by contacting your local county health department or emergency manager and start volunteering. Additionally, FEMA has numerous of courses to introduce you to the field of emergency management but start with the foundation by obtaining your Professional Developmental Series (PDS). These courses are online but several states offer a similar program. Remember all incidents start and end locally so whether in the field or a Federal Emergency Operations Center the best way to support those at the local level is to have walked in their shoes.

What certifications do you maintain that support your current duties.

FEMA Master Exercise Practitioner (MEP)

https://training.fema.gov/mepp/

Florida Crime Prevention Through Environmental Design (CPTED)

http://www.fcpti.com/fcpti.nsf/pages/CPTED

DIRECT ACCESS SHUTDOWN

The Direct Access (DA) portal will be taken offline from **18 December 2015 through 4 January 2016** for upgrades. DA is expected to be back online on **January 5, 2016**.

In preparation, Officers are advised that:

- Basic Life Support (BLS) certification, 2015 Annual Physical Fitness Test (APFT), Deployment Role, and personal information should be updated before December 17, 2015.
- The deadline for completing readiness requirements for the January 1, 2016 Official Readiness Check is extended to January 15, 2016.
- Access to their Electronic Official Personnel File (eOPF) and other parts of the Officer Secure Area login on the Commissioned Corps Management Information Systems (CCMIS) will not be impacted.
- Document submissions to eOPF will not be affected, however processing of documents may be delayed. Deadline for submitting documents to eOPF in relation to 2016 promotions will remain 12/31/2015.
- There is a dedicated email account to receive and answer questions. Please direct questions and comments to DAMigration@HHS.Gov

OFFICER PROMOTIONS

TO COMMANDER (O-5)

Dental Officer
William Lopez
Yaohsien Peng
Mary E. Williard

Dietitian
Jane Chieh-Ying Chen
* Mitchel Kirk Holliday
Rachael Christine Lopez
Jennifer Graf Myles
Gwenivere G. Rose

Engineer
Tara G Bizjak
Michael Mark Boland
Stephen Gregory Brum
Francis K Chua
Bradley Steven Cunningham
* Scott Peterson Fillerup
William Lawrence Fraser
Nazmul Hassan
* Kurt John Kesteloot
* Sadaf Aliya Toor
Christopher Justin Vaught
Matthew James Zoch

Environmental Health Officer
Alaric Campbell Denton
* Kiel Warner Fisher
Justin Andrew Gerding
Michelle D. Haamid
* Valerie Sue Herrera
Jamison Shan Honeycutt
Joel David Hustedt

Health Services Officer
Osvaldo Baez
David Scott Barry
Kevin Andre Bates
William Edward Bolduc
Jennifer Lynn Bornemann
Jill E Breitbach
Brian William Bunn
Carla Sharaye Burch
Roland Royce Chapman
Michael Steven Chuley
Lisa Ray Cone
Patricia Diane Corbin
John Junior Cruz
Deanna De Vore
Paul Ryan Dewitt
Chad Hugh Dowell
Kelly Lynn Factor
Samantha Paulina Fontenelle
Gerard Robert Forster
Myoshi Meshay Francis
Anthony Robert Garza
Erin A. Giles
* Martin Joseph Guardia
Harlem Jason Gunness
Margaret Anne Hale
Lazenia D. Harris
Karen Elaine Hearod
Hilary Catherine Hoffman
Sonjia Ann Howard
Heidi Lena Hudson
Carl A. Huffman III
Sabrina Marie Ivory
* Mivoyel Jeanpaul
Laurie Ann Jones
Shah M Khan
Adam Jack Kramer
George Andrew Larsen
Pascale Diane Lecuire
Terrence Christopher Michael Lew
Jonathan James Lewis
Eduardo Yap Lim
David Alan Lum
Silvia Carolina Luna-Pinto
Ryan Roger Manning
Jemekia E Morris Thornton
Ericka Janine Murray
Mark Alan Nienhuis
Stephen Michael Perrine
Christian Bruce Rathke
Angela Denise Richardson
Randy Frederick Saria
Preston La'Shun Shumaker
Aaron John Simpson
Gregory Michael Smith
Kelly Ann Stewart
Anthony Paul Stout
Jasen Russell Thompson
Michelle N. Tsai
Gloria I. Urrea
Pieter S. Van Horn

* Exceptional Proficiency Promotion

OFFICER PROMOTIONS

Cole Don Weeks
Michelle L Womack
David T Wright

Medical Officer

Cristina Veloso Cardemil
Eleanor Suchada Click
Jennifer Lynn Foltz
Alyson Becca Goodman
Samuel Benjamin Graitcer
Steven Matthew Grube
Neil Gupta
Frank Porter Hurst
Michael Hanlin Kinzer
Jeffrey Robert Miller
Surbhi Modi
Suzette Wei-Ann Peng
Brett William Petersen
* Satish Krishna Pillai
Krista Michelle Powell
Gregory Aaron Raczniak
Janell Aline Routh
Cyrus Gua-Ping Shahpar
Tangeneare Desiree Singh
Mahesh Swaminathan

Nurse

Pearl Ann Alonzo
Sara Joan Anderson
Janice Marie Arceneaux
Karen Evonne Beauvais
Kim Alexandria Bellama
* Cassidy L. Brown
Heather Marie Bullock
Jose Alberto Burgos
Tracey N. Chinn
* Christine Renee Collins
Kelly Anne Cricks
Charmaine Contreras Flotildes
Amy Lynn Flynn
Ryan M Freeman
Veronica Tonya Granger
Sidney T Hairston
Deveonne Giselle Hamilton-Stokes
Sherry Ann Hammock
Kellie Woodlief Harden
Joshua Esquire Hardin
Torrey Vincent Haskins
Loretta Claudia Haven
Glinda Johnston
Joelle Marie Keepseagle
Amy Rebecca Kolwaite
Elaine Gail Krauss
James Allen Lane
Gia Elaine Lawrence
Jennifer Leggett
Vilma Lojica Linsteadt
Brandi Cristien Martinez
Maria A. Morel
Nicholas Joseph Munoz
Paul Franklin Nordstrom
Craig Alan Noteboom
Mario Pallante
Jonathan Wayne Paulsel
April L. Poole
* Valisha Diane Price
* Tara Jean Ritter
Tara Lee Ross
Jennifer Susanne Sarchet
Latoya Nichole Spencer
Chad Allen Stuckey
Kevin Joseph Stump
Susan Kaye Taylor
Manon Danette Tillman
Ray A. Tookes SR
Lenora Tso
Juliana Upshaw
Antonio Lebron Vargas
Nichole Carol Vetter
Catherina Patrice Walker
Kathleen Ann Williams
Deborah Hall Winbush

Pharmacist

Preston La'Shun Shumaker
Aaron John Simpson
Gregory Michael Smith
Kelly Ann Stewart
Anthony Paul Stout
Jasen Russell Thompson
Michelle N. Tsai
Gloria I. Urrea
Pieter S. Van Horn
Cole Don Weeks
Michelle L Womack
David T Wright

*Exceptional Proficiency Promotion

OFFICER PROMOTIONS

TO LIEUTENANT COMMANDER (O-4)

Dietitian
Ellen Thanh Lan Thi Yip

Engineer
Atiq Chowdhury
James Cameron Earl

Environmental Health Officer
Daveta Laurette Bailey
* Kai Elgethun
Dave Joseph Erezo
Racheal Melissa Lee
Lisa Harumi Nakagawa
Beth Ann Osterink

Health Services Officer
Melka Fantu Argaw
Lori Ann Brooks
Cornelius Brown III
Kelly Jo Dalton
Joyce Ann Davis
Aisha Simone Faria
Donald Richard Graham
Jacqueline Lougonezie Kouadio
Brian Leslie Lees
Michelle Adrian Matthey
* Michael Roy Muni
Oluwamurewa Ayodeji Oguntmein
Erica Dionne Porter
Cari Lynn Ritter
Michelle Lynn Sheedy
Tracy Tanette Tilghman
Shariffa Nicole Vaughn
Doretha Marie Wilson
Micah Shawn Woodard
David Andoko Young
Tigisty Reda Zerislassie

Nurse
Bryan Scott Anderson
Theda Ray Bedoni
Clare E Blakeslee
Nikki L Canada
Gregory Todd Carlson
Jennifer Marie Cox
Matthew John Gunter
* Jennifer Lashea Harrison-Hauer
Steven Andre Herrera SR
Kamah Ayeo Howard
Denise Dawn Jones
Jahanara Nina Jones
Duvinka Jordan
Cara Marie Kenney
Chelsea J Kleinmeyer
Michelle Ann Krayer
Tokunbor A. Lawal
Naisha K Lee
Marchita Rena Magbie
Theresa Azelia Mckinney
Jenna Mariel Meyer
Nathan Allen Moyer
James Allen Nowell III
Kristy Renee Rodriguez
Alina Avila Schmidt

Pharmacist
Melka Fantu Argaw
Lori Ann Brooks
Cornelius Brown III
Kelly Jo Dalton
* Joyce Ann Davis
Aisha Simone Faria
Jessica M. Fox
Donald Richard Graham
Christopher Janik
Nina M Johnson-Whitenack
Samina Sophia Khan
Jacqueline Lougonezie Kouadio
Brian Leslie Lees
Michelle Adrian Matthey
* Michael Roy Muni
Oluwamurewa Ayodeji Oguntmein
Erica Dionne Porter
Cari Lynn Ritter
Michelle Lynn Sheedy
Tracy Tanette Tilghman
Shariffa Nicole Vaughn
Doretha Marie Wilson
Micah Shawn Woodard
David Andoko Young
Tigisty Reda Zerislassie

*Exceptional Proficiency Promotion

OFFICER BASIC COURSE GRADUATES

CLASS 78

RANK	LAST NAME	FIRST NAME	CATEGORY	ORGANIZATION
LTJG	ASHE	NATASHA	NURSE	BOP
LTJG	BENASUTTI	BRADLEY	EHO	FDA
LTJG	BUCK	DERRICK	ENG	IHS
LTJG	CALER	CHRISTOPHER	EHO	IHS
LTJG	DOBBS	AMANDA	NURS	IHS
LTJG	MARTIN	LUSI	DIET	OS
LTJG	MCLANE	STEPHEN	EHO	FDA
LTJG	MOSELEY	WHITNEY	NURSE	IHS
LTJG	PLATA	ALYSSA	THER	HIS
LTJG	SHELTON	JA'NAY	HSO	BOP
LTJG	STAWSER	BRIDGETTE	NURSE	BOP
LTJG	WHITE	TYLER	EHO	USCG
LT	BROWN	JORIELLE	SCIENT	SAMHSA
LT	DELA CRUZ	ROMEO	NURSE	DHS/ICE
LT	ECKHART	SCOTT	DENT	USCH
LT	ENYINNAYA	UCHENNA	NURSE	BOP
LT	FELDMANN	KARL	EHO	CDC
LT	HAWLEY	RYAN	HSO	NOAA
LT	HEALEY	SHANANETTE	NURSE	BOP
LT	KASTNER	TERESA	ENG	FDA
LT	MADDOX	MATTHEW	PHARM	FDA
LT	MCALLISTER	JESSE	HSO	BOP
LT	MERKEL	CLINTON	PHARM	IHS
LT	MERRIMAN	JOEL	EHO	FDA
LT	NEVO	OFIR	PHARM	FDA
LT	PARK	MARILYN	HSO	BOP
LT	PENNISON	SHANE	NURSE	BOP

OFFICER BASIC COURSE GRADUATES

CLASS 79

RANK	LAST NAME	FIRST NAME	CATEGORY	ORGANIZATION
CDR	CHANG	SUYOUNG	MED	FDA
CDR	FIDELI	ULGEN	HSO	NIH
LCDR	ASTLE	LEE	MED	IHS
LCDR	AUSTIN	LATANYA	MED	IHS
LCDR	BLOOMQUIST	PAUL	MED	IHS
LCDR	BOYD	ADETINUKE	MED	FDA
LCDR	FENNO	JAMES	MED	USCG
LCDR	HAIN	LAURA	DENT	USCG
LCDR	MCGANN	STEPHANY	MED	BOP
LCDR	MOK	VICTOR	DENT	IHS
LCDR	RITTER	MARK	MED	FDA
LCDR	SHEARRER	KAYLA	DENT	IHS
LCDR	TALLEY	BRIAN	DENT	IHS
LT	AKIN	JESSICA	NURSE	IHS
LT	BACON	ABBY	NURSE	IHS
LT	BEAMER	BRYAN	ENG	CDC
LT	BIGLOW	PAFILVIE	HSO	DHS
LT	DANKMEYER	CHRISTOPHER	EHO	IHS
LT	DEMUTH	ALLAN	PHARM	IHS
LT	DILL	MEGAN	PHARM	IHS
LT	EBERENZ	BRENDAN	HSO	BOP
LT	ELLIS	PATRICIA	DIET	FDA
LT	HAUPT-CHRONISTER	CHRISTOPHER	NURSE	IHS
LT	HICKMAN	LAURI	NURSE	IHS
LT	HOLBROOK	BRENDA	NURSE	NIH
LT	HUBLER	SAMUEL	PHARM	IHS
LT	KELLEY	SANDRA	HSO	BOP
LT	LE	VICTORIA	PHARM	IHS
LT	VAUGHN	LAURA	PHARM	IHS
LTJG	BAGENSKI	VALERIE	NURSE	BOP
LTJG	MCCLELLAN	TONYA	NURSE	BOP
LTJG	MILSTEAD	JAMES	HSO	BOP
LTJG	RALLS	JOSEPH	NURSE	BOP
ENS	HEINZE	ERIC	NURSE	BOP
ENS	MELDRUM	JAREN	HSO	USUHS

OFFICER BASIC COURSE GRADUATES

CLASS 80

RANK	LAST NAME	FIRST NAME	CATEGORY	ORGANIZATION
LCDR	Hendrex	Douglas	Medical	IHS
LCDR	Kelley	Toya	Medical	BOP
LCDR	Schnabel	David	Medical	CDC
LT	Allen	Tracey	Nurse	IHS
LT	Argual	Noah	Pharmacy	IHS
LT	Cox	Roger	Nurse	BOP
LT	Draude	Trey	Pharmacy	BOP
LT	Eastlake	Adrienne	EHO	CDC
LT	Ferguson	Dwight	EHO	FDA
LT	Ferry	Jason	EHO	FDA
LT	Hall	Joshua	Nurse	BOP
LT	Haney	Carissa	Nurse	CDC
LT	Liu	Roger	Pharmacy	IHS
LT	Malashock	Daniel	EHO	DHS
LT	Meng	Jeffrey	ENG	FDA
LT	Pierson	James	Pharmacy	IHS
LT	Robinson	Carol	Nurse	BOP
LT	Rodriguez	Jackeline	Nurse	BOP
LT	Tallman	Bobbi	Nurse	IHS
LT	Techeira	Titania	HSO/MPH	CDC
LT	Tran	Quynh	Pharmacy	BOP
LT	Whitehead	Brett	Pharmacy	IHS
LTJG	Avusuglo-Ahia	Bright	Engineer	IHS
LTJG	Bachini	Steven	Nurse	IHS
LTJG	Ben Simon	Amanda	HSO/PA	BOP
LTJG	Delossantos	Maria	Nurse	BOP
LTJG	Gibson	Christine	Nurse	BOP
LTJG	Nelson	Casey	HSO	BOP
LTJG	Owens	Steven	Nurse	IHS
LTJG	Rivera	Dyan	Nurse	IHS

Upcoming Events

⇒ JOAG MEETING

JOAG General Membership Meeting

9 October 2015 at 1300-1500 EST

⇒ JOAG JOURNEYMAN SERIES

"The Commissioned Corps Officer and the U.S. Political System: A Primer."

Presenter: Col. James T. Currie, USA (ret.), Ph.D., Executive Director Commissioned Officers Association of the U.S. Public Health Service and the PHS Commissioned Officers Foundation for the Advancement of Public Health

11 September 2015 at 1300 EST

About the Journeyman Series: The Journeyman Speaker Series was developed by the JOAG Professional Development Committee to bring relevant information to Junior Officers about Corps-related issues. For more information regarding the Journeyman Speaker Series, visit the JOAG Website:

http://www.usphs.gov/corpslinks/JOAG/meetings_journeyman.aspx

If interested in receiving an audio-recording for the above Journeyman Speaker Series, please contact LCDR Patel at: Hiren.Patel@fda.hhs.gov.

The **DC Choral Group of the USPHS Music Ensemble** performed the National Anthem at the HHS Night at the Ballpark at Nationals Stadium on 03 August 2015. From left to right, front row: CDR Huijeong Jung, CAPT Stacey Henning, LCDR James Trinidad (Deputy Group Leader), and LCDR David Shih; Back row: LCDR Jean Ennis (Group Conductor), CAPT Cynthia Nielsen-McArdle, CAPT Gettie Audain, CDR Robert Sigh, and LT Nathan Caulk