Just this week I ran into a group of veterans as part of the Honor Flight Program coming to Washington D.C. I was speaking to one of the volunteers who was helping with the logistics. He let me know that they were all World War II and Korean veterans and then just stepped aside as I was waiting for a ride. One of veterans approached me and said “Everyone has been coming up to us thanking us for our service, and I wanted to thank YOU for your service.” It makes you stop in your tracks -- that sense of gratitude. Not just for being thanked for what I do as an individual officer, but for representing something bigger than myself. We stand for and represent all uniformed services that have come before us and are serving around the world to keep our nation and world free from harm. We play a pivotal role in protecting, promoting, and advancing the health and safety of our nation AND world. We should stand proud and firm as uniformed officers.

Thank you for YOUR service!

Welcome to this new JOAG Operational Year, which began on 1 October and runs through 30 September 2016. I’m honored and excited to serve as your Chair this year, working closely with the rest of the JOAG Executive Committee and JOAG Voting Members (VM). This is my second term as a JOAG VM and last year I served as the JOAG Chair-Elect as well as the Chair for the Policy & Procedures Committee. Prior to this term, I served as the JOAG Professional Development Committee Co-Chair, which since joining the Corps, has always been at the forefront of developing career-enhancing opportunities.

All of the JOAG Voting Members’ and Liaisons’ contact information is on our JOAG website. I am honored to serve alongside these outstanding officers and excited to share a bit about their makeup because to me, we are the one Corps organization that truly best represents the face of the Corps. JOAG represents all 11 PHS categories and over half the Corps service unit.

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## 2015-2016 OPERATIONAL YEAR OFFICERS

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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 joagpcsSubmissions@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.
This year’s JOAG voting membership includes officers from 8 agencies (CDC, FDA, IHS, BOP, CMS, HRSA, OS/ DCCPR, NPS) and 9 states (MD, WA, GA, DC, OK, AK, CO, MN, WV). It is exciting to see that this year’s Voting Members (VMS) are mostly from Washington State (tied with Maryland). It’s nice to see that the D.C. Metro area and Atlanta areas aren’t always the exclusive majority and that we really are a diverse representation of our officers stationed throughout the country.

So, now that you have a glimpse of the JOAG leadership, here is our theme for this year; ‘Building public health leadership and advancing deployment readiness’.

Our three priority areas for the year are:

- **Advocacy**- speaking up and representing a unified junior officer voice at the highest levels of senior leadership
- **Supporting the initiatives of the Surgeon General**- starting with supporting the new OSG call to action to #StepltUp
- **Connectedness**- reaching out to officers at all duty stations and locations to ensure they stay connected and that we serve a resource and network for them.

These priority areas are all in line with our new 2015-2020 JOAG Strategic Plan and we are excited to bring some of this to life.

We have set up a brand new **Readiness & Deployment Workgroup (R&DWG)** to help ensure all junior officers are ‘deployment ready’. LCDR Elizabeth DeGrange, RedDOG Training Coordinator and Voting Member LT Grant Abernathey are serving as Co-Chairs. The R&DWG is composed of an Officer Health & Fitness Promotion Team, an APFT Team, a BLS Team, a Training & Exercise Team and a Deployment Team. Leadership for all teams are in place and we look forward to inaugural year accomplishments.

Also, we have a brand new **Outreach Committee**! To streamline the work we do related to outreach, we consolidated the previous Welcoming, Development & Symposium Planning Committees into the Outreach Committee. Each of those committees, as well as two others, had some overlapping areas related to our role at the annual USPHS Scientific & Training Symposium. By bringing all Symposium-related activities under one leadership, we hope to more effectively manage our presence at the USPHS Scientific & Training Symposium next May. Fortunately for us, one of the Co-Chairs for this new Committee (LT Mekeshia Bates) also served as a Co-Chair for the Welcoming Committee last year, allowing for a smooth transition. Our other Co-Chair (LCDR Kristie Purdy) will be a huge asset and our lead JOAG VM representative on all things related to the JOAG Symposium as she’s local to Oklahoma City, where the next Symposium will take place. JOAG’s presence at the Symposium includes: 1) Our only in-person JOAG meeting where the Surgeon General (SG) and the Chief Professional Officer(s) (CPOs) make it a priority stop by and connect with junior officers, 2) a JOAG Uniform Inspection Booth (the only uniform resource and compliance-related booth at the conference), 3) a JOAG Information Table 4) a JOAG-sponsored community service event and, and 5) a JOAG-PAC co-sponsored social. As a reminder, the 2016 USPHS Scientific & Training Symposium will be held in Oklahoma City from May 16-20! “Hope to see you there.”

Finally, I encourage you all to make your professional development a priority, to take full advantage of what JOAG has to offer, and to get connected with other officers. There are opportunities in all of our committees to make a difference. Please review the call for volunteers sent out the first week of the operational year and reach to the Committee/Workgroup leadership that seems most appealing to you. Also, we want to hear from YOU ... How we can improve? Is there a new initiative/activity you’d like to work with us on? Do you have a question we might be able to answer? If anything comes to mind, please reach out. You might have the next best idea we can take on! Last
A commemoration for Deputy Surgeon General, RADM Boris Lushniak

LCDR David Shih and LT Cody Thornton

On September 3, a packed NIH auditorium honored outgoing and beloved Deputy Surgeon General, RADM Boris Lushniak, who retired September 30. Speakers for the ceremony included Acting Assistant Secretary for Health Dr. Karen DeSalvo, Surgeon General Vivek Murthy, former Surgeon General Richard Carmona, former Deputy Surgeon General Kenneth Moritsugu and CAPT Aubrey Miller, a close friend of RADM Lushniak. The theme of their remarks and colorful anecdotes (and others who presented gifts and tokens) was that whether you had known RADM Lushniak for decades, or a couple months, his dedication to public health, the Corps, and Country was indisputable.

Fellow junior officer, LCDR David Shih, and I had the privilege of participating in one aspect of the overall retirement ceremony, the Old Glory Ceremony. A longstanding sea ser-

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vice tradition, this ceremony personifies the American flag in true poetic fashion, and the American flag then “retires” with the officer. As the most junior officer in the Ceremony, I started by passing the flag down a line of officers representing each rank held by RADM Lushniak. Each officer saluted the flag before accepting the flag, acknowledging all it stands for – including the responsibility expected of those who choose to serve under it -- and symbolically closing a chapter of RADM Lushniak’s career. Once RADM Lushniak received the flag, a symbol of his life’s career, he placed it in the hands of his wife, Dr. Patricia Cusumano, bringing the Ceremony to a heartfelt close. The narration, in the form of a first-person account from “Old Glory”, recounted the traditions, battles, challenges, wear-and-tear, indignity, and pride experienced during its history. RADM Lushniak’s older daughter, Larissa, narrated the first half of the ceremony by video recording (a surprise to him), and his younger daughter, Stephanie, narrated the second half in person.

Another aspect of the ceremony was the presentation of gifts, which is standard in retirement ceremonies. As would be expected, RADM Lushniak received gifts from many individuals, Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson and the Commissioned Officers Association President Col. (ret) James Currie among them. The Co-executive Directors of the USPHS Commissioned Corps Music Ensemble, CAPT Mary Lou McMaster and CAPT (ret) Paul Hepp, presented RADM Lushniak with a shadowbox that included photos and other items related to his 10 years of support and leadership (Co-Executive Director) of the Ensemble. Another special gift, coordinated by CDR Karen Munoz and myself, presented by the National Capital Area PHS Officers, was a large photo, taken on August 30 at 0700 by CDR Kun Shen (shown on page 32), featuring a gorgeous sunrise and nearly 100 PHS officers in formation on the National Mall in front of the Lincoln Memorial holding a large American flag with the reflecting pool and the Washington Monument in the background; a morning in which many officers noted a simultaneous moonset.

The retirement was the perfect mixture of sadness and joy shared among those connected by one person. Like all retirements, the ceremony closed with remarks from RADM Lushniak. True to his speaking style, he worked, captivated, and entertained the audience in a grand story-weaving fashion and set

Farewell and following seas, Admiral.
RADM Lushniak stands proudly before a support organization near and dear to his heart – the USPHS Music Ensemble Ceremonial Band and Choral Group - after a retirement ceremony concert in his honor. *Photo Credit: CDR Kun Shen*

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the Corps on its next journey, one without an active duty public health officer named Boris Lushniak. Farewell and following seas, Admiral.

-LT Cody Thornton

Following the formal ceremony, the USPHS Music Ensemble Ceremonial Band and Choral Group performed an entire tribute concert dedicated to the Admiral. It carried special meaning for him, as he has supported the Music Ensemble for years and once served as its co-Executive Director. As a Choral Group bass, I was honored to participate.

Junior officers played major roles in the tribute concert. LCDR John Watts directed the ceremonial band. LCDR Erin Grasso, event chair, delivered an Irish bless-

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ing. LCDR James Trinidad and LCDR Susan Alu sang a duet, “The Prayer.” LT Angelica Chica (the aide-de-camp serving when the Admiral took on the role of Acting Surgeon General) delivered a thank-you poem in the style of Dr. Seuss.

A son of immigrants, the Admiral is a proud Ukrainian-American. I had the privilege to sing the Ukrainian, “Chornobryvtsi,” to honor his heritage. In the song, marigolds remind the author of his mother, who used to plant them, and her kind words. The song challenged me for two reasons. First, I speak Russian, not Ukrainian. Although they share similarities, they also have important differences. In the previous week, I carefully studied the lyrics and Ukrainian pronunciation. Second, failing to find sheet music in my voice range, I performed the song without accompaniment. Such performances easily can fall flat – literally – lacking musical “stepping stones” to help maintain pitch. Nevertheless, the Admiral and his family deeply appreciated Admiral Lushniak, we will miss your leadership, guidance, wisdom, and storytelling.

“Chornobryvtsi.” It proved especially poignant because his mother attended.

Admiral Lushniak, we will miss your leadership, guidance, wisdom, and storytelling. Enjoy your retirement!

-LCDR David Shih
Dear Junior Officers and Colleagues:

It is with great trepidation and a heart of mixed emotions that I pen this letter. I started my career as a Lieutenant Junior Grade. I say this because I want you to know that I can truly relate to you and buoyantly inspire you to reach your fullest potential. Over the past 36 years, I have had unbelievable opportunities to serve in the United States Public Health Service Corps as a Commissioned Officer. It has been an incredible journey. Many of you, I have had the occasion to interact with directly and in some instances, vicariously, through others.

I hope that you will find this communication to be informative, interesting, exciting and motivational as you continue to grow your leadership skills and have the opportunity to implement them. I am sure you have heard it more than once that leaders are born and there may be some truth to that but I am a proponent that leaders are developed through various experiences. There may be some natural qualities and skills but they must be grown through exercise and use.

I would urge you to create, generate, look for and explore as many opportunities as you can. Over the course of my career, I worked with various operating and staff divisions within the Department of Health and Human Services. Because of these experiences, it broadened my scope and awareness of a variety of areas of interest to pursue.

Leadership begins with you and you must allow yourselves to both succeed and make mistakes; all of which fosters the development of effective leaders and leadership. I believe that situations
and opportunities propel one into a leadership role, more so than ability. Let’s be clear, ability is essential but ability in and of itself is not necessarily the key.

Sometimes you may not see or recognize your leadership abilities. I accepted challenges even when I did not feel I was actually ready. Oftentimes, you will find that others believe in you more than you believe in yourself. When you have respected and proven leaders willing to take a risk and support you in uncharted waters and urge you on, your only option is to seize the opportunity. Take a risk! Don’t be fearful of failure. Take every opportunity that is afforded you to be a leader. You do not have to be a leader in name but certainly, in action.

I am a firm believer that we should lead by example. Followers are attracted by leaders who not only talk the talk but walk the walk. If you expect others to exude integrity, excellence, leadership and service, then you, the leader must exercise those same qualities.

You must be disciplined and it takes a good bit of active planning to be a successful leader. Everyone doesn’t have the same strengths and areas of improvement to focus upon but we all have talents. You need to be a mentor and you need to have mentors in your life. There is a need for you to be accountable and developing such relationships could help you to stay on course and remain grounded. Through my mentoring efforts, I seized the opportunity to directly engage, influence and hopefully had some impact on the professional growth and development of many officers.

Make these your mantra. Celebrate others. Always want the best for others. Avoid folks who exude negativity. It’s very unproductive; it drains you and at the end of the day, you are not better off. Be committed and take seriously the responsibility of being an exemplary person and leader.

It costs to be a leader; your time, and even sometimes your finances and you can’t sit and count the cost and try and figure out how you will get it all back because you never will. Leaders must show their appreciation to those they lead, not just in words but through some tangible act; a sacrifice on your part. Leaders simply go the extra mile; however, in everything we do, there must be balance; often difficult to achieve but keep striving. Remember, where much is given, much is required and the rewards may be few and far between. Also, know that you cannot do it all and be all to everyone.

There are many leader models; however, I identify most with the Servant Leader. I share this quote with you by someone that I have gotten to know better each day of my life; yours truly.

“To be a leader is not a right but a privilege. You must be a good steward and guard the trust that others have placed in you as you aspire to lead them.”

I appreciate the opportunity to have served you in my capacity, throughout my career, always concerned about each of you and your well-being, as well as your growth and advancement in the Corps. I have learned that success is a continuum; it is a journey and not a destiny. Booker T. Washington says it best, “I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has had to overcome while trying to succeed.”

An unknown author has said, “To the world you may be one person, but to one person, you may be the world! So, go forward and be consummate servant leaders. I trust that you will make lasting contributions that you are destined to construct.

Most Respectfully, Your Humble Servant,

RADM (ret) Clara H. Cobb
FIGHTING FOR PUBLIC AWARENESS OF THE CORPS

LT Ryan Pett

As a PHS Officer, we find ourselves more often then not working a little harder for recognition by the general public as uniformed service members who protect, promote, and advance the health and safety of the nation. In early 2013 at the Centers for Disease Control in Atlanta, GA, Surgeon General Regina Benjamin remarked on the challenge of public awareness of the Commissioned Corps. VADM Benjamin related that this was difficult for all officers and that she was no exception, giving an example of how the aide-de-camp was mistaken by others for a bell boy in a hotel room elevator. As officers, we all need to be prepared to represent and educate others about the Corps. Here are a few pointers.

Look and Act the Part

Chances are, most Americans know someone who is currently serving or has previously served in a uniformed service component. Therefore, most people have a general understanding of how officers in the Uniformed Services should look and act. Looking and acting the part is more than putting on the uniform. It is more than making sure your uniform is clean, ironed, and has all the pins in the right places. It is how you carry yourself.

Enlisted Army soldiers in boot camp learn the correct body positions for walking, standing, marching, and even sitting. Correct body positions include your entire body, where your feet should be placed, the angles your knees and hips should be bent, and so forth. The details are so exact that soldiers are taught the correct placement of their fingers. This teaches soldiers that their uniform is more than the clothes they wear, but it is also how they carry themselves.

Soldiers are taught that it is an honor to wear the uniform and it should be worn with pride. They learn that disrespecting the uniform doesn’t just disrespect their service, but all services. Having USPHS officers adhere to the specific details of appropriate posture while in uniform, like the appropriate way to sit at attention, is a little extreme. However, how officers carry themselves communicates to on-lookers how officers feel about themselves, the Corps, and the uniform.

With that in mind, how should USPHS officers carry themselves? With pride, by keeping good posture, your head up, eyes up and focused, and shoulders back. With honor and confidence, by keeping actions under control and intentional. With respect, by keeping actions and deeds appropriate and language clean. In other words, looking the part of an officer in one of the Uniformed Services means adhering to the highest levels of professionalism.

Lastly, don’t worry about the nuanced details of proper body position in the presence of those from other uniformed services. As long as you treat the uniform with respect and be professional, those in other services won’t think twice about how you are carrying yourself.

They will just assume that the PHS does things a little different, just like every other service.

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JUNIOR OFFICERS RAISE USPHS VISIBILITY AT
ALASKA STATE WIDE HEALTH OCCUPATIONS
STUDENTS OF AMERICA

*LCDR Ashley Schaber and LCDR Molly Rutledge*

In March 2015, seven Alaska PHS officers volunteered to judge four events at the Alaska state-wide HOSA Conference held in Anchorage. The Health Occupations Students of America (HOSA) is a national student organization with a two-fold mission to promote career opportunities in the health care industry and to enhance the delivery of quality health care to all people. With chapters in 50 states and four countries, the HOSA organization holds annual, regional and state competitions in which students can compete.

The JOAG-HOSA Future Health Professionals Subcommittee formed as part of the Professional Development Committee to strengthen the partnership between USPHS junior officers and the HOSA-Future Health Professionals organization, advisors and students. HOSA has identified needs that USPHS officers across the nation are well equipped to assist in including healthcare related competitions. These competitions require subject matter experts with clinical and public health backgrounds to judge the clinical skills and other specialized areas evaluated during these competitions. There were approximately 100 HOSA students from around the state who participated in

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CULTIVATING COMMUNITY WITH CYCLING

LT Yvette Macklin

LT Yvette Macklin is a nurse who works as a Managed Care Coordinator at ICE Health Services Corps (IHSC) Headquarters in the District of Columbia, as well as being an active and competitive cyclist. LT Macklin rides multiple times a week averaging 100 miles per week and enjoys every minute.

LT Macklin participates in the Mid-Atlantic Bicycle Racing Association (MABRA), which includes over 45 racing clubs in three different areas: the District of Columbia, Maryland and Virginia. She is also a member of the Pedal Hard and Strong Everyday (PHASE) Cycling Team.

PHASE Cycling is split into two teams: a racing team and a touring team. LT Macklin is an active member of the former, which competes mostly in USA Cycling sanctioned races in the Mid-Atlantic area and promotes bike safety for children.

LT Macklin's favorite races are criteriums which are races held on a short course, usually less than a mile, that are completed by doing multiple laps. A criterium is around 20-25 miles and takes around 30-45 minutes to complete. As long as you don’t mind the lap format, the criterium is a nice alternative to road racing.

A few events LT Macklin and the PHASE cycling team have participated in include Splash & Dash, Girl Scouts Bike Safety Rodeo, and Willow Creek (Tour De Creek). LT Macklin and her team helped the Strive 2 Tri Jr. Triathlon Club put together the Splash & Dash that allowed even the younger children to participate. The event highlighted a Training Wheel Race and a Fun Run for ages six and under. The Girl Scouts Bike and Safety Rodeo allowed the PHASE Cycling team to take the kids on a short trail ride after explaining the importance of safety equipment, the proper wear of safety equipment, and how to ride a bike. The PHASE Cycling team and the Willow Creek (Tour De Creek) administered bike races for children between the ages of 6 and 16. Just like the Girl Scouts Bike Safety Rodeo, the PHASE Cycling team presented the importance of bike safety to the children. LT Macklin states “I love being an avid cyclist/racer because it promotes an active lifestyle, team camaraderie, and of course, being an active member of the community.”

JOAG Readiness & Deployment WG. For officers interested in fitness related events or activities please reach out to LCDR Catherine Beer  Catherine.Beer@fda.hhs.gov, Officer Health & Fitness Promotion Team under the JOAG Readiness & Deployment Workgroup.
Be Rehearsed

Have an elevator speech ready to provide on demand. Here is one example: "There are seven uniformed services of the United States. The Commissioned Corps of the U.S. Public Health Service is one of them comprised of over 6,500 highly qualified health professionals. Our mission is to protect, promote, and advance the health and safety of the nation. The Surgeon General is the leader of the Corps. We are stationed at over 20 federal departments and agencies throughout the United States and deploy nationally in support of public health responses to man-made and natural disasters."

Be Gracious

Recognize that when you speak in uniform, you represent your service and everyone else in uniform. Use each encounter as an opportunity to promote good community health and education.

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the 2015 Alaska annual statewide conference. Officers volunteered their time in service dress uniform, representing their leadership in promotion of health and safety of the nation. This activity not only engaged the young minds, but also allowed us to promote the public health message to children from a very young age. The students truly valued the officers' technical skills and expertise.

For more information about the JOAG-HOSA partnership or how to get involved please visit the JOAG Professional Development Committee website (https://dcp.psc.gov/osg/joag/committees_pdevelopment.aspx).
How did you find out about the PHS? At the advisement of my college professor and academic advisor, I completed a JrCOSTEP working for the Indian Health Service on the San Carlos, AZ Apache reservation. My preceptor, and fellow EHO, CDR Stephen R. Piontkowski, started me on the path of success by providing guidance, encouragement, real-time learning opportunities, and exposure to a variety of facets within the field of environmental health.

What was the most challenging part of applying for the PHS? Patience was by far the most trying part of my application process. The entire process (including initial rejection due to medical reasons) took well over a year. I am glad I stuck with it but it was not without challenges. I am happy I was able to convert those challenges into opportunities. No looking back...

What are your goals with the PHS? My goals are quite simple. My desire is to protect and serve my country in such a way that allows me to maintain happiness and balance. I would love to have a 20+ year career abiding by an uncompromising code of integrity respecting human dignity every decision and step of the way.

What is your most memorable PHS experience so far? One of the most rewarding experiences I’ve had so far is being part of PHS-2 RDF under the leadership of my friend and mentor, CAPT Calvin Edwards. I had the opportunity to deploy on three occasions: Hurricane Sandy, Unaccompanied Minor Children mission, and most recently I served at the Monrovia Medical Unit in Liberia as part of the USPHS Ebola Response.

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What advice would you give to prospective PHS applicants (or other Junior Officers)? I offer three tips:

- Stick with the application process. After acceptance into the Commissioned Corps; I believe your life will improve with added purpose and pride.
- Also, find a good mentor and later in your career, pay-it-forward by serving as a mentor to the next Junior. Officer.
- Lastly, I encourage prospective Junior Officers to establish a strong work ethic and good work habits which are healthy, allowing for optimal work-life balance.
MY FIRST (SPACE A) ADVENTURE

LCDR Tara Levine Houda

From the moment I learned that Space Available (Space A) existed, I wanted to try it. I am an avid traveler, but also a planner. In fact, during OBC somebody joked that I would never try it. Three years and 10 months later, I set out on a journey which I set two goals:

- To avoid purchasing a one-way ticket back from Europe at the last minute to avoid being AWOL.
- To sleep in a bed every night despite not booking all my hotels in advance.

For my planned two week adventure, I submitted a leave request for 30 days of leave. Not wanting to subject anyone else to potential disaster, I set out alone. After considering all the countries I wanted to visit and my odds of a successful trip, I settled on Italy as the target destination. Now, I had to consider the route.

First, I reviewed the options. There are two types of Space A flights. One is military aircraft operated by the military. These flights are announced three days in advance and tend to be rather erratic in frequency. The second type of flight is called Patriot Express (PE). PE flights are contract aircraft operated by contract crews. These flights tend to follow regular patterns and can be announced 30 days in advance.

I spent months researching and watching trends. Dobbins AFB is the nearest base, but did not have a promising schedule for getting me to Europe. I eliminated Charleston AFB because flights that originate there are all non-PE. Finally, I settled upon Baltimore Washington International Airport (BWI) as my launch point. BWI regularly has PE flights to Europe. BWI, Ramstein, and Aviano Passenger Terminals all post their flights on Facebook—an added advantage.

Now, I had to get to BWI. Trains, buses, and driving were all too time consuming. So, I decided to gamble and buy a roundtrip ticket on Southwest to BWI since tickets were reasonably priced and there was no change fee associated with their tickets. This decision would come in handy.

Being overly cautious, I flew into BWI on 26 September—a full day before my preferred BWI-Ramstein Space A flight—and stayed overnight at the airport Red Roof Inn, which has a free airport shuttle. When I arrived prior to Roll Call to be marked Present (by presenting my CAC card, leave slip, and $17.70 airfare), BWI did not have a copy of the signup I had submitted via email earlier that week when my leave started. Thankfully, I had a printed copy of the email, so BWI was able to honor my earlier signup date.

While waiting in the terminal, BWI had a monitor that listed everyone marked present. BWI originally posted 26 tentative seats, but when they turned on the monitor, 64 people were marked present and the number of tentative seats had dropped to just two! The first Roll Call was at 2130. As the evening wore on, BWI conducted additional Roll Calls. During the third Roll Call at 2245, my name, which was 28th on the monitor, was called! By this point, I had gotten rather nervous about where I was going to sleep that night in Baltimore. At around 2340, they made a final Roll Call when all the Category 3 travelers—a total of 50—made it on the flight.

When I arrived in Ramstein on the B777, I was distressed to learn that the lodging on base was full. Thankfully, a room on-base opened up for me after

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about an hour of sweating bullets. In hindsight, I should have reserved lodging in advance.

I was pleased to find that the bases in Ramstein and Aviano had Bank of America ATMs that did not charge fees when obtaining Euros. Also, all three passenger terminals and both base hotels had Wi-Fi, which was essential for checking the Facebook pages of the passenger terminals. The original Facebook posting identified 200 firm seats on the PE flight to Aviano, Italy. However, at the 1400 Roll Call, there were 290 seats released and only 36 used. I was confident enough to learn from my Ramstein scare, I opted to reserve a room in advance at the Aviano base hotel, which sent a bus to pick guests up from the passenger terminal. It was a wise decision because, once again, the hotel was booked full and had to turn several away. The club is across the street from the hotel and closes at 2200 which makes it the best dinner option when you arrive late.

Aviano has tighter security. Uniforms are not allowed around town and taxis are not allowed on base. Nonetheless, Aviano is a fantastic point of entry. The base hotel can arrange a shuttle for an 18€ ride to the Pordenone Train Station, which is cheaper than the local taxis (~23€). Pordenone is a 7€ and an hour train ride away from Venice. Florence is another 45€ and two hours beyond. Croatia and Slovenia are two hours from Aviano by car and the Aviano ITT office can provide more information.

I returned to Aviano on 7 October for my flight to

(Continued from page 16)
Ramstein. Unfortunately, the flight was delayed 36 hours and I had to reschedule my domestic Southwest flight. The new ticket was $110.60 more expensive, but there was no change fee. I did not have an international driver’s license and was unable to rent a car, but I was able to hitch a ride around the region from fellow Space A travelers during the layover.

On 8 October, I boarded an Atlas Air 767-300 for $35.20. Though I was manifested all the way through to BWI, we had a short layover in Ramstein. Finally, I landed in BWI at 0140EST on 9 October.

So, overall, my adventure was successful—no last minute flight required—and economical. I paid $52.90 for the Space A flights plus $306.10 for the domestic flight I purchased. Over two weeks of lodging, I spent an average of $66 per night.

I did learn a few good lessons:

- Keep luggage under 30lbs and small enough to carry on.
- There is substantial delay between Roll Call and Take Off, but you can’t really go anywhere after Roll Call.
- Book a room on base in advance because they fill up and there is no charge for cancellation.
- Resist the urge to take photos on base since it’s difficult to discern where it is allowed.
- Pack snacks since you spend a good deal of time waiting in terminals when flying Space A.
- Remember that the price for this flight isn’t money, it is time.

If you have the leave accrued and a fair amount of patience, then perhaps I will see you on my next Space A adventure!

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CONSIDER RUNNING FOR UNITED STATES PUBLIC HEALTH SERVICE REPRESENTATIVE FOR THE UNIFORMED SERVICES OF THE ACADEMY OF FAMILY PHYSICIANS!

**LCDR Maria de Arman**

GREETINGS USPHS FAMILY PHYSICIANS!!!!

My name is Maria DeArman, I am a family medicine trained physician currently assigned to the USCG working as a Flight Surgeon in Corpus Christi Texas.

I am one of three USPHS officers serving as representatives to the Board of Directors of the USAFP (Uniformed Services chapter of the Academy of Family Physicians).

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(Continued from page 17)

MESSAGE from the CHAIR

(Continued from page 3)

year, we piloted the "Junior Officer (JO Voice)" to engage on yet another front with officers. Based on the feedback we received during our pilot, we’re making it official this year. I encourage you to reach out and let your voice be heard through "JO Voice." Please send your comments, questions, concerns, or suggestions to us, at phs.joag@gmail.com and we’ll make sure we connect you with the right part of JOAG to follow-up.

We couldn’t do all of this without you. Thank you for your service to JOAG, the Corps, and our nation!

**LCDR Elizabeth Garza**

**JOAG Chair 2015-2016**
This is an elected position it does require membership in AAFP and in our chapter USAFP to be eligible to run. I am writing to encourage nominations from my fellow family physicians assigned to the various USPHS agencies who are interested in running for a position on the board, as one will become vacant this year!

This is a great opportunity to serve, work with and learn from phenomenal staff.

Please consider running for this position if you enjoy teamwork, camaraderie, participating in diplomatic processes and lastly if you wish to expand your understanding of the USAFP as a living breathing body of doctors improving healthcare for our troops.

This past week, I had the honor of traveling to Denver, CO as an Alternate Delegate and saw the AAFP Congress in action. It was a fast paced meeting of delegates from around the country, all of them Family Medical Physicians with goals of improving this nation’s health. The group met to elect new board members, as well as to complete business for the year. I attended as an Alternate Delegate representing the NCCL as a member of special constituencies this group is comprised of women and men, of minority descent, as well as underrepresented groups such as women and people who identify as LGBT.

Over the weekend, the hard work we put in paid off, several important resolutions dealing with issues of access and social determinants of health were approved.

So, if you enjoy being a Family Physician and want to bring your energies to our chapter of AAFP-USAFP, PLEASE send in your name when the call goes out for nominations. Good luck on your campaigns, and look forward to working with you.

Thank you for your service, dedication and please do send any and all critiques, corrections, updates to myself: Maria De Arman at maria.d.dearman@uscg.mil.

LCDR Maria de Arman
GOING UP?

*Lt Katie Bante and Lcdr Daveta Bailey*

How many times have you found yourself explaining to someone the background of the United States Public Health Service? After you have completed your explanation, how many times have you heard “Tell me more?”

If you begin your statement with “In 1798...” then you have work to do. The work begins with every officer developing his/her own personal “Elevator Speech.” To help you get a head start on your next visibility opportunity, here are some important concepts to remember when creating an elevator speech.

An elevator speech should be short, organized, and memorable. You should also be able to tailor your message for your intended audience without much thought and be able to deliver it within thirty seconds.

When building your speech you should be sure to include the following concepts:

**Goal of your speech/Visibility of the Corps** – For example: There are seven uniformed services....

**Impact/What do we do** (Make it exciting) Promote and Protect Public Health - For example: “Remember that Zombie Apocalypse from 2014?” “Well you never heard of it because PHS prevented it.”

**Why should they care?** Be sure to place impact on what makes us special. For example: We currently serve in over twenty federal department/agencies

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**Engage the audience/Tie in current events** - For example: Add in Ebola, Hurricane and Mental Health (Active Shooter) Responses.

Be sure when you wrap up your speech, you tie all of the above mentioned elements together. Keep business cards handy. Encourage the audience to learn more about the Corps. Know the social media tags and internet addresses for JOAG, or your professional advisory committee(s). This is important so that you can provide your audience an opportunity to reinforce the information you provided.

**Practice makes PERFECT** - Finally, make sure you practice your speech. You want your speech to flow without delay or several pauses. This may cause your audience to lose interest or make it sound forced and unnatural. YOU are a U.S. Commissioned Corps Officer. Represent well and shine brightly.
COMMISSIONED OFFICER’S CODE OF CONDUCT

1. I am a United States Citizen and a uniformed Commissioned Officer serving my country, protecting national public health interests and security.

2. I am a Commissioned Officer, responsible and accountable for my actions by virtue of this special trust accorded to me by the President of the United States of America.

3. I represent all other officers – past, present and future – and they represent me. Together we are the Corps.

4. I am a leader. I constantly maintain and improve my state of professional capability and physical readiness to set the example as a public health officer.

5. I wear my uniform to honor the Uniformed Service members who came before me and to acknowledge their sacrifice and commitment in securing the freedoms and benefits I enjoy.

6. I render appropriate courtesies in accordance with Uniformed Service traditions, and convey respect to all with whom I may have contact.

7. As a leader, in the absence of orders, I pledge to act independently and honorably to preserve, protect and defend the national public health interests and security.

8. I follow the right path, not the easy path, regardless of personal hardship or discomfort, and will seek selfless motivations for the actions and decisions I render.

9. I selflessly credit and recognize the achievements of others.

10. When privileged by executive order or legislative act to serve as a member of the Armed Forces, I will abide by the Armed Forces Code of Conduct.

Developed by The JOAG Professional Development Committee, September 2002, updated December 2009
Do you know about Step It Up, the Surgeon General’s Call to Action to Promote Walking and Walkable Communities?

Join JOAG’s Every Body Walk! Subcommittee and Step It Up in your community. For those interested in learning more please contact LCDR Margaret Caulk (Margaret.Caulk@fda.hhs.gov) and LT Stephanie Cates-Hodges (scates@bop.gov)

"Serving the Vulnerable"

LCDR Kari Harris and LCDR Doan Nguyen

JOAG Public Health and Community Service Committee, National Prevention Strategy Subcommittee members along with other USPHS officers volunteered with the Los Angeles Regional Food Bank on October 03, 2015. LCDR Kari Harris was the project lead for this event. There were 2 USPHS officers in attendance and approximately seven other volunteer groups. The Los Angeles Regional Food Bank’s mission is to mobilize resources to fight hunger in the Los Angeles Regional Area.

This event allowed USPHS officers and other volunteers an opportunity to box up 36,000 tons of food to provide 30,000 meals for children and families. Upon arrival, the USPHS officers sorted and boxed food. They along with other volunteers prepared apples, cabbage, bread, carrots, oranges, pears, and plums to go Los Angeles Regional schools and communities in need.

It was a rewarding experience to help those in need.

For More Information

For officers interested in getting involved with community service events, please contact

JOAG LCDR Joyce Davis
(joyce.davis1@cms.hhs.gov)

National Prevention Strategy Subcommittee Lead, under the JOAG Public Health & Community Service Committee

Quote of the Quarter

“The most powerful leadership tool you have is your own personal example.”

- John Wooden

RECRUITMENT&RETENTION

will. Avoid controversy, complaints, or criticism. These will quickly alienate the audience and destroy your credibility.

Be Prepared

Stay current in your field and in all events revolving around the Corps. Providing accurate, up-to-date public health information is part of our duty as officers. Have business cards ready to provide. Networking opens doors that cannot be opened any other way.

Always wear the uniform correctly, even when it may appear no one is watching. It may seem perplexing to observe an officer in summer whites at a truck stop in the middle of the Dakotas, but you never know when one of them is a local dignitary discovering that the Commissioned Corps serves their state too. There is no better way to fight for public awareness than to be caught in the act of proper uniformed service.
To Commander (O-5)

Dental Officer
William Lopez
Nathan Paul Mork
Yaohsien Peng
Mary E. Williard

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

Engineer
Jeffrey Shane Allen
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 Gerdng
Michelle D. Haamid
* Valerie Sue Herrera
Jamison Shan Honeycutt
Harold P. Hurst III
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
Indira Maria Harris
Lazenia D. Harris
Karen Elaine Heard
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 Lequiere
Terrence Christopher Michael Lew
Jonathan James Lewis
Eduardo Yap Lim
David Alan Lum
Silvia Carolina Luna-Pinto
Ryan Roger Manning
Jemekia E Morris Thornton
Latoria Jordon Mullins
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

* Exceptional Proficiency Promotion
MEDICAL OFFICER

Cristina Veloso Cardemil
Eleanor Suchada Click
Jennifer Lynn Foltz
Alyson Becca Goodman
Samuel Benjamin Graiter
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 Racznia
Evelyn Maria Rodriguez
Janell Aline Routh
Cyrus Guan-Ping Shahpar
Tangeneare Desiree Singh
Mahesh Swaminathan

NURSE

Pearl Ann Alonzo
Sara Joan Anderson
Janice Marie Arceneaux
Karen Evonne Beauvais
Sheila Denice Bell
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

* Mindy Almeenie Golatt
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
Sara Rasmussen Hegna
Glenda Johnston
Joelle Marie Keepsagle
Amy Rebecca Kolwaite
Elaine Gail Krauss
James Allen Lane
Gia Elaine Lawrence
Jennifer Leggett
Vilma Lojica Linsteadt
Brandi Cristien Martinez
Adriana Monica Meyer-Alonzo
Maria A. Morel
Nicholas Joseph Munoz
Paul Franklin Nordstrom
Craig Alan Noteboom
Mario Pallante
Jonathan Wayne Pausel
April L. Poole
* Valisha Diane Price
* Tara Jean Ritter
Tara Lee Ross
Jennifer Susanne Sarchet
Latoya Stuckey Sewell
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
Catherine Patrice Walker
Patina Sharese Walton-Battle
Kathleen Ann Williams
Lakisha Monique Williams
William Todd Williamson
Deborah Hall Winbush
Anh Phuoc Wright

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## Pharmacist
Kwadwo Asare Awuah  
Alexis Rose Beyer  
Tina Rajendrakumar Bhavsar  
Robert S. Boyle  
Sara L Camilli  
Jae Hoon Choi  
Eunice Haeyoon Chung-Davies  
Kimberly Dawn Davids  
Christina Jakobowski Eldridge  
Jenaly B. Greenwood  
Amanda M Irving  
Timothy Glenn Jetton  
Mark Anthony Johnson  
* Benjamin Charles Keller  
Craig Patrick Kiester  
Liatte Krueger  
Timothy George Langford  
Christine Dung Le  
Tamy K. Leung  
Jing Li  
Aaron F. Long  
Mizraim Leyva Mendoza  
Paul Thomas Michaud  
Jodi Sachin Nakai  
Adora Esther Ndu  
Columbus R. Nettles  
Khang Duy Ngo  
Huu Duyen Nguyen  
Duong Thuy Nhu  
Carl Olongo  
Matthew D. Olson  
* Jai M Patel  
Quocbao Pham  
Lorelei Jean Plantedosi  
* Monica Michelle Reed-Asante  
Kiesha Resto  
Tami Lee Rodriguez  
Hobart Lee Rogers JR  
* Jonas Publico Santiago  
Amy L. Simon  
Stacey Lea Thomas  
Jacob Timothy Vanvleck  
Frank Verni  
Amy Rochelle Whisler  
Jason Flynn White  
Katherine S. Won  
Roney Yun Won  

## Scientist
Jennifer C. Adjemian  
Gelio Alves  
Renee M. Calanan  
Anne Marie France  
Aimee Lynn Geissler  
Emily Susan Jentes  
Sara Ann Lowther  
Charlene Sydor Maddox  
Tracy Rene Powell  
Loren Edwin Rodgers  
Kanta Devi Sircar  
Peter Evans Thomas  
Robin Laurie Toblin  
Tenaya Nekia Watson  

## Therapist
Christopher William Barrett  
Felipe Guzman-Zamarron  
Joseph A. Kennedy  
Brian Justin Saunders  

## Veterinarian
William A. Lanier  
Jan R Linkenhoker  
Amy Eleanor Peterson  
Temeri Deadre Wilder-Kofie  

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To Lieutenant Commander (O-4)

Dietitian
Ellen Thanh Lan Thi Yip

Engineer
Abbas Quresh Bandukwala
Atiq Chowdhury
James Cameron Earl

Environmental Health Officer
Daveta Laurette Bailey
* Kai Elgethun
Dave Joseph Erezo
Anna Elizabeth Khan
Racheal Melissa Lee
Molly A. Madson
Aaron Floyd Mcneill
Lisa Harumi Nakagawa
Christine Michelle Oleary
Beth Ann Osterink
Justin Lee Perkins

Health Services Officer
Henry James Allen
Ayana Rashida Anderson
Melka Fantu Argaw
Tyson J Baize
Lori Ann Brooks
Cornelius Brown III
Tara Mae Carolfi
Onieka Tashana Felicia Carpenter
George Sheng-Yuan Chow
Emily Tong Crarey
Kelly Jo Dalton
*Joyce Ann Davis
Aisha Simone Faria
Donald Richard Graham
Jacqueline Lougonezie Kouadio
Brian Leslie Lees
Michelle Adrian Matthey
Christopher Johh Meyer
* Michael Roy Muni
Oluwamurewa Ayodeji Oguntmein
Erica Dionne Porter

Cari Lynn Ritter
Tracy Lynn Sanchez
Michelle Lynn Sheedy
Sarah Elizabeth Swift
Tracy Tanette Tilghman
Shariffa Nicole Vaughn
Doretha Marie Wilson
Micah Shawn Woodard
Monique Melissa Cemoye Worrell
David Andoko Young
Tigisty Reda Zerislassie

Nurse
Bryan Scott Anderson
Mark Edmund Arena
Theda Ray Bedoni
Clare E Blakeslee
Kimberly Ann Brinker
Jason Jerome Brown
Nikki L Canada
Gregory Todd Carlson
Jennifer Marie Cox
Elizabeth Geest
Matthew John Gunter
Cynda Gay Hall
Dustin Kyle Hampton
Anastasia Angela Hansen
* Jennifer Lashea Harrison-Hauer
Steven Andre Herrera SR
Kamah Ayeo Howard
Amanda E Huston
Denise Dawn Jones
Jahanara Nina Jones
Duvinka Jordan
Cara Marie Kenney
Ick Ho Kim
Chelsea J Kleinmeyer
Michelle Ann Krayer
Tokunbor A. Lawal
Naisha K Lee
Marchita Rena Magbie
Theresa Azelia Mckinney
Jenna Mariel Meyer
Gustavo Miranda
Nathan Allen Moyer

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**Pharmacist**
- Todd Delman Angle
- Michelle Joann Barbosa
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- Laura Elizabeth Botkins
- Mindy Chou
- Joshua Crowe
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- Jordan Clark Davis
- Laura Elizabeth Enman
- Rovigel Jugos Gelviro
- Marc Evan Gentile
- Carlisha Colbert Gentles
- Andrew Alastair Gentles
- James Monroe Haley
- Joshua Steven Hunt
- Epiphanis Nnaemeka Iregbu
- Kendra Nicole Jenkins
- Marie Elizabeth Johnston
- Sadhna Khatri
- Jessica Elaine Kreger
- Sasha Melisa Latonis
- Benjamin Nguyen Minh-Duc Le
- Jennifer Nicole Lind
- Deborah Ann Long
- Crystal Pui Ying Lui
- Amy Cheng Luo
- Justin Anthony Mathew
- Nimmy Mathews
- Justin Clark Mccormick
- Matthew Wyatt Miller
- Henry William Nettling
- Mutiu Oluseyi Okanlawon
- Katherine Jane Oldacre
- Long Thien Pham
- Forge Xavier Pham

**Scientist**
- Shalon Maurene Irving
- Matthew Joiner Lozier
- Madeline Ivette Maysonet-Gonzalez
- Leigh Ann Miller
- John Thomas Pesce
- * Amee Marie Schwitters
- Alison Sheehan Sheehan-Laufer Halpin
- Alice Marie Shumate
- Rachel Bailey Slayton
- Jason Andrew Wilken
- Julia Amy Zucco

**Therapist**
- Michael Paul Anderson
- Peter John Arroyo JR
- Glenn Arthur Berry
- William Allen Church

**Veterinarian**
- Tara Creel Anderson
- Laura Simone Edison
- Ilana Joy Schafer

* Exceptional Proficiency Promotion
# Class 81

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## CLASS 82

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Each of the following names, terms or phrases have recently been prominent in USPHS news or celebrate the Fall Season. Can you find them in the cloud below?

IMMIGRATION  G L R A D M L U S H N I A K Z L D X I
AWARENESS   N Q Y L I Q C A R A M E L A P P L E S
PROMOTION   E U T S G C T Y C I J T F Z L R W J Q
OBC          Z K Z N F A W A R E N E S S X A Z K D
RETIREMENT   A O C O K L A H O M A C I T Y D A G I
RADM LUSHNIAK T N E M E R I T E R L B U V Z M C B O
RADM COBB    Y S T A W W M H O R V A I G X C D E T
VETERANS DAY Z M A L O B E K T Q G K T K J O K I I
AUTUMN       C S W E A T E R W E A T H E R B L N U
PRESIDENTIAL UNIT N A A U T U M N P B M K P I V B G U E
EBOLA        S E I T I N U M M O C E L B A K L A W
OKLAHOMA CITY Q R Z K Z V Y A D S N A R E T E V M Q
APFT         O I D D I R E C T A C C E S S M C M Y
DIRECT ACCESS I M M I G R A T I O N T Z B W C I F M
WALKABLE COMMUNITIES V Z U Q U R A P F T P Y Z Q E A Z Y P
CARAMEL APPLES P P R E S I D E N T I A L U N I T B W
SWEATER WEATHER Q D C L X J I B G E D V Y V O N Y I V

Madcap Recap

The JOAG Journal | FALL 2015 | VOLUME 30 | https://dcp.psc.gov/osg/joag/
**UPCOMING EVENTS**

**JOAG Journeyman Series | 13 November 2015 at 1300 EST**

Please join us for the November 2015 Journeyman Speaker Series (JSS) presentation with distinguished guest **CAPT Jason Woo, M.D., M.P.H., FACOG**, Senior Medical Officer, Office of Generic Drugs, Center for Drug Evaluation and Research (CDER), Food and Drug Administration (FDA) entitled “Traveling YOUR Leadership Journey”. CAPT Woo’s JSS talk objectives are to identify unique responsibilities of CC Officers for individual leadership development, present the CC Leadership “framework” to guide CC Officer development activities, and identify essential principles of the CC Officer for self-development and others development. Please send any advance questions for CAPT Jason Woo to LCDR Neelam Ghiya (gwt7@cdc.gov) and LT Victoria Jeisy Scott (fvx0@cdc.gov), JSS Co-Chairs.

**JOAG General Membership Meeting | 11 December 2015 at 1300 EST**

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**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
THE UNITED STATES PUBLIC HEALTH SERVICE

LEADERSHIP • SERVICE • INTEGRITY • EXCELLENCE

PHS Officers gather on the National Mall in honor of RADM Lushniak. Photo Credit: CDR Kun Shen