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USU Newsletter

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On the cover:

Through a combination of events at USU and NNMC, campus parking has become a "full-blown parking crisis." However, the University has been exploring alternative parking solutions to resolve the problem.

Parking crisis being addressed

by Ken Frager

A recent e-mail from USU President Charles L. Rice highlighted the "full-blown parking crisis" the USU community is dealing with.

While parking has been challenging at USU at times, the combination of events and construction projects throughout the USU and NNMC campus has raised this crisis to a whole new level. It also has led to some changes to address immediate short- and long-term challenges triggering planning efforts to reduce the chance for this type of a problem in the future. Added to the increased traffic was an unannounced increased level of enforcement by base police.

"We have known that parking challenges were growing, causing increased frustration and concern for students, faculty and staff," said Dr. Rice. "However, the construction here at the University and on the base, the return of the third- and fourth- year medical students for intercession, the sponsoring of conferences and events that bring additional vehicles to the campus and the overall growth in the University population, has created a major parking issue. Further exacerbating the problem, and one of the immediate areas that we have addressed, has been a lack of timely advanced notice about the loss of parking spaces external to the campus, which has made identifying alternative parking solutions even more difficult."

Accompanying the request to NNMC leadership for advanced notification of changes, USU staff have begun an ongoing evaluation of potential parking opportunities and made some short-term

changes including:

- Relocating construction and contractor employee vehicles away from campus parking areas, freeing spaces along Stone Lake Road.
- Returning recently lost parking along Stone Lake Road. NNMC removed the tape blocking the spaces and "lining" of the spaces will begin soon.
- Continuing ongoing dialogue with NNMC and base leadership to come up with creative ideas for reducing parking shortages, including potentially increasing the availability of shuttles to the metro throughout the work day, which could make mass transit more acceptable to a larger audience.
- Re-evaluating how USU-sponsored conferences and educational schedule can be better programmed to identify times where parking impact could be lessened.

Base police will continue to ticket vehicles that are illegally parked (particularly in emergency vehicle access lanes) in University spaces or in areas where No Parking signs are posted. "As frustrating and stressful as the parking situation is currently, we can't jeopardize the safety of the campus community," said Dr. Rice.

We will continue to provide updated parking options and notices in the USU Newsletter and through other communications means.

"Suggestions for ways to reduce the parking pains are always welcome. In fact," said Dr. Rice, "if you can find a way for two or more masses to occupy the same space, please let me know."

Suggestions may be directed to the President's Open Door Program at <http://www.usuhs.mil/dre/landing.html>.

USU book store now available online

by Staff Sgt. Matthew Rosine

The USU alumni book store now offers online purchasing through its new Web site, www.usualumnibookstore.com.

The site offers USU merchandise including decals and bumper stickers, drinkware, apparel and books.

The alumni bookstore site also has links to its book distributors, so students on rotation and others out of the area can order books directly.

"This is a good opportunity for not only our students, but for alumni and families," said Matt Landman, the bookstore manager.

TriService Nursing welcomes new leadership

by MC1 Chad Hallford

Air Force Lt. Col. Marla De Jong, Ph. D., replaced outgoing Army Lt. Col. Deborah Kenny, Ph.D., as executive director, TriService Nursing Research Program (TSNRP) earlier this fall.

Kenny is slated to retire from the Army Nurse Corps at the end of the year and is expected to start as the associate dean of research at the Beth-El College of Nursing and Health Sciences University of Colorado at Colorado Springs.

De Jong carries the torch of the TSNRP onward, bringing her own extensive nursing science and practice background, including two self-conducted TSNRP-funded studies.

“Lieutenant Colonel Kenny left behind a wonderful program with a solid foundation and developing legacy,” said De Jong. “She encouraged me to continue to ensure the program’s growth and maturity since there are unprecedented possibilities to expand military nursing research.”

De Jong received her Ph.D. in Nursing from the University of Kentucky in 2005 and her previous assignment was as the Air Force program manager for the DoD Blast Injury Research Program’s Coordinating Office at Ft. Detrick, Md.

The TSNRP’s mission is to facilitate military nursing research and translate the findings into practice — improving patient outcomes.

“For a while, military nurses had pending research questions but no



U.S. Air Force photo by 2nd Lt. David Herndon

primary mechanism for funding the necessary studies,” said De Jong.

Hence, TSNRP exists primarily to provide grant funding and oversight for military unique research within the scope of nursing science. In addition, TSNRP educates nurse scientists on topics such as grantsmanship and writing for publication.

“As opportunities to foster collaborative and multi-disciplinary research with USU and other federal agencies and academic institutions develop, we will encourage our community to engage in research endeavors that advance the science across boundaries and along the continuum of patient care,” said De Jong.



photo by Dave Morse

Iraqi researchers tour AFRRI

Scientists from the Iraqi Ministry of Science and Technology toured the Armed Forces Radiobiology Research Institute (AFRRI) recently and attended a seminar on the Institute’s high-throughput dicentric analysis program. They were accompanied by AFRRI representatives and University of Maryland officials. The Iraqi scientists were in the United States for a course at USU on linear accelerators and their advantages over cobalt sources for research. Earlier in the tour, AFRRI Radiation Safety Officer Anna Teachout provided instruction on radiation safety associated with linear accelerator operations.

AFRRI receives award from American Nuclear Society

by Donna Solyan

The Armed Forces Radiobiology Research Institute (AFRRI) was presented the American Nuclear Society (ANS) Nuclear Historic Landmark Award at a Nov. 17 ceremony recognizing the Institute as the United States' primary source of medical nuclear and radiological research, preparedness and training.

ANS Honors and Awards Committee Chair Robert C. Little presented the award to AFRRI Deputy Director Army Col. Donald E. Hall at the Society's luncheon in Washington, D.C.

The award recognizes sites or facilities that have been in operation for at least 20 years and where outstanding physical accomplishments were instrumental in the development and implementation of nuclear technology and the peaceful uses of nuclear energy.

"We are especially honored to have received this recognition from an organization made up of our peers," said Hall, in reflecting on the awards ceremony.

The ANS is a nonprofit, international, scientific and educational organization that promotes the awareness and understanding of the application of nuclear science and technology.

Its membership encompasses some 11,000 engineers, scientists, administrators, and educators from more than 1,600 corporations, educational institu-



photo by Dave Morse

Stephen I. Miller, head of the AFRRI Radiation Sciences Department (right foreground), explains the operation of the Mark-F TRIGA research reactor to visitors from the American Nuclear Society. Host for the tour was AFRRI Deputy Director Army Col. Donald E. Hall (left foreground). G. David Ledney, Ph.D., a senior AFRRI research biologist (far left), also briefed the group.

tions and government agencies.

A number of ANS attendees visited the Institute on Nov. 19 and toured the facility, including the Mark-F TRIGA (Training, Research, Isotopes, General Atomics) research reactor, the cobalt-60 facility, and the cobalt-60 low-level irradiation facility, all licensed by the Nuclear Regulatory Commission.

Attendees were briefed on AFRRI's core research mission involving the prevention, assessment and treatment of

the effects of ionizing radiation, along with AFRRI's medical training program and its emergency response to managing incidents related to radiation exposure.

The Institute is one of approximately 70 ANS-designated historic landmarks. Others include the Japan Research Reactor No. 3, Belgian Reactor 1, and the USS Nautilus, Groton, Connecticut.

The Society will present an inscribed plaque during a ceremony to be held at the Institute in the near future.



Courtesy photo

USU Department Chair honored for service

Army Col. (Dr.) David G. Burris, chair of the Norman Rich Department of Surgery, USU, was recently honored by the American College of Surgeons Committee on Trauma (COT) for his exceptional service.

"Colonel Burris is a pillar of strength in our academic leadership team. I congratulate him for his well earned College of Surgeons Committee on Trauma award," said Dr. Larry Laughlin, Dean, F. Edward Hébert School of Medicine.

The COT presented Burris with the

2009 ATLS Meritorious Achievement Award during its annual banquet in Chicago for his unselfish commitment and dedication to Advanced Trauma Life Support. His award presentation is featured in the October 2009 Bulletin of the American College of Surgeons.

Burris, who was named acting chair of the department in December 2003 and made permanent in January 2006, has been actively teaching ATLS for more than 20 years.

Pangaro selected for ACP mastership

by Sharon Willis

Louis N. Pangaro, M.D., chair of USU's Department of Medicine, was recently named as a Master of the American College of Physicians (MACP).

Pangaro, a retired Army Colonel, is a member of the ACP's Army Chapter and received the honor based on his many contributions to Army medicine, medical education and to the ACP.

"Dr. Pangaro is an established scholar and academic leader. I am very pleased that the ACP has recognized him as such," said Dr. Larry Laughlin, Dean, F. Edward Hébert School of Medicine, USU.

According to the ACP, Masters comprise a small group of highly distinguished physicians, selected from among Fellows of the ACP.

They are recommended by the Awards Committee for election to Mastership by the ACP Board of Regents and have achieved recognition in medicine because of personal character, positions of honor, contributions towards furthering the purposes of the ACP, eminence in practice or in medical research, or other attainments in science or in the art of medicine.

Pangaro was selected for chair in June 2008, and started teaching at USU in 1979.



Maintaining health, safety through holidays

by the USU Environmental Health and Occupational Safety office

The USU Environmental Health and Occupational Safety office would like to wish the entire university family a safe, happy and joyous holiday season.

The EHS office would also like to remind USU that maintaining good health and safety practices throughout the holidays will help ensure a happy holiday season. Here are some tips:

- Have realistic plans. This will reduce the strain of juggling tasks, duties, errands and appointments.
- Stick to your lists and your budget. Overspending is a common source of Christmas stress.
- Learn how to say "no" to less important activities. Be selective. Don't over-schedule. If you limit yourself to two social events per week, you won't run down your batteries.
- Plan parties or shopping trips with family and friends, in order to cut down on the number of events and responsibilities.
- Schedule some "down time" to use for rest and reflection.
- Keep your sense of humor.
- Establish your own standards, and don't be governed by other's expectations or demands.
- Don't skip meals or live on snacks because you are "too busy."
- Don't sacrifice your exercise program as you get busier.
- Being alone this time of year can be depressing. Don't let someone you know spend the holidays alone.
- Carry a plastic bottle of sand mixed with rock-salt in the trunk of your car. If you get stuck on sheet ice, sprinkling some around the tire may provide traction. Filling empty gallon paint cans with sand and replacing the lids also works,

instead of bags. Roofing shingles also work well.

- When shoveling snow, take your time and don't try to do too much at once. If wet snow sticks to your snow shovel, spray the shovel with spray shortening.
- Don't pick up the pan your turkey is roasting in and discover that the "hot mitt" gloves you are wearing don't provide enough insulation. Check to make sure before you lift the pan.
- If you have a new puppy or child in the house, don't decorate your tree with popcorn garlands, candy canes or other edibles. Even big trees can be toppled over by little people and animals.
- When the gas tank in your car gets to half full, fill it up. You never know when a massive traffic jam will snare you.
- Walk your dog at lunch time. It is safer than trying to do it in the dark before or after work. You can see icy patches more clearly, and motorists can also see you better.
- Traffic jams, sudden storms and detours might mean that you have to spend much longer than you planned in your car. It can take two to three hours to drive as little as 15 miles on an icy road. Put together a winter-driving kit, including a pair of gloves, a warm hat and a blanket.
- Ensure smoke detectors work and have a fire extinguisher handy. Consider giving these lifesaving devices as holiday gifts to friends and family members.
- Don't burn wrapping paper in your fireplace. The colored inks can produce toxic fumes.
- Choose age-appropriate gifts for children. Adhere to warning labels and age restrictions on packages. The Consumer Product Safety Commission has lots of information on its Web site, www.cpsc.gov. The site also has a list of product recalls.

Country United: Advancing Medicine

by Sharon Willis

Sometimes it takes a team to unite a country — a small team made up of representatives from the Uniformed Services University of the Health Sciences (USU), the Henry M. Jackson Foundation for the Advancement of Military Medicine (HJF) and the Tug McGraw Foundation (TMF).

Country United: Advancing Medicine from the Frontlines to the Homefront, held in November in Washington, D.C., was a two-day event dedicated to supporting advances in medical care and quality of life for battle-wounded, ill and injured service members.

The event was nearly a year and a half in the making, and came on the heels of last year's successful USU-HJF Symposium, a one-day meeting coordinated by HJF that brought together military and civilian researchers and clinicians, military leadership, and private partners to create greater awareness of the military medical system's achievements and capabilities and facilitate military-civilian collaborations to advance medical care for service members and their families.

Research in TBI, PTSD and other neurologic insults also inform scientific investigation into brain cancer. This year, TMF partnered with HJF for the Country United events because of their recognition of the value of military-civilian partnerships advancing neurological research.

"By sharing their strengths, military and civilian scientists can hasten scientific discovery not only in the neurosciences, but also in many other areas," said Cynthia Gilman, HJF's Special Assistant to the President for the Advancement of Collaborative Relationships. "For example, public-private research partnerships in orthopedics and rehabilitation have contributed to tremendous advances in prosthetic technologies that benefit not only our brave warriors, but also civilians. Our goal this year was to encourage more of these types of collaborations."

Many months of planning, led by HJF employees Gilman, and Kelly Huegel, development public relations manager, along with Jennifer Brusstar, CEO of TMF, and Bill Bester, acting vice president for External Affairs, and Sharon Willis, deputy vice president for External Affairs, from



John Lowe, President, HJF

USU, yielded the Partnership for Military Medicine Symposium, the first of the two-day Country United events.

The symposium opening keynote remarks were given by Gen. James Amos, Assistant Commandant of the Marine Corps. The symposium itself was divided into three topic panels: humanitarian assistance, traumatic brain injury and post-traumatic stress, and global infectious diseases, made up of participants from the Military Health System, the National Institutes of Health, Department of Health and Human Services and other federal agencies, along with civilian health care and policy experts. Each of the topics proved timely — a devastating earthquake and flooding in the Philippines in August, followed by a tsunami in Samoa in September; the H1N1 outbreak; and the ongoing conflicts in Iraq and Afghanistan, along with the events at Fort Hood were all reflected in each panel's theme and discussions. The wrap-up panel was comprised of an assortment of prominent military and civilian representatives who discussed a variety of health-related topics affecting the military, as well as highlighted areas of research that could benefit from public-private partnerships.

In all, there were more than 200 symposium attendees and 20 exhibitors.

"The Partnership for Military Medicine Symposium is representative of HJF's commitment to supporting USU and the broader military medical system," said Huegel. "It's an honor for us to work in partnership with some of the finest and most dedicated researchers and clinicians

in the world. The symposium was an opportunity to let civilians know about the tremendous work they're doing and to encourage public-private collaborations to hasten advances in medical research."

Grammy and multiple-award winning artists Tim McGraw and Faith Hill served as the Country United co-hosts. Ms. Hill delivered the symposium luncheon keynote address. The pair, along with fellow Country music artist Keith Anderson and McGraw's band, the Dance Hall Doctors, took time between events to visit wounded warriors at the National Naval Medical Center. The USU Alumni Association supplied lunch and musical entertainment was provided for a gathering of injured service members, their families, and a number of health care providers from the hospital, along with a handful of students from USU in the NNMC dining hall, during which the entertainers signed autographs and posed for photographs.

The second major event, the Country United Gala, was held at Mellon Auditorium in Washington, D.C., and featured performances by McGraw, Hill and Anderson, as well as both a live and silent auction. Volunteers from USU, HJF, TMF, and a number of organizations provided assistance throughout the evening. Proceeds from the event will be used to further medical research and clinical care.

"I've seen firsthand the power of military and civilian research collaborations and how they've helped to speed advances in medical care for our wounded warriors," said John Lowe, President and CEO of HJF. "As a nation, we owe it to those who protect and defend us to provide them with the best care possible. The goal of the gala was to both honor our service members and those who care for them, and to help accelerate military medical research."

"The Henry M. Jackson Foundation and the Tug McGraw Foundation accomplished an amazing feat in organizing and presenting the Country United event," said USU President Charles L. Rice.

"This is a wonderful illustration of one of the innumerable ways HJF supports USU. The university is indebted to Mr. John Lowe, Ms. Cynthia Gilman and Ms. Kelly Huegel for their tireless efforts in making this such a success."

USU Briefs

Joint Holiday Ball tickets:

Tickets are now available for the 2009 Joint Holiday Ball sponsored by the Joint Task Force National Capital Region Medical and tenant commands.

Tickets are \$10 each for E-4s, GS-4s and below; \$20 each for E-5 to E-6, GS-5 to GS-6 and YA-02/O-1 to O-2; and \$40 each for E-7s, GS-7s, YA/YC-03s, O-3 and above.

The event will be held at the Show Place Arena from 6 p.m. to midnight Dec. 12. The social hour begins at 6 p.m.

Dress for the occasion is formal for civilians and formal or military dress for military.

For more information, contact Army Sgt. 1st Class Anthony Woods at 295-9562.

License plates:

The USU Alumni Bookstore still has USU organizational license plates available for purchase.

Most of the first 50 license plate numbers have already been assigned.

For more information about reserving

your USU Maryland license plates, call Matt Landman at 295-3686.

Helpdesk Closure:

The UIS helpdesk is closed for training on Thursdays from 10 to 11 a.m.

During this time, you can leave a voicemail message at 295-9800, utilize the HEAT Self Service (<http://www.usuhs.mil/uis/forms/trouble.html>), or email help@usuhs.mil.

If an emergency should arise, please call 295-9870.

Ornaments available:

The 2009 White House Ornaments are now back in stock at the University bookstore.

This year's ornament commemorates the 24th presidency and is the second of two produced in Grover Cleveland's honor by the White House Historical Association. The price for each ornament is \$16.95 each plus tax.

In addition to the White House ornament, the bookstore also has the commemorative Walter Reed 2009 ornaments. The price for these ornaments is \$15.00 each plus tax.

If customers may call to have ornaments held. However, the bookstore will only hold them until the end of that business day. If customers would like them held longer, payment will need to be made when the hold request is made.

For more information about getting these ornaments, call Matt Landman at 295-3686.

CFC extended:

The deadline for donations to the Combined Federal Campaign has been extended to Jan 15.

The deadline was extended to provide more time for people to select and decide on their contributions.

For more information, contact your department's key worker.

Exercise/Fitness Areas:

Physical Fitness training should be conducted in designated areas.

The only authorized space for PT within the university is room G060.

The campus' Student Community Lounge area is also authorized, but only during specified PFT testing dates or times.



photo by MC1 Chad Hallford

Caption contest

The winning caption: "Patients with hyper-extended necks attend an on campus lecture about head and neck trauma. The Power Point presentation was NOT well received," submitted by 2nd Lt. Scott Fleming.

Congrats to the runners-up, Sgt 1st Class Michele C. DeSouza and Sarah N. Dhandu. ...and thanks to all who submitted.

The final issue!

This issue (Dec. 7) is the final issue of the USU Newsletter for the 2009 calendar year.

The next issue of the newsletter will be published on Jan. 11, 2010.

Beginning with this issue, the newsletter will be published under its new name.

We would like to wish all of our many readers, as well as your families, a safe and happy holiday season.

-The USU Newsletter staff





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