

The Official USU Newsletter

the pulse

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Cover Photo by Thomas Balfour

On the cover

Teamwork is commonplace for GSN 1st Sergeant, HM2 Wendy Cajas, U.S. Navy (right), shown here with GSN company commander 1st Lt Malvis Tarney, U.S. Army. (See story page 4)



Alvarado named top USU service member

by MC1 Chad Hallford



Photo by Thomas Balfour

HM1 Alexis Alvarado

For the second year running, a Department of Military and Emergency Medicine (MEM) Sailor was selected as “USU Service Member of the Year (SMOY).”

Hospital Corpsman 1st Class (FMF/CAC) Alexis Alvarado, MEM’s Academic NCO, earned Sailor and Service Member of the Quarter Honors for third quarter-2010, and was selected for the SMOY distinction.

“To be selected was very humbling, but also bittersweet,” said HM1 Alvarado. “I was the lone E-6 on the board, going up against two E-5s. While the selection is great for my career and it is nice to be recognized, I feel like my accomplishment here take away from the great efforts and achievements of my fellow junior Sailors. They also deserve recognition, and we are changing the awards

process to honor team efforts more in the future.”

“The feedback I received was that the board looks for command impact,” said Alvarado. “It starts with service-specific impact at earlier boards, and at the SMOY board the question essentially is ‘How are you impacting the University from a holistic view?’”

The SMOY selection process includes a series of questions ranging from general military knowledge to current events in front of a board of senior enlisted leaders. However, much of the selection criteria is based on the nominees’ contributions and achievements throughout the year.

Alvarado arrived at USU in May 2009 from a Fleet Marine Force and Marine Corps Combat Aircrew background. Using the skills and knowledge learned from prior tours, he focused his efforts on his role as Navy Division Two Leading Petty Officer, Navy Command Fitness Leader and USU Assistant Career Counselor. He also participates with the USU Color Guard, extending his effect well beyond MEM and Navy Divisions boundaries to the University as a whole.

“When I finally leave here, I want it to be as a Chief Petty Officer,” said Alvarado. “I need to have command-level impact for my own personal goals, but I also want (that impact) so we can gel as a cohesive unit.”

Alvarado’s efforts extend beyond the University bricks as he is busy in his off-time — as a college student at Montgomery Community College, and part-time volunteer throughout Montgomery and nearby counties.



Research Week Posters

Deadline for 2011 Research Week poster requests to USU Media Services, Friday, April 29, 2011.

General Counsel provides unique service for USU

by Staff Sgt. Matthew Rosine



Photo by Staff Sgt. Matthew Rosine

Associate general counsel Jason Kaar reviews a legal memo with paralegal specialist Anna Connellee.

Nestled among the rows and rows of the University's offices is a small team of professionals who offer big services to the USU family.

"The Office of General Counsel (OGC) supports the USU mission, not only at the senior level, but also for all University components, including the new Dental College," said John E. "Jeb" Baker, USU general counsel. "We support the University's legal issues from top to bottom, down to the departmental and individual assistance."

The OGC professionals offer a wide variety of legal services beyond most customers' expectations. The office provides principal legal advice to the USU President and University leadership team, as well as the commandant and company commanders.

As of January 2011, this professional team held more than 150 years of Federal legal service cumulatively – quite an achievement for a department of only five people; however, the OGC will be changing over the next few years.

The office is now addressing the challenge of maintaining its high standards and professional excellence in

the face of two pending and one recent retirement, along with a recent military transfer.

"Our challenge over the next three years is to replace our departing and retiring personnel with new personnel who have the background, experience and positive attitude necessary to measure up to our standards of prompt, professional service," said Baker, who has indicated he will retire in fiscal year 2012 after 12 years at the University.

Filling those shoes won't be easy. In addition to Baker's pending retirement, Brad Beall, the deputy general counsel and a retired Navy judge advocate (JAG), will be retiring in fiscal year 2011 after more than 20 years of service at the University. Anna Connellee, who has spent nearly 16 years in the OGC as a paralegal, retired during the Winter, but returned to the office on a part-time basis. Additionally, Lt. Col. Bill Boyce, the Brigade JAG recently transferred to Wright-Patterson Air Force Base, Ohio.

But, OGC clients can expect a seamless transition over the next few years. Jason Kaar, the associate general counsel and a retired Air Force JAG

with more than 14 years at the University is remaining on staff, along with the Mrs. Connellee. And Mr. Beall will return on a part-time basis. Finally, the new Brigade JAG, Air Force Maj. Mark Peterson, will report to the University in May. The OGC also has various general counsel "Reservists" and adjunct faculty from the Henry M. Jackson Foundation who can be available as needed.

"We are really hoping to have a smooth transition," Mr. Baker said. "We have been fortunate to have had high-caliber, dedicated professionals. We are going to really need the right people to fill their shoes."

During the interim, the OGC will continue to provide legal services for technology transfer, Ethics programs, student promotion committees, the National Capital Consortium, University contracts, University grants and agreements, and even civilian and military personnel issues. Additionally, Mrs. Connellee acts as the University's notary.

"I don't know that many people are aware of our role or how we operate," said Mr. Baker. "From classes on medical malpractice to the Law of Armed Conflict to International Law, including natural disaster support, we provide administrative law support, offer advice and can even help our customers with decisions."

The OGC maintains membership in the National Association of College and University Attorneys, the Federal Laboratories Consortium and the Federal Degree Granting Institutions. Unique to USU's OGC, the staff works for the University but also for the Defense Legal Service Agency, which is part of the DoD General Counsel.

"We have a dual-reporting system here," said Mr. Baker, a retired Army JAG. "But, this does provide us with some unique insights. We are always mindful of DoD interests, while also supporting the University's."

Continued to page 4

USU Sailor tested her mettle on the Gridiron

by Christine Creenan-Jones

The field is hot and conditions are treacherous. But, HM2 Wendy Cajas, a first sergeant for USU's Graduate School of Nursing, knows she can thrive under pressure. The well-primed Sailor, fueled by adrenaline and brute strength, tested her grit while driving back mighty forces on America's favorite battlefield – The Gridiron.

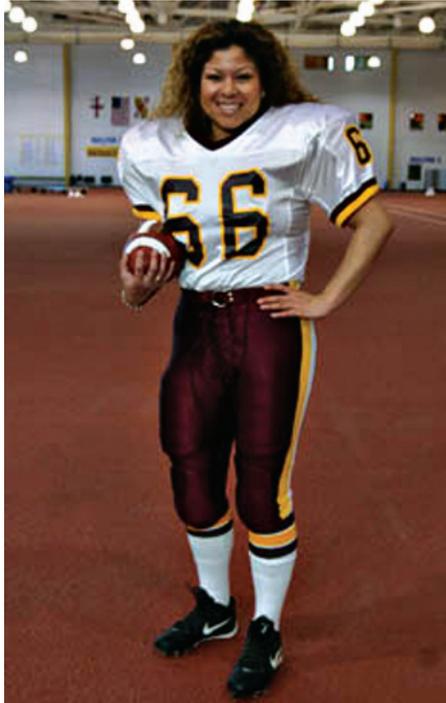
Cajas joined the D.C. Divas – a charter franchise in the National Women's Football Association – five years ago and turned the defensive line into her frontline. As an outside linebacker, she tackled her way to a championship season and shattered traditional gender stereotypes with every crushing hit.

“Women are just as rough and tough as men on football fields,” she said. “Our tackles sound like trains crashing and feel like bricks colliding.”

But delivering powerhouse performances game-after-game is hard work. Cajas trained with the Divas year-round, played through injuries and spent many weekends on the road.

“Football kind of took over my life back then. I was either working on base as a dental technician or practicing on the field. I didn't have a whole lot of time for anything else, because our playing schedule was so rigorous,” said the D.C. native. “Still, I loved being part of the team. It was a really fun time and a special experience for me.”

Her dedication paid off. After receiving new military orders, Cajas retired from professional football without a single loss on her record



Courtesy Photo

in 2006. Since then, the football champion has travelled around the globe and served on real battlefields, including a three-month deployment in the Middle East.

“Football is an amazing sport, but I'm most passionate about serving my country,” she said. “The Navy is a very diverse organization with many opportunities for Sailors like me.”

Cajas, like always, is setting her sites high with an ambitious career game plan.

“One day, I hope to be wearing a khaki uniform with anchors,” she said. “So, I'm going to keep working hard and continue proving myself every day – just like I did on the football field.”

OGC service

Continued from page 3

“Lawyers can be perceived in a negative light. The societal view is that lawyers can be the enemy,” Baker said. “But, this isn't true. Here we want our faculty, staff and students

to have the most positive experience possible. We work hard to create a positive image for every member of the USU family. We are fortunate in that we have established a real feeling of trust and we work hard to maintain that trust.

The Pulse Spotlight:

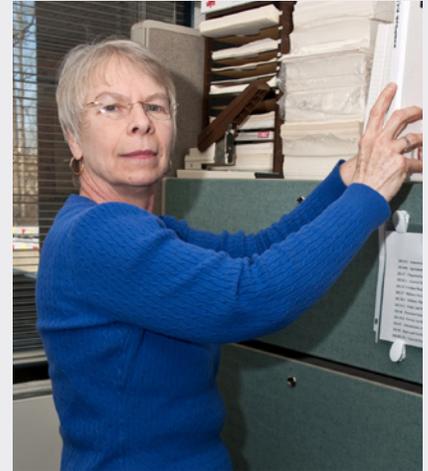


Photo by Staff Sgt. Matthew Rosine

Name:

Anna Connellee

Duty title:

Paralegal Specialist,
Office of General Counsel

How long have you worked at USU?

I have worked at the University for almost 16 years.

What brought you to USU?

I was told about a job opening in the Office of General Counsel by my neighbor, Mary Schwartz, and I applied for the position.

What is your favorite part of USU?

It is my privilege to serve as a notary public for the University. I notarize documents for the President, faculty, staff and students, and I enjoy the interaction associated with this position.

What advice would you pass on to people new to USU?

The Uniformed Services University is a special place to work. Your job at the University comes with a responsibility to perform your duties to the best of your ability. After you have been at the University for a while and have gotten to know everyone, you will find that employment here is very fulfilling, and you will make lasting friendships.

AFRRI “voice” honored

by Ken Frager



Photo by Dave Sandgren, AFRRI

Army Colonel and AFRRI Director Mark Melanson presents Donna Solyan with a USU medal during her retirement ceremony in March.

Friends and relatives recently celebrated the retirement of Donna K. Solyan, a 20-year veteran of the Armed Forces Radiobiology Research Institute (AFRRI) and an outstanding Federal employee for 32 years. Mrs. Solyan, who most recently served as supervisory editor and chief, Publishing Division at AFRRI, was presented with the University’s Outstanding Service Award during a ceremony held March 29 at AFRRI.

Mrs. Solyan’s responsibilities at AFRRI included providing writing, editing and desktop publishing services for AFRRI staff and leadership. For a decade, until 2006, she also was responsible for all photography, multimedia, graphics and video services for AFRRI.

“Donna’s impact at AFRRI, and at USU as a whole, will be felt for years to come,” said Bill Bester, vice president for External Affairs at USU, who offered remarks on behalf of USU president Charles Rice and also presented Mrs. Solyan with the President’s Coin. “I have had the opportunity to work closely with Donna for several years and have been impressed

by her dedication and commitment to AFRRI and to the USU. But it’s time for her to enjoy her real loves—her family, reading and quilting.”

Army Colonel Mark Melanson, Ph.D., AFRRI director, added that Mrs. Solyan’s understanding of the science, and her willingness to ask questions if something wasn’t clear, are just two of the remarkable qualities that will be missed. “Donna was the first person in my office when I arrived last year, letting me know that she was available to assist with my transition into this new and challenging environment and we hit it off immediately. There was no question that her interests were to help me if I needed it, as that ultimately would enable her to do a better job,” said Col. Melanson.

An educator by training, Mrs. Solyan began her career teaching in Utah, before moving to Florida, where she worked for the Naval Education and Program Development Center in Pensacola. While there she worked with Navy chiefs to develop training materials on deck operations and weapons.

Following a move to Japan for several years, where she worked as an editor and reporter for Stars and Stripes in Tokyo, Mrs. Solyan returned stateside, settling in Albion Mich., where she worked for several print media outlets. She returned to Federal service in a public affairs role for the Defense Realization and Marketing Service, serving also as the Defense Logistics Services Center and the Air Force Cataloging and Standardization Center at the Battle Creek Federal Center. She then transferred to Ft. Meade Md., where she was editor of the Voice of the First Army, the monthly tabloid covering all Reserve and National Guard Units in the Northeast.

HPRC Health Tips

The Human Performance Resource Center Health Tips is a new column intended to provide the USU community with information to help develop and maintain a healthy lifestyle. Check out the HPRC website at: <http://humanperformanceresourcecenter.org>.

Monitor your physical performance using your heart rate

Monitor your heart rate to ensure that you are training in the appropriate range for your performance needs. This simple practice will help you track the way your body responds to training to effectively optimize your physical performance. The American Council on Exercise (ACE) has information on how to monitor your exercise intensity using your heart rate, as well as an online tool for calculating your target heart rate. A similar online calculator is available from the Army’s Hooah 4 Health website.

Get enough sleep!

If you need an alarm clock to wake up in the morning, then it’s possible you’re not getting enough sleep. The optimum amount of sleep needed varies from person to person, and how much you need may change over time. Sleep loss increases your risk for high blood pressure, diabetes, heart disease, and weight gain. When you can wake up feeling refreshed and without an alarm clock, you know you have gotten enough sleep!

Check out these resources for more details:

- MedicineNet.com;
- National Sleep Foundation;
- How Much Sleep Does A Warfighter Need?

USU Employees of the Year Announced

by MC1 Chad Hallford



Photo by Thomas Balfour

Alonzo Cruder



Photo by Thomas Balfour

Mary Ann Burke

USU's office of Civilian Human Resources recently announced the 2010 Employees of the Year, Alonzo Cruder and Mary Ann Burke.

Mr. Cruder hails from the Department of Pharmacology, where over the last seven years he has seen his responsibilities increase from within the department.

"It's an honor to be selected as employee of the year. I was pleased to find out that I had been chosen. I want to thank my boss and my department for the recommendation and support in receiving this award," said Mr. Cruder.

Mr. Cruder's commitment to excellence of service to the University community has been demonstrated by his performance in support of the Medical Pharmacology course taught to second year School of Medicine students. He serves as course administrator, supporting the course director in organizing instructional materials, preparing student examinations, and recording grades.

"While Mr. Cruder's performance has been outstanding throughout his seven years in this position, his performance during the most recent academic year was truly exceptional," said Pharmacology Chair Dr. Jeffrey Harmon.

Mr. Cruder has eased the migration from Blackboard to Sakai (the new online software for managing and delivering course information), assumed responsibility for the transition to the new DAI accounting system, and has willingly provided critical support in preparation for the transition to the new SOM curriculum that will

effectively double his workload during academic year 2011-2012.

Mrs. Burke's commitment over a 12-year period earned her nomination from the Office for Student Affairs.

"I was very surprised at Dr. Richard MacDonald's recommendation in putting me up for this award. I am extremely appreciative and very humbled to be selected. It's nice to be recognized for doing the job to the best I know how," said Mary Ann Burke.

An example of her efforts is this past summer's hugely successful medical student Orientation Week. This week-long event was the climax of many months of preparation on the part of Mrs. Burke. Her careful planning and attention to detail resulted in what is considered by her leadership to be one of the best student orientations ever.

According to the nomination submission, Mrs. Burke built the programs and coordinated participation by every administrative office having interface with students, from the Office of the President to the Office for Environmental Health and Safety. The high-point of the event came during the class presentation assembly in the University courtyard. Much of the success of this week can be credited to the careful planning and coordination of Mrs. Burke.

"In my office I am fortunate to work with students as a primary function of the office, so I feel the work that I accomplish in this office impacts not only the students but the university as a whole," said Mary Ann Burke.

Beyond the formal activities of Orientation Week, her exceptional management of first- and second-year medical student support programs and her ready and capable assumption of key additional responsibilities critical to USU's mission, along with her willingness to reach out to new students and their families was unmatched.

Prestigious national survey recognizes several USU programs

by Christine Creenan-Jones

Several programs at USU were ranked among the nation's very best in a recent issue of *US News & World Report*.

Among those lauded, the Graduate School of Nursing's anesthesia program placed fifth out of more than 100 institutions surveyed. Several factors contributed to this impressive overall rating – including peer reviews and expert analysis of the program's curriculum and faculty and student bodies.

"The military has a long history of producing some of the best nurse anesthetists in the country, and USU plays a vital role in training many of

these providers to care for our nation's finest," said Navy Cmdr. Robert Hawkins, director of USU's Nurse Anesthesia Program. "The success of our nurse anesthesia program is due in large measure to the outstanding support we receive from both the university administration and the federal uniformed services."

Medical research, primary care and nursing at USU also scored high on the annual survey of graduate schools. This year's broad showing – up from the previous surveys – highlights the wide breadth and depth of the nationally recognized scholarship available at USU.

Briefs

Using Computer Resources

Security incidents continue to be a drain to limited USU Information Assurance manpower. The following highlight current DoD policy and best practices:

Personnel must not install self-coded or non-licensed software on network resources; add, remove, configure, or attempt to modify USU computer operating systems or programs; move audio/visual or network cables, computers or attempt to connect personal computers to the network including MDL and lecture hall spaces; connect personal devices except for those previously authorized by NOC; download pornographic material and store or display offensive material, such as racist literature, sexually harassing or obscene language or material; store or process classified information on any USU system.

Personnel must not permit unauthorized individuals access to a government-owned or government-operated system or program; access online gambling, games and social engineering sites, dates or times.

Helpdesk Closure

The NOC 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.

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 dates or times.

Professional activities

The Department of Defense and USU policy requires that all employees, both military and civilian, receive approval for engaging in any activity outside their work environment, which involves their professional expertise or government occupation, and involves compensation.

This approval is required prior to engaging in the activity.

In order to get approval, any employee can complete a USU Form 1004. This completed form must be approved and

signed by each department chair or activity head.

These forms are available in the General Counsel's office or online at the USU OGC Web site.

Completed forms must be turned in to the General Counsel's office. The form will be routed to the appropriate dean, brigade commander or USU president.

Once processing is completed, a copy of the approved form will be returned to the employee for the employee's records.

Contacting University Media Services

The Customer Service section of University Media Services (UMS), which includes graphics and multimedia design, has moved back to its recently renovated and improved location on the ground floor, Room G070. The UMS staff is available Monday-Friday, from 0730-1600, to assist you with all of your photo, video and graphic design needs, including medical illustrations.

The following is an updated phone listing for the UMS customer service area:

Front Desk	301-295-3337
Medical Photography	Tom Balfour 301-295-0240
Audio and Video Services	Willie Allen 301-295-9395
Graphics	Weekly Rotating Artist 301-295-9400
Graphics Supervisor	301-295-0257
Multimedia Design Supervisor	301-295-3339

Funding Applications

The USU Merit Review Committee is accepting applications for the fiscal year 2012 USU Intramural Research Funding.

Applications may be submitted for Pilot, Standard and Exploratory grant funding. New or revised applications will be accepted. Competing continuations are no longer funded. These applications are for basic, clinical or behavioral research.

Projects will be evaluated for demonstrated relevance to military concerns and/or are specific to the USU mission.

Eligibility for funding from the University's intramural program is restricted to USU-billeted civilian and uniformed faculty members with full, associate or assistant professor titles.

Late applications will not be accepted and incomplete applications will not be reviewed.

Applications must be submitted by June 17, 2011.

For additional information: <http://www.usuhs.mil/research/intramuralfunds.html> or contact the Office of Research at (301) 295-3303.



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