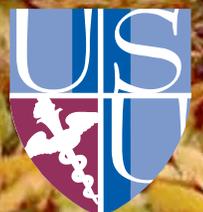


The Official USU Newsletter

the pulse

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Photo by Ken Frager

On the cover

Maybe it was a surgical training exercise or maybe it was just an Air Force representative who decided that the student lounge needed a bit of Halloween dress-up. The Pulse staff appreciates the effort!



Receiving, Distribution, and Records team plays critical role

by Ken Frager



Photo by Staff Sgt. Matthew Rosine

Members of the RDR team include (from left to right): Glen Nugent, John Rutherford, Barry Turner, Eric Smith, Gordon Privott, Jeremy Belk, Talibe Moore and Robert Carter.

You ordered office supplies or equipment for your lab, but you haven't received it yet. Who do you call to check on the order?

Chances are high that if there is an item in your office, lab, or classroom Distribution and Records (RDR) branch has processed it into the university. Whether it is a textbook, gas cylinder or microscope, RDR ensures that the items are properly received and recorded before making the delivery.

During the recently completed fiscal year, these stalwart workers remained dedicated to the timely processing of more than 33,500 transactions, with the goal of completing deliveries within 48 hours. Under the direction of Mr. Eric Smith, these dedicated workers get the job done.

"We have the benefit of some good technology that we can use to keep track of packages and orders," said Mr. Smith. "But when it comes right down to it, I feel like it is our

interaction with our customers and our ability to understand and respond to their concerns that makes us successful." His team encourages customers to remain proactive and to contact RDR early on if they feel there may be issues arising. Whatever it is that our customers are trying to locate, it is very important to them, even though we may not fully understand it. So we have to handle each transaction carefully, process it quickly, and make sure that it is either stored properly or delivered quickly. We are handling materials for the University, for AFRRI, and for all of the offsite locations, and we understand there could be a lot on the line."

According to Mr. Smith, if there is ever a question about a package or delivery, his team will pull out all stops to get an answer quickly. The RDR team can be reached at 295-9523.

Jackson Foundation names 2011-12 fellowship awardees

by Staff Sgt. Matthew Rosine

Three outstanding USU doctoral students received fellowships for the 2011-2012 academic year from the Henry M. Jackson Foundation for the Advancement of Military Medicine.

Jeremy Gilbreath, a fourth-year graduate student in the Emerging Infectious Diseases Program, received the Val G. Hemming Fellowship. Mr. Gilbreath, who works in the laboratory of Dr. Scotty Merrell, is investigating the structure and function of a protein that exhibits the unusual ability to regulate gene expression in both iron-bound and iron-free forms of the protein. This research may create a better understanding of the development of new drug targets and vaccine strategies for the prevention of *H. pylori*, which currently infects nearly half the worldwide population.

"I feel honored," said Gilbreath. "I'm a very motivated student, and I pride myself on my hard work and dedication. But, for the immediate future, I will keep plugging away and working toward finishing my degree."

Camden Elliott, a fifth-year student in the Medical and Clinical Psychology program at USU, received a Henry M. Jackson Fellowship. Ms. Elliott is completing her thesis project in Dr. Marian Tanofsky-Kraff's laboratory, spearheading a feasibility study to assess a new intervention involving parent training in the prevention of pediatric obesity. She hopes her research will help identify a successful approach to address the growing rates of childhood obesity.

Kerry Whittaker, a sixth-year student in Dr. David Krantz's lab within the Medical and Clinical Psychology program, also was awarded a fellowship from HJF for her project in the multidisciplinary field of cardiovascular behavioral medicine.

Ms. Whittaker's research focuses on the relationship between positive psychosocial factors like optimism and adaptive coping skills on improved

cardiovascular health. She says she hopes this research will contribute to the understanding of how increasing patient optimism and adaptive coping styles may mitigate or protect against heart failure. This research could potentially affect more than half a million Americans each year.

"I feel extremely lucky to be supported not only by my lab and the Medical Psychology department, but by the graduate education office and USU as a whole," said Ms. Whittaker. "To know that HJF also values my research and supports my doctoral dissertation work is not only validating, but also humbling."

The Henry M. Jackson Foundation is a private, not-for-profit organization established in 1983. It is authorized by Congress to support medical research and education at the Uniformed Services University of the



Photo by Ken Frager

2011-2012 HJF Fellows (shown left to right): Ms. Kerry Whittaker, Mr. Jeremy Gilbreath and Ms. Camden Elliott

Health Sciences as well as the broader military medical community.

Air Force celebrates 64 years of service

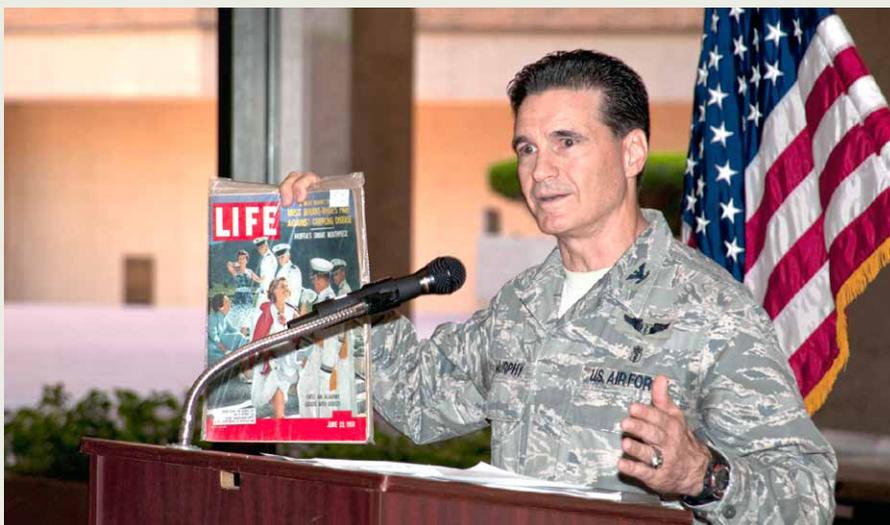


Photo by Thomas C. Balfour

Col. (Dr.) Sean Murphy (SoM '85), the Air Force deputy assistant surgeon general for Health Care Operations, shows a copy of Life Magazine from the year he was born, which corresponded with the first graduating class from the U.S. Air Force Academy. Murphy was the guest speaker for the Air Force's 64th Birthday celebration ceremony. Col. Murphy spoke about the honor, history and heritage the Air Force has garnered in its relatively short existence. Also during the ceremony Staff Sgt. Ann Ebony and Lt. Col. Linda Hogan cut the Air Force birthday cake together. It is a tradition that the youngest and oldest Airmen present at the ceremony cut the cake.

Medical icon hangs up white coat after 50 years

by Christine Creenan-Jones



Photo by Ken Frager

Dr. John Potter, who retired from the United States Military Cancer Institute after more than a half-decade of cancer research, accepts a gift from USU president Dr. Charles L. Rice. Among the guests at Dr. Potter's retirement ceremony recently were his family, friends, and associates, including Louis M. Weiner, M.D., director of the Lombardi Comprehensive Cancer Center at Georgetown University and Frank Charles Carlucci III, the 16th United States Secretary of Defense, who served during the Reagan administration.

More than fifty years ago – when Dr. John Potter's medical career was just beginning – cancer was a mystery. Treatment for the complex disease was rudimentary, hopeless in some cases even. A lot of work needed to be done in the field.

Fresh out of medical school, Dr. Potter was eager to leave his footprint on a fledgling discipline. Cancer care and research needed pathfinders, so he made this mission his life's work.

Dr. Potter's resolve led him to the National Cancer Institute (NCI) in Maryland. The bleakness was everywhere – some of the direst forms of cancer were treated in NCI's wards. But for Dr. Potter, the desperation for better solutions reverberated most in the pediatric unit.

"The children at NCI were all unique. We treated boys and girls of different races and ages with many kinds of tumors, but they shared one disturbing similarity. Almost all would die from cancer," he said. "This realization made

a huge impression on me, and it's an experience I'll never forget."

Those grim images of early cancer care led to powerful breakthroughs. Dr. Potter and other pioneers in the field have transformed the face of modern science in lifesaving ways. Today, more people are surviving cancer than ever before and the cure rate for childhood cancer is 80 percent.

Places like the Lombardi Comprehensive Cancer Center, founded in 1974 by Dr. Potter, were at the helm of this medical revolution. Unlike traditional hospitals, the innovative center had one focus – find better ways to care for cancer patients.

"Lombardi makes a tremendous difference," Dr. Potter said. "No doubt about it, treatment here and at other cancer centers is superior, because they have the organization of team effort that doesn't exist in many other settings."

Dr. Potter's important contributions didn't stop with the Lombardi

Center. After being appointed to USU's Board of Regents by President William Clinton, he discovered new possibilities for cancer research.

"As a Regent, I had the opportunity to visit places where service members received treatment for cancer. I was surprised there was no military cancer center, which I felt would improve patient care and research," Dr. Potter said. "I shared my feeling with USU's president at the time, and the Board of Regents approved the creation of the United States Military Cancer Institute (USMCI) soon thereafter."

Under Dr. Potter's leadership, the USMCI mobilized military-unique assets that have enormous potential to benefit cancer research in profound ways. A large population willing to participate in clinical trials, access to some of the world's best oncologists, and a vast database of electronic records are some of the USMCI's most unique resources.

"There are 9.2 million military beneficiaries around the world. Of these, more than 300,000 people will undergo cancer treatment or follow up this year," Dr. Potter said. "The USMCI has tremendous opportunities that just aren't possible anywhere else, because no other cancer center in the world comes close to reaching our patient numbers or research participation rates."

Though still in its infancy, the USMCI has driven cancer recovery into new and exciting directions. Dr. Potter, however, is no longer leading the charge. He retired in September after more than five decades of groundbreaking service.

"Dr. Potter is the kind of physician we should all try to emulate," said USU President Charles Rice, M.D. "He tackled a difficult problem with voracity and brought innovative solutions to the forefront of cancer care. His vision and fortitude have changed our university, military medicine and the world."

USU ranked at the top for gains in Federal funding for science

by VPE staff

The National Science Foundation recently ranked the Uniformed Services University of the Health Sciences (USU) at the top in the nation for the greatest increase in federal research funding. USU faculty and staff were responsible for an 893.9 percent jump over a 10-year period for schools with research and development in science and engineering. The report listed the top 100 universities which had experienced the biggest gains in federal funds between 1999 and 2009.

“This success is directly attributable to the high quality of faculty we have here at the USU,” said USU president Dr. Charles L. Rice. “The overwhelming majority of our research is directly relevant to our mission, including traumatic brain injury, suicide, emerging infectious diseases and tropical diseases. This could not have happened without the support in the office of the Vice President for Research and the Henry M. Jackson Foundation for the Advancement of Military Medicine.”

Rounding out the top ten were: New Mexico Institute of Mining and Technology (342.4 percent increase); Drexel University; University of Louisville; University of South Florida; University of Central Florida; Medical University of South Carolina; University of North Dakota; North Dakota State University; and, University of Maryland Baltimore County.

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>.

Tips for helping children cope with deployment

1) *Increase your knowledge/awareness of deployment-related issues.*

Understand the various ways in which a family is affected by deployment.

Understand the stages of the deployment cycle.

Find ways to improve public awareness of the need for support within communities.

2) *Increase your knowledge of and vigilance for depression and stress symptoms:*

Learn to recognize signs and symptoms of depression and other mental health concerns.

Understand common emotional phases in children and teenagers during times of deployment.

3) *Increase opportunities for connection and support:*

Show concern for your child. Many teens will refuse to express their concern over a deployment but will often respond to concern shown for them.

Help kids form networks with peers who have gone through or are going through a parent's deployment.

Provide opportunities for activities to keep children distracted.

Recognizing signs of distress in children

During deployment, the parent at home plays a pivotal

role in providing support for their children. Recognizing signs of deployment-related stress allows you to intervene and prevent future concerns. In young children, signs include unexplained crying, sleep difficulties, eating difficulties, and fear of new people or situations. In adolescents, signs include acting out, misdirected anger, and loss of interest in hobbies.

Overcoming jet lag without medications

If you've ever switched time zones, even as little as one hour, you may be aware that it can disturb your sleep and even disorient you in the following days. Without taking any medicinal countermeasures, you can typically adapt to your new time zone with about one hour of extra sleep per day after arrival (depending on with direction you're traveling). However, some operations require that you be able to perform within 24 hours of arrival. To better prepare and adjust to your new time zone, use these strategies:

One week before you travel, adjust your sleep schedule about one hour per night towards the time zone you are flying in—i.e., if flying eastward, go to bed and get up earlier; if flying westward, sleep later.

Before you take off and while on the aircraft, eat light snacks, avoid alcohol, and stay hydrated (with water).

On the aircraft, make sure that you are comfortable and able to nap before you arrive at your destination.

Setting your watch to your new time zone as soon as you board your flight will help you transition.

Take a short nap when you arrive at your new location, if you're able to do so.

Howell named senior employee

by Staff Sgt. Matthew Rosine

Marsha Howell, a budget analyst in the Office of the Dean for the Graduate School of Nursing (GSN), is the latest Senior Employee of the Quarter at USU.

Despite the accolades and praise, Howell remains humble about her work.

“I really am very surprised that I was picked,” she said. “There are just so many good people here that deserve this kind of recognition. It is still hard for me to believe.”

Howell began her USU career five years ago and has been called a “linchpin” of the administrative personnel at the GSN. As the school’s budget coordinator, Howell has provided her expertise as the GSN continues a 10-year re-accreditation process, involving major changes in the USU financial and accounting procedures.

Her efforts to process more than \$552,000 in acquisitions, including \$106,000 in teaching contracts, helped to sustain an important course for 75 master’s degree students.



Photo by Thomas C. Balfour

Marsha Howell

Howell saved thousands of research dollars by developing a Corbin contract funded through the University by the Department of Veterans Affairs to hire a research associate for a GSN faculty position. She also simplified the acquisition process for buying 60-inch monitors for the GSN conference room and to relocate

current monitors to contracting, which not only supported the GSN mission, but also saved money.

But, Howell has done more than just excel on the job. She has also helped support other administrative areas during times of personnel shortages, often undertaking many additional hours of work including evenings and weekends.

She has filled in for the Dean’s secretary, solved difficult travel problems, taught students the Defense Travel System capabilities to meet critical requirements, and led a team who re-organized administrative files and corrected errors prior to an audit. Her efforts helped the GSN receive a “complete compliance” inspection result.

Among many other activities, Howell also co-chaired the USU administrative officers meetings along with activity directors and administrators from both USU and AFRRI, in the absence of the lead administrator.

USU opens new season for FTX

by Staff Sgt. Matthew Rosine

A new chapter in the story of USU’s military training is being written, as the University begins its Field Training Exercise 101 for the first time.

Traditionally, FTXs have been held during the Summer months. But, the exercise has been moved to October.

“The exercised changed to better accommodate the request for training space and equipment,” said Sgt. 1st Class Ronald Wilson. “With implementation of FTX 101, the students can get a stronger foundation on some basic military skills.”

The FTX 101 will feature training in eight different areas including Weapons Effects and Force Protection,

Introduction to Land Navigation, Preventive Medicine and the Leaders Reaction Course.

The FTX will also draw on the expertise and training of more than 50 personnel across all the branches of service and from the myriad of University departments.

And, all of this effort is focused on one goal – outstanding training for USU’s students.

“With the changes, the FTX 201 can work on honing the FTX 101 skills and introduce skills necessary for FTX 301,” said Wilson. “In my opinion, I think this new model will be more beneficial to the student.”

Congratulations to the Alpha Omega Alpha Class of 2012

Peter Bell	Ian McDougall
Bree Baffer	Jaime Piercey
Robert Fenequito	Anna Romagnoli
Lucas Groves	Carolyn Salter
Billy Harner	Greg Stevens
Kallyn Johnson	Chris Tarney
Chris Knaus	Sam Weiss

Alpha Omega Alpha (ΑΩΑ), founded in 1902, is the national medical honor society. The mission of ΑΩΑ is dedication to the belief that in the profession of medicine we will improve care for all by recognizing high educational achievement, honoring gifted teaching, encouraging the development of leaders in academia and the community, supporting the ideals of humanism, and promoting service to others.

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.

Help Desk Closure

The Customer Service Division (CSD) Help Desk is closed for staff meetings and training on Thursdays from 2:00 PM until 3:00 PM. Online services are still available during this time. Utilize the USU Service Desk (<https://usuca/CAisd/pdmweb.exe>) to enter your request and it will be serviced accordingly.

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.

Around the Centers

by Ken Frager



Photo by Sharon Willis

Dr. Regina Armstrong, director of the Center for Neuroscience and Regenerative Medicine, was the featured lecturer during a recent Congressional Biomedical Research Caucus Lecture Series on Capitol Hill. Dr. Armstrong spoke about regenerative medicine and its role in improving recovery from traumatic brain injury in military service members.

Dr. Stephen Cozza, associate director at the Center for the Study of Traumatic Stress (CSTS) will receive the Frank Ochberg Award for Media and Trauma Study from the International Society for Traumatic Stress Studies (ISTSS) during the society's annual meeting in Baltimore in November. This award recognizes significant contributions by clinicians and researchers on the relationship of media and trauma. Dr. Cozza's work with Sesame Workshop to develop the Talk, Listen, Connect series was singled out as having a significant positive impact on the lives of military families.

Dr. Robert Ursano, chair, Department of Psychiatry and Director of the CSTS, has been selected to receive the 2012 American College of Physicians - National Menninger Award. Dr. Ursano is being recognized for his contributions to the scientific study of post-traumatic stress disorder, which according to the selection committee, "have been enormously helpful for all physicians, particularly internists."



USU kicked off the 2012 CFC campaign recently with a cookout and exhibitors fair. Guests heard from more than 10 charitable organizations, along with USU campaign leadership. The University once again has set its sights on achieving a goal of \$165,000 raised for the Federal giving campaign.



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