Aurora Borealis COA Branch Assembles Naloxone Kits

by LT Kayla Vujovich, CDR Anne Marie Bott, and LCDR Darrell Acheson

The Aurora Borealis COA (Anchorage, AK) and Project HOPE (Harm reduction, Overdose Prevention and Education) have an established partnership designed to spread awareness of the lifesaving capabilities of naloxone, supporting the Surgeon General's initiative to combat the opioid crisis. Project HOPE is a state-based program that aims to educate individuals on the signs and symptoms of an opioid overdose, provide instruction on how to properly administer naloxone to help save a life, and provide kits containing the necessary materials and guidance to assist an initial responder in reversing an opioid overdose.

On June 13 nineteen officers and four pharmacy students recruited from Anchorage Alaska’s local Aurora Borealis COA branch, worked together assembling naloxone kits for reversing opioid overdose. Assembled kits include two individual doses of naloxone nasal spray, full prescribing drug information, a large-print guide to identify signs of an overdose, directions on using naloxone for a known or suspected overdose, a face shield for CPR rescue breathing, and a pair of non-latex gloves. These items are placed in a labeled pencil case for convenient access, while also being compact and discrete.

Over 200 kits were assembled by COA officers and supporters. Roughly one-third of these kits have already been dispersed across the state of Alaska through outreach efforts conducted by fellow officers. Kits and training were provided as part of Emergency
COA Member Benefits

Capitol Hill Representation
Efforts on Capitol Hill continually support all Commissioned Corps officers – active duty and retired

Local Representation
COA Local Branches provide venues for meeting fellow officers and a forum for the discussion of issues within the Commissioned Corps

Newsletter reports on monthly activities and items of interest about the Corps & COA

Insurance Programs
Low-cost insurance programs that may continue as long as your membership in COA remains current

$7,500 for Online Degrees
$7,500 scholarships to earn online degrees, which include:
- MPH@GW
- MHA@GW
- HealthInformatics@GW
- MBA@UNC
- MBA@Simmons
- HealthcareMBA@Simmons
- IRonline (American)
- MBA@American

NYMC Online MPH
50 percent discount for the online MPH and certificate programs

Scholarship Program
College scholarships for children and spouses of COA members

Ribbon
Authorized to be worn on the PHS uniform by members in good standing when attending COA functions

 Legislative Update
COA Advocacy Behind the Scenes

by Judy Rensberger

As COA members know, we eagerly go to bat for PHS officers. We do this most often in the legislative arena, and usually in pursuit of an “Armed Forces” benefit that has excluded (or threatens to exclude) PHS and NOAA officers.

Whatever benefit COA manages to win, and however long it takes, the idea is to support the PHS Commissioned Corps and its active duty and retired officers. Whether it is GI Bill Transferability or upgraded maternity benefits or discounts at Disney World, any benefit won by COA is available to the PHS Commissioned Corps generally, not just to those PHS officers who supported the effort with their COA membership dues.

At any given time, COA has a dues-paying membership of approximately 5,550 active duty and retired PHS officers. Approximately sixty PHS officers, mostly active duty, serve on COA’s Legislative Affairs Committee. This is COA’s largest committee, and it is currently chaired by CAPT Paul “P.J.” Jung. Committee members work with COA staff to identify public policy issues of particular interest, and to keep the overall advocacy effort alive, ongoing, and relevant.

‘Members Only’ Benefit

There is one COA benefit that is available only to COA members. This is the behind-the-scenes casework that we undertake from time to time on behalf of individual PHS officers who have legitimate complaints crying out to be fixed. Casework is time-consuming. Success is never guaranteed, and our staff is small (six long-time, full-time employees).

Of the problems for which COA members may seek staff help, many involve misadventures with TRICARE. These tend to fall into my lap. Below, I describe one recent example.

Disappearing Rx Coverage

On June 20, COA received a request for help from LCDR Michael Clark, a longtime COA member and a PHS pharmacist detailed to the Bureau of Prisons. He had been notified by letter from Express Scripts that his dependent daughter, a TRICARE beneficiary away at college, did not have prescription drug coverage. (This was odd because her daughter had always had coverage; after all, her dad is a pharmacist.) The letter said that payment of $1,361 for eight prescriptions should be made within thirty days or the matter would be turned over to collections.

But it had taken fifteen of those thirty days for the letter to reach LCDR Clark. Moreover, before reaching out to us, LCDR Clark had gone to extraordinary

see LEGISLATIVE continued on page 8
A tenant command located on the 103 acre campus of the U.S. Coast Guard Academy (https://www.uscga.edu) in New London, CT, the Leadership Development Center (https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/LDC/) is an educational center of leadership excellence for the U.S. Coast Guard which offers some twenty leadership courses to over 5,000 officer, enlisted, reservist, and civilian Coast Guard personnel annually. One of these courses, the Senior Leadership Principles and Skills (SLPS) Course, is available to Public Health Service (PHS) officers who are assigned to the Coast Guard.

The purpose of SLPS is to develop leadership skills, knowledge, and performance for personnel making the transition from mid-level to senior management positions. In addition to the student-to-student learning and networking throughout the course, SLPS is a facilitated leadership seminar that focuses discussions around four core content areas, including the Five Practices of Exemplary Leaders (taken from the book The Leadership Challenge), interpersonal communications, speed-reading people and a senior leader perspective.
Promotions and Perspective

by CAPT Karen Munoz

Every summer, the USPHS Commissioned Corps releases its latest round of promotions. For weeks, officers stress out and anxiously await the good or bad news that is to come. “Did I get it this time?!” As June passes, every Friday means visiting the DCP website, and hitting refresh every few minutes. A team of your friends is probably on the lookout — the minute anyone hears anything you will all text each other to go look! — “Go look!”

Oh yes, you’ve all been there. I’ve been there. We’ve all been there. It’s stressful, it’s nerve-wracking, it’s painful. You try so hard throughout the year to participate in activities, to contribute to projects, all while trying to keep your head above water in your daily job. And yet, some of us don’t make it. Then another year passes, and you try even harder. You do more, you commit more, you join more, you work more. And yet some of us still don’t make it. Twice, three times, four times… and then there are times you just don’t know what to do anymore. You just can’t give anymore. You just can’t try any harder.

Well, I’ve offer my humble advice. Slow down. Breathe. Appreciate. And have some perspective.

I was forced to have perspective eight years ago - in October of 2011, I lost my twenty year old son to suicide. I wasn’t shocked, because he had struggled for quite some time. But the pain and loss was overwhelming and unbearable for a VERY LONG TIME. It was hard to survive those days. Every day was a struggle to get out of bed and drag myself to work — to try somehow to keep my head above water at work, even just breathe. There were things that I cared nothing about, and other things that sparked joy within me, so I poured myself into those things that actually made life better. I tell you this only because we all have terrible times in our lives -- and years that are simply awful. There are years that you cannot imagine having to put in a promotion packet, and years that all you can do is an adequate job at your duty station. And guess what? That is ok. Just keep swimming!

The pressures of life, along with the pressures of the Corps have weighed heavily on many fellow officers that I have known. And sadly, these pressures have led to suicides among our ranks — more than we probably realize in the last several years.

Well, promotion preparation season is upon us once again. COERs are usually completed in October, and packets are usually due by New Year’s eve. How can you handle it better? I’m a grandma, so I’ll give you Grandma Karen’s advice.

First - SLOW DOWN

Rather than rushing to put your packet together during the holidays, do it now, in October. Don’t wait till the last minute and stress yourself out more. Folks have different strategies for gathering their accomplishments through the year. Some keep a running typed list at work, some try to just recall it all while they put their packet together.

I have a little trick I do with my phone voice memos. When I’ve done something I want to remember to put into my OS or CV, I talk to myself - well… I talk to Siri. Take a quick voice memo, and save it with a title you can remember. It is quite effortless. Do this when you have a significant accomplishment at work, participate in an event, or receive some type of recognition — just take a voice memo! You can gather up all those voice memos to yourself as...
by CAPT Malaysia Gresham Harrell, LCDR Latasha Turner, and LT Jennifer Weekes.

The HSPAC Community Wellness Subcommittee, in collaboration with Resilience Through Meditation, NursePAC, Dieticians and Therapists, hosted the first ever Wellness Room, called the “Corps Oasis,” at the 2019 USPHS Scientific and Training Symposium in Minneapolis, MN. The Wellness Room offered wellness information and resources to PHS leaders, officers, family members, and other professionals who attended the Symposium to include: on-demand life skills coaching; educational materials on suicide prevention, diet and exercise, domestic violence, mental and emotional wellbeing, depression, anxiety, burnout prevention, and self-care; blood pressure checks; meditation sessions with and without Tibetan bells; yoga sessions; massages and other relaxation exercises; spirituality in working with First Responders and healthy snacks with positive messages and affirmations.

The Wellness Room was available Monday and Tuesday afternoons with approximately 200 participants benefitting from the provided sessions and activities. Following the Symposium’s opening ceremony, USPHS senior leadership (including the ASH,
JUNIOR OFFICER ADVISORY GROUP

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OBITUARY

John C. Villforth
December 28, 1930 - September 14, 2019

RADM (ret.) John C. Villforth of Rockville, MD, a Life Member of COA, passed away on September 14, 2019. He was COA chair in 2000 and was a founding member of the PHS Commissioned Officers Foundation for the Advancement of Public Health (COF). He was a recipient of the COA RADM Robert Brutsche Award.

Born in Reading, PA, to Grace and Carl Villforth, he was husband for sixty-six years to Joanne H. Villforth. He was father to Mary Jane Villforth-Smith, Elaine Villforth, and Jenna Villforth Veazey. He is survived by six grandchildren.

RADM Villforth was Assistant Surgeon General and Chief Engineer in the U.S. Public Health Service. He was also Director of the Food and Drug Administration’s Center for Devices and Radiological Health, the organization responsible for approving new medical technologies. After three decades of federal service, he became Executive Director of the Food and Drug Law Institute. He served on several industry boards.

While at the Food and Drug Administration, he was the “point man” for emergency response activities during the 1979 Three Mile Island nuclear plant accident on the Susquehanna River south of Harrisburg, PA. Seven years later, he provided technical advice and support to the Soviet government during the Chernobyl (Ukraine) nuclear plant accident.

RADM Villforth took great interest in the careers of others, and during the formative years of the Bureau of Radiological Health, RADM Villforth as the Bureau’s Director heavily recruited young people from academia through fellowships and other programs. In so doing, he personally nurtured the public health careers of countless young commissioned officers and civilians. A number of Bureau-sponsored mentoring and foreign exchange programs in which scientists from around the world participated were also initiated under RADM Villforth’s leadership. As Chief Engineer of the Public Health Service, he also pioneered the Engineer Career Development Seminar Series.

RADM Villforth held master’s and bachelor’s degrees in sanitary engineering from Penn State, as well as a master’s degree in physics from Vanderbilt University. He was honored with numerous medals and awards, including two Distinguished Service Medals, a Surgeon General’s Exemplary Service Medal, an Outstanding Commendation Medal, a National Emergency Preparedness Award, the Food and Drug Administration Distinguished Alumni Award, and, most recently, the John C. Villforth Founders Award of the Food and Drug Administration Alumni Association. He was honored as a Distinguished Alumnus of Penn State University.

RADM Villforth served on numerous boards relating to public health and was president of the Food and Drug Administration’s Center for Devices and Radiological Health alumni association. The association enables current Center employees and alumni to stay connected and to continue to learn from each other about how best to serve the public health.

Photography was a lifelong passion of RADM Villforth. Friends and family always knew him to be on the other side of a camera. He participated in several photography clubs in the local area.

Therapist Junior Officer: LT Kyle Knight

LT Knight is a Physical Therapist currently stationed with the Indian Health Service in Kayenta, AZ.

LT Knight implemented the Falls Risk Clinic at Kayenta Health Center. He’s been working with the Health Center’s electronic health records (EHR) integration committee to assist other providers in screening for falls risk. As such, he created a falls risk screening questionnaire to be implemented into EHR integration.

LT Knight has extended the reach of his expertise outside of Kayenta. He presented on the Falls Risk Clinic implementation at the National Conference on American Indian/Alaska Native Injury and Violence Prevention in July of 2019.
lengths to try to solve the problem himself. He had made a dozen phone calls but could not get much beyond unstaffed phone numbers or unavailable customer service representatives. A DEERS representative unofficially verified that his daughter did indeed have prescription drug coverage. So why was LCDR Clark being officially told otherwise?

LCDR Clark and I decided to skip the intricate, written appeals process laid out in the letter. We would focus instead on stopping the clock. That would buy time to figure out what the problem was, since the original letter had offered no clues.

Next Steps

Supported by my colleagues on The Military Coalition’s Health Care Committee, I took LCDR Clark’s case to our Committee’s contact at Express Scripts and asked for help. My letter sought three things: an investigation into the matter, a correction of the problem, and a letter to LCDR Clark stating clearly that the problem had been corrected and he owed nothing.

Express Scripts assigned an investigator. By mid-July, the problem had been unscrambled and solved. LCDR Clark’s daughter had never actually lost her prescription drug coverage. The error did not originate with Express Scripts, but Express Scripts had unwittingly acted on misinformation.

On 10 September, The Military Coalition’s Health Care Committee met with five Express Scripts managers, at their invitation, for discussion of issues of mutual interest. We do this on a quarterly basis. I had asked to be placed on the agenda. I used the opportunity not only to say thanks for making things right for LCDR Clark and his daughter, but also to offer some thoughts on how this kind of situation might be avoided in the future. This matter consumed far too much of LCDR Clark’s time. PHS officers detailed to federal prisons simply do not have the time to unscramble bureaucratic problems unrelated to their jobs and not of their own making.

In a future issue of Frontline, I plan to offer some ideas on how PHS officers can deal with these kinds of bureaucratic mistakes. Suggestions welcome.

LEGISLATIVE from page 2

PDASH, Surgeon General and Deputy Surgeon General) visited the Wellness Room and participated in the mindfulness meditation with Tibetan bells. The resources and experience of the supportive community environment was well received. The HSPAC received significant positive feedback regarding this endeavor.

The HSPAC Community Wellness Committee Leadership sends appreciation to those who assisted with planning and executing this highly successful event. We look forward to providing this wellness resource next year in Arizona. If you would like to volunteer or have ideas, feedback, and comments, please contact the Community Wellness Subcommittee Chair/Co-Chair: CAPT Malaysia Gresham Harrell: Malaysia.Harrell@fsis.usda.gov and LCDR Latasha Turner: LTurner@hrsa.gov

SKILLS COURSE from page 3

Modules during the five day course such as Conflict Management, Emotional Intelligence, and Personal Vision assignment, provide the opportunity for students to learn and reflect. The Senior Leader Perspective is an opportunity for flags, senior executive service or O-6’s to share their experience and lessons learned with the SLPS students.

The Senior Leader Perspective during the August 2019 SLPS course featured a unique opportunity for the PHS, as this particular session included the first-ever PHS officer invited to make this presentation. PHS Physician and Coast Guard Academy Clinic Medical Director CAPT Esan Simon spoke with the twenty-four officers and civil service Coast Guard leaders for this session. Covering a variety of leadership topics, reflections, and memorable lessons learned through his assignments with the Navy, PHS, Coast Guard, and Immigration and Customs Enforcement, CAPT Simon engaged with the students in an enjoyable session of discussion as well as question and answer.

Awareness of such rewarding and enriching professional development opportunities as SLPS through the Coast Guard or other such education and training courses for PHS officers, may provide valuable tools that will enable us to effectively execute the variety of tasks and missions we are called upon to complete in our service to the PHS.

WELLNESS from page 5

Officers host Admiral Brett Giroir and Rear Admiral Sylvia Trent-Adams

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On July 20, 2019, the Commissioned Officers Association hosted the inaugural Birthday Ball at the elegant Army Navy Country Club in Arlington, VA. It was a great experience to be in a room full of officers of all categories and ranks. Although there were many admirals present, there was nothing that compared to meeting the Assistant Secretary for Health and hearing about all his plans for the Corps in the future. The visual presentation displayed on the big screen showed many accomplishments from each category. We watched a very nice tango dance routine, and two officers did a poetic spoken word performance about the Corps. Although I enjoyed this night so much, I wished more junior officers had attended. One reason many did not attend was because of the initial uniform requirement, Dinner Dress Blues. Initially, I contemplated not going, wondering if I could afford a uniform that many junior officers do not wear often. After I decided to make the purchase and attend the ball, another challenge emerged: learning how to wear the uniform correctly. While searching online, I found many slide decks on how to wear our multiple uniforms. The problem was that the Dinner Dress Uniforms were left out. Thanks to the help from Navy Exchange (NEX) staff at Walter Reed, I was able to learn about many parts of the uniform but only as much as they knew. RADM Brandon Taylor gave me even more knowledge about how to wear the uniform and the actual PHS regulations that support his advice.

The obvious portion of the Dinner Dress Uniform is the Jacket. The Dinner Dress uniform comes in both the “Regular” and “Jacket” version. The Jacket is for a more formal event, whereas the regular Dinner Dress uniform uses a Service Dress coat. Some guides describe these two uniforms as Service Dress Blue (SDB) and Dinner Dress Blue (DDB). Officers at the 0-4 rank and above shall use the Jacket version, that is, Dinner Dress Blue (or White), while junior officers in the ranks of Ensign through Lieutenant “may wear the Jacket version but may not be required to do so.” (CCI 421.01, 8-1).

When wearing the Dinner Dress Blue uniform, “all” authorized ribbons and/or appropriately sized metals as annotated in an officer’s official personnel folder (OPF) are required to be worn. (CCI 421.01, 8-6). This is different from the regulations about wearing ribbons and medals with Dress Whites or Service Khakis where an officer has the option to only wear the top three highest awards in the OPF. For the Dinner Dress Blue Jacket uniform, miniature medals are to be worn (CC521.01, 6-25). The NEX base at Walter Reed does not carry the miniature medals, so they must be ordered from an outside vendor. A vendor that can be
LT Knight is a Physical Therapist currently stationed with the Bureau of Prisons at FMC Rochester in Rochester, MN.

LT Lyrata is one of only two Board Certified Neurological Certified Specialists in the Commissioned Corps. She manages a neurology clinic and works closely with the neurologist to ensure the best overall care of her patients. In addition, LT Lyrata runs a wheelchair seating and positioning clinic and is a falling stars committee member. She is active in the TPAC and was the Assistant Secretary for the TPAC Category Day at the USPHS Scientific & Training Symposium.

LT Lyrata is a contributing member for the TPAC Health Promotion and Disease Prevention Subcommittee (HPDP) Subcommittee. She was essential in creating the OBC APFT Training Guide, which is now currently provided to all newly commissioned officers at the Commissioned Officers Training Academy. She is also active with the JOAG Professional Development Committee (PDC) as the Assistant Secretary and Co-lead for the JOAG PDC Training and Education Subcommittee “Officer Spotlight.”
reminders when you are pulling your packet together.

But more importantly, slow down and focus on what is most important to you. Your first duty is to do an adequate, decent, or great job at your PRIMARY duty station. That is how we show our value as an officer to our agency. So when considering the extracurricular activities that you want to get involved with, prioritize those things that, as Marie Kondo says, “Spark Joy”. Don’t overwhelm yourself trying to compete with everyone else in your category. Don’t become so stressed that you cannot cope with the demands. Do what brings you satisfaction, and you will see that you will be better at it – because you love doing it. Take on activities that make you feel as if you’ve made a difference for someone, or for yourself. And if your heart isn’t in it - let it go.

Next, BREATHE

For your body, breathe while running, walking, doing yoga, or taking a bubble bath. Then, breath for your soul. I don’t mean just regular breathing that keeps you alive and keeps oxygen in your lungs. I mean the type of breathing where you smell the roses, smell your child’s hair, smell your wife’s perfume, smell the chicken pot pie in the oven, and smell the rain in the desert — that kind of breathing. Do this at least once or twice a day. And if you close your eyes while do it, then the next thing will come naturally.

APPRECIATE

Regardless of how much pressure we have as PHS Officers, the truth is that most of us spend much of our careers around our loved ones, in relative comfort and in locations mostly of our own choosing. We have the opportunity to leave a job that no longer brings us happiness, and move on to another job while maintaining our benefits and rank. We have a very competitive salary and amazing benefits. So let’s be grateful for all of this. When the pressure gets hard to bear, take a look at the positive aspects of our career and reframe your outlook. And importantly, reach out to a mentor to help walk with you through tough seasons in your career.

And finally, have some PERSPECTIVE

I have been friends with an amazing person who is in the Army. He is a West Point graduate. A helicopter pilot. He’s been deployed to war zones five times. He has two Purple Hearts and more medals that I can count. He has twenty-eight years in service to the Army -- many of those years were spent away from family, away from loved ones, and far from home. And he is going to retire as an O-5. And never once have I heard him complain, except maybe about how his knees make a lot of noise these days.

So, believe it or not, those of us in the Commissioned Corps have it pretty good. Promotion rates are going to slow down as the Corps settles into its new reality - the modernization of the Corps. But I ask you to think about your friends in our sister services who struggle to get to the ranks that we achieve usually more rapidly. Keep that perspective.

For everything, there is time and a season. So as fall 2019 comes upon us, may you remain grateful, patient and steadfast, and keep fighting the good fight. Till later.
their hearts (and lungs) out. These were no Winston Churchills, for whom the ever-present cigar is fairly much a theatrical necessity. No, these were made-up characters whose smoking was gratuitous. So, I did what I thought was appropriate: I wrote a letter to the Kennedy Center President and asked her to end smoking on stage. I told her the Kennedy Center was setting a bad example for the young people in the audience.

I should say here that COA and the Commissioned Corps have been very much involved in the anti-smoking effort in our country since Surgeon General Luther Terry issued his Report on Smoking and Health in 1964. Our Foundation has the words “for the advancement of public health” in its title, and we take this role seriously. We fight Big Tobacco every time an opportunity presents itself.

“You can be a national role model,” I told her. “The Kennedy Center can set the example for theaters throughout the country.” I told her that numerous studies have shown that young people—and there were many of them in the audience that day—are very influenced when they see smoking on television and in the movies. Though stage productions have not been studied specifically, I believe one can extrapolate and conclude that youngsters are also influenced by what they see on stage. If smoking is shown as desirable, they will try it, and many of them will get hooked on tobacco.

I point out that while opioid abuse and the deaths from it (about 70,000 per year) receive the most newspaper coverage, tobacco is the biggest killer by far, with close to 500,000 Americans dying each year from tobacco use.

The response from the Kennedy Center President was most disappointing. “The actors are smoking herbal cigarettes as props,” she said, as if that made any difference whatsoever. Herbal cigarettes look exactly like Marlboros—which is the reason they are used as stage props. They look like real cigarettes to the young people in the audience. She then compounded her hypocrisy by suggesting that the more important consideration was not public health, but “artistic expression.”

It was clear to me that the Kennedy Center leadership was not going to be open to changing their attitude toward smoking on stage. So, I reached out to the President of the Kennedy Center Board of Trustees, a local philanthropist named David Rubenstein. He did not respond to my initial letter, so I sent him another one, this time to his non-Kennedy Center place of business. I received no response from him.

I then wrote to the members of the Kennedy Center Board of Trustees, most of whom are elected members of Congress, receiving no response from any of them. Hypocrites all. They apparently saw no responsibility in their position on the Kennedy Center Board of Trustees, only the benefits which came with serving there.

It had meanwhile come to my attention that the Kennedy Center website listed “Altria Corporation” as a donor in the highest category, which is $200,000 per year and up. Altria, for those to whom the name means nothing, is the parent corporation of Philip Morris. Altria has also bought a significant share in the JUUL Corporation, the leading manufacturer of electronic vaping devices. I did not ask the Kennedy Center to give back the tainted money, but it seemed clear to me that the Kennedy Center’s attitude toward smoking on stage could be shaped by something more than “artistic expression.”

Thinking that The Washington Post has considerable influence with local decisionmakers, I drafted an OpEd and submitted it. The OpEd mentioned that forty-three state Attorneys General had recently sent a letter to big-time screen and on-line content producers like Netflix, Amazon, CBS, and Disney asking them to stop using tobacco imagery in their PG-13 products. The OpEd also mentioned the largesse visited upon the Kennedy Center by Altria. The Post took a few days, then sent me their standard, “Your OpEd does not meet our current needs.” I have had OpEds published previously in The Post, as well as in the New York Times and other top newspapers, so I am persuaded that it was not the quality of the writing or the reasoning that resulted in its rejection.

Instead, I am totally convinced that the editors of The Post do not want to anger the leadership of the Kennedy Center, with whom I am sure they are quite familiar. I am not saying that the newspaper gets “bought off” with free tickets or anything that crass. I am simply suggesting that the top of the social pyramid in the DC area is very narrow and that everyone at the top knows everyone else. I am sure, for example, that Kennedy Center Board Chairman David Rubenstein and Post editors are undoubtedly acquainted with each other.

It’s really too bad that individuals who purport to be philanthropists and protectors of the public good do not admit to the insidious manner in which tobacco companies hooked generations of soldiers, sailors, airmen, and marines on cigarettes and killed many of them with their products. It’s too bad that one of our country’s leading newspapers is afraid to tackle the clear conflict between large tobacco company contributions and a refusal to ban cigarette smoking on stage.

Several years ago the Assistant Secretary of Defense for Health Affairs drafted a memorandum which pointed out that 175,000 currently-serving military servicemembers would die from their smoking. To put that number into perspective, that is more servicemembers than were killed in combat in the Revolutionary War, War of 1812, War with Mexico, War with Spain, World War I, Korea, Vietnam, Iraq, and Afghanistan, combined. That’s right. Tobacco will kill more serving U.S. servicemembers than were killed in all of these wars combined.

You as public health professionals know the long, continuous, and unrelenting opposition of US Surgeons General to tobacco use, and you know that the tobacco companies have to recruit thousands of young users every year to replace the older ones who die from using their products.

It disappoints me that the Kennedy Center leadership does not see that they can have fine stage productions that do not serve as recruiting venues for new tobacco users. I lost this one, at least see EXECUTIVE DIRECTOR on page 13
now, but I predict that someday all stage productions will be smoke-free. “Artistic freedom” is just another way of saying, “lazy writer.” They will get it someday, and I only hope that their consciences will bother them when they look back on their cavalier attitude toward the dangers of smoking and realize that they were part of the tobacco company’s effort to recruit new users. They probably understand this quite well, for they are being paid well, through Altria’s “charitable” (and tax-deductible) donation, to turn a blind eye to this insidious practice.

EXECUTIVE DIRECTOR from page 12

We are proud to announce the distribution of naloxone kits to several organizations and events in Alaska. The kits, which were assembled by our Aurora Borealis branch officers, have been distributed to organizations such as Project HOPE, Southcentral Foundation Detox, and the Alaska Federation of Natives. These kits are made possible through Project HOPE’s statewide naloxone distribution program, which has been working to save lives from opioid overdose.

These kits are distributed to at-risk or interested members of the community during events including Project Homeless Connect, Southcentral Foundation’s Annual Gathering event, and the Alaska Federation of Natives Annual Convention. Past efforts of Aurora Borealis branch COA officers have resulted in over 130 kits being assembled and aiding Project HOPE in the distribution of over 11,000 naloxone kits statewide to save over 140 Alaskan lives from opioid overdose.

Naloxone from page 1

Medical Technician (EMT-1) refresher training, obstetrician emergency response simulation events for in-home nursing and Southcentral Foundation Detox personnel, and to the Alaska Community Health Clinic, Department of Health and Personal Wellness, and Department of Community Safety and Peace in the remote village of St. Paul Island. The remaining kits were sent back to Project HOPE for future planned community events.

Officers have distributed kits to at-risk or interested members of the community during events including Project Homeless Connect, Southcentral Foundation’s Annual Gathering event, and the Alaska Federation of Natives Annual Convention. Past efforts of Aurora Borealis branch COA officers have resulted in over 600 kits being assembled and aiding Project HOPE in the distribution of over 11,000 naloxone kits statewide to save over 140 Alaskan lives from opioid overdose.

Ball from page 9

One portion of the Dinner Dress Jacket uniform that many people are not aware of is the cummerbund. This gold band is worn around the waist and fastened in the back. It is important to wear the pleats up, around the waist, overlapping the trouser top by at least 1 inch. (CC421.01, cummerbund).

The dress shirt under the Dinner Dress Jacket is not like a simple dress shirt that goes under Service Dress Blues. This is a white formal dress shirt with a turndown collar and a plain stiff or wide-pleated soft front. Plain shirt studs and plain gold or decorated cuff links are required with the Dinner Dress Jacket uniforms. Collar devices, ribbons, or name tag shall not be worn with this shirt. (421.01).

Lastly, one part of the uniform that was shocking to me was the trousers. At first sight, they look just like the trousers that are worn with the SDBs. These trousers are made high-waisted with two front pockets and fore and aft creases made of the same material as the Dinner Dress Jacket. They are not the same as the SDB trousers.

There are obvious differences between the male and female uniform, including hard shoulder boards for men and skirts for women.

Overall, I had a blast at the Ball! My wife and I love getting dressed up. Having CDR Kun Shen take elegant pictures with the PHS backdrop made the event unforgivable.

Below are the remaining portions of the uniform for men and women:

If you have any questions about this uniform, please contact me at nuri.tawwab@fda.hhs.gov!
PHS Commissioned Officers Foundation
Donations Received, September 1 to September 30, 2019

Founders Society $2,500
LCDR Tiffany Pfundt^  
Silver ($250)
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