

# ONE HEALTH

PEOPLE ♦ ANIMALS ♦ ENVIRONMENT

Army Public Health Center

Spring 2016



## USAPHC cases colors

PLUS:

- ▶ APHC launches veterinary newsletter
- ▶ Noise engineer earns top honors



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(COVER) Col. John V. Teyhen III, outgoing commander of the U.S. Army Public Health Command and Sgt. Maj. Alicia Singer, senior enlisted advisor at the USAPHC, furl the official flag of the USAPHC during a casing ceremony May 17 at Aberdeen Proving Ground, Maryland. More than 200 attendees, including Army Surgeon General Lt. Gen. Nadja West, witnessed the event.



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## Army Public Health Center launches veterinary newsletter

ESSIE PFAU & LT. COL. WENDY MEY  
ARMY PUBLIC HEALTH CENTER



The Army Public Health Center announced the launch of the Veterinary Connections newsletter, a quarterly newsletter written by Army veterinary services personnel for Service members, retirees and other Department of Defense beneficiaries. (Photo courtesy Army Public Health Center)

The Army Public Health Center Veterinary Services Portfolio is proud to announce the launch of Veterinary Connections newsletter. Veterinary Connections is a quarterly newsletter written by Army veterinary services personnel for Service members, retirees and other Department of Defense beneficiaries. The newsletter is designed to provide DOD beneficiaries with practical and useful information about animal health, food safety and one health. One health refers to the interactions between animals, humans and the environment.

The premiere edition includes information beneficiaries can use on such topics as protecting themselves from Salmonella infection resulting from contaminated pet food; keeping their dogs safe from artificial sweetener poisoning; learning about egg safety and learning about the benefits of and special safety considerations when shopping at farmers markets.

Each edition also includes links to help readers locate their local Army veterinary treatment facility, as well as an e-mail address for reader feedback.

Veterinary Connections is currently available for download from the APHC at <http://phc.amedd.army.mil/whatsnew/Pages/PublicationDetails.aspx?type=Veterinary%20Connections>.

Printed copies will be available for customers at Army veterinary treatment facilities. VTF personnel may order print copies from the APHC Health Information Products e-Catalog at <https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=751>.

Army veterinary services personnel serve around the world supporting the Department of Defense as proponents for animal health and food protection. ▲

Learn more at <http://phc.amedd.army.mil/organization/hq/dvet/Pages/default.aspx>.

*APHC repeats as*  
**intramural basketball  
 champions**

Story and Photos by  
**YVONNE JOHNSON**  
 APG NEWS

The Army Public Health Center-HHC team, also known as PHC-HHC, completed a season-long quest and outlasted Team Grape Jam Jelly, 58 to 49 to repeat as APG intramural basketball post champions during the deciding game at the APG North (Aberdeen) athletic center March 21.

The game was much closer than the score indicates as PHC-HHC had to come from behind to overtake its feisty and talented opponent.

Referees Mel Barter, Andrew Smith and Mark Bedford called the game.

The first half was pretty much all Grape Jam Jelly. PHC struggled with ball control and turnovers and seemed unprepared for Jelly's aggressive defense. Jelly led 31-27 at the half.

During the break, PHC Coach James Mitchell, the unit's first sergeant, said the team, made up of Soldiers and civilians, would step things up in the second half.

"We had our ups and downs during the season but we didn't lose any games in the playoffs," he said. "In the second half we have to play better defense if we want to win this."

Jelly Coach Marvin Bryan said most of his players were Communications and Electronics Command civilians "with a couple of Soldiers mixed in." He said though PHC closed the scoring gap before the half, for the most part they were able to play their game and keep PHC in check.

"You can't ask for more than that," he said. "In the second half we plan to keep up the intensity, keep up the defense and stay within our game plan."

In the second half the teams were nearly complete opposites. PHC players found their legs and dominated offensively and defensively while Jelly, saddled with turnovers and fouls, struggled to keep up.



From right, PHC's Jeff Pettiway #20 slows down the dribble as Jelly's Tim McMillan #21 defends and Wilbur Davis #22 of PHC moves in to check Jelly's Phil Bingham #34, Kenny Telsee #23 and Hersey Taylor #41.

PHC tied the score two possessions into the second half with a layup by Wilbur Davis followed by a steal and another layup by Brandon Schmitz.

Jelly's Kenny Telsee responded quickly, taking possession of the ball at the PHC end of the court and charging through traffic to sink an untouched layup at the other end, putting his team up 33-31. It was Jelly's last lead of the game.

PHC shifted into full throttle and took off to a 5-point lead, scoring seven unanswered points, highlighted by a swooshing Pettiway 3-pointer from the perimeter.

Jelly stayed in it, but never regained the lead or control of the game.

Other key contributors included PHC's Wilbur Davis and Jelly's Lorenzo Burks.

"Outstanding teamwork. Great job," said PHC Senior Enlisted Advisor Sgt. Maj. Alicia Singer who accepted the championship trophy on behalf of the unit.

After the game, Telsee, an administrative assistant with the Joint Program Executive Office for Chemical and Biological Defense and one of the game's prolific shooters, said it was hard to take the loss.

"We just came up a little bit short but we had a lot of fun," Telsee said. "Collectively, as a team, we'll just have to regroup and try again next year."

PHC's Jeff Pettiway, who probably who would have been the game's high scorer if those statistics were kept, said the win "felt good."

"We've got a great group of guys," he said. "Hopefully we'll get everybody back healthy and go for a three-peat." ▲



PHC-HHC team members pose with PHC senior enlisted advisor Sgt. Maj. Alicia Singer, center, and their intramural basketball championship trophy and medals after repeating as post champions at the APG North (Aberdeen) athletic center March 21. From left, Wilbur Davis, Scott August, Lester DeRoche, J.P. Peterson, Antoine Wagner, Brandon Schmitz, Jeff Pettiway, Manu Cooper, James Mitchell and Larry Bailey. Not shown is Ashley Beale, the team's lone female player.

# ARMY MEDICINE LAUNCHES CIVILIAN MENTORSHIP PROGRAM

**CHANEL S. WEAVER**  
ARMY PUBLIC HEALTH CENTER

After serving 24 years of federal service, Sherri Langston, a program manager in the Army Public Health Center's Health Risk Management Directorate, has had quite a rewarding career. After graduating from the U.S. Military Academy at West Point, she served three years as an officer in the active-duty Army, to include service in the first Gulf War. She has traveled extensively—working as an Army civilian in various places including Baumholder, Germany; Fort Lewis, Washington and her current location at Aberdeen Proving Ground, Maryland.

After serving 24 years of federal service, Sherri Langston, a program manager in the Army Public Health Center's Health Risk Management Portfolio, has had quite a rewarding career. After graduating from the U.S. Military Academy at West Point, she served three years as an officer in the active-duty Army, to include service in the first Gulf War. She has traveled extensively—working as an Army civilian in various places including Baumholder, Germany; Fort Lewis, Washington and her current location at Aberdeen Proving Ground, Maryland.

But if you ask Langston if she could change one thing about her Army career, she has a quick response.

"I wish I had a mentor," she said.

One of Langston's personal philosophies is to not mention a problem without offering a solution. So when applications were solicited for the Army Medical Department's Civilian Corps Mentorship Program, Langston eagerly applied.

"I wanted the opportunity to help guide someone who could benefit from my experience as an Army employee," said Langston.

More than 130 applications were received, and Langston was one of only 35 employees selected to participate in the AMEDD Civilian Corps Mentorship Program.

After learning she was accepted, Langston was excited about the future.

"I saw it as an opportunity to mentor others and to simultaneously share what I learn with other personnel who work with me here at the APHC," said Langston.

Langston attended initial training in January 2016 at the Army Medical Department Center and School, Fort Sam Houston, Texas. During the three-day training, personnel were provided mentorship and leadership training together and were able to meet their assigned mentor/mentee, sign a mentoring agreement and begin establishing goals. The pilot program is scheduled to be conducted for a year and will be evaluated quarterly with standard reporting requirements.

One of the highlights of the training was meeting her mentee, Katrise Newman at Fort Campbell, Kentucky. Newman said she looks forward to learning from Langston.

"I applied to the mentorship program

**"The MEDCOM Civilian Mentorship program is a great opportunity to develop both junior and senior members of our team. Mentees get guidance, assistance and encouragement in planning and developing their future."**

—Gregg Stevens

because I wanted to excel in my career field and I needed guidance from someone that could help me on the path to become a supervisor first," said Newman. "My impressions of Ms. Langston have been very positive. She is as eager as I am to help me progress. She stays in contact with me to ensure we are on one accord. I believe that she is a great match for me!"

Gregg Stevens, Deputy to the Commanding General at the AMEDD Center and School, has been working to develop a mentorship program for the AMEDD Civilian Corps for many years, and is excited to see it come into fruition. The program will initially be focused on mentorship for 15 Corps members in grades GS 1–10 or equivalent, with the mentors being Corps members in grades GS 10–15 or equivalent, and will expand to senior grades as the program develops.

He said a goal of the program is to become a robust mentorship program for more civilians to participate.

"The MEDCOM Civilian Mentorship program is a great opportunity to develop both junior and senior members of our team," said Stevens. "Mentees get guidance, assistance and encouragement in planning and developing their future. Mentors get to lead and learn as they provide their guidance since no one learns things better than those who teach them. The best part is both mentees and mentors add to their capability and capacity to make contributions to the Army Medicine mission."

Although Langston never had a mentor, she is thrilled to be paving the way for those who follow her.

"Working for the Army can lead to wonderful opportunities for employees who are self-motivated," said Langston. "I've had quite a fulfilling career, and I want to shape the next generation of leaders by serving as a mentor to others in my field." ▲



(TOP) Sherri Langston, a program manager in the Army Public Health Center's Health Risk Management Directorate, will serve as a mentor to Katrise Newman as part of the Army Medical Department's Civilian Corps Mentorship Program. (Photo courtesy Sherri Langston, Army Public Health Center)

(BOTTOM) Thirty-five employees were selected to participate in the AMEDD Civilian Corps Mentorship Program. The pilot program is scheduled to be conducted for a year. (Photo courtesy Sherri Langston, Army Public Health Center)

## BOSS president leads from the front

JESSICA MARIE RYAN

FAMILY AND MORALE, WELFARE AND RECREATION

**S**ignificant developments in one's career can come from unlikely places. For one Soldier, a community recreation program gave him growth opportunities far beyond what he had imagined.

Staff Sgt. Eric Jimenez, a laboratory sciences non-commissioned officer in charge at Aberdeen Proving Ground, Maryland, is one of the Soldiers behind the creation of the new Army Performance Triad's "Cooking Guide for Soldiers" and an assessment instructor for the Office of the Surgeon General.

In addition to his already demanding schedule, he serves as his garrison's president for Better Opportunities for Single Soldiers, a program run by the G9 Family and Morale, Welfare and Recreation Directorate of the U.S. Army Installation Management Command.

Jimenez credits his career accomplishments to the BOSS program. Within a few short years, Jimenez went from a specialist adjusting to his new duty station to becoming a leader in his community.

In March 2012, Jimenez arrived to

Aberdeen Proving Ground after finishing an overseas assignment.

"I was having a hard time transitioning and finding my battle rhythm when I first moved to APG from South Korea," he said.

His roommate, the BOSS program's vice president at the time, invited him to attend a few meetings. Jimenez immediately became actively involved in the program and was soon selected to be the treasurer in the executive committee.

A turning point in Jimenez's career, he worked one-on-one with senior leaders. Garrison command sergeants major are the senior enlisted advisors to the BOSS program and work alongside Soldier representatives to get their "boots on the ground" and better understand the issues and challenge single Soldiers face.

"The BOSS program afforded me an opportunity to develop leadership skills while I was a specialist," he said. "I began to learn more about caring for Soldiers and leading from the front. I was always a hard worker, but the knowledge and wisdom my leaders provided made me efficient."

*Several members of the APHC Performance Triad (P3) Team recently met in support of the P3 Pilot at Fort Benning, Georgia. (From left to right: Brittney Mengistu, Melina Stephen, Master Sgt. Brad Burgess, Jessica Ford, Staff Sgt. Eric Jimenez and Arnell Garrett.)*

His confidence grew as his seniors encouraged him to try new ideas.

"Command Sgt. Maj. James Ervin's [the previous APG senior enlisted advisor] support and excitement made it easier for us to grow and develop," he said. "He would sit me down in his office every week and tell me that we [the BOSS Soldiers] are going to make these events happen. Together, we built the program beyond expectations for a small installation."

Jimenez now serves as the program's president. Under his leadership, he plans activities and events encompassing the program's three pillars: quality of life, recreation and community service.

His passion particularly lies in one pillar—quality of life—since he is assigned to the Army Public Health Center. Last year, BOSS representatives and he came together to create the center's "Cooking Guide for Soldiers."

Jimenez naturally took the lead on the project. He aimed to educate Soldiers on the basics of healthy cooking such understanding serving sizes, buying essential cooking supplies and knowing how to read nutrition labels.

This is a major topic in the BOSS program. Last September, BOSS representatives worldwide attended the program's Future Leader Training forum. Life skills, a layer of the quality of life pillar, was in the forefront as representatives learned ways to develop more life-skills-based programming.

"If you look at the Chief of Staff of the Army Gen. Mark A. Milley's message, it is all about readiness," said Sgt. Maj. Michael Hatfield, from the G9 Family and MWR, during the forum.

"So we added what we call 'life skills' to the training," Hatfield said. "If a Soldier has a lot of life skills, then the acts of discipline tend to be lower. We are showing how to perform certain skills like cooking a nutritious meal."

According to Jimenez, the guide has already received good feedback from other Soldiers.

"Every Soldier that has reviewed the book has found something they did not know and said, 'Wow, I need to try that!'" he remarked.

"Healthy eating is going to be fun," he added. "BOSS programs are teaming up with installation registered dietitians to host cooking demonstrations for Soldiers. Some installation programs are taking Soldiers to the commissary and going over nutrition labels and how to pick the right produce."

In the way ahead, Jimenez will continue to think of innovative ways to educate fellow Soldiers. He and BOSS leaders from other garrisons are planning events and activities to promote readiness while keeping Soldiers engaged and entertained.

He will always credit the BOSS program for getting this far in his career.

"The BOSS program can be seen as a leadership factory," he said. "Soldiers learn how to plan, develop, coordinate and most importantly execute."

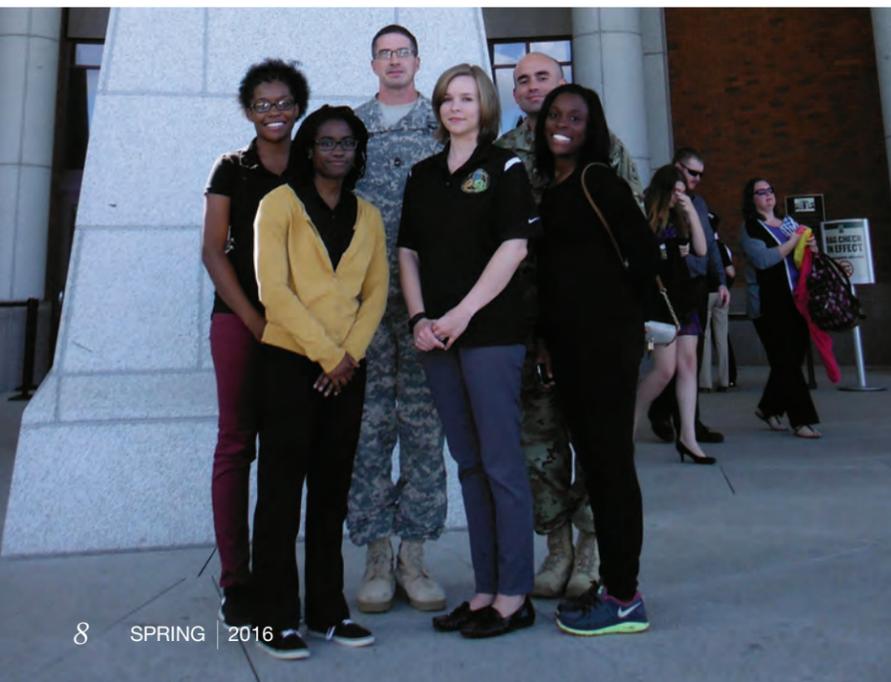
It is no easy task to be a BOSS representative according to Jimenez. It takes a certain Soldier to take on such a challenging role, and senior leaders like Hatfield take notice of these emerging stars.

"What we look for in a BOSS president is someone who has more than the average person. We are looking for someone who is able to learn new skills, have people skills, and reach out to their communities," said Hatfield.

"They are the bridge that bonds a community." ▲

**“The BOSS program afforded me an opportunity to develop leadership skills while I was a specialist.”**

—Staff Sgt. Eric Jimenez



*Staff Sgt. Eric Jimenez, assigned to the Army Public Health Center, educates leaders on the Army Performance Triad at Fort Benning, Georgia. The Army Performance Triad is a comprehensive plan to improve readiness and resilience through public health initiatives and leadership engagement. (Photo by Master Sgt. Brad Burgess, Army Public Health Center)*

## Army Public Health Center launches digital magazine focused on health, fitness

**ASHLEY BEALE**

ARMY PUBLIC HEALTH CENTER

**T**he Army Public Health Center is excited to announce the launch of a new digital magazine called Army Health & Fitness, now available for download in Google Play and the App Store. Army Health & Fitness seeks to inform Soldiers and beneficiaries of trending public health issues by providing an interactive experience featuring videos, animations and quizzes that engage the reader. The app houses the magazine and sorts each issue in a comprehensive list, allowing for easy identification.

The magazine is developed through a partnership between the Health Communication Science Program and the Visual Information Department. APHC subject matter experts also serve as content contributors. Army Health & Fitness editors and designers hope to continue to create and develop intriguing features for the magazine that will keep the readers coming back for more.



*The Army Public Health Center announced the launch of a new digital magazine called Army Health & Fitness, now available for download in Google Play and the App Store. Army Health & Fitness seeks to inform Soldiers and beneficiaries of trending public health issues by providing an interactive experience featuring videos, animations and quizzes that engage the reader. (Photo courtesy Army Public Health Center)*

The winter issue was released in February and spring issue was published in March 2016. You can download the app by searching "Army Health & Fitness" on your smartphone or tablet app store. ▲

*For more information on the new digital magazine, contact the Army Health & Fitness editors by email or social media: [usarmy.apg.medcom-phc.mbx.dps-fitforce@mail.mil](mailto:usarmy.apg.medcom-phc.mbx.dps-fitforce@mail.mil) or use #ArmyHnFmag on Twitter and Facebook.*

## Noise engineer earns top honors at Pentagon ceremony

**CHANEL S. WEAVER**

ARMY PUBLIC HEALTH CENTER



**C**harles Jokel, a noise control engineer at the Army Public Health Center, was recently named a winner in the fiscal year 2015 Defense Standardization Program. An achievement award was presented to Jokel at the Pentagon's Hall of Heroes ceremony March 16.

Jokel and his fellow Department of Defense teammates earned the award for work they did to develop a new noise limit standard for military materiel. The previous noise limit standard was developed in the 1970s, when scientists and engineers had limited information on how loud noise impacts overall hearing. Forty years later, and by using modern tools and equipment, Jokel and his team were successful at developing a new, evidence-based noise standard that was recently adopted by the DOD.

*Charles Jokel, a noise control engineer at the Army Public Health Center, was recently named a winner in the fiscal year 2015 Defense Standardization Program. An achievement award was presented to Jokel at the Pentagon's Hall of Heroes ceremony March 16. (Army photo)*

"The new noise limit is a significant achievement because it allows us to take another step in preventing hearing injuries for our DOD personnel," said Jokel.

Those who know Jokel well say they are not surprised that he received such a prestigious award. His colleagues say he makes tremendous contributions to the Army.

"Chuck is one of those people who make coming to work very enjoyable," said Lt. Col. Martin Robinette,

*continued on page 12 ►*

continued from page 11

the Army Hearing Program manager at the APHC. “His intellect and grasp of acoustical problems makes every discussion a learning experience, and his depth and breadth of experience and knowledge make him a unique resource within the DOD. I’m very glad that he is a part of our team.”

While Jokel was proud to be recognized by the DOD, he does not take all of the credit for his success.

“It wasn’t just me...it was a team effort,” said Jokel. “The people who worked on the committee are the world’s foremost experts in each of the service branches. All of them were key elements in getting the work done.”

Jokel’s path to becoming an Army employee was not a straight one, but a varied one that took many detours. He earned a bachelor’s degree in biology from Brooklyn College and a master’s degree in teaching at Colgate University in Hamilton, New York. His first job consisted of teaching science to seventh grade students in Montgomery County, Maryland public schools, pioneering a new science curriculum to these young students.

But Jokel was not satisfied with his career, so he went back to school for his first love: engineering. He earned a second master’s degree in the engineering field from the University of Texas.

He then landed a job working as a noise consultant

for industry and worked at Bolt, Beranek and Newman firm, where he had the privilege of working with experts in noise and noise control. BBN designed the acoustical features in many of the world’s most renowned concert halls and famous buildings, starting with the United Nations facility in New York City.

Eleven years ago, Jokel was recruited to work for the Army, and he admits that it is the highlight of his career.

“I think it was fortunate for the Army and me that we found each other,” said Jokel.

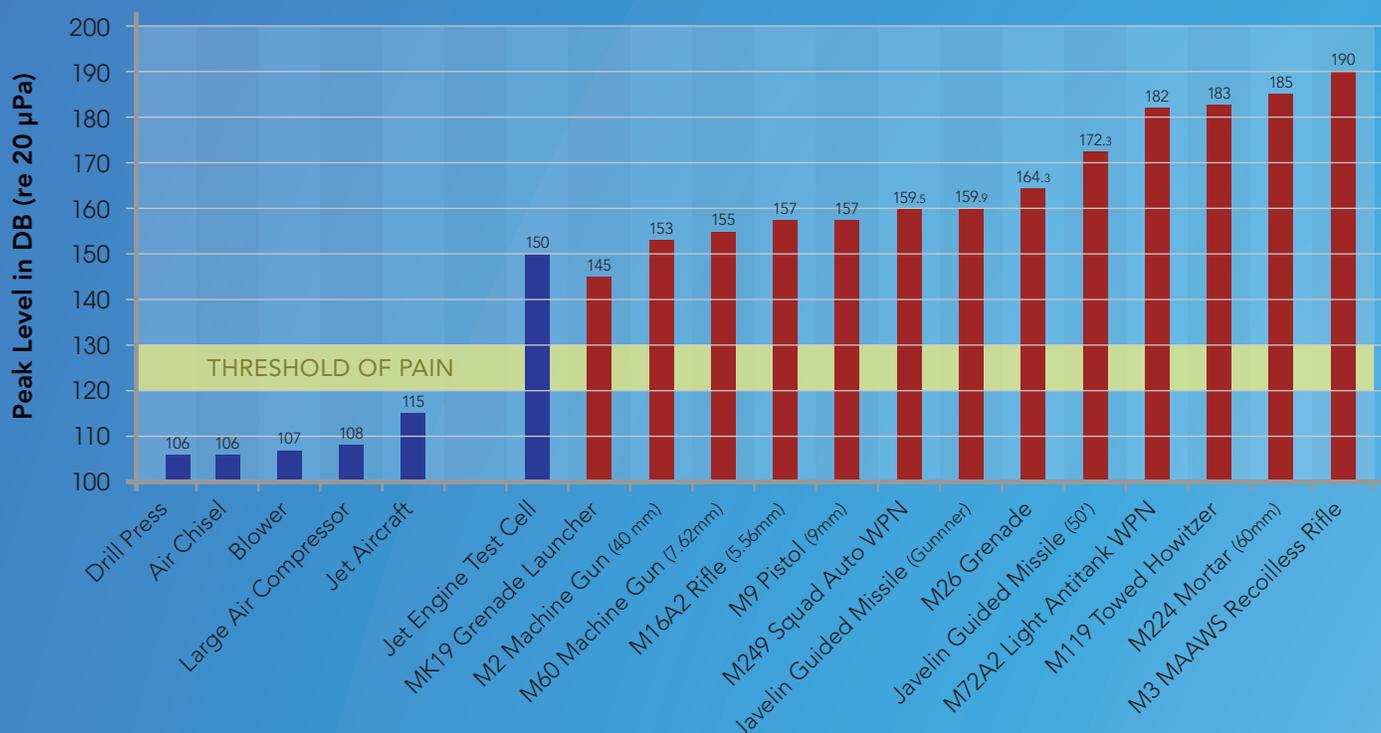
He enjoys his current job duties which include serving as a subject matter expert for noise in preparing health hazard assessments for new Army equipment and materiel; making recommendations for safe levels of noise exposure and performing general consulting on noise questions worldwide.

“It’s good that I have teaching experience,” said Jokel. “I often have to take technically complex issues and communicate them in a way that a general audience can understand.”

Although Jokel has been working for more than 40 years in the noise consulting business, he does not plan to retire anytime soon.

“Every day presents a new challenge at APHC,” said Jokel. “I love the work I do, and I am having fun.” ▲

## How Loud Are Military Weapons Systems?



From Amrein, B.E. & Letowski, T.R. (2012) *High Level Impulse Sounds and Human Hearing: Standards, Physiology, Quantification*. ARL Technical Report (ARL-TR- 6017), Aberdeen Proving Ground, MD.