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THE COURIER

Naval Medical Center Portsmouth

October/November 2003

Preparing to Assist During Mass Casualty

By JO1 Daniel A. Bristol

Abdominal wounds, compound leg fractures, head trauma, spinal paralysis, and injuries to the eye so severe the eye may be lost, were simulated as part of an exercise designed to test procedures and to smooth out any wrinkles before a real mass casualty scenario occurred.

Naval Medical Center Portsmouth conducted this exercise at the dome-shaped tent adjacent to the Naval Air Station Norfolk airport tarmac. This tent stands where the old terminal used to operate and is used by the hospital for such scenarios.

"This tent will act as the main receiving center for patients during any emergency or casualty," explained Lt. Cipriano Pineda, emergency medical planning coordinator for NMC Portsmouth. "If any national disaster should



Photo by JO1 Daniel A. Bristol

happen, this is where we would receive the patients."

According to Pineda, once the patients arrive, they would be registered into the computer system, including their name, rank, command, medical condition and primary and secondary next of kin.

"The computer system matches each patient's condition with the medical facility where the patient would be transported," said HM3 Edwin Figueroa,

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'The Courier' Celebrates 60th Anniversary

Story, Research and Layout by JO1 Rebecca A. Perron

'The Courier' was established in 1943 under the direction of then Commanding Officer Capt. G. E. Thomas. The first issue, published Oct. 27, contained a letter from the CO on the front page. The letter explained that the purpose of 'The Courier' is to provide "sound news, provide good entertainment, and much that is amusing. THE

COURIER opens its pages to every department of the hospital, hoping to knit more closely the interests of all."

For nearly the first year, the paper was an eight-page multilith-reproduced paper distributed twice each month. Headlines were usually handwritten and only a few photos appeared in each issue.

Beginning Aug. 10, 1944, with issue number 24, the format changed into a larger, printed newspaper. Though this did away with the task of counting letters, ruling off lines, measuring pictures and margins, the new format presented a problem- more copy was needed.

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Ceremony Marks Beginning of New Clinic

By JO1 Daniel A. Bristol

As the sun's rays dance through the shade of the trees alongside Sewells Point Branch Medical Clinic at Norfolk Naval Station, the glimmering gold of nine shovels is tarnished as holes are dug to mark the beginning of the clinic's new project. That scene marked the occasion of a ground breaking ceremony held Oct. 6 at 11:00 a.m.

The ceremony marked the start of construction of the \$17 million project, which was awarded to M. A. Mortenson Company. The project is set in two phases. Steve Radil, the project manager for the company, said the first phase is construction of the clinic's new addition and new parking lot. He said construction would begin at the end of October. The medical staff will move into the new facility, and then the second phase, renovation of the old building, will start.

"The clinic currently assists over 185,000 patients per year," said Rear Adm. Thomas K. Burkhard, commander, Naval Medical Center Portsmouth, "and the building is a little old and a little shabby."

In 1958, the only medical facility available to Sailors of Norfolk Naval Station was located in building A48. Then on July 1, 1978, a ribbon cutting ceremony marked the opening of the current branch medical clinic, a clinic that eventually earned the reputation as the "busiest clinic in the Navy," according to Cmdr. Diane Hoover, officer in charge of Sewells Point.

The clinic currently performs 4,000 laboratory tests, 70 radiological tests, 2,000 immunizations and assists 70 ambulatory patients and 50,000 outpatients each month. Within the last 12 months, according to Hoover,

the medical staff, without seeing a decrease in the total number of patients, assisted medically with prisoners of war, with the remains of lost Vietnam soldiers, performed in a presidential motorcade, assisted in the raising of *USS Monitor* and sent Sailors overseas in support of Operation Iraqi Freedom.

"It became clear to me," explained Hoover, "while we were going through our historical files as some things change, such as the building where we work, so much of our mission remains the same."

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Photo by JO1 Daniel A. Bristol

With golden shovels, Rear Adm. Thomas K. Burkhard, commander, Naval Medical Center Portsmouth (5th from left), Cmdr. Diane Hoover, officer in charge, Sewells Point Branch Medical Clinic (standing to Burkhard's right) and representatives from Sewells Point, M.A. Mortenson Company and Norfolk Naval Station break the ground where the new addition to the clinic will be. The ceremony was held Oct. 6 at 11:00 a.m.

The Courier

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Commander

Rear Adm. Thomas K. Burkhard

Staff Journalists

JO1 Dan A. Bristol

JO1 Rebecca A. Perron

JO2 Sarah R. Langdon

JOSN Christopher "Moe" Taylor

Public Affairs Officer

Lt. Jacky Fisher

Deputy Commander

Capt. Matthew Nathan

Assistant PAO

Mr. Dan Gay

The command's monthly publication provides an avenue to circulate all the useful information the NMCP staff has to offer and submissions are welcome. Contact the Public Affairs Office at 953-7986, Fax 953-5118, email the PAO, Lt. Jacky Fisher at jefisher@mar.med.navy.mil. Submissions should be on a disk in text or in Word format with a paper copy attached. Submissions should be on a disk in text or Word format with a paper copy attached. Photos should be separate submission from the document and in jpeg, bitmap or tiff format. Submissions will be put in the upcoming issue, space permitting. PAO is located in Bldg. One, Third Deck, Rm. 311.

NMCP Cuts the Cake... a Lot!



To kick off the 2003 Combined Federal Campaign, Rear Adm. Thomas K. Burkhard, commander, NMC Portsmouth, Lt. Cmdr. John Ferguson and DTC Paul S. Thomas cut the ceremonial cake.

Rear Adm. Thomas K. Burkhard, commander, NMC Portsmouth, joins the youngest and oldest Sailor at NMC Portsmouth to cut the cake celebrating the Navy's 228th birthday Oct. 13.



Lt. Jacky Fisher and Dan Gay of the Public Affairs Office cut a cake to celebrate Boss' Day. Or as the grammatically incorrect balloon reads, Boss's Day.



Lt. Cmdr. Judy Walker cuts the cake at Rear Adm. Thomas K. Burkhard's surprise birthday party, held after the presentation of a Navy Achievement Medal to HM3 Jaclyn B. Finger, who is assigned to the commander's office. The Admiral's party was complete with a cheerful rendition of "Happy Birthday."

Photos by JOSN Chris "Moe" Taylor



Life After Breast Cancer



By JO1 Daniel A. Bristol

The merging of ribbon and symbolism in this country came about in two huge stages. The first occurred in 1979, the year Penny Laingen, wife of a hostage who had been taken in Iran, was inspired to tie yellow ribbons around the trees in her front yard, signaling her desire to see her husband come home again. Step two occurred 11 years later, when AIDS activists looked at the yellow ribbons that had been resurrected for soldiers fighting the Gulf War and turned the ribbon bright red, looped it, spruced it up and sent it onto the national stage during the Tony awards to represent those affected by AIDS.

The stage was set for the evolution of the breast cancer ribbon. In 1991, the Susan G. Komen Breast Cancer Foundation handed out pink ribbons to every participant in its Komen New York City Race For The Cure. Then in 1992, Alexandra Penney, editor-in-chief of *Self* magazine, wanted to put the magazine's second annual breast cancer awareness month issue over the top. She did this by creating a ribbon and enlisting the cosmetics giants to distribute them in New York City stores. And thus, the birth of the pink ribbon emerged.

The pink ribbon symbolizes breast cancer, but does breast cancer symbolize the end of life? According to ACC Fredda Bryan, a breast cancer patient at Naval Medical Center Portsmouth Breast Clinic, when diagnosed you need to have a positive attitude and the right



Photo by JO1 Daniel A. Bristol

ACC Fredda Bryan, left, a breast cancer patient at Naval Medical Center Portsmouth's Breast Cancer Clinic, stands with her caseworker Betty Kole. Bryan now has a full head of hair as she was on her road to recovery.

frame of mind. She said her mind set is one of total control.

"I don't have to deal with this cancer," explained Bryan. "The cancer has to deal with me."

Bryan's faith in God has kept her strong and has allowed her to do the things she enjoys. One way she is able

to remain so calm is music. Bryan said she has attended more musical concerts now than she did before she was diagnosed with breast cancer

"God gives me the strength and support I need to get through this," explained Bryan, "but my music is what

has kept me calm. It just relaxes me."

She endured the surgery to remove the cancer, four months of chemotherapy and 33 straight days of radiation treatment. Bryan was on her road to recovery.

Then after receiving a phone call from her oncology doctor at NMC Portsmouth, she was back on chemotherapy. Although there was a chance of the cancer re-occurring, a recent study showed that a second dose of chemotherapy would decrease Bryan's chances by two percent. At first, Bryan was unwilling to go through it all a second time, just for a two percent difference. She started reading about the study on the internet, and the thought of maybe not being around to see her grandchildren made the decision easier, so Bryan came back for more chemotherapy.

Bryan said two key elements in fighting breast cancer are early detection and education. The more someone knows about the cancer and the treatments available the better prepared to fight against it. Bryan wants everyone to know that breast cancer is treatable if caught

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"I don't have to deal with this cancer," explained Bryan. "The cancer has to deal with me."



Photo by JO1 Daniel A. Bristol

Mass Casualty Drill Tests How Well System Works

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a medical evacuation coordinator for NMC Portsmouth. "This decision is based on the medical condition of the patient. The program used is call Emergency Medical System (EMS) and is linked to all the local hospitals."

"These computers also have CHCS (Charette Health Care Sys-



Photo by JO1 Daniel A. Bristol

tem) on them," said HM3 Valerie Green, who works in the administrative building for NMC Portsmouth. "So, the hospital (NMC Portsmouth) can keep track of the patients' progress, no matter what facility they go to."

"This system is equipped to handle a mass casualty scenario," explained Pineda. "It also is compatible with the National Disaster Medical System (NDMS) and any other emergency that may arise."

After each patient is registered, members of a medical team administer the initial treatment, includes triaging each patient. Then the patients with the most severe conditions will be transported first via ambulance to local hospitals. Those who are in

stable condition or have non-life threatening injuries will be transported last, also by ambulance, to the appropriate medical facility.

According to HMCS Roger Grose, head of patient administration during this exercise, each individual aspect is designed to smooth over any rough spot and to test how well the

overall system works. From the registration process, to administering initial medical attention and finally to carrying the patients out to the ambulance, Grose said each part is critical.

"What can we at patient admin do for any of you," asked Grose, during the debrief of the exercise, "to make the entire process run more smoothly?"

Pineda said the facility is designed to work well for a mass casualty or any national disaster where patients are flown into this area for treatment, and that "we will be better prepared, should anything like what happened to USS Cole happen again." ▼

Inclement Weather Codes Announced

As the season for inclement weather rapidly approaches, it is necessary for staff to know where they fall on the ALPHA/BRAVO roster. Should the chain of command activate an inclement weather plan, the Public Affairs Office will notify the following TV/Radio stations:

- WTKR-TV, Channel 3
- WAVY-TV, Channel 10
- WVEC-TV, Channel 13
- WTAR (AM 850) (WNIS AM 790, WKOC FM 93.7 and WROX FM 96.0)
- Clear Channel Broadcasting (WRNL AM 910, WRVA AM 1140, WRXL FM 102, WRVQ FM 94.5, WTVR FM 98 and WBTJ FM 106)

When listening to the radio or checking the crawler on TV, follow the directions after the title *Naval Medical Center Portsmouth*.

The chosen codes are:

- ALPHA ON TIME/BRAVO 2HR DELAY
- ALL PERS NORMAL HOURS
- ALPHA ONLY REPORT

You may also check the NMC Portsmouth website, www-nmcp.med.navy.mil, for the latest information. If you have any question about NMC Portsmouth inclement weather plan, speak with your chain of command. ▼

HIT Week

Celebrate Health Information and Technology Week with the Health Information Management Division. The American Health Information Management Association, created in 1928, sponsors this annual event, which recognizes health care professionals who maintain and protect health information. This year's theme is "Managing the Records of Life."

HIT Week events will take place in the Data Flow lobby, Building One, 1st floor.
Nov. 3- 10 a.m.- Kickoff (Bldg. 2 by ATM)
Nov. 4- 10 a.m.- Game 1 HIT auction
Nov. 5- 11 a.m.- Brunch, Game 2 create-a-word
Nov. 6- 8 a.m. Game 3 team scavenger hunt
Nov. 7- 1:00 p.m. Doctors of the Year Ceremony, prizes awarded for Games 1-3 ▼

Spirituality, a Vital Component to Wholeness

By Lt. Cmdr. Kenneth D. Johnson, CHC, USN

While offering pastoral counseling to SARP (Substance Abuse Rehab Program) patients at Naval Station Norfolk, I have seen the importance of spirituality as a component to wholeness. Sailors and Marines who have navigated a professional military career are not always able to develop a wholesome private lifestyle.

Wholeness is wrapped up in more than career achievements. Wholeness deals with the inclusion of physical, mental, emotional, relational and spiritual aspects of being. When men and women of the armed services come to SARP they seem to be searching for the missing link within their lives. They have climbed the ladder of attainment through hard work and sacrifice but they are driving down the highway of life without lights and comprehension. Spirituality provides them with the lights of enlightenment. This spiritual enlightenment helps them confront themselves in a way that is life transforming.

Dr. David B. Larson, a psychiatrist and former president of the National Institute for Healthcare Research, said that spirituality gives renewed belief to any patient and adds to their ability to cope with whatever life throws their way. Furthermore, those who have some type of addiction have a thirst for wholeness. A key component for wholeness is getting in touch with their spirituality.

Spirituality is different from following a religious person or sect. Louis Bouger defines Spirituality in his book entitled, "Introduction to Spirituality": "Spirituality is a life that personally deliberately cultivates a relationship with an HP (Higher Power) or God involving the whole of existence." The person defines the HP or God. The definition from my CPE (Clinical Pastoral Education) training suggests that Spirituality is looking at the person for what they can become.

Spirituality does several magnificent things for those who are searching for answers while attending SARP. This organization is founded upon a twelve-step recovery program that is spiritually centered. The patients must resolve within themselves, that they are powerless in fighting their addiction and in need of help. The classes and counseling is centered to help them see their total self. They are encouraged to develop a spiritual base. The spiritual base provides a foundation to re-erect their lives.

- SPIRITUALITY helps the person look squarely at themselves. For the first time, the person is confronted with

looking directly at their own person and cannot hide. This is an awesome revelation to see the person that you are.

- SPIRITUALITY allows the person to tell their story. The highs and lows of a person's life allow them to share deep emotions that have been pent up many times for years. Untold secrets, family flaws, parental mishaps help start a powerful healing process.

- SPIRITUALITY gives shape to our relationships.

In conclusion, spirituality is a journey of self-discovery that helps in becoming whole. Spirituality is a ritual; a ritual initiated by understanding the need to be connected to a Higher Power. Spirituality is a personal quest for growth

- growing out of past fears and hindrances, while recovering from the wounds of your past. ▾



Clark Nominated for Reappointment as CNO

WASHINGTON (NNS) - Secretary of Defense Donald H. Rumsfeld announced Oct. 21 that the President has nominated Adm. Vern Clark for reappointment to the rank of admiral and for reappointment as Chief of Naval Operations in Washington, D.C. ▾



Cancer Society Sets Great American Smoke Out Day for Nov. 20

Ms Alverine J. Mack RN, MS; Health Educator, Wellness Product Line

Every year on the third Thursday in November, the American Cancer Society sponsors the Great American Smoke Out to get people to quit smoking cigarettes for 24 hours or hopefully longer. In the United States, 25 million men (25.7 percent) and 22.6 million women (21.5 percent) are smokers, according to the latest estimates from the American Heart Association.

Tobacco use is the leading preventable cause of death in the U.S. If you know someone who smokes, this would be a great time to remind them how much you love them and be supportive of all attempts at quitting.

The Naval Medical Center Portsmouth Wellness Department will have a variety of events scheduled on this day, including a tour of the Medical Educational & Clinical Unit van and a Tobacco Cessation display table in the Charette Health Care Center. Please call Ms. Mack at 953- 9234 if you are interested in quitting smoking, dipping or chewing for the day, or if you are interested in helping someone else quit.

The following websites have information and suggestions for quitting tobacco use: www.cancer.org, www-nehc.med.navy.mil/hp and www.stop-tabac.ch. †

Sewells Point Groundbreaking

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In 1958, the medical facility, which was located in building A48, employed only 132 personnel. The facility now being renovated employs a staff of 218.

“I would ask my staff to remember,” said Hoover, “while there may be inconveniences associated with the project, the nature of our mission, the opportunity inherent in that mission and the abilities you demonstrate everyday while performing your duties will continue to make a positive difference in Navy medicine.”

The entire project should be completed within 3.5 years. †

Grieving Part of Cancer Recovery

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early enough, whether through a mammogram or through a self-breast exam.

“You will cry twice,” explains Bryan. “First you will grieve, and then once you realize you are a survivor, you will cry again. This time they will be happy tears.”

Bryan said the grieving isn't a one-time thing. She said there is grieving at the beginning of each phase that you go through, and it is all right to grieve. She believes the best thing to do is grieve, get over it and then move on.

She explained that life does not have to stop just because of breast cancer. She wants everyone to know two very important things to remember are to let the doctors help you, it's their job, and to just live each day to the fullest and enjoy yourself

“Life shouldn't be measured by the amount of breaths you take,” explains Bryan, “but by the moments in life that take your breath away.” †

From Fleet and Family Support Center, Norfolk Naval Shipyard, Portsmouth

FFSC is hosting the following programs at the Chapel, FFSC Bldg. 67, 2nd deck at NNSY. To register for a workshop or for more information, call 396-1255. Visit www.ffcsnorva.navy.mil for a schedule of upcoming programs and services.

Stress Management- 5 & 6 Nov., 8 a.m. - 12 p.m. Stress is an unavoidable fact of life. Learn more about managing stress with techniques such as goal setting, time management and progressive relaxation.

Smooth Move Workshop- 04 Nov., 8:30 - 11:30 a.m. This single-session workshop offers tips to help make your move as “painless” as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to reduce relocation stress. Open to all active duty, retiring, and separating military personnel, and their families.

Consumer Awareness- 13 Nov., 10:00 - 11:30 a.m. Have you ever made a purchase that you later regretted? It's a “jungle” out there, and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources. †

Thrift Savings Plan Reminder

TSP open season started Oct. 15 and runs until Dec. 31 for contributions/deductions starting Jan 2004. This is important in terms of catch-up contributions, increase of percent of base pay deductions and total IRS tax deferred amounts: \$13,000 in contributions, plus \$3,000 in catch-up contributions can be tax deferred in 2004. †

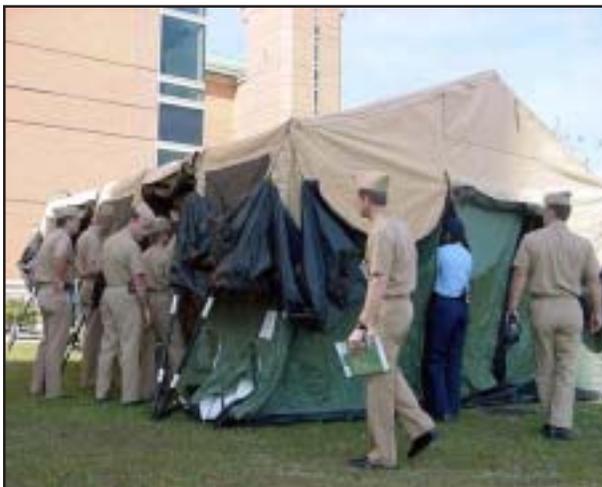
NMCP Participates in Statewide Bioterrorism Drill

Photos By JOSN Chris "Moe" Taylor



NMC Portsmouth personnel participated in a statewide bioterrorism drill Oct. 21 that tested the communication, agency coordination and systems in place for the civilian and military communities to be prepared for the real thing. In this scenario, a pnuemonic plaque originated in Blacksburg, Va. NMC Portsmouth treated 15 "physical" patients, while coordinating the facilitation of more than 90 "paper" patients. This drill also presented the opportunity for practice with the decontamination tents, which was not directly connection with the statewide efforts.





DAPA Note: Value of Personal Responsibility, Education, Training

By HMI Luann J. Smith, Command Drug and Alcohol Advisor

The Navy's Right Spirit Campaign is designed to deglamorize the use of alcohol by providing education about alcohol use and abuse, and by providing alternate activities through single Sailor and MWR programs.

The education aspect comes in the form of several courses, which all service members must attend at least one during their career. The criteria for attending a program are dependent upon age, rank and length of service.

The Personal Responsibility and Values Education and Training (PREVENT) program targets first-term Sailors, age 18 to 26, and is held monthly at Naval Medical Center Portsmouth. The goal of this course is to provide Sailors with the necessary education to be a viable, personally responsible and contributing member of the Navy. The Navy's core values are the cornerstone of the PREVENT curriculum.

While attending the 24 class-hour course, Sailors actively participate in an open learning environment through the facilitation of role playing and class discussions. They study four training modules and receive skill training to assist in the management of life's challenges.

Each Sailor is asked what he/she will do or has done with the information they have learned in PREVENT. The PREVENT workbook distributed at the beginning of the class contains the latest factual material on each topic, summarizes Navy policies and provides extensive resources for future use.

The following is a description of each of the four models.

Alcohol Misuse and Drug Use Prevention - Participants learn basic attributes of alcohol and its effects. They examine their individual "Stages of Choice" regarding alcohol use. Emphasis is placed on responsible use as described by The Right Spirit campaign. Participants study the "Risks of Use" on performance and health, and complete a personal self-assessment. "Zero Tolerance" is emphasized along with information on the dangers of the resurgence of illegal drugs such as "club drugs".

Interpersonal Responsibility - This module focuses on the service member's actions and communica-



tions directed to another and acceptance of his/her contribution for the outcomes. Participants analyze the dimensions of inappropriate sexual behavior and sexual harassment. Participants learn about family, spouse and child abuse, the precursors and appropriate responses. Also covered is violence prevention and alternatives, including an examination of peer violence. The class reviews victim advocacy and the positive role of helpers during crises.

Personal Finances - This module includes an intense exploration of personal responsibility regarding finances and their effects on readiness.

Participants learn the details of the Department of Navy policy on financial responsibility, including the serious consequences for indebtedness. Through individual and group exercises, participants are able to assess their current financial status on a variety of dimensions. Participants generate a budget-based spending awareness, learn the common "money traps" and the special challenges to Naval personnel.

Health and Readiness - Participants focus on their individual responsibility for their own well being. The unit on suicide, which emphasizes the service member's role, is part of the examination of mental fitness and stress management. Sexually transmitted diseases, the role of communications, the impact of alcohol and prevention strategies are covered in the sexual health and responsibility section. Participants review Department of Navy policies on fitness standards and responsibility issues for nutrition, weight and sleep. The goal is to enhance knowledge, recognize areas for improvement, motivate behavior change and reinforce healthy choices.

To maximize the time and create an interactive learning atmosphere, participants learn basic communication skills and practice the components of personal responsibility for one's actions in the classroom. These skills are designed to enhance each participant's understanding and demonstration of personal responsibility in the facilitated class experience.

The command DAPA schedules command personnel for PREVENT. Departmental chiefs and leading petty officers can schedule their people by calling the DAPA at 953-7437. ▼

‘Custom Vue’ Places NMCP at Forefront of Laser Vision Correction

By JO1 Rebecca A. Perron

With the largest laser vision correction program of any military hospital, and a special program for returning war fighters, the Ophthalmology Clinic at Naval Medical Center Portsmouth is working to make their program even better.

A new procedure called Custom Vue approved by the Food and Drug Administration several months ago, creates an optical fingerprint of the eye to tailor the treatment to each individual and make the laser more accurate. Now that the doctors of the Ophthalmology Clinic have completed training and updated their software, the new method is accessible to patients who qualify.

“We have the new cutting-edge technology that has recently become available out in town,” explained Cmdr. William Sray, an ophthalmologist at NMC Portsmouth, who performed the first set of surgeries using the Custom Vue method. “We are at the forefront of technology. Treatment in the Navy is just like the treatment you would find out in town.”

In laser vision correction, the laser reshapes the surface of the eye to reduce the need for vision correction from glasses or contacts, and the standard treatment is based on the latest prescription of the patient.

Sray said that Custom Vue “is the newest version of laser surgery, better than the previous version, like updating a new car to this year’s model even though last year’s model is completely functional.”

Custom Vue uses the same equipment and the same laser. According to Sray, an observer would not be able to tell the difference in the two procedures.

“The laser is the same, it’s the software that’s dif-

ferent in how it assesses the delivery of the laser to the cornea,” Sray said. “This version holds a promise of a better result, better allowing us to treat patients who might have not benefited from standard surgery.”

However, even with the addition of the new software, the clinic will still primarily be using the standard laser surgery. As the clinic continues to perform sur-

gery twice a week, Sray estimates only 10 to 20 percent of patients will qualify for the new treatment.

“We are keeping the numbers limited at this point for several reasons. We are still limited in the cases we can treat according to the FDA’s regulations, which approved the procedure for low to moderate near-sightedness. And the cost is more than twice the standard surgery.

“So, we are selecting only the patients who will benefit the most from it,” Sray continued. “If we used it for everyone, we would have to cut the number of patients we perform the surgery on in half, and double the waiting list time. There’s no reason to do that when the standard procedure works well.”

Eligibility for the program will remain the same, regardless of which type of surgery the doctors choose to perform on any given patient. As time goes on, Sray believes the FDA will approve Custom Vue for a more extensive spectrum of vision correction. And as the case with new technology, the price will come down as more people are using the product. So in the future, the Custom Vue method will be available to more patients.

For more information on eligibility for this procedure or other questions pertaining to laser vision correction at NMC Portsmouth, visit NMC Portsmouth’s website, <http://www-nmcp.mar.med.navy.mil/Ophthal/PRKSurgery.asp>. ▾



Photo by JO1 Daniel A. Bristol

Gilbert, Simmons, Fink Receive SOQ Recognition

Story and photos by JO1 Rebecca A. Perron

“The Navy is the only service that tells you that when you are successful, it is your job to bring someone up with you,” said HM2 David S. Burton during his speech at the Sailor of the Quarter awards banquet, held at Naval Medical Center Portsmouth’s Sandbar Café Oct. 21. “Now that you have made it this far, I challenge you to inspire your peers to do the same. It will be easy to tell them what they need to do to be successful, but a challenge to inspire them to want to do it.”

The topic of Burton’s speech, Inspiration Through Leadership, set the scene for the announcement of this quarter’s Senior Sailor of the Quarter, Junior Sailor of the Quarter and Blue Jacket of the Quarter. Winning the awards were DT1 Louis Gilbert, HM2 Selinda T. Simmons and HN Neda H. Fink, respectively.

Gilbert, an 18-year Navy veteran, was excited about his nomination.

“I have been Sailor of the Quarter at every command I have been assigned to,” explained Gilbert. “After I had been stationed at Bethesda for three years, I also won Sailor of the Year. So now my focused has changed, and my goal is to win Sailor of the Year here as well. Being rec-

ognized as Sailor of the Quarter will help me get to that goal.”

Likewise, this is not Simmons first time to be nominated for this honor.

“I was excited and nervous when my senior chief told me about the nomination,” recalled the Moncks Corner, S.C., native. “This is my second time to be nominated, and I am excited that I won this time.”

This is Fink’s first nomination.

“I was honored, very surprised,” said Fink, a native of Washington, D.C., who reported to the command in January. “I wasn’t expecting it at all.”

Fink’s consistent hard work and dedication to her job are two of the reasons she was selected.

“In the short time I’ve been here, I’ve learned a lot, and I’ve worked a lot,” Fink said. “I do whatever needs to be done to get the job done, even if that means working late or taking a shorter lunch. But everyone in the lab works that way.”

Fink said she works more here than she did when she was in Kuwait. She believes “that which doesn’t kill us makes us stronger,” her recipe for success.

Simmons, who is on her second tour at NMC Portsmouth in 11 years in the Navy, believes her philosophy for success has helped her achieve the award.

“It’s important to do the things that separate you from others,” Simmons said. “With a

command this large, you have to distinguish yourself year round, not just for the two months before evals are written. Being consistent throughout the year is important to me.”

Gilbert, a Nashville, Tenn., native, said that his words to live by are “stand for something, or you will fall for anything.” Putting this into action, Gilbert said he makes “a conscious effort to be a well-rounded Sailor, take on the extra jobs, and be the best I can be every day.”

The consistent hard work and dedication of these three winners transcends into leadership by example, one of the steps in being an effective leader, and the beginning of fulfilling the challenge given to them by Burton during his speech. †



A Look Back at 'The Courier': Celebrating 60 Years

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But it was wartime, and there were countless stories to tell. USO shows, war bond drives, arrival of WAVES at the hospital, doctors and nurses serving overseas and medical discharges are just a few of the types of published stories.

And, it was a different time in terms of what was acceptable to print. The era of political correctness had not arrived yet. Many of the jokes and references published are now considered taboo.

The format of the paper has changed over the years, varying from full newspaper size with only four pages, to a magazine format like we currently run, containing up to 24 pages, and everything in between. Sometimes the paper was published twice a month, sometimes only once. There were many one-page special issues published in the 50s and 60s promoting the Combined Federal Campaign, and many four-page special issues in the 70s about another important topic- energy conservation.

During some years, the issues contained very little news about the com-

mand, as the editor compiled civilian stories from wire services and a few notes about the hospital to put together the edition. Most years contained pages of crossword puzzles, wedding and birth announcements, cartoons, movie schedules and MWR events.

Civilians and hospital corpsmen put the paper together until the 90s, when a public affairs officer and journalists were first assigned to the command. It wasn't until the past few years the paper has contained strictly Navy-related news about the command and Navy news that applies to everyone, like the announcement of the new Chief of Naval Operations, as we did in this issue.

Throughout these format and staff changes, there has been one constant over the 60 years, and that is the appearance of the Chaplain's column.

Unfortunately, the archives do not contain every issue printed, as about one-fourth of the issues are missing.

The first 25 years

were bound into several books, but the issues from late 1946 to late 1949 and from mid 1950 to mid 1955 are missing. There is another gap from 1983 to 1993, and according to Al Cutchin, command historian, no issues were published during a couple of these years due to budget shortfalls.

Looking through the years of saved issues and deciding which elements to reprint was fun. The earlier years contained the funnier, non-politically correct jokes and cartoons, while the 60s and 70s served up the funnier hair dos and fashions. The stroll down memory lane caused many laughs and dropped jaws in our office, with the thought of the audacity we would have to print such matter today. Hopefully, you will enjoy these little gems, too.

In this issue, we will cover the first 15 years. Our next few issues will feature spreads for the remaining 45 years. ▾



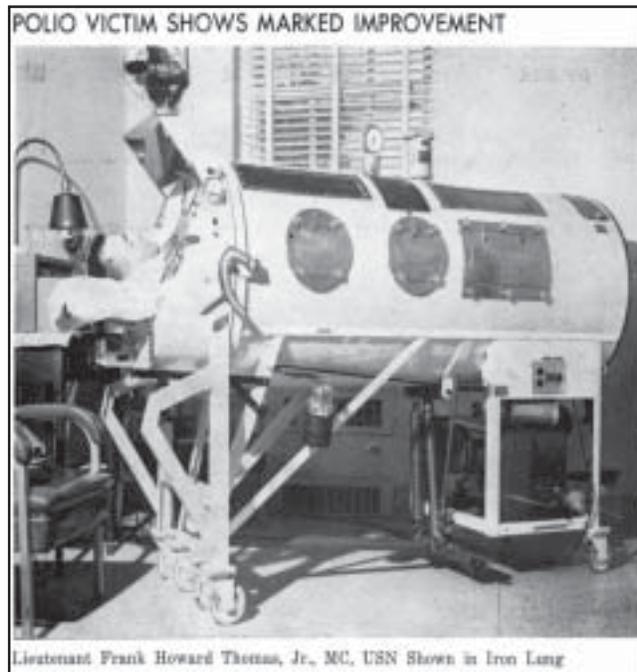
Presented with the Bronze Star, Purple Heart and Citation last week was Normandy hero Lt.(jg) Chester L. Palmer, USNR, of Houston, Tex. Mr. Palmer, officer in the Armed Guard, became a specialist in "spotting" for the battleship USS Nevada and participated in the D-Day landings in France. Here, Lt.(jg) Palmer receives the decoration from Capt. C. A. Broadus, (MC) USN, Executive Officer, while Capt. J. M. Schmeiss, (MC) USNR, and Ensign Berthea Prigle, (NC) USNR, look on.



Recent visitors to this Hospital, Hollywood starlets Patti McCarti (left) and June Carlson stop to autograph the cast of Gerald Harrell on Ward 12. On a USO-sponsored tour, the movie beauties walked through the wards and conversed with the patients.



First Birthday Celebrated By Hospital Newspaper



POLIO VICTIM SHOWS MARKED IMPROVEMENT

Lieutenant Frank Howard Thomas, Jr., MC, USN Shown in Iron Lung



LT. Comdr. F. G. Wetherell, (MC) USN, Assistant to the Executive Officer at the Hospital Corps School, congratulates honorman Gerald C. Fahrenholz, PHMC, of Sacramento, Cal. Fahrenholz, an assistant supervisor of a boys' home in civilian life, was highest in the graduation of Class Eleven of the Intermediate Course with an average of 98.14 per cent.

NAVY SHIRT-TAILS CLIPPED!
 The cut-down jumper is becoming regulation. It has been announced that the Navy plans to eliminate four to six inches from dress and undress jumpers. Two million dollars a year will be saved.



The Old and the New



Okey, Mates, She's In Sunday's Show

Lesley Lynn Bart, 20th Century-Fox star, has the leading role in "Sweet and Lowdown," which comes to the Hospital screen Sunday. The Bart, one of Hollywood's loveliest, continues to grow in popularity, and no wonder.



LOCAL MUSICIAN AT NAVAL HOSP.

Gene Vincent



Singing is one of the favorite pastimes of the Navy, and true to tradition are the WAVES and Sailors as they sing old and new favorites. Pictured above are the members of the staff as they relax from duties at picnic.

Headline Humor

**POST OFFICE HANDLES
8,000 LETTERS DAILY—
PLUS TURTLES**

HUMOROUS BONE

Husband (answering phone): "No, no, this isn't the weather bureau. You've got the wrong number."
 Wife: "Who was that, honey?"
 Husband: "Oh, some sailor. He wanted to know if the coast was clear."

UNDEFEATED X-RAY LEADS SOFTBALL LEAGUE

April 1945 THE COURIER Page Three

Hospital Observes 118th Birthday Today!

Having majestically defied the ravages of disease and battle for a period that eclipses the existence of any other such naval institution, the United States Naval Hospital at Portsmouth, Virginia, today observes the 118th anniversary of the laying of its cornerstone, still in its country's service as a haven for the sick and wounded.

Only a thorough research into the yellowed pages of the past permits a complete understanding and appreciation of the prominent role this Hospital has played in me



"My, Doctor! You're excited!"

Bad men want their women to be like cigarets—slender and trim; all in a row to be selected at will, set aflame and when the flame has subsided discarded, only to select another.

The fastidious men want their women to be like a cigar. They are more expensive, they make a better appearance, they last longer, for after all, if the brand is good, they are seldom discarded, but used to the end.

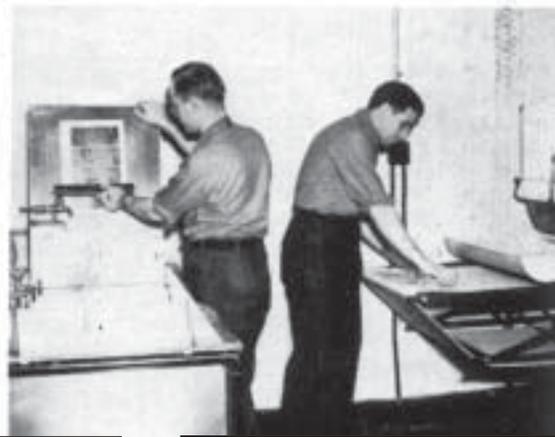
The good men want their women to be like their pipes—something they become attached to, knock gently, but lovingly, take great care of always.

A man will give you a cigaret, offer you a cigar, but he never shares his pipe.

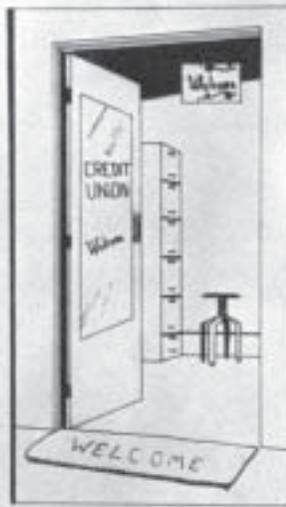
**DIMES AND DOLLARS TOTAL
\$664.00**



Photostat Medical Records



SAVE OR BORROW THE "FIGURE" YOU WANT
THE DOOR IS OPEN



These three lovelies of the Hospital Staff, left to right: Ellena Lovett, Ester Boe, and Loretta Willis, recommend saving your recent pay raise in the Credit Union. WELCOME! COME ON IN!

DID YOU KNOW, DOC?

* That in 1895 it was a courtmartial offense for an enlisted man to take a patient's temperature. Only medical officers were permitted to use the thermometer.

* That when the Bureau of Medicine and Surgery was established in 1842 doctors on board ship were assisted by enlisted men called "Surgeons Stewards". Later, and up to the organization of the Hospital Corps in 1898 enlisted men doing medical work were called "baymen".

* That the Navy Medical Department now numbers more than 100,000. There are 11,042 doctors, 4,718 dentists, 7,312 nurses, 94,265 corporals.

* That the first Hospital Corps School class was held on the top deck of N.N.H.'s main building in 1902. The scholastic average of that first class was 82%.

* That the first Navy surgeon was Dr. Lawrence Brooks who served on John Paul Jones' Bonhomme Richard in 1779.

GROUND FOR NEW NAVAL HOSPITAL BROKEN ON JUNE 6



They look cool even if they aren't. Students at Hospital Corps School get their first lessons in giving shots.

MOVIES

TONIGHT: "Naughty Nineties," with Abbott and Costello.

SATURDAY: "Town Topics," a USO Camp Show stage production; only one performance at 1930; free to all hands.

SUNDAY: "A Thousand and One Nights," with Cornel Wilde and Evelyn Keyes.

MONDAY: "Boston Blackie's Rendezvous," with Chester Morris and Lyns Merrick.

WEDNESDAY: "I'll Tell the World," with Lee Tracy and Brenda Joyce.

THURSDAY: "Bell for Adano," with Gene Tierney and John Hodiak.

SUNDAY: "Her Highness and the Bellboy," with Hedy Lamarr and Robert Walker.

COURIER CUTIE



DONNA JOAN NICHOLS

Halloween At Its Ghoulish Best



900 WARSHIPS IN NAVY NOW

By the end of this year the U.S. Navy will be "equal to that of all other nations combined," according to Rear Admiral Edward L. Cochrane, Chief of the Bureau of Ships. At present the Navy has some nine hundred warships, not counting a great many smaller vessels.

LAFF-FITNES

HA1: Hey, Mac, that's my raincoat you're wearing. Take it off!
HA2: Okay. If you want me to get your dress jumper wet.

Comedian Cook reports that he's feeling better these days. Every morning he stands at the window and inhales for five minutes. When the weather gets warmer, he says, he is going to open the window.

This week's "cat" report: "They should be very happy because he's just her type—a man!"

Then there was the nurse they called Appendix because the doctors were always taking her out.

"Who was that bassoon I saw you with last night?"
 "That was no bassoon . . . that was my life!"

Case No. 144: I hear Victor Hugo wrote a novel about a patient who developed a severe kyphosis following a faulty spinal anesthesia. What is the title?

Answer: "Hunchback of Novocaine."

Case No. 150. Why don't surgeons have special sales on tonsillectomies?

Answer: They do not like cut-throat competition.

22 March, 1956

HOSPITAL SPORTS

Hospital Basketball Teams Receive Trophies

1955-56 Waves Basketball Team



The honor men from the graduating class at Hospital Corps School. A student must have an average of 95%, or better, in all subjects to be a honor man.

GHOSTS JAILED IN DUNGEON

When you climb the broad steps leading to the main entrance of the hospital, you are treading over the uneasy ghosts of prisoners long dead. Below those steps, deep below, lies an ancient, stone-walled dungeon. The bars that caged the fourteen cramped cells are gone now, and the little prison has been forgotten and unused for nearly a century. The stone floor is damp, the light filters in through inch-wide apertures high in the walls. It is a place for ghosts alone.

Who was confined here? The hospital is more than a hundred years old, so this may have been the first brig. Or perhaps it was reserved for special and dangerous prisoners—say, in the violent days of the Civil War when the hospital changed hands three times between the Union and Confederate forces. Certainly this dank cellar prison is evidence enough that punishment was grim a century ago. If you don't believe the evidence, ask the ghosts. They know.

STAFF PERSONALITY



Nancy E. Marano HM3

A HANDSOME FOURSOME



Captain G. W. Smith, Lt. (jg) D. A. Wells, Lt. (jg) C. S. Durden, Lt. (jg) W. W. Hanafec.

Now You Know

In 1837 the annual estimate for the Hospital payroll amounted to \$4,920.00 as follows:

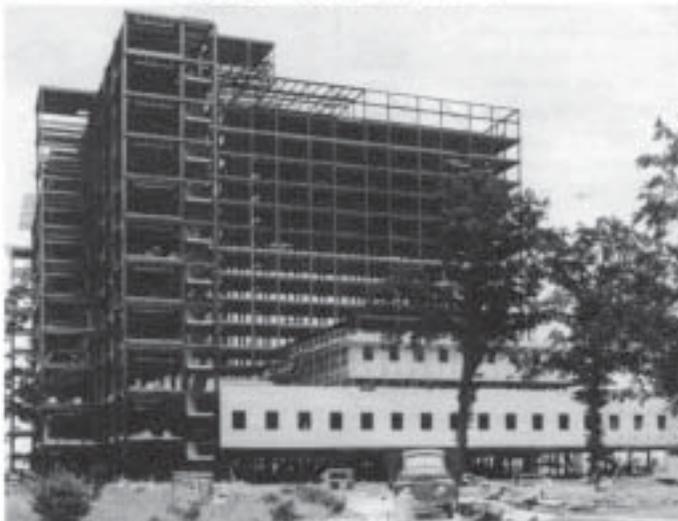
Lieutenant	\$1500.
Surgeon	1750.
Assistant	950.
Steward	360.
Nurses	120.
Washers	96.
Cook	144.

NAVY MOTHERS CLUB BRING WHEEL CHAIR PATIENTS TO CHAPEL



Members of the Portsmouth Navy Mothers' Club are rendering an important service at the Naval Hospital by bringing wheel-chair patients to Divine Service each Sunday. They also assist the hospital Chaplains by visiting the wards each week and distributing gifts, such as cigarettes and toilet articles.

New Hospital Construction Notes Tallest in Tidewater



Latest photo of construction on the new Hospital shows work steadily progressing. The brick work has been started and is well underway. Probably the next major change will be noticed when the building is completely enclosed.

World War II Victory Medal



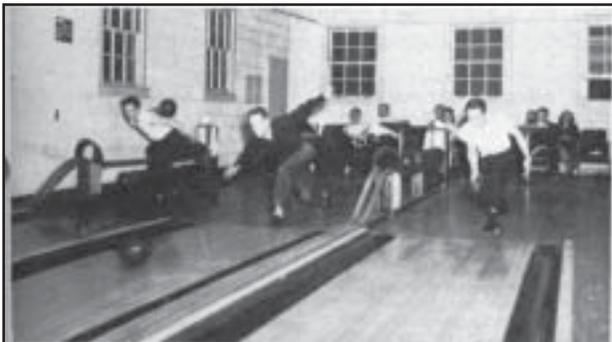
**NURSE ALICE HUNT
ABOARD USS BEXAR**



With a ratio of 283 men to one woman, the USS BEXAR set sail for the Canal Zone recently to bring back a group of dependents from the submarine base there. LT Alice Hunt, NC, USN, shown on the bridge of the vessel, was assigned temporary duty to assist in their care.



On 12 March, 1956, L. D. Franssen, HMC USN, was transferred to the fleet reserve. He had completed twenty years in the Navy with the last two tours here at the HCS. Prior to being discharged, Franssen inspected the staff and students of the HCS. All of the staff wish him the best of luck in his new venture as an insurance salesman.



Three Strikes On The Bowling Alleys



"Condition Is Red"

C O Receives Chief's Book

PRESIDENTIAL UNIT CITATION



The above picture shows LATHAN, J. J., HM1 receiving the Presidential Unit Citation from Captain G. W. Smith at Personnel Inspection, on 16 June, 1950.

**Outstanding
Corpsman**



Bravo Zulu!!!

Combat Service Ribbon

Cmdr. Martin James V. Ritchie
Lt. Cmdr. Alan Heffner
Lt. j.g. Michael Oviatt

Meritorious Service Medal

Capt. Richard B. Hall
Capt. Robert W. Quigg
Capt. Thomas K. Tandy
Cmdr. Robert L. Arbeene

Navy And Marine Corps Commendation Medals

Cmdr. Alicia K. Bartlett
Cmdr. Robert A. Grasso
Cmdr. Laura E. Pistey
Lt. Cmdr. Judy E. Groove
Lt. Cmdr. Lauri H. Hale
Lt. Cmdr. Amberly M. Hall
Lt. Cmdr. Peter K. Kriz
Lt. Eric H. Barnes
Lt. Renee L. Pence
Lt. Timothy T. Thompson
HMC(SW/FMF) Harry T. Acuna

Navy And Marine Corps Achievement Medals

Lt. Cmdr. Kenneth R. Knecht
Lt. Cmdr. Michael S. Sullivan
Lt. John A. Bennett
Lt. Shannon A. Brown
Lt. Coleman J. Bryan
Lt. Todd R. Otten

Lt. Cynthia M. Schultz
Lt. j.g. Ailsa C. Bradley
SH1(SW) Angela M. Crawford
HM1 Robert J. Hutchins
HM1 Rudy D. Medina
HM2 Kristopher A. Carman
HM2(FMF) Gregory M. McLean
HM2(SW) Tony McNairy
SK2(SW) Junie M. Shaw
HM3 Tricia N. Giscombe
HM3 Sheila M. Gould
HM3(FMF) Cesares A. Harris
HM3 William J. Howe
HM3 Raushanah L. Pendleton
HM3 Bryan J. Seals
HM3 Tina G. Soukup
DN Carl Lewis

Letters Of Commendation

Lt. Cmdr. Susan M. Parker
Lt. Eric D. LaCross
Lt. Melyssa D. Lovestead
Lt.j.g. Christi Marti
HM1 Lee Ellington
HM1(SW) Stephen L. Michel
HM1 John H. Tague
HM2 Richard Henry
HM2(FMF) Michael P. Kautzman
HM3 Juanita M. Blackmon
HM3 Nakoe A. Johnson
HM3 Jerome Nelson
HM3 Adrian R. Rodriguez
HN Bonny M. Abernathy

HN Sheena M. Causby
HN Temesha McKinnon
HN Kimberly A. Medina
HN Daniel B. Rios
CIV Katherine Xefteris

Letters Of Appreciation

Cmdr. Martin A. Petrillo
HMC(FMF) Charles T. Bolin
SGT Brandon L. Spurlock
HM2 Collin Bowman
HN John Carrillo
HN Eric Geronimo
HN Nikole Gibbs
HN Ann Poling
CIV Mary E. Stanhope
CIV Charlotte L. Worley
Toys For Tots (76)
Neurosurgery Group (5)

Military Outstanding Volunteer Service Medal

HM1(SW/AW) Reginald R. Barnes

Navy Superior Civilian Service Award

CIV Leo A. Kormann

Civilian of the Quarter

LPN Marva Morris
Sherri Killam



Photo by JOSN Chris "Moe" Taylor

Little Girl Uses Her Disease To Educate Others

Local 4th grader Tabitha King proudly displays her science project on Diabetes and what affects her blood sugar. Tabitha is a diabetic and used her own experience with the disorder to complete the project. After displaying it in her school's science fair, she donated it to NMC Portsmouth for display.