



THE COURIER

September/October 2002



Pyles Promoted to Captain

By JO2 Daniel A. Bristol

Cmdr. Faye M. Pyles recites the oath given by Rear Adm. Clinton E. Adams as friends and family watch during the ceremony to advance her to captain. The ceremony was held in the foyer of Building One October 18.

Cmdr. Frederick Guyer, who worked with Pyles during his tour in Cuba and his first six months in the Navy, said he needed someone to guide him through. "She had her feet on the ground and her eyes on the mission," said Guyer.



Pyles, a native of Virginia, said she does not regret any of the choices she has made in the Navy. "The commands I have been to and the corpsman and officers I have worked with have helped me get where I am today," said Pyles.

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Navy Federal Celebrates Five Years At Hospital

Story by JO3 Theresa Raymond

Navy Federal Credit Union celebrated its fifth anniversary located at Naval Medical Center Portsmouth with a cake cutting ceremony, prizes and a large donation to the Morale, Welfare, and Recreation department's food share program.

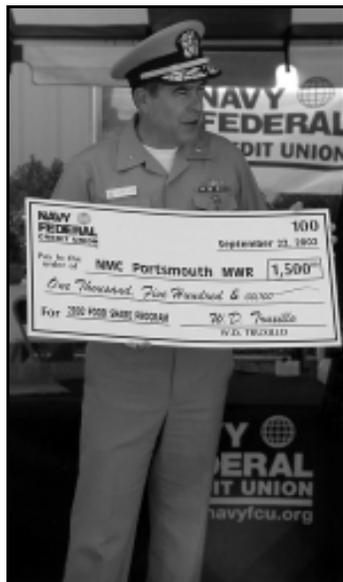
The local credit union kicked off the all-day event September 27 at 8:30 a.m., serving bank patrons and all others a free breakfast of doughnuts, coffee and juice. They also presented prizes at the door and allowed everyone the chance to win a special Navy Edition Monopoly Game.

Rear Adm. Clinton E. Adams, NMCP's Commander, spoke during the cake cutting ceremony. "It's wonderful that Navy Federal has been here for five years. It's always great when a service can be provided to sailors in a convenient way and Navy Federal has done just that," Adams said.

In addition to the celebration, Navy Federal gave a generous donation of \$1,500 to MWR's food share program. Adams accepted the donation on behalf of the hospital noting how wonderful the program is and how great it is to have people who want to help.

"The food share program helped a lot of sailors last year, and we hope to get the same results this year. We hope to see more sailors participate in volunteering this year, and we definitely thank Navy Federal for their wonderful donation to such a worthy cause," said Adams.

The credit union offered a free lunch of subs, punch and cake to all who attended, thus ending a successful day's celebration.



November Staff Soundoff

Question: *What do you plan to accomplish during your time in the military?*

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The Courier is published monthly by the Public Affairs Office. Be sure to check out NMCP's website at www-nmcp.mar.med.navy.mil.

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How do I get something in The Courier?

The command's monthly publication provides an avenue to circulate all the useful information the Medical Center staff has to offer. Contact the Public Affairs Office at 953-7986, Fax 953-5118, via Guardmail, or you can E-mail the PAO, Lt. Lyon, at rtlyon@pnh10.med.navy.mil Submissions should be on a disk in text or Word format with a paper copy attached. Photos are welcome and can be returned on request. The Courier now comes out once a month. Send your submissions to the Public Affairs Office and we'll put it in the next current issue, space permitting. Submission deadline for the next issue is the 15th!!

We are located in Bldg. 215, second deck, Room 2-118.



"I expect to accomplish respect from my peers and senior enlisted personnel and make the highest rank I can."
PNSN Guy Walker-Military Personnel



"I expect to earn my nursing degree shortly after arriving at Pearl Harbor. I will either finish at the University of Hawaii or go for a commission."
HM3(SW/AW) Benjamin Merril-Military Personnel



"The military has given me an opportunity to attend college so getting my degree while obtaining useful job and leadership skills are my priorities."
HM3 Glorille Jackson-NMCP Command Education & Training



"I plan to get my bachelor's degree to start off my career is one of many accomplishments I plan to achieve."
HN Laura Yopez- Oncology

NEHC Sailor of the Quarter Stays Involved with Command

Story by JO2 Duke Richardson

Naval Environmental Health Center (NEHC) recently named HM2 Claude Copeland, leading petty officer for the NEHC Navy Drug Testing/Occupational Medicine center, as the sailor of the quarter.

Copeland, says he puts everything he's got into his job to ensure his customers get the required attention and good service they deserve. "I try to do all I can for our customers to make sure their needs are met," said Copeland.

When he is not serving as the leading petty officer, Copeland volunteers a good portion of his time among many different special interest groups at the command. "I have had many collateral duties during my time here at the hospital," he explained. "I'm the PRT coordinator, CFC coordinator. I've also been a part of the recreation committee as well as the hospital ball committee, to name a few. So between my regular duties as well as collateral duties, I keep myself pretty busy here."

One thing Copeland enjoys about his current job at the hospital is that, unlike most people, he has the chance to see a different side of the Navy's drug testing program than the average "Joe sailor." "I've noticed that it's not always the case of people abusing (or using illegal) drugs," he said. "Sometimes, the drugs have been prescribed for them. I didn't even know that (samples) were also tested for certain prescription drugs, so I have learned a lot about the program while working here."

In his present position, Copeland works alongside many top-caliber physicians. He looks at that as a challenge that drives him to continually better himself and keep his skills up to, if not beyond, par. "You really have to have all of your eggs in the basket working here because the best of the best is here at NEHC," said Copeland. "You have to know what you're talking about and know what you are doing if you are going to succeed. I'm always studying different



Naval Medical Center Portsmouth's Navy Environmental Health Center recently named HM2 Claude Copeland as its newest Sailor of the Quarter. Copeland always strives to better himself, but he also keeps the welfare of the customers in mind. (Photo by JO2 Daniel A. Bristol)

(medical resources and training instructions) to keep my professional skills up to speed as well as my military skills. This also helps me perfect my leadership skills."

Keeping focused and staying true to his goals are two things Copeland believes can help ensure a successful career. "Whether or not you decide to make a 20-year career out of the Navy, don't let anything keep you from achieving your goals," he said. "You should also always maintain a certain level of professionalism, that way your colleagues and supervisors will always know that whatever you do, you do the best you can and whatever you can to get things done."

Sandbar Kicks Off First ever Stampede for Entertainment

Story by JO3 Theresa Raymond

Naval Medical Center Portsmouth's Sand Bar Center held its first ever country-western Stampede September 18th. The Wednesday night rodeo included country music, an open buffet and a mechanical bull. Many tried to ride the bull, but only few succeeded.

The Stampede is part of a campaign to entertain sailors who work at the hospital and live on base. The Sand Bar Center has hosted many events in the past, such as a luau, and plans to host many different events in the future.

Open from 3 p.m. to 11 p.m. Monday through Friday, the Sand Bar has become a place, whether housed on or off base, where sailors can relax after a long day's work. It's located across from Barracks 282 and next to the Navy Exchange and Barber Shop.



Monthly Self Breast Exams Present a Fighting Chance

Story by JO2 Daniel A. Bristol

Death, it's inevitable. It's unavoidable. It cannot be stopped, but it may be postponed. People respond to adversity in various ways. If faced with a life-threatening illness, how would you react? Would you let it defeat you, or would you stand up and fight?

Breast cancer is a life-threatening illness, but with early detection, it can be treated and the patient can survive. Each month, Naval Medical Center Portsmouth Breast Clinic treats between 400 and 450 women.

During 2002, an estimated 203,500 new breast cancer cases are expected to occur in women and 1,500 new cases in men in the United States. Also, an estimated 39,600 women and 400 men will die from breast cancer this year. Breast cancer cannot be prevented, but if caught early enough, it can be treated.

According to Betty Kole, one of the nurse caseworkers at the breast clinic, it is important to know your body. It is very important to do monthly self-breast exams and know the three-step process to detect lumps in breasts. They are, step one, monthly self-breast exams; step two, an annual breast exam by a qualified physician; and step three, a mammogram. Generally, mammograms are performed starting at age 40 unless the patient is a high-risk patient, meaning they have a family history of breast cancer. "About 80 percent of the patients we see are not at high risk, and they have found the lump through a self-breast exam," said Kole.

Each patient who is seen at the breast clinic and is diagnosed with breast cancer is assigned a nurse caseworker. The nurse caseworker will work with that patient all the way through. The nurse caseworkers assist the patients even after the treatment is finished. "We will follow the patient for five years after," said Kole. "After five years if they have no more occurrences of cancer they are deemed 'cancer free' and are then called a 'survivor.'"

"Early detection is the key to saving your life," said Fredda Bryan, an active duty member and one of Kole's patients at the breast clinic.

According to Bryan, there are many steps involved once they determine that the patient has cancer. She said that one way to get through it is to, "take it day by day and procedure by procedure."

"The support at the hospital has been 100 percent," said Bryan. "The support I've received from family and friends has kept me from going insane."

Kole said there are various support groups to help patients along each step of the treatment. The support groups are a great help because the mental state of the patient throughout will make it that much more



Betty Kole, one of the nurse caseworkers at Naval Medical Center Portsmouth breast clinic and ACC(SW/AW) Fredda Bryan, one of Kole's patients, show off one of many breast cancer posters posted throughout the hospital.
(Photo by JO2 Daniel A. Bristol)

bearable.

Between knowing that a patient has cancer, and going through the treatment, which could consist of radiation and/or chemotherapy, it takes its toll on the patient. The radiation treatment lasts between six and seven weeks and is conducted for 10 to 15 minutes every day. The radiation treatment is a localized treatment and only attacks cancer cells within the patient's body. The chemotherapy is not a localized treatment, but it is a systemic one. It attacks rapidly dividing cells throughout the body whether they are cancerous or not. These two treatments are conducted within the Oncology product line.

According to Cmdr. Kathryn Ballantyne, Product Line Leader for the Oncology Department, when a physician makes the decision for radiation or chemotherapy treatment, it is based on the type of cancer, the extent of the disease and any areas of metastases.

If a mastectomy is needed then the hospital offers reconstructive plastic surgery. "Not all patients are ready for that kind of surgery after going through this," said Kole. "So, the offer stands for as long as it takes for them to be ready. There have been patients that would come back years later to get the reconstructive surgery," she said.

This is a very life-changing event. "Is it worth it?" asks Bryan, who then answers her own question. "Yes, it is, because I know I'm going to survive."

Classes Offered to Help Reduce Risk

Story by JO3 Theresa Raymond

Naval Medical Center Portsmouth's Health Promotion teaches patients ways to reduce their risk of getting high blood pressure and control cholesterol through several classes given both at the hospital, and the branch clinics.

Hypertension, better known as high blood pressure, is when the systolic blood pressure (the "top" number of your blood pressure measurement) is consistently higher than 140, or the diastolic blood pressure (the "bottom" number of your blood pressure measurement) is consistently over 90.

The systolic and diastolic blood pressure numbers measure how much pressure is generated when the heart beats and how much pressure is in the vessels when the heart is at rest.

"Dieting and exercising can decrease a persons chances of getting hypertension. Low sodium diets help reduce the risk in people who may have family members with the disease," said Maggie Malson, Wellness Product Line Team Leader and hypertension and cholesterol class instructor.

Hypertension can be controlled and, in some cases, prevented, which is why Malson feels everyone should attend the classes.

The classes aren't just for people who have been diagnosed with high blood pressure, they are also for people with more than one risk factor. Most people don't even realize they were at risk until they have been diagnosed," said Malson.

Cholesterol is a soft, waxy substance that is present in all parts of the body including the nervous system, skin, muscle, liver, intestines, and heart. It is made by the body and obtained from animal products in the diet. When levels are high, the risk for coronary heart disease increases



Many people who are diagnosed with hypertension or high blood pressure have no idea that they were even at risk. That is why it is always good practice to get your blood pressure checked on a regular basis.

"Cholesterol comes mostly from a persons eating habits, which means they should change their diets and exercise," said Malson.

Hypertension or high cholesterol levels cannot completely be prevented. Changing a person's lifestyle is one way to reduce the risk of getting the disease, and control the diseases in those who have been diagnosed.

Here is a list of the hypertension and cholesterol classes the wellness department offers and where and when they will

offered:

Hypertension control classes are offered at NMCP and some of its branch clinics. The classes include individual blood pressure screening followed by a two-hour informational class discussing tips and strategies for controlling high blood pressure. Topics discussed include lifestyle changes through diet and exercise, as well as information on anti-hypertensive medication.

Cholesterol management classes help patients understand their current situation through a two-hour group class that discusses the importance of cholesterol management by dieting and lifestyle modifications. The class also discusses the risk factors for heart disease and their relationship to high cholesterol.

All programs offered by the Wellness Department are available to active duty, retirees, beneficiaries and civilian staff unless otherwise noted in class descriptions. Most classes are offered at a variety of times and at numerous outlying clinics.

No consults are needed to register for wellness classes, however, prior registration is required. For more information or to pre-register, call 953-5097.

Navy's "First and Finest"

Story by Dan Gay, NMCP PAO and John Peters, LANTDIV PAO

The Naval Medical Center, Portsmouth, moved another step into the 21st century as the Navy's "First and Finest" hospital, affectionately known as Building One, was rededicated in ceremonies held October 11.

Ceremony guests included The Honorable Owen Pickett, retired U.S. Congressman from Virginia; Rear Adm. David Architzel, Commander, Navy Region Mid-Atlantic; and Rear Adm. Katherine Martin, Deputy Surgeon General.



Building One Naval Medical Center Portsmouth is officially re-dedicated. The Honorable Owen Pickett, retired U.S. congressman from Virginia and Carl Brashear, retired Navy Master Chief Boatswain's Mate and Master Diver, slice through the ribbon to re-dedicate Building One during a ceremony held October 11. Participants include from left, Rear Adm. Clinton E. Adams, Commander NMCP; Rear Adm. David Architzel, Commander Navy Region Mid-Atlantic; Representative Owen Pickett, retired U.S. Congressman from Virginia; Carl Brashear, retired Navy Master Chief Boatswain's Mate and Master Diver; Rear Adm. Katherine Martin, Deputy Surgeon General; and CMDMC David Carroll. (Photo by John Kopitzke)

Master Chief Boatswain's Mate and Master Diver Carl Brashear, the event's guest speaker, was introduced by Rear Adm. Clinton E. Adams, Naval Medical Center Commander. Brashear, of the movie "Men of Honor"

fame, related his hospital experience at Building One as comprised of "expert and professional medical personnel" who daily contributed to his rehabilitation.

His hospitalization followed the amputation of his leg as a result of a diving accident. He fought for his conviction to remain on active duty as a Navy diver. He thus became a pioneer in the Navy as the first black deep-sea diver, the first black Master Diver, and the first person in naval history to be restored to full

active duty as an amputee deep-sea diver. He is also the only black man to hold the position of Master Diver of the United States Navy, a position he held from 1975 to 1977. Brashear's philosophy is: "Love yourself, develop a positive attitude, set a goal and work toward it with all your might."

Highlighting the ceremony were re-enactors who provided encampments that simulated those used by troops during the Civil War including displays dedicated to the military surgeon and one of a carpenter. The Tidewater Maritime Association presented a narrative of "The Building of an American Flag,"

which included placement of stars on a blue field representing the original states. To commemorate the occasion, a 24-star flag again flew to celebrate the hospital's history and continued dedication to the health and well



Civil War re-en Building One o Portsmouth dur mony held Octo enactment of par part of the cerem flying in the back flag raised just f John P. Kopitzke)

Hospital Re-Dedicated

being of the military forces and their families.

Concluding the ceremony, Adams presented commemorative medallions to guests who represented the oldest person born at the hospital, the employee who began employment the earliest, and several other categories. The highlight of the presentations was one for the oldest patient treated at Building One. After progressing through those with 10 years, 20 years, 30 years, etc., he still had one gentleman standing after reaching

50 years. Adams invited him to the podium where he said that he was a patient in 1936. He was Michael J. Sedlocks, a Marine who took the mike and gave a 10-minute dissertation of his hospital experience and the circumstances of his hospitalization. (He had been in an altercation with a fellow Marine who tried to put an icicle down his shirt.)

The rededication marked the culmination of the \$18 million renovation begun in August 1999 that took the building down to the original walls. The interior and exterior project converted the hospital into administrative spaces for the commander, staff, a medical library and patient records. The design included renovation of the original architecture (exterior sandstone, wood trim and staircases); significant asbestos and lead abatement; significant structural upgrades; and addition of climate systems. "Building One still effectively expresses an architectural character of impres-

siveness, dignity, and strength, as well as reflecting the stability of the installation's medical values," said Mike Newbill, Naval Facilities Engineering Command, Atlantic Division Historical Architect.

The rededication of Building One follows the opening of the Charette Health Care Facility in April 1999 and will be followed by the complete renovation of the 15-story, high rise former hospital completed in 1960. Completion of this phase is scheduled for 2003.

Naval Medical Center, Portsmouth is the oldest con-



stand in front of Medical Center re-dedication ceremony. There was a re-Civil War done as the National Ensign is a special 24-star occasion. (Photo by



During a re-dedication ceremony for Naval Medical Center Portsmouth's Building One, Rear Adm. Clinton E. Adams presented a picture of Building One to the Honorable Owen Pickett, retired U.S. Congressman from Virginia. The ceremony was held in front of Building One October 11. (Photo by John Kopitzke)

tinuously running hospital in the Navy. The site is the approximate location of the circa-1776 Fort Nelson. Built in the mid-1700's as a colonial defense and, following the British abandonment, Fort Nelson lay unused until 1827, when the commissioners of the Naval Hospital Fund were granted their request to build the first naval hospital. To pay for the construction, every sailor and marine, officer and enlisted were taxed 20 cents. The hospital admitted its first patients in 1830 and has continued to provide the best medical treatment by highly trained physicians, nurses, and hospital corpsmen.

Influenza Vaccination Program 2002-2003

Influenza, commonly called the flu, is a viral infection of the respiratory system. It usually occurs in outbreaks between late November and the early spring. Influenza is highly contagious and can be spread by direct contact and by contact with respiratory secretions, for example, coughing or sneezing.

Typical symptoms of influenza include high fever, sore throat, severe malaise, muscle aches and cough. The elderly, young children, persons with certain chronic diseases and weakened immune systems are at increased risk of severe complications such as pneumonia or death.

- Each year, 20,000 people die from complications of influenza.
- Thirty percent of preschool children will be infected each year.
- Of the infected preschool children, 10 percent will develop ear infections, 7 percent will develop pneumonia, and many will require hospitalization.

Although there are medications that may decrease the duration and severity of the symptoms, none are more effective than prevention. Vaccination is the best way to prevent the disease. The influenza vaccine prevents influenza 70-90 percent of the time,



and most vaccinated persons have much milder symptoms than those who are not vaccinated. The vaccine does not prevent other viral respiratory or intestinal virus that many people call the “flu”.

The influenza vaccine is safe. The most common side effects are sore arm and mild aches. Persons who have histories of allergies to eggs, or the influenza vaccine should be seen by their medical provider before vaccination.

The Centers for Disease Control and Prevention (CDC) recommend annual influenza vaccination for the following groups:

- Persons 65 years or older
- Persons with chronic medical problems and/or are immune compromised
- Children and adolescents (aged 6 months to 18 years) who are on long-term aspirin therapy
- Women who will be in their 2nd or 3rd trimester during the influenza season
- Healthy children between the ages of 6 to 23 months

NMCP, its Branch Medical Clinics and Tricare Prime Clinics will be offering influenza vaccination free of cost to eligible beneficiaries beginning October 21. A thimerisol-free formulation of the vaccine should be available in November for those parents who prefer a thimerisol-free vaccine for their children.

LOCATION	PHONE
NMCP	953-5211
BMC, Boone	314-7359/60
BMC, Dam Neck	314-7212
BMC Oceana	314-7133/34
BMC Sewells Point	314-6283
BMC Yorktown	314-6113

Flu Season Approaches, Immunizations Can Help

Story by JO3 Theresa Raymond

When thinking of immunizations, most people imagine children receiving a slue of shots to protect them against childhood diseases, but there are many diseases that affect adults that can be avoided by getting immunized.

According to the Center for Disease Control and Preventions website, about 50,000 to 70,000 adults die each year from diseases that could be immunized against, such as diphtheria, pneumococcal infection, influenza and hepatitis B.

Effective pediatric immunization programs in America have made diphtheria and tetanus rare diseases in children. Almost all reported cases of these diseases have occurred in adults who have never had a completed primary immunization series.

Pneumonia is a big health concern for people 65 years of age and older. The bacterium that causes pneumonia can attack different parts of the body, including the lungs, blood cells and the brain.

Pneumococcal pneumonia is a serious illness that kills thousands of older people each year, yet only about 14 percent in this age group are getting the vaccine. Only one pneumococcal vaccine lasts



It's that time of the year again and most people are lining up to get immunized, despite there age or dislike

most people a lifetime and can truly be a lifesaver.

Another disease that can almost be completely avoided is influenza, or the flu. Influenza is a virus that infects the respiratory tract. The virus is similar to the common cold virus, but often causes a more severe illness including high fevers, head and muscle aches, a cough, sore throat, a runny or stuffy nose, and extreme fatigue.

The best protection against influenza is a yearly flu shot. The vaccination should be obtained between mid-October and the first of December. Flu shots are particularly

recommended for individuals with chronic illnesses, and for people over 65 years of age.

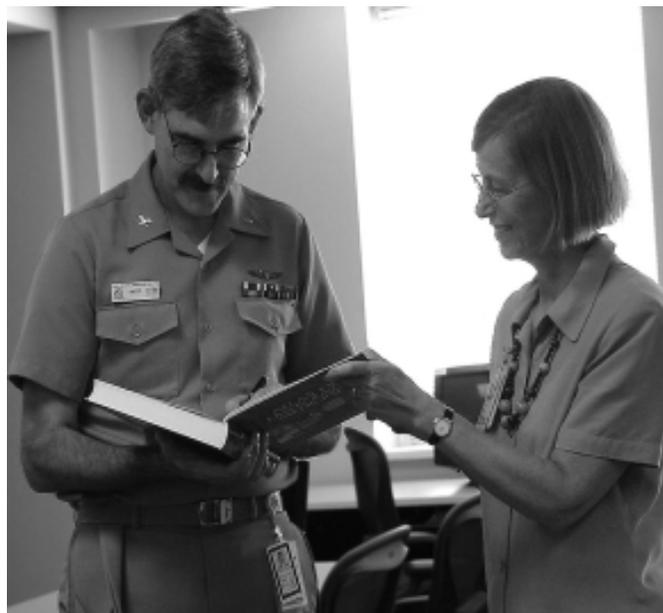
With all this to consider, it's no wonder Naval Medical Center Portsmouth's Allergy/Immunology Clinic offers adult vaccinations without an appointment. The clinic also provides adult immunizations for active duty military, dependants 18 years and over, retirees, and eligible civilian employees.

Routine immunizations are given daily from 8 to 11 a.m. and 1 until 4 p.m. No appointment is needed, and all patients must have their ID cards and medical records.

Library Receives Book Authored By Emergency Room Doctor

By JO3 Theresa Raymond

Capt. Kevin Knoop, the Program Director for the Emergency Medicine Residency Program at NMCP, donated a book he edited during a small ceremony at Naval Medical Center Portsmouth's Medical Library on October 1st. Jane Pellegrino accepted the book "Atlas of Emergency Medicine" on behalf of the hospital library. The second edition of the Atlas of Emergency Medicine, which was edited by Knoop and two others, features a primary visual source for diagnosis in the Emergency Department. The book was published in June and Knoop signed "To the NMCP staff. I hope this text is useful in you practice and study."



Sailors Kick-off Program, Help out at Local School

Story by JO2 Daniel A. Bristol

Now that October is here, the school year is in full swing. The children are starting to settle into their school-time routines both at school and at home. Part of that routine is the schoolwork. As the work becomes more and more difficult throughout the school year, asking help from the teacher is the best way to go. What happens when the teacher needs help?

Well, there is one group of sailors from Naval Medical Center Portsmouth who want to make sure the children as well as the teachers are taken care of. This group of sailors is part of the hospital's Personal Excellence Partnership Program (PEPP). They are volunteering their time and services to make the teachers' jobs at Parkview Elementary in Portsmouth a little easier.

HM1 Louis Everett, Leading Petty Officer of the Fleet Liaison office, has helped Parkview Elementary for the past three years. He helps the special education children and the children with learning disabilities with their reading and mathematics skills. In April 2001, he received a school volunteer service award from Parkview Elementary as well as the Military Volunteer Service Medal from the Navy for his help with the children. "The kids really look-up to you," said Everett. "They appreciate you as a role model, and really that's the best reward."

According to the hospital's coordinator for PEPP, HMC Marsha Burmeister, the program calls for volunteers to put in at least two hours each month during the school year. She said volunteers could put in more time if they want, but that is the

minimum amount. Burmeister, who works in the Patient and Guest Relations office, will be transferring soon and is looking for someone to fill her spot as the PEPP coordinator.

PEPP and the school are always looking for more volunteers. The teachers said they are always willing to accept more help if it is offered. There is one easy trick to volunteering and helping the children. "Be yourself," said Everett. "The kids can recognize when someone is phony." Consistently being there when promised is another trick to use. "Be true to your word," said Everett. "If you say you are going to be there, then be there." According to Everett once committed to a certain day, the children will continue to look for whomever is volunteering on that day every week. He says the program works for the children as long as there are volunteers.

"It's a good program especially with kids who don't have a role model and have a single parent," said Everett. "It's a plus, and it gives the kids that mentorship and that prominent type of re-enforcement that they might not get at home."



The beginning of the school year is an exciting time, but at Parkview Elementary, there is added excitement as hospital sailors get involved. Naval Medical Center Portsmouth kicked off the Personal Excellence Partnership Program October 2 by meeting the staff at Parkview. PEPP is a volunteer partnership between the staff at Parkview and the sailors at the hospital. (Photo by JO2 Daniel A. Bristol)

Treat Yourself to a CREDO Retreat!

Story by CDR Wanda L. Weidman, CHC, USN

We speak a great deal in professional arenas of doing appropriate self-care. Yet we are often reluctant to take action on our own advice. One of the most valuable resources to those of you who carry active duty, retired, or family member ID cards is the CREDO retreat. CREDO Norfolk, located on Naval Station Norfolk, offers a variety of retreats that are not religiously focused, but assist people in their relational and spiritual journeys.

All are offered totally FREE OF CHARGE. Active Duty simply need a special request chit or no cost TAD orders. Others simply register. The Navy foots the expense because for the last 31 years CREDO has consistently given the Navy back more confident, relaxed sailors and family members. Attendees meet at CREDO Norfolk for orientation, and then are taken by bus to the retreat site, a gorgeous 4-H camp and conference center. People meet on a first name basis in a casual atmosphere. Lodging and meals are provided.

The Personal Growth Retreat is the longest and most powerful retreat. It begins Thursday night and lasts until late Sunday afternoon. It emphasizes relationships and responsibility. People begin to realize how much woundedness has inadvertently affected portions of their lives. They begin to understand that if neglected this woundedness will affect other areas. We all know work is not the place to deal with personal issues, but we must some time, somewhere deal with them. Otherwise these wounds will subterfuge our lives.

CREDO retreats help us evaluate where we have been, where we are now and where we want to go. There are no canned solutions. It is a process of self-discovery and growth. People learn to see beyond the surface. It is crucial we do this with ourselves and those important people around us.

CREDO offers a host of other retreats, such as Marriage Enrichment, Inner Child, Spirituality, Women's, Men's, and Family. These all focus on a significant area of growth. They all help us evaluate what is essential to our lives. CREDO also offers Team Building and Myers Briggs Type Indicator (MBTI) workshops upon command request.

CREDO retreats work because one is not simply scheduled for an hour here or there to grow, but each participant is encouraged to stay with the process for an entire weekend. Participants attend morning, afternoon and evening sessions. It is a chance to go deeper into matters rather than merely skimming the surface. It is a chance to put aside the titles and roles we all wear and look at the person. It is trusting the process. It often means discovering potential new paradigms for relationships, and therefore having more choices. And CREDO continues to offer a network of support after retreats to those who want it.

To find out more, contact NMCP Pastoral Care Services at 953-5550 or visit the CREDO website at <http://www.cnrma.navy.mil/Staff/CREDO/CREDO.html>. Dates for upcoming retreats are listed.

Enhance Your Health with the Right Choices

Story by HMI Luann Smith

The Physical Fitness Assessment (PFA) is done for another six months. Many in the military breathe a sigh of relief! Some, who didn't quite pass, are left wondering just what affect a PFA failure is going to have on the rest of their career. But there's always a "next cycle" and "I swear, I'm going to be ready for it next time."

So what does all this have to do with the Drug and Alcohol Program? More than you might think. Did you notice, after the run, that you built up a bit of a sweat and felt a little (or a lot) worn out? What about those days you PT regularly, notice how you tend to crave and drink more water. These are signs of fatigue and dehydration, which are normal with exercise and treated easily by re-hydrating.

Did you know that drinking alcohol causes the same symptoms and leads to fatigue and dehydration? Of course we are all familiar with the "one drink per hour" rule for the liver to properly process the alcohol. Drinking more than that amount causes the alcohol to flow around through the body waiting to be processed and affects all of the body's systems. Its diuretic affect causes the dehydration as well as loss of minerals such

as magnesium, calcium, and potassium. The symptoms of fatigue come from the sedation of the nervous system and the impairment of muscle control and other functions. And the extra calories being packed on are unique in that they can't be stored in the muscles for energy later on. The same muscles that have already lost valuable electrolytes as the minerals were being flushed out in the alcohol's diuretic effects.

The likelihood that immediate re-hydration will be administered at this point is usually slim. This wasn't a 45-minute session at the gym or an early morning run with the CMC.

Keep in mind that fitness is not just the score received after pushing yourself twice a year to run a mile and a half, or even the semi-regular attempts to stay in shape between the PFAs. It's the choices made every day to enhance our health, not sabotage our physical readiness, what we do *for* ourselves, not just *to* our bodies. Exercise your right to choose not to drink alcohol, or be responsible in setting a limit and alternating with re-hydrating drinks. Make your health a priority every day, and you will be better prepared when the next cycle comes along.

November 1,15,29**Lunch**

Clam Chowder
 Spaghetti/Stuffed Fish
 Mac And Cheese
 Green Beans/Squash
 Dinner Rolls
 Banana Cake/Cookies/
 Apple Crisp

Dinner

Beef Noodle soup
 Pasta/Meatloaf
 Mashed Potatoes/Rice
 Broccoli/Corn
 Dinner Rolls
 Butterscotch Brown-
 ies/Lemon Cake
 Brownies

November 2,16,30**Lunch**

Broccoli soup
 Roast/Lasagna
 Potatoes/Rice
 Asparagus/cauliflower
 Dinner Rolls
 Pound Cake/Blueberry
 Pie

Dinner

Onion soup
 Beef Tips/Baked Fish
 Potatoes/Noodles
 Spinach/Beets
 Butterscotch Brown-
 ies/Lemon Cake
 Green beans

November 3,17,31**Lunch**

Chicken rice soup
 Lemon turkey pasta
 Swiss steak w/ gravy
 Carrots
 Dinner rolls
 Cherry pie

Dinner

Clam chowder
 Roast beef w/ gravy
 Chicken pot pie
 Potatoes/Egg noodles
 Corn/Green beans
 Dinner rolls
 Pumkin pie

November 4,18**Lunch**

Split pea soup
 Chicken /lasagna
 Peas, Cauliflower
 Garlic bread
 Chocolate cake
 Peach pie

Dinner

Cream of mushroom
 Ham w/pineapple
 Herb baked fish
 Sweet potatoes
 Succotash
 Butterscotch brownies
 Apple crisp

November 5,19**Lunch**

Beef noodle soup
 Roast turkey w/ gravy
 Beef stew
 Mashed potatoes
 Broccoli, Squash
 Cake/Sweet potato
 pie

Dinner

Chicken noodle soup
 BBQ Chicken
 Roast beef, gravy
 Au gratin potatoes
 Steamed rice
 Corn on the cob
 Coconut cream pie

November 6,20**Lunch**

Vegetarian veg. soup
 Beef teriyaki
 Cat fish
 Macaroni and cheese
 Green beans
 Black eye-peas
 Apple pie

Dinner

Minestrone soup
 Jerk chicken
 Grilled salisbury steak
 potatoes/gravy
 Green peas/Carrots
 Angel food cake

November 7,21**Lunch**

Knickerbocker soup
 Grilled chicken strips
 Sweet and sour pork
 Fried rice
 Mixed veggies
 Cake/Blueberry pie

Dinner

Mulligatawny soup
 Fish creole
 Baked chicken
 Lyonnaise potatoes
 Beets/ Asparagus
 Orange cake
 Brownies

November 8,22**Lunch**

Clam Chowder
 Swiss Steak w/Gravy
 Vegetable Curry
 Mashed Potatoes/Rice
 Turnip Greens/Carrots
 Chocolate Chip cookies

Dinner

Beef vegetable soup
 Pot roast w/gravy
 Mac and Cheese
 Green beans/Squash
 Florida Lemon Cake
 Vanilla Pudding

November 9,23**Lunch**

Chicken soup
 Meatloaf/Chicken
 Scallop Potatoes/Rice
 Broccoli/Peas
 Dinner Rolls
 Coconut cream pie
 Oatmeal cookies

Dinner

Veggie soup
 Pork chops/pizza
 Mashed potatoes/rice
 Cauliflower/Spinach
 Pumpkin Pie/Yellow
 Cake

November 10,24**Lunch**

Veggie Bean Soup
 Roast Turkey w/
 Gravy
 Swedish Meatballs
 Noodles/Dressing
 Beets/Carrots
 Cheery Pie/Banana
 Cake

Dinner

Turkey Rice soup
 Roast Beef/Chicken
 Potatoes/Rice
 Brown Gravy
 Squash/Green Beans
 Cookies/Peach Pie

November 11,25**Lunch**

Chicken Noodle Soup
 Chicken/Eggplant
 Steamed Rice
 Asparagus/tomatoes
 Oatmeal Cookies/
 Chocolate Cake/Peach
 Crisp

Dinner

Veggie Soup
 Beef Strips/Baked Fish
 Mac n Cheese/Rice
 Carrots/Spinach
 Pound Cake/Apple Pie
 Dinner Rolls

November 12,26**Lunch**

Mushroom soup
 Salisbury Steak/Pork
 LyonnaisePotatoes/
 Rice
 Beans/Squash
 Dinner Rolls
 Blueberry pie
 Sugar cookies

Dinner

Minestrone soup
 Chicken/Spaghetti
 Mashed potatoes
 Cauliflower/Turnip
 Cherry Pie/Brownies

November 13,27**Lunch**

Beef Veggie Soup
 Chicken/Beef Yakasoba
 Rice
 Broccoli/Corn
 Beets/Carrots
 Oatmeal Rasisin/
 Banana Cake

Dinner

Lentil soup
 Baked pork/Baked fish
 Mashed Potatoes/Rice
 Brown Gravy
 Asparagus/Carrots
 Brownies/Potato Pie

November 14,28**Lunch**

Potato Soup
 Turkey/Chili-Mac
 Potatoes/Dressing
 Succotash/Fried Okra
 Dinner rolls
 Coconut Pie/Cookies

Dinner

Corn Chowder
 Pork Loin/Pasta
 Potatoes/Rice
 Carrots/Cauliflower
 Orange Cake/Oatmeal
 Cookies
 Dinner Rolls