



THE COURIER



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Nurse Corps Celebrates 93rd Birthday

By JO3 Jodi Durie

Naval Medical Center Portsmouth's Navy Nurse Corps recently celebrated their 93rd birthday during a week of festivities known as National Nurse's Week.

The theme for National Nurses Week 2001 was "Nurses are the true spirit of caring."

Coordinated by the Military Nurses' Association and the Nursing Forum Group, the week's promotions included both recreational and educational activities.

Among the recreational activities were a Military Nurses Association jew-

elry sale, a Fun Festival and potluck and finally, the Nurse Corps Birthday Ball and Luau. Nurses' week isn't all games; the nurses spent significant portions of their week in career development seminars and career planning conferences.

Commissioned by an Act of Congress on May 13, 1908, the Navy Nurse Corps currently embodies over 5,000 nurses serving both on active and reserve duty, in every part of the world, said Lt. Cmdr. Susan McCord, NMCP's head of orthopedic inpatient nursing

see **NURSE** on page 3



Photo by JO3 Jodi Durie
Left to right: Capt. Nancy Zabel, Ens. Erin Kohl, Capt. Carlos Torres, and Capt. Julia Winslett cut the Nurse Corps birthday cake.

Don't let Ecstasy be your agony

By JO3 Jodi Durie

For both the Navy and Naval Medical Center Portsmouth the drug Ecstasy is a big concern.

Ecstasy, a silent killer, damages brain cells and increases chances for heart attack, stroke and even death, according to the Navy Drug Resource Center for Substance Abuse Awareness.

The psychological effects of ecstasy are confusion, depression, sleep problems, severe anxiety, paranoia, and drug craving. The physical effects of Ecstasy use are muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness and chills or sweating. These symptoms can even appear weeks after taking the drug.

Sailors are tested for drug use continuously throughout their naval careers.

"We randomly test roughly 300 people twice a month. We test between 10-20 percent of the staff members monthly," said PC2 Stacy Barnette, NMCP's assistant command urinalysis coordinator.

"I was tested three times first in

boot camp, then at Corps School and here, said a NMCP sailor who wishes to remain anonymous. It's like the lottery, you never know when you are going to get picked," he added.

"It's weird because you go from an average person to someone who is in the spotlight and you have to wear a restriction badge around the whole time," he said.

"Now that I have gone through everything I see that I'm losing out on so many things. I wanted to go to college, but now I will have to pay for it on my own. I lost my GI bill...everything," he added.

The command urinalysis coordinators work in coordination with NMCP's deputy commander and the command DAPA.

"Our tests are very consistent. We collect, witness, and pack the sample and then send them to a Navy Drug Screening Lab in Jacksonville, said Barnette.

Navy Drug Screening Labs can detect the presence of Ecstasy, ac-

see **DRUGS** on page 12



Ecstasy Tablet (Triangular "X")
Anonymous Photographer, © 2000 Erowid.org

NMCP to honor National Cancer Survivor's Day

Naval Medical Center, Portsmouth Oncology Department is sponsoring an open house on Friday, June 8, 2001, in honor of National Cancer Survivors' Day. The day's activities will feature guest speakers, nursing exhibits, and provide literature to attendees. Ceremonies will be at 1:00 p.m. with a cake-cutting and refreshments.

All military beneficiaries are invited to meet, mingle, and converse with other survivors. For more information contact Lt. Irene Henney at 953-4056.

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Be a Shipmate,
Be a Designated Driver

The Courier

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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 JO2 Duke Richardson at: ddrichardson@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 June 15!!**

We are located in Bldg. 215, second deck, Room 2-118 (next to the Conference Room.)

Does your child need a physical?



Photo by JO3 Jodi Durie
Naval Medical Center Portsmouth Pediatrician Dr. Peter Kriz gives three-year-old Savante Jackson a physical.

By JO3 Jodi Durie

Attention all parents: If your child needs to have a physical before starting school in the fall, now is the time to make an appointment.

General pediatricians from both Naval Medical Center Portsmouth and its Branch Medical Clinics have arranged their schedules to accommodate the large number of school-entry physicals anticipated this year.

All children in Virginia, who are entering kindergarten or first grade, are required to have a documented physical within one year, according to NMCP's general pediatricians.

"Many parents think children need to have physicals every year, but children only need one if they are new to the area, entering kindergarten, daycare or preschool," said RN Lucy Hensley.

The pediatric department has encouraged parents to make appointments as soon as possible to ensure all required paper work and immunizations are completed on time.

"Appointments fill up really fast," according to HN Amanda Pierce from the Pediatrics Clinic. "Patients who wait until the last minute to make appointments usually experience long waits and appointments that don't run as smoothly."

For example, if a patient needs Hepatitis B shot, a three-series shot, there isn't enough time to have the shot completed.

Schools usually require the first

two shots be completed or at least started before a child can attend school," explained Pierce.

"School-entry physicals are not meant to replace annual visits, said Dr Peter Kriz, one of Naval Medical Center Portsmouth's general pediatricians. "I encourage families to schedule an additional well-child visit during the year. The school-entry physical appointment focuses on completing the needed paperwork and requirements for school entry. The appointments also provide a good opportunity to catch up on immunizations," added Kriz.

The child's visit will include a vision screening physical and possibly a hearing-screening test, according to NMCP's general pediatricians.

Parents need to bring their child's immunization record to the appointment along with a green physical form. School-entry physicals will be performed at the child's primary care provider's clinic.

Because of the number of physicals to be completed, you may not be able to be seen by your Primary Care Provider.

If any concerning findings are identified, a following-up appointment will be scheduled with your child's Primary (Care) Provider," according to the general pediatricians.

Each appointment will take approximately 20 minutes and can be scheduled by calling the TRICARE Service Center at 1-800-931-9501.

NURSE *continued from page 1*

division. "These nurses work in both traditional and non-traditional roles of nursing," she added.

Members of the Nurse Corps are very proud of their heritage and what they have become today.

"I love the Nurse Corps," exclaimed Cmdr. Ava Abney from patient and guest relations. "It affords me the opportunity to grow and to meet new people and establish new relationships," she added.

Most nurses spend their lives nurturing and taking care of patients, but what sets aside Navy Nurses are the additional responsibilities they acquire while serving their country.

"The annual Nurse Corps birthday observance is a time when I pay tribute to the many pioneer nurses who helped make my childhood dream a reality," said Lt. Janice Gower. I was taught early in my military career that our role involves nursing and serving as naval officers. As nurses we care for others and, it is very satisfying when you know that your efforts have impacted someone's life in a significant way. As we continue to evolve and grow, I celebrate each birthday by remembering and appreciating the courageous, determined people within the history of our Corps," she added.

"The Nurse Corps is about people. No matter where you turn you find someone working toward a common goal," said Lt. Cmdr. Mark Reitnauer. "It's about promoting Quality of Life."

NMCP celebrates Arbor Day by planting new life



Vernon Murphy, Bob Wall, Mike Waro, Aubrey Ansell, Ed Bick and NMCP Deputy Commander Capt. Raymond Bozman do their part in celebrating Arbor Day by planting a tree in a park located on the Naval Medical Center compound.
Photo by Dan Gay

NMCP Honors fallen Heroes



Photo by NMCP Med Photo

Naval Medical Center Portsmouth, along with the Fleet Reserve and Ladies Auxiliary, joined forces to honor the Soldiers, Sailors and Marines interred at the hospital cemetery.

By Dan Gay

Over 800 nations' flags mounted near worn headstones fluttered softly in the early morning breeze as Naval Medical Center, Portsmouth held its annual Memorial Day Ceremony, May 28. Guests were gathered to honor the Soldiers, Sailors, and Marines interred at the hospital cemetery. The ceremony, sponsored jointly by NMC Portsmouth and the Fleet Reserve and Ladies Auxiliary, Branch 99, Virginia Beach, featured Rear Adm. C. E. Adams, Commander, Naval Medical Center, Portsmouth, as guest speaker.

Adams had just returned from six weeks attending the CAPSTONE Course sponsored by the National Defense University, Fort McNair, near Washington, DC. Having traveled to U.S. military bases and doing a two-week study of South West Asia, Adams noted that America is blessed with unbelievable wealth, opportunity, and freedom.

During his remarks at the Memorial Day ceremony, he emphasized that his travels had brought him a renewed sense of the freedoms we enjoy, and especially, the gratitude he felt for those who had given their lives so we might preserve the future of the greatest nation on Earth.

"We also mourn the loss of 17 shipmates from the USS Cole and the loss of Congressman Sisiski, all who gave so much in the service to our country for their belief that freedom, above all else, is something worth defending and preserving." Adams said.

This hospital resting ground is

full of tradition and tragic memories of the past. The hospital cemetery contains the remains of those who served bravely during our nation's major conflicts and wars.

A special memorial stands as tribute to the men who lost their lives aboard USS Cumberland and USS Congress which were sunk during a Hampton Roads battle with the CSS Virginia during the first day of the iron clad's maiden voyage.

Other tombstones bear brief inscriptions noting the interments of Brazilian, French, German, Japanese, Russian, and Spanish sailors who had fallen victim to shipwreck and disease. The earliest grave is Aug. 12, 1838, which honors a sailor who fell to his death aboard USS Constitution.

"On this hallowed day, we must all remember that freedom, and the blessings it brings, often exacts the ultimate sacrifice. More than 1.3 million service men and women have given their lives preserving the freedom we hold so dear," said Adams. "We must remember that sacrifice is not some far off thing, but a very real payment made for the freedoms we enjoy today," he stated.

The day's activities concluded with a program by the Fleet Reserve and the Ladies Auxiliary. James Scarbro, Regional President, East Coast, Fleet Reserve Association, and Flo Marie Holcombe, Past National Chaplain, East Coast, placed a wreath on the cairn surmounted by a stone pillar and urn honoring the men lost during a Hampton Roads battle between the USS Cumberland and Congress and the ironclad, CSS Virginia, during its maiden voyage.

NMCP plays host to DEFY graduation

By JO3 Jodi Durie

Naval Medical Center Portsmouth completed its first year of the DEFY program during an emotional graduation ceremony at Hospital Point.

The DEFY (Drug Education for Youth) program is a year-long, two-phase youth leadership and education program for children ages 9-12.

The recent graduation concluded phase two of the program, which included workshops, community service events and recreational outings between children and mentors one day a month.

Guest speakers included, Cmdr. Pancho, the Director of DEFY Washington D.C., Capt. Gregory Hall, NMCP's Director for Ancillary Services and Capt. Whitkop from Norfolk Naval Base. They congratulated and encouraged the children.

According to DEFY'S mission, 9-12 year olds graduate with character, leadership, and confidence to engage in positive, healthy lifestyles as drug-free citizens. "DEFY taught me about leadership and gave me self confidence. It was really fun and I learned a lot about drugs and how to withstand peer pressure," said recent graduate Corey Parker.

DEFY guides children to confront

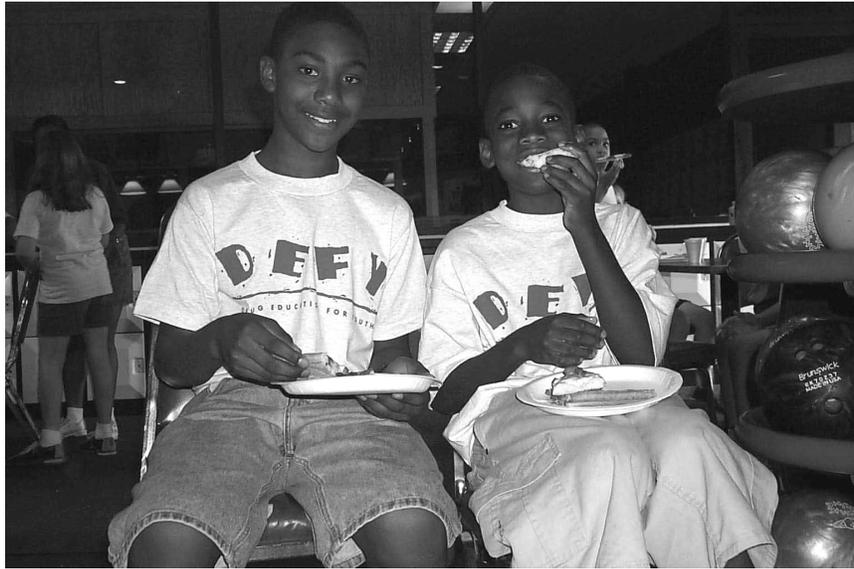


Photo by JO3 Jodi Durie

DEFY participants chow down on pizza during one of many outings they enjoyed in the program. NMCP recently hosted a graduation ceremony at Hospital Point.

issues such as peer pressure, illegal drugs and gangs. "You now know how to resist negative influences so you can counteract those negative influences with positive peer pressure, pressure to do good things," encouraged Capt. Gregory Hall.

Phase one of the program, a two-week leadership course, is scheduled to

begin July 17-27.

The camp introduces the children and mentors, while building a foundation for the rest of the program.

Those interested in DEFY should contact HMC Tracy Lumpkin or HM3 Brian Lawton at 953-5705 no later than July 1.

Is child care in the works for NMC Portsmouth?

By JO2 Duke Richardson

There have been many questions raised concerning the issue of staff child care at Naval Medical Center Portsmouth. This topic is one of the most asked questions on any quality of life survey, group discussion, or via the electronic suggestion box.

While the military child care system is indeed a complex one, it is still necessary to ensure that active duty members understand what it is all about. One key way to accomplish that is to revisit the system that evolved from the Military Child Care Act that was instituted by Congress in the 1980's.

The act laid the groundwork for all military childcare, youth centers, and youth programs under the Department of Defense. From this act the standards were established that make this system one of the best in the world.

The Navy's guidance from the act is set forth in OPNAVINST 1700.9D, also known as the bible for Navy childcare. It sets the standards for construction, staffing, eligibility, safety, staff ratios, training, and all other related requirements.

With the exception of three centers in the Hampton Roads area, all of the centers meet state requirements that are less stringent than the national requirements.

With that in mind, although NMCP does not currently have a staff child care center, it does have a Child Waiting

Center for use by its outpatients. The center was the combined effort of many surveys done by clinics and suggestions made to the Bureau of Medicine for some relief in the waiting rooms.

Some reasons that brought about the formation of the center were: 1) Some patients did not have any other means of getting child care; 2) There were personnel who could not afford it; 3) Some of the patients were new to the area and had no other place to put their children.

The center is designed to hold a maximum of 50 children on a temporary basis while patients undergo treatment. It is not designed for full-time childcare, but it services an average of 1,000 children per month. Also, appointments are necessary in order to use the Child Waiting Center.

So what are the chances of a staff child development center at NMCP?

Back in 1994, a project was submitted to BUMED and BUPERS to build a staff CDC at Naval Medical Center Portsmouth. This project was submitted as a MILCON and therefore competes with all other jobs in the MILCON system. Unfortunately, NMCP did not make the MILCON lists from 1995 through 1998, and in FY1999, the Naval Medical Center Portsmouth numbers were mixed with the naval shipyard numbers to try and document the need for a larger center in Portsmouth.

Are you relocating with your children?

By Mary Babbitt, NMCP Medical Social Worker

Frequently, military families will move numerous times throughout their career.

In some families, the move is a welcome experience both favorable and enjoyed by family members and in other families, the moving experience is a stressful time coupled with adjustment difficulties. When a move involves relocating children, parents are faced with additional challenges of helping them understand the new culture and to adjust finding new friends. Because pre-adolescents experience rapid changes in moods and growth spurts, they have a need to conform to their peers for confirmation that they belong and fit in with others. A major move to unknown territory may be an added stress that may cause outbursts out of fear of experiencing another added change. Since our children do not have a choice of where they will live from one tour to the next, the following tips may make the transition easier:

Communicate in a positive way

about the future move and listen to any expressed concerns. Many times, the issue is not the move itself but the uncertainty that comes with starting a new school, living in a new neighborhood, and finding new friends.

Try to maintain the family activities that are held in the home from one tour to the next so that changes are held to a minimum. If dinner is usually held at a certain time or if a night is set aside for a family activity, continue to do so.

Research what the new culture will bring to heighten the interest of the family and incorporate this into family outings once settled into the new home. Exposure to new settings usually integrates what they have learned from their social science classes. The Family Service Center has a wealth of information available in CONUS and Overseas CONUS duty stations.

Locate and encourage the youth to maintain the same activities or find new activities that are similar to what they enjoyed from the last tour, which should speed the socialization process.



Photo by JO3 Jodi Durie

Military families face a challenge when helping their children adapt to the changes that moving brings.

Remember when the youth loses interest in an activity; replace it with another activity.

Provide a means of communication for the child to keep in touch with friends such as writing a letter or using the Internet.

If additional information or assistance is needed, feel free to contact the Social Work Department at 953-5861

NMCP DAPA Corner

The Driver

Males are disproportionately more likely to be in most serious and fatal injuries and are more likely to be involved in alcohol related fatal injury events than women.

The 1991 Zador study found that 40% of drivers aged 16 to 19 who were in fatal traffic crashes had BACs under 0.10%. Alcohol may pose an especially serious risk for younger drivers because they have comparatively little experience with alcohol or driving.

Zador also compared the data of young females and males aged 25 and older. A moderate BAC level (0.05-0.09%) in females aged 16-20 made them 21.3 times more likely than males aged 25 years or older with comparable BAC levels to be involved in a fatal crash. This was the highest increase of any category of driver based on age and gender. The studies concluded that 1) alcohol increases fatal crash risk more for females than for males, 2) alcohol increases fatal crash risk more for younger drivers than for older ones, and 3) moderate BACs profoundly enhance crash risk among drivers aged 16 to 20 years, especially among females of the age group.



Women involved in fatal crashes increased 37% between 1982 and 1989. This change represents an increase in the number of females driving and an increased heavy drinking among females.

Decreases in DWI rates studied between 1976 and 1985 were less significant for females than for males, who decreased significantly. In fact, females aged 21 through 24 years were the only group to experience an increased DWI arrest rate (26%) in one study. (Popkin, 1991)

Regardless of age, the rate of alcohol-related crashes among males declined between 1976 and 1985. Among females, the crash rate increased 74% for those aged 18 through 20 years, 93% for those 21 through 24 years, and 45% for those 25 through 34 years. For females under 18, the rate of alcohol-related crashes decreased.

Naval Medical Center Portsmouth has implemented a Designated Driver (DD) Program in efforts to help reduce the number of individuals getting behind the wheel after drinking. Designated Driver passes may be checked out at NMCP's Quarterdeck or by seeing the Command DAPA. Passes are to be returned the next working day. MWR (Single Sailor Program) and the Command DAPA (Right Spirit Campaign) are working together to provide incentives for utilizing this program. A list of local establishments that honor DD passes is also provided at the Quarterdeck.

In case a DD pass was not picked up; ask the establishment if they honor DD's or if they have a contract with the Drive Smart Hampton Roads. Approximately 30 local restaurants have contracts. These establishments agree to serve responsibly, and if necessary, have the ability to call any of the three local taxi companies to get cab rides for those who need them. The rides must be booked by the restaurant and are paid for by Drive Smart Hampton Roads.

It's not only your life your putting at risk if you choose to get behind the wheel after drinking but also countless other innocent people. Be Smart...Have a Designated Driver.



-By HM1 Marsha Burmeister, NMCP DAPA

NMCP celebrates Asian-Pacific Heritage Month with style

By JO3 Jodi Durie



Photo by JO3 Jodi Durie
NMCP's Asian-Pacific Heritage celebration featured dancers as well as guest speaker Dr. Juan Montero II.

Naval Medical Center Portsmouth's Command Heritage Committee recently provided staff members with an extraordinary opportunity to celebrate Asian-Pacific Heritage Month.

The committee organized a program, which included various performances by local Asian-Pacific Americans.

While celebrating the theme for 2001 "Asian-Pacific

Americans: Emerging together," hospital staff members recognized the rich cultural heritage of the Asian-Pacific community that has immensely contributed to our nation.

"This observance brings to light the basic humanity across this world and how fortunate we are with our multiple heritages, culture and religions. We as Americans are so fortunate," stated Naval Medical Center Portsmouth's Commander Rear Adm. Adams.

The program included various authentic dances such as a Hawaiian dance by Jennifer and Nicole Churchill, daughters of LPN Michele Churchill from 4G, an interpretative dance by Johanna Arches and several Asian folk dances performed by the United Ilocano Association Dance Troupe.

Following the performances, guest speaker, Dr. Juan Montero II, shared his experiences as an Asian-Pacific American.

Montero continues to work as a thoracic surgeon in the Chesapeake Care Free Clinic, which he founded.

The clinic provides health care to families who do not have health insurance and cannot pay for a private physician.

"Today I had a chance to reflect on where I came from and hopefully crystallize better what I have. "It's a wonderful feeling this point in my life to feel like what I have done is appreciated," he said.

ACLS Training saves Theodore Roosevelt over \$10K

By JO2(SW) Rob Kerns

USS Theodore Roosevelt (CVN 71) and Naval Medical Center Portsmouth have teamed up to save the Navy over \$10,000. For the first time ever, the Advanced Cardiac Life Support (ACLS) course was taught while underway.

The underway training is the brainchild of the Ship's Nurse, Lt. j.g. Joseph Marcantel from Kinder, La. The training brought the number of ACLS qualified medical personnel aboard Theodore Roosevelt (TR) from four to 20.

"When I reported aboard, I noticed we have some very bright corpsmen," said Marcantel. "I wanted to offer them every opportunity for training the TR could provide."

Marcantel began contacting local colleges to get his corpsmen the ACLS training. After being told the training would cost up to \$200 per person, plus books, he turned to a former TR shipmate, Lt. Jeffrey Browder, for help.

Browder is a former TR nurse who now works with the ACLS program at NMCP. He wanted to make the training available to the TR corpsmen. Unfortunately, there was a backup of over two months to get a seat in the class.

Marcantel called Browder with a



Naval Medical Center Portsmouth played a major part in making history recently when it teamed up with the USS Theodore Roosevelt to bring ACLS to TR Sailors. The partnership between the commands saved the Navy well over \$10,000.

very unique question, "If you come to us, would you be willing to give the training?" Browder was more than happy to help. He and his former shipmate made the necessary arrangements with

NMCP and the ship, thus making history aboard the TR.

According to Browder, the TR Sailors were very enthusiastic about the training. "They are very receptive and energetic," said Browder. "This has been an absolute pleasure. Not just because I feel like I've come home to the TR, but because the energy and enthusiasm level is so great."

Results of the training were almost immediate. The Monday after returning to Norfolk, a Sailor reported to medical complaining of chest pain and shortness of breath. Due to the training they received, medical was able to clearly recognize the symptoms of a heart attack and get the Sailor the medical care he needed.

"Without the proper medical care the Sailor may have died," said Marcantel. "Where before our corpsmen knew the motions of EMS, now they have a deeper understanding of the theory of what they are doing."

With the cost savings to the Navy and the enthusiasm of the TR Sailors, NMCP is considering implementing the training for other ships in the fleet.

"I hope it happens," says Marcantel. "But until it does, I can enjoy the fact that I have the most qualified HM's on the waterfront."

Naval Medical Center Portsmouth unveils Charette portrait

By JO3 Jodi Durie

On the second anniversary of the Charette Health Care Center's (CHCC) opening, a portrait of HMCM (SS) William R. Charette was unveiled and displayed during a dedication ceremony provided by NMCP's Command Master Chief Paul Ducharme.

"Many who enter the CHCC are not aware of the significance of the hospital's name," according to Ducharme.

Two years ago, CHCC, NMCP's newest state-of-the-art facility, was named in honor of Master Chief Charette, who received the Congressional Medal of Honor for service during the Korean War.

"This is the first and by far the largest major medical treatment facility named in honor of an enlisted sailor. It is very significant," explained Ducharme.

Dedicated by the men and women of NMCP, the portrait pictures Charette at the time he received his Medal of Honor as a third class petty officer and as a master chief.

Together, the hospital's Blue Jacket of the Quarter, HN

Rebecca Morrell and HMCM (SW) Maurice Frear unveiled the portrait and a framed citation of Charette's award.

"HN Morrell represented the professionalism and possibilities of the future of the hospital corps and Master Chief Frear represented the most senior hospital corpsman and the experience and leadership of the hospital corps which ensures continuity from one generation to the next," said Ducharme.

Howard Batkin Jr., a local artist who has done various pieces on the hospital compound painted the Charette portrait by request of Ducharme.

Ducharme felt this painting was an appropriate way to put a face with a name. "I wanted to do it so people will recognize who he is and why the building was named in his honor," explained Ducharme.

"By placing a portrait of the man on the quarterdeck all who enter the hospital are given the opportunity to begin to understand the incredible legacy of valor, sacrifice and courage the United States Hospital Corps embodies. Men like master chief Charette are responsible or that legacy," he said proudly.

Portsmouth sailors discover world of educational opportunities

By Susan Sutter, Director, NMCP Navy College Office

The Navy College Office recently hosted an Education/Career Fair to answer questions about off duty education and career opportunities. The fair gave active duty, reservists, retirees, family members, and civilians the opportunity to pose questions to a variety of school representatives as well as to the Command Career Counselor, the Naval School of Health Sciences representative, and the Naval Enlisted and Officer Reserve Recruiters. The second level of Charette was set aside to spark Sailors' interest in attending college, applying for commissioning programs and attending Hospital Corpsman "C" schools.

Representatives from local colleges and universities provided general information on their programs and upcoming term schedules. HM1 Peggy Shank from NMCP's Command Career Counselors' office provided information on "C" schools and commissioning programs. Many Sailors asked questions about prerequisites for MECF, BOOST and NROTC programs. The Enlisted Recruiter, HM2 Sharon Crowder, received a lot of inquiries from personnel who wish to apply to the reserves; and Lt. Cmdr. Cynthia Faschini and Lt. j.g. Julia Jones provided information about the Navy Officer Reserve programs.

Navy College sponsors local colleges who provide educational outreach services to NMCP on a regular basis as a benefit to all NMCP personnel (active duty, family members, and civilians).

In addition to local educational opportunities, the Navy has added a new element



Photo by NMCP Med Photo

Naval Medical Center Portsmouth staffmembers got the chance to look at various educational opportunities at a recent education fair. Representatives from area colleges were on hand to give information and answer questions of potential students.

to the Navy College Program – the Navy College Rating Partners. The Navy College Rating Partners are 16 colleges and universities that have been selected to offer rate-related associate and baccalaureate degrees. Courses can be taken via distance education. Degrees are designed to provide a simplified path to an associate or bachelor degree, maximize acceptance and applicability of credit for Navy training, develop career oriented degrees for all Sailors, and encourage career/life long learning.

The Navy has links from the Navy College web site to the Navy College Rating Partner sites. These sites will not only provide information on each degree pro-

gram, but will also provide templates showing how many credits Sailors at different pay grades will receive from their military training. All Rating Partner schools will be part of the SOCNAV network of schools.

The Navy College web site is www.navycollege.navy.mil.

If you would like additional information about educational opportunities, contact the Navy College Office located in building 272, room 131 or call 953-7853. The college representatives are also available in building 272, room 103 (next to the Credit Union). The Command Career Counselor is located down the hall, room 112, telephone 953-5164

NMCP Awarded for Environmental Excellence

By Rob Jones, NMCP Environmental Program Manager

Naval Medical Center Portsmouth Facilities Management Department's Environmental Branch has been awarded Hampton Roads Sanitation District's "Silver Pretreatment Excellence Award" for the year 2000.

The award was presented May 9th, at Hampton Roads Sanitation District's (HRSD) annual awards luncheon, held at Grand Affairs in Va. Beach.

This is the fifth consecutive year that the Facilities Management Department's Environmental Branch, has received a "Pretreatment Excellence" award from Hampton Roads Sanitation District, including a "Gold" award in 1998.

The wastewater that is generated here at Naval Medical Center Portsmouth is discharged to HRSD under an Industrial Wastewater Discharge Permit. Certain requirements and conditions are required to remain in compliance with the permit.

Weekly monitoring of Naval Medical Center Portsmouth's wastewater effluent, maintaining meters and submission of monthly monitoring reports are just a few of the requirements that must be performed and documented.



Photo by JO3 Jodi Durie
Left to right: Bob Wall, Rob Jones, accept the HRSD Silver Pretreatment Excellence Award from Matt Cox, HRSD Industrial Waste Manager.

"HRSD conducts semi-annual inspections of our facility," said Robert Jones, an Environmental Program Manager with Facilities Management Department's Environmental Branch. "They also perform their own sampling from our wastewater pretreatment facility, most often unannounced. Over twenty-five different parameters are analyzed, everything from arsenic to zinc. The permit limitations for these twenty-five parameters must be met at all times to remain in compliance."

This award recognizes permit holders who were not in a status of "Significant Non-Compliance" and who did not pay an "Administrative Penalty." The award also honors permit holders who have been subject to compliance requirements for a full calendar year with an exemplary compliance

record.

Recipients of the Silver award must not have over three (3) administrative or technical violations.

The Facilities Management Department's Environmental Branch would like to thank the entire NMCP staff for their help in staying in compliance.

Bob Wall, the Environmental and Natural Resources manager, said "this is an award that everyone at Naval Medical Center Portsmouth can be proud of; this is truly a team effort."

Naval Medical Center Portsmouth urges its staffers to buckle up

By JO3 Justin Takasawa

As they cruised by Naval Medical Center Portsmouth's main gate during May, motorists caught a glimpse of Vince and Larry, the comedic crash-test dummies known for their pro-seatbelt ads in the early '90s. They are out there supporting the National Highway Traffic Safety Administration's (NHTSA) "Buckle Up America" campaign.

"This one week in May is a really big push for the cam-



Photo by JO3 Justin Takasawa
HN Neda Moran and HM Danny Smith of Naval Medical Center Portsmouth's Quarterdeck Staff are no dummies as they encourage passing motorists to buckle up. "Something that takes three seconds to do can save your life," said Smith, whose own mother's life was saved by the use of a seatbelt.

aign," said Lt. Cmdr. Fawn Snow, NMCP's Injury Prevention Co-ordinator.

Since October 2000, NMCP has incorporated an Injury Prevention Division as part of its Emergency Medicine Department, said Snow. "What we do is, every month, we support a safety initiative or national safety campaign."

Snow and her division are helping to boost the NHTSA and its slogan of "Every Trip, Every Time." According to the NHTSA website, the campaign has raised the national seatbelt usage rate to 71 percent, the highest ever.

But national averages won't increase without a local boost. "What we want to do is inform the staff here," said Snow, who has helped place posters in the hospitals lounges. "We also have a bulletin board display in the department," she added.

Keeping the medical center's staff informed is a step that could save their lives and the lives of their children. That's why Snow stresses the use of safety belts among parents. "Studies have shown that people role model their seatbelt use, there's a 35 to 90 percent increase in the use by other passengers in the vehicle."

In the past, the NHTSA has been successful at heightening safety belt awareness for those travelling long distances, however, this year's focus will be on community settings.

It takes a combined effort of enforcement and education to save the lives of sailors and their families and Snow and her division think it well worth the effort. It may even take a few dummies to make America wise up.

NMCP selects Nurse of the Quarter

By JO2 Duke Richardson

There was no need for an emergency call for one Naval Medical Center Portsmouth staff member in the ER. Lt. j.g. Patrick Myer, a staff nurse at NMCP, was recently named NMCP's Nurse of the Quarter.

He says he feels very honored at winning the award because it represents a major milestone for him. "The award makes me feel as if I'm representing the emergency department," said Myer. "So I don't look at this as just an award for me, but one that everyone here shares."

Myer also said that as far as days go, there is never a dull moment within the walls of the emergency room. "Things in the ER vary so much that you never know what to expect," he said. "The number of people we see on a day to day basis is so different. One day we see around 180 patients and the next day we could see 400. It is hectic at times, but the challenges are greatly rewarding in the long run."

Out of the myriad tasks Myer performs, he says he really enjoys the one-on-one patient care. "I personally wouldn't get any satisfaction from doing anything in which I was not providing patient care, because



Photo by JO2 Duke Richardson

Naval Medical Center Portsmouth's Nurse of the Quarter Lt. j.g. Patrick Myer checks patient charts posted in the emergency room. He says the greatest satisfaction he gets out of his job is one-on-one patient care.

that is what I enjoy doing and that's part of the reason why I got into this field."

Myer believes that Sailors should make the Navy a place to grow professionally as well as personally. "There are boundless opportunities in the Navy,

especially if you work hard and set idealistic goals for yourself and work toward them," he said. "My advice would be to pick what you want to do with yourself and put everything you have into it."

BMC Boone Sailor is just taking care of business

By JO2 Duke Richardson



Photo by JO2 Duke Richardson

HN Richard Lowrance preps a blood pressure/temperature checker before taking vital signs for the next patient.

Getting the job done and ensuring patient satisfaction is just all in a day's work for one Branch Medical Clinic Boone Sailor, but for HN Richard Lowrance the hard work is worth it in the long run.

Lowrance, a corpsman at Branch Medical Clinic Boone's Medical Acute Care Department, has been in the

Navy for a little bit over two years now and views a typical work day as different lessons from which he hones his medical skills.

"On a really good day here at the clinic, we do a number of jobs such as suturing, dressing changes as well as make ambulance runs," said Lowrance.

He went on to elaborate on one ambulance run that was a little bit different than the norm. "I remember one run to a ship we made in which we had to give aid to a guy who had an 80 pound barrel crash into his head, it was pretty wild, but overall the situation was taken care of. After all, satisfying patients and making sure that they're taken care of and happy is a major part of this field."

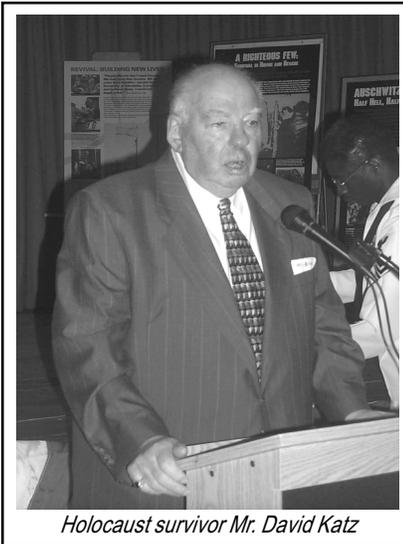
As far as professional goals, Lowrance plans to do whatever it takes to reach them through hard work. "In the long run I want to become a doctor," he said. "Right now I plan on going through nursing programs as well as make rank on the enlisted side of the house before going for commissioning."

As far as it goes for advising his fellow Sailors, Lowrance says that he feels time is of essence, something that should not be wasted.

"Make the best of the time you have while in the Navy. Get what you can get out of everything the Navy has to offer and put everything you've got to do a good job."

NMCP honors World War II Holocaust survivor

By JO3 Jodi Durie



Holocaust survivor Mr. David Katz

During the Holocaust, over six million Jews—men, women and children—were methodically and efficiently slaughtered for no reason other than they were Jews.

Today, one week each year, is set aside as, “The Days of Remembrance,” to commemorate each and every victim

of the Holocaust.

There are various ways of remembering the Holocaust. Naval Medical Center Portsmouth’s Command Heritage Committee organized a program titled, “Days of Remembrance: A Holocaust Memorial,” with guest speaker David Katz.

Before introducing Katz as the keynote speaker, NMCP’s Deputy Commander, Capt. Raymond E. Bozman, stressed the importance of remembering the victims of the Holocaust.

“Other survivors of the Holocaust have described this as a time when the world lost its civility...a time when former friends, co-workers, and classmates despised one another simply because of their heritage or religion. Although this is something we might prefer to forget, it is important that we remember...so that we might honor the victims and do all that we can to prevent something like this from ever happening again,” exclaimed Bozman.

As a local Holocaust survivor and member of The Holocaust Commission Speaker’s Bureau, Katz offered his re-

markable account of the Holocaust while honoring the theme for 2001, “Remembering the Past for the Sake of the Future.”

At one point, Katz became a member and a courier for the resistance movement. Katz made his way to Paris. “I was 15 years old and had seen and suffered enough to last a hundred lifetimes,” he said.

While in Paris, Katz was able to contact the International Red Cross and find the location of his parents.

“After a few weeks they notified me that my parents were transported to Auschwitz, Poland, in 1942. They were murdered in the gas chambers. I also was notified that my grandparents were murdered in the Warsaw ghetto,” said Katz. Within a year, Katz was able to immigrate to the United States to live with his aunt and uncle who raised him as their own.

Despite everything Katz experienced, he does not consider himself a hero. “I’m a survivor, but I don’t think I

see **KATZ** on page 12

MWR ITT OFFICE MOVES TEMPORARILY

The Morale, Welfare and Recreation Department ITT discount ticket office in Bldg. 215 has temporarily closed. ALL ticket sales can be made at the MWR Office located in Bldg. 276 (gym). The hours of operation are Monday-Friday, 0800-1600. Discount tickets are available to many area attractions including, Busch Gardens, Water Country, Colonial Williamsburg, Jamestown/Yorktown, Va. Air and Space Museum, American Rover, and the Spirit of Norfolk. Tickets for “Tides” baseball and the Norfolk “Nighthawks” plus discount movie tickets are also available. For further information, call 953-5096.

Navy announces Next of Kin Requirements

By Michael McLellan, Navy Personnel Command Public Affairs

Navy officials recently announced a policy and procedure change designed to provide more rapid primary and secondary next of kin (PNOK/SNOK) notification whenever a Sailor is involved in an emergency situation.

Effective immediately, Sailors are required to add the names of PNOK/SNOK, addresses and telephone numbers to the DD 93 Record of Emergency Data or NAVPERS 1070/602 Dependency Application/Record of Emergency Data.

For more details, please see NAVADMIN 098/01. Additional guidance regarding listing next of kin information can be obtained from the assistant head casualty assistance branch at Navy Personnel Command at DSN 882-4299 or (901) 874-4299, or via email at sandy.dubois@persnet.navy.mil.

A special way of saying thanks



Portsmouth Police Department’s assistant chief, Edward Long, presented Naval Medical Center Portsmouth’s Deputy Commander, Capt. Raymond E. Bozman, with a letter of appreciation for his message at NMCP’s Memorial Day ceremony. Long, accompanied by Olimas Robinson who helped coordinate the Memorial day ceremony, came to the hospital to personally thank Bozman for his words. “We would like to continue to maintain a partnership with the Navy,” Long said with a smile. (Photo by JO3 Jodi Durie)

Success for Re-Aligning may lie in Psychological Change Management

By LCDR Dwight Hart, MSC, USN, Psychological Change Management Leader

Lessons Learned From Other Organizations: There have been 4 essential reorganization activities identified which if managed reasonably well can reduce intraorganizational stress and contribute to the overall success of the reorganization. The most recent literature on optimizing the reorganization process has been reviewed. I would like to pass along some of the lessons learned from others who have been through the same experience. The goal is to assist our hospital personnel in making a smart change.

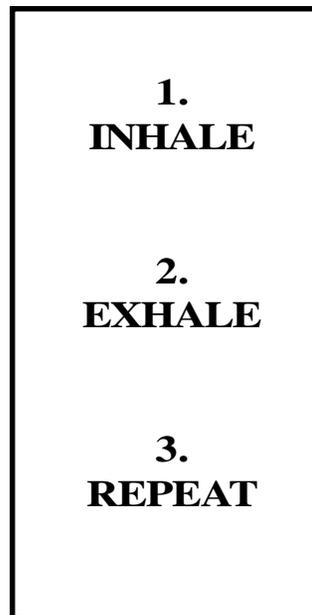
By the way, "successful" does not mean stress-free but rather a well-planned, well-managed effort where most of the trouble spots are anticipated and those "surprise" obstacles can be absorbed by sound decision-making and management procedures that have been set in place.

The 4 categories are as follows:

1. PHYSICAL LOCATION OF EQUIPMENT AND SUPPLIES. This sounds like a relatively obvious, reasonable, and easy area to consider in reorganization, right? However, in many of the hospitals whose reorganization was less than desirable, this area was cited as a major trouble spot. Namely, in the new work centers, key medical personnel were not initially involved in managing the physical location of various equipment and supplies. Consequently, during medical procedures both physician and nursing staff could not locate needed items quickly and easily. As you might expect, tempers flared and frustration levels rose.

2. INTER- AND INTRA- DEPARTMENTAL COMMUNICATION. Good communication is necessary between staff members and between departments who are realigning on a frequent basis. Again, another common sense area, however, one that easily disintegrates during times of change and in-

The places who reorganized successfully recommended the following: orientation and training of key staff on the physical location of equipment and supplies; drills in the new work centers with hands-on-experience in the daily procedures; and strong departmental leadership to make decisions on the inevitable unanticipated problems at all stages of the reorganization, and to run interference with other de-



partments as conflicts arise.

3. ADMINISTRATIVE PRACTICES DURING THE TRANSITION. The key issues that surfaced for this category include administration having a well-conceived plan for reorganization; not adding new policies or standards of practice or new programming during the transition period, and if new practices or policies are necessary, then introduce the changes 3-6 months before or after the reorganization. The idea is to have a stable and familiar environment so personnel can effectively integrate the new information and carryout policy changes. Another important area dealt with anticipation of staffing needs to avoid shortages at the

critical time around the physical relocation period from one work center to another.

4. PSYCHOLOGICAL AWARENESS. This area is considered to be the backdrop for all aspects of the reorganization. As creatures of habit, we all have some difficulty with changing our habitual and favorite way of doing things regardless of how positive or welcomed the change. It is a matter of degree. Disorientation, unfamiliarity, and disruption in our routines are integral to the change process. However, such experiences tend to make some of us feel uncomfortable, out of sorts and, depending on our temperament and degree of difficulty with change, downright cantankerous! The two major antidotes to unnecessary turmoil caused by change are frequent communication to all staff about the relevant aspects of reorganization, and good conflict resolution skills. Frequent information updates will go a long way to increase a sense of predictability. Good conflict resolution skills will help people deal better with the inevitable tensions that arise when people are adjusting to disruptions in their old routines.

A cornerstone of optimal self-care is a healthy diet. Nutrition plays an important role in helping you cope with the physiological changes caused by stress. Try to imagine your body as a car and food as the fuel. If a car is "fed" low quality fuel, it will perform poorly. The same process occurs when you eat a low quality diet, your body won't perform at the optimal level. Stress adds an extra burden to your body already trying to deal with the problem of not having the proper nutrients to meet its needs. An easy way to eat healthy is to use the Food Pyramid as a guide. You need to limit your intake of salt, fat, simple sugars and caffeine. Make sure there are plenty of high fiber foods and fluids, at least eight cups a day, in the diet. Of course, the best fluid to drink is water.

What's Cookin' in the galley?

<u>June 1,15,29</u>	<u>June 2,16,30</u>	<u>June 3,17, 31</u>	<u>June 4,18</u>
<i>Lunch</i> Clam Chowder Beef Stroganoff Creole Fish Egg Noodles Macaroni & Cheese Apple Crisp	<i>Lunch</i> Cream of Broccoli Pot Roast Parsley Potatoes Steamed Rice Asparagus Marble Cake	<i>Lunch</i> Chicken Rice Soup Turkey ala King Swiss Steak Egg Noodles Carrots Choc. Chip Cookies	<i>Lunch</i> Split Pea Soup Chicken Fiesta Lasagna Steamed Rice Green Peas Chocolate Cake
<i>Dinner</i> Beef Noodle Soup Grilled Chicken Breast Meatloaf Fried Rice Green Peas Brownies	<i>Dinner</i> Onion Soup Lemon Baked Fish Braised Beef Tips Rice Egg Noodles Cheery Cobbler	<i>Dinner</i> Clam Chowder Roast Beef Chicken Strips Corn Green Beans Chocolate Pudding	<i>Dinner</i> Mushroom Soup Baked Ham baked Fish Egg Noodles Cornbread Brownies
<u>June 5,19</u>	<u>June 6,20</u>	<u>June 7,21</u>	<u>June 8,22</u>
<i>Lunch</i> Beef Noodle Soup Roast Turkey Beef Stew Egg Noodles Corn Sugar Cookies	<i>Lunch</i> Chicken Noodle Soup Roast Beef Baked Fish Macaroni & Cheese Squash Apple Pie	<i>Lunch</i> Lentil Soup Chicken Strips Sweet/Sour Pork Rice Carrots Sugar Cookies	<i>Lunch</i> Vegetable Beef Soup Teriyaki Beef Strips Linguini Steamed Rice Turnip Greens Apple Crisp
<i>Dinner</i> Chicken Noodle Soup Beef Porcupine Tuna Loaf Steamed Rice Beets Cherry Crisp	<i>Dinner</i> Minestrone Soup Turkey Tetrazinni Salisbury Steak Green Peas Carrots Strawberry Chiffon	<i>Dinner</i> Tomato Soup Roast Pork Loin Baked Chicken Egg Noodles Beets Orange Cake	<i>Dinner</i> Clam Chowder Pot Roast Lemon Baked Fish Macaroni & Cheese Steamed Rice Lemon Cake
<u>June 9,23</u>	<u>June 10,24</u>	<u>June 11,25</u>	<u>June 12,26</u>
<i>Lunch</i> Chicken Noodle Soup Meatloaf BBQ Chicken Steamed Rice Blackeye Peas Choc. Cream Pie	<i>Lunch</i> Bean Soup Roast Turkey Swedish Meatballs Egg Noodles Squash Cherry Pie	<i>Lunch</i> Egg Drop Soup Honey/Lemon Chicken Eggplant Parmesan Steamed Rice Asparagus Choc. Chip Cookies	<i>Lunch</i> Minestrone Soup Baked Chicken Mashed Potatos Spaghetti Garlic Bread Sugar Cookies
<i>Dinner</i> Vegetable Soup Pork Chops Pizza Egg Noodles Spinach Oatmeal Cookies	<i>Dinner</i> Turkey Rice Soup Roast Beef Chicken Vega Steamed Rice Beets Oatmeal Cookies	<i>Dinner</i> Vegetable Soup Braised Beef Strips Baked Fish Macaroni & Cheese Rice Pilaf Pound Cake	<i>Dinner</i> Mushroom Soup Salisbury Steak Pork Loin Steamed Rice Squash Brownies
<u>June 13,27</u>	<u>June 14,28</u>	<div data-bbox="584 1480 990 1953" data-label="Complex-Block"> <p>Lunch at the Club! The Sandbar Center, located beside the NEX, is a great place to stop for lunch. We offer a luncheon buffet on Monday, Tuesday, Wednesday, and Friday. Thursday is steak day, complete with baked potato and salad. You may also choose to visit our Market St. Grill, which offers cold sandwiches and subs as well as hot items from the grill. Call 953-5017 if you would like more information.</p>  </div>	
<i>Lunch</i> Beef Vegetable Soup Chicken Strips Beef Yakisoba Rice Broccoli Corn Apple Crisp	<i>Lunch</i> Cream of Potato Baked Turkey Chili Macaroni Mashed Potatos Turkey Gravy Beets Sugar Cookies		
<i>Dinner</i> Clam Chowder Swiss Steak Lemon Baked Fish Steamed Rice Asparagus Carrots Sweet Potatos	<i>Dinner</i> Corn Chowder Manbo Pork Roast Baked Chicken Rice Pilaf Carrots Cauliflower Lemon Cake		

KATZ continued from page 10

am a hero. All I did was stay alive. I was lucky, Katz said humbly. "You don't become a hero by surviving; the will to survive is just a natural instinct," he said.

Holocaust survivors are often asked why they continue to speak and why they choose to remember the horror they lived through rather than put it behind them.

"First, I speak as a way of honoring the six million including my family who were killed," said Katz. "Second, I speak to get people to understand each other and to prevent another Holocaust from happening again," he said.

"The more we learn about each other the less chance of ever developing such a hatred again," advised Katz. Katz, who was born in Germany, was only six years old when life in Germany became unbearable for Jews. For the next four years, he and his parents were forced to run from the Germans. Eventually, the three of them were arrested and his father was sent to a labor camp. Soon after his father was captured, Katz and his mother were sent to a different concentration camp about 300 miles away from his father, according to Katz. The Katz family was briefly reunited in another camp before Katz was transported to an orphanage. He would never see his parents again.

"At first no one knew what was going on at the camps. They thought they were going to a labor camp until they arrived," said Katz sadly. At the age of 13, Katz escaped from a two-story window in the orphanage once again fleeing from the Germans. While on the run, Katz received some advice from a priest that he said will stick with him forever. "The Germans have taken away your parents and all you owned, but the one thing they will never be able to take away from

DRUGS continued from page 1

According to the Navy Drug Resource Center for Substance Abuse Awareness.

"The tests are 99.5 percent accurate," said Glenda Whigham NMCP's drug program coordinator. "Eight sailors have been caught during these random drug screenings this year alone," she said.

"Most sailors who are caught abusing drugs receive 45 days restriction, 45 days extra duty, a reduction in rank and pay followed by general discharge of bad conduct," explained Whigham.