



NMCP Security up to challenge

By JO3 Justin Takasawa

He stands in his fatigues, hot, tired and bracing the shotgun on his shoulder. The claustrophobic bulletproof vest he's been donning for 11 hours weighs down his body but not his spirit.

Car after car, he checks identification cards and matches them to the faces within. He protects us. He's Naval Medical Center's base security.

Anyone who's entered the gate since Tuesday, September the 11th terrorists attacks has seen security at their best.

"We've got our guys working one day on and one day off," said MASC Edward Santiago, NMCP's Security Officer.

"We're doing gate inspections of everyone coming in. We searching as many cars as we can and inspecting all trucks," he said.

"We have activated all of our Auxiliary Security Force." The auxiliary force are medical staff that have security training.

Santiago hopes that the President's recall of up to 50,000 reservists will help boost his manpower.

"We had a call from some higher-ups asking how many people we needed and we're hoping we get that number. Hopefully they're security trained people," he added.

But despite their lack of numbers, base security hasn't let anyone slip through the cracks.

"Every compartment of the cars is opened and searched. We search the under-carriages as well."

So far, three weapons have been confiscated, said Santiago. A .38 caliber pistol, a 9mm pistol and a large knife have all been found during car searches. He reminds all personnel that a weapons permit is not valid on federal property.

Nothing is getting by security.

NMCP's staff and patients can help out the security force in many ways.

"We ask that if anyone is having any visitors or deliveries that they let us know ahead of time," he said.



Photo by: LTjg Robert Lyon

NMCP security personnel inspect everyone .

"We also ask that the decals, staff badges and military I.D.'s are up to date. Even if it expires in September we ask that you take care of it now."

"Be patient," said MAC Anthony Nikolaisen, Security Chief. "We understand that it's going to take a while to get on base."

Delays or not, according to Santiago and Nikolaisen staff members have been in full support of the security division.

"We've had quite a few calls from staff members and patients. They have put in a good word for what security is conducting ... and how impressed they are with us when compared to other bases," Santiago said.

The Red Cross and members of Tricare have even dropped off cookies to show their support of security.

NMCP Security is here to protect. The first step to protection is cooperation. Staff members should keep their cars clean and inspection ready and have their I.D.'s ready to show as they pass. Patience and cooperation are the key to a safe environment.



HMCM(SW/FMF) Dave Carroll
NMCP Command Master Chief



Photo by JO2 Duke Richardson

Members of the FCPOA present a check for \$600 to the NMCP chapter of the American Red Cross for relief efforts. Left to right: HM1(SW/AW) Reginald Barnes, HM1 Michael Stoodley, MS1 Irene Jones, Jane Smith, HM1(SW) Roger McGee.
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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 LTjg 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 (next to the Conference Room.)

NMCP Welcomes New CMC

By JO2 Duke Richardson

Naval Medical Center Portsmouth welcomed a new leader and bid farewell to an old friend during a Change of Office ceremony held last Friday. CMDMC (SW/FMF) Dave Carroll recently relieved HMCM(SW/AW) Paul DuCharme as NMCP's Command Master Chief.

Hundreds of NMCP staff members gathered together in the hospital's auditorium to witness this "changing of the guard."

NMCP's now-ex Command Master Chief CMDMC (SW/AW) Paul DuCharme had mixed feelings about the ceremony. "I am pleased to turn over the reins to a very capable and professional command master chief," he said. "But at the same time I am saddened to leave a very special place I have grown fond of. I consider myself fortunate to have had this chance to serve as your command master chief. I truly believe the people of Naval Medical Center Portsmouth...make this command the finest."

The new senior enlisted officer at NMCP, HMCM Carroll, says he has some big shoes to fill, but coupled with the hard working professionals at the hospital, he is more than ready for the job. "My overall goal is to work with you and continue to set the standard all other (military) medical facilities will try to follow," he said. "That is what I want to see us doing and I know we can. I am absolutely proud to be your command master chief and I look forward to the next three years as we continue to lead Navy medicine into the future."

Carroll was born in Lakeland, FL on Oct. 16, 1956. He

enlisted in the U. S. Navy on Feb. 17, 1977 and reported immediately to basic training at Recruit Training Command, Naval Training Center, Orlando, FL. On May 2, 1977 he reported to Basic Hospital Corps School at the Naval School of Health Sciences, San Diego, California

Master Chief Carroll is married to the former Sharon Diane Dixon of Lakeland, FL. They have one son, Nathan who resides with them in Virginia Beach.



Photo By JO2 Duke Richardson

NMCP Commander Rear Adm. Adams presents former CMDMC (SW/AW) DuCharme with the Meritorious Service Medal.



Photo By JO2 Duke Richardson

Rear Adm Adams pins the Command Master Chief pin onto NMCP's newest CMC, HMCM(SW/FMF) David Carroll.

TRICARE for Life

Great news for Medicare-eligible military retirees! TRICARE can help take a big bite out of your out-of-pocket medical expenses. Under the TRICARE for Life program beginning October 1, 2001, TRICARE benefits will be available to Medicare-eligible military retirees and other qualifying family members and survivors who are enrolled in Medicare Part B. This benefit is in addition to the TRICARE Senior Pharmacy program, which was implemented on April 1, 2001.

TRICARE for Life Provisions

Eligible beneficiaries will receive most Medicare-covered benefits under Medicare plus all TRICARE-covered benefits. TRICARE will be the secondary payer when the service is a benefit of both Medicare and TRICARE. TRICARE will pay Medicare deductibles and cost shares.

For services covered by TRICARE and not Medicare, eligible beneficiaries need only pay the standard TRICARE out-of-pocket expenses.

If there is third party coverage involved, TRICARE will pay last.

There will be no enrollment fees or premiums associated with TRICARE for Life. However, eligible beneficiaries must pay the monthly Medicare Part B premium, which is determined by Medicare.

TRICARE for Life also allows eligible beneficiaries to participate in the same generous pharmacy benefit as that of TRICARE beneficiaries under 65 years of age. Medicare-eligible beneficiaries may now obtain low-cost prescription medications from the National Mail Order Pharmacy (NMOP), and TRICARE network and non-network pharmacies. Beneficiaries may

also continue to use the Military Treatment Facility pharmacies.

What Should You Do to Be Ready for TRICARE for Life? Update your Defense Enrollment Eligibility Reporting System (DEERS) record with any changes in address or family status, such as marriage, divorce, birth or adoption.

Retirees may update DEERS by:

- Going to the nearest military personnel office
 - E-mailing changes to addrinfo@osd.pentagon.mil (for address changes only)
 - Faxing changes to 831-655-8317.
- Mailing changes to the DEERS Support Office, ATTN: COA, 400 Gigling Road, Seaside, CA 93955-6771
- Visiting www.tricare.osd.mil/DEERSAddress/.
 - Calling the toll-free number for the DEERS Support Office, 800-538-9552

To receive this TRICARE benefit, Medicare-eligible beneficiaries, regardless of age, **must be enrolled in Medicare Part B.** Medicare Part B can only be purchased by beneficiaries when they first become eligible or during the Medicare Open Enrollment period, which is held from January 1 through March 31 each year. To enroll in Medicare Part B or to request more information, contact your local Social Security office or call the Social Security Administration at 800-772-1213.

If you are unsure about your eligibility for TRICARE for Life you may contact the toll-free Defense Manpower Data Center Support Office Beneficiary line at 800-538-9552 for assistance. TRICARE Mid-Atlantic Region 800-931-9501

Navy Medicine Shifts Colors; Steams to Assist

Washington, DC - At 3:30 p.m. (ET) Thursday, September 27, Navy Medicine will shift its colors from charlie-golf-one to charlie-papa.

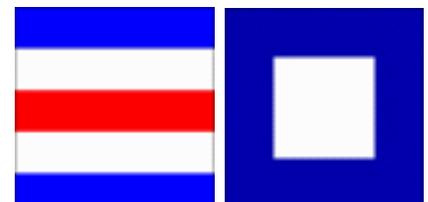
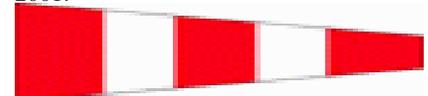
Since the late 1980s, Navy Medicine's mission was illustrated by the signal flags charlie-golf-one, hoisted aloft by naval vessels at sea to indicate they are "standing by, ready to assist."

Beginning next week, Navy Medicine world-wide will fly the charlie-papa signal flags, which means "steaming to assist."

"This simple, straightforward, visible message demonstrates what Navy Medicine is all about today," explained Vice Adm. Michael L. Cowan, MC, the Navy's Surgeon General and Chief of the Bureau of Medicine and Surgery. "We're no longer standing by to help when a Sailor or Marine is sick or injured. We're out in front of the problem, providing preventive care, promoting wellness and anticipating crises before they occur." Vice Adm. James A. Zimble, MC, who retired from the Navy in 1991, introduced the charlie-golf-one signal flag message in 1987 shortly after he took office as the Navy Surgeon General. He will join Cowan and Bureau of Medicine and Surgery staff at an informal ceremony at the headquarters on Thursday, September 27 when the charlie-golf-one flags will be hauled down and the charlie-papa flags will be hoisted for the first time. Cowan said this change comes at a time when Navy Medicine has proven itself to be on the front line of world events, actively assisting rather than standing by.

"After the terrorists struck the Pentagon, our Navy Medicine people were among the first to respond," said Cowan. "They were there, immediately, assisting with the injured. They're still there today, caring for the families of victims and the recovery teams."

Navy Medicine Commands are directed to fly the charlie-papa, preceded by the code pennant, as of Friday, Sept. 28, 2001.



Bothered by allergies and/or asthma?

Then come to the Allergy/Immunology Clinic at the Charette Health Care Center, located at the Naval Medical Center, Portsmouth, Virginia!

Appointments are available now! Self-referrals are not only accepted, they are encouraged for you and your family.

The clinic is staffed by both Board-certified Allergists and Allergy-certified Physician's Assistants (PA-C). *Bet you didn't know that two of our providers are also Pediatricians.*

Most people know that we treat patients for allergies, but did you know we also treat patients for:

Hay Fever Hives Dermatitis Sinus Allergy Sinus Infection Sinus Headache Bee Sting/Venom Allergy Food Allergy Antibiotic Allergy Asthma Exercise-related Asthma Eczema Hyperactivity

Please call the Allergy/Immunology Clinic today at 953-2194, 953-2195, 953-2175, or 953-2793 to schedule an appointment.

Have you planned for your legal needs should you deploy?

Naval Medical Center Staff Judge Advocate's Office has always been there to assist with legal matters. The legal advice and documents they provide is an invaluable service to the NMCP community. They were especially important to the USS Bataan and USNS Comfort as they prepared to deploy on Sept 11, 2001. Through the Legal Department's teamwork and coordinated efforts executing powers of attorney and Wills met the needs of 100 percent of the deploying platforms.

The Legal staff headed by Lt. Cmdr. Lynch-Epps and her tiger team, Mr. Rovira, Ms. Dunlap, HM1 Williams, HM3 Kabler, HN Inman, and volunteer, HA Gasparyan, worked late into the

night to ensure needed documentation was completed. The legal advice the JAG office is giving now is to prepare now rather than later. Your family needs the security a Will or a power of attorney provides should you deploy. All personnel attached to Naval Medical Center Portsmouth placed on standby have been given priority for legal assistance. Personnel are encouraged to ensure their legal matters, including powers of attorney and Wills, are taken care of prior to deployment.

Legal Department's hours of operation are Mon-Fri 0730-1630, and can be reached at 953-5452/53.

NMCP DEPLOYS

By JO3 Jodi M. Durie

Sept 11, 2001 will forever be known as 'the day America was attacked'. It is a day most Americans can not and will not forget.

Many Americans watched two hijacked planes crash into the World Trade Center in New York City and another plane crash into the side of the Pentagon in Washington D.C, the Navy and it's sailors, including those of Naval Medical Center Portsmouth were preparing to deploy.

"I believe it was 12 o'clock when we were notified that we might be sending people," said Lt. Philip Polen, Plans, Operations, and medical intelligence officer, (POMI).

Sea bags in hand over 100 hospital staff members, doctors, nurses, enlisted corpsmen, and support staff deployed via buses and vans. They deployed to the USS Bataan (LHD-5) Camp Lejeune, NC, the USNS Comfort (T-AH 20) in Baltimore, and augment the medical staff of other fleet units sortied out of Norfolk, to provide both medical and technical support, according to Polen.

Staff members were immediately notified by the POMI office via their chain of command of what was expected of them and what sudden preparations needed to be made in the next few hours in order to ensure a prompt, successful deployment.

"The POMI office notifies the department heads when personnel are needed and they are notified through their chain of command," said Polen

"We recall all personnel deploying, arrange for transportation, help service members gather their service records, medical records, Geneva Convention cards and dog tags," said HM3 Dekeshiwa Shelby, a POMI case manager at NMCP. "We try to give our staff encouraging words and try to keep them calm throughout the situation," said Shelby referring to service members worried about their children.

"Remain calm, remember the real

reason we're here and carry out the mission," advises Shelby.

Naval Medical Center Portsmouth is always prepared to provide assistance in situations such as this.

"Our mission is kind of broad. It is to provide support medically for the disaster," said Polen.

The POMI office is continuously ensuring that NMCP's staff members are prepared for situations such as the recent, alleged, terrorist attacks.

"We are always scrubbing readiness requirements for any one who we suspect is going to be deployed," said Polen.

"Right now the sailors are putting their training skills in effect and there's no room for error," said Shelby.

In addition to the 100 plus staff members tasked to deploy the response from staff members willing to volunteer was almost overwhelming.

Approximately 700 staff members lined up at the POMI office motivated to volunteer.

"We had a lot of volunteers; we would still have a line headed out the door if the need was still there," said Polen with a smile. "There's a difference between those who are required to go and those who volunteer to go," he added.

Currently, no time limit has been set on the support the staff members are willing to provide.

"We cannot even speculate how long our support may be needed," said Polen. "We are willing to provide support indefinitely, but, of course, after any kind of deployment, we make or should make contingencies to swap out personnel after a certain period," he said.

Presently, there are no particular restrictions to what medical care can be provided to victims and staff aboard the USS Bataan and USNS Comfort are prepared to carry out the mission at hand.

Along with providing medical care to beneficiaries in the Hampton Roads area,

NMCP's staffs have many other Navy-related responsibilities.

NMCP's personnel are attached to the following ships: USS Bataan, USNS Comfort, USS Saipan, USS Kearsarge, Fleet Hospital 5, and Marine Units.

"We have a dual mission. It is our civil military obligation to provide assistance during a terrorist attack, while continuing to support the fleet," said Polen.

Although recent events have made every day life anything but easy for most Americans, NMCP staff members and the entire military are continuing to conduct 'business as usual'.

"The last two days have been extremely stressful, but if you keep your head up straight, you can handle it. It hasn't been too overbearing for me, said Shelby. "We have such a great team working over here," she added.

NMCP Health Fair

Naval Medical Center Portsmouth will host a health fair Oct. 26 from noon to 4 p.m. at the racquet ball court spaces located in the base gym.

The health fair is part of the 2001 Disability Awareness and Education Program. The theme of this year's event is "Win With Ability."

The fair will include topics including drug and alcohol prevention, car seat safety, and services rendered by the American Red Cross.

Guest speakers for the event include Norfolk City Council Member Daun S. Hester and Jody Shiftler, a member of the Sun Wheelers, a non-profit organization of mobility-impaired athletes dedicated to raising awareness of wheelchair athletics.

Activities for the whole family are also planned including a visit from Betsy the Clown and an exhibition basketball game pitting Naval Medical Center Portsmouth against the Sun Wheelers.

Refreshments will be served. All NMCP staff members are invited to attend.

Debunking the rumors of beating the drug screen

By JO2 Duke Richardson

"If you take some niacin, you'll definitely pass the drug test."

"Take some golden seal and drink a lot of water. There's no way they can bust you."

Sound familiar? These are just two of the most commonly heard "tips" given to people who want to "put one over" on the urinalysis program. Ever since the inception of the program, there have been Sailors and Marines doing whatever it takes to beat the system. This practice is known as "drug masking."

Drug masking is the act of using natural or manmade products in order to hide or change the chemical makeup of urine in order to cover-up individual drug use. "This is basically done by someone that doesn't want people to know that they're doing drugs at a particular time, such as for a urinalysis," said HM1 Marsha Burmeister, Naval Medical Center Portsmouth's DAPA. "People know that

the Navy has a zero tolerance policy when it comes to using drugs, so when a person does use drugs (for whatever reason), they try to do whatever they can to cover their tracks."

Although the methods for fooling drug tests are becoming craftier, the ways the Navy's urinalysis labs detect drug use are becoming more sophisticated. According to the Navy Drug Laboratory, urine that is collected is closely examined even before the drug test even begins. They look at the color and odor of the urine sample. If there appears to be something "funny" about the sample, a further check of the specimen's physical properties is performed.

"The different pills that can be taken or the 'system flushing' drinks drug users drink to try to fool the test actually show up on the test," said PC2 Stacy Barnette, NMCP's Urinalysis Program Coordinator. "The results of the test will come back as 'tampered.' The person will

then be retested so that the fact the person was taking something to tamper their urine can be proven."

Barnette also said steps are taken at the urine collection point to ensure that no tampering with samples take place. "In the past, we've had people try to get over using different scams," she said. "We've had people come in with a bag in their shirt and a tube running down their pants. We've also had people try to slip water into the sample, so we've stepped up the way things are done here to ensure that a genuine, untampered sample is collected. The witnesses that escort people that are providing a sample now keep a closer eye on things to ensure nothing goes wrong."

So what happens if someone does test positive? That is totally up to the command, says Burmeister. "If someone has been identified as a drug user, they will be screened...if the screening shows a dependency treatment will be offered. If the findings shows the person uses drugs just for a thrill, then treatment doesn't have to be offered before (being discharged from the military.) Overall, it just pays to stay away from drugs because in the long run, you can not only damage your health, but your career."

Navy Surgeon General: "We Will Pass This Test"

Tuesday's terrorist attack was a brutal assault meant to instill fear in all Americans and test the resolve of this country. Make no mistake, we will pass this test.

Our government is steadfastly committed to finding these terrorists and those who harbor them. As President Bush commented, "This is going to take the long-term commitment of everyone in our military services and of all Americans. This is not going to be a short program."

Even as we enter what has been described by our leaders as "the first war of the 21st Century," the United States government is functioning, as is the Navy and Navy Medicine. We are working around the clock to support the search and rescue efforts both in New York and here in Washington, DC. USNS Comfort completed its on-load of personnel and medical supplies, and has been performing her mission to provide assistance and support to our fallen comrades and those who are conducting search and recovery efforts from her pierside berth on Manhattan Island, New York since Friday night, Sept. 14. Our Navy SPRINT Team continues to provide support to the Navy Annex, Pentagon, Navy Yard, and others, and Navy Medicine is involved in decedent affairs at Dover Air Force Base.

As the Chief of Naval Operations recently said, "This conflict puts every-one of us on the front lines at all times, at

home and overseas. Whether at sea or ashore, in the fleet or supporting the fleet, we must understand and be ready for the enemy that confronts us."

Many in Navy Medicine are asking me what they should do, how they can help. My answer is a reference to the CNO's remarks...

"Stay sharp. Be ready." This means check your gear; make sure that your "ammo is dry" - whatever your "ammo" is, as an integral part of what you do in support of the Navy Medicine mission.

Make sure your sea bag is ready, that your readiness status is complete ... and that you are focused on your Navy Medicine job that directly or indirectly supports our mission.

You may not be deployed. You may stay where you are to support the readiness effort. But wherever you are, whatever your job, you must do all you can to be ready and stay ready.

We are in for some difficult times ahead. We are at a critical juncture. We will be called upon to fulfill our duty of defending the republic from those who wish us harm. Let us ensure that our actions add to the Medicine's unbroken legacy of service. Take care of your patients. Take care of yourselves. And take care of each other!

-Vice Adm. Michael L. Cowan, MC, Surgeon General of the Navy

Internet Resources

Truth. The Antidrug

www.theantidrug.com

Navy Personnel Drug Testing:

navdweb.sapwar.navy.mil

Office of National Drug Control Policy:

www.whitehousedrugpolicy.gov

Drug Enforcement Administration (DEA):

www.usdoj.gov/dea/demand/demand.html

NMCP donates blood in record numbers

NMCP praises active duty members, family members, retirees, DoD civilians, and the many others who helped in support of the medical response to the national tragedy by donating blood. The unselfish acts of so many have created a supply that is more than adequate to handle the demands of the communities in the Washington DC and New York City areas.

The NMCP Blood Bank is recommending that people who would like to help by donating and have not yet given blood, wait for 30 days (*from Sep 15*) and then donate in honor and remembrance of the people whose lives were forever shattered on September 11. Individuals who donated this week need to wait 56 days before they can donate again.

As the horrific events were occurring on September 11, the Blood Bank developed and implemented a plan to prepare for a scenario that would require the collection of blood from 200 donors a day. Also on September 11, the USS Bataan was loaded with blood from NMCP prior to its departure for the New York shore.

The Blood Bank plan required blood drives that would be coordinated directly with large commands in the Tidewater Area, but not the issuance of broad "Public Ser-

vice" announcements. By coordinating directly with supporting commands, the blood drives were "controlled" and eager donors did not overwhelm our collection sites. A second collection site was set up at the NMCP Apheresis Center for blood donors; this site also was not heavily advertised to avoid overwhelming the donor center staff.

By the evening of September 12, the blood donor center had collected 265 units of blood. In planning for the days ahead, BUMED Navy Blood Program Office was contacted and agreed that NMCP should cut back on blood collections where possible and to not hold blood drives on the weekend. The tremendous support of Americans throughout the country had created a situation where the supply greatly exceeded demand. There was no DoD operational requirement for blood products at that time.

The blood needed for the tragedy on September 11 was taken from available inventory. The ensuing blood collections quickly replenished that supply and prepared the national blood program for any further acts of terrorism.

All collected blood must be tested prior to use. The testing facility for NMCP is in Texas and with all air transport suspended, an alternate test site was found

about 200 miles away. Finding an alternate location did not solve the testing problem. The high number of blood donations nationwide now caused a national shortage of test kits and the unprocessed blood is remaining in quarantine longer.

With blood no longer in short supply in the U.S., vigorous recruiting has subsided. NMCP blood drives continued as scheduled for September 13 and 14 at mobile locations and at the NMCP site. To support the spirit of America, the blood bank adopted a policy to accept all prospective donors wanting to help their country.

Some of the blood that NMCP Blood Bank collected will be sent to the Armed Services Whole Blood Processing Laboratory in New Jersey to be transported to supply military hospitals within the European Command. Type "O" red blood cells will also be sent to this location for freezing to be used in the Navy's Frozen Blood Program.

Your donation of blood is a powerful gesture, and the Armed Services Blood Program needs your support. The Reproductive Care Directorate has pledged to keep this momentum by conducting a blood drive from October 15th through the 18th. The drive will be held in the OR conference room from 0630 to 1300.



A Highly Qualified Officer to implement a Command Religious Program that includes: Providing sacramental ministry, pastoral care and outreach, and facilitating the free exercise of religion for all.

A Leader of faith and moral values, professional ethics, group dynamics, personal growth and adjustment, implementation of Total Quality Leadership initiatives.

A Skilled Pastoral Counselor and Care Provider at work center, hospitals and brigs, often dealing with family violence and problem-solving skills.

A Liaison for key volunteers and numerous support services such as the Ameri-

can Red Cross.

A Moral, Spiritual and Ethical Advisor on issues involving people, policy and procedures. Your chaplain is trained to provide guidance on 1st Amendment issues, the

"Devoted to God and country, we unite to deliver innovative, life transforming service throughout and beyond the Sea Services."

impact of religious matters on the command's mission, morale, and personnel issues, and community relations.

A Professional who remains continually updated through regular faith group, Navy, Navy, Marine Corps and Chaplain Corps professional development opportunities

A Personal Counselor who must preserve legally, the privilege of confidential personal and professional communication

BIBLE STUDIES
THURSDAY, 1215-1255, BLDG. 123B

WORSHIP SCHEDULES
CATHOLIC
MON-FRI 1130
MEDITATION CHAPEL, 3RD DECK, BLDG. 2
CONFESSIONS BY APPOINTMENT
SUN, 1000, BLDG. 215 CHAPEL

PROTESTANT
SUN, 0830, BLDG. 215 CHAPEL

JEWISH
FRI, 1930
POTLUCK, EVERY 3RD FRIDAY, 1830
CHAPEL, NAVSTA NORFOLK

MUSLIM
FRI, 1300, CHAPEL, NAVSTA NORFOLK

**For more information call Pastoral Care call (757) 953-5550 Fax: (757) 953-5557
Offices located near the Bldg. 215 Chapel, 2nd Deck, around the corner from the NEX.**

A message from the Commander

Please permit me a brief moment from your busy day to discuss something that has recently weighed very heavily on my mind—YOU.

Sept 11, 2001 marked a most critical and tragic event in the United States. That event has been indelibly imbedded in our minds. We will never forget those tragic and heartwrenching scenes so vividly shown.

Those despicable acts of terrorism have dramatically and permanently changed everyone, whether you are an NMC Portsmouth military person, civilian, reservist or contract employee. Life here will never be the same. We all are anxious to know what actions may occur as events and information unfolds. We all wonder what our personal future will hold. Our Commander in Chief made known that the U.S. and our allies' course of action will be deliberate, responsive, and with total resolve, throughout the long run.

This has been especially hard on families as folks deploy or have already deployed. No matter what the future may hold

for us as an NMCP family, I have the utmost confidence that we will be ready and fully capable of providing whatever course of action we may be asked to provide. Navy medicine will be in the forefront, and readiness will be a pivotal part of our military lives..."stay sharp, be ready."

With our recent realignment there has been a considerable effort placed in making us not only more efficient, but also more focused on caring for our patients. Let me assure you that our mandated course will also continue as advertised. Remember that our patients depend on all of us, not just for their physical well being, but their mental health as well. We must provide that rock to assure them.

The fleet depends on us for their care, and that of their families. As they prepare to deploy, we must be an anchor to remind them we are in control of future events. Your efforts prove every day that we provide a service that need not be measured on a chart but will be kept fresh in the minds of those we serve.

Please accept my most heartfelt ap-

preciation for your commendable patience and understanding. You are all doing a wonderful job with the necessary delays required by heightened security. Thank you for starting your day earlier to arrive on time.

Most especially, I would also like to issue a special "BZ" to our security staff for providing the heightened and necessary level of security as mandated by higher authority. They have done a tremendous job. The extra hours they are working ensures our safety and results in a calming presence during these unstable times.

And above all, take care of your mental as well as physical well being. As care providers we all too often care for everyone but ourselves. Please remember, if you need to talk to someone, talk. You know that we have the best Navy professionals available to serve your needs. Our doors are always open. Your country and those you serve need us ALL now more than ever. I am proud to stand beside you as we face the challenges ahead together.

God bless you and your family.
Rear Adm. C. E. Adams, MC,
Commander
Naval Medical Center Portsmouth

A message from the Command Master Chief

Hello Shipmates! I am HMCM(SW/FMF) David M. Carroll, your new Command Master Chief. It will be my distinct honor and privilege to serve you for the next three years. First I would like to thank CMDMC(SW/AW) Ducharme for the great job he did here and wish him the best of luck at his new assignment. Since I have been here, I have observed that not only are we the first, but truly the finest Navy Hospital in Navy Medicine. My goal is to assist you so we can continue to be the place that sets the standard where every other facility wants to be. Again thanks for having me here and I look forward to talking and working with each and every one of you.

HMCM(SW/FMF) David M. Carroll
Command Master Chief
Naval Medical Center Portsmouth
(757) 953-5049/5831
dmc Carroll@mar.med.navy.mil



NMCP and Red Cross work together to help victims of terrorism

By JO2 Duke Richardson

Naval Medical Center Portsmouth's First Class Petty Officers Association (FCPOA) recently gave away hundreds of dollars to complete strangers. Strangers by the fact that they've probably never even seen them, but bonded by the fact they were fellow countrymen.

The FCPOA's \$600 contribution to the American Red Cross was a way for them to show their community support, according to MS1 Irene Jones, FCPOA Treasurer. "The donation we made to the Red Cross is a way for us to give back to the community and support the disaster relief efforts due to the events of (September 11)," she said. "The money we donated will go to help the victims and people whose loved ones died that day."

Most of the money they donated to the Red Cross came from the sales of hot dogs and hamburgers they sold during a fundraiser they coordinated for the relief effort. "We raised \$400 doing that and the rest of the money we donated came straight from our (FCPOA) fund," said Jones. "We felt we had to do something for the victim's

families and loved ones, and this was a good way to do our part in helping out. You can always go (somewhere off-base) and contribute money for the cause, but we felt the need to do something for our command and association."

Jane Smith, NMCP's Red Cross Station Manager, said the donation made by the FCPOA is one that will go a long way in the nationwide effort of providing assistance and help to the victims. "It's a pleasure for the Red Cross to receive the donation from them because it's easy to see it was given from the heart," she said. "They're one of the hardest working groups that I am aware of during this time. No matter what project they have taken during this ordeal, they have been successful."

She also said they have been a very receptive group when they have received the call for help. "Whenever the Red Cross has ever asked them for assistance, they always help. During this time, we can always use help."

If you would like additional information on ways you can help the Red Cross, call 953-5435.

Leech therapy, modern medicine re-visits their use in saving life and limb

By JO3 Jodi Durie

While driving home from work last week, Bill Johnson was suddenly hit by an oncoming car. Not only was Bill shaken up from the accident, but he was also terrified by the sight of his ear, which was lying on the passenger seat next to him. Bill was immediately rushed to the hospital via ambulance where doctors promptly reattached his ear. As doctors monitored Bill, his body appeared to be recovering from the accident, with the exception of his ear, which was swollen and blue. He was diagnosed with venous congestion, which means the venous blood in his ear was pooling. Because his veins were severed, blood was unable to leave his ear to get to his heart. First, doctors checked Bill's stitches to ensure they weren't too tight and then unsuccessfully tried to reconnect his veins.

The only option to save Bill's ear: leech therapy.

"Once surgery has been done and venous outflow has been interrupted, leeches (*Hirudo medicinalis*) are used to allow the site to ooze for approximately six hours to decrease pooling until the veins grow back," explained Lt. Cmdr. Cynthia L. Carpenter. Carpenter is a clinical nurse specialist for operative specialty services at Naval Medical Center Portsmouth. "Leeches provide somewhere for the venous blood to go because veins aren't available to take it out," added Carpenter.

The decision to use leeches is never made spontaneously.

"Before the decision to use leeches is made, consideration must be given to other methods for improving circulation, such as operative revision of microvascular anastomoses (a procedure used in the operating room to connect the two pieces of vein) and removal or loosening of sutures (stitches)," said Carpenter.

Despite numerous technological advances in medicine, the consistent use of leech therapy has endured worldwide for hundreds of years.

"The use of leech therapy extends back to Egyptian times. In the 19th century, leeches were used extensively in Europe for medicinal purposes. In those times leeches were used for multiple purposes including, but not limited to headaches, pain relief, gout, hypertension, mental illness and whooping cough," according to NMCP's Lt. Cmdr. Carpenter and Christa Roisen from the ear, nose and throat clinic. Today, the leech has found favor for use in plastics and re-constructive surgeries to treat venous



H. medicinalis and vials of hirudin.
(Courtesy of the Medical Leech Museum, Charleston, SC.)

congestion.

In Bill's case, doctors will apply leeches to his ear for approximately four to five days depending on his progress. The leeches will drain the blood in order to return his ear to its natural color. "It's looked at on a case by case basis. If a patient's venous outflow returns sooner the therapy will discontinue earlier," said Carpenter.

Once a leech is applied to the patient's body, a trained medical professional monitors the patient constantly until the leech falls off. If the patient's condition persists another leech is applied.

"The leeches main therapeutic benefits are not derived from the average five to fifteen milliliters of blood removed during biting, but from the anticoagulant, Hirudin, (which stops clotting of blood), the vasodilator (which causes veins and arteries to dilate), and the anesthetic contained in the leech saliva," according to Carpenter and Roisen.

Traditionally, leeches do not cause patients any additional pain.

"The leech provides an anesthetic in its saliva so the patient doesn't feel the bite. Patients normally wouldn't feel the leech, because the nerves at the site are not working properly," according to Carpenter.

To Carpenter's knowledge there have not been any situations where a patient has refused leech therapy.

Although patients may hold negative connotations regarding leeches, both NMCP's patients and staff members have overcome those feelings after realizing that leech therapy is a most effective treatment.

"It all depends how you word it to the patient," said Carpenter. "You have to explain to them that this is something that is done regularly. It's not outdated. If the patient actually understands how the leeches work and it comes down to either losing their finger or having a leech, they usually go along with the therapy," said Carpenter.

(Bill is a fictional character derived from a collaboration of leech therapy cases at NMCP involving patients who wish to remain anonymous.)

Do you have what it takes to attend the U.S. Naval Academy

The naval academy is within the admissions cycle for naval Academy class of 2006, entering 28 June 02. The Naval Academy provides nearly one thousand officers to the Navy and Marine Corps every year.

Approximately ten percent of every class entering the Naval Academy are prior enlisted men and women from the regular and reserve components of the Navy and Marine Corps.

The Naval Academy continues to seek top quality Sailors and Marines who fit the following profile:

A high school grade point average of 2.8 or better and ranked in the top 40 percent of the class. SAT scores of 500 verbal and 550 math or better, or ACT scores of 22 english and 24 math or better. Applicants with SAT scores below 470 (in either math or verbal) or act scores below 18 (in either math or english) are strongly encouraged to retake the test for a better score and contact the fleet coordinator at the Naval Academy. Standardized test scores will be accepted until 01 March 02 with approval from USNA.

Past and present command junior sailors of the quarters and top 20 performers in "a" and "c" schools are strongly encouraged to apply for a commission through the Naval Academy.

Good moral character and unquestioned loyalty to the United States, as determined by interview and other appropriate means. Must not have passed 23rd birthday on July 1 of the year of admission into the naval academy. This cannot be waived. Must not be married, pregnant, or have incurred obligations of Parenthood. This also cannot be waived. Candidates with strong academic and military backgrounds may receive direct appointments to the Naval Academy. Top military performers who need to strengthen their academic background may be selected to attend the Naval Academy Preparatory School (NAPS) at Newport, Rhode Island for appointment to the Naval Academy the following year.

Application packages will not be reviewed without CO's recommendation. Additional resources may be found on-line at www.usna.edu/admissions/pre-application for application questions, write to: u.s. naval academy, Candidate guidance office, 117 Decatur road, Annapolis, MD. 21402-5018, attn: fleet liaison; or call the fleet liaison at 1-410-293-1840 or DSN 281-1840.

It'll never happen to me -- think again

By HMC (SW) Clifford Mosher

In life we often say or hear things like "that will never happen to me" or "I don't know why I have to keep doing this training I'll never use it".

Have you ever heard "you have a better chance of winning the lotto then being struck by lightning"? Well someone has to win the lotto and someone does win it every day. That's kind of how I felt about anything bad happening to me while I was onboard a ship, sure I knew that it was possible but it wouldn't happen to me. 12 October 2000 in the sleepy little port of Aden, Yemen that all changed. This was my fourth sixth-month deployment and

most likely to be my last deployment, it couldn't be happening to me. COLE was my fourth ship, my third guided missile destroyer, the newest and best ship I had ever been on.

At approximately 11:18 a.m. I was thrown into the air as USS COLE took a hit on her port side. For the next two hours I was evaluating, treating, and triaging my injured shipmates. For the next 17 days I was on a ship with a 20x40 foot hole in her side, stuck in Yemen. My point is, it can happen to you. Learn all that you can learn, take all the training that is offered to you, be prepared so that when you are called you will be ready and able to answer the call.

PRT is this month

By Command Fitness

Weigh ins start 28 Sep 01 and will end 29 Oct 01. The location for weigh ins is the chief of the day bunk room located on the first floor of CHCC, behind admissions/ dispositions. The run portion of the PRT will be conducted at the pavillion located across from the softball field. The times for the PRT will be 0700, 0800, 0900, 1000, 1100 and 1200. There will be no run at 1300, the last two runs of the day at 1400 and 1500 Monday through Friday. Due to safety considerations we will only be able to test 25 people at each scheduled time. If you are planning to swim the physical portion of the PRT you will need to schedule a time at weigh in. If you are going to be TAD for the month of October, Command Fitness needs a copy of your orders and we will assist you in getting your PRT done before you leave or after you return. If you have waivers for the October PRT cycle they need to be signed by Dr. Smith from Family Practice and turned into Command Fitness before October 1st.

SEABAG CHECK

Now is the time to make sure you have all of the items you will need should you deploy.

Enlisted Men		Enlisted Women	
All-weather coat (blue)	1	All-Weather coat (blue)	1
Bag duffel	1	Bag, duffel	1
Belt, web, black, with silver clip	2	Belt, web, black, with silver	2
Belt, web, white, with silver clip	3	Belt, web, white, with silver	3
Buckle, silver	4	Buckle, silver	2
Cap, ball	2	Cap, ball	2
Cap, knit	2	Cap, combination with 2 crowns	1
Gloves, leather, black	1 pr	Cap, garrison, blue	2
Group rate mark, black	3	Cap, knot, blue	1
Group rate mark, white	4	Coat, service dress blue	1
Hat, white	3	Gloves, leather, black	1 pr
Jacket, blue working	1	Group rate mark, black	1 pr
Shirt, winter blue	2	Group rate mark, white	5
Shirt, blue chambray, long sleeve	1	Handbag, black	1
Shirt, blue chambray, fire retardant, long sleeve	2	Insignia, service, hat, cap	1
Shoes, black dress	1 pr	Jacket, utility (blue working)	1
Shoes, safety chukka	1 pr	Jumper, white dress	1
Socks, cotton/nylon, black	6 pr	Neckerchief, black	1
Sweater, wool, blue	1	Necktab, black	1
Towel, bath	4	Peacoat/overcoat	1
Trousers, broadfall, blue	1 pr	Shirt/poly, blue chambray, long sleeve	4
Trousers, poly/wool, dress blue	2 pr	Shirt cotton/poly short sleeve	3
Trousers, dungaree/denim	1 pr	Shirt, winter blue	2
Jumper, blue working	1	Shoes, black dress pumps	1 pr
Jumper, blue dress	1	Shoes, black safety	1 pr
Jumper, white dress	1	Shoes, service black	1 pr
Neckerchief	1	Skirt, blue belted	1
Necktie, black	1	Skirt, CNT, poly white belted	1
Peacoat	1	Slacks, blue belted	2 pr
Trousers	4 pr	Slacks, blue unbelted	1 pr
Trousers, white	2 pr	Slacks, poly/cotton, dungaree /denim	1 pr
Trousers, white jumper	2 pr	Slacks, dungaree, fire retardant	4 pr
Undershirts	8	Slacks, dress, CNT, white	2 pr
Undershorts	8	Socks, black	5 pr
		Sweater, blue	1
		Towel, bath	4
		Undershirts	8

From the Navy College Office

Due to the current circumstances, we realize a number of Sailors and officers may need to withdraw from their college classes that were funded by Tuition Assistance (TA). In order to prevent the student receiving an "F" in their class and having to pay the Navy back tuition, the student must complete TWO STEPS:

(1) The student MUST withdraw from class(es) at the school.

(2) The student must contact our office stating that they need a waiver (in order to NOT have to pay the Navy back) letting us know which class(es) is affected and the reason for the waiver (ie., additional work load/duty; impending deployment, etc). The student can either stop by, call us, or send an E-mail to either wmsnead@pnh10.med.navy.mil, drwilliams@pnh10.med.navy.mil or sasutter@pnh10.med.navy.mil giving us the following information: Student name, SSN, TA document number (on the bottom of the TA document), class(es) affected, and reason for the waiver.

It is up to the college to determine whether the school will refund the student's portion of the tuition.

We are located in bldg 272 (Admin), room 131 (next to Med Photo)

Monday-Friday 9:00 a.m.-3:30p.m. Phone: 953-7853.

Marine Corps Group Grants Scholarships to Pentagon Victims Children

By Rudi Williams, American Forces Press Service

WASHINGTON (NNS) -- Every child who lost a parent in the terrorist attack on the Pentagon Sept. 11 will receive a \$10,000 college scholarship bond from the Marine Corps Law Enforcement Foundation Inc., Corps Commandant Gen. James L. Jones said September 19.

The foundation is reaching out to the larger community, Jones said. "They're going to take care of the sons and daughters of anyone who lost their lives in the attack on the Pentagon, and that includes the passengers on the airliner."

Former Marines and members of federal law enforcement agencies formed the foundation on Jan. 2, 1995. Through donations and a variety of fund-raising activities, the group has since distributed more than \$3 million in assistance to the children of active-duty Marines or of federal law enforcement personnel "who lost their lives on active duty or died under extraordinary circumstances," Jones said.

"The Marine Corps is coordinating with the other services to ensure that all the families are contacted," the commandant said.

He noted that no bureaucratic paperwork is involved. Recipients have only to fill out a simple form and present it to the foundation. Jones emphasized that the foundation is a charitable organization and no government money is being used.

For more information, go to the Marine Corps Law Enforcement Foundation at <http://www.mc-lef.org>.

Fisher House gets help from First Class Association

By JO2 Duke Richardson

Members of Naval Medical Center Portsmouth's First Class Petty Officer Association (FCPOA) recently lent a helping hand to a local home which caters to active duty personnel and their dependents.

Taking time out of their busy schedule, the FCPOA members worked hard to ensure the apartments were thoroughly clean and presentable for future tenants. The purpose of the project was to illustrate command support in the community, according to MS1 Irene Jones, FCPOA Treasurer. "The first class association did this as a way for us to show our support to the command and community," she said. "We were approached by (NMCP's) Red Cross on behalf of the Fisher House to help with the cleaning of the Fisher House Apartments, and decided to show our support and help them."

Jones also said this is not the only time the FCPOA plans on helping out the Fisher House. Depending on their schedule, they plan on making monthly trips out to the apartments to help out anyway they can, and anyone that is available are more than welcome to help out. "This is open to anyone wishing to participate, you don't have to be a member of the association to help," said Jones. "We've even put information about this out to the junior association to help us out on this. We welcome anybody that wants to help us out."

The "work" the FCPOA is doing with the apartments is your basic, normal house-cleaning chores. "Today we're giving the

furniture a deep cleaning, wiping down everything, shampooing and vacuuming the carpet, basically the same kind of work you'd do in your own home," said Jones.

Many people will benefit from the volunteers' work at the Fisher House Apartments, according to HM1(SW/AW) Reginald Barnes. Namely future residents and the Fisher House staff. "Our helping out over here helps the people out over here because the volunteer work frees up some of their time so they can do other tasks instead of being 'bogged' down," said Barnes. "We're the first, and right now, only organization at NMCP doing this, but I'm sure others will follow."

"We want to make this open for all of the other associations to come out and (help these people out) on a monthly basis," said Jones.

"With the things that have been going on recently, it feels good to do something to help others," said HM1 Peggy Shank. "Right now we want to do something good for other people and this is a good way to start."

The Fisher House Apartments serves as a long-term residence for active duty personnel and their dependents that have a family member that is a patient at NMCP. The main differences between Fisher House Apartments and the Fisher House is that 1) Fisher House Apartments is located off base so residents have a little bit more privacy; 2) Fisher House primarily serves only dependents of active duty personnel.

Helping kids cope with Terrorism

By JO3 Christal A. Brooks, Naval Forces Marianas Public Affairs

GUAM (NNS) -- Some children will ask questions and express concerns about how the recent terrorists attacks on the United States may affect them.

"Children will begin to look at things differently," said Marcia Baza, quality assurance evaluator at Fleet and Family Support Center at Naval Forces Marianas. "Suddenly, the smallest noises arouse fear. We are here to help them cope with these fears."

On September 11, four commercial jetliners were hijacked, two of which slammed into the World Trade Center twin towers in New York, and the third into the Pentagon in Washington. A fourth plane that crashed in Pennsylvania is believed to have

also been bound for Washington. Thousands of people have been reported dead, injured and missing.

"Adults have to be on hand to help deal with these issues," said Cynthia Jones, the center's clinical supervisor.

First, Jones said, it is important for parents, teachers and other adults to realize that children are exposed to the media's around-the-clock coverage of the attacks. The second step, Jones said, is to recognize that parents and their children's feelings are normal. "Keep your stress level low," Jones added. "This helps not only adults, but the children as well."

Children often believe what they hear from their friends at school, and in turn receive incorrect information, Jones said.

Talking to your children will help them better understand current events.

"Teachers and principals should talk about it at school," Baza added. "This allows children to feel they can talk openly."

Finally, in addition to communicating about the effects of terrorism, Jones said adults should explain to children that there are positive forms of coping. "Fly a flag, or go to a meeting," Jones added.

Internet Resources

<http://www.talkingwithkids.org/twk-news-terror-dom-tips.htm>

<http://www.aboutourkids.org/>

<http://kidspenpals.about.com/mbody.htm>

<http://mentalhealth.about.com/mbody.htm>

http://www.education-world.com/a_curr/curr369.shtml

Stress and pregnancy, a lethal combination

By JO3 Jodi Durie

Stress. It is everywhere and has affected every human beings life at one time or another. Although stress is fairly common, certain groups of people, such as pregnant women, should take additional precautions in stressful surroundings.

"Intense stressful environments, prolonged working hours in excess of 60 hours a week, and highly stressful duty activities can result in premature birth and low-birth weights," said Dr. Mark Eggleston, a maternal-fetal medicine specialist at Naval Medical Center Portsmouth.

Not only can excessive exposure to stress effect the health of an unborn baby, by causing low birth weights and premature birth, but the health of the pregnant mother is also at risk.

"In the short term, a high level of stress can cause fatigue, sleeplessness, anxiety, poor appetite or overeating, headaches and backaches," according to the March of Dimes. "When high levels of stress continue for long periods, it can contribute to potentially serious health problems, such as lowered resistance to infectious diseases, high blood pressure and heart disease. The March of Dimes also says studies also show that high levels of stress may pose special risks during pregnancy.

By taking various precautions pregnant women can overcome or possibly avoid

stressful situations keeping both themselves and their babies healthy.

"Seek to maintain adequate hydration. Drink 10 to 20 ounces of fluid per hour, while awake, especially in a high heat environment, said Eggleston who works with patients who have high-risk pregnancies. "Work modifications should also be made. "For example climbing ladders and carrying heavy loads repeatedly throughout the day is not conducive to pregnant women," said Eggleston.

"Above all else, allow yourself to get

adequate rest, it is one thing to have a stressful day, but you should go home and rest," Also, at this time, a husband is encouraged to adjust his work schedule so he can be available to support his wife," said Eggleston.

Although most people may commonly perceive stress as something negative, stress can be positive if it is not overwhelming.

"Stress, however does not have to be all bad. When managed properly, stress can

provide us with the drive to meet new challenges, according to the March of Dimes. A pregnant women (or anyone else) who feels she is coping well with stress—feeling energized, rather than drained, and functioning well at home and work—probably does not face health risks from stress," according to the March of Dimes.

Pregnant service members have many resources at hand designed to assist them throughout their pregnancy.

"Intense stressful environments, prolonged working hours in excess of 60 hours a week, and highly stressful duty activities can result in premature birth and low-birth weights."

Dr. Mark Eggleston
Naval Medical Center Portsmouth

"Pregnant service members should seek the advice of a medical officer if they have any questions, or to have their work environment modified contact your chain of command or their occupational health office," advised Eggleston. "Pregnant women are adequately protected by OPNAV Instruction 6000.1A," added Eggleston.

Naval Medical Center Portsmouth offers prenatal classes, breastfeeding classes, and a tour of the labor deck provided to any pregnant beneficiary and significant other. Call the OB/GYN clinic at 953-4300 or TRICARE at 1-800-931-9501 to reserve a space in a class.

New Chiefs get pinned during emotional ceremony

By JO2 Duke Richardson

Naval Medical Center Portsmouth recently "pinned" 20 of the Navy's newest chief petty officers during an advancement ceremony held September 14. The occasion was a culmination of years of individual effort and achievement by the new chiefs.

NMCP's Command Master Chief, HMCM(SW/AW) Paul DuCharme, said that although it was a celebratory occasion, it was also a time of mourning and reflection of the September 11th terrorist attacks on New York and Washington, D.C. "This ceremony provides us an opportunity for celebration, but we must also use this opportunity for reflection," he said. "Our nation was recently viciously attacked which led to the lost of many innocent lives...but in spite of the tragedy, this ceremony must go on."

"We are going to celebrate," said Rear Adm. Clinton Adams, NMCP's Commander. "It is appropriate that (in spite of recent events) we have chosen to continue

with our tradition...and share in a process that focuses on honor, courage, and commitment."

Adams went on to say that commitment to our country and duty should not only play a heavy role for the new chiefs, but it's also a trait everyone should display. He noted one such display of commitment and devotion to our nation took place during the ceremony. "I noticed during the playing of 'The Star Spangled Banner' our young sailor carrying the (American flag) was crying. That's proof of the commitment. I know that you (the chiefs) will carry that commitment as well."

Hundreds of families, friends, and staff members came together to witness the rite of passage for the CPO's. For some, it was a once-in-a-lifetime chance to be a part of the transitional phase for the chiefs as they stripped away their dungarees for the more leadership-laden khaki garb.

A feeling of accomplishment and

pride filled the air for the new CPO's as they took the stage and received their anchors after a long, hard road. According to HMC(SW/AW) Jeffrey D. Simpkins, to him one of the hardest parts was the wait for the results. But through it all, he says that hard work pays off in the end. "It pays to work hard and to volunteer for the more challenging jobs," said Simpkins. "That, along with a lot of studying will definitely help you."

HMC(SW/AW/FMF) Lance Calhoun also believes that hard work and diligent study are two sure-fire ways to climb through the ranks. But he also believes "people power" will help Sailors just as much as anything else. "It is wise to take care of the people who help you get to the point of where you are in your career," said Calhoun. "You don't make it through the ranks without your junior (sailors), so you always take care of them."

October

Galley

Menu

Oct. 1, 15, 29

Lunch

Egg Drop Soup
Lemon Chicken
Eggplant Parmesan
Steamed Rice
Chicken Gravy
Peach Crisp

Dinner

Veggie Soup
Beef Strips
Baked Fish
Mac and Cheese
Rice Pilaf
Pound Cake

Oct. ,16,30

Lunch

Minestrone Soup
Baked Chicken
Mashed Potato
Chicken Gravy
Garlic Bread
Sugar Cookies

Dinner

Mushroom Soup
Salisbury Steak
Pork Loin
Lyonnaise Potatoes
Steamed Rice
Frosted Brownies

Oct. 3,17,31

Lunch

Veggie Beef Soup
Grilled Chicken Strips
Beef Yakasoba
Rice
Broccoli
Oatmeal Raisin

Dinner

Clam Chowder
Swiss Steak
Lemon Baked Fish
Mashed Potatoes
Steamed Carrots

Oct. 4,18

Lunch

Potato Soup
Baked Turkey
Chili Macaroni
Mashed Potatoes
Beets
Coconut Cream Pie

Dinner

Corn Chowder
Manbo Pork Roast
Baked Chicken
Brown Potatoes
Dinner Rolls
Florida Lemon Cake

Oct.19

Lunch

Clam Chowder
Beef Stroganoff
Creole Fish
Egg noodles
Green Beans
Coconut Cream Pie

Dinner

Beef Noodle Soup
Chicken Breast
Baked Meatloaf
Mashed Potatoes
Fried Rice
Green Peas
Butterscotch
Brownies

Oct 6,20

Lunch

Broccoli Soup
Pot Roast
Stuffed Green
Peppers
Parsley Potatoes
Steamed Rice
Marble Cake

Dinner

Onion Soup
Lemon Baked Fish
Braised Beef Tips
Rice
Egg Noodles
Beets
Cherry Cobbler

Oct. 7,21

Lunch

Chicken Rice Soup
Turkey Ala King
Swiss Steak w/gravy
Egg Noodles
Mashed Potatoes
Stewed Tomatoes
Carrots
Dinner Rolls
Choc. Chip Cookies

Dinner

Clam Chowder
Roast Beef w/gravy
Chicken Strips
Potatoes
Steamed Rice
Corn
Dinner Rolls
Chocolate Pudding

Oct 8,22

Lunch

Split Pea Soup
Chicken Fiesta
Veggie Lasagna
Steamed Rice
Cauliflower
Green Peas
Squash
Dinner Rolls

Dinner

Mushroom Soup
Baked Ham
Baked Fish
Egg Noodles
Sweet Potatoes
Butterscotch Brownies

Oct 9,23

Lunch

Beef Noodle Soup
Roast Turkey
Mashed Potatoes
Beef Stew
Corn
Sugar Cookies

Dinner

Chicken noodle soup
Beef Porcupine
Tuna loaf
Steamed Rice
Dinner Rolls
Carrots
Cherry Crisp

Oct. 10, 24

Lunch

Egg Drop Soup
Roast Beef
Baked Fish
Steamed Rice
Mac and cheese
Green beans
Dinner Rolls
Apple pie

Dinner

Minestrone Soup
Turkey Tetrazini
Salisbury steak
Mashed potatoes
Green peas
Carrots
Dinner rolls
Strawberry chiffon

Oct 11, 25

Lunch

Pepper Pot Soup
Grilled Chicken Strips
Sweet and Sour Pork
Fried Rice
Veggie Medley
Lemon Meringue Pie

Dinner

Tomato Soup
Roast Pork Loan
Baked Chicken
Lyonnaise Potatoes
Egg Noodles
Chicken Gravy
Dinner Rolls
Orange Cake

Oct 12,26

Lunch

Veggie Beef soup
Swiss Steak w/gravy
Tuna Noodle cassarole
Steamed Rice
Mashed Potatoes
Dinner Rolls
Apple Crisp

Dinner

Clam Chowder
Lemon Baked Fish
Macaroni and Cheese
Steamed Rice
Brown Gravy
Green Beans
Florida Lemon Cake

Oct. 13,27

Lunch

Chicken Noodle Soup
Baked Meatloaf
BBQ Chicken
Scalloped Potatoes
Steamed Rice
Dinner Rolls
Brown Gravy
Chocolate Cream Pie

Dinner

Vegetable Soup
Pork Chops
Mashed potatoes
Egg Noodles
Cauliflower
Spinach
Oatmeal Cookies
Dinner Rolls

Oct 14,28

Lunch

Bean Soup
Roast Turkey
Swedish Meatballs
Egg Noodles
Cornbread Dressing
Squash
Carrots
Cherry Pie

Dinner

Turkey Rice Soup
Roast Beef
Chicken Vega
Mashed potatoes
Steamed Rice
Glazed Beets
Green Peas
Oatmeal Cookies

Speed Line

**Monday Burgers/Veggie Burgers/
Chicken Breast**

**Tuesday Chicken Breast/Veggie
Burgers/Fish and Chips**

**Wednesday Burgers/Veggie
Burgers/Pizza**

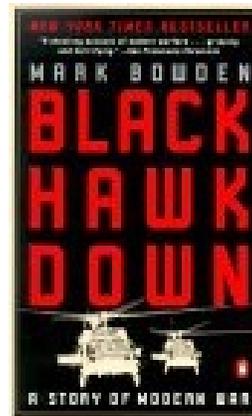
**Thursday Chicken Breast/Veggie
Burgers/Hot Dogs**

**Friday Burgers/Veggie Burgers/
Chicken Nuggets**

Book Review Redux

By LTjg Robert Lyon

In 1993, Somalia was in political and economic anarchy. The capital was dominated by the ongoing struggle between two main power-brokers, Ali Mahdi Mohammed and General Aidid. The country outside comprised a patchwork of territories, each with its own warlord allied to Aidid or Ali Mahdi. In December of 1992, American forces were on the ground to impose a peace, and protect the UN aid workers. In Mark Bowden's book "Black Hawk Down," the actions American Special Forces in Mogadishu, Somalia, during an October 3, 1993 raid to capture two of General Aidid's lieutenants is detailed with extraordinary clarity. This is not a book for the faint of



heart as it goes into graphic detail of the losses sustained by Aidid's mostly untrained, heavily armed, militia and American Special Forces in the longest gunfight since the Vietnam War. Of the 99 Special Forces soldiers involved in this action 18 were killed

"Before I began this book, my impression of soldiers was not that good," said Bowden "I thought they were the kind of guys who couldn't get into college. But once I met some Rangers, my opinion changed instantly. I found them to be extremely impressive young men - smart, ambitious, reflective, articulate - and that came as a big surprise to me. I only discovered when I started working on it how significant this event was in modern American history, both for the military and for American foreign policy," said Bowden.

The experiences in Somalia changed our preceptions after our decisive victories during The Desert Storm campaign. "Nothing American journalists wrote had nearly as much power as the photos of dead American soldiers being dragged through the streets of Mogadishu," explained Bowden.

Bowden's minute by minute account of soldiers placed in extraordinary situations is a must read for anyone in the military.