



# THE COURIER



February/March 2002

## Recruiters fight for fit recruits

By JO2 Jodi Durie



Photo by JO2 Jodi Durie

*"I don't think I'll have any problem because I play a lot of sports," said potential Navy recruit Chris Edwards, referring to the Navy's physical readiness test. Portsmouth recruiter, HT2 Robert Harris assesses Edwards' height and weight as part of the exam to ensure he is physically eligible to join the Navy.*

"Overweight and obesity may not be infectious diseases, but they have reached epidemic proportions in the United States," reported the Surgeon General. Local recruiters clearly understand this message for they see this truth first hand on a daily basis.

"The majority of high school seniors who walk in here are out of Navy physical standards. Once they can get themselves within standards, we can process them into the Navy," explained SKC(SW/AW) Jansen D. Butler, recruiter in charge at Navy Recruiting Station, Portsmouth.

According to Butler most people who contact his office expressing interest in joining the Navy do not qualify due to physical standards required for enlistment.

"A lot of people come through the door, but I would say, that for every 100 appointments we have only 25 people qualify," said Butler.

An estimated 97 million adults in the United States are overweight or obese and approximately 25 percent of children and adolescents are overweight, which is considerably more than in the past, according to the research

of the American Obesity Association.

"In the United States, obesity has risen at an epidemic rate during the past 20 years. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15 percent. Research indicates that the situation is worsening rather than improving," according to the National Center for Chronic Disease Prevention and Health Promotion.

The Surgeon General, David Satcher, recently voiced his concern for these rapidly rising health issues by issuing a report titled "The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity in Americans." In this report, the Surgeon General outlined approaches that communities can employ to address these problems such as requiring physical education at all school grades, providing more healthy food options on school campuses, and providing safe and accessible recreational facilities for residents of all ages.

"Overweight and obesity may soon cause as much preventable disease and death as cigarette smoking," said the Surgeon General.

*Continued on page 2*



Photo By Lt. Robert Lyon

### ER Conference room dedicated

The Emergency Room Conference room was dedicated to Capt. David Munter in a January 23 ceremony.

Munter founded the initial Emergency Medicine residency program at NMCP. His program was the first in the country to receive full 5-year accreditation on its first RRC review. After serving as the residency program director for five years, Dr. Munter was appointed as the Chairman of the Emergency Medicine Department.

Munter is currently serving as Executive Director, TRICARE Mid-Atlantic Region.

### Your link to Corpsman advancement

To access study materials log onto the intranet from NMCP's homepage and click on 'training' then 'advancement training,' or log onto:

<http://temp-intranet.mar.med.navy.mil/HMTraining/BibRef.asp>

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*How do I get something in*  
**THE COURIER?**

The command's monthly publication provides an avenue to circulate all the useful information the Medical Center staff has to offer. Contact the Public Affairs Office at 953-7986, Fax 953-5118, via Guardmail, or you can E-mail the PAO, Lt. Lyon, at [rtlyon@pnh10.med.navy.mil](mailto: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.)

*From page 1*

Approximately 300,000 U.S. deaths, yearly, are associated with obesity and overweight compared to more than 400,000 deaths a year associated with cigarette smoking.

Butler attributes his healthy lifestyle to the environment his parents raised him in.

"My parents cooked meals for me and I was very active in sports, but a lot of kids today aren't getting home cooked meals. They have to cook for themselves and so many of them don't eat healthy," explained Butler.

"Kids watch too much TV and aren't active enough. One of the other big problems I've seen is smoking; a lot of the high school students who come in here smoke and then can't do the run," explained Butler.

Butler and the other recruiters at the Portsmouth station are more than willing to help potential recruits work their way up to meet Navy standards.

"If a recruit is right on the borderline weight, we take them out and work with them. We'll take them to the gym and help them set up a diet plan, but we ultimately put the responsibility on them," explained Butler. "They really have to want this and be dedicated. This is such a rewarding job because we have the opportunity to help people and to change their lives.

HT2 Robert Harris, a Navy recruiter who works for Butler, was also in agreement with the Surgeon General's recent announcement. Harris thinks that creating awareness on the importance of healthy eating habits and routine physical activity might be the first step in repairing our society's obesity crisis.

"I think we need to educate people on the dangers of being overweight and tell them to get out and exercise more. You often don't find people talking about health; you have to search out the information yourself. I really think our society has a lot to do with it too. People need to eat healthier rather than just eating fast food all the time," said Harris.

"People have gotten used to their fast food and fast food lifestyle where it is easier for them to just go through the drive thru than to take the time out to eat healthy. People need to become accustomed to eating fruits and vegetables," advised Naval Medical Center Portsmouth's community health

program specialist, Elaine Nestell, RN.

For information on health programs offered at NMCP contact the wellness and prevention department at 953-5097.

Interested in joining the Navy call your local recruiting station or log onto their website at <http://navy.com/index.jsp?hasFlash=true>.

## Scrubs policy

For the protection of our patients and staff please be aware of the scrub policy at NMCP:

Scrub attire is not to be worn to and from a person's home or residence.

Personnel in scrub attire will wear a clean green or white cover gown fastened in back or a full-length laboratory coat fastened in front covering scrubs when leaving their authorized spaces. Cover gowns or lab coats may not be removed when outside authorized spaces.

Personnel are authorized to wear scrubs with a cover gown or lab coat to the wards, medical library, galley, Building 215 food court, Dancing Goat, chapel and administrative spaces. When in these areas, cover gowns or lab coats must remain fastened.

Scrub attire is not permitted to be worn outside any NAVMEDCEN building, except when escorting or assisting patients. (Scrubs are not permitted in the parking garage).

Smoking in scrubs is not authorized.

For the complete scrub policy please see NAVMEDCENPTSVAINST 1020.1C. This policy applies to all military and civilian staff and students at NMCP.

## March Book Club Selection

### Powerful Conversations:

### How High Impact Leaders Communicate

Phil J. Harkins

Foreword by Warren G. Bennis

### Breakfast Club: March 14 and 28, 2002

"Powerful Conversations breed powerful organizations." *Powerful Conversations* is packed with goal-oriented strategies, tools, and real-life examples from great leaders. Use its deliberate, directed techniques to achieve exceptional levels of performance, create and



maintain valuable relationships, and forward the goals of both yourself and your organization with every word you speak".

### From the Publisher

Each conversation you have, whether business or personal, provides an opportunity to advance your agenda, increase learning, and develop relationships. "With *Powerful Conversations* you can maximize your impact. Specific guidelines show you how to personalize Harkins's carefully-developed program to your own unique style and situation. Examples of *Powerful Conversation* techniques in action, case histories from Fortune 500 companies, models, and self-tests help you analyze your own conversational style and master *Powerful Conversations*.

# NMCP opens SAVI treatment center

By Lt. Robert Lyon

Naval Medical Center Portsmouth opened a dedicated Sexual Assault Victim Intervention (SAVI) treatment center that will allow victims of sexual assault to be seen and treated at a single facility.

This treatment room was a collaborative effort between Sexual Assault Nurse Examiners (SANE), Naval Criminal Investigative Service (NCIS) and the Emergency Medical Department at NMCP. In the past NMCP, while fully capable of caring for victims, lacked the proper evidence collection equipment and was required to

send the patients to Chesapeake General Hospital for this service. It cost time to the patient and real dollars to the commands.

"In the past exams have cost commands an exorbitant amount of money, \$1500 dollars is generally charged by the civilian facility. Now the only costs we pay are for the sexual assault examiner since we are providing all the facilities," said Lt. Cmdr. Chris Schmidt, Product Line Leader for Adult Emergency Medical Services.

NMCP lacked the necessary certified facility required to treat and collect the evidence necessary in prosecuting these cases. The treatment room now provides NMCP all of the diagnostic and forensics equipment required to treat and collect evidence from victims of sexual assault and is certified by SANE (Sexual Assault Nurse Examiners).

The new facility also eliminates potential problems associated with evidence collection while reducing the time required for treatment and evidence collection.

"Well there was the potential loss of evidence once medically screened, and



Photo By Lt. Robert Lyon

*Lt. Cmdr Chris Schmidt, Product Line Leader for the Adult Emergency Medical Services talks with Patty Guyer, president of the Oak Leaf club on the capabilities of the new SAVI treatment center.*

clear them and send them to another facility. Now we do not lose that critical piece. Now we can do it all in house so the patient can come in, be screened for life threatening issues, be placed in a room that is away from the stimulus of the emergency department and be seen by a nurse. Security and law enforcement can be called to take statements as well as sexual assault specialists and the chain of custody of evidence can be turned over properly. This room, hopefully by doing all of the exams here, will save military commands (funds) that are responsible for active duty members," said Schmidt.

There is also an emotional benefit of having a single facility says Schmidt. "If I can get everything done in less than three hours instead of arranging for medical clearanc, having to preparing the patient for a trip to an outlying facility, and having to start the process all over again, I would think so," Schmidt explained.

But the effort did not stop there. In many of these cases the clothing is evidence and cannot be returned to the patient. Rather than provide the patient with available clothing, in most cases 'scrubs' Sue Bushey, of Fleet and Family Services,

began the search for donors to provide clothing for the treatment center.

"We started at the Navy Exchange, then called the Chaplain's Office, who contacted the Master Chief of the hospital who suggested the we get in contact with the officers' wives club, which is the Oak Leaf Club. They were generous to come up with the money that we could purchase the sweat suits. We thought it would be good to have comfortable sweat suits that would fit everybody," said Bushey.

"It was the Command Master Chief that contacted us," said Patty Guyer, President of the Oak Leaf Club. "He knew that we do benevolent donations to the command. We try to help out in any way, shape, or form. This was something that we were able to do."

With the opening of the treatment center, critical time has been saved while saving commands much needed funds. But more importantly, through the diligent efforts of people like Sue Bushey and the Oak Leaf Club, the quality of patient care is held to the highest standard possible.

# OIS next stop for Fourth Quarter JSOQ

Photo and story by JO3 Theresa Raymond



For Naval Medical Center Portsmouth's Ambulatory Procedures Department's Senior Corpsman, HM2 James Herbst, 2001 was a very good year.

HM2 Herbst received word that he'd been selected for the Seaman to Admiral program last October, and although Herbst knew he was qualified, he felt the odds were against him. "I only had two months to put the whole packet together," Herbst recalls. "So I wasn't sure if I'd even get selected. When I found out I did, I was literally in shock."

Herbst felt his shipmates helped him get selected for the commissioning program. "I have good people who work for me and great leaders over me, and because of that, I was able to learn how to be a good leader," explained Herbst.

The second class went on to explain, "If I, (or anyone) made mistakes, (the unit) worked through it as a team, so the same mistakes wouldn't be made again."

Being commissioned wasn't the only good news he received at the end of 2001. Herbst was

also promoted to second class petty officer in December 2001. "I knew I'd made second class. After studying and trying for so long, it was only inevitable. It's always good to know your hard work does pay off," recalled Herbst.

He also took home the Junior Sailor of the Quarter Award in December, the same day he made second class. "I didn't think I'd win. The (JSOQ) board was tough. Not too many opinionated questions, they were mostly fact. I was surprised when they announced my name," told Herbst.

While Herbst is still overwhelmed with the professional achievements the last couple of months brought him, he knows he has to stay focused. There is still a lot more ahead.

"I leave in February to go to school at the Naval Science Institute in Rhode Island. Then I'm off to complete college and receive my commissioning," said Herbst. "I have a full plate ahead, but I'm looking forward to the reward of being an officer."

## HRSC East/Federal Long Term Care Insurance Program (FLTCIP)

The Long Term Care Security Act (PL 106-265) was signed into law on Sept. 19, 2000. It provides for the establishment of a program under which long-term care insurance is made available to Federal employees, members of the uniformed services, and civilian and military retirees. The Office of Personnel Management (OPM) has selected Metropolitan Life Insurance Company and John Hancock Life Insurance Company as the insurers for the FLTCIP.

All employees who apply for the insurance will not be eligible for the standard insurance. However, all employees who apply will be offered something, perhaps non-standard insurance (different benefits and/or higher premiums) or a non-insurance product. It is not like the Federal Employees Health Benefits Program where everyone eligible who applies for a given policy gets the same coverage and pays the same premium.

An early enrollment opportunity for the FLTCIP is scheduled for early 2002, maybe March, due to significant interest from individuals who are familiar with long-term care insurance coverage. Information about the early-enrollment period will be available soon from OPM.

OPM is not encouraging early enrollment unless the applicants have already informed themselves about long term care insurance. Most employees should wait for the educational and informational materials that will begin this spring and extend throughout the open season that will be conducted in late summer/early fall of 2002.

During the early enrollment period, individuals may have more limited choices of benefits than during the open season in late summer/early fall 2002. Payroll deduction will not be available during the early enrollment period. Since applicants for early enrollment will have to answer questions about their health, the effective date of coverage will vary from applicant to applicant. Early enrollers may be able to change their coverage later during the late summer/early fall open season.

At this time, the only information about the LTCIP is available on the OPM homepage at <http://www.opm.gov/insure/ltc/hr.htm>. The HRSC East will distribute information about the LTCIP as it becomes available.

If you have any questions, please call The Benefits Line at 1-888-320-2917. Press 2 to talk to a counselor then press 1 for East Region. Counselors are available from 7:30 - 4:30 EST Monday through Friday. You may e-mail the Retirements and Benefits Division anytime at [Benefits\\_east@east.hroc.navy.mil](mailto:Benefits_east@east.hroc.navy.mil).

### How do I apply for officer programs ?

Specific jobs may require a certain level of education, a certain accumulated GPA or certain scores on the standardized evaluation given to all officer candidates. In addition, all officer candidates must:

- **Be a U.S. Citizen**
- **Be 19-35 years of age when commissioned**
- **Must have a 4-year college degree/Specific programs may not require degree**
- **Meet certain physical fitness requirements**
- **Have a qualifying score on the Officer Aptitude Rating Exam.**

For more information contact the career counselor at 953-5164

# Surgeon General: Navy Medicine has never been stronger

Nearly five months have passed since the heinous acts of September 11th. Today, armed Guardsmen patrol commercial airports. Metal detection equipment and bomb sniffing dogs are common sights at professional sports events. Gates to public and military facilities that once stood open are now locked and guarded. Almost overnight, we transitioned from a nation that was enjoying a time of peace to one waging war against an enemy that knows no boundaries or rules.

Navy Medicine isn't exempt from these changes; in fact, since the first hours, it has been on the front lines. The men and women of Navy Medicine were among the first to aid the injured at the Pentagon and comfort and care for the thousands of rescue workers who worked around the clock in the desperate race to find survivors beneath the rubble that was the World Trade Center.

Navy Medicine was ready that day, and in the days and weeks that followed. And with each day I became more proud than ever to say I am Navy's Surgeon General as we continued to respond, steaming to assist in the far corners of the world — to Camp Rhino in Afghanistan, aboard amphibious ships and combatants, with the Marines, to Bahrain and Kuwait, and to the Indian Ocean. Doctors and nurses, corpsmen and medical specialists are on the front line, a powerful force multiplier, ensuring our Sailors and Marines are physically and mentally ready for whatever challenges lie ahead. To our south, Navy Medicine is an integral part of Joint Task Force 160 in Guantanamo Bay. Last week, containers of tents and equipment that would become Fleet Hospital 20 were offloaded in Cuba, and its staff from Naval Hospital Camp Lejeune and several other MTFs worked with the Seabees to "build" the hospital in a day. With

them is a SPRINT team from Naval Medical Center Portsmouth, and a detachment from Naval Environmental Preventative Medicine Unit TWO in Norfolk.

These and other professionals are seeing to it that not only are the Taliban and Al Qaeda detainees properly cared for, but that our own forces are receiving the best medical services possible.

Closer to home, Navy Medicine's newly established Office of Homeland Security is doing its part to ensure the highest level of security at home and is testing one of its first products, the Institutional Vulnerability Assessment Process (IVAP), which helps identify areas where our people and facilities may be vulnerable. It will help ensure our facilities are prepared for any threat that may arise. Navy MTFs will all see the IVAP in the next 12 to 18 months.

A Navy Medicine Integrated Product Team worked long and hard to develop three Commander's guidebooks intended to provide information, to stimulate thought, and provide a format for response to chemical, biological and radiological/nuclear terrorism. The first of these guides, Commander's Guidebook: MTF Preparedness and Response to Biological Terrorism, has already been distributed and is available for download on the BUMED homepage.

The others will be distributed soon. New health threats continue to emerge across the globe. Navy medical researchers are working hard for solutions to help counter the effects of biological weapons and naturally occurring infectious diseases. At this very moment, our scientists are developing an agile DNA vaccine technology that will revolutionize the way we protect against deadly threats like anthrax, malaria and scrub typhus. Many others are also out in the field gathering valuable information

in an effort to overcome potential health threats. The future possibilities of this work will have a truly global impact.

Navy Medicine is making its mark in many areas. Although our operational efforts to provide force health protection are always a priority, other far reaching support continues to make a huge difference. Navy Medicine personnel are volunteering at low-income clinics in their communities. Reservists are coordinating an effort to provide free medical and dental care to in-need residents in the Southwest. Navy flight surgeons recently traveled over 600 miles to evacuate and treat an Indonesian fisherman who sustained a serious eye injury on board a Japanese fishing vessel.

Challenges large and small are consistently being met by our people. Earlier this week, President Bush spoke of the State of the Union. He said, our nation has never been stronger, despite the fact we are at war and facing unprecedented dangers. He also reminded us that this is just the opening salvo, the beginning of a war we can expect to be long and arduous.

Amidst all of these changes in our lives, you have stepped up, eager to face the challenge. You have continued to demonstrate the excellence and spirit that epitomize Navy Medicine in its mission of Force Health Protection.

I know that Navy Medicine is up to anything that this war on terrorism may bring. I commend to you that the state of Navy Medicine has never been stronger. We have responded unhesitatingly in the past, and are steaming to assist those who need us most, today and in the future. It is our mission and our tradition. I am very proud of you.

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

## NSHS SAILOR RE ENLISTS ON LOCAL RADIO STATION



Photos By Lt. Robert Lyon

HM3 Jeremi Ferlin had one simple request for his reenlistment, he wanted to have it on the air on WNOR with "Tommy and Rumble."

Ferlin called Chuck Cooney aka "Chuck the Intern," and made his request. It was granted within a few days and a date set for January 31 at 9:00 a.m.

"The main reason I wanted to reenlist here (WNOR) is because every morning when I would go to work, whether it



be to the TR (Theodore Roosevelt) or lab school, these are the guys who made me laugh," said Ferlin. It helped me reflect that onto the patients I saw, or the students I was with. I realize this is an odd place to do a reenlistment, but being an ex-radio announcer from Colorado, I can't think of a better place to do this. I figured this is my first re-enlistment, and



I want it to be special."

Lt. Cmdr. Delucia from the Naval School of Health Sciences preformed the ceremony in which Ferlin reenlisted for the first time. Ferlin in addition to the year of training that places him within credits of an associates degree, also received \$18,000 as a reenlistment bonus.

# The power of social work

By Lt. Cmdr. Miranda Nance-Sevier, Product Line Leader, Social Work

Traditionally, March is recognized as Social Work Appreciation Month. This year, the Social Work Product Line takes this opportunity to acknowledge the many Product and Service Line Health Care Professionals. Who are these Health Care Professionals? Discharge planners, chaplains, mental health and substance abuse counselors, nurses, nutritionist, physical therapist, psychiatrist, psychologist, doctors and of course, social workers. These professionals provide ongoing collaboration and coordination to ensure a better quality of life for our patients. With such a huge responsibility, who takes care of the Health Care Professional? When we are experiencing distress, some of us have difficulty asking for help and recognizing when we need assistance.

Just as professionals are often reluctant, our patients are often reluctant to seek assistance when they are experiencing a problem. As health care providers, please continue to make a referral when you see patients unable to handle an identified social problem that may impede on

their ability to recover. Social Work provides a wide variety of services that assist patients in alleviating problems that have the potential to adversely affect the process of healing. Specifically, a set of core services is provided to all referred patients that include a psychosocial assessment, patient education, counseling, and referral information to community resources as needed. Each medical social worker is dedicated to assisting patients and their families to resolve social and psychosocial problems related to the illness. Fortunately, most patients are relieved to have assistance and often the patient and a social worker can move toward resolving the problem in a short amount of time.

The main Social Work office is located in Building 249 at 953-5861. In order to expedite services, a consult can be sent through the CHCS electronic referral system or by fax to 953-6091. The Social Work Product Line is here to assist both providers and patients. As members of the health care team, let the Power of Social Work assist.

# DAPA NEWS

By HMI Luann Smith

Do you have the Right Spirit?

This is not the revisiting of prohibition. The Navy's Right Spirit Campaign requires only that members who choose to drink do so in a responsible manner.

What is responsible? Following the legal age limits and knowing your own limitations; choosing the right place, the right time and the right amount. The Right Spirit Campaign also emphasizes that it's ok not to drink and requires those in leadership to support members who choose not to drink and to guarantee respect for this choice.

So what about you?

Are you promoting healthy leisure activities and deglamorizing alcohol? Are you involved in command and community volunteer activities and/or pursuing education as alternatives to drinking? Are you encouraging your co-workers to do the same?

Talk with your chain of command, your enlisted associations or any of the many resources available for more ideas.

# NMCP volunteers for Special Olympics

By Lt. Robert Lyon

NMCP participated in the 10th annual Polar Plunge to support VA Special Olympics. The concept is simple. Teams raise money for Special Olympics with the express promise that they will plunge into the Atlantic Ocean. Normally not much of a problem finding people willing to join the team. To show their commitment to Special Olympics teams took the plunge on February 2nd. On the day of the event the air temperature was 43 degrees, making the water feel a bit warmer at 45 degrees.



Photo by Lt. Robert Lyon  
*HMI Vernosh fresh from his plunge*



Photo By Lt. Robert Lyon

Bottom row, L to R Brandon Cain, HN Flessas, HM3 Twede HN Christie, Middle row, L to R HMI Venosh, HMC Habowski, HN Coreas, HN London, HM3 Raymond, HN Rodriguez. Back row, L to R, HN Pena, HMI Cain, Capt. Dembert, HM3 LaChance, LT Melvin, HMC Wentzell, HM2 Waggoner. Members in attendance but not available for photograph: HM3 Gould, HM2 Beiderwieden, Cathy Villanueva Gordon Quarders, Liz Weinstein, Julia Guarneri, Anne Gauthier, Katherine Luther, Sharon Springfield, LT Zalar, HM2 Herbst, Eric Frederique and Christopher Ficke.

NMCP's entry was appropriately named "Frozen Assets." This was HMI Vernosh's second year organizing a team. Vernosh's 31 member team was comprised of NMCP staff and branch medical clinic personnel. Vernosh and his team raised over \$ 3,000 for VA Special Olympics.

The event raised over \$250,000 dollars and they expect a total of \$300,000 when all donations are compiled.

# CNO calls TRICARE improvements “Remarkable”

By Chief Journalist Walter T. Ham IV, Chief of Naval Operations Public Affairs

WASHINGTON (NNS) — Chief of Naval Operations Adm. Vern Clark said the improvements in TRICARE over the last half-decade have been “truly remarkable.”

“By delivering quality medical care to our people, you are seeing to it that this institution keeps its promise,” Clark said during an address Feb. 4 to the 2002 National TRICARE Conference. “I want you to know how much I appreciate what you’re doing.”

According to the CNO, while the TRICARE system continues to improve, military healthcare faces a “corporate self-talk” issue that keeps information on improvements from making it down to the deckplates.

“If we are going to be the employer of choice, if we are going to be an institution that is known as one that keeps its promise, we’ve got to make sure that we get the word out,” the CNO said. “And we’ve got to make sure that we con-

tinue to make this thing as effective and efficient as we can.”

The CNO emphasized that good resource management in the medical industry, and throughout the service, is crucial to recapitalizing the Navy to fight future wars.

“Our institution spends \$24 billion a year on medical services,” Clark said. “The challenge is to extract every ounce of utility from what the taxpayers of the United States have presented to us.”

The CNO stressed that quality medical care is a key component of “the promise” of covenant leadership.

“Leaders must promise to give people a fair wage. They must promise to provide good housing conditions. They must promise proper working conditions and tools. These are the things that people need to make a difference,” the CNO said. “At the top of nearly every list you put to-

gether is the promise of medical care for Sailors and their families. It’s fundamental to the promises that we make to our young men and women when they raise their right hand.”

The CNO concluded that the war on terrorism adds an even greater importance to the need for quality medical care.

“We don’t know what this enemy will throw our way next. We do know that we are fighting an enemy who will do anything to destroy our way of life,” the CNO said. “Our challenges, especially those facing the medical care industry, are immense. Thank you for what you’re doing for the men and women of the United States military. Thank you for committing yourself to this calling to deliver on the promise. We can’t be more grateful than we are for what you’re doing.”

For more on the CNO, go to <http://www.chinfo.navy.mil/navpalib/cno>.

## Lt. Patrick Ryan Selected as Nurse of the Quarter

By Lt. Robert Lyon



Photo by Lt. Robert Lyon

L to R Rear Adm. Clinton Adams, Lt. Lana Cole, Lt. Cmdr. (sel) David Shanholtzer, Lt. Cmdr. Patrice Bibeau, Lt. David Melvin, Lt. Craig Cunningham, Lt. Patrick Ryan, Lt. Cmdr. Fawn Snow, Lt. David Reiter, Capt. Carlos Torres.

Lt. Patrick Ryan was selected as NMCP’s Nurse of the Quarter during an awards breakfast

During the quarter, Ryan managed 5700 patient visits and phone consultations per month, and developed innovative prenatal and childbirth classes to help educate patients.

“(Ryan) was acutely attuned to the patients throughout their pregnancy. (Ryan) brought a new level of sensitivity,” Said Rear Adm. Adams, Commander, Naval Medical Center Portsmouth.

Ryan assisted over 100 Diabetic pa-

tients during their pregnancies, managing their disease and ensuring a safe uncomplicated pregnancy. In addition, he spent numerous off-duty hours on the phone assisting patients.

“I was overwhelmed by the other nurses I was selected with,” said Ryan “the talent at the table was phenomenal, as I heard the bullets of the other nominees, some are getting their PhD’s and Masters degrees, I was overwhelmed to be grouped with them.”

Lt. Craig Cunningham is currently pursuing his Masters degree in Nursing Administration

scoring 1510 on his GRE (Graduate Record Examinations,) while Lt. Cmdr. Fawn Snow is pursuing her PhD. Lt. Cmdr. Snow was also commended on her “Better Business Practices” poster submissions for the recent TRICARE conference in Washington, D.C.

“Nearly every other poster I saw at the conference was Lt. Cmdr. Snow’s,” Said Rear Adm. Adams.

Lt. Ryan earned a “Well Done” from the Commander, who presented Ryan with a Letter of Commendation, and thanked the diligent efforts of the six other nominees.

# New deployment Healthcare Guideline announced

WASHINGTON, DC - Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder announced recently the implementation of a new clinical guideline for use by military and Veterans Affairs physicians in caring for the unique needs of military personnel and their families.

Informed by a decade of lessons learned from the Gulf War, military and Veterans Affairs (VA) physicians are now better prepared to provide care for military personnel returning from Afghanistan and other deployments.

The cornerstone of this new health initiative is the Clinical Practice Guideline on Post-Deployment Health Evaluation and Management, available at <http://www.pdhealth.mil/PDHEM/frameset.htm>.

It was developed jointly by the Department of Defense and the VA. Service members and their families will begin to experience the benefits of this guideline starting in early March.

"This guideline assists physicians and patients by focusing on specific health concerns that may be deployment related," said Winkenwerder.

The development of the guideline represents a two-year multidisciplinary effort involving experts from the VA, Army, Navy, Air Force, and DoD. Specialty experts included clergy, social workers, nurses, toxicologists, epidemiologists, risk communications specialists, psychiatrists, and family practitioners. Health care providers at Camp Lejeune, N.C. were part of a guideline demonstration project.

The guideline also applies to individuals who were not deployed, but who link their concerns to a military deployment - for example, family members of recently deployed active duty personnel. It also offers physicians support in monitoring the long-term health of patients with deployment health issues and provide patients with the education they need to take an active role in their health care delivery.

Up-to-date information will also be disseminated to clinicians about all deployments and make them more knowledgeable about deployment health issues. The primary method of disseminating information, is the new DoD Post-Deployment Health website, <http://www.PDHealth.mil>.

## OB Dr. stands above the rest

By JO3 Theresa Raymond

Life doesn't always come easy as an obstetrician, but one Naval Medical Center Portsmouth doctor enjoys putting in the work, helping the patients, and reaping all the rewards.

Dr. Erinne Graham, a lieutenant in the Naval Reserve, has worked in NMCP's Obstetrics and Gynecology (OB/GYN) for two years, dealing with every aspect of a normal pregnancy, from prenatal care to giving birth.

Graham, who graduated from the University of South Florida's Medical School, feels her kindness is what gives her patients a reason to come back and have her treat them.

"Typically, patients reciprocate what they are given... respect for respect, kindness for kindness. When patients feel that someone is concerned for their well being they respond," said the resident physician.

Graham went on to explain why her job is one of the most rewarding in her field. "Patients allow (doctors) into their lives for a brief moment in time and (that) makes everyday a humbling experience," Graham said.

Graham understands the progression of child bearing even though she has never had a child. "The birthing process is a stressful circumstance that every person handles differently. I understand that how a patient (reacts) depends on their personal situation," Graham said.

Noticing the differences between NMCP and other facilities wasn't hard for Graham, but she uses those differences as another learning experience in her life.

"The patient population at NMCP is completely different from the patient population where I went to medical school. There are many different aspects to learn: doctor, officer, colleague, and counselor. I really enjoy working at a facility with the resources that are available," said Graham.

## Prenatal Care – For the health of both mother and baby

By John Knispel, M.D.

How important is it to receive prenatal care during pregnancy? It has been shown over the years that prenatal care can help reduce problems during pregnancy and delivery and even after birth.

Early prenatal care in the first three months of pregnancy decreases the likelihood of having a low birth weight baby. Early prenatal care allows the healthcare team to detect early genetic problems, screen for medical problems like diabetes and hypertension that can contribute to problems during pregnancy, and identify patients who are at risk for premature labor.

Unfortunately, expectant mothers often do not receive the early prenatal care they need to bring about the best outcome for their pregnancy.

So if you are expecting, make sure that you receive prenatal care from a qualified health care professional early in your pregnancy. See your doctor regularly throughout your pregnancy and follow the advice the doctor gives you. Encourage expectant friends and family members to seek prenatal care early in their pregnancies as well.

In addition, TRICARE beneficiaries, health care providers (especially primary care), and others in our communities can join together to raise the level of awareness needed to encourage early prenatal care. The advantages for both mothers and children are clear.

For more information call TRICARE Mid-Atlantic Region: (800) 931-9501

## Change in Pharmacy ticket categories

By Capt. R. N. Hirsh, MSC, USN  
Pharmacy Service Line Leader

Q-Matic® ticket categories have been changed to expedite prescription filling. The computer system will balance waiting times for categories B and C as noted below. By separating the categories, we can more accurately assign window and staff priorities to reduce all waiting times while ensuring patient safety.

**A: Active Duty IN MILITARY UNIFORM OR SCRUBS.** Civilian staff **ON DUTY**. (Military ID card required) The Objective is to return these military and staff members to duty as quickly as possible.

**B:** Computer-generated prescriptions that are already input into the hospital computer by staff (military or civilian) providers.

The provider reviews all clinical screens, overlaps, and allergies when using the computer to input prescriptions. Although computer-generated prescriptions often need additional clinical review or edit by a pharmacy technician, prospective review by a pharmacist is not required.

**C:** Written prescriptions from staff or civilian providers that are not input into the computer by the provider. OTC requests.

Written prescriptions must be transcribed into the computer by pharmacy staff, who are the only ones to see the clinical warnings generated. For patient safety, all written prescriptions and associated significant warnings are reviewed by a pharmacist prior to dispensing, who decides whether the provider should be contacted or the warnings can be resolved at the pharmacy level. Transcription of written medication orders/prescriptions is the most frequent cause of medication errors.

# New "CAC" Smart Id Cards to be issued at NMCP

By JO3 Theresa Raymond

The nation's extremely high-tech soldiers, sailors, airmen and marines are getting another computer to add to their arsenal, and this one is wallet sized.

The Pentagon began issuing service members and Department of Defense civilians the new identification cards, called common access cards, or CAC's, October 2001. Now several months later, Naval Medical Center Portsmouth is distributing the CAC's to their active duty and civilian personnel.

These "smart" cards are about the size of a credit card and will replace the standard green ID cards now used.

The new CAC's include a linear bar code, a two-dimensional barcode, magnetic stripe, and integrated circuit chips that store personal information about its holder. It also contains a color digital photo and printed text. With it, cardholders will be able to access secure Defense Web sites, log into their computer and digitally encrypt and sign their email.

Although the new card takes longer to make, taking anywhere from 10 to 20 minutes to get the card, the cardholder is now able to store his fingerprints and personal ID number on the actual card. The PIN is for added security.

According to the Associated Press, the Pentagon's Chief Information Officer, John Stenbit said, the card will help the "hurry up and wait" syndrome in the military, where paperwork

can back up as it goes through the processes.

As soon as the CAC is reported as stolen or lost, officials said, its digital signatures will be deactivated and the cardholder will get a new card.

According to Stenbit, the CAC also offers an added security benefit in an attack similar to the Pentagon crash. "If you have an incident, you can tell who's gotten out of the building and who's

Some sailors and civilians are looking forward to the implementation of the new ID program, while others are a little skeptical. Glenda Whigham, Product Line Leader for Administrative Support Services told how the new ID's would help save time getting in and out of certain spaces.

"The new (ID) will work out better as far as accessing different facilities. Instead of having different types of cards for separate reasons and (different) facilities, there will be one card with one code for all our needs," said Whigham.

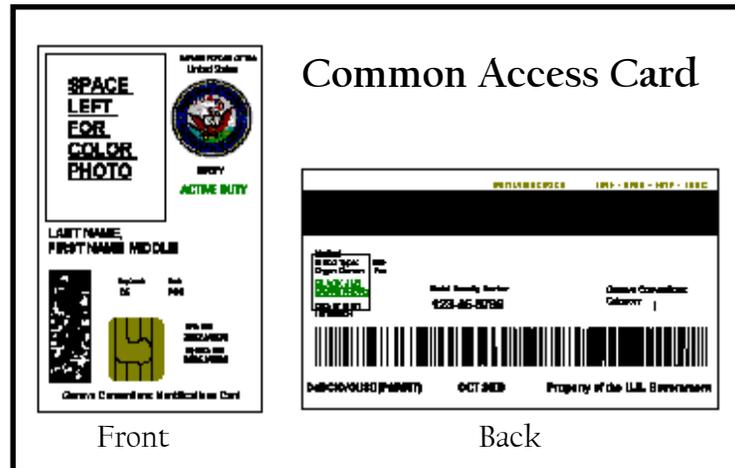
PC2 Stacy Barnette, who works at NMCP's Post Office, explained how the new ID is good, but told of the minor set backs she encountered.

"The ID's take longer to make so there is a longer wait," said Barnette. "There are bugs in the system, as is in all new programs, that should be worked out over time."

The DoD began initial testing of the Departments implementation of smart card technology in October 2000.

Beta testing of the CAC was completed with the issuance of 95,000 cards. DoD-wide distribution started October 2001, and by the same month 2003, approximately four million cards will be issued worldwide.

Not everyone will get the CAC. DoD has targeted active duty military, selected reserve, DoD civilian employees, and eligible contractors.



Graphic By JO3 Theresa Raymond

still stuck in there," Stenbit told the associated press.

Active duty and DoD civilians issued the CAC's will be able to swipe the card and type in their numerical passwords on computer terminals. According to the Associated Press, service members will soon be able to swipe their cards to check out weapons or ammunitions. The card will also store sharpshooting scores.

## Recycle success in 2001, next year looks even better

Ed Bick, NMCP Recycling Manager

Calendar year 2001 was a very successful one for NMCP Recycling. It is worthwhile for you to know what you have accomplished. Although recycling personnel perform the final processing of the materials, you are where the recycling process starts. Without your participation, the program cannot succeed.

Last year, we recycled almost 200 Tons of materials. This included 1/4 ton (535 lb.) of aluminum beverage cans, 46 tons (78 bales) of white office paper, 81 tons (156 bales) of cardboard, and 68 tons (1,680) wood pallets.

Next year should be even more successful. With the occupation of buildings 1 and 215, we anticipate the collection of white paper, and to a lesser extent, cardboard, to increase dramatically. Of course, what is life without some challenges. We have ours in the renovations on buildings 1 and 215. We have two trailers especially designed to accept flattened cardboard, but because of the construction we have to be flexible where we place them. One is stationed between buildings 20 (Power Plant) and 2, near

the loading dock. The other one has been "floating" around wherever we can place it, outside of the construction areas. At this moment, it is stationed between buildings 2 and 215 in the driveway by the courtyard for the hyperbaric chambers. Hopefully when the 215 loading dock area is finished, we will have a spot there.

To the new residents on building 215, you will be receiving your recycling containers soon. If you have questions, or find that you need additional pickups, please call the Recycling Center at 3-5625, the Recycling LPO, MM1 Barge at 3-5856, or the Recycling Manager, Ed Bick, at 3-6145.



Photo by Ed Bick

# Top civilians awarded at NMCP

By JO3 Theresa Raymond

Naval Medical Center Portsmouth recently selected Mary Mitchell and Cynthia Foggo as Civilians of the Year. Mitchell works at the Refractive Surgery Clinic while Foggo works at the inpatient pharmacy.

Mitchell, the clinic manager, was selected for her outstanding services as the surgical coordinator for the clinic.

"I'm proud to have been able to assist Cmdr. Gary Tanner and Cmdr. Edgar Levine in getting our refractive surgery program off the ground," said Mitchell.

As the clinic manager, Mitchell schedules surgery for the Navy, Marine Corps, and Coast Guard units east of the Mississippi and Europe. She is also in charge of managing the clinics database of surgical candidates.

"I love my job. I have the pleasure and privilege of providing assistance to the world's greatest Navy, working at the First and Finest, and being a member of a fantastic team in the Ophthalmology Department," she said.

Mitchell has worked in the ophthalmology department for 17 of her 20 years at NMCP.

Foggo, the Product Line Leader for the Sterile Products Division for the Pharmacy, was selected for her diverse duties as Pharmacy Nutrition Support Specialist and Director of the Pharmacy Ambulatory Clinic.

Although Foggo has only worked at NMCP for three years, she has 12 years of experience in pharmacy civil service working at four different commands on the East Coast.

"I am very fortunate that the leadership in the pharmacy department is completely supportive to its civilian workers. (They) are also open to new ideas and suggestions from the civilian workers," said Foggo.

Being married to an active duty submariner doesn't make it easier, said Foggo, but she hopes she's become a good role model for younger husbands and wives of service members.

"Hopefully I'll serve as an example to many of the younger (spouses) of our sailors. (Spouses) can maintain a career of their own, even with all of the things that come with supporting a sailor," said Foggo.

# NMCP Hosts Job Education Fair

By JO2 Duke Richardson

Staff members at Naval Medical Center Portsmouth recently learned something new about each other. The jobs their colleagues perform at the hospital day-in, day-out.

Hundreds of people, including patients, came out to the NEC Job Fair to check out the numerous displays which dealt with a wide range of educational topics.

"This event was a way we could give exposure to our sailors and patients in letting them know just what exactly everyone here at the hospital does," said HM1 Reginald Barnes, coordinator of the job fair. "This is also a way for us to get as many applicants as possible for different "C" schools offered so our younger sailors which may not know what exactly they want to specialize in can get the help and guidance they may need."

Approximately 20 displays developed by various departments were arranged along the second floor of the Charette Health Care Center (CHCC). Centrally located in CHCC, it gave everyone an opportunity to get a good look at some of the job opportunity displays within the hospital's walls. This event was also not only limited in participation, as staff members of non-medical rates were also on hand to spread the news about their roles in the hospital's overall mission.

"Just about every rating we have here at the command participated in this event and helped make it a success," said Barnes. "This year's event was a repeat of the one we did last year which was a huge success. So we decided to bring it back again. It's a good way to help increase retention, "C" school applicants, and give patients a better idea what we do here."

Barnes went on to say there are definitely plans to hold an event like this again in the future. "Next time I would like to see even more people get involved with this type of event because it is not just for the corpsmen, it's for everybody here at the command," he said. "It would be really good if we made this larger so then everyone will get an even better opportunity to reap the benefits of it."



Photo By JO2 Duke Richardson

*Naval Medical Center Portsmouth recently held a job fair in order to give patients and staff members better understanding of the services the hospital provides.*

## NWCA Scholarship Foundation

Annually, the Navy Wives Clubs of America, Inc. gives 41 scholarship grants in the amount of 1,500 dollars.

Those eligible for the grants are children of enlisted members of the Navy, Marine Corps or Coast Guard on active duty, retired with pay or deceased. Applicants should show basis of need for financial assistance, be of reasonably sound scholastic standing, be of good moral character.

Each year NWCA awards six freshmen grants with continuation not to exceed four additional years upon reapplying and remaining eligible, four upperclassmen awards and any vacancies that may occur in the renewal grants. Special grants are given to two medical students and two special education students, and nine awards are given to children of NWCA members.

The deadline for submitting completed application is May 30. To request an application please send a self-addressed, stamped envelope to:

**Ms. Susan B. Quinn**  
**NWCA Scholarship Director**  
**1644 Jana Court # A**  
**Norfolk, V A 23505-3106**

# “You Are What You Eat,” March 2002 National Nutrition Month

By Tarah Alkire, Health Promotions

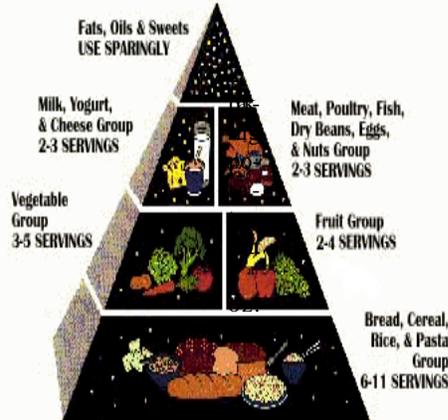
Grocery stores, advertisements, restaurants, even fast-food outlets all focus on “light” and “reduced” foods, but what does it all mean?

Believe it or not, fat is an important part of a balanced diet. It is recommended that about 30 percent of our daily calories come from fat. This means that the fat content in the foods you eat throughout the day should not be more than 30 percent of your total food intake. You can balance high fat foods with portions of foods lower in fat. A typical American diet totals about 34 percent fat calories. The extra 4 percent doesn’t sound like much, but it may be the cause of problems like heart disease, obesity, gallbladder disease, and certain types of cancers.

## Keeping your diet in check

1. Plan your meal from the bottom up.
2. Most people plan their meals around meat, poultry, fish, eggs, and cheese. Start with grains, vegetables, and fruit and then add meat and dairy products.
3. Remember your portion sizes. If you eat double, count it as two portions.
4. Think about hidden fat. Sauces, dressing, condiments, and some cooking methods may increase the fat content in your food.

## Month



## GREAT RECIPES:

### CHICKEN WITH SNOW PEAS

- 4 boneless skinless chicken breasts
- 2 tablespoons vegetable oil
- 1 small onion sliced thinly
- 1 cup celery, thinly slices
- 18 ounce can sliced water chestnuts
- 15 ounce can bamboo shoots
- 1 10 ounce package of frozen snow peas (or ½ pound fresh snow peas)
- 2 cups chicken broth
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- 2 tablespoons cornstarch
- ¼ cup cold water

1. Cut chicken breasts into thin slices.
2. Preheat oil in heavy skillet or wok and sauté chicken for 2 to 3 minutes.
3. Add onion and celery. Cook 5 minutes more.
4. Add water chestnuts, bamboo shoots, snow peas, broth, and soy sauce. Cover and cook 5 minutes more.
5. Blend sugar, cornstarch, and cold water. Pour over chicken and cook until thick, stirring constantly.
6. Serve over steamed rice.

*Nutrition Information: 320 calories; 11.1 grams of fat; 2 grams of saturated fat; 73 mg of cholesterol*

### CHEESE BAKED POTATOES

- 2 baking potatoes (about 8 oz. each)
- ½ cup low-fat cottage cheese
- ¼ cup skim milk    ¼ teaspoon salt
- 1/8 teaspoon pepper
- Paprika to taste

1. Wash potatoes well. Prick skins in several places. Bake at 425 F until tender (50-60 minutes)
2. Remove from oven and cut in half. Scoop out insides of potatoes, leaving skins intact; save skins. Mash potatoes thoroughly.
3. Add remaining ingredients except paprika and beat until fluffy. Put mashed potato mixture into potato skins. Sprinkle paprika over the tops
4. Bake at 425 F until heated through and tops are lightly browned (about 20 minutes)

*Nutrition Information: 140 calories; 0.7 grams of fat; 0.4 grams of saturated fat; 3 mg of cholesterol*

## Terms

**FREE**-Used to describe foods that contain little or no fat, saturated fat, cholesterol, calories, sugar or sodium.

*Fat free:* less than ½ gram of fat per serving.

*Saturated fat free:* Less than ½ gram of saturated fat per serving.

*Cholesterol free:* less than 2 milligrams of cholesterol per serving and 2 grams or less saturated fat per serving.

*Calorie free:* Less than 5 calories per serving.

*Sugar free:* less than ½ gram of sugar per serving.

*Sodium free:* 5 milligrams or less per serving.

**LOW**-Used to describe foods that don’t go above dietary recommendations for fat, saturated fat, cholesterol, calories, or sodium.

*Low fat:* 3 grams of fat or less per serving.

*Low saturated fat:* 1 gram or less of saturated fat per serving and no more than 15 percent of calories from saturated fat.

*Low cholesterol:* 20 milligrams or less of cholesterol per serving and 2 grams or less of saturated fat per serving.

*Low calorie:* 40 calories or less per serving.

*Low Sodium:* 140 milligrams or less of sodium per serving.

**LEAN**-Used on packaged seafood or game meat, cooked meat, or cooked poultry with less than 10 grams of fat, 4 grams of saturated fat, and 95 milligrams of cholesterol per serving.

**EXT RA LEAN**Refers to packaged seafood or game meat, cooked meat, or cooked poultry with less than 5 grams of fat, 2 grams of saturated fat, and 95 milligrams of cholesterol per serving.

**REDUCED, LESS, FEWER**-Foods that contain 25 percent less fat, saturated fat, cholesterol, calories, sugar, or sodium than the regular version.

**LIGHT /LIT** Products containing one-third fewer calories or 50 percent less fat than the original product.

# Step into Spring with MWR

## **St. Patrick's Day Run**

Don't miss this fun filled annual event scheduled for Wednesday March 13<sup>th</sup>. This 1.5 mile run will begin at 11 a.m. in front of the gym.

There is no fee for active duty military, retirees, or dependents. NMCP DoD civilians may participate if they are current MWR members.

T-shirts will be given to the first 50 participants at the race site and awards will go to top finishers in each age group. Wear something green and be eligible for special prizes.

For more information call 953-5096.

## **Pool Tournament**

Sharpen your pool skills in preparation for MWR's next pool tournament scheduled for Wednesday March 27<sup>th</sup>. At the Sand Bar Center. The contest begins promptly at 5 p.m. and is open to everyone. Awards will be given to top players.

Sign-ups are not necessary but plan to arrive no later than 4:45 to enter.

For more information call 953-5096.

## **MWR ITT Office**

The MWR ITT office is located on the second deck of bldg 215 has new hours of operation-Mon.-Thurs from 1100-1600 and Fri from 0800-1600. Discount tickets are available to attractions such as Busch Gardens, Colonial Williamsburg, Jamestown, Spirit of Norfolk, and more.

In addition, tickets can be purchased for movies and local sporting events such as ODU Men and Women's basketball, and Norfolk Admirals hockey. Arrangements can also be made for Disney packages through the ITT office. For more info, call 953-5439.

## **Sand Bar Center**

Make the Sand Bar center your next stop for lunch. On Monday and Tuesday we offer a soup and salad bar and a variety of sub sandwiches. The Sand Bar offers lunch specials on Wednesday (fried chicken), Thursday (steak) and Friday (sea food). Subs, pizza and grilled items are also available on these days. Stop by with a friend; we're conveniently located between the barracks and the pool.

For more info, call 953-5017.

## **Indoor Pool**

The indoor pool is open for lap swimming Monday through Friday from 0600-0800, 1100-1300, and 1630-1745. There is no fee for active duty, retirees, or dependents. NMCP DoD employees may purchase MWR memberships. Family swim is offered Mon-Fri from 1300-1630 and 1745-1900 and also on the weekend from 1200-1745. Children must be 16 years or older to come to the pool by themselves. The pool has a no guest policy. Call for additional information on pool rules or activities at 953-5946.

## **Volleyball Tournament**

An intramural volleyball tournament is scheduled for March. If you are interested in participating,

contact the NMCP MWR Recreation Director at 953-5096.

## **Outdoor Recreation**

Spring is here and it's time to head outdoors. MWR's Outdoor Recreation offers a good number of items including boats, campers and tents which will surely help you in your quest for fun in the great outdoors. Hours of operation are Monday through Friday 0730-1600. For more information call 953-5855.

## **Gym**

NMCP's base gym offers a wealth of activities to help you get in shape while having a good time. Whether it's the cardio workout area, aerobics classes, the free-weight room, the open gym or racquetball courts, you will surely find something that will perk your interest. Athletic equipment and clothing may be checked out at no cost with your military ID or MWR membership card. For more information, call 953-7024/25.

## **Aerobics**

High and low impact aerobics classes are conducted at the base gym Mondays through Fridays at 1100, Mondays, Wednesdays, and Fridays at 0630, Tuesdays through Thursdays at 1630 and Saturdays at 0930.

If you prefer to get your workout while keeping your cool in water, water aerobics classes are taught at the indoor pool Mondays, Wednesdays and Fridays at 12:15, and Tuesdays and Thursdays at 12:15 and 16:45.

For more information call 953-6130.