



The Journal

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Wounded Warriors: Conquering Obstacles and Winning

By Tracey Gold Bennett,
NDW Public Affairs

At a time when jobs are scarce and the pool of talent is more like a raging river – Marine Sgt. Jared Bolhuis is riding high on the rapids.

“I’ve had too many offers to count, federal agencies, private sectors all amazing jobs – not just being a manager on a factory line,” he said.

Bolhuis, who has spent six years in the Marines, said the position he’ll likely accept will be related to Homeland Security. An infantry heavy machine gunner, Bolhuis suffered a traumatic brain injury and has been treated at the National Naval Medical Center (NNMC) over the last two years.

“In 2008, while on an



(courtesy photo)

Marine Sgt. Jared Bolhuis, a traumatic brain injury patient at the National Naval Medical Center, indulges in his favorite pastime, whitewater kayaking. Since his participation in the Human Resource Office, Washington (HRO-W) Wounded Warrior Employment Program, Bolhuis has been flooded with federal and private sector job offers.

eight-month deployment involved in two close proximity explosions that

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Taking a Stand Against Sexual Assault

By Mass Communication Specialist 3rd Class Alexandra Snow
Journal staff writer

Every two minutes, someone in the U.S. is sexually assaulted, according to the Rape, Abuse and Incest National Network (RAINN).

The Department of Defense (DoD) defines sexual assault as “an intentional sexual contact in which the victim cannot or will not consent,” said Stacey Lantz, the first Sexual Assault Response (SAPR) coordinator at Naval Support Activity Bethesda (NSAB).

“Sexual assault is no longer only defined as

rape. All grades of sexual assault are serious because they all make the victim feel violated, and because of that all sexual assaults need to be addressed,” she said.

At NSAB, there are resources available for service members who have been assaulted. A highly trained SAPR victim’s advocate is on call 24 hours a day, seven days a week at the victim’s advocate response line, said Lantz.

“Whether it’s noon or two in the morning, someone will always be there for you to receive immediate assistance in the event of an assault, be it sitting with you during a rape kit examination, sitting with

you while you speak with authorities... even if you just need to talk about an event that happened a long time ago, someone will always be there,” she added.

Whether it’s noon or two in the morning, someone will always be there for you to receive immediate assistance in the event of an assault.

Victims of sexual assault often feel shame about the circumstances surrounding their attack,

whether the victim was drinking or didn’t verbally say no, said Lantz, explaining, “Nobody should let shame prevent them from reporting an assault. We can help victims identify that the attack was not their fault – legally or morally.”

Additionally, victims can report their assault within two different and separate forums – restrictive and unrestricted reporting, said Lantz.

“Restrictive reporting means the victim is choosing not to legally prosecute the perpetrator. They’re able to get the support they need – rape kit, counseling and group therapy –

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Commanding Officer's Column

My five year old son Luke loves Lego toys. I am not such a big fan. I get frustrated easily when trying to put them together, so whenever possible, I delegate the helper role to his older brothers. Unfortunately, they only come home for holidays and the occasional weekend, so I have to time the purchase of the toys to their schedule. The reality is that he needs little help. He reads the diagrams and can do almost all of the building himself. It is only when he occasionally gets stuck that he needs assistance. For Christmas he wanted a Star Wars cruiser. At first I resisted because the box suggested it was for children ages 9-12, and it appeared to me that it was more appropriate for someone with a degree in civil engineering; however, I knew his brothers would be home and so in a moment of weakness I bought it.

Unfortunately, his brothers left before Luke started on it, and I was forced to find excuses. It wasn't that I didn't want to do it, but I knew what I was like with the smaller projects, and felt it was better for all concerned if I postponed action until I had the appropriate subject matter experts on hand (his brothers). Luke initially was willing to wait, but one afternoon I came home to find him with the box open and the pieces organized. He had taken it upon himself to proceed and was busily at work poring over the instructions. I noted that there were not one, but two books of plans, and a shiver went down my spine. I told him I was available if needed, and went to hide in my room.

Things were quiet that day. I checked his room a bit later and he had made significant progress. The next day I found him up early working



on it again. I immediately went back to my room. I was congratulating myself on a well executed parenting strategy when I heard a scream. I debated letting it ride, but when I heard banging, I knew intervention was necessary and so I went to his room. There, on the floor, was a five year old having a meltdown. I asked what was wrong and not surprisingly did not receive a coherent answer. I picked

him up, gave him a hug and carried him out of the room. It took about 10 minutes before he got it back under control and I worried this would forever ruin his love of Legos. Part of me was not sad at this prospect. When he started playing Madden football, I left. About three hours later I went by his room. He was on the floor rebuilding the starship, apparently from scratch.

So what's the point? It's not just five year olds who can amaze you with what they can accomplish if given space. That being said, it's not just five year olds who need support when they are tackling difficult projects. It's not just five year olds who need to vent. It's not just five year olds who need time away to get perspective on what they are doing. And it's not just five year olds who have the resilience to get back on the horse after they apparently lose it. As we move towards the completion of BRAC, everyone on this installation and those moving to it are under a lot of stress. Remember to give support to each other. Remember that venting is healthy. Remember that while the road is not always smooth, if you continue to move along it, you will get to your destination.

Commanding Officer
NSA Bethesda sends,
Captain Michael Malanoski
Medical Corps U.S. Navy

Bethesda Notebook

A Family 'Eggstravaganza'

Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation (MWR) invites staff members to the Family Fun Eggstravaganza on April 23 from 11 a.m. to 5 p.m. at the Bowling Center, Building 56. Bring your kids for a free Egg Carnival and cookout. Enjoy a day of bowling, family activities and photos with the Easter bunny.

FFSO Offers Employment Workshops

To help transitioning service members and dependents, NSAB's Fleet and Family Support Office (FFSO) offers monthly employment-related workshops.

The following workshops are being offered this month:

- Transition Assistance Programs (TAP) Workshops:

If you are within a year of separation or retirement, begin to plan for your transition now. This workshop will be held April 11-15 from 8 a.m. to 4 p.m. in Building 11, room 158. To register, contact the Career Development Office at 301-319-4895 or 301-319-4896.

- Maryland Workforce Exchange Intake:

Are you a military spouse or transitioning service member in need of Maryland job placement assistance or have unemployment questions? Call 301-319-4087 to schedule an appointment.

- Troops to Teachers: Teaching as a Second Career:

Interested in starting a second career as a teacher? Troops to Teachers will conduct a brief April 18 from 11 a.m. to 1 p.m. in Building 11, room 158, to explain eligibility, certification and employment opportunities.

- Employer Networking Event:

Interested in learning about career opportunities with Booz Allen Hamilton? Register to meet with a human resources representative to learn about vacancies, and the application and hiring process.

- Mercy Hall Outreach Resume Writing:

If you would like to discuss your transition needs and are looking for resume assistance, call 301-319-4088 to schedule an appointment at Mercy Hall.

For more information about FFSSO workshops, call 301-319-4087 or e-mail ffso@med.navy.mil.

Manpower, Operational Readiness Extends Hours

To better serve their customers, the Manpower and Operational Readiness offices have extended their office hours. The offices, located on the fifth floor of Building 7, will now be open from 6:30 a.m. to 5:30 p.m. Monday through Friday. E-mail nnmc-manpower@med.navy.mil for more information

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Take a Deep Breath

By Mass Communication Specialist 3rd Class
Alexandra Snow
Journal staff writer

Imagine sitting in a quiet, dimly lit room and listening to the soothing voice of a woman telling you to relax and release the stress you've kept pent up in your limbs. Now imagine doing this during the workday.

In an attempt to promote wellness and to reduce work related and lifestyle stress, the National Naval Medical Center (NNMC) offers classes for staff featuring techniques such as these, including meditation, group discussions and yoga. Classes are held in the early morning and at lunchtime Monday through Friday in the Internal Medicine Department, located in the America Building.

"There is more and more research showing the effect of stress on our bodies and how it can raise blood pressure, cause digestive problems, anxiety and depression," said Sue Johnston, Mind, Body Medicine program coordinator and therapist at NNMC. "Stress also compromises our immune system, which affects our ability to heal."

Currently, Johnston and her colleagues in Integrated Health Services offer yoga programs, mindfulness activities and laughter yoga – the art of simulating laughter to receive the same benefits and happiness real laughter brings. In addition, they lead guided imagery courses, which allow participants to imagine successfully completing a goal or visiting a peaceful place.

"One of the most important skills we teach in our classes is breath work," said Johnston. "Allowing yourself to take deep breaths can calm you significantly."

A recent study showed participants who used deep breathing techniques daily for 12 weeks

showed improvement in attention skills, more empathy towards others and were better able to induce positive moods, said Johnston.

"Our emotions and our thoughts affect our breath. Teaching people to use their breathing to illicit a relaxation response can have a strong, positive effect on the body," said Alex Arbogast, a Mind, Body therapist in NNMC's Internal Medicine department.

She added, "Chronic illnesses are often sustained through personal behaviors. Building up and tapping into that inner support system can help alleviate the symptoms associated with such conditions as obesity, heart disease and diabetes."

In the work place, the best way to alleviate tension is to become aware of what you can't change and focus on what you can, said Johnston.

"Prioritize, [and] find out where your mind [set] is. Take a walk, do some deep breathing, put up some pictures that make your space beautiful," she recommends. "Sometimes the best and most important thing we can do is to sit down with our colleagues and discuss the standard in which we treat each other. If your co-worker's music is too loud and distracts you maybe they could wear headphones ... have open lines of communication."

"We often add layers of stress onto our situation through our thoughts. These classes are here to help peel those off and create awareness of habitual patterns that are causing the stress and what we can do to alleviate that," added Arbogast. "We're here to help."

Classes are held each day in the America Building, room 2525, in the Internal Medicine Department, unless otherwise indicated in a Postmaster. For times and additional information, contact Johnston or Arbogast at 301-319-4960.

Reduce Workplace Stress

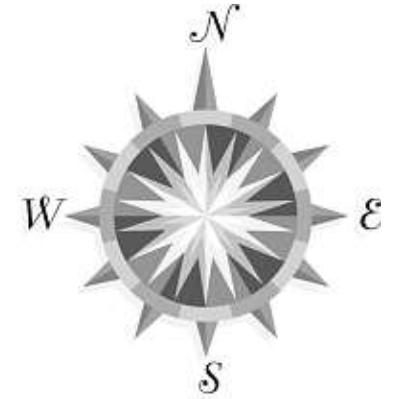
To help alleviate workplace stress, the Mind, Body Medicine Department at the National Naval Medical Center (NNMC) offers these helpful tips:

- Eat away from your work center, giving you time away from the visual distractions and stressors that can cause you to be less aware of the food you're eating- resulting in more caloric intake.
- If and where possible, hang pictures in your work area of family, friends or a tranquil place to induce positive feelings.
- Take five minutes to breathe deeply, focusing on inhaling and exhaling. Deep breathing techniques have been used for centuries to relieve stress.

The Patient Navigator

At the National Naval Medical Center (NNMC), we want to do everything we can to make your experience extraordinary, each and every time.

Below are the answers to some frequently asked questions about TRICARE.



Q: What are the TRICARE "Access to Care Standards?"

TRICARE prime enrollees are guaranteed certain access standards for care, including travel time, which may not exceed 30 minutes between the enrollee's residence and primary care delivery site, unless a longer time is necessary due to an absence of providers in the area.

Q: Who will be assigned to receive primary care at Walter Reed National Military Medical Center Bethesda (WRNMMCB)?

All TRICARE prime enrollees who live within the 30-minute drive time standard to WRNMMCB will be assigned to receive primary care at WRNMMCB. Also, beneficiaries who fall into one of the following categories are projected for primary care assignment to WRNMMCB regardless of the 30-minute drive time standard: families with children currently enrolled to Walter Reed Army Medical Center (WRAMC) or NNMC; active duty service members assigned to WRNMMCB or

other activities on the NNMC installation; and TRICARE Plus patients currently enrolled to WRAMC or NNMC, based upon medical treatment facility (MTF) availability.

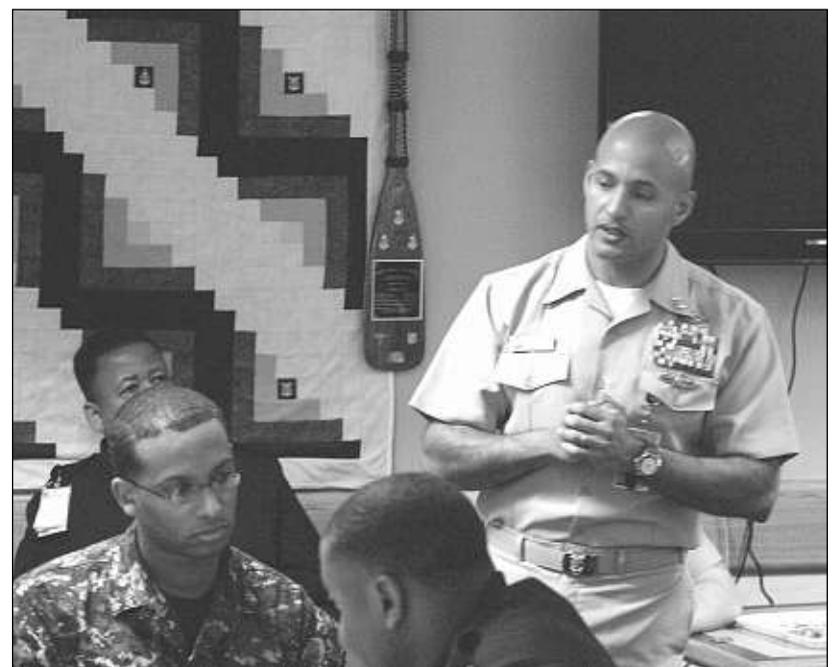
Q: Will the enrollee be able to request his or her current Primary Care Manager (PCM)?

Yes, provided the PCM has capacity and the MTF to which the provider is assigned meets the TRICARE access standards for the beneficiary. If the PCM is no longer at the MTF that meets access standards from the beneficiary's residence, the beneficiary may be enrolled to a new PCM.

Q: Where can I find more information?

For more information visit TRICARE Web site at: <http://www.tricare.mil/mybenefit/home>, or call 1-877-874-2273.

Bethesda Recognizes 'Hard Chargers'



(photo by Mass Communication Specialist Seaman Dion Dawson)

Deputy Command Master Chief Rafael Felipe recognized service members during a "Hard Charger" on March 30 in the BRAC Journey room. The meeting, held on the last Tuesday of each month, is an opportunity to spotlight exceptional service members from various departments throughout the command.

Movers & Shakers

By Cat DeBinder
Journal staff writer

This is an installment in a series of articles spotlighting some of the hardworking and dedicated individuals who are making a huge and positive difference at Naval Support Activity Bethesda (NSAB). There are a number of components involved in the smooth operation of an organization this large and many individuals who come together to meet these needs. These "Movers and Shakers" have been working within their communities, many behind the scenes and out of the lime light, ensuring the foundation of our success.

In this week's column, we spotlight Rebecca Croyle, a computer instructor in the Staff Education and Training (SEAT) Department at the National Naval Medical Center (NNMC), who is responsible for training military and civilian personnel on various computer applications, such as Word, Excel, Access, Outlook and PowerPoint, and tracking command training compliance.

A native of Maryland, Croyle graduated from the University of Delaware in 1996 with a degree in psychology. She went on to work for

the United Way's "First Call for Help" hotline, a referral service that connects individuals in need of food, shelter, clothing and jobs with resources in their community. In addition, Croyle has worked as a shift administrator for Favorite Nurses, scheduling nurses for shifts in Maryland hospitals in need of contract nurses, and as a computer instructor for CompUSA, where she both studied and taught a wide range of computer classes.

At NNMC, Croyle brings an extensive and diverse background in computer software and instruction, which is constantly sought out by leadership for recommendations on training and computer software. By coordinating the implementation of new educational requirements, she ensures all departments meet their educational goals and training missions. In addition, to keep up with a fast-paced environment where technology is always changing, she ensures the most up-to-date computer software is used by researching products and personally designing course curriculums.

Maintaining continuous Joint Commission readiness, Croyle is an invaluable member of the command and a critical member of the staff,



said Army Col. Mary Nace, NNMC's Deputy Commander for Professional Education.

"She is absolutely the 'go-to' person for ensuring training folders are in order and that the command is in compliance with all training requirements," said Nace.

Implementing realistic plans of action, Croyle's seasoned insight into ever-changing training needs have made a positive impact on the success of the department and the organization, said Capt. Jaime Luke, SEAT's service chief.

"There are many competing training requirements and yet she is able to sort through them, com-

municate with the staff and the division training officers and get the job done efficiently," said Luke.

Certainly, Croyle's hard work, dedication and attention to detail have not gone unnoticed. She has been nominated twice for Senior Civilian of the Quarter, received an "on the spot" award for outstanding work on coordinating training for more than 1,800 physicians, nurses and corpsmen, and earned a special recognition award for work on a customer service database for customer satisfaction surveys. Always willing to lend a hand, Croyle assists individuals with computer-related projects, answering questions they may have, and helps troubleshoot computer application issues.

"Her energy and enthusiasm for her job and her focus on customer service are well-known throughout NNMC," said Nace. "I think just about everyone at the command knows and appreciates Rebecca Croyle," said Nace.

Having worked at NNMC for seven years, Croyle says she enjoys her job – especially the staff.

"I have a very long commute, but Bethesda's people make it worth the drive," she said.

NNMC, WRAMC Host TBI Staff Lecture Series

The National Naval Medical Center (NNMC) and Walter Reed Army Medical Center (WRAMC) invite staff members to attend the next installment in a series of TBI lectures, "Contemporary Acute Care of Severe Traumatic Brain Injury," today from 1 to 2 p.m. Staff at NNMC can attend via Video Teleconference (VTC) in the Tower, Building 1, in the 18th floor conference room. At WRAMC, staff can attend the lecture in the Joel Auditorium.

Dr. Donald Marion, director of Clinical Affairs for the Defense and Veterans Brain Injury Center, will discuss treatment strategies and the effects of TBI on blood flow and metabolism. Continuing education credits (CEU) will be available for physicians, nurses and social workers. For more information about receiving CEU, visit <https://www.ees-learning.net>. For more information about the series, contact Talia Thomson at 202-782-9614, or e-mail talia.thomson.ctr@us.army.mil.

Prospective USU Students Receive 'Second Look'



(photo by Mass Communication Specialist 3rd Class Alexandra Snow)

More than 60 prospective students of the Uniform Services University of the Health Sciences (USU) F. Edward Hebert School of Medicine visited the campus April 1 for a second look at what the school has to offer. During their visit, the prospective students and their guests met with the school's deans and alumni, and received a tour of the National Naval Medical Center (NNMC) and the National Intrepid Center of Excellence (NICoE). Pictured above, Rear Adm. Thomas Beeman, deputy commander, NNMC for the NICoE, speaks to the prospective students about the center and its efforts in advancing the education, research, and treatment of traumatic brain injury and psychological health conditions.



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Hospitalman Zabby Lopez, pictured above with baton, runs through an obstacle course after being sprayed in the face with OC spray.



After being sprayed with OC spray, Hospitalman Zabby Lopez, who works at Naval Support Activity Bethesda, tackles a "suspect" to the ground as part of tactical training to become an Auxiliary Security Force member.



Naval Support Activity Bethesda, far left, stands beside the new Naval Support Activity Washington.

Auxiliary Security Force Enhances Security

NSAB, NSAW Collaborate to Offer Joint Training

Story and photos by Sarah [Name], Journal staff writer

On Friday in the National Center's Laurel Clark Memorial, a total of 18 military members from Naval Support Activity Bethesda (NSAB) and Naval Support Activity Washington (NSAW) were honored during a ceremony for completing Auxiliary Security Force (ASF) training.

Helping to augment the installation's law enforcement, ASF members and civilian law enforcement, ASF members and volunteers, assisting in patrolling, defense and responding to various situations, such as high risk arrests.

The three week training course was a collaborative effort by NSAB and NSAW. The ASF training for military personnel is a joint effort. This course, offered about once a year at NSAB, involves class work, practical exercises, said Master-At-Arms 1st Class Patrick Wilson, NSAB's ASF coordinator.

The joint training was also an opportunity to utilize equipment and resources from both installations, such as the firing range, weapons training and the softball field. For additional tactical training, said Master-At-Arms 1st Class Patrick Wilson, NSAW's ASF coordinator.

"We work well together as a team," said MA1 Patrick Wilson.

"If there's one thing we do [at] Naval Support Activity Bethesda, it is to make this installation safe, and that, really, without the ASF, we couldn't do it," said Commanding Officer Capt. Michael [Name]. "All I've heard is exceptional throughout the class. I think you all have done a great job through it – it is a lot of work."

"More and more installations are becoming ASF personnel. ASF has become a higher level, and that's why our course is becoming more important," said Wilson.



Bethesda (NSAB) Commanding Officer Capt. Michael Malanoski, newest members of the Auxiliary Security Force at NSAB and Washington.

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Throughout the course, members received training on emergency management, vehicle searches and anti-terrorism procedures. As part of their tactical training, ASF members were each exposed to a few seconds of OC sprayed in their eyes. Fighting through the uncomfortable tingling sensation, they then ran through an obstacle course.

Although the OC spray was not the most pleasant experience, Hospitalman William Acquah, who works in the Naval Postgraduate Dental School located at NSAB, said it was all worthwhile.

"The hard work pays [off] at the end of the day," said Acquah, adding, "[ASF] is paramount at every installation. To be a part of that, supporting security, is a good thing. It's also a good collateral duty."

Becoming an ASF member also provides a varied experience for a Sailor, said Information Systems Technician Seamen Benjamin Salb, who is currently working at his first duty station, NSAW. Having only been on shore duty thus far, he appreciates the chance to participate in tactical drills and stand watch more often.

"It's great to expand my whole Navy experience," said Salb.

For Hospital Corpsman 2nd Class Derek Habertztl, who also works at NSAW, joining the ASF is not only a chance to supplement security, but also to grow professionally and to become a more diverse individual.

"You're able to fill different roles, [and that] makes you a more well-rounded Sailor," said Habertztl.

During last week's graduation ceremony, Malanoski reminded the newest ASF members how important their role is to base security, stating that it could be that one time you're the one who happens to be there when something happens and you have to use your training.

"I want to thank you for participating and I want to thank you for what you're going to do for us," he said.

NSAW and NSAB are planning for another joint ASF training at the end of May. For more information on becoming an ASF member at NSAB, call MA1 Devon Wilson at 301-319-8301.



Master-At-Arms 1st Class Patrick Wilson, Naval Support Activity Washington's (NSAW) military training officer, briefly sprays Marine Sgt. Anthony Robinson, who also works at NSAW, with OC spray during an Auxiliary Security Force (ASF) training exercise on March 29 at Naval Support Activity Bethesda.



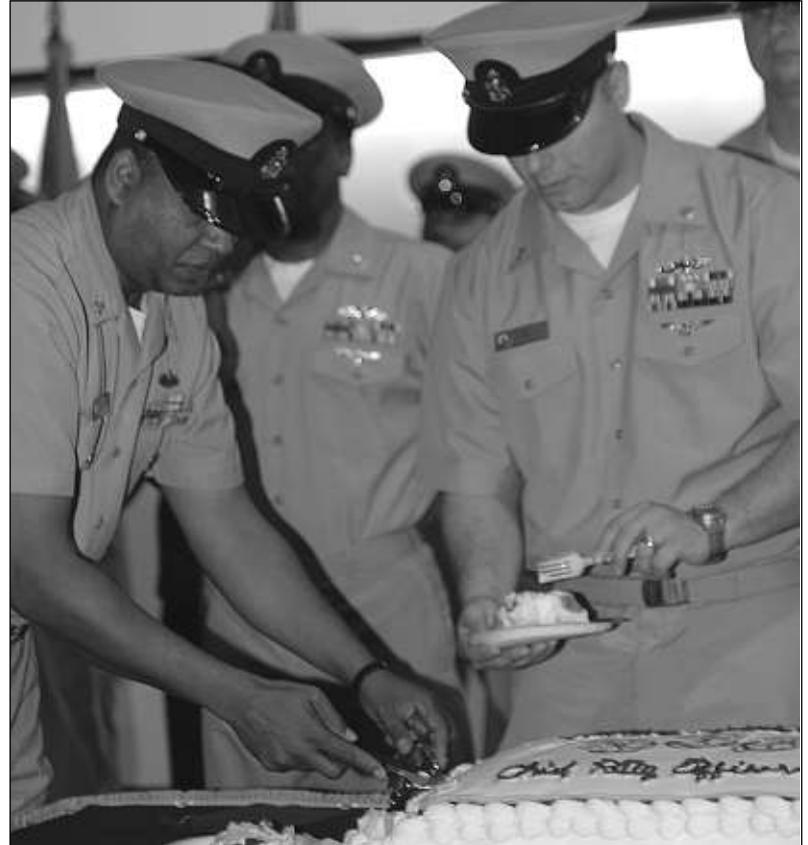
Pictured above with baton, Marine Sgt. Anthony Robinson, who works at Naval Support Activity Washington, runs through an obstacle course as part of histactical training to become an Auxiliary Security Force member.

Celebrating U.S. Navy Chief Petty Officers



(photo by Mass Communication Specialist Seaman Dion Dawson)

Following Navy tradition, the National Naval Medical Center's (NNMC) oldest and youngest chief petty officers cut a cake to commemorate the U.S. Navy chief petty officer's 118th birthday on April 1. Chief Hospital Corpsman David Roberts, left, NNMC's oldest chief, and Chief Interior Communications Electrician James Melia, NNMC's youngest chief, served cake during the birthday celebration, held in NNMC's Laurel Clark Memorial Auditorium.



(photo by James Royal)

During a pinning ceremony March 29 at the National Naval Medical Center (NNMC), Rear Adm. Matthew Nathan, NNMC commander, left, congratulates Chief Christopher Dailey, leading petty officer of NNMC's Career Development office, for becoming a chief petty officer.

STAND:

From Page 1

without worrying about triggering a Navy Criminal Investigative Service (NCIS) or civilian authority investigation," she explained.

If victims choose to report an assault restrictively, they must

be aware they cannot disclose the attack to anyone other than their personal victim advocate, a SAPR coordinator or a physician working in the case, or a chaplain.

If they choose to disclose the assault to anyone outside of this audience, it is considered unrestricted reporting and a legal case must be opened into the matter, added Lantz.

With unrestricted report-

ing, service members have access to all of the same support, but an NCIS investigation is also opened into the attack, said Lantz.

For more information on sexual assault prevention, contact Lantz at Stacey.Lantz@med.navy.mil.

To report a sexual assault, call the 24/7 SAPR hotline at 301-442-8225.

WARRIOR:

From Page 1

knocked me out. Because of that I am receiving treatment for a traumatic brain injury (TBI)," Bolhuis said.

At NNMC, Bolhuis has participated in the Human Resource Office, Washington (HRO-W) Wounded Warrior Employment Program, which has helped him define his career goals and craft his resume. Human Resources Advisor and Wounded Warrior Program Manager Laura Stanek said HRO-W is a one-stop shop for wounded warrior federal employment assistance.

"Jared Bolhuis came to HRO-W last year needing assistance with a resume for an internship," said Stanek. "Over time, I got to know a little about what Jared's interests are and how he is using his rehabilitative time to explore them. I am very impressed with this young Marine. He is an innovative thinker and someone who has a very bright future ahead of him."

In his spare time, while he wasn't seeing doctors or working with Stanek, Bolhuis, an avid outdoorsman, took up kayaking.

"I never did any whitewater until I came to Bethesda and got involved with Team River Runner," he said. "I have encountered many different types of [people with] injuries and disabilities on the team. We taught a blind man, amputees and other people with TBI to run class three rapids."

Rapids range from class one, with little or no obstructions, to class six, which are extremely dangerous. Class three rapids are characterized by narrow passages and high waves.

Helping his fellow wounded warriors with prosthetics, Bolhuis came up with a design for a special paddle that can move in any direction, gaining strong control and propulsion through the water.

"Recently, a wounded Marine expressed interest in learning to paddle. He lost all four of his limbs and there wasn't a paddle to assist him ... until now," said Bolhuis.

For several months, Bolhuis poured over different ideas to help the injured Marine.

"Finally, late one night, I had a completely random idea. Instead of trying to find a way to paddle to move in all directions, I designed a paddle that wouldn't have to," he said.

Bolhuis went on to explain his faith and family are what keep him going.

"The thing that helped me was finding my center and the whitewater. I always had the river to bring me back," he said, adding, "I've got friendships that will last a lifetime not just in the Marines, but the Navy, Army and Air Force - with all types of injuries. I tell them to have faith."

The Human Resource Office, Washington (HRO-W) Wounded Warrior Employment Program is dedicated to assisting wounded warriors and disabled veterans from all branches of service with transition to federal civilian employment.

For more information on the wounded warrior program, contact Stanek at 301-319-4589 or at laura.stanek@med.navy.mil, or contact HRO-W Director Wendy Blankenship at wendy.blankenship@navy.mil.

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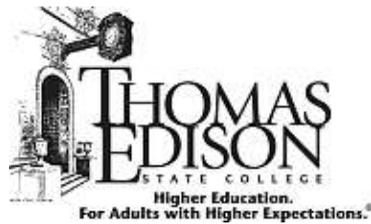
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