



The Journal

WISHING YOU A SAFE AND HAPPY INDEPENDENCE DAY

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June 30, 2011

MCPON Sends Independence Day Message to the Fleet

By Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released an Independence Day message to the Fleet on Monday.

"Shipmates and Navy Families, for 235 years, our great nation has celebrated our independence and reflected on those whose sacrifices continue to secure our nation's liberty. I am very proud of each and every one of you for the daily sacrifices that you and your families graciously make to keep America the Land of the Free and the Home of the Brave.

As many of us take some much deserved time off to celebrate the Fourth of July, please keep in mind that many of our Sailors are deployed and can't be with their loved ones, but they do so in order that our fellow citizens can spend it with their families and friends.

I also urge that you keep safety in

mind during your holiday celebrations. We have already lost shipmates unnecessarily to motor vehicle accidents and recreational activities this year. We must look out for our Shipmates, families and friends as we take to the highways, waterways, and our backyards. As you know, many people will be on the road — if you decide to drink, don't drive and have a plan to get home.

I'm honored to serve among you and I'm thankful for your continued dedication to our nation and our great Navy.

Stay focused; stay alert; stay safe; and happy Independence Day! HOOYAH Warriors!

Very Respectfully,
MCPON"

For more news from Master Chief Petty Officer of the Navy, visit www.navy.mil/local/mcpon.



(U.S. Navy photo by Journalist 1st Class Kristin Fitzsimmons)

Fireworks burst above the Washington Monument in celebration of America's birthday. Citizens joined together from all over the United States to participate in the annual National Mall festivities and fireworks display.



Secretary of the Army Impressed with Progress at Bethesda

(photo illustration by Sarah Fortney)

Capt. Steve Hamer, commanding officer of Naval Facilities Engineering Command, OICC Bethesda, left, shows John McHugh, Secretary of the Army, one of the 153 ADA accessible suites inside the new wounded warrior barracks during a tour of the base Tuesday. Each suite within the new barracks, scheduled for completion in early July, includes two bedrooms, a living space, kitchen, washer and dryer, bathroom and storage space. The building also houses a galley, administrative space, conference rooms, and a staff lounge. Wounded warriors are expected to move in around mid-August. McHugh said he was pleased with the amount of work completed on base.

Commanding Officer's Column

I came home last night and went looking for Luke. He was in his playroom surrounded by his toys. Luke has a lot of toys. He has action figures and Legos, trucks and cars, and I believe he has kept every McDonald's happy meal toy since he was 2. Given that he is now 5 just imagine the number of chicken nuggets he has put away in amassing his collection. Toys covered every square inch of rug and tile. Luke sat above the fray on the sofa, clicking away on his DS, while intermittently glancing at the TV to catch a rerun on the Disney channel. I asked him what had happened. He didn't respond, and so I asked him again.

When he finished the level on the DS game, he looked up at me with a question mark on his face. I pointed to the toys, and he told me he was looking for something and couldn't remember which container he had put it in, so he emptied them all. I asked if he had found it, and he replied that he hadn't, and couldn't even remember what it was he was looking for. I should have been mad, but he reminded me of me, and so I told him to pick up the room, and went upstairs to change. I came back about 20 minutes later. There was a new show on the TV, but other than that nothing much had changed. I asked him why he didn't pick anything up, and he said he needed help. I told him he made the mess, and so it was his to clean up, and went back upstairs to try to write this article. A half hour later I returned and found him on the sofa staring at the ceiling.

Although he still reminded me of me, I was beginning to get a bit agitated. I asked him why he hadn't started yet, and he said the mess was too big, he would never get it all done, and he needed help. I replied that I had addressed that question with the last visit, and every single toy needed to be put away or he'd lose his DS, possibly forever. Certain this would have the desired effect, I went back to my room still



searching for a topic for the paper. Thirty minutes later, another visit, and still no action. I wasn't happy, and neither was he. I told him it was late, and he needed to go to bed, but he needed to at least make things a little better. On my next visit the room was nearly completely picked up.

We are in the home stretch now related to the BRAC moves. For most of us, the amount of work that still needs to be done is daunting. It can be hard to know where to start, when there is so much yet to do. While it would be nice if things could be perfect by August, that is not going to happen. Getting on and off the base will probably take longer, at least for awhile; parking will definitely be harder to find, and sorting out who sits where, is a puzzle yet to be solved. Our objective should not be perfection, but to make things better, even a little better every day from now until WRAMC arrives. If we do that, the room will be clean enough, and we will all maintain our sanity.

Commanding Officer
NSA Bethesda sends,
Captain Michael Malanoski

Bethesda Notebook

Subscription Bus Transportation Now Available

The Central Maryland Regional Transit (CMRT) program is now offering bus transportation from Burtonsville, Bowie, Clarksville and Colesville to the National Naval Medical Center. This subscription bus service, which provides a guaranteed seat on a Wi-Fi enabled coach bus, can be subsidized with the Mass Transit Fringe Benefit. For more information, contact NSA Bethesda's Transportation Program Coordinator at ryan.emery@med.navy.mil.

NEX Holiday Hours, New Prices

On Monday, July 4, the Subway and Dunkin Donuts on Main Street in Building 2 will close at 4 p.m., resuming normal operations on July 5.

The barber shops, located at Main Street and next to the temporary Navy Exchange, will increase the price of a regular haircut from \$8.50 to \$9 beginning July 1.

For more information on NEX operations, contact the NEX General Manager, Teresa Oyler, at 301-295-6354.

Donate Blood to Support Service Members

To help save the lives of military service members, the Armed Services Blood Program (ASBP) will host a blood drive on Friday, July 8, from 9 a.m. to 4 p.m. on the first floor of Building 9. Military staff members who donate will receive one day Special Liberty, while government staff members who donate will receive 59 minutes. For more information, call the ASBP at 301-295-2106.

Medical Service Corps Hosts Silent Auction

The Medical Service Corps (MSC) will host a silent auction today from 6:30 a.m. to 4 p.m. in the Medal of Honor Corridor, located in Building 10. All staff members are invited to attend the auction, which includes items ranging from a take home personal chef to a framed MLK "I Have a Dream" speech, benefitting the MSC Association. Winners will be able to pick up their items on July 5.

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New Laser Offers Renewed Healing

By Mass
Communication Specialist
Alexandra Snyder
Journal staff writer

A new laser in the Dermatology clinic at the National Naval Medical Center (NNMC) is offering hope to those who suffer scarring associated with wounds of war.

"Through efforts from the Bureau of Medicine and Surgery (BUMED) as well as the Base Realignment and Closure (BRAC), we received funding for a new laser platform to address the scars of our wounded warriors both physically and functionally," said Lt. Cmdr. Jonathan Bingham, a staff dermatologist.

The fraxelated technology laser helps remodel collagen in the skin to provide better mobility and appearance, he said. It can also address the common malady of discoloration that accompanies scars.

"We are most interested in using [it] for revision of scars and to improve cosmetic appearance for members who have suffered traumatic injury," said Lt. Cmdr. Brian Thomas, a dermatologist and dermatopathologist at NNMC.

The laser typically requires multiple treatments between five and 30 minutes each, under local anesthesia, he said, adding that most patients require three to four weeks of healing between each treatment. Patients are given completely opaque glasses to protect their eyes during the treatment and a cooling system in the laser makes the procedure more effective, minimizing the risk of further scarring, burning and infection that are

the typical hazards of laser therapy.

"The recovery from this procedure is comparatively minimal in regards to other scar treatments, such as steroids and older laser technologies, and is very patient dependent," said Bingham.

"This laser system provides a full range of treatment modalities in one unit. It offers the option of doing a complete resurfacing procedure or a fractional treatment resulting in reduced and shorter healing time," added Thomas.

Portable and approximately the size of a mini refrigerator, the laser may not be seen on the front lines of battle, but it is vital to the recovery of war injured service members and a great asset to the dermatological staff at the hospital, added Bingham.

"This machine can enable us to avoid more invasive surgical techniques to better the appearance of scarred body parts," he said. "It can really help the mobility of the limbs as well, in regards to the patient's job and daily life."

The procedure is set to help even more patients when the integration with Walter Reed Army Medical Center (WRAMC) is completed, Bingham added.

"We'll have a dedicated wounded warrior clinic with integration and will hold bi-monthly sessions, with room for possible expansion based on the patient population's needs," he said. "This is a war time mission. This laser is important because it can heal the warriors' physical scars, which in turn can help ease their psychological ones as well."

Celebrating the Life and Service of Dr. Paul F. Florentino



May 21, 1955 - June 19, 2011

The National Naval Medical Center remembers Dr. Florentino, his dedication and interest in making a difference at the command. Those who knew him knew his vibrant personality, engaging manner and his tireless efforts to advocate for what he believed in. Dr. Florentino will be sorely missed.

Recognizing and Preventing Inhalant Abuse

Submitted by Naval Criminal
Investigative Service (NCIS)

If you were asked to sniff gasoline fumes, or take a whiff of dust cleaner, would you say yes? What if you were told the effects would be similar to alcohol intoxication, in that you would feel giddy and carefree, and there was no mention of the other possible side effects, such as organ damage and death?

Every year, more than 100 people die from inhalant abuse, and thousands are rushed to the emergency room. More disconcerting, both of these numbers are underestimated because inhalant abuse often goes undetected and the signs manifest in other ways.

Inhalant abusers are typically individuals who have limited access to other drugs and, though a majority of abusers are adolescents, inhalants are also abused by prisoners, deployed military personnel and adults.

According to the Office of National

Drug Control Policy, the 2008 National Survey on Drug Use and Health (NSDUH) disclosed approximately 22.3 million Americans aged 12 or older reported using inhalants at least once during their lifetime. In addition, roughly two million reported inhalant use in the past year, and 640,000 reported use in the past month.

The intentional inhalation of chemical vapors, whether it is a solvent like acetone (fingernail polish remover), kerosene (lighter fluid), benzene (rubber cement) or toluene (spray paint); an anesthetic such as ether, chloroform or nitrous oxide; or a nitrite, is not a new problem, but rather a problem that has an extensive history and an ever-changing appearance. What's alarming is how the problem is masked, or minimized, by the assumption that inhaling, also known as "huffing," is a safe alternative to consuming alcohol or illicit narcotics.

"Huffing" leaves few visible signs, especially if you do not know what to

look for. If you've obtained the side effects of light headedness and euphoria, why not try it? What inhalant abusers often do not know, or do not consider until it is too late, are the other, more severe side effects, such as headaches, irregular heartbeat, respiratory problems, organ damage and death caused by asphyxiation. At times, it can also cause sudden sniffing death syndrome, or heart failure caused by irregular heartbeat.

There are also the psychological effects, such as mood swings, depression, inhalant psychosis and schizophrenia. Furthermore, inhalants, just like any other drug, are addicting and quickly take over your life, resulting in inhalant frenzies where an individual spends all their time "huffing," finding ways to obtain their next fix or placing a bag over their head to increase their high, even though it also increases their chance of asphyxiating.

"Huffing" is a behavior that impacts us individually and as a mili-

tary community because there is an ever increasing threat of inhalant abuse amongst our active duty and reservists, especially in deployed environments where alcohol consumption is prohibited, but inhalants are readily available. Once addicted, the behavior can continue for years undetected, even as it destroys the person from the inside out. Most of the time, the behavior only surfaces after death.

If you suspect someone is abusing inhalants, the best thing to do is get involved. Encourage the individual to seek treatment, report your concerns to your chain of command, and educate yourself about the signs of inhalant abuse and the associated terms for inhalants (Air Blast, Rush, Buzz, Poor Man's Pot, Poppers), and their use (Bagging, Glading, Gluey). If you have questions or concerns about inhalant abuse, or want a more in-depth brief, please contact your local NCIS/CID office at 301-295-0570.

Movers & Shakers

By Cat DeBinder
Journal staff writer

This is an installment in a series of articles spotlighting some of the hard-working and dedicated individuals who are making a huge and positive difference at the Naval Support Activity Bethesda. There are so many 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 Vera Cropp, who works in the Staff Judge Advocate's Office at the National Naval Medical Center (NNMC). As

the Senior Paralegal Specialist, she is responsible for a myriad of essential duties, coordinating legal officer training, assisting with financial disclosures, and supporting the Ethics Counselor with gifts of travel.

A retired U.S. Navy Chief Legalman, Cropp hails from Culpepper, Va. She brings an array of experience to Bethesda, having worked at numerous duty stations, including Naval Air Station, Adak in Alaska, Naval Computer and Telecommunications Area Master Station Eastern Pacific in Hawaii, and the Defense Nuclear Agency in Alexandria, Va. She also brings a wealth of knowledge, earning her Bachelor of Science in Paralegal Studies, in 2001 from the University of Maryland University College and, in 2006, a Master of Public Administration

degree with a concentration in Justice Administration from Troy University.

Before arriving at Bethesda in March 2010, Cropp worked in the Office of the Inspector General, Navy Expeditionary Combat Command in Virginia Beach, Va. As a Program Analyst, she was responsible for the manager's internal control program, command assessments, and assisted with hotline investigations.

At Bethesda, Cropp has successfully accomplished numerous high priority assignments and challenging tasks. She coordinated the 2010/2011 Annual NNMC/National Capital Area (NCA) Legal Officer Annual Training, and conducted several Judge Advocate General Manual (JAGMAN) investigations, including litigation re-

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Vera Cropp

Navy Medicine Seeks SARP Counselor Candidates

By Paul R. Dillard
Navy Medicine
Public Affairs

Navy Medicine announced June 21 it is looking for E-5 through E-9 Sailors and Marines to become drug and alcohol counselors for the Navy and Marine Corps Substance Abuse and Rehabilitation Program (SARP).

Approved applicants attend an 11-week Navy Drug and Alcohol Counselor School (NDACS) at the Surface Warfare Medical Institute in San Diego, Calif., and enter into a training pipeline that offers the potential for both Navy and international civilian certifications.

"We are looking for individuals who can really relate to other peo-

ple," said Ted Judson, assistant department head for certification and contracts, NDACS. "We need candidates who have good active listening skills, can empathize well with others, who can be non-judgmental and show warmth and positive regard for others."

NDACS Students learn counseling skills and techniques, the integration of 12-step programs

with bio-cycle, social and spiritual aspects of substance abuse and dependence.

Sailor and Marine applicants can be from any rating or MOS, but must meet certain criteria, including having no record of non-judicial punishment for at least two years and must have stable

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Where Military connect in the Washington, DC, Maryland and Virginia region

Hospital Corpsman: Celebrating 113 Years of Selfless Service



The oldest and youngest corpsman help Master Chief Petty Officer of the Navy Rick D. West cut a birthday cake during the Hospital Corpsman Birthday Ball on June 24.



National Naval Medical Center Commander Rear Adm. Matthew Nathan is presented with a traveler's mug and a decorative plate, engraved with a message from the Bureau of Medicine and Surgery that states, "Over 105 Years of Service," during the Hospital Corpsman Birthday Ball on June 24.



Master Chief Petty Officer of the Navy Rick D. West is invited to become a willing participant in the U.S. Navy Ceremonial Drill Team's presentation during the Hospital Corpsman Birthday Ball June 24 at the Bethesda North Marriot in Bethesda, Md.

Story and photos by
Mass Communication Specialist 2nd
Class John K. Hamilton
Journal staff writer

Master Chief Petty Officer of the Navy (MCPON) Rick D. West joined the hospital corpsmen of the National Capital Region, as guest speaker, to celebrate the 113th birthday of the hospital corps.

MCPON West shared his experiences in the Navy among the hospital corpsmen recalling the past, reflecting on the present and sharing his hopes for the future.

"As I travel around the Fleet, I'm always inspired by your dedication and devotion to duty, whether in combat, underway on, above or under the world's oceans, during humanitarian relief missions or helping our Sailors, Marines, families and retirees here at home," said West.

"For 113 years, hospital corpsmen have been deployed with our Sailors and Marines worldwide, have served in every major battle and have always been ready to answer the call 'Corpsman Up!' The hospital corpsman legacy is one of pride, consummate professionalism, dedication to duty, and always placing a shipmate's needs above their own needs," said West.

Hundreds of people from the National Capital Area were in attendance to enjoy live music from the Navy band, a performance from the U.S. Navy Ceremonial Drill Team and a buffet style dinner feast, to celebrate the corpsman birthday.

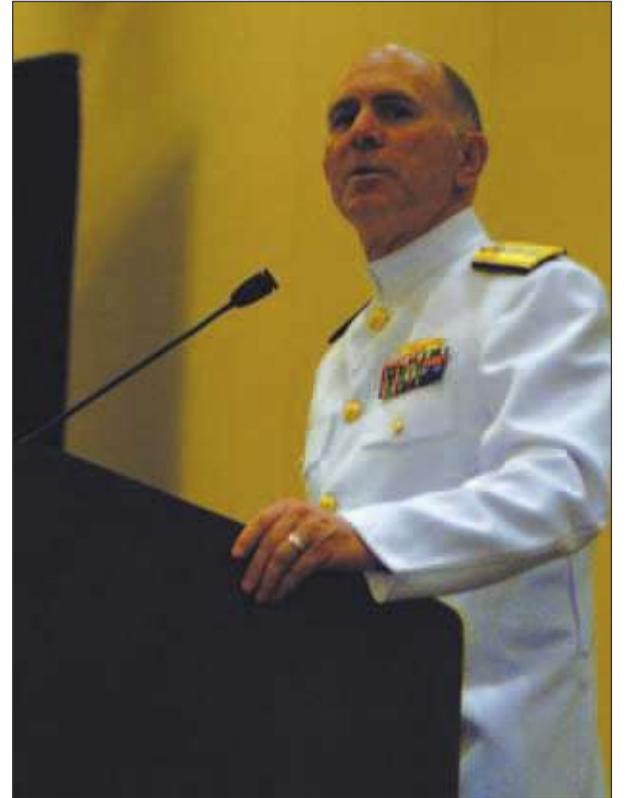
"This command is indebted to you [corpsmen] for all the things you do day in and day out. It's great to take time out for just a minute to let our hair down, relax, dress up, socialize and take a break from all the business — you've earned it," said Rear Admiral Matthew L. Nathan, commander, National Naval Medical Center.

MCPON West concluded the ceremonies with a cake cutting presentation, with the oldest and youngest corpsmen in attendance. West also stressed that celebrations like these are a good time to give thanks to the Sailors and Marines fighting at home and abroad and those who have given their lives for our country.

"As we celebrate your birthday tonight, we must keep those deployed in our hearts and prayers as well as pay tribute to those who have made the ultimate sacrifice and have given their lives in the name of freedom and devotion to a Sailor or Marine. No community in our Navy has paid a higher price, and that legacy of selfless service is alive and well today," said West.

"To the thousands of hospital corpsmen who serve our great Navy, I am extremely proud of each and every one of you for answering the call to duty and for your selfless service. I ask that you stay vigilant and committed to one another and to the values and principles that have defined your past and will forge your future. Happy Birthday Navy corpsmen. You're making a difference every day as you have been your last 113 years," he added.

The Navy Hospital Corps was established in 1898 during the Spanish-American War. During their 113 years, Navy corpsmen have earned the highest awards for bravery and valor on the field of battle, earning no less than 22 Medals of Honor, 177 Navy Cross Medals, more than 900 Silver Star Medals, and more than 1,500 Bronze Star Medals all while having 20 ships named after them.



NNMC Commander Rear Adm. Matthew Nathan delivers a speech during the Hospital Corpsman Birthday Ball.



The U.S. Navy Ceremonial Guard presents the colors during the Hospital Corpsman Birthday Ball.



Walter Reed Army Medical Center Commander Col. Van Coots, left, and National Naval Medical Center (NNMC) Chief of Staff Col. Charles Callahan admire the cuisine at the Hospital Corpsman Birthday Ball.

Town Hall Updates Staff on Construction Progress

By Katie Bradley
Journal staff writer

To keep staff informed of the recent construction projects on base and those to come, a town hall meeting was held in the National Naval Medical Center's (NNMC) Laurel Clark Memorial Auditorium on June 22.

Naval Support Activity Bethesda's (NSAB) Transportation Manager Jeff Miller urged staff to be aware of their surroundings as they travel on base.

"There will be different travel patterns for vehicles," he said. "You may have to slow down to get adjusted to [the] new condition[s]."

At the North Gate, staff and visitors can expect lane closures, allowing construction on the new Pass and ID canopies. During this time, there will be a minimum of two travel lanes, one inbound and one outbound, he said. As often as possible, lane closures will occur during non-peak hours.

To meet Anti-Terrorism Force Protection (ATFP) compliance, the University Gate is also undergoing construction. The three phase project will make space for a new commercial vehicle inspection station as well.

Miller went on to discuss work taking place around the America Garage, stating that the west exit has re-opened and will remain open for about four weeks.

"[This] should help some of the traffic congestion issues that we experience, allowing a second egress point from the garage," he said.

In addition, the walkway connecting the America Garage to Building 7, located just off the elevators within the garage, is now open and accessible for patients and staff to get to and from the garage and the hospital.

To continue improving accessibility, an Americans with Disabilities Act (ADA) sidewalk improvement project is also well underway. Last week, several ADA improvements were made along South Palmer Road. Construction for this project is scheduled to continue along Brown Drive until late July.

Miller then briefed staff on construction taking place in the staff garage, Building 54, a third of which is now complete and scheduled to continue through at least September. As for the Multi-Use Parking Structure (MUPS) garage, near the Fisher Houses, which will provide roughly 1,200 spaces, construction is moving along and scheduled for

completion in August.

There has also been significant progress on the new wounded warrior barracks, Building 62, and the new administrative building, Building 17. Lt. Cmdr. Shannon Zahumensky provided staff with an update on the construction progress of Buildings 17 and 62.

Scheduled for completion in early August, Building 17 will house additional administrative space and a new fitness center, including a 50 meter pool, indoor running track, two basketball courts and locker rooms with showers. In addition, under skylights providing natural light, cafe tables will be set up along with food concessions.

The new barracks, comprised of 153 ADA accessible suites, is scheduled to be ready in early July. The building will also include a galley, administrative spaces, conference rooms, a staff lounge, meditation rooms, and a common meeting place at the end of each hallway. Wounded warriors are expected to move in mid-August.

For more information on transportation on base, call Jeff Miller at 301-319-4706.

Taking a Stand Against Sexually Transmitted Diseases

By Mass Communication
Specialist Seaman
Dion Dawson
Journal Staff Writer

More than 19 million new cases of Sexually Transmitted Diseases (STDs) are reported each year in the U.S, according to the Centers for Disease Control and Prevention (CDC), and health care experts at the National Naval Medical Center (NNMC) are encouraging staff and patients to take a stand against this rising trend.

"Preventing sexually transmitted diseases [is] important because the rates in the country and in this area are reaching [astounding] heights," said Lynn Johnson, a preventive medical technician and counselor at NNMC. "If you care about the person, get to know them so that you can make an informed decision. You then will have had ownership in what actually happens between the both of you."

STD prevention starts with the individual, he said, and everyone is responsible for their behavior. Several factors, such as alcohol or drugs, can impair a person's judgment, causing them to make poor decisions and

putting others at risk, he added, so when it comes to choosing a partner, be careful.

"Get to know a person before you move to the next step. [That] is vital towards having good health. It's about using good judgment. There are so many different situations that can lead to a person being infected; our job is to prevent these situations from happening and things getting out of hand," said Johnson.

"No matter what situation you are in, there are people [who can] help you. Be careful. This is serious. People need to realize that."

— Hospital Corpsman 3rd Class Jason Ducksworth, a lead corpsman in NNMC's Internal Medicine Department

Many STDs don't carry any symptoms, thus, all the more reason to be careful, said Hospital Corpsman 3rd Class Jason Ducksworth, a lead corpsman in the Internal Medicine department. Often, an individual can

be asymptomatic — showing no signs of an STD — and not know they have a STD. If you do notice symptoms and suspect you've contracted an STD, Ducksworth said you should not take it lightly. Syphilis, for instance, progressively worsens, from noticeable sores and raised skin to, potentially, death, as the disease attacks your nervous system, he said.

"While some STDs are curable, treatment is available to control the outbreak of the incurable STDs," Ducksworth said.

Hepatitis B, genital herpes, Human Papilloma Virus (HPV), and the Human Immunodeficiency Virus (HIV), which causes AIDS, are among the sexually transmitted viral infections still incurable today. Although there is no cure, medical science has developed a vaccination against Hepatitis B, the symptoms of genital herpes and HPV can be effectively treated, and AIDS patients have a longer lifespan thanks to improved medicines.

To help prevent the spread of STDs in the military, service members are required to get tested frequently.

"Military members are tested yearly," said Ducksworth. "A person should get tested regularly. I believe getting tested is the responsible thing to do. With the technological advances we've had over the years, it has gotten extremely easier to test. Some tests that used to require blood now can be done with a cotton swab from your mouth."

Ducksworth also suggests, "A couple can easily get tested together. After the test, share the results. If it is found that one of you [has] an STD, tell your past partners. It is against the law to have certain STDs and not tell your past partners."

Ducksworth went on to say that the consequences of being irresponsible are simply not worthwhile.

"No matter what situation you are in, there are people [who can] help you," he said. "Be careful. This is serious. People need to realize that."

For more information on preventing STDs, call Lynn Johnson at 301-295-2819, or contact your primary care manager.

Celebrating the Anniversary of the WRNMMCB Groundbreaking



(file photos)

During a ceremony at the National Naval Medical Center, President George W. Bush and joint military members break ground on the future Walter Reed National Military Medical Center Bethesda (WRNMMCB) July 3, 2008, which will open its doors in roughly two months. In the last three years, significant progress has been made.

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personal affairs.

"Many students arrive with little or no exposure to work in mental health or substance abuse settings, but have amazing treasures of life experiences, and end up leaving with profoundly altered views of the world around them—and of themselves," said Jerry Adams, a psychologist and clinical preceptor at NDACS. "They leave with skills that ready them for lifelong learning which is so essential to success in this field."

NDACS is designed to provide training to military personnel who will eventually provide outreach, screening, assessment, and

treatment of alcohol and other drug addictions for fellow Sailors and Marines. The school convenes a new class five times a year and is now accepting applications for its session that begins Oct. 4, 2011.

Students participate in a variety of classroom activities including didactic lectures and experiential activities. They go through a three-week practicum experience where they actually go into the field and work with drug and alcohol abusers in a treatment setting, before wrapping up their final week with information and readiness surrounding their internship.

Practice council sessions are recorded so that students can actually see themselves and evolve as counselors.

"There is no other Navy school like this, no other experience like this," said Judson. "If

you want a challenge to reach out beyond what you are doing now, then try this on."

Once a candidate graduates NDACS, they enter a minimum one year internship as a SARP counselor. After the first year, applicants take a certification exam and if they pass, they are certified as a Navy Alcohol and Drug Counselor (ADC I).

After working in the profession for three years they can apply and take an international certification exam that is recognized in 40 states, 14 countries and a number of federal level certification boards. If they pass the exam they receive an ADC II certification.

"Navy trained counselors certified at the reciprocal level as ADC II's are highly sought after in the civilian treatment community," said Judson. "Whoever the person is before they come into NDACS, they are better when they come out — better Sailors, better Marines, better spouses, better partners, better communicators. As drug and alcohol counselors we do far more than just treat substance [abuse] disorders. The impact of what we do ripples out and affects work centers, squads, commands, as well as families and loved ones."

NDACS is staffed for class sizes of up to 40 students, but in recent years typical classes have had an average enrollment of 10-15 students, according to Judson.

"We would absolutely welcome another full class of 40 students, or even better — five classes of 40 students," said Judson.

Navy Medicine is a global health care network of 63,000 Navy Medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

For more news from Navy Medicine, visit www.navy.mil/local/mednews.

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ports, command investigations, Uniformed Code of Military Justice (UCMJ) misconduct, and line of duty determinations.

On top of these endeavors, Cropp provides independent and supportive paralegal services to the Ethics Counselor for NNMC and the National Capital Area, as well as subordinate commands. Cropp also conducts analysis on financial disclosure records and reviews and prepares gift of travel requests. In addition, she produces a quarterly criminal activity report for the Office of the Judge Advocate General, consolidating disciplinary statistics from NNMC and NCA subordinate command legal officers.

"I often refer to her as 'superwoman' because the quality of her work is so outstanding," said Cmdr. Kenneth Ian, Staff Judge Advocate General in NNMC Legal Office and Cropp's supervisor.

Cropp expressed how much she truly enjoys her job.

"Working with great people helps tremendously. I am honored to have been selected as a 'Mover & Shaker,'" she said. "There are a lot of great people here and I'm proud that I was selected as one of them."