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Inside



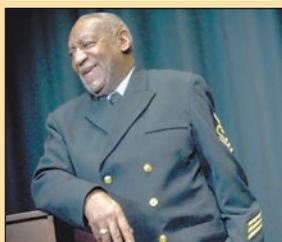
Bon Appétit!
Bethesda staff compete in 'Iron Chef'.....Pg. 3



New Guidelines
TRICARE urges beneficiaries to stay healthy...Pg. 5



Heart Heroes
NNMC physicians recognized for their service..Pg. 6



Bravo Zulu
Bill Cosby dubbed honorary chief.....Pg. 6

NSAB Conducts Force Protection Drills



(photo by Mass Communication Specialist Seaman Dion Dawson)

Naval Support Activity Bethesda (NSAB) conducts a security drill Tuesday as part of Solid Curtain/Citadel Shield 2011 (SC/CS 11), the largest force protection/anti-terrorism exercise conducted nationwide. For more on this story, see next week's *Journal*.

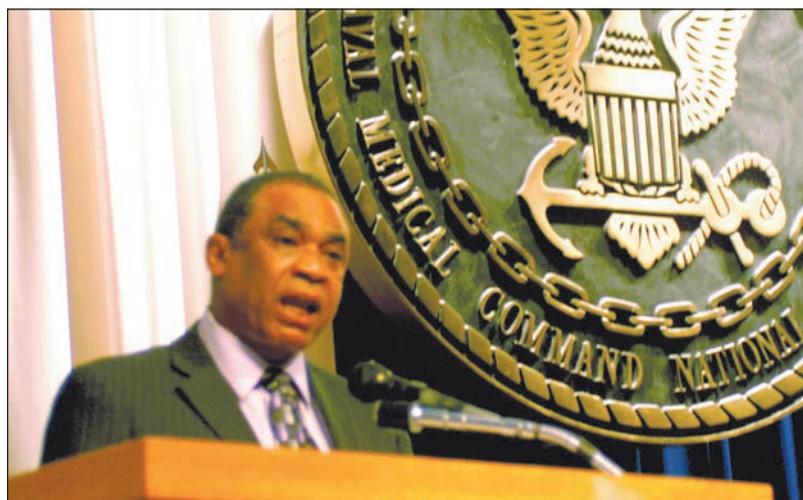
Celebrating Black History

By Sarah Fortney
Journal staff writer

To pay tribute to the brave African Americans who joined the fight for freedom during the Civil War, and to recognize their contributions throughout history, the National Naval Medical Center's (NNMC) Multicultural Committee hosted a presentation Thursday in the Memorial Auditorium.

Roughly 180,000 African Americans served in the Union Army during the war against the states and an additional 16,000 served in the Navy, said keynote speaker Rev. Dr. Sylvester Turner, director of Reconciliation for Hope in the Cities and member of the Richmond Slave Trail Commission.

"Against all odds, African Americans made



(photo by Sarah Fortney)

Rev. Dr. Sylvester Turner, director of Reconciliation for Hope in the Cities, delivers a speech Thursday during the Multicultural Committee's Black History Month presentation.

See HISTORY page 9

Chief of Staff for Integration & Transition



Capt. David A. Bitonti

In this week's article, I'd like to tell you about the Building 17 Complex. This building will consist of administrative spaces, the fitness center, and a parking garage. The building is scheduled to be completed in August 2011.

The original Building 17 is one of the historical buildings on the campus and was formerly the home of the Navy Medical Research Institute (NMRI). Because of this, the architects developed a design to maintain the historical façade of the building, incorporate the new requirements for the planned space, and assure that the new addition maintains original architecture and provides state of the art LEED/Green amenities post construction.

LEED is the acronym for the Leadership in Energy and Environmental Design certificate. This means that the building is designed, constructed, and will operate as a high performance green, energy efficient building. The focus of a LEED building is to recognize the performance of five key areas of human and environmental health: sustainable site development, water efficiency, energy and atmosphere, materials selection, and indoor environmental quality. Building 17 is currently in the review process for LEED certification. Based upon a grading scale, buildings can be LEED Certified, LEED Silver, LEED Gold, or LEED Platinum.

Once completed, the building will have a 203,000 square foot underground four story parking garage consisting of 577 parking spaces. There will be 145,000 square feet of administrative space and 70,000 square feet of fitness facilities. The overall size of the building is 418,000 square feet.

The fitness center will be located on the exterior rear addition of the first floor and will include: a 50 meter pool, racquetball courts, basketball courts, spinning room, exercise room, indoor running track, weight room, and other amenities.

As you prepare to enter the fitness center, you will walk through a large space or atrium filled with natural lighting. This will house a large open area for informal meetings, gatherings, and a place to eat. Part of the plan in place for the new build-



PERSPECTIVE RENDERING
WARRIOR TRANSITION UNIT - BUILDING 17
NATIONAL NAVAL MEDICAL CENTER, BETHESDA, MD



ing includes an area for a food concession.

At this time, roofing, window, and drywall installation is underway. Additionally, wall framing, concreting the pool, and installing the gym track steel is proceeding on schedule.

This building will house: the Armed Forces Institute of Pathology or the Joint Pathology Center; Contract Management; Emergency Management; Naval Criminal Investigative Services; Base Security and Public Safety; Base Fire, Army Finance; Army Personnel; Reserve Operational Support; Operations and Readiness; Navy Personnel Support Detachment; Fitness Center; Integrated Cardiac Health Program; Naval Medical Research Center; Military Human Resources; Civilian Human Resources; Health Care Business Operations; Navy College; Army Education; Resource Management; Information Technology; Credentialing; Navy Medical Inspector General; Clinical Investigations; Nursing Research; Preventive Medicine; Navy Central HIV; Industrial Hygiene, and Tissue Bank.

As I have previously mentioned, history is being made, fueled by the Base Realignment and Closure mandate and the integration of two world renowned medical centers. Each of you are an integral part of that history. Your efforts and this project will result in a ground breaking, first of its kind, joint military medical center that will deliver world class patient and family centered care.

Thank you for your hard work and dedication!

I would like to thank LCDR Shannon Zahumensky and LCDR Scott Rossi for providing information for this column.

Please address any correspondence to NNM-CDCIT@med.navy.mil.

Chief of Staff for Integration and Transition sends

Bethesda Notebook

PFA Begins Next Month

Scheduling for the 2011 cycle 1 2011 Physical Fitness Assessments (PFA) begins March 14. The PFA date must be at least four, but no more than eight months since the active duty member's last Physical Readiness Test (PRT). Military members should complete their Physical Activity Risk Factor Questionnaire (PARFQ) as soon as possible, in case they need to be medically cleared or issued a medical waiver. All waivers are due to the PFA Office, located in Building 11, by April 11. All members who checked in after Feb. 7 are exempt from the PRT portion, but must complete their Body Composition Assessment (BCA). Those who are going on leave or TAD during this time should complete their BCA and PRT prior to departure.

NNMC Nurses Host Silent Auction

The National Naval Medical Center's (NNMC) Nurses Association will host its 16th annual silent auction March 11. Staff members are invited to support the organization's fundraising efforts by donating a basket. There will be food and raffle prizes at the auction, which will be held in the Memorial Auditorium from 5 to 8 p.m. For more information, call Lavondia Alexander at 301-319-4278 or Lt. Andrea Hernandez at 301-295-0273.

Database Research Class

To learn about database searching, reading and writing abstracts and writing protocol and scientific papers, a database research class is now being held in Building 57A (medical swing space). The class will take place from 8:30 to 10:30 a.m. on the following dates:

- Feb. 28
- March 31
- April 21
- May 26
- June 16
- July 21
- Aug. 25
- Sept. 29
- Oct. 27
- Nov. 17
- Dec. 15

To register, call 301-319-8856, or e-mail william.weitzel@med.navy.mil.

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Bang a Gong, Iron Chef is on at NNMC

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

The National Naval Medical Center (NNMC) held its version of the popular TV series Iron Chef on Wednesday, pitting teams of cooks against each other in food preparation challenges, offering a chance for Galley staff to shine.

A fan of the Food Network show, Culinary Specialist Chief Michael Simpson, leading chief petty officer of nutrition services at NNMC, thought up the challenge.

“After discussing the idea with another chief, we decided it would be a good way for culinary specialists at the hospital to get recognized for their talents,” said Simpson.

When approached with the suggestion for a cooking competition, Chief Sarmaine Johnson, Naval Support Activity Bethesda’s (NSAB) command chief, thought the competition would help boost morale.

“This event is to break the monotony and exercise the CS skills. Working at the galley and barracks, creativity is limited because the focus is on patient care,” said Johnson.

Divided into three teams of five, participants were given three meats – pork, chicken



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

From left to right: Culinary Specialist 2nd Class Donnie Evans, patient tray supervisor; Culinary Specialist Seaman Justin Wines, cook on watch; and Culinary Specialist 2nd Class Gary Snear, watch captain for the Department of Nutrition Services at the National Naval Medical Center. The team worked together to prepare a dish during Wednesday’s ‘Iron Chef’ competition in the Galley.

See CHEF page 4



Q: The *Journal* asked staff what they do to help boost morale in the workplace. Here’s what they said:



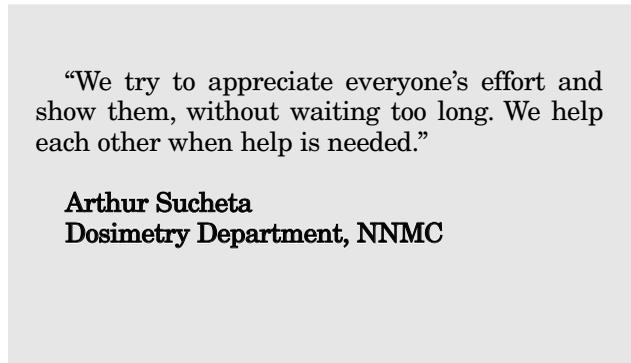
“The best thing they do to promote camaraderie is through meetings [and] group PT (physical training).”

**Ensign Kathleen Smith
NAVFAC — OICC Bethesda**



“We joke with each other. It’s very enjoyable to work here. I enjoy talking to people.”

**Marisol Carrasco
Patient Courtesy, NNMC**



“We try to appreciate everyone’s effort and show them, without waiting too long. We help each other when help is needed.”

**Arthur Sucheta
Dosimetry Department, NNMC**



“We give hard chargers chief’s coins. Special liberty is usually also a good incentive.”

**Senior Chief Keith Hussong
Joint Task Force, J3A**



“I instill innovation in our people and allow them to instate their own ideas to help the mission. I encourage them to submit their own ideas.”

**Coast Guard Cmdr. Brady Downs
Buzzard Point, Washington, D.C.**



CHEF:

From Page 3

and beef – to prepare at their discretion.

“On Iron Chef, the cooks are given a few ingredients to prepare, using a fully stocked kitchen,” said Johnson, adding that the competition at NNMC was no different. “They can prepare the dishes however they choose, but the foods they are given must be the key component of their recipe.”

Participants were critiqued by eight guest judges, including civilians and military representatives from all services at the hospital. The winning team, announced after the Journal went to press, was awarded a trophy that will be on display in the Galley. Winning recipes will also be on the Galley’s menu next week.

“I am in talks to make this a regional competition,” said Simpson, adding that he hopes to hold a similar contest at NNMC every three to six months.

For more information on the Iron Chef competition, call Chief Simpson at 301-319-4187.



(photo by Mass Communication Specialist Seaman Dion Dawson)

From left to right: Culinary Specialist 2nd Class Stephanie Cooper, BEQ front desk supervisor; Culinary Specialist 3rd Class Alfred Feliciano, barracks petty officer; Culinary Specialist 2nd Class Koffi Dussey, barracks petty officer; and Culinary Specialist 2nd Class Gideon Cofie, BEQ building manager. Together, the team cooked up an array of entrees during Wednesday’s ‘Iron Chef’ competition in the Galley.

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New US Dietary Guidelines

New dietary guidelines released by the Department of Health and Human Services and the Department of Agriculture urge Americans to increase physical activity, reduce sodium intake, choose foods that provide more potassium and opt for water, instead of soft drinks.

The 2010 Dietary Guidelines for Americans, which are issued every five years, come at a time when the majority of adults and one in three children are overweight or obese. The military and uniformed service communities are not immune to this obesity epidemic. Recognizing obesity is a major health hazard in the United States, the seventh edition of the Guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health, according to the Guidelines.

TRICARE leaders agree, and encourage their 9.6 million beneficiaries to review the Guidelines and incorporate good eating habits, as well as physical activity into their lifestyle.

"The importance of balancing calories cannot be stressed enough," said Cmdr. Aileen Buckler (USPHS), TRICARE population health physician. "Controlling your total calorie intake while increasing physical activity and reducing sedentary behaviors can help you maintain a healthy weight or lose weight if needed."



New in this report is an emphasis on reduction of sodium intake to less than 2,300 mg, with a further reduction to less than 1,500 mg for everyone 51 and older, African Americans of any age and everyone with high blood pressure, diabetes or chronic kidney disease.

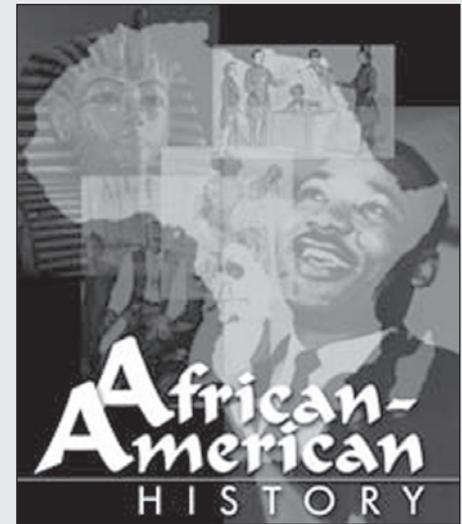
Additional recommendations include:

- Increase vegetable and fruit intake, especially those that are dark green, red or orange
- Avoid oversized portions
- Increase intake of fat-free or low-fat (1 percent) milk and milk products

The 2010 Dietary Guidelines are available at www.dietaryguidelines.gov. To learn more about healthy diets, exercise and ways to help prevent obesity, visit TRICARE's Get Fit Web site at www.tricare.mil/getfit.

(A TRICARE Management Activity release).

Did You Know? Black History Month Trivia



Who was the first black man to be trained as an astronaut?

- Robert H. Lawrence, Jr. became the first black man to be trained as an astronaut in 1967.

Which African American musician bought his first cornet at age 7?

- Louis Armstrong bought his first cornet at age 7 with money he borrowed from his employers and taught himself how to play.

Before becoming a professional musician, what did Chuck Berry study?

- Chuck Berry studied to be a hairdresser before becoming a musician.

What was guitarist Jimi Hendrix known as by close friends and family members?

- Jimi Hendrix was known by close friends and family as "Buster."

Who was the first African American artist to make a blues record?

- Mamie Smith was the first African American to make a blues record, bringing blues into the mainstream and selling a million copies in less than a year.

Before writing the acclaimed novel, Invisible Man, what did Ralph Ellison serve as during World War II?

- Ralph Ellison served as a cook in the Merchant Marines during World War II.

Which basketball legend was cut from his high school basketball team for being undersized?

- Michael Jordan was cut from his high school basketball team during his sophomore year of high school for being undersized.

Before becoming a professional baseball player, what sport did Jackie Robinson play?

- Jackie Robinson played football for the Honolulu Bears before becoming a professional baseball player.

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NNMC Physicians Promote Heart Health, Recognized for Service in Combat, on the Homefront

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

For their efforts in cardiovascular care, on the battlefield and on the home front, the American Heart Association (AHA) recognized three physicians from the National Naval Medical Center (NNMC) this month, naming them "Heart Heroes."

The AHA, in partnership with the CGI Group Inc., initiated the Heart Heroes program in 2010 to thank military physicians, highlight their service and showcase technology as an enabler for advancing cardiovascular care, said Roxanna Hoveyda, director of communications and marketing, AHA Greater Washington Region.

In both the military and civilian sector, heart disease is a major concern, costing the U.S. more than \$316 billion dollars last year, according to the Centers for Disease Control and Prevention (CDC).

"Cardiovascular disease is the number one killer of both men and women in the developed world," said Army Maj. Kevin Woods, director of the Anticoagulation Clinic, Cardiology at NNMC, who was among the AHA's honorees. "In a world of increasingly finite resources, prevention of cardiovascular disease can help preserve an excellent quality of life for patients and save millions, if not billions of dollars."

Heart care should be preventative rather than reactive whenever possible, said Woods, adding, "Cardiovascular disease prevention is a lifelong investment. Invest early and often. Exercise regularly, eat a healthy, balanced diet appropriate for the calories you burn on a typical day, maintain a healthy weight and don't smoke."

It's also important to visit your primary care provider regularly to keep your blood pressure, blood sugar and cholesterol in check, said Woods.

"Be an informed consumer and read about your health conditions and disease prevention," he said.

On Feb. 26 in Tyson's Corner, Va., the AHA will host a black-tie "Heart Ball" to honor its "Heart Heroes," including Woods, Lt. Cmdr. Rupa Dainer, a pediatric anesthesiologist at NNMC and Walter Reed Army

Medical Center, and Cmdr. Erich Wedam, cardiac electrophysiologist at NNMC. Along with nearly 500 physicians and leaders in health care, the AHA will also honor "Heart Hero" retired U.S. Air Force Maj. Mark Haigney, director of medicine and pharmacology at Uniformed Services University of the Health Sciences.

"Some of the challenges these men and women face are unique, including treating patients in combat quickly at the point of injury and then moving them through various levels of treatment from trauma, to more stable care," said Cheryl Campbell, Senior Vice President, CGI, and board member for the regional AHA. "This takes exceptional skill, logistical coordination, information management and the latest in technology. Our Heart Hero honorees are truly at the tip of the spear, taking world-class training and the best of health technology into new regions to provide the best possible care to their patients."

Dainer, who deployed to Afghanistan in 2009 with the 1st Medical Logistics Group, 1st Medical Battalion, Alpha Company, U.S. Marine Corps, as part of the Forward Resuscitative Surgical System, said she was grateful for the recognition.

"I feel so honored that the American Heart Association would reach out to military physicians and recognize us in this way. We all do what we can to help each individual patient, here in the U.S. and overseas while deployed, but it's wonderful to see an organization make such a difference in so many peoples' lives," said Dainer.

Woods shared the same sentiment, stating that the AHA recognizes military physicians, who bring compassion, technology and medical expertise to these populations.

"The military physician is given unique responsibilities not commonly seen among our civilian counterparts. It is [a] privilege to care for our Soldiers, both at home and in harm's way, as well as their families," said Woods.

At NNMC, primary and subspecialty care providers, and Emergency Room or inpatient wards can consult a cardiologist on behalf of a patient. Referrals are also available by request, he said. For more information on heart health, visit the AHA's Web site at www.heart.org.



(courtesy photo)

Lt. Cmdr. Rupa Dainer sets up an anesthesia machine in a make-shift Operating Room while deployed to Afghanistan.



(courtesy photo)

Recently named a "Heart Hero" by the American Heart Association, Lt. Cmdr. Rupa Dainer, center, is a pediatric anesthesiologist at NNMC and Walter Reed Army Medical Center. Here, she was on deployment in Afghanistan.

MCPON West Designates Bill Cosby Honorary Chief

By Chief Mass Communication Specialist (SW/AW) Sonya Ansarov
Office of the Master Chief Petty Officer of the Navy

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West, along with Secretary of the Navy (SECNAV) Ray Mabus recognized actor/comedian and former Sailor, Bill Cosby, as an honorary chief petty officer in a ceremony held at the U.S. Navy Memorial and Naval Heritage Center Feb. 17.

Cosby began his relationship with the Navy in 1956 when he joined as a hospital corpsman and attended recruit training at Naval Training Center Bainbridge, Md.

During his four-year tour, he was stationed at Marine Corps Base Quantico, National Naval Medical Center Bethesda, Naval Hospital Argentia, Newfoundland, USS Fort Mandan (LSD 21), and Philadelphia Naval Hospital.

During his time at Quantico and Bethesda, Cosby worked in Physical Therapy helping to rehabilitate Korean War veterans, a duty he liked and excelled at.

He was also an athlete for the Navy playing football, basketball, baseball, and running track and field.

Cosby said that the Navy transformed him from an aimless, uneducated kid into a man with drive, discipline and self-respect.

“Bill Cosby is not just a comedian and an actor, although he’s pretty good at both, he’s also been a tireless advocate for social responsibility and education – and a constant friend to the Navy,” said Mabus. “Last year was the highest compliment I’ve ever received – being made an honorary chief petty officer, and now Dr. Cosby – you’re about to



(U.S. Navy photo by Mass Communication Specialist 2nd Class Jason M. Graham)

Secretary of the Navy (SECNAV) the Honorable Ray Mabus, right, designates Bill Cosby an honorary chief hospital corpsman during a pinning ceremony Feb. 17 at the U.S. Navy Memorial in D.C.

get the same honor.”
MCPON and SECNAV placed the Chief anchors on Cosby in front of a huge gathering of Chief Petty Officers and Sailors. MCPON helped Cosby don a Chief Hospital Corpsman service dress blue jacket and SECNAV presented Cosby with a Chief’s cover.

“I will tell to you like I tell all of our new chiefs ... when I pin these anchors on you, your job isn’t over and your journey is just beginning,” said West. “There is no greater honor than having earned the title ‘Chief’ and the responsibility to our Sailors and our Navy that comes with it and we will expect more of you.”

“Thank you all,” said Cosby. “The years I spent in the Navy and so many moments remembering that

the Navy gave me a wake-up call. The Navy showed me obedience and that’s the thing that pushed me to realize the mistakes I had made in my young life at 19-years-old and that I could do something with myself and become somebody.”

Cosby was honorably discharged in 1960 as a Hospital Corpsman 3rd Class. His awards included Navy Good Conduct Medal and National Defense Service Medal. He also received the 2010 Lone Sailor Award from the U.S. Navy Memorial.

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HISTORY:

From Page 1

amazing contributions towards a freedom that we share today," he said.

At the onset of the Civil War, one of the most written about events in history, many African Americans volunteered to serve in the Union Army; however, federal law prohibited them from the right to bear arms, preventing them from enlisting, Turner said.

In 1862, President Abraham Lincoln and Congress signed the Second Confiscation Act, implying a willingness to free slaves, he said, adding, "That opened the door for African Americans to serve. After being delayed in their efforts to serve this country and to support this

cause to be free, they still faced an uphill battle."

An estimated 60,000 African Americans served in the ranks of the Confederate Army, he said. Many were employed as cooks, servants and companions, as they were believed to be inferior as Soldiers and thought to lack the courage needed during battle.

"Being an African American Soldier in the Civil War was not easy, whether they were fighting for the Union or the Confederacy," he said. "The Union paid its Soldiers \$13 per month with a \$3.50 clothing

allowance. The African Americans were paid \$10 per month and charged \$3.50 per month for clothing. This prevented many African American soldiers from being protected from the elements [of battle]."

Many African American troops protested, refusing to accept pay that was unequal, he added. Others threatened mutiny. Nonetheless, African Americans were involved in many important battles, making a significant impact on the war.

Impressing some of the most stubborn segregationists, during the Battle of Milliken's Bend on June 7, 1863, it was an African American brigade that drove off the Confederates, said Turner.

"During this battle, African Americans soldiers had only been in the military for three weeks," he said. "Of all the Soldiers who bravely fought for the Union, just 23 Soldiers and four Sailors received the Congressional Medal of Honor, and they were forced to wait 40 years to receive them."

Robert Smalls, employed by the Confederates in 1862, was the first African American to be named captain. As a pilot aboard the Planter, a ship used to transport arms and supplies to the Confederacy, Smalls and several other African Americans commandeered the ship May 13, 1862. Sailing the ship to a Union blockade squadron, Smalls helped furnish key information about Charleston's defenses. After the war, he became a state legislator and congressman.

"African American women also played an important role in the fight for freedom," Turner added.

A nurse, scout and sometimes spy for the Union Army, Harriet Tubman led a campaign to rescue 756 slaves and procure millions of dollars worth of enemy property, he said.

Mary Bowser and Elizabeth Van Lew, were also spies for the Union Army, helping to obtain information from the Confederacy, he said, adding that General Ulysses S. Grant later stated to these women: "You have sent me the most valuable information from Richmond during the war."

Offering closing remarks, Naval Support Activity Bethesda's Executive Officer Cmdr. John Lambertson noted the significance of celebrating Black History Month.

"It's a special month because we get to cherish a reality, and the reality is that we truly are one people. For what we found in the Civil War and what we found early on is what divides us brings us together. What brings us together unifies us," said Lambertson.

To this day, the military continues to defend the nation's freedom, and not for any one person, but because of something greater than us, he said.

"That's what we learned during the Civil War. It was not about an individual, it was about a group of persons coming together," he said.

To continue celebrating diversity year round and to educate the command, the Multicultural Committee hosts an event each month, said Hospital Corpsman 2nd Class Annemarie Rippentrop, committee co-chair person and program coordinator.

"An event like this not only raises awareness about the different cultures here at the hospital, but it's also a morale [booster]," she said.

'An event like this not only raises awareness about the different cultures here at the hospital, but it's also a morale [booster].'

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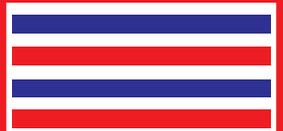
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