



# The Journal

Honoring those who serve

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May 26, 2011

## Bravery and Willingness to Die: A Reflection on the Battle of Midway

By Tracey  
Gold Bennett  
NDW Public Affairs

The Battle of Midway is hailed as one of the single most important naval victories in history.

On June 4, 1942, a vastly outnumbered and out-gunned U.S. fleet defeated the finest of the Imperial Japanese navy in the waters off a small Pacific atoll named Midway. Retired Navy Capt. John W. Crawford recounts his experience onboard the aircraft carrier *USS Yorktown*.

"We were at a disadvantage because they had more carriers than us, but we had an advantage because we found them before they found us," Crawford recalled.

According to Crawford, an elite intelligence team cracked the Japanese code revealing details on the location of its carriers and plans to attack U.S. carriers. Instead, the U.S. Navy set up an ambush of its own by having its carriers prepared for the Japanese onslaught.

"We were attacked first by dive bombers around noon. Then, aircraft from the Japanese carrier *Hiryu* followed our planes and attacked us. We got three hits," he said.

The attack left the *Yorktown* immobilized with more than 2,000 Sailors onboard. Not everyone made it off the *Yorktown*.

"One of the bombs struck our anti-aircraft mounts and we had to evacuate. Twenty to 30 men were down in the sickbay and they were killed. We were dead in the water, we weren't moving," he said.

Destroyer *USS Russell* was standing by to pick up the *Yorktown's* evacuated crew. Crawford explained that the Sailors who could, made their way to the deck

and began the evacuation process.

"The first thing you do is throw those heavy lines and drop the life rafts into the water and go down hand by hand into the raft and paddle your way away from the ship," he said. "We knew by the time we were picked up that we had sunk most of the Japanese carriers."

*USS Hamman* arrived the next day to provide power and aid in the repair of *USS Yorktown*, but both ships came under heavy attack.

"When the *Hamman* sunk, it exploded and a lot of people were injured and killed," he said.

All told, a devastated Japan lost four of its six fleet aircraft carriers and numerous highly trained aircraft crews. The Battle of Midway, June 4 through June 7, 1942, took place shortly after the attack on Pearl Harbor, and effectively ended large-scale Japanese expansion in the Pacific.

According to Crawford, there are parallels that can be drawn between the recent military operation which resulted in the demise of Osama Bin Laden and the trumping of Japanese imperialist forces during the Battle of Midway.

"Superb intelligence, outstanding planning, preparation and courageous and selfless execution led to victory in the Battle of Midway," Crawford said. "Likewise, those men who participated in the operation to find Osama Bin Laden possessed all of the same qualities, including bravery and willingness to die."

Every year the Battle of Midway is recognized by naval commands worldwide as the conflict that turned the tide in favor of the United States during World War II.



(Official U.S. Navy photograph, U.S. National Archives Collection)

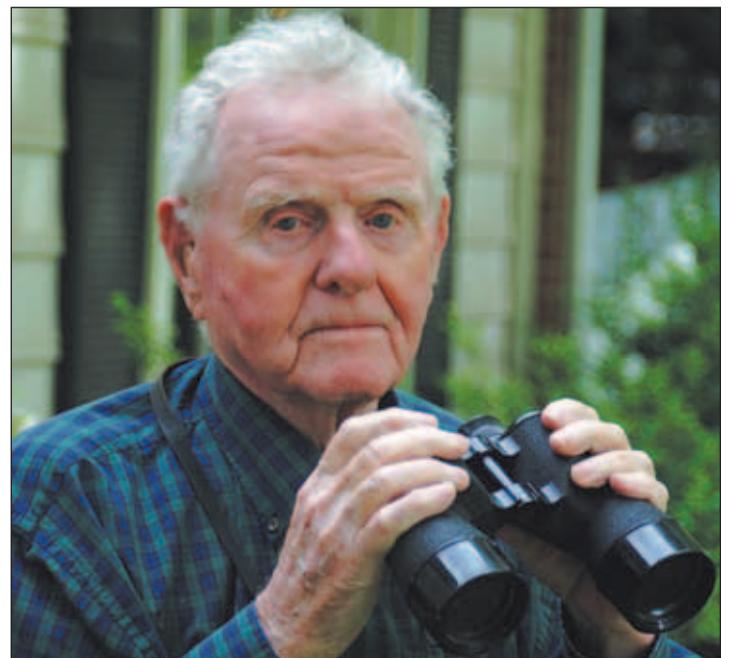
Shortly after she was hit by three Japanese bombs on June 4, 1942, dense smoke billows from *USS Yorktown* (CV-5). Taken by Photographer 2nd Class William G. Roy from the starboard side of the flight deck.

In honor of the battle's 69th anniversary, Naval District Washington will host a commemoration ceremony at the United States Navy Memorial in Washington, D.C., on June 3, featuring guest speaker Chief of Naval Operations (CNO) Adm. Gary Roughead. During the event, the CNO will honor several veterans who survived the battle.

Crawford credits Adm. Roughead with the increased recognition and attention that the Battle of Midway has received in recent years.

"The CNO understands the importance of Midway and has been working diligently to make sure it's celebrated in the Navy," said Crawford.

For more information on upcoming commemorative events at the Navy Memorial, visit [www.NavyMemorial.org](http://www.NavyMemorial.org).



(U.S. Navy photo by Darren Harrison)

Retired U.S. Navy Capt. John W. Crawford poses for a photo at his Maryland home with a pair of binoculars that he won as a midshipman at the U.S. Naval Academy. Crawford decided to put the binoculars to practical use and took them aboard the aircraft carrier *USS Yorktown* before the carrier departed Pearl Harbor for the Battle of Midway. Crawford believed the binoculars were lost when the carrier was sunk, but a member of a salvage recovery team put aboard *Yorktown* before the sinking found them and, seeing the inscription to Crawford, returned them to him.

## Commander's Column

As we celebrate Memorial Day this weekend, we must not forget the true meaning and spirit of this holiday. We must remember to honor the men and women in uniform, who daily provide a blanket of protection so we may enjoy the freedoms that are often taken for granted.

We owe all of our service members both past and present a great debt of gratitude for the right to live the American dream.

Originally deemed "Decoration Day" in May 1868, three years after the Civil War, the observance was a time to place flowers on the graves of war casualties; today it is about coming together to honor those who have paid the ultimate sacrifice to keep us united - one nation, indivisible.

Here, at the National Naval Medical Center, that same esprit de corps can be witnessed each day as we cross the threshold to heal our wounded and to look into the eyes of that family member and provide hope and understanding.

To you who put yourself in harm's way every day to ensure our freedom and to those of you who ensure we are ready to meet the mission ... Thank you, for if it were not for your steadfast commitment and dedication we would not be the great nation that we are today.



As you enjoy your festivities this weekend, and as we begin our summer season, please keep those who wear the cloth of our nation in your thoughts and prayers.

Also, as you pay tribute to our fallen, remember, you too are critical to our mission - so please celebrate safely. If you're traveling, make sure you get enough sleep, and if you're drinking, please do so responsibly. Take care of yourselves, your families and your shipmates.

Commander sends,  
Rear Adm. Matthew L. Nathan,  
Medical Corps, United States Navy

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## Bethesda Notebook

### Rolling Thunder Rumbles Through on Friday

Rolling Thunder will visit at the National Naval Medical Center on Friday at 11 a.m. to show their appreciation for service members. The motorcycle enthusiasts will



be at the Building 9 circle, visiting with patients and staff, before heading to D.C. for the 23rd Annual First Amendment Demonstration Run, a four-day bike rally held in D.C. during the Memorial Day weekend. The annual rally raises awareness about issues concerning veteran's benefits, troops missing in action, and prisoners of war.

### Hospital Corpsman Ball Committee Car Wash

The Hospital Corpsman Ball Committee is sponsoring a car wash today from 10 a.m. to 5 p.m. at the Shell Station on Rockville Pike and a "Pump-N-Go" Friday at the White Flint Exxon on Rockville Pike from 11 a.m. to 4 p.m. If you are interested in volunteering, contact HM1 Pacheco at [rebecca.pacheco@med.navy.mil](mailto:rebecca.pacheco@med.navy.mil) or 301-295-1550, HM1 Bess at [megan.bess@med.navy.mil](mailto:megan.bess@med.navy.mil) or 301-295-5036, or HM1 Hodges at [tyron.hodges@med.navy.mil](mailto:tyron.hodges@med.navy.mil) or 301-295-4076.

### MWR Hosts Day Trip to Ocean City

The Morale, Welfare and Recreation (MWR) Liberty Zone is offering a free trip to Ocean City this Saturday for single E-1 through E-6 service members, geographical bachelors and wounded warriors. Those who are interested in a day of fun and sun can sign up at the Liberty Zone in Building 11. The trip also includes an all-you-can-eat buffet at Hooper's Crab House. A bus will pick up all beach-goers outside of the Liberty Zone at 7 a.m. Saturday and will return late Saturday evening. For more information, contact the MWR Liberty Zone at 301-295-4727.

### Grant Program Allows Voting With 'EASE'

The Department of Defense announced Wednesday the availability of more than \$15 million in federal funding to advance electronic options for military and overseas citizens when voting absentee. State, county and city township governments are eligible to apply for the grants. In addition, the program, Electronic Absentee Systems for Elections (EASE), will allow the Department of Defense, for the first time, to competitively offer grant assistance to election officials. For more information, visit the Voter Assistance Office, located in the basement of Building 9 by the Galley, or call 301-295-5099. The office is open Monday through Friday from 11 a.m. to 1 p.m.

### Naval Support Activity (NSA) Bethesda

Commanding Officer Capt. Michael Malanoski  
Public Affairs Officer Sandy Dean

### Journal Staff

Staff Writers MC1 Ardelle Purcell (301) 295-5727  
MC2 John Hamilton (301) 295-5727  
MC3 Alexandra Snyder (301) 295-5727  
MCSN Dion Dawson (301) 295-5727  
Cat DeBinder (301) 295-5727  
Katie Bradley (301) 295-5727  
Journal Editor Sarah Fortney (301) 295-5727  
Fleet And Family Support Center (301) 319-4087  
Family Ombudsman (443) 854-5167  
(410) 800-3787  
(240) 468-6386

# Stay Cool, Safe As Things Heat Up

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

Kicking off the "101 Critical Days of Summer" — Memorial Day through Labor Day — Naval Support Activity Bethesda (NSAB) reminded staff on Friday to keep safety at the forefront while enjoying the season's festivities.

During four safety training sessions on Friday, held in the National Naval Medical Center's (NNMC) Laurel Clark Memorial Auditorium, NNMC's Safety Specialist Jim Ganz said the summer poses many heightened risks.

"On average, 44 Sailors and Marines die each summer due to preventable accidents," said Ganz. "This is a great time of year, but this is also the time [when] more people are on the roadway, more people are partying, there is more waterway traffic and more sporting events — that's why this year, the Navy Safety Center's theme is 'Live to Play; Play to Live.'"

When traveling this summer, Ganz said it's important to start every trip well rested and to drive during daylight hours. He also encouraged motorcyclists



Naval Support Activity Bethesda (NSAB) safety officials encourage staff to use safety when enjoying this summer's festivities.

to enroll in the free one-day motorcycle safety course, which is required for those who plan to ride a motorized bike on base.

"While on base, drivers and pedestrians should be aware that construction affects everyone and the ongoing construction is affecting the attitudes of staff. Be patient and be aware it may take a couple of minutes longer to get to your destination," Ganz said.

NSAB's Fire Inspector Robert Hill went on to say fire fighters often respond

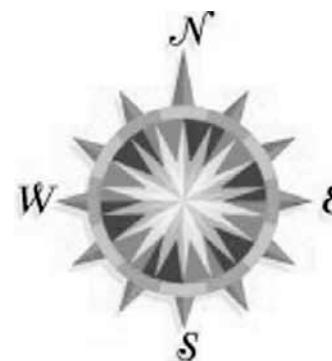
to children and pets left unattended in overheated vehicles this time of year — a mistake that can cost a life.

"A car parked in direct sunlight can reach 131 to 171 degrees in 15 minutes. In 2010, 48 children died of hypothermia or heat related incidents. You may think you're only going to be running that errand for 15 minutes, but that car is going to get hot and you're going to kill [that child]. This type of death is 100

See **SAFE** page 9

## Patient Navigator

We are continuously interested in your feedback as our goal is to make your experience at NNMC extraordinary. Below are some of the common questions we have received and the responses so you know that your concerns are heard and very much valued.



**Q: New buildings are beautiful, but the distance between buildings are too long to walk, especially for those who are elderly, have young children, or need assistance.**

**A:** Based on patient feedback, we've placed benches and groups of chairs between the Arrowhead Building (Bldg 9) and the new America Building. Wheelchairs are available at the America Garage and entrances to Arrowhead and America Buildings. In the near future, we plan to acquire golf-cart-style cars to transport patients as needed. Patient Transport vans are also available to go from building to building.

**Q: We need coffee/food in America Building.**

**A:** As of this week, coffee and snacks/refreshments will be served in the America Building.

**Q: It's very difficult for persons in handicapped parking spots to park and maneuver through the America Garage.**

**A:** With patient feedback, facilities have changed the pedestrian walking route, removed a parking spot for ease of movement and clear line of sight, re-stripped the surface and moved signage.

If you would like to provide specific feedback on your experience, e-mail [patient.navigator@med.navy.mil](mailto:patient.navigator@med.navy.mil). We welcome your stories of exceptional experiences so that we can understand what made it so special and explore duplicating it throughout our entire medical center environment. You may also visit the Customer Service Office in Building 9, first floor near the Information Booth, to speak with a patient advocate.

# New Pain Care Initiative is Helping Wounded Warriors

By Adrienne Villafana  
Marketing Department  
National Naval Medical Center

To help wounded warriors in their recovery, the National Naval Medical Center's (NNMC) Anesthesia Department recently implemented a unique approach to treatment and pain management, the Wounded Warrior Care Initiative Program.

"The biggest focus for the Wounded Warrior Pain Care Initiative Program is increasing access to care. This is a service that has not been offered at any other institution in the Department of Defense or the civilian institution," said Cmdr. James Houston, the program's medical director.

Consisting of a pain trained anesthesiologist, a nurse practitioner and pain nurses, the team interacts with every wounded warrior who enters

the hospital. They provide patients and family members with insight on current pain management and help manage their expectations throughout their recovery, for example, the transition out of the military to the civilian sector.

"Another thing that is really big for us is education, both the education of patients and the education of staff members," said Ron Madison, program manager.

As part of the program, the team uses a unique form of acupuncture. This treatment normally involves placing needles in the hands and feet; however, because of the severity of the patients' injuries, the team uses battlefield acupuncture, or auricular acupuncture, said Houston.

"We place needles in the ear and point to master controlled points of

the ear that control stress, pain, and anxiety," Houston explained, adding that Dr. Joan Ordman, an internal medicine trained physician, is the program's dedicated acupuncturist who performs this alternative treatment.

The program is also unique in that it uses Ketamine as a pain reliever, said Houston, a technique not widely used throughout the country. Ketamine is commonly used as an anesthetic in the operating room; however, as a pain reliever, it helps reset the pain receptors back to normal, which helps minimize and prevent a dependency to narcotics.

"We're using this drug as an infusion on the wards. We're also using Patient Controlled Analgesia (PCA) where the patient can push a button and give themselves their own dose of

medication," added Houston.

In addition, to help reduce the major side effects of narcotics, the program is using Spinal Cord Stimulation. By placing small electrodes inside the spine, the device creates a warm, pleasant buzzing sensation, which replaces the pain signal. Patients are given a remote control to adjust the settings to match the level of pain they're experiencing.

"Our next goal is to start working with other hospitals across the country," said Madison. "The intent is to have someone like Dr. Houston stationed or working at one of those hospitals to take care of pain services there at the facilities."

For more information on the Wounded Warrior Care Initiative Program, call 301-319-8672, extension 211.

# Ride Share Program Offers Many Benefits

By Mass Communication 2nd Class  
John Hamilton  
Journal staff writer

With gas prices steadily on the rise, commuters are opening their wallets with tears in their eyes. At Naval Support Activity Bethesda (NSAB), the days of breaking the bank at the pump are over, thanks to the Ride Share Program.

"Ride sharing is the popular new way to talk about carpooling," said Ryan Emery, transportation program coordinator for NSAB. "At NSA Bethesda, a car with two or more occupants is considered a valid carpool," he added.

There are many benefits of carpooling. The opportunity to save more money, park closer to the hospital and cut down on driving times are a few of the things that bring most commuters together.

"Our demographic is the people living in the Germantown, Rockville and Gaithersburg area, where your average commute is 11 miles one way, 22 miles round trip. Last summer, it cost almost 300 dollars to get here and recently it is 300 plus dollars to get to the base on a monthly basis," said Emery.

"I live in Ashburn, which is about a 35 mile commute each way and it was taking me about 90 minutes to drive to work," said John Egan, general engineer at NSAB and carpool participant. "Without mass transit or anything like that in the area, driving was the only option."

See RIDE page 8

# Staff Treated to MWR Perks



(photo by Mass Communication Specialist 2nd Class John K. Hamilton)

Hospital Corpsman Juanita Corbett, left, and Logistics Specialist Seaman Alice Campbell receive a makeover from the professional stylists of Textures Hair Salon during the Morale Welfare and Recreation's Bridal Show and Travel Expo on Tuesday in the America Building.

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# Thousands of D.C. Commuters Bike to Work



(photo by Sarah Fortney)

On Friday, more than 100 Bike to Work Day participants stopped at Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation's (MWR) pit stop to recharge with refreshments and to pick up a t-shirt for their participation. Sponsored by the Washington Area Bicyclist Association (WABA), Bike to Work Day was free and open to all area commuters, promoting bicycling as a cost-effective, healthy way to commute.

# Serving Those Who Serve

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

As the premier treatment center for wounded warriors, the National Naval Medical Center's (NNMC) military and civilian personnel as well as service organizations are dedicated to providing world class care and services for all.

"I joined the Navy because I knew there was a need and that there is nowhere else in the world where you get to work with these sorts of injuries," said Ensign John Tranberg, a Nurse Corps officer who works on NNMC's 5 East surgical ward. "The injuries we see involve every organ system - brain, bowels, everything. It takes a specialist in every field to heal these guys. It takes a village to cure the complexity and challenges of these wounds."

Those challenges include combat amputees as well as men and women suffering from severe internal injuries in need of more than just medical treatment, said Angela Kindvall, a registered nurse on 5 East.

"These guys also need a glimpse of hope because they've lost their independence when they come to us, but we can see the beauty in the healing process and that's good for the patient," she said.

An extension of the hospital, the National Intrepid Center of Excellence (NICoE), a 72,000 square-foot facility, that rests directly across from the hospital, is staffed by psychiatrists, clinical and neuropsychologists, physical and occupational therapists, speech language pathologists, art therapists, family therapists and a neuroimaging team committed to healing the nations' wounded. Focusing mainly on service members with mild to moderate traumatic brain injuries (TBI), NICoE uses therapy, rehabilitation and distinguished technologies, such as brain imaging during the two to three week patient stay.

Army Maj. Jennifer Bell, NICoE's chief of evaluation and treatment, said "A large part of the mission at NICoE, is to figure out what tools and avenues are needed to help each patient." The ultimate goal of the NICoE is to reduce the patient's symptoms so they're manageable within the context of their life, said Bell. This goal can, ultimately, be reached at any point in a patient's recovery.

"At any moment, in every interaction we as providers have with patients, we can change the trajectory of their recovery.

There is not any moment that is more important than any other," said Bell. "These service members do so much and I am, on a daily basis, impressed by their dedication and resiliency. Sometimes, however, these incredible people need some help. It's my pleasure to give it to them."

Throughout a patient's treatment and recovery, a number of service organizations lend a hand, to ensure all military members' needs are met. Among the many groups providing for our troops, the Armed Forces Foundation (AFF) hosts monthly dinners and events at NNMC. Patricia Driscoll, AFF president and executive director, said it's an honor to serve those who serve.

"The environment for care and the needs that arise are ever changing, so our foundation changes with it. Our focus remains on financial grants to families to support their immediate needs while looking to the future to support those suffering from PTSD (Post Traumatic Stress Disorder) and TBI," she said. The Military Order of the Purple Heart (MOPH) also makes it their priority to take care of veterans, service members and their families.

"Our organization is 100 percent about serving other veterans," said John Bircher,

MOPH director of public relations.

Bircher, a 30-year veteran who was injured in Vietnam, added that the 45,000 member group of veterans injured in combat, aims to assist wounded veterans throughout the country.

"We have what we call our hospital visitation program," said Bircher. "It's run by our state department in Maryland and Virginia, [and] they try to visit with every new patient coming back from Afghanistan or Iraq, [and] welcome them home, give them a few goodies."

The organization also strives to educate youth about what it means to be a citizen and a veteran.

"We talk at elementary schools and put out a lot of promotional material, but it's not about us. It's about what it means to be an American," he said. When it comes to supporting troops, he said what many might say, "I don't think I've done anything more rewarding."

The American Legion, also educating students about veterans, works on projects with local schools to support wounded warriors and military families. Colleen Mulrone, commander of the American Legion Post 86 Rockville, said legion members collect donations for families who

stay in the Fisher Houses at Bethesda. They also help military families with housing, transportation and food.

"Our mission is serving, it is what we do," said Mulrone.

These services go a long way, said Marine Cpl. Charles Donnelly, a patient on NNMC's 5 East ward. Donnelly lost his left foot earlier this month after an improvised explosive device (IED) blast in Afghanistan.

"Being able to have my family here and have the organizations help them has been the greatest thing about being treated here," said Donnelly. "We haven't had to worry about a thing since we got here. They really take care of you."

Marine Lance Cpl. Ryan Blochberger shared the same thoughts, noting the support he received from NNMC's hospital staff. Since he arrived at NNMC about three weeks ago after sustaining injuries in Afghanistan, their support has been outpouring.

"You can definitely tell they care. They try to reach you on a personal level," Blochberger said. "Anything I've asked for I've gotten. Anytime I've needed them, I haven't had to wait."



(file photo)  
NNMC Commander Rear Adm. Matthew Nathan meets with members of the Military Order of the Purple Heart, one of the many organizations supporting troops at Bethesda.



(U.S. Navy photo by Mass Communication Specialist 1st Class Jennifer A. Villalovos)

Master Chief Petty Officer of the Navy (MCPON) Rick West and Master Chief Petty Officer Rafael Felipe talk with Marine Corps Lance Cpl. Matthew Earle and his wife Helene during West's visit to the National Naval Medical Center.



(file photo)

Staff members at the National Naval Medical Center are dedicated to providing world class care.

# Town Hall Keeps Staff Informed of Construction on Base

By Katie Bradley  
Journal staff writer

Keeping staff members at Naval Support Activity Bethesda (NSAB) up-to-date on construction projects and traffic changes on base, a town hall meeting was held May 18.

Providing a snapshot of what staff can expect to see in the coming weeks, Jeff Miller, NSAB's transportation manager, stated that the completion of the large canopy that will be part of the pass and ID center at the North Gate is scheduled for completion within the next few weeks. While there will be single lane closures beginning this week, signs will be posted to help direct traffic.

At the South Gate, traffic re-

cently transitioned from one to two lanes, providing inbound and outbound vehicular access and allowing 24/7 access for pedestrians and traffic, Miller added.

"We're making sure we're getting a clear message out as to the availability of [South] gate," he said.

In addition, during the afternoon, when traffic begins to back up, staff and visitors can avoid congestion by exiting at the Navy Lodge gate from 2 to 6 p.m., or at the University gate from 2:30 to 6 p.m.

"If you are finding difficulty exiting in the [afternoon], as [Route] 355 tends to be [congested], you may want to consider exiting out of one of these gates," he said.

Miller went on to say that construction is also expected to continue at the intersection of North Palmer Road and Brown Drive until July, helping to improve alignment, functionality and safety. During this time, drivers should be aware of new stop signs in place, sidewalk closures and lane adjustments. Once this construction is finished, Miller said this intersection will be "a much better aligned intersection with [a] permanent four-way stop [allowing] truck travel to navigate freely where difficulties occur today."

Additionally, construction at Buildings 17 and 62 is well under way. Until completion, scheduled this summer, staff can

expect to see increased commercial vehicle traffic not only around these buildings, located near the barracks, but also around Buildings 9, 10 and the America Building.

Miller concluded, by reminding staff that safety remains a priority as construction projects continue, encouraging them to be aware of their surroundings.

"We're doing all we can to put together a plan that's as least impactful as possible," said Miller. "There is a short window for us to put all of these things in place; whether they [are] equipment, people, or belongings."

For more information about construction at NSAB, email Jeff Miller at [Jeffrey.Miller@med.navy.mil](mailto:Jeffrey.Miller@med.navy.mil).

## RIDE

### Continued from 4

"When I first started working in Facilities, I found out that one of my colleagues was also one of my neighbors. We got together and made it so our schedules would align in terms of start and finish times. We then made an agreement to carpool, went to [Pass] and ID office, filled out the application and received the hang tag for parking and we have been doing that now for about a year," said Egan.

Most drivers don't factor in all of the expenses required to commute back and forth to work alone. Adding up the daily costs of commuting to work, car repairs, regularly scheduled maintenance and rising gas prices,

there are many reasons to take advantage of alternative transportation.

"You [won't] have to drive your car as much, especially in and around where you live," said Emery. "If you live in Montgomery County it also affords you the ability to get home quicker using the (HOV) lanes," he added.

There are several ways to find a carpool partner. If you know someone who works in your department or division you can discuss schedules and line things up that way, or you can attend one of the weekly zip code meetings held in Building 1, room 1643.

"The commuter connections program that we subscribe to is a local database of commuters looking for ride share opportunities, so people plug their information in the system from

where they are starting from and they can ask the system to give results for five miles from where they live and a mile from where they work or more," said Emery. "The amount of information you share with this program is up to you and it is free to sign up."

Some commuters may be weary of entering into a carpool, because of possible unexpected emergencies that could arise causing you or the carpool leader to leave early. Another benefit of commuter connections is a guaranteed ride home program, which offers four free rides home per anniversary year, just in case. For assistance in utilizing the commuter connection site or any other commuting needs, contact Ryan Emery at [ryan.emery@med.navy.mil](mailto:ryan.emery@med.navy.mil) or call 301-319-3818.

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# Nutrition Department Promotes Vitamin D, Bone Health

Submitted by  
the Nutrition Department  
National Naval Medical Center

Vitamin D, a fat soluble vitamin essential for maintaining calcium, helps in mineralizing of the bones and acts as a hormone. A healthy diet with adequate calcium and vitamin D, along with regular physical activity, helps achieve strong bones and may reduce the risk of osteoporosis.

Other common forms of vitamin D, also referred to as calciferol, are vitamin D2 and D3. Vitamin D2 (ergocalciferol) is present in food, while D3, the most active form of vitamin D, is synthesized in skin by ultraviolet radiation.

An easy and reliable way to get vitamin D is sun exposure. A lack of sun exposure can lead to vitamin D deficiency. Symptoms of vitamin D deficiency include chronic pain, fatigue, weakness, fractures, depression, periodontal disease, rickets in children and osteomalacia in adults.

There are several other factors besides sun that affect availability of vitamin D, such as obesity, medical conditions such as celiac disease, crohn's disease, cystic fibrosis and following strictly vegetarian diet. If you feel you have low levels of vitamin D, you should ask your physician to check your blood level. You can also find ways to include vitamin D in your diet.

## Foods high in vitamin D

Some foods that are high in vitamin D include sun-dried shiitake mushrooms. A 3 1/2-ounce serving of cooked salmon provides about 90 percent of the daily vitamin D needed by the body. Fish like herring, sardines and tuna are also high in vitamin D. In addition, cod liver oil provides about 10,000 international (IU) of vitamin D in one tablespoon. Another very good source of vitamin D is milk. Two glasses of vitamin D fortified milk will help you meet most of your daily nutritional needs, but older adults will require more. Additionally, some fortified cereals can be a good source of vitamin D.

## Health Benefits of Vitamin D

Recent studies are showing that vitamin D is related to the reduction of inflammatory diseases, which can cause cancer, diabetes, hypertension, and also can prevent osteoporosis and build strong bones and teeth.

## Recommended Dietary Allowances (RDA)

RDA of vitamin D for children and adults under 50 is about 200 international units (IU) per day. Older adults require about 400 IU and those above 70 require about 600 IU per day.

For more information, call the Department of Nutrition Services at 301-295-4065.

## SAFE

Continued from 3

percent preventable. It has to stop," said Hill.

Parents can also prevent injuries this summer when it comes to swimming, he said, as many people will uncover their pools this weekend.

"You should always monitor your child while they're in the pool or water and never be more than an arm's length away from them. A lifeguard is not a babysitter. When your child is in the pool, you're in the pool," said Hill.

When cooking out on the grill, it's important to keep barbeques clean to reduce flare ups, he continued.

"There are 7,900 home fires per year with June and July being the peak months," said Hill. "This equates to \$80 million in direct property damage. Thirty-three percent of these fires start on a balcony or deck and a third of all gas grill injuries occur while lighting the grill."

Before lighting your grill, he said to check the tank and hose for leaks. It's also important not to wear loose, frayed or combustible clothing around open flames. In addition, he said, "Propane and charcoal grills should only be used outdoors, away from homes, deck railings and out from under overhangs and branches. Keep children and pets clear of the area and always let coals completely cool in a metal bucket away from the house after use."

Montgomery County Police Lt. Paul McCullagh went on to remind staff to drink responsibly.

"The number one cause of preventable death is drinking and driving," he said. "Absorption of alcohol depends on your size, weight, body fat, sex, the amount of food in your stomach and your use of medications — know your limits."

For more summer safety tips, and to find the Travel Risk Planning System (TRiPS) risk-assessment tool, visit [www.safety.center.navy.mil](http://www.safety.center.navy.mil). For safe grilling tips, visit the National Fire Prevention Association (NFPA) Web site at [www.nfpa.org/grilling](http://www.nfpa.org/grilling).



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