



The Journal

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Remember the Flag

**National Naval Medical
Center
Public Affairs**

Representing our country, our independence and unity as a nation, the American flag has a celebrated history. Flag Day, June 14, we celebrate our flag's birthday and remember those who have fought to protect it.

The first Flag Act, passed by Continental Congress on June 14, 1777, established an official flag for our nation, with 13 stripes and 13 stars. The Act of April 4, 1818, later provided for 13 stripes and one star for each state upon its admission. In 1960, the flag received its final change, the addition of the 50th star, representing the newest state, Hawaii.

In 1885, it has been said that students in Wisconsin began to observe a "flag birthday" in celebration of its resolution. The idea spread and many states

and communities began to carry on the tradition. After decades of state celebrations, in 1916, Flag Day was first established by the Presidential Proclamation of President Woodrow Wilson. President Harry Truman later signed an Act of Congress, declaring it a national holiday in 1949.

To this day, we continue to reflect on the stars and stripes. At Bethesda, each day, our Sailors traditionally raise the flag briskly in the morning, keeping it from touching the ground, and lowering it smartly in the evening. We respect the flag and those who gave their lives defending it.

(photo by Sarah Fortney)

Right: On Wednesday morning, members of the color guard, Hospital Corpsman 3rd Class Brandon Scott and Hospitalman Lauren Foreman, raise and salute the flag that soars in front of the hospital's Tower.



Web-based Tool Assists Service Members, Vets Find Jobs

**By Sarah Fortney
Journal staff writer**

A new web-based tool, now linked to the National Naval Medical Center's (NNMC) Web sites, is making it easier for military members, veterans and their families find jobs.

Military to Federal Jobs, or "Mil2FedJobs," created by the Department of Labor and Maryland's Department of Labor, Licensing and Regulation, translates military occupations into federal positions, said Rick Parker, a federal employment coordinator

who works at NNMC. Making the tool even more convenient, it was linked to both the hospital's public site and intranet May 24, he added.

"It helps us help our military members take their military occupation code and translate it into a relevant type [of civilian job]," Parker said.

By entering their branch of service, whether they serve as an officer or enlisted member, then plugging in their military occupation code, the site narrows down which civilian job openings most

closely relate, simplifying the search, said Parker.

Additionally, the site helps federal hiring managers understand which military codes most closely translate to civilian job openings, he said. Through the site, they can also learn more about military occupations and terms to better assess qualified candidates.

"It helps [federal hiring managers] interpret military positions. It helps them a lot," he said.

As a veteran himself, Parker can relate to those he assists on a daily basis.

Though it can be a challenging time for those in transition, as well as for veterans, Parker noted there are numerous services and programs available to assist.

"We're surrounded by a wealth of resources. We need to encourage people who are in transition to use the resources here that [are available]," he said.

Among the many resources available, such as wounded warrior program managers and recovery care coordinators, Naval Support Activity

See **JOBS** page 9

Commander's Column

With a heat advisory in effect for the D.C. area this week, and last week's thermometer registering in the 90s most days, it's definitely beginning to feel like summer. As you try to stay cool and start taking some of your well deserved leave please be safe.

Whether you're going for a jog or lounging by the pool, pay attention to weather conditions. Being out in extreme heat for too long can cause major sunburn, dehydration, heat exhaustion, and worst case scenario heatstroke.

According to the National weather service, heat causes more fatalities every year than floods, lightning, tornadoes and hurricanes combined. So I urge you to use caution while you're outside and don't forget to stay hydrated, especially while exercising and most importantly don't forget your sunscreen.

We all know the cooling effects of water on a hot sunny day and for a number of us it is second nature to be out on the water or in the water during the summer months. A recent American Red Cross survey shows a large number of adults have had an experience where they nearly drowned.

One of the golden rules of pool and water safety is learn to swim. As Sailors, this is a prerequisite, but if your love ones don't know how, they can take advantage of local community organizations that provide swimming lessons as well as CPR training. Also, have your cell phone within reach in the event that you have to call for emergency assistance.



As many of you are aware, consuming alcohol while boating is illegal and impairs your judgment, so please obey the law. You can also stay safe while on the water by making sure there are enough life preservers for every member in your boat.

Each year we lose a number of Sailors because they did not practice proper water safety. I'm counting on you as well as your family and shipmates to exercise sound judgment. As you enjoy your summer activities, don't forget to have fun, but always remember to keep safety first.

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

Bethesda Notebook

Frocking Ceremony Friday

All staff members are invited to attend a frocking ceremony Friday at 8:30 a.m. in the National Naval Medical Center's Memorial Auditorium. For more information, contact Hospital Corpsman 1st Class Bedard at 301-295-1322.

Walter Reed and Bethesda Patient Shuttle Change

The pick-up and drop-off location for the shuttle bus to and from Walter Reed and Bethesda has permanently changed. The new location is in the drop-off circle between the America Building and the America Garage. In addition, the shuttle now runs every half hour, Monday through Friday, from 5:30 a.m. to 6:30 p.m.

Weekday Worship Schedule Revised

Beginning Friday, June 10, the Catholic and Muslim worship schedules will be revised. Roman Catholic Mass will be held at noon Monday through Thursday, and at 11 a.m. on Fridays. Muslim Jum'ah Prayer will be held at noon on Fridays. All services will take place in the Main Chapel, located in Building 8 on the first floor. For more information on Pastoral Care Services, call 301-295-1510.

PUBLISHER ERROR

Due to a publishing error, a photo of Admiral Nathan ran on page 2 in the June 2 edition of the Journal. The photo accompanying the article should have been Capt. Michael Malanoski, commanding officer of Naval Support Activity Bethesda.

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'Say Something,' Speak Out Against Domestic Abuse

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

"He threatened me... punched a hole in the wall... cussed me out..."

This isn't a script from the latest movie. These are real scenes from the lives of as many as four million women victimized by domestic violence in the U.S. every year, like Army Sgt. Michelle Woods, a member of the 1st Sustainment Brigade of Fort Riley, Kansas.

Early one afternoon, Woods was trying to ignore the buzzing of her cell phone on the table next to her. Undoubtedly, it was her boyfriend, a fellow servicemember. His behavior had always bordered on obsessive, but lately it was escalating to a dangerous level.

"He started calling

me hundreds of times a day and, when I didn't answer, he would threaten to kill himself," recalled Woods. "I felt obligated to be [with] him, but then it got worse."

One day, he showed up at her apartment in Southern Louisiana, unannounced and absent without leave (AWOL) from his command, after driving 24 hours straight. Once there, Woods's boyfriend pushed her against the wall and punched a hole next to her head before holding a knife to his throat. When Woods didn't react, he grabbed her hand so hard he crushed it. Terrified, she called the police.

"I told him it was over," said Woods. "I started seeing someone else and he threatened to kill me and the guy I was seeing. I eventually changed my number, e-mail and all contact info

to get away from him. My heart still felt love towards him, but I was smart enough to realize that I was going to end up dead if I didn't get away. It took everything in me to finally break away from his abusive and manipulative control."

Every day in the U.S., three women and one man are murdered in domestic violence situations, according to the National Coalition Against Domestic Violence (NCADV). What can be done to put an end to this epidemic?

"Domestic abuse is a cycle," said Megan Williams, a domestic abuse victim advocate for the Fleet and Family Support Center (FFSC) at Naval Support Activity Bethesda (NSAB). "Tension begins to build before an incident of abuse occurs. Following an incident of abuse,

See **ABUSE** page 9

Patient Navigator

We are continuously interested in your feedback as our goal is to make your experience at NNMCM 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: How do Combined Food Operations and Clinic Nutrition Services work together?

A: The Combined Food Operations (CFO) and Clinical Nutrition Services is now one department. With integration, the two will become the Nutrition Services Department.

Q: What if I'm in a hurry and need to grab a bite to eat?

A: In April, the CFO began a Grab-n-Go service in the Galley offering breakfast and lunch sandwiches, juices, soda, coffee, hummus/chips, snacks, muffins etc. The service is available Monday through Friday between 8:30 and 10:30 a.m., and between 1:30 and 4 p.m.

Q: What options are available if I'm watching what I eat?

A: In March, the CFO began a Fit-n-Flavorful menu that offers healthier, made-from-scratch (lower sodium/fat/cholesterol) and/or vegetarian menu options.

Q: Where are other dinner options available in addition to Main Street?

A: Effective June 1, the dining room now serves dinner Monday through Friday from 4 to 6 p.m.

Q: How is the Galley going 'green'?

A: All disposable items (to-go flip trays, cups, salad/dessert containers) used in the dining room are compostable and/or biodegradable products. Even the disposable utensils are biodegradable because they are made from modified sugar cane starches.

Q: Who can eat in the large and small dining rooms in the Galley?

Both the large and small dining rooms are open to all civilian and military staff for dining.

If you would like to provide specific feedback on your experience, e-mail 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.

After Years of Dedication and Service, Capt. Nathan Retires



(photo by James Royal)

Capt. Tammy Nathan, center, dean of Expeditionary Programs for Navy Medicine Manpower, Personnel, Training and Education Command (NM MPT&E), retired June 3 after serving 22 years as a commissioned officer. To her left, is her daughter, Bobbie, and husband Rear Adm. Matthew Nathan, commander of the National Naval Medical Center.



(U.S. Marine Corps photo by Master Sgt. Rhonda L. Martin)

Fallen trees and downed power lines litter the campus of Tarawa Terrace Elementary School at Marine Corps Base Camp Lejeune, N.C. after a series of tornadoes caused severe damage throughout the Southeast.

**By Tracey Gold Bennett
NDW Public Affairs**

Downed trees, crushed cars, roofs ripped from houses, debris and destruction as far as the eye can see has been the scene from state to state across the country. In recent months, hundreds of people have died in the U.S. after tornadoes swept across several states.

On June 1 tornadoes hit Massachusetts killing four people. Likewise, in May, deadly twisters touched down and claimed lives in several states including Missouri, Oklahoma, Kansas, Alabama and Arkansas.

April saw an outbreak of

tornadoes across the South and Midwest which numbered in the triple digits.

"In April, there was the greatest number of tornadoes in one month dating back to 1950 for the United States," said Greg Carbin, Warning Coordinator and Meteorologist for the National Oceanic and Atmospheric Association.

While loss of life is the most catastrophic consequence of severe weather, personal injury, property damage, and disruptions to quality of life and everyday routine are also vestiges of a devastating storm.

"There have been 515 fatalities this year," Carbin said. "That is the highest

NDW Preps for Severe Weather

number of fatalities on record in one year since 1953."

Like any geographical area, including Naval District Washington (NDW), its assets and community are vulnerable to damage from storms boasting high winds, precipitation, and flooding.

Commanding officers, in collaboration with activities, including Naval Support Activity Bethesda, and external supporting agencies, have severe weather plans in place. In order to reduce the likelihood of damage to facilities and to ensure the safety of personnel.

"In early May, we initiated the NDW Region-wide annual destructive weather planning effort to review and update our plans, incorporating lessons learned," said Thompson Gerke, Senior Operations Planner for NDW.

"The focus of this planning and preparedness effort is at the installation level. The goal of the NDW Headquarters staff and supporting regional organizations such as FISC (Fleet and Industrial Supply Center-Norfolk Washington Detachment) Washington and NAVFAC-Wash-

ington is to set the installations up for success. Tenant activity involvement in this planning effort is also critical."

Even with planning, Gerke said severe weather poses challenges for NDW.

"The toughest challenge NDW faces is balancing a prudent destructive weather preparedness posture against mission requirements and available manpower, fiscal, and other resources to provide an acceptable degree of protection against the potential effects/consequences of a storm."

NDW is utilizing some innovative technological mechanisms to keep those working and living on bases informed of weather related emergencies.

The Wide Area Alert Network (WAAN) mass notification system provides warnings to base populations in a severe weather or emergent security situation.

The At Hoc Self Service client, a software application on Navy/Marine Corps Intranet (NMCI) computers, which appears as a purple globe icon in the users system tray, sends notification to

NMCI users of key operational events or emergencies. As long as users are registered, alerts can be received on work and home emails, phones, and mobile phones via voice and text.

Giant Voice, which is a loudspeaker public address system, also enables security and emergency management personnel to provide necessary warnings that conditions outdoors have turned dangerous and informs personnel to seek safety indoors.

If you would like to be informed of changing operational conditions and emergencies at your base, or obtain more information on registering for phone, email or text alerts from the WAAN, please visit the NDW WAAN page at www.cnmc.navy.mil/NDW/About/WAAN/index.htm.

For additional information on how to plan and prepare for destructive weather, please visit the Federal Emergency Management Agency's (FEMA) Web site at www.ready.gov.

USNS Comfort Arrives to Help People of Colombia

**By Mass
Communication
Specialist 2nd
Class (AW/SW)
Jonathen E. Davis
Continuing Promise
2011 Public Affairs**

USNS Comfort (T-AH 20) arrived in Tumaco, Colombia, for its fourth mission stop during Continuing Promise 2011 (CP11) on June 2.

During *Comfort's* visits to Jamaica, Peru and Ecuador, *Comfort's* crew of military and non-governmental organization workers have provided humanitarian civic assistance to nations in need. Currently, there are 33 Sailors from Bethesda serving onboard the hospital ship.

"*Comfort* is a symbol of partnership as we have other nation's countrymen aboard helping with the mission," said Capt. Anne Mitchell, *USNS Comfort* director of nursing services. "It truly shows our motivation and dedication to partner with other nations bringing our expertise together to provide the best patient care we can for the people."

Comfort's deployment to the region exemplifies the U.S. commitment to cooperative partnerships in the Caribbean, Central and South America. The ship's arrival to Colombia not only serves as a means to assist the local community, but also gives one embarked Air Force senior airman the opportunity to possibly visit his 7-year-old daughter.

"It's been two years since I've seen her," said Air Force Senior Airman Cesar Salgado, a native to Colombia, who left his country six years ago to join the U.S. Air Force. "It feels really good to come back to her and to also help my people of Colombia. The Continuing Promise mission is about helping and changing lives. I'm glad to be able to represent it."

Comfort's hospital, the Medical Treatment Facility (MTF), is configured with specialized medical teams of military and civilian health care providers. These caregivers provide a range of services ashore, as well as on board the ship for approximately 250 patients. Aside from medical capabilities,



(U.S. Air Force photo by Senior Airman Kasey Close)

Hospital Corpsman 2nd Class Toshi Rozzell, from Atsugi, Japan, shows a patient her blood pressure measurement during a Continuing Promise 2011 medical community service event June 4 at Escuela Max Seidel in Tumaco, Colombia. Continuing Promise is a five-month humanitarian assistance mission to the Caribbean, Central and South America.

Navy Seabees and U.S. Marines from Navy Mobile Construction Battalion 28 will continue CP11's work during civic engineering projects where they will repair schools throughout the community.

COMUSNAVSO/COM-FOURTHFLT supports U.S.

Southern Command joint and combined full-spectrum military operations by providing principally sea-based, forward presence to ensure freedom of maneuver in the maritime domain, to foster and sustain cooperative relationships with international partners and to fully exploit

the sea as maneuver space in order to enhance regional security and promote peace, stability, and prosperity in the Caribbean, Central and South American regions.

For more news from U.S. Naval Forces Southern Command & U.S. 4th Fleet, visit www.navy.mil/local/cusns.

Bethesda Educates, Keeps Sailors Dental Ready

Naval Postgraduate Dental School Graduates 20 Officers

By Mass Communication Specialist 2nd Class John K. Hamilton
Journal staff writer

With the hustle and bustle of our daily lives, one might think there is not enough time for a daily oral health care routine stringent enough to prevent cavities and periodontal disease, but at the National Naval Medical Center's (NNMC) Dental Readiness Clinic oral hygiene is a priority.

"We do cleanings, exams and operative procedures," said Hospital Corpsman Seaman Justus Casino, a dental assistant in the Dental Readiness Clinic. "We also provide education on oral hygiene, and teach brushing techniques. Most people don't actually know how to brush their teeth correctly, so we set them up with a basic routine on how to maintain their oral hygiene."

To keep track of service members' pearly whites, the Dental Readiness Clinic uses a four step class system, indicating the severity of necessary dental work, Casino said. A service member designated "class

one" is readily deployable with no hold ups from dental. "Class two" indicates a service member needs some work, but not substantial enough to delay deployment. Those who are "class three" require dental work to be completed within six months; otherwise, they will be unable to deploy. "Class four" means you haven't had an exam in the last year and will, therefore, be delayed from deployment until they have an exam.

"The hardest part of my job is getting people in here," said Casino. "The goal is to have less than five percent of service members at the command on the class three or four list."

With the integration of Walter Reed Army Medical Center and NNMC, the Dental Readiness Clinic recently expanded their clinic to accommodate the growing number of medical personnel and patients by increasing its dental operatories from eight to 21.

"There will be changes. We're looking at a lot more people coming here [who] haven't been coming before," said Dr. Galiber Armstead, acting department head of dental readiness. "We have this tremendous new clinic that has been built for us to accommodate the new patients we will see once Walter Reed is fully integrated."

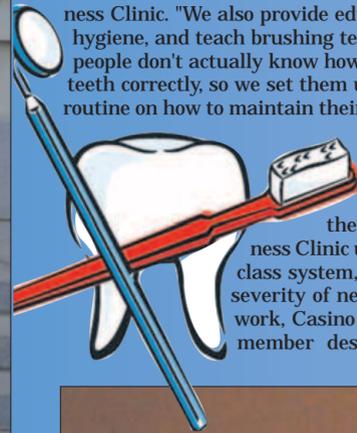
In between exams, Casino suggests, the best way to keep your mouth as clean as possible is by brushing and flossing daily — and doing so

correctly.

To carry on this mission, educating patients on proper oral hygiene, 20 dental officers who graduated June 3 from the Naval Postgraduate Dental School (NPDS) will go on to practice, teach and conduct research in support of the Dental Corps and Navy Medicine. NPDS, which began as the Dental Department of the United States Naval Medical School in 1923, is now under the command and support of the Navy Medicine Manpower, Personnel, Training and Education Command and conducts advanced specialty programs for dental officers, such as periodontics, prosthodontics, oral pathology, comprehensive dentistry, endodontics, orofacial pain and maxillofacial prosthetics.

Having completed their fellowships and residencies, the graduates, representing three services and a total of seven different disciplines, received their certificates during a graduation ceremony in the National Naval Medical Center's Memorial Auditorium. Among the graduates, 10 completed additional courses and research projects, qualifying them to receive their Masters of Science in the Health Sciences degrees from George Washington University.

For more information on the Dental Readiness Clinic, or to make an appointment, call 301-295-5411.



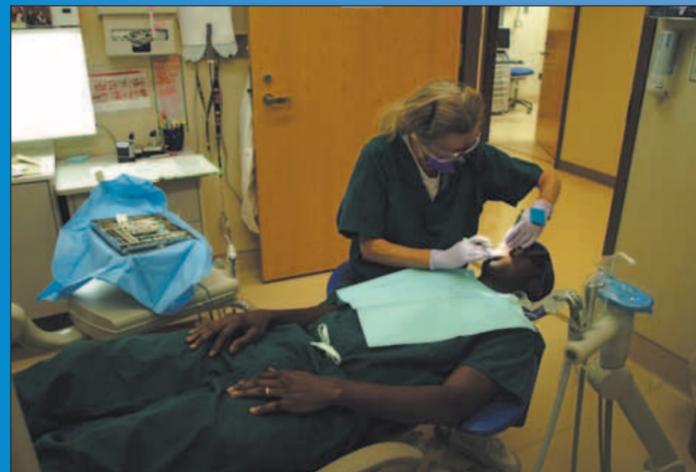
(photo by Hospital Corpsman 2nd Class Pablo Mercado)

The Naval Postgraduate Dental School graduates pose outside of the National Naval Medical Center's Building 1. The graduates represent three services and seven different disciplines.



(file photo)

At the National Naval Medical Center, the Dental Readiness Clinic not only conducts routine cleanings, examines and operative procedures, but also educates on oral hygiene and brushing techniques.



(photo by Sarah Fortney)

Hospital Corpsman 3rd Class Roland Kiendrebeogo has his teeth examined in the Dental Readiness Clinic on Wednesday by Margit Bergquist-Tracey, a registered dental hygienist.



(photo by Hospital Corpsman 2nd Class Pablo Mercado)

On June 3, the Naval Postgraduate Dental School graduated 20 dental officers during a ceremony in the National Naval Medical Center's Memorial Auditorium. After completing their residencies and fellowships, the graduates will go on to teach and conduct research in support of the Dental Corps and Navy Medicine.

Intensive Care: Inside the Bethesda NICU

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

Leafing through one of the three albums stuffed with photos of giggling, smiling babies in the waiting room of Bethesda's Neonatal Intensive Care Unit (NICU), you would never guess all were born critically ill.

"We care for an average of 400 critically ill infants a year. These babies are our legacy," said Lt. Cmdr. Carrie Easton, NICU Division Officer at the National Naval Medical Center (NNMC). "We do basically everything but cardiac surgery for high risk babies here."

The 24-bed unit, a level three NICU, provides the highest level of intensive care, on a national scale, to infants with extreme prematurity or who are critically ill and require highly technical interventions, said Easton. Additionally, it is the only military NICU in the national capital area (NCA) until DeWitt Army Hospital opens their level two unit later this year.

"NICU as a field of nursing is somewhat younger than other areas of nursing and we have definitely evolved in recent years," said Easton. "Here at NNMC, we have a very sophisticated NICU that sustains life for babies who are born before they reach 34 weeks gestation, as well as babies who require intervention because they are sick or distressed, potentially because of a congenital abnormality or labor complication."

At NNMC, the nearly 40 member NICU nursing team along with physicians and respiratory therapists ensures that as their tiny patients are being cared for, their families are too.



(file photo)

Lona Leeson and her son, Noah, pose for a photo during last year's Neonatal Intensive Care Unit (NICU) picnic, which they hold each year to allow former patients and staff a chance to reunite and reminisce. This year's picnic will be held Saturday at the baseball fields near the Uniformed Services University of the Health Sciences.

The NICU features a "rooming in room" where parents can spend the night with their child and learn how to care for them with their medical needs, while help is just outside the door.

"It's a way for them to practice caring for their special needs infant while still having the support of trained medical professionals in the vicinity," said Easton. "We work really hard to work with the families, and do a lot of teaching with the parents because sometimes their baby will go home with medical equipment that they need to feel comfortable using. We are very family-centered."

When not "rooming in," parents are allowed at the bedside nearly 24 hours a day. Additionally, although there are no beds for visitors in the units, the NICU staff helps facilitate accommodations for the family to stay at one of the five Fisher Houses on Naval Support Activity Bethesda (NSAB).

"When we get a baby who is sick, we get involved with not only what we know medically, but what we can help the family with emotionally. We do it all," said Sara Pacheco, a registered nurse who has been with the NICU for more than 13 years.

Being so involved can be emotionally taxing, said Pacheco, but the NICU staff rallies around each other just as they do the families of their sick patients.

"The NICU staff, we're like a family," said Pacheco. "We are so supportive of each other."

At the NICU's annual picnic and reunion, former patients, families and nurses meet at the baseball diamond, located on NSAB near the Uniformed Services University of the Health Sciences (USU), to reconnect and reminisce. This year's event will be held Saturday from 11 a.m. until 3:30 p.m.

"The picnic is a great time," said Easton. "Watching babies who are completely dependent on the interventions we provide get better and become independent is always wonderful, but it's bittersweet to watch them go. So, when they come back with their family, we can see their progress since they were discharged, which is always a great thing."

For more information on the NICU reunion, please contact Grace Hay, NICU nurse, at ferne.hay@med.navy.mil.

ABUSE

Continued from 3

there is usually a period of time, often called the honeymoon or calm phase, in which abuse does not occur and the abuser may try to make up for the abuse."

Often, apologizing, gift-giving, and promises that there will be no further abuse are offered to give the victim a sense of renewed hope. Inevitably, tension begins to build again, and another incident occurs. Over time, the "honeymoon" phase may disappear completely and many victims begin to blame themselves, developing the mindset that their inability to avoid their partner's triggers causes the abuse, said Williams. She added that abuse can be present in any past or present relationship and can happen to couples of any gender, age range and financial standing.

To help military families break the cycle of violence, FFSC's Family Advocacy Program (FAP) provides a number of services including victim advocacy within the military and

civilian community. Victim advocates provide safety planning that is specific to a victim's situation, as well as education, resource information and crisis intervention. They can also accompany the abused to appointments and court hearings as needed, as well as coordinate with the service member's command to ensure victim safety. Victims also have access to counseling and groups to heal from their abusive relationships.

"If you are the victim of domestic abuse, it is never your fault and you always have the right to be safe," said Williams. "FAP staff can provide services, support, information, and assist the victim in creating a plan for safety at any time during their relationship; however, only a victim can decide when he/she is ready to leave an abusive relationship. If a victim decides to leave the relationship, the staff at FAP can assist with that process as well."

Leaving was one of the most difficult things Woods has ever done.

"I always wondered if I did the right thing by leaving him instead of sticking by him. Then, I met another service member who said something to me that I will never forget, something that changed my perspective.

He told me that under the rules of engagement every service member must follow while at war, [that no service member is] allowed to abuse the enemy or innocent civilians, so why would it be ok to abuse me? These words made me realize that it wasn't my fault," said Woods. "It gave me a sense of peace and closure that helped me move on and close that chapter of my life. I finally felt safe. There's no good excuse, be it work, substance abuse or allowing someone to physically hurt you."

At NSAB, safety of victims is a key priority when service members are part of a domestic dispute.

"When a service member is involved in a domestic violence situation off-base, a temporary restraining order will be issued to the victim in civilian court, and if the victim is a service member a military protection order will be granted as well," said Master-at-Arms Chief Robert Hebron, deputy security officer for NSAB, adding that a military protection order bars the person accused of domestic violence from coming on base as a civilian. Hebron also noted that if the perpetrator is a service member, it can adversely affect their career.

"If you are convicted in a civil court of domestic violence, you cannot possess a firearm, which limits the type of billets you can apply for and the types of jobs you can do in the military," he said. "You will have to rescreen for another job if you're in a rating that requires the use of a firearm, and any legal charges will affect your evaluations. You can ultimately be separated from the Navy because of it."

Only the commanding officer of a military installation can lift a military protection order, and only after both parties have completed requirements set forth by the command. Additionally, if there are further domestic disputes following the lifting of the order, it can immediately be put back into place, said Hebron.

"I know no one wants to be a victim," said Hebron. "If you or someone you know is being hurt, say something, because keeping our service members safe and taking corrective action for it on base is our job."

For more information on domestic violence or to report a domestic situation, call Fleet and Family Support at 301-319-4087.

JOBS

Continued from 1

Bethesda's (NSAB) Fleet and Family Support Center (FFSC) helps prepare those in transition.

The office offers monthly walk-in resume reviews and scheduled

mock interviews, said Anne Bloesl, Transition Assistance Management Program (TAMP) manager. Working along with Human Resources, Bloesl added, the FFSC also offers a federal employment workshop, helping service members identify transferable skills and assisting with the job search process. In addition, next fiscal year, there will be

24 Transition Assistance Program (TAP) classes available for all active duty members and their family members.

Bloesl went on to encourage individuals to look at it as a fresh start, stating, "You've got a white board in front of you. You can use those skills [you have] and build on them. It's a new highway, and [we're here] to

help guide them."

To use the new Mil2FedJobs, visit www.mil2fedjobs.com, or click on the "Military Workforce Exchange" link at the bottom of NNMC's home page, or under "Everyone Links" on the hospital's intranet. For more information on upcoming FFSC programs and available resources, call 301-319-4087.