



# The Journal

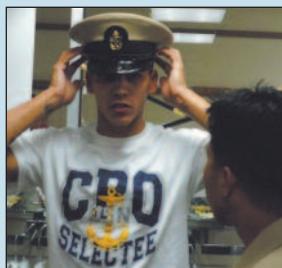
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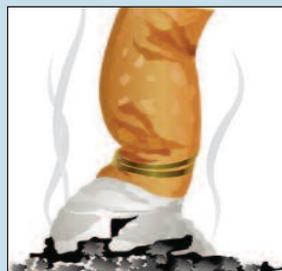
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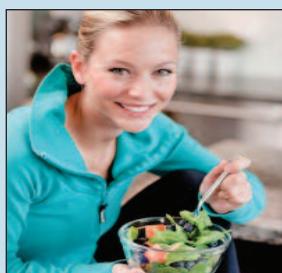
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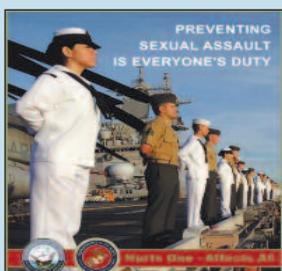
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# Wounded Warriors Mark Completion of the Tranquility Hall Barracks

By NAVFAC Washington  
Public Affairs

Naval Facilities Engineering Command (NAVFAC) Washington hosted a ribbon-cutting ceremony for the Wounded Warrior Barracks at Naval Support Activity Bethesda (NSAB) on Aug. 11.

The ceremony also marked the completion of a redesign of the historic Building 17. Patients will transfer from facilities at Walter Reed Army Medical Center (WRAMC) to the new Wounded Warrior Barracks before Sept. 1.

Clifford L. Stanley, the undersecretary of defense for personnel and readiness, said the new facilities are symbols of the military covenant of caring for troops whether they are at home or



(photo by Mass Communication Specialist Seaman Dion Dawson)

**Key military leaders and wounded warriors cut a ribbon Aug. 11 to dedicate the new Wounded Warrior Barracks and Wounded Warrior Complex at the National Naval Medical Center.**

deployed, and after hospital and [this center] is symbolic of that," said Stanley.

"Our covenant is for life, "The term 'barracks'

doesn't quite do this facility justice," said Rear Adm. Christopher Mossey, commander, Naval Facilities Engineering Command and Chief of Civil Engineers. "Since the construction team broke ground for Tranquility Hall last February, they have worked tirelessly -- around the Clock -- to achieve one singular, uncompromising goal: To overcome any challenge to build and deliver these world-class berthing, dining, and fitness facilities on time for our men and women who have been injured in the service of our country."

The two barracks towers contain 153 suites, which will house up to 306 residents. The suites that include two bedrooms, each

See **BARRACKS** page 4

# Mental Health: Erasing the Stigma, Promoting Wellness

By Mass Communication  
Specialist John K. Hamilton  
Journal staff writer

At the National Naval Medical Center (NNMC), health care providers want everyone to remember that mental well being is just as important as physical health.

Encouraging all staff to take advantage of the programs in place to help manage stress and improve mental health, NNMC is working to break down the stigma.

Hospital Corpsman 1st Class Dextro Gob, leading petty officer of Behavioral Health clinic at NNMC, suggests minding mental health issues like any other medical condition or disorder, and understanding they can be treated just as well and that coming to see a mental health provider doesn't mean it will adversely affect your career because you sought help.

"Service members [may have] a difficult time seeking help for their mental health. [That] is a persistent issue," said Gob. "The big stigma is that once they show up for a mental health appointment, they are afraid it is going to limit their advancement options, ability to choose their own orders, or ability to maintain a security clearance. It is our job here to educate people, that this is not the case."

The Behavioral Health clinic offers several programs and works in conjunction with many departments in the hospital to provide the best mental health care, added Gob.

"We provide, psychotherapy, group, individual counseling, any type of support, outreach to the command, and the Traumatic Brain Injury (TBI) program is really active in this department, and we actually work in direct partnership with them, caring for Wounded Warriors with TBI and Post Traumatic

Stress Disorders (PTSD)," said Gob.

Not only is it important for patients to keep their stress levels down and mental health in good reprieve, but service providers can also succumb to the anxiety, depression, and mental health issues caused by stress.

"We are concerned about fatigue, compassion fatigue and secondary trauma of our staff and Wounded Warriors' family members. As part of the recently implemented resiliency service, our goals are to provide support and strengthen the staff, patients, and their families' abilities to cope with stress, and promote psychological health and wellness," said Lt. Michelle Tsai, assistant service chief of resiliency service and clinical psychologist at WRNMMC. "The service focuses on prevention, but not treatment. In prevention, we try to minimize the problem before it has a chance to escalate into something more

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## Commander's Column

Okay gang we are in the home stretch of our integration with Walter Reed.

As we continue to foster synergy and create historic beginnings, we must not lose sight of what's most important — patient care.

Regardless of which uniform you wear, or don't wear, we are all here working to meet the same mission, and that's patient care and the safe transition of Warriors and their families from Walter Reed to the Bethesda campus.

As we continue to make history here we will also make miracles. On this installation, which is notably about the size of the Mall of America, we are joining forces to enhance the quality of care, while using our expertise and advanced technology to save and enhance the quality of life of many wounded, ill and injured.

Our integration efforts, which have been in motion over the last several years, are becoming a reality.

We are bringing together the expertise from two renowned facilities; that is now largely apparent in the new, world class facilities that are already up and running — the America and Arrowhead Buildings, National Intrepid Center of Excellence (NICoE), Wounded Warrior Complex and Barracks, new parking structures, and numerous projects currently wrapping up to accommodate the additional staff and patients coming on board.

Further, we are enhancing treatment and recovery for our troops with



our research within the medical institutions on base. As we prepare to officially open our doors as the new Walter Reed National Military Medical Center Bethesda, in just a few short weeks, please continue to let patient care be your guide.

I'm looking forward to this new venture, and I know, as an integrated facility, we will continue to uphold our fine reputation.

During this time of transition, I want to thank you again for your efforts. As NNMC and WRAMC merge, please know the outstanding world class care that they receive will not rest upon the new structures erected, it will be because of your dedication.

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

## Bethesda Notebook

### PFA Cycle Begins in 10 Weeks

The Cycle 2 2011 Physical Readiness Testing (PRT) cycle begins in less than 10 weeks, and scheduling for the Body Composition Assessment (BCA) and PRT opens Sept. 1. Courtesy BCAs will be conducted until Oct. 7, allowing active duty members to gauge where they are before the cycle begins. Sailors are encouraged to complete their PARFQ now, allowing time to be evaluated and cleared by a PCM, or to be issued a medical waiver. All waivers are due by Sept. 15 to the PFA Office, located in Building 11, first floor. For more information, contact the PFA Office at 301-295-5502.

### State of Maryland Tax Free Week

The sales tax holiday for back-to-school shopping in Maryland is scheduled for August 14-20, 2011. Tax-free shopping during this time is applicable to clothes and shoes under \$100. For more information, visit <http://business.marylandtaxes.com/faq/faqansalesuse/q17.asp>.

### What is TSP and How Do I Use it?

The Fleet and Family Support Center (FFSC) is hosting a class Aug. 25 to explain the Thrift Savings Plan (TSP), how to set it up, how to make an investment and how to manage it. The class, open to all active duty, federal government employees and spouses, will be held from 10 to 11 a.m. in Building 11, room 18. To register, call 301-319-4087, or sign up online at <http://tinyurl.com/TSP-25Aug11>.

### Pass & ID Office Temporarily Reduces Hours

Naval Support Activity Bethesda's (NSAB) Pass and ID office, located on the first floor of Building 2, will close early on Friday at 11 a.m. Operations will return to normal on Monday, Aug. 22. For questions, contact Troy High, NSAB Security Director at 301-295-5479.

## Correction

The story that ran on page 6 in the *Journal* on Aug. 11, titled "Blood Center Seeks Platelet Donors," was written by Mass Communication Specialist Seaman Dion Dawson.

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### 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

# Gender Equality Evident in Today's Military

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

This year marks the 91st anniversary of the passage of the 19th Amendment, which gave women the right to vote; however, the fight for women's equality began long before Aug. 26, 1920, now recognized as Women's Equality Day.

Despite having served in various positions with the military since the Revolutionary War, World War II (WWII) saw the first women officially allowed to aid the military in capacities similar to their male counterparts.

Today, with male and female service members enjoying the same advancement rates, pay and entitlements, it's easy to take equality for granted. Col. Ellen Forster, deputy commander of nursing at the National Naval Medical Center (NNMC), who has been in the Army for nearly 30 years, has seen the changes that had to occur to make this a reality.

"I have witnessed women achieve phenomenal success over the course of my career," said Forster. "Gender equity in traditionally male dominated careers, whether in submarines, on the front lines, commanding combat support hospitals in theater and even rising to the level of surgeon general are evidence of this evolution."

As a leader, Forster said she advises all her female staff members to remain competitive academically and professionally to succeed.

"Women who are self-aware of their own strengths and weaknesses and are capable of adapting these traits in complex situations are more likely to excel in today's ambiguous environment," she said. "Women can do anything



men can do, and some things even better, particularly balancing career and home lives. Women should never feel inferior."

Culinary Specialist Chief Sarmaine Johnson, command chief at Naval Support Activity Bethesda, has also seen changes occur during her career tenure.

"Ten years ago, women weren't deployable on certain ships, or submarines," she said. "Today, women can go anywhere, and I feel like if a female service member wishes to do so, now is the time. The opportunity to be successful in any aspect of your career is out there."

Johnson continued no woman should feel limited in the military as long as she remembers why she enlisted, works hard and remains humble.

"Remember why you joined the Navy, because by keeping that in sight, a woman can absolutely do anything a man can. I am so inspired seeing young women come from nothing and enduring life's challenges to be successful. Single mothers, divorcees, women who take care of their whole family, females going to college and working, deploying ... Girl power," Johnson said.

Younger service members like Religious Program Specialist 3rd Class Yeini Alvarez of NNMC can't recall a time when their options in the military were limited.

"As long as I have been in the Navy I have always been treated with the same respect as my male counterparts," she said. "I know that the person I am serving next too, male or female, who wears the same rank as me, makes the same money. They have the same shot at advancing as I do, and above all, I know that the Navy looks at them with the same value as they see me. That's a good feeling."

Alvarez's male assistant lead petty officer, Religious Program Specialist 1st Class Ashley Hudson chimed in, "I don't see gender. At the end of the day, whether Alvarez is a female or male doesn't matter as long as her integrity and core values are intact. As long as a military member has honor, courage and commitment, I trust them to have my back and serve beside me."

## Chief Selection Process Adds Finishing Touches to Prospective Chiefs

By Mass Communication  
Specialist Seaman  
Dion Dawson  
Journal staff writer

Humbled, honored, joyful, exuberant, privileged. These are words Hospital Corpsman Master Chief Petty Officer David Hall used to describe his feelings upon learning of the new chief petty officer selectees.

While many people may not be familiar with the chief selection process, after the selectees are announced, Hall and other senior enlisted leaders at the National Naval Medical Center (NNMC) assist in the final steps of the transition process of prospective Navy chiefs.

"Once the Sailor is notified of their selection, they go through a transition period that involves training, reiterating the values and ideals of a chief petty officer in the United States Navy," said Hall, sen-

ior enlisted leader for the deputy commander for clinical support with NNMC. "The time between learning you have been selected and being pinned as a chief is between six and seven weeks. During that time, the selectee is given additional tools and training that's needed to succeed as chief."

Hall said that while the pinning ceremony is a culmination of years of training and studying, the training never stops.

"I think as Sailors, we try to rush the process, instead of letting it come to us. Everything in this transition is time-based," he said. "The change is not overnight. The selectees all have individual traits and qualities that are important to their success. No quality is greater than another quality because everything works together in effecting the success of a chief."

It is important as a chief to know

your Sailors because being attentive and aware of their needs and concerns is vital to the overall effectiveness of a chief's leadership, Hall said.

The transition from first class petty officer to chief stretches weeks, but assistance is always available after that.

"The training and sponsorship doesn't stop after six weeks, it continues throughout the next year," said Senior Chief Petty Officer Luis Gonzales, senior enlisted leader for Directorate of Nursing Services with NNMC. "We have senior enlisted sponsors that are assigned to each selectee. Whenever they have questions or need help, we will be right there to assist in any way we can. We will continue to take care of our Sailors, officers and enlisted."

Gonzales said being a chief means being a professional and technical expert while possessing

the highest and utmost respect through proper communication.

"Communication is a must," advised Gonzales. "I believe that people should over communicate. A lot of times, orders and instructions get lost in the shuffle when it gets communicated from superiors to the Sailor on the lowest level."

Tailoring advice specific to certain areas where improvement is needed is vital, said Gonzales.

"I tell them all to be honest and true to themselves, their family, the Navy and the mess and never forsake any of them because they are all intertwined," said Gonzales. "Everybody struggles, but it is a process. If it was an easy job, everybody would do it."

The chief pinning ceremony will take place on Sept. 16 in the Memorial Auditorium.

# BARRACKS

## Continued from 1

with its own private bathroom, a central living room, and full kitchen, were designed to make life as comfortable as possible for the wounded warrior, featuring wide hallways, roll-in showers, wheel-chair accessible kitchens, flat screen TVs, dishwashers, and other furnishings.

A wing which connects the towers features a large dining room and state-of-the-art kitchen which will serve an anticipated 1,500 meals daily. Other rooms in the facility will serve as offices for multiple commands, representing each military branch to support wounded warriors.

"This lodging facility that you see right here is truly an intermediate care facility of the best order and it is world-class," said Vice Adm. John Mateczun, commander, Joint Task Force National Capital Region Medical (JTF CAPMED).

Building 17's construction and redesign preserved the historic architecture of the existing buildings on campus. It is also one of the finest fitness facilities in the Department of

Defense, offering an Olympic-sized swimming pool with full wheelchair access, a gymnasium with an elevated track, racquetball courts, a full weight-room and cardio fitness center. Building 17 also includes an evidence based redesign featuring a glass-enclosed atrium that takes advantage of natural lighting and will be used for administration and laboratory research.

"We were able to incorporate a lot of different design ideas into this building," said Capt. Steve Hamer, commanding officer, Officer-in-Charge of Construction (OICC) Bethesda. "This included a parking garage under the building, a green roof on the new building and bringing the historic building up to Anti-terrorism Force Protection standards while still preserving its historical significance."

OICC Bethesda, a field office of NAVFAC Washington, is responsible for construction at NSA Bethesda and National Naval Medical Center (NNMC) Bethesda to support the influx of patients and staff when WRAMC and NNMC Bethesda integrate into Walter Reed National Military Medical Center Bethesda (WRNMMCB) in September 2011.

For more news from other bases around the Washington, D.C. area,

***visit [www.dcmilitary.com](http://www.dcmilitary.com).***

# NSAB Continues to Explore Commuter Solutions

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

The Sept. 15 BRAC deadline is quickly approaching, as Naval Support Activity Bethesda (NSAB) continues to provide support to more than 35 tenants with differing needs.

There are numerous demands that NSAB is tasked with fulfilling, but as integration nears completion parking has quickly made its way up

the list.

NSAB has played a major role in the integration of Walter Reed Army Medical Center and the National Naval Medical Center into one world class Flagship of military medicine that promises to provide top notch patient care to all that enter its doorway.

"NSAB is in support of the Medical Center in providing support for our wounded warriors in providing wounded warrior barracks, child care facilities, and safety and security for all during this transition period and beyond," said Capt. John

Lamberton, Executive Officer of NSAB.

Parking is a at a premium and NSAB leadership wants to remind staff that patient care, safety and security will continue to come first.

"Our mission is, and always will be, patient care," said Ryan Emery, NSAB's transportation program coordinator. "Patients and families come first, and there will always be a place for our patients to park."

Capt. Michael Malanoski, Commanding Officer of NSAB went on to add, "This is a tough problem. We appreciate the support of all the tenant commands in working to a solution. I expect August and September to be particularly challenging as we adjust to our increase in staff and patient visits. The changes we are proposing are major and are not taken lightly. However, when the dust settles, I believe that the people who need to have a parking place will have one, and we will continue to meet our mission."

With the Washington Metropolitan Area Transit Authority (WMATA) station, Medical Center, located across from the South Gate, many commuters may find Metro to be a viable commuting option. Trains run from 5 a.m. to midnight on weekdays, with fares starting at \$1.60.

Department of Defense employees and military members are also eligible for the National Capital Region's (NCR) transit benefits program, which will pay for up to 100 percent of commuter's public transportation costs.

"Other options include riding bicycles, car or van pooling, walking or other area subscription buses which service such areas as Baltimore, Columbia, Bowie and Annapolis."

"The installation has been looking at commuting options and parking for quite some time," said Emery. "We understand staff are already making sacrifices regarding their commute, but they may have to look at even further options. We know that the first few months will be rough, but once everyone settles into the new routine, I think people will realize that it has gotten better."

In addition, NSAB has been pursuing both on and off campus parking expansion opportunities, that will be implemented after the integration and will continue to do so.

Emery will be conducting weekly car pool information sessions, featuring different areas. The meetings will demonstrate to staff how to sign up for the car pool database and allow for personnel to meet potential commuting buddies.

For more information about commuter solutions or to register for upcoming classes, please email Ryan Emery at [ryan.emery@med.navy.mil](mailto:ryan.emery@med.navy.mil).

For more news from other bases around  
the Washington, D.C. area,  
**visit**  
**[www.dcmilitary.com](http://www.dcmilitary.com)**

# NSAB Introduces First Fire and Emergency Service Ambulance

By Mass Communication  
Specialist Seaman  
Dion Dawson  
Journal staff writer

Naval Support Activity Bethesda (NSAB) unveiled its new ambulance unit Monday, complete with basic life support capabilities.

The goal of NSAB's emergency management services (EMS) program is to provide treatment to those in need of urgent medical care on campus, treating the present conditions of the patient, and arranging for the timely transportation of the patient to the next point of definitive care, said William Holzberger, fire chief with NSAB.

"With the new unit (Medic 750) active, we are able to react quicker to emergencies on the installation," said Holzberger. "It's a positive beginning because with our dependence on the Montgomery County Fire Department's mutual aid so important, this service allows us to help when the problem requires life support."

As fire chief, Holzberger is responsible for overall fire emergency services that are delivered on this installation, relating to EMS and hazardous materials (HAZMAT). He added that the ambulance is put into service as a basic life support supplier for 30 days before it can move ahead to offer advanced life support.

"This means a lot to me that we are getting this EMS system up and running and it feels great," he said. "We can provide more services to wounded warriors, service members and staff on the installation."

Holzberger said advanced life support will also bring the opportunity to administer medication and



(courtesy photo)

**A new emergency medical service (EMS) ambulance was unveiled Monday by Naval Support Activity Bethesda (NSAB) with Basic Life Support (BLS) capabilities, which will culminate in an Advanced Life Support (ALS) program in the coming weeks.**

an intravenous drip feed.

"The plans are to make the fire engine a paramedic engine, so that if my medic unit is tied-up with a transport for the hospital, we still will have the capabilities on the fire engine on base," Holzberger said. "Hopefully, in the future we can transition from one paramedic unit on base to two units, with the fire engine being a paramedic also."

He added, "This was an older unit that was internally rehabbed by the firefighters. They are the ones that are putting their heart and soul into putting out the best service they can to the new Walter

Reed National Military Medical Center Bethesda (WRNMMCB) and NSAB."

With Medic 750, firefighters are excited to offer more aid in saving lives.

"I am a firefighter first," said Richard Cavy, firefighter and EMS program manager with NSAB. "So as a firefighter, it feels good knowing that we can continue to protect everyone. I can sleep well at night knowing that if there is an emergency, we have the proper resources to get the job done."

For more information on fire safety and prevention, contact the fire prevention office at 301-295-5623.

## Helping Smokers Kick the Habit

By Mass Communication  
Specialist John K. Hamilton  
Journal staff writer

To help smokers quit, and keep military members fit for duty, the National Naval Medical Center (NNMC) Bethesda offers a tobacco cessation program.

"Tobacco users are more likely to perform poorly on military fitness evaluations and smoking is one of the best predictors of military training failure. The better you can breathe, the more likely you are to excel in your fitness tests and in the field," said Adrienne Brantley, a health educator in Internal Medicine Medical Home at NNMC. "We provide three class options: group, individual, and online."

Brantley said there are two small group sessions, which meet the first Monday or Thursday of every month for a total of four sessions.

"These are great because you get information, medication and group support all in one. Individual sessions are available by appointment, and an initial online individual session with remaining online activities you can complete on your own time, is also

available," she said.

Tobacco can cause poor blood circulation, fatigue, muscle weakness, decreased readiness, and poor physical performance.

"When you quit tobacco, you'll have better blood circulation and more energy. Increased blood flow will get your body the oxygen it needs to perform at its highest level," said Brantley.

Tobacco users typically suffer from more hospitalizations, more injuries, and an increased likelihood of serious injuries that heal slower, she added.

"Ditching cigarettes and smokeless tobacco will decrease your likelihood of injury, hospitalization, and lost work days," said Brantley. "Knowledge is power. Once a tobacco user understands how nicotine fools them into believing it relieves their stress, calms them down, keeps them awake, etc. then they are on the first step to enjoying the freedom of being a non-smoker."

To schedule an appointment with one of the health educators at NNMC or find out more information about tobacco cessation classes, call 301-295-0105.

## HEALTH

Continued from 1

al trainings such as stress management, stress injuries, and sleep hygiene to staff, patients, and their families."

She added, "We don't evaluate fitness for duty, and anyone that we find that requires long term treatment we refer to the behavioral health clinic."

Lt. Tsai suggests taking advantage of the classes offered by NNMC, featuring techniques such as meditation, group discussions and yoga to reduce stress. Classes are held in the early morning and at lunchtime Monday through Friday in the Internal Medicine Department, located in the America Building.

"Self care is very important. It's a way for people to promote personal well-being. Yoga, relaxation training, and breathing exercises, are things that help to promote self care and help deal with stress," she said.

The medical center also has a post deployment group, designed for Individual Augmentees, where they can have a place to decompress after returning from deployment, helping with any problems re-integrating into the medical cen-

ter.

"I am also involved with a program that helps service members prepare for their deployments, and returning home," said Tsai. "Helping service members better prepare for their deployments can reduce the level of anxiety and stress, and cope better, and when they are returning home from deployment it will hopefully minimize some of the stress, that they may have encountered in theatre."

Tsai added, "We cannot take away the level of stress the providers have to deal with, because of the care that they have to provide, but we can help them deal and cope with it more effectively, and in a healthier way."

The resiliency program also serves as a hub for people unsure of where to find services. Staff can reach out to this program and pull from its list of available resources, she said. To set up a time for your department to be visited by a member of the resiliency team, e-mail [nnmc-resiliency@med.navy.mil](mailto:nnmc-resiliency@med.navy.mil), or to schedule an appointment with the Behavioral Health clinic, call 301-295-0500.

# Healthy Eating for Mind and Body

By Mass Communication Specialist Seaman  
Dion Dawson  
Journal staff writer

Mission readiness is a vital part of a service member's career, and the National Naval Medical Center (NNMC) encourages everyone to choose healthier eating habits and offers classes that teach how to do so.

"When eating the right foods, you are given the vitamins and nutrients that are needed on a daily basis," said Katie Kirkpatrick, a registered dietician with the general Internal Medicine department at NNMC. "A lot of people don't think about the minerals or the antioxidants that we should be consuming, but everything is important. We have to understand that our body is our responsibility and we make the decision about what we put into it."

Kirkpatrick went on to state diet is one of the things we can control that aids in the fight against diseases, so the idea is to decrease the risk and be proactive.

"As a part of Integrated Health Services with Internal Medicine, myself and the other dieticians here see patients, active duty, retired and their dependents for individualized nutritional counseling," Kirkpatrick said. "We also do classes and groups for people with similar conditions. It's like a support group that lets you know other people are going through the same thing. We try to provide education on various topics such as healthy eating, diabetes, weight loss and hypertension. It is all about shifting your mindset on health."

She added, "I think one of the number one things we have to put emphasis on is fruits and vegetables. Most Americans do not get enough servings of fruits and vegetables a day. Our goal is to encourage every-

one to fill up half their plate with fruits and vegetables. They are low in calories and sodium, fat free and provide vitamins, minerals, antioxidants and fiber that we need to stay healthy."

Kirkpatrick said eating healthy also makes a difference in how you feel physically and mentally. It starts with little daily changes that can add up over time, she stated.

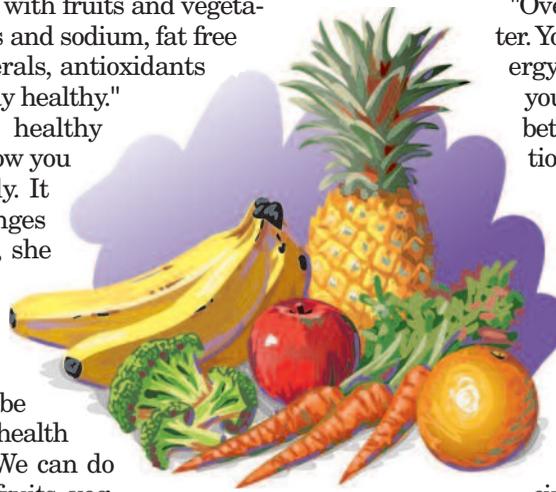
"Being physically ready is vital to everyone's mission," Kirkpatrick said. "The service members must be ready for anything and their health plays a huge part in that. We can do this by selecting foods like fruits, vegetables, whole grain products, healthy fats and lean proteins."

When making better food choices, the diet should be catered to the person.

"Personally, I try to make vegetables part of every meal, with consumption of about two liters of water daily," said Ens. Elaina Ortiz, chief of clinical nutrition and a registered dietician with the clinical nutrition department at NNMC. "This is something that I found works for me. We should know what is good for our body. I have found that when I am eating healthy and regularly working out, my self-esteem is higher, I sleep better and my overall mood is more positive."

Ortiz said we have the power to decrease the likelihood of life-threatening health conditions, such as diabetes and heart failure.

"The biggest purpose of eating healthy is to increase longevity and overall well-being," she said.



"Overall, you are going to feel better. You are going to have more energy. You will feel better about your body image. You will have better heart health, muscle function, eyesight and bone health."

She added, "I think a lot of people have the stigma that eating right is difficult and expensive, but I don't think that's true. For example, water is free, while sodas and juices are not. It will pay off in the long run. Being healthy is in reach for everyone. In Internal Medicine's Integrated Health Services, we offer nutrition counseling, health education, mind body medicine program, yoga, meditation, stress management open to staff, patients and their dependents," Kirkpatrick said.

As an added resource for eating fresh, healthy fruits and vegetables, the Morale, Welfare and Recreation (MWR) office has announced an opportunity to sign up for the uB Fresh Community Supported Agriculture (CSA) program. Bringing locally grown produce to its customers, supporting local farmers, CSA is certified organic and does not use chemicals, Genetically Modified Organisms (GMOs) or artificial fertilizers. For added convenience, a drop-off/delivery point is now on base during normal working hours for added convenience. Register online by visiting [http://csa.farmigo.com/join/freshandlocal\\_csa/2011](http://csa.farmigo.com/join/freshandlocal_csa/2011). For more information about the program, or for more information about nutrition and health services at NNMC, call Katie Kirkpatrick at 301-295-4454.

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## Comfort Sails Into Final Phase of Continuing Promise Mission

By Mass Communication  
Specialist 1st Class  
(SW) Kim Williams  
Continuing Promise 2011  
Public Affairs

Military Sealift Command hospital ship *USNS Comfort (T-AH 20)* and the Continuing Promise 2011 (CP11) mission team transited the Panama Canal, Aug. 15, heading northbound to the final stop of their mission.

*Comfort*, and her crew of U.S. and partner nation service members and civilian volunteers, spent four and a half months providing humanitarian and civic assistance to the people of Colombia, Costa Rica, Ecuador, El Salvador, Guatemala, Jamaica, Nicaragua, and Peru, and will wrap up the final month of their deployment providing care for the residents of earthquake-ravished Haiti. Currently, 33 Sailors from the National Naval Medical Center (NNMC) are onboard the ship.

"Haiti, I believe, is the biggest opportunity to help people due to how the recent earthquake impacted the country, their level of poverty and lack of access to healthcare," said Lt. Vernon Mackie, an internal medicine resident at the National Naval Medical

Center in Bethesda, Md. "I think because they have the most need, it is the biggest opportunity for us to make the most difference."

Mackie, who joined the CP11 mission in Costa Rica, said that the Panama Canal transit represents the start of the mission's end, but looks forward to the opportunity to make the last stop the best and most productive of the deployment.

While several personnel embarked aboard *Comfort* said they are excited to get back home to their families and friends, many crew members look forward to continuing the goodwill mission in Port-au-Prince, Haiti.

"My unit back in Canada is a humanitarian operations and disaster relief unit, so experiencing Haiti will be a milestone for us," said Canadian Army Lieutenant Chad Turnbull, a healthcare administrator from Nova Scotia, Canada. "One of my team members here actually went on the dirt when Haiti happened, so it will be good for her to see what's happened there in the last year and a half," Turnbull added. "I look forward to getting through the canal and arriving in Haiti."

While the crew has a few days to relax and enjoy the Panama Canal tran-



(U.S. Navy photo by Mass Communication Specialist 2nd Class Jonathon E. Davis)

**Costa Rican paramedics prepare to take an injured boy to a local hospital in San Jose, Costa Rica, during Continuing Promise 2011, a five-month humanitarian assistance mission to the Caribbean, Central and South America.**

sit, they are also mentally preparing to see the status of Haiti, which, for some, will serve as a return visit to the region since earthquake relief efforts nearly two years ago.

"In our last mission stop [Haiti], we will be able to see the progress of what's been done [since PUNTARENAS, Costa Rica (Aug. 8, 2011) The

Military Sealift Command hospital ship *USNS Comfort (T-AH 20)* is moored alongside the cruise ship *Dawn Princess* from Australia in Puntarenas, Costa Rica, during Continuing Promise 2011. Continuing [JUMP] Promise is a five-month

# All-Hands Participation Needed for Navy's SAPRO Survey

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## From Department of the Navy Sexual Assault Prevention and Response Office

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The Department of the Navy's Sexual Assault Prevention and Response Office (DON SAPRO) announced Aug. 11 that all Sailors, Marines and DON civilians are encouraged to participate in an online survey.

The confidential and anonymous survey, which will end Sept. 30, is part of a Secretary of the Navy-directed tasking for DON SAPRO to assess the functionality and effectiveness of the SAPR program, as well as to determine the scope of sexual assaults within the Department of the Navy.

Participation in the survey is voluntary and can be found at [www.donsapro.navy.mil/survey.html](http://www.donsapro.navy.mil/survey.html).

"The Secretary [of the Navy] and I are committed to preventing sexual assaults in our Navy and Marine Corps," said Jill Loftus, director, DON SAPRO. "This means reducing their frequency, if not eliminating them entirely."

The anonymous, voluntary, online survey is the best tool for tracking where the Department stands, and will establish a baseline for comparison to move forward.

"It is important that as many Sailors and Marines as possible provide us their thoughts and opinions on our ongoing efforts to combat sexual assault," said Rear Adm. Martha Herb, director, Personal Readiness and Community Support Branch. "The survey responses will help us gauge our progress and serve to guide our program adjustments for increased effectiveness at combating sexual assault Department-wide."

Brig. General Robert Hedelund, director of Marine and Family Programs Division, echoed Loftus and

Herb.

"Sexual assault is not tolerated in the Marine Corps, this is a clear message from our Commandant," said Hedelund. "The Marine Corps has worked diligently to highlight the importance of this message. The results of this survey will help us measure our program effectiveness and ultimately strengthen our sexual assault prevention efforts."

Prior studies show that one percent of Navy women are raped each year, and another three to four percent experience some form of sexual assault. Junior female Sailors are most at risk, however male Sailors are also victims of sexual assault. Their percentage risks are lower than those of females, but they still translate into way too many victims, said Loftus.

"Our cumulative sexual assault victim interven-

tion/prevention and response program efforts do not appear to have changed these risks. Our core values demand that we find new ways to do better. This will not be easy or quick, and there is no tried-and-true formula for success," said Loftus.

All Navy message (ALNAV) 042/11 states that, in order to achieve maximum participation of as many Sailors and Marines possible, "Commanders will encourage participation of Sailors and Marines under [their] command to support this goal."

ALNAV 042/11 can be viewed at [www.public.navy.mil/bupers-npc/reference/messages/Documents/ALNAVS/ALN2011/ALN11042.txt](http://www.public.navy.mil/bupers-npc/reference/messages/Documents/ALNAVS/ALN2011/ALN11042.txt).

Staff members at the National Naval Medical Center can call 301-295-4120 for more information about sexual assault prevention.

## COMFORT

### Continued from 7

Promise is a five-month humanitarian assistance mission to the Caribbean, Central and South America. (U.S. Navy photo by Mass Communication Specialist 1st Class Kim Williams/Released)embarked aboard *Comfort*. "The Seabees' goal is to provide a great product for the people, and to be of great service to them and improve on their quality of life."

To date, Continuing Promise personnel triaged 63,805 patients and performed 1,029 surgeries.

Continuing Promise offers training for U.S. military personnel and partner nation forces, while providing valuable services to communities in need. This is the sixth humanitarian-focused naval deployment to the region since 2007, designed to promote partnerships and goodwill.

"This was a fulfilling mission and I was extremely emotional after leaving every country," said Geegan. "The people hated to see us go and we hated to leave, but we know what we did for them touched their hearts and that we became really good friends with those we left behind in every country. It's something [experiences from the CP11 mission] that I'll take with me for the rest of my life."

U.S. Naval Forces Southern Command and U.S. 4th Fleet (COMUSNAVSO/C4F) 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.