



# THE COURIER

September/October 2002



## Team Fights Tough Opponent

By JO2 Daniel A. Bristol

The sound of the crack of the bat fills the air, as the ball goes sailing over the center field fence. Another home run added to the list, and another win is added to the team's record.

Throughout the regular season, Naval Medical Center Portsmouth's softball team kept coming up with the big plays. Plays were made that pulled them ahead in a game that eventually gave them the win. Would this be enough to give them the big win? Would they be able to win it all? Find out when you read the whole story on page 4.



*With the crack of the bat the ball sails through the air, and the Tidewater Tournament is underway. Many of the area's top-ranked, softball teams competed in this double-elimination tournament that was held at the softball fields just inside gate five of the Norfolk Naval Station. (Photo by JO2 Daniel A. Bristol)*

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## Raise Up The Flag to Remember September 11th

Story by JO2 Duke Richardson

Naval Medical Center Portsmouth recently joined the rest of the nation in commemorating the events of September 11th. Staff members from throughout the command stood side by side and heard brief recollections of the events that forever changed the United States.

The highlight of the event was the hoisting of the national ensign, which was flown over the Pentagon Sept. 5, 2002. This served as a reminder of not only those who lost their lives as a result of the attacks, but of the courage and commitment of those who helped the nation grow stronger.



*HN Michael Hammock and BM2(SW) Toney London raise the American Flag during the remembrance ceremony September 11. (Photo by JO2 Duke Richardson)*

gotten the call to stand up and provide support in the war on terrorism. "(Our medical personnel) have been deployed in support of Operation Enduring Freedom by augmenting the fleet hospitals, hospital ships, and (other vessels)," said Adams. "That support to the fleet continues today. A grateful nation thanks you.

"All of us are caring for the heroes who are wearing the 'muddy boots' on the forward deployed fleet," said Adams. "We also care for their families, so they are not distracted from their mission. We do that very well because we always have been, and always will be, the 'First and Finest' in support of that mission."

According to Rear Adm. Clinton E. Adams, many medical personnel have always have been, and always will be, the 'First and Finest' in support of that mission."

An authorized publication of the Naval Medical Center, 620 John Paul Jones Circle, Portsmouth, VA 23708. The views expressed in this publication are not necessarily those of the United States Navy.

**The Courier** is published monthly by the Public Affairs Office. Be sure to check out NMCP's website at [www-nmcp.mar.med.navy.mil](http://www-nmcp.mar.med.navy.mil).

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**How do I get something in The Courier?**

The command's monthly publication provides an avenue to circulate all the useful information the Medical Center staff has to offer. Contact the Public Affairs Office at 953-7986, Fax 953-5118, via Guardmail, or you can E-mail the PAO, Lt. Lyon, at [rtlyon@pnh10.med.navy.mil](mailto:rtlyon@pnh10.med.navy.mil). Submissions should be on a disk in text or Word format with a paper copy attached. Photos are welcome and can be returned on request. The Courier now comes out once a month. Send your submissions to the Public Affairs Office and we'll put it in the next current issue, space permitting. Submission deadline for the next issue is the 15th!!

We are located in Bldg. 215, second deck, Room 2-118.

# October Staff Soundoff

Question: Do you feel the new PRT standards will motivate you to stay fit?



*"It will keep you motivated to stay in shape. Plus the new PRT standards will help a lot of members improve their physical fitness which will help them in the future."* MS3 Sean Clark-NMCP Barracks



*"Yes. I feel that the PRT standards are now a lot fairer because the previous standards before were made that if you were really good in some parts of the test, and not so good in other parts, your overall score suffered more."* HM3 Irene Presnell-Family Practice



*"I feel the new PRT standards will definitely motivate me to stay fit. The new standards help to make getting a higher score a little easier. With fitness being rewarded, it is a great incentive."* HM3 Kacie Vertin-Command Education & Training



*"Yes, it will help me to concentrate on one thing, and I will be less stressed out about any one part."* HN Jennifer L. Holmes—OB/GYN

# Teens Get Gameroom on Pediatric Ward

Story by JO3 Theresa Raymond

Teenaged patients had something to celebrate, Thursday, September 6, during a ribbon cutting ceremony at the Naval Medical Center Portsmouth's pediatric ward.

The hospital's Child Life Center Specialist, Chris Brogan and boy scout, Michael Mitchell, teamed up to open a teen lounge for adolescent patients at NMCP.

During the ceremony, Mitchell told of how he started the project and what he learned during the efforts to get the room finished.

"In this hospital, all the other clinics have things for the adults, and there are things for the younger kids but nothing for the teens. This room has all the things that teens would like such as video games, magazines, and a computer," explained Mitchell.

Mitchell then presented awards to his top donators, and a special award went to Brogan, who also put in work to make sure the room was perfect for the teenage inpatients.

Brogan told of how much this project will help children in the future. "Treating teenagers is different. They want to be treated like adults even when they are in the hospital. This lounge should give them some type of comfort, especially those teens that have been in and out of the hospital all their lives," Brogan said.

Rear Adm. Clinton E. Adams, Commander NMCP, also had a few words of gratitude for the pediatric staff as well as Mitchell and his father, a pediatric ward charge nurse, by the same name.

"Training to be an eagle scout is tough, but by completing this room, you have learned what it takes to be a leader," said Adams. "Ensign Mitchell, you have



*Rear Adm. C. E. Adams, Michael Mitchell and a pediatric patient cut the ribbon to the new Pediatric's teen lounge September 5. (Photo by JO3 Theresa Raymond)*

gone above and beyond the call of duty, teaching your son the Navy value of honor, which will make him a fine naval officer one day."

Mitchell is a member of Boy Scout Troop 486, of the Tidewater Council Cape Henry District. The senior Mitchell is the Boy Scout's troop leader.

## POST OFFICE HAS MOVED!!!

Don't forget, the Post Office has moved to Building 249 due to planned renovations to Bldg. 215. Don't worry about finding the new location because it's simple. The post office is at the 3rd passageway in Bldg. 249 and is marked with a white Post Office sign (with blue eagle). The post office is directly to your left. The USPS is open from 8:30 a.m. to 4 p.m. closing from 1 p.m. to 1:30 p.m. Official mail can be picked up starting at 7:30



a.m. and ending at 3:30 p.m., closing from 8:30 to 11:30 to sort mail. Official mail may be dropped off at these times as well. For more information call the post office at 953-5948. For a map on how to access the Post Office, please visit the NMCP Intranet and select the link labeled "Post Office - How do I get to the new location?" or use the attached link:

[https://temp-intranet.mar.med.navy.mil/post\\_office.pdf](https://temp-intranet.mar.med.navy.mil/post_office.pdf)

# Winning Spirit Carries Team Through Season, Tournament

Story by JO2 Daniel A. Bristol

Naval Medical Center Portsmouth's softball team finished the regular season with a record of 26 and 1. If the team captured the Norfolk Naval Shipyard Softball League championship title, they would compete in the Tidewater area tournament.

"Our largest win margin was actually against the only team to beat us," said HM2 Claude P. Copeland, the team's right fielder. "It was the first game of the season, and we won in only four innings by a score of 36 to 2." According to Copeland, every game of the season, NMCP never scored less than 15, and their opponents never scored more than six.

In the second to last game of the season, the play that Copeland boasts was his best and most memorable was made. "The ball was hit shallow into right field. Usually, the first or second baseman would get it, but I went for it," said Copeland. "I waived them off, but they were already diving for it. I jumped above the second baseman and dove for the ball. The first baseman was above me, and the second baseman was below me. I caught the ball on the dive and rolled on the ground."

With the season over, it was time for the championship game. They played this game against another top, ranking team. NMCP's softball team showed how they achieved the 26 and 1 record as they captured the league title with a winning score of 23 to 11. Now that the league championship was over, it was time for the double-elimination tournament to see which team was the best in the Tidewater area.

Due to many members of the team being temporarily assigned duty in support of special training operations, Lt.j.g. Eric M. Harmon, the team's coach, had just enough players to make a team. NMCP's softball team started the tournament off with a bang and a win by outscoring their opponent 23 to 12. This was also the outcome of the second game. By the third game, the team was tired and sore from playing. They had no extra



*HM2 Mark Alvarez swings as the ball sails over the plate. Alvarez and the rest of NMCP's softball team played in the double-elimination tournament for the Tidewater title. The tournament was held on Naval Station Norfolk's softball fields just inside of gate five. (Photo by JO2 Daniel A. Bristol)*

players, and they played three games in one night. In the beginning of the third game, HM2 Darryl B. Gilbert, the team's catcher, was injured but continued to play because there was no one to take his place. "This actually motivated the team to play harder," said Copeland. "When we saw Gil (Gilbert) attempting to bat while standing on one leg, we decided we would win this game for him." With a new found sense of motivation in their hearts, that is exactly what they did. They managed to hang on to outscore their opponents 16 to 13. Now it's time for the final showdown.

This is it. This is the game that will decide which team is the best in the Tidewater area. Unlike in the first three games of the tournament, this time, due to many members of the team being TAD, NMCP did not have enough players to make a team. As a result of this shortage, NMCP had to forfeit the game and take second place.

According to Copeland, the team was just happy to get as far as they did, and they were glad that they did so well throughout the entire season. They look toward next season with hope in their eyes and passion in their hearts. With the same amount of effort from the team, they will be back playing for the Tidewater title again.

# Chief Selectees Receive their Anchors

Story by JO2 Daniel A. Bristol

Pride, professionalism and tradition filled their hearts as the sound of "Anchors Away" filled the air. Sharply marching in front of family and friends singing "Anchors Away," the newly selected chief petty officers stood tall and proud awaiting the reading of the orders promoting them to chief petty officer. The chief petty officer pinning ceremony was held outside the main entrance of Building One Naval Medical Center Portsmouth September 13.

One by one the chiefs received their anchors, from family members. Among the new chiefs was a Coast Guard Chief whose father was a Navy chief. HSC Barbara A. Routhier stood proudly as a cover was placed upon her head, and she was named an honorary Navy chief.

With the ceremony coming to a close, there was one final thing left to do. "2002 chiefs, about face," announced CMDMC David Carroll, the master of ceremonies. "Chiefs, family and friends, I give you the 2002 chief petty officers of Naval Medical Center Portsmouth."



**HMC Thomas B. Spradlin, Branch Medical Clinic, Oceana, receives his chief anchors as his wife pins them on during the chief pinning ceremony.** (Photo by JO2 Daniel A. Bristol)

## USS Wasp Hosts First Afloat EMT-Class

By Crystal M. Raner, USS Wasp Public Affairs, and the TEMS Staff

The USS Wasp (LPH 1) recently returned from its six-month deployment, bringing home freshly trained EMTs.

In March, the ship's medical department began teaching an Emergency Medical Technician-Basic (EMT-B) course to medical and non-medical personnel.

"EMTs can mean the difference between life and death," said Lt. Greg Gellman, Medical Service Corps, who is spearheading the training. "I have come across many incidents where EMT training was the difference between a quick trip to the hospital or a slow one to the morgue. They are trained to act in situations where most people can't. An EMT is taught how to reduce risk to the patient, himself and their partners."

Wasp is the first ship to host an EMT course. By training non-medical personnel as EMTs, Wasp's medical department will have additional personnel to assist with casualties.

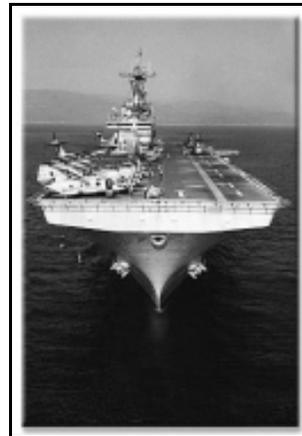
Several of Wasp's 28 hospital corpsmen were enrolled in the course. Hospital Corpsman "A" school teaches routine medical procedures; but as qualified EMTs, corpsmen become even greater assets to the Navy medical team.

"We use our EMTs in our emergency response team as our first responders," said Gellman. "They are best at

sizing up a situation and making the scene safe for other rescuers and more importantly the patient. Our corpsmen are highly specialized in sick call and their specific fields, but EMT training allows them to be more autonomous in an emergency situation."

As an operation's specialist temporarily assigned to Wasp's safety and education department, OS1 Cecil Hawkins, spent most of his day ensuring the safety of the ship's environment. At night, however, he learned human anatomy, how to take vital signs, and other general medical skills.

Students who complete the EMT course will take the Virginia EMT-B written and practical exam to earn their EMT certification.



**The USS Wasp (LHD 1) is home-ported here in Norfolk. Lt. Greg Gellman, the ship's Medical Service Corps Officer, is a volunteer EMT-B with the Chesapeake EMS Auxiliary.**

# Stressed, Angered FFSC Offers Ways to Help Yourself

Story by JO3 Theresa Raymond

Coping with today's society may seem overwhelming and stress may seem to creep up as we enjoy and despise things all in the course of one week. Naval Medical Center Portsmouth knows how stress works and offers ways to reduce work related stress and manage everyday stress.

Most people identify stress as the 'wear and tear' people experience as they adjust to the continually changing environment. It has physical and emotional effects on a person and can create positive or negative feelings.

Positive stress adds anticipation and excitement to life, and people can thrive under a certain amount of positive stress.

Negative stress such as deadlines, competitions, confrontations, and even our frustrations and sorrows, add depth and enrichment to everyday life, but as with positive stress, can take its toll.

Managing stress takes support and time. With classes offered by some of NMCP's departments, active duty military, dependants, retirees and DoD civilians can learn how to understand stress. Learning what causes stress can teach one how to deal with it, and how to avoid negative stress.

Here are some of the classes NMCP offers:

- **Stress Management Workshop (LRMHC)** – This is a course for Active Duty and dependents over the age of 18 and is geared toward active duty issues. For more information or to enroll, please call 314-6738

- **Stress Management (Multi-Session)** – Learn about stress and how to manage it. For Active Duty personnel and military spouses. Please call one of the following FFSC branches to register and for general information:—FFSC Norfolk – 444-2102

— FFSC Little Creek – 462-7563

— FFSC Northwest – 421-8770

— FFSC Oceana – 433-2912

— FFSC Newport News/Yorktown – 688-6289

— FFSC Portsmouth – 396-1255

- **Out-Patient Crisis Intervention Program** – This 5-day outpatient program is for Active Duty members who are experiencing a high degree of stress. Classes are held from 7:30 a.m. to 4:30 p.m. Monday through Friday. A military psychiatrist or psychologist must refer all eligible personnel. Please call 953-5399 for information.



## - FLEET AND FAMILY SERVICE CENTERS (FFSC)

-Fleet and Family Service Centers offer a variety of free single and multi-session programs for Active Duty and Reserve members. Call for more information:— FFSC Dam Neck – 492-7150

— FFSC Little Creek – 462-7563

— FFSC Norfolk – 444-2102

— FFSC Northwest – 421-8770

— FFSC Oceana – 433-2912

— FFSC Yorktown – 887-4606

— FFSC Newport News – 688-6289

— FFSC Portsmouth – 396-1255

- **FFSC ANGER MANAGEMENT-Building Effective Anger Management Skills (BEAMS)** is designed to

provide participants with acceptable ways to handle anger. This is a 12-hour skill-building program for Active Duty members. Please call for information:

— FFSC Little Creek – 462-7563, FFSC Norfolk – 444-2102, FFSC Northwest – 421-8770

NMCP also offers support groups for specific topics of concern faced by people everyday. These classes target special needs and teach how to deal with the issues that are so important to each individual.

### SUPPORT GROUPS

- Breast Cancer Support Group – Located at NMCP, building 215, DFA conference room, 2<sup>nd</sup> deck. Please call the Social Work Department at 953-5861/5343 for more information.

- Grief Support Group – Located at NMCP. Please call 953-5550 for dates and times.

- Exceptional Family Member Support Group – two locations:

- Camp Allen Recreation Center – Held the 2<sup>nd</sup> Monday of each month at 7 p.m.

- Armed Forces YMCA (Lakeside Road in Virginia Beach). Held the last Thursday of each month at 7 p.m. Call Wanda Williams for more information at 953-5833.

- Help Us Give Support (HUGS) – For Gyn cancer patients, peer support, education, and volunteer visitation programs. For more information please contact Lauren Howlett with the American Cancer Society at 852-4104

- Look Good...Feel Better – Held at CHCC Breast Center Conference Room, 2<sup>nd</sup> deck. A patient service program for women in active treatment for cancer or still experiencing the appearance of side effects. The group meets every other month at 1 p.m. Please call Pam

*(Story continued on following page)*

*(Continued from previous page)*

McClaren or the Social Work Department at 953-5861/5343 for information and registration.

- Weight Management Support Group – This group meets the 1<sup>st</sup> Friday of the month from noon to 1:30 p.m. at Naval Station Norfolk Wellness Center, building CEP-58. Please call 445-1443 for more information.

- Tobacco Cessation Support Group – This group meets the 1<sup>st</sup> Monday of the month from 10:30 a.m. to 11:30 a.m. at Naval Station Norfolk Wellness Center, building CEP-58. Please call 445-1443 for more information.

- Active Duty Cancer Support Group – This group meets every Tuesday from 2 p.m. to 3:30 p.m. at NMCP Cancer Education Center CHCC Oncology Department, located on the 1<sup>st</sup> deck. Please contact Lt. Cmdr Fink at 953-1034, or Capt. Dembert at 953-5273

- The Endocrine and Diabetes Clinics sponsor new Diabetic Support Group meets 2<sup>nd</sup> Thursday of each month, from 8:30 a.m. to 9:30 a.m. For people and family of people wearing insulin pumps. Issues concerning

pumps and how they affect lives will be discussed. Please call 953-2116 for more information.

**SELF HELP** - Welcome to the Military – This program includes topics such as health benefits, spouse employment, deployments, and resources to help you get a great start in the military lifestyle. To register, please call:

FFSC Norfolk – 462-7563

FFSC Oceana – 433-2912

- Foreign Born Spouses Workshop – This is an informative day about adjusting to life in the United States. To register, please call:

FFSC Oceana – 433-2912

- Video/Book Lending Library – Located at NMCP. Various health promotions and wellness materials are loaned out over a 2-week period to hospital and clinic staff members. Contact the Wellness Department in building 215, room 2-140, or call at 953-5097.

No matter the problem, there is always a solution.

## Sailor Travels to Help Children with Cancer

*Story by JO3 Theresa Raymond*

One Naval Medical Center Portsmouth sailor went beyond his call of duty this past summer. HN(SW) Steven Rinkervage ventured to Texas to help cancer stricken children and their families enjoy their summer vacation.

Rinkervage, who works at NMCP's Pediatric Endocrinology Specialty clinic, volunteered to go to Camp Periwinkle just outside of Brenham, TX, to show children how to have fun during Camp 2002.

"The lives of children with cancer are full of sterile gloves, dialysis machines and chemo therapy. Camp Periwinkle is a place designed to bring children to nature and enjoy the summer fun of camp," explained Rinkervage, who also works at NMCP's base security.

Rinkervage was designated a senior camp counselor even though this was his first time volunteering at the week-long program. The program consists of 170 boys and girls, ages 7 to 15, who are patients at the Texas Children's Hospital Cancer Center.

"I arrived at the ranch and was given a tour of the facilities. Walking around, I noticed the simplicity of what it takes to make a child happy," Rinkervage said. "I also realized the complexities of tying all this together."

After arriving, Rinkervage soon found that getting to work was the first thing he would do. This year's theme for boys 8-9 was 'super heroes' and Rinkervage

donned the hallway walls with posters during the set-up portion of the program.

"Posters of Superman and Spiderman lined the halls, and donated toys were spread out across their beds," said Rinkervage. Set up was complete, and it was time to meet the children.

The counselors lined the short dirt road up to the chow hall and greeted their campers as they started arriving. The program kicked off Camp 2002 with games, a review of the previous year's camp film, and a collaboration of pictures and videos.

The next five days were filled with swimming, rope climbing, archery, horseback riding, fishing, campfires, cabin games, and two special dances. This was the time where Rinkervage really got to know the children he was working with.

"There was a child with ADHD and leukemia, a boy who overcame a cancerous tumor and his twin, an amputee, and many other boys who seemed to be relieved to be away from the hospital," told Rinkervage.

As the camp ended, each counselor stood and waved them back to their lives.

"From the start, I knew Camp Periwinkle was a special place, but nothing could prepare me for this experience," explained Rinkervage. "Volunteering is from the heart, and this opportunity filled my heart with passion."

# Sailor Helps Shipmates Help Themselves

Story by JO3 Theresa Raymond

Working at the command fitness office may not be one of the most popular jobs, but one Naval Medical Center Portsmouth sailor feels it's the most rewarding.

HN Brittany Westley has been working with the hospital's fitness program for a little over 10 months. A sailor with three years service, she said that she enjoys her job helping her fellow sailors out.

"I wanted this job because I wanted to help people. I had my daughter two years ago, so I know what it's like to get back into shape. I had 30 pounds of weight to lose myself, so helping those who want to achieve the same goals I had makes me feel good," said Westley.

Westley works with sailors who have failed previous Physical Fitness Assessment test, or PFA's.

"Some people wait until two weeks before the PFA's to train and wonder why they get low to failing scores. Most of us are not born with that athletic gift. We need to train year round," explained Westley.

Training is something Westley must do a lot. In order to work at command fitness, she must maintain a low outstanding or better on the PFA and volunteer to work there.



"Working here is hard because people look at us with a negative attitude. They think we want to make them feel bad, when in fact, we want to motivate them to reach their goals," said Westley.

Motivation is something this former Labor and Delivery and Neonatal Intensive Care Unit corpsman feels will help most sailors pass their next PFA.

"Motivation is the key. You have to really want to reach your goal. We can only push people as far as they want to go, but it's all up to them. I think if they know we are here for them, they'll get that sense of motivation they need to get started," Westley explained.

There are five sailors who instruct the run classes every day, but that's not part of their work out. Westley and her fellow sailors run anywhere from 9 to 15 miles per week, and they work out once a day.

This Georgia native is currently enrolled in a local college. She plans to finish school while at NMCP, while keeping her eyes on orders to Spain. This sailor may be new to the Navy, but she has her heart exactly where every sailor should, on her shipmates.

## New Drug Policy Expands Testing To Catch More Users

Story by HMI Luann Smith

American Forces Press Service reports that the DoD is continuing its anti-drug efforts with a new policy that involves more frequent random testing of active duty military, reservists and civilian employees. Testing will be increased across all the services, at the active, National Guard and Reserve levels. The new policy also calls for minimum, across-the-board consequences for anyone in DoD -- military or civilian -- caught using drugs. In the past, servicemembers of different branches found using drugs under the same circumstances might have received different punishments. The overall message is simple: Drug use is incompatible with military service or civilian employment at DoD. Recent DoD

statistics indicate a modest increase in the overall percentage of active duty troops testing positive for so-called club drugs. For example, in fiscal 1999, 1.11 percent of the 1.1 million active duty service members tested were positive for illegal drugs. The positive rate for those tested in fiscal 2000 was 1.32 percent, and in fiscal 2001, 1.45 percent. Marijuana continues to be active service members' illegal drug of choice -- used by 70 percent of the 16,759 drug abusers caught in fiscal 2001, down a few percentage points from 2000. The other drugs in the top three most abused by service members are cocaine and methamphetamine (speed). Ecstasy is a close fourth.

# West Nile Virus: A Threat that Can Be Avoided

Story by JO3 Theresa Raymond

Mosquitoes aren't just the annoying insects that ruin your family outings or get-togethers. They have become a major health threat since they started carrying a rare virus that can cause serious illness to humans and animals.

The West Nile virus is a rare illness that is spread by the bite of an infected mosquito, and can infect people, horses, many types of birds, and some other animals.

Most people who become infected with the West Nile virus will have either no symptoms or only mild ones. However, on rare occasions, the West Nile virus infection can result in a severe and sometimes fatal illness known as the West Nile encephalitis (an inflammation of the brain). The risk of severe disease is higher for persons over 50 years of age.

The Center for Disease Control (CDC) states human illness from the West Nile virus is rare, even in areas where the virus has been reported. It's better to be safe and cautious. The organization goes on to report that the chances of any one person becoming ill from mosquito bites are still very low.

Protecting against mosquito bites and knowing the facts about the virus can help save lives and minimize panic. Everyone should know how to eliminate mosquito breeding areas, what to look for in the environment, and know the virus symptoms.

Eliminating mosquito breeding grounds is very simple and a good place to start.



*To protect against mosquito bites use repellents sparingly, and apply only to clothing – preferably before getting dressed. Read and carefully follow the manufacturer's directions for use.*

- Turn over or remove containers in the yard where rainwater collects.
- Empty birdbaths once a week.
- Remove old tires from yards.
- Clean roof gutters and downspout screens often.
- Eliminate standing water on flat roof, boats, and tarps.

A person can also minimize chances of getting bit by a mosquito by:

- Limiting outside activities at dawn, dusk,

and in the early evening.

- Wear light colored clothing, loose fitting with long sleeves and long pants.

- Use insect repellents because mosquitoes bite through thin clothing. Remember, repellents may irritate the eyes and mouth, so avoid applying to children's hands. Do not apply products containing DEET to infants or if pregnant.

Knowing what the symptoms of the West Nile virus are can help prevent unnecessary visits to the emergency room, as well as unneeded stress. Symptoms include: fever, muscle aches, swollen lymph glands, and sometimes skin rash. In elderly people, infection may spread to the nervous system or bloodstream and cause sudden fever, intense headache, stiff neck, and confusion.

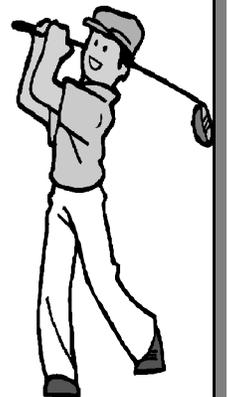
There are many things to look for in the environment such as dead birds and animals. If a dead bird is found off base, they should be reported to the nearest health department for testing. If found on base, preventive medicine should be notified at 953-5211 and the safety office at 953-5826.



## **SAND BAR OPEN GOLF TOURNAMENT**

This year's tournament is scheduled for Friday, October 18 at Sleepy Hole Golf Course in Suffolk, VA. Play will begin at 8 a.m. Cost is \$75 per player and will include a round of golf, an embroidered golf shirt, \$5 food-beverage voucher, two Mulligan's, a pre-tournament social, a post-tournament luncheon, awards, and many give-a-ways.

Sign up early, as space is limited. The tournament is open to everyone. Register before all slots are full. Sign up at the MWR ITT office located on the 4th floor of building 215 (953-5439) or in the MWR office located in the back of the gym (953-5096). Remember, payment is due at the time of registration.



# NICU Reunion Celebrates Good Health

By Lt. Robert Lyon

There are almost 4,000 infants born yearly at Naval Medical Center Portsmouth. While most are healthy and vibrant, there are few that are delivered either prematurely or have medical concerns such as low birth weight, developmental challenges, or physical problems. These babies are admitted to the hospital's Neonatal Intensive Care Unit (NICU) for a few days, weeks, or perhaps several months for care and monitoring.

A reunion celebration was held at NMCP's Hospital

Point September 14. The picnic for babies and their families featured lunch, games and prizes. Rewarding for both the NICU staff and for the parents was the opportunity to join together once again to celebrate continued success and good health.

A special thanks goes to: Beatrice, Alysia and Jeremy McCoy, Carolyn and Katie Mosier, Virginia Mejia, Anna Karpov, Remy Latina, Stephanie Ardelji, DeDe Reppy, LCDR and Mike McDaniel, ENS and Greg Heimall, Kathy Drews, Virginia and Christina Aldea, Adia Mateo, Pam Udoetuk, Barbie, Monica and Allison Balkcom and Will Blair for making the event possible.



Above, Rear Adm. Clinton E. Adams presents a command coin to Bunny Blair, event coordinator. Left, Lcdr. Paul Gronemayrer and son Paine enjoy the festivities. (Photos by Lt. Robert Lyon)

## TRICARE Awards Mail Order Pharmacy Contract

By TRICARE Management Activity Public Affairs, Falls Church, Va.

The DOD awarded Tricare Management Activity (TMA) Express Scripts, Inc. of Maryland Heights, Mo., a contract to provide mail order pharmacy services. The contract is valued at approximately \$275 million over a five-year period.

"DOD learned from the past five-year contract about the benefits and services that are important to beneficiaries," said Dr. William Windenwerder, assistant secretary of defense for health affairs. "We have worked to improve benefits and have designed the next generation of Tricare contracts, including the mail order pharmacy contract, to build on constantly increasing levels of excellence in performance and value. It is our goal, as well as our commitment to our beneficiaries, to insure they have the best health care available, and we believe this contract will help us meet this goal."

The new Tricare mail order pharmacy (TMOP) contract will replace the existing National Mail Order

Pharmacy (NMOP) contract, which is due to expire at the end of February 2003. The TMOP contract will provide a world-wide full service mail order pharmacy program to all Tricare-eligible beneficiaries and will begin on or about March 1, 2003.

Like the NMOP, TMOP provides another option for Tricare beneficiaries to meet their prescription needs in addition to military and retail pharmacies. All three options for pharmacy services will be monitored by the Pharmacy Data Transaction Service (PDTs), a patient medication record that enhances patient safety.

"The military health system continues to be a leader in quality, convenience and safety in providing pharmacy services," said Army Col. Bill Davies, Director, pharmacy programs.

More information about the TMOP program will be available soon on the Tricare web site at [www.tricare.osd.mil](http://www.tricare.osd.mil). Beneficiaries using NMOP will receive information about TMOP prior to its start date.

# Spirituality, the Road to Inner Peace

Story by Captain Jerry K. Shields, CHC

There is much conflict in the world. The most obvious is the outward conflict of wars such as in the Israeli-Palestinian conflict, the war on terrorism and in Afghanistan. The less obvious conflicts are the personal and family crisis of child/spouse abuse, unfaithfulness, sexual violence, etc.

*Where does one find peace in such a world filled with violence and conflict?*

In a recent discussion with a patient at NMCP on this question, her answer to this question was, "I find peace within, not without." With much interest in her answer, I pursued her response for more elaboration, "How do you find this inner peace? Tell me more about what you do to achieve such peace?"

*This was her response:*

"I pray a lot, everyday and sometimes many times a day. Laughing, listening to music and reading scriptures and other spiritual books/articles are important too. I spend time with my children and in church. I enjoy playing games, like chess and crossword puzzles. I love to take nature walks along the beach, in the woods, and write letters. I like to do volunteer work with service groups in my community too. There are more detail expressions, but these are my basic avenues to inner peace."

Gosh, that sounded good to me. During the time she was talking I was having flashbacks of positive experiences in my past. The day I watched my daughter give birth to her son, our first grandchild. Once again I felt a sense of pleasure, enjoyment, humor, beauty and values in my little corner of the world. Once again I came in touch with my spirituality.

It is our spirituality that gives us inner peace. It is the sense of meaning and wonder and joy and hope that brings peace within our souls.

Some scholars have studied the power of this phenomenon of spirituality. The effect of spirituality on health care is the impetus of many research projects by physicians, psychologists, chaplains, and other professionals. A contemporary writer on this subject is Christina M. Puchalski, MD,MS, who is on the staff at the George Washington University Medical Center in Washington, DC. She writes in her article, "The Role of Spirituality in Health Care," that was presented at Baylor University Medical Center in February 2001: "Some studies indicate that those who are spiritual tend to have a more positive outlook and better quality of life. For example, patients with advanced cancer who found comfort from their religious and spiritual beliefs were more satisfied with their lives, were happier, and had less pain. Spirituality is an essential part of the 'existential domain' measured in quality-of-life scores. Positive reports on those measures---a meaningful personal existence, fulfillment of life goals, and a feeling that life to that point had been worthwhile---correlated with a good quality of life for patients with advanced disease."

It is critical to good health care, for ourselves and others we serve, to listen and learn from our individual needs, fears, dreams, hopes and goals. By recognizing and nurturing the spiritual dimension of our personal lives we can enrich our professional responsibilities and relationships.

Too often, God, the sacred calm of Your still small voice is overpowered by the roar of sounds and rude interruptions. God, You are living and moving and I do not feel You. Increase my awareness of the spiritual dynamic that You have created in the universe. Enable me to have an awareness of You that gives me a powerful new lease on life. Amen.

## Hospital Receives Donations From Oak Leaf Club

By JO2 Daniel A. Bristol

The main hallway on the third floor of Building One resembled an Oak leaf Club flea market as donations were set out for various organizations of Naval Medical Center Portsmouth to receive. There was about 3,000 dollars worth of televisions, microwaves, books, lamps, rugs, boxes of crayons and more. Donations were made to the ER, Chaplain's office, the library, endocrinology, OR waiting room, pediatrics clinic and ward, Branch Medical Clinic Boone Immunizations, PICU, NICU, Pediatrics specialty group, Rheumatology Clinic, BMC Dam Neck, Navy and Marine Corps Relief Society, the Red Cross and Central Supply.



# Immunizations Help Improve Quality of Life

Story by JO2 Duke Richardson

Your health will greatly benefit if you have a few shots, and this is the perfect time to ensure you and your loved ones protect your health through immunization.

Naval Medical Center Portsmouth urges service members and their families to make sure they are immunized against potentially fatal sicknesses and ensuring their shot records are up to date. Doing this will not only safeguard your well-being, but may also save you from having a plethora of needles sticking you unnecessarily.

According to the National Partnership for Immunization (NPI), vaccinations improve the health and quality of life for persons of all ages. With summer coming to a close, children returning to school, and flu season just around the corner, this is a great opportunity to take advantage of getting immunized.

Cherylann Kraft, NMCP's Immunizations Product Line Leader, says immunizations are a great achievement as far as public health safety is concerned. "It is one of the greatest health achievements of the 20<sup>th</sup> century," she said. "It is a small investment that reduces the chances of people contracting very serious illnesses that may possible kill them."

Throughout the years, vaccines have virtually wiped out smallpox, wild poliovirus, measles, diphtheria, rubella, pertussis and other potentially fatal diseases. But despite this, there are still thousands of people in the U.S. dying from these, and other vaccine-preventable diseases. That is why increased awareness about the immunizations is so important today with people still getting sick and dying from diseases they don't have to suffer from.

One such ailment which can be alleviated through a vaccine, which is being currently being pushed, is influenza. This time of year many treatment facilities offer flu shots to help the general populace protect itself from this sickness. "Naval Medical Center Portsmouth plans to receive the flu vaccine sometime in



*Cmdr. Mark Zanoni gets a shot from Delie Taglao, a staff members at the Boone Branch Medical Clinic. Vaccinations are a key way to help protect yourself from potentially fatal sicknesses.* (Photo by JO2 Duke Richardson)

mid-October," said Kraft. "As soon as it arrives, it will be given to our beneficiaries at the hospital as well as at the branch medical clinics."

Kraft says in addition to giving the vaccine the usual demographics, the Center for Disease Control (CDC) recommends that even very young children should also receive the flu vaccine. "The CDC highly recommends that children aged six months to 23 months should receive the vaccine," she said. "That is because they, like older people, are at a higher risk of suffering from complications brought about from influenza since their immune system has not been fully developed at that time. It is also important to immunize them at a young age because they could be (prime transmitters) of the sickness, meaning that they can easily spread it to other people. If by some chance a baby with the flu coughs in your face, you could also get the flu and give it to other people as well."

Getting immunized is a life-long, life protecting community effort regardless of race, sex, age, ethnic background or country of origin. Vaccines against certain diseases that may be encountered when traveling outside the U.S. are recommended for travelers to certain regions of the world. If you would like additional information on the importance of immunizations, contact your health care provider.

# Barracks Receives Zumwalt Award of Excellence

By MS2 Chris Williams

The Secretary of the Navy established the Admiral Elmo R. Zumwalt Award for Excellence in the Bachelor Housing Management to recognize those commands that achieve the highest accreditation standards. Similar to the commercial hotel industry quality standard ratings, BH management will be given 3-, 4-, or 5 – star ratings based on the quality of the lodging provided. Commands attaining a 5 – star rating in all areas will be recognized as Admiral Zumwalt Award winners.

On Oct. 17 2000, Naval Medical Center Portsmouth

Bachelor Housing made history by winning their first Admiral Elmo Zumwalt Award of Excellence “Five Star” Accreditation. This accomplishment was brought forth by the leadership and dedication of MMCM (SW) Dejesus, MSC(SW) Robinson and their staff, by performing numerous self-help projects. A lounge area was transformed into a state of the art computer room, a somber laundry room was turned into a modern laundromat facility and the 1<sup>st</sup> BH Newsletter was published to enhance the quality of life for all bachelor housing residents, just to name a few.

In May of 2002, the Bachelor Housing staff decided to go for the gold one more time. With a new staff, under the tutelage of MSC (SW) Robinson, and MS1 (SW) Olter they were determined to bring it home one more time. Minor reconstruction of their staff brought forth the Rooms Division specifically designed for the up-keep of all vacant rooms within a two-day turnover. Three elevator corridors were transformed into luxurious seating areas and our first Zumwalt book was published and has been requested by the inspection team. With a charged staff and flawless coaching, not to mention unparalleled instruction from MSC (SW) Robinson and MS1 Olter, there was nothing that could have prevented us from reaching our goal. We are proud to be the recipients of this outstanding award. Customer delight is our business.



## Command Rodeo

In conjunction with the rededication of Bldg 1 Oct, the POMI office will be holding a command Rodeo Oct. 11, 2002, to enable personnel that have missed previous birthday month Rodeos to update their readiness. The Rodeo will be in Building 2 next to the ATM and staff health records. It will start at 6:30 a.m. and go on all day. If you are not sure what your status is, or missed your birth month, then stop by and get updated. Everyone should be ready to deploy at anytime, so make sure your records are up to date. For more information or to check your C-

Status call POMI at 953-5302.



# Library Offers More for More Customers

Story by JO2 Duke Richardson

Naval Medical Center Portsmouth's Library Services has a lot more to offer its patrons following the move to the newly renovated spaces in Building One.

Not only has the library services staff expanded its medical library; it has also reopened the crew library, which features books and magazines geared towards the general public. So now, not only does the NMCP library cater to the needs of its medical practitioners, it now caters to a more diversified base of customers.

"The newest thing about the library is that it gives our customers a pleasant place to read, study, and get full usage out of the services we have to offer," said Jane Pellegrino, product line leader, NMCP's library services. "Over the course of time, we will be adding more features and services for our customers as we get more settled into our new location."

The new location sees the reopening of a crew-based library. This is something that the hospital hasn't had in years. "People who have been here for a while may remember that at one time there was, in fact,

a crew's library here at the hospital," said Pellegrino. "That was closed down when plans for the Charette Health Care Center were set, and we have finally reopened it. We have started it from scratch with reading material, fiction and nonfiction, geared towards the general public. We have books, paperbacks, magazines as well as audio books plus brand new computers for people to use."

The space itself is a lot bigger compared to the former location in Building 215. "The new spot is so big people can get lost in here, but it's good because we can offer more," said Pellegrino. "That is a good thing. Since moving to Building One, we have had an increase in customers and feedback so far has been positive. A lot of people are happy and excited they have a place to go to unwind. So, we are fulfilling the needs of the staff and more things are in the works. A lot of people helped make this possible, and we are thankful."

The library is located on the fourth floor of Building One. It is open Monday to Friday 7:30 a.m. to 4 p.m.

## Building One Re-dedication Slated for October 11

A ribbon cutting ceremony to rededicate this country's first naval hospital is scheduled for 10:00 a.m. on Oct. 11, 2002. Following the ceremony, guests will be treated to multiple living history presentations, cannon and musket firing demonstrations, tours of Building One including guided tours of the "dungeon" from 10:00 a.m. until 2:00 p.m. All non-DOD guests must gain admittance prior to 12:00.

The following groups will presenting their living history programs: The 3rd Virginia Regiment, 9th Virginia Infantry, CSS Virginia Ships Company, the Dismal Swamp Rangers and the Tidewater Maritime Association. Question and answer sessions, camp life, equipment and history of each unit will be presented. Historical memorabilia will be displayed on the quarterdeck of Building One. Along with the historic presentations, guests with a past affiliation to Building One are requested to sign a ledger recording their story for future generations.

Historic Building One occupies the approximate site of circa-1776 Fort Nelson, a coastal defense built by the colonists, but captured in 1779 by the British. The cornerstone of the first naval hospital was laid on April 2, 1827. Bricks from the original Fort Nelson were used in the construction and every sailor and marine had 20



cents deducted from their pay to support the cost of construction.

Naval Medical Center, Portsmouth is today committed to meeting the healthcare needs of over 420,000 beneficiaries residing in Hampton Roads. The sense of caring today is the same as when it admitted the first patient in 1830. Please join the Commander NMCP in honoring this historic site and Navy Medicine.

For further information, contact the Public Affairs Office, X3-7986/7422.

# The New PFA Is Here For October 2002 Cycle

By JO3 Theresa Raymond

The Navy is always improving and changing its standard to better suit the needs of its sailors and the Physical fitness Assessment (PFA) test is no exception.

The new PFA has a different scoring system. This system will give points in the three areas of the PFA, which is the run, curl up and push ups. The points will then be added and divided by three giving the sailors an average.

The age intervals have changed as well. Instead of the 10-year intervals everyone is used to, the new

instruction has a five-year age interval. This will give those sailors who are borderline failing a chance to pick up their scores with age.

According to the physical readiness program instruction, OPNAVINST 6110.1F, changes to the PFA came after a concern from the fleet that the old standard was not centered on overall scoring.

Any further questions or for more information on these changes, the command fitness office can be reached at 953-5099.

Here is Naval Medical Center Portsmouth's October 2002 Official PFA cycle schedule.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Weigh-IN PFA	2 Weigh-IN PFA	3 Weigh-IN PFA	4 Weigh-IN PFA	5
6 	7 Weigh-IN PFA	8 Weigh-IN PFA	9 Weigh-IN PFA	10 Weigh-IN PFA	11 Weigh-IN PFA	12
13	14 Weigh-IN PFA	15 Weigh-IN PFA	16 Weigh-IN PFA	17 Weigh-IN PFA	18 Weigh-IN PFA	19
20	21 Weigh-IN PFA	22 Weigh-IN PFA	23 Weigh-IN PFA	24 Weigh-IN PFA	25 Weigh-IN PFA	26
27	28 Weigh-IN PFA	29 Weigh-IN PFA	30 PFA	31 PFA		

- Participants may Weigh-in at Building 2's Chief Bunkroom from 7 a.m. until noon.
- PFA participant will muster at the Brown Pavilion by the helo-pad. PFA's start every hour beginning at 7 a.m. until 3 p.m. with a break between noon and 2 p.m.
- Any service member that does not complete both portions will be marked as a fail/no show.

**October 1,15,29****Lunch**

Mushroom soup  
Salisbury steak  
Pork loin  
Potatoes or rice  
Green beans  
Frosted brownies

**Dinner**

Minestrone soup  
Baked chicken  
Mashed potato/gravy  
Spaghetti  
Cauliflower  
Turnip greens  
Pineapple cake

**October 2,16,30****Lunch**

Beef Veg soup  
Grilled Chicken Strips  
Beef Yakasob  
Broccoli, Corn  
Dinner Rolls  
Banana cake/Oatmeal  
Raisin/Apple Crisp

**Dinner**

Lentil soup  
Pork chops (Tropical)  
Lemon Baked Fish  
Potatoes/Rice  
Asparagus/Carrots  
Sweet potato Pie/  
Brownies  
Coconut cream pie

**October 3,17,31****Lunch**

Potato soup  
Turkey/Chili Mac  
Potatoes w/Gravy  
Succotash/Fried Okra  
Corn Bread Dressing  
Coconut Cream Pie/  
Sugar Cookies

**Dinner**

Dinner Rolls  
Corn Chowder  
Pork Loin/Chicken  
Potatoes/Rice Pilaf  
Carrots/Cauliflower  
Oatmeal Cookies/  
Orange Cake

**October 4,18****Lunch**

Clam Chowder  
Spaghetti/Stuffed Fish  
Mac And Cheese  
Green Beans/Squash  
Dinner Rolls  
Banana Cake/Cookies/  
Apple Crisp

**Dinner**

Beef Noodle soup  
Pasta/Meatloaf  
Mashed Potatoes/Rice  
Broccoli/Corn  
Dinner Rolls  
Butterscotch Brown-  
ies/Lemon Cake  
Brownies

**October 5,19****Lunch**

Broccoli soup  
Roast/Lasagna  
Potatoes/Rice  
Asparagus/  
cauliflower  
Dinner Rolls  
Pound Cake/  
Blueberry Pie  
**Dinner**  
Onion soup  
Beef Tips/Baked Fish  
Potatoes/Noodles  
Spinach/Beets  
Butterscotch Brown-  
ies/Lemon Cake  
Green beans

**October 6,20****Lunch**

Chicken rice soup  
Lemon turkey pasta  
Swiss steak w/ gravy  
Carrots  
Dinner rolls  
Cherry pie

**Dinner**

Clam chowder  
Roast beef w/ gravy  
Chicken pot pie  
Potatoes/Egg noodles  
Corn/Green beans  
Dinner rolls  
Pumkin pie

**October 7,21****Lunch**

Split pea soup  
Chicken /lasagna  
Peas, Cauliflower  
Garlic bread  
Chocolate cake  
Peach pie

**Dinner**

Cream of mushroom  
Ham w/pineapple  
Herb baked fish  
Sweet potatoes  
Succotash  
Butterscotch brownies  
Apple crisp

**October 8,22****Lunch**

Beef noodle soup  
Roast turkey w/ gravy  
Beef stew  
Mashed potatoes  
Broccoli, Squash  
Cake/Sweet potato pie

**Dinner**

Chicken noodle soup  
BBQ Chicken  
Roast beef, gravy  
Au gratin potatoes  
Steamed rice  
Corn on the cob  
Coconut cream pie

**October 9,23****Lunch**

Vegetarian veg. soup  
Beef teriyaki  
Cat fish  
Macaroni and cheese  
Green beans  
Black eye-peas  
Apple pie

**Dinner**

Minestrone soup  
Jerk chicken  
Grilled salisbury steak  
potatoes/gravy  
Green peas/Carrots  
Angel food cake

**October 10,24****Lunch**

Knickerbocker soup  
Grilled chicken strips  
Sweet and sour pork  
Fried rice  
Mixed veggies  
Cake/Bluebery pie

**Dinner**

Mulligatawny soup  
Fish creole  
Baked chicken  
Lyonnais potatoes  
Beets/ Asparagus  
Orange cake  
Brownies

**October 11,25****Lunch**

Clam Chowder  
Swiss Steak w/Gravy  
Vegetable Curry  
Mashed Potatoes/Rice  
Turnip Greens/Carrots  
Chocolate Chip cook-  
ies

**Dinner**

Beef vegetable soup  
Pot roast w/gravy  
Mac and Cheese  
Green beans/Squash  
Florida Lemon Cake  
Vanilla Pudding

**October 12,26****Lunch**

Chicken soup  
Meatloaf/Chicken  
Scallop Potatoes/Rice  
Broccoli/Peas  
Dinner Rolls  
Coconut cream pie  
Oatmeal cookies

**Dinner**

Veggie soup  
Pork chops/pizza  
Mashed potatoes/rice  
Cauliflower/Spinach  
Pumpkin Pie/Yellow  
Cake

**October 13,27****Lunch**

Veggie Bean Soup  
Roast Turkey w/Gravy  
Swedish Meatballs  
Noodles/Dressing  
Beets/Carrots  
Cheery Pie/Banana  
Cake

**Dinner**

Turkey Rice soup  
Roast Beek/Chicken  
Potatoes/Rice  
Brown Gravy  
Squash/Green Beans  
Cookies/Peach Pie

**October 14,28****Lunch**

Chicken Noodle Soup  
Chicken/Eggplant  
Steamed Rice  
Asparagus/tomatoes  
Oatmeal Cookies/  
Chocolate Cake/Peach  
Crisp

**Dinner**

Veggie Soup  
Beef Strips/Baked Fish  
Mac n Cheese/Rice  
Carrots/Spinach  
Pound Cake/Apple Pie  
Dinner Rolls