



THE COURIER



October/November 2001

Issue 10

"I have never been prouder of Navy medicine"

By JO3 Jodi Durie



Photo by JO3 Jodi Durie

Surgeon General of the Navy Vice Adm. Michael L. Cowan addressed Naval Medical Center Portsmouth personnel during an October 10 visit.

Enlisted staff listened with wide eyes and attentive ears as their Surgeon General and the Force Master Chief spoke with sailors during a recent visit to NMC Portsmouth; nearly one month since the attack on America. United States Navy Surgeon General Vice Adm. Michael L. Cowan and Force Master Chief HMCM Mark Weldon repeatedly applauded the men and women of Navy Medicine for their role during both recent and previous attacks here and overseas.

"There has never been a time in my 30 plus years in the Navy where I have been prouder of Navy medicine," said Cowan. "I am honored to be your Surgeon General. That honor became excruciatingly acute on September 11 as I looked out the window of my office and watched the Pentagon burn. "That's something you don't see everyday, an attack on our homeland," he said with great emotion.

A look of pride crossed his face as he recounted the courageous acts of Navy medical staff who risked their lives to save the lives of those in the Penta-

gon.

"And I tell you what Navy Medicine did when people were streaming out of the Pentagon," he added. "We had Navy providers and Navy corpsman who were going the other way. When asked by the media afterwards why they entered this scorching flaming building, that's really not the best place in the world to be, one of them said 'I knew where my duty station was,'" said Cowan.

The Surgeon General and the Force Master Chief also recognized the efforts of the staff on the USNS Comfort.

"The staff of the USNS Comfort delivered support to the firefighters who were risking their lives 18 to 20 hours a day. We became a force multiplier for the city of New York," explained Cowan. "The firefighters were fed, showered, bedded, fed again and handed back their clothes clean. The Navy was a remarkable success story," added Cowan.

Weldon also had great things to

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Customer Service excellence recognized during award ceremony
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Photo by JO2 Duke Richardson

Surgeon General of the Navy Vice Adm. Michael L. Cowan, right, congratulates NMCP's newest Sailor's of the Quarter.

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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 Public Affairs Officer Lt. j.g. Lyon at 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 (next to the Conference Room.)

Surgeon General Awards Sailors of the Quarter

By JO2 Duke Richardson

Naval Medical Center Portsmouth had help honoring three of its finest Sailors by a very special visitor. Surgeon General of the Navy Vice Adm. Michael L. Cowan was on hand to personally congratulate the Bluejacket of the Quarter (BJOQ), ITSN Roxanne Adkins, Jr. Sailor of the Quarter (JSOQ), HM3 Pamela J. Grzeslkowski, and the Sailor of the Quarter (SOQ), HM1(SW/AW/FMF) Michael J. Felton.

During the ceremony held at the Sandbar, Cowan presented each of the awardees with the certificates signifying their distinction and applauded their achievement with a very personal form of "Bravo Zulu," a handshake and a warm smile.



Photo by JO2 Duke Richardson
BJOQ ITSN Roxanne Adkins receives her award from Vice Adm. Cowan.



Photo by JO2 Duke Richardson
NMCP's newest JSOQ HM3 Grzeslkowski receives her award from Vice Adm. Cowan.

NMCP's Command Master Chief HMCM(SW/FMF) Dave Carroll, said the award winners, and staff members like them, play an intricate part in NMCP's overall mission and its continuing successes. "We couldn't get things done without the fine sailors we have here all the way from the E-1's to the E-6's," he said. "They do what it takes to make things happen and they continue to do so. They do a great job every day."

According to BJOQ ITSN Adkins, this was a great achievement to her but she has no plans of resting on her laurels. Through hard work and diligence, she plans to go as far up the ranks as her abilities will allow. "I'm absolutely thrilled and happy to win this award," she said. "All I need to do now is to keep (working hard). I have no intentions of stopping with just this, I'm looking at (earning higher awards and advancing). Through dedication and hard work there are no limits."

Surgeon General Visit continued from page 1

say about the hospital corps and its support staff.

"The best sailors in the nation are in Navy Medicine, that includes all ratings," said Weldon. "In every event, certainly in the 30 years I have been in the Navy, where Navy Medicine has responded, whatever the occasion, Navy Medicine responds magnificently. "I can't name one time when we weren't out there performing superbly and I'm extremely proud of that and very protective of that, he added. "That's the legacy of the hospital corps. That's why they name some ships after hospital corpsman," said Weldon.

Hospital staff members had the unique opportunity to have their questions answered by Cowan and Weldon first-hand. Questions included training, readiness, current status and plans of the Anthrax vaccination, advancement opportunities and many other concerns.

While answering these questions, Weldon stressed three major topics of chief importance: readiness, training re-

quirements and developing good leaders.

"All three priorities of mine fold in very, very deeply with Vice Adm. Cowan's readiness, optimization and integration ideas. You've got to keep that readiness role foremost in your mind," expressed Weldon.

And how will this readiness come into play? Vice Adm. Cowan answers this question.

"People ask me two questions now," said Cowan. "First, they say 'Where will this go from here?' I don't know, we're at war and I think this will certainly be going on after I'm gone from the service and it may be going on after all of you are out of the service. We don't know how big this will be," said Cowan. "Then, they say 'what do I do now?' "What you do is what you did yesterday, and what you did September 10th. Take care of your patients and have your personal readiness up to speed so whenever you are called upon you can perform like our brothers and sisters did," he said.

Hispanic heritage honored in festive tribute

By JO3 Jodi Durie

Recently, on a quiet Friday morning, a handful of Command Heritage Committee members decorated Naval Medical Center Portsmouth's auditorium with a theme in mind. The 2001 theme for Hispanic Heritage Month "Paving the Way for Future Generations." By dressing a table with multi-colored flags and a complementing cake, and posting various pictures of influential Hispanics along the walls, committee members prepared for a celebration.

Within a few short hours, these committee members presented the command with a unique celebration of Hispanic Heritage Month.

Hispanic Heritage Month is celebrated annually from September 15 to October 15 to recognize the rich cultural heritage of the Hispanic-American community which has contributed so greatly to our nation.

"Today we're here to celebrate our diversity and to celebrate the great contributions those of Hispanic heritage have given us," explained Naval Medical Center Portsmouth's Deputy Commander Capt. Matthew Nathan.

"The strength of this great nation and our naval service lies in its diversity," said featured speaker Capt. Carlos A. Torres, di-

rector of nursing services, as he addressed hospital staff members. A native of El Paso, Texas with Mexican roots, Torres shared his personal story as a Hispanic American while outlining many notable characteristics and accomplishments throughout Hispanic culture.

There are various distinguishing characteristics of Hispanic culture such as music, food, and family structures, according to Torres.

"There is a very definite Latin style that can be easily identified. The Caribbeans have the steel drums, the Cubans have the bongos and the Mexicans have more of a brassy sound. Make no mistake however when you put the instruments together it is Latin music," said Torres.

Not only is Hispanic music unique

in nature, but also food of Hispanic origin certainly has a taste of its own.

"Although dishes vary there is always a rice and beans staple and variation in corn

and flour tortillas. The meat, chicken and fish dishes all have a different variation. All dishes have a very distinct seasoning that is uniquely Hispanic," explained Torres.



Photo by JO3 Jodi Durie

NMCP's Hispanic Heritage Month celebration boasted a multitude of presentations including Hispanic-oriented musical compositions.

"We traditionally have a very tight knit family structure. Thirty six percent of the nation's Hispanics consist of a traditional family with a married couple and their own children," explained Torres. Compared to 25 percent of all United States households. Hispanic children under the age of 18 are twice as likely to live with both of their parents," added Torres who feels proud of his heritage.

BMC Oceana Doctor Helps Reach Out To The Community

By JO2 Duke Richardson

Not many doctors work for free, but one doctor at BMC Oceana does and he enjoys every minute of it.

Cmdr. Edwin Malixi, medical officer at BMC Oceana is a volunteer doctor at Chesapeake Care, a free clinic that offers medical services to lower-income members of the general population.

Malixi is not exactly a "newbie" when it comes to offering his services at the clinic. He has been offering his medical expertise at the clinic since 1995. He goes to the clinic whenever his schedule will allow. "I go there at least once or twice a month, usually on Saturdays, and see anywhere from 20-27 people while I am there," said Malixi. "The clinic is open throughout the week, but due to work here at Oceana (and other obligations), I can usually only go out there on Saturdays."

Malixi went on to say the clinic always has a need for more doctors to volunteer their medical expertise, particularly on weekends. "There has been a little bit of difficulty finding people willing to volunteer a few hours on Saturdays," he said. "But we hope as time passes that won't be the case and we'll get the volunteers that are needed and willing to donate four or five hours and help the community."

There are many good things about the free clinic, says Malixi. But one thing he really likes about it is that he doesn't have to worry about where the patients he sees there will get the medication they'll need. Chesapeake Care is staffed with a fully functional pharmacy much like the one he sees on a regular basis at BMC Oceana. If by some chance they do not have a particular type of medication someone needs, then the clinic will give the patient a "voucher" which they can take to a nearby pharmacy and get their prescription filled at next to zero-cost. Either way, the patients are taken care of.

Janet Call, executive director of Chesapeake Care, says the efforts of volunteers such as Dr. Malixi are very much appreciated. Their willingness to volunteer their time to help out at the clinic plays a hefty part of their ability to take care of their patients. "We do not hire people here to work here at the clinic, we depend on volunteers especially when it comes to physicians," she said. "We don't have any paid physicians at all. And the physicians that help us out are happy to be here because they are really able to see the patients and spend as much time as they feel necessary without

worrying about billing, codes, and other things they may normally have to worry about. When we say this is a free clinic, this is a free clinic."

She went on to say although the clinic is located in Chesapeake, it provides care to patients from all over the Hampton Roads/Tidewater area. "People may think, 'well this is Chesapeake Care so it's a Chesapeake program' but that is not the case. We will also see people from Virginia Beach, Norfolk, Portsmouth, anywhere in the Hampton Roads area. So people volunteering here feel as if they are really doing something to help the community."

Volunteering at the clinic has been a rewarding experience, says Malixi. It gives him the chance to help members of the community that are not as financially stable receive the medical care they need and deserve. "I didn't come from a wealthy family back in the Philippines, but throughout the years and the time I have served in the Navy things have gotten better," he said. "So this is a chance for me to spread the wealth of the success I have had over the years to help others that need it. To me that is the most satisfying thing about doing this."

Boone Sailor Seeks “Self-Betterment”

By JO2 Duke Richardson

Pulling and retrieving patients’ records sounds like a pretty “humdrum” job to the average person, but one sailor at Branch Medical Clinic Boone, HN Alex Ramirez disagrees.

Located just across from the main entrance in the front lobby, Branch Medical Clinic Boone’s Medical Records staff find themselves not only playing the part of “record retrievers,” but also the part of information gurus. Meaning, they help patients not familiar with the clinic’s layout find what they are looking for.

This helping aspect of the job is one of the main things that appeals to Ramirez. “Some of the patients come here with all kinds of different questions and we do whatever it takes to point them in the right direction,” he said. “I consider myself a people person by nature, so it comes naturally to me to help satisfy the needs of our patients.”

To Ramirez, the biggest challenge for him is ensuring the patient gets what they need without delay or inconvenience. “I feel giving patients what they need and getting them where they need to go is the greatest challenge, but it is also rewarding,” he said. “This is a good place to learn all about customer services and to enhance the people

skills necessary to do a good job.”

Furthering his education and getting a college degree are among the long-term goals Ramirez has set for himself. “I want to (at least get) a bachelor’s degree in the future,” said Ramirez. “I plan on taking advantage of the educational programs the Navy offers so I can take some classes and further my education.”

Like many other potential advances, Ramirez studied hard for the Navy-wide advancement exam. He said if he did well enough to tack on his first crow, he is ready for not only the raise in his paycheck, but the raise in responsibilities he will have as a petty officer.

“The sky is the limit when it comes to what you can do in the Navy” is the advice Ramirez would give to new sailors just coming into the service. “Whether a person is only doing a four-year tour or

longer, there are so many things you can do to better yourself and succeed. There are so many opportunities in the Navy to see the world, further your education and (advance) that it is wise not to let your time in go to waste.”



Photo by JO2 Duke Richardson

HN Alex Ramirez offers assistance to BMC Boone patient Kristin McKenzie.

TRICARE for Life starts as scheduled, extending medical benefits for thousands in Hampton Roads

TRICARE for Life kicked off on schedule October 1, adding 1.5 million new beneficiaries to the military’s healthcare system.

“This benefit ... is helping to restore trust in our government,” said David Chu, undersecretary of defense for personnel and readiness, in a ceremony at the TRICARE Management Activity here. “The introduction of this benefit today reaffirms the determination of Congress and the commitment of the Department of Defense to service members of today and of yesterday.”

Officials believe there may be glitches but that they’ll be fixed as soon as they’re identified. “I am anticipating an electronic bump here and there,” said Dr. J. Jarrett Clinton, acting assistant secretary for health affairs. “But I know now we have people who take care of electronic bumps.”

That TRICARE for Life began on schedule in spite of the national tragedies of September 11 speaks highly of the people who work for TRICARE, Chu said. “This is a new day for the entire military health system and a great one, and I salute each of

you,” he said to the TRICARE employees at the ceremony.

It also makes the American people realize how much they depend on their military services. “This last month has made us realize the sacrifices that our military members and (DoD) civilians make toward maintaining a democracy,” Clinton said.

Officials believe the TRICARE for Life program will send a message that will help recruiting and retention as well.

“This is a magnificent benefit, and we believe it will do a great deal to both recruit and ... retain those people who we so desperately need and rely upon to maintain this nation of democracy and freedom,” Clinton said.

TRICARE for Life extends TRICARE benefits to military retirees who are over age 65 and Medicare-eligible. The fiscal 2001 defense authorization act extended coverage to this previ-

ously ineligible group.

For eligible retirees and their spouses who are over age 65 and enrolled in Medicare Part B, TRICARE became a second payer to Medicare October 1. This will end their need to pay many out-of-pocket expenses, and most will probably conclude they no longer need to buy “Medigap” supplemental insurance, TRICARE officials said.

The only requirements for beneficiaries are that they ensure the accuracy of their enrollment information in the Defense Eligibility Enrollment Reporting System and that they be enrolled in Medicare Part B.

All but about 70,000 of the 1.5 million retirees eligible for TRICARE for Life are enrolled in Medicare Part B, said Steve Lillie, TRICARE’s director of over-65 benefits.

Medicare’s next general enrollment period is January through March 2002.

Beneficiaries with questions should call the newly expanded TRICARE for Life center at toll-free 1-888-DOD-LIFE (1-888-363-5433) or visit the TRICARE Web site at www.tricare.osd.mil.



NMCP Rewards Customer Service Excellence

By JO2 Duke Richardson

Twelve of Naval Medical Center Portsmouth's finest were recently rewarded for excelling in customer service. The awardees received their Certificates of Recognition during a special luncheon held October 9.

According to Cmdr. Ava Abney, product line leader of NMCP's Patient and Guest Relations, they went beyond what was expected of them in giving customers the highest quality of service. "You exceeded the expectation of customer delight and we wanted to show you how much we appreciate you and your efforts," she said. "Your work here does not go unnoticed, so we wanted to publicly praise you for your abilities and the way you contribute to the mission of the hospital which is customer delight."

NMCP Commander Rear Adm. Clinton E. Adams was on hand to personally present the certificates to the staff members. Adams said the efforts displayed by the staff members honored that day is a prime example of how much NMCP cares about its customers. "This is a shining example of our command philosophy of customer delight," he said. "You all understand the importance of customer satisfaction because you have (been in their position) and perhaps you didn't like the way things were done and you've committed yourselves to the smiles, caring and healing hands in spite of your bad days. You've got it all figured out."

Adams went on to say although only a small number of people were given certificates that day, the job doesn't stop there. For there are many other staff members that also go the extra mile for their patients. "There are more people out there we need to recognize and maybe the people honored today should be 'deputized' to



Photo by JO2 Duke Richardson

Rear Adm. Adams, left, presents a Certificate of Recognition to HM1 William Montague for his customer relations efforts. Montague was one of 12 staff members honored during the luncheon.

tell us about someone else in the hospital that should be honored," said Adams. "We should find out who these people are, reach out to them and say 'thank you.'"

Congratulations to: HM3 Shauna Conn, Ms. Cynthia Foster, Ms. Lettie Groshel, HM2 Stacey Judd, Capt. Joseph Kennedy, HM2 John Lafferty, Ms. Alicia Lyons, Mrs. Sarah Montague, HM1 William Montague, Lt. Cmdr. Barbara Pauley, Mr. John Shellenberg, and Ms. Shelby Stevens.

What do you know about Muslims?

By Capt. Jerry Shields, NMCP Pastoral Care Services

The recent tragic terrorist events have produced a dramatic increase in related hate crimes toward members of the Islamic faith.

I cannot remember in my "Baby Boomer" lifetime such intense hatred directed toward a religious people. Even the Vietnam war era did not produce such hate in the hearts of Americans toward the religious groups in Vietnam; nor did the earlier wars with Japan and Germany directly associate the conflict with a religion of their respective countries. However, there was much hatred directed toward those people of the Japanese and German nationality.

Do we really know the Islamic faith belief system? Have we talked with a human being who professes to be a Muslim to learn what they believe? Have we read any of their bible, the Koran? Do we feel secure in our understanding of this religion and the various groups within it? Do we really want to understand them? Are we making intelligent judgements or solely rationalizing with false stereotypes? Is it really fair to link all Muslims with terrorism?

I have more questions than I do answers. Therefore, the time seems to be one of questioning, searching, and understanding rather than a time of condemning, hating and killing. It is also a time to dialogue with Muslims and discuss the similarities and differences of our respective religious beliefs.

A promising new book, "More in Common Than You Think: The Bridge Between Islam and Christianity", has been written by Dr. William Baker that will help us in this endeavor. Dr. Baker is the founder and president of an organization called CAMP, the acronym for Christians and Muslims for Peace.

His book reveals the tremendous amount of common ground between the teachings of Islam and the Christian faith. In Chapter 3, Baker writes: "Few Christians are aware that Prophet Muhammad, the messenger of Islam, believed Jesus and Moses were the most important bearers of God's revelation to mankind, that message is

enshrined in the Torah and New Testament. Islam embraces both books and includes portions of both in the text of the Koran."

He notes that both Islam and Christianity teach that God is in control of all things, including the destiny of mankind, collectively and individually.

He quotes from the Koran, al-Ankabut(29:46) to support this conclusion: "The Koran calls upon Muslims to attempt to sit down peacefully with People of the Book(Jews & Christians) in an effort to find common ground between them; and from Surah Al-Imran(3:84) to support this statement: Muslims are asked to follow the good examples of the earlier Prophets of the Bible."

Another good book on this subject is "Guidelines for Dialogue Between Christians and Muslims" by Maurice Borrman and published by the Paulist Press. This book discusses the places and paths of dialogue between Muslims and Christians, recognizes the values of each religion, deals with present obstacles such as fear and fanatics, and presents areas of cooperation and potential agreement. There are also many websites for further research and organized occasions for Muslim-Christian dialogue.

A college course on World Religions can do wonders to broaden our horizons and enlighten our views about people different from our religious faith perspectives. Each of us need to be engaged in some way to be better informed, responsible citizens to our Muslim neighbors. The knowledge and understanding we gain from these endeavors can make a powerful difference in creating a climate and community that would reduce our fears and eliminate hatred between Muslims and persons of other faith groups. This would fulfill the great commandment in Matthew 22:37-40: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. The second is like it: You shall love your neighbor as yourself. On these two commandments hang all the law and the prophets."

Mammography: An Examination Which Can Save Your Life

By HM2 Chris Quilpa, Naval Medical Center
Portsmouth Radiology Service Line

October is Breast Cancer Awareness Month. This event highlights the importance of early detection and prevention, and protection from breast cancer and other related abnormalities. And, mammograms are one of the best tools to detect such problems.

What is a mammogram? It is a safe, low-dose x-ray image or picture of the breast. This radiologic examination or procedure is performed by a qualified radiologic technologist specializing in mammography. Usually, two x-ray pictures of each breast are taken and then examined or read or interpreted by a radiologist (a physician trained and certified/registered to read x-ray pictures or images).

Although mammography is typically an x-ray procedure for women, both sexes are susceptible to breast tumors and cancer. A tumor is a swollen or abnormal mass of tissue that arises without obvious cause from cells and possesses no physiological function. A cancer is an enlarged, malignant tumor-like growth that expands or spreads destructively throughout the breast or to other parts of the body.

In his book, "Breast Care. The Good News," Dr. W.R. Spence notes that breast cancer is the leading cause of cancer deaths among women, second only to lung cancer. He also says about one in every 10 will develop benign breast tumors, nine out of 10 breast tumors will be found by women themselves, and 9.5 out of 10 will be alive five years after treatment.

The American Cancer Society has set guidelines for mammography for women age 40 and older. At 40, all women should have at least one screening or baseline mammograms (the very first x-ray data or pictures of the breasts that serve as the basis for future comparison).

For women age 40 and over, they should have a mammography every one or two years or as directed by their doctor. Women at high risk should have a frequent or regular mammography, as per their doctor/health care provider rec-

ommendation.

Dr. Spence also recommends females should perform breast self-exams (BSE) at least once a month. BSE plays a vital role in the early detection of any breast abnormality. Spence says the best time to perform BSE is seven to 10 days after their last menstrual period.

In addition, the American Cancer Society also recommends clinical breast exams (CBE). That is, after age 40, a woman should have a CBE by her health care provider every year.

The success for treating breast cancer depends upon early detection or discovery. Some early warning signs of breast cancer include: 1) a painful lump in the breast; 2) an unusual increase in the size of one breast; 3) an enlargement of lymph nodes, or, 4) an unusual swelling of the upper arm. If you discover any of these symptoms, contact your doctor.

An analysis by The American Cancer Society says women who get regular mammograms may reduce their risk of developing breast cancer by 60 percent.

At NMCP's Radiology Service Line, we're "steaming" to assist and delight our patients/customers by providing and offering the best quality radiologic/imaging/mammographic services through our highly-trained/certified radiologists, physicians, radiologic technologists, nurses, and support personnel, and our state-of-the-art computerized/digital imaging devices and equipment.

Appointments for mammography and other related exams at NMCP can be made during normal working hours, 8 a.m.-4:30 p.m., Monday through Friday, by calling the Mammography Scheduling Office at 953-4620. Or simply stop by the Radiology Dept.'s Mammography Office, first deck, Bldg. 2, Charette Health Care Center at NMCP, and inquire and/or avail yourself of some informational materials related to mammography breast cancer, etc.

According to Ms. Dana Carey, RTRM, Mammography Lead Tech, when a patient calls to make a schedule for a mammogram examination, the clerks will be asking a number of ques-

tions such as if the patient has already a request order or referral for a mammography from her primary health care provider.

For patients who have internal (i.e. NMCP) health care provider, the exam request has to be ordered/entered in the CHCS (Composite Health Care System) computer. For those who have external health care providers, a written prescription from their doctor must be presented or can be faxed to Scheduling Office, prior to scheduling the mammography exam. The fax number is 953-1102.

For more information about breast cancer, call the American Cancer Society at 1-800-227-2345, or visit their web page at www.cancer.org.

NAVSUP HOLIDAY MAILING DATES ANNOUNCED

The Naval Supply Systems Command (NAVSUP) Postal Policy Division, in concert with the U. S. Postal Service and military postal officials from all of the services, note that it's not too early to mail 2001 Christmas cards and packages to and from military addresses overseas.

In fact, everyone is encouraged to beat the last-minute rush and take holiday mail and packages to the nearest U.S. Post Office or APO/FPO military post office by the suggested dates listed.

For military mail addressed to APO and FPO addresses, the suggested mailing date for air letters, and cards and priority is December 11.

The date for space available mail is November 27, the date for parcel airlift is December 4, and the date for surface mail is November 6.

For more information, visit the NAVSUP Web site at <http://www.navsup.navy.mil/>.

THE THRIFT SAVINGS PLAN IS HERE!!!

By Alice Kennedy, Naval Support Activity Mid-South

Millington, Tenn. (NNS) — The open season for the Thrift Savings Plan, which is now being offered to the Uniformed Services for the first time, got underway October 9, and will last through Jan. 31, 2002.

Active-duty, Ready Reserve and National Guard members of the uniformed services need to complete the TSP-U-1 election form to start an allotment in order to invest in the plan.

The servicing disbursement office will process the enrollment form and a pin number will be mailed to each investor.

For those Sailors who choose to participate in the TSP, they can choose to allocate or diversify where their contribution will be distributed.

Diversification means that the overall contribution amount is being dis-

tributed among some or all of the TSP funds. On the other hand, the entire contribution can be allocated to one specific fund that the participant chooses.

If no allocations are made, then the member's entire contribution will go to the "G" fund.

The investment allocation form, TSP-U-50, is used to specify how the contributions are to be distributed between funds. This can be accomplished online at the TSP Web site, <http://www.tsp.gov>. A pin number is required to allocate contributions online, because participants will use the "account access" option. However, form TSP-U-50 will not be available until January 2002.

All allocations submitted through January will become effective during February 2002. The servicing disbursement office cannot process the TSP-U-

50 allocation form. The original TSP-U-50 must be mailed directly to: TSP Service Office, National Finance Center, P.O. Box 61078, New Orleans, LA 70161-1078.

TSP participants may view monthly performance data at the TSP Web site using the "rates of return" option. It is posted around the third or fourth day of each month. The account access option is only area on <http://www.tsp.gov> where a pin number is needed.

For more information, contact the Naval Support Activity Fleet and Family Support Center financial educator at (901) 874-5077/5075 or call the TSP ThriftLine at (504) 255-6000.

For more information on TSP, go to <http://www.tsp.gov> and select "uniformed services."

"WE WILL PREVAIL!" -Secretary of the Navy

WASHINGTON (NNS) — Secretary of the Navy Gordon England visited the Naval Media Center recently and told Sailors, Marines and civilian staff members that it's again time for the military to protect the freedoms for the Americans of today's generation, and the ones to come.

"While the events of 9-11 are unique, challenges are not unique in the history of our nation," England said. "For 225 years, generations before us have earned for us, the blessings of liberty and freedom that we enjoy. And now, our generation needs to come forward and protect and defend these freedoms for the next generation."

England told his audience that in a meeting at the Pentagon on September 12, "The president said 'never forget.'

Secretary England then explained how the events of September 11 have influenced the Navy/Marine Corps Team and its relationship with the American people.

"This is a very critical time for America," said England. "There is a special relationship between the military and the American people — the American people have confidence in our military."

This confidence provides stability to the nation's foundation.

"People today feel more vulner-

able than they did three weeks ago, evidenced by all the added security we have at all our government facilities and all our public places," said England.

"At this time, the U.S. military provides a stabilizing foundation for our way of life."

The SECNAV said he believes the events of September 11 have drawn the Navy/Marine Corps team closer than ever.

"My sense is that the Navy and Marines are ever closer because together they go into combat," explained England. "It is indeed a naval service, particularly in times of great need as we have today — our naval services come even closer together."

"I am proud of the fact that our naval services are a very cohesive force — very cohesive in jointness with the other services — and well supported by all the civilians, and by our Reserves, since our Reserves have been called up and are now part of our active force. So, this is indeed a family going forward to protect and defend our country."

As he concluded his remarks, Secretary England spoke about the importance of the Navy's internal information program and praised members of the Naval Media Center for their efforts to keep Sailors and families informed about events in the wake of the crisis.

Got Cammies?

Fleet Hospital (FH) personnel are advised to visit the MMART Division, Building 250 to be fitted with four sets of Camouflage Utility Uniforms (CUUs). All personnel assigned to FH Portsmouth, FH JAX, FH Camp Lejeune and FMF contingency platforms are issued CUUs. If a member does not have four sets of CUUs, please inform the MMART Petty Officer and the remaining CUUs will be issued. All CUUs will be retrofitted with collar devices, U.S. Navy tapes, cap rank insignias, and name tapes. CUUs provided to FMF contingency personnel will not have collar devices sewn on.

MMART is working hard to have all sizes of boots and CUUs available but due to some shortages in the Federal Supply System, some items are back ordered from the manufacturers. Provided all CUU sewn on devices are available, CUUs are returned to the member by seven business days after fitting. The following is a list of current uniform item shortages:

1. Nurse Corps collar devices and caduceus insignias (both are on back order with the manufacturers).

2. Some sizes of field jackets (MMART has an inventory of 850 field jackets and will order more).

Please feel to contact LCDR Allen at 3-5735 or Mr. Mark Hughes at 3-5699 for any questions.

Remember OPSEC In Cyberspace

From the Navy News Service

With the rapid exchange of information that takes place through e-mail, Web page content and other Internet tools, it's vital to remember the importance of operations security (OPSEC).

Information that might seem insignificant to computer users Navywide, might be the final piece to a puzzle that an adversary has been working to obtain.

OPSEC can be defined as "the process denying to potential adversaries information about capabilities or intentions by identifying, controlling and protecting generally unclassified evidence of the planning and execution of sensitive activities."

According to a recent Navy message, the Office of Naval Intelligence assesses that potential adversaries are actively monitoring Internet communications, and the careless posting, discussion or e-mail of sensitive or classified information in the unclassified Internet medium could pose a threat to Navy and Marine Corps operations and personnel. Simply put: Loose lips sink ships. "Be conscious of what you're putting in an e-mail and of who it's going to," said Brenda Angerhofer, theater information assurance officer at commander, U.S. Naval Forces Europe. "You may be assuming that everybody is cleared and everybody has a 'need to know,' even if it's unclassified. But once that e-mail leaves, it can be forwarded to a thousand and one different locations without your knowledge. If you aren't sure as to whether something can be construed as 'classified,' then don't send it through e-mail."

Angerhofer added that the same vigilance should be applied to other forms of communication as well.

"Don't discuss passwords over an unclassified phone," Angerhofer said. "If a system administrator is giving somebody a new password, that should be done over a secure means — a secure fax or secure voice line."

Failure to use established precautions and procedures can also be an inroad for adversaries looking to collect information.

"Always ensure that your anti-virus software is up to date at home, especially if you bring files from home in to work," said Ricardo Perez, Naval Station Rota information systems de-

partment (ISD) computer specialist. "The anti-virus software here on base is automatically updated; ISD will give out Norton anti-virus or McAfee anti-virus because it is available to all Department of the Navy members and civilians for home use."

He said a three-tier system at ISD can detect nearly any e-mail virus trying to infiltrate the system.

"A lot of times, virus hits are associated with security vulnerabilities," Perez said. "When we get a virus hit, we'll go investigate; 90 percent of all viruses try to come in via e-mail." "We have a machine between ISD and the Internet that does nothing but scan for e-mail viruses and file attachments," said Perez. "That's our first line of defense. Every e-mail server that we operate runs anti-virus software — that's our second tier. Finally, our third tier of protection is anti-virus software on a person's desktop itself."

A virus rarely makes it all the way to that third tier, Perez explained, unless the computer user is not using e-mail and, instead, is out on a Web page or using a file located on a floppy disk — both actions that bypass those first two tiers of defense.

He added that ISD systems also prevent certain types of e-mail attachments, such as "executable files," to come through. Executable files can be programs that will run on a computer and insert damaging information.

Another tip Perez advised personnel to utilize to maximize OPSEC is the use of "strong" passwords, which are a combination of upper and lowercase letters, numerals and special characters.

For computer users on base, these elements of passwords are a requirement, in addition to a minimum character length, and are much more difficult for an unauthorized user to figure out.

The bottom line is that anything regarding Navy operations, facilities and personnel should be considered with OPSEC in mind.

If there's any doubt as to whether information contained in an e-mail may be useful to an adversary, it's best to err on the side of caution and not include that information.

Additionally, always utilizing anti-virus software will help protect systems against sabotage.

Stop Loss To Affect Some Nurse, Medical Corps Members

The Navy implemented its stop-loss October 10 to retain members of the active force and Reservists on active duty who are essential to national security, and might otherwise retire or leave the Navy.

Stop-loss impacts only those Navy members with a separation or retirement date on or after October 10.

The Navy's stop-loss policy affects some Navy members in the following specialty areas: special operations, security, cryptology, master-at-arms, SEALs, special warfare, explosive ordnance disposal, linguists, and medical.

Those who might be affected in Navy Medicine include Nurse Corps members with subspecialties in critical care, ER/trauma, perioperative care, certified registered nurse anesthetists, psychology, and family nurse practice.

Medical Corps members with specialties in general surgery, orthopedics, anesthesia, pulmonary/critical care, and general psychiatry are also included under stop-loss.

It may affect up to 36 physicians who planned on leaving or retiring from the Navy.

We need to ensure our Fleet units are fully manned and ready for national tasking," said Vice Adm. Norb Ryan Jr., chief of naval personnel. "Utilizing stop-loss gives us the ability to directly support the CNO's top priority of mission readiness by ensuring we have the right mix of people to successfully respond to any tasking."

ARE YOU READY FOR SOME FOOTBALL?

Come and enjoy the excitement of Monday Night Football at the Sandbar Center. Catch all the action on our big screen T.V. and enjoy food and beverage specials. Bring the whole gang for a great night of fun. For more information, call 953-5017.

"Why Should I Give To The Combined Federal Campaign"

(10 Reasons why you should)

10. Combined Federal Campaign (CFC) is your campaign.

The CFC was created for our nation's federal civilian, postal, and armed forces personnel. It is conducted annually by fellow employees who volunteer as loaned executives, campaign coordinators. Team captains, key workers and solicitors. Each year, nearly two million federal employees and military personnel contribute more than \$180 million through the CFC on behalf of people who really need help. Thanks to the commitment of CFC donors and volunteers. Millions in our nation and communities around the world will be infused with new hope and dignity for years to come.

9. The CFC is like a department store for charities.

Charities in the CFC serve virtually every area of humanitarian needs: international relief and development, environmental protection, medical research and health care, hunger and homelessness, education and leadership training, family and community development, arts, culture and recreation, human rights and justice, special programs for women, children, minorities and the disabled, and many more.

Think of your CFC brochure as a holiday gift catalogue. Charities are listed alphabetically or grouped by federations of agencies with similar humanitarian missions. You will see a brief description, administrative cost ratio, four-digit designation code and telephone number of the participating charities. If you want more information, ask campaign volunteers, call the charity directly, or visit some of the charities' world wide web home pages.

8. It offers easy, convenient one-stop shopping.

To give, just choose the charity or charities you wish to support...find the designation number code in the brochure...complete and sign the simple pledge card...and return it to your key worker or campaign volunteer. Beginning in January, your donation will be deducted automatically from your pay check for the next twelve months and sent to the charities you selected.

7. It's guaranteed.

You can give with confidence because the CFC includes only charities that are financially accountable and effective. Every year, thousands of charities are carefully reviewed by your fellow employees. Hundreds of charities are excluded from the

list because they do not meet the high standards of the CFC.

The CFC has been operating for almost 40 years and has a proven track record. There is nothing like it in the world and Ameri-



Combined Federal Campaign

cans are very proud of it.

6. It can be customized to reflect your won beliefs, values and humanitarian concerns.

The CFC pledge card has room for up to five different charities. This allows you to support the charities and humanitarian causes you care most about. For example, you could distribute your gift among local, national and international charities or among a combination of secular and religious-affiliated charities or among different areas of need like education, health and the environment. To ensure that your donation goes only to the charity of humanitarian cause you wish to support, be sure to designate your gift by specifying the appropriate code number on the CFC pledge card.

5. You can make a difference.

The CFC is one of the most efficient ways to raise charitable dollars, compared to other fund-raising methods such as direct mail and special events. Here are a few examples of how your annual CFC contributions make people's lives better:

\$36 (cost of a candy bar per week) provides 1 hour of training for wildlife protection

\$60 (cost of a can of beer per week) provides research to cure a disease.

\$80 (cost of a movie per week) provides 12 nights of shelter for a homeless person.

\$120 (cost of a burger and fries per week) provides 20 days of food for 27 refugee children.

4. You can see the results.

The beneficial results of the charities you support through the CFC are all around you. Thousands of people in your community

- including your fellow workers - have benefited from your generosity. Newspapers, TV, and the Internet are full of inspiring stories about millions of lives that have been saved and changed forever around the nation and the world. Your community has many opportunities for you to volunteer and observe, first-hand, the difference you CFC contributions make.

3. Payroll deduction is an extended, time-release formula for philanthropic action.

By having small amounts deducted each pay period, payroll deduction givers are able to increase the size of their contributions and at the same time stay within their budget. Over a year's time these regular contributions accumulate and have a larger impact. Dividing one's CFC gift into small installments may also offer tax advantages, particularly if you plan to give \$250 or more.

2. Your work and life gain new meaning.

If you give to CFC through payroll deduction, your job takes on a new dimension. Every minute of your work and every dollar of your pay help someone in need. When the going gets tough in a meeting, project or task, just imagine all the humanitarian needs you are addressing just by doing your job! Then, this meeting or that project will seem to go smoother. Your morale will improve. You will produce better results.

1. You can say "I gave at the office" with pride.

Every day we receive urgent charitable appeals - from telephone solicitations, television stories, direct mail, door to door solicitations, people on the street. By giving to CFC we will no longer feel overwhelmed with so many worthy charities asking for help. You will have the peace of mind of responding, "I care deeply about this issue and I am doing something about it through my annual contribution to the Combined Federal Campaign.

So, join us again this fall. Make your CFC pledge today. Millions of needy people in this community, nation and world are counting on your generosity. Thank you!

Internet Resources

www.charitablechoices.org

www.opm.gov/cfc

vcmo.whs.osd.mil/cfc.htm

The Truth about Anthrax

By JO3 Jodi Durie

As you listen to the morning radio on the way to work, sit down to watch the evening news or simply talk to a friend on the phone, the word Anthrax is likely to arise.

But do most Americans really know much about Anthrax and do they have reason to panic?

"Despite all of the events of the last several weeks, there is no reason to panic, especially here in the Hampton Roads area," according to Cmdr. James K. Radike, a staff infectious disease physician at Naval Medical Center Portsmouth. "Medical is ready. We are vigilant and we are prepared for any scenario," said Radike. "We have no confirmed Anthrax cases in Hampton Roads and in the event it should happen, we are ready," he added.

Anthrax is a serious disease that can affect both animals and humans. It is caused by bacteria called *Bacillus anthracis*. People can get anthrax from contact with infected animals, wool, meat, or hides. In its most common form, Anthrax is a skin disease that causes skin ulcers and usually fever and fatigue. Up to 20 percent of these cases are fatal if untreated, information provided by the Centers for Disease Control and Prevention (CDC).

Antibiotics will suppress the infection if administered early after exposure—usually within the first 24 to 48 hours, according to the Department of Defense at www.anthrax.osd.mil.

"Biological terrorism agents are primarily terror inciting agents. For most of these agents we have treatments, certainly for Anthrax we have good treatment if started within a reasonable time after

infection," explained Radike.

When *B. Anthracis* is inhaled, as when used as a biological weapon, it is much more serious. The first symptoms may include a sore throat, mild fever, and muscle aches. But within several days, these symptoms are followed by severe breathing problems, shock and often meningitis (inflammation of the brain and spinal cord covering). Once symptoms appear, this form of anthrax is almost always fatal, despite treatment with antibiotics. (CDC)

Due to the nature of Anthrax attacks, the U.S. Postal Service has issued cautionary guidelines guide to help identify anthrax-contaminated mail.

Do not handle the mail piece suspected of contamination, make sure that damaged or suspicious packages are isolated and ensure all persons who have touched the mail piece wash their hands with soap and water. The entire list, including additional information concerning anthrax, is available online at <http://www.usps.com/>.

Anyone concerned they have been exposed, or anyone possibly experiencing symptoms of Anthrax should contact their physician.

"The most important thing people can do here locally is to follow the president's advice, that is to get on with our lives, but to remain vigilant to our surroundings," said Radike.

Internet Resources

www.anthrax.osd.mil
www.usps.com
www.cdc.gov/ncidid/dbmd/diseaseinfo/anthrax-g.htm

MWR Events For November 2001

Annual 1.5 Mile Turkey Trot

Don't miss out on MWR's annual 1.5 mile Turkey Trot scheduled for Wednesday, November 14. The race will begin at 11 a.m. and will start in front of the gymnasium. The event is open to all active duty military, retirees, and dependents at no cost. NMCP DoDO civilians need to have a current MWR membership in order to compete. Thanksgiving turkeys will be awarded to top finishers in each age group and T-shirts will be given to the first 50 participants on race day. Call 953-5096.

AEROBATHON!!

Can you take the challenge? Don't miss out on this great two-hour super workout scheduled for Saturday, November 17 at 9 a.m. This event will feature high and low-impact aerobics, cardio kickboxing, step aerobics, and strength and toning. The event is open to all active duty military, retirees, and dependents at no cost. NMCP DoD civilians must have a current MWR membership. Space is limited so sign up in advance.

Intramural Basketball

Sign your team up now for our winter intramural basketball league. Players must be active duty military assigned to NMCP or tenant commands. League play will begin in late November. Call 953-5096 for more information or to sign up.

Come to the Sandbar!

Make the Sand Bar Center the stop for your next lunch date. On Monday and Tuesday we offer a soup and salad bar and a variety of sub sandwiches. The Sand Bar offers lunch specials on Wednesdays (fried chicken), Thursdays (steak), and Fridays (sea food). Subs, pizza, and grilled items are also available. Stop by with a friend, we're conveniently located between the barracks and the pool. The Sand bar is also available for catered events such as retirements, weddings, office parties, meetings, etc. For any party big or small, call 953-5017 for more info.

NMCP Remembers Fallen Staff Member



Friends and family members came together last month to remember HM2 Tammy Keown, a Naval Medical Center Portsmouth staff member that passed away Oct. 17. Keown is survived by her parents, Shelby and Richard, and her brother and sister.

Photo by JO2 Duke Richardson

Record of Emergency Data Update and Verification Mandatory for all personnel

By Chief of Naval Personnel Public Affairs and Center for Career Development Public Affairs

WASHINGTON (NNS) -- As the Navy participates in the war on terrorism, all Sailors must update and verify their records of emergency data immediately, unless verification has been completed within the last six months and no changes have occurred.

"Our CNO has said we need to focus on the mission, and updating our emergency data is an essential part of that mission," said Vice Adm. Norb Ryan Jr., Chief of Naval Personnel. "There is not a more critical responsibility for our people than assuring we have the right data to contact family members should we need to reach them."

Commanding officers and officers in charge are responsible for ensuring their personnel understand the critical need to complete this data update as soon as possible.

"This is an essential mission for Navy leadership at all levels of the chain of command," said Ryan. "Part of our responsibility for taking care of Sailors includes ensuring

we are ready to support their families and able to contact them quickly in an emergency."

Sailors should ensure all copies of the record of emergency data contain the additional address and telephone numbers for each designated primary next of kin (PNOK) and secondary next of kin (SNOK) required by NAVADMIN 098/01.

Verification of Service members' Group Life Insurance (SGLI) election will also be conducted with record of emergency data updates. Navy family care plan certificates and arrangements should also be updated.

In the event that information has changed since the last update, personnel support detachments (PSD) or command admin offices need to send the updated, original record of emergency data to: NAVPERSCOM (PERS-313C), 5720 Integrity Drive, Millington, Tenn. 38055-3130, using regular mail. PSDs should also maintain a copy in their local office.

For more information, go to <http://>

CNO Says Navy "On the Point" in War On Terrorism

By Chief Journalist Walter T. Ham IV, CNO Public Affairs

WASHINGTON (NNS) -- The Navy is "on the point" in the war on terrorism, according to Chief of Naval Operations Adm. Vern Clark.

"I think the events of last month have certainly reinforced why the nation has a Navy," the CNO said in a recent Pentagon interview. "I can tell you that our Navy is ready, and our people on the point are demonstrating the readiness of our Navy on a minute-by-minute basis."

The CNO said the four aircraft carrier battle groups involved in Operation Enduring Freedom are using their forward presence at sea to influence events ashore.

"We are able to take the sovereignty of the United States of America anywhere the oceans allow us to go," Clark said.

"Our Navy is about producing a product. Day in and day out, we're going to be there."

Adm. Vern Clark

"A couple of weeks ago, we had one (aircraft carrier battlegroup) there, and today we have four. That is what naval power is all about."

The CNO said the six-month deployment schedule has not changed, but our focus must be on the mission and flexibility necessary in a wartime environment.

"Let me reaffirm that our policy is to deploy for six months," the CNO said. "Now, having said that, the President has indicated that we are at war -- so we won't ever blink over taking whatever measures are necessary to ensure we respond to our wartime requirement. This has always been the policy."

Clark emphasized the value of naval service at home and aboard.

"This is a time of renewed commitment to the oath that we take when serving this nation," the CNO said. "I'm proud of the way our folks are conducting themselves."

The CNO also reiterated the commander in chief's call for perseverance in the war on terrorism.

"The President has said that this is going to be a totally different war -- that it's going to be long. I want to make sure that I leave you with the impression that we understand the nature of the combat that we're now in. We understand the nature of the war that we are in. Our Navy is about producing a product. Day in and day out, we're going to be there."

DAPA Corner:

Are you a Binge Drinker?

Binge drinking is defined as "drinking five or more drinks in a row on at least one occasion." Binge drinking is the partying lifestyle of young people. In national surveys, about a third of high school seniors and 42% of college students reported at least one occasion of binge drinking within the previous 2 weeks.

While national surveys have documented a significant decline in the use of other drugs by high school seniors and college-age youths, there have been only modest declines in the numbers reporting binge drinking. Teenagers and young adults drink alcoholic beverages at about the same rates they did 5 years ago.

Binge drinking increase the risk for alcohol-related injury, especially for young people, who often combine alcohol with other high-risk activities, such as impaired driving. According to the Centers for Disease Control and Prevention, the four leading injury-related causes of death among youths under the age of 20 are motor vehicle crashes, homicides, suicides, and drowning. Alcohol is involved in many of these deaths.

As young people enter the culture of the college campus, they are confronted with many challenges and opportunities: the opportunity to be independent of parental control; the need to conform; and the insecurity of new social setting.

Local newspapers and bulletin boards boast ads for happy hours with price reductions and other incentives that promote heavy drinking. Representatives of the alcohol industry, including producers, wholesalers, and retailers, sponsor campus social, sporting, and cultural events, even on campus where the majority of participants are under the age of 21.

Prevention strategies in response to binge drinking by young people include actions to reduce alcohol availability, such as increases in price and responsible beverage service practices, especially at parties. Some communities require tagging, which requires kegs to be labeled with a serial number identifying the purchaser in case the keg is discovered at an underage drinking party. Other strategies include restrictions on marketing and promotion practices that glamorize heavy drinking, especially those directed at young people.

Alcohol can alter blood sugar levels and exacerbate or cause diabetes by interfering with the hormones responsible for stabilizing blood sugar levels. Severe hypoglycemia can occur six to 36 hours after a binge-drinking episode, and severe hypoglycemia can cause serious symptoms such as a coma and respiratory failure. Even brief periods of hypoglycemia can cause brain damage.

November

Galley

Menu

Nov. 1, 15, 29

Lunch

Lentil Soup
Chicken Strips
Sweet/Sour Pork
Mashed Potatoes
Carrots
Sugar Cookies

Dinner

Tomato Soup
Roast Pork Loin
Baked Chicken
Parissiene Potatoes
Egg Noodles
Orange Cake

Nov. 19

Lunch

Egg Drop Soup
Honey Lemon Chicken
Eggplant Parmesan
Steamed Rice
Chicken Gravy
Choc. Chip Cookies

Dinner

Vegetable Soup
Braised Beef Strips
Baked Fish
Macaroni/Cheese
Rice Pilaf
Pound Cake

Nov. 9, 23

Lunch

Clam Chowder
Beef Stroganoff
Creole Fish
Green Beans
Squash
Apple Crisp

Dinner

Beef Noodle Soup
Chicken Breast
Meatloaf
Mashed Potatoes
Green Peas
Brownies

Nov. 13, 27

Lunch

Beef Noodle Soup
Roast Turkey
Beef Stew
Mashed Potatoes
Egg Noodles
Dinner Rolls
Corn
Sugar Cookies

Dinner

Chicken Noodle Soup
Beef Porcupine
Tuna Loaf
Au Gratin Potatoes
Steamed Rice
Carrots
Beets

Nov. 2, 16, 30

Lunch

Vegetable Beef Soup
Teriyaki Beef Strips
Linguini
Steamed Rice
Turnip Greens
Apple Crisp

Dinner

Clam Chowder
Pot Roast
Baked Fish
Green Beans
Squash
Lemon Cake

Nov. 6, 20

Lunch

Minestrone Soup
Baked Chicken
Mashed Potato
Chicken Gravy
Garlic Bread
Upside Down Cake

Dinner

Mushroom Soup
Salisbury Steak
Pork Loin
Lyonnaise Potatoes
Dinner Rolls
Frosted Brownies

Nov. 10, 24

Lunch

Cream of Broccoli
Pot Roast
Green Peppers
Parsley Potatoes
Cauliflower
Marble Cake

Dinner

Onion Soup
Lemon Baked Fish
Braised Beef Tips
Egg Noodles
Beets
Cherry Cobbler

Nov. 14, 28

Lunch

Chicken Noodle Soup
Roast Beef
Baked Fish
Steamed Rice
Macaroni/Cheese
Dinner Rolls
Apple Crisp
Squash

Dinner

Minestrone Soup
Turkey Tetrazzini
Salisbury Steak
Mashed Potatoes
Green Peas
Dinner Rolls
Strawberry Chiffon

Nov. 3, 17, 31

Lunch

Chicken Noodle Soup
Meatloaf
BBQ Chicken
Scalloped Potatoes
Steamed Rice
Choc. Cream Pie

Dinner

Vegetable Soup
Pork Chops
Pizza
Mashed Potatoes
Spinach
Oatmeal Cookies

Nov. 7, 21

Lunch

Beef Vegetable Soup
Chicken Strips
Beef Yakisoba
Rice
Broccoli
Apple Crisp

Dinner

Clam Chowder
Swiss Steak
Baked Fish
Brown Gravy
Carrots
Sweet Potatoes

Nov. 11, 25

Lunch

Chicken Rice Soup
Turkey ala King
Swiss Steak
Stewed Tomatoes
Dinner Rolls
Choc. Chip Cookies

Dinner

Clam Chowder
Roast Beef
Chicken Strips
Corn
Green Beans
Choc. Pudding

Nov. 4, 18

Lunch

Bean Soup
Roast Turkey
Swedish Meatballs
Egg Noodles
Cornbread Dressing
Cherry Pie

Dinner

Turkey Rice Soup
Roast Beef
Chicken Vega
Steamed Rice
Glazed Beets
Oatmeal Cookies

Nov. 8

Lunch

Cream of Potato Soup
Baked Turkey
Chili Macaroni
Spinach
Beets
Sugar Cookies

Dinner

Corn Chowder
Pork Roast
Baked Chicken
Potatoes
Rice Pilaf
Lemon Cake

Nov. 12, 26

Lunch

Split Pea Soup
Chicken Fiesta
Vegetable Lasagna
Steamed Rice
Dinner Roll
Oatmeal Cookies

Dinner

Cream of Mushroom
Baked Ham
Baked Fish
Egg Noodles
Cornbread
Butterscotch Brownies

Special Thanksgiving Feast!

November 22

1400-1700

Cream of Mushroom Soup

Roasted Turkey

Glazed Ham

Mashed Potatoes

Rice Pilaf

Turkey Gravy

Pineapple Gravy

Cranberry Sauce

Cornbread Dressing

Candied Yams/Green Beans

Salad Bar

Dinner Rolls

Pumpkin Pie/Apple Pie/Vanilla Ice Cream

Things You Need To Know About PDAs

By Lt. j.g. Robert Lyon

Computers have changed the way we do business. There is a line that is drawn in history that was before and after computers entered the workplace. Is there also a line that we cross when we bring them into our personal lives? We have used personal computers to balance the checkbook, perhaps even use the internet to check movie times or to make dinner reservations. But once the transactions were made you went on with your life. Imagine if you could take your computer with you, the Personal Data Assistant, or PDA, may make that a reality.

Before you go out and buy one of these marvels you might want to know a bit about them. First the PDA is a computer. Most are the size of a large calculator. It contains a central processor, screen, uses ROM or RAM memory, and for the most part works and acts like a normal computer, sans keyboard. The user interacts with the PDA via a stylus pen by either tapping icons or writing directly onto the screen. The writing technique can take some getting used to, but is generally a fast way to write a memo or enter a phone number. Once the data is entered it is saved into memory, which can be a problem if you let your batteries go dead – so goes your information. Backing up the PDA onto a desktop or laptop is recommended if you wish to retain your important phone numbers and messages. The PDA comes with a sync cable that will allow you to connect your PDA to your computer. This will allow you to view the contents of your PDA, enter new information, edit, or print documents.

The limitations of what a PDA can do is only that of memory and battery space. Depending on the applications and time in actual operation a PDA can run for a week or two on AAA batteries, or in some cases internal rechargeable batteries. Most programs on your PDA will mimic outlook style planners, and some will even download your outlook scheduler taking your office with you wherever you go. If that is the extent of your involvement with the PDA then think inexpensive.

So what PDA is right for you? Many PDAs will sell for about \$150 and will perform about 80 percent of your office tasks. Remember the extra functions the PDA performs the extra power it drains from your batteries. As well the extra drain on your wallet. Before you buy, try as many PDA styles as possible. This is a device you will carry with you, weight and size may be an issue. PDAs vary in size as they vary in function, but not all. Read the sticker, make sure you know what is under the hood, and take that test drive. As with most electronics today deals are to be found everywhere, below are some links to make your PDA search easy and hassle free.

Internet Resources

www.whatsthebest-pda.com/

[PDA_tutor1.shtml](#)

www.cnet.com