



Retired Sailor Makes Lasting Impact At NMCP

The Navy gave Julius Meyer the best 20 years of his life and now he's doing what he can to give something back. Volunteering approximately 32 hours a week in the operating room, 85-year-old Meyer does paperwork, makes and transcribes all the forms for the operating room doctors and works on scheduling.

Before Meyer began working in the OR, doctors would be responsible for most of the paperwork, but since he started volunteering in this area about a year and a half ago, his contributions allow doctors to spend more time concentrating on patient care.

"It's an important job, we use about 50 forms a day, there are five sets of forms included in each form, which I put together," said Meyer. "It takes quite a while. If the doctors had to do all of this they would be losing a lot of time," explained Meyer.

"He's very conscientious. Although he's a retired volunteer he comes in at about 5-5:30 a.m. and works a full eight-hour day," said Cmdr. Sue Sanders, product line leader for operating services. "He's a really hard worker," she added.

Nearly every patient on their way into surgery passes by Meyer's desk, which sits adjacent to the OR's control desk, on the way to anesthesia. Although Meyer is not directly involved in patient care himself, he takes advantage of his position and uses it as an opportunity to talk to the patients. He enjoys teasing the kids and even the "old geezers," as he calls them. "I try to help them relieve their tensions," he said. "I meet lots of nice people. I like to speak with the patients and I love to play with the kids to make them feel better about their surgery," said Meyer.

"He works right in the area where patients wait for their anesthesia before they go into surgery; it's a very high anxiety time," explained Sanders. "He's a very friendly guy and he talks to patients, especially kids, before they go into surgery. He tries



Photo by JO3 Jodi Durie

Since he became a REVIMS volunteer 14 years ago, 85-year-old Julius Meyer has contributed more than 11,000 volunteer hours.

to get them to laugh and put them at ease," she said.

Meyer was raised on a farm in a small town just outside Maryland, Del. The youngest of seven children, he worked with his family growing tomatoes and harvesting corn and wheat.

Meyer's relationship with the Navy began when he was looking to escape the farm life in search of a brighter future. At the age of 20, once in the Navy he began on the path that would lead him to the future he had been looking for.

For Meyer who had never traveled more than 20 miles outside of his hometown, joining the Navy was quite a transition.

"It was a huge transition for me to leave the farm and join the Navy," he said. "I had no idea what it was like, but I was willing if they would have me," he added.

What the Navy paid him in a month was more than he would make at the farm in three years, he said.

Meyer's Navy career gave him an opportunity to do what he had always wanted to do, work in aviation.

Meyer, an Airdale, was a mechanic and sometimes an emergency co-pilot.

"I was in charge of the most expensive planes the Navy had at one time," said Meyer.

After an exciting career in the

Navy, eventually, Meyer retired as an ADRC, not wanting to sever his ties with the Navy and to ensure his medical care continued, he actively pursued a volunteer relationship in a group called REVIMS (Retired Volunteers in Medical Service).

Meyers had been a REVIMS volunteer for 14 years and is proud to say he is a plank owner with the

organization.

As a REVIMS volunteer Meyer is continuing to experience new things.

"Volunteering here gives me a chance to do something I didn't think I was ever cut out for," said Meyer.

Meyer has contributed more than 11,000 volunteer hours both because he loves his work and he wants to give something back.

"I couldn't afford to pay for the care I get here," said Meyer. "No amount of money could buy the care delivered here. I can't thank them enough for the things they have done for my wife and I," said Meyer with gratitude.

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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. 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.)

COMMANDER'S HOLIDAY MESSAGE

As your Commander, I would like to share a personal HOLIDAY MESSAGE with you.

As we get into the Thanksgiving spirit, this a very appropriate time to express my profound, heart-felt gratitude to each and every person on staff, civilian sailors, contractors and our active duty staff.

Each of your contributions continue to make us the "First and Finest." Although you've heard it many times before, your hard work and professionalism have not gone unnoticed. It was evident once again by your superb response to the events of September 11 and our subsequent readiness posture.

It is during hard times like this, that we reaffirm to our community and the nation that we are the caregivers to the Fleet. We pull together to assure Sailors, Marines and their families that Navy Medicine is here for them.

You focus a great deal of time and energy taking care of others. You provide for those in need of wellness visits and those who are in crisis.

As the Navy's OPTEMPO increases to meet the demands of "Operation Enduring Freedom", our readiness posture is first and foremost. We will experience greater needs from the families of deployed Sailors and Marines. In this new war, Home Land Defense will require new skills and attitudes. We will still be required to maintain our daily patient care responsibility while preparing for homeland defense or



Rear Adm. C.E. Adams

deployment. For that the Navy is eternally grateful.

Continue to be focused on "customer delight" with new and innovative approaches to the way we do business. The most challenging part of being extremely good is to keep getting better. But you know how to do it... You're showing the way every day.

While making preparations for the holidays, let's remember to be safe. Everyone needs to be safety conscious whether decorating for the holidays, traveling on leave and even driving to and from work. Let's not become complacent. Both you and your families want you to remain on the providing side of the medical care equation not the receiving side.

Paula and I wish you a very merry, safe and festive holiday season.

NMCP DOCTORS RECOGNIZED FOR EXCEPTIONAL PERFORMANCE

*By Pamela Bowman and Rhonda Leonard
Data Flow NMCP*

Two doctors at Naval Medical Center Portsmouth were recently recognized for their exceptional displays of professionalism, promotion of teamwork and compliance with all required NMCP standards and instructions.

Dr. Donna Michel, from NMCP's internal medicine, and Dr. Susan Chittum OB/GYN were both named 2001-2002 Doctor of the Year by NMCP's Data Flow Department in an effort to encourage doctors on staff here at NMCP to continue their commitment to excellence.

During a brief ceremony, Dr. Thomas Davis, Data Flow Doctor of the Year for 2000-2001, was honored to pass the "torch of excellence" to new recipients of the award.

The data flow department is responsible for the acquisition of complete medical information for each patient cared for at this facility. Data Flow's Medical Records Technicians ensure that each medical record contains appropriate documentation to support the diagnosis, procedures, qualifying complications and co-morbid conditions used for the Diagnostic Related Group (DRG) assignment of medical records. This has a very important impact that can affect command funding and reimbursements.

Physicians play a major role in the operation of the Data Flow department and their efforts can greatly expedite the complete process of a very important aspect of a patient's care, which is the medical record. Special recognition to Dr. Eric Simko (ENT Department) and Dr. William Liston (General Surgery Department) for their nominations for Doctor of the Year.

Navy Volunteers Provide Comfort in World's Newest Democracy

By Chief Journalist (SW) Roger Dutcher, USS Essex Public Affairs

DILI, East Timor (NNS) — On the outskirts of Dili, at the remote Becora Child Center, a team of Navy medical providers recently set up a primary care clinic for patients from the local area. Though many of the ailments were not serious, the clinic provided an opportunity for service members to meet the local population and learn about the struggles and successes of a new democracy.

"About 90 percent of the patients see us for comfort measures — treating colds or backaches," said Lt. Lawrence Ryan, Medical Corps, USS Essex (LHD 2) medical officer. "We're not here long enough to provide preventive measures, and we don't have the capabilities for emergency treatment. If we have emergencies, we refer them to the hospital."

Still, that did not keep 160 patients from visiting the Navy team in the five hours the doors were open. Dr. Ryan said because the patients don't often have access to medical care, many of them come to him just to be assured they are fine.

The locals crowded the small room staffed by two teams, each consisting of a doctor or independent duty corpsman, two corpsmen and an interpreter. Ailments ranged from ear infections to stubbed toes, and included types of skin infections Navy doctors had seen at other locations.

This was one of many projects completed in East Timor during October and November. More than providing temporary relief from lingering problems, the medical teams' efforts — along with those of other Sailors and Marines — provided hope to a culture recovering from devastation.

Hospital Corpsman 1st Class Aaron Olmar, who is assigned to the 31st Marine Expeditionary Unit's Service Support Group as an independent duty corpsman, said the experience at Becora was an eye-opener.

"What I like about this type of work is the children here," he said. "And the people are all very appreciative of our help."

Olmar suggested that anyone who has the opportunity to participate in humanitarian work should take advantage of the chance to experience a different culture, especially when that culture is a country that is just starting out.

"The people of East Timor are starting from the ground up," Olmar said. "Not everything starts out like it is in the United States. This is the initial building block of a democracy."

While the medical team treated patients inside the makeshift clinic, children who gathered around Sailors and Marines outside demonstrated their English skills



Photo by PHAN Stephanie M. Bergman

DILI, East Timor — A U.S. Sailor sits with a local East Timorese family on their porch ledge in Dili, East Timor, while Sailors and Marines from USS Essex (LHD-2) volunteer at many community relations project sites throughout Dili.

by singing songs they had learned in school

One song, "God is so Good," was a testament to their appreciation of the gradual progress the country is making and the hope that even the youngest children hold for the future.

Army Col. Jim V. Slavin, commanding officer of United States Support Group East Timor (USGET), which coordinated the humanitarian relief effort, later commented on this opportune time for American military members to be in East Timor, the "world's newest democracy."

On Aug. 30, 1999, the country voted for and gained their freedom in a United Nations-sanctioned (UN) referendum. What followed was militia-led violence and burning of buildings, including nearly all the schools.

Today, as the UN provides a peaceful transition to a new government, the people of East Timor continue to rebuild. This past August, they selected their first representative body during a peaceful election, a sure sign that their new government is taking shape.

Slavin said the Timorese are now

building their country on various levels. They are building an infrastructure, starting with a commitment to better education.

"Within the last two months they've had four demonstrations for (better) education. They're standing up their government, their society, and their infrastructure," Slavin said.

"On September 15, they swore in their 88 constituents, basically their founding fathers," Slavin said. "And they had 90 days to form their government, write their constitution, and get it approved."

While they were deciding on their form of government, they were also deciding everything from their national anthem to drivers' registration.

"It's a small country, but they're committed," to making a better place in which to live. "In conjunction with the peacekeeping force, we're doing our little bit (to help)."

Slavin said. "This is the first time the U.S. military has tried this, and it's working."

As the last helicopter left the airfield, and headed

for Essex, the tired volunteers could look back on the work they had accomplished with the support of USGET and the people of East Timor, and be proud of their role in this historic moment in the birth of this small, young, democratic nation.

For information on USS Essex, go to <http://www.essex.navy.mil/index2.html>.

Have You Had Your Flu Shot Yet?

NMCP's flu vaccine order has arrived and has been distributed to all branch medical clinics, TRICARE Clinics, and the Charette Adult and Pediatric Immunization Clinics. Any eligible beneficiary may obtain their flu shot from the Immunization Clinic at their respective portal for primary care.

Appointments are not required at Naval Medical Center Portsmouth, branch medical clinics, or TRICARE Prime clinics. For additional information, contact your care provider or call 1-800-931-9501.

CNP Speaks on TSP, Family SGLI and Retention

By JO3 April Ball, Navy News Service

WASHINGTON (NNS) — Vice Adm. Norb Ryan Jr., Chief of Naval Personnel, recently discussed the Thrift Savings Plan, Family SGLI and retention during an interview with NavyMarine Corps News. Vice Adm. Ryan describes the Thrift Savings Plan (TSP) as a tremendous opportunity for all of us to get some flexibility in the money we can put away before Uncle Sam takes it out of our paycheck.

"The big message I want to convey to everyone in the fleet is: if you want this to come out of your first paycheck in January, you need to get your slip in by the 8th of December," Ryan said in the interview.

Ryan told the Sailors that so far, the petty officers first class have been the biggest contributors. He hopes everybody learns about the Thrift Savings Plan because it's a wonderful opportunity to start putting money away separate from military retirement, it's portable, and is a tremendous benefit to Navy men and women. Ryan told his audience there are several Web sites available for more information.

Sailors can get information on the BUPERS Web site at <http://www.bupers.navy.mil>, plug in under TSP and learn all the details. "The government also has a Web site at <http://www.tsp.gov> that will give details on TSP. Active-duty Sailors, officers and Reservists in any pay status can contribute between 1 and 7 percent of their base pay. If they do so, they can also contribute their bonuses. This is a real opportunity, I hope people take advantage of it," Ryan said.

Another benefit is the Family SGLI (Serviceman's Group Life Insurance) plan for spouses and other family members. Right now, everyone is automatically enrolled.

"You need to check this out and make sure it's right for your particular situation. If you have a spouse whose income you count on, or who is the primary care giver for your children, then you should have insurance on that spouse. This is the way to do it at a low cost," Ryan said. "For the young Sailors and their families in particular, I think this is a wonderful opportunity. Your children are automatically enrolled (up to a certain age) if

you are already enrolled in SGLI. So this is a good deal."

Ryan said if you don't want it, you have to take the positive step of saying you decline coverage.

"We've arranged it so that you can decline up to the 31st of December and not lose any money. This program started November 1st. Your family will be covered for a small amount of money," he added. "The majority of our folks, I think, will want to take advantage of this opportunity."

If after November 1 you decide you don't want the coverage, Ryan explains that the money will be taken out of your check initially until you decline it.

"However, if you put in your form declining SGLI or taking a lower

amount, we have a commitment that the money will be refunded to you in your pay for any amount of coverage that you decline below the maximum of \$100,000 on a spouse."

Turning to reenlistments, the admiral addressed efforts at supporting the Chief of Naval Operation's goals of increasing retention and reducing attrition.

"We have 57 percent of our first-termers who reenlisted this year. That is better than any other service. I am very pleased with everyone's hard work and focus on this issue. We unleashed the fleet's leadership on this and it's made a big difference."

For more information on the Thrift Savings Plan and Family SGLI, go to <http://www.bupers.navy.mil>.

Coping with bereavement during the holidays

By Cmdr. Wanda L. Weidman

Bereavement may appear to be a strange topic to discuss in a December issue. But be aware the "Happy Holidays" are not so happy for some. Bereavement comes in many forms: the deployment of a spouse into harm's way; duty in Portsmouth when "home" is thousands of miles away; oncology or geriatric patients who may not be able to prepare festive meals as in years past; and still others who have recently lost a precious loved one to death.

In his easy to read classic *Good Grief*, Granger Westberg covers the 10 stages of grief. There are many faces to the grief process and we don't necessarily walk through the stages in the same order. Grief work is honored throughout scripture, whereas modern society likes to pretend it doesn't exist. It's not "Don't grieve," but "Grieve not as those who have no hope." (I Thess.4:13)

The hard work of grief takes not a day or week, but months, and often years for a major loss. In any event, losses often cause holidays to be strange and awkward. Although military families are very adaptable, most have developed set traditions on how to celebrate the holiday. Holidays are traditionally time for families to gather. Holidays often generate memories of years past.

So what can we do as a staff? Here are the 5 B's of Bereavement:

- Be aware that the holidays may trigger grief work in those we work with and serve. The "happy holidays" may not

be happy for all.

- Be present. Talking about the loss helps. But our role is to make time to listen, not talk. Nonverbal communication is more powerful than verbal. Understand that this holiday may be scary, almost unbearable for the individual because it will be so terribly different.

- Be normal. Let them know that grief issues generally arise at holiday time.

- Be supportive to the individual. Encourage him or her to not be alone on these important days. Join others to celebrate, even for a short while.

- Be creative in the grief process. Encourage the person to take time to remember the missing person. It may be by continuing a treasured tradition in their honor. Consider starting stimulating new traditions like reading to someone in a nursing home or feeding the homeless. Write a poem or letter to the person whether alive or deceased to state that he or she is missed and why. These letters can be mailed or if deceased left at a spot he or she would have liked.

Remember, as staff, we are most helpful to others when we have looked at our own losses. To whatever degree we have done so ourselves, we encourage people to embrace the grieving process and heal.

The word holiday comes from the concept Holy Day. We honor the Holy Day when we take a moment during this joyous season to encourage someone who is hurting and is beginning to heal.

Smokers try to quit for a day, and life

By JO3 Jodi Durie

A person who chooses to smoke also makes the choice to put themselves and their loved ones at risk for a number of diseases and illnesses.

Despite what most people may think, lung cancer isn't the only type of cancer smokers and their families are susceptible.

"Too many people think it's just lung cancer, but they are at risk for many other types of cancer as well. There's a 95 percent chance a smoker will get some type of cancer," said Elaine Nestell a community health programs specialist who works in NMCP's Health Promotions department.

Tobacco use can cause lung, mouth, voice box and breast cancer, heart disease, and respiratory disease; chronic bronchitis, prematurity, Sudden Infant Death syndrome (SIDS), emphysema and stroke, according to the American Cancer Society (ACS).

Each year smoking is responsible for one out of five deaths, according to the ACS.

Because tobacco use is such a serious issue and smoking is the most preventable cause of death in our society, for 25 years the Great American Smokeout has challenged smokers to quit for one day; this year that day was November 15.

"The great American Smokeout helps people be more aware of what tobacco can do to their bodies," said Alice Fitzpatrick, one of NMCP's health educators.

So, how is quitting for just one day going to make a difference?

A number of changes begin to take place in the body shortly after a person quits smoking.

Within 20 minutes after a smoker quits using tobacco their blood pressure drops to normal. Eight hours after quitting their carbon monoxide level in their blood returns to normal. Twenty-four hours later their chances of a heart attack decreases.

Ten years after putting down that last cigarette, the former smoker's lung cancer death rate is about half of a smoker's.

Throughout the day of the

smokeout, Naval Medical Center Portsmouth's health promotions staff members HN Akim Lekuti and Elaine Nestell were available to answer any questions and to assist anyone interested in participating by either quitting themselves or adopting a smoker.

A smokeout display, set up in front of the health promotions office in building 215, offered a variety of information on the risks of tobacco use and how to quit.



The display also offered a survival kit, including a pencil, a stress ball, a balloon and gum," he added.

"The survival kit gives them alternatives to use throughout the day. If they have the urge to smoke just blow on the balloon, or draw. Find something to distract you or to ease your stress," advised Lekuti.

Lekuti himself has never smoked.

"I didn't like the smell of it and I promised my parents I never would. I just never felt the urge to do it and didn't want the diseases and lung cancer in my life," he added. "When you're young you may not feel the affects of smoking, but you will when you're older because smoking blocks oxygen so it can't get to your blood and your lungs," said Lekuti.

Although health promotions staff encourages smokers and tobacco users to quit they realize it isn't easy for everyone.

Health educator Alice Fitzpatrick advised smokers who have tired to quit in the past to hang in there and be patient.

"If they've quit before, they shouldn't give up. It often takes 7-10 tries before they will quit for good," she explained.

For more information on tobacco cessation, contact your healthcare provider or the NMCP Health Promotions/Wellness Department at 314-6014. For other resources, call the American Cancer Society at 1-800-ACS-2345 or log on to www.cancer.org.

Internet Resources

www.cancer.org

www.cdc.gov/tobacco

www.tobaccofree.org

www.lungcanceroption.com

Fly high for the holiday season

By Lt. j.g. Robert Lyon

Traveling during the holidays is stressful enough. Coping with travel after September 11th is even more difficult. But what should you expect?

I was concerned about air travel, who wasn't? But with the holidays fast approaching and family on the other coast I was left with few options. But after my recent experiences I can offer this advice—fly. It's cheap and it's easy. Online travel agencies such as Expedia.com are an excellent resource for finding flight times and prices. I found a deal, \$200 round trip Norfolk to California. The deal was too good to pass up. Call the brother; break out the turkey; the prodigal son returns. The flight booked and the tickets arrived in two days via FedEx. E-Tickets are still accepted, but it is recommended to have paper tickets in hand. Also, you will have to check into the main counter regardless of E-ticket or prior seating arrangements.

The airline recommends getting to the airport two hours early. Sounds like a good idea, and on the busiest travel day of the year even better. I arrived to find the airport nearly empty. Parking problems I encountered in the past were alleviated by a new parking structure. With the new construction it can be somewhat difficult to navigate, but ample signage makes the task much easier. Within 20 minutes I am being patted down by airport security. Here is some good advice, remember to place your keys in the tray before going through the metal detector. The metal detectors have been set to be more sensitive than ever before, even metal belt buckles will set it off. If the metal detectors are set off you will be taken out of line and given a thorough search.

Boarding contained an extra layer of security as random passengers were pulled from line to have their bags searched for second time. There was no preference to be noticed as to race, age, or gender. Once on the plane it is, as you would expect, whether it be good or bad in your opinion. Flying for better or worse is the most efficient method of traveling. With the lowering of rates it is even more so. If you have the patience and understanding to make the best of the extra precautions flying is your best bet for holiday travel.

Pharmacists offer good advice for good health

By JO3 Jodi Durie

Public awareness and patient education are key factors to patient care and were the primary focuses of pharmacy week at NMCP.

"Talk with your pharmacist," was the national theme for the week, which was celebrated from October 21-27. Two of Naval Medical Center Portsmouth's newest pharmacists, Lt. Jody Smith and Lt. Jack Mohr took on the challenge of organizing this year's National Pharmacy Week.

"Pharmacy week increases people's awareness of pharmacists and pharmacy technicians and the services they provide for them," explained Smith. "National pharmacy week is an ideal opportunity to highlight how the community can benefit from pharmacy services, as well as the pharmacist's expertise," according to the American Pharmaceutical Association (APhA).

"Throughout the week (at NMCP) we recognize the hard work that pharmacists and pharmacy technicians do," added Mohr.

Displays outside the pharmacy, on the second floor of the Charette Health Care Center at NMCP, invited patients to learn more about food-drug interaction, diabetes and heart disease. Displayed information and handouts provided patients an opportunity to learn how they could change various aspects of their lifestyle to become healthier.

"Make lifestyle changes before taking medication if you can, because it's better for you in the long run," advised Smith.

"Some of our patients are on so many medications, possibly from different doctors. During the brown bag workshop, we make sure they aren't interacting and then we check to see if the patient can be taken off any medications," said Smith. "Doctors don't always know what over-the-counter medications patients are on, so if our patients can bring in all of their medications the pharmacists can evaluate all of them, and check for expiration dates," offered Mohr. "Our overall goal here is our patient's health," said Mohr with a smile.

For more information on NMCP's pharmacy or various services provide log on NMCP's WebPage at www-nmcp.mar.med.navy.mil or the National Mail Order Pharmacy Webpage at <https://host1.merck-medco.com/cgi-bin/RefillsBobStub.cgi>.

Dapa Corner : Blood Alcohol Content

By HMC Marsha Burmeister

A typical drink is defined as 1 ½ oz of hard liquor, 5 oz of wine, and 12 oz of beer. All three contain just over one half ounce of pure alcohol. However, many drinks contain more alcohol than the "typical" drink. Some "typical" drink equivalencies are as follows: Martini, Manhattan, Black Russian

= 2 typical drinks .
Margarita, Daiquiri, Ale, Wine Cooler = 1.5 typical drinks. Beer, Wine, Sherry, Highball, Liqueur = 1 typical drink.

The percentage of alcohol is commonly expressed in degrees of "proof" rather than percentage of alcohol. This system was developed from the 17th century English custom of "proving" that an alcoholic drink was of sufficient strength by mixing it with gunpowder and attempting to ignite it. If the drink contained 49 percent alcohol by weight or 57 percent by volume, it could be ignited. Proof is approximately double the percentage of pure alcohol. A 100 proof whisky is therefore 50 percent alcohol.

Blood alcohol concentration, or BAC, is a measure of the amount of alcohol in the blood. Blood alcohol is measured directly through testing blood, or indirectly through tests that use breath, urine, or saliva.

Blood Alcohol Content, or BAC is a measure of the percentage of alcohol in the blood representing the parts of alcohol to 10,000 parts of blood components. A 0.05 BAC means 5 parts of alcohol to 10,000 parts of blood components. Another way to illustrate is measurement is that at a BAC of 0.10 percent, there is roughly one drop of alcohol in the blood stream to every 1,000 drops of blood.

Many factors affect an individual's absorption of alcohol. These include weight, gender (women have smaller quantities of the enzyme which breaks down alcohol in the stomach), amount of food in the

digestive tract, and time spent drinking (and the corresponding rate of elimination).

Reaction time, tracking, vision, comprehension, attention, coordination, road test performance and emergency response are all affected by alcohol and impair ones driving abilities.

Alcohol dependents (alcoholics) and alcohol abusers with a high tolerance can walk, talk and appear to perform quite well at very high BAC levels. Chronic alcoholics in the later stage of the disease generally are functional at the BAC range of 0.15 percent to 0.25 percent or higher.

WHAT MIGHT HAPPEN TO DRINKERS AT CERTAIN

- 0.03% DULL AND DIGNIFIED
- 0.05% DASHING AND DEBONAIR
- 0.10% DANGEROUS AND DEVILISH
- 0.20% DIZZY AND DISTURBING
- 0.30% DELIRIOUS AND DISORIENTED
- 0.35% DEAD DRUNK
- 0.60% DEAD

0.15 percent to 0.25 percent or higher.

3D Month Challenge

Looking for motivated individuals/departments who would like to assist with promoting 3D Month, National Drunk and Drugged Driving Prevention Month – December. Some ideas include making display posters, submitting recipes and making virgin drinks, the department with the most use of the designated driver program, and the department with the most guest speakers pertaining to alcohol and drugs (i.e. Cmdr. Snow). Contact Cmdr. Snow or HMC Burmeister for more information.

One for the road ?



Traffic crashes are the single greatest cause of death for every age from six through 33. About 45 percent of these fatalities are in alcohol-related crashes. (NHTSA, 1999)

NMCP's Command Enlisted Associations Embrace Community

By JO3 Jodi Durie

The spirit of giving is often heightened throughout the holiday season, but for NMCP's First Class Petty Officer and Junior Enlisted Associations that spirit lasts all year long.

From providing a safe place for staff members and their families to celebrate Halloween to assisting junior sailors with meals during the holidays, the JEA and FCPOA make contributions to both their military and civilian communities a top priority.

Both associations have similar goals and often find that working together towards those common goals can make their events more successful.

"On the big projects we've done, it has been helpful to work together and we have a lot of fun. It makes the purpose of the whole thing more effective," said HM2(FMF) Trent Osier, treasurer of the JEA. "Our goals are to build camaraderie between junior enlisted and provide assistance to our junior enlisted and our fellow sailors in our community in and around our command," said Osier.

According to YN1 Kelly Way the FCPOA has two goals, "We want to provide command awareness by hosting different functions to increase morale." "We also want to increase community support from our sailors," he added.

NMCP's Fall Harvest Festival, sponsored by the FCPOA and JEA, provided children of the hospital staff and pediatric patients an opportunity to 'trick or treat' in a lighted, safe environment Halloween night.

"In the two and a half years that I have been at this command this is the best idea and event I have been to. My son and I would like to say a big thank you to everyone that made the event wonderful," said HM3 Carla Kidd.

Although, staff members donated most of the candy handed out throughout the night, special contributions were made by the Oak Leaf Spouse Club, Naval School of Health Sciences, shipmates from the USS George Washington and Norfolk Admirals Mascot 'Hat Trick.' In addition JEA prepared candy-filled bags, which were delivered to the children on the wards.

Not long after finishing the Fall



Photo by JO3 Jodi Durie

HN Isma-Rhonda Flores was one of the NMCP Junior Enlisted Association (JEA) volunteers that helped put together Thanksgiving Day baskets.

Harvest celebration, FCPOA and JEA had already begun planning their next big project, the Holiday Assistance Program.

Through the Holiday Assistance Program 73 junior sailors were provided with the necessities to make a Thanksgiving meal.

A bag of 17 items including a Turkey, were delivered to the sailor's homes by members of the FCPOA, JEA and their families. The items included in the bag; stuffing, instant potatoes, gravy, a bag of onions, green beans, cream of mushroom soup, corn, dinner rolls, corn muffins, sugar, Kool-Aid, apples and oranges, cranberry sauce, macaroni and cheese, cool whip and pumpkin pie.

"The JEA and FCPOA worked very hard on this, but it wouldn't have been a success with out donations from MWR, the Oak Leaf Club, chaplain's office and Scott Center Annex Commissary," said YN1 Kelly Way, FCPOA's Secretary.

Shortly after September 11, the FCPOA raised and donated \$ 600 to the Red Cross to benefit the victims of the World Trade Center and Pentagon terrorist attacks.

In August, a local school voiced a need for school supplies so the JEA immediately organized a school supply drive. By collecting school supplies from staff members and using money raised from the FCPOA, JEA and Chief Petty officer Association, the JEA donated 2,218 items to the school.

"It feels good that someone looked to us for assistance and we were able to deliver it with the help of the hospital," said Osier. "What was even more encouraging was when the school said that our donations were overwhelming and that they weren't expecting so much," added Osier.

Money is provided for these events through fundraising efforts of JEA and FCPOA and from donations from various other groups.

Due to the success of the Thanksgiving holiday assistance program the FCPOA is currently planning the next stage of the program, a Christmas meal.

The JEA is initiating an ongoing effort to clean the base. Every two weeks the JEA chooses a different area of the base for a 'clean the bay day.'

For more information on how you can join either of these organizations contact HM1 Roger McGee for the FCPOA at 953-2274 or HM2 Trent Osier for the JEA at 953-5815.

Happy Holidays From The Command Master Chief

As we embark upon the holiday season, I want you to think about a couple of things. First, this past summer USA Today had a poll which voted the Armed Forces as the "most respected profession." With the recent events of September 11, this only solidifies that vote of confidence and high level of respect that the military enjoys today.

With this in mind, as you begin your holiday travels to spend some well-deserved time with family and friends near and far, they may want answers as to where our country is heading. They will also look at you with a renewed sense of pride and patriotism. What I'm asking you to do is not let them or your shipmates down by doing anything embarrassing (drunk driving, drugs, speeding), to tarnish this image.

Most of all, I want to see all of you return healthy, having had an enjoyable holiday leave period. You are the "First and Finest" and have worked hard to retain that title. I salute you for a successful year and a prosperous one to come.

CMDCM(SW/FMF)
David M. Carroll

BMC 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 pa-

tients 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.”

TRICARE Mid-Atlantic Designates Reserve Liaison Officer

By Deborah Kallgren

(Norfolk, Va.) – The TRICARE Mid-Atlantic Region now has a reserve liaison officer (RLO) in its Norfolk office to help activated guardsmen and reservists and their family members understand and use TRICARE, the military health care benefit.

When reservists are called to active duty, they must quickly prepare their families to manage all aspects of the household while they are activated. Part of that preparation is becoming knowledgeable about TRICARE.

“When reservists are mobilized, they may wonder how their families will access TRICARE,” said Rear Adm. Clinton E. Adams, TRICARE Mid-Atlantic Lead Agent. “We’ve designated our new RLO to answer their questions by phone and e-mail, as well as to physically go to reserve units to explain the military health care benefit.”

Families of activated reservists and National Guard members become eligible for health care benefits under TRICARE Standard or TRICARE Extra

on the first day of the military sponsor’s active duty, if his or her orders are for more than 30 consecutive days of active duty. When the orders for active duty are for more than 179 days, family members may enroll in TRICARE Prime or TRICARE Prime Remote. To use this option, they must complete enrollment forms and use military medical facilities and TRICARE Prime network providers. Family members who live in North Carolina and Virginia (excluding Northern Virginia) are in the TRICARE Mid-Atlantic Region, regardless of where the service member’s mobilization station is located.

Capt. David W. Munter, TRICARE Mid-Atlantic Executive Director, said, “Our goal is to help the families transition into TRICARE. We don’t want reservists on active duty to be distracted worrying about health care for their families.”

Currently, the RLO is Lt. Col. Dominic Ubamadu, an activated reservist who is a veteran of the TRICARE program. He has several years of TRICARE

operations experience, which includes a recent Active Duty tour as department head of Communications and Customer Service at TRICARE Mid-Atlantic.

“I’ve worn many hats: first as an Army Reservist, then as active Army, followed by active Air Force. I’m now an Air Force Reservist privileged to work in the TRICARE office. I’m eager to help our activated service members and their families understand TRICARE,” said Lt. Col. Ubamadu. “Many of them have never used the benefit, or it’s been a while since they were covered by TRICARE. We hope to ease some of their health care anxiety while the reservist is away.”

Captain Munter encourages reserve and guard units within the region to contact the TRICARE Mid-Atlantic office to schedule meetings or briefings for their service members or family members once they receive their mobilization warning orders.

The RLO may be contacted at 757-314-6080 or via e-mail at reserve.liaison@mh.tma.med.navy.mil.

HM2 Joseph Uson: Determined To Stay In And Succeed

By HM2 Chris Quilpa, Radiology Service Line

HM2 Joseph Uson is the fourth among six siblings, five of which are boys and a girl. He once entered the seminary (minor) while in high school in his home province of Pangasinan in the Philippines. As an altar boy/server, he assisted the parish priest. That is how he got immersed into the Catholic faith. Besides, his parents are devout Catholics. His name, Joseph, is, no doubt, biblical.

Graduating high school in 1983, he filled out an application to enter the US Navy in Subic Bay, Philippines. "I just wanted to try my luck," he says. His parents did not know that he applied to the US Navy. He just kept it to himself because he was so sure they would not allow him to join the US Navy. While waiting and hoping to be called to serve the US Navy, he found his way to Manila and got employed by a private construction company. He became the project coordinator in charge of plumbing and sprinkler system at a big chain store in Manila.

Three years later, he received a call from the recruiting office in the U.S. Navy. "It was just like passing through the eye of a needle," he said of his initial application to the US Navy at Subic Bay. "Imagine, out of 500 applicants, they selected only 20," adds Uson.

His parents disapproved of his idea of joining the U.S. Navy. But, he insisted, and sort of rebelled since "I already underwent the rigors of the application process."

In April 1991, he left his family and his country for San Diego, Calif. That was the beginning of his naval career that led him to Florida and here to Virginia.

After his Boot Camp and Basic Hospital Corps School, Uson went home to the Philippines and married his present wife, Louella. Back to the United States, he got stationed in Oakland, Calif., and worked as a ward corpsman (April 1991-1993). In September 1993, he attended the Basic X-Ray Tech School in Oakland, Calif., where he graduated in December of that year. His next orders led him to Naval Hospital in Orlando, Fla., where he

worked for two years. In July 1995, he left Orlando for Portsmouth, Va., for his Advanced X-Ray Tech School. After graduation in December 1996, he reported to Naval Medical Center Portsmouth's Radiology Service Line where he worked his way to become one of the highly-charged, competent, and certified/registered (ARRT) radiologic technologists who continuously finds ways and means to delight his patients through his excellent quality care and radiologic services.

When asked what made him choose hospital corpsman and X-Ray Tech Rating, Uson quickly replied, "Since my father and my uncle are in the medical field, I was always inclined to go into medical or nursing." He revealed that his dad is a radiologist in the Philippines.

While assigned to the Diagnostic Radiographic Procedures Product Line, Uson has worked in different shift rotations and orientation. Always flexible, responsible, and readily available, he volunteered to work on night shift. And, with his unquestionable style of leadership, he became the shift's supervisor. Despite his work and family schedule, he decided to further his education. He enrolled at St. Leo University because "I wanted to prove to myself that I can do it. Besides, I am determined to finish a college degree in the US." And so, with hard work, patience, diligence, and self-discipline, he did. He recently graduated with a Bachelor of Arts in Health Services Management.

What's his next move? Just as he studies carefully his move when playing chess or tennis (which are two of his favorite pastimes), he is cautious but seriously considering becoming a naval officer someday. But right now, he admits he is focused on his next move or PCS transfer to Naval Hospital in Yokosuka, Japan, in November, this year. "We'll go from there," he said.

Uson's command and community involvements include Toys for Tots and Holiday Assistance Program. He has also received numerous awards such as two MUCs (Meritorious Unit Commendations), two Good Conduct Medals, letters of commendation and appreciation from NMCP; 2nd place, NMCP Open Tennis Tournament (1997); 2nd place, NMCP Pingpong Tournament (1997); 2nd place, NMCP Tennis Tournament (1999); and 2nd place, All-Navy Tennis Tournament in Tidewater (2001).

What good advice does he have for young Sailors of today? He said, "I encourage our young Sailors to get their college degree while in the service. Getting a higher education is important nowadays for advancement." He adds, "That's the reason why I try to set a good example for my two young children, Karen and Kevin."

From all of us, staff/personnel, in the Radiology Service Line, Thank you, HM2 Uson, for all your hard work and dedication! We wish you good luck in all your endeavors! And, Fair Winds And Following Seas!

TRICARE PRIME CLINIC SCREENING MAMMOGRAPHY

Available to all Military Healthcare Beneficiaries

The American Cancer Society recommends all women receive one baseline mammogram between the ages of 35 & 40 years old and every year after the age of 40!

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Tricare Prime Clinic Chesapeake

Tricare Prime Clinic Virginia Beach

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- You must have an order from your physician. Self-referral *WILL NOT* be accepted
- Bring any prior mammograms with you on the day of your appointment
- This is for screening mammography only. Those with breast problems, prior breast cancer or implants must be seen at the Naval Medical Center Breast Clinic.

**TO SCHEDULE YOUR APPOINTMENT AT ONE OF THESE CLINICS CALL
1-800-931-9501**

Tips for fire safety

By Lt. Cmdr. Fawn Snow, Emergency Medicine Department, NMCP

Fires are the fourth leading cause of unintentional injury death. The elderly, physically disabled, and very young suffer particularly high rates of death and injury as they cannot escape burning buildings easily. Approximately 75 percent of fire-related deaths occur in housefires, the majority of which begin with smoldering cigarettes that can ignite hours after the person believes they have been extinguished. Other major causes of house fires include heating equipment and arson. Most house fires occur at night. Many people believe they would be awakened by the smell of smoke, but in reality, deadly gases reach the person before the smell of smoke, putting them in a deeper sleep and even causing death.

The best protection against injury and death from fires is safe practices. Never leave burning cigarettes, cigars, or candles unattended. Ensure burning products are completely extinguished before disposing of them. Teach children the dangers of playing with matches, lighters, or flammable products. Keep cooking areas clear of materials that can easily catch fire, such as dish cloths and paper towels. Routinely inspect electrical wires for cracking, fraying, or other damage, and replace immediately if any is noted. Do not exceed recommended amperage loads on extension and electrical cords, or recommended wattage for lighting fixtures. Place portable and space heaters at least three feet from other objects or walls, and never leave them unattended. Develop and practice home fire escape plans with at least two possible exits from each room, crawling under smoke, and meeting in a designated place outside the front of the home.

Functioning smoke detectors cut

the risk of dying in a fire nearly in half. Smoke detectors should be installed on every level of the home, including the basement. Wall-mounted units should be attached 4 to 12 inches from the ceiling. Ceiling-mounted detectors should be placed at least four inches from the nearest wall, unless the ceiling is pitched. In this case, it should be mounted at or near the ceiling's highest point. Place detectors at the bottom of closed stairways and away from window, doors, or other drafty areas. If cooking vapors and steam cause the detector to alarm, move its location, install an exhaust fan, clean the unit, or replace it. A disabled alarm cuts your chances of surviving a fire by half. Remember to replace batteries when clocks change in the spring or fall, and replace detectors that are more than 10 years old.

On Oct. 25, 2001, the month recognized as National Fire Safety and Awareness month, the Emergency Department of Naval Medical Center Portsmouth sponsored a Fire Safety Fair. At this event, participants explored a fire truck, met Sparky the Fire Dog and firemen, and learned practical home safety tips in the Fire Safety House. The Fire Safety House simulates potential causes of home fires, demonstrates the use of fire safety devices, and produces smoke so visitors can practice escaping safely. Most visitors are surprised to learn how even a small amount of non-toxic smoke can worsen breathing and decrease visibility. Smoke detectors, smoke detector batteries, coupons for batteries and smoke detectors, and fire safety information were also distributed. For more information on fire safety, contact local fire departments, insurance companies, and the National Fire Protection Association (NFPA).

Dam Neck Sailor Helps Shipmates Prepare For Duty

By JO2 Duke Richardson

Preparing Sailors for duty aboard ships and overseas is an important part of the Navy's mission. Whether it is for a mission-specific deployment, or a routine change of duty station, ensuring the service member is prepared and fit to serve is of the utmost importance to the men and women who work as overseas screeners.

HM2 Julie Madson, the overseas screening coordinator at Branch Medical Clinic Dam Neck is one such person who takes her job very seriously. Her particular role at the clinic is coordinating sea duty and overseas screening for students completing their training at the installation.

There are a number of things about helping fellow Sailors get ready for ship and overseas duty she likes. The one thing that really stands out for her is ensuring the right, qualified people are sent. "To me the most rewarding thing about doing this is getting people that are qualified and want to be at sea, at sea," said Madson. "But sometimes the challenging thing is making that happen. Sometimes issues concerning a member's training curriculum and schedules sometimes make it difficult for them to get their screening taken care of in a timely manner. That also makes things a little bit more difficult if the person has pending medical issues.

Even though the occasional "speed bump" will happen, she manages to adapt and overcome the obstacle. She says personal interjection into the issues is a way she helps alleviate potential problems. "Sometimes a Sailor won't have all the necessary paperwork related to an appointment they may have had, so if necessary, I'll get in contact with the clinic involved and do whatever it takes to get it done. Whether by fax, guardmail, or whatever means necessary," she said. "So far in such situations, the clinics have been very helpful...because if the person does not have the necessary forms and their screening is not complete, they can't transfer.

Madson believes it is important for people just entering the service to find a positive role model to look up to and emulate as they strive for success in the Navy. "Find someone you can look up to and find out how that person made rank and the different things they have achieved during their career," she said. "If that person doesn't come along right away, keep searching until you find that person."

Attention: All Providers!!

The Physical Evaluation Board (PEB) will be visiting the command Feb. 12, 2002 to conduct their annual Disability Evaluation System (DES) briefing in the NMCP Auditorium, Side B from 1300-1600. This briefing will address specific disability related topics and Limited Duty processing issues. Speakers will include a presentation from Capt. Wurzbacher, Medical Advisor, President of Physical Evaluation Board; Cmdr. Palumbo, OIC, PEB Liaison Officer and Lt. Wilsey, BUPERS.

The goal is to improve efficiency and accuracy of Medical Evaluation Boards (MEB) packages submitted to PEB and to expedite case processing for service members with medical impairments. This is an excellent training opportunity to ask questions regarding medical boards and Limited Duty processing.

Additional information will be sent out in the near future concerning this training opportunity. The command point of contact for questions about the briefing is Lt. George Taylor, Team Leader, Medical Boards Branch, Customer Service Center at 953-7754/7764.

Practicing Personal Force Protection

By CNOCM (SS/AW) Terry Scott

Anecdotally there have been a number of situations which have elevated the level of concern for Sailors in a travel status (and once on the ground). It is imperative that personnel follow the guidance provided in the Level 1 anti-terrorist training, port call messages and travel advice notices. Although these requirements have existed for some time, the current operations, cultural climate and large influx of personnel deem it appropriate to make this appeal.

Below is an e-mail from a LT, a recent arrival, which relates an all to common occurrence. Also attached are a number of excerpts from a variety of sources which everyone traveling to the theater should be made aware.

Master Chief,

Please see below a few concerns I expressed to Cmdr. Winter upon my arrival on 19 Oct 01.

While in Amsterdam awaiting travel to Bahrain two young sailors were wearing the Navy hooded sweat shirts. (Big Navy Seal on the front with related script on back) One Sailor sat quietly with his sweat shirt on and service record on his lap. We were able to give him a manila folder to place his record in and had him turn his sweat shirt on the wrong side.

The other Sailor walked around the airport a few times before we got her attention and had her turn the sweat shirt on the wrong side. (Her only concern was having the outer garment against her skin after having been exposed to so many people and things while flying from Norfolk to Amsterdam).

Since my records were in my back pack, I was able to give my envelope to a Sailor to put his service record in because he just walked around with it in his hand.

Lastly, the plane landed in Bahrain, people were in line preparing to exit others were gathering their gear and a young sailor yelled, "Is anybody here going to the ship?" A Sailor or two yelled "shut up". She said, "why, I just want to know who is going to the ship?" Somebody yelled, "all of us are going okay." She said, "well how are we going to get there is a bus or somebody waiting to meet us?" A few of us were trying to get to her from different directions to pull her aside. When I made it to her a Senior Enlisted person was already talking to her.

My only concern is the young people out there are not being briefed before coming out to this area and they are inappropriately dressed (tank tops, collarless tops, military paraphernalia, etc) and are not aware of the do's and don'ts. It appeared all of them were going to the ship so maybe someone needs to get to them.

R/,

Lt. Aquilla "Q" Causey

I would urge supervisors to speak with those Sailors who will be traveling to the Naval Forces Central Command AOR and emphasize these points. Additionally, I've included the link to the DOD Anti-Terrorist website for conducting the required Level-1 Anti-Terrorist training.

Chairman of the Joint Chiefs of Staff

While no one is immune from the threat of terrorism, rep-

resentatives of the United States government are especially vulnerable, as targets of terrorist activity. Recognizing these significant threats to Americans stationed at home and overseas, the president has made combating terrorism a top national security priority, and each of you play a big role.

"How?"

By doing three things: First, keeping a low profile, secondly being unpredictable and third, and most importantly, remaining vigilant. Generally, terrorists are most successful when security awareness is lax. When complacency or ignorance is high and for this reason you and every single member of our military family must develop a security-conscious attitude."

DOD Level 1 Anti-terrorist Training

Try to see yourself as a terrorist might. Do you stand out as an American military person? Do you hang out with large groups of American troops in public? Does your behavior and the behavior of people you are with draw attention to you as an American?

To attack you, terrorists generally must perceive you, your associates, or your location as a target. Do not be an easy target.

When you are traveling or are stationed in the Middle East, you should be aware of the following trends:

1. The Middle East is home to several established terrorist organizations.
2. American assets have been targeted many times.
3. There is a high likelihood of violent terrorist action in the Middle East.
4. You should review CIA and Department of State announcements concerning current terrorist activities in the Middle East.
5. There is significant popular support for the political objectives and religious motivations behind anti-American terrorist attacks.
6. Terrorists in the Middle East favor highly concentrated, large groups of U.S. Service Members, but have targeted smaller targets as well.
7. Almost any tactic is plausible in the Middle East, although false alarm threats, personal attacks with firearms, and small-scale bombings are the most plausible.

It's Time For OPERATION SANTA

Once again it's time for "Operation Santa." The Red Cross NMCP Chapter is bringing Santa to NMCP December 20 from 10 a.m. to 12 p.m. Red Cross volunteers joined by Santa and NMCP's Commander are spreading the holiday cheer by bringing presents and candy canes to all of Naval



Medical Center Portsmouth's inpatients on the wards.

Santa will also pass out gifts throughout the clinics to patients.

"Operation Santa" is an annual event sponsored by the Red Cross. Gifts are donated to the Red Cross by motorcycle group, Rolling Thunder.

Candy canes are provided courtesy of the Red Cross and the Oak Leaf Club.

Celebrate the Holidays at NMCP

Local Bikers To Spread Holiday Cheer

For the fifth year, the Rolling Thunder motorcycle club will be sponsoring "Operation Bright Light," for the children at Naval Medical Center Portsmouth on Sunday, December 16 at 1:00 p.m. A procession of approximately 75 to 100 leather-clad bikers on their motorcycles will bring Christmas gifts to the children of NMCP's pediatric wards. Arriving with these bikers will be a special guest, Santa Claus. Instead of arriving on his traditional reindeer and sleigh, Santa will arrive on a motorcycle as well; at least this will be the case at Naval Medical Center Portsmouth.

Rain or shine, Santa and Rolling Thunder will assemble at the American Legion Hall located in downtown Newport News and at the Newport News Harley Davidson Store.

Throughout the year, Rolling Thunder, Inc.'s members collect toys to distribute to sick children during both "Operation Bright Light" and "Christmas in July." Any additional toys are stored at the Red Cross

office and given to children when they are having a trying time.

Although Rolling Thunder's major function is to educate the community and elected officials to the fact that many American Prisoners of War were left behind after previous wars, collecting and delivering toys to the hospital's patients is a rewarding experience for the group.

Last Minute Holiday Gift Ideas

Stop by the MWR ITT office for some last minute holiday gift shopping. We have a large assortment of items including season passes to Busch Gardens, entertainment discount coupon books, movie passes, tickets to Admirals hockey, and Old Dominion University men and women's basketball. We also have professionally framed pictures of Naval Medical Center Portsmouth.

So stop by and take advantage of the convenience and save money as well! Call the ticket office at 953-5439 if you would like more information.

Volunteers Needed To Help Spread Holidays Happier

Naval Medical Center Portsmouth will be participating in this year's Toys for Tots campaign. The campaign kicked off last month and volunteers are needed to help spread a little bit of holiday cheer to area needy boys and girls.

Besides donating gifts at various points within NMCP, volunteers will be needed throughout the holiday season at the Chesapeake Square Mall.

Service members are asked to stand by donation bins and represent the support of the Armed Forces.

Volunteers will be needed Mondays-Thursdays from 6-9:00 p.m.; Fridays from 3-9:00 p.m.; Saturdays from 10:00 a.m.-9:00 p.m.; and Sundays from 12-6:00 p.m.

The deadline for contributions aboard Naval Medical Center Portsmouth is December 14, but you will still be able to contribute a throughout the area until December 16.

If you would like more information about NMCP's involvement in the Toys for Tots program, contact HMC Marsha Burmeister at 953-6076.

Holiday Bash Scheduled For December 14

MWR and the Command Heritage Committee have teamed up for the holidays and are currently finalizing arrangements for the command's holiday party, which is scheduled to take place in the gym, December 14 from 12-4:00 p.m.

In order to encompass most cultural and religious holiday traditions celebrated by NMCP staff members, the party will have a multicultural theme including various displays from cultures such as Nigerian/West African, Hindu, Hispanic American, Asian/Pacific American, African American and European.

Complimentary food, beverages and photos with Santa Claus will be provided. All NMCP staff members and their families are invited.



You Can Help Make A Child's Holiday Happier

You can help us brighten the holiday season for the children in the pediatric wards of Naval Medical Center Portsmouth.

From offering to decorate the wards, to bringing in Santa and his elves for a visit, local community members are excited to spread the holiday cheer. In addition to the community outreach, Chris Brogan, child life specialist is planning various holiday related events for the children.

Anyone interested in scheduling a visit to Naval Medical Center Portsmouth's Pediatric Ward should contact Chris Brogan at 953-4487.

HAPPY HOLIDAYS FROM *THE COURIER*