



THE COURIER



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Photo by JO3 Justin Takasawa

Grace Dyer, a Red Cross Volunteer, pins a ribbon on a cancer survivor. Dyer is a survivor herself and she works with newly diagnosed patients in the Oncology Education Center.

Nurse turns tragedy to triumph

JO3 Justin Takasawa

Grace Dyer and her husband were diagnosed with cancer in 1999. Shortly after, the disease claimed her husband's life and changed her own. Now, the grandmother of three spends her free time fighting back by helping others at Naval Medical Center Portsmouth's Oncology Education Center.

Dyer began working at the center after she became a Red Cross Volunteer. But she's no stranger to hospitals.

"Nursing is one of my loves," said Dyer, who's been a registered nurse for many years.

Now she assists patients who have been recently diagnosed with cancer. She provides them with pamphlets and videos that inform them about their specific disease.

"This affords me the opportunity to re-educate myself as well as help others," she said.

But perhaps the most rewarding opportunities are the chats she has with the patients.

"For patients that are newly diagnosed, the information empowers them," Dyer explained. "It takes that fear away and gives them some tools to work with. I enjoy sitting and talking with the patients."

With the help of people such as Dyer and the 40 Red Cross volunteers signed up at the hospital, NMCP operates more effi-

ciently. Their help is a much needed asset, said Lt. Cmdr. Steven Hager, Head of the Department of Oncology.

"We rely on volunteers to help us with a shortage of manpower. Our volunteers come from a background of experience," he said. "They're cancer survivors themselves."

While Dyer may not be getting paid for her help, she does receive certain benefits. By working as a volunteer she has a chance to get extra training.

"As a Red Cross Volunteer, they work me as a professional and that allows me to get education at classes if there's a seat open for me. We have many, many opportunities."

Dyer ultimately uses that training to help others.

"One of the major problems with cancer," said Hager, "is that it has a bad connotation in the public eye and it's important that we have people that can show the light at the end of the tunnel."

NMCP always needs more volunteers. With an array of jobs and different positions all over the medical center, there's a little something for everyone who would like to lend a hand.

To join Dyer and the other Red Cross volunteers at NMCP, call 953-5443 or fill out an application at the Red Cross' main office in building 249.

Summertime is the Time to Cook!



Cook much? Here's a few tips on preventing you and your family from getting sick from ill-prepared food. See page 7



Have you seen this yet? See page 6

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Find out what the benefits for being Navy really are at:

www.staynavy.navy.mil

THE COURIER

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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 JO2 Duke Richardson at: ddrichardson@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.)

NMCP honors cancer survivors

By JO2 Duke Richardson

Naval Medical Center Portsmouth staff as well as family members joined together to celebrate a major accomplishment, living with cancer.

"National Cancer Survivor's Day celebrates life and the people who have been affected by cancer," said Lt. Irene Henney, senior nurse of NMCP's Same-Day Chemotherapy Unit. "Anyone who has been diagnosed with cancer is considered a survivor."

Brigitte Herrell, a two-year cancer survivor, was the guest speaker at the event. She said that support from family and friends played a vital role in helping her get through her illness. "You never realize how many people love and care about you and how many friends you have until something like this happens," she said. "They all just come forward and express how much they care and offer you so much support. It really helps you pull through."

She also said that while there have been some ups and downs over the course of the last two years, she still has a sense of inner peace and feels closer to her loved ones than ever before. "It has been a long two years, but unbelievably remarkable things have come out of it," said Herrell. "I am sure that those

who have (lived with cancer) would agree that you just don't realize how something so bad can bring so many good things."

According to the American Cancer

"Anyone who has been diagnosed with cancer is considered a survivor."

**Lt. Irene Henney,
NMCP Same-Day
Chemotherapy Unit**

Society, about 552,200 Americans are expected to die of cancer this year, more than 1,500 people a day. Cancer is the second leading cause of death in the U.S., exceeded only by heart disease.

National Cancer Survivor's Day is a celebration of people who have had or continue to live with a diagnosis of cancer. It is an annual, nationwide celebration of life, which is held in over 700 communities. Participants from coast to coast unite in a symbolic event honoring the 8.9 million Americans who are surviving cancer. In doing so, the message is communicated to all Americans that life after a cancer diagnosis can be a reality.



Photo by JO3 Justin Takasawa
Marella Minzghor hugs Barb McCook, a radiation therapist at NMCP. McCook helped treat Minzghor after she was diagnosed with cancer.

Thrift Savings Plan saving sailors thousands

By JO3 Justin Takasawa

HM3 Felecia Wilson of Naval Medical Center Portsmouth's Bloodbank drops in to Subway about eight to 12 times a month. On average, she spends \$56 a month on these visits.

Wilson and many other sailors may skip over the fast-food if they knew that they could make \$30,000.

Beginning in October, Sailors will have a new avenue for long-term savings. By contributing up to 7 percent of their base pay per month, they can set up a secure financial future. That's the gist of the new Thrift Savings Plan (TSP).

"The Thrift Savings Program is another valuable incentive program for folks to stay on active duty," said HMCS(SW/SS) Donald Weidner, Naval Medical Center Portsmouth's Career Counselor. "What it allows sailors to do is to invest a certain portion of their base pay into an interest-bearing longevity savings account that has the similarities of a retirement program."

"It's actually investing," Weidner said. "The accounts are federal accounts that are pre-existing. There are initially three accounts, and they are conservative or aggressive."

The conservative accounts take a sailor's money and increase it gradually and steadily, while an aggressive account may be more risky but offer higher returns.

"It does have that stock market type of appeal for folks but they can put it in a safe account over time," Weidner said.

And although a TSP is similar to a retirement program, Weidner reassures it is not.

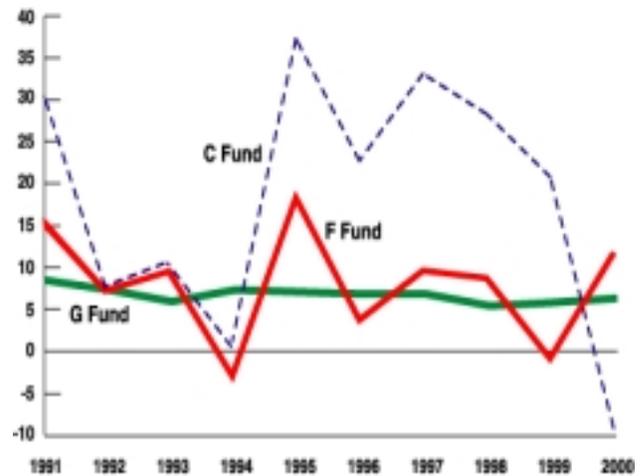
"The federal government already has a retirement program for active-duty service members," Weidner said. "The TSP is a supplement for that."

"It's a program that the member can choose to participate in," Weidner said.

He encourages sailors to enroll in the program due to the small window of opportunity to get involved. Oct. 9 through Dec. 10, 2001, are the effective dates for opening accounts this year. The next opportunity won't be available until 2003.

"They can enroll via the chain of command," Weidner said.

1991 - 2000 C, F, and G Fund Annual Returns



Then, in January of 2002, money will be deducted from their base pay and sent into their TSP. The money earned in the account is based on an interest rate, however, that interest rate isn't fixed, Weidner said.

"You may have that rollercoaster effect but a TSP is a long-term type of deal. If a sailor takes 50 dollars and puts it away for 20 years at an average 8 percent interest rate, he'd have 30,000 dollars. That's one way of looking at how people can increase their money over a long period of time."

Weidner also feels that the TSP will help sailors better manage their money.

"It takes a sailor from being active duty to, hopefully, being better off financially and better able to manage their money."

For more information on swapping subs for savings, log on to the TSP website at www.tsp.gov.

Refund checks due military taxpayers too...

American Forces Press Service

WASHINGTON (NWS) — If you owed federal income taxes for 2000, a check for up to \$600 will be in the mail for you by September. Lt. Col. Thomas K. Emswiler, executive director of the Armed Forces Tax Council in the office of the assistant secretary of defense for force management policy, said military members are as eligible as other taxpayers for the federal refund that's made headlines recently.

In an interview with the American Forces Radio and Television Service, Emswiler said the tax bill just signed by the president creates a new tax bracket of 10 percent and made the rate retroactive to Jan. 1.

"In the past, the lowest tax rate was 15 percent," Emswiler said. "The five percent reduction will allow most taxpayers to

get a refund."

The law provides for the mailing of refunds to begin in July and to be completed by the end of September. Plans now call for the first checks to be mailed out July 20 and the last batch to be mailed out Sept. 28. Taxpayers will receive letters in July explaining how much to expect and when.

Emswiler said anyone who had a federal tax liability for 2000 is eligible, providing they weren't claimed as someone else's dependent. "Liability" means owing more than the amount of nonrefundable credits, such as education and child care credit.

Refundable credits, such as the earned income tax credit, don't count for determining eligibility or the amount of the refund. "If you filed a joint return last year and had at least \$12,000 in taxable income, you'll receive

a \$600 refund," Emswiler said. "That \$600 represents the difference between taxing \$12,000 at 15 percent and taxing it at 10 percent as provided for under the new law." "If you filed as head of household last year and had at least \$10,000 in taxable income, you'll get a refund of \$500," Emswiler continued. "Most taxpayers who filed as single last year and had at least \$6,000 in taxable income will get a refund of \$300."

The IRS plan is to issue refunds according to the last two digits of the individual taxpayers' Social Security numbers. Refunds for those with "00" will be among the earliest checks mailed in July; "99s" will be among the last in September.

The process is scheduled to take three months because 96 million checks are involved.

Food can be hazardous, even deadly

By JO2 Duke Richardson

Summertime is a popular time for outdoor activities, especially cookouts. There is a chance that there may be something in your food that is not good for you. In fact, it could be so dangerous it may kill you.

Certain bacterial growths in food can produce poisons or toxins which can incapacitate you over a period of time. These poisons have a tendency of attacking the nervous system which can lead to such symptoms such as weakness, paralysis, numbness, tingling of the ears, and death.

According to the Centers for Disease Control and Prevention (CDC), an estimated 76 million cases of foodborne disease occur each year in the United States. The great majority of these cases are mild and cause symptoms for only a day or two.

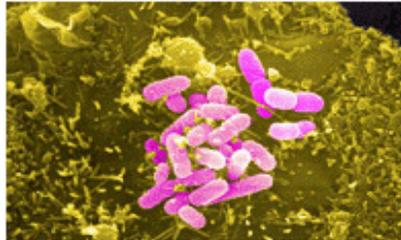
Some cases are more serious, and CDC estimates there are 325,000 hospitalizations and 5,000 deaths related to foodborne diseases each year.

The most severe cases tend to occur in the very old, the very young, those who have an illness already that reduces their immune system function, and in healthy people exposed to a very high dose of an organism.

It is for such reasons that food preparation at Naval Medical Center Portsmouth is taken very seriously. According to MS1 Irene Jones, leading petty officer of NMCP's galley, great measures are taken by the cooks to ensure the food served is of the highest

quality.

"The first thing the cooks do when they enter the galley is wash their hands," said Jones. "That is the main thing a person can do to eliminate spreading germs, especially



Enteropathogenic E. coli adhering to a tissue culture cell. Image courtesy of The Donnenberg Laboratory, University of Maryland, Baltimore Div. of Infectious Diseases.

after using the restroom. The galley workers also wear hair coverings to keep hair from falling into food. We also follow the standards set forth by preventive medicine to ensure that what we serve is not only good to eat, but safe to eat."

NMCP's Preventive Medicine team acts as a watchdog of sorts to the food service operation at the hospital. They do their part in making sure the food is prepared in a safe, clean environment by inspecting the galley at least twice a week.

While the mess specialists at NMCP do their part to serve food that is safe on a

large scale, there are tips that the CDC says you should keep in mind when "fixin' your vittles" at home. Before you settle on eating that rare steak that's hot off the grill, remember that beef tapeworms are transmitted by beef that has not been cooked long enough to kill the encysted larvae. Always cook beef until it is well done; *never* serve it rare.

Under certain conditions, such as leaving food out for extended periods of time, bacteria on some foods can make chemical compounds called toxins. These toxins cause staphylococcus (a.k.a. Staph), the most commonly reported food-related ailment.

Foods common to this infection include meat and meat products, poultry and egg products, and dairy products. Humans usually get infected with this by consuming foods that have not been kept hot enough (140 degrees or above), or cold enough (45 degrees or below).

Keeping a clean food prep area is also important in eliminating dangerous bacteria. Wiping up any old food traces immediately after preparation will greatly reduce the chances of food contamination from bacteria.

Using common sense when handling food (i.e. wearing clean clothes, bathing, washing hands, etc), are the main keys to making sure that the food you consume is safe. By practicing good housekeeping, you will have food that will leave you feeling full, not ill.

Joint agreement on inter-service training



Photo by JO3 Jodi Durie

On May 29, 2001, Rear Adm. Clinton E. Adams, NMCP's commander, and Dr. B.W. Story, Director of the Hampton Veteran Affairs Medical Center, renewed a resource sharing agreement. This agreement represents the future of clinical pastoral education. NMCP's chaplains have greatly benefited from this agreement which was contrived by the significant leaders pictured here.

Navy training may be worth College Credit.

Sailor/Marine American Council on Education Registry Transcript (SMART) displays recommended college credit for Navy rate/rating and evaluated military schools. Sailors may request an unofficial individual copy of their transcript or have an official copy sent to an educational institution by going to the Navy College web address: www.navycollege.navy.mil or you can call toll free 1-877-253-7122 from 0600-2100 Central Standard Time.

Sewells Point Sailor on road for success

By JO2 Duke Richardson

Doing a good job and never letting your goals slip away is a motto that keeps one Sailor at Branch Medical Center Sewells Point going.

HM2(FMF) Patrick Quito, a technician at Sewells Point's Preventive Medicine Department, says that the thing he really enjoys about his job is the difference he helps make in people's lives.

"Here in Preventive Medicine, we work with a lot of fleet Sailors on different issues," said Quito.

"These range from (personal health issues) to performing routine inspections at the base galley ensuring that sanitation and safety requirements are being met," he said.

He went on to say that there is no "dry" period as far as his personal satisfaction is with his job. "This is a job that I really love to do because I enjoy doing my part in helping people out," said Quito.

"When you love your job, there is nothing dry or boring about it whatsoever. Having the opportunity to help people out is the number one thing I enjoy about my job."

He said that he enjoys educating patients, as well as his fellow Sailors, on dangerous diseases and showing them ways that they can live healthier lives.

Diversity is another thing that Quito said keeps his interest in his job strong. "Being diversified is one thing that I believe keeps us strong," he said. "We are able to tackle just about any job that comes up here. Whether it is doing jobs such as performing safety inspections at the base galley or taking care of patients at sick call, that diversity is what I feel keeps us strong and maybe just a little bit special."

Quito says that he feels that people just coming into the Navy should not let negatives overpower the positive when things get rough.

"I feel that if the new guys just coming into the service start feeling a bit down about where they are or how things are going, they should not let that hamper the way they view the entire Navy," said Quito.

"I just feel that you make the Navy what you want it to be... There are so many ways for someone to make the Navy great, but you just have to put your mind to it and continue on your own personal road to success."

Command at sea isn't everything

By Commander Robert S. McKenna, U.S. Navy

The fiscal year 2001 Commander Command Screening Board met from 12 December through 19 December 2000. Their commission, unknown to them, was to determine my fate-or so I believed.

It was my fourth and final chance to get the ultimate job: command at sea. My first opportunity came in January 1998, one month before I reported as executive officer of the Ponce (LPD-15). I went through the motions of ensuring that my record was up to date and my photo was current, but I knew this first chance was little more than a formality. I was neither surprised nor disappointed at my name's omission from the list of lucky ones. The second look came 11 months into my tour. I then was a newly selected commander with a shipyard period, a training cycle, a couple of exercises, a change of command, two fitness reports, and a command qualification under my belt. The board's meeting date was circled in red on my calendar, right up there with my wedding anniversary and the birthdays of my children. I was very optimistic, right up until the moment I scrolled down the alphabetically arranged list of selectees-and found no McKs. How could that be? But, hey, next year probably was my turn, right?

With another six months as executive officer, a couple of months in the Adriatic during the Kosovo conflict, and another fitness report, I was a shoo-in. Then, right in the middle of a daydream, in which I was walking up the brow to the familiar sound of four bells, there came a rude awakening.

Once again, the McKs were skipped. Crestfallen was not an apt description of my feelings. Devastated might be a bit too much, but it was closer than crestfallen. A little bit of self-doubt began to creep in, a little bitterness perhaps, and definitely some jealousy of those chosen ahead of me.

As they say, time heals all wounds, and after a couple of weeks I looked ahead with great optimism to my last look, which was bound to be my turn.

One out of every five commanding officers, including my last one, is chosen on this opportunity. It was time to order the cake, break out the champagne, and practice the change-of-command speech. This year was going to be different.

My outward confidence, however, belied my inner doubt. The day the board results were due, I was on Christmas vacation at a ski resort in the Bavarian Alps surrounded by my family. As much as I wanted to let sleeping dogs lie and enjoy the vacation, I

needed to know. After locating the resort's internet café, I went to the Bureau of Personnel website and found the answer I feared would be waiting for me. My last-second three-pointer had clanged off the rim.

Was I disappointed? Absolutely! My destiny had been stolen from me. I had earned the right to command at sea, and now it appeared that it was not going to happen. Nonetheless, I was able-in the week after my vacation-to take stock of my situation with a certain level-headedness. Here is what I came up with:

Life is not always fair, but this process is as fair as it possibly can be. I received four looks just like the rulebook says, and unfortunately I was not selected. I believe that I, like many others, deserved to be selected, but not everyone can get to the next level. The officers who were selected certainly are deserving, and I offer them my congratulations and best wishes for success.

My career is a very important part of my life, but it is not what defines me, and it is not who I am. My roles as a father and a husband are far more important. If I had to choose to reach the pinnacle of only one role in my life on earth, it would be my relationship with my family. My role as a father, however, requires me to set a good example for my children. One way I choose to do that is by excelling at an honorable profession. Another way is by accepting defeat gracefully. I will demand no recounts.

I love being an officer and leader in the world's finest navy. There still are sailors to be led, young officers to be developed, and adventures to be experienced.

Success does not come from a job title. It comes from doing whatever we are supposed to be doing, when we're supposed to be doing it, to the best of our abilities.

The board that met in December did not determine my fate or destiny. My destiny was determined long ago, and not by any board. My wife keeps telling me that everything happens for a reason, and I'm starting to believe her. I am looking forward to finding out where it all leads. But for now, I will keep enjoying every day.

So I guess I have come to closure with this greatest of disappointments. Dreams die hard, but they are replaced with other dreams, equally as attractive and motivating. I'll begin working toward those today.

Commander McKenna is a surface warfare officer stationed in the Netherlands as an amphibious advisor to the Royal Netherlands Navy.

New weapons in war for people



NMCP launched a new program designed to assist sailors in getting needed information on retention programs and the benefits of staying Navy.

Personnel wearing badges, as pictured above, received special training in providing you with vital retention and special programs information. Have a question, just look for this badge.

Hospital Corpsman Saves WWII Vet

Remsen, NY - Like so many on Memorial Day, HM2 Mitchell Weaver, a Naval Reservist, joined the citizenry in the town's pavilion to listen to the speeches honoring those who served and gave their lives in service to their country.

But before the speeches could even begin, a member of the honor guard, a 78 year old World War II veteran, collapsed, falling backward and hitting his head first on the edge of a picnic table and then on the cement floor. Weaver leaped around the table, checking for a pulse and breathing. Finding neither, he began cardiopulmonary resuscitation.

Over the next several minutes, others took turns assisting Weaver with his lifesaving support, but he never stopped his efforts. Finally, rescue workers brought a defibrillator, administering electroshock to the heart to get it beating again. The veteran is recovering at a local hospital.

Bob Fullwood, who witnessed the incident, was full of praise for the corpsman. "Petty Officer Weaver's medical knowledge, willingness to assume risk, and fierce determination to continue to perform CPR when there were no vital signs for such a long time - all those factors saved (the veteran's) life," wrote Fullwood.

Plan today for the future

Is it almost time for a career move? It's never too early to start preparing for your transition into a civilian career after separation or retirement. There are many internet resources to help you find out what opportunities are available in the civilian sector. A smooth transition will depend on how well you are prepared for the future.

The America's Career InfoNet web site has tools to help you make better, more informed career decisions. It's designed to help you find out about occupational requirements, wage and employment trends and state-by-state labor market conditions. Additionally, it has links to an extensive online career library.

Now is the time to look ahead and get started on your future plans. Visit America's Career InfoNet at www.acinet.org

Dapa Corner

How Much is Too Much? The Truth Might Surprise You.

By HM1 Marsha Burmeister, NMCP DAPA



Individuals who experience a variety of social and medical problems as a result of high-risk drinking but who are not dependent on alcohol are called alcohol abusers or non-dependent problem drinkers. Alcohol abuse by them often leads to problems that arise from impaired judgment, diminished concern about the consequences of behavior, and the physical effects of alcohol consumption. Such adverse events may be the result of a single bout of drinking or they may represent the effects of frequent high-risk alcohol use. These individuals may also be in the early stages of

alcoholism.

The Navy defines alcohol abuse as, "the use of alcohol to an extent that it has an adverse effect on performance, conduct, discipline, or mission effectiveness, and/or the user's health, behavior, family, community." Additionally, the Navy defines an alcohol incident as "an offense punishable by the UCMJ or civilian authority committed by a member where, in the judgment of the member's Commanding Officer, the consumption of alcohol as a contributing factor." Events requiring medical care or involving a suspicious public or domestic disturbance are evaluated to determine if alcohol was a contributing factor and, if so,

are considered alcohol incidents. Examples of alcohol incidents include driving while intoxicated (DWI), drunk on duty, drunk and disorderly, drunk in public, brawling, and child or spouse abuse while under the influence.

It is sometimes hard to draw exact lines between social drinking, problem drinking, and alcohol dependence.

Generally speaking, however, social drinking becomes an alcohol problem when drinking repeatedly harms the drinker or those close to him or her.

In other words, if drinking causes a problem, then drinking is the problem.

NMCP honors frockees, remembers heritage

By JO2 Duke Richardson

Naval Medical Center Portsmouth recently frocked its newest petty officers in a ceremony held in its auditorium. Sounds typical, but this cycle's frocking ceremony occurred during the period NMCP was commemorating the 103rd anniversary of the Navy Hospital Corps.

According to NMCP's acting Deputy Commander Capt. C. A. Torres, it takes a lot of dedication and effort to advance through the ranks. "Anything that is worth getting takes hard work and tireless dedication," said Torres. "You have to work for your goals. We know that you all have studied extremely hard to get where you have gotten today...and for that we celebrate your accomplishment."

Torres went on to say that although the advancement may be a personal achievement, no one moves up the ladder alone. Support from peers, friends and family plays a very important role in a Sailor's effort to move up the military ranks.

The timing of NMCP's frocking ceremony was perfect since it occurred while the hospital was observing the 103rd anniversary of the Hospital Corps. According to NMCP's Command Master Chief HMCM(SW/AW) Paul Duchharme, there is a time-honored tradition behind the Hospital Corps. "The Hospital Corps has a long and proud tradition of dedicated service to our Sailors and Marines and their families," he said. "Our legacy is built on heroic and valorous service by hospital corpsmen.

Few military organizations can look upon their histories with the same degree of pride and, in some cases awe, as can members of the Navy Hospital Corps. In its century of service, the Hospital Corps has proven itself ready to support Marines and Sailors by giving them aid whenever and wherever necessary. As the years have progressed, the tools and techniques used by Hospital Corpsmen and their forerunners have evolved, but the level of dedication has remained a strong current running through the corps' history.

Congress approved an act on March

2, 1799 which copied the words of the Continental Congress's medical department article 16 of 1775 exactly.

As a result, there was still no title or job description for enlisted medical personnel. The nickname "loblolly boy" was in common use for so many years that it became the official title in Navy Regulations of 1814.

A new, senior enlisted medical rate, surgeon's steward, was introduced in the ensuing decades. The term is first seen in 1841 in Navy pay charts, but it appears that

had to be graduates of a course in pharmacy, or to possess the knowledge by practical experience. The Apothecary, First Class ranked with a warrant officer, while the second and third class were petty officer equivalents. The three rates were reduced one petty officer apothecary on 15 March 1869.

Nurse, as a title for junior enlisted medical personnel, was replaced by the title "bayman," one who manned the sick bay, in the early 1870s. U.S. Navy Regulations of 1876 used the title officially, and it remained

a valid for 22 more years.

In the last two decades of the 1800's, many in the naval medical establishment called for reforms in the enlisted components of the medical department. Medicine had by now progressed far more as a science, and civilian hospitals all had teaching schools for their nurses.

Foreign navies had trained medical Sailors, and the U. S. Army had established its own Hospital Corps of enlisted men on March 1, 1887. Navy Surgeon General J. R. Tryon argued, in his annual report of 1893, against the practice of assigning landsmen to the medical department with nothing more than on-the-job-training. He advocated the urgent need for an organized hospital corps.

Arguments for a professional, well-trained group of individuals to provide medical care for the Navy finally paid off. Unfortunately, it took the imminent danger of combat in the

Spanish-American War to spur Congress into action. Within a bill aimed at building the armed forces was a section to provide for the Navy's long-needed Hospital Corps. It was approved by President William McKinley on June 17, 1898. From that date to the present, either generically or by rating title, medical Sailors have been called "hospital corpsmen."

Since the inception of the Hospital Corps, service members who have been respected and revered for their dedication to

[Medal Of Honor Awardees](#)
[Pharmacist's Mate First Class John H. Balch](#)
[Hospital Corpsman Third Class Donald F. Ballard](#)
[Hospital Corpsman Third Class Edward C. Benfold](#)
[Lieutenant Joel T. Boone, MC, USN](#)
[Hospital Apprentice First Class Robert E. Bush](#)
[Hospital Corpsman Third Class Wayne M. Caron](#)
[Hospital Corpsman Third Class William R. Charette](#)
[Hospitalman Richard D. Dewert](#)
[Surgeon Middleton S. Elliott](#)
[Pharmacist's Mate Second Class William D. Halyburton, JR USNR](#)
[Hospitalman Francis C. Hammond](#)
[Hospital Apprentice First Class David E. Hayden](#)
[Hospitalman John E. Kilmer](#)
[Surgeon Cary D. Langhorne](#)
[Hospital Apprentice First Class Fred F. Lester](#)
[Lieutenant Commander Alexander G. Lyle, DC, USN](#)
[Hospital Apprentice Fred H. McGuire](#)
[Lieutenant \(jg\) Weedon E. Osborne, USN](#)
[Lieutenant Orlando H. Petty, MC, USN](#)
[Pharmacist's Mate First Class Francis J. Pierce](#)
[Hospital Corpsman Second Class David R. Ray](#)
[Hospital Steward William S. Shacklette](#)
[Hospital Apprentice Robert H. Stanley](#)
[Pharmacist's Mate Second Class George E. Wahlen](#)
[Pharmacist's Mate Third Class Jack Williams](#)
[Pharmacist's Mate First Class John H. Willis](#)
[Hospital Apprentice First Class William Zuiderveld](#)

the new billet was only allowed on larger ships. By 1 April 1843, the Navy Department issued an order allowing surgeon's steward to be assigned to brigs and schooners. The relative importance of medical Sailors was hereby increased. Surgeon's stewards would rank second in seniority among the ship's petty officers, next only after the master-at-arms.

After the Civil War, the Navy brought new classifications to enlisted medical personnel. The title surgeon's steward was abolished in favor of three grades of apothecaries in 1866. Those selected as apothecaries

See Corpsman page 10

Plotting your career course, four steps to successful job achievement

By HM1 Peggy Shank, NMCP Career Counselors office

This is the beginning of a continuing series from the Career Counselors Office. I once heard someone say "Act as if the Navy is going to be your career."

So what does that mean exactly? There are several steps and processes in which to do this. Step One - set goals, in writing (Short and Long Term), where do you want to be in 1-2 years, in 5 years? Advance to E4, E6, CPO? Be a Respiratory Technician, become a Commissioned Officer?

Step Two - Plot your course, how will you get to where you want to be? Prepare for the advancement exam, attend advancement classes, apply for a "c" school using the STAR program, submit a package for MECF, PA, MSC, LDO? Sea/Shore rotation through the JASS system, or use GUARD 2000.

The United States Navy has a multitude of opportunities to assist you in making these choices. Once you have made a decision, you must continue on this journey to Step Three - Sustained Superior Performance.

Our Navy is very competitive. You need to be a well rounded Sailor, and you must persevere to make rank, seek leadership roles, be a role model, and get sound mentoring. Be involved in OUR command, and OUR community. This is an ongoing process that must continue through Professional and Personal growth.

Step Four - goes back to the "Act as if" theory. As you take each step forward in your naval career, you should be preparing yourself for future challenges and responsibilities.

If you "Act as if" you are a PO3, a Chief, a mentor, and a leader, you will be paving your career path. Ask yourself this question "How bad do I want it, and what am I willing to do to get it?"

Energize your life Shipmate! Chart it...do it..."Act as if"

Do you know how you can get \$30,000? Contact your Command Career Counselor for more information.

MWR Events Calendar

Picnic Night at Harbor Park

MWR will be holding it's annual Naval Medical Center Night Friday 6 July. Tickets are \$14.50 for adults and \$12.00 for children. Tickets can be purchased at the MWR ITT ticket office. Call the ticket office for additional information at 953-5439.

NMCP Golf Tournament

Get ready for another great golf tournament courtesy of NMCP MWR. This summer tourney is scheduled for Friday, 27 July at Bide-A-Wee golf course in Portsmouth. The format will be 4-man, best ball with an 0800 shotgun start. The cost is \$45.00 per player which includes cart, greens fees, and a picnic lunch. Awards will be given for first and second place in each flight. This tournament is open to all - So bring a friend! Stop by the ticket office located on the 2nd deck in bldg. 215 or call 953-5439. *Payment must be made in full to sign up.*

MWR ITT Office

The MWR ITT office located on the second deck of building 215 has reopened. The hours of operation are Monday through Friday from 0800-1600 (closed daily 1300-1330)

Discount tickets are available to attractions such as Busch Gardens, Water Country, Colonial Williamsburg, Jamestown, Ocean Breeze, Spirit of Norfolk, American Rover, and much more. In addition, tickets can be purchased for movies and local sporting events such as Tides Baseball (box seats). Call the ticket office for specific prices, 953-5439 or stop by and pick up a complete price list.

Get Fit with MWR

Start your summer off on the right foot with one of MWR's many fitness programs. Aerobics are offered Mon-Fri from 1100-1200, Tue, Wed, and Thur from 1630-1730, and Sat from 0930-1030. Classes include hi/low aerobics, kick boxing, step, body design, and cardio max. NMCP DoD employees must have a current MWR membership in order to participate. Call MWR for details, 953-5096, or stop by the gym and pick up a complete aerobic schedule.

Child Life Week Begins July 16 - 20

By Chris Brogan

NMCP will celebrate its first Child Life Week July 16 - 20, 2001. This focus week promotes understanding of the child life profession, while educating others about the needs of children or teen-aged patients and their families. NMCP hired its first child life specialist in June 2001 with child life services initiating on the pediatric ward. Future service should include the PICU, pre-operative tours, pediatric clinics, the emergency department, and anywhere pediatric patients receive care.

An article detailing child life services by The American Academy of Pediatrics (Nov 2000) identifies "3 primary service areas: 1) Providing play experiences;

2) Presenting developmentally appropriate information about events and procedures; and

3) Establishing therapeutic relationships with children and parents to support family involvement in each child's care. Although other members of the health care team share these responsibilities for the psychosocial concerns of the child and the family, for the child life specialist, this is the primary role."

The Child Life Council (a professional body for child life) further defines the child life specialist's role to include: 1) Work-

ing to minimize fears and stress experienced by children, adolescents, and families regarding health care experiences;

2) Supporting the patient's emotional, social, and cognitive growth in the context of his/her family, culture, and developmental stage; 3) Implementing a wide range of recreational activities in age-appropriate and safe environments; and 4) Enhancing a patient's understanding of medical procedures and diagnoses using age-appropriate techniques.

During Child Life Week, patients and families on the pediatric ward will help celebrate this week through daily expressive activities, medical play activities, and other special events. For more details, contact Chris Brogan, Child Life Specialist at 953-4487.



DoD Seeks to Mend Rift in Blood Donor Rules

By Rudi Williams, American Forces Press Service Washington, DC

DoD is working behind the scenes to create a national standard for collecting blood as the American Red Cross prepares to adopt new donor rules in September. Red Cross officials have said the rules stem from concerns about the spread of "mad cow" disease in Europe.

The Red Cross plans not to take donations from persons who, at any time since 1980, spend or have spent a cumulative three months or more in the United Kingdom, or a cumulative six months or more in any one or more European countries, or received a blood transfusion in the United Kingdom.

DoD and the Red Cross currently follow the Food and Drug Administration's lead, according to Army Col. Mike Fitzpatrick, director of the Armed Services Blood Program. He said the policy for the past two years has been to defer persons indefinitely as donors if they resided in the United Kingdom between 1980 and 1996 for a cumulative six months or more.

The current deferral rule affects 5 percent or less of DoD's donor population worldwide, he estimated. Implementing the Red Cross' new policy throughout Europe would make about 25 percent of the active duty force ineligible to donate blood, he said. DoD will continue to follow the FDA guidelines. He said department officials believe the best solution is a national standard for

blood donors. DoD, FDA, Human and Health Services and Red Cross officials are working to establish a mutually agreed standard, he noted.

"We've prepared draft guidance and are waiting (for) the final determination. ... We need to know that before we do anything," the colonel said.

"Because of the way the FDA regulates us, it's going to require time to train people, put together standard operating procedures and a recruitment campaign to get donors - that's why it's taking the Red Cross until September. We'll have to do the same things, but we can't train anyone until we know what we're training them for." DoD meets its needs using today's donor standards, he said.

DoD collects about 100,000 units of blood per year. It must maintain that rate to have enough blood for troops in Kosovo, Bosnia and other areas where safe supplies would be hard to find and tap, Fitzpatrick said. Everyone wants to be as cautious as possible, he said. "With all the testing and screening we're doing to blood donors, the blood supply is the safest it has ever been," he said. "So, it's safe to give and receive blood."

The incurable, always-fatal "mad cow" disease is caused by an infectious protein that destroys the victim's nervous system. Brain tissues literally turn spongy and

shut down. Called variant Creutzfeldt-Jakob disease in humans, the disorder usually kills within 18 months of the onset of symptoms. Fitzpatrick said there's no evidence the disease is or even can be transmitted through a blood transfusion.

To date, fewer than 100 cases of variant CJD have been reported since it was identified, and none was the result of a blood transfusion.

The only way the evidence today points to humans contracting variant CJD is by being unusually susceptible to it and eating infected meat. The infectious protein that triggers variant CJD, however, is known to be able to hide for 15 years or more in lymphatic tissue, the appendix, stomach, spleen, white cells, and in the blood at low levels, he said.

At this time, no blood test exists to detect the presence of the infectious protein, he noted. The DoD veterinarians responsible for the wholesomeness of foods in military systems have determined that service members and their families face little risk of contracting variant CJD, he said.

Deployed service members are at less risk than casual travelers in Europe because military personnel often eat either MREs (Meals, Ready to Eat) or food from military supply channels, which don't buy meat from the United Kingdom, the colonel noted.

A Little Help from Man's Best Friend

Adam Amick, 10, gets a little help from Wessely, his black labradore retriever. Wessely was donated to assist Adam who was diagnosed with Multiple sclerosis.

The 18-month-old pup is trained to open doors, push elevator buttons, pull Adam's wheelchair up small inclines and even respond to fire alarms.

"He's my best friend," said Adam. "We stick together."



Winning the war for people

SURFLANT Public Affairs NORFOLK, Va.

“We are in a war, a war for people,” said Rear Adm. Jay Foley, commander, Naval Surface Force Atlantic Fleet (SURFLANT).

For the past several years the American economy has made the option of moving out instead of up a viable option for more and more Sailors, so the war is a fight to keep the most valuable asset in the Navy’s



Photo by PH2 Sean Mulligan

A sailor prepares to hoist the jack for morning colors aboard the guided missile cruiser USS Carney (DDG 64.)

arsenal: people.

SURFLANT is seeing some hard-won gains since it went on the offensive in this war. In fact, SURFLANT leads the way in reenlistment rates for Zones B, C and D for the 12-month period ending April 30 with rates of 70.3 percent, 87.9 percent and 98.0 percent. Those rates are higher than the Navy and Atlantic Fleet averages. Zone B represents Sailors with between six and 10 years of service, Zone C Sailors have between 10 and 14 years of service and Zone D Sailors have 14-plus years of service, not to exceed 20 years.

The retention offensive has included a number of innovative strategies. SURFLANT units can share their retention strategies via the Force Career Counselor’s Web site at <http://www.cnsl.spear.navy.mil/N0/N02c/index.htm>.

One ship that has shared its ideas with the fleet is the Mayport-based guided missile destroyer USS Carney (DDG 64). The chief petty officers’ mess hosts introductory investment classes for Sailors.

“You would be surprised how many Sailors’ eyes open real wide when they see how easy it is to start an IRA (individual retirement account) and how the profits bal-

loon over a period of time,” said Carney’s command master chief OSCM(SW) Scott Williams.

“The theme of that training is to let Sailors realize they can earn two retirement payments each month. One payment from their military service, and one from money they have available once their IRAs mature.”

During the past year, Carney’s first-term reenlistment rate has nearly tripled rising to 45 percent. Helping Sailors look at the financial options is a recurring theme among retention teams throughout the Atlantic Fleet surface force. On board the Norfolk-based guided missile cruiser USS

Monterey (CG 61), Sailors are required to watch the PBS

documentary “Surviving The Good Times,” which follows two blue-collar families through the past 10 years and the economic challenges they face. The ship also uses first class petty officers and chiefs with homes, families and investment portfolios as examples of how Sailors can succeed on a military salary.

“We work hard at defining reality,” said Monterey’s commanding officer Capt. Bill Walsh. “That is, the Navy has opportunities and benefits superior to most of the civil sector and we’ve come up with quite a few programs to help make that point.”

In the past year, Monterey’s first-term reenlistment rate has more than doubled to 65 percent.

Foley believes philosophies like those on Carney, Monterey, Barry and others are how the Navy will retain more of its Sailors. “Retention is an important, ongoing process,” Foley explained. “It’s not something that you think of when a Sailor or officer is considering leaving. It’s everything we do for our people from the time they put on a uniform to the day they leave the service. Foley added, “We have to fight to keep our people — each and every Sailor — one at a time. They are the cornerstones of operational excellence.” Foley believes that

with good, satisfied Sailors, ships’ successes are enabled. A motivated crew has a significant, positive and obvious impact on command climate, which almost always results in increased combat readiness and material condition. Foley believes the Navy can retain more good people by building good people and then convincing them to stay.

“Does all this good news mean the war is over? Far from it,” Foley said. “We’re scoring some victories, but we have to remain vigilant.”

For fleet-wide best practices information, commands are encouraged to use the popular “Stay Navy” Web site sponsored by Navy Personnel Command’s Center for Career Development at <http://www.staynavy.navy.mil>. Just select “CO’s Corner” for the latest information on innovative successful retention programs throughout the fleet.

From Corpsman page 7

service having 27 recipients of the Medal of Honor recipients on their rolls. This service continues with the newest HM3’s.

HM3 Miguel Medina, says that very little compares to the feeling you get than when you first “tack on the crow,” said Medina. “I look at it as a new opportunity to show and develop leadership skills to use for the newer Sailors just coming into the service. I look at this as a new challenge and feel motivated to accomplish more great things as time goes by.”

Another one of NMCP’s latest frockees, HM3(SW) Alisa Thorne, echoes Medina’s sentiments. She said she had a long, rough journey to get where she is, but her work has paid off. “It feels nice to get this because I feel that I’ve really earned it,” she said. “I started off in the Navy as a deck seaman, but then I was able to cross rate and become a hospital corpsman. Plus my first time up for third class (wasn’t successful), but I applied myself harder and made it this time.”

It is the “never say die” attitude such as that which has made the Hospital Corps such a successful entity within Navy medicine. Master Chief Ducharme says that the legacy continues today through the efforts of today’s hospital corpsmen. “The men and women of today’s Hospital Corps are dedicated professionals who are playing a major role in leading Navy medicine into the 21st century. I salute each and every one of (them).”

Silent heroes : The Navy nurses of the Korean War

By Marine Corps Cpl. Sandra Zarate, Marine Corps Base Quantico Public Affairs

QUANTICO, Va. (NWS) — Fifty-one years ago, more than 3,000 women volunteered as Navy nurses when war broke out on the Korean peninsula. They quietly went home after the war to be remembered only by their patients.

"I was filthy, dirty and sick as a dog," said retired Marine Corps 1st Sgt. Andrew Boquet, who served in the Korean War. "This nurse had me bathe, she gave me clean PJs (pajamas) and a tall, cold glass of milk. I'll never forget her."

To commemorate their service, more than 60 Korean War Navy nurses and hospital corpsmen gathered at a "Quiet Heroes" reunion June 9, held at Marine Corps Base Quantico, Va. Nurses from California, Maryland, Missouri, Pennsylvania, South Carolina, Virginia and West Virginia came to the reunion.

For 50 years, many of the men who served in the war anguished because they never had a chance to meet and thank their nurses.

With this event, they finally had their chance to thank the nurses and corpsmen who

served on the hospital ships USS *Repose* (AH 16), USS *Consolation* (AH 15) and USS *Haven* (AH 12), as well as at Naval Hospital Yokosuka, Japan.

Initially the corpsmen, nurses and Marines were brought together through a book titled "Quiet Heroes: Navy Nurses of the Korean War 1950-1953, Far East Command," by Cmdr. Frances Omori.

"I was asked to do a women's memorial speech explaining what women in the Navy had done," said Omori. "After researching women in the Navy, I found out there was really nothing about Korean War nurses."

That's when she decided to continue her research.

"I put a brief statement in *Leatherneck* saying I was looking for patients of the Korean War," Omori explained.

"The letters I received from the Marine patients were so heartwarming," Omori continued. "They told their stories and explained they just wanted a chance to be able to find and thank their nurses. The patients didn't even know their nurses' names. They

would call them 'pretty blue eyes,' 'pretty brown eyes' or 'my angel of mercy.'"

The reason for writing the book was to tell their stories and honor the nurses, who served their country during that time."

"What I saw during the Korean War was overwhelming," said retired Navy nurse Gini Watson.

"Some of the Marines who came to me were half frozen, and some had lost their legs. It was really overwhelming," Watson said.

"I did everything I could to make them physically and emotionally comfortable," explained Watson while trying to hold back her tears. "They just held my hand and said 'thank you, thank you.' I've never forgotten and I never will."

Watson said she is very proud to have been a Navy nurse.

"Being a nurse was very fulfilling," Watson continued. "I think this reunion was a marvelous idea. On a scale of one to 10, I would say it was a 10. I came from Philadelphia, not to be recognized, but to see the Nurse Corps recognized."

Pharmacy goes online to reduce risk and improve service

By JO3 Jodi M. Durie

While providing service to 95 percent of the patients in the Tidewater area, Naval Medical Center Portsmouth's pharmacy fills more than 50,000 prescriptions a month.

With this in mind, consider the possibilities for error. Fortunately, that is not the case, here at NMCP.

"Our reported error rate is very low," said Cmdr. David E. Price, the department head of the pharmacy.

NMCP's pharmacy takes many precautions to prevent errors.

"Our process is a little different than most civilian pharmacies, we have two checks that we use, said Price. Most stores out in town don't use two sets of eyes to look at prescriptions. Here, it's a requirement. One person fills the prescription and the other one checks the prescription," he explained.

"I believe that we (Navy Pharmacy) have established the two set of eyes policy as the norm, throughout the Tidewater area and the Navy. I believe that we're more efficient than civilian pharmacies, due to us not having to worry about the method of payment for services. If you have an ID card, you're paid up," he said.

The pharmacy is open 24 hours a day seven days a week.

NMCP's pharmacy operates using various electronic systems that enable hospital staff members to efficiently and quickly meet the needs of their patients.

"Most stores out in town don't use two sets of eyes to look at prescriptions. Here, it's a requirement,"

**Cmdr. David E. Price,
Pharmacy Department Head**

The Q-next system collects data, allowing pharmacy staff to evaluate the level of service given to each patient.

"The Q-next system keeps track of the number of people in uniform, how long the patient has been at the window, what tech is in the window and how long each patient waits," explained Price.

The PYXIS MEDSTATION is an automated distribution system, which safely and accurately stores medication throughout the hospital. Most wards and clinics that use this system on a daily basis and are able to access the medications they need in a more timely manner. The MEDSTATION also makes it possible for staff members to notify

and receive medicine from the pharmacy without leaving the ward.

"The pharmacy can activate the PYXIS machines from any area of the hospital," said HM2 Trent Osier, who works both in the pharmacy and the director for ancillary services office.

While monitoring the machines the pharmacy can detect when a certain machines are getting low on medications and who is currently using the machine, he said. "PYXIS also prevents mixing up look-alike drugs, drugs with names or packaging that are similar. By placing these drugs in separate areas, medication errors are prevented, said Osier.

Recently, Cmdr. Price added the pharmacy's formulary, which provides patient with a complete list of medications available at NMCP, Langley and Fort Eustis, to NMCP's web page. The formulary, which is available to anyone through the hospital's web page is updated monthly. "Now it is so easy for a patient to see what we carry. This way patients don't need to take the time to come down here or call," said Price.

For more information on NMCP's pharmacy department log on to <http://nmcp-intranet.mar.med.navy.mil/> and click on the pharmacy link.

What's Cookin' in the galley?

July 1,15,29

Lunch

Turkey Ala King
Swiss Steak
Mashed Potatoes
Chicken Rice Soup
Egg Noodles
Choc. Chip Cookies

Dinner

Clam Chowder
Roast Beef
Chicken Strips
Potatoes
Steamed Rice
Chocolate Pudding

July 2,16,30

Lunch

Split Pea Soup
Chicken Fiesta
Veggie Lasagna
Steamed Rice
Green Peas
Choc. Cake

Dinner

Cream of Mushroom
Baked Ham
Baked Fish
Egg noodles
Sweet Potatoes
Apple Pie

July 3,17,31

Lunch

Beef Noodle Soup
Roast Turkey
Beef Stew
Mashed Potatoes
Broccoli
Sugar Cookies

Dinner

Chicken Noodle Soup
Beef Porcupine
Tuna Loaf
Brown Gravy
Au Gratin Potatoes
Cherry Crisp

July 4,18

Lunch

Chicken Noodle Soup
Roast Beef
Baked Fish
Steamed Rice
Mac and Cheese
Choc. Chip Cookies

Dinner

Minestrone Soup
Turkey Tetrazinni
Salisbury Steak
Mashed Potatoes
Beets
Cherry Crisp

July 5,19

Lunch

Lentil Soup
Chicken Strips
Sweet and Sour Pork
Mashed Potatoes
Veggie Medley

Dinner

Lemon Meringue Pie
Tomato Soup
Roast Pork Loin
Baked Chicken
Parissiene Potatoes
Green Peas
Strawberry Chiffon

July 6,20

Lunch

Veggie Beef Soup
Teriyaki Beef Strips
Sweet and Sour Pork
Steamed Rice
Linguini

Dinner

Apple Crisp
Clam Chowder
Pot Roast
Lemon Baked Fish
Mac and Cheese
Green Beans
Florida Lemon Cake

July 7,21

Lunch

Chicken Noodle Soup
Meatloaf
BBQ Chicken
Scalloped Potatoes
Broccoli

Dinner

Choc. Cream Pie
Veggie Soup
Pork Chops
Pizza
Mashed Potatoes
Egg Noodles
Oatmeal Cookies

July 8,22

Lunch

Bean Soup
Roasted Turkey
Swedish Meatballs
Egg Noodles
Squash

Dinner

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

July 9,23

Lunch

Egg Drop Soup
Lemon Chicken
Eggplant Parmesean
Steamed Rice
Chicken Gravy
Peach Crisp

Dinner

Veggie Soup
Beef Strips
Baked Fich
Mac and Cheese
Rice Pilaf
Pound Cake

July 10,24

Lunch

Minestrone Soup
Baked Chicken
Mashed Potato
Chicken Gravy
Garlic Bread
Sugar Cookies

Dinner

Mushroom Soup
Salisbury Steak
Pork Loin
Lyonnaise Potatoes
Steamed Rice
Frosted Brownies

July 11,25

Lunch

Veggie Beef Soup
Grilled Chicken Strips
Beef Yakasoba
Rice
Broccoli
Oatmeal Rasin

Dinner

Clam Chowder
Swiss Steak
Lemon Baked Fish
Mashed Potatoes
Steamed
Sweet Potatoes

July 12,26

Lunch

Potato Soup
Baked Turkey
Chili Macaroni
Mashed Potatoes
Beets
Coconut Cream Pie

Dinner

Corn Chowder
Manbo Pork Roast
Baked Chicken
Brown Potatoes
Dinner Rolls
Florida Lemon Cake

July 13,27

Lunch

Clam Chowder
Beef Stroganoff
Creole Fish
Egg noodles
Green Beans
Coconut Cream Pie

Dinner

Beef Noodle Soup
Chicken Breast
Baked Meatloaf
Mashed Potatoes
Fried Rice
Butterscotch
Brownies

July 14,28

Lunch

Broccoli Soup
Pot Roast
Stuffed Green Peppers
Parsley Potatoes
Steamed Rice
Marble Cake

Dinner

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

Speed Line

Monday Burgers/Veggie Burgers/
Chicken Breast
Tuesday Chicken Breast/Veggie
Burgers/Fish and Chips
Wednesday Burgers/Veggie
Burgers/Pizza
Thursday Chicken Breast/Veggie
Burgers/Hot Dogs
Friday Burgers/Veggie Burgers/
Chicken Nuggets

PAO Book of the Month

Black Hawk Down

Author: Mark Bowden

Review By Lt. j.g. Robert Lyon

In 1993, Somalia was in political and economic anarchy. The capital was dominated by the ongoing struggle between the two main power-brokers, Ali Mahdi Mohammed and General Aidid. The country outside comprised a patchwork of territories, each with its own warlord allied to Aidid or Ali Mahdi. In December of 1992, American forces were on the ground to impose peace, and protect the UN aid workers. In Mark Bowden's book "Black Hawk Down," the action American Special Forces in Mogadishu, Somalia, during an October 3, 1993 raid to capture two of General Aidid's lieutenants is detailed with extraordinary clarity. This is not a book for the faint of heart as it goes into graphic detail of the losses sustained by Aidid's mostly untrained, heavily armed, militia and American Special Forces in the longest gunfight since the Vietnam War. Of the 99 Special Forces soldiers involved in this action 18 were killed

The experiences in Somalia changed American preceptions on our military involvements after our decisive victories during The Desert Storm campaign. "Nothing American journalists wrote had nearly as much power as the photos of dead American soldiers being dragged through the streets of Mogadishu," explained Bowden.

"Before I began this book, my impression of soldiers was not that good," said Bowden "I thought they were the kind of guys who couldn't get into college. But once I met some Rangers, my opinion changed instantly. I found them to be extremely impressive young men - smart, ambitious, reflective, articulate - and that came as a big surprise to me. I only discovered when I started working on it how significant this event was in modern American history, both for the military and for American foreign policy," said Bowden.

Lunch at the Club!

The Sandbar Center, located beside the NEX, is a great place to stop for lunch. We offer a luncheon buffet on Monday, Tuesday, Wednesday, and Friday. Thursday is steak day, complete with baked potato and salad. You may also choose to visit our Market St. Grill, which offers cold sandwiches and subs as well as hot items from the grill. Call 953-5017 if you would like more information.



