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PHOTO BY MASS COMMUNICATION SPECIALIST 1ST CLASS CHRISTOPHER KRUCKE

From left, Interim Director of Walter Reed National Military Medical Center Col. Michael Heimall, U.S. Navy Surgeon General Vice Adm. (Dr.) Matthew L. Nathan, and Interim Director of the National Capital Region Medical Directorate Maj. Gen. (Dr.) Jeffrey B. Clark cut a cake designed like the historic Tower at WRNMMC on Nov. 19 to celebrate the 75th anniversary of the cornerstone laying of the Tower and medical center.

By **BERNARD S. LITTLE**
WRNMMC Public Affairs
staff writer

The Walter Reed National Military Medical Center (WRNMMC) community celebrated the 75th anniversary of the laying of the cornerstone for the historic Tower on Naval Support Activity Bethesda (NSAB) on Nov. 19. The Tower served as the original hospital at the National Naval Medical Center in Bethesda.

"The winds of war were blowing through the nation, and President Franklin Delano Roosevelt understood we were going to enter into another significant world conflict," said Vice Adm. (Dr.) Matthew L. Nathan, the 37th Surgeon General of the U.S. Navy.

"[Roosevelt] had lived through World War I and knew the toll [war] takes on our service members and their families," Nathan continued.

The Navy surgeon general said the 32nd president visited Bethesda, Md., in July of 1938. "He looked around and saw rolling grassland and very quiet streets. He said, 'This will be the perfect place for service members to come back [from war] and heal. We will build it here.'"

Roosevelt helped lay the Tower's cornerstone on Nov. 11, 1940, Armistice Day, stating, "the striking architecture of this great center (combines) practical usefulness (with) the harmony of its lines and gives expression to the thought that art is not dead in our midst." Roosevelt would return almost two years later in August 1942 to dedicate the hospital.

Nathan explained when Roosevelt envisioned the medical center he imagined "a healing center with integrated research and clinical expertise which would make a difference to those who had borne the tragedies, wounds and illnesses of war."

The Navy's top doctor added Roosevelt sketched out the design of the Tower, the medical center's most "iconic structure," on his White House stationery. Those sketches are on display in a room honoring Roosevelt in the Tower's rotunda.

The medical center as Roosevelt envisioned it has grown and evolved, and it will continue to evolve to meet the country's needs, Nathan added. But the one thing that will remain constant, Nathan said, is the world-class care provided within the walls of WRNMMC.

WRNMMC CELEBRATES 75TH ANNIVERSARY OF CORNERSTONE LAYING

Navy Surgeon General Praises Service Provided At Nation's Medical Center

He explained WRNMMC's legacy isn't one of brick and mortar, but of the people who work and have healed at the flagship of military medicine – "an oasis of care."

"It has been the nation's hospital to our presidents," Nathan continued. "It is an amazing and iconic place – a joint epicenter of care brought alive by the compassion and dedication of the people who work and heal here." He also acknowledged the significance of the 2011 integration of the former National Naval Medical Center and Walter Reed Army Medical Center to form WRNMMC, creating "the number one [military] casualty receiving facility in the world."

"Until you have seen the spirit, dedication, compassion, joy and tragedy that occur within these walls...until you have seen the myriad of heroes who are healing and recovering here, you cannot fully understand and appreciate what this facility means to people," Nathan said.

The Navy surgeon general stated, "Today, there may be a young man or woman who has no idea his or her life may be one of service. He or she may be dealt a hard left turn or a hard right turn. That young person may feel helpless and hopeless. He or she will come through the doors of WRNMMC and immediately after crossing the threshold, that person will feel help and hope. Not because of the brick and mortar, but because of you. We will do all we can to give them back their

See **CORNERSTONE**
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PHOTO BY BERNARD S. LITTLE

U.S. Navy Surgeon General Vice Adm. (Dr.) Matthew L. Nathan, center, serves as guest speaker during the celebration of the 75th anniversary of the laying of the cornerstone for the Tower at Walter Reed National Military Medical Center during a ceremony on Nov. 19 at WRNMMC.



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Bethesda Notebook

Menorah Lighting

A menorah lighting for the Walter Reed National Military Medical Center community will be held Dec. 7 at 3:30 p.m. in Bldg. 10's lobby. The event will include singing, prayers and refreshments. Everyone is invited to attend.

Blood Donor Challenge

The 5th Annual Army-Navy Blood Donor Challenge is underway and lasts through Dec. 8. Participants are urged to cast their votes for the Army or Navy when they donate blood or platelets at the Donor Center in Bldg. 9 at Walter Reed National Military Medical Center (WRNMMC). Those interested in participating can stop by the Donor Center or call 301-295-2104 to make an appointment to donate. For more information, visit online at www.military-donor.com using sponsor code NNMC.

WRNMMC Town Hall

The next town hall meetings for Walter Reed National Military Medical Center staff members are Dec. 8 at 7 a.m. and noon in the Memorial Auditorium. All WRNMMC staff members are encouraged to attend one of the meetings.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Dec. 17 from 1 to 2 p.m., and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military ID is required for base access. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

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NSAB Looks to Further ENERGY SAVINGS

By **ANDREW DAMSTEDT**
NSAB Public Affairs
staff writer

Even though Naval Support Activity Bethesda (NSAB) has one of the best energy efficiency ratings in the region, NSAB's installation energy manager said there is still room for improvement.

"Our installation is ranked No. 1 in energy efficiency," said NSAB Installation Energy Manager William Ortega-Ortiz. "Since the 2003 energy base line, we've dropped our load capacity by about 42 percent; and on the water side of it, since 2007 we've dropped our water (usage) by 20 percent."

Even with the top rating in the Naval District Washington region, Ortega-Ortiz is pursuing an aggressive schedule of improving the installation's energy efficiency, including 42 active projects to increase NSAB's energy efficiency and decrease its water usage.

Some of the projects include installing ground source heating systems in a few of the buildings, preparing Building 16 to support a combustion turbine and steam generator and adding a micro-grid on the instal-

lation, according to Ortega-Ortiz.

One project that's helped improve NSAB's energy efficiency includes installing new LED light fixtures in several buildings and outside lighting areas and installing self-dimming sensors in lights around the base. The \$2.1 million project will provide an estimated \$620,000 annual utility cost savings, lower greenhouse gases by 6,179 metric tons per year and save an estimated \$910,000 in utility costs, according to Ortega-Ortiz. This project also replaced 799 mechanical traps with more energy-efficient nozzle steam traps.

"NSAB's success in reducing energy consumption in the past few years can be attributed to a robust list of energy and water projects," Ortega-Ortiz wrote in an email. "Working with all of our energy mission partners has been key to the practice as (Walter Reed National Military Medical Center's (WRNMMC)) mission is patient care and that mission typically also translates into a 24/7 operation. We have found unique ways (project induction/execution and education/behavior) to reduce

our installation's [energy use] intensity by remaining actively engaged with all our partners and continuing to meet/exceed separate and united missions."

However, Ortega-Ortiz said that even with all of these projects, educating those within NSAB's fence line about energy conservation remains a top priority. NSAB Commanding Officer Capt. Marvin L. Jones echoed those sentiments during his closing remarks at the Nov. 18 NSAB Energy, Environment and Technology Fair.

"If you walk away with one thing about all that you saw here today, I hope that each of you realize that you have an important role and responsibility in making sure you conserve energy for our command, for our service, for our nation, for our future," Jones said to an assembled audience in Building 17's atrium during the recent event. "The information and demonstrations that you've seen today are fantastic and powerful tools. But they're totally useless if we don't put them to use. They're totally useless if we walk out of here today and forget about



PHOTO BY AIRMAN MATTHEW HOBSON

Attendees of the Nov. 18 Naval Support Activity Bethesda Energy, Environment and Technology Fair received information on ways to conserve energy and lower utility costs.

the things we see."

The fair sought to educate attendees about energy conservation and hosted different workshops about utility incentives, renewable energy sources, energy management and retro-commissioning project savings.

One of the companies at the fair explained how their work helped provide energy cost savings at different federal facilities, including an annual \$513,000 in savings for WRNMMC.

Peter Keating, federal sector director for a major energy company, explained one project that contributed to those savings was the previously mentioned lighting and steam upgrades. In addition to showcasing their work on the installation, the company fielded questions by patrons who were interested in how to save energy at home.

"We're giving advice on best ways to improve their own lighting and how to conserve water,"

Keating said.

Tim Witting, business development representative for a major defense contractor which subcontracted with a local utility company for energy improvement projects on base, said those projects not only have a benefit for the base in cost savings, but are rooted in helping the environment as well.

"Because the less electricity that's used is reducing Maryland's carbon footprint," Witting said.

WRNMMC Observes World AIDS Day 2015

By **CAPT. JENNIFER L. BRYANT**
Preventive Medicine
Services

Walter Reed National Military Medical Center (WRNMMC) observed World AIDS Day Tuesday, and Preventive Medicine Services provided staff, beneficiaries and visitors information concerning HIV and AIDS prevention and control, at a table set up in the America Bldg.

People are encouraged to take time to act and help end the HIV/AIDS epidemic by 2030.

The World AIDS Day 2015 federal theme is "The Time to Act Now," and ending the AIDS epidemic by 2030 is possible, but only by acting now to connect our military family to the available HIV prevention, treatment, care and support services.

"The Time to Act Now" means empowering and enabling everyone, everywhere, to access the services they need by:

- Getting HIV tested and knowing your current status. There are approximately 1.2 million people who are unaware of their HIV-positive status, and

if they get tested, they can begin to get support.

- Closing the treatment gap. All 36.9 million people living with HIV will have access to life-saving medicine.

- Knowing what is available for access to care and preventive measures that can be taken to decrease HIV transmission rate such as Pre-Exposure Prophylaxis (PrEP).

Taking charge so everyone is included to end this epidemic by 2030 is possible, but the time to act is now. For more information, call 301-319-8809.



COURTESY GRAPHIC

WRNMMC, DC VA Host 'Welcome Home' Event

Resources, Guidance Provided for Service Members, Veterans and Families

By **SARAH MARSHALL**
WRNMMC Public affairs
staff writer

To ensure continued support for our nation's service members, veterans and their families, and foster their alignment, Walter Reed National Military Medical Center (WRNMMC) and the DC Veterans Affairs (VA) Medical Center hosted a Welcome Home Prosperity Fair last week.

More than 70 benevolent groups, as well as organizations from both medical centers, lined the gym onboard Naval Support Activity Bethesda Nov. 17. Attendees gleaned information about health benefits, job opportunities, and an array of resources to help promote health and well-being, such as nutrition services, recreation and pastoral care.

"The purpose of the fair is to get out as much information as possible about resources, benefits, and job opportunities available to our active duty, reservists, retired population, our veterans, family members ... and to do this in a partnership with the VA," explained Lt. Cmdr. Melissa Burke, operations chief of the War-

rior and Family Coordination Cell at Walter Reed Bethesda. "Our patients transition to the VA, and so they need to know what's available now, and what's available down the road."

The Nov. 17 event blended WRNMMC's quarterly Prosperity Fair, promoting overall wellness, with the DC VA Medical Center's Welcome Home events, held around the country for returning military members and their families and providing information on accessing health care and benefits through the Department of Veterans Affairs, Burke continued. She said both medical centers have similar missions, and it's important to continue enhancing their relationship. This is the second event of its kind at NSAB and she hopes it will continue to be held biannually.

From a clinical perspective, WRNMMC and the DC VA Medical Center already have a great relationship, explained Christine Merna, assistant director for the DC VA Medical Director. Being in close proximity to one another, the two have a long-standing Health Resource Sharing Agreement, allowing VA patients on a healthcare



PHOTO BY SARAH MARSHALL

Army Sgt. 1st Class Chris Carvalho, right, chats with vendors during the 'Welcome Home for the VA' Fair on Nov. 17 onboard NSAB. Carvalho, who has been in the service for 24 years, said he was grateful for the numerous resources available in the same place, at the same time.

system separate from the Department of Defense to receive care at WRNMMC. VA patients who may be on a waiting list are able to receive services at WRNMMC in a timely manner.

Merna added it's been wonderful to collaborate on these Welcome Home events with supportive leadership from both medical centers.

"We really enjoy great friendship

and partnership with Walter Reed," Merna said.

Sabrina Clark, director of VA Voluntary Service for the Veterans Health Administration, echoed similar sentiments. The event is about service to veterans, in any way that it happens, through the VA, or through these

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WRNMMC Celebrates National Native American Heritage Month

By **BERNARD S. LITTLE**
WRNMMC Public Affairs specialist

To “honor and remember all [her] native brothers and sisters who served in past, continue to serve and will serve in the future.” These are the reasons Navy Petty Officer 1st Class Sophia Jurado, non-commissioned officer-in-charge of occupational therapy at Walter Reed National Military Medical Center (WRNMMC) gave as to why she accepted the invitation to be guest speaker at WRNMMC’s celebration of National Native American Heritage Month, Nov. 20.

A member of the Many Goats Clan, Jurado said more than 22,000 American Indians serve in the U.S. Armed Forces, or 1.7 percent of those in uniform. “According to the Department of Defense, there are approximately 153,000 [Native American] veterans,” she continued. “American Indians have served with distinction in the U.S. military for more than 200 years. Their courage, determination and fighting

spirit have been recognized by American military leaders since the 18th century. Their unique combat abilities and survival skills frustrated opponents for many generations. They have been invaluable to the nation’s combat success.”

A native of Flagstaff, Ariz., Jurado explained her favorite contributions made by Native Americans to the success of the U.S. military were those made by Navajo code talkers. “They were by my tribe and U.S. Marines who served during World War II. They developed a code using their native language which was never broken by the Japanese.” The deployment of these Navajo code talkers continued through the Korean War and after, until it was ended early in the Vietnam War.

Jurado said this year’s theme for National Native American Heritage Month, “Growing Native Leaders: Enhancing Our Generations,” is influenced by Iroquois society. “They

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PHOTO BY BERNARD S. LITTLE

Petty Officer 1st Class Sophia Jurado, non-commissioned officer-in-charge of occupational therapy at Walter Reed National Military Medical Center (WRNMMC), discusses the contributions of Native Americans to the U.S. military during the National Native American Heritage Month celebration at WRNMMC Nov. 20.



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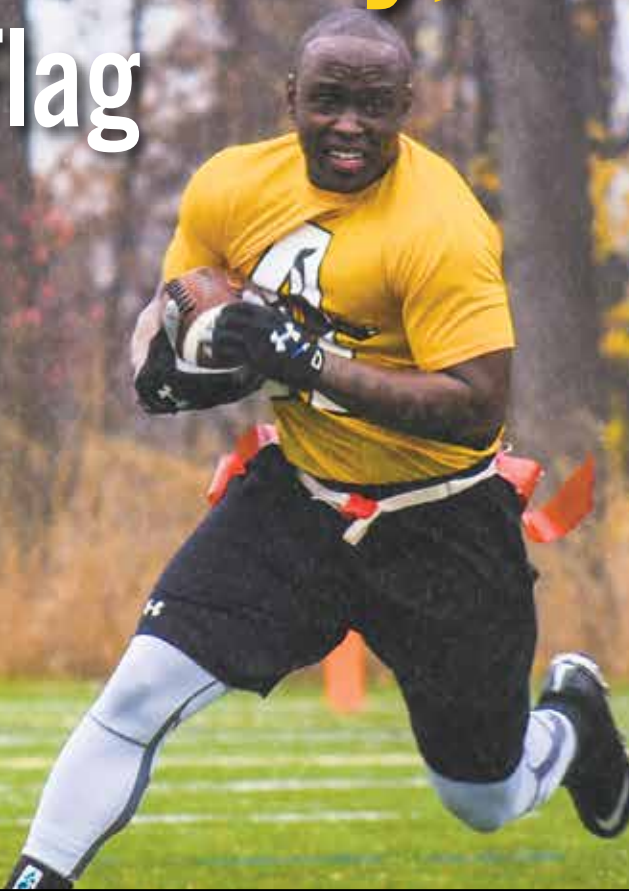
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Army Edges Navy, 13-12

in Fourth Annual Flag Football Game

PHOTOS BY AIRMAN MATTHEW HOBSON AND MC3 HANK GETTYS



By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

One second left.

The Army flag football team was up by one point.

Rain-soaked Navy players line up for a third and goal play. The snap goes off. The Navy quarterback throws the ball – which then gets picked off by an Army player. That play continued Army's winning streak in the annual Army-Navy flag football game onboard Naval Support Activity Bethesda (NSAB).

Army won, 13-12, for the third time during a game played on a wet field at the MWR Sports Complex, Nov. 20. The fourth annual football game, now christened the Turkey Bowl, was moved to November so players wouldn't have to play in the snow.

While the annual flag football game was open to all, the majority of the players competing against each other are on the NSAB flag football team. That team recently won Naval District Washington's Admiral's Cup, defeating the region's other teams.

The Turkey Bowl game remained scoreless during the first quarter, but one of the early plays of the second quarter led to Army's first touchdown. Instead of punting on the fourth down, Army decided to go for a first down with only two yards to go. After getting that first down, the next play led to the first score of the game, a touchdown pass caught by Army player, Air Force 2nd Lt. Adam Dulberger.

"It's been fun," Dulberger said at the half. "Go Army beat Navy."

A small crowd came out to watch, braving the rain that didn't let up during the entire game.

Navy tied the game, 6-6. Then the Army team scored another touchdown and threw for the extra point, making the score 13-6. After another Navy touchdown, Navy had a chance to tie the game back up, but the extra point was no good, leaving the game at 13-12.

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FLAG FOOTBALL CONTINUED FROM PAGE 6

Army was stopped from scoring with a little more than three minutes remaining in the game. The last drive of the game had the Navy offense going down the field making it to within ten yards of a game-winning touchdown, while the Navy players shouted from the sidelines, asking the referees how much time was left in the game.

One second left, the referee shouts back. The ball is snapped, the Navy quarterback throws the ball, and the palpable excitement on the sidelines of a come-from-behind win gets dashed by the Army player who intercepts the football, clinching another Army win.

“Great game, great sportsmanship, very fun and very competitive,” said Navy player Hospital Corpsman 3rd Class Darion Pegues after the game, noting that the Navy team will be ready for next year’s rematch.

Before the game, NSAB Commanding Officer Capt. Marvin Jones reminded those in attendance that the United States was still a nation at war – and asked for a moment of silence for those who died in the Paris attacks on Nov. 13.

“We still have brothers and sisters who are on the battlefield, who are in harm’s way doing the arduous mission,” Jones said. “They very well may come back to us as patients ... we play this game in their honor. So while you’re off on the field, do remember that.”



WRNMMC Hosts First Immune Deficiency Symposium

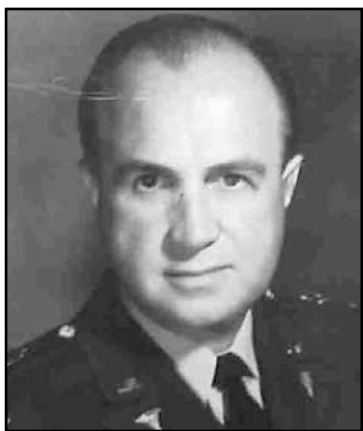
By **SHARON RENEE TAYLOR**
WRNMMC Public Affairs
staff writer

Clinicians and researchers broadened their understanding of primary immunodeficiency Nov. 17 at the Col. Ogden C. Bruton Primary Immune Deficiency Symposium held in the Clark Auditorium at Walter Reed National Military Medical Center (WRNMMC).

Navy Lt. (Dr.) Taylor Banks, a WRNMMC allergist and immunologist, explained how the symposium impacts the patient experience at the medical center.

"It really increases the quality of care we're delivering to our patients by identifying these often complex but sometimes nuanced disease processes that we term primary immunodeficiencies," said Banks, who also serves as the associate program director for the National Capital Consortium (NCC) Allergy/Immunology Fellowship.

Primary immunodeficiency is a set of disorders that creates an inadequate immune response and increased infections, according to Banks. It is intrinsic to the cells and tissues of the immune system, not due



COURTESY PHOTO

Col. (Dr.) Ogden C. Bruton

to another illness, medication or outside agent damaging or altering the immune system.

"We're enhancing that quality of care our beneficiaries are receiving here at Walter Reed. This really is putting the patient at the center in both our learning as well as the care that our providers will leave the symposium [with] and deliver to our beneficiaries," Banks said, explaining how the symposium creates an extraordinary experience for WRNMMC patients.

Banks coordinated the inaugural symposium at the medical center with colleagues, Army Lt. Col. (Dr.) Maureen

Petersen, the Allergy/Immunology Fellowship program director, as well as Army Capt. (Dr.) Sarah Spriet, a second-year fellow in the program.

Navy Lt. (Dr.) Karen Ganacias, a third-year NCC pediatric resident, received the Bruton Award, named after Col. (Dr.) Ogden C. Bruton. The Army pediatrician and researcher established the first pediatric residency programs at the former Walter Reed Army Medical Center and Tripler Army Medical Center in Hawaii, according to Dr. Mary Ellen Conley, a pediatric endocrinologist and professor at Rockefeller University in New York City who served as keynote speaker for the symposium at WRNMMC.

Bruton first described an inherited antibody defect commonly known as Bruton's agammaglobulinemia, a lack of gamma globulin in the blood plasma, causing immune deficiency, also called XLA, in 1952. His daughter Katherine Chandler and nephew James Bruton presented the award to Ganacias.

In keeping with his spirit of inquiry and dedication to patient care, the award recognized the NCC resident whose

engagement with the field of Allergy/Immunology and commitment to research mirrors that of the pediatrician. Ganacias completed research into several dermatologic processes, specifically case reports detailing a patient with keratosis pilaris. She also submitted a manuscript related to a patient with a possible reaction to the Herpes Zoster (shingles) vaccine.

The half-day symposium began with an opening welcome from Army Col. Michael S. Heimall, acting director of WRNMMC. Army Col. (Dr.) Kirk Waibel, chief of the Allergy/Immunization Clinic at Landstuhl Regional Medical Center in Germany, reminded clinicians that primary immunodeficiency often goes without symptoms.

"That's why [primary immunodeficiency] is such an important topic – because we really want to enhance the understanding of providers again, so we can deliver that high quality of care for our patients," Banks explained.

According to Waibel, the Allergy/Immunology consultant to the Army Office of the Surgeon General, one out of every

500 people is affected by one of the known primary immunodeficiencies. Weibel offered 10 warning signs of the condition in children including: four or more new ear infections within one year; two or more serious sinus infections within one year; two or more months on antibiotics with little effect, as well as recurrent, deep skin or organ abscesses.

Marcia Boyle, the president and founder of the Immune Deficiency Foundation, and her son, John, diagnosed with a primary immunodeficiency disease in 1978, addressed clinicians and researchers who attended the symposium. In addition, Dr. Michael Keller, a pediatric immunologist at Children's National Health System in Washington, D.C., presented a laboratory approach to immunodeficiency at the symposium. Clinicopathologic case discussions were presented by Drs. Jonathan Lyons, an ophthalmologist and senior surgeon in the department of ophthalmology at The Georgetown University/Washington Hospital Center and Michael Lionakis, a clinical investigator at the National Institutes of Health.

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HERITAGE CONTINUED FROM PAGE 5

believe leaders are encouraged to remember seven generations in the past and consider seven generations into the future when they make decisions which affect their people," the hospital corpsman explained.

"Every culture has its share of challenges, whether they were faced with racism, criticism, poverty or unique family dynamics," Jurado continued. She explained this was true of the code talkers who had to overcome different barriers and challenges, "whether it was being mistreated in boarding schools or by society because they still practiced their culture and their language," to serve the nation in a positive light. "They used what they learned in the past from their culture and heritage to preserve the future."

She concluded by encouraging those in attendance to remember where they came from to preserve their culture.

"Remember your heritage, remember your culture. Learn from your elders and honor the people of the past and their contributions for today."

Following Jurado's presentation, singers Chyp Davis and Andrea Romero entertained the crowd. Davis said his grandfather was Native American and in the direct line of descendants of Pocahontas. Romero explained she is multicultural and is originally from New Mexico, where members of her family descend from the Pueblo peoples.

In his proclamation for National Native American Heritage Month, which was read during WRNMMC's celebration, President Barack Obama stated, "American Indians and Alaska Natives enrich every aspect of our country. As the first to live on this land, Native Americans and their traditions and values inspired — and

continue to inspire — the ideals of self-governance and determination that are the framework of our Nation....Native Americans have helped make America what it is today."

The WRNMMC Multicultural Committee sponsored the event, as the committee does throughout the year with other cultural and heritage observances. For more information about the committee, call Navy Hospital Corpsman 2nd Class Travis Silvey at 301-400-2375.



PHOTO BY BERNARD S. LITTLE

Entertainers Chyp Davis and Andrea Romero perform during the National Native American Heritage Month celebration at Walter Reed National Military Medical Center Nov. 20.

CORNERSTONE CONTINUED FROM PAGE A1

lives. That was true in 1940, it is true in 2015, and I believe it will be true in 2050."

Air Force Col. Yolanda D. Bledsoe, vice commander of the 79th Medical Wing at Joint Base Andrews, attended the ceremony celebrating the 75th anniversary of the cornerstone laying at WRNMMC. She explained a number of Air Force medical personnel from the 79th Medical Wing work at WRNMMC alongside their Navy and Army colleagues.

"We have become what President Roosevelt imagined and more [especially after the merger of NNM and WRAMC]. He had a vision that our people needed to be taken care of in an environment that was going to provide the best care, research and innovation. We have continued that tradition today. If President Roosevelt saw us

today, I think he would say, 'Well done,'" Bledsoe said.

Diane Balko explained WRNMMC holds a special place in her heart, which is why she attended the celebration for the cornerstone laying. "Both of my children were born here, and I've worked here for almost 30 years, so it was very important for me to come."

Richard Little, also an employee at WRNMMC, said he attended the celebration not only to honor the facility and his colleagues, but to learn more connecting the tradition of the environment in which he works. "I thought the thread Admiral Nathan wove about the past, present and future of WRNMMC is pretty remarkable, as well as helps address some of the anxiety between the services and remind us we are one team."



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WELCOME HOME CONTINUED FROM PAGE 4

benevolent organizations, she said. It's exciting to bring together a host of advocates who truly want to support this community, she added.

"What's important about this event is the opportunity to leverage the resources that Walter Reed has for veterans," Clark added.

Among those at the fair, Army Sgt. 1st Class

Chris Carvalho said he was impressed by how well organized the event was, and was able to find helpful information, such as a resource book, with resources to contact caregivers.

Carvalho, who has served in the Army 24 years, said the event was an opportunity to showcase the many resources some individuals may not have otherwise known about. He appreciated the chance to have numerous resources "all in one area, and all at one time."



PHOTO BY SARAH MARSHALL

Army Capt. Allison Howell, chief of the Outpatient Nutrition Services at WRNMMC, right, and Army Staff Sgt. Sean Green discuss healthy eating habits, during the 'Welcome Home for the VA' Fair Nov. 17 onboard NSAB.

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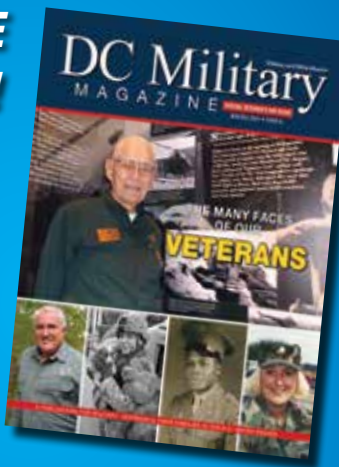
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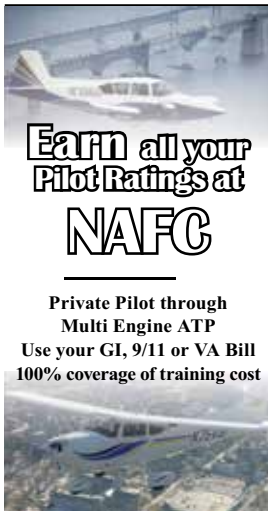
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