



THE GRAPEVINE

JANUARY
2014

U.S. NAVAL HOSPITAL
OKINAWA, JAPAN

A CONTINUING TRADITION OF SERVING
WITH COMPASSION AND CARE

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Photo: U. S. Naval Hospital Okinawa Officers and Chief Petty Officers stand in formation during the ribbon cutting ceremony for the new hospital facility on Camp Foster April 29, 2013. (USNHO Public Affairs)

Notes from the Captain's Desk

Captain Anne M. Swap, Commanding Officer, U.S. Naval Hospital Okinawa

Happy New Year! The Surgeon General recently addressed Navy Medicine's high operational tempo of the past year and USNH Okinawa, as always, led from the front.

In our case it involved a move to a new facility, an Opening and Closing ceremony, change of command, two Joint commission surveys, and a real world mass casualty event to name just a few of our significant milestones.

The effort required to execute all these requirements while ensuring quality and safety for our patients was no small feat and you all did it beautifully, not missing a beat even



when coupled with an uncertain fiscal environment.

This year we will continue to focus on the strategic goals of Navy Medicine: *Readiness, Value and Jointness*. We will focus our efforts on realigning our resources, investing in our people, and optimizing Medical Homeport and Marine Centered Medical Home. We will do this through leadership, teamwork, and the provision of quality care. It is a tall order for 2014, but I believe that there is no team better prepared or motivated to lead us to greatness in 2014.

Thank you for what you do for our patients and each other every day. It continues to be a privilege to serve with you.

MCCS Tours+ opens branch office at USNHO

U. S. Naval Hospital Okinawa Public Affairs Office

CAMP FOSTER — Marine Corps Community Services (MCCS) has announced the opening of a new Tours+ branch office at the hospital.

Tours+ offers a wide range of travel and tour opportunities for SOFA status personnel both on Okinawa and throughout Japan. Tours+ also offers international tour packages for destinations throughout the region.

According to Administrative Assistant Alma Matlock, Tours+ offers a number of local tours normally scheduled on weekends, such as dinner cruises, Urashima Dinner Theater, battle sites tours, and other local tourist attractions. Patrons can also sign up for trips to Island festivals throughout the year. Tours+ hosts group trips to sporting events such as Okinawa bullfights, Ryukyu Kings basketball games, and to cultural attractions that feature Okinawan dance or a Japanese tea ceremony. The staff of Tours+ also assists customers that may want to experience Okinawa on their own without joining a tour group.

"If customers want to go to an attraction on their own, we can provide information and directions,"

said Matlock.

Tours+ offers discounted tickets for local attractions in Okinawa. Churaumi Aquarium, Forest Adventure Park, and annual family passes to Neo Wildlife Park are only some of the tickets available for purchase. Customers can also find great deals on tickets for local resort spas and Japanese baths.

"We offer international group tours every month, scheduled mostly around holidays," said Matlock. "In February, we have scheduled a Hiroshima tour and a Nagano "Ski and Snow Monkey Tour."

Although the Tours+ office at USNHO is still in the process of setting up the ability financial transactions at the hospital, the staff is already able to reserve tickets and book spots on group tours. Once the reservations are made, customers just need to stop by the Tours+ main office in bldg. 5676 on Camp Foster to pay.

The Tours+ office is located on the first floor between the barber shop and the Chaplain's office. Open on Tuesdays and Thursdays from 9:00 a.m. to 5:00 p.m. Call 646-7013 for more information.



Chaps: What will you do with your calendar?

Lieutenant Commander Benny L. Mathis, Command Chaplain, U.S. Naval Hospital Okinawa

Here we are, mere weeks into 2014. It still has that fresh New Year smell to it. Most of the year lies before us like an uncharted map. Sure, we have some lines already drawn out. We know that we will be living here on Okinawa and working at USNHO. Some are preparing for their PCS later this year, while others are planning trips both here and abroad. We also have some coordinates plotted on the map thanks to birthdays, anniversaries, 96-hour liberties, etc. In spite of all these marks on our new calendars, there is still a lot of blank space waiting to be filled in. The question that looms over us is what will we do with all that time? Will we passively let it slip through our fingers or will we plan to do something constructive with it? Will you do anything different in your life than what you did in 2013? Is there something more that we can do rather than remaining stuck in our daily grind?

The power to make 2014 a great year lies primarily in our own hands. Yes, I admit that our year will be influenced by others, such as family, work, III MEF policy, etc. In spite of that influence, we still have primary control of our time. How will you use it? I am not pushing for making the typical New Year's Resolutions which usually fade before February is over. I am arguing that we need to take control of our calendars, fill in what is already scheduled and then seek to be constructive with the remainder of our time.

What realistic change or achievement would you like to accomplish by the end of this year? This is not just for dieting or quitting tobacco. Would you like to be more proficient in your job?



Would you like to begin your degree? Build your character? Develop more virtue? Improve your marriage? What change do you desire to see? Now, break that goal into smaller measurable steps that you can schedule as daily or weekly tasks in your calendar. Keep your focus on completing the smaller steps today rather than on the vastly larger number of steps to go. An old adage states that the journey of a thousand miles begins with one step. We could add that it is eventually achieved with every successive step. Truly, it is the action in our daily routines that bring us either success or setback in our goals.

I feel compelled to remind you that we can't expect long-lasting and deep changes to be accomplished instantly. Don't get discouraged because it is hard or that the end seems so far away. All worthy goals take much time and effort. A lot of time passes between the sowing of seed until the farmer is able to harvest the crop. In between, there is a lot of work needed to help grow the plant. Tend to your daily chores and you will reap the benefits in due time.

Lastly, I encourage you to guard your calendar. By that, I mean be selective in what you add to your limited calendar. There is only so much time you have so ration it. Many opportunities will come your way. Take some of them: make friends, explore Okinawa. However, not every opportunity should be accepted. It is okay to say "No." Your friends might pressure you to join them but they understand. Using the "No" word can help conserve your time and energy. This blank space on the calendar can provide you with some margin in life and protect your sanity.

But back to the original question: What will you do with your time? I hope you take the time to plan it out and find yourself blessed by the end of the year.

The Grapevine

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U.S. Naval Hospital Okinawa, Japan

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(N)ICE Comments from Our Patients

ICE comments from our patients courtesy of Lieutenant Julie Anderson, U. S. Naval Hospital Okinawa Customer Relations Officer

Lt. Cmdr. Galvez is awesome, very nice and personable. She always gives me great care and attention.

I just wanted to thank the staff of the **Emergency Department** for all their help last night. The staff was very professional and personable and that really helped put me at ease for my visit. Keep up the great work!

Ms. Tessa Lee and Lt. Cmdr. Zaleski are very professional, and with a very pleasant attitude that makes for a pleasant experience at the Dermatology Clinic. Please pass on how much it is appreciated...talking with them MAKES for a BETTER day, especially been where I am at.

I was pleased with my care from **Lt. Cmdr. Brink** and the medical staff. They took exceptional care of me before, during and after my operation. Thank you

Recently we experienced great difficulty with one of my provider's computer malfunctioning. **HN Witherspoon** responded and fixed the problem in a timely and professional manner. Please recognize this outstanding sailor for his hard work and dedication to supporting our mission. As a hospital we as an organization must never forget our internal customers. Thank HN Witherspoon for not forgetting my department and providing superior customer service. BZ!

Lt. Cmdr. Dicarlio is amazing! She listens and gets the job done.

I want to commend **Lt. Cox and HM3 Powell-Davis** for their outstanding service during my last visit to the clinic. They both took the concern and time to ensure that my visit was not only pleasant but productive as well.

HM3 Hairston was very professional and very helpful. BRAVO ZULU!

The **Foster Family Medicine Clinic** staff has great attitude. Thank you!

HM3 Guerrero took time from his busy schedule to help me proactively ensure my medical readiness was good to go.

The **Kinser Family Medicine Clinic** staff is doing a great job. My experience here was truly caring. The staff is truly exceptional.

ITSA Witherspoon was extremely professional and timely on getting the providers computer fixed. His thoroughness led to completion of patient care. Thank you Witherspoon

The **Immunizations Clinic** was awesome! Super helpful and polite! Made for an easy visit.

Had an amazing experience while in the **Mother-Infant Care Center**. All the doctors, nurses and corpsmen were very sweet and did an amazing job!

Mr. Kevin Breshike saw my daughter today and was kind, thorough and considerate. He saw us without an appointment and I appreciate his efficiency.

Outstanding job! **Lt. Cmdr. Gregory and HM3 Willard** did a great job at explaining my procedures. I had all my questions answered. Very good service.

HM3 Conlin is very professional and has been available to help every time I have come in.

HM2 Jackson provided quick and exceptional customer service at the inpatient pharmacy window despite having multiple orders to fill.

Ms. Shizuka Panarella provided excellent customer service.

I wanted to note the professionalism and tact of **HM3 Ferrell**. He did a very good job of answering all of my questions and getting me where I needed to go upon arriving on island. Great job!

Ms. Femmie Urbano has been an excellent staff member in the Physical Therapy Department. She has gone above and beyond every time I needed assistance.

HN Court and Lt. R. Lennon provided the best quality care during my visit to bush clinic. I was very pleased with how professional they both were.

Everyone in the **Radiology Department** was pleasant and courteous. The gentleman doing my nuclear

(N)ICE Comments from Our Patients

ICE comments from our patients courtesy of Lieutenant Julie Anderson, U. S. Naval Hospital Okinawa Customer Relations Officer

scan was kind and very patient as I am extremely claustrophobic. Thank you for your care in this department.

LT Peng and HM3 Dweik did an outstanding job. In 7 Years in the Marine Corps I have never had better service.

Just wanted to commend **HM3 Herzberg** of the Neurology Clinic for having an excellent, patient-friendly attitude.

Lt. Yousefinejad was excellent! Definitely the best dental appointment I've had in my life. The social stigma about the dentist's office was broken for sure.

I would like to extend a sincere thank you to **Lt. Cmdr. Beard-Irvine, HN Obero and HN Mittone** for staying well after their shift to make sure my son received the care he needed. Their level of professionalism and caring attitude is comforting and reassuring. Thank you for all you do!

I would like to commend **Lt. j.g. Ramos and HN Davis** for the great patient care that I received. Thank you!

From the time I entered the **Ambulatory Procedure Unit** until the time I departed from the Naval Hospital, I was astonished at the superlative level of care that had been given to me.

The staff at the **Optometry Clinic** did a fantastic job helping me after my glasses were destroyed. Thank you for your support and please don't lose your empathy, compassion, and drive.

I am so grateful for all of the **Pain Clinic** staff. Capt. Hickey's team has helped me more than I can thank them

Lt. Cmdr. Uphoff was very professional, very thorough and explained everything regarding my care. Customer service with a smile. HN Phillips excellent customer service

Today I met with **Cmdr. Tipton** and she rules.

In the past several weeks there have been many visible changes in the **USNHO Galley** that are ex-

tremely positive. I want to personally thank the leadership and staff for improving the quality of the menu as well as listening to the people who dine in their facility. I look forward to more changes in the future. Please keep up the excellent work.

Outstanding level of service by the entire staff of the **Multiservice Medical/Surgical Ward**. Very grateful for my nurses, **RN Gayoso and RN Blackburn**.

HN Werstler of Admissions did a wonderful job helping The patients of Aerovac during their most recent mission flight. The flight had been delayed and he made sure the patients had everything they needed for their medevac flight to Hawaii. He really took care of the situation. Bravo Zulu!

HN Scarlett was a remarkable professional. His customer service was mature and respectful. I felt safe and comfortable having him take care of me.

The staff members of the **Outpatient Mental Health Department** are very professional and customer friendly. Always willing to meet the needs of the patient.

The **Pharmacy** has been extremely helpful ensuring my prescriptions requirements are met. I would like to thank **HN Barrera and HN Dulce** for the timely and professional service.

My wife recently delivered our son at the Naval Hospital and it was a wonderful experience thanks to the staff. Amazing work. The only recommendation I have is keep doing what you are doing!

I'm very grateful to **Ms. Rumiko "Eagle Eye" Shimabukuro** for catching discrepancies in my timesheets.

Ms. Myesha Sharpe is [my children's] occupational therapist. My husband & I couldn't be happier with her. Our family is blessed to have Myesha and EDIS is very lucky to have her as well!

HM3 Pernell in the Immunizations clinic has consistently provided my family and I with high quality customer service.

EDITOR'S NOTE: Some of the ICE comments used in this article may have been edited for space and to ensure patient privacy.

U. S. NAVAL HOSPITAL OKINAWA YEAR



YEAR IN REVIEW: SNAPSHOTS FROM 2013



Ombudsman: Remember OPSEC rules

Ms. Christine Peterson, U. S. Naval Hospital Okinawa Command Ombudsman

With a New Year come resolutions... most of which, we gradually forget about by March. I have a challenge for everyone...practice OPSEC all year round! What is OPSEC? OPSEC stands for Operational Security.



- Don't discuss dates and times of when we will be in port or conducting exercises!
- Don't discuss readiness issues and numbers!
- Don't discuss specific training equipment or lack thereof!
- Don't discuss people's names and billets, or units in conjunction with operations!
- Don't speculate about future operations!
- Don't spread rumors about operations!



It is very easy to forget to practice OPSEC here on the beautiful sub-tropical island where there is no perceived immediate threat. In an age where almost everything we do involves the internet, it is increasingly easy for the enemy to gather all of the information they need via social media and the web.

Here are some easy OPSEC rules to follow whether online or out in town:

- Don't discuss positions, mission capabilities and limitations!!
- Don't discuss future operations, training exercises, mission schedules or travel itineraries!

- Don't assume the enemy is not trying to collect information!
- Don't discuss Security Procedures, movements, or arms.

Why is this so important? One mere slip of the tongue or fingers on a keyboard, and it could mean that someone's husband, wife, sister, brother, mother or father does not come home alive.

Make sure that all of our troops stay safe, so that can return home to their families.

The Ombudsman Office



has moved!

Now located at: 4E0507
New Phone: 646-7318

USNHO medical officer delivers... again

Story & Photos by Mass Communication Specialist 3rd Class William G. McCann, U. S. Naval Hospital Okinawa Public Affairs

CAMP FOSTER – Hull Technician 1st Class (SW/AW) Mitchell Reaves' reenlistment came at an exciting time in his life.

His newborn child, Makenzi was delivered only days before by Cmdr. Michael Sexton, the same USNHO physician that delivered his son Brayden a year ago at the Camp Lester facility.

"Our relationship is special because we were medevac'd from Guam back to Okinawa in September 2013, and it just so happened when my wife



went into labor with our third child, our daughter", said Reaves. "Dr. Sexton was the on-call Ob-Gyn and delivered our daughter."

Being on Okinawa with no officer from his unit available to reenlist him, Reaves turned to Sexton, the one officer he knew and trusted, to help him continue his military service.

"Not knowing any other officers here at the hospital in my rate, I knew Dr. Sexton", said Reaves. "I approached him and asked if he would mind performing my reenlistment, and he said yes."

Commander Michael Sexton, with 15 years serving as a physician in the U.S. Navy, looks back on the uniqueness of delivering two babies by the same family, at two different locations.



"This particular case is very unique in that I was on call both times by coincidence" said Sexton. "We have a saying that Navy is a small world, but I feel that Navy Medicine is even smaller."

"I would like to thank Dr. Sexton, the NICU Dr.'s, and the Stork's Nest personnel, HM3 Hannon, HM2 Porter, and Ann Alexander, and to the Hospital for everything they have provided for us through all of this. We are very grateful," said Reaves.

Protecting Okinawa's environment

Ms. Motoko Bennett, Public Health Specialist/Liaison, U. S. Naval Hospital Okinawa

CAMP FOSTER — The year 2013 brought special recognition to USNHO staff members by the Japanese government as Director Kenji Tanaka and four officers from Naha Plant Protection Station, Ministry of Agriculture, Forestry and Fisheries, Government of Japan, visited USNH Okinawa July 16 to express special appreciation for the Directorate of Public Health in their effort to protect Okinawa agricultural environment from possible contamination by foreign soil.

US military-related vessels constantly arrive at Okinawa from foreign countries. They offload approximately 2500 pieces of equipment annually at various military ports in Okinawa. Sometimes, the gear has foreign soil attached to it, and such soil may contain foreign organisms harmful to agriculture of the host nation.

Therefore, to maintain good relationships with and good

public health in the host nation, it is crucial to prevent any foreign soil from entering the land of the country. Preventive Medicine Department of Directorate of Public Health inspected every single gear offloaded from the vessels, ensuring no foreign soil or species permitted on land. Inspections often

took place at distant ports on weekends, holidays or early mornings. The GOJ expressed special appreciation for such effort from the DPH, by presenting the award and an artwork--red Ryukyu lacquer tray with gold Ryukyu vessel design on it.

Tanaka also individually recognized DPHS staff members Lt. Cmdr. Marion Gregg, Lt. Cmdr. Margaret Walker, Lt. Luke Syphard, and Ms. Motoko Bennett with certificates of appreciation during a brief ceremony in the USNHO Command Conference Room.



Director Tanaka from the Naha Plant Protection Station presents an award certificate to Lt. Cmdr. Marion Gregg, USNHO Director of Public Health Services as staff members look on. (USNHO Public Affairs)

Snapshots from our move to Foster

U. S. Naval Hospital Okinawa Public Affairs



Above: Koi being released into the new hospital pond by an employee of Okinawa Suizokukan.



Above: The USNHO Transition Team pose for a photo after completing the move to Camp Foster March 16. **Left:** Anabelle Marie Del Rosario, first baby delivered at the new hospital facility on Camp Foster, poses with her parents, mother Jessica Del Rosario, and father Hospital Corpsman 2nd Class Joseph Del Rosario. Anabelle was born on March 16, 2013 at 11:48 p.m.



Avoiding, caring for rotator cuff injuries

Lieutenant Commander Paul Metzger, Orthopedic Surgeon, U. S. Naval Hospital Okinawa

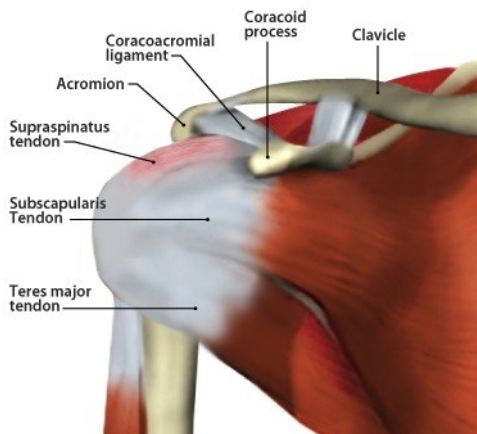
Rotator cuff injuries are a common, reversible cause of shoulder pain and dysfunction. These include subacromial bursitis (inflamed bursa over the tendons as they insert into the bone), tendonitis (acute tendon inflammation), and tendonosis (chronic tendon degeneration). Partial or full thickness tears can occur.

Most of these injuries occur through chronic overuse. External factors like the shape of shoulder tip (acromion) and bone spurs pinch the rotator cuff tendons during shoulder elevation causing inflammation and pain. Repetitive use of the shoulder in association with aging and blood supply changes creates further microtrauma to the tendons and diminished healing capability. Rarely, an acute twisting or traction injury can cause acute tendonitis or a traumatic tear.

Signs and symptoms include progressive onset of localized pain and dysfunction of the shoulder. Typically pain is the first symptom, and is associated with overhead activities, throwing sports, and heavy lifting. Symptoms may progress and involve simple daily activities as well as sleeping on the affected shoulder. Later one may experience stiffness and weakness with associated shoulder muscle atrophy.

The most important step in treatment is to stop the activities that make your pain worse. You must do this for a period of time to allow the inflammation to decrease and the tendon to heal. Combine this

Rotator Cuff Tendinitis



with a stretching program to prevent shoulder stiffness. Ice and anti-inflammatory medication are used when the inflammation and pain are severe.

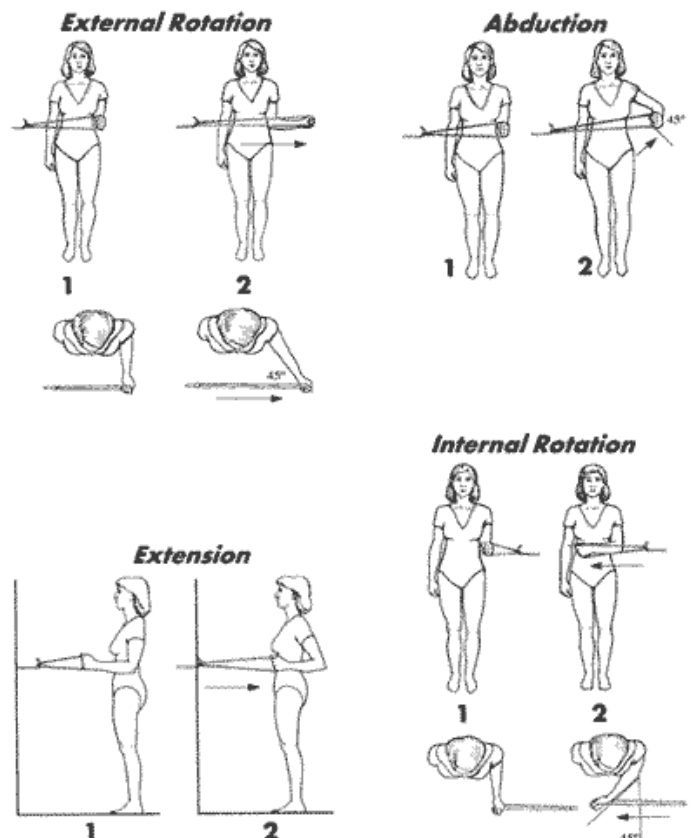
As the pain resolves incorporate a rotator cuff strengthening program into daily activities and a shoulder blade retraining program as these muscles often take over the work of and injured rotator cuff.

Most rotator cuff injuries can be treated with the above steps, but it may take a few months for symptoms to resolve. If symptoms do not improve the injury may need to be evaluated by a physician, who may recommend treatment options such as physical therapy, injections or MRI.

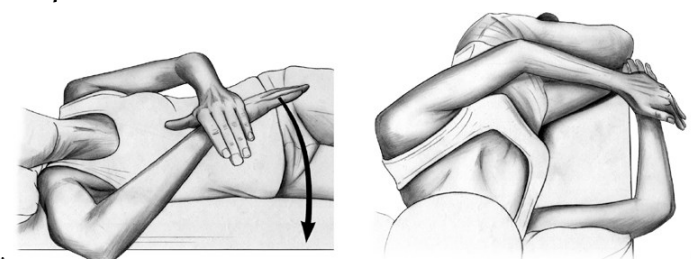
Here are some tips to help reduce the risk of rotator cuff injuries:

1. Avoid rapid increases in heavy lifting or overhead throwing.
2. Use proper technique when weight lifting or playing a new sport.
3. Ask for assistance when lifting heavy loads.
4. If you develop shoulder pain, do not "fight through it". Take a few days off to allow the involved structures to heal.

Rotator Cuff Strengthening Program



Sleeper Stretch



Keeping your New Year's resolutions

Lieutenant Pamela Gregory, Head, Combined Food Operations, U. S. Naval Hospital Okinawa

Many of us start out the new year by resolving to achieve and then maintain our ideal, healthy weight. While it may be a challenge for some, making a workable plan and sticking with it might be easier than you think.

Here is a list of some things you can do to stay on course and keep your resolution for a healthier 2014:

1. *Prepare most of your meals at home.* Not only does this increase the nutrient value, it decreases the amount of fat and it saves money.

2. *Limit or avoid processed foods* (foods that come in a box, bag, ready to eat or heat and eat). These foods are higher in sodium, sugar and fat and usually have less vitamins & minerals.

3. *Exercise 5-6 days of the week 45-60 mins each time.* It doesn't matter what type of exercise so long as you enjoy it. Studies show that if you like the exercise you're more apt to continue exercising. To lose weight it is recommended 250 mins per week.

4. *Obtain a workout partner.* This gives that extra push to exercise on the days you don't feel like going because someone else is relying on you to be there.

5. *Drink half your weight in ounces of water daily.* This helps flush all the wasted by products from your body, it regulates your body temperature and helps to lose weight.

6. *Infuse some of your water with, lemon, lime, orange or cucumber slices.* This adds zero calories, no artificial sweeteners and provides flavor to help increase water intake.

7. *Try 1-2 new fruits or vegetables a month.* This will increase the vitamins & minerals in your body.

8. *Flavor foods using herbs and spices such as cumin, thyme, cinnamon, garlic powder, oregano, cilantro, parsley, dill, and basil to add flavor and phytonutrients!* Finish a meal by adding fresh herbs before plating or serving. This last-minute addition kicks the flavor up a notch.

9. *Use a crock pot to help save time with cooking.* Prepare

things the night before, refrigerate and plug in the morning before leaving. Saves time and usually get 3 or more meals from it.

10. *Package up fruit and vegetables for the week on the days when you have more time.* Best time is usually right after grocery shopping. This helps to prevent snacking on less nutritious foods.

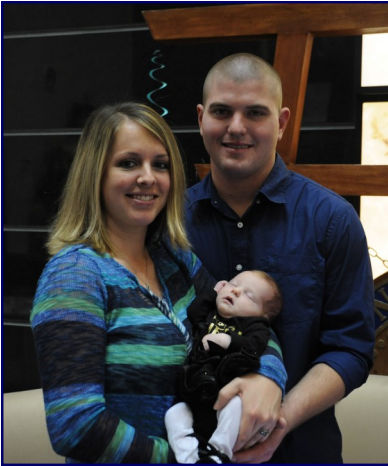
11. *Studies show it takes 30 days of repetitive behavior to make it a habit and most people give up their resolutions within the first month.*

Infant/Child Weight Range DO NOT ROUND UP CHILD'S WEIGHT, OVERDOSE MAY OCCUR			Dosing				
Pounds (lbs)	Kilograms (kg)	Grams (g)	Tylenol Liquid 160mg/5ml	Motrin Liquid 100mg/5ml	Tylenol Chewables 80mg	Ibuprofen Tabs 200mg	Tylenol Tabs 325mg
Less than 4.5	Less than 2	Less than 2000	Consult your doctor				
4.5 - 8.5	2 - 4.2	2000 - 4200	1 ml	1 ml			
9 - 11.5	4.3 - 5.3	4300 - 5300	2 ml	2 ml			
12 - 13.5	5.4 - 6.3	5400 - 6300	2.5 ml = ½ tsp	2.5 ml = ½ tsp			
14 - 18.5	6.4 - 8.4		3 ml	3 ml			
19 - 23	8.5 - 10.6		4 ml	4 ml			
23.5 - 28	10.7 - 12.7		5 ml = 1 tsp	5 ml = 1 tsp	2 tabs		
28.5 - 32.5	12.8 - 14.8		6 ml	6 ml	2 tabs		
33 - 35	14.9 - 15.9		7 ml	7 ml	2 tabs		
35.5 - 37	16 - 16.9		7.5 ml = 1½ tsp	7.5 ml = 1½ tsp	3 tabs		
37.5 - 42	17 - 19.1		8 ml	8 ml	3 tabs		
43 - 47	19.2 - 21.6		9 ml	9 ml	3 tabs		
48 - 96	21.7 - 43.9		10 ml = 2 tsp	10 ml = 2 tsp	4 tabs	1 tab	1 tab
97+	44+					2 tabs	2 tabs

USNHO welcomes first baby of 2014

Mass Communications Specialist 3rd Class William G. McCann, U. S. Naval Hospital Okinawa Public Affairs

CAMP FOSTER— Gracie Mae Bachman was the first baby of the New Year born at Naval Hospital Okinawa, Japan. Gracie, a baby girl, was born on Wednesday, Jan. 1, 2014 at 5:14 a.m. Japan Standard Time (JST) to Shannon Marie Bachman and Sgt.



Benjamin Martin Bachman. Mother and baby are both doing fine. Gracie weighed in at a healthy 7 lbs 13oz (3553 grams) and measured 19 inches (48.3cm) in length. Gracie's mother Shannon Marie is a native of Panama City Beach, FL. Gracie's father, who is also from Panama

City Beach, FL is currently assigned to 1st Air Defense Artillery Regiment at Kadena Air Base.

Gracie's older brothers, Jacob and Brayden are excited about their new baby sister.



Photos: (Left) Gracie Mae poses with mother Marie Bachman and father Sgt. Benjamin Bachman. (Right) Following what has become an annual tradition in Okinawa, members of the Pacific Patchwork Guild present a homemade personalized quilt to the Bachmans at a recognition ceremony Jan. 7.

USNHO remembers Dr. Martin Luther King, Jr.

U. S. Naval Hospital Okinawa Public Affairs

CAMP FOSTER — The USNHO staff gathered in the hospital galley Jan. 17 to hold a brief ceremony in remembrance of Dr. Martin Luther King, Jr. to observe the national day of service named for him.

Master of Ceremonies for the event was Hospital Corpsman 1st Class Valdovino Reid. Following the benediction by Command Chaplin Lt. Cmdr. Benny Mathis, the audience stood at attention as Navy Counselor 1st Class Kimberly Nixon read the official NAVADMIN. Lt. Cmdr. Emeka Ofofobike read a de-



tailed biography of Dr. King' prepared by Hospital Corpsman 2nd Class Christopher Peterson.

According to Vice Adm. William F. Moran, Deputy Chief of Naval Operations for Manpower, Personnel, Training, and Education, The observance of Martin Luther King, Jr. Day serves as a time for all Americans to honor the legacy of the civil rights leader who brought change through the principles of non-violence to make this country a better place to live.