



November 2013

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Dos Santos Wins TEMS Award — Page 3

## NMCP Accredited as Chest Pain Center

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth announced Nov. 18 that the medical center has received a national accreditation as a Chest Pain Center, a first for any military treatment facility in the United States.

Given by the Society of Cardiovascular Patient Care, the accreditation shows NMCP is capable of providing the highest quality of care for heart attack patients and that heart attack patients receive treatment within a critical time period. Receiving treatment during this critical period can lessen damage to the heart.

The accreditation follows an Oct. 17 site visit by the SCPC, and comes on the heels of NMCP being designated as a “PCI Capable Hospital” by Tidewater Emergency Medical Services. PCI means percutaneous coronary intervention, commonly known as coronary angioplasty or simply angioplasty. Only 25 percent of hospitals in the United States are PCI capable.

“I am enormously proud of the staff at NMCP for achieving both of these accomplishments this year,” said Rear Adm. Elaine C. Wagner, NMCP commander. “It’s taken a lot of collaboration across many different departments to consistently diagnose and treat suspected heart attacks within 90 minutes of the patient arriving here.”



**Ruth Cantu, an accreditation review specialist for the Society of Cardiovascular Patient Care, presents a certificate of accreditation to Capt. James Hancock, NMCP duty commander, and Cmdr. Michael Juliano, director of NMCP’s Chest Pain Center, during her Oct. 17 visit in anticipation that NMCP would receive the accreditation.**

With the TEMS designation, NMCP will soon be listed as a receiving hospital for ambulances carrying patients who are having an ST-segment elevated myocardial infarction, or STEMI, a kind of heart attack detected by an electrocardiogram.

This means that NMCP will receive and provide care for

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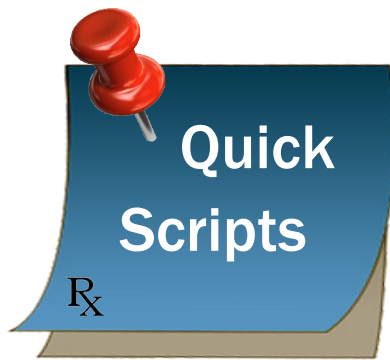


Photo by Rebecca A. Perron

## Clinic Decorations Spread Holiday Fun

HN James Parks decorated the Ophthalmology Clinic window, one of many clinic murals throughout the medical center that are setting the mood for the holiday season. Parks spent about three hours of his spare time working on the colorful mural.

His free doodle is inspired by the nearby oceanfront – Santa holding a surfboard next to waves – and the turkey is looking for looking for a pardon from the dinner table.



## Operation Jingle

This annual holiday program provides complimentary hotel accommodations to the visiting families of locally stationed service members who are unable to go home for the holidays.

Operation Jingle provides a three-night stay in local hotels from Dec. 23 – 26. To qualify, service members must reside in one of the local barracks, single Sailor PPV housing, or live aboard ship. Room availability is limited and reserved on a first come, first-served basis. The only charge for the room is a non-refundable reservation fee of \$10 per room, per night. Sailors interested in this program should contact HMC Nicholls at 953-9539 or joseph.nicholls@med.navy.mil.

## Combined Federal Campaign

The Combined Federal Campaign has been extended to run through Jan. 15.

Donations can be made online at [www.cfcsr.org](http://www.cfcsr.org) or via departmental CFC representative.

Those who make a donation online should print and sign a hard copy donation form. NMCP points of contact are Lt. Jason Leidel, 953-8929; HMC Monica Ford, 953-4882; and FCC Steven Daggett, 953-9965.

## NMCP's YouTube Channel

Visit NMCP's YouTube channel to see news from around the medical center, provider profiles, dancing memes and patient testimonials. Check out the latest at [www.youtube.com/NMCPortsmouth](http://www.youtube.com/NMCPortsmouth).

## Holiday Gift Wrapping

The Medical Service Corps Association of Hampton Roads proudly brings the holiday gift-wrapping fundraiser to NMCP. For a donation, association members will wrap holiday gifts in paper

provided by the gift giver or from a selection provided by the association.

The gift wrapping station will be set up by the Navy Exchange in Bldg. 3, 2nd floor on Dec. 10, 17 and 19 from 11:30 a.m. – 1:30 p.m.

## New SAPR Point of Contact

Lt. Cmdr. Jamesetta Goggins has been appointed as the Sexual Assault Prevention and Response point of contact for any SAPR-related issues. Goggins can be reached via pager at 988-1336 or office at 953-4048. Remember, for any victim advocate issues, contact the SAPR victim advocate at 988-9626.

## Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and Medical Service Corps — active and retired — officers and their spouses in Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email [tidewater.oakleaf@gmail.com](mailto:tidewater.oakleaf@gmail.com)

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## NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

[NMCPombudsman@med.navy.mil](mailto:NMCPombudsman@med.navy.mil)  
or  
(757) 953-1973

THE  
COURIER

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The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Those who wish to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at [deborah.kallgren@med.navy.mil](mailto:deborah.kallgren@med.navy.mil).

Submissions should be in Word format, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.



# NME's SMO Recognized by Civilian EMS Community

STORY AND PHOTO BY REBECCA A. PERRON  
NMCP Public Affairs

Navy Medicine East announced Oct. 22 that Cmdr. Frank Dos Santos has received the Frank M. Yeiser Physician with Outstanding Contribution to EMS award, one of 10 awards presented annually by the Tidewater Emergency Medical Services Council.

The award honors an EMS physician who exemplified outstanding leadership and dedication in the exercise of pre-hospital care.

TEMS is one of 11 regional councils in Virginia. The annual award winners from the 11 regions are nominated for the Virginia's Governor's EMS Awards, which are announced in November.

Dos Santos has taken his passion for emergency medicine beyond the Navy. He is an active member of the Tidewater EMS Council's Operational Medical Directors Committee, has participated in the protocol working group and has served as the course director for the Advanced Hazmat Life Support Course in Virginia Beach.

Within the Navy EMS community, he is the EMS specialty leader for Navy Medicine East, the Navywide EMS medical director for Navy Fire and Emergency Services, and the lead EMS medical director for the regional Fire and Emergency services.

Dos Santos was not expecting to receive such a prestigious award from the civilian EMS community.

"I was really honored by it, surprised by it," Dos Santos said. "I received a phone call from a member in the TEMS council saying I received the award. I was taken aback by it because it's a civilian award. It has nothing to do with the Navy per se, so it was really neat to be elected for this award by peers within the civilian community."

Dos Santos is modest about being selected for the award, believing it was his time commitment to the council that stood out.

"I think there are a lot of outstanding EMS doctors on the council, but the HAZMAT class that I taught with a bit of military flair to it and participating in the protocol committee is what set me apart," Dos Santos said. "The course is not really taught in this area and providing that teaching to the medics in Tidewater is a bit novel. Being on the protocol committee requires attending meetings and reviewing the protocols. But I enjoy it; I'm passionate about EMS."

He also assisted with the rollout of new protocols for the paramedics and EMS providers in Tidewater by participating in a video presentation.

"I made some teaching tidbits on video about spinal immobilization for trauma patients and another on pediatric trauma," Dos Santos said. "I also will do a voiceover for the slide part of the presentation and the video pieces will play during the presentation. All of the EMS providers must operate under the new protocols, so all of them will watch it."

The passion he brings to the Navy and civilian side of EMS began more than a decade ago. He joined the Navy in 1997 after graduating from the University of Medicine and Dentistry, New Jersey School of Osteopathic Medicine. He then completed his internship at Naval Medical Center San Diego, later returning to NMCS D for the Emergency Medicine Residency Program. He has also completed a fellowship in EMS/Disaster Medicine at Robert Wood Johnson in New Jersey.

Dos Santos finds these days there's not as much time to devote to the patients and residents he loves. After serving in the NMCP Emergency Department as the regional EMS coordinator, he assumed this summer several roles with Navy Medicine East, now working in the building next to the emergency room.



**Cmdr. Frank Dos Santos displays his 2013 Frank M. Yeiser Physician with Outstanding Contribution to EMS award.**

He is currently the senior medical officer at NME, serving as consultant to the chief of staff. He helps oversee the Emergency Management and the Public Health Emergency Management programs. He helps prepare the commands within NME to respond to an emergency, and as the public health emergency officer, would provide counsel to the chief of staff in case of an emergency related to public health.

"Working in the emergency room is something that I'm passionate about," Dos Santos said. "I'm trying to find more time for it. I enjoy taking care of patients, providing some comfort and counsel when they are in distress. Working with the residents is a lot of fun. I enjoy helping a resident trying to come up with a differential diagnosis and a treatment plan. It's very rewarding."



**After removing the catheter at the end of the procedures, cardiovascular technician HM2 Ryan Folkers, right, and Cmdr. Nelle Linz, an interventional cardiologist, place a transparent compression band on the patient's wrist to apply pressure to the artery and minimize bleeding while interventional cardiologist Lt. Cmdr. Gus Theodos watches. During an angioplasty procedure, the catheter is threaded into the heart from an artery in the arm or groin, followed by a balloon catheter that clears the blockage before the stent can be placed.**

#### **CHEST** — *Continued from page 1*

civilians in the local community who are experiencing a STEMI if NMCP is the closest PCI-capable hospital. The EMS will transport the patient to the medical center to provide the quickest medical intervention.

“As an organization, with support from all levels at the command, we took a huge step in improving the quality of health care we provide for all cardiac patients,” said Cmdr. Michael Juliano, NMCP Chest Pain Center director. “Being the first MTF to receive these distinctions will hopefully pave the way for other MTFs to follow. We are the ‘First and Finest’ and to be in a situation where you know you are advancing patient

care, it’s definitely something we are proud to have accomplished. I am proud to have been a part of this major accomplishment.”

“A large portion of health care focuses on cardiovascular conditions,” said Lt. Cmdr. Daniel D’Aurora, assistant department head for the Emergency Medicine Department. “We took this opportunity to advance to an emerging community standard in establishing ourselves as one of the hospitals in the area that can provide this type of care.”

Because of the medical center’s central location in Tidewater, NMCP is poised to become a leader in cardiac care. The area’s many waterways, bridges and tunnels can be challenging for even an ambulance transporting a heart attack patient. Bottom line: With the accreditation and the TEMS designation, local residents will receive the best emergency cardiac care at NMCP.

“We felt it is important to provide this service,” D’Aurora said. “In doing that, we will become the first military treatment

facility in the country to become nationally accredited. We will be the first to provide this level of care to this many beneficiaries.”

Of the 200 to 250 TRICARE-eligible patients who come to Portsmouth’s EMD each day, about 10 to 15 percent complain of chest pain or other symptoms (like shortness of breath) which require an EKG. While most symptoms turn out to be non-emergency conditions, each patient is treated initially as though they are having a heart attack. Typically, about two patients a month are diagnosed as having a STEMI; each arrives as a “walk in,” not by ambulance.

“With the recognition by TEMS as a ‘PCI-capable hospital, we will now start seeing ambulance traffic with patients experi-

encing a STEMI,” D’Aurora added. “It’s uncharted territory; something no MTF has attempted. That’s why we have been so diligent, so methodical, in this process. We want to make sure the standard we set is

— See CHEST, next page



**From the Cardiac Catheterization Laboratory control room, cardiovascular technician HN Jesse Wayer monitors the patient’s vital signs and documents each step in the angioplasty procedure. Although the same vital signs display can be seen by the interventional cardiologist performing the procedure, it is Wayer’s job to alert them to any changes in a patient’s condition.**



# Norfolk Clinic: A Leader in Tobacco Cessation Efforts

BY DEBORAH R. KALLGREN  
NMCP Public Affairs

Naval Health Clinic Naval Station Norfolk shared its success in helping patients become tobacco free in a webinar Oct. 25.

Representing the clinic on the webinar was Peg Smith, Health Promotions Nurse Educator. Since joining the Norfolk clinic in 2006, it has been her passion to make it easier for Sailors, their families and retirees to quit tobacco.

“In our tobacco program, we teach people that they are not ‘quitting tobacco or giving something up,’” Smith said. “Instead, we teach them that they are just taking back what they willingly gave away to a pack of cigarettes or a can of dip: Power, choice and control over their health, finances and their future.”

After arriving at the clinic, Smith researched the needs of tobacco users wanting to quit and why so many had trouble completing the classes. The feedback pointed Smith and the team to make the process easier and more Navy-friendly. The clinic, part of Naval Medical Center Portsmouth, serves thousands of Sailors on the Norfolk waterfront, who often were unable to complete the four Tobacco Cessation classes due to fleet and other obligations.

In 2007, the multiple Tobacco Cessation classes were condensed into one four-hour class, leading to 100 percent course-completion rates. This allowed Sailors to attend and complete a tobacco program in one appointment.

The course “must meet the needs of operational Navy,” Smith said.

Providers are available after the tobacco workshop to write prescriptions for those who are eligible. Patients no longer have to come back or make an additional appointment to receive medications to help them quit tobacco.

In addition, after taking the class, patients receive one email a

month for six months asking how they are doing and offering encouragement to remain tobacco-free.

“It’s a coordinated effort with many moving parts,” Smith said.

That attention to detail and understanding of their patients’ needs have paid off with higher rates of success. The addition of twice-a-week open/walk-in Tobacco Cessation Medication Clinic for refills also helps the patients keep on track.

At the Norfolk clinic, nearly 30 percent of those who took the Tobacco Cessation class in 2012 remained tobacco free for six months.

Smith presented the data to the webinar audience and answered questions about the road to their success. The clinic’s innovative approach has not gone unnoticed: In addition to being chosen to present their experience during the webinar, the clinic has been recognized as a Best Practice by the Navy Bureau of Medicine and Surgery, and has been selected by the Partnership for Prevention for inclusion in their book highlighting the most successful military efforts to curb tobacco use.

Smith said, “We have the indebted responsibility to take care of our veterans, and we have a sacred trust to take care of those who currently wear the uniform ensuring they know we will take care of them and their families.

“We simply find and remove barriers to care, meet our patients more than halfway and treat every patient with respect,” Smith added. “We don’t know what road they are on, how long they have been on it or what mountains stand between them and success or peace.

“When they realize they can quit tobacco, they succeed. And when they succeed we create a stronger, healthier, tobacco-free military,” Smith said.

Approximately 20 commands across Navy Medicine joined the webinar to get ideas on how to develop their own programs and get ideas from the most innovative programs.

The webinar was produced by the Navy-Marine Corps Public Health Center in Portsmouth, Va., and also highlighted Great American Smokeout activities at Naval Health Clinic Cherry Point, N.C., and Naval Hospital Bremerton, Wash.

**CHEST** — *Continued from previous page*  
 something for all other MTFs to follow.”

Setting and maintaining this high standard began more than a year ago when the medical center staff started working with TEMS and the SCPC. The first step: Become designated as a hospital capable of performing emergency PCI. The procedure does not require surgery and is performed through an IV in the wrist or groin by an interventional cardiologist to treat completely blocked or severely narrowed arteries in the heart that have led to a heart attack.

About 30 percent of all heart attacks are STEMIs. They are particularly dangerous and sometimes fatal. Because this type is often associated with a blood clot within a narrowed coronary artery, part of the heart muscle gets no blood flow and quickly starts to die. PCI removes the blood clot from the narrowed

artery and restores blood flow to the heart muscle by placing a mesh tube called a “coronary stent,” thereby preventing or limiting the risk of heart muscle damage and death.

“The EKG tells us there are heart muscle cells dying, so every minute saved increases the chance of survival in a STEMI situation,” said Lt. Cmdr. Nelle Linz, one of two interventional cardiologists at NMCP and the director of the Cardiac Catheterization Laboratory.

With a STEMI, PCI is the preferred treatment strategy. In 2006, only 50 percent of patients brought to hospitals with these capabilities were achieving treatment within 100 minutes. That led to the American Heart Association and American College of Cardiology establishing national guidelines for time-saving strategies to increase survival in patients suffering from this type of heart attack.

# NMCP, NMTSC Corpsmen Volunteer for Special Olympics Championships

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

About two dozen Naval Medical Center Portsmouth and Navy Medicine Training Support Center Detachment Portsmouth staff and students volunteered as medical staff during the Virginia Special Olympics Fall Championships Nov. 2 – 3 in Virginia Beach.

The championships included divisional playoffs and finals over two days, with soccer at the Hampton Roads Soccer Complex and volleyball at the Tidewater Volleyball Club. The corpsmen were there to offer first aid for minor injuries that can occur during athletic competitions.

“I learned through my association with the Knights of Columbus that the Special Olympics needed some medical volunteers, and I have a bunch of corpsmen who work for me and thought it would be a great way to bring them out and do some community service,” said Senior Chief Hospital Corpsman (SW/AW) Robert Wagenman, the senior enlisted leader for NMTSC Detachment Portsmouth.



**HN Jolene Clark encourages Joe to stretch by touching his toes as HN Najib Adamu comforts Joe and is ready to help him stand up.**

Wagenman recruited mostly students who are in phase two of the Medical Laboratory Technician “C” school to volunteer.

“I think it’s a great way for the Sailors to use the skills that the Navy has taught them and a way to build community involvement,” Wagenman said. “When we can get them out here and they can use their skills, it’s great for the community to see that.”

At the soccer complex, Wagenman stayed close to the medical tent in case someone with an injury was brought in for medical attention. He dispatched the others to walk the sidelines, cheering for the competitors while looking for those who needed assistance.

“We have been walking the fields instead of waiting in the

medical tent,” said Hospitalman Jolene Clark, who is nearing graduation from the MLT “C” school and was a registered nurse before enlisting in the Navy.

“We’ve been going to the different games because it disperses us around. If they need help, they know where to go for the tent, but if they see us with our red hats, they know we are right there to help.”

The Special Olympics were the first time Clark has volunteered while in Virginia. She has done quite a bit of volunteering at hospitals, pre-schools and organizations that help homeless while in in San Antonio for Hospital Corpsman “A” school and while working as a nurse for about seven years in Washington.

“We came out at 8 a.m. and we’ve seen an overexertion of the muscle, and a younger man got hit in the face with a ball,” Clark said. “It didn’t really faze him, but it cut open his cheek a bit. We’ve seen a couple of knee injuries – getting kicked in the knee with the cleats, some bruises and contusions. There was a concussion earlier as well. We treated a couple of sprains, so we iced them and wrapped them.”

Each time they recognized an injury had taken place, they ran out onto the field and immediately began to access the situation.

“So far, this is the first injury I’ve seen,” said Hospitalman Najib Adamu, also an MLT student, of the athlete with the overexerted muscle. “I was telling him to be confident that he could get back on his feet. He just needed to calm down and relax. After he spent a few minutes on the ground, we helped him get to his feet.”

The injured athletes got what they needed – kind words of encouragement and friendly care. The corpsmen got what they needed, too – a sense of pride in helping the community.

“I’ve come here to volunteer, to use the training I’ve gotten in Corps School and “C” school so I can help other people,” Adamu added.



**HMCS (SW/AW) Robert Wagenman, back row left, the senior enlisted leader for NMTSC Detachment Portsmouth, and eight of his students help monitor the athletes at the Hampton Roads Soccer Complex on Nov. 3. Some of the corpsmen volunteered for a four-hour shift and some volunteered all day.**



# Enjoy Holidays the Healthy Weigh

## Set your Holiday Health Goals: Maintain, Don't Gain

Alice Fitzpatrick, RN  
Wellness Health Promotion Department

The holiday feasting season has arrived. It happens every year starting with Halloween candy, Thanksgiving stuffing, Christmas feasts, New Years toasts and, finally, Valentine sweets. It is a time for many festivities shared with friends and family.

Unfortunately, all the celebrating can derail the best fitness habits and cause unwanted weight gain when it is all over with. The key to avoid holiday weight gain is balance and moderation. No need to deprive yourself of your favorite foods, you can enjoy yourself without the weight and the guilt. Set realistic goals to maintain weight.

Factors that may increase the urge to overindulge and not exercise:

- Food focused celebrations: The availability of food increases our temptations to overindulge.
- Stress: Holidays and high expectations added to our normal level of stress can lead to feeling overwhelmed and overeating.
- Exhaustion: When we are tired, we crave more food, especially sweets.
- Emotional eating: Emotions tend to run high at this time, and some may choose food to soothe negative feelings, such as sadness or anxiety.

- Cold weather: Cooler weather seems to increase our craving for creamy, high-calorie foods, such as creamy, thick soups, pies and high-calorie drinks. The weather also gives us the excuse to skip the exercise.

Holiday health tips: You can still enjoy your holidays and splurges, just do so in moderation...no guilt!

- Eat a nutritious breakfast and then eat regularly. This will help to give you more control of your cravings throughout the day.
- Eat light before the holiday gathering to help avoid binging.
- When traveling, pack healthy portable snacks to keep appetites under control.
- Think about what really matters during this busy time and plan accordingly. No need to increase stress and stress eating.

- It's okay to indulge and have your favorite foods. Practice portion control and drink enough water and, if needed, add in a few more minutes of physical activity to balance calories in and out.

- Limit the high-calories drinks, such as egg nog and alcoholic beverages. Some innocent-looking beverages can slam you with 500 to 700 calories! That is equal to walking or running five to seven miles to burn off those calories.

Bottom line, stay focused on your health goals. NMCP offers a lot of support. For more information, check the Wellness page: [www.med.navy.mil/sites/NMCP2/PatientServices/Wellness](http://www.med.navy.mil/sites/NMCP2/PatientServices/Wellness).





# NMCP Celebrates Halloween with Costume Contest

NMCP's Morale, Welfare and Recreation Committee hosted a Halloween costume contest Oct. 31, with one winner selected by the Command Suite and another by staff who voted for their favorite costume.

CMDCM (SW/AW/FMF) Michael James, MMCM (SW/FMF) Thomas Schnapp and HMC (SW) Maria Decena-Taylor were the judges.

The winners were Lt. Cmdr. Kenneth Dubrowski, the Dark Knight, who was selected by the Command Suite, and ETC David Franklin, Gru from "Despicable Me," who was chosen by staff. They each received \$30 as their award.

BHC Oceana Triad staff also got into the Halloween spirit with their own costume contests, with Snow White, Halloweenie and Luigi as their winners.



Dr. Tonya Dail of the Pediatrics Clinic dressed up like Doc McStuffins, a Disney TV character who is a six-year-old girl who can "fix" toys, with a little help from her stuffed animal friends.



Lt. Cmdr. Kenneth Dubrowski, dressed as the Dark Knight, won the Command Suite's pick for the costume contest.



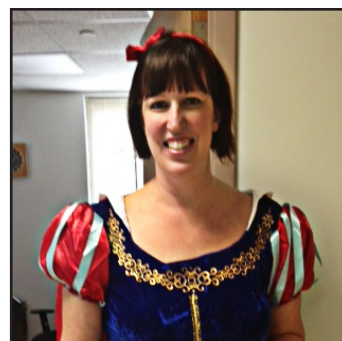
CS3 Nikolas Furst dressed as "Superman Dad," HM3 Michael Iwanylo as a Roman soldier, and CS3 Tyler Dukes as Gumbert.



Judges for the costume contest, CMDCM (SW/AW/FMF) Michael James, MMCM (SW/FMF) Thomas Schnapp and HMC (SW) Maria Decena-Taylor with the contestants of the contest.



TRICARE Prime Clinic - Virginia Beach staff with "Luigi" (Ladia Maricel) as their winner.



BHC Dam Neck's Emily McCain as "Snow White."



Jude A. [Name] Clinic [Name]







Michael James, MMCM (SW/FMF) Thomas Schnapp, and the costume contest.



Carla Benson of Ophthalmology, dressed as Foxy Cleopatra from the Austin Powers movie "Goldmember," and Nyashe Benjamin-Johnson of Human Resources Department, dressed as Tinkerbell, for the costume contest.



STG3 Daphne George of BOMI did her own make up to become a skull/ dead girl.



Left: BHC Oceana: "Halloweenie" (HM1 Brewer, HM2 Brea and HM2 Poland.)



Alcinor from the Orthopedics dressed as a pirate.



Ben Brandt and HM2 Joe Grabianowski from Staff Education and Training dressed as Harry Dunne and Lloyd Christmas from the movie "Dumb and Dumber."



Right: HM3 Dara Zuniga, dressed as a baby, and ETC David Franklin, dressed as Gru from the movie "Despicable Me," wait on the judging of the costume contest.





# NMCP's Galley Crew Wins 'BBQ & Slaw Throwdown'

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

Several of Naval Medical Center Portsmouth's culinary specialists competed in the First Responders BBQ and Slaw Throwdown Nov. 2 as the "Backyard Boys," adding to their growing list of awards. This year they won the Best Overall BBQ and Slaw award, also known as the judge's pick.

The 4th annual competition was held Nov. 2 at Portsmouth's North Landing in conjunction with the Coast Guard Day celebration. The "boys" went with a Mexican theme for their recipes and display. As "Team El



The team displays their 2012 awards for Most Creative Display and People's Choice during the throwdown.

they won the People's Choice award, and proudly displayed the 2012 awards at this year's throwdown.

This year, they were focused on the award that had thus far eluded them – the judge's award.

"We want the People's Choice again, but we want the judge's award, too," Lee said. "We're not greedy, but we want it. We came here to win."

The "boys" did walk away with the Best Overall BBQ Award, but not the People's Choice.

Team veterans Lee and CS2 (SW) Timothy Ames, who have participated for three years, were joined by first-timers CS1 (SW) Andrew Suzio and CS3 Tyler Dukes.

Other competitors included Portsmouth Police Department, Portsmouth Fire & Rescue, U.S. Coast Guard Base Support Unit Portsmouth, STILL Worldly Eclectic Tapas, Roger Browns and the Gosport Tavern.



From left, CS3 Tyler Dukes, CS2 (SW) Timothy Ames, CS1 (SW) Andrew Suzio and CS1 (SW/AW) Micah Lee as Team El Guapo.

Guapo," they were dressed in ponchos and sombreros and sported thick mustaches and maracas.

On the menu: shrimp ceviche coleslaw, pumpkin jalapeño cornbread, southwest chili rubbed brisket with chipotle rum BBQ sauce and mojo criollo chicken.

"We try to think of an altogether theme, like last year we did a luau, so we did more Hawaiian barbecue," said Culinary Specialist 1st Class (SW) Micah Lee, the leading petty officer of NMCP's galley. "This year's more of a Mexican style food, so more the spice and flavors of Mexico, so that's why we are dressed up with sombreros, and we are having a good time. Our name is the Backyard Boys, but every year we have a side name. This year, we are Team El Guapo."

In the previous two years, they won four awards, including Most Creative Table (twice), Most Entertaining and the People's Choice Award. With a Hawaiian theme last year,



CS3 Tyler Dukes shakes the maracas while CS1 (SW/AW) Micah Lee adds pumpkin jalapeño cornbread to a customer's plate.



# NMCP Ropes Eight New Color Guard Members

STORY AND PHOTOS BY MC2 (SW) ANNA ARNDT  
NMCP Public Affairs

Naval Medical Center Portsmouth presented eight new Color Guard members with their aiguillettes in a ceremony Nov. 7 following morning colors, which designates them as fully qualified and official members of the command Color Guard.

To become a member of the Color Guard, individuals are required to complete a personnel qualification standard packet as well as be able to perform all of the movements and positions at a variety of ceremonies.

The roping ceremony began with Personnel Specialist 2nd Class Laran Strawter, the assistant leading petty officer of the Color Guard, speaking about their accomplishments.

“We are gathered this morning to witness the final stage in a very full and productive couple of months consisting of training and qualifying to truly be the first and finest of Naval Medical Center Portsmouth,” Strawter said. “These individuals have committed to themselves, as well as one another, to learn and carry on the rich traditions of the Navy. As members of the Color Guard, you must possess exemplary military bearing and appearance and a sustained level of superior performance – our shipmates have answered the challenge.”



**The eight new members of the NMCP Color Guard are presented after they received their ropes.**

Strawter then read the appointment letter from Command Master Chief (SW/AW/FMF) Michael James, NMCP’s command master chief.

“You have been chosen to fulfill this prestigious assignment because of your talents and dedication,” said James, in the letter. “You are a representative of the ‘First and Finest’ of Navy Medicine with the utmost pride, professionalism and an icon of the Navy’s customs and traditions.”

The eight new members were then presented with their ropes by the person of their choosing. This brings the total of command Color Guard members to around 38, but the numbers constantly fluctuate

due to deployments and shifting work schedules.

“We carry the National Ensign at retirement ceremonies, military balls, and we also do colors once a week at the command and any ceremonies that are requested by any tenant commands in the area, we will do that for them as well,” said Hospital Corpsman 1st Class (EXW/FMF) Rocky Gann, Color Guard

leading petty officer. “These are pretty much the best of the best as far as the Color Guard goes. You’ll see us out in all the communities and on all the bases in Hampton Roads.”

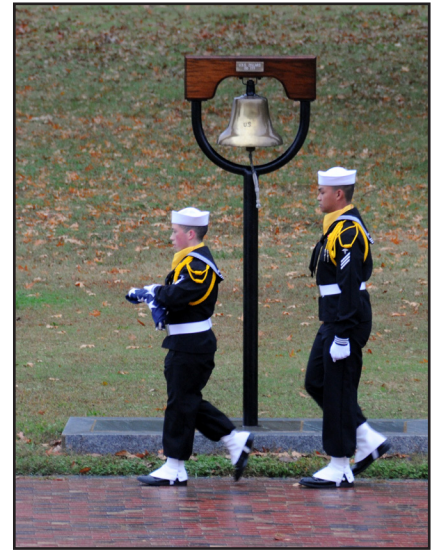
There are four teams, which gives each one time to practice and perform at a variety of ceremonies, without overburdening their schedules.

“I wanted to join the Color Guard because I have had prior experience with military drilling ceremony, and I thought it would be a good way to give back to the command,” said Hospitalman Matthew Morris, who works in the Emergency Management Department and is one of the newly roped members. “It has been really rewarding to do some of the different Color Guard ceremonies in the area. It is something that has been very near and dear to my heart. It took a lot of hard work to get here, and I am very proud to represent NMCP.”

“It is a great honor, and I am proud to become part of the Color Guard,” said Hospital Corpsman 3rd Class Yocelin Hernandez-Rojero from the Occupational Therapy Department. “But it is also a great commitment, because I am representing NMCP every hour and every day, at work and outside of work.”

“I encourage more motivated Sailors to be part of the Color Guard,” Hernandez-Rojero continued. “Honestly, this is the best way to show your Navy and command pride. The Color Guard gives you the opportunity to meet great people, and all the members of the Color Guard are just awesome.”

The new members of the team are Hospital Corpsman 3rd Class Beatrizjoyce Ciolo, Hospital Corpsman 3rd Class Michaeljustin Martinez, Hospitalman Fleubert DeVera, Hospitalman Case Flickinger Glieden, Hospitalman Charles Hall, Hospital Corpsman 3rd Class Yocelin Hernandez-Rojero, Hospitalman Huang Lin and Hospitalman Matthew Morris.



**Color Guard members perform Morning Colors before the ceremony.**

## SENIOR SAILOR OF THE QUARTER

As the leading petty officer of the Critical Care Department, Hospital Corpsman 1st Class Cheryl A. Kivlehan led, trained and guided 48 Sailors in two, fast-paced high acuity departments, resulting in 300 beneficiaries receiving quality health care. During the command Enlisted Advancement Program, she assisted 200 Sailors in preparation for the September 2013 examinations. She also contributed to the successful coordination of the First Class Petty Officer Association barracks field day for 137 Sailors.



Photos by MC2 (SW) Anna Arndt



## SAILOR OF THE QUARTER

As a member of the Staff Education and Training Department, Hospital Corpsman 2nd Class Joseph C. Hardebeck led, trained and mentored 204 Sailors during one of the most demanding periods on record for the Command Indoctrination Division.

His efforts resulted in new check-ins completing 80 hours of prerequisite training requirements. This decreased the average time spent in the division by 20 percent. He also facilitated six Hospital Corpsman Basic Classes, which resulted in a 100 percent pass rate for 105 students.

## JUNIOR SAILOR OF THE QUARTER

As the divisional assistant leading petty officer for Orthopedics Department, Hospital Corpsman 3rd Class John T. Hodges managed the daily schedule for four orthopedic subspecialties to ensure all clinics operated efficiently and effectively. He also contributed to the completion of performance qualification standards on casting and splinting for 80 hospital corpsmen and orthopedic residents. As a command sponsor, he kept the morale of new check-ins high by successfully accommodating them in a stress-free transition to the command.





# NMCP Commemorates 238th Marine Corps Birthday

PHOTOS BY MCC (SW/AW) LESLIE TOMAINO  
NMCP Public Affairs

NMCP staff gathered a few days early – on Nov. 7 – to commemorate the 238th birthday of the United States Marine Corps with a cake cutting. The Marine Corps birthday was Nov. 10. NMCP's FCPOA organized the event to celebrate and honor their Marine Corps brothers and sisters with whom they have served on and off the battlefields since both services' humble beginnings.



**Marine Corps personnel stationed at NMCP join together in prayer as the benediction is delivered.**



**Rear Adm. Elaine C. Wagner cuts the cake with Staff Sgt. Mario Spencer, 34, and PFC David Allen, 20, following the tradition of the oldest and youngest Marines at the command cutting the cake.**



**Marines and Marine staff support personnel gather following the Marine Corps 238th birthday commemoration ceremony on Nov. 7.**



## BLUE JACKET OF THE QUARTER

As a general duty corpsman in the laboratory, Hospitalman James L. Valentine ensured efficient completion of daily tasks such, as intravenous administration, secondary assessments, patient education and minor surgical procedures. As a preceptor, he ensured that incoming Sailors were properly trained and prepared for the fleet. As an active member of the command Color Guard, he participated in 15 ceremonies representing the command with pride and professionalism.



Photos by MC1 (SW/AW) Steven J. Weber

## Civilian in the Spotlight

**Shanna Manton**

**Hometown:** Jacksonville, Fla.

**Years of service as a civilian:** 4.5 months

**Job:** Administrative assistant

**What do you like most about your job?** The fast-paced scholarly atmosphere

**What do you do in your off-duty time/hobbies?** Enjoy time with my family, crafting, hiking, horseback riding, travel, entertaining and dog training.

**Favorite movie:** Comedies

**Favorite food:** Mexican, Italian and a good club sandwich

**Anything else interesting about yourself that you would like to tell us?** I am a proud military spouse to a Marine currently stationed on USS Kearsarge and a new mom to a charismatic one-year-old son. I have a passion for trialing in the sport of Schutzhund. This is a German-style dog sport which requires intense dedication to training in the areas of tracking, obedience and protection.

**Why is he/she nominated as Civilian in the Spotlight?** “Ms. Manton was chosen for her hard work and dedication to her job,” said HMCS Patrick Ehrhard, Senior Enlisted Leader for Director of Nursing Services. “DNS has been without an Administrative Assistant for a period of time. She quickly learned her job and has done an outstanding job with the administrative.”

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## Sailor in the Spotlight

**Ryan Malarkey**

**Hometown:** Vancouver, Wash.

**Years of naval service:** 8, two months at NMCP

**Job:** Assistant leading petty officer of Intensive Care Unit

**What do you like most about your job?** The camaraderie among the staff.

**What do you do in your off-duty time/hobbies?** Spend time with my wife Nicole, and my two kids, Riley and Joshua.

**Favorite movie:** Tommy Boy

**Favorite food:** Steak

**Anything else interesting about yourself that you would like to tell us?** I recently cross rated to corpsman from Aircrew Survival Equipmentman and am excited to finally be working in the medical field.

**Why is he/she nominated as Sailor in the Spotlight?** “HM2 Malarkey was nominated due to his hard work and dedication to his Sailors and patients,” said HMCS Patrick Ehrhard, senior enlisted leader for DNS. “As mentioned, he cross rated from Parachute Rigger to Hospital Corpsman and has hit the deck-plates running. Talking and interacting with him, you would never know that he cross rated unless he told you. He has taken over as the assistant leading petty officer in the Intensive Care Unit, one of, if not the most, demanding units at a hospital.”





## NOVEMBER AWARDS

### DEFENSE MERITORIOUS SERVICE MEDAL

Capt. Daniel Kirkwood  
 Capt. Mary Perdue  
 Cmdr. Julie Hillery  
 Cmdr. Kathleen Hinz  
 HMCM (SW/FMF) Donald True

### NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Ralph Bradeen  
 Cmdr. Rachel Burke  
 Cmdr. James Pittman  
 Lt. Cmdr. Penelope Heiges  
 Lt. Cmdr. James Nederostek  
 Lt. Cmdr. Michelle Walters  
 Lt. Jaclyn Fischer  
 Lt. Christopher Parks  
 Lt. j.g. Matthew Lawson  
 HMCM (FMF) Christopher Cain  
 SHCS (SW) Angela Crawford  
 HMC Lesley Collins  
 HMC (SW) Maria Decena-Taylor  
 HM1 (EXW) Brittany Brinkley  
 HM1 (SW/AW) Christina Guralny

### NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Shannon Reeve  
 Lt. Derek Maier  
 Lt. Christopher Sutherland  
 Lt. j.g. Sandra Baxter  
 Lt. j.g. Blake Debooth  
 Lt. j.g. Bryan Hennen  
 Lt. j.g. Saheed Lateef  
 Lt. j.g. Jennifer Motzkus  
 Lt. j.g. Ryan Richards  
 Lt. j.g. Samuel Sours  
 Lt. j.g. Jennifer Souvannavong  
 Lt. j.g. Jennifer Zeigler  
 Ensign Sarah Alexander  
 CS1 Bryant Alvarez  
 HM1 Joy Chipimarquez  
 CS1 Carl Files  
 HM1 (FMF) Alan Louis  
 LS1 Cleavon McDonald  
 HM2 (AW) Lindsey Pruett

ABH2 (AW/SW) Michael Rydberg  
 HM3 (FMF) Ky Amos  
 HM3 Jasmine Cooper  
 HM3 Larrisa Cooper  
 HM3 Ryan Deneau  
 HM3 Beverly Nelson  
 HM3 Van Nguyen  
 HM3 Alvin Ochieng  
 HM3 Nathan Robinson  
 HM3 Niko Salvador  
 HM3 Michelle Williams  
 HM3 Rodwin Williams  
 HN Joseph Biagioni  
 HN David Castro  
 HN Alicia Norcross

### MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

Lt. Derek Maier  
 Lt. Christopher Parks  
 Lt. j.g. Blake Debooth  
 Lt. j.g. Matthew Lawson  
 Lt. j.g. Ryan Richards  
 Lt. j.g. Samuel Sours  
 Lt. j.g. Jennifer Souvannavong  
 Lt. j.g. Jennifer Zeigler  
 Ensign Sarah Alexander  
 HM1 Joy Chipimarquez  
 HM1 Alan Louis  
 HM2 Lindsay Pruett  
 HM3 Ky Amos  
 HM3 Larissa Cooper  
 HM3 Marcus Kennedy  
 HM3 Beverly Nelson  
 HM3 Alvin Ochieng  
 HM3 Kenneth Stanton  
 HN Christopher Allen  
 HN Jeremy Andrews  
 HN Shawn Caldwell  
 HN David Castro  
 HN Matthew Hagemann  
 HN Julian Hall  
 HN John McCorkle  
 HN Jacob Olson  
 HN Patrick Shaughnessy

## SHIPMATE OF THE MONTH



Photo by MCC (SW/AW) Leslie Tomaino

PS3 SERGHEI BLOHIN, DFA  
 HM3 DARIUS SMITH, DPE  
 HN JUNE CRISOSTOMO, DPC  
 HN SARAH FONTAINEBROOKS, DMS  
 HN KIONNA WATSON, DSS

HN ERRIS WHITE, DMH  
 HN KAITLIN TRIGG, DNS  
 ABHAN JASMINE TWINE, DQM  
 HA ANTHONY CORTEZ, DPHS  
 HA WILLIAM SANCHEZ, DCSS

## NOVEMBER MENTOR OF THE MONTH

As assistant division officer for wards 4J/4H, Lt. j.g. Lachean R. Petty takes care of any staffing needs or concerns, ensures assigned training and tasks are completed, scheduling, ensures collateral duties are completed, takes care of staff administrative issues while mentoring and guiding to her Sailors.

The former HMC came to Naval Medical Center Portsmouth in August 2011, after she attended Norfolk State University as a Medical Enlisted Commissioning Program student. She served at Naval Branch Health Clinic Bahrain previously.

"I have great mentors who inspire and motivate me," said Petty. "They have provided me with the guidance and tools that I need to be successful. If it were not for them, I would not be where I am today and because of this, I have a desire

to mentor and help others because someone helped me."

"I think to be a good mentor you must always make time to provide mentorship



Photo by MC1 (SW/AW) Steven J. Weber

and guidance," Petty added. "A positive attitude is required."

She feels the mentorship program is beneficial to the mentor because it provides an opportunity to mentor different people and give them the opportunity to interact with other mentors. Sharing ideas helps them become a better mentor.

The program is beneficial to the mentee because it's a resource career and life decisions, providing the tools and guidance they need to become successful.

*Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under "M" to learn more and join the Mentor Program today. Everyone is welcome.*