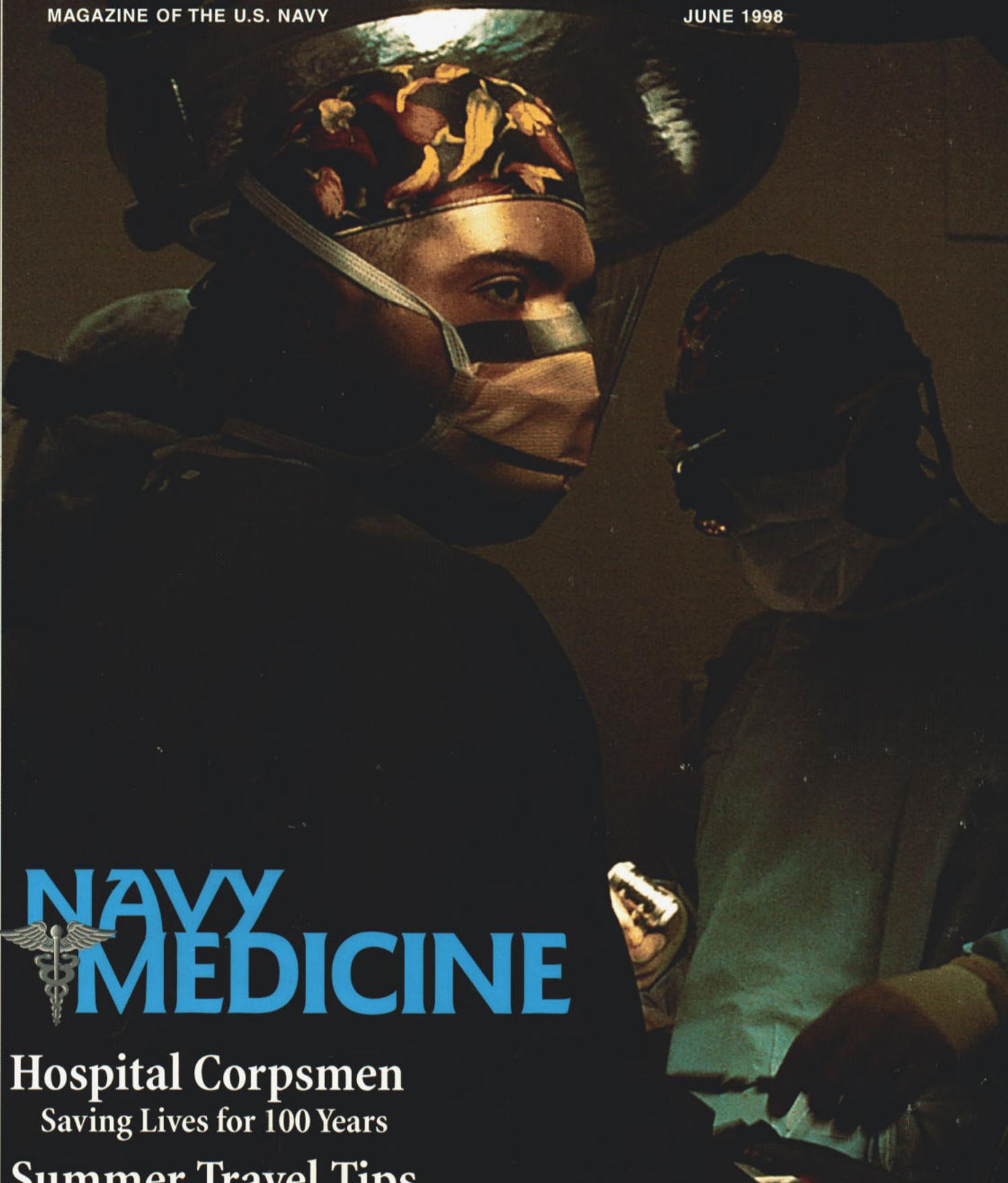


ALL HANDS

MAGAZINE OF THE U.S. NAVY

JUNE 1998



NAVY MEDICINE

Hospital Corpsmen
Saving Lives for 100 Years

Summer Travel Tips

ALL HANDS June

Number 974

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BUMED Archives

With undaunted courage and fierce determination Navy Corpsmen have treated Sailors and Marines for 100 years.

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Courtesy of Disney World

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DT3 Colon Melendez, a surgical technologist assigned to the National Naval Medical Center, Bethesda, Md., assists during oral surgery. Photo by PHAN Lena Gonzalez.

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ALL HANDS

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<http://www.chinfo.navy.mil/navpalib/allhands/ah-top.html>





Tradition. *Va*



An apothecary (petty officer first class) treats a shipmate aboard USS *Boston* in 1888.

Photos Courtesy of BUMED Archives

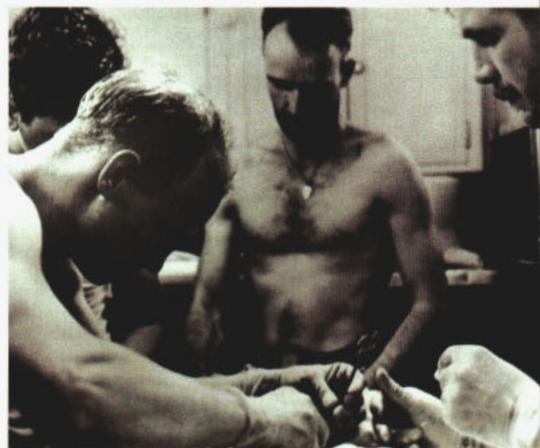
For 100 years, tradition, valor and sacrifice have marked the history of the U.S. Navy Hospital Corps. Since 1898, hospital corpsmen have cared for wounded and sick Sailors and Marines. Their continuous dedication to saving the lives of their patients, frequently at the risk of their own, has earned them accolades at sea and on land through every war and conflict of the 20th century.

Prior to the establishment of the Hospital Corps, enlisted personnel assisted the ship's surgeons in caring for the sick. Junior and senior medical department personnel changed rating names several times between 1775 and 1898, using colorful titles at each phase. The name "loblolly boy," one who carried loblolly or porridge to the sick, was used until the Civil War when it was replaced by "nurse." In the 1870s the name "nurse" was retitled "bayman," because the Sailor worked in sick bay. Senior personnel were known as surgeon's stewards and later as apothecaries.

By the late 1800s, the Surgeon General of the Navy advocated a new system of

Pharmacist's Mate First Class Thomas Moore performs an appendectomy in the wardroom of USS *Silversides* in enemy waters, December 1942.

Two other hospital corpsmen performed successful appendectomies under similar circumstances during World War II.



lor. Sacrifice.

Hospital corpsmen celebrate 100 years of service.

U.S. NAVY MEDICAL ALMANAC

TOTAL ACTIVE DUTY MEDICAL FORCE:

37,364

Doctors: 4,018

Nurses: 3,214

Hospital Corpsmen (total):

23,309

◦ Independent duty corpsmen:

1,379

◦ Corpsmen stationed

aboard ship: 748

◦ Corpsmen attached to Fleet

Marine Force: 4,444

Dentists: 1,331

Dental Technicians: 2,899

◦ Dental Technicians stationed

aboard ship: 267

Medical Service Corps Officers:

2,593

MEDICAL STATS (1997)

Pints of blood donated per year:

9,457

Live births in Navy hospitals:

19,102

Average in-patient stay (1990):

4.43 days

Average in-patient stay (1997):

3.18 days

Eyeglass prescriptions filled:

418,118

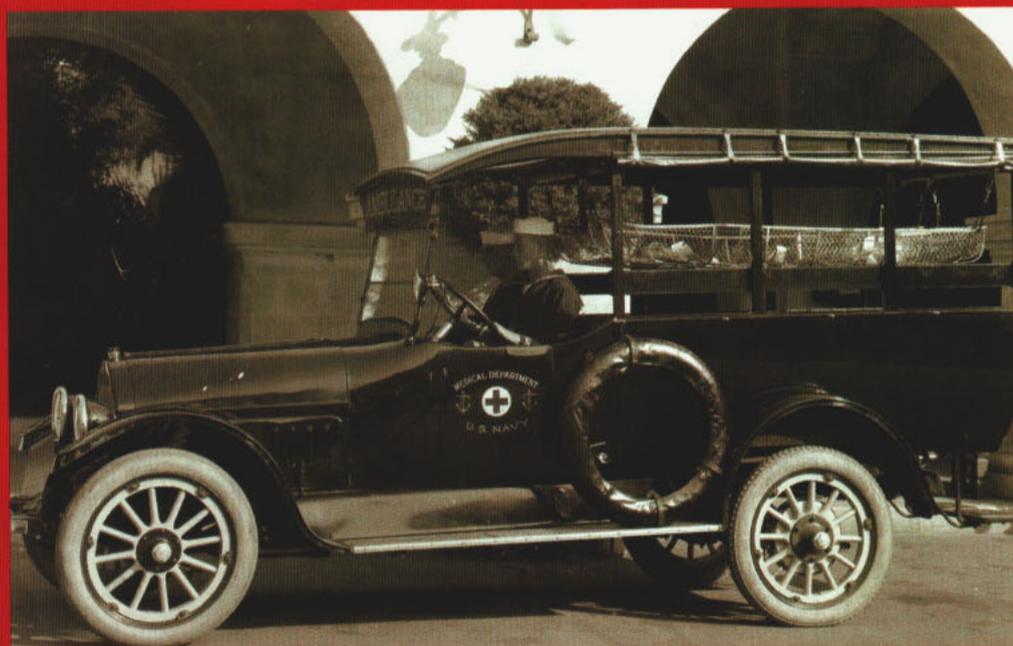
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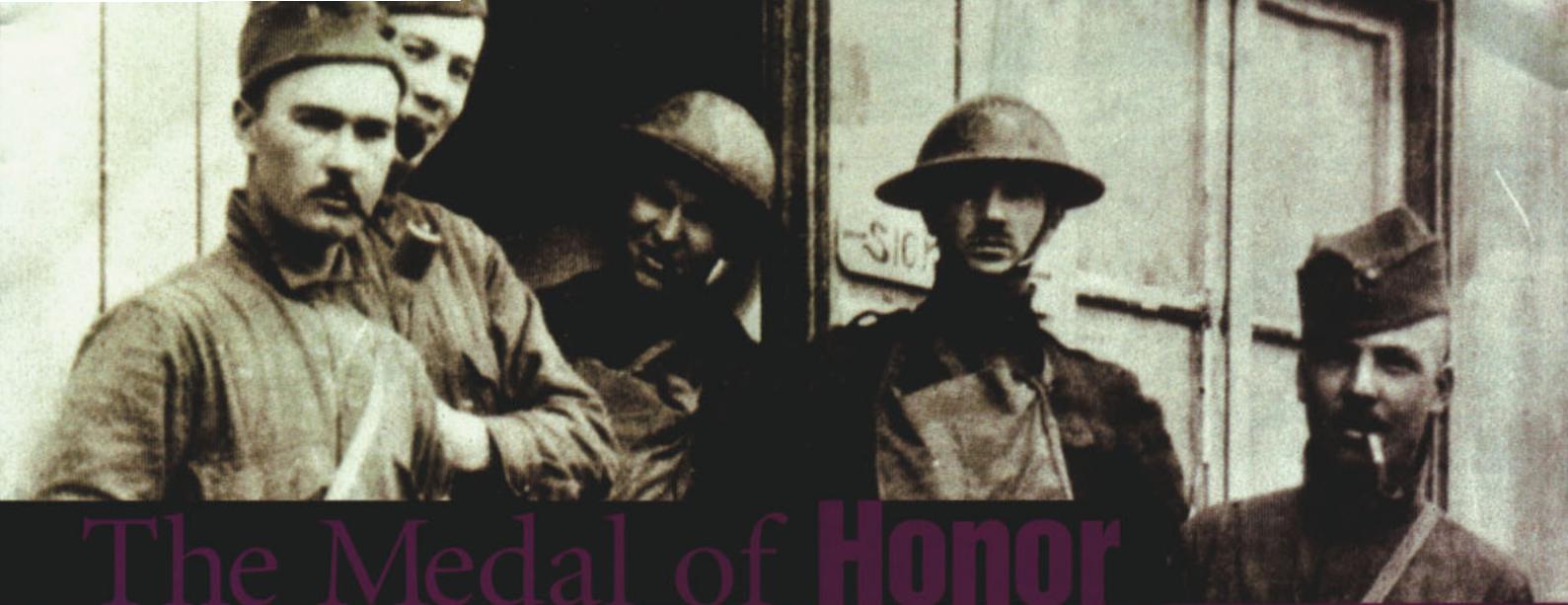
employing medical department Sailors. Rather than assigning one of the crew out of necessity, as was done with many loblolly boys and baymen, a trained group of volunteers was advocated. Based on the model of the Army's Hospital Corps, the Navy would seek recruits, pay them better, and train them uniformly. This plan was adopted during the Spanish-American War when President William McKinley signed into law a bill establishing the Navy Hospital Corps, June 17, 1898.

The early history of the corps set a pace of conspicuous service that continues to the present. During the 1900 Boxer Rebellion in Peking, China, Hospital Apprentice Robert Stanley volunteered for the dangerous mission of running message dispatches under fire. For his bravery, Stanley became the first in a long line of hospital corpsmen to receive the Medal of Honor. Five years later, when USS *Bennington's* boiler exploded in San Diego harbor on July 21, 1905, Hospital Steward William Shackette was badly burned along with almost half the crew. Although seriously hurt, he rescued and treated many of his shipmates. He too was given the Medal of Honor.

Within a few short years, the Hospital Corps would face the rigors of combat with the Marines in World War I. Through machine gun fire and mustard gas, hospital corpsmen treated more than 13,000 casualties in France. This group of 300 Sailors would earn two Medals of Honor, 55 Navy Crosses, 31 Army Distinguished Service Crosses and 237 Silver Stars. Their 684 personal awards would make them the most decorated American unit in World War I. "There were many heroes who wore the insignia of the Navy Hospital Corps," noted a Marine Corps regimental commander at Belleau Wood where 4,600 Marines fell to enemy fire.

Naval Hospital San Diego's ambulance, manned by hospital corpsmen, in the 1920s.





The Medal of Honor

The Medal of Honor was established by a Joint Resolution of Congress on July 12, 1862, and later amended by Congress in 1918 and 1963.

The award is presented by the President, on behalf of Congress, to any person whose actions exhibit a level of personal bravery or self-sacrifice so conspicuous as to clearly distinguish that individual above his comrades. These actions must have involved risk of life, above and beyond the call of duty, while engaged in an action against an enemy of the United States or during other situational armed conflicts.

The medal was originally awarded to petty officers, seamen, landsmen and Marines. Officers were not eligible until March 3, 1915, but some awards were made retroactive to earlier campaigns. An act of Congress on Aug. 7, 1942, established the Medal of Honor as a combat award only. It is the highest award for gallantry that the United States bestows.

Photo above: Hospital corpsmen in front of an aid station near Verdun, France, April 1918. A total of 300 medical Sailors served with the Marines in France. They earned 684 personal decorations, making them the most decorated American unit of World War I.

Hospital Corps and Medical Personnel awarded the Medal of Honor:

Pharmacist's Mate 1st Class John H. Balch
 Hospital Corpsman 3rd Class Donald F. Ballard
 Hospital Corpsman 3rd Class Edward C. Benfold
 LT Joel T. Boone, MC
 Hospital Apprentice 1st Class Robert E. Bush
 Hospital Corpsman 3rd Class Wayne M. Caron
 Hospital Corpsman 3rd Class William R. Charette
 Hospitalman Richard D. Dewert
 Surgeon Middleton S. Elliott
 Pharmacist's Mate 2nd Class William D. Halyburton, Jr.
 Hospitalman Francis C. Hammond
 Hospital Apprentice 1st Class David E. Hayden
 Hospitalman John E. Kilmer
 Surgeon Cary D. Langhorne
 Hospital Apprentice 1st Class Fred F. Lester
 LCDR Alexander G. Lyle, DC
 Hospital Apprentice Fred H. McGuire
 LTJG Weedon E. Osborne, DC
 LT Orlando H. Petty, MC
 Pharmacist's Mate 1st Class Francis J. Pierce
 Hospital Corpsman 2nd Class David R. Ray
 Hospital Steward William S. Shacklette
 Hospital Apprentice Robert H. Stanley
 Pharmacist's Mate 2nd Class George E. Wahlen
 Pharmacist's Mate 3rd Class Jack Williams
 Pharmacist's Mate 1st Class John H. Willis
 Hospital Apprentice 1st Class William Zuiderveld

DENTAL STATS (1997)

Fillings: 539,790

Root canals: 28,185

Teeth pulled: 169,239

Reconstructed teeth: 24,182

Dental exams: 2,482,387

X-rays: 1,166,700

Cleanings: 354,899

Sealants: 191,409

Periodontal procedures:
2,110,897

Dentures: 7,682

TOP 5 REASONS PATIENTS ARE ADMITTED TO NAVAL HOSPITALS:

1. Baby deliveries
2. Knee procedures
3. Uterine procedures
4. Chest pain
5. Digestive disorders.

Source: BUMED



Hospital corpsmen also set an exceptional record of valor in World War II. They worked in hospitals and hospital ships all over the world, set up beach aid stations in Italy and Normandy, bandaged kamikaze survivors at sea, and dodged bullets and shells during the bloody island campaigns in the Pacific. Their initiative and skill was noteworthy. Pharmacist's Mate First Class Wheeler Lipes, Harry Roby and Thomas Moore each performed a successful appendectomy, without the aid of a physician, while aboard submarines in enemy waters.

Pharmacist's Mate Second Class John H. Bradley's heroism with the 28th Marines on Iwo Jima is typical of acts repeated by hospital corpsmen throughout the war. Bradley rushed through a mortar barrage and heavy machine gun fire to aid a wounded Marine. Although other men from his unit were willing to help, Bradley motioned them to stay back. Shielding the Marine from fire with his own body, the hospital corpsman administered a unit of plasma and bandaged his wounds. He then pulled the man 30 yards under fire to safety.

Bradley was awarded the Navy Cross for his valor, but it was another courageous act that would put him in the history books. Days later, he and five Marines were captured in Joe Rosenthal's famous photograph of the second flag raising on Iwo Jima's Mt. Suribachi. This image has been reproduced perhaps more than any photo in history. It was the model for the Marine Corps War Memorial in Arlington, Va., and made Bradley the first U.S. Navy Sailor to appear on a postage stamp. But Bradley's heroism was not an isolated act. In World War II, the Hospital Corps would earn seven Medals of Honor, 66 Navy Crosses, 465 Silver Star Medals, and 982 Bronze Star Medals, as well as countless other commendations and debts of gratitude.

Although the U.S. commitment to the Korean War was limited, 30,064 Marines and Sailors were killed or wounded. As in previous conflicts, hospital corpsmen distinguished themselves. All five enlisted Navy Medals of Honor for the Korean War were awarded to members of the Hospital Corps. One of those awardees, retired HMCM(SS) William Charette, reflected years



Rushing a casualty to triage from a CH-53 helicopter. Hospital corpsmen served with fleet hospitals and with Marine Corps units in the Persian Gulf War, 1990-1991.

Women entered the Hospital Corps in World War II as WAVES (Women Accepted for Volunteer Emergency Service). A separate school was established in 1944 to train them in Bethesda, Md.

later on his pride in being a hospital corpsman in Korea. "It's amazing that somewhere there are some people walking around that wouldn't be here unless we had been there."

In Vietnam, hospital corpsmen played a critical role in aiding the 70,000 Navy and Marine Corps casualties. At station hospitals in Saigon and Da Nang, aboard hospital ships offshore, with medical battalions and in the field with Marines, hospital corpsmen ensured the best possible care for the wounded, often at the risk of their own lives. When an enemy grenade landed near HM3 Donald Ballard and several casualties, he covered the grenade with his body to save his Marines' lives, earning him the Medal of Honor. "My job was needed," Ballard said recently. "I felt good about it." Bravery earned hospital corpsmen 450 combat decorations in Vietnam, but not without a cost. The Hospital Corps lost 638 of their own.

Hospital corpsmen continued to serve in peace, in war and in situations that straddled that line during the 1980s. They treated gunshot and shrapnel wounds in Beirut in 1983, when a peacekeeping mission escalated into a shooting war. Of the 18 hospital corpsmen in the Marine Battalion Landing Team Headquarters building on October

23, only 3 survived the truck bombing which killed a total of 241 Americans. Days later, other hospital corpsmen would participate in the invasion of Grenada. In the Persian Gulf, independent duty hospital corpsmen would care for casualties aboard USS *Stark* in 1987, USS *Samuel B. Roberts* in 1988 and in Panama in 1989.

Iraq's 1990-91 invasion of Kuwait again provided challenges for the Hospital Corps. Corpsmen around the globe reacted as their ships, stations and Marines deployed or prepared to receive casualties. Their numbers were augmented by 6,739 Naval Reserve hospital corpsmen who were recalled to active duty. The first Purple Heart awarded to a Sailor in the Persian Gulf War was given to a hospital corpsman.

While technology and equipment have changed through the years, today's hospital corpsmen continue to epitomize the tradition, valor and sacrifice displayed by corpsmen during the past century. As in the past, dedication to duty and devotion to their patients remains hospital corpsmen's greatest asset.

Happy 100th Birthday Hospital Corps.

Hacala is assigned to the Bureau of Medicine and Surgery, Washington, D.C.



U.S. NAVY MEDICAL ALMANAC

NAVY MEDICAL FACILITIES

Naval Medical Hospitals: 29

Stateside Naval Hospitals:

Beaufort, S.C.
Bremerton, Wash.
Camp Lejeune, N.C.
Camp Pendleton, Calif.
Charleston, S.C.
Cherry Point, N.C.
Corpus Christi, Texas
Great Lakes, Ill.
Groton, Conn.
Jacksonville, Fla.
Lemoore, Calif.
Millington, Tenn.
Newport, R.I.
Oak Harbor, Wash.
Patuxent River, Md.
Pensacola, Fla.
Twentynine Palms, Calif.

Naval Medical Centers

Bethesda, Md.
Portsmouth, Va.
San Diego, Calif.

Overseas Naval Hospitals:

Guam
Guantanamo Bay, Cuba
Keflavik, Iceland
Naples, Italy
Okinawa, Japan
Roosevelt Roads, Puerto Rico
Rota, Spain
Sigonella, Italy
Yokosuka, Japan

Source: BUMED



Commb

Ready!

Reconn Corpsmen: Warriors, Medics, Heroes



HM2 (DV/FMF/PJ) Steve Markham carries a wounded team member to safety as the patrol exfiltrates to a safer position.

Photo by J01 Rodney Furry

They are the few and the proud, but they're not Marines. They're the Navy's Special Amphibious Reconnaissance Corpsmen.

These elite hospital corpsmen are integral members of a Marine Corps reconnaissance team. While they may look and act like Marines, they are Navy hospital corpsmen and their primary mission is to provide advanced trauma management in a hostile environment.

"It takes a special breed of corpsman to qualify as a reconn-corpsman," said Chief Hospital Corpsman (DV/FMF/PJ) Robert B. Fitzgerald, the senior medical department representative at the 1st Force Reconnaissance Company, Camp Pendleton, Calif.

"Reconnaissance Corpsmen are a cut above the rest. We not only have to be militarily and tactically proficient, we have a stronger dedication to duty," added Fitzgerald.

The 22 senior corpsmen and 72 junior corpsmen who make up the Special Amphibious Reconnaissance Corpsman teams must undergo an arduous training

program. The training includes Marine Corps Basic Reconnaissance Training, Army Basic Airborne School, Marine Corps Combatant diver school, the Navy's Amphibious corpsmen training (which teaches hyperbaric medicine) and six months of Joint Special Operations Medical training.

Once fully trained, the corpsmen become a member of a Marine Corps platoon. That platoon depends upon the corpsman's ability to think and react quickly in combat and in other critical situations.

"It's not like a normal hospital corpsman job," said HM2(DV/FMF/PJ) Steve Markham, assigned to the 1st Force Reconnaissance Company, Camp Pendleton, Calif. "We're corpsmen and we're the ones who take care of the medical needs of the platoon, but we also have duties as Marines."

As a members of the platoon, the reconn corpsmen push themselves everyday — physically and mentally — to ensure the tip of the spear remains sharp.

"We are right in the fight along with the Marines," said Fitzgerald. "We are there to provide medical service but we are also a member of the team, maybe the point man or the radio operator. We may look and act like Marines, but we are Sailors — always," said Fitzgerald.

Rosenthal is the publishing division officer, Naval Media Center, Washington, D.C. Furry is a San Diego-based photojournalist assigned to All Hands.

Photo by J01 Rodney Furry

at

By LT Edie Rosenthal



Staff Sgt. Brian A. Plummer watches the team's perimeter as corpsmen pause during a patrol exercise to give care to a wounded team member.



Scrub

UP

By LT Edie Rosenthal

Surgical Techs: A Vital

They're affectionately called "scrubs" and "circulators" by other hospital staff, but don't let these simple nicknames mislead you. The responsibilities of the Navy's surgical technologists are immense.

Surgical technologists serve Navy and Marine forces in a variety of vital roles both ashore and at sea. Although the responsibilities for surgical techs are diverse, these special hospital corpsmen and dental technicians thrive in the operating room (OR).

"Circulators," or circulating technologists, procure and deliver needed supplies to the surgical team while "scrubs," or scrub technologists, directly assist surgeons in the OR.

"Surgical technologists need to know the operating procedure the surgeon is going to perform," said Hospital Corpsman 2nd Class (FMF) Roger Teel,

enlisted specialty leader assigned at the Naval School of Health Sciences, Bethesda, Md. "We have to anticipate the surgeon's every move."

"The ability to anticipate a doctor's moves and a meticulous attention to detail make surgical techs an invaluable member of the surgery team," said CAPT Patricia Buss, a Navy surgeon assigned to the Navy's Bureau of Medicine and Surgery.

Surgical technologists are one of the largest specialties within the hospital corps, with 835 hospital corpsmen and 106 dental technicians serving worldwide.

Whenever and wherever Sailors and Marines are called upon for duty, surgery technologists are there to render medical assistance.

"Whether on board ship or in the field with the Marines, surgery technologists are up to the challenge of working with any trauma, any time. Helping our fellow shipmates and Marines who need medical assistance," said Teel.

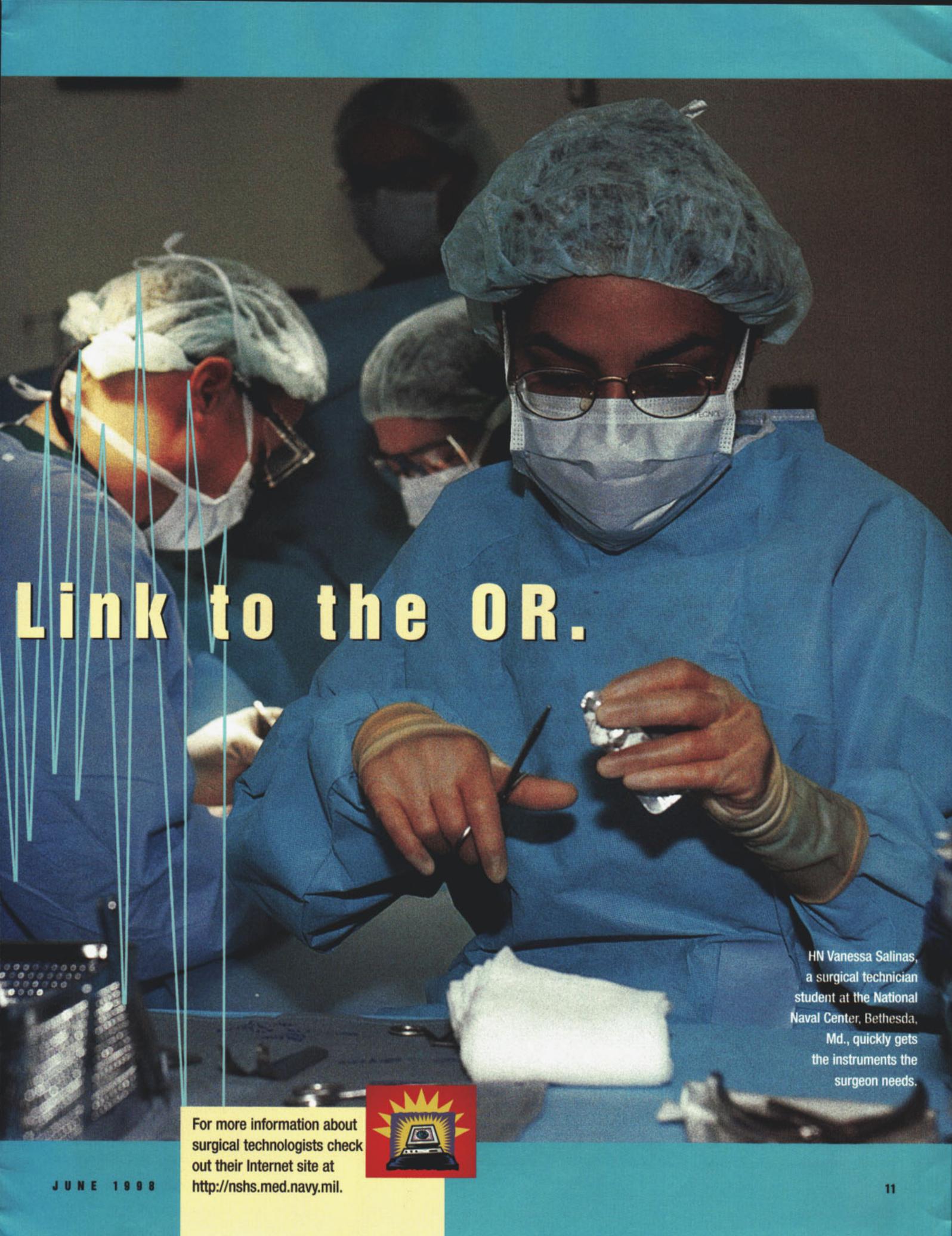
Rosenthal is the publishing division officer, Naval Media Center, Washington, D.C. Gonzalez is a photographer's mate assigned to All Hands.

2nd LT Elizabeth Lore adjusts the overhead light to help surgeons CDR Gary Ketron (left) and LCDR Allison Coste in the OR.



Photo by PHAN Lena Gonzalez

Photo by PHAN Lena Gonzalez



Link to the OR.

HN Vanessa Salinas, a surgical technician student at the National Naval Center, Bethesda, Md., quickly gets the instruments the surgeon needs.

For more information about surgical technologists check out their Internet site at <http://nshs.med.navy.mil>.





By LT Edie Rosenthal

Mending the Wounds

Navy Morticians Help Families Pick Up the Pieces

Having the words “deceased” and “funeral” in their job description

would make the average Sailor cringe, but for the Navy’s 18 full-time

morticians, it’s all in a day’s work. “

When most people hear that I’m a mortician they are either intrigued and want to

know more about my job, or they say ‘that’s interesting’ and kind of look away,” said Hospital Corpsman 1st Class William Montague, a six-year veteran serving at Naval Medical Center Portsmouth, Va.

“Someone told me once they were surprised my hands were warm when I shook their hand,” continued Montague, “I guess they thought that since I worked with dead people that my hands would be cold.”

There is nothing more chaotic than the eruption of death into one’s life, and the Navy’s morticians provide an invaluable service to grieving families. Stationed worldwide, Navy morticians pride themselves in helping create meaningful ceremonies to honor those who have died, while also meeting the emotional needs of family and friends through counseling.

“It’s extremely satisfying knowing that you’ve helped a family during a very difficult time either financially or emotionally by letting them know their benefits,” said Montague.

“Last year, Navy morticians assisted with 396 funerals for active-duty Sailors and Marines, as well as 851 requests for burials-at-sea,” said Montague, who is the enlisted specialty advisor for Navy morticians.

“Unlike a large city where the funeral director probably wouldn’t know the deceased and their family, a mortician at a hospital or Navy base may personally know the deceased,” added HMC James Gorham, who has been a Navy mortician for 14 years, and is assigned to the Navy Mortuary Affairs section of Military Medical Support Office, Great Lakes, Ill.

“We are professionals,” said Gorham, who worked as a mortician for 12 years prior to joining the Navy. “We have to be compassionate and sympathetic without getting emotionally involved.”

Being a mortician isn’t a job for everyone. In fact, it is extremely difficult to join the Navy as a mortician. Navy morticians must be fully licensed with two years of experience before joining the Navy. But most importantly, the Navy’s morticians must display a strong sense of compassion, inner strength, warm hands and warm hearts.



Illustration by David Chapman

Rosenthal is the publishing division officer, Naval Media Center, Washington, D.C.

By JOSN Phillip C. Hall

Solitary Man

Sub IDCs go it alone to keep the crew healthy

the independent duty corpsman (IDC) aboard a submarine serves at the tip of the spear. As the lone hospital corpsman aboard the boat, he may not only be miles away from the nearest medical facility but hundreds of feet beneath the sea when a medical emergency occurs.

"That's one thing that makes the mission of the submarine IDC different from that of the general duty corpsman, said Hospital Corpsman" Chief (SS) Joseph Steward. "An independent duty corpsman is taught to take care of any medical problem that may come up aboard ship."

Steward, who has served as an IDC aboard two submarines, said that diagnosis is only part of a submarine IDC's job. He must also record patient medical histories, do physical exams and perform basic laboratory studies. This is accomplished without the help of an assistant or a computer.

"We do [lab analysis] all by hand using hand counters to count blood cells," he

said. Steward added that after the tests are done, he routinely does research to ensure proper diagnosis.

According to Steward, another important aspect of the submarine IDC's training is radiation health. In today's nuclear Navy, he must accurately document radiation exposure and forward the information to command authorities such as the Navy's Bureau of Medicine and Surgery or Naval Sea Systems Command.

Preventive medicine is how an IDC keeps the crew healthy and ready to fight. Steward routinely inspects the galley, all food-preparation areas, the mess decks, the heads and berthing spaces.

"It's part of making sure the environment the [crew] has to live in is clean," said Steward.

As well-prepared as the IDC is for medical emergencies aboard the boat, the forward-thinking submarine squadron medical team does have contingency plans to assist the IDC.

"Most likely events will exceed equipment and resources available to the IDC

rather than his skill and ability," said LCDR (Dr.) Robert Sawyer of the Naval Undersea Medical Institute.

HMI(SU/SW) Guillermo Venegas who serves as an IDC on board USS *Trepang* (SSN 674), concurs with Steward about the responsibility of IDCs.

"To become an IDC, you have to be smart and able to think on your own," said Venegas. "But, to be a good IDC, you have to be compassionate, too."

Hall is assigned to the public affairs office, Submarine Base New London.



Eject... Eject

It's a call every Navy squadron prays it never receives. It's the type of call Navy emergency rooms prepare for every day. On March 31, 1998, the call came in.

An S-3B *Viking* aircraft assigned to Sea Control Squadron (VS) 41, San Diego, had crashed off the coast of Southern California during a routine training mission. Four Sailors had ejected and were in the water. Search and rescue (SAR) helicopters were in the air.

That was it. That was all they knew as the Emergency Department at Naval Medical Center San Diego went on full alert.

Within minutes, ambulances were dispatched to the hospital's helo pad to await the arrival of the aircrew.

In the emergency room (ER), a special trauma response team, headed by CAPT William Roberts, the ER department chairman, began to take shape.

"With the advance notice we had," Roberts said, "we were able to assemble a multi-disciplinary team made up of

emergency physicians, nurses, corpsmen and surgeons."

It was already a busy day in the ER, with every bed filled, but the staff worked quickly to make room for four more inbound patients.

The doctors were prepared to face three major areas of concern. The first was any major injuries to the aircrew, including internal trauma, caused by the sudden and explosive ejection from the aircraft. They must be ready to treat injuries ranging from lacerations to broken bones to severe damage to vital organs such as the lungs, heart or kidneys.

The second was hypothermia. No one knew how long the men had been in the water. Prolonged exposure, even in waters off Southern California, would lower the men's body temperatures and send them into severe shock.

The third was water aspiration, a

By JO1 Joe Parker

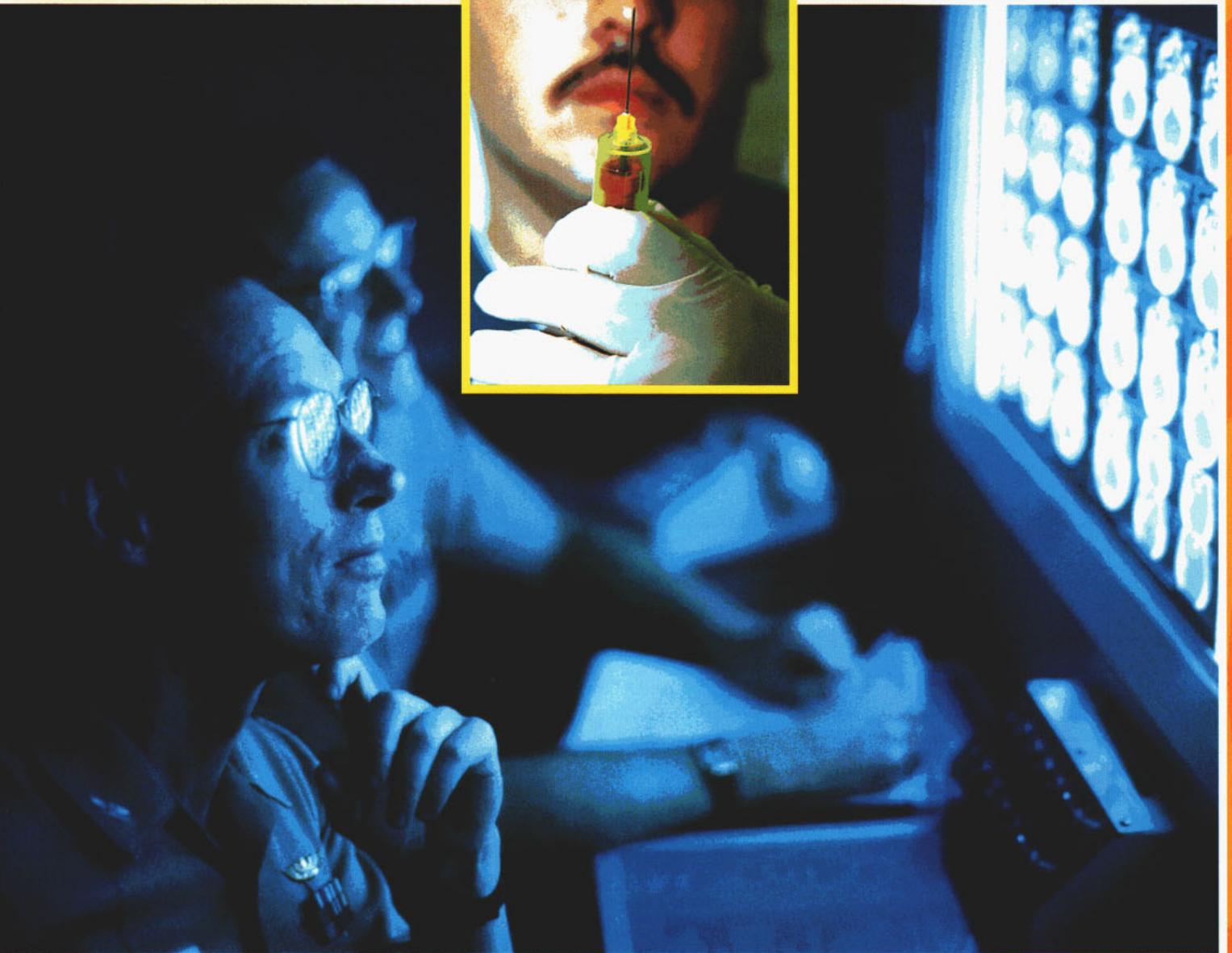
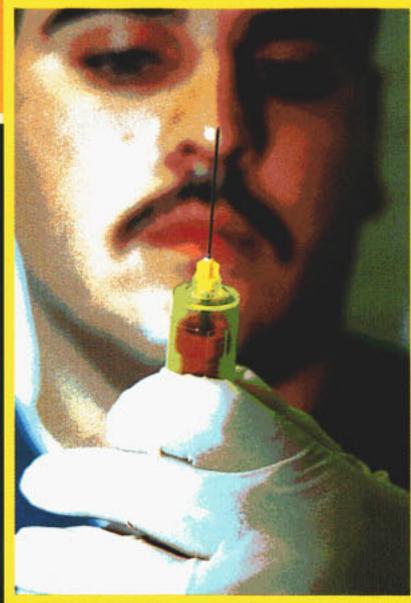
st Eject!

Navy Medicine goes on red alert.

Emergency personnel rush an aircrew member from the downed S-3B *Viking* to the medical center's emergency room following an at-sea rescue off the coast of Southern California.



An emergency medical technician (EMT) prepares the proper dosage of medication for injection.



Photos by JOI Jise Parker

Doctors review the results of the MRI.

For Sailors worldwide, it's comforting to know that Navy medical personnel are ready, no matter what the situation.

“It was an inspiring situation to watch as all three critical elements of the ER came together.”

HM2(SW/FMF) Roberto Rodriguez

condition where water is ingested into the lungs, causing the victim to continue to drown even after having been pulled from the water. It can occur to unconscious victims even when wearing life vests.

As the physicians reviewed plans to handle any contingency, the radiology department worked quickly to provide extra technicians and portable x-ray while units they readied the CAT scanners for immediate use.

Elsewhere, the hospital's laboratory prepared to provide rapid turnaround on blood tests, while patient administration was ready to smooth the admissions process.

A chaplain stood by hoping beyond hope that his services would not be needed. Throughout the medical center, people and equipment were ready for the worst. Minutes later, the ambulances arrived.

As the four aircrewmen were rushed into the ER, each received an immediate trauma evaluation from the waiting teams of emergency physicians, nurses and hospital corpsmen.

Initial examinations were completed and a feeling of relief spread throughout the team's members. This aircrew on this day had been lucky. The ER team had been ready for a life-or-death situation, but they found only minor injuries.

“The teams responded extremely well,” said Roberts. “I don't think I could have asked for a better response.”

“We go through a lot of skills training, mock codes and drills to make sure we're ready for situations like this,” said Hospitalman Jennifer Young, who was with the first ER ambulance crew to meet the incoming search and rescue heli-

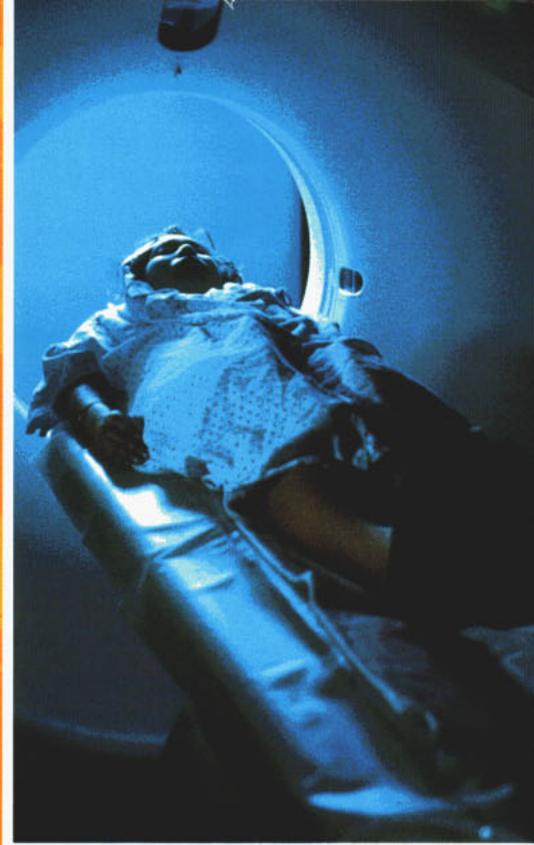
copters. “This was a case where my Navy training really paid off,” she added.

“It was an inspiring situation to watch as all three critical elements of the ER came together,” said HM2(SW/FMF) Roberto Rodriguez, a leading petty officer in the emergency department. “The nurses, doctors and corpsmen worked together as one team to achieve the ultimate goal, which is saving lives.”

“We were standing by,” Roberts added, “ready to assist when their training mission took these four gentlemen in harm's way.”

For Sailors worldwide, it's comforting to know that Navy medical personnel are ready, no matter what the situation.

Parker is a journalist assigned to the public affairs office, Naval Medical Center San Diego.



Magnetic resonance imaging (MRI) is a non-invasive procedure designed to give doctors a complete inner-picture of the patient. Unlike a standard x-ray, the MRI gives a three-dimensional image of the affected area.

Ambulances are equipped with vital life-saving devices such as defibrillators, respirators and oxygen cannisters to keep a patient stable while in transit as well as monitoring equipment to provide a steady flow of information to the emergency room awaiting the patient's arrival.



By JO2 Jeremy Allen

Navy's newest medical breakthrough cuts risk of tissue rejection

You wake up one morning and realize you just don't feel right. Your stop by sick call turns into a full-fledged examination and a lab work-up. After weeks of tests, you are informed that your kidneys are deteriorating and you need an organ transplant.

Awash with denial and fear, you remember the sad stories about those people who never found an organ donor and ran out of time. As the thoughts of transplant waiting lists, operations and

dialysis fill your head, you're interrupted by a doctor's voice saying, "There may be a better way."

A new therapy was developed and is undergoing tests by a team of Navy doctors and hospital corpsmen (HM) and their collaborators at the Naval Medical Research Institute (NMRI), Bethesda, Md. The team believes they have found a way to prevent mismatched transplanted organs from being rejected.

As part of their research, CAPT (Dr.) David M. Harlan, LCDR (Dr.) Allan Kirk, HM2 Robert L. Kampen and HM3 Justin D. Berning have transplanted purposely mismatched kidneys into rhesus monkeys and treated them with the new therapy for as little as 28 days. Up to one year later, the primates are still doing well and have had no side effects.

Photo by PH2 Joseph Gunder III

Assimili



Evolution

JUNE 1998

HM2 Robert L. Kampen, a native of New Orleans, prepares a buffer solution on the high pressure chromatograph machine. The device measures wavelengths of light to determine DNA amounts in the solution.

Photo by PH2 Joseph Gunder III



Under normal circumstances, the body detects transplanted organs as invaders. The immune system activates its defenses to destroy the invader and, if unaided, the transplanted organ is killed. By modifying the response of the body's T lymphocytes, or T-cells, the Navy research team has found a way to suppress the immune system by reeducating it to leave the organ alone.

"A T-cell is sort of like a guard," explained Kirk, principal investigator for

the Immune Cell Biology program at NMRI. "Through molecular interaction, T-cells constantly monitor the body for infection. When a new organ or skin graft, is introduced, T-cells may recognize the new organ as something foreign and order its destruction. The team's new drug blocks the "On" and "Off" switches that all T-cells have to order the attack against the new organ.

Kirk and Harlan, believe that in addition to preventing organ transplant rejection, their research may provide help for immune system illnesses ranging from hay-fever to multiple sclerosis and lupus.

"Currently, transplantation is only successful because we use potent drugs to suppress the body's immune system," said Kirk. "There are multiple drugs that have to be combined to prevent rejection. They protect the organ but they prevent the body from fighting off infection."

Navy-supported medical research efforts have influenced the civilian practice of medicine, assisted the Ministries of Health in developing nations, and provided technology for other federal initiatives.

HM3 Justin Berning, a surgical technician assigned to Naval Medical Research Institute, Bethesda, Md., inserts a fresh blood sample from a primate into the centrifuge to separate the serum from the red blood cells.



Photo by PH2 Joseph Gunder III

doing so well is because of the support we have received from the Navy," said Kirk, "and because of people like Kampen and Berning."

Kampen and Berning are the only two enlisted members assigned to NMRI's transplant research lab and are an integral part of the team's success. "I'm the molecular biology guy," said Kampen. "Without my data we can't proceed."

Working with cutting-edge technology and handling primates is just part of their duties. For Berning it's a bit more personal. "It kind of hits home because I had a grandmother who had a similar problem but I couldn't do anything about it."

This is the kind of personal approach that keeps the team working extra hard for its success. "We get letters and email everyday from people asking for our help, wondering when we're going to start our clinical trials on human patients," said Berning. "This gives you more initiative to work harder and get it done."

"I write on the board how many people died waiting for organs because we're not through," said Kirk. "I figured 10 people die every day because we're not done. I feel very responsible for every individual that can't benefit from this till we're done."

According to Kirk, a program this large normally would take years to implement if it weren't for the support of the Navy and the dedication of these two hospital corpsmen. "This is an example of the scope of the Navy," said Kirk. "The Navy offers extraordinary opportunities. We don't just protect the United States; we make living here better."

Allen is a photojournalist assigned to All Hands.

The current use of anti-rejection drugs limits the overall usefulness of transplantation during war time, explained Kirk. "If you lost a limb or organ in combat your body couldn't tolerate these traditional drugs in a combat setting.

"The major reason we're here is to give Sailors and Marines the best care possible. I envision that anyone who loses a limb could actually have it replaced with this therapy."

The team is conducting the necessary animal experiments required for this work to move on to human studies. Kirk anticipates doing the first organ transplant with this therapy in humans within the next year.

Their discovery is continually breaking new ground. "One of the reasons we are

- **Nationwide there are 55,700 PEOPLE WAITING FOR ORGANS.** Of that total, 37,000 are waiting for a kidney.
- **ONE SAILOR EACH WEEK** has a life-threatening burn in the line of duty that is ungraftable.
- **In the last five years, 250 ACTIVE-DUTY MEMBERS** have died from untreatable burns.
- **According to the United Network for Organ Sharing, which tracks organ transplant data, ALMOST 4,000 AMERICANS DIED IN 1996 WAITING FOR A COMPATIBLE ORGAN DONOR.** Thousands more suffer from anti-rejection drugs while they wait for an organ match.

For more information on NMRI's research, check out their homepage at www.nmri.nmnc.navy.mil or www.dms.o.mil/NMRDC.





By LT Edie Rosenthal & JOSN LeaVonda Battle

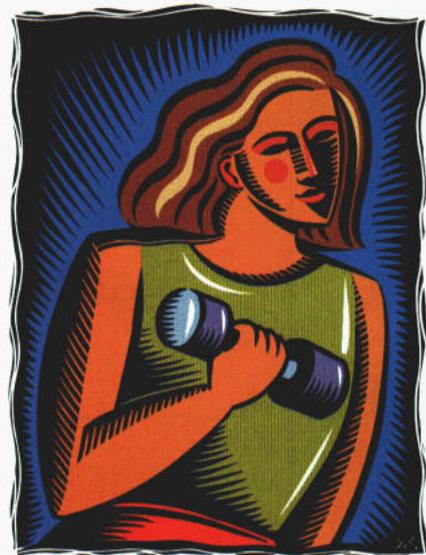
Rx for Healthy Living

Did you know ...
Most unfit people suffer from lack of energy, lack of physical strength and inability to relax and enjoy life.

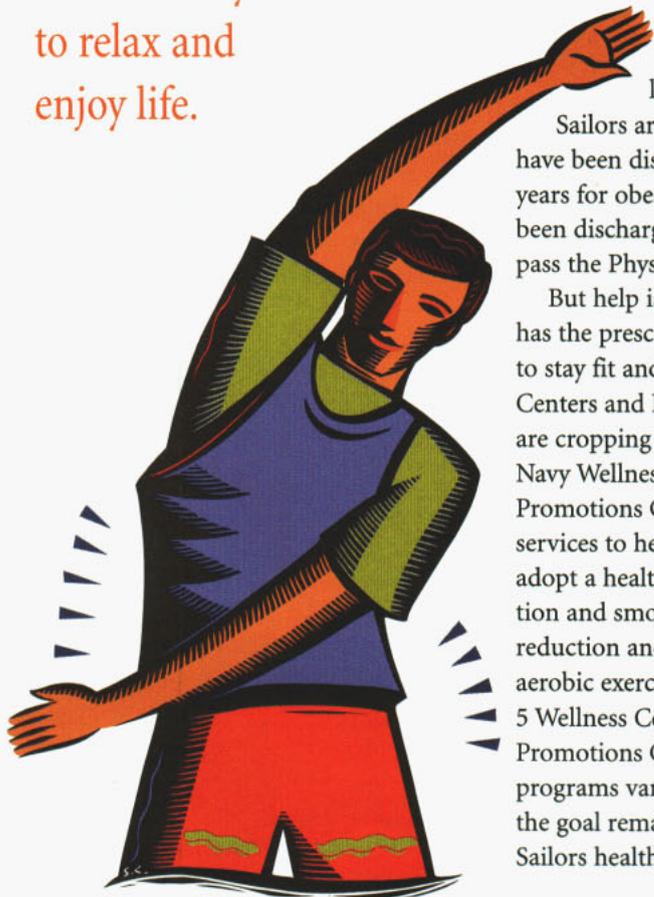
Modern medicine has eradicated many diseases and illnesses, but health problems continue to plague our society. Approximately one in five Americans suffer from high blood pressure and 76 percent are considered overweight. Despite the fact that almost a half million Americans died in the past year of smoking-related illnesses, 152,000 Sailors continue to smoke and about 63,000 use smokeless tobacco. Although

Sailors are relatively healthy, 4,192 have been discharged in the past three years for obesity, and another 1,947 have been discharged for not being able to pass the Physical Readiness Test (PRT).

But help is out there. Navy Medicine has the prescription for helping Sailors to stay fit and in the Navy. Wellness Centers and Health Promotions offices are cropping up all around the fleet. Navy Wellness Centers and Health Promotions Offices provide a myriad of services to help Sailors and their families adopt a healthy lifestyle to include nutrition and smoking cessation classes, stress reduction and low-fat meal planning and aerobic exercise programs. The Navy has 5 Wellness Centers and 35 Health Promotions Offices. Although the programs vary from location to location, the goal remains the same—to keep Sailors healthy and fit.



The latest trend is bringing Wellness Centers and Health Promotions Offices closer to the base gym or fitness center. Last May, the Navy opened its first newly constructed Wellness Center attached to the MWR fitness center at Jacksonville, Fla. “Having the facility here is a fantastic benefit for the Sailors,” said HM2 Jessie Karstedt, the leading petty officer at Naval Hospital Jacksonville Wellness Center. “Mainly because we are correlated with the Physical Training Department.” Karstedt added that the health education and training the center provides reduces heart attacks, risks for cancer and PRT failures.



What's the number 1 cause of death for women in the U.S.? Heart attacks and heart disease-related illness.

Naval Hospital Jacksonville's award-winning Wellness Center provides a full line of services, from cholesterol reduction classes to health and fitness analysis, and even offers a three-day "wellness camp."

Wellness Camp

Say the words "wellness camp" and some people envision a pricey fat farm where people go to steam away cellulite and get a rub down by a masseuse named Sven. Well, the Wellness Center at Jacksonville, Fla, doesn't have a masseuse named Sven, but it does offer its participants massage therapy as part of its three-day wellness retreat.

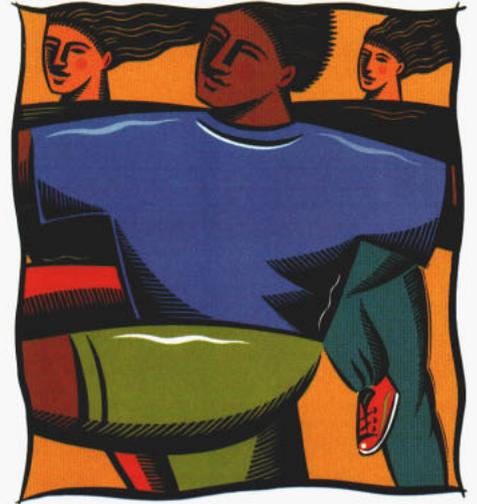
"While most people will agree that they would like to be healthier, some just don't know how to achieve that lifestyle or have been misled by the numerous myths about fitness," said CDR Debbie McKay, Director of the Wellness Center. Instead of providing a quick fix, the wellness camp offers a more holistic, mind-body approach to fitness.

"There's more to fitness and nutrition than losing ten pounds, eating a low-fat meal or exercising five times a week," said McKay. "Being fit is about living a more healthful and mindful life, 24 hours a day—from the way we work and interact with others to the way we

recreate, relax and sleep."

The Wellness Center offers a three-day wellness camp retreat twice per year. Participants undergo a full health and fitness appraisal, bodyfat testing and cholesterol screening. They participate in group aerobic activities and are treated to delicious low-fat meals prepared by local chefs. They also receive massages from local massage students. It is an experience designed to lead the participants down the road to healthier living.

According to class participant LCDR Alan Miller, Naval Hospital Jacksonville Urology Department Head, "Anytime you can learn more about taking care of yourself you have the opportunity to make your life better and that's exactly what I am doing here. The camp is teaching me what I need to change, and how to work towards that desirable goal."



For many, the wellness center brings hope—hope that they can turn around some unhealthy habits and live a healthier life.

"When I was on the ship, I would just eat whatever they served me, not thinking about the nutritional value," said SHC Gwendolyn Brown, assigned to NAS Jacksonville. "Coming from the fleet, I really enjoyed the relaxing environment of the wellness camp. It was an awesome experience. It has changed my concept of good nutrition and now I make better food choices for myself and my family."

What's the number 1 sport in America?

According to studies by the National Sporting Goods Association, fitness walking is practiced by some 71.2 million Americans over the age of 7.

Being out of shape is hazardous to your health

With the introduction of the new Physical Readiness standards, Sailors who have let their fitness slide may be risking more than their health.

Secretary of Defense William Cohen made it very clear recently that he wants his military forces in the "best possible physical condition." Being unfit has a direct affect on one's mind and body.

Wellness programs maximize readiness by creating healthy, deployable warfighters.

"Sailors need to think about the quality of life they are trying to sustain. It's easy for young people to think they are going to live forever," said CDR Don Williamson, the head of the Nutrition Management Department at Naval Hospital Jacksonville. "So they take for granted the foods and substances they put in their bodies. If you are smoking and drinking and living a life without exercise, good nutrition will not make a big difference. You need to change your lifestyle."

The first step in reversing poor lifestyle habits is to identify health habits that need changing, such as poor diet, smoking, drinking alcohol to excess, and not exercising. Dietitians and other health educators are good sources of information and can help you with setting your priorities for change.

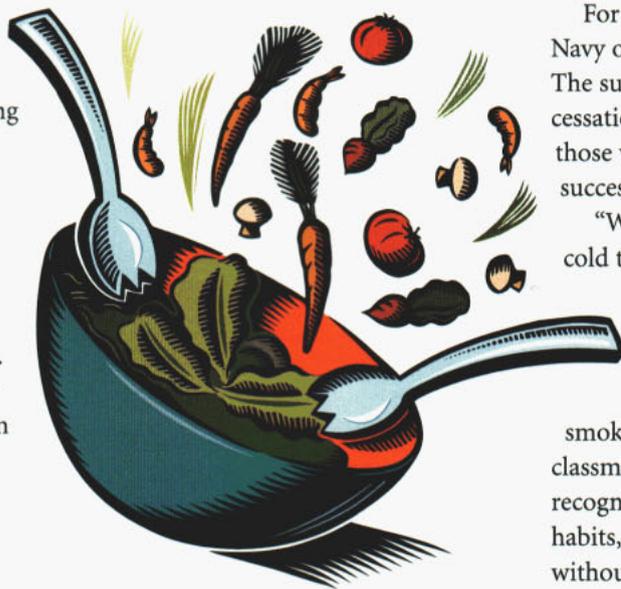
Dietitians

The Navy has 47 registered dietitians serving all over the world to assist Sailors and their families with nutritional education, weight loss, remedial physical training and menu planning.

"People need to be informed nutrition consumers in the market place," said Williamson. "They have to realize that there is a lot of information out there, some of it is good. However, there is also a great deal of false information.

5 a Day for Better Health

Those people who consume at least 5 servings of fruits and vegetables are at approximately half the risk of cancer than those who consumed fewer than two servings per day.



Salesmen aren't interested in your health. So you, as a consumer, need to learn how to read labels and cook healthier meals."

Menu planning is one of the most important things that dietitians teach. Like the chefs that prepare low-fat gourmet meals for the wellness camp, dietitians offer alternatives to high-fat meals.

Low fat and healthful recipes are posted at the Navy's Environmental Health Center website at <http://www.nehc.med.navy.mil>

Click on Health Promotions and look for the "Recipe of the Week."



Tobacco Cessation

"Tobacco contains more than 4,000 different chemicals. More than 40 of these substances have been identified as cancer-causing, yet people continue to use tobacco," said Lisa Goldstein, a health educator at the Wellness Center.

For those who truly want to quit, the Navy offers smoking cessation classes. The success rate for those who attend a cessation class is about 40 percent. For those who try to quit on their own, the success rate is only about 5 percent.

"We don't expect everyone to quit cold turkey," said Goldstein. "However, the class provides nicotine replacements, behavioral strategies to change habits that normally coincide with smoking, as well as support from fellow classmates. We teach the students how to recognize what triggers their smoking habits, and how to deal with life without smoking."

Change

Permanent change doesn't happen overnight. "Being ready, willing and able is an essential first step," said McKay. "Unless you're motivated for change, no one can force you to. Your health is in your hands."

Rosenthal is the publishing division officer, Naval Media Center, Washington, D.C. Battle is assigned to Naval Hospital Jacksonville, Fla.,

Navy Wellness Centers:

Jacksonville, Fla.
Lemoore, Calif.
Brunswick, Maine
Roosevelt Roads, Puerto Rico
Sewells Point, Va.
Under Construction sites:
Mayport, Fla.
Great Lakes, Ill.
Keflavik, Iceland



By JOSN LeaVonda Battle

Robby the Robot Improves Customer Service

Robby, a new employee at Naval Hospital Jacksonville's Pharmacy Department, can fill 250 prescriptions an hour, work seven days a week and handle 24-hour shifts without any breaks.

Robby is a robot and an automated pill dispenser, responsible for handling 70 percent of the 20,000 refills that come through the pharmacy every month. Working for the second busiest pharmacy in the Navy, Robby has tremendously improved customer service at the hospital.

Robby is part of an overall customer service initiative that allows patients to get their medication in a timely manner. In the past, patients had to wait extended periods of time, in long lines, while pharmacy technicians scrambled to fill their prescriptions. Concerned with the waits, the hospital built 12 customer service windows and put Robby in place for refills.

Thanks to Robby, patients can call in their refill prescriptions the night before and pick them up at the drive-through pick-up center located in the hospital's parking lot. Patients never leave their cars when they pick up their medication.

As patients phone in the refill orders, Robby checks for remaining refills, counts pills and puts them into bar coded bottles, which he also creates. Each

prescription is sorted by name and double checked to ensure the right medicine gets to the right patient. Robby then rushes the medicine to pharmacy technicians, who bag and load the orders onto a cart for transport to the drive-through pick-up center for distribution.

Although this hi-tech automated genius has improved the hospital pharmacy department, his human co-workers

According to Bill Droste, a pharmacy technician in the hospital and system administrator for the robot, "Everyone is glad to have him here. He allows us to focus our attention on improving customer service for patients."

Battle is assigned to Naval Hospital Jacksonville, Fla.



Photo by JOSN LeaVonda Battle

are still fully employed, filling the new and special-order prescriptions. Having Robby around has given technicians the freedom to work with patients and cut the waiting time for new prescriptions from hours to minutes.

Robby's assistant, HN Heather Moran, a pharmacy technician at Naval Hospital Jacksonville, makes sure he is working properly.



Vacation Globe Tro

Shades of Green

(Lake Buena Vista, Fla.)

Shades of Green on Walt Disney World Resort is a full-service hotel with 287 rooms decorated in country-inn style. The hotel has two heated swimming pools, a children's pool and play area, lighted tennis courts, a small fitness room as well as a video arcade, gift shop and laundry facilities. Guests receive discounts on theme park tickets and complimentary transportation to Walt Disney World. Two PGA championship 18-hole golf courses and a nine-hole executive course are just outside your door. The Garden Gallery restaurant is open for breakfast and dinner; the Evergreen Lounge, with its view of the pool, is open from lunch until well past the cocktail hour.

Telephone number: **(407) 824-3665**

Rates range from: **\$59 to \$98**

Eligibility: **Active/Retired/Reserves/
DOD civilians**



otters

Big Bear Recreation Facility

(Big Bear Lake, Calif.)

Big Bear Recreation facility is located 7,000 feet above sea level between the Snow Summit and Bear Mountain ski resorts in the San Bernardino National Forest. The facility offers excellent fishing, boating, hiking and skiing opportunities.

Telephone number: (714) 726-2626/2527

Rates range from: \$12 and up

Eligibility: Active/Retired/Reserves/DOD civilians



PHOTO COURTESY OF BIG BEAR RECREATION FACILITY

Grant's Village, Yellowstone National Park

(Yellowstone National Park, Wyom.)

Located in the heart of Yellowstone National Park, the camp is less than one mile from Yellowstone Lake, which has a marina with boat launching facilities.

Grant's Village provides easy access to Old Faithful geyser, Grand Canyon of Yellowstone, Mammoth Hot Springs, Teton National Park, Jackson Hole and many other attractions.

Telephone number: (208) 828-6333

Rates range from: \$36 and up

Eligibility: Active/Retired/Reserves/DOD civilians



PHOTOS COURTESY OF DISNEY WORLD



PHOTO COURTESY OF WYOMING DIVISION OF TOURISM





A pair of gloves, a flat board, and miles of fresh powder to shred.

Seward Resort (Seward, Alaska)

This picturesque 12-acre site is surrounded by mountains and pine trees. There's an abundance of superb fishing for salmon, halibut, snapper, ling cod, black bass, flounder, and trout. If you travel in late July to mid-August, you'll see salmon spawning areas on your drive to the resort.

Telephone number: (907) 384-1110

Rates range from: \$50 and up

Eligibility: Active/Retired/Reserves/DOD, Naval Air Facility and Contract civilians



PHOTO COURTESY OF MILITARY LIVING

Cape Hatteras Recreational Quarters (Buxton, N.C.)

Cape Hatteras Recreational Quarters is located on the Outer Banks of North Carolina in Cape Hatteras National Seashore. There is a beautiful bathing beach and plenty of ocean fishing and water sports. The site of the famous Wright brothers' first airplane flight is just 50 miles north. Sorry, there's no camping or RV parking.

Telephone number: (919) 995-3676

Rates range from: \$25 and up

Eligibility: Active/Retired/Reserves/DOD civilians

Chiemsee Armed Forces Recreation Center

(Chiemsee, Germany)

Chiemsee Armed Forces Recreation Center is situated along the shores of Lake Chiemsee, Bavaria's largest lake, directly off the Munich-Salzburg Autoban (A-9) southeast of Munich. The family can enjoy a variety of water sports or take advantage of the nearby Cheimgauer Alps offering scenic panoramas and opportunities for skiing, hiking and hang gliding.



PHOTO COURTESY OF MILITARY LIVING

Telephone number: 011-49-8821-72981,
(US) 011-49-8821-3942

E-mail: vacation@afrc.garmisch.army.mil

Rates range from: \$44 and up

Eligibility: Active/Retired/DOD civilians
assigned overseas

PHOTO COURTESY OF AFRC GARMISCH



PHOTO COURTESY OF AFRC GARMISCH

Pine View Recreation Area

(Fort McCoy, Wis.)

Pine View Recreation Area is a beautiful wooded area bounded by Squaw Lake and LaCross River. The eleven small lakes on the post are ideal for fishing. Squaw Lake is stocked with rainbow trout. Ski slopes and groomed snowmobile trails are available during the winter months.

Telephone number: (608) 388-3517

Rates range from: \$30 and up

Eligibility: Active/Retired/Reserve/National Guard/DOD and Naval Air Facility civilians

Short Stay Navy Outdoor Recreation Center

(Moncks Corner, S.C.)

So you don't have a lot of time on your hands, but you want a vacation? Short Stay Navy Outdoor Recreation Center and its 44 two- and three-bedroom Lakeside Villas may be the place you're looking for. Situated on a 55-acre peninsula at the southern tip of Lake Moultrie, this facility has excellent freshwater fishing and family programs as well as activities such as boating, camping and swimming.

Telephone number:

(803) 761-8353 or 1-800-447-2178

Rates range from: \$18 and up

Eligibility: Active/Retired/Reserves/
DOD civilians

Fort Tuthill Recreation Area

(Flagstaff, Az.)

Fort Tuthill Recreation Area is the closest military location to the Grand Canyon. It's located between Yuma and Phoenix, areas that enjoy pleasant winter weather. Mexico and mountain areas are within driving range. Enjoy a wide-range of accommodations as well as a variety of activities that include boating, hunting, mountain biking and skiing.

Telephone number:

(620) 856-7990 or 1-800-552-6268

Rates range from: \$35 and up

Eligibility: Active/Retired/Reserves/
DOD civilians



Jim Creek Regional Outdoor Recreation Area

(Arlington, Wash.)

Jim Creek Regional Outdoor Recreation Area borders the Mt. Baker-Snoqualmie National Forest and the Boulder River Wilderness Area. Located in the foothills of the North Cascades about one hour north of Seattle, Jim Creek has more than 5,000 acres — mostly wilderness, with a wide variety of recreational opportunities. Twin Lakes, famous for great fishing, canoeing and wildlife viewing, is home to 250 acres of Old Growth forest and is accessible by hiking.

Telephone number: (360) 435-7433

Rates range from: \$12 and up

Eligibility: Active/Retired/DOD civilians



U.S. NAVY PHOTO

Barbers Point Recreation Area

(Barber's Point, Hawaii)

Barbers Point Recreation Area is a small facility located on the southwest coast of Oahu, 13 miles east of Pearl Harbor and 29 miles east of Honolulu. Beaches are excellent for surfing and nearby attractions include the following: Pearl Ridge Phase I and II, Ala Moana Park, Wainae Beach parks, Pearl Harbor Park and the Ice Palace (skating).

Telephone number: (808) 682-2019

Rates range from: \$35 and up

Eligibility: Active/Retired/DOD civilians on Barbers Point

Destin Army Infantry Center Recreation Area

(Destin, Fla.)

Destin Army Infantry Center Recreation Area is located on a 15-acre site on Choctawhatchee Bay in Destin Florida. Vacationers can enjoy sparkling, white-quartz sand along the Emerald Coast. The Gulf of Mexico's fishing and swimming areas are approximately two miles

from the recreation area. The facility also offers golf at six public golf courses, two greyhound race tracks within 45 miles, Destin Fishing Museum, Gulfarium, Zoo and Indian Temple Mound Museum.

Telephone number: (904) 837-2725 or 1-800-642-0466

Rates range from: \$38 and up

Eligibility: Active/Retired/Reserve/National Guard/DOD civilians

Uchee Creek Army Campground/Marina

(Columbus, Ga.)

The Uchee Creek Army Campground/Marina is located along the Georgia-Alabama border. Uchee Creek is a place where families can spend a weekend or an entire vacation enjoying the natural beauty of the countryside. Fishing, hunting and boating are popular activities.

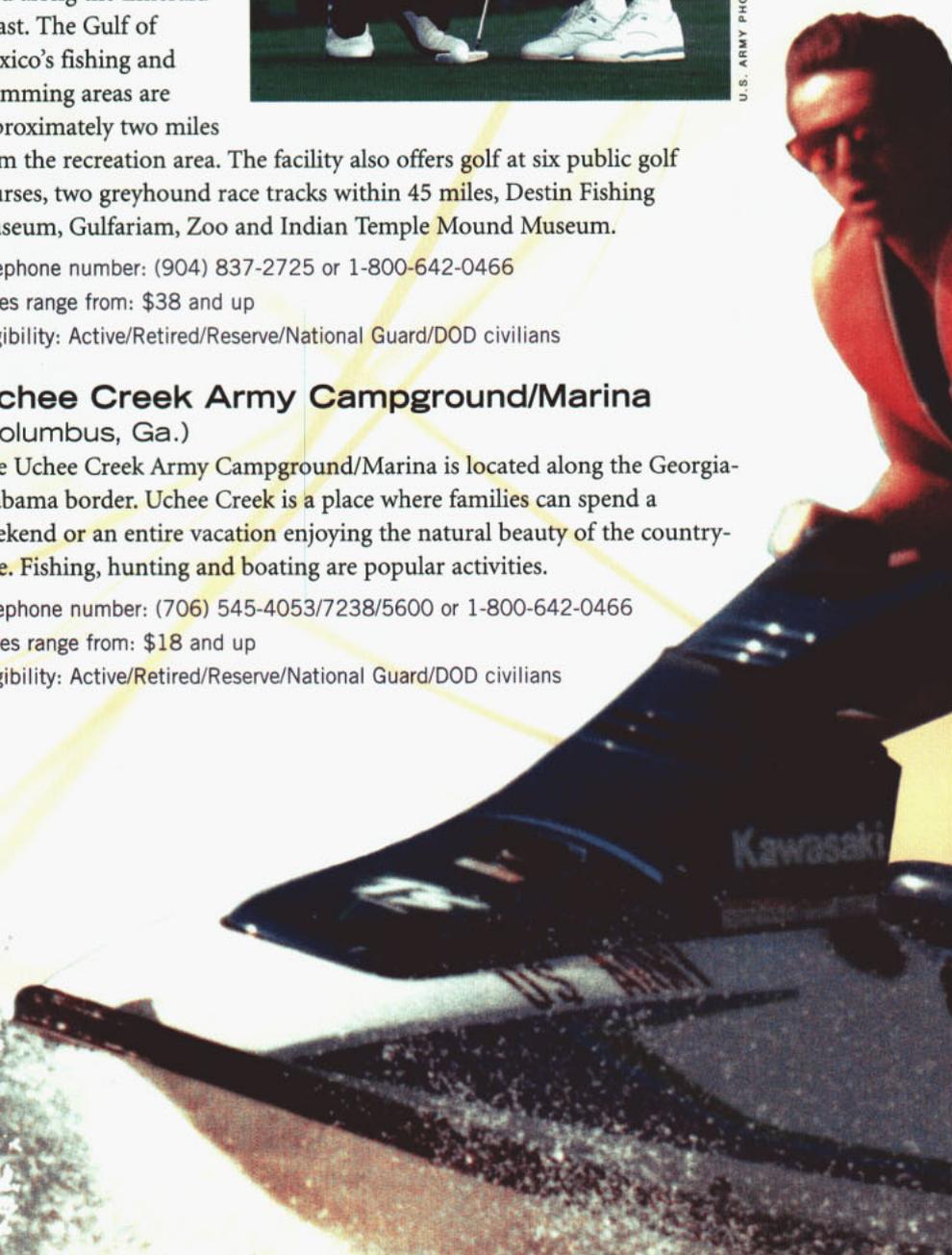
Telephone number: (706) 545-4053/7238/5600 or 1-800-642-0466

Rates range from: \$18 and up

Eligibility: Active/Retired/Reserve/National Guard/DOD civilians



U.S. ARMY PHOTO



Solomons Navy Recreation Center

(Solomons, Md.)

Solomons Navy Recreation Center is located in southern Maryland where the Patuxent River meets the Chesapeake Bay. This rustic and relaxing area offers natural beauty on about 260 acres of land with extensive river frontage. The campground and facilities offer fishing, swimming pools, tennis and sports fields and lots more.

Telephone number: (410) 326-1260
or 1-800-NAVY-230

Rates range from: \$34 and up
Eligibility: Active/Retired/Reserve/
DOD civilians

Canyon Lake Recreation Area

(Canyon Lake, Texas)

Canyon Lake Recreation Area is nestled in the scenic hill country between San Antonio and Austin. Canyon Lake has 80 miles of that soft, sandy shoreline found only in central Texas. The nearby Fort Sam Houston Recreation Area includes 300 feet of sandy beaches and a marina.

Telephone number: (210) 964-3318
or 1-888-882-9878

Rates range from: \$35 and up
Eligibility: Active/Retired/Reserve/DOD
civilians/National Guard/Foreign Military

New Orleans NAS/JRB Campground

(New Orleans, La.)

Just minutes from the famous French Quarter and downtown New Orleans, the New Orleans NAS/JRB Campground offers golf, swimming, tennis and hunting.

Telephone number: (504) 678-3448/3142
Rates range from: \$15 and up
Eligibility: Active/Retired/Reserve/
DOD civilians

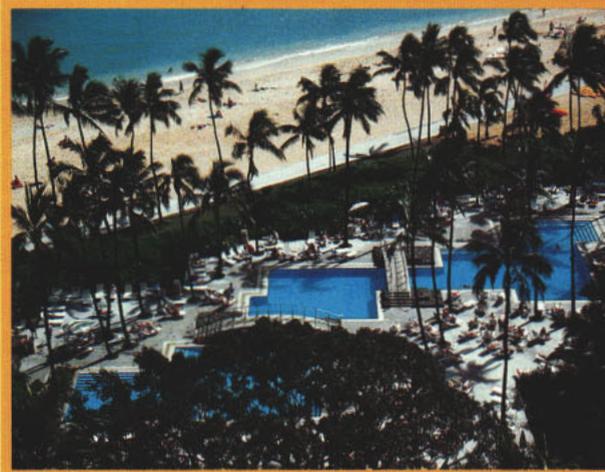
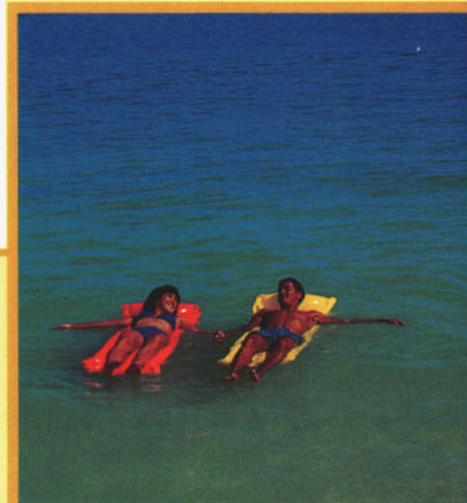
The Hale Koa Hotel

(Honolulu, Hawaii)

The Hale Koa Hotel is an affordable, year-round resort for military guests and their families. It's located on Waikiki Beach. Facilities include 814 first-class rooms, three fresh water swimming pools and complete beach facilities, plus a wide variety of restaurants, lounges and dinner shows.

Telephone number: (808) 955-0555
or 1-800-367-6027

Rates range from: \$53 and up
Eligibility: **Active/Retired/ Ready and Selected Reserve personnel with red/pink ID card and family members. Retired Reserve/National Guard personnel with gray/blue ID card. Senior ROTC Cadets on extended active duty.**



PHOTOS COURTESY OF HALE KOA HOTEL



By JO2 Joshua Hudson

cheap

Every month as I gingerly hold my "Leave and Earnings Statement" in my hand, I almost giggle as I look at the top left hand corner. *I have saved up a sizable chunk of leave in the past year. I can look forward to a nice, relaxing vacation, I think to myself.*

Then I look down a bit and frown as I realize that my paycheck won't pay for that trip to the islands. It won't even pay for a trip to the "Quickie Mart."

It is a problem that most of us have. The Navy gives us 30 days of leave but many of us don't have the cash-flow to enjoy it.

But I was determined to have a good time, so I did some research to find the cheapest way out of town. When I was stationed overseas, I picked up a few tricks. So I decided to use them.

For starters, there are military Air Mobility Command (AMC) Space Available (Space-A) flights all over the world.

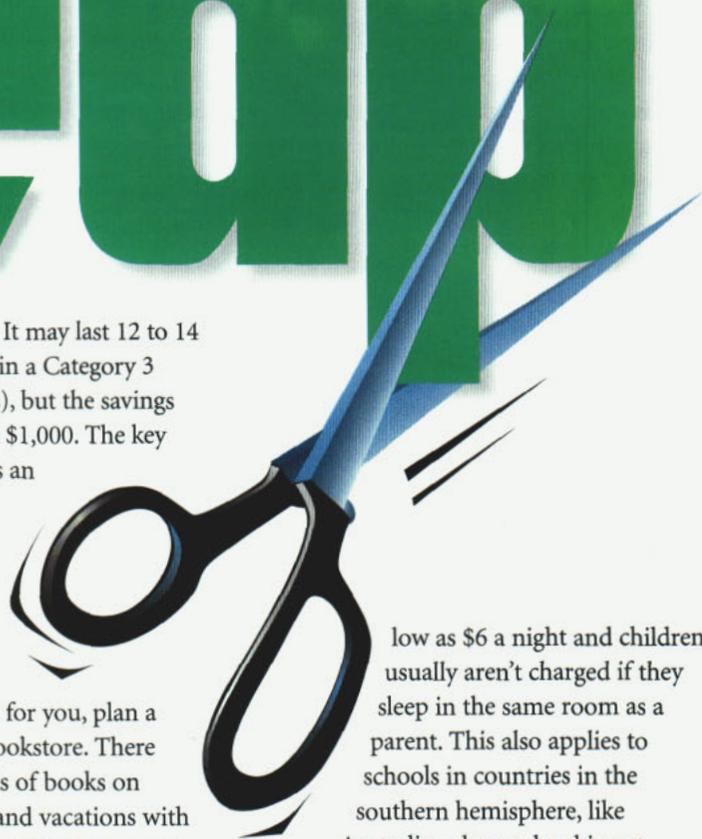
Twice a week, flights leave from Norfolk and Philadelphia heading to Europe. There are five or six daily flights leaving Dover AFB, Del., to Germany and England. The only drawback to flying

Space-A is the wait. It may last 12 to 14 hours for someone in a Category 3 (regular leave status), but the savings could be more than \$1,000. The key is flexibility. AMC is an option the military offers to defray the costs of vacations, but it is only one of many.

If waiting at the AMC terminal isn't for you, plan a trip to your local bookstore. There are hundreds of books on travel and vacations with information on what you need for a great vacation at minimum cost. The real trick to saving money is research.

According to many travel guides, most of us take our vacations in the summer. Most major attractions, such as amusement parks or state parks have a Kampgrounds Of America <www.koakampgrounds.com>, national park service <www.nps.gov> or some other area where you can pitch a tent for as little as \$10 a day.

If the great outdoors isn't your idea of a place to rest, check out your local college or university. Many schools allow dorm rooms to be rented while students are home for the summer. Prices can be as



low as \$6 a night and children usually aren't charged if they sleep in the same room as a parent. This also applies to schools in countries in the southern hemisphere, like Australia, where school is out during the winter months.

If the dorm is full, there's always the Young Men's Christian Association. The YMCA offers an inexpensive alternative to a big name hotel. A single room is about \$20, and doubles go as cheap as \$35 a night.

Believe it or not, there are even less expensive lodgings available if you know where to look. For a small membership fee you can join Hosteling International. There are 6,000 hostels in 70 countries and more than 200 in the United States. Prices vary from \$5 to \$22 a day and kids get discounts. Each hostel is unique, but guests usually share dorm-style sleeping rooms and community showers. Most hostels have kitchens, so the cost of eating out can be avoided. Non-members are welcome, but there is an additional fee.



Travel

If you really want to sleep “free,” there are some people who will swap living quarters with you during the holidays. It is called “Vacation Home Exchange.” Approximately 20,000 travelers swap homes each year. The trick is to have an apartment or a home in a location that another person would want to visit. There are more than 40 exchange clearinghouses in the United States, and there are systems in place to ensure that you don’t lend your house to the wrong family.

Clearinghouse-type travel agencies also offer inexpensive, last-minute packages with low airfares. They can be found in the back of most travel magazines and on the Internet. The Chicago Tribune conducted a survey and found that savings averaged 30 percent for rooms,

air fares, and rental cars, compared to your normal travel agencies.

You could even become an air courier. Call some of the courier companies in the phone book and ask them if they need a courier to your destination. In exchange for some of your baggage allowance, they will usually pay 25 percent of your air fare. The discount can range from 50 to 100 percent if your destination is flexible.

Another choice in locating cheap travel is finding a family or business that needs

to move a vehicle but doesn’t want to drive. Sometimes they will pay \$300 for someone else to drive it to a specific destination. There are deadlines and refundable deposits but your trip costs you only food and gas. Low-cost vacationing doesn’t mean you have to vacation cheaply. But whether you sleep under the stars, or in a four-star hotel, there’s no reason why you can’t make that 30 days of leave fit your budget.

Hudson is a journalist assigned to Naval Aviation News.



SIX HELPFUL AVENUES TO A CHEAPER TRIP

1. “The U.S. & Worldwide Travel Accommodation Guide for \$12 to \$24 a day;” Campus Travel Service, P.O. Box 5486, Fullerton, CA 92635; (800) 525-6633; www.budgetlodging.com, www.campus-lodging.com
2. “The Y’s Way” - a guide to YMCAs across America; YMCA, 224 E. 47th St., New York, NY 10017; (212) 308-2899; www.ymca.net
3. Hostel International, 733 15th NW #840, Washington DC 20005; (202)783-6161; www.hostels.com; www.hiayh.org; www.traveloco.com/hostels
4. “Trading Places: The Wonderful World of Vacation Home Exchanging;” www.stay4free.com; www.homelink.org; www.houseswap.com
5. Making Reservations
 - RMC Travel Center (800) 782-7666
 - Quickbook (800) 789-9887
 - Accommodations Express (800) 444-7666
 - Central Reservations <http://132.25.192.53> (800) 950-0232
6. Travel links:
 - <http://www.travelcity.com>
 - <http://bestfares.com>
 - <http://www.militaryliving.com>
 - <http://www.amtrack.com>
 - <http://www.greyhound.com>





By PH2 Joseph Gunder

Fly Free . . . Almost

A petty officer, his wife and two children fly all the way from Baltimore/Washington International (BWI) Airport to Naples. A week later they fly back. Total cost for the trip... \$36. That's \$12 to leave and \$24 to come back. Is that possible? — A round trip flight from the United States to Europe for \$36?

It is possible when you're flying military "Space-A." According to Chapter 6 of DOD Instruction 4515.13R, seats that are surplus, after all other required passengers have been accommodated, are offered to active duty members, some DOD civilians, military retirees and their families. That \$36 is for customs and immigration fees. There is no air fare.

Space-A is slightly different than flying commercial air. For instance, you may not get the super deluxe reclining seat or the latest blockbuster attraction. And you may have to fly on a C-130, which can be loud, a bit chilly and smell like jet exhaust. All you will have for company is the aircrew

and a bunch of crates strapped to the deck, but hey, it's cheap — if not free — and going your way!

"This is Space-A, not a reservation system," said Leroi Bonelli, a customer service agent at the Air Mobility Command terminal at BWI Airport. "Be patient. You won't always get out," added Bonelli. "Be on leave. Have orders in hand, an ID card and passports for your family members. Have your bags tagged and waiting. If your name is called be travel ready."

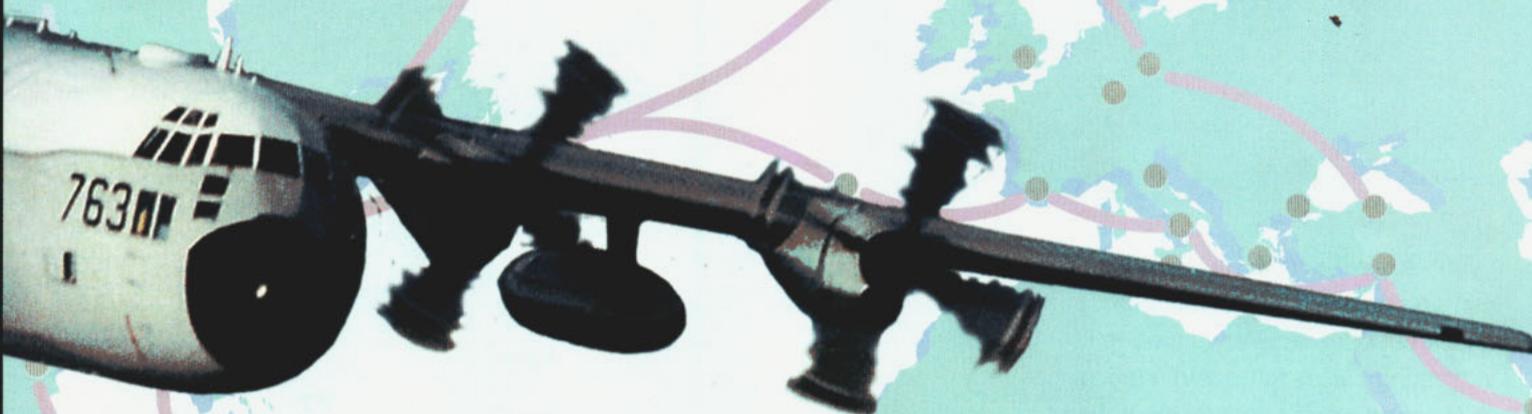
"To sign up, some places require the member to appear in person, others accept a fax of leave papers and still others use e-mail. But the member must already

be on leave. For example, if your leave starts at 5 p.m. on Thursday, the 7th, you can't sign up for a flight any earlier than the start time of your leave authorization," said Bonelli.

There are other stipulations to flying Space-A. According to Bonelli, any Space-A passenger, except those in category 1 (see table) can be "rotated" or "bumped" for an official passenger. The Air Transportation Eligibility regulation states DOD is not obligated to continue

Members stationed overseas in certain remote duty stations can take advantage of environmental morale leave or EML. The idea behind EML is to give members at one of these locations a higher priority for Space-A. But members can still be "bumped" at any leg of their journey for a "space-required" passenger or cargo.

According to Zachary Williams, customer service branch chief at BWI, Space-A passengers cannot "bump" other Space-A passengers regardless of category.



passengers' travel or return them to their point of origin, or to any other point for that matter. In other words, if you're catching a flight to Capodichino airport in Naples and your plane has a scheduled stop in Rota, Spain, there's a chance you might not be allowed to continue on if there's an official passenger who requires a seat. "Members should carry extra dollars to help with lodging and to buy a commercial ticket, if needed," Bonelli said.

"There was a time when your family members who flew back with their sponsor from overseas had to get off at the first stop in CONUS," continued Bonelli. "Now, they can fly to their intended destination."

Bonelli also mentioned that members should always be mindful of the peak seasons. "The best times for travel are from mid-January to mid-May," he said. "Mid-May to mid-September is the busiest time to travel."

"Once you're manifested, the only way you can be bumped is by a duty passenger. Space-A cannot bump Space-A."

With an open mind and a back-up plan to get yourself home on time, flying Space-A can help make your trip one of the cheapest you'll ever take. "If you've only got a week of leave, I wouldn't recommend it," said YNC(SW) Rex Harris of Ft. Myers, Fla. "But if you're going to take a month's leave, I'd do it in a heartbeat."

Gunder is a photographer's mate assigned to All Hands magazine.

Space A Categories

Category I: Civilian or military dependent on emergency leave

Category II: Environmental morale leave

Category III: Active duty on ordinary leave, house hunting TDY

Category IV: Unaccompanied dependents traveling on EML orders without their sponsor, or DODDS teachers on EML during the summer break

Category V: Permissive TDY (non house-hunting), family members, students, foreign military

Category VI: Retirees, Reserves



For more information

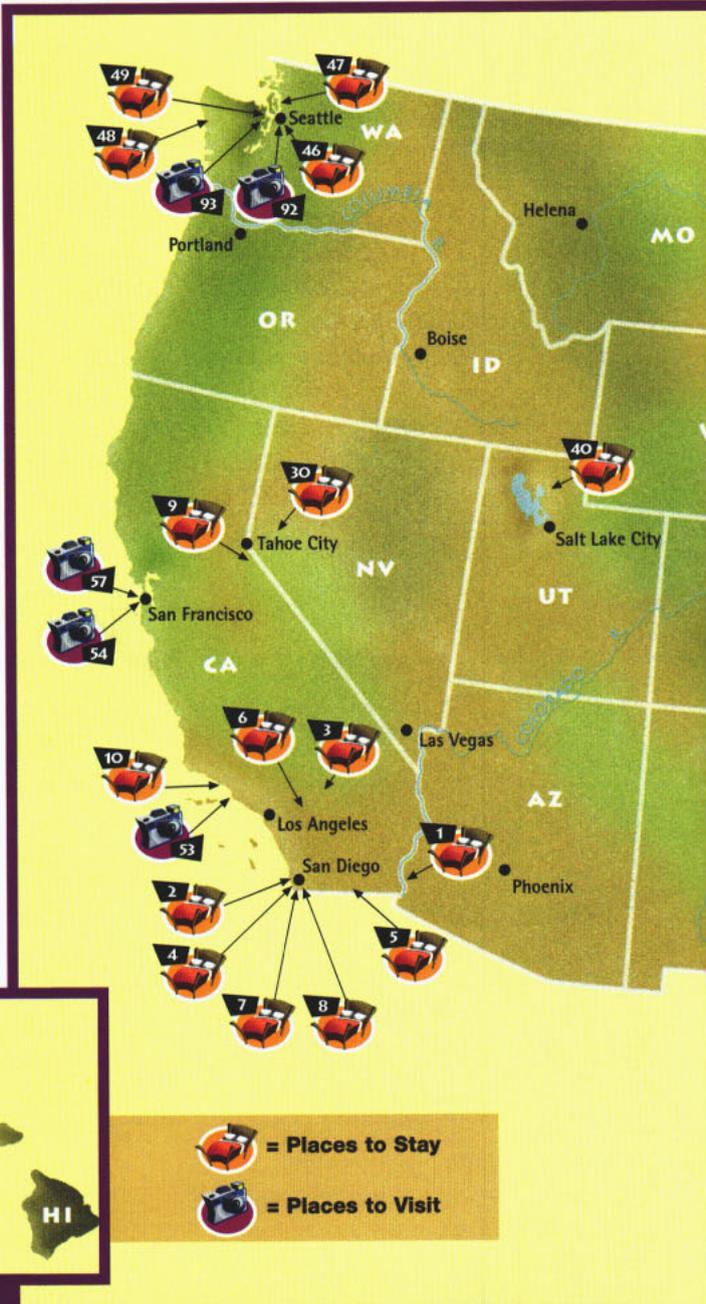
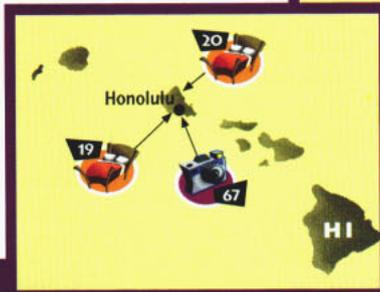
about how to make the best use of

Space-A, log on the web at www.scott.af.mil/hqamc/pa.

“Get Up and Go!”

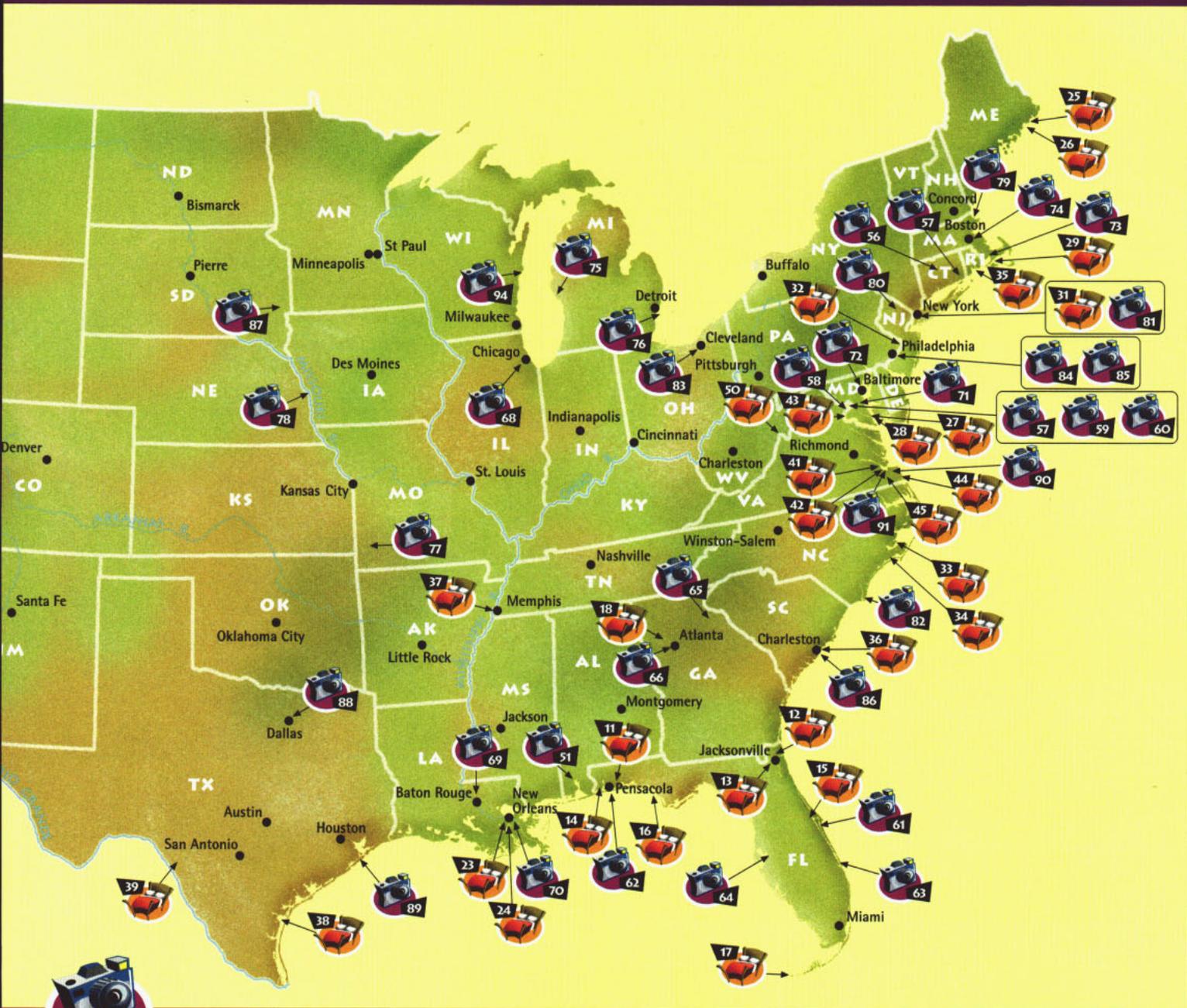
If you've been wondering what you can do on your summer vacation, check out our map. We've tried to list interesting places to go and a few places to stay that won't cost you an arm and a leg. We hope one of them is right for you. Happy travels.

For information on these places and a listing of many more sites, pick up a copy of *Military Living* in the book section of your local Navy Exchange.



PLACES TO STAY

- Martinez Lake Recreation Area, Martinez Lake, Ariz.
- Admiral Baker Field Campground, San Diego
- Big Bear Recreation Facility, Big Bear Lake, Calif.
- DelMar Beach Cottages/Campsites, Camp Pendleton, Calif.
- El Centro NAF Campground, El Centro, Calif.
- El Toro Campgrounds, Santa Ana, Calif.
- Fiddler's Cove RV Park, San Diego
- Lake O'Neill Recreation Park, Camp Pendleton, Calif.
- Lake Tahoe Coast Guard Recreation Facilities, Tahoe City, Calif.
- Point Mugu Recreation Facilities, Point Mugu, Calif.
- Blue Angels Naval Recreation Area, Pensacola, Fla.
- Jacksonville RV Park, Jacksonville, Fla.
- Lake Fretwell Recreation Area, Cecil Field, Fla.
- Oak Grove Trailer Park, Pensacola, Fla.
- Orlando Travel Trailer Park, Orlando, Fla.
- Panama City Coastal Systems Station Outdoor Recreation/Marina, Panama City, Fla.
- Sigsbee RV Park, Key West, Fla.
- World Famous Navy Lake Site, Marietta, Ga.
- Barbers Point Recreation Area, Barbers Pt., Hawaii
- Kaneohe Bay Beach Cottages and Campsites, Kaneohe Bay, Hawaii
- Great Lakes Naval Training Center, Great Lakes, Ill.
- Crane MWR Campgrounds, Crane Ind.
- Magnolia Shade Recreational Vehicle Park, New Orleans
- New Orleans NAS/JRB Campground, New Orleans
- Sprague's Neck, Cutler, Maine
- Winter Harbor Recreation Area, Winter Harbor, Maine
- Goose Creek/West Basin Recreation Area, Patuxent River, Md.
- Solomons Navy Recreation Center, Solomons, Md.
- Cuttyhunk Island Recreational Housing Facility, Boston
- Fallon RV Park and Recreation Area, Fallon, Nev.
- Barneгат Recreation Cottages, Staten Island, N.Y.
- Lake Laurie Campground, Willow Grove, Pa.
- Cherry Point MWR Famcamp, Cherry Point, N.C.
- Onslow Beach Campsites and Recreation Area, Camp LeJeune, N.C.
- Carr Point Recreation Area, Newport, R.I.
- Short Stay Navy Outdoor Rec Area, Moncks Corner, S.C.
- Navy Lake Recreation Area, Memphis, Tenn.
- Shields Park NAS Recreation Area, Corpus Christi, Texas
- Southwinds Marina on Lake Amistad, Del Rio, Texas
- Hillhaus Lodge, Huntsville, Utah
- Cheatham Annex Recreation Cabins and RV Park, Cheatham Annex, Va.
- Little Creek MWR RV Park, Little Creek, Va.
- Lunga Park, Quantico MCB, Va.
- Sea Mist Recreational Vehicle Campground, Dam Neck, Va.
- Stewart Campground, Chesapeake, Va.
- Cliffside RV Park, Oak Harbor, Wash.
- Jim Creek Regional Outdoor Recreation Area, Arlington, Wash.
- Pacific Beach Resort and Conference Center, Pacific Beach, Wash.
- Rocky Point RV Park, Oak Harbor, Wash.
- Sugar Grove Cabins, Sugar Grove, W.Va.



PLACES TO VISIT

51. USS *Alabama* Battleship Memorial Park, Mobile Ala.
52. Angel Island State Park, San Francisco
53. CEC/Seabee Museum, Port Hueneme, Calif.
54. Treasure Island Museum, San Francisco
55. *Nautilus* Memorial/Submarine Force Library and Museum, Groton, Conn.
56. Submarine Library Museum, Middletown, Conn.
57. Navy Memorial Museum, Washington, D.C.
58. Pentagon, Arlington, Va.
59. Combat Art Gallery & Navy Museum, Washington Navy Yard, Washington, D.C.
60. Smithsonian Air & Space Museum and the Museum of American History, Washington, D.C.
61. NASA/John F. Kennedy Space Center, Cape Canaveral, Fla.
62. Naval Aviation Museum, Pensacola, Fla.
63. UDT/SEAL Museum, Ft. Pierce, Fla.
64. USS *Requin* Submarine Memorial, Tampa, Fla.
65. Navy Supply Corps Museum, Athens, Ga.
66. Civil War Museum, Atlanta
67. USS *Arizona* Memorial, Honolulu
68. U-505 German Submarine, Chicago
69. Louisiana Naval War Memorial/USS *Kidd*, Baton Rouge, La.
70. CSS *Pioneer*, New Orleans
71. U.S. Naval Academy, Annapolis, Md.
72. US Frigate *Constellation*, Baltimore
73. P.T. Boat Museum & Library-USS *Massachusetts*, Fall River, Mass.
74. USS *Constitution* Museum, Boston
75. USS *Silversides*, Muskegon, Mi.
76. YP 587 Patrol Craft, Southfield, Mi.
77. USS *Inaugural*, Springfield, Mo.
78. USS *Marlin* & USS *Hazard*, Omaha, Neb.
79. USS *Albacore*, Portsmouth, N.H.
80. USS *Ling* Submarine Memorial & Museum, Hackensack, N.J.
81. *Intrepid* Sea-Air-Space Museum, New York City
82. USS *North Carolina*, Wilmington, N.C.
83. USS *Cod*, Cleveland, Ohio
84. USS *Becuna*, Philadelphia
85. USS *Olympia*, Philadelphia
86. Patriots Point Naval & Maritime Museum, Charleston, S.C.
87. Battleship *South Dakota* Memorial, Sioux Falls, S.D.
88. MSB 5 Minesweeper, Ft. Worth, Texas
89. USS *Cavallo*, USS *Stewart*, Galveston, Texas
90. Hampton Roads Naval Museum, Norfolk
91. Portsmouth Naval Shipyard Museum, Portsmouth, Va.
92. Bremerton Naval Museum, Bremerton, Wash.
93. Naval Undersea Museum, Keyport, Wash.
94. USS *Cobia/Manitowoc* Maritime Museum, Manitowoc, Wis.



CyberSailor

Cyber-Medicine for the masses

Because this month's *All Hands* is focusing on the Navy's medical community and highlighting the 100th anniversary of Hospital Corpsmen, I started thinking about how the Internet might be able to help out when it comes to the various ailments and maladies Sailors experience.

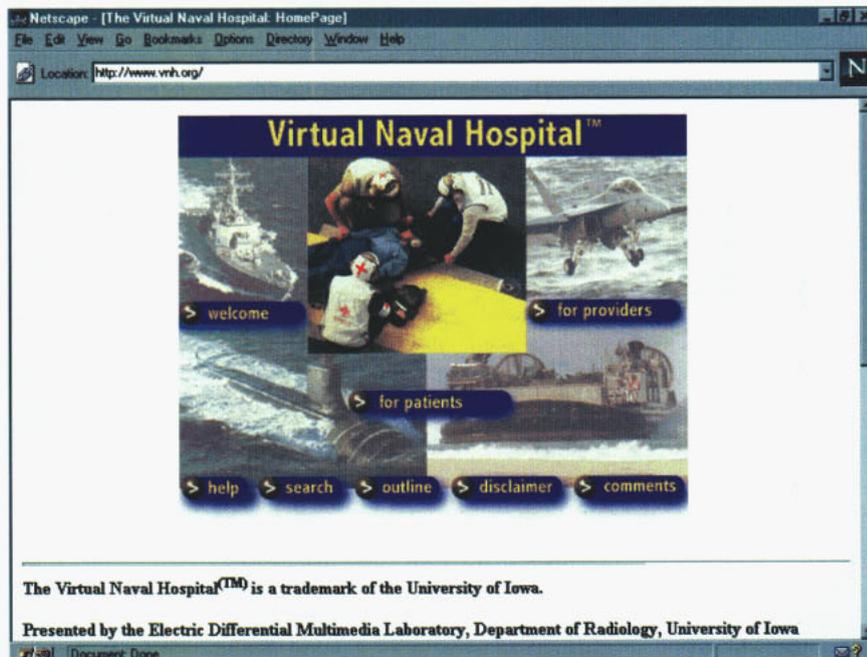
By searching Navy medical sites, I came upon one that is worth a look. It's a site that sure seems to do it all — the Virtual Naval Hospital (VNH).

Located at <http://www.vnh.org>, this destination is posted by the University of Iowa College of Medicine with help from the Bureau of Medicine and Surgery (BUMED). Before heading there, be forewarned — it can be a bit of a chore to get in.

The homepage offers an avenue for providers (that's modern-speak for doctors, HMOs, etc.) and one for patients. Being accustomed to the role of patient, that's where I headed.

So what are you interested in? The VNH offers information on everything from back injuries and family planning to smoking cessation and first aid. Each category contains links to a variety of resources on the subject.

Let's take First Aid for example. While I wasn't too concerned at this point in getting the lowdown on sucking, chest wounds (sorry, I just had to say that), I did want to find out some basic first aid stuff. So, on I went to a page entitled "First Aid for

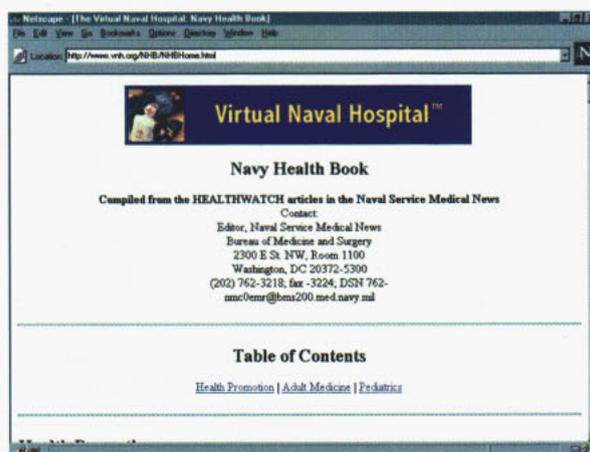


Soldiers - 1." Yes, that's right... first aid for soldiers. It seems that the VNH has put a number of medical information manuals online for our use.

In case you're wondering, the online manuals are pretty extensive and include the Navy health book and Army field manuals on first aid. Links are available to other medical books, like the American Heart Association's *Heart & Stroke A-Z Guide* and the Columbia University College of Physicians and Surgeons' *Complete Home Medical Guide*.

Okay, back to first aid.

I expected page after page of endless words; what I got was a huge surprise. Granted, there were no animations, MIDI files or flashing banners. In fact, the site is rather plain. But what I found was a well laid-out page and easy to read tables with steps to take in an emergency. Further on, I discovered drawings showing how to take an injured person's pulse (neck, wrist or ankle). Other pages held information on CPR (cardiopulmonary resuscitation),



choking, bleeding, shock and more.

It's not the subject matter I normally surf for and definitely not stuff I think about often. In fact, I wouldn't advise keeping the URL in your hip pocket in case something goes wrong. What I would recommend, especially

for families, is to check VNH's various pages out and print out a few. It's an easier (and cheaper) way to keep an up-to-date medical first aid and information book around your home.

Relieve that STRESS!

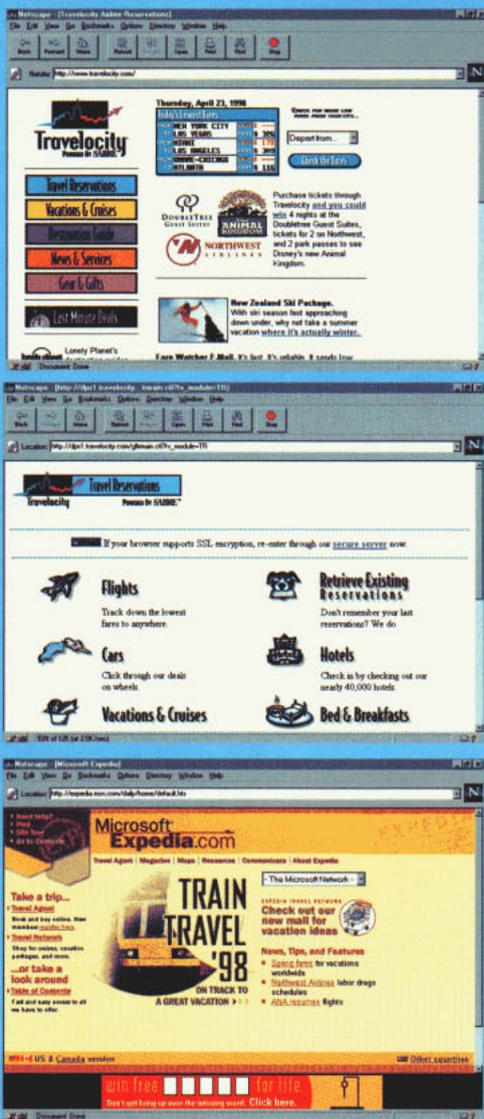
Medical reports say stress can wreak havoc on our mental and physical health. Anything we can do to reduce that stress helps. Take a look outside. The weather's warmer, El Niño is subsiding and school's out. It's travel time and that's a great way to rid ourselves of all that winter tension!

Looking for a place to go? First, head to <http://www.travelchannel.com>, the web presence of TV's Travel Channel, or Microsoft's Expedia at <http://www.expedia.msn.com>. You can find destinations from the exotic (how 'bout a quick week in Nepal) to the more common (a weekend on the beach in San Diego).

The web is packed with folks giving away travel information or willing to set you up with your dream vacation. American Express, one of the better known travel companies, is located at <http://www.americanexpress.com>. This site lists some great places to go, ways to get there and reservations on places to stay. Not enough? Want more? Cruise over to Travelocity at <http://www.travelocity.com>. There you can subscribe to an e-mail service which keeps you advised on the lowest airfares available for your chosen destination.

And speaking of airfares, the web gives you the chance to book your own flights. Most major airlines maintain sites on the web. Other companies are springing up which offer alternative methods of booking tickets. Priceline.com (<http://www.priceline.com/PriceLineHomePage/cfml/main.cfm>) even allows potential travelers to "bid" on ticket prices, something worth checking out if you're on a tight budget (and who isn't?).

No matter whether you're traveling across country or to a getaway in the South Seas, the Internet is the best way to get the right information... right now.



Eye on the Fleet



PH3 HEATHER HUMPHREYS

(Above, from left) AA Sanders from Tulsa, Okla.; AN Gosselin from Vancouver, Wash.; and A01 Deluca from Buffalo, N.Y., assemble an GBU-16 laser guided bomb in one of the magazine spaces aboard USS *Nimitz* (CVN 68).



PH1 MARTIN E. MADDOCK

(Above) SM Scott K. Giebe, from Harmony, Pa., uses semaphore aboard the amphibious assault ship USS *Guam* (LPH 9) to signal another ship.

PH2 FELIX GARZA





ET3 Philip Bagood, from Sacramento, Calif., climbs a ladder to access the ship's radar suite high in the superstructure of USS *Carney* (DDG 64).

PH3 NORMAN HAMPTON



(Left) Crewmembers of USS *George Washington* (CVN 73) participate in a "push and pull" weightlifting competition at the halfway point of their Persian Gulf deployment.

(Below) SM3 Calvin Adams, from Danville, Ill., flashes Morse code from the signal bridge of USS *George Washington* to signalmen aboard USS *Nimitz* (CVN 68) as the two ships come alongside each other in the Persian Gulf.



PH3 SAMMY DALLAL

Eye on the Fleet is a monthly photo feature sponsored by the Chief of Information, Navy News Photo Division. We are looking for high-impact, quality photography from Sailors in the fleet to showcase the American Sailor in action. To be considered, forward your images with full credit and cut-line information, including full name, rank and duty station. Name all identifiable persons in the photo and include any important information about what is happening in the photo, where the photo was taken and the date. Commands with digital photo capability can send attached .jpeg files to navynewsphoto@hq.navy.mil.

Mail your submissions to:

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WASHINGTON, DC 20373-5819**

Eye on the Fleet

(Right) ABE3 Joshua Schwandt, from Sacramento, Calif., signals a clear launch of an F-14 Tomcat from USS *Independence* (CVN 62).



PH3 SAMMY DALLAL

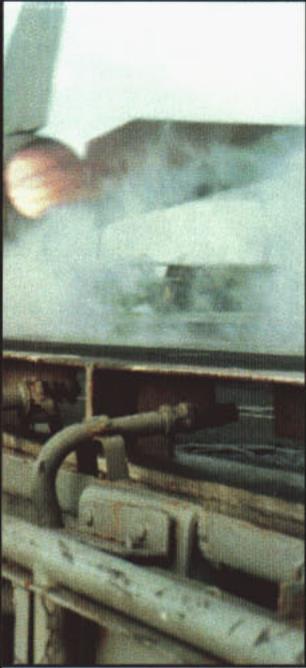
(Above, from left) RM1 Anthony Owens, from Brooklyn, N.Y., LT Brenda Bradley, from Richmond, Va., and DP2 Jerome Howard, from Atlanta, Ga., sing songs of praise during the National Prayer Breakfast aboard the aircraft carrier USS *George Washington* (CVN 73).



IC3 Dean Gibson aligns the Manually Operated Visual Landing System (MOVLAS), a back-up landing system aboard the aircraft carrier USS *Nimitz* (CVN 68).

PH3 CHRISTOPHER MOBLEY

PHAN BRIAN HOOSACK

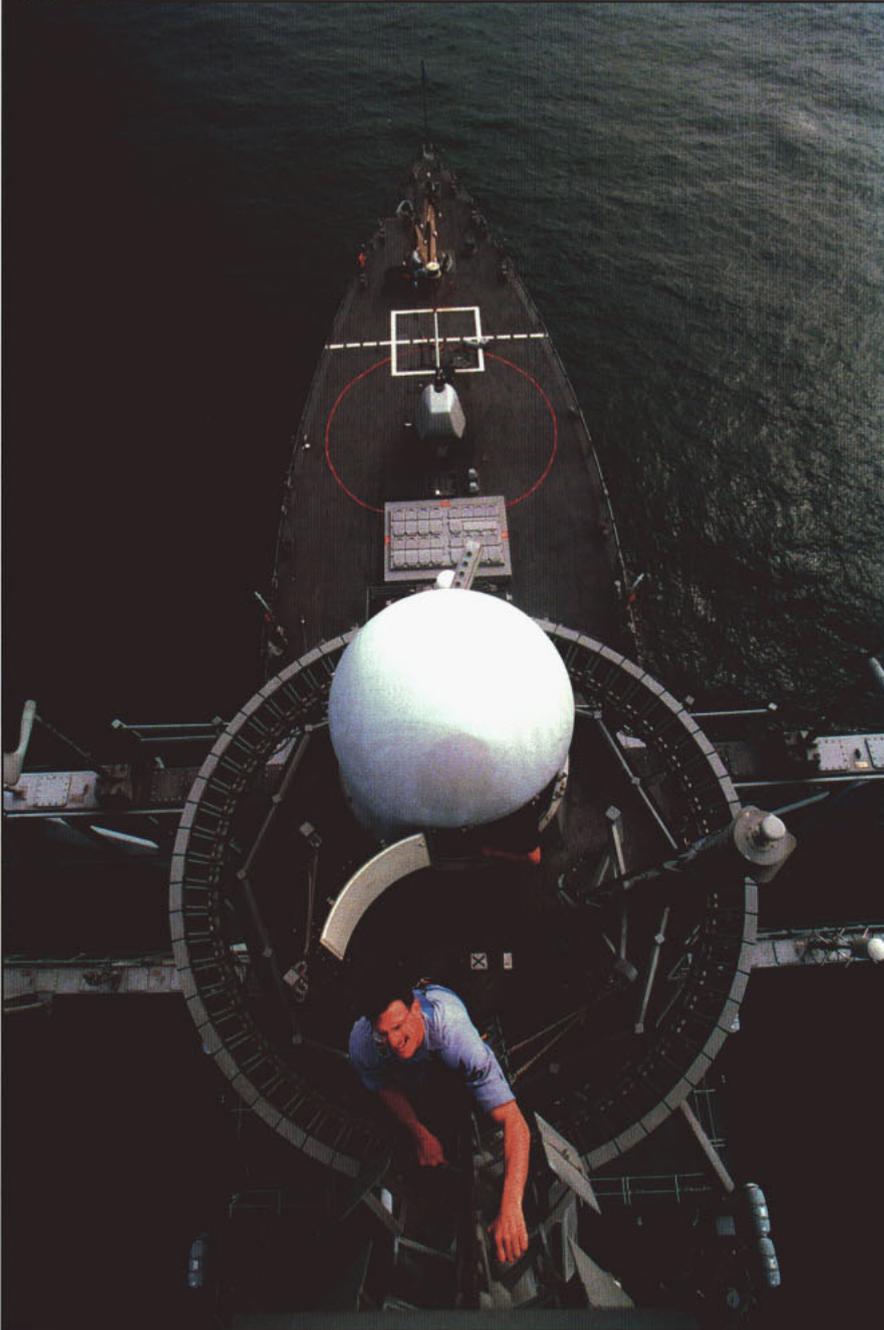


PH3 MICHAEL L. GREENE



PN3 Patricia A. Ortiz, from Chicago, Ill., aids a crew member in updating her service record in the personnel office aboard the nuclear powered aircraft carrier *USS Nimitz* (CVN 68).

PH2 FELIX GARZA



ET1 Mark Caprio, from Jacksonville, Fla., checks radar equipment high above the guided-missile destroyer *USS Carney* (DDG 64).

Around the Fleet

Amphib training conducted off East Coast

NORFOLK — Amphibious Squadron (PHIBRON) 8 and the 22nd Marine Expeditionary Unit (MEU) recently completed the first phase of integrated training off the coast of North Carolina.

The Amphibious Ready Group (ARG), consisting of command ship USS *Saipan* (LHA 2), USS *Austin* (LPD 4) and USS *Tortuga* (LSD 46), worked closely with the 22nd MEU in conducting several amphibious exercises. Included in the training were several days of deck landing qualifications for Marine Helicopter Squadron (HMM) 162 and Navy Helicopter Combat Support Squadron (HC) 6. Amphibious boat training was conducted by Assault Craft Units 2 and 4.

"We developed an ambitious schedule of events for the week and met or exceeded every training objective," said CAPT Dick Enderly, Commander, PHIBRON 8. "The ships and their crews, the naval support elements and the Marines all showed superb initiative and enthusiasm, which indeed resulted in a solid beginning for this team." (JOC Paul Brown, USS *Saipan* (LHA 2) Public Affairs)

Education gives Sailors competitive edge

WASHINGTON — Studies show that Sailors can enhance their professional development and stay competitive for advancement by participating in voluntary education (VOLED) programs offered through the Navy. Programs such as Tuition Assistance (TA), Program Afloat for College Education (PACE) and Academic Skills Learning Centers provide Sailors the



Guam SAR team medevacs Croatian

ABOARD USS *GUAM* IN THE ATLANTIC — As the amphibious assault ship USS *Guam* (LPH 9) steamed across the Atlantic Ocean en route to its home port in Norfolk, it received a distress call from the bridge of a Croatian bulk carrier. The ship's master was requesting medical assistance for two mariners on board. One was suffering from severe abdominal pain and the other was experiencing an irregular heart-beat.

At the time of the call, the merchant vessel was about 350 miles from *Guam*. Staff members from Amphibious Squadron (PHIBRON) 2 immediately drew up plans to medevac the two sailors. The decision was made to steam toward the merchant ship

and, once within range, launch a search-and-rescue (SAR) team from Helicopter Squadron 6 (Det. 3) the next morning.

At first light the helicopter crew was in the air and within minutes arrived on scene. Meanwhile, the ailing sailors were moved topside and prepared for the airlift.

The helo faced a few minor complications with the Croatian ship. For example, the Croatian ship had several 30-to-40-foot cranes on the weather deck which forced the rescue helicopter to hover about 75 feet above the deck. Most rescue hoistings are made at approximately 10 feet.

Aviation Electronic Technician 3rd Class Kurt Violette of Waterbury, Conn., who was lowered to the deck to prepare the evacuees for the lift, said operating in five-to-seven-foot seas was a



Sailors and Marines on the flight deck of USS *Guam* (LPH 9) rush an ailing Croatian merchant marine to the ship's medical ward below deck.

ation mariners

challenge.

Despite the obstacles, the mariners were safely transported back to *Guam* and promptly treated in the ship's medical ward.

CAPT William J. Luti, *Guam's* commanding officer, called the rescue mission's success an example of how unselfish Sailors and Marines are. "Some sailors needed help and these young men and women quickly responded," said Luti. "They continue to impress me every day."

For more information on USS *Guam*, visit their website at <http://www.spear.navy.mil/ships/lph9/guam.htm>.

(Story by JOC Doug Hummel, photo by PHAN Rich Williams, USS *Guam* Public Affairs)

opportunity to move ahead academically.

A recent study conducted by the Center for Naval Analysis documented a significant and positive relationship between voluntary education and promotion and retention. Sailors who improve their academic skills triple their chance to cross-rate to undermanned ratings. Sailors who complete 15 to 30 college credits have a 20 percent greater chance of making E-5 in their first five years of service than those who don't. Those with 60

college credits have a 35 percent greater probability.

Tuition Assistance is the principal means for Sailors attached to shore activities to pursue further education. In FY97, more than 41,000 Sailors enrolled in nearly 119,000 courses during off-duty hours. TA pays up to 75 percent of both undergraduate and graduate courses, up to a monetary cap of \$2,500 for undergraduate courses and \$3,500 for graduate courses per fiscal year. In FY99, the monetary cap will increase to \$3,500 for

Abraham Lincoln Sailors Heroes

BRITISH COLUMBIA, Canada —

Two Sailors serving aboard the aircraft carrier USS *Abraham Lincoln* (CVN 72) recently helped save a man's life while on liberty in Victoria, British Columbia.

While eating in a local coffee house, Seaman Recruit Rodney Jennings and Fireman Recruit Ivan Butler found a man collapsed on the restroom floor.

"I turned him over and saw that he wasn't breathing," recalled Butler, "so I put him on his side, crossed his arm over his chest and he started breathing again. Then I laid him on his back and put a backpack under his head to keep his air passages open."

While Butler attended to the man, Jennings asked the coffee shop attendant to call an ambulance. Both Sailors stayed with the man until paramedics arrived 15 minutes later.

According to a Victoria police officer who arrived at the scene, the man would have likely died had it not been for the Sailors' timely intervention.

"Anybody would have done it," said

Jennings. "We just happened to be in the right place at the right time."

The two Sailors also had just happened to have received emergency first aid and CPR training during their ship indoctrination. They said the mandatory training was priceless because it helped them save a life.

For more information on USS *Abraham Lincoln*, visit their website at <http://trout.nosc.mil/~cvn72box/index.htm>.

(USS *Abraham Lincoln* Public Affairs).



Photo by PH3 Daniel J. Wolsey

While on liberty in Victoria, British Columbia, FR Ivan Butler (left) of Hayward, Calif., and SR Rodney Jennings of Bellefontaine, Miss., used the CPR training they had received aboard USS *Abraham Lincoln* (CVN 72) to save a Canadian man's life.

Around the Fleet

both, with a \$187.50 per credit cap.

Sailors assigned to ships can enroll in the PACE program, in which Sailors pay the cost of textbooks while the Navy fully funds the courses. In FY97, Sailors took almost 33,000 courses at sea. PACE is available to every ship in the Navy. Courses can be taught by resident instructors or by computer interactive video.

Participation at Academic Skills Learning Centers helps Sailors upgrade their basic academic skills, increase ASVAB scores, better prepare for college degree programs and gain a professional advantage in performing their Navy jobs.

For more information on education opportunities in the Navy, visit the Navy VOLED website at <http://voled.doded.mil/active/Navy>. (BUPERS Public Affairs)

Dental Techs reach 50th birthday

WASHINGTON — Navy dental technicians celebrated their golden anniversary April 2. The creation of a separate dental rating was authorized by 1948.

Before 1948, dental assistants were hospital corpsmen trained as assistants or prosthetic technicians. Their number grew to more than 10,000 in World War II. Dental technicians served admirably during wars in Korea, Vietnam, Lebanon and the Arabian Gulf. One technician, Dental-

man Thomas Christensen, earned a posthumous award of the Navy Cross for gallantry in Korea.

Currently, there are 3,021 active and 679 Reserve dental technicians. They serve in nine Navy enlisted codes -- basic technician, dental laboratory technician, surgical technician, Fleet Marine Force technician, equipment repair, administrative technician, dental hygienist and maxillofacial technician. (HMCS Mark Hacala, Bureau of Medicine and Surgery)



EA2 John Meyer of Kettering, Ohio, pressure washes the outside of the Ramona Boys and Girls Club during United Way Northeast Florida's "Day of Caring". Meyer and 17 other REDCOM 8 Sailors joined other project volunteers in the Jacksonville, Fla., community.

REDCOM 8 supports Day of Caring

JACKSONVILLE, Fla. — Seventeen Sailors from the Naval Reserve Readiness Command (REDCOM) 8 joined local United Way agencies and area volunteers for the 1998 Day of Caring. The joint effort, intended to help finish area, is in its seventh year in the Jacksonville, Fla., community.

REDCOM 8 volunteers contributed by renovating a local youth club. They constructed several flower beds, pressure-washed the exterior of the club, raked leaves, picked up trash and painted several rooms.

Seaman Darnien Crawly said he was amazed at the huge difference REDCOM 8 volunteers made in the club's appearance in just a day's work.

"We knew when we got to the club that we had our work cut out for us," said the 20-year-old yeoman from Notasulga, Ala. "I was really surprised to see how hard work paid off in such a short time."

REDCOM 8 Sailors are involved in many other Jacksonville volunteer projects, such as "Paint the Town Red" and "Habitat for Humanity."

For more info on REDCOM 8, visit their website at <http://www.navy.mil/homepages/redcom8>.

(Story and photo by JOI Crystal M. Raner, REDCOM 8 Public Affairs)

Navywide home address collection required

WASHINGTON — All military personnel are now required to provide a current address for the DOD Centralized Personnel Locator Service.

To maintain accurate, up-to-date addresses for all Navy personnel, current addresses will be stored in the Defense Enrollment Eligibility Reporting System (DEERS).

If you are within 30 days of changing your permanent duty station or home address, you must update your current address as follows:

If you're on shore duty in CONUS, you must provide your residential address;

If you're assigned OCONUS, aboard a ship, with a routinely deployable unit or are work with national security or higher authority tasking, you must provide your duty or command address;

If you're stationed OCONUS with a deployable unit, you must provide your command duty address in addition to ensuring your family members provide a current residential address.

Updating your address is simple. Either contact your local personnel support detachment, send an e-mail directly to DEERS at <addrinfo@osd.pentagon.mil>, or call the DEERS Support Office at 1-800-527-5602 (Hawaii and Alaska), 1-800-334-4162 (California) or 1-800-538-9552 (all others CONUS).

For more details on the new requirement to maintain a current address with DEERS, refer to NAVADMIN 313/97, or email Doris Perry at p334a@bupers.navy.mil.

For information on other personnel-related issues, visit the BUPERS website at www.bupers.navy.mil.

(Story by LT Bill Anderson, BUPERS Public Affairs)

The *Ticonderoga*-class guided-missile cruiser USS *Vincennes* (CG 49) participated in Exercise *Valiant Usher 98-1* near Townshend Island, Australia.



Vincennes participates in Valiant Usher 98-1

TOWNSHEND ISLAND, Australia — The guided-missile cruiser USS *Vincennes* (CG 49), forward deployed to Yokosuka, Japan, recently completed Exercise *Valiant Usher 98-1* with USS *Belleau Wood* (LHA 3) amphibious ready group and the Royal Australian Navy destroyer HMAS *Perth* (DDG 38). The combined exercise took place near Townshend Island, Australia.

As part of the exercise, the 31st Marine Expeditionary Unit, embarked on USS *Belleau Wood*, USS *Dubuque* (LPD 8) and USS *Germantown* (LSD 42), assaulted the beach at Townshend Island.

Training also included close air support,

fire support from *Vincennes* and *Perth*, and small arms fire from troops ashore.

Vincennes provided naval surface fire support to the 3,000 Marines conducting maneuvers on Townshend Island. Using her two 5-inch guns, the guided-missile cruiser fired 350 rounds of ammunition.

After the exercise was completed, *Vincennes* crew members visited a series of Australian port.

For more information on Exercise *Valiant Usher 98-1*, visit the U.S. 7th Fleet website at <http://www.c7f.navy.mil>.

(USS *Vincennes* Public Affairs)

Seabees in Bosnia transfer bridge to locals

BRCKO, near Bosnia — A 17-Seabee detail from Naval Mobile Construction Battalion (NMCB) 1 recently spent three days dismantling and removing military fighting positions on both sides of the Brcko bridge, in the town of Brcko near Bosnia.

"The idea was to turn the responsibility of bridge control back to the local government," said Chief Construction Mechanic (SCW) James Radford.

"The Seabees who have been assigned to Bosnia during the past two years have proven that teamwork is the way ahead," said LCDR Pete Lynch, contingency engineer for the U.S. European Command in Stuttgart, Germany. "Their seamless transition into the Bosnia operation sets the example for future joint engineering missions."

For more information on Navy Seabees, visit their website at <http://www.chinfo.navy.mil/navpalib/factfile/personnel/seabees/seabee1.html>.

(Story by JO2 Kelly A. Trout, NMCB-1 Public Affairs)

Shipmates



CDR Byron Joseph, USNR, a San Diego policeman, received the San Diego Police Department's highest award for bravery after being wounded while apprehending a suspect in a shooting. He received a Purple Heart and a Medal for Valor for his acts of courage and dedication to duty. He is an aviator with HSL-84 at NAS North Island, San Diego.

Hospital Corpsman 1st Class (SW/AW/FMF) Thomas E. Rice was selected as the 1997 Senior Shore Sailor of the Year for Naval Hospital, Charleston, S.C. A native of West Palm Beach, Fla., Rice directed daily operations, maintained administrative requirements and updated the command's \$22 million property inventory, and attained a 97.8 percent accountability.



Disbursing Clerk 1st Class (SW) Kimberly J. Werla is the Space and Naval Warfare Systems Command 1997 Sailor of the Year. As the SPAWAR Detachment San Diego travel and assistant budget officer, she reduced travel claim processing time by 90 percent and government credit card error by 70 percent. The Delaware native is on the Fleet Reserve Association Branch 61 Board.

LT Glen S. Leverette of the Surface Warfare Officers School Command (SWOSCOLCOM) was recently selected as the 1997 Junior Officer of the Year for the Newport naval complex. Leverette, a native of Daytona Beach, Fla., was cited for his sustained superior performance as an instructor, his professionalism and commitment to quality education and his active community involvement.



Dental Technician 3rd Class Angela Watson was selected as the 1997 Junior Sailor of the Year for Naval Hospital Charleston, S.C. A native of Sanford, N.C., Watson took on the additional responsibilities of directing daily operations, increasing dental readiness to more than 95 percent and maintaining all administrative requirements, while she performed her daily duties.

Boatswain's Mate 1st Class (EOD) Michael C. Doyle was selected as the Commander, Explosive Ordnance Disposal (EOD) Group 1, 1997 Staff Sailor of the Year. The Oregon native is the technical reference library custodian, security assistant custodian and NWP custodian. He directs and manages more than 500 vehicles, 100 boats and \$50 million in EOD equipment.



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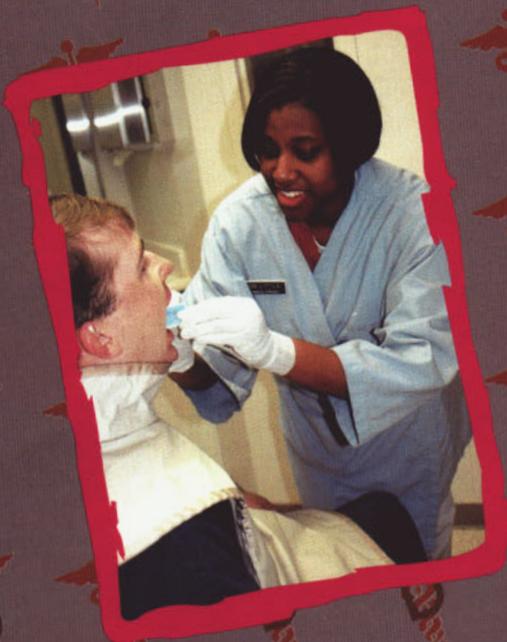
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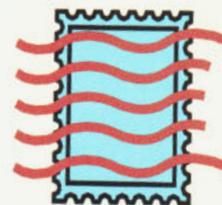
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Postcard from the Fleet



Name: DN Kimberly Little

Command: Fleet Surveillance Support Command,
Chesapeake, Va.

Hometown: Philadelphia

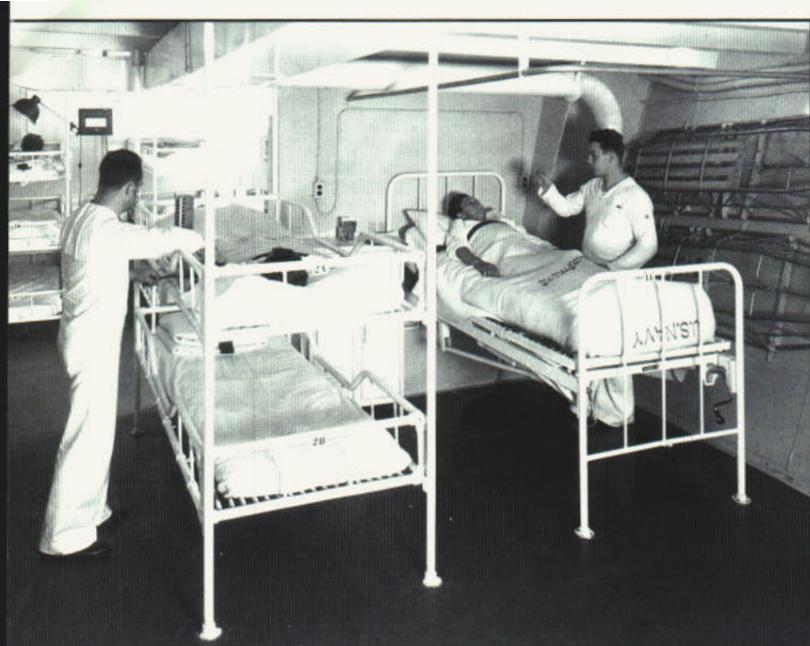
Hobbies: Dancing, movies, roller skating and traveling

Favorite Duty Station: Fleet Surveillance Support Command

Favorite Quote: Philippians 4:13

Key to Success: "You have to work hard and have discipline,
determination and motivation."

Goals: "My main goal is to be successful at anything I do! I
would really like to pursue a career as a hygienist or in
dentistry."



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