



The Journal

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February 2, 2017

NSAB Takes Part in 58th Inauguration



U.S. Navy photo by MC3 William Phillips



NPDS to Host
Dental Fair
- Page 4



Navy Uniform
Policy Update
- Page 6



New Year,
New You
- Page 8

2017 Readership Survey Results

By Jeremy K. Brooks

Public Affairs Officer, NSA Bethesda

Throughout the month of January, you may have been asked to participate in a readership survey for this paper, The Journal.

We invited you to give your feedback and tell us what you want for this publication going forward. While we're still going over the data to determine what actions we'll be taking, I wanted to take a moment to share with you some of the comments we received, and respond directly.

Below are six items that may help many understand how we operate, and why the paper has functioned the way it has.

1: *"Get rid of the paper to save money/reduce the cost to taxpayers."* The Navy does not directly fund any portion of The Journal. The base paper is a CE or "commercial enterprise" paper. This means the contract for the paper dictates no government funding will go directly to the cost of publishing the paper. The publication and the full-time writer who works with the NSA Bethesda staff are both paid for with advertising money. The ad sales are handled entirely by the publisher. Additionally, no taxpayer money is spent on the website (dcilitary.com) where electronic versions of the articles are hosted.

2: *"The ranks are printed wrong, COL vs. Col., etc."* Ranks and military titles are printed using the Associated Press Style Guide. This is a requirement we follow for our public affairs products.

3: *"The paper is always about the Navy."* With a limited amount of space, we try to cover the events that happen here on NSAB. The base falls under the U.S. Navy and it may appear we're favoring the sea service over our sister services. Moving forward, we'll do our best to pull in and publish stories about the Army, Air Force and Marine Corps.

4: *"The content is soft/fluff. Do some investigative journalism."* Plenty of non-taxpayer funded organizations dedicate entire publications to "investigating"

military and DoD operations. As a DoD-governed publication, what many people think of as "investigative journalism" is not permitted. The purpose of most military-managed publications is to highlight positive DoD news items, and keep to audiences informed about policies and administrative actions.

5: *"There are so many great people on this base. Tell their stories."* This was the top suggestion in our survey. Moving forward, we'll be making this a priority.

6: *"Add more content about upcoming events."* We'll look at this and see what we can do. There are several challenges with getting a schedule of events at NSA Bethesda. If we can do it consistently and reliably, we will.



Bethesda Notebook

Prostate Cancer

Board certified psychotherapist Dr. Jim David will present "The ABCs of Self Care" on Feb. 2 from 7 to 8:30 p.m. in the America Building (19), Room 2525. The John P. Murtha Cancer Center's Prostate Center is presenting the program, which will also be video teleconferenced to Fort Belvoir Community Hospital's Oaks Pavilion, Room 332. Military identification is required for base access to Walter Reed Bethesda. For more information, contact Jane Hudak, patient educator for the Prostate Center, at 301-319-2918.

Dental Health Month

In observance of National Children's Dental Health Month during February, the pediatric dental clinics at Walter Reed National Military Medical Center and Naval Postgraduate Dental School will perform oral screenings and caries (cavities) assessments on Feb. 3 from 8 a.m. to 2 p.m. in the America Building, fourth floor, pediatric clinic. The event is open to all children 6 months to 12 years of age with base access (TRICARE eligibility is not required). The event will also include face painting, storytelling and games focused on teaching children and adults good oral hygiene habits. For more information, contact Petty Officer Jacqueline Morris at 301-295-5451.

Spiritual Resiliency

The Department of Pastoral Care's Spiritual Resiliency Annual Prayer Breakfast is scheduled for Feb. 8 at 6:30 a.m. in Building 62's Warrior Café. Meal vouchers are available at the Pastoral Care Office. For more information, call the office at 301-295-1510.

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Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Jeremy Brooks
Public Affairs Office: 301-295-1803

Journal Staff

Managing Editor MC3 William Phillips
WRNMMC Editor Bernard Little

Writers Andrew Damstedt
Kalila Fleming
Megan Garcia
MC2 Hank Gettys
MC1 Christopher Krucke
Joseph Nieves

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain's Office	301-319-4443
	301-319-4706
Installation SARC	
Priscilla DePinto	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225

NSAB Sailors Participate in 58th Presidential Inauguration

By MC2 Hank Gettys
NSAB Public Affairs

Participating in a presidential inauguration is much more than showing up, standing at attention and rendering a few salutes. It's a time-honored military tradition in which few get to take part.

"It's a distinguished honor to be asked to be a part of this," said Master-at-Arms 2nd Class Joshua Reynolds, NSAB security department training and exercise coordinator. "This is a once-in-a-lifetime opportunity, so just being a part of it is a unique honor itself."

The tradition goes all the way back to 1789, when the Army, the militia, and Revolutionary War veterans escorted President-elect George Washington into Federal Hall in New York City, said Maj. Gen. Bradley A. Becker, commander of the Joint Task Force — National Capital Region (NCR).

"This peaceful transfer of power is so important for this country," said Becker. "[My troops] have the honor of representing the more than two million men and women in all the services, many of whom are deployed," Becker said.

Having a role in such a significant and historical event is one of the unique opportunities that comes with serving at NSAB, part of the Naval District Washington (NDW) in the NCR.

"It's really neat being here at NSAB and it's not just the inauguration," said Religious Programs Specialist Seaman Apprentice Heath Steffey, a part of the religious programs staff at NSAB. "I get to take visits to the Pentagon and other things of that nature in the area. Being here is a good geographical location for any service member to be able to take advantage of unique opportunities like this."

Being a part of the cordon is also not just a one-day commitment, it involved multiple uniform inspections and giving up part of a holiday weekend for a full-day dress rehearsal.

"We did a few uniform inspections to make sure everything was squared away and looking up to Navy standards," said Reynolds. "Especially while we are out there, we are standing in front of thousands of people and news crews, so it is definitely important to look our best."

"We also did a dry run on [Jan. 15] to make sure everything was good to go and to get the procedures down for Friday."

The day of the inauguration itself is a grind, meeting at 1:30 a.m. and not finishing with the ceremony



U.S. NAVY PHOTO BY SENIOR CHIEF MUSICIAN STEPHEN HASSAY

The U.S. Army Field Band marches down Pennsylvania Avenue during the 58th Presidential Inaugural Parade in Washington, D.C. The Parade was held to celebrate the inauguration of the 45th President of the United States, President Donald Trump.



PHOTO BY MC3 WILLIAM PHILLIPS

Master-at-Arms 1st Class Michael Olivieri, Naval Support Activity Bethesda (NSAB) security department operations leading petty officer, inspects Master-at-Arms 1st Class Michael Jackson's, training leading petty officer at NSAB, dress blue uniform during a uniform inspection in preparation for the 58th Presidential Inauguration Jan. 20. NSAB Sailors were selected to participate in a joint cordon welcoming the incoming president.

until 6 p.m. Through it all, however, participating in and witnessing a prominent moment in history outweighs the long hours and preparation, according to Steffey.

"I think that knowing we are doing something so important helps get us through such a long day and the pride that you are a part of something bigger than yourself," said Steffey.



PHOTO BY MC3 WILLIAM PHILLIPS

Chief Master-at-Arms Jeremy Jones, Naval Support Activity Bethesda (NSAB) security department leading chief petty officer, gives an overview of NSAB Sailors's tasking and responsibilities for the 58th Presidential Inauguration Jan. 20. NSAB Sailors were selected to participate in a joint cordon welcoming the incoming president.

"It may be a long day and you may be stressed out and tired, but what you are doing and what it represents outweighs the fatigue you may feel that day."

Naval Postgraduate Dental School to Host Dental Fair

By Lt. Jill Cunningham
Navy Medicine Professional
Development Command

On Friday, Feb. 3, Walter Reed National Military Medical Center (WRNMMC) Hospital Dental and Naval Postgraduate Dental School (NPDS) will again host a Dental Fair in recognition of National Children's Dental Health Month in the America building of WRNMMC on the 4th floor from 0800 until 1400.

This event, open to everyone with base access, will kick off the month celebrating Children's Dental Health Month.

There will be several other events throughout the National Capital Region highlighting the importance of good early habits and hygiene for children as well as allowing children and parents to get more information from dentists on establishing a dental home.

Feb. 3 will be a day of dental fun and will feature face painting, educational games and dental screenings for children (ages 1-12). The theme is "Choose Tap Water for a Sparkling Smile". During the Dental Fair, we will encourage parents to establish a dental home for their children. Dental screenings and caries risk assessments, handouts, and hands-on activities for kids will be provided to promote good oral health and nutrition. NPDS and WRNMMC dentists and staff will be available to answer question from parents. If a child is determined to have dental needs, every effort will be made to ensure they get taken care of, either at NPDC, WRNMMC or a referral to civilian dentist.

Dentists and dental staff will also visit Child Development Centers at the following locations: NSA Bethesda, Forrest Glenn, Annapolis, Pentagon Clinic and Fort Myers. During these visits, dental screenings will be conducted on children ages two and up if a permission slip was signed and returned. A report of the screening will be given to the parent and the child will be invited to have their treatment completed at WRNMMC or NPDS, if they are eligible of care and if the family desires. Dentists and dental staff will also talk to children about the importance of visiting the dentist and what to expect through interactive, age-appropriate play and discussion.

A few other dental notes for parents:

- Parents should start bringing their children to a pediatric dentist as soon as their first tooth erupts but no later than their first birthday.



PHOTO COURTESY NMPDC

Walter Reed National Military Medical Center pediatric dental staff perform a dental exam on a patient during the 2016 Children's Dental Health Month Dental Fair.

Children should be assisted with brushing until about their sixth birthday or until they can tie their shoes. They should be assisted or supervised with flossing until about their eighth birthday.

- Major Sheteka Ross-Goodlett, USA (WRNMMC Hospital Dental) says nutrition, hygiene, establishing good habits, and trauma prevention are the top concerns that are communicated with the parents during the child's dental visit. Cavities in baby teeth are preventable through ensuring these five things are part of your child's dental home. Dental caries, or cavities, is more common in young children than any other chronic disease – including asthma and diabetes! She added pregnant women should visit the dentist during their pregnancy and ensure they receive regular cleanings.

- The risks of poor oral hygiene to children can be wide and extreme. Children can experience pain and have movement of their teeth, which can result in an inadequate amount of room for adult teeth to come in. Dental pain can result in difficulty concentrating and missed school days. Commander Sepehr Rajaei, USN (NPDS) emphasized that parents can help to reduce these risks by setting the example for children and having good nutrition



PHOTO COURTESY NMPDC

Naval Postgraduate Dental School staff helps a young patient learn proper oral hygiene skills.

habits, preventing cavities through good dental habits and maintaining regular visits to the dentist.

Major Ross-Goodlett stated after a child is approximately 12-14 months, eliminating nighttime feedings should be considered to minimize risk tooth decay. The frequency of sugar intake, (not necessarily the total quantity of sugar consumption) can cause the most damage to children's teeth. Additionally, starchy carbohydrates like crackers and sticky foods like

raisins can cause damage. Parents should talk to their dental provider about giving their child a fluoride supplement, in addition to regular brushing and flossing.

The 2016 event reached 591 children, both at the main event at WRNMMC and at all of the Child Development Centers. Commander Rajaei stated the intent is always to expand every year to reach more children and raise awareness about good oral hygiene. We hope to see you on Friday March 3rd between 8 a.m. to 2 p.m.

Army NCO balances duty, writing career

By Christopher Austin
USU Public Affairs

Army Sgt. 1st Class Ruth Hunt is known at the Uniformed Services University of the Health Sciences (USU) in Bethesda, Md., as the Army senior enlisted advisor and non-commissioned officer in charge of Laboratory Animal Medicine (LAM), but few are aware she's also a published author.

Her most recent publication is a poem titled "End of Watch," which she wrote to cope with peers who had passed away. It appears in Proud to be: Writing by American Warriors, Volume 5, an anthology series of writings from Service members.

"[I enjoy writing because] you can get every thought, feeling and experience out on paper without feeling judged. It's your choice to share your writings, and you choose which specific works you wish to make public," Hunt said. "I've found that the stories I'm most terrified of telling openly are the ones that seem to receive the biggest response. Writing connects people when readers discover they may be experiencing something similar to the story you have shared. When they see how you made it through, it reassures them that they can make it as well."

A writer since grade school, Hunt has been pursuing her interest alongside her military career. Currently, she is enrolled in the Bachelor of Arts degree program at University of Maryland University College, majoring in English. She is scheduled to graduate in May 2017 with the intention to begin her master's degree immediately after.



PHOTO BY SHARON HOLLAND

Army Sgt. 1st Class Ruth Hunt, senior enlisted advisor for the Department of Laboratory Animal Medicine at the Uniformed Services University of the Health Sciences, balances her career in the military with her passion for writing.

A high school teacher encouraged her interest in writing, giving her a handmade journal to write down ideas.

"The journal was a high school graduation gift that I've kept with me. I have different journals for different things," Hunt said. "I have one for my kids; I keep a book of quotes for each. I write funny stuff they say in there. A lot of [the longer things I write] are in Word documents. The high school journal is

mostly for short poems or experiences I am having at that moment."

While most of her work is non-fiction, Hunt likes to relax by reading works of fiction, particularly the works of authors such as Kim Harrison and Kelly Armstrong. She cites Maya Angelou, particularly her poem, "Why the Caged Bird Sings," as one of her influences.

Hunt's first publication was in college. "More Than a Soul Mate," was a non-fiction short story about herself and her adopted son as they dealt with her upcoming deployment. It appeared in Mothers and Other Creatures, a bioStories Magazine Anthology.

"Part of the final for my college course was to submit a work somewhere for publication. Whether we got in or not, we had to show the teacher that we had done all the steps and sent it in. So I just searched for a journal that kind of fit the story, submitted it and, sure enough, they got back to me and told me they'd like to publish it," she said. "It was cool that it came out of a college assignment."

Originally from Corpus Christi, Texas, Hunt first enlisted in the Army 16 years ago. She says she's always cared for animals, and decided to pursue a career in the Army because it is the only branch with veterinary technicians.

"I'm very impressed by Sgt. 1st Class Hunt's creative talent and her ability to achieve this and other professional and personal goals," said Army Lt. Col. Larry Shelton, Jr., director of LAM at USU. "This is particularly significant given her current service in two significant leadership roles at USU. Very inspiring, above and beyond accomplishment!"

"For my transition from servicemember to business owner, it had to be UMUC."

KATHRYNN STODDARD
Bachelor of Science,
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PHOTO BY MC2 BENJAMIN WOODY

Master Chief John Mulholland, command master chief of Navy Expeditionary Combat Command (NECC), is piped ashore for the last time by Sailors from NECC at Joint Expeditionary Base Little Creek-Fort Story. Mulholland served for 32 years.

Navy Uniform Policy Update Released

By Chief of Naval Personnel Public Affairs

On Jan. 26, the Navy released NAVADMIN 015/17 that updates several previously announced uniform policy changes.

These include specifics for the occasion for wear of Navy Security Force (NSF) identification badges/patches, revised implementation schedule for the Navy fitness suit, policy clarification for combination covers, female Service Dress Blue (SDB) covers and black slacks, safety boot wear, coyote brown command ball cap manner of wear requirements, and Cold Weather Parka insignia.

Below are some of the key uniform policy updates:

1. Badges. Effective immediately, the eligibility criteria to wear NSF identification badges and patches is as follows:

* Security Limited Duty and Chief Warrant Officers and (649X/749X) and Master-At-Arms can only wear the Security Force Identification Badge while they are in the Navy Security Force career field. Personnel who change designators or transition out of the security career field will no longer be authorized continuous wear of the NSF badge.

* Correction Specialist badge/patch. Sailors with the Navy Enlisted Codes (NEC) of 2008, 9575 or 9516 and performing correction specialist duties will wear the correction specialist badge or patch only when assigned to a corrections facility.

* Chief Master-At-Arms (CMAA) is the new name for the Command Master-At-Arms and those with Permanent Change of Station to CMAA duties are authorized to wear the CMAA badge and patch only for the duration of their assignment.

2. Navy Fitness Suit. Production challenges delayed recruit issue of the new Navy Fitness suit at Recruit Training Command (RTC) Great Lakes from the previous target issue date of Oct. 1, 2016. The new target date to issue the fitness suit is now April 1, with fleet availability for personal purchase at Navy Uniform and call centers to follow at a later date. A future NAVADMIN will provide an update to RTC introduction and fleet availability.

3. Dress Covers. The new deadline for mandatory wear of the Alternate and Unisex Combination Covers for female officers and Chief Petty Officers is extended from Oct. 31, 2016, to Oct. 31, 2018. The enlisted

White Hat remains mandatory for wear with jumper style uniforms only. The Navy continues to rollout previously announced uniform changes as scheduled.

4. Female Officer and Chief Petty Officer SDB Uniform. Effective immediately, the optional wear of male officer's and chief petty officer's SDB Trousers is authorized with the female SDB uniform. We are continuing our efforts to redesign women's pants that will result in an improved fit.

5. Enlisted SDB. Enlisted female Sailors E-1 — E-6 and below Sailors may wear the SDB uniform with four button jacket and slacks or skirt until Dec. 31, 2019. When wearing the optional SDB uniform, the female enlisted combination cover shall be worn. The White Hat is not authorized for wear with this uniform. The new jumper style female enlisted SDB began introduction at RTC Oct. 1 and Fleet availability is expected to commence in February.

6. Safety Boots. As previously announced, the black leather safety boots (steel-toed) are the standard boots worn with the Navy Working Uniform (NWU) Type III. Commanding officers may authorize the optional wear of the Navy

certified desert tan or coyote brown rough-side-out leather non-safety boots when wear of safety boots is not required. Sailors must buy these optional brown boots if they are not issued them by their commands as organizational clothing. Optional boots not required as organizational clothing will be procured at the expense of the Sailor and not the authorizing command.

7. Coyote Brown Command Ball Cap. Guidance was provided on the manner and occasion for wear of the Coyote Brown Command Ball Cap with the NWU Type III to be consistent with how the Blue Command Ball Cap is worn. For officers O-5 and above, visor ornamentation for Navy head gear shall be gold in color, consistent with Navy standards.

8. Cold Weather Parka. Sailors E-4 through O-10 will wear rank insignia, either a metal rank insignia or NWU Type I slip-on rank insignia, centered on the rank tab of the Cold Weather Parka. A black slip-on rank insignia is being developed for the cold weather parka to replace the NWU Type I insignia.

For details and more information on the uniform update read NAVADMIN 015/17 at www.npc.navy.mil.

Walter Reed Bethesda Celebrates King's Life, Legacy

By Bernard S. Little
WRNMMC Public Affairs

The Walter Reed Bethesda community celebrated the life and legacy of Dr. Martin Luther King, Jr., during a program Jan. 17 in the medical center's Memorial Auditorium.

"It's often said everyone has a pre-determined date of birth and death, but what's most important is how one lives the dash that separates those two [dates]," said guest speaker Army Lt. Col. Latonya Walker, service chief for staff and faculty development, National Capital Region, Defense Health Agency.

"We remember, celebrate and act on the dash that was Dr. Martin Luther King, Jr.'s life," Walker continued. She explained King lived a life dedicated to the non-violent struggle for racial equality in the United States. "On the journey that was the dash of his life, Dr. King is remembered for organizing the Montgomery Bus Boycott, co-founding the Southern Christian Leadership Conference, writing the Letter from Birmingham Jail, the March in Selma, and for his famous 'I Have a Dream' speech."

"It's fitting we remember a small portion of the sum total of Dr. King's life and legacy which were dedicated to fighting prejudice, pursuing social justice and service to others," Walker said. She added because of the diversity within the military, "It's incumbent we hold true and continue to live and serve by the guidance set forth by Dr. King and his 'I Have a Dream' speech, that all people should live in a nation where they will not be judged by the color of their skin, but by the content of their character."



PHOTO BY BERNARD S. LITTLE

Army Lt. Col. Latonya Walker, service chief for staff and faculty development, National Capital Region, Defense Health Agency, serves as guest speaker during the Jan. 17 Walter Reed Bethesda ceremony observing the birthday of Dr. Martin Luther King, Jr.

Walker said the world looks to America to be the steady force and beacon of light they can depend on, and the military leads the way.

"When one joins the military, he or she joins for the greater good of all. We must continue to treat others in a manner befitting of Dr. King's dash. We must embody and reflect all the decency, kindness and goodness that America has to offer because we are

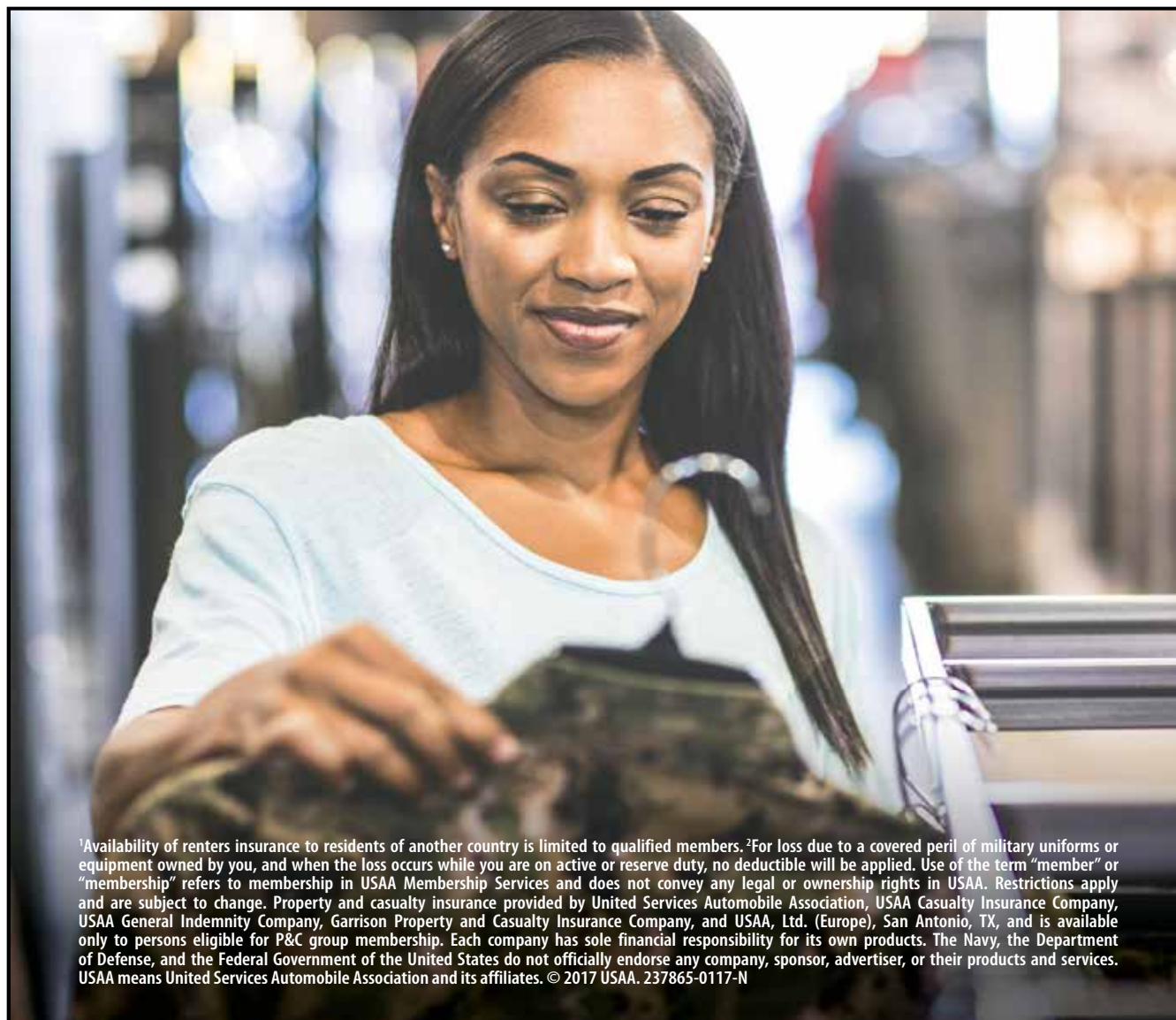
America's sons and daughters. If we do this, when we do this, we will continue to advance Dr. King's dream," she concluded.

Army Chaplain (Lt. Col.) Joseph Ko also expressed his appreciation for King. The assistant chief of chaplains at Walter Reed Bethesda said, "We are thankful for the life of Dr. Martin Luther King, Jr. We are thankful for his courage, inspirational words and writings, his integrity and dignity, his prophetic leadership, and his authentic witness."

King has had lasting impact on the world, the chaplain added.

Petty Officer 2nd Class Zu Yang, physical therapy technician and advisor for the Multicultural Committee, which hosted the observance, said King played a significant part in defining a new role for America by demanding the nation opens its doors to equal opportunity to not only African-Americans, but to people of all races, ethnicities and nationalities who have come to America's shores.

In his 2017 proclamation for the Martin Luther King, Jr., federal holiday, President Barack Obama stated, "When the Reverend Dr. Martin Luther King, Jr., shared his dream with the world atop the steps of the Lincoln Memorial, he gave mighty voice to our founding ideals. Few could have imagined that nearly a half century later, his iconic profile would forever be memorialized in stone, standing tall and gazing outward, not far from where he stirred our collective conscience to action. In summoning a generation to recognize the universal threat of injustice anywhere, Dr. King's example has proven that those who love their country can change it."



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New Year, New You

Set 'SMART' Goals To Better Health

By Bernard S. Little
WRNMMC Public Affairs

It's a new year, why not a new you?
At the start of the New Year many people make resolutions to improve their wellness, focusing on good nutrition, exercise, mental health, a tobacco-free lifestyle and adequate sleep. It's usually around mid-February when the enthusiasm to make good on those resolutions dwindles, and there are less people in the gyms and many go back to their old, poor eating habits. But that doesn't have to be case if you set SMART goals.
"People may set unrealistic or complicated goals for themselves, but goals should be SMART — Specific, Measureable, Attainable, Realistic and Time-bound," said Travis Combest, exercise physiologist and personal trainer in Outpatient Nutrition Services at Walter Reed National Military Medical Center.
Combest explained SMART goals build momentum, as well as confidence leading to improvements in fitness and nutrition. These goals can include simply bringing a packed gym bag to work and going the fitness center in Building 17 at lunch-time three times a week for a brief work-out, walking the track in the building or in front of the Tower if the weather is nice, as well as bringing a plastic bag packed with celery and oranges for a light snack during



PHOTO BY BERNARD S. LITTLE

Travis Combest, exercise physiologist and personal trainer in Outpatient Nutrition Services at Walter Reed National Military Medical Center, says people should set goals which are SMART (Specific, Measureable, Attainable, Realistic and Time-bound) for better health and fitness.

mid-day three days a week, he said.
A good pair of running shoes and workout clothes are all people need to begin a simple exercise program, and the Building 17 fitness center on Naval Support Activity Bethesda has all of the other equipment necessary for people to meet their fitness goals, Combest explained. He added for those who may want to do their fitness at home, an exercise mat,
See **GOALS**
Page 11

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Randy Couture Visits USO



Photos by MC3 William Phillips

Retired mixed martial arts fighter Randy Couture signs a photo for a Soldier Jan. 26 during a visit to Naval Support Activity Bethesda. Couture met with service members at the USO Warrior and Family Center at Bethesda.

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Rear Adm. Rock Awards NSAB Sailors

Naval District Washington Commandant Rear Adm. Charles Rock hands out awards to Naval Support Activity Bethesda Sailors during his visit Jan. 27.



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GOALS

From

Page 8

stability or exercise ball, and a set of dumbbells ranging from five to 20 pounds, depending on your strength level, are good to have on hand.

For people who enjoy working out in groups, Combest recommended classes such as spin, dance fitness, yoga, cross fitness or even basic weight training, most of which are offered in NSAB's fitness center.

"If possible, find a buddy to work out with for motivation," Combest added. "Also, if you have a trackable exercise device, you should wear that to motivate you to move more."

Combest said people who haven't exercised in a while should first consult a physician and begin their regimen gradually. "Even 10 minutes of exercise at a time counts. Build and add variety to your routine every two or three weeks. For example, if you are walking on the treadmill, maybe switch and use the elliptical equipment, adding minutes going up from 10 to 20 minutes, or increasing the intensity, such as going from level 3 to level 4. Again, find a buddy to work out with, even if it is for a

brisk walk during lunch-time with your co-worker."

Combest said it's also important to do some form of an aerobic exercise and stretch to maintain flexibility. Walking, yoga, jumping jacks or riding a stationary bike and stretching the back of your leg (hamstring), are good examples. He added walking is not only good for fitness, but mental health as well.

"Next, implement some muscular conditioning exercises, such as abdominal crunches, squats or shoulder presses to build up your muscular strength," he added.

Ideally, people should exercise 30 to 60 minutes at least three to five days a week for general fitness, Combest continued. "For weight loss, increase your duration to 45 to 74 minutes, four to six days per week. Perform some muscular-conditioning exercises that work on muscle groups, including the abdomen, back, shoulders, chest and legs at least two days a week on opposite days to let muscles rest. The minimum number of exercises for a muscular-conditioning session would be around eight. For example, a muscular-conditioning session could include chest fly, ab crunches, shoulder front raises, lats pulldowns, leg presses, hamstring curls and hip abduction and adduction.

Regarding nutrition, Army Capt. Paul Rosbrook, a registered dietitian and chief of Outpatient Nutrition Services at WRNMMC, said, "When making goals for your diet, focus on changes for a day to a week at a time. For example, don't say, 'I will not eat chocolate this year.' This is a flat goal that is easy to fail. Instead, say, 'I will not eat chocolate today or this week, and progress daily and weekly with that continued goal.'"

Rosbrook also encourages people to attend a nutrition class or lecture, join a support group, social media community, or other external group to help with accountability. "Download and track your food using a digital phone or computer application. If you continue to struggle with diet changes, make an appointment with a registered dietitian who can help fine-tune your diet for long-term success." To make an appointment with a registered dietitian at WRNMMC, call 301-295-4065.

He also recommends people follow the U.S. Department of Agriculture's MyPlate model.

"Fill half of your plate with non-starchy vegetables, such as mushrooms, cauliflower, carrots, tomatoes, and leafy greens before plating the rest of your food," Rosbrook explained. "This will

keep calories low, as well as help you feel full and provide numerous phytonutrients, vitamins, and minerals.

"Also, portion your starches, such as rice, beans, potatoes, pasta and corn to a half of a cup and no more than 1 cup per meal," he added. "Keep meat portions at 3 to 4 ounces, or the size of a deck of cards. Most restaurants serve 6 to 8 ounces of meat, which can provide 150 to 300 more calories than a necessary portion, which when consumed twice per day equates to 300 to 600 more extra calories daily," Rosbrook added.

Combest and Rosbrook agreed water is also important for hydration during exercise and good diet.

"Remaining hydrated enables you to exercise longer and at higher intensity during your workouts," said Combest. "Water is also key for proper nutrient metabolism. Drinking water during meals is also a great way to be, and stay, full longer, so it can help with weight management," he added.

"Most of what we accomplish in life is due to planning," Combest added. This applies to exercise and nutrition as well. Make sure to make time to exercise and learn to say 'no' to things that disrupt this time," Combest added.



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Operation Deep Freeze: Cargo Handling, Not for the Faint of Heart

By From Navy Expeditionary Combat Command Public Affairs

Sailors assigned to Navy Cargo Handling Battalion (NCHB) 1 have commenced cargo-handling operations

at McMurdo Station in Antarctica in support of the U.S. Antarctic Program, which is managed by the National Science Foundation.

Upon arrival into Antarctica, Sailors

assigned to NCHB 1 are provided time to acclimate to the harsh conditions so they can safely begin on-loading and off-loading equipment in extreme weather conditions. NCHB 1 is part of Operation Deep Freeze, the U.S. military's logistical support for the Antarctic Program.

"These Sailors are working in minus 20 degree Fahrenheit, which is minus 29 degrees Celsius weather, with sustained winds of 20-30 mph and gusting to 40," said Chief Logistics Specialist James Hawley, who is assigned to NCHB 1.

Hawley added Sailors have been acclimating to the weather and harsh environmental conditions with physical training and team-building activities, allowing Sailors to settle into a routine and prepare for the start of cargo operations.

Prior to arriving in Antarctica, Sailors received extreme cold weather gear in Christchurch, New Zealand, to prepare for the mission. The significant time change — 18 hours ahead of Eastern Standard Time — coupled with 24 hours of daylight create challenges for acclimatization.

The annual mission, which NCHB 1 has been participating in for more than 60 years, resupplies the U.S.

Antarctic Program's largest research station on the most remote continent. The supplies delivered also keep Amundsen-Scott South Pole Station, 800 air miles from McMurdo, as well as remote field camps operational. The successful cargo operation, in short, allows NSF to meet its presidential mandate to run three year-round Antarctic research stations.

"Sailors working with civilian mariners and scientists off-load supplies and equipment to support the research conducted by the National Science Foundation and the United States Antarctic Program," said Hawley.

Sailors will continue to off-load roughly 500 containers aboard Military Sealift Command-chartered ship MV Ocean Giant, and on-load another 500 containers which will return to the United States.

NCHB 1 is the U.S. Navy's only active component cargo handling battalion homeported in Williamsburg, Virginia. NCHB 1 is supported by Navy Expeditionary Logistics Support Group (NAVELSG). NAVELSG delivers expeditionary logistics and equipment to NCHB-1 and the Reserve component cargo handling battalions.



U.S. NAVY PHOTO BY CHIEF PETTY OFFICER JAMES HAWLEY

Chief Boatswain Mate Gerald Benton, assigned to Navy Cargo Handling Battalion (NCHB) 1, oversees the loading of a crane onto a cargo ship. NCHB-1 continues to offload and back-load equipment and supplies onboard McMurdo Station, Antarctica, in support of Operation Deep Freeze 2017.

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