



# The Journal

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## MWR Hosts Winterfest

U.S. Navy photo illustration by MC3 Julio Martinez Martinez



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# Walter Reed Bethesda, NSAB Celebrate Life, Legacy of King

By Bernard S. Little  
WRNMMC Command Communication

The Walter Reed Bethesda community paid homage to the life and legacy of Dr. Martin Luther King Jr., during a program Jan. 16 in the rotunda of the historic Tower at the medical center.

The Multicultural Committee hosted the event, which featured Walter Reed National Military Medical Center and Naval Support Activity Bethesda leaders discussing the importance of diversity in the military, and the impact that King made on society.

Setting the tone for the program, WRNMMC Director Navy Capt. (Dr.) Mark Kobelja said, "We, the armed forces of the United States, don't do diversity; we are diverse. I think it's really important we pause occasionally to reflect on that [because] it's one of our great strengths. It's a strategic imperative that we understand this, continue to nurture it and take it to the next level."

Kobelja added it's also important to "pause and reflect on history and where we came from."

"In the grand narrative of the beginning of our services to today, it doesn't take a great student of history to see how far we have come, [and] of course we have much further to go. We are a diverse nation and it's important that we represent that," the WRNMMC director continued.

The strategic imperative of diversity within the military, which encompasses race, culture, religion, age, socioeconomics, education and

*"Our strength comes from our differences and those unique experiences and perspectives all of us bring to this hospital, base and world," said NSAB Commanding Officer, Navy Capt. Marvin Jones.*

other variables, requires that these different factors come together to successfully accomplish the mission, Kobelja furthered.

"I see that no more clearly than I do here in the hospital setting," he added, explaining that within the walls of WRNMMC, there are "all walks of life, all backgrounds, all educational levels, all ages and more represented. And you don't have to look very far past our outcomes alone to realize what power that diversity brings," he concluded.

NSAB Commanding Officer, Navy Capt. Marvin Jones agreed, adding that "understanding the value of diversity" was one of the gifts King left people. "Our strength comes from our differences and those unique experiences and perspectives all of us bring to this hospital, base and world. Diversity is a force multiplier," he added.

Jones called King's influence "irrefutable," and said it helped "changed the face of American society for the better and forever." He added King's dream of a better and more just society with equality for all, was one for which he fought for and laid down his life. "Each of us has a duty to live out that dream. It doesn't matter your race, color, creed, ethnicity, religion, gender, sexual

orientation, political orientation [or] your philosophical ideation, we all inherit the responsibility to ensure we bestow the virtues of equality in every facet of our lives."

Adding that he's no exception to the many who have been inspired by King, Jones said the human rights leader's legacy has influenced him throughout his life.

King was born Jan. 15, 1929 in Atlanta, Georgia, and April 4 of this year will mark the 50th anniversary of his assassination in Memphis, Tennessee, Jones explained. The Navy captain recalled how his mother, who he called "the original Rock," cried like so many others did when told of King's assassination. "I had never seen my mother cry [before]. The significance of that day really resonated with me." He also remembered the "mayhem and rioting" in his hometown of Chicago and other cities throughout the nation after word of King's assassination spread.

"Martin Luther King, Jr., was the hope of equality for the rest of the nation, particularly for those of us who felt disenfranchised," Jones said. He added people have a responsibility not to forget King's life, legacy and the causes for which he sacrificed his life including equality, diversity and inclusion in all aspects of the society.

## Bethesda Notebook

### Army Nurse Corps Birthday

Walter Reed Bethesda observes the 117th Army Nurse Corps Birthday Jan. 29 at noon in Clark Auditorium. Army Maj. Gen. Barbara Holcomb will be the guest speaker. This year's theme is "Keeping You in the Fight Since 1901."

### Carnival & Big Game Celebration

Walter Reed Bethesda's Pathway to Excellence and Nurses Association host a Carnival & Big Game Celebration Jan. 25-26 from 11 a.m. to 2 p.m. in Building 9's mezzanine area (near Gastroenterology). In addition to games and food, the event will include information concerning the medical center's efforts on its journey to completing P2E designation.

### Prostate Cancer Guest Speaker Program

Dr. Jennifer Cullen presents "The Critical Role of Patient-Reported Outcomes in Improving Decision-Making for the Treatment of Prostate Cancer" on Feb. 1 at 7 a.m. in the America Building, second floor, room 2525 at Walter Reed Bethesda. The program will be aired via video teleconference at Fort Belvoir Community Hospital on the first floor on the Oaks Pavilion, room S1.901 (Library Lecture Hall). For people without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access to WRB. For those without a military ID at Fort Belvoir, arrive at the gate one hour before the program to complete paperwork for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

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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 MC2 William Phillips  
WRNMMC Editor Bernard Little  
Writers MC2 Kevin Cunningham  
Andrew Damstedt  
Kalila Fleming  
MC3 Julio Martinez Martinez  
Joseph Nieves  
AJ Simmons

NSA Bethesda  
Fleet And Family Support Center 301-319-4087  
NSAB Emergency Info 301-295-6246  
NSAB Ombudsman  
CS3 Danielle Coley 301-400-2397  
NSAB Chaplain's Office 301-319-4443  
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Installation SARC 301-400-2411  
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# NSAB Set to Participate in Citadel Shield-Solid Curtain 2018

By Andrew Damstedt  
The Journal



NSAB FILE PHOTO BY MC3 WILLIAM PHILLIPS

**NSAB security personnel clear the Navy exchange during an active shooter drill at the Bethesda Navy Exchange as part of last year's training exercise.**

*"... be prepared to use another gate while the training is going on," Morford said.*

Naval Support Activity Bethesda (NSAB) is set to participate in annual Navy wide training exercises that will consist of several security training events. For two weeks, starting Jan. 29, this could impact some operations around the base.

Citadel Shield-Solid Curtain 2018 are training exercises that stress and evaluate antiterrorism measures on Navy installations.

"It will be a great training opportunity for the tenant commands and the Naval Security Force that's participating," said Kirk Morford, NSAB Installation Training Officer. "It will also allow visitors and tenant command personnel on base to see measures that they will have to encounter if we move [Force Protection Condition] Bravo to Charlie."

An active shooter exercise is required for each installation, but other training exercises vary. Scenarios could include gate runners, suspicious packages, and vehicle born IEDs. Each base must also conduct a "cascading drill," which has one incident go right into the next one.

"That gives a situation where senior leadership really has to put

some thought into how they're going to exercise all of their resources," Morford said.

Impacts to the base are likely during the exercises, especially if the base goes

to a higher force protection condition, said Morford. The security team will be tasked with implementing security measures such as putting up concrete barriers, closing off gates, and

restricting access to certain buildings.

"It probably won't be for a long time, but it is going to happen," he said.

There may be a period when gate access is limited so NSAB employees and visitors should be prepared for interruptions to traffic and pedestrian access, and have a backup plan for accessing the base.

"People on base should be prepared to use another gate while the training is going on," Morford said.

Hans Semple, NSAB Deputy Security Director and Antiterrorism Officer, said training helps the security team respond more efficiently.

"It helps us exercise our procedures and it helps us interact with the base population, and it helps the base population understand how to act during emergency situations," Semple said.

NSAB security does training every month but experiencing a drill is beneficial.

"We put a lot of resources to making it as realistic as possible," Morford said. "As I'm setting up this exercise, I'm trying to conduct it with as few simulations as possible."

After Citadel Shield-Solid Curtain concludes, the Installation Training Team will evaluate the exercise and debrief the security team on lessons learned.

## NSAB WINTER CLOTHING DRIVE

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# NSAB MWR Holds Winterfest

Photos by MC3 Julio Martinez Martinez  
NSAB Public Affairs

Naval Support Activity Bethesda Morale, Welfare and Recreation hosted a Winterfest for service members, staff and their families Jan. 21. The Winterfest included events like iceless ice skating, balloon animals and a bounce house.



# 'Mission Nutrition' Course Emphasizes Healthy Eating

By Andrew Damstedt  
The Journal

The next time they shop the grocery store, Naval Support Activity Bethesda Fitness Center certified exercise physiologist Sara Myers encourages people to look at the ingredients of the food they are buying.

For example, she said, a lot of bread marketed as whole wheat is in fact not whole wheat.

"Next time you go to the store, take a look and the first ingredient should be whole wheat, if it's not, it is not actually a whole wheat bread," Myers said.

Making people more aware of their food choices is one of the sections Myers goes over in the Mission Nutrition course that's offered twice a year on the installation.

The course is designed by Navy Fitness. Sections include eating habits, meal planning, sports nutrition, weight control, fad diets, emotional eating, and supplement safety.

Myers said she likes getting people to see how this information can help them in their lives.

"I like to keep an open format and get examples of what people eat, how they eat, and what their home situations are because it's just not applicable if you can't translate it into your life," she continued.

Class participants are encouraged to keep a food log where they track what they eat and why.

"Are you eating because you're hungry or because you're bored or upset – so you want ice cream," Myers said. "That gives people a really good insight into why they are making those food choices, too."

She encourages people to make smart goals, such as "in the next two weeks, eat two serving of vegetables with each meal." She also urges people to choose a non-food related reward when they achieve their goal.

"Once you equate food into it, you've defeated the vegetables," she said.

She noted a good rule to follow is the 80/20 rule, which is choosing foods that are best 80 percent of the time while incorporating those that might not be the best but are favorites 20 percent of the time.

"People tend to go 100 percent on their diets, eating perfect and not eating any junk food," she said. "And the minute they eat junk food they are all in. They are eating all the junk food they can consume. It's not just one cookie, it's all the cookies."

A good resource is the Navy Fitness meal builder which is found on the Navy Fitness website or the Navy Operational Fitness and Fueling System (NOFFS) app.

She said the meal builder takes into account your weight, whether you are planning on losing, maintaining or gaining weight, to give an optimal calorie count. Then it gives a meal plan showing how many servings of grains, proteins, fruits, vegetables and fats are best for each meal.

"Anyone who says it's too hard to count calories, this meal builder makes it simple," she added.

The NOFFS app is good for Sailors on ships because once it's downloaded it doesn't require any WiFi to use.

While the first class took place Tuesday, Myers said if people are interested in the course to contact her at 301-295-0031.

## The 10 Nutrition Rules To Live By From Navy Fitness

### Come Back to Earth:

Choose the least-processed forms of food.

### Eat a Rainbow Often:

Eat fruits or vegetables with each meal.

### The Less Legs the Better:

Include a lean protein source with each meal.

### Eat Healthy Fats:

Include healthy fats in your diet.

### Eat Breakfast Every Day:

Eat within 30 minutes of waking up.

### Three for Three:

Eat smaller portions more often, spread evenly across the day.

### Stay Hydrated:

Drink at least three liters of non-caloric beverages every day.

### Don't Waste Your Workout:

Have a post-workout recovery meal or shake.

### Supplement Wisely:

Fuel first and supplement second.

### Sleep:

Aim for eight hours of sleep.

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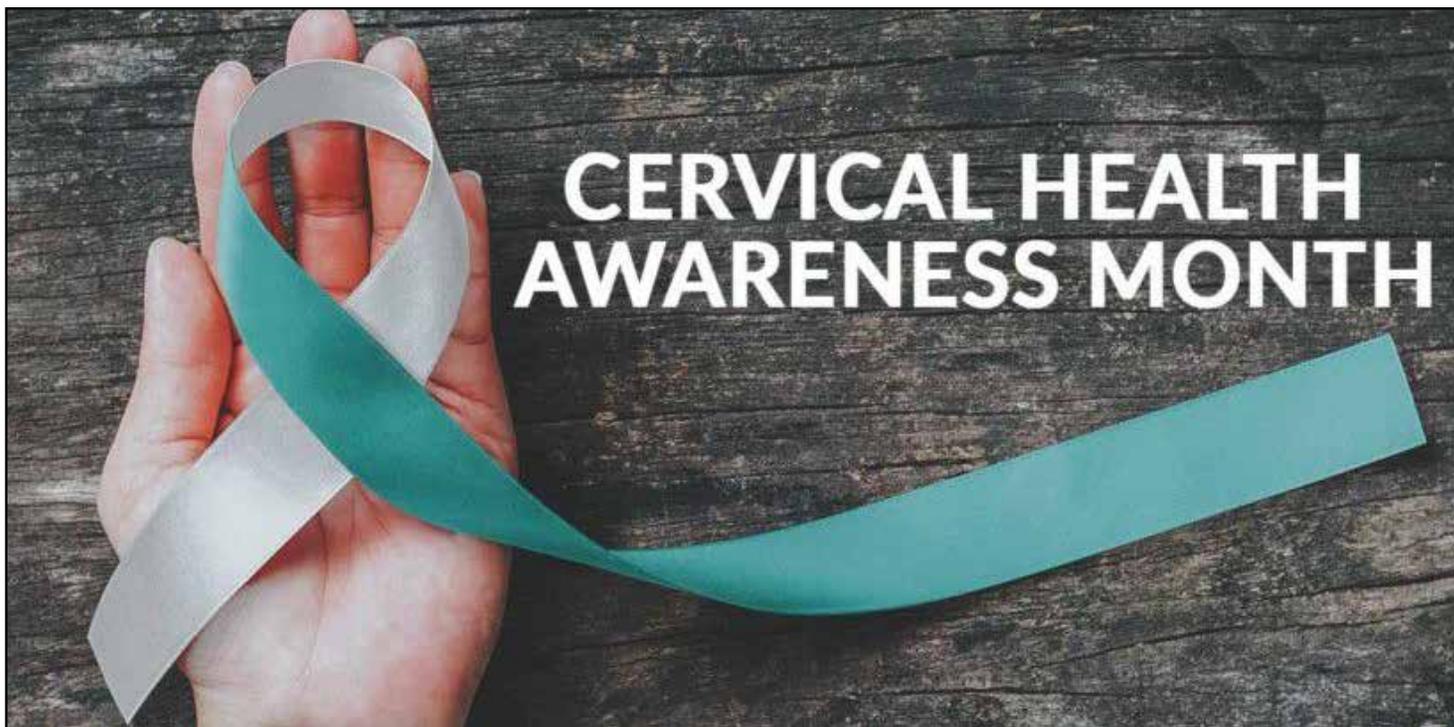


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# Raising Awareness About Cervical Health

By Kalila Fleming  
WRNMMC Command Communications



“Cervical cancer is the most preventable female cancer. Cervical Health Awareness Month [observed during January] is charged with raising awareness about how women can protect themselves from cervical cancer and HPV (human papillomavirus), which is the major cause of cervical cancer,” explained Air Force Col. (Dr.) Chad Hamilton, chief of Gynecologic Oncology at Walter Reed National Military Medical Center.

About 79 million Americans have HPV, and many do not know they are infected, according to the U.S. Department of Health and Human Services. This does not mean all women with the HPV will get cervical cancer, health-care officials added.

The HHS added that approximately 12,000 women in the United States get cervical cancer each year, with about 4,000 dying from the disease. But the good news is the HPV vaccine can prevent HPV, and cervical cancer can often be prevented with regular screening tests and follow-up care, Hamilton added.

Hamilton explained the cervix is vulnerable to a number of health conditions, many of which are asymptomatic. “But some HPV types can cause changes on a woman’s cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts,” according to the Centers for Disease Control and Prevention.

“For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer,” the CDC added. In its early stages, cervical cancer may not cause signs and symptoms, but as it progresses there may be pain and bleeding or discharge from the vagina that is not normal for the woman, including as bleeding after sex.

Hamilton agreed that the HPV and regular screening tests can help prevent cervical cancer. “As gynecologic cancer specialists, we strongly advocate that young women and men ages 9 to 26 get vaccinated against HPV,” he said.

“HPV vaccines have been shown to prevent infection with the two types of HPV that cause most cervical cancers. Also, regular screening by Pap or HPV tests at recommended intervals is important. These tests help find abnormal cells or high risk HPV in the cervix before cancer develops when it is easily treated,” Hamilton added.

According to the American Congress of Obstetricians and Gynecologists, it is recommended that women start receiving periodic pelvic examinations beginning at the age of 21 (or younger when indicated by medical history). “Age 21 is also the recommended age to start cervical cancer (Pap) screenings, which should then be continued at guideline based intervals based on age and risk factors,” the ACOG added.

The Pap test involves looking at a sample of cells from the cervix under a microscope to see if there are any that are abnormal. The ACOG added the Pap test is also good for finding not only cancer, but also cells that might become cancerous in the future, also known as dysplasia.

Additional recommendations from the CDC to help prevent cervical cancer include:

- Don’t smoke.
  - Use condoms during sex
  - Limit your number of sexual partners
- If a woman is diagnosed with cervical



WRNMMC FILE PHOTO

**Air Force Col. (Dr.) Chad Hamilton, chief of Gynecologic Oncology at Walter Reed National Military Medical Center**

cancer, Hamilton explained that she should be referred to a gynecologic oncologist, a subspecialist with expertise in the management of female genital tract cancers. He added that treatments may include surgery, radiation, chemotherapy or various combinations of those modalities depending on how early the cancer is detected.

For more information regarding cervical health, call 301-400-1258 to contact the Gynecologic Cancer Center of Excellence located on the third floor of the America Building (19) at WRNMMC.

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- 2/6 11 am-1 pm **Adult Coloring-Mezzanine West, Bldg. 9**  
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- 2/12 5-7 pm **Valentine's Cake Decorating\***  
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