



The Journal

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**“We Train Like We Fight”;
NSAB Conducts Citadel Shield Exercise**

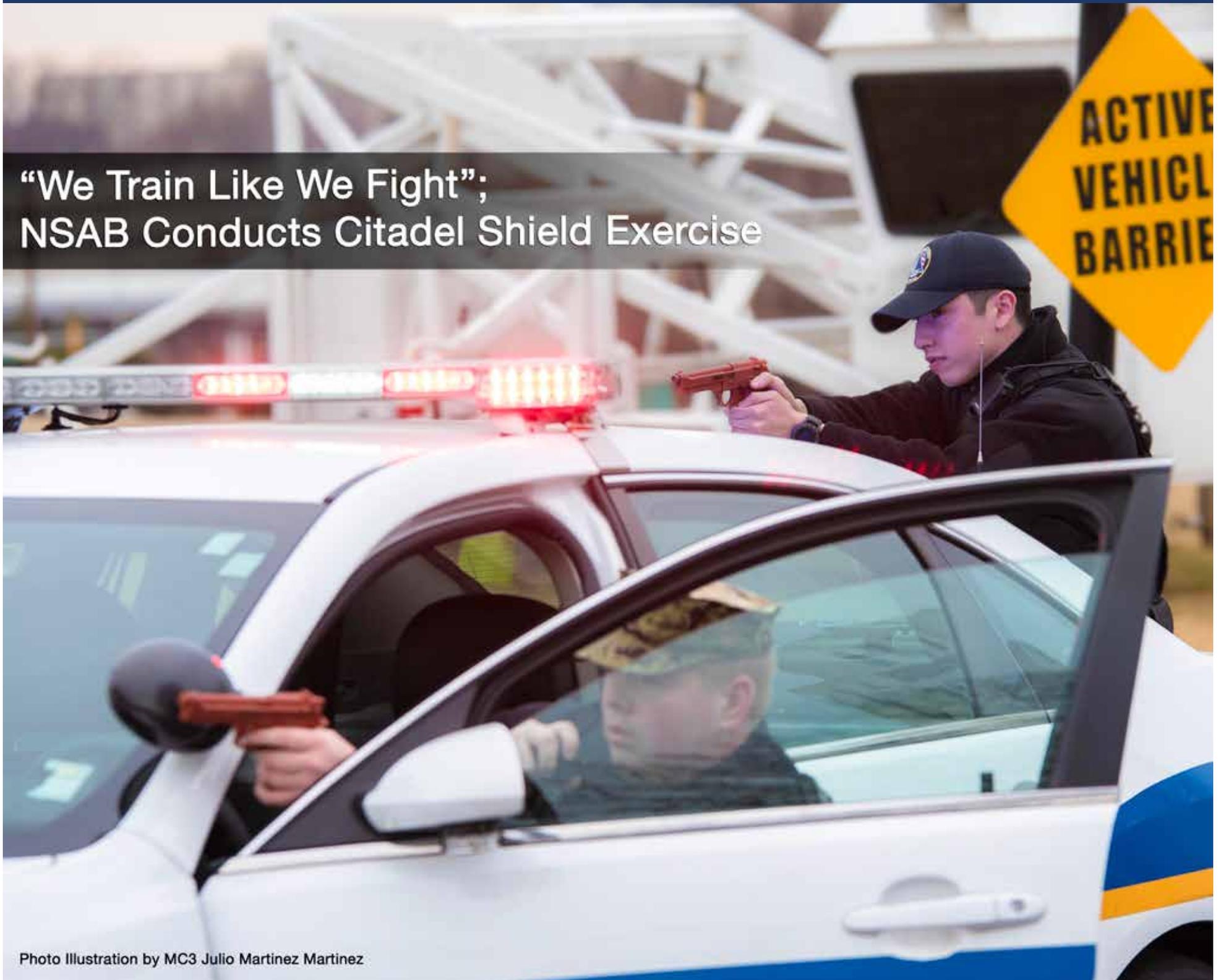


Photo Illustration by MC3 Julio Martinez Martinez



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Reminder: Scheduling PSD Appointments Decreases Wait Time

By Andrew Damstedt
The Journal

To avoid the line to get an ID at the Personnel Support Detachment (PSD) office, the PSD Bethesda site security manager at Naval Support Activity Bethesda recommends scheduling appointments online.

"There's less wait time and they are a priority," said Renee Dyson, PSD Bethesda site security manager, team leader, of those who schedule appointments online.

Walk-ins are welcome, but wait times can be anywhere from 30 minutes to an hour.

"We try not to have them wait that long, but if it's crowded we can't help it," she said.

Mondays and Fridays are usually the busiest times during the week. Busy times during the year are around holidays and vacation times as well as the end of the fiscal year, Dyson explained.

Before coming for an appointment, Dyson recommends people go online and review the list of required documents for their appointment. Two forms of unexpired ID are required for a new ID card.

"Please, please, please when you come in, make sure you have unexpired IDs," she said.

When people don't have all the necessary material, the PSD Bethesda employees have to tell them to come back before they can get an ID.

PSD Bethesda, located in Bldg. 17, is open Monday to Friday from 7:30 a.m. to 4 p.m.

To schedule an appointment go to rapids-appointments.dmdc.osd.mil.

"Please, please, please when you come in, make sure you have unexpired IDs," said Renee Dyson, PSD Bethesda site security manager.

Bethesda Notebook

Black History Month

The Walter Reed Bethesda Multicultural Committee hosts a Black History Month observance Feb. 28 at 10 a.m. in the America Building's piano foyer. Everyone is invited to attend.

CMC's Calls For All Enlisted

A mandatory Command Master Chief's Calls for enlisted members of all services at Walter Reed National Military Medical Center are scheduled for 7:15 to 8 a.m. in Memorial Auditorium on the following days: Feb. 9 for E-5's; Feb. 16 for E-4's; and Feb. 23 for E-3's. For more information, call Hospital Corpsman 2nd Class Jonathan Spears at 301-295-2429.

Ash Wednesday

NSA Bethesda Interfaith Center hosts an Ash Wednesday service at 11:30 a.m. Feb. 14 at the Interfaith Center, Bldg. 11. Walter Reed Bethesda hosts Catholic Mass and imposition of ashes for Ash Wednesday Feb. 14 7:30 a.m. in the hospital chapel in Building 8, first floor, and at noon in the Memorial Auditorium, Building 7, third floor. Protestant imposition of ashes will be at noon in the hospital chapel. For more information, call the Department of Pastoral Care at 301-295-1510.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Feb. 15 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military ID is required for base access to WRNMMC and Naval Support Activity Bethesda. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Retirement Seminar

A two-day pre-retirement seminar for Walter Reed National Military Medical Center Department of Defense GS employees planning to retire within the next five years will be Feb. 13-14 and March 20-21 from 8 a.m. to 4 p.m. each day. Location will be sent upon registration, which must be done in advance and space is limited. Topics to be discussed during the seminar include eligibility requirements, survivor benefits, health/life insurance benefits, Social Security/Medicare benefits, income tax, Thrift Savings Plan, and more.

Navy Medical Corps Ball

The Navy Medical Corps Ball for the National Capital Region honoring the 147th Navy Medical Corps Birthday is scheduled for March 3 at 6 p.m. in the Hyatt Regency Bethesda. All services and corps are invited. For more information visit the website www.NCRBALL.com.

Command Assessment Team

Walter Reed Bethesda's Command Assessments Team is seeking members to assist in helping the command promote a positive command morale, encourage an environment for growth within the organization, assist in endorsing equal opportunity, conduct focus groups, and formulate plans of actions and milestones for enhancing the Command Managed Equal Opportunity program, and advertise and conduct the Defense Equal Opportunity Command Survey. For more information, contact Navy Lt. Cmdr. Melissa Burke at Melissa.k.burke2.mil@mail.mil.

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Armed Forces Nursing Students To Complete 1st Clinical Rotation in American Samoa

By Sarah Marshall
USU External Affairs

Located in the South Pacific between Hawaii and New Zealand, American Samoa is the home of pristine waters, five volcanic islands, rugged cliffs, and a 350-acre coral reef. Those who call American Samoa home, though, face challenges with poor drinking water quality, inadequate clinical capabilities and a shortage of health care providers, and health disparities, such as diabetes, renal failure, and obesity, are rampant. Now, thanks to a new educational agreement, Uniformed Services University of the Health Sciences (USU) Graduate School of Nursing (GSN) students are working to help address some of those issues.

Recognizing the value that such an

experience could offer to both USU's nursing students and American Samoa's underserved population, GSN Dean Dr. Carol Romano initiated discussions about two years ago to forge a partnership that would allow students to complete clinical rotations there. Dr. Jill Schramm, assistant professor in the GSN's Family Nurse Practitioner and Women's Health Nurse Practitioner programs, worked with leadership at American Samoa's Department of Health, a VA clinic there, Medicaid Services, a federally-qualified community health center, and a federally-operated tropical medicine center to establish a memorandum of understanding (MOU). In April 2017, the MOU was signed by American Samoa governor Lolo Matalasi Moliga

See **SAMOA**
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COURTESY PHOTO

Lt. Christopher Johnson, far right, stands next to Maj. Douglas Taylor, on a boat ride in American Samoa. The two graduate nursing school students traveled to the remote U.S. territory in September for a clinical placement.

Wear Red Day



PHOTO BY MC2 KEVIN CUNNINGHAM

Walter Reed National Military Medical Center staff members were in full support of National Wear Red Day, Feb. 2, an observance to raise awareness about cardiovascular disease, the No. 1 health threat to women, according to National Heart, Lung, and Blood Institute, part of the National Institutes of Health, U.S. Department of Health and Human Services. WRNMMC staff wore their red attire for the observance, and gathered for a group photo in the medical center's Building 9.

Command Emergency Manager Gives Advice on Winter Safety

By MC2 Kevin Cunningham
WRNMMC Command Communications

“Preparation is the best advice I can give.”

This is how Christopher Gillette, Command Emergency manager at Walter Reed Bethesda, summed up the approach to safety people should exercise during the winter months.

Recalling a snowstorm in the Washington metropolitan area a few years back, Gillette said it was those who had prepared for the weather and took preemptive measures for safety that fared best. “I remember personnel were stuck on the Capital Beltway for 12 hours due to a quarter inch of ice on the roadways. Many were stranded and slept in their cars, ran out of gas, did not have food or water, nor the proper clothing. Although there may have not been much folks could have done regarding traffic coming to a stand-still for 12 hours, those who had prepared their vehicle, had proper clothing and had an emergency kit, had a much better experience than those who did not.”

Gillette said the preparation needs to start at home and go with you to work. “Have an emergency kit for your car. At a minimum, ensure you have bottled water, non-perishable food, a flashlight and extra batteries, road flares, a battery powered radio, shovel, first-aid kit, and a bag of kitty litter or rock salt to help with traction in the event your wheels get stuck in the snow. Also, make sure your cell phone is fully charged and lastly, let someone know where you will be going and check in with them to let them know you have arrived safely.”

The American Red Cross stresses the importance of knowing the weather and differences in storm intensities. In addition, changes in the hospital operating status at Walter Reed Bethesda are dictated by the Office of Personnel Management. Federal government instructions are updated by 5 a.m. on Nixle, Facebook, Twitter and www.wrnmmc.capmed.mil.

The OPM Status Line is at 201-606-1900 or www.opm.gov. The hospital status line is at 301-319-8707. For Nixle, text WRBALERT to 888-777. The WRNMMC’s Twitter is at <https://twitter.com/WRBethesda> and its Facebook is <https://facebook.com/WRNMMC>.

“In most cases, we are notified well in advance by the weather forecasters of an impending winter storm so we all have plenty of time to start preparing, however, many people don’t usually start preparing until the storm has arrived,” said Gillette.

Online and on-base resources make situational awareness easier for employees and patients at Walter Reed Bethesda. www.RedCross.org, www.opm.gov and the command sites are a few of the many sources that offer advice regarding safety.

Winter driving

The three P’s for safe winter driving include prepare for the trip, protect yourself, and prevent crashes on the road, according to the Air Force Safety Center.

Preparation includes maintaining your car (checking the battery, tire tread, windshield wipers and fluid, and antifreeze). In addition, keep the emergency kit in your vehicle and plan your route.

Protect yourself not only includes wearing the appropriate cold-weather attire, but also buckling up and using child safety seats properly.

You can prevent crashes by never mixing driving with drugs and alcohol. Also during inclement weather, slow



WRNMMC FILE PHOTO BY MARK OSWELL

Ground workers at Naval Support Activity Bethesda clear snow and ice from the steps in front of the historic Tower at Walter Reed National Military Medical Center following a snowfall last winter in the Washington metropolitan area.

down and increase your distance between cars. Avoid fatigue (get rest before trips, stop at least every three hours and rotate drivers if possible). Additionally, keep your eyes open for pedestrians walking in or near the road.

Cold Weather Injuries

In addition, the Air Force Safety Center offers the following advice to avoid slips and falls: wear proper footwear for snow or ice; take short steps and walk at a slower pace so you can react quickly to a change in traction and be aware that a dusting of snow can conceal icy hazards; avoid walking in the streets; and be aware of overhead hazards such as falling icicles and chunks of snow that pose a serious risk.

To help avoid frostbite and hypothermia when you are exposed to cold temperatures, wear layered clothing, eat a well-balanced diet, and drink warm, non-alcoholic, caffeine-free liquids to maintain fluid levels, Air Force Safety Center officials recommend. Also, avoid becoming wet, as wet clothing loses 90 percent of its insulating value, they added.

The National Safety Council recommends the following tips to shovel safely.

- Do not shovel after eating or while smoking
 - Take it slow and stretch out before you begin
 - Shovel only fresh, powdery snow; it’s lighter
 - Push the snow rather than lifting it
 - If you do lift it, use a small shovel or only partially fill the shovel
 - Lift with your legs, not your back
 - Do not work to the point of exhaustion
- If using a snow blower, use the following tips to avoid a mishap:
- If the blower jams, turn it off
 - Keep your hands away from the moving parts
 - Do not drink alcohol and use the snow blower
 - Be aware of the carbon monoxide risk of running a snow blower in an enclosed space
 - Refuel your snow blower when it is off, never when it is running

In you ski, snowboard, ice skate or sled, wear a helmet and eye protection. Only skate in locations you know are safe; look for rinks, ponds and lakes that have posted signs indicating skating is safe; avoid skating on a lake, river or pond after several days of unseasonable mild weather. Also, protect yourself with wrist guards, knee pads and elbow pads, especially while you’re learning to skate, and wear skates that fit comfortably and provide enough ankle support to keep you on your feet. Additionally, never skate alone.

For those who are sledding, make sure your sled is sturdy and steerable, and the hill you use isn’t too

steep and is covered with snow, not ice. Also make sure that the hill does not end anywhere near cars or the road. Look out for obstacles in your path like trees, bushes and rocks that are covered in snow. Sled only in daylight or in well-lit areas. Ensure the person sledding before you is well out of the way before you take off. Always sit up; lying down puts you at greater risk for injuries. Never ride on a sled that’s being pulled by a car, truck or snowmobile.

CO Dangers

Air Force Safety Center officials also note that the vast majority of carbon monoxide (CO) poisonings occur during the winter months. Carbon monoxide is an odorless, colorless gas that often goes undetected, striking victims off guard or in their sleep. Carbon monoxide detectors can save lives, and the National Safety Council recommends the following:

- Replace the battery for your home’s CO detector each spring and fall
- Do not heat your home with a gas range or oven
- Never run a car or truck inside an attached garage
- Remember, ventilation does not guarantee safety
- Have your heating system, water heater and any other gas or coal-burning appliances serviced by a qualified technician every year
- Do not use portable flameless chemical heaters indoors
- Never use a generator inside your home, basement or garage or less than 20 feet from any window, door or vent; fatal levels of carbon monoxide can be produced in just minutes
- Have your chimney checked and cleaned every year, and make sure your fireplace damper is open before lighting a fire and well after the fire is extinguished
- Make sure your gas appliances are vented properly

If your CO alarm sounds, immediately move outside to fresh air; call emergency services, fire department or 911; do a head count to check that all persons are accounted for; do not reenter the premises until emergency responders have given you permission to do so.

Also, the Air Force Safety Center reports home fires happen more during the winter than in any other season. Center officials recommend the following:

- Keep anything that can burn at least three feet away from heat sources such as fireplaces, space heaters, wood stoves and radiators
- Never plug heaters into an extension cord; always plug into a wall socket
- Never leave heat sources unattended
- Never use heat sources for purposes other than what they are intended for (drying clothes, etc...)
- Only plug in one electrical appliance for each socket
- Don’t overload power strips; use power strips that have internal overload protection
- If possible, avoid using lighted candles
- If you must use candles, make sure to put them in sturdy candleholders that won’t tip over easily; extinguish candles after each use; never leave burning candles unattended
- Store cooled ashes outdoors in a tightly covered metal container a minimum of 10 feet away from your house and nearby buildings

“We are here to help and advise,” said Gillette. “If you see an unsafe condition or have a safety concern, you can call the Facilities Customer Service Center at 301-295-1070,” he added.

Army Specialist Goes Extra Mile for Patient

By Kalila Fleming
WRNMMC Command Communications

Commitment, compassion and empathy for others are the adjectives Navy Capt. Elizabeth Vogel-Rogers uses to describe the work ethic of Army Spc. Gyanendra Sah.

Vogel-Rogers, department chief of the 5th and 7th floors at Walter Reed National Military Medical Center, explained that Sah, who works in the Inpatient Psychiatric Unit, “ensured the safety of a former patient, and in doing so very well may have saved [the patient’s] life,” during an encounter late last year in Building 2.

The encounter began when the former patient approached Sah, on his lunch break at the time in one of Building 2’s dining facilities, and stated, “I need to talk to you. I don’t think I want to do this anymore. I’m done.”

Sah, a shift leader on IPU who also helps to maintain a safe, healthy therapeutic environment for patients on the deck, sat down with the patient and talked with him for about 45 minutes before escorting him to his scheduled appointment and performing a safe hand-off with a member of the Outpatient Behavioral Health Clinic, according to Vogel-Rogers. “[Sah] is a role model for us all,” she added.

The Army specialist explained he talked to the patient about importance of going to all medical appointments and following the medical board process until it was completed. “I [informed] the patient that



PHOTO BY KALILA FLEMING

Army Spc. Gyanendra Sah said the most rewarding aspect of his job is when he hears a patient say, “Thank you for your help,” or “Thank you for listening to me.”

all the medical appointments are important because they help determine the kind of help needed after discharge from the military,” Sah stated.

He said he also discussed with the patient the importance of planning for the future while still in the military, and even asked the patient about the patient’s family.

Sah continued to reiterate and educate the patient on how important it is to plan for the future while still in the military, and even asked about the patient’s family.

A few weeks after the incident, Sah met with the patient, who thanked him for staying and talking with him that day.

Army Capt. Angela Mansingh, Sah’s supervisor, said, “I am so proud of [Sah], as are his peers and supervisors. He is the epitome of a professional, compassionate and humble Soldier. The best thing about this story is that this is reflective of who [Sah] is every day when no one is watching. It’s an honor to serve with him and watch him live the Army values.”

Originally from Dharan, Nepal, Sah came to the United States in 2008 as an international student to study biological and environmental science, earning a master’s degree from Troy University in Troy, Alabama. He joined the U.S. Army as a behavioral health specialist in November 2014 through the Military Accessions Vital to the National Interest (MAVNI) program during his student visa status.

Sah said the most rewarding aspect of his job is when he hears a patient say, “Thank you for your help,” or “Thank you for listening to me.” He added that he sees a diverse group of patients, and that he is motivated in helping them get back to full functionality and normalcy.

For information concerning suicide prevention, visit the website <https://www.realwarriors.net/family/support/preventsuicide>.

If you or someone you know needs help, call:

- Military Crisis Line – 800-273-8255, press 1 or
- Suicide Prevention Lifeline – 800-273-8255

Remember, reaching out is a sign of strength. If you or a loved one needs additional support, contact the Psychological Health Resource Center 24/7 to confidentially speak with trained health resource consultants, call 866-966-1020.

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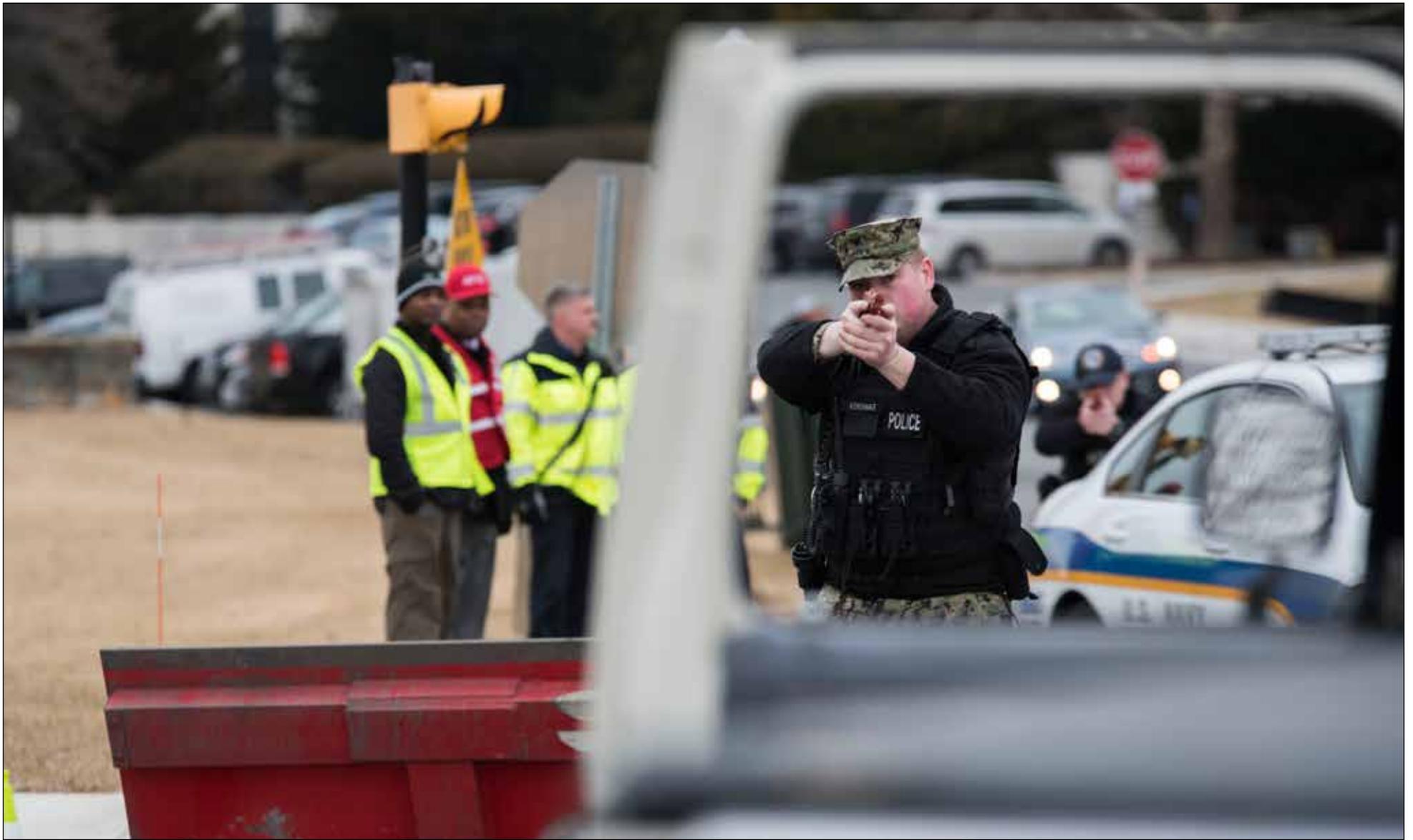
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PHOTOS BY MC2 WILLIAM PHILLIPS AND MC3 JULIO MARTINEZ MARTINEZ.

The practice scenario was part of a series of exercises set-up and played out over the course of the day to help participating personnel “train like we fight” in response to security threats. Citadel Shield-Solid Curtain are annual anti-terrorism force protection exercises held over two consecutive weeks. Each is designed to ensure peak readiness of personnel and security forces to deter and respond to potential security threats.

“We Train Like We Fight”

NSAB Conducts Citadel Shield Exercise

By MC3 Julio Martinez Martinez
NSAB Public Affairs

A late model white pickup truck pulls up to Gate 2 at Naval Support Activity Bethesda (NSAB) on a blustery winter day. The entry control point sentry asks to see both passengers IDs.

The driver and passenger begin to argue and become disgruntled with the gate sentries while they run through their procedures to take control of a threat. Onlookers quickly realize this is not going to be a usual stop.

Suddenly the truck accelerates.

As it speeds onto base, protective barriers deploy to stop the truck’s progress.

And with that, what seemed to be a dangerous threat actually signified the start of the live exercise training day for Citadel Shield – Solid Curtain 2018.

“It’s the annual capstone event for the Navy to evaluate all the anti-terrorism plans they have in place for all the installations,” said Kirk Morford, NSAB installation training officer. “It’s the same thing for us once a year; we run a major exercise to test our security for the base.”

As the driver surrendered, the passenger ran and dropped a black backpack with wires hanging out

on the ground. He got away, and the base police gave the driver instructions to exit the vehicle. The driver dropped the improvised explosive device (IED) that he had on the ground and was detained by the security force. The police cleared the truck of any other threats.

“The police officers responded; they did what they were supposed to do,” said Barry Bradwell, NSAB security director. “They did all their procedures to detain and apprehend the suspect. They also set up an incident command post and managed the crisis that was at hand.”

The Feb. 1 exercise was conducted to evaluate how security personnel handle threatening situations and give them guidance on what can be improved.

Security personnel are able to take the training outcomes as lessons on what they need to do to prepare for real life events.

“At first I felt nervous for the exercise, but then when things proceeded I knew what I was doing because I trained and put what I knew to good use,” said Master-at-Arms Seaman Shemila Boatswain, ECP sentry.

According to Morford there were a lot of lessons learned about ways NSAB can improve the process.

“Every time you do an exercise you realize that ‘we could do that better, we could do this better,’” said Morford. “Going forward I think my plan is to do a

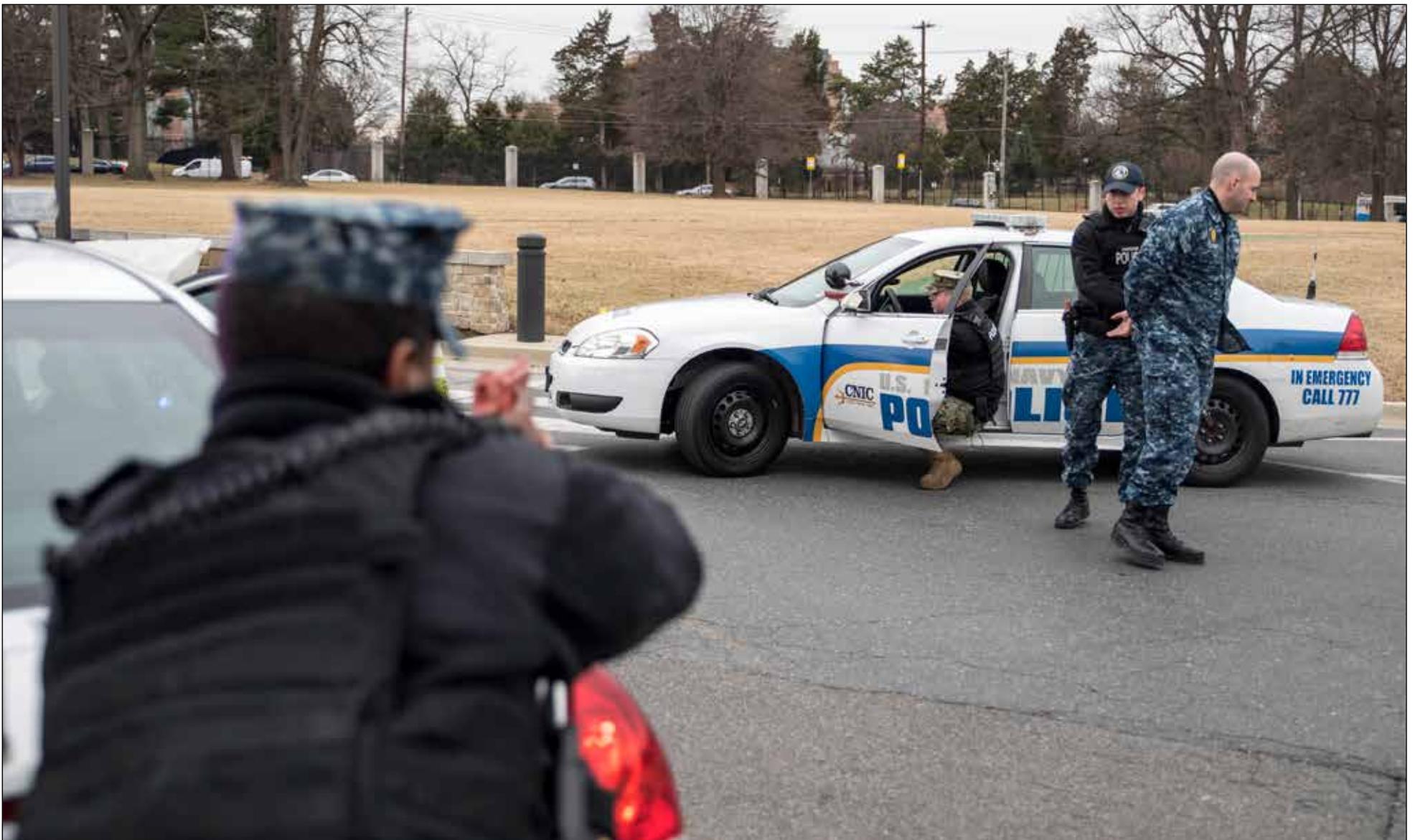
lot more pre-training events.”

Due to a real-world situation, emergency resources had to be reassigned mid-exercise. As a result the active shooter part of the drill was not able to be completed. Morford said that wasn’t a problem.

“I still think it went really well. There was a lot of effort put into it; it’s a shame we didn’t get to actually finish the exercise, the active shooter piece, but even real world events have training value and I couldn’t have scripted it better,” said Morford. “When we had finished the first exercise and we had that real world event — which as far as I’m concerned was just like the exercise — we rolled right into it. We already had everything stood up and the commanding officer made the most out of it, and I think we got a lot of training out of that.”

The training was the last piece of NSAB’s Citadel Shield training for 2018. Solid Curtain, the next exercise, runs from Feb. 5 to Feb. 9.

“Solid Curtain will mainly be driven by [United States Fleet Forces Command]. Fleet Forces will decide whether we go to higher force protection conditions (FPCON) that will be passed down to the installations,” said Bradwell. “We will possibly do a barrier plan on our mission essential vulnerabilities. We do this every time we go to higher FPCONs to make sure we protect our assets that are vital to the installation.”



US Soldiers, Bobsledders Ready to Use Their Olympics Experience to Bring Home Gold

By Joe Lacdan
www.army.mil

Heading into the 2018 Olympic Winter Games in PyeongChang, South Korea, the U.S. bobsled team members don't plan to take anything for granted. The U.S. men know one slip-up could send any four-man or two-man squad tumbling in the field.

Thankfully, however, three of four Army bobsled athletes that qualified for the games boast prior Olympic experience, which should boost their chances of medal-winning performances during the games.

Joining the U.S. bobsled Olympic team are Sgt. Nick Cunningham, Sgt. Justin Olsen and Maj. Chris Fogt, each of whom competed and medaled in previous Olympic Games, while Sgt. 1st Class Nate Weber will make his Olympic debut.

Cunningham, Olsen and Fogt are members of the Army's World Class Athlete Program and train full time for their sport. Weber, who is not in the WCAP, splits his time between training with the bobsled team at their home

base in Lake Placid, and training with his Army unit for combat operations.

Despite their familiarity with the Games, these WCAP members know how fast fortune can change. Just ask Fogt.

Considered one of the fastest athletes in the men's program, Fogt helped put his team in medal contention after placing in the top six during competition at the 2010 Vancouver games. However, a fall on the track sent Fogt's squad out of medal contention. Fogt rebounded to win bronze in the 2014 Sochi Games. The Military Intelligence officer initially left the bobsled program after the 2014 games, but after learning his pending deployment was cancelled, he rejoined the squad shortly after.

Team USA assistant Mike Kohn, a captain in the National Guard, hopes Fogt can build on his success from the Sochi games. Fogt will be participating in his third Olympic games, and has moved to left-side pusher on the USA's No. 2 sled team after having served as a brakeman.

"It's nice having that veteran athlete on the team to help the younger guys find their way," Kohn said. "He's a solid guy you can count on to come through when

it counts. Chris is a fierce competitor. He's been with us now for over 10 years and we're glad to have him for one more Olympics."

CUNNINGHAM BOUNCES BACK

Cunningham is back on the team after a surgery to repair torn muscles in his groin and stomach that left him unable to participate on the World Cup squad in 2016.

"That was devastating to me," Cunningham said. "That was kind of the low point of my entire athletic career, not just bobsled career. And to be able to battle back and earn a World Championship berth was the icing on the cake."

Cunningham worked his way up to the World Cup team by competing on the North American Cup tour, and his journey culminates with a trip to South Korea. The New York National Guard member will compete on both a four-man and two-man bobsled team in PyeongChang.

"It's a testament to him not giving up and continuing to fight through," Kohn said.

DEDICATION TO A FALLEN SUPERSTAR

Since the tragic death of bobsled star Steven Holcomb last May, the team has dedicated the 2017-2018 World Cup season to his memory. The squad also decided to dedicate the 2018 Games to the longtime U.S. competitor and former WCAP athlete.

Kohn said that as a kind of remembrance of Holcomb, the team on occasion wears Superman symbol patches with Holcomb's initials on them, along with team shirts and hats.

The most decorated bobsledder in U.S. history, Holcomb had a lasting impact on the men's program. He competed for the U.S. team from 1998 until his death in May 2017. During that time he won a gold medal in the four-man bobsled, which was the first gold for Team USA in that event in more than 60 years.

In all, Holcomb earned two gold medals, three silvers and one bronze during his 19-year career and served as a mentor to younger members of the squad.

Holcomb competed alongside Kohn, as well as several members still on the current team. And Kohn, who still keeps in touch with Holcomb's family, said the loss has been tough for everybody who worked with the star athlete.

"That's been the hardest thing for us to deal with this year," Kohn said. "He's probably the best bobsledder we've ever had. (It) is still a challenging thing to get over right now. The whole team is kind of fighting through that. It's a tough road

but you keep moving forward the best that you can.

"It's been really hard on the athletes because they were so close to him," Kohn said.

One athlete in particular, Olsen, was a member on Holcomb's 2010 gold-winning team.

Olsen, also a New York National Guard Soldier, served as a pusher with Cunningham's team in 2014. The 30-year old will compete as a driver for the first time as Team USA's coaches shuffled the lineup to find the best team combinations for the Games. But these will be Olsen's third Olympic Games. Olsen is a construction and masonry Soldier from San Antonio, Texas.

"Sgt. Olsen is arguably our best pusher, he's a driver but still one of our best pushing athletes," Kohn said. "Sgt. Olsen is our hope for the future as far as driving goes. He's really put in the time and is focused and committed."

Kohn said Olsen will once again contend for medals in the four-man and two-man events. The Soldier finished in second place during the two-man test event in South Korea last March.

LOOKING FORWARD

After joining the USA men's program in 2011, Sgt. First Class Nate Weber, a Green Beret in the Army, will finally get to participate in his first Olympic games. Weber is a native of Pueblo West, Colorado.

"The Olympics is the 50 meter target," Weber said last summer. "That's what I'm focused on right now. After that, it's kind of up in the air as to what I do (after the Olympics). I love being a Green Beret. I love being a Soldier. But at the same time, I love the world of bobsled. I love to compete; I love to be on that international stage."

For Kohn, he said he is honored to coach the Army's bobsled athletes as well as serving alongside them. He said despite the Soldiers' additional duties and training, they have managed to remain committed to training and continually pushing themselves.

The athletes, Kohn said, have had to deal with frequent changes as USA coaches have shuffled lineups in advance of the Olympics next month. In another change, Weber and his sled teammates began working with a new sled this week.

"Most of our athletes are very dedicated," Kohn said. "That's what's great about this group of athletes; they all find a way to train hard and commit themselves ... They make the best of any situation whether they're deployed or not, they keep training and working hard. And it's an honor to be their coach."

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Tooth Fairy Not the Only Winner When It Comes to Children's Oral Health

By Cmdr. (Dr.) Sabina Yun
Pediatric Dentist

They are questions as old as dentistry: Are baby teeth really that important? Won't they just fall out anyway? Do I really need to take care of them?

The answers are just as old: Yes, they are important. Yes, they will fall out anyway. Yes, it is important to take proper care of them from the very beginning.

The fact is baby teeth are as important to children as permanent teeth are to adults.

Adults and children alike need teeth for proper chewing and nutrition intake, speech development and establishing self-assurance and confidence for every time we smile. In addition to those basic functions, baby teeth serve as space savers for permanent teeth and help guide them into their proper alignment.

A baby tooth normally remains in a child's mouth until a growing permanent tooth is ready to erupt through the gums. If a child loses a tooth prematurely due to an accident or extraction of a diseased tooth, it will lead to the loss of space and has the potential to cause the new permanent tooth to erupt out of alignment or fail to erupt completely. Improperly aligned teeth may require expensive and time-consuming orthodontic treatment in the future. For those reasons, it is very important that baby teeth are kept healthy and in place until they are lost naturally.

Keeping baby teeth healthy should start just days after birth and continue for a lifetime of healthy oral care.

The first care you provide is actually for the baby's gums. Start cleaning your baby's gums using water and a soft towel or cloth. As the teeth begin to erupt, start brushing with an age-appropriate toothbrush twice a day



PHOTO BY KALILA FLEMING

Pediatric dentists (from left) Dr. Clayton Cheung, Army Maj. (Dr.) Sheteka Ross-Goodlett, and Navy Cmdr. (Dr.) Sabina Yun (far right) explain nutrition, hygiene, establishing good habits, and trauma prevention are top concerns that are communicated with the parents during a child's dental visit.

(after breakfast and before bedtime) using a fluoridated toothpaste that has been approved by the American Dental Association.

For children less than 3 years old, use a small smear or rice-size amount of toothpaste for brushing. For the 3- to 5- year-olds, use no more than a pea-size amount. Brush twice a day, and rinsing after brushing should be kept to a minimum or eliminated completely. Remember to assist your child because their manual dexterity and cognitive understanding are not mature enough to effectively clean their teeth. A good gauge to go by is their ability to tie their shoelaces; help with brushing children's teeth until the can confidently tie shoelaces on their own.

Another way to promote healthy teeth is to simply drink fluoridated water.

Consuming fluoridated water and using small amounts of fluoride topically on a routine basis can help prevent tooth decay by strengthening tooth structure and reducing bacterial activity that causes cavities. Research shows that community water fluoridation has lowered decay rates by more than 50 percent which translates to fewer cavities. So encourage your child to sip fluoridated water throughout the day to make their teeth stronger.

While beneficial, it is important to note that too much fluoride can lead to fluorosis which can cause staining or pitting of the teeth.

The last key to proper baby teeth care is to watch what you children eat and drink. Dietary choices play an important role in oral health. One common cavity-causing mistake is to allow children to fall asleep with a bottle or nurse a sippy cup filled with milk or juice. It is important to limit prolonged and frequent exposure to simple carbohydrates, foods that break down into sugars in the mouth. These include the obvious sugary foods, such as cookies, cakes, soft drinks, juice and candy, with the sticky types being the worst. Some other non-obvious foods that can potentially contain a lot of sugar are granolas, crackers and cereals. Offering young children healthy snacks such as cheese, nuts, beans, vegetables and fruits is important to develop healthy teeth. If a bottle or sippy cup is necessary to help soothe a child or help them sleep, water or a sugar-free drink are better options than milk or surgery juices.

For more information about children's oral health, visit the Centers for Disease Control and Prevention website https://www.cdc.gov/oralhealth/children_adults/child.htm.

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SAMOA

From
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and USU President Dr. Richard Thomas, officially initiating the partnership.

In September 2017, the first two GSN students completed a three-and-a-half week clinical placement there and two more will go later this month. While there, the first two GSN students, Navy Lt. Christopher Johnson and Army Maj. Douglas Taylor, saw patients with a wide variety of health concerns, ranging from major depressive disorder to elephantiasis. The advanced nurse practitioners traveled around the islands, providing counseling, well-woman and well-baby visits, pap smears, and prenatal care. They also met with epidemiologists from the Centers for Disease Control and Prevention and provided care to patients with infectious diseases, such as Zika and malaria, which are prevalent there. Only recently the American Samoa Department of Health began using ultrasound for the first time in their obstetrics and gynecological care and the two USU students provided basic training to providers on how to use the equipment.

American Samoa residents aren't always able to drive down the road to see their doctor. Instead, they might



COURTESY PHOTO

Army Maj. Douglas Taylor, left, and Navy Lt. Christopher Johnson were Uniformed Services University of the Health Science's first graduate nursing students to complete clinical rotations in American Samoa. While there, the two saw patients with a wide variety of health concerns, ranging from major depressive disorder to elephantiasis

have to spend the day traveling by boat, crossing several islands, to receive the care they need, so Johnson and Taylor conducted several home visits, which was especially helpful to those suffering from physical ailments with limited mobility.

This educational opportunity provided the GSN students executive leadership exposure as well. They had a chance to meet with interdisciplinary health and health business professionals to provide ideas on improving the access and deliver of care in the island territory.

But the opportunity means much

more than just a new location where these advanced nurse practitioners can meet part of their training requirements. They'll also be able to make an impact on the medically underserved population. Schramm said that the students will also have a chance to educate and mentor citizens and providers on the remote islands, which span an area roughly the size of Washington, D.C. The plan is for students to make a lasting impression on the younger generation while they're there, too, hopefully inspiring them to become future health care practitioners and remain in their

native land, where there's a shortage of health professionals of all disciplines.

Both Johnson and Taylor, who will graduate from USU in May, agreed the clinical placement allowed for an invaluable cultural experience. As health professionals, they said, cultural competence is essential to providing relevant treatment.

Taylor, who is currently in the Psychiatric Mental Health Nurse Practitioner Program, added that the clinical rotation expanded their ability to effectively meet the mission of a ready medical force.

"I have to be ready to engage local leaders, local health providers ... American Samoa provided a real-life testing of these skills," he said.

Johnson, who is currently in the Family Nurse Practitioner program and specializing in Women's Health, said the unique opportunity allowed him to blend his training and the curriculum at USU with his prior deployment experiences. He felt well prepared to apply his knowledge and care for these patients, and to mentor and educate other providers. The exposure in this austere environment also prepared him for future deployments, he said, and for his journey ahead as a doctoral-prepared nurse practitioner.

"It was an opportunity to see things I wouldn't have seen here [in the U.S.]," Johnson said. "It was a tremendous experience."

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