



# The Journal

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U.S. Navy Illustration by MC3 Julio Martinez Martinez



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# QR Codes Coming to The Journal

By **Jeremy K. Brooks**  
NSAB Public Affairs

Starting with our April 5th edition, you can expect to see “QR codes” published with some of the articles in The Journal.

Short for “quick response”, the QR code was invented in 1994 in Japan for the automotive industry to track inventory.

In the years since, QR codes have been used in a multitude of new ways — from inventory to advertising to internet pranks.

These blocky, boxy, square-looking graphics can contain a variety of useful information including phone numbers, web addresses, email addresses, and even plain old short “hidden” messages.

Though QR code-reading apps have been around for several years for mobile phones, it’s only relatively recently that changes to software have made the most popular phone brands QR-friendly.

Apple, for example, has implemented a native QR code reader into the camera application on its phones, starting with the last major update.

To read a code, all a user has to do is open the camera on their phone and point.

A notification then pops up inviting the user to take an action based on the information in the code.

For a website, it may ask to open a web browser.

For a phone number, it may ask to save or dial that number.

Articles in The Journal often include web addresses, phone numbers, and email addresses.

If you work at NSA Bethesda and Walter Reed National Military Medical Center, you may recognize that with some of the lengthy email and web addresses, it can be a challenge to transcribe that information — however useful it may be.

QR codes will allow us to provide at least one “shortcut” by giving you a way to capture these useful pieces information with your phone. We hope to save you the hassle of employing the old hunt-and-peck method — and possibly your reading glasses — to get that dreadfully long piece of data from our newspaper to your device.

Hopefully, you’ll agree.

As always, thank you for reading The Journal.



NSA BETHESDA PUBLIC AFFAIRS

**QR codes like this one can provide useful information, such as where to find the latest issue of The Journal online.**

## Bethesda Notebook

### Change the Culture

Navy Capt. Roy Nafarrete, special assistant to commander, Pacific Fleet, discusses how you can be part of the solution to help prevent destructive behavior, his topic during a presentation titled “Change the Culture,” March 26 at 10 a.m. in Memorial Auditorium. Everyone is invited to attend.

### Holiday Religious Services

The Walter Reed Bethesda Chapel in Building 8, first floor hosts the following religious services: Palm Sunday Mass, March 25 at 9 a.m.; Palm Sunday Service (Protestant), March 25 at 10:30 a.m.; Holy Thursday Mass, March 29 at 4:30 p.m.; Good Friday Protestant Service, March 30 at noon; Good Friday Mass, March 30 at 3 p.m.; Easter Sunrise Protestant Service, April 1 at 6 a.m. (America Building, piano area); Easter Sunday Mass, April 1 at 9 a.m.; and Easter Sunday Protestant Service, April 1 at 9 a.m. The NSAB Interfaith Center also hosts the following services: Worship on Wednesday at 11:30 a.m.; Good Friday Meditations and Medleys, March 30 at 11 a.m. For more information about services, call the Department of Pastoral Care at 301-295-1510.

### Seder Service

The Department of Pastoral Care conducts the presentation “How to Conduct a Seder Service,” March 26 at noon in Clinical Pastoral Education Class Room 1 in Building 8, second floor, Rm. 2230. The Seder is a Jewish ritual celebrating the Israelites’ freedom from Egyptian slavery as described in the Biblical Book of Exodus. Seating is limited. For more information, call the Department of Pastoral Care at 301-295-1510 or NSAB Chaplain at 301-319-4443.

### Cooking with Spices

Walter Reed Bethesda registered dietitian Asha Jain presents and demonstrates “Cooking with Spices” the second Wednesday of each month from 2 to 3 p.m. in Café 8901 on the lower level of Building 9. Everyone is invited to attend the presentations.

### Excavation Blasting

Excavation blasting for the MD 355 Crossing project, managed by Montgomery County, will take place for the next several months. During that period, three to five times per week, there will be a single controlled explosive blast. Alarm horns will sound five minutes before the blast. It is anticipated that a minimal vibration will be felt, and alarm horns will be heard only by people in the immediate vicinity. People with questions can email [dha.bethesda.wrnmcc.list.commuinications-team@mail.mil](mailto:dha.bethesda.wrnmcc.list.commuinications-team@mail.mil), or call 301-400-1934.

### Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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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 Julio Martinez Martinez

WRNMMC Editor Bernard Little

Writers MC2 Kevin Cunningham

Andrew Damstedt

Joseph Nieves

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

301-319-4706

Installation SARC

Keri Wanner 301-400-2411

Troop Command SHARP 301-319-3844

SARC 24/7 301-442-2053

SAPR VA 24/7 Helpline 301-442-8225

# USU Researchers Work to Discover New Treatments for Depression

By Christopher Austin  
USU External Affairs

Researchers at Uniformed Services University (USU) led by Dr. Irwin Lucki, professor and chair of the Department of Pharmacology and Molecular Therapeutics, are working to discover drugs that could be used for individuals with treatment-resistant depression.

“Depression is the leading cause of disability from any medical illness today. We’re desperately in need of new medications to treat depression,” said Lucki. “A lot of people don’t realize that current treatments only work for half of the people they’re prescribed to, meaning there are lots of people out there that are not able to be treated by existing antidepressants.

“Depression is a tremendous problem for the military,” he continued. “Especially among deployed men and women and their families. Our interest is in discovering antidepressants that are more effective than the ones we have right now.”

The researchers are examining a product of the drug ketamine, a metabolite called

hydroxynorketamine (HNK), as a possible treatment for depression. Ketamine is currently used for the treatment of depression via intravenous infusion because it works immediately. Ketamine may also work to reduce suicidal behavior. The treatment requires patients to visit a clinical setting and be monitored for an extended period as the drug’s initial hallucinatory effects wear off.

“With conventional antidepressants, you can go six to eight weeks before you see any effects,” said Dr. Caroline Browne, a research assistant professor in the Pharmacology department at USU. “In the treatment resistant population, there are patients who have failed multiple trials and have had no response for years. We know there’s a drug out there like ketamine that can remediate a patient’s symptoms within hours, and we need to pursue it.”

Lucki’s group is collaborating with clinical researchers led by Dr. Carlos Zarate at the National Institute of Health. Zarate’s team was one of the first to discover the antidepressant effect of ketamine. They’re now working with USU researchers to test how effective

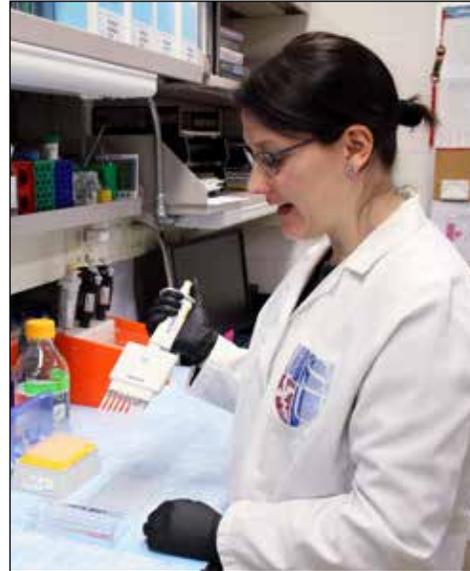


PHOTO BY CHRISTOPHER AUSTIN

**Dr. Caroline Browne prepares an assay to examine if the presence of HNK can raise BDNF in the body. If so, it could mean a possible new treatment for depression.**

the molecule HNK can be at treating depression in subjects. The end goal is to discover a drug that can be administered to patients without the hallucinogenic effects, and that works much faster than current antidepressant treatments.

Most importantly, researchers want to isolate the antidepressant components of ketamine and learn its mechanism of action. Metabolites of ketamine, like HNK, might be used to safely treat patients who are resistant to current treatments

without producing hallucinations.

Researchers are also examining buprenorphine as an antidepressant. The drug is already used to treat drug addiction and pain, but healthcare providers noticed an antidepressant effect in many patients who were administered the drug. This has now led to several researchers around the world, including Lucki’s group, looking into its possible use for treating depression.

“I remember one individual I encountered when we were at the University of Pennsylvania. A patient was put on buprenorphine after 20 years without alleviation of symptoms, and it (buprenorphine) worked quickly,” Browne said. “We know this drug works for many people, but it is not perfect. It may be the best we can do for treatment resistant patients until we find something better.”

This research, if successful, could lead to not only relief for millions suffering from untreated depression, but possibly streamline treatment methods into safer forms.

“Although there are antidepressants that can help some people now, it doesn’t mean we can’t improve them or make them better,” Browne said. “We want patients that are treatment resistant to walk out of the clinic and feel better right away. It may be possible to give them their life back.”

## Changes Coming to Parking on NSAB

By Andrew Damstedt  
The Journal

Starting April 1, Naval Support Activity Bethesda (NSAB) will implement a new rainbow parking system for designated parking structures and lots across the installation.

“Rainbow Parking” refers to parking lots or garages where any color parking permit is allowed for vehicle parking during designated hours from 5 a.m. to 2 p.m. Monday through Friday. The change optimizes availability and flexibility for the 4,500+ parking permits holders at NSAB by allowing permit-holders to find available parking in other locations.

Parking garages in Bldg. 17, 32, 54, 57, 68, 71 and the Z-lot will all be under the Rainbow Parking plan starting April 1.

Parking spaces dedicated to patients and barracks residents are not affected by this change. All current parking permits will continue to be valid under the new system.

The expansion adds flexibility for

*Permit holders with certificates for a controlled-access garage will have their certificates automatically updated to include access to all controlled-access garages.*

parking, allowing any valid permit holder to park in a greater number of locations, but does not force any permit holder to stop using their current garage.

Permit holders with certificates for a controlled-access garage will have their certificates automatically updated to include access to all controlled-access garages. Those currently without a certificate to a controlled-access garage will need to visit NSAB Pass and ID to have one added.

For more information, contact your command parking champion.

**- NSA BETHESDA -  
EARTH DAY CLEAN UP  
TUESDAY, APRIL 17, 1100  
MEET AT BLDG. 62**

For more information,  
contact Karrie Reckley.  
Email: karrie.reckley@navy.mil  
Ph: 301-295-3713

# Social Workers: Leaders, Advocates, Champions

By Marie Salimbeni, Stephani Beard, Desiree Foy and Lisa Henderson  
Department of Social Work, WRNMMC

Every March, the nation celebrates National Professional Social Work Month and recognizes the contributions of social workers health care and the community. The National Association of Social Work (NASW) designated this year's theme as "Social Workers: Leaders. Advocates. Champions."

Stephani Beard, Desiree Foy and Lisa Henderson, three Walter Reed National Military Medical Center interns from the University of Alabama who are studying to earn master's degrees in social work, wrote the following in regards to this year's theme for National Professional Social Work Month.

## Advocates

"The social work profession was founded in social change. Throughout the profession's history, social workers have sought to ensure that all people have equal access to the resources and opportunities that allow them to meet their basic needs," states the NASW.

Advocacy in social work provides a vehicle for transformation in a representative society. Social workers are essential to promoting policies that help individuals, families and communities.

## Champions

Improvise, adapt and overcome may be an unofficial mantra of the Marine Corps, but its echoes can also be heard among social workers as



they face problems head-on and work to make the impossible possible for countless individuals daily. For instance, consider the social worker who helps the elderly navigate a complex health-care system, or another social worker who helps children in need of special accommodations obtain access to a proper education when it seems all resources have been exhausted. This is what it means to be a social worker; this is what it means to be a champion: striving restlessly and bravely towards a goal, allowing an obstacle to serve as no more than a stumbling block.

This is also evident in a military setting. Social workers act as champions for service members and their families in every department of Walter

Reed National Military Medical Center. They act as champions to ensure everyone served by WRNMMC is aware of and benefits from the resources a beneficiary may otherwise not be aware existed. The championing efforts of social workers at WRNMMC contribute to serving the nation's heroes and their families.

## Leaders

Every social worker is called to action, and every action is guided by the Code of Ethics. In it, six core values of social work are listed: service; social justice; dignity and worth of the person; importance of human relationships; integrity; and competence. These values would be abstract concepts and demonstrating them would not be possible without one additional variable: leadership. In order to adhere to the Code of Ethics, social workers often must be willing to challenge the status quo and speak bravely for those who cannot speak for themselves. This is not a feat for followers, but for leaders.

Social workers act as leaders on many levels. Some form local nonprofit start-ups serving to meet unmet community needs. Others serve as Congress members working to advocate for social justice through law-making. Perhaps what is unique about leadership in this profession is the goal of those who lead. Social workers aim to inspire hope, facilitate societal change, and empower individuals (there is a desire for growth and fairness for all people, especially those who are vulnerable or underprivileged). This is why every social worker is – and must be – an advocate, a champion and a leader.

# Army Nurse Corps Chief Promotes Canine Capt. Annie Fox

By Harvey Duze and Bernard Little  
WRNMMC Command Communications

Chief of the U.S. Army Nurse Corps Maj. Gen. Barbara Holcomb promoted Walter Reed Bethesda facility dog Annie Fox to an Army captain during a ceremony in the rotunda of the historic Tower at the medical center March 13.

Annie, a mix-breed Labrador and Golden Retriever, is named in honor of the late Army nurse 1st Lt. Annie G. Fox, the first woman to receive the Purple Heart for combat. She earned the medal for "outstanding performance of duty, meritorious acts of extraordinary fidelity and essential service" during the attack on Hickam Field, Hawaii, Dec. 7, 1941. At that time, the awarding of the Purple Heart did not require the recipient to be wounded in action.

As chief nurse at Hickam Field, Fox cared for patients during the heaviest bombardment of Pearl Harbor. She "administered anesthesia, assisted in dressing the wounded, taught civilian volunteer nurses to make dressings, and worked ceaselessly with coolness

and efficiency, [setting a] fine example of calmness, courage and leadership of great benefit to the morale of all with whom she came in contact," states her Purple Heart citation.

Later, the requirements for award of the Purple Heart were limited to wounds received as a result of enemy action, and individuals were given other awards to replace the Purple Heart.

On Oct. 6, 1944, Fox was awarded the Bronze Star Medal. The Report of Decorations Board cited the same acts of heroism as those cited for the Purple Heart.

Fox died Jan. 20, 1987 at the age of 93 in California.

Now retired Army Maj. Gen. Jimmie Keenan commissioned the canine Annie Fox as an Army first lieutenant in front of the Tower on Oct. 15, 2015 at Walter Reed Bethesda. Keenan, then the chief of the ANC, noted that the canines in the dog therapy program at the medical center provide comfort, support, hope and "unconditional love" to wounded, ill and injured patients, as well as to the staffs at WRB and Naval



PHOTO BY HARVEY DUZE

Chief of the Army Nurse Corps Maj. Gen. Barbara Holcomb (center), canines in the dog therapy program at Walter Reed National Military Medical Center and their handlers celebrate the promotion of canine Annie Fox (front) to Army captain during a ceremony March 13 in the rotunda of the historic Tower at WRNMMC.

Support Activity Bethesda.

"What [Annie and other therapy dogs] do every day for our service members and their families, the hope [they] give them and the difference [they] make in their lives, is huge," Keenan

said. She added that this is reflective of the hope 1st Lt. Annie G. Fox gave those she provided care to during the bombing of Pearl Harbor. "She was calm, performed triage and saved lives during that very difficult time."

# Eating Disorders: Fighting to Stay Fit

By Mark Oswell  
WRNMMC Command Communications

According to a 13-year study of the U.S. military posted on the National Institutes of Health's National Center for Biotechnology Information website, "Combined overweight and obesity in active duty personnel rose to more than 60 percent between 1995 and 2008, primarily because of increased obesity."

"Eating disorders can affect both men and women and anytime a service member has an ailment that takes them out of the fight we become concerned," explained Army Maj. Joetta Khan, chief of education and research, Nutrition Services Division, Walter Reed National Military Medical Center. "Eating disorders can be debilitating for service members. For example, anorexia nervosa can result in high rates of serious medical problems in multiple organ systems, starvation and electrolyte imbalances."

According to the National Center for Biotechnology Information and numerous news reports, 27 percent of American young adults between the ages of 17 and 24 (i.e., over 9 million potential recruits) are unable to serve in the Armed Forces due to excess weight.

As a dietitian, Khan's role at Walter Reed Bethesda is to ensure beneficiaries are healthy to perform their missions. "Dietitians can be a part of the multi-disciplinary team that treats individuals with eating disorders," continued Khan. "Dietitians may also be the first provider that identifies an ED or that the patient seeks out for assistance with their ED. Dietitians use the Nutrition Care Process to assess energy needs and can provide assistance in establishing healthy eating habits and goals."

At WRB, eating disorder sessions are a part of multi-disciplinary, patient-centered approach, according to Army Capt. Allison Howell, assistant chief of Education and Research within the Nutrition Services Department. "The providers and patient work together to develop a treatment plan with measurable and appropriate goals. For patients with eating disorders, treatment plans often include goals that are much smaller and in shorter duration, more frequent follow-up appointments

and longer term follow-up plans."

She continued, "Nutrition can impact every aspect of our lives. Good nutrition can help to reduce the risk of heart disease, diabetes, and certain types of cancers; proper growth and development, improve physical performance—just to name a few," explained the Howell.

Eating disorders not only impact the individual service member, but can also adversely impact a service member's ability to compete their mission.

"Nutritionally speaking, eating disorders can lead to reduced physical stamina and strength, and increase risk for muscular-skeletal injuries," continued Howell. "Eating disorders can lead to electrolyte imbalances that can have a negative impact on the heart. Eating disorders can result in decreased mental clarity and increased fatigue."

"Eating disorders are not just about food and food choices; there is also a large behavior health aspect (emotions, attitudes and beliefs) related to food and food choices," Howell further explained. "At a minimum treatment plans need to include both behavior health and nutrition therapy."

Walter Reed Bethesda's Nutrition Services Division prides itself on "providing comprehensive nutrition services to all DOD beneficiaries in order to prevent disease, restore health and optimize readiness," according to their mission statement.

"The Nutrition Service Division supports the service member and their family to make life-style changes in their food habits to increase the overall health and performance needs of both the service member and their family. We don't just focus on helping those who are ill but also focus on helping our service members reach peak performance goals (e.g. performance diets, discuss supplements and fueling) and support families in developing a healthier lifestyle for a healthier generation (optimal nutrition at all ages)."

"Everything in moderation; I encourage everyone to think about the quantity and quality of life they want in the future," explained Khan.

To learn more, or seek care from WRNMMC's Nutrition Services, contact them at 301-400-2801, or visit their office in Building 7, Floor 3. <https://www.wrnmmc.cpmc.mil/PatientVisitors/SitePages/NutritionServices/NutritionServices.aspx>

## Major Eating Disorders

**Avoidant/Restrictive Food Intake Disorder (ARFID)** – characterized by failure to meet appropriate nutritional needs related to feeding or eating disturbances.

**Anorexia Nervosa (AN)** – characterized by restriction of food intake relative to body requirements, leading to a very low body weight and a fear of gaining weight.

**Bulimia Nervosa** – characterized by episodes of binge eating accompanied by other behaviors to prevent weight gain (e.g. vomiting).

**Binge Eating Disorder** – characterized by binge eating without compensatory behaviors.

**Orthorexia nervosa** – characterized by "obsessive thoughts about food, self-punishment with fasts or over exercise, restrictive eating behaviors, and a belief that one's self-esteem is based on dietary choices.

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# White Lotus Sushi Opens



PHOTO BY ANDREW DAMSTEDT

White Lotus Sushi celebrated its grand opening at Navy Exchange Bethesda food court March 15 by serving sushi samples, a green tea cake and green tea punch.

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- 4/7 8 am Volleyball Tournament Fitness Center Basketball Court
- 4/7 1 pm-10 pm Petalpalooza Trip Open to all. \$10\*
- 4/10 11 am-1 pm Color Me Happy-Free Coloring supplies provided. Mezzanine West, Bldg. 9
- 4/12 4-6 pm Tax Relief Social at Below Deck
- 4/17 11 am Base Clean Up-Meet at rotunda of Bldg. 62-Compete in teams of 7 to win Pizza from MWR!
- 4/18 9 am-2 pm Earth Day Vendor Fair, Bldg. 62 Warrior Café and Lobby

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