



The Journal

Vol. 30

No. 14

www.dcmilitary.com/journal/

April 19, 2018



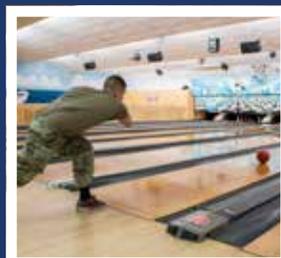
NSAB Hosts Spring Fling

Photo Illustration by MC3 Julio Martínez Martínez



April: National
Donate Life
Month

- Page 3



NSAB Hosts
Strike Out
Sexual Assault

- Page 4



Nurses
Earn Daisy
Award

- Page 10

Your Cherry Blossom Photos...



PHOTO BY SILVIA TORRES



PHOTO BY RUTH HOFFMAN



PHOTO BY DONNA ONWONA

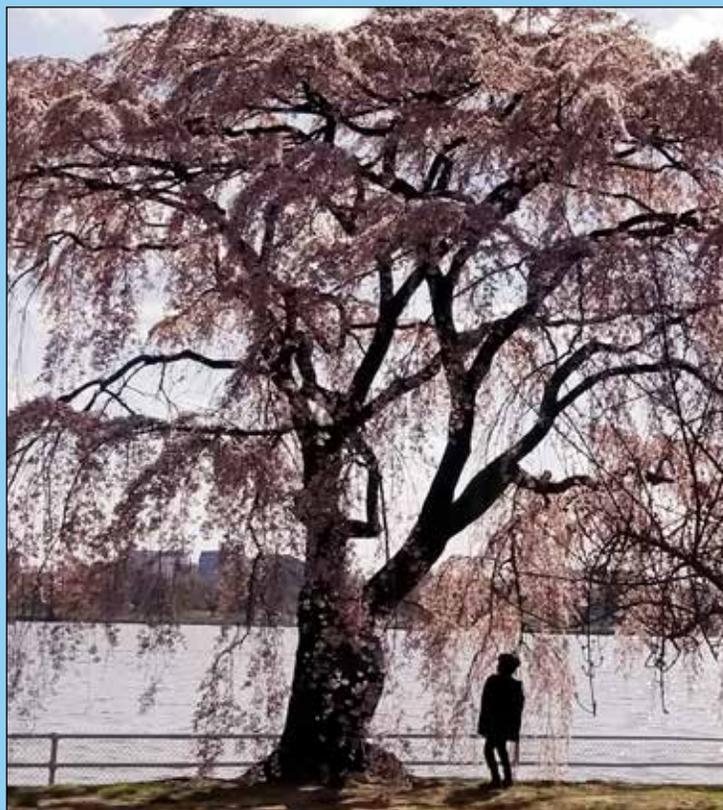


PHOTO BY DONNA ONWONA

Here are some of the several cherry blossom photos that were submitted by those of you who work and live on Naval Support Activity Bethesda.

Bethesda Notebook

Denim Day, Fighting Sexual Assault

Walter Reed National Military Medical Center observes Denim Day April 25 in recognition of Sexual Assault Awareness Month. The campaign was originally triggered by an Italian Supreme Court ruling resulting in the overturn of a rape conviction because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day in opposition of the ruling by the justices, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. Since then, wearing jeans on Denim Day has become an international symbol of protest against erroneous and destructive attitudes about sexual assault.

Take Our Kids to Work Day

Walter Reed National Military Medical Center and Naval Support Activity Bethesda observe Take Our Daughters and Sons to Work Day April 26. The Walter Reed Bethesda program is designed for children ages 7 to 14. The program is not for children younger than 7, and children must be accompanied by a parent or chaperone at all times during the day. To pre-register for the day's events, go to www.research.net/r/2018TODASTWDregistration.

Empowerment Relay

The concluding event of Sexual Assault Awareness and Prevention Month is an Empowerment Relay April 28 from 8 a.m. to noon at the MWR Sports Complex. Teams of four can register by emailing Installation SARC Keri Wanner at keri.m.wanner.civ@mail.mil or the SHARP SARC Sgt. 1st Class Nature Bollinger at nature.v.bollinger.mil@mail.mil.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

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

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

April: National Donate Life Month

WRNMMC Celebrates Donors, Recipients

By Bernard S. Little
WRNMMC Command Communications

Again this year, as he did last year during the Donate Life observance at Walter Reed National Military Medical Center, Douglas Jordan passionately played the piano and let his strong tenor voice flow throughout the foyer of the America Building.

Jordan performed songs of inspiration and hope throughout the observance, held to raise awareness about the importance organ donation and celebrate donors and recipients.

A retired Air Force master sergeant, Jordan, who also goes by the nickname D.J., knows personally the power of organ donation; "I'm a recipient of a liver and two kidneys," he shared.

In 2013, D.J. underwent a liver and kidney transplant at the University of Maryland, but the transplanted kidney began to fail and he went on the waiting list for another one. His brother stepped forward to donate his kidney, but he was not a match for his sibling.

The brothers went into the swap program, which meant D.J.'s brother would donate one of his kidneys to someone who he matched with so that D.J. could get a kidney from someone who was his match.

A match stepped forward and D.J. had his second kidney transplant in September 2014 at WRNMMC. The Organ Transplant Service at WRNMMC performs only kidney transplants due to its relatively smaller size as compared to other transplant facilities.

The Organ Transplant Service at WRNMMC is the only transplant center in the Military Health System, and it consistently ranks in the top tier of all U.S. transplant programs, according to the Scientific Registry of Transplant Recipients (SRTR), a regulatory body that tracks transplant program outcomes.

Ask D.J. how he feels today and with a broad smile, he says, "Wonderful." He explained his journey has been challenging, but it taught him a lot about not only himself, but others as well. "There are some good people out there, and there are some not so good people. It is life rewarding. I think my main reason for being here is to tell others, 'This is possible,'" he added.

Vicki Pitts, another WRNMMC kidney transplant patient, also returned to the medical center for



PHOTO BY BERNARD S. LITTLE

Douglas "D.J." Jordan, a multiple organ transplant recipient, performs at the Donate Life Month celebration at Walter Reed National Military Medical Center April 4 in the America Building.

this year's Donate Life observance. She received her kidney from her daughter, Jennifer, during a procedure in October 2016. The day before the operation, Jennifer and her boyfriend broke up, Vicki said. Fast forward a year and a half, Jennifer has a "significant other," and Vicki has returned to the active lifestyle she maintained before her kidney transplant. "I say, 'Donate a kidney and get a husband,'" joked Vicki, who along with her husband, a military retiree, travel from Virginia's Shenandoah Valley to WRNMMC for care, which they have done for nearly 40 years. "It's been a great year," she added.

Debra Washington also attended this year's Donate Life observance at WRNMMC. She has been a long-time advocate for organ donation, in addition to a long-time volunteer at the medical center. The South Carolina native is also recipient of two donated kidneys.

Washington was diagnosed with kidney disease in 1986 while still on active duty in Germany. The former Soldier was initially sent to Walter Reed Army Medical Center, where she received her first kidney transplant. That kidney lasted Washington for 13 years before she needed another transplant. "For a long time they thought I wasn't going to get another transplant because of my antibodies, but they found one for me." Her second transplant was in September 2015 at WRNMMC



PHOTO BY BERNARD S. LITTLE

Organ recipients and staff members of Walter Reed National Military Medical Center celebrate organ donors and recipients during the Donate Life Month event at WRNMMC April 4.

and she said she's doing great now.

Stressing the importance of organ donation, Washington explained how many people never image they could be the one in need of an organ transplant, but it could be anyone, she said. This is why raising awareness for organ donation is important, she added. "This is not about us, but the donors," she furthered about raising awareness for organ donation. She explained that she thanks her donors every day for "the wonderful gifts" they gave to her.

Kay and Randy Judson are also appreciative of the gift of life that they recently received in the form of a kidney donated to Randy by Kay's aunt. They also attended the Donate Life event at WRNMMC.

Randy, a retired Air Force master sergeant, had his kidney transplant surgery on World Kidney Day of this year, March 8, at WRNMMC. Born with one kidney, he battled cancer of that kidney for a number of years.

The Grand Rapids, Michigan couple finally made the decision to have Randy's kidney removed, and he had to be cancer-free for at least two years before a transplant could be considered.

"We were on dialysis for about three and a half years and did home chemo," Kay said, explaining she was trained to do the chemo procedure on her husband.

"Throughout it all, my mom's sister continued to say, 'Randy, if you ever need a kidney, I'll donate,'" Kay added. She explained they faced a number of hurdles before the transplant could take place. The challenges included a heart procedure on Randy, and the determination if their aunt's

age would negate her being able to donate her kidney. This lasted for about a year and during this time they met Vicki Pitts, who shared with the Judson's her transplant experience and advice. In addition, Kay explained that throughout the process they worked with Vilda Desgoutte-Brown, the living donor coordinator at WRNMMC.

The Judson's described their aunt as a very healthy sexagenarian, which was advantageous to her being allowed to donate her kidney at an age when it normally would not be permitted. In addition, their aunt's fitness contributed to her good recovery following the procedure, they explained.

"My aunt knew from the get-go that she wanted to donate, and having that passion and understanding helped in the decision allowing her to donate," Kay explained.

The same can be said for the kidney donor of retired Navy Chief Petty Officer Gordon Schooler. He had his kidney transplant surgery March 22 of this year and also attended the Donate Life celebration at WRNMMC April 4. In addition to serving in the Navy, Schooler also served as a Virginia Beach law enforcement officer following his military retirement.

"When I retired from the Sheriff's Department at Virginia Beach, I had to change [my health coverage] back over to TRICARE and get a full physical," Schooler explained. He added doctors were concerned with his lab results from his physical and sent him to



PHOTO BY JEREMY K. BROOKS

Naval Support Activity Bethesda's Fleet and Family Support Center hosted a "Strike Out Sexual Assault" bowling event, April 11. It was one of several events planned for the month of April to observe Sexual Assault Awareness Month.

NSAB Looks to 'Strike Out Sexual Assault'

By Andrew Damstedt
The Journal

As the pins dropped, bowlers stopped by a table covered in a teal tablecloth picking up information about the Naval Support Activity Bethesda's sexual assault prevention and response program.

The annual 'Strike Out Sexual Assault' attracted first time bowlers as well as ones who brought their own shoes, and service members learned about a victim advocate's role or numbers to call, such as the DoD Safe Helpline at 1-877-995-5247; victim advocate 24/7 response, 301-442-8225; and the SARC duty cell phone, 301-

442-2053.

This was Army Capt. Thales Lopes's, a registered nurse in the Medical Intensive Care Unit, first time bowling, but he said he liked seeing how everyone became involved with the message to Strike Out Sexual Assault.

"It's important to see the Navy, Army, and Air Force all together to prevent sexual harassment," Lopes said.

Navy Hospital Corpsman 3rd Class Jareese Shirlee, who works in the NMPDC prosthodontics department, came to bowl to raise awareness of the role of a victim advocate. Shirlee has been a victim advocate since October.

"We're supporting people that have been assaulted," she said. "We guide

them through the process and offer support."

Army Capt. Tererayi Muronda, U.S. Army Element-North company commander, had only bowled twice before the April 11 event and said she thought it was good idea to have a

month dedicated to raising awareness about sexual assault.

"Sexual harassment/assault is a big problem and I think a lot of people suffer from it silently," Muronda said. "I think the more we raise awareness and we're able to let people know

SAPR/SHARP Resources

Installation SARC: Keri Wanner 301-400-2411

SHARP SARC: Nature Bollinger 301-319-3844

Fulltime SHARP VA: Nicole Wadlington 301-400-3542

24/7 Victim Advocate Duty line: 301-442-8225

24/7 SARC Duty Line: 301-442-2053

DOD Safe Helpline (anonymous and confidential): 877-995-5247

DOD SAPR: www.sapr.mil

DOD Safe Helpline (anonymous and confidential): www.safehelpline.org





PHOTO BY JEREMY K. BROOKS

Naval Support Activity Bethesda's Fleet and Family Support Center hosted a "Strike Out Sexual Assault" bowling event, April 11. It was one of several events planned for the month of April to observe Sexual Assault Awareness Month.

that they're not alone and that they have resource available to them."

Sexual Assault Awareness Month kicked off with a proclamation signing April 2 and other planned activities include Denim Day April 25 at 11:30 a.m. meeting at the flagpole and an Empowerment Relay April 28 at 8 a.m. at the MWR Sports Complex Track.



How to Become a SAPR Victim Advocate

The role of a SAPR Victim Advocate (SAPR VA) is to:

- Provide victim response and support
- Explain reporting options to the victim
- Be supportive through the medical process to include attending the SAFE exam if requested by the victim
- Be supportive through the legal process to include attending the offender's trial if requested by the victim
- Be supportive through the investigation process to include attending any interviews at the request of the victim
- Assist the victim with resources and support as long as the victim desires assistance.

All SAPR VAs are assigned to a watchbill, which entails being on-call 24/7 for a week long duty.

In order to apply to become a SAPR VA the following is required:

- 21 years of age and 2 years' time in service (waiverable after SARC speaks with applicant and applicant's CoC)
- A driver's license
- Approval from CoC
- An interview with Command SAPR Point of Contact (SAPR POC)
- A local background check
- A panel interview with the SAPR team
- 40 hours of initial VA training
- The D-SAACP application process to become credentialed
- Attend monthly meetings and refresher trainings
- Participate in events
- Advocate and Educate
- Your place of duty will need to support you abruptly leaving for an extended period of time when a victim contacts you. The forensic exam can take up to 8 hours. Would your leadership support this?

If this sounds like something you would be interested in, please email Ms. Keri Wanner, Installation SARC, at keri.m.wanner.civ@mail.mil or call 301-400-2411.

Your uniform has a lot of pockets.
OUR BANK FITS IN ONE.

USAA BANKING WITH THE MOBILE APP

Mobile banking with USAA gives you the ability to pay others quickly and without fees, as well as mobile deposit, ATM location information, and much more. Nobody does more for those who serve.



Visit [USAA.COM/BANKING](https://www.usaa.com/banking) or call 800-531-8521

Why Candy Doesn't Always Work: How to Understand Motivation and Your Child

By Chanel Sharp
NSAB School Liaison Officer

"If you listen carefully, you'll get a surprise later." How many times have you heard a parent say this? Or perhaps, like me, it's a tactic used in desperate measures in grocery stores, when leaving the house to go anywhere, or to calm your child. It is sometimes effective. And other times, it's an ineffective repetitive plea with no results.

This type of strategy is limiting for children and adults. Here's why:

Motivation determines how much energy and attention the brain and body spend on something. It is linked to action, behavior and connected to interests. Interest is not always associated with an external reward which is why the, "If you do not do this you will not get this," warning is unsuccessful.

This type of action focuses on a conditional short term reward. It forgoes autonomy and the emotional child at stake. Rewards can actually be demotivating as the action can look undesirable, and loses its novelty.

Instead, focus efforts on creating environments to spark internal motivation.

Enhancing internal motivation is tricky and requires a certain deftness, but it yields greater rewards. How do you increase your child's motivation?

1. Identify your child's interest. Does your child enjoy the activity engaged because it is voluntarily or an obligation? Participate in the activity with your child to show you have the same interest they do. Develop dialogue. Ask questions to help your child reflect and synthesize.

2. Create a supportive environment. Use words to enhance their internal motivation and provide minute reminders proceeding the task. This can help reduce the pressure and stress. When possible create an environment with unstructured time. Build internal motivation by re-framing rewards, and reward with verbal praise and positive feedback. This builds their internal motivation and confidence. Affirm emotions and respond positively.

3. Identify the level of challenge your child likes. Some children enjoy activities with a lot of challenges while others may enjoy reading or drawing. Observe how your child reacts to winning and losing to help them see how challenges can be positive.



Purple Up Poem Winners

Fifteen people entered Naval Support Activity Bethesda's Purple Up poem contest held April 13 as part of Month of Military Child. The two winning entries:

1st Place

One daughter, one son, so much fun.

My family of four I do so adore.

Supported by me the warfighter, mom and wife.

The demands of the Navy make for a challenge life.

A life I wouldn't change at all;

For being a Sailor has been my call.

With my son standing by my side;

I put on my uniform with pride

Proudly wearing mini cammo uniforms of his own;

Military life is all he has known.

Honor, courage, and commitment have been my pledge.

This military life has given my children an edge.

Opportunities to travel and explore;
Have led to adventures galore.
No matter the craziness of my day;

A smile and hug make all the stresses go away.

One daughter, one son, oh so much fun!

- By Lt. Cmdr. Abigail White

2nd Place

I'm proud of our military child!
Yes, sometimes they can be a bit wild.

They can quickly find a new friend, until it's time to move again.

I'm proud of our military child!
Their life may not be too mild.

Moving to lots of military bases, meeting so many new faces.

I'm proud of our military child.
Sometimes they can get riled, trying to learn a new rule, still wanting to be cool.

I'm proud of our military child.

- By Jeffrey Duncan



Let a
VA Loan
Welcome You
Home

Did you know Navy Federal offers mortgage options that require no down payment?¹ Plus, our trusted home-buying professionals and VA Loan specialists can help you through the entire mortgage process—from your first call to closing on your new home.

- Low, competitive rates
- \$1,000 Mortgage Rate Match Guarantee²
- Up to a \$5,050 cash back bonus when you use RealtyPlus[®] to buy or sell your home³

Already used your VA loan? We offer Military Choice Mortgages as another option for Servicemembers.

NAVY FEDERAL
Credit Union[®]

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
VETERANS

Visit us at navyfederal.org or call us at 1-888-842-6328 and start house hunting today!



Federally insured by NCUA. ¹Product features subject to approval. 100% financing loans may include an additional funding fee, which may be financed up to the maximum loan amount. Available for purchase loans only. ²Special offer available for purchase and refinance first mortgages. Certain product exclusions may apply. You must lock your rate with Navy Federal prior to submitting rate match request to qualify for this offer. Loan Estimate from competing lender must be dated and received within three calendar days of locking your interest rate at Navy Federal. Please note that other documentation used to show competitors' terms will not qualify for offer. The terms of the competing loan must be identical to Navy Federal's loan; for example, a 30-year, fixed-rate product with mortgage insurance is not identical to a Navy Federal 30-year, fixed-rate product that does not have mortgage insurance. If the loan does not close within the commitment period, the rate match may be voided. Note: The initial Loan Estimate from a wholesale lender/broker is not an acceptable document for a rate match submission unless the Lender Information section on the Loan Estimate is completed. To receive \$1,000, you must provide a signed, executed copy of the final Closing Disclosure and a copy of the mortgage note within 30 calendar days of your loan closing with the original competing lender. Offer not valid if original loan terms or conditions change prior to closing. Once approved, \$1,000 will be automatically deposited into your Navy Federal account within 30 calendar days of receiving the necessary documentation. Recipient is solely responsible for any personal tax liability arising out of this incentive. ³Cash back from \$400 - \$5,050 is available in most states for each individual sale or purchase transaction. No cash back in AK, LA, MS, OK. This program is not available in IA or outside the U.S. You must be referred by RealtyPlus to a program real estate broker/agent and be represented by the assigned RealtyPlus real estate firm at closing to qualify. Standard listing fees apply. Contact RealtyPlus for terms and conditions. © 2018 Navy Federal NFCU 10154-A (3-18)

NSAB Observes National Child Abuse Prevention Month

By Andrew Damstedt
The Journal

Proclamation Signing

Pinwheels adorned the atrium of Bldg. 17 April 10 as Naval Support Activity Bethesda (NSAB) Fleet and Family Support Center Family Advocacy Program (FAP) held its first Child Abuse Prevention Month proclamation signing.

“Every child should be able to move freely in life like a rotating pinwheel, anchored by loving, supportive families and communities,” read FAP Clinical Case Manager Danielle Birx-Raybuck from the proclamation.

The pinwheel is the national symbol of child abuse prevention, said Lawanda Dezur, FAP victim advocate.

“By its very nature the pinwheel promotes whimsical and childlike emotions,” Dezur said. “In its essence, it has come to serve as the physical embodiment of the great childhood that we want for all our children.”

However, child abuse and neglect remains a community concern, and “our military is part of that community,” said Fred Sherris, FFSC work and family life supervisor. “Each community has a legal and moral obligation to promote the safety and wellbeing of children, which includes responding effectively to child maltreatment. We need to know the signs of child abuse.”

NSAB Commanding Officer Capt. Marvin L. Jones encouraged attendees to take a pinwheel to remember their role in preventing child abuse.

“We need to step back and ask ourselves, ‘How are we doing?’ ‘How are we doing when it comes to strengthening our family?’ ‘How are we doing and what work are we doing?’” Jones encouraged those in attendance to ask themselves. “This is a time to reflect, not just today, but every day. Not just this month, but every day of this year to refocus on strengthening the family and making sure we can do everything we can for our children.”

Resources were highlighted through the atrium of ways to report child abuse, and learn of FAP programs and classes.

The FAP victim advocate after-hours number is 301-219-2816 or 240-383-0299.

Armed Forces Center for Child Protection

On April 3, Donna Kahn, Armed Forces Center for Child Protection pediatric nurse practitioner, explained the center’s mission at a training as part of Child Abuse Prevention Month at the USO Warrior and Family Center at Bethesda.

The center started in 1998 and its mission is to provide objective child maltreatment expertise when and wherever it’s needed. The center has two child abuse pediatricians, a pediatric nurse practitioner, a social work consultant/forensic interviewer and a clinic manager.

A bulk of the work is reviewing cases for a medical legal case review, but the center also sees patients, Kahn explained. And the center does training to make sure physical abuse evaluations are done correctly.

“Sometimes medical exams are there, but they’re not complete,” Kahn said. “Children go in for physical abuse evaluations and they’re not disrobed. Can you find bruises and abrasions if you don’t disrobe a child?”

She said the best way to find out from a child



PHOTO BY JEREMY K. BROOKS

Yolanda Banfield, Family Advocacy Program victim advocate at Naval Support Activity Bethesda, speaks during a proclamation signing and ceremony held April 10 to observe Child Abuse Prevention Month. Capt. Marvin Jones, NSAB commanding officer, signed the proclamation along with commanders from major mission partners located across the installation.

whether they are being neglected is asking questions about activities and daily living.

“What did you have for dinner last night?” “Tell me about your toothbrush,” she gave as examples. “I could tell you story after story of kids I’ve medically

interviewed and examined where nothing else popped out until I asked those questions.”

Individual poverty and community poverty are

See **ABUSE**
Page 16



SHILLELAGHS
THE TRAVEL CLUB

Providing Travel & Friendship for over 53 Years

Day Trips

AMISH FARM OF THE FUTURE, Jun 20 **\$129PP**
No soil, horses or tractors! See how the Amish are farming into the future, includes buffet lunch.

ELLIS & LIBERTY ISLAND, Jul 25..... (62+) **\$114pp**
Take the family and discover what our ancestors went through as they entered New York via Ellis Island. Includes Ferry tickets & pedestal pass for Ms. Liberty. Call for adult and children rates. Lots of Walking.

Regional Overnight Trips

RIDE THE RAILS, Jul 10 -12.....**\$599pp**
A Wild & Wonderful Excursion. Includes Motorcoach from Vienna, McLean Metro & Rockville, 2 nights hotel with breakfast. 1 lunch & 2 dinners, Sightseeing & Train Rides. (Price based on double occupancy)

CAPE COD, MA FOR POPS BY THE SEA, Aug 10 - 13.....**\$969pp**
Includes Motorcoach from Vienna, McLean Metro & Rockville, 3 nights hotel with breakfast, 2 dinners & 1 Lobster dinner, Sightseeing and Boston Pops concert. (Price based on double occupancy)

Longer Excursions

RHINE RIVER CRUISE DURING OKTOBERFEST, Sept 27 - Oct 7..... **From \$4299pp**
FREE AIR IF RESERVED BY MAY 31ST. 7- night cruise on the Emerald Star with all meals onboard, Sightseeing & airport transfers. (Price based on double occupancy)

SOUTHEAST COAST & BAHAMAS CRUISE FOR THANKSGIVING, Nov 22- Dec 1**From \$454pp**
Cruise from Baltimore for 9 nights on RCCL's Grandeur of the Seas, Includes all meals & entertainment. (Price based on double occupancy)

www.ShillelaghTravelClub.com | 703.242.2204 • 800.556.8646

All Trips are Group Trips. Visit our website for complete details on these and other trips or contact us for full information packet.



NSAB MWR Hosts Spring Fling

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda's Morale, Welfare and Recreation (MWR) hosted a Spring Fling event April 14 at the MWR Sports Complex. The event was open to all families with base access and included fun activities for children of all ages to participate in.





Nurses Earn DAISY Awards for Extraordinary Care

By Bernard S. Little
WRNMMC Command Communications

Ask Army Capt. Melissa Blankenship, 1st Lt. Joy Turner and 2nd Lt. Jovan Smallwood why they became nurses and you'll get very similar responses.

"My decision to become a nurse went hand in hand with my decision to join the Army," Blankenship explained. "I wanted to care for the men and women who serve our great country. We serve an exceptional patient population at Walter Reed Bethesda whom I feel honored to work with each day.

"The most rewarding part of being a nurse is being able to watch my patients clinically improve each day," Blankenship continued. "It is an incredible process to watch our interdisciplinary care teams take illness and injury and turn it into recovery," she added.

"I have always enjoyed learning about my body and helping people," Turner added.

"I decided to become a nurse after working as a medic at Tripler Army Medical Center [Hawaii] Emergency Department," Smallwood explained. "I worked with a great team of nurses



PHOTO BY BERNARD S. LITTLE

Army Capt. Melissa Blankenship, who earned the December 2017 DAISY award for extraordinary nursing care at Walter Reed Bethesda, said, "The most rewarding part of being a nurse is being able to watch my patients clinically improve each day."

that made every day a learning experience, and I truly enjoyed going to work every day. It felt like it was not even a job," he said.

It is this passion for their chosen profession, as well as their commitment, compassion and care for their patients that earned Blankenship, Turner and Smallwood recent DAISY awards for extraordinary nursing care at Walter Reed National Military Medical Center.

The family of J. Patrick Barnes established the DAISY award for health-care facilities to recognize their nursing team members. In 1999, Barnes was diagnosed with the auto-immune disease Idiopathic Thrombocytopenia Purpura (ITP) and died shortly thereafter at the age of 33. The Barnes family created the DAISY Award for Extraordinary Nurses and piloted the program at the Seattle Cancer Care Alliance, whose nurses cared for Patrick during the last weeks of his life. DAISY is an acronym for Diseases Attacking the Immune System.

Nearly 70 DAISY selectees, including nurse practitioners, RNs, LPNs, corpsmen, medics and certified nursing assistants from inpatient and outpatient areas, have been recognized with the DAISY award at Walter Reed Bethesda. More than 3,000 nominations have been received for DAISY awards since February 2012 at the medical center, where an honoree is chosen monthly by the selection committee.

Smallwood

A Los Angeles native, Smallwood earned the November 2017 DAISY award at WRNMMC, for which there

were 85 nominations. The Army second lieutenant earned the award while assigned to Ward 5 Center. He now works on Ward 7 East.

In nominating Smallwood for the DAISY award, a staff provider stated, "This nurse's performance was impressive on one of our patients on the ward on Oct. 6, 2017. With this nurse's keen clinical observation, he was able to identify the important changes in vital signs and mental state related to opioid toxicity. This nurse had recognized the serious nature of illness and informed the patient's medical team quickly. The patient had opioid overdose and toxicity from the therapeutic opioid dosing for pain control being an opioid naive individual.

"As a result of early identification of opioid toxicity by this nurse, the medical team was able to treat the patient's condition effectively and successfully with timely interventions. Otherwise, the patient would have gone into coma from respiratory depression that can result in an anoxic brain injury or death," the nominator continued.

"With this nurse's attention to changes in clinic signs and early recognition of life threatening situation, he had saved an important human life. This nurse indeed deserves recognition and reward for the kind, competent, compassionate and exceptional care," the nominator concluded.

For his part, Smallwood said, "What I find most rewarding is being able to provide care and a smile for people at their most vulnerable moments, when they are anxious, afraid, in pain, tired and sometimes have feelings of hopelessness. In order to provide great care requires me to open up my heart. This allows for a better level of empathy, but when you open up to the good it leaves you vulnerable during time of loss, especially when working in a military environment. I consider everyone who has served or currently serving as a brother- or sister-in-arms, so it makes losing those patients that much harder."

Smallwood added his military service has increased his national pride as well. "I originally joined the military as an escape from the negative environment that I was surrounded by," he explained. "By doing so, I was able to get custody of my youngest brother and raise him, and he also currently serves. Through my service I have developed a great pride in my country and appreciation for the opportunities that have been provided to me," he added.

"Live Life Your Way"



Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today!
(703) 536-4344



Vinson Hall
Retirement Community
Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation



Vinson Hall
Retirement Community
6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org



Blankenship

Blankenship, who hails from Pasadena, Maryland, a suburb of the Baltimore/Annapolis area, earned the December 2017 DAISY award at WRNMMC, which had over 50 nominations.

A patient nominated the 4 East nurse for the award, stating, "Oct. 16, 2017, I underwent another 10-hour reconstructive abdominal surgery in an attempt to fix an RPG blast injury. Needless to say, I woke up in massive pain. It was this nurse that was always there to help with my pain and giving me words of encouragement to get out of bed and move. Move I did, and thanks to this nurse, my pain diminished and I became more mobile. She tended to every need I had and still asked if there was more she could do. I've had over 50 abdominal surgeries since my war injury and this nurse is by far, the most attentive, compassionate and friendly nurse I have had the privilege to meet. This nurse is the poster nurse for this award program. There are many nurses that give all to their patients, but few that ask for nothing in return. She is truly an outstanding nurse!!"

Blankenship completed four years of Army ROTC through Johns Hopkins University ROTC program while concurrently attending nursing school at Stevenson University.

She completed the Clinical Nurse Transition Program at WRNMMC and worked on 5 Center for three-and-a-half years before moving to 4E.

"I've seen many, many patients, who have been wheeled into Walter Reed in agony, eventually discharged with a smile," Blankenship said. "The kind words and gratitude of the patients and their families make the laborious aspects of nursing well worth it," she added.

Turner

A native of Petersburg, Virginia, Turner earned the January 2018 DAISY award, which had more than 60 nominations. A patient nominated the 4 Center nurse for the honor.

"On several occasions, this nurse went above and beyond. She was always there in a timely manner to give care. This nurse would help with my service dog without being asked; make it a point to ask about my day, which showed that she cared about the patients," the nominator stated.

"On her day off, upon me being discharged to an outpatient, this nurse came in to help take my belongings to the Navy Gateway Inn since being in a wheelchair with a dog would have taken me several trips," the patient continued. "She would always make it a point to be at the bedside when Ortho was coming to change and clean wounds

to distract me and make me laugh and keep me pain free.

"All that this nurse has done is way too much to write or explain. She is the best nurse I have ever had here since my care began in 2006. This nurse is very professional, kind, caring and thorough about the job," the patient concluded.

Turner explained it's most rewarding about what she does to see the humility and gratitude of "her brothers- and sisters-in-arm for having someone like them care for them and their family. I do my best to make sure those who sacrifice so much for this country, their family, and individuals like myself, receive nothing but the best care."

Prior to becoming a nurse, Turner was a military police in the Georgia National Guards. "I said to myself, 'I want to help people,' so I transitioned to an active duty 66H (medical surgical nurse)," she said. "I'm not just a nurse, but a Soldier first," she added.

Anyone can nominate a member of the WRNMMC nursing team for the DAISY award. Nominations for the DAISY award can be submitted to any nurse or clerk at WRB, or by e-mail to joan.loepkerduncan.civ@mail.mil. Nominations can be mailed to Joan Loepker-Duncan, WRNMMC, 8930 Brown Drive, Bldg. 9, Room 2894, Bethesda, Maryland 20889. For additional information about



COURTESY PHOTO

"I have always enjoyed learning about my body and helping people," said Army 1st Lt. Joy Turner, the January 2018 DAISY award winner for extraordinary nursing care at Walter Reed Bethesda.

the DAISY award at WRB, contact Joan Loepker-Duncan at 301-319-4617.



DARCARS
AUTOMOTIVE GROUP



DARCARS Chrysler Jeep Dodge Ram of Rockville

**APPRECIATION TO OUR MEN AND WOMEN IN UNIFORM,
*\$500 MILITARY BONUS CASH ON ALL VEHICLES**



Located on Rockville Pike just minutes from Naval Support Activity Bethesda

755 Rockville Pike • Rockville, MD 20852 • 301-424-1700

*Present this ad at the time of sale. Proper Military identification is required. Immediate family qualifies. Expires 3/31/18

DARCARS.com



CDC Kids Meet Animal Visitors

Photos by Andrew Damstedt
The Journal

Melinda Norton, Croydon Creek Nature Center assistant supervisor, taught children at the Child Development Center April 11 about animals that live in Maryland. She brought a turtle, a toad and a king snake and gave the children a close-up view of those animals. This was one of several events held on Naval Support Activity Bethesda's celebration of Earth Day 2018.





American Home Contractors

Book Today at:
301-284-3422

or visit our website at
myhometuneup.com
to see all great products we have available!

2017
Angie's list
SUPER SERVICE
AWARD

MHIC #31337-03

PREMIUM ROOF TUNE UP

Only \$149!

**Value at \$800!*



- ★ Caulking & Sealing of vents, Flashing & Nail Holes
- ★ Tightening of Loose Shingles
- ★ Replacement of up to Ten Shingle Tabs
- ★ Repair of Exposed Nail Heads (*Nail Pops*)
- ★ Replacement of up to One Pipe Boot Gasket
- ★ Full Attic, Roof, Gutter & Exterior Inspection - *with Photos!*
- ★ **\$250 Gift Certificate** Towards Future Projects!

PREMIUM GUTTER TUNE UP

ONLY \$125!



- ★ Cleaning of up to 100 Linear Feet of Gutters
- ★ Sealing & Caulking of Gutters (*Miter Joints, Outlets & End Caps*)
- ★ Tightening of Gutters & Downspouts (*Using Existing Fasteners*)
- ★ Testing of Gutter Slope for Proper Water Flow
- ★ Visual Inspection of Run-Off & Ground Drainage
- ★ Full Attic, Roof, Gutter & Exterior Inspection - *with photos!*
- ★ **\$250 Gift Certificate** Towards Future Projects!

WRNMMC and the Freedom of Information Act

By Bernard S. Little
WRNMMC Command Communications



Often described as “the law that keeps citizens in the know about their government,” the Freedom of Information Act (FOIA) gives you the right to access information from the government.

According to the FOIA website (www.foia.gov), “The basic function of the Freedom of Information Act is to ensure informed citizens, vital to the functioning of a democratic society.”

At Walter Reed National Military Medical Center, Judy Bizzell serves as the FOIA officer who gathers information requested through the FOIA process. A government information specialist, Bizzell, explained people seeking information should first see if it is already publicly available. Agencies proactively post a wealth of information on their websites and in their FOIA Libraries. A search feature at on the FOIA website, www.foia.gov/search.html, allows people to search across all government websites at once, to see what is already available without the need to submit a FOIA request.

To request information from WRNMMC under FOIA, Bizzell explained people need to submit a written request “describing the information desired; willingness to pay a reasonable processing fee or justify why the fee should be waived; clearly state that you are requesting information under the Freedom of Information Act; label the envelope and letter to ‘Freedom of Information Act’; and mail to Department Of Defense, Walter Reed National Military Medical Center, Freedom of Information Act, 8955 Wood Road, Bethesda, Maryland 20889-5628.”

“FOIA offices have 20 working days to respond to requesters. If the actual documents/records requested are not able to be presented to the requester within that time, the requester is given a tracking number to refer to when inquiring about their requests. Timelines to receive requested documents/records are not guaranteed, as other offices are relied upon to present requested documents to this office. Once received, documents have to be reviewed and redacted, if necessary, for release determination. They must then go through legal review as appropriate,” Bizzell added.

Some people don’t know that FOIA even exists and therefore they are reluctant to respond, Bizzell stated. “I have to often times get WRNMMC’s Command Communications and/or Legal involved just to get simple documents that are truly releasable to the public,” she added.

Bizzell said the number of FOIA requests she receives per month varies. “One month, it can be two and another, it can be as many as 12,” she stated.

The length of time to respond to a request will vary depending on its complexity and any backlog of requests, according to the FOIA website.

“While FOIA allows for many records to be released, there are also nine exemptions that protect certain types of information, such as personal privacy and law enforcement interests,” the FOIA website states. These exemptions include:

1. Information that is properly classified under criteria established by an Executive Order to be kept secret in the interest of national defense or foreign policy;
2. Information related solely to the internal personnel rules and practices of an agency;
3. Information specifically exempted from disclosure by another statute, if that statute either: (1) requires that the matters be withheld from the public in such a manner as to leave no discretion on the issue; or (2) establishes particular criteria for withholding or refers to particular types of matters to be withheld;
4. Trade secrets and commercial or financial information that is obtained from outside the government and that is privileged or confidential;
5. Certain records exchanged within or between agencies that are normally privileged in the civil discovery context, such as records protected by the deliberative process privilege (provided the records are less than 25 years old), attorney work-product privilege, or attorney client privilege;
6. Information about individuals in personnel

and medical files and similar files when the disclosure of that information would constitute a clearly unwarranted invasion of personal privacy;

7. Records or information compiled for law enforcement purposes, but only to the extent that the production of such law enforcement records or information could reasonably be expected to interfere with enforcement proceedings; would deprive a person of a right to a fair trial or an impartial adjudication; could reasonably be expected to constitute an unwarranted invasion of personal privacy; could reasonably be expected to disclose the identity of a confidential source, including a state, local, or foreign agency or authority or any private institution which furnished information on a confidential basis; would disclose techniques and procedures for law enforcement investigations or prosecutions, or would disclose guidelines for law enforcement investigations or prosecutions if such disclosure could reasonably be expected to risk circumvention of the law; could reasonably be expected to endanger the life or physical safety of any individual;
8. Information contained in or related to examination, operating, or condition reports prepared by, on behalf of, or for the use of, an agency responsible for the regulation or supervision of financial institutions;
9. Geological and geophysical information and data, including maps, concerning wells.

For more information about FOIA, visit www.foia.gov.

HELP GIVE OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support (WWFS) is an independent nonprofit organization whose mission is to improve the quality of life for our combat wounded.

Earning Charity Navigator’s highest four-star rating and listed among Consumer Reports “Top Rated Veteran Charities,” WWFS serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org

WOUNDEDWARRIORSFAMILYSUPPORT.ORG

HANDMADE HEAVEN

250+
AMERICAN
ARTISTS
LIVE!

- Exciting Demos
- Tasty Treats
- Shopping Fun
- Kids’ Entertainment

DISCOUNT TICKETS,
show info, exhibitor lists,
directions and more at:

SugarloafCrafts.com

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

SUGARLOAF
CRAFTS
FESTIVAL

Est. 1975

APRIL 20, 21, 22

Montgomery Co. Fairgrounds
GAITHERSBURG, MD • EXIT 11 OFF I-270

Admission: \$8 online; \$10 at the door
Admission good all 3 days
Children under 12 & parking are FREE
Fri. & Sat. 10-6, Sun. 10-5

DONORS

From Page 3

Naval Medical Center Portsmouth, Virginia, where they determined he had Stage IV kidney disease.

“I said, ‘What?!’ It was out of the blue,” Schooler recalled. He said he had no symptoms, which is why he was caught off guard with the diagnosis. He began dialysis in August 2017.

“In January, I got a call from Vilda who said there was a lovely lady in Virginia Beach who wanted to donate a kidney to me,” Schooler said. He explained the donor, Anne Barclay, had been asked to be a possible donor for another person needing a transplant, but she and that person were not a match. Barclay was then asked by a fellow church member if she would then like to donate her kidney to Schooler, and she said yes. All of this took place without Schooler’s knowledge, he said.

Barclay reached out to Desgoutte-Brown at WRNMMC. “She asked Vilda not to tell me anything until all the tests were done to determine if we were a match,” Schooler explained.

“On Jan. 12 when [Vilda] called me, I was floored,” Schooler continued. “I said, ‘Are you kidding me?’ She said, ‘No.’

“She gave me Anne’s phone number



PHOTO BY BERNARD S. LITTLE

From left, Douglas Jordan, Debra Washington, Randy Judson, Vicki Pitts and Gordon Schooler, organ transplant recipients whose surgeries were done at Walter Reed National Military Medical Center, celebrate Donate Life Month at WRNMMC April 4, saluting organ donors and recipients.

and I called her and said, ‘Is this my angel on Earth?’” Schooler added. “She said, ‘You must have got the phone call from Vilda.’”

“It’s a blessing,” Schooler added about his new life following his kidney transplant. “I feel more energetic and I’m ready to get back

on the golf course,” he continued. The retired Navy chief said he would encourage people to, “Donate if you can. It’s the best thing that you’ll ever do in your life. It’s not only the enjoyment and joy you give the recipient, but you’ll also have that joy that you saved a life,” he said.

Wendy Caesar-Gibbs, a registered dietitian who specializes in renal nutrition, helped organize the Donate Life celebration at WRNMMC to raise awareness about the importance of organ donation. She said organ donation extends not only life, but the quality of life the patient can have.

Donate Life America and its partnering organizations began National Donate Life Month (NDLM) in 2003. Celebrated annually in April, NDLM seeks to draw awareness to organ donation and salute those who have saved lives through the gift of donation. According to Donate Life America, more than 116,000 men, women and children await lifesaving organ transplants; 58 percent of those individuals are minorities; and 80 percent are waiting for a kidney.

For more information about organ donation at WRNMMC, call Nephrology Dialysis and the Organ Transplant Center at 301-295-4331.



MILITARY FAMILIES BELONG AT NATS PARK!

U.S. NAVY DAY • MAY 1

P vs. W

PITTSBURGH PIRATES vs. WASHINGTON NATIONALS

YOUR PLACE to Be Honored

NOW LIVE!

The SoMdNews App brings you the latest local, sports and community news and information from the Southern MD Newspapers, 24/7.

The free app is updated from our full website, sombdnews.com, in real time, delivering you the latest headlines. Download the app at sombdnews.com/newsapp or Scan the QRC code.

SOCIAL MEDIA

NSA BETHESDA



/mwrbethesda



@navymwrbethesda



@mwrbethesda



www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS



Navy Life



NavyMWR NDW



NFAAS



Navy Fitness



Morale Welfare & Recreation (MWR)

- 4/20 11 am-2 pm Warrior Café International Lunch Polish Luncheon
- 4/22 8 am-5 pm Day Hike and Brewery Trip Catoctin Mountain park and Red Shedman Farm Brewery \$10*
- 4/23 5 am MWR Pool Grand Re-Opening!! Be the first male/female to swim a mile for a MWR prize!
- 5/4 4 pm-7:30 pm May the Forth Be With You Social Below Deck, Bldg. 64 NGIS FREE Star Wars viewing and trivia! Themed food and drinks. Must be at least 21 to purchase or consume alcohol.
- 5/5 9 am-4 pm Embassy Open House Trip \$10*
- 5/9 Online Registration deadline for the Mother/Family Kickball Game on 5/12.
- 5/11 8:15-10:15 pm Outdoor Kids Movie for USO eligible patrons- FREE
- 5/12 9:30am-12:30pm Mother/Family Kickball Game MWR Sports Complex-FREE*
- 5/13 10 am-2 pm MWR and Concepts, Inc. present Mother's Day Brunch at the Warrior Café, Bldg. 62 Reservations PH 301-400-0127 \$12.50 adults, \$5.50 children 6-12, children 5 & under FREE (Free for WII and up to 5 of their family members.)

*For complete details and to register, please visit www.navymwrbethesda.eventbrite.com

LIBERTY Center Bldg.11

PH 301-319-8431

Virtual Gaming, Snacks, Movies, Computers, Pool Table
LIBERTY patrons include Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9

- 4/21 10 am Paintball & Sportsland Excursion \$20*
- 4/22 11 am Arlington National Cemetery Tour \$10*
- 4/24 6 pm Liberty Bingo Night at the Bowling Center, bldg. 56
- 4/28 7 am Six Flags Great Adventure \$25*
- 4/29 12 pm Tanger Outlets & National Harbor \$10*
- 5/2 6 pm Military Marathon Movie Night in the Liberty Center, bldg. 11

*REGISTER online:
Navymwrbethesda.eventbrite.com

LIBERTY Trips include transportation and depart from lobby of bldg. 62.



Classifieds

Call 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.



To place an ad
Call 301-645-0900

Houses for Rent

BOWIE- 20 minutes from DC. 25 minutes from Andrews, AFB. Split-level 3BR, kitchen, 2BA upstairs; walk-in closet in Master BR w/separate shower and large tub. 1BR in basement, sitting area, full bath, w/d + 3 smaller rooms. Garage. 1/2month deposit + 1 month rent. **\$2,300/month.**
301-219-4946

**BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900**

Help Wanted Full Time



**PATUXENT RIVER
JOB FAIR
Tuesday, April 24
3PM-7PM**

25+ companies.

Bay District VFD
Social Hall
46900 S. Shangri-La Dr.
Lexington Park, MD 20653

FREE Resume Seminar

For new updates and to register/post-link
resume
www.JobZoneOnline.com

Janet.Giles@JobZone
Online.com

540-226-1473

Help Wanted Full Time

SURVEY PARTY CHIEF
Must have min. 5 yrs experience of construction stakeout, boundary, ALTA and topographic surveys. We offer a competitive salary, paid time off, opportunity for advancement and excellent benefits including 401K with match. Email resume to info@bavengineering.com

**BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900**

Instruction

Bounce into Spring & Summer with High-Quality Business Course Tutoring!



We specialize supporting Disabled Military Veterans and Non-Traditional students in their business courses

Courses Supported Include:

- Accounting
- Economics
- Operations Management
- Statistics

CONTACT US:

Phone: 240-425-3934
Email: info@tutorcoachpool.com
Website: www.tutorcoachpool.com

**BUY SELL
RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900**

ABUSE

From
Page 7

risk factors for child abuse and Kahn said there's not enough being done to screen to screen service members for poverty issues, such as food insecurity.

"We assume because they're in the military that they make a lot of money and that they can appropriately take care of their kids," Kahn said. "My hope is that many more clinics will screen for poverty, food insecurity and neglect."

She said a lot of low-income parents take really good care of their children, except they lack necessary supports so when they go to work they leave their children unattended because they don't have anyone who can watch them while they're at work.

"Until we cure poverty, we are not curing child abuse," Kahn said.

The center is located on the 10th floor of the tower at Walter Reed National Military Medical



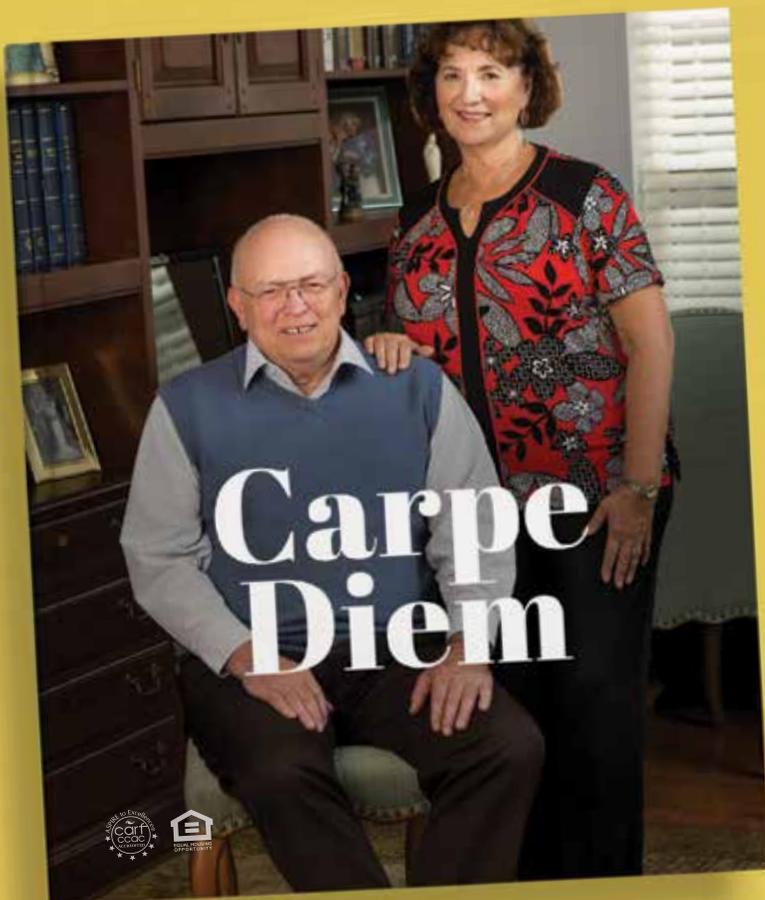
Center. Contact the center at 301-295-4100 or visit go.usa.gov/xQ4Tw.



PHOTO BY MC3 JULIO MARTINEZ MARTINEZ

Donna Kahn, Armed Forces Center for Child Protection pediatric nurse practitioner, explained the center's mission at a special training session as part of Child Abuse Prevention Month at the USO Warrior and Family Center at Naval Support Activity Bethesda, April 3.

INDEPENDENT RETIREMENT LIVING



EXTRAORDINARY STORIES BEYOND THE FRONT LINE

Bob Manning found his passion for education and service while studying at Virginia Tech. He carried that fire with him throughout his military career and into his second career as a teacher and principal. His dedication to serving others burns brighter than ever here at Falcons Landing where he inspires and leads through volunteering and community work.

We invite you to experience a connection that can only be found through the common bond of service to country.

To learn more about this extraordinary story visit falconslanding.org/carpe-diem.



FALCONS LANDING
Common Bonds. Extraordinary Living.