

National Children's Dental Health Week

Feb. 3-9

If we can get them on the
right path early, the children
have a much better chance . . .

—Capt. Alan Bronstein

See related story inside.

The Examiner

Dwight David Eisenhower Army Medical Center, Fort Gordon, Georgia

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February 8, 1980

Matthews is new chief nurse

A male nurse has been named Chief of Department of Nursing at Eisenhower Medical Center. Colonel Charles D. Matthews is replacing Col. Miriam Gately who transferred to Presidio of California.

Prior to his assignment here in December of 1978, Matthews was the chief nurse at USAMEDDAC in Augsburg, Germany, for over 2 years.

He is a 1955 graduate of St. Francis School of Nursing in Columbus, Ohio, and received his B.S.N. from the University of Nebraska in 1967. He took his masters in hospital administration through the Army Baylor Program.

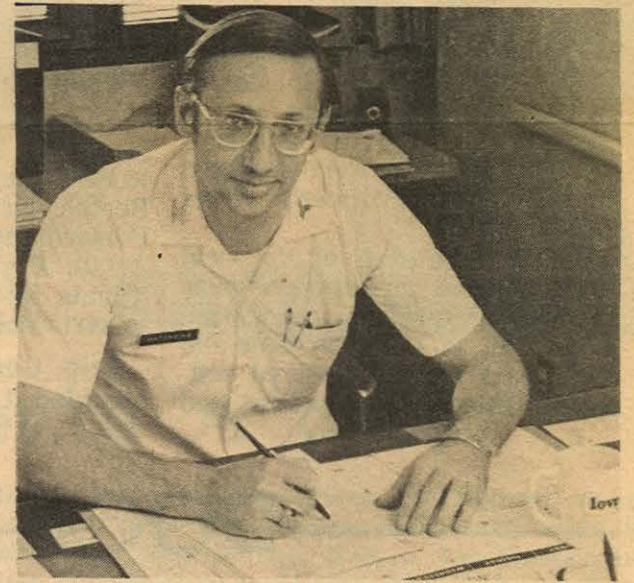
As for changes in management policies for the department, Matthews says his main objective is to sustain the excellence in nursing care that his predecessor maintained during her tenure. "But I do want to increase utilization and strengthen the NCO's responsibilities somewhat," he added . . . "I also want to intensify our relationship with the Medical College of Georgia and other hospitals in this area so that we may share training programs and all other educational benefits.

Furthermore he hopes to open up the regionalization concept for nursing and establish some type of regional nursing program here.

In his off duty time, Matthew's is a great outdoorsman. He likes hunting, fishing and camping. "I am still looking for that illusive deer that I didn't get last fall" he said.

He and his wife, Norma Jean, have nine children: Teresa 22; Elizabeth 21; Susan 20; Steven 19; Katherine 17; Gretchen 16; Michael 14; Julia 13; and Christopher 9.

The Matthews reside at 3063 Hilsdale Drive in Augusta.



DDEAMC DOCs launch campaign to promote healthier life styles

Physicians at DDEAMC have organized as a local chapter of the national Doctors Ought to Care (DOC) organization, a non-profit group of physicians who have set out to educate the public in the prevention of life style related diseases. They are calling themselves DDEAMC Doctors for Health Education and according to Maj. Karl Snyder, Coordinator, endless plans are being made for an all out campaign in the Augusta area.

"We have divided our campaign into three facets," said Snyder, "the Fort Gordon community, the Augusta community and the soldier."

"Currently we are circulating a petition throughout the hospital to ban the sale of cigarettes in this health facility. Also Family Practice Clinic has replaced soap operas on the TV sets in the waiting areas with patient education films and we're encouraging other clinics to do the same."

(See DOCs, Page 2)



Pattison is guest speaker for med. cen. Prayer Breakfast

Nationally known psychiatrist, Dr. E. Mansell Pattison M. D., was the guest speaker at the Dwight David Eisenhower Army Medical Center Prayer Breakfast. The event was held in the hospital dining facility on Friday, Feb. 8 at 7:30 a.m. Pattison is professor and chairman of the Department of Psychiatry and Health Behavior, Medical College of Georgia, and Chief, Psychiatry Service, Talmadge Memorial Hospital.

"Holistic Health: A Fad or the Future?" was the topic of Pattison's address. Pattison has authored over sixty-nine book chapters and has written over fifty reports and proceedings as well as 137 book reviews. Many of his writings have dealt with religion, spirituality and theology and the psychological aspects thereof. Pattison has been associated with the Medical College of Georgia since 1979.

National Children's Dental Health Week

February 3 through February 9 is National Children's Dental Health Week. What began as a local project by the Akron Ohio Dental Society back in 1941 has grown into a national observance with programs in thousands of communities across the country. "The purpose of the program", according to Capt. Alan B. Bronstein, Preventive Dentistry Officer at Fort Gordon, "is to teach children oral health maintenance through proper nutrition, flossing, and brushing. If we can get them on the right path early, the children have a much better chance of having fewer dental problems in the future", Bronstein said.

This year's program began Sunday, Feb. 3, at the Regency Mall from 1-6 p.m. The theme is Tooth Town Carnival. Members of the Augusta Dental community and Ft. Gordon's Dental Activity presented Puppet shows, table clinics on proper nutrition and demonstrations on brushing and flossing.

During the week Fort Gordon's dental hygienists visited schools in Columbia County giving brushing and flossing instructions to children in the third and fourth grades. Thousands of toothbrushes were given out to the children through a generous donation given by Fort Gordon's Medical Center Officer's Wives Club.

Locally, the staff of the Oral Health Center made two visits to the Christergarten Nursery Jan. 17 and Jan. 18. Children three and four years of age received self-applied fluoride applications and

tooth brushing instructions from Hygienist SFC Sylvia Deckelman. Screening exams were given by Bronstein to alert parents to possible dental problems. This is the second year of this program and because of the very positive response of children, parents and teachers, more visits are planned.

Awards

Eight military and five civilian personnel were honored recently in an award ceremonies held at the medical center. Three of the military were recipients of medals for meritorious service. The Legion of Merit was presented to CMS James Scurry and the Army Commendation Medal was presented to Sp4 Carlton Combs and Sp4 Gale Fenwick, also for meritorious service.

The Academy of Health Sciences Diploma was presented to Specialist Wesley Brown and Ronald Runion, PFC Irene Baldwin, and to Privates Margaret Cherry and Winnifred Hunt for successful completion of the Patient Care Specialist Course.

The Sustained Superior Performance Rating was presented to Betty Butler, Eliza Emory and Bertha Gray. The Outstanding Performance Rating was given to Arnita Fryer. The 25 year certificate for Federal Service was given to Dorothy Harrison.

Brig. Gen. Frederick Biehuseen presided at the ceremony.

Brig. Gen. Frederick C. Biehuseen

Notes from 429



On 29 and 30 January, DDEAMC hosted the quarterly meeting of DOD Medical Region 7 at an Airport Hotel in Atlanta. Speakers included Maj. Gen. William Augerson, MC, from the Office of the Assistant Secretary of Defense (Health Affairs) and members of his staff from CHAMPUS, TRIMIS, and UCA as well as Brig. Gen. Quinn H. Becker, MC, USA, Director of Health Care Operations OTSG.

Our Chief Residents, Drs. Wells, Snyder and Strong and Dr. Hostetter, fourth year resident, Department of Psychiatry, were extended an invitation to attend and found the experience rewarding. They were afforded the opportunity to meet and

exchange views with members of all three uniformed services as well as representatives of Department of Defense, both military and civilian.

They became aware that people at all levels in the overall chain of command have problems and sharing this knowledge can lead to solutions. Perhaps the lesson learned is that the higher the level, the slower the wheels move. Patience is a virtue.

As a result of the residents' participation, we have decided to make attendance at one Eisenhower sponsored Regional Meeting a regular part of the educational experience of all our chief residents in the future. Life in a medical center environment normally is not conducive to understanding the "Big Picture." Operational concerns in the day-to-day operations of military hospitals, be they MEDDAC or MEDCEN, remain unknown and often unsuspected until residencies and fellowships are completed and the graduates reassigned.

A second facet of this philosophy will be inclusion in our regularly scheduled liaison visits to supported MEDDACs in the Eisenhower Army Medical Region. Because these visits normally number 12 per year, more residents can participate. Depending on the military aircraft available for a given visit more than one senior resident may be included on each visit. Senior residents interested in this program should make their desires known to their program directors.

DOCs

(Continued from page 1)

"To reach the soldier, we are providing speakers for next week's Life Style/Cancer Awareness program. Future plans call for disseminating posters and educational materials in the orderly rooms, troop medical clinics and other places soldiers frequent. Cartoons are being prepared for use in the post and hospital newspapers on a recurring basis and radio spots are being worked up for WFG Radio. In addition, sites are being sought out on post for placing colorful signs and bus stop seats discouraging killer habits such as smoking, drinking, and so forth."

As for the Augusta community, Snyder has set dates at some of the local schools where DDEAMC DOC members will deliver their message to the school children. T-shirts and posters promoting Superhealth 2000 will also be disseminated in the local schools.

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In April and May the following States will hold Presidential Primary Elections. Unit voting counselors and voting officers have full details on how to complete a Federal Post Card Application (FPCA) to register and vote in these important elections.

The States holding Presidential Primaries in April are —

- Kansas, April 1
- New York, April 1
- Wisconsin, April 1
- Louisiana, April 5
- Pennsylvania, April 22

States holding Presidential Primary Elections during the month of May are —

- Texas, May 3 (Republican Party only)
- District of Columbia, May 6
- Indiana, May 6
- North Carolina, May 6
- Tennessee, May 6
- Maryland, May 13
- Nebraska, May 13
- Michigan, May 20
- Oregon, May 20
- Arkansas, May 27
- Idaho, May 27
- Kentucky, May 27
- Nevada, May 27

It's your vote — USE IT!

MAKING THE ROUNDS

Learning center

Want to complete high school or see if you are ready to take that entrance test for college? Well there is a service on post to help you... the Learning Centers of Fort Gordon. These eight centers are staffed with trained personnel to assist the soldier, dependents and civilian personnel in a variety of areas towards self improvement.

According to Bruce Harris, Learning Center Director, a large selection of subjects for study are available and each individual can proceed at his or her own pace utilizing audio, visual and textual resources.

In the area of military subjects, the student receives reinforcement of his military occupational specialty as well as supplemental instruction. The student also receives a general review of military knowledge. Since the Learning Centers have expanded their operations many soldiers and dependents have realized their desire to receive a high school education according to Harris. Working towards a GED, the student receives a review of subjects needed to qualify for a certificate of completion or high school diploma. This review is provided through the assistance of instructors and supported with aids.

Utilization of the Learning Center offers others benefits, such as expanded knowledge, refresher training and test review says Harris. A trained and knowledgeable staff is available to assist the soldier in selecting the necessary material needed to reach the individual's goal. There are eight centers on post. The Learning Center at Eisenhower is located in class rooms 1a and 1b and is staffed by SSgt. Larry Nicholson and Mrs. Irene Reamer.

The hours of operation for the hospital center are Monday through Thursday 7:30 a.m. and 2 p.m. and on Friday, Saturday and Sunday 10 a.m. til 2 p.m.



MCOWC News

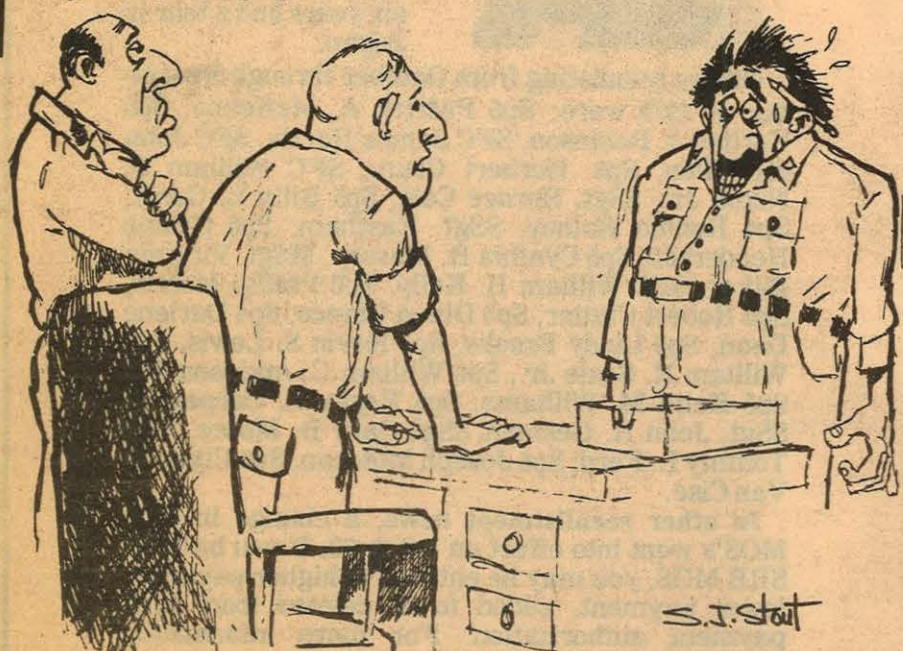
by Sue Parker

Interested in taste-testing an entire cookbook in one afternoon? Then, come join the expert chefs of the Medical Center Officers Wives Club for a covered dish luncheon on Wednesday, February 13. Recipes will be from the MCOWC Cookbook.

The membership will also be voting on some important changes in the club's constitution at this meeting.

The 11:00 a.m. luncheon will be held at the Covenant Presbyterian Church on Walton Way. Call Charlotte Koehler (860-3172) before noon, February 11 to make reservations. Let her know if you are bringing an appetizer, salad, main dish, vegetable or dessert. There will also be a 50 cent charge to cover beverage, paper products and room rental.

THE SYSTEM



"Don't be afraid. You've done nothing wrong. We would like to know why you picked public affairs?" (Courtesy of Army Times)

They're "A" okay

Two Army physicians were recently given the highest award possible for recognition of professional accomplishments within the Army Medical Department. Colonels Eric Nelson (top center) and George Powell (bottom center) were presented the "A" professional designator in ceremonies held at the medical center.

In a letter to the two Army physicians, Lt. Gen. Charles Pixley, Surgeon General of the Army, said, "I take great pleasure in forwarding you the attached certificate awarding you the "A" in your specialty. Few officers demonstrate the outstanding qualifications and exceptional ability which are the basis for this award."

Nelson is Chief of Department of Psychiatry and Neurology. He took his B. A. from Harvard and his M.D. from Rochester Medical School. He did his internship and residency at Letterman Army Medical Center in San Francisco.

Powell is Chief of the Department of Surgery and did his undergraduate work at Colorado College and his M.D. from Washington University School of Medicine. He received his internship and residency training at Fitzsimons General Hospital.

Brig. Gen. Frederick C. Biehuse, M.D., commander of the Eisenhower Army Medical Center, presented the certificates while wives, Karen (top) and Jane, look on.

GAS LASTS AT 55 MPH

McCormack qualifies for Boston marathon



Lt. Col. John McCormack

The Boston Marathon, a prestigious running event, has become the dream of many an amateur runner, but for Lt. Col. John McCormack, the dream of participating in that event has become a reality. The real dream now is to win that event.

McCormack, a clinical psychologist at DDEAMC participated in the event last year and has again requalified for the April event in the city where Paul Revere made his famous ride.

McCormack is a native of Boston, Mass., and is a 1961 graduate of Boston College where he was awarded a Bachelor of Arts in history and government. He earned a Master and Ph. D. from the University of North Carolina in Clinical Psychology. Currently, he is the Chief, Clinical Psychology for the medical center.

The Examiner interviewed the tall, lanky psychologist about his love for the sport of running.

EX: What motivated you to start running?

McCORMACK: After returning from Viet Nam, I found myself in not the best of physical condition. I had trouble sleeping and I was a heavy smoker, smoking a pack to a pack and a half of cigarettes a day and two or three cigars also.

EX: When did you start running?

McCORMACK: In January of 1970. I started by jogging about a mile three times a week.

EX: When did you really experience a change in your overall physical condition?

McCORMACK: It took approximately eight to nine weeks before I really experienced a change. It also takes that long before it stops being a pain in the neck. After that, it becomes a more relaxing and rewarding experience for the runner.

EX: When you first started running did you experience a sense of boredom?

McCORMACK: The sensation boredom with running — never. . . I always enjoyed getting away from what I was doing. I have never found running to be a drag. When you first start running the sense of boredom and work can in fact be a big deterrent to running.

I have experienced the pain and agony of running when I first started, but never the boredom. I think running around a track can be boring. But the sense of beauty of cross country can be most satisfying to any runner. So the runner should choose his route and attempt to avoid running around a track or any area that could create a sense of boredom.

EX: When did you set your goal to run in the Boston Marathon?

McCORMACK: September of 1978.

EX: What are the qualification times for Boston?

McCORMACK: For males under the age of 39, the current time is 2 hours and 50 min. For females under the age of 39, the time is 3 hours and 20 min. There is a 20 min. change in qualification times from 78 and 79. The Boston Marathon is the only marathon that requires that entry be by invitation only. Each time must be certified by an AAU Organization.

EX: You qualified and participated last year in the Boston run, how many runners were there?

McCORMACK: Last year I qualified for the Boston run in Savannah, Ga. Marathon which is an AAU sanctioned race. When I ran in Boston, there were also approximately 8,000 other runners.

EX: The route for the Boston run has several hills that the runner must confront . . . the

areas between the 16th mile and 21 mile. What must a runner do to prepare for this?

McCORMACK: My Alma Mater is the top of the hill at the 21th mile . . . Boston College . . . that last hill for me was not really that difficult as I was really pumped up emotionally. Heading up towards Boston College and the heights, I was really up psychologically and was in excellent condition. I really didn't experience those hills as many of the runners do. I was singing old college songs and yelling.

As far as physical conditioning and preparation for the marathon I run daily and alternate my distances . . . say on Monday, Wednesday and Friday, I will run say about 5 miles. and on the alternate days, I will run about 10 miles. I try to get at least 60 miles in each week.

EX: What about the crowds?

McCORMACK: There are literally over 100,000 spectators and the majority of them are located at the last ten miles of the race.

They are very intense and want so much to help the runners.

There's such a community response to the race that they literally hurt you with misinformation . . . an example, they will tell you there are only four more miles to the finish. You run a mile or so, and other spectators will yell, hang in there, there are only four more miles to go. By that time, you are about to drop from exhaustion and you get this frustrating news.

EX: How long has the Boston



Marathon been in existence?

McCORMACK: This year will mark its 84th consecutive year. It dates back to 1896 and is the oldest marathon in the country and the oldest continuous marathon run in the world. The run is held each year on April 21, which is also called Paul Revere Day.

Re-up corner



"Oh no! What Have I done?" Sp5 Carla Williams asks herself just moments after her reenlistment ceremony recently. However, she knows she has made the right decision by securing her future for the next six years and a tour in Japan.

Others reenlisting from October through December of 1979 were: Sp5 Patrick A. McKenna, Sp5 Carlton J. Robinson, SFC James Harris, SFC John McCullen, Sp5 Herbert Crum, SFC William S. Nixon Jr., SSgt. Horace Cole, Sp5 Billy L. Gantt, Sp4 Ronnie Rainey, SSgt. Eastham, Sp6 Gracie Henderson, Sp5 Cynthia R. Massey, MSgt. Virginia Baker, SFC William H. Kelly, Sp5 Phillip Morris, Sp5 Robert Clutter, Sp5 Diana Blanco, Sp4 Darlene Dean, Sp5 Lindy Brooks, Sp5 Kevin S. Lewis, Sp5 William R. Seale Jr., Sp6 William C. Atkinson Jr., Sp5 Keith M. Williams, Sp5 Peggy L. Carpenter, SSgt. John H. German, SSgt. Gary B. Moore, SFC Tommy L. Ford, Sp5 Joseph Molchan, Sp5 Clyde A. Van Cise.

In other reenlistment news, a change in SRB MOS's went into effect on 1 Oct. 79. If you have an SRB MOS, you may be entitled to higher payment, lower payment, added to or deleted from SRB payment authorization. For more information contact MSgt. Meredith Adcock at 6275.