



NAVY MED NAVIGATOR

Headlining in world news...

A fire that broke out during a fireworks display staged at a rock concert Thursday night killed at least 96 people. Officials said Friday that 187 people were injured, some critically, as panicked concertgoers rushed to escape the fire. The tragedy came four days after 21 people were killed during a stampede in a Chicago nightclub.

Jesica Santillan, the 17-year-old Mexican girl who underwent a second heart-lung transplant after the first was botched, was found to have severe and perhaps irreversible brain damage Friday. The girl's chief benefactor said doctors told Jesica's family the girl may be brain dead and tests would be performed. But a hospital spokesman said Jesica hadn't been declared brain dead and no tests were planned. In her first transplant Feb. 7, the teenager was mistakenly given a heart and lungs from a donor with the wrong blood type. Her body rejected the organs, and she was on life support by the time a matching donor was found and a second transplant performed Thursday morning.

In Navy news...

Scientists working with the Naval Historical Center (NHC) in conserving Civil War Confederate submarine H. L. Hunley will soon begin a detailed examination of a wallet found aboard the vessel. This event coincides with the 139th anniversary of the disappearance of H.L. Hunley. Excavations to date have revealed the technology Hunley embodied was ahead of its time, but now the excavation and on-going research is revealing more personal details of the crewmen aboard the vessel. The wallet may hold clues to the personal life of the crewmen, as well as pictures, documents and other artifacts from the Civil War era. "There are endless possibilities on what kind of information this wallet may hold," said Paul Mardikian, senior conservator on the Hunley project.

In Sports news...

A weight-loss drug containing a stimulant probably contributed to the heatstroke death of Baltimore Orioles pitching prospect Steve Bechler, a coroner said Tuesday. Bechler had been taking an over-the-counter supplement that contained ephedrine, which has been linked to heatstroke and heart trouble. Broward County medical examiner Dr. Joshua Perper said. Ephedrine has been banned by the NCAA, the NFL and the International Olympic Committee, but not by Major League Baseball. Perper urged baseball to ban the stimulant, and its risks -- along with warnings about hot weather -- were a topic of clubhouse conversation throughout big league training camps.

Telemedicine technology

Comfort communications connect medical experts around the fleet

By JO2 Ellen Maurer

Aboard deployed hospital ship USNS Comfort (T-AH 20) -- Navy radiologist, LCDR Roy Rice, MC, is helping set-up a new piece of equipment that could potentially increase his patient population from hundreds to thousands of Sailors stationed all over the world. When this new system is up and being fully utilized, Rice will be helping treat patients as far away as Iceland, and he'll be able to do it all from the comfort of his office aboard the ship.

This amazing technology, called RADWORKS, is a computerized communication system. It is just one of several parts to *Comfort's* new Telemedicine program, designed to keep Navy Medicine on the cutting edge of patient care.

Combining Telemedicine's technology of interlinked secure internet connectivity with existing resources, such as phones, FAX machines and email, gives *Comfort's* medical experts the capability and flexibility to send and receive a myriad of patient consultations to and from other providers around the fleet and medical facilities on shore.

"It's an invaluable tool for the deployed physician to have real-time radiology consults," says Rice, referring to his ability to receive digital X-rays taken aboard other ships and at fleet hospitals and converse with on-location health care providers about their medical findings. "This is really the next generation of



Photo by JO2 Ellen Maurer

Comfort radiologist, LCDR Roy Rice, MC, reviews a digital X-ray before importing it into Comfort's RADWORKS system, a computer program that allows him to send and receive X-rays to and from virtually any ship in the fleet or ashore medical facility.

how we do business."

USNS Comfort, which was designed to essentially bring world-class medical health care to the sick and wounded at sea, has taken its mission of patient care one step further with Telemedicine. Its aboard medical experts, which when fully-staffed includes specialists ranging from dermatologists and podiatrists to cardi-

ologists and neurologists, are now able to be virtually anywhere and everywhere their medical opinion is needed.

Lt. David Felton, a crewmember aboard *Comfort*, says he can appreciate the advances technology has created for patient care. Not only is Felton the Chief Information Officer for the

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Medical Treatment Facility aboard *Comfort* and the Service Chief for E-Health at the National Naval Medical Center in Bethesda, Md., but he's also a Navy nurse, who worked in emergency medicine for years before combining his love of patient care and computers.

"In the event that *Comfort* is staffed for a smaller contingency, (we) can leverage our Telemedicine capabilities for consultations and evaluations from specialty providers who may be geographically distant from us," explains Felton. "The beauty of telemedicine is the ability to utilize the technologies to bridge time and distance in the support of direct patient care."

Felton adds that Telemedicine, overall, is becoming quite pervasive Navy-wide. The main Navy player at present is still NNMC, which provides Telemedicine and Teleradiology support to several large-deck Navy ships, overseas shore-based facilities, remotely located stateside medical facilities, and other units deployed around the world. However, he adds, that since most of *Comfort's* medical staffing is drawn from NNMC whenever the ship is deployed, *Comfort* could very well be used just as extensively as NNMC in a wartime situation.

"Many of NNMC's specialists deploy aboard *Comfort*," adds Felton. "With Telemedicine now available aboard the ship, those same experts will be able to continue serving patients fleet-wide, regardless of where this ship goes."

Comfort, which deployed from Baltimore, Md., in early January, is currently located south of the equator at the British territory island of Diego Garcia. The ship and its crew are awaiting possible orders to reposition to a more forward location in support of future military contingencies in the Arabian Gulf.

Currently, the crew consists of roughly 300 active duty service members and contracted Navy personnel, along with 60 civilian mariners, who are employed by the Military Sealift Command. If *Comfort* is called to duty for a major medical mission, the ship could receive an augment crew of several hundred more crewmembers, consisting of military medical crewmembers, including more specialists from NNMC, and support personnel.

OPSEC Don't overlook the obvious

By JOCS James Slater
Naval Support Activity Naples Public Affairs

NAPLES, Italy (NNS) -- In January, a Sailor – trying to do the right thing by sharing time sensitive information with a colleague – downloaded a document from his secure e-mail account and e-mailed the classified message via a non-secure account, according to an "All Navy Europe" message. The recipient of the classified e-mail followed the proper procedure by notifying the network administrator, and a number of workstations were isolated for three days until an investigation could be completed.

Fortunately for all concerned, the document had been overly classified and did not contain secret information. The time it took to complete the investigation and people being unable to use their workstations for three days, however, shows the unintended consequences of failing to follow proper operational security (OPSEC) procedures.

Although not everyone has a need for a SIPRNET (classified) e-mail account, each person working in a military environment has incidental information that, when pieced together with other seemingly harmless information, can help our adversaries figure out valuable information about our procedures and operations.

Lt. Dan Bethel, regional information systems security manager for Naval Computer and Telecommunications Area Master Station, Europe Central, said this incidental information is so commonplace, we don't even think about its potential for usefulness to adversaries. As a result, we overlook the importance of protecting it in addition to maintaining a secure environment for classified information.

It's not just the handling of classified information we need to pay attention to; normal office procedures could present a hole in security, said Bethel. "A lot of people forget

about the fact that fax machines are not secure," he said. "Just remember, if it's data going over a non-secure phone line, it has the potential to be intercepted."

Besides fax machines, proper phone and e-mail usage are also a large part of OPSEC. "If you even think you might be discussing something that is operational," explained Bethel, "find a STU-III (secure telephone) and go secure. If you think an e-mail might be sensitive, get to a SIPRNET terminal and use it."

Another often overlooked item is the non-secure computer workstation. Because of the huge volume of information available through the use of local computer terminals and the potential for damage to entire networks, computer users must be sure to follow proper OPSEC procedures with regard to their computers. One of the biggest oversights computer users can make has to do with their password, said Naval Support Activity (NSA) Naples information systems security manager Guy Smoak. NSA Naples ISD regularly runs a password cracking utility program as a standard computer security measure.

"We used a common password cracking utility to try and crack passwords in Naples," said Smoak. "We were able to crack 50 percent of the passwords within the first four hours."

He said users could help increase security by choosing passwords that are harder to guess. "We found 80 to 90 passwords that used the word 'password' as the access code and another 40 or so that used 'Naples,'" said Smoak.

He recommended that passwords be at least seven characters long but that using 12-13 characters is much better. One way for users to make passwords harder to access is the use of substitutions. Users can substitute "1" for the letter



IT2 Bridgett Broussard, an information technician aboard USNS Comfort, helps maintain the ship's computer systems. She says having the internet is a great benefit, but crewmembers need to remember operational security when sending e-mails to friends and family back home.

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Oakleaf Club cares for Comfort families at home

By JOSN Erica Mater, Journal Staff Writer

Making sure no one was alone on Valentine's Day, the Oakleaf Club of Greater Washington, DC, held a party for family members and friends of personnel aboard the *USNS Comfort*.

"The Oakleaf Club's primary mission is to serve the spouses of officers in the Medical, Dental, Nurse and Medical Service Corp in the Washington, DC, area. The Oakleaf club is here to help promote esprit de corps," says Linda Berry, the president of the Oakleaf Club.

Berry, wife of CAPT Kevin Berry, deputy chief, Medical Operations Support BU-MED, says the best thing about social events like this is the people you meet. "You get to meet all kinds of wonderful people. People with all kinds of experiences."

Donna Drumsta, who's husband HM2 Steven Drumsta is currently aboard *Comfort*, agrees with Berry.

"It is good to have this sort of thing. You get to talk with the other spouses.



Thomas, 3, and Amy Drumsta, 11, take turns face painting at the Valentine's Day party.

part of having her husband on deployment is at the beginning.

"The few days prior to him leaving and the couple days after he leaves are the hardest on us. Coming to gatherings like this lets my kids meet other kids who have parents that are on deployment as well," Drumsta adds.

They know what you are going through, because they are going through it to," says Drumsta.

Drumsta has three kids: Carolyn, 13, Amy, 11, and Thomas who is 3 years old. Drumsta says the hardest

OPSEC

"I," "@" for the letter "a," or "\$" for the letter "s." An example: @\$Signed1963.

Smoak said another technique is to use a pass phrase where the first letter of each word combines to become the password. For example, the sentence "Are you sure you want to buy a puppy today?" would covert into the password "aysywtbapt?"

The worst thing a person can do is to use a word directly from the dictionary as a password – password-cracking utilities use dictionaries as a basis for their primary attempts to figure out passwords.

Smoak said another technique used to protect information is that of the password-protected screen saver. When not at their terminals, users should lock their workstations by pressing following keys together: Control-Alt-Delete-K. An alternative is to use a password-protected screen saver that locks the terminal automatically if the computer is not used for a specified period of time.

While security of high-tech communications is routine in a military environment, low-tech communications is also a concern. Bethel recommends a few items to help people remain on the safe side of OPSEC. For example, people should always check their garbage before it is taken out. Even if a document isn't designated as classified, if it's work-related, it's better to put it in a burn bag, just to be safe. Other items on the overlooked list are envelopes, notepads, planners and the ever-present "yellow stickies." Any piece of paper that might have something work-related on it should go into the burn bag.

Bethel also said that OPSEC is not limited to the job environment. If conversation at a restaurant turns to shop-talk, sensitive information can be disclosed accidentally. Also, family members who hear conversations and see e-mails can accidentally disclose information about operations or deployments. An unintentional disclosure of this type of information can cancel out months of operational planning and endanger lives worldwide. Our adversaries are watching and waiting and only need to be lucky occasionally to carry out their missions effectively.

The key to proper operational security is vigilance. While most people wouldn't willingly hand sensitive information to a known adversary, they don't often think to use a secure means of transmission. The result, however, is still the same – information getting into the wrong hands.

Soldier's and Sailor's Civil Relief Act

Termination of Your Lease or Rental Agreement

By Lt. Byron Adams
Command Judge Advocate

The Soldiers' and Sailors' Civil Relief Act of 1940 ("SSCRA") is a federal statute designed to "protect those who have been obliged to drop their own affairs to take up the burdens of the nation." It is intended to enable persons on active duty and activated reservists to devote their attention exclusively to the defense needs of the nation by providing for the temporary suspension of civil proceedings that might prejudice the civil rights of such persons.

The SSCRA does not extinguish any liabilities or obligations, but merely suspends action and enforcement until such time as the ability of the Sailor to answer or comply is no longer materially impaired by reason of military service. Additionally, the protections afforded by the SSCRA do not extend to criminal proceedings.

There are several different types of protections offered by the SSCRA; this article is only going to focus on one type of relief.

Lease Termination and Rental Eviction

One of the most common misconceptions about the SSCRA is that it provides Sailors the right to **end a lease** any time they changes duty stations or when being deployed overseas for an extended period of time. In accordance with the SSCRA, a

Sailor only has the right to terminate a lease that was signed before entering active duty. Even then, Sailors must take specific steps to end leases.

When a Sailor signs a lease after entry onto active duty, the specific provisions of the lease, and, in some cases, state law, control whether a lease can be terminated. The SSCRA does not require that termination provisions be included in a Sailor's lease. Rather, it is the Sailor's responsibility to make sure that a "military release clause" is in their lease or rental agreement.

This clause allows a Sailor to terminate their lease pursuant to the provisions of the military release clause. Accordingly, Sailors must be sure that before they sign a lease, it contains a military release clause.

Generally, these clauses allow you to terminate your lease or rental agreement if you receive orders that require you to move out the local area. Usually, this means that you must move at least 50 miles away. Also, TAD orders do not qualify. However, your Landlord may, at his or her discretion, allow you to exercise your rights pursuant to the military release clause.

The most important thing to remember is that if your lease or rental agreement does not have a military release clause, you may not be able to terminate your lease.

Travel to Diego Garcia's plantation ruins



See this once-thriving island coconut plantation for yourself. Purchase a \$1 Saturday or Sunday tour ticket at the police station across from Diego Garcia's Ship's Store and catch the bus from the Turner Club at 8 a.m. or noon.



Photos by JO2 Ellen Maurer

The art of writing letters (no computers allowed!)

By LCDR Mark Koczak
Comfort Command Chaplain

I write letters.

This will come as no surprise for those of you that know me, especially the postal clerks. Yes, Shipmates-- you have to write letters to receive letters.



Letter writing is a lost art in our technological culture. How many of you depend solely on email for regular communication to your families and friends? E-mail is a great thing. It allows us, even with an eleven-hour time difference, to reach someone like a telephone call. There is

now email language that many of us know and are very fluent in, though I am not because of my age and occupation.

I have a love/hate relationship with e-mail. I spent five years outside of the Navy -- two years serving with Marines and three years with the Coast Guard. When I returned to the Navy, the email revolution had not only started but also dominated how the Navy communicates. I am still behind the power curve.

On the personal side, I am one of the very few that does not have a computer at my apartment. Yes, I have no way to communicate electronically from where I live. So I am different from most of you. Here, on the ship, I have continued habits that I developed long ago when at sea. Regu-

lar letter writing, packages home to family and friends and limited telephone calls.

The ship's Sailor phones are also new to me. A few weeks ago, I called my mother from a ship at sea for the first time ever in my Navy career.

Letter writing is my major source of expressing myself. The letter is the most intimate means of communicating home. Think for a moment. While e-mail is quick and immediate, the letter is worked on, formed and crafted by the writer. The letter, when mailed, it has a life of its own. It will be touched and kept by the person you write to.

My father kept all of the letters I wrote to him from my deployment aboard the *USS John F. Kennedy*. When he

died I found them with his things. I never knew he had kept them and cherished them for all those years.

The most pleasing words to my ears on the ship are, "Mail Call." Receiving letters and packages from home is as satisfying as sending them. They are pieces of home that we can touch and keep.

Letters are the wonderful chronicles of our adventure -- this time we are spending at sea. For those of you that write in journals, and I really encourage everyone to do so, the same action is being used. Journals are just letters to ourselves.

Shipmates, I strongly encourage you to write home. E-mail and the Net can come and go. The letters that you write -- and receive-- are everlasting.