



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:

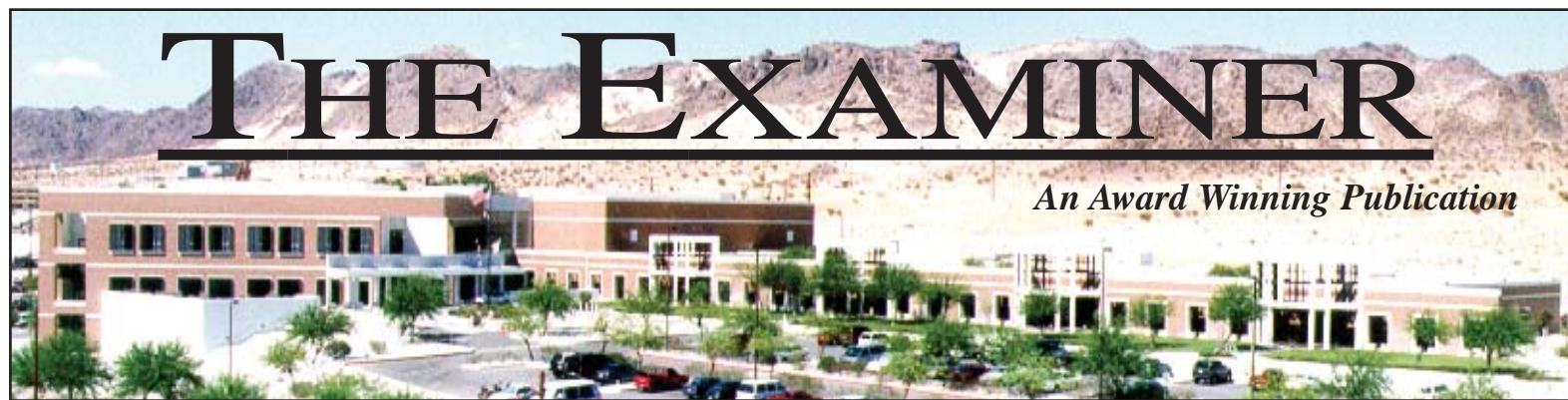
E-mail at complaint@jointcommission.org
Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

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Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



THE EXAMINER

An Award Winning Publication

<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

NHTP Navy Ball Rocks Palm Springs

By Dave Marks, NHTP Public Affairs Officer

The women wore gowns and the men were in dress blues in what was truly a gala affair. The NHTP 193rd Navy Ball was celebrated on October 10 at the Hard Rock Hotel in Palm Springs, Calif. The approximately 280 attendees enjoyed cocktail hour prior to finding their places at round tables, able to seat 10, and decorated with navy blue table cloths, white linen napkins--attended by a cadre of attentive wait staff. The food was served buffet style and was uniformly praised for the flavor and tenderness of the beef entree and the subtle elegance of the chicken.

Petty Officer Third Class Sonia Duffy, a Corpsman in NHTP's Radiology Department, said she didn't realize the amount of work she was agreeing to take on when she volunteered to act as secretary to the NHTP Navy Ball committee. "I did not know what I got myself into," she said, but also noted that the event went off very well. "The facility was perfect for our

size," Duffy said. "The location was close enough to Twentynine Palms to be convenient, but it was far enough away for people to feel they were some place special."

The guest speaker was Command Master Chief (retired)



Command Master Chief (Ret.) Katherine Hansen

Katherine Hansen, who gave what many described as one of the most effective and provocative speeches they had ever heard. Hansen touched on grief, honor, commitment, and not judging people by first impressions. She talked of counseling a sailor with post-traumatic stress who had a fear of bridges. She talked about her own dis-



Cmdr. Wendy Pinkham cuts the Navy Ball birthday cake.

comfort with bridges following an argument with her brother when she was 21 and he was 23 years-old and they were arguing. "He threatened to go kill himself," Hansen said. "And I told him to go ahead, not thinking he was serious." Her brother

committed suicide by hanging himself from the Coronado Bridge in San Diego.

Hansen talked about seeing a gentleman who seemed to be down on his luck. She offered him a tour of her ship and was later surprised by the gift he sent that noted he was a Medal of Honor recipient.

"Command Master Chief Hansen was awesome," said NHTP Command Master Chief (CMC), Carol Merricks. "Everyone will remember that speech."

Petty Officer First Class Duncan Stewart, NHTP Navy Ball coordinator, served with CMC Hansen while they were stationed at Navy Medical Center San Diego together. i

"She's an excellent speaker," Stewart said. "She's very to the point and concise, and she conveys a sense of Naval heritage in such a short time span. I wanted our junior sailors and officers to hear her speak."

Please go to "Navy Ball" on page 2

Patients seen in September -- 11,124

Appointment No Shows in September -- 1,089

In September we had an 8.9 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: Naval Hospital Twentynine Palms.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369



HMC (Ret.) Jonathan Pellior is piped ashore following his retirement ceremony Oct. 31. Pellior has been in the Navy 20 years. He says he plans to "take it easy" for a couple of months" before seeking further employment.

Navy Ball, from page 1.

Stewart said some of the junior enlisted sailors told him this was by far their favorite Navy Ball. "I was happy that even though they've been in the Navy a short time and have been to a few Navy balls, our Ball conveyed a sense of Naval heritage and respect, honoring



HM3 Don Williams (right) wins the Public Health Directorate "Basket."

our past, preparing for the future; and it wasn't long and drawn out," Stewart said. "They enjoyed being able to get that sense of Naval history but not feeling like it was a conference."

Following dinner, a raffle was held for gift baskets that had



HN Marc Gasbarri (left) and Chaplin (Lt.) Andrew Edwards, representing the youngest and oldest sailors aboard the Marine Corps Mountain Warfare Training Center, cut the birthday cake while DeWert and Training Center medical staff look on.

previously been assembled in an NHTP competition between departments and directorates. The Public Health Directorate won the competition with a survivalist/camping "basket" that far exceeded in value the suggested minimum of \$60 for each entry. Numbered Ball ticket stubs were pulled from a bowl and HM3 Don Williams from

the 3rd Battalion, 11th Marines, 1st Marine Division (battalion aid station) won the coveted Public Health Directorate basket, to the chagrin of many. Following the raffle, attendees took to the dance floor. A good time was had by all.

DeWert Branch Health Clinic Sailors of the Qtr



DeWert BHC has had tremendous success with Sailor of the Quarter boards and Blue Jacket of the Quarter boards in Fiscal Year 2014. HM2 Racquel Petticrew (left) was selected as Sailor of the Quarter for 4th Quarter. In a four-month gapped laboratory billet, this pharmacy technician stepped up and managed the laboratory department. Petticrew is also currently implementing DeWert's first SAFE program for victims of sexual assault. HN Joseph Cassar (center) was selected as Blue Jacket of the Quarter for the 1st Quarter. As the Front Desk Petty Officer In Charge for DeWert BHC and the Supply petty officer, HN Cassar has taken on leadership roles that surpass many of his peers. Pharmacy technicians HM2 Rachel Daniels (right) was selected for Sailor the Quarter, FY 2014 2nd Quarter. HM2 Daniels' strong leadership led to positive changes in the clinic. She increased personnel training from 65 to 95 percent. She the only active-duty victim advocate at MCMWTC, representing one quarter of the team. These Sailors will travel the eight hours south to Naval Hospital Twentynine Palms for the Sailor of the Year and Blue Jacket of the Year boards. Good look to all the candidates! (Photo by HM3 Anthony Wolden).



Capt. Angela Nimmo, NHTP Executive Officer (left), receives a wireless hotspot device from Jim Ansell, Post Commander for American Legion Post 761 in Joshua Tree, Calif. The Wifi device allows in-patient family members on the Maternal Infant and Nursing Department to stay connected. "I figured it would be a good thing for our service organization to fund," Mr. Ansell said. The American Legion will pay the monthly service charge for the next two years.

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
I brought my daughter to the ER last week and of course she was hungry and wanted a snack. I couldn't find any healthy snacks in the vending machine. Thank goodness the mini exchange was open and I was able to get her something better. I noticed that there were a lot of options in the store and although there were more unhealthy choices than healthy ones, the store had marked the "better for you"

foods. Can this be done in the vending machines too?
-H

Dear H,
I am sorry that your daughter was ill and I hope she is feeling better now. I understand your frustration when you are faced with limited food selections AND a sick child. No one seems to fall ill at a convenient time, so we are rarely in the frame of mind to pack healthy snacks or meals in preparation for an extended wait in the emergency department waiting area. I am sure many late night dinners have been purchased from that very vending machine.

I am excited to share with you (and the rest of our readers) that MCCS is making great strides to improve our ship store and they have done an amazing job of responding to requests for healthier options. The staff that stock and work in our Ship's Store are genuinely kind and care about each customer they serve. I make a point to stop in

every day and say, hello. I know first-hand that they will go above and beyond to try to bring in food items that you request. I love that they have chosen to bring about awareness of the better options with small green signs. For those who eat in the NHTP Galley, you will recognize the color-coding to know green is the healthier choice from our Go4Green Campaign.

As you know, progress takes time and there is always research and planning that must take place before change can occur. We love to hear you are pleased with the growing selection of healthy snacks in the Ship's Store and appreciate your feedback on other areas you identify as needing attention. This is how change happens! NHTP and MCCS are here to serve you and they work together to provide the best services to promote our military family's health and well being.
Tanya

Join Great American Smoke Out

November's focus for Health Promotions is *Tobacco Free Living*. You may have noticed that our hospital has a tobacco free policy that has been in place since 2010. We are trying to set the example for others by providing a safe and healthy environment for patients. Often, we are driven to make lifestyle changes for which we are not ready. We may "give in" to make someone we care about happy, but find ourselves in a repetitive cycle of frustration.

Have you or someone you love been struggling with the decision to quit tobacco? Assess your readiness and make steps to change when you are ready.

Stages of Change:

- 1. Precontemplation:** "I'm happy where I am and have no desire to change."
- 2. Contemplation:** "Maybe it's time for a change."
- 3. Preparation:** "I'll start on Monday" (we have all been here).
- 4. Action:** "Here we go, this isn't so bad."
- 5. Maintenance:** "Some days

are better than others, but I do feel better!"

Tobacco cessation is not the only area where we struggle to make healthier choices. For some, it's stress management, exercise or eating healthier. We are all striving to make better choices and no matter how it feels, you aren't alone.

One day at a time: Are you up for the challenge? The Great American Smokeout, an annual social engineering event on the third Thursday of November by the American Cancer Society, will take place November 20, 2014. This event challenges people to stop smoking cigarettes for 24 hours, hoping their decision not to smoke will last forever. Can you give up tobacco for one day?

If the time is right and you are looking to quit, call (760) 830-2814 for more information on support, behavioral and awareness tips, medication referral, and healthy options to substitute for old habits.

Cold, Flu, or Allergy? Know the Difference for Best Treatment

You're feeling pretty lousy. You've got sniffles, sneezing, and a sore throat. Is it a cold, flu, or allergies? It can be hard to tell them apart because they share so many symptoms. But understanding the differences will help you choose the best treatment.

"If you know what you have, you won't take medications that you don't need, that aren't effective, or that might even make your symptoms worse," says National Institute of Health's (NIH) Dr. Teresa Hauguel, an expert on infectious diseases that affect breathing.

Cold, flu, and allergy all affect your respiratory system, which can make it hard to breathe. Each condition has key symptoms that set them apart.

Colds and flu are caused by different viruses. "As a rule of thumb, the symptoms associated with the flu are more severe," says Hauguel. Both illnesses can lead to a runny, stuffy nose; congestion; cough; and sore throat. But the flu can also

cause high fever that lasts for three to four days, along with a headache, fatigue, and general aches and pain. These symptoms are less common when you have a cold.

"Allergies are a little different, because they aren't caused by a virus," Hauguel explains. "Instead, it's your body's immune system reacting to a trigger, or allergen, which is something you're allergic to." If you have allergies and breathe in things like pollen or pet dander, the immune cells in your nose and airways may overreact to these substances. Your delicate respiratory tissues may then swell, and your nose may become stuffed up or runny.

"Allergies can also cause itchy, watery eyes, which you don't normally have with a cold or flu," Hauguel adds.

Allergy symptoms usually last as long as you're exposed to the allergen, which may be about six weeks during pollen seasons in the spring, summer, or fall. Colds and flu rarely last beyond two weeks.

Most people with a cold or flu recover on their own without medical care. But check with a health care provider if symptoms last beyond 10 days or if symptoms aren't relieved by over-the-counter medicines. For more about when to see a doctor, go to CDC's Flu Page

test.od.nih.gov/images2/extLink.gif.

To treat colds or flu, get plenty of rest and drink lots of fluids. If you have the flu, pain relievers such as aspirin, acetaminophen, or ibuprofen can reduce fever or aches. Allergies can be treated with antihistamines or

decongestants.

Be careful to avoid "drug overlap" when taking medicines that list two or more active ingredients on the label. For example, if you take two different drugs that contain acetaminophen--one for a stuffy nose and the other for headache--you may be getting too much acetaminophen. "Read medicine labels carefully--the warnings, side effects,

dosages. If you have questions, talk to your doctor or pharmacist, especially if you have children who are sick," Hauguel says. "You don't want to over medicate, and you don't want to risk taking a medication that may interact with another."

Note: This article was reprinted from NIH News in Health. To read this and other health-related articles, please visit: <http://newsinhealth.nih.gov/issue/oct2014/feature2>

Super Stars...



Lt. j.g. Maureena B. Sosa is presented a Navy and Marine Corps Achievement Medal (Gold Star in lieu of Third Award), from NHTP Commanding Officer, Capt. Jay Sourbeer, for "professional achievement in the superior performance of her duties while serving as Administrative, Manpower and Personnel Officer in Charge, 1st Medical Battalion, 1st Marine Logistics Group, 1st Marine Expeditionary Force Force from June 2012 to August 2014. Lt. j.g. Sosa meticulously analyzed 652 billets, adjusting the Battalion's organizational structure to meet the Marine Corps' end-of-strength goal of 175,000. Her screening and processing of 160 Health Services Augmentation Personnel led to 100 percent completion of the to deploy in support of Operation Enduring Freedom. Additionally, she developed and implemented a control system for the government travel charge card program and DTS system that achieved a 98 percent accuracy rate, nearly zero delinquencies and the prompt reimbursement of 400 travel claims valued at \$575,000. Lt. j.g. Sosa's enthusiasm, professionalism and unwavering devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the U.S. Marine Corps and United States Naval Service."

Sherry Steinau, Health Technician, Audiology, at the Adult Medical Care Clinic, receives a Federal Length of Service Award from NHTP Commanding Officer, Capt. Jay Sourbeer, "in grateful recognition and appreciation for your 20 years of faithful service to the Federal Government." Ms. Steinau is also an Active Navy Reserve Chief Petty Officer.



Hospitalman Adam Reshkovsky receives a Letter of Commendation "for outstanding performance of duties while serving as General Duty Corpsman Multi-Service Ward and Emergency Medicine Department, NHTP, from November 2012 to December 2014. Hospitalman Reshkovsky consistently performed his duties in an exemplary and highly professional manner. He assisted in the delivery of routine and emergency treatment of 4,422 patients during his two-year tour. He assisted in the orientation of 15 Corpsmen in two departments, ensuring Personnel Qualification Standards were met which supported the facility's ability to provide quality patient care in a safe environment. As the Departmental Training Officer for Emergency Medicine, he maintained a 98 percent training compliance for 45 officer and enlisted personnel. A caring and compassionate Corpsman, he was frequently recognized on patient satisfaction surveys and Interactive Customer Evaluation for his friendly demeanor and provision of outstanding medical care. Hospitalman Reshkovsky's exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."
[signed]

B. L. GILLINGHAM
Rear Admiral, Medical Corps
United States Navy



Lt. Cmdr. Christopher W. Abbott receives a Meritorious Service Medal "for outstanding meritorious service while serving as Optometrist, Optometry Department, Directorate of Nursing Services, Naval Medical Center, San Diego from October 2006 to May 2014. Lt. Cmdr. Abbott demonstrated exceptional leadership and business acumen in multiple leadership roles throughout his tour. As the Satellite Clinic Project Officer, he oversaw the creation of two new outpatient health care clinics, increasing the clinic space by 19,000 sq. ft. and enhancing Primary Care service for 28,000 enrollees by bringing medical care closer to residences. As a result of his exceptional leadership and attention to detail, this \$2 million project was completed on time and under budget. As Branch Head, Tricare Outpatient Clinic Chula Vista, he led 85 staff in the delivery of healthcare to 45,000 beneficiaries annually. He achieved the highest historical score in six key cancer and diabetes measures, resulting in his clinic selection as Naval Medical Center San Diego's "Top Performing Large Medical Clinic" for calendar year 2011. He led 59 staff delivering 48,000 eye exams annually. A prolific visionary, he created the Optometry Fleet Liaison position which led to 2,000 deckplate exams annually. Lt. Cmdr. Abbott's exceptional professional ability and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."

For the President,
[signed]
BRUCE L. GILLINGHAM
Rear Admiral, Medical Corps
United States Navy



Congratulations, Petty Officer 2nd Class Nicholas Kirsch, selected for Junior Sailor of the Quarter, 3rd Quarter, 2014.



Ericka L. Andaya, NHTP Pharmacy Department, was recognized for her selection as Junior Civilian of the Quarter, for the period of April 2014 to June 2014. "During this time period you received and stored over 5,600 items with a value of over \$1,100,000, and supported the command, 13 operational units, and 12 deployed units' emergency and routine medication needs. Your efforts and expertise to order every pharmaceutical item at the lowest contracted price has saved \$220,000 for the command. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest tradition of the United States Naval Service. I commend you for a job 'Well Done' and wish you continued success in your future endeavors."

[signed]

J. C. SOURBEER
Captain, Medical Corps
United States Navy



Hospital Corpsman Second Class (Fleet Marine Force) George A. Mingle receives a Navy and Marine Corps Achievement Medal from NHTP Commanding Officer, Capt. Jay Sourbeer, "for meritorious service while serving as leading petty officer, Post Anesthesia Care Unit, NHTP, from July 2011 to October 2014. Petty Officer Mingle led 12 sailors in support of four anesthesia providers in delivering care to 3,217 post-surgical patients. He was influential in the employment of new capno-oxygen monitors for all recovery bays saving \$10,000 quarterly. As assistant command fitness leader, he conducted 200 fitness enhancement program sessions ensuring 44 personnel met or exceeded U.S. Navy physical readiness standards. Petty Officer Mingle's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman Third Class Charles K. Yeon receives a Navy and Marine Corps Achievement Medal "for professional achievement in the superior performance of his duties while serving as pharmacy technician, Pharmacy Department, NHTP, from May 2010 to November 2014. Petty Officer Yeon accounted for 216 narcotic and controlled medications resulting in five flawless controlled substance inventory board audits. He assisted in the execution of an \$8 million annual operating target and independently processed 6,000 inpatient orders with an error rate of 0.01 percent. He streamlined the methacholine compounding procedures, decreasing the compounding time from 60 minutes to 30 minutes. Petty Officer Yeon's personal initiative, perseverance, and unswerving devotion to duty reflect credit upon himself and are in keeping the highest traditions of the United States Naval Service."

Hispanic Heritage Month Celebration



NHTP celebrated Hispanic Heritage with style highlighting the accomplishments of hospital personnel Oct. 9. Top: Hospitalman Thomas Catelo demonstrates break dancing. Bottom left and right: HN Jose Ortiz and Sabrina and Seth Kyle perform traditional Hispanic folk music. Guest speaker (not pictured) was Pastor Al Perez, USMC Gunny Sgt. (Ret.). Following the performances, attendees enjoyed a fiesta of traditional foods.



HM2 Anna Kapustina-Munoz gives an 96-hour liberty certificate to HN Jack Douglas upon Kapustina-Munoz's reenlistment for four more years Oct. 29. Kapustina-Munoz, originally from Moscow, Russia, enlisted from Memphis, Tenn. She has PCSed to the San Diego Training Command where she will be an instructor in the Independent Duty Corpsman School.



Lt. Marie Chiong, Emergency Medicine Department, receives help with her shoulder boards from Capt. Eve Quatronne (left) and from her brother, HMC Mathew Chiong during her promotion ceremony Oct. 16. HMC Chiong is assigned to the Los Angeles Recruiting Command.

Introducing New Staff -- Welcome Aboard!



Mesha Morrow

Tomasha Morrow is NHTP'S new Financial Technician for SLDCADA. She arrives from the Combat Center's G4, Logistics Division where she worked for the past four years. Originally from the Bay area, Ms. Morrow lives in Twentynine Palms with her two teenage children, a son, Travaun, a junior at the Twentynine Palms High School, and a daughter, Moniqlache, who will soon turn 19. Travaun is active on the high school football and basketball teams and mom never misses a game. Ms. Morrow graduated from Twentynine Palms High School in 1995 when her dad was an active-duty Marine at the Combat Center. In addition to football and basketball, Mesha enjoys dance. "I cheered for six years and was a semi-pro cheerleader for two years," she said. Ms. Morrow brings years of expertise and a great deal of enthusiasm to her new position.



Lt. j.g. Glenda Palomino-Nuflo

Lt. j.g. Glenda Palomino-Nuflo is freshly arrived from Officer Development School in Newport, Virginia. She has a degree in Healthcare Administration and a Master's of Business Administration, both earned at Marymount University, Arlington, Virginia. Hometown is Andahuaylas, Peru. She's lived in the USA for 12 years, moving with her family when they relocated to northern Virginia. Palomino-Nuflo was just about to finish her Physical Therapy degree in Lima when her family moved. So she learned English, took prerequisites at a community college, and transferred to Marymount. She finished her Peruvian Physical Therapy degree through online courses. She worked as a rehabilitation specialist in northern Virginia for four years. "There are great people I met who are from the Navy, and I wanted to be like them," she said.



HM3 Regina Davis

HM3 Regina Davis arrived from her first duty station at Balboa Naval Hospital where she worked in Nursing Administration and Labor and Delivery. At Balboa, she enjoyed working in the Nurse Residency Program. "I liked helping the nurses and showing them what Corpsmen do," Davis said. Originally from Corona, Calif., she's again in fairly close proximity to her family, which she enjoys; but she's looking forward to deploying and "seeing what else the Navy has to offer." Davis attended Riverside Community College prior to enlisting and looks forward to finishing her Associate's degree. Her goal is to earn her Residential Nursing degree and become a commissioned officer. Davis enjoys working out, hiking and outdoor activities. She's here with her husband, also a Corpsman, assigned to 3rd Bn, 7th Marine Regiment.



Lt. Cmdr. Tauseef Badar

Medical Service Corps officer, Lt. Cmdr. Tauseef Badar, is the new Department head for Industrial Hygiene and Preventive Medicine in the Public Health Directorate. He's been in the Navy 18 years and arrived from Surface Forces Pacific, San Diego, where he was the Medical Readiness /Industrial Hygiene Officer, conducting shipboard inspections--considered a shore-side assignment with much of the work performed on sea-going vessels. His team performed Board of Inspection Surveys (INSURV) on ships in the Pacific fleet ranging from Japan to Bahrain. Badar's wife, Tabby, just completed her Master's degree in social work. They have three sons, ages, 13, 15 and 17. Lt. Cmdr. Badar has degrees from Texas A&M University, and he earned his Master's from the University of Houston. Badar enjoys hunting, hiking and motorcycles.



Lt. Steffanie Owens

Lt. Stefanie Owens arrived from a four-year stint at Navy Medical Center, San Diego, where she was an ObGyn resident. At NHTP, she's an ObGyn staff physician. Owens earned her medical degree from Florida State University. Her husband, Lt. Derek Owens, is an NHTP nurse anesthetist assigned to the post-anesthesia care unit (PACU). She likes the Command for its "small town feel" and the high desert for its beauty, "the sunsets and sun rises, the open sky and expansive vistas are just incredible," she said. Hometown would be South Florida, but notes family is spread far and wide. She earned her undergraduate degree from a small school in West Palm Beach, Florida. Hobbies include "anything active and outdoors." She's considering returning to triathlete training. Musical taste runs the gamut.

DSS Staff Bolster Morale, Fitness

By *HM1 Raul Cervantes, NHTP, DSS Leading Petty Officer*

Staff members of the Directorate for Surgical Services (DSS) honed team building while enjoying a three-mile nature hike on the 49 Palms Oasis trail, one of the many trails inside the Joshua Tree National Park. While the Main Operating Room was under construction for an upgrade involving the Central Processing Department, Cmdr. Kristina V. Morocco, DSS Director, seized the opportunity to increase the already high team spirit within the directorate by planning and coordinating team building exercises. Officer and enlisted leaders within the directorate took ideas and molded them to utilize trust, team effort, and friendly competition. "This gave us a chance to get to know each other outside of our work environment," said HM2 Roman R. Olivera, General Surgery/Orthopedics Leading Petty Officer.

The 35 DSS staff members were organized into six teams that engaged in team-building exercises. They fed each other applesauce while blindfolded, guided each other through a maze of cones, and tested personal agility by ending the exercise with a combination of jump-rope drills led by Cmdr. Katrina Pellegrin, General Surgeon. HM2 Shane Summers, Main Operating Room Leading Petty Officer, coordinated a mock land mine exercise that relied on verbal direction and the full confidence of the team focused on one individual to navigate through an improvised field of mock land mines.

After the team building events, DSS staff hiked 1.5 miles to the 49 Palms Oasis, located deep in the canyons of Joshua Tree. The directorate took a breather while posing for a photo before beginning the 1.5 mile trek back. "The trail was pretty impressive and challenging, I would definitely come back," said Lt. Cmdr. Micheal D. Vanmanen, Orthopedic Surgeon. The DSS staff then had lunch at the locally renowned pizzeria, *Pie for the People* in Joshua Tree.



Directorate of Surgical Service staff members take a breather and a group photo at the 49 Palms Oasis deep in the canyons of Joshua Tree National Park.



Left: Lt. Amanda Jack, Division Officer, Obstetrics and Gynecology Clinic, carefully traverses through a maze of cones while balancing an egg on a spoon. Right: HN Cole Harris and HM2 Roman Olivera feed each other applesauce.



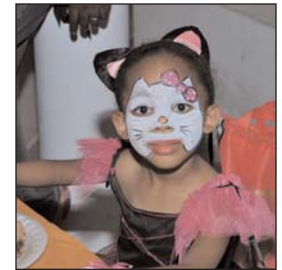
NHTP Directors and key personnel pose outside the Helen Gray Education Center at the High Desert Medical Center Oct. 28. The group met for two days for the Fiscal Year 2015 Strategic Planning Offsite Conference for team-building exercises and reaching a consensus regarding mission statements. Lt. Gabriel Forrey led the group during a Strengths, Opportunities, Aspirations, Results (SOAR) analysis; and Capt. Angela Nimmo, NHTP Executive Officer, led the group in a discussion of "Our Iceberg Is Melting," a parable for consensus building in any organization.

MBTA
2X8

CS2 Jarred Martin reenlists for six more years Oct. 22. Originally from Mt. Zion, Ill., Martin has been in the Navy for seven years, the past three at NHTP as Diet-Side Supervisor. Martin enjoys the Navy for the sense of adventure and the opportunities to be assigned "almost anywhere." CS2 Martin has orders for the USS Chancellorsville, a Ticonderoga-class guided missile cruiser.



NHTP Halloween 2014



And the winner is... William Belt wins 1st Place in the costume competition, showing off his lethal moves with a light saber in his impersonation of Darth Vader.



NHTP Deployment Health Personnel await their next patient following a costume contest and pot-luck luncheon Oct. 31.



NHTP Executive Officer ("The Quick Draw Angel-- She'll speed you to your final resting place") Capt. Angela Nimmo (left), pulls a fast one on western re-enactors who stacked the deck, to their ultimate regret.