



Robert E. Bush
Naval Hospital

Did you know?...

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

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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



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

NHTP Sailors Return From Pacific Partnership Deployment

Family, friends, the NHTP leadership and Naval Medicine West Commanding Officer, Rear Adm. Bruce Gillingham were on hand for the return of the USNS Mercy from its four-month deployment for Pacific Partnership 2015, a humanitarian mission that spanned the South Pacific. Medical and dental teams provided support to more than 3,800 patients; nearly 700 surgeries were performed aboard the ship; and Navy Seabees completed 10 construction projects. The ship visited Fiji, Papua New Guinea, the Philippines and Vietnam. It steamed into its homeport, pier one at Naval Base San Diego, at approximately 9 a.m. Sunday, Sept. 27. Pictured clockwise from top left: Lt. Cmdr. Molly Cook is greeted by NHTP Commanding Officer Capt. J.A. Lambertson; the USNS Mercy approaches Pier One; Hospitalman Kevin Lestage and Culinary Specialist Second Class Lodeja Maiden give a thumbs up; Lt. Cmdr. Jerald Cook patiently waits for wife, Lt. Cmdr. Molly Cook, to disembark; Lt. Cmdr. Marddi Rahn steps off the gangway; Hospitalman First Class Charles Mahan, NHTP Command Master Chief Carol Merricks and Hospitalman Leoncio Garciagonzalez; Personnel Specialist Third Class Lindon Spicer and Command Master Chief Merricks; Lt. j.g. Maureena Sosa stands in the USNS Mercy operating room. "I really enjoyed the mission," said PS3 Spicer. "For a personnel specialist like myself to see what the medical side does, really makes me appreciate our medical personnel back at Twentynine Palms."





Lt. j.g. Thomas Sarti is awarded a Certificate of Appreciation from Rear Adm. Rebecca McCormick-Boyle, Director of Navy Nurse Corps, for his poster presentation, High-Reliability Organization Pilot Study, at the TriService Nursing Research Program in San Antonio, Texas, Sept. 1. "We discussed the importance of incorporating the concept of 'Mindfulness' into every day nursing practice, using a tool that can measure and enhance healthcare delivery," Sarti said. "This poster represents the significant role of military nurses in advancing scientific inquiry and practice based on the best available evidence of nursing science," Sarti's award reads in part.

NHTP Participates in California Shake Out

On October 15 at 10:15 a.m., Naval Hospital Twentynine Palms will join the Combat Center and the state of California to Shake-Out! This state-wide exercise simulates an earthquake and provides individuals and businesses a chance to exercise their Emergency Action Plans before an earthquake actually occurs. Take this time to look around your home and your workplace for simple things you can do to keep yourself safe.

- Have you braced your bookshelves so they won't fall over in an earthquake?
- Are pictures hung with closed frame hooks?
- Are valuables secured with earthquake putty?
- Is your water heater properly strapped down?
- Do you have an evacuation plan with two (2) routes out in case one is blocked?
- Have you placed a whistle under your desk at work in case you need assistance getting out of the debris?
- Do you have a disaster supply kit at home and at work?

Remember: Staying safe in a disaster is your responsibility. By taking easy-action steps prior to an event you can save a life.

For more information on the 2015 Great California ShakeOut Exercise, please visit:

<http://www.shakeout.org/california/>

Patients seen in August -- 9,972

Appointment No Shows in August -- 757

In August we had an 8.7 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



NHTP Executive Officer Capt. Jeffrey Bitterman held his first quarterly Coffee with the XO in classroom four Sept. 8. "We're taking up where Capt. Nimmo left off," Capt. Bitterman said. The coffee was well attended with the room at nearly full capacity. Branch Health Clinic China Lake was virtually present through the video teleconferencing link. Mary Ellen Hogan, Dept. Head for the NHTP Quality Management Dept., presented the idea of a mentorship program for civilian employees--met with widespread approval. Topics raised: Upgrading the exercise room (any physical upgrades would be dependent on budgetary considerations as well as the completion of the seismic damper project); the civilian signing-in, sign-out process (a BUMED policy not within local official's purview); a leaking ceiling (Captain Bitterman noted, "Now I have a request for you," and suggested notifying the Facilities Maintenance Dept.). "But if you're hitting obstacles, that's why I'm here," the Executive Officer noted. Capt. Bitterman said he wants all employees to have a voice. "You are our corporate knowledge," he said. "But for specific problems and issues, I encourage you to be part of the solution."

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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'm writing to you because I'm sure you can help. How can I better prepare myself for my medical appointments? Too often I'm not sure what the doctor or nurse is talking about, and although they always say I should speak up if I don't understand something, I'm usually too embarrassed. Also, when I see a lot of other people waiting for appointments, I don't want to take too much of their time. How can I better take advantage of my time with my doctor or nurse?

Signed,

Afraid to Speak Up

Dear Afraid,

Thank you for asking about preparing for medical appointments. I am sure there are many people who can relate to your concerns. Remember that your appointments are for you. Your healthcare team puts your health first and they want to meet your needs and give you the information to best prevent injury and illness. You are the leader of your healthcare team and your medical providers are not able to meet your needs without your guidance. Sounds empowering doesn't it? Once you take this perspective, the rest is easy to implement.

When you are in charge of an important project, in this case your health and well-being, you are going to need clarification from your partners. Ask your healthcare partners to explain what they mean when it feels like they are communicating in another language. If you ask me, medical terms should be categorized as a foreign language since there are college courses just to learn them. Just like any other form of communication, if we don't have a clear understanding, miscommunication and poor results are a

real concern; and in some cases, miscommunication can lead to dangerous outcomes.

In order to ensure your visit begins on a smooth note, check your appointment time and provider info for accuracy. Be sure to have your ID and compliance card handy and finish up any phone calls before checking in. Our front-desk staff are ready to assist you and want to be sure they have all of the information to pass along to set your provider up for success before you are ever called back to the exam room.

Some topics are more sensitive than others. If you are uncomfortable vocalizing your medical questions, you can write them down. As a matter of fact, writing down and prioritizing your concerns is encouraged. Your time with your provider is limited and you don't want to walk out of your appointment with unanswered questions.

Appointments are scheduled for 20 minutes per visit and you are your best advocate when it comes to your healthcare. Remember we work for YOU!

Tanya

NHTP Town Hall Offers Advice on Vaccines, Booster Shots and Sports Physicals



The NHTP Town Hall with the Commanding Officer was held Sept. 18 to a full-capacity room in Classroom 4. "The Town Hall is really family orientation," said NHTP Commanding Officer Capt. J.A. Lamberton. "This gives us an opportunity to share what's happening in the hospital and in the community." First presenter was pediatrician, Lt. Eric Pasman, who gave an overview on immunizations and referred beneficiaries to the website: shots-forschool.org. The second presenter was Lt. Jeffrey Moore, internal medicine staff physician on the Medical Home Blue

Lt. Eric Pasman, staff pediatrician on the Medical Home Blue Team discusses vaccines.

Team. "Most of my patients are between 60-65 years in age," Lt. Moore noted. He discussed the age variables for the injected flu vaccine versus nasal delivery, and talked about the pneumococcal vaccine, as well as booster shots.

A family readiness officer brought up the topic of back-to-school sports physicals and noted that working families would like a special evening session for accomplishing these physicals.



Know Your Supplement Interactions

*By Tanya Stuckey
Public Health Specialist
NHTP Dept. for Public Health*

Just ask a question on any topic and you will be bombarded with opinions, particularly when it comes to health. People are quick to recount their experiences and make recommendations on the best providers, most effective treatments and best products. Television commercials are filled with promises of a better body, miracle illness-curing products with an awe-inspiring side effects--not to mention a smaller bank account.

True personal health knowledge comes from knowing yourself, your family's medical history, credible peer-reviewed research and having a good relationship with your healthcare providers. With that knowledge, you become the expert on your own health!

Prescribed medication and supplement use is a great example of how easy it is to become confused regarding drug interactions and the resulting effectiveness when combined. In studies reviewed by the Food and Drug Administration and the Human Performance Resource Center, some supplements have been found to cause irregular heart-beat, stroke, headaches, or other adverse reactions. They may increase or decrease the effectiveness of prescription or over-the-counter medications. Herbal remedies are also at risk for

negatively interacting with other forms of treatment. This is not what we want when we seeking better health. So how do we avoid these mistakes?

Inform your doctor of all medications and supplements (including vitamins, minerals, and herbal supplements) you take. Keep your pharmacist in the loop too! Be sure to request a consultation from the pharmacist upon receipt of a new prescription or before combining any new over-the-counter medicines or supplements. Ask your pharmacist for the package insert for each prescription drug you take. The package insert



provides more information about potential drug interactions. Read the labels on all medications, over the counter treatments and supplements for all ingredients (active and inactive), warnings, contraindications and possible side effects.

As you wade through the confusion of medical advice from non-medical personnel, commercials, late-night infomercials, gimmick counters in various shopping locations and the world wide web of often inaccurate knowledge, remember that each person is different and there is no magic answer for it all. Your best bet is to eat well, get moving and create a support system that encourages healthy mind, body and spirit. Build your health team with all of the subject matter experts and lead them to victory against illness and ignorance.

2X3
Smith's Family
Properties

Awardees...



Senior Chief Petty Officer Edward Telles is awarded the Meritorious Service Medal "for outstanding meritorious service while serving as medical planner and Senior Enlisted Leader, 13th Marine Expeditionary Unit, 1st Marine Expeditionary Force, from May 2012 to July 2015." Senior Chief Telles was directly responsible for the 13th Marine Expeditionary Unit's medical concept during the 13th Marine Expeditionary Unit Western Pacific Deployment 2013. He successfully planned, briefed, and executed medical support plans for seven theater security cooperation exercises, supporting over 2,500 Marines and Sailors. His expertise and keen foresight resulted in the flawless execution of the Marine Expeditionary Unit's sustained combat, training and support operations ashore. Additionally, as the Marine Expeditionary Unit Navy Senior Enlisted Leader, he was directly responsible for 120 Sailors and his mentorship and steadfast guidance resulted in the MEU having three Sailors selected to chief petty officer, 24 Sailors advancing to the next paygrade, 50 Sailors earning their Fleet Marine Force Warfare pins, 26 earning Surface Warfare Pins and 12 Sailors earning Air Warfare designations. Senior Chief Telles' exceptional professionalism, personal initiative and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Marine Corps and the United States Naval Service."

Right, top: Following his promotion to his present rank in a ceremony Sept. 29 in NHTP classroom 4, Cmdr. Charles Dickerson, Jr., has his new cover adjusted by wife, Brandi, while daughters Briana and Halle look on. Cmdr. Dickerson, a Certified Registered Nurse Anesthetist, has been at NHTP for one year. He's been in the Navy 21 years. Hometown is Detroit, Mich. Promoting officer was Capt. Sandra Mason.

Right bottom: Following his promotion and remarks, Cmdr. Dickerson said, "My first act as a commander is to give special acknowledgement to a certain individual in this room. That individual is Capt. Mason. Capt. Mason has been an ever-present force in this command. She's been a force for change and a force for good. She is constantly doing her best to make sure we're all taken care of and that we're all able to meet the mission and get the job done." "We are so grateful and we wish you all the best," Cmdr. Michelle French said. "You have made us step up; you've set the bar high; and your unrelenting work ethic has kept us marching forward. We are better people because of you. Thank you, Capt. Mason."

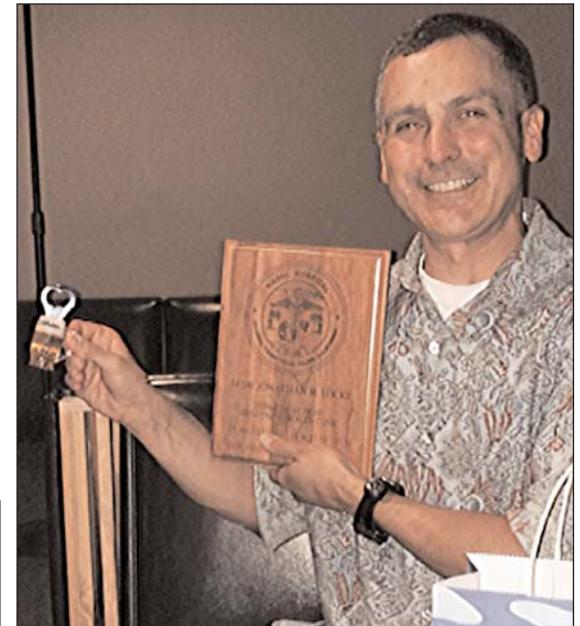
Editor's note: Capt. Mason will retire in November after serving 41 years in her nation's service, first in the U.S. Marine Corps, achieving the rank of Gunny Sgt., and then as a Navy nurse, achieving the level of executive leadership. Capt. Mason, you will be missed. Fair winds and following seas!



Culinary Specialist Second Class Jeffrey Eng is awarded the Navy and Marine Corps Commendation Medal "for meritorious service in the superior performance of his duties while serving as Leading Petty Officer, Combined Food Service Dept., NHTP, from Sept. 2012 to Sept. 2015. Petty Officer Eng led 21 culinary specialists and one food service civilian in providing healthy well-balanced meals to patients, hospital staff and visitors. His direct leadership led to a 97 percent customer service satisfaction score and achieved the "Best of the Best" rating. He was instrumental in the coordination of two climate surveys that promoted a favorable working environment for all staff. Petty Officer Eng's exceptional professionalism, perseverance and devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Lt. Jessica Jahelka, is awarded the Navy and Marine Corps Achievement Medal "for professional achievement in the superior performance of her duties while serving as Division Officer, Medical Home, NHTP, from Feb. 2013 to Sept. 2015. Lt. Jahelka supervised 22 staff members in providing care to 2,862 Medical Home beneficiaries, and implemented an online tracking tool that contributed to a seven percent improvement in the well-baby-check metric. She additionally trained 200 staff on critical nursing topics during three skills fairs. Lt. Jahelka's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Lt. Cmdr. Jonathan Locke shows off his plaque and Twentynine Palms bottle opener at his going away dinner at Moe's in Twentynine Palms. Lt. Cmdr. Locke, former Department Head for Deployment Health, has PCSed to Yokusuka, Japan.

Healthy Life
NEXT EXIT

Trying to kick the habit and become tobacco free?
Feeling stressed and overwhelmed?
Have trouble sleeping?

The hospital's Health Promotion and Wellness Program offers one on one assistance. For more information call 760-830-2814



Lt. Jessica Jahelka was promoted to her present rank Sept. 3 in a ceremony outside of Clinic D. Promoting officer was Capt. Sandra Mason. Originally from Madison, Wis., Lt. Jahelka was clinic nurse and division officer on the Home Port Blue Team. She has since PCSed to Okinawa where she will join forces with husband, USMC Maj. Richard Jahelka.



Hospitalman Second Class Tam Chu, NHTP Patient Admin Dept., reenlists for seven more years Sept. 28. HM2 Chu has been at NHTP for two years. Reenlisting officer is Lt. Tony Henry. Chu has already served seven years in the Navy. Originally from Orange County, Calif., HM2 Chu plans to attend Radiology Technician School.



Lt. Derek Witkowski was promoted to his present rank Sept. 22 in a ceremony on the NHTP Quarterdeck. Lt. Witkowski, currently Asst. Dept. Head for the Material Management Dept., has orders for the 2nd Medical Battalion at Camp Lejeune, N.C. He's been at NHTP since October 2013.



Lt. Cmdr. Hannah Hooten with son, Gunner, 4, and Zaley, 2, following her promotion ceremony to her present rank Sept. 2. Husband and USMC Capt. Jason Hooten watched on Facetime from Quantico as Lt. Cao held the phone. Promoting officer was Cmdr. Gray Dawson. Lt. Cmdr. Hooten has PCSed to Naval Air Station Cherry Point.



Culinary Specialist Second Class Jeffrey Eng holds the Combined Federal Campaign plaque that was presented to NHTP at the kick-off to the 2015 CFC campaign Sept. 1. NHTP received the Bronze Award for raising \$23,000 from NHTP staff. Coordinators for the 2015 campaign are HM1 Tugman and Lt. j.g. Witkowski. Pictured (L-R): HM3 Morgan Neumeister, Hospitalman Travis Youngren, MA1 Steven Adams, NHTP Commanding Officer Captain J.A. Lamberton, CS2 Jeffrey Eng, HM2 Mario Acosta, HM3 Dranreb Villegas, YN2 Fa'afiloto Nador.



NHTP Health Promotions sponsored a Health Fair Sept. 17 outside the clinic areas and in the foyer between the Ship's store and the Chaplain's office. Among activities with tables were: Family Advocacy; SACC/DAPA; SAPR; Single Marine/Sailor Program; Red Cross; Breast Health; Nutrition/Dietician; Commissary; Navy Marine Corps Relief Society; Boy Scouts; Mental Health; CgOSC; Baby Friendly Hospital Task Force; NHTP Chaplain.



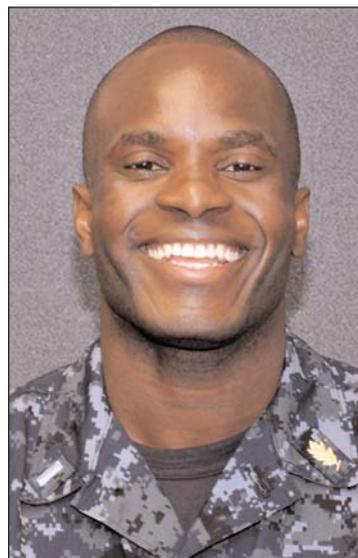
Culinary Specialist Second Class Darius Joseph, Lt. Rachel Smith, NHTP Combined Food Services Dept. Head, and Culinary Specialist Second Class Stephen Fuqua won 2nd place in the judge's round and 1st place in the People's Choice Award in the MCAGCC Culinary Team of the Quarter competition. "It was like being a judge on Chopped," said NHTP Commanding Officer Captain J.A. Lamberton.

Introducing New Staff -- Welcome Aboard!



Lt. Laura Bartlett

Lt. Laura Bartlett recently reported to NHTP's multi-service ward as a staff registered nurse. She arrived from Naval Station Great Lakes where she was division officer of the internal medicine and family practice clinics. Hometown is West Bend, Wis. Lt. Bartlett has been in the Navy six years. She earned her registered nursing degree from Marquette University in Milwaukee, Wis. Bartlett worked in the cardiology and APU (ambulatory procedure unit) at Walter Reed National Medical Center, Bethesda, Md., and APU at Fort Belvoir. She's here with her fiancé and three dogs, and having arrived in August, finds it "hot." For off-duty activities, "We do a lot of running. I am a gamer. I play World of Warcraft, Starcraft II; and I enjoy reading." She enjoys science fiction and urban fantasies.



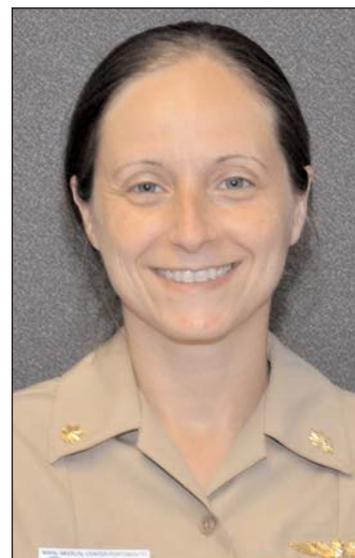
Lt. j.g. Theo Cunningham

Lt. j.g. Theo Cunningham is NHTP's newest laboratory officer. He's been in the Navy just a few months and comes to us from a medical technology position in Chicago where he worked the previous six years. He's fresh from Officer Development School. "It's been really great and exciting," Cunningham said. "I'm looking forward to doing great stuff and being a part of the United States Navy." Originally from Jamaica, Lt. j.g. Cunningham went to school at Northern Caribbean University in Mandeville, Jamaica, and completed his university training at Andrews University in Michigan. Cunningham says the high desert is similar to the tropical conditions in Jamaica, so, despite the lack of sea, he feels at home. He lives off base in military housing as a bachelor. Cunningham enjoys going to the gym, movies, socializing, "and generally fun stuff."



Lt. Cmdr. Josephine Fajardo

Lt. Cmdr. Josephine Fajardo recently arrived from Naval Medical Center Portsmouth where she was Lab Manager. She's been in the Navy 22 years. Fajardo is a mustang officer, having been a corpsman for her first four years of service. As a corpsman, she was originally assigned to Amphibious Construction Battalion Two in Little Creek, Va.. She then spent a year in Lab School, after which she was assigned to NMC Portsmouth, where she received her officer commission. Hometown is San Diego. She lives with her mother who just retired from a private human resources position. Lt. Cmdr. Fajardo earned her undergraduate degree in human resources from the University of Washington and her Master's degree (medical technology) from the University of Oklahoma. For hobbies she enjoys reading and hiking.



Lt. Cmdr. Leah Sag

Lt. Cmdr. Leah Sag arrived from Naval Medical Center Portsmouth following her four-year radiology residency. Prior to that, she was a flight surgeon in Jacksonville, Fla. Lt. Cmdr. Sag has been in the Navy nine years. Hometown is Longwood, Fla., near Orlando. Having never before been to the West Coast, Lt. Cmdr. Sag finds the desert, "hot, but pretty." She's here with husband, Timothy, a master mechanic, and children Natasha, 4, and Amelia, 6. The Sags drove cross country from Portsmouth, Va., and made an adventure out of the journey, stopping at various points of interest. Lt. Cmdr. Sag enjoys photography and hanging out with the kids. She earned her undergraduate degree from George Washington University, in Washington, D.C. and her medical degree from New York Medical College.



Lt. Cmdr. Charles Stehman

Lt. Cmdr. Charles Stehman is NHTP's newest anesthesiologist. He just completed his three-year anesthesiology residency at Naval Medical Center San Diego. Prior to that, he was a flight surgeon for three years at Marine Corps Air Station Miramar. Hometown is Lancaster, Pa. He's here with his wife, Quyen, who is expecting a baby boy in November. Stehman was commissioned in 2004 when he started medical school and was recommissioned as a lieutenant in 2008 after he earned his medical degree from Drexel University in Philadelphia, Pa. He was here in 2010 for the large-scale exercise, Mojave Viper. "We're pretty outdoorsy people, so my wife was excited about living close to Joshua Tree," Stehman said. The Stehmans enjoy being outside, off-roading, and enjoying nature.

Seismic Dampers Dispel Energy From Earth Quakes



The seismic damper project is well under way and employees and hospital visitors may be wondering what it's all about. The project is designed to install 57 seismic dampers throughout the NHTP structure. The seismic dampers are similar in design to giant shock absorbers. They dissipate the kinetic energy of seismic waves penetrating a structure from earth-quake activity. Without them, the building would absorb the full force of the quake. In the above picture, walls and insulation have been stripped away, exposing a primary horizontal support beam to which a coupling has been welded. The dampers are then attached to the coupling and extend down to another coupling attached to a vertical support beam (see below). These dampers extend from the bottom deck near the NHTP Fiscal Dept. Forming a giant X, they are attached to two more dampers that extend up to the third deck. Below: Project Superintendent Todd Berg of Peter Vander Werf Construction briefs NHTP Commanding Officer Captain J.A. Lambertson and NHTP Executive Officer Captain Jeffrey Bitterman on the project's progress. The seismic damper project is scheduled to be completed by April 2016.



Sponsorship Program Eases Transition Between Commands



"Hey, Shipmate! It's good to have you in the command. Welcome aboard!" Those words, followed up with arrival and relocation assistance, create a welcoming atmosphere for the arriving Sailor, said NHTP Commanding Officer Captain J.A. Lambertson at a sponsorship meeting in classroom 4 Sept. 15. The Sponsorship and Indoctrination Program provides incoming personnel with meaningful pre-arrival communication, adequate support upon arrival and relocation assistance to meet the Sailor's needs. Meet your NHTP sponsors: Back row (L-R): HMC Danilo Buenaflor, Culinary Specialist First Class Richard Foster, Hospitalman First Class Joshua Lossius; Yeoman Second Class Fa'afiloto Nador; Hospitalman Second Class Sergio Lopez; Command Master Chief Carol Merricks; Captain J.A. Lambertson; Captain Jeffrey Bitterman; Hospitalman Second Class Daniel Dobrick; Hospitalman Second Class Ashleigh O'Connell; Logistics Specialist Second Class Eric Valadez; Hospitalman Second Class Shawn Keene; Hospitalman Second Class Nicholas Kirsch; Hospitalman First Class Duncan Stewart; Hospitalman Third Class Eric Mosey. First row (L-R): Hospitalman First Class Chrisbert Barbon; Hospitalman Third Class Matthew Ford; Hospitalman Second Class Earlston Defoe; Hospitalman Second Class Mario Acosta Morales; Hospitalman Second Class Ruben Sanchez; Culinary Specialist Second Class Javonnice Beall; Culinary Specialist Second Class Josemaria Decastro.

Three New Chiefs Pinned at Sunset Cinema



HMC (FMF/AW) Danell Dumas



HMC (FMF/SW) James Frymire



HMC (SW) Madonna MacKnight

Three Petty Officers First Class smartly marched into the Marine Air Ground Combat Center Sunset Cinema Sept. 16 and exited as Chief Petty Officers. HMC Danell Dumas, NHTP Staff Education and Training; HMC James Frymire, 23rd Dental Company; and HMC Madonna MacKnight, NHTP Pharmacy, joined the Chief's Mess and confirmed their new positions as technical experts and Navy leaders. HMC Roberto Gaona was Master of Ceremonies. According to the Navy Live website, "Chief petty officers act as the unique lynchpin between officers and enlisted personnel who execute daily operations, and also take a leading role in the career development of junior petty officers." Need an answer fast? Ask a chief.

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