



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:

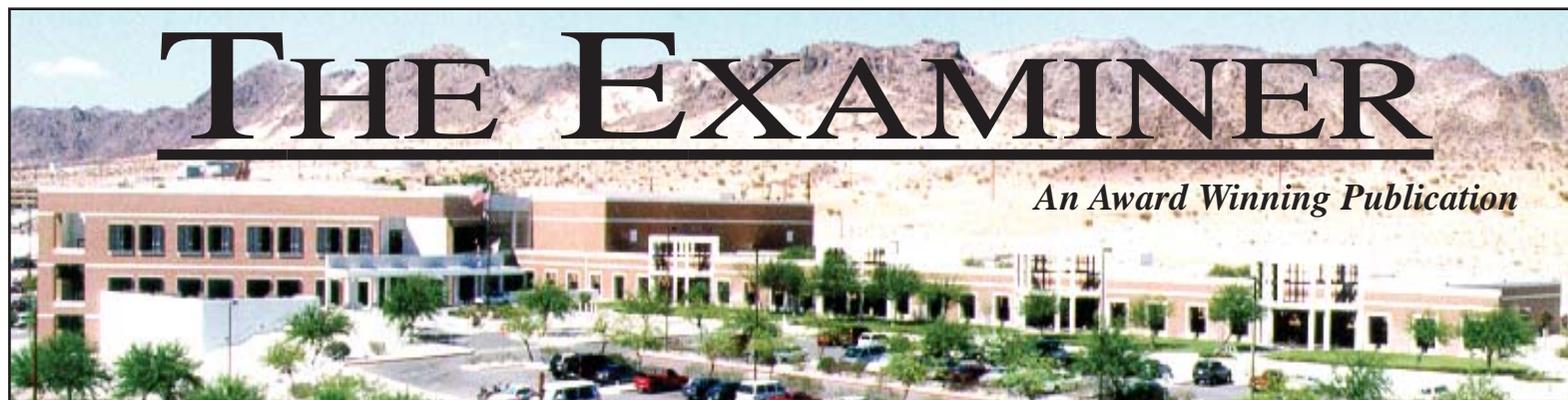
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344
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>



Hospitalman First Class Lori Gleasman is piped ashore and into retirement July 24 with husband, Electronics Technician First Class Jon Gleasman, and baby, Olivia. HMI Gleasman, NHTP Radiology Dept., plans to be a stay-at-home mom until ETI Gleasman, Naval Base San Diego, retires in three years.



Pastor Norval Chilman and wife, Donna (top left), delivered 43 layette gift packages for new moms and their babies on Aug. 21. Pastor Chilman, who retired last year, continues, with Donna, to spearhead the effort to help military families, a task they've been performing since 2009. "We have 10-12 ladies who all contribute by buying the materials and hand crocheting the layettes," Donna Chilman said. She estimates they've delivered over 300 packages, each containing a layette, diapers, and clothing consisting of socks and hats. Pictured, L-R, standing: Pastor Norval Chilman, Donna Chilman, Julia Rockwood and husband John, NHTP Executive Officer Capt. Jeffrey Bitterman, Chaplin Ron Cooley. Kneeling: HM3 Thomas Hanson, Cmdr. Michelle French.

New Chief Arrives in China Lake

Is she a rescuing knight, the cavalry, a superhero? No, she's Chief Eme Praska, new Leading Chief Petty Officer in China

Lake; and as they say in the movies, there's a new sheriff in town. Chief Praska arrives from

a three-year stint with the Naval Expeditionary Medical Training Institute, Camp Pendleton. She served as a preventive medicine technician and assistant NCPO for the Academic Training Department. She's been in the Navy 21 years, enlisting in Orlando, Fla.

She grew up in Calbayog City on the Philippine island, Samara. She was there in 2012 to visit her mother. "Everybody seemed to have cell phones," she remarked on the changes she noticed. "Even when we

went into the mountains, everyone had cell phones. Everyone's connected and there are cell phone towers everywhere."

Chief Praska has a Master's degree in Health Sciences from

Trident University and a Bachelor of Science in Medical Technology. The Navy gave her a choice in assignments between Yuma, Ariz. and China Lake. Having served at NHTP from 2004-2007, and with a home in Twentynine Palms, and a husband, MCAGCC



Chief Eme Praska

Department of Public Works Shop 31 supervisor, Donald Praska, the choice was easy. "I love the desert, but I'll never get used to the heat," she said. For hobbies, she enjoys working out and gardening.,

Patients seen in July -- 9,578

Appointment No Shows in July -- 719

In July we had an 8.6 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

Fallen Hero Poster Evokes Gratitude

By HM2(FMF) Dylan Anderson, Adult Medical Care Clinic LPO

A Gunnery Sergeant (unsure of his name) stopped by to give the clinic \$75 in Starbucks gift cards. He explained that he had served with HM1 Darrel Enos, one of the Corpsmen killed in action in Iraq. Today [Aug. 17] is the anniversary of his death and in honor of the fallen HM1 Enos, the Gunnery Sgt. felt the need to appreciate us as Corpsmen with a generous gift.

I pulled up this bio on HM1 Enos online: Hospital Corpsman 1st Class Darrel L. Enos: May 24, 1976 - August 17, 2012, 3d Marine Special Operations Battalion - Farah Province, Afghanistan.

Born in Phoenix, Ariz., a native of Colorado

Springs, Colo., and a 1994 graduate of Mitchell High School, Hospitalman 1st Class (Fleet Marine Force/Combat Aircrew) Darrel L. Enos enlisted in the Navy in January 1995, attending boot camp in Great Lakes, Ill. He began his career as a Corpsman, attending Basic Hospital Corpsman School in San Diego. He later attended Aviation Medical Technician School in Pensacola, Fla., in March 1996 and then reported to Carrier Airborne Early Warning Squadron (VAW)-112, and then was transferred to 3d Marine Aircraft Wing in September 1998. He was sent on temporary additional duty as Senior Corpsman to Marine Unmanned Aerial Vehicle

Squadron (VMU)-2, deploying with that unit to Operation Iraqi Freedom in January 2003. He was assigned to Marine Aircraft Group 26 thereafter and completed two additional tours to Iraq. In June 2006, HM1 Enos attended Surface Force Independent Duty Corpsman School, San Diego, and then reported to MARSOC in July

2007, first with the Marine Special Operations Advisor Group, then to 2d MSOB and finally 3d MSOB, completing three additional deployments with MARSOC.

HM1 Enos deployed in support of both Operations Enduring Freedom and Iraqi Freedom, and he was on his seventh deployment. His personal decorations include the Purple Heart, Air Medal with two Strike Flights, Navy-Marine Corps Commendation Medal, Army Commendation Medal, three Navy-Marine Corps Achievement Medals, Army Achievement Medal, the Combat Action Ribbon and four Good Conduct Medals.

While assigned to Team 8313, HM1 Enos was preparing for an Afghan Local Police inauguration ceremony near Kanesk, when an ALP recruit opened fire on the team, killing him and another team member.



Hospital Corpsman First Class (Fleet Marine Force/Combat Aircrew) Darrel L. Enos
May 24, 1976 - Aug. 17, 2012



In a double reenlistment ceremony Aug. 28, HMC Andrew Gonzales and HM2 Marc Reyes were reenlisted in the NHTP Pharmacy by Reenlisting Officer Lt. Qingyuan Cao. Gonzales reenlisted for five years and Reyes for three years.



L-R: HM2 Dylan Anderson, HN Christopher Sanchez, HN Jordan Thomas, HN James Bryantshock and HN Janney Cao show the \$75 Starbucks gift cards a Gunny Sgt. from MCAGCC gave to the AMCC Corpsmen in memory and in honor of fallen Hospital Corpsman First Class (Fleet Marine Force/Combat Aircrew) Darrel Enos.

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms, under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

Commanding Officer

Capt. John A. Lamberton, MSC, USN

Executive Officer

Capt. Jeffrey W. Bitterman, MC, USN

Command Master Chief

HMCM (FMF/AW/SW) Carol Merricks, USN

Public Affairs Officer/Editor

Mr. Dave Marks

Command Ombudsman

Mr. J. Wesley Bassard (760) 668-1348 email: nhtpombudsman@yahoo.com

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.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
E-mail: david.m.marks.civ@mail.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,

I was diagnosed with anxiety several years ago. I went to counseling and was on an anti-anxiety medication for over a year. I began feeling better and was able to stop taking the medication; and the counselor taught me how to use deep breathing exercises to calm down. Lately even the things she taught me aren't working. I am starting college courses; my husband is always gone somewhere train-

ing; everyone around me seems to have their lives figured out. And I feel like no one understands. I have tried to talk to others about it; but all they do is compare how hard they have it to my situation. They don't understand that making light of something so big for me is not helping.

signed,
Anxiously Waiting

Dear Anxious,

Reaching out and asking for help can often be the hardest step. You have shown your strength in not only seeking support in the past, but continuing to maintain a level of awareness that helps to recognize when it is time for a 'tune-up.'

There is a commercial that I see regularly that asks, "What if just one stalk of broccoli could protect you from...?" If this principle applied to all areas of our lives, we would only have to watch, hear, do something one time and have the answers to all future variations.

A quick visit to your primary care provider, counselor or chaplain may be just what you need to create a plan of action for this stage of your life. There are new stressors that you are adjusting to and partnering up with someone who has the knowledge, skills and resources without the personal bias can give you the edge you are looking for to take control and make this situation work for you!

The beauty in all of this is that you have the power to decide what path is best for you. Keep practicing the strategies you learned from your counselor and know that your medical home team is there to support you and provide services and information that will help you reach your goals.

P.S. You are doing the best you can with what you have right now. Don't let anyone fool you, no one has it all figured out :)

--Tanya

Suicide Prevention is on Everyone's Watch

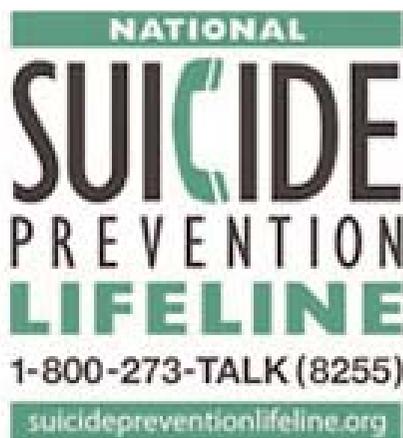
By Lt. Nnamdi G. Ohaeri
NHTP Suicide Prevention
Coordinator

Since September is Suicide Prevention Month, I want to discuss suicide awareness and prevention. How can you tell whether or not someone is actually going to commit suicide? Truthfully, there is not a reliable way to predict who will ultimately commit suicide. That we cannot predict an individual's suicide probability does not mean we stand idle.

The majority of psychiatric patients have multiple suicide risk factors; however, the majority of psychiatric patients do not commit suicide. This same philosophy applies to individuals who don't have a mental health history. Stable chronic risk factors are usually not a reason for psychiatric hospital admission. Acute stressors must be considered in the context of an individual's presentation to determine the appropriate treatment.

Therefore, risk factors should be considered in the context of the

entire evaluation of the individual and in the context of their specific circumstances.



So what are the risk factors? As indicated by the National Suicide Prevention Lifeline, risk factors can often become confused with the warning signs of suicide. It is important to be mindful that factors identified as increasing risk are not factors that cause or predict suicide.

Furthermore, risk factors can be conceptualized as characteristics that may increase the probabili-

ty of an individual's consideration of suicide. Some risk factors for suicide include, but are not limited to, mental disorders (particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders), alcohol and other substance-use disorders, hopelessness, impulsive and/or aggressive tendencies, history of trauma or abuse, major physical illnesses, previous suicide attempt, family history of suicide, job or financial loss, loss of relationship, easy access to lethal means, lack of social support and sense of isolation, stigma associated with asking for help, lack of health care (especially mental health and substance abuse treatment), cultural and religious beliefs (such as the belief that suicide is a noble resolution of a personal dilemma), and exposure to others who have died by suicide.

Protective factors are characteristics that make it less likely that individuals will consider suicide. They may include, but are not limited to, receiving

effective clinical care for mental, physical and substance-use disorders, having easy access to a variety of clinical interventions, restricted access to highly lethal means of suicide, strong connections to family and community support, support through on-going medical and mental healthcare relationships, skills in problem solving, conflict resolution and handling problems in a non-violent way, if feasible the removal of an individual from a stress-inducing environment, and/or cultural and religious beliefs that discourage suicide and support self-preservation.

So how do these concepts apply to us at NHTP or any personnel working on the largest Marine Corps base in the world? We can all, at times, acknowledge that working within the military environment can be stressful.

With the stressful nature of our work environment in mind, it is our duty and responsibility to be more mindful of our positional authority and rank, and how those variables can be perceived when one is struggling. Some of our shipmates may be struggling occupationally or interpersonally, but because of external things like FITREPS, higher tenure, the potential threat of discipline, not wanting to be perceived as unreliable, determining whether or not one is doing more than what's asked of their rate or job--it is difficult for some to advocate for themselves. We can begin to feel

The Examiner--September 2015-- 3

overwhelmed. All it may take is a sudden rush of negative emotion or an act of impulse for one's stress to evolve into suicidal ideation, and at times, an actual suicide attempt.

With suicide risk factors in mind, we should be looking at things like: whether someone who is normally squared away loses their military bearing or looks disheveled; social withdrawal and isolation, inability to make deadlines or formations on time; depressive body language; decline in work performance.



"...because I am involved with mankind, and therefore never send to know for whom the bell tolls; it tolls for thee." --John Donne

As leaders, subordinates and peers, it's important to be aware of changes in your shipmates. Yes, the military can be tough, but we should not take for granted the pressures that come with our work. Individual stress thresholds need to be kept in mind and shipmates who seek help and guidance should be directed to available support.

We may not ultimately be responsible for another's actions, but we are all responsible for assuring that a shipmate with obvious signs of trouble gets the help he or she needs. As the Commanding Officer has proclaimed, Ship, Shipmate, Self--not just for Suicide Prevention Month--but for every day, every week, every month.

2X3
Smith's Family
Properties

Super Stars...



Lt. Brent Edwards is awarded the Navy and Marine Corps Commendation Medal "for meritorious service in the superior performance of his duties while serving as staff nurse, Multi-Service Ward, NHTP, from May 2013 to July 2015. As the Nursing Education Lead, he oversaw training of 76 nurses and corpsmen in the proper operation of newly purchased high-volume infusion pumps. He was instrumental in the Ambulatory Infusion and Wound-Care Clinics being reopened, which provided care to 1,016 patients with a cost savings of over \$752,000. He assisted in the establishment and implementation of a Partnership for Patients Initiative that decreased readmissions by 43 percent. Lt. Edwards' 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. Cmdr. Jonathan Locke, is awarded the Navy and Marine Corps Commendation Medal "for meritorious service in the superior performance of his duties while serving as Department Head of Deployment Health, NHTP, from Aug. 2012 to Aug. 2015. Lt. Cmdr. Locke assisted military medicine with the development of a new clinical informatics system and promoted video telemedicine services to remote locations throughout Navy Medicine West. As Department Head, he led 16 staff through restructuring and budget reductions to deliver \$3,405,600

worth of services and reduced contract cost by \$300,000. Lt. Cmdr. Locke'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."



Hospital Corpsman First Class David Whittington receives a Flag Letter of Commendation "for outstanding performance of duties while serving as Leading Petty Officer, Public Health Dept., Directorate for Public Health, NHTP, from April 2015 to June 2015. Petty Officer Whittington consistently performed his duties in an exemplary and highly professional manner culminating in his selection as NHTP's Senior Sailor of the Quarter for the Third Quarter, FY 2015. He achieved this distinction by demonstrating exceptional leadership, initiative and dedication to duty. His enthusiasm and contributions epitomize the Navy Medical Department's motto, "World class care... anytime, anywhere" and provides tangible evidence of the vital role the enlisted community plays in today's Navy. Petty Officer Whittington'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. I take great pleasure in commending him for a job "well done."

[signed]

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



Lt. Hannah Hooten is awarded the Navy and Marine Corps Commendation Medal "for meritorious service in the superior performance of her duties while serving as Staff Physical Therapist, Physical Therapy Dept., NHTP, from Sept. 2012 to Aug. 2015. Lt. Hooten stood up the Twentynine Palms Medical Service Corps

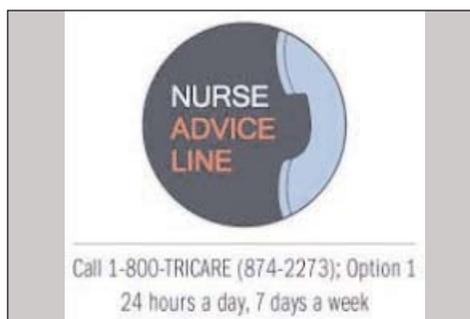
Association. As president, she organized fundraising events, coordinated two social events, and facilitated three educational briefs to promote career development for 62 officers. As Medical Staff Quality Committee chair, she audited 340 provider files and improved Joint Commission readiness by 55 percent. Lt. Hooten's exceptional professionalism, perseverance and devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman Third Class Vince Lo is awarded a Flag Letter of Commendation "for outstanding performance of duties while serving as a line company corpsman, Adult Medical Care Clinic, NHTP, from April 2015 to June 2015. Petty Officer Lo consistently performed his duties in an exemplary and highly professional manner, culminating in his selection as Naval Hospital Twentynine Palms' Junior Sailor of the Quarter for the Third Quarter, FY 2015. He achieved this distinction by demonstrating exceptional leadership, initiative and dedication to duty. This prestigious recognition sets him apart as a true professional and personifies the enlisted community's reputation of high standards of performance and conduct. His enthusiasm and contributions epitomize the Navy Medical Department's motto, "World class care... anytime, anywhere." Petty Officer Lo'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. I take great pleasure in commending him for a job "well done."

[signed]

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



Sea-Star Award Recipients

The Sea-Star Award honors employees (military, civilian, contractor) who make a difference with exceptional customer care. The certificate tells the story of a little girl who is trying to save sea stars on the beach by throwing them back into the sea. "There are too many," a man tells the little girl. "How could you possibly make a difference?" The little girl looks at the sea star in her hand and replies, "It makes a difference to this one."

When you see a sea star on a hospital badge, you'll know you're in good hands. The following personnel were awarded with gold sea stars:



HN Faith Arrant, NHTP
Emergency Dept.



Ms. Vonda Stanley, Health
Benefits Advisor, Referral
Management Dept.



HM2 Aaron Sheppard
Orthopedics Department

Sea-Star Award Recipients



Mr. Jason Ulaner
Chiropractor



Lt. Cmdr. Michael Vanmanen
General Surgery/Orthopedics



Ms. Wendy McCollum, Medical Home Port Gold Team, receives a Federal Length of Service Award from NHTP Commanding Officer, Capt. J.A. Lamberton, for five years of faithful service to the federal government.



Ms. Mary Ellen Hogan, NHTP Quality Management, receives a Federal Length of Service Award from NHTP Commanding Officer, Capt. J.A. Lamberton, for 10 years of faithful service to the federal government.



Lt. Temitope Ayeni (right) presents Capt. Steven Banks with a commemorative paddle from the NHTP Wardroom. Capt. Banks PCSed to Naval Medical Center San Diego Aug. 14 where he will be on the teaching faculty while continuing as an emergency-room physician. The paddle reads, "CAPT Steven L. Banks, MC, USN, Naval Hospital Twentynine Palms September 2012 - August 2015. The Medical Mecca of the Mojave wishes you fair winds and following seas."



Dr. Steven Glaser presents a \$1,000 Elko Navy League scholarship to HM2 Xavier Jimenez on Aug. 10 in Lamoille. Also pictured L-R: Chief Elliott Martinez, HM2 Racquel Petticrew, HN Jesse Gilner, HN Caleb Young. (Photo by Cynthia Delaney with permission from the Elko Daily Free Press)

LAMOILLE -- Members of the Elko Chapter of the Navy League gathered to perform one of their favorite services. At their annual summer picnic the league honored two servicemen with academic scholarships. The civic club raises money each year through raffles, auctions and donations. "One of the pleasures of being president is awarding these scholarships," said Betty Griggs, standing before the attending civilians and servicemen and women. Hospitalman Second Class Xavier Jimenez and Corey Prater were chosen as this year's recipients. Jimenez is stationed at the Mountain Warfare Training Center and Prater is in service at the Naval Aviation War Fighting Development Center. "This scholarship is the same amount as the tuition for one of my classes, health statistics," remarked Jimenez. He is currently pursuing a bachelor's degree in Health Sciences with Trident University.

After awards were presented the service members enjoyed a hearty lunch in Lamoille with members of the league and their guests. (Reprinted with permission from the Elko Daily Free Press)



Capt. Michael Sullivan (right) is awarded the Meritorious Service Medal, presented by NHTP Commanding Officer Capt. J.A. Lamberton Aug. 21, for "Outstanding meritorious service from Aug. 2012 to Aug. 2015." Capt. Sullivan, formerly NHTP Director of Medical Services, PCSed to Jacksonville Naval Air Station where he will be a staff pediatrician, initially.



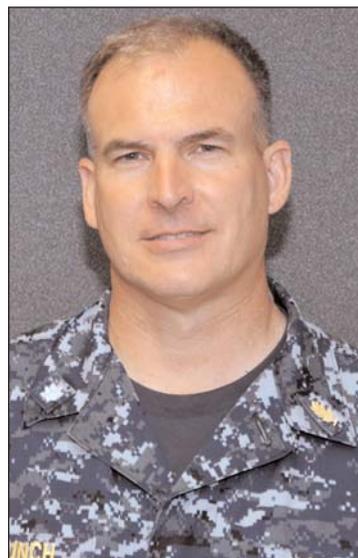
MRI is delivered to NHTP.

Introducing New Staff -- Welcome Aboard!



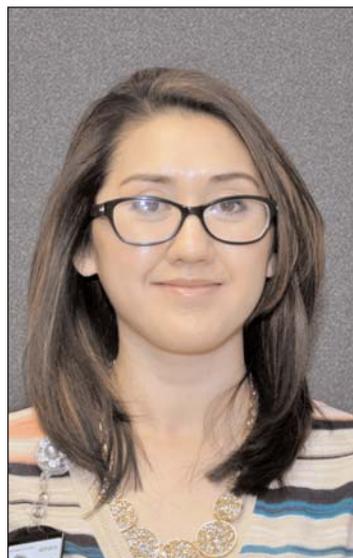
Cmdr. Susan Antle

Cmdr. Susan Antle, NHTP's new Director of Surgical Services, arrived from Naval Hospital Camp Pendleton, where she held the same position, Director of Surgical Services and staff OB/GYN. Hometown is Rockville, Md. Cmdr. Antle has been in the Navy 15 years. Husband, Rich, is a 6th grade math and science teacher. They have two children, Emma, 2, and Ava, 8 months. Cmdr. Antle earned a Bachelor of Science in physiology and neurobiology from the University of Maryland. She has a Master's in Public Health (Maternal and Child healthcare) from Tulane University School of Public Health and earned her Doctor of Medicine degree from Tulane University School of Medicine. When she can find the time, Cmdr. Antle enjoys golf.



Cmdr. Roger Bunch

Cmdr. Roger Bunch, NHTP's new Director of Clinical Support Services, arrived from Naval Medical Center Portsmouth, Va., where he worked one year as the Assistant Head, Pharmacy Dept., one year as the Associate Director Clinical Support Services and the final two years as the Director of Clinical Support Services. A California native, Cmdr. Bunch spent his high school years in Show Low ("named by the turn of a card") Arizona. He's been in the Navy 25 years and is here with wife, Marilee, son, Jacob, 21, daughter, Haley, 18, son, Dillion, 15, and daughter, Tori, 13. (Jacob and Haley will have left for college before this goes to press). The Bunches live in Yucca Valley. Cmdr. Bunch earned his Doctor of Pharmacy degree and Master of Science in Pharmacy Administration from Idaho State University. He enjoys chess.



Ms. Catherine Winsor

Ms. Catherine Winsor is our new Patient Safety Specialist in the Quality Management Department. She arrived from Hi-Desert Medical Center where she was the Patient Advocate & Community Engagement Liaison and Quality/Risk Coordinator. Ms. Winsor identifies San Diego as her hometown but admits to growing up as a military family member and says of the overseas assignments, Yokosuka, Japan, where she went to high school, was her favorite tour. Her husband, HN Anthony Winsor, works in the NHTP Pharmacy. They have daughter, Savannah, 19-months. Ms. Winsor has a Bachelor of Science in Health Administration from the University of Phoenix. An avowed foodie, Ms. Winsor enjoys cooking with Anthony. They live in Yucca Valley.



Lt. Adam Vandenboom

Lt. Adam Vandenboom is our new pediatric physician on the Medical Home Port Gold Team. He recently arrived from Naval Medical Center Portsmouth where he was a pediatric resident. Originally from New Orleans, Lt. Vandenboom earned a Bachelor of Science degree in Chemistry from Loyola University in New Orleans. He earned his Doctorate in Medicine from Tulane University School of Medicine. Lt. Vandenboom resides in Twentynine Palms as a bachelor. His favorite hobbies include baking and reading.



Lt. Starla Lyles

Lt. Starla Lyles is one of two new staff psychiatrists to arrive at NHTP recently. She arrived from Naval Medical Center Portsmouth where she was resident psychiatrist and chief resident. Hometown is Nashville, Tenn. Lt. Lyles was commissioned in 2007 through the Healthcare Professional Scholarship Program and came on active duty in May 2011. She earned her Bachelor of Science in Chemistry from North Carolina Agricultural and Technical University in Greensboro, N.C., and earned her Doctor of Osteopathic Medicine degree from the Ohio University of Osteopathic Medicine in Athens, Ohio. She taught high school chemistry for a year at George Washington High School in Danville, Va. Lt. Lyles lives in Twentynine Palms. She recently fell in love with karaoke singing.

Fitness Program Enhances Military Career

Get ready. Get fit. Get healthy. That's the tagline for the Navy's weight management program, called the ShipShape Program. As you grab that package of smoked sausages, a sleeve of donuts, and a soda for breakfast, you might say to yourself, "Easier said than done." And you would be right. But your Navy wants you to succeed. It wants you to be the best Sailor you can be. And to that end, there's a



Command Fitness Leader who is ready to guide, educate and impart life lessons that will benefit you for the rest of your life, while energizing both you and your Navy career.

Look no further than to NHTP's Radiology Department where HM1 Chrisbert Barbon is one of NHTP's Command Fitness Leaders. "The ShipShape program is a DoD supported program for active-duty, reservists, civilian employees and dependents who want to improve their health and ultimately lose weight," Barbon said. It's an eight-session program, offered

twice a year, with sessions currently occurring on Fridays.

According to the ShipShape Program website, "The ShipShape Program is highly recommended for Active Duty and Reserve military service members who have failed or are at risk of failing their body composition assessment (BCA) standards.

The program presents a healthy and permanent approach to weight loss and can decrease the loss rate of Active Duty and Reserve military service members by helping them to get back within standards, pass the Physical Fitness Assessment (PFA), and continue to achieve long-term weight management goals."

The ShipShape Program is offered twice annually. This year's first eight-week session started Aug. 14.

Contact Tanya Stuckey (760 830-2173) or HM1 Barbon (760 830-2162) to register or for additional information.

Chief Selectees Hobnob with other Chiefs/Selectees

Chief petty officer selectees HM1 Danell Dumas, HM1

James Frymire and HM1 Madonna Macknight traveled to San Diego Aug. 21 to meet other chief selectees from the Southwest area to socialize, meet other chiefs and selectees and engage in team-building exercises.

The day started with PT and an

obstacle course. They then had a luncheon with a guest speaker

and engaged in team-building skits.

The rate of chief petty officer is that of a senior non-commissioned officer, and was established on April 1, 1893 for the United States Navy. Chief petty officers serve the dual role of leader and technical expert.



Petty Officers First Class Macnight, Frymire and Dumas evaluate the obstacle course.



Chief Petty Officer selectees meet other chiefs and polish their interpersonal skills.

New Personnel, continued



Lt. Eric Pasman

Lt. Eric Pasman is a staff pediatrician on the NHTP Medical Home Port Blue Team. He arrived from Walter Reed National Military Medical Center, Bethesda, Md., where he was a pediatric resident. He's been in the Navy two years and is here with his wife, Piper Sandel, in their residence in Yucca Valley. He earned his Bachelor of Science from Central Michigan University and his Doctor of Medicine degree from Michigan State University. Favorite hobby is skiing.



HN Carlie Buddemeyer

Hospitalman Carlie Buddemeyer is NHTP's newest radiology tech. She arrived from Advanced Radiology School in San Diego. Hometown is Plainview, Ark. November will mark her second year in the Navy. She graduated from Two Rivers High School, Ola, Ark. (Yell County). Hobbies include "marking things off my bucket list."



Lt. Anthony Cruz

Lt. Anthony Cruz is one of two new psychiatrists in NHTP's Deployment Health Department. He arrived from Naval Medical Center Portsmouth where he was a psychiatry resident. Home town is San Diego. He was commissioned in 2006 and has been active duty for the past four years. Lt. Cruz earned his Bachelor of Arts in psychology from University of California, San Diego, and his medical degree from West Virginia School of Osteopathic Medicine, Lewisburg, W.Va. He holds a Grand Diplome in Cuisine and Patisserie from Le Cordon Bleu, London, UK. He lives as a bachelor in Twentynine Palms. Hobbies include cooking.



HMC Chief Villanueva

HMC Chief Villanueva arrived from Camp Pendleton where he was LCPO 1 Marine Expeditionary Force Surgeon's Office/Senior PMT 1 MEF. Hometown is Oxnard, Calif. He's been in the Navy 22 years. He lives in Joshua Tree with wife, Judy, and three children. At NHTP, he's SEL for Dir. of Med. Svcs. He holds a BS in Medical Technology. Hobbies include skate boarding and vaping.



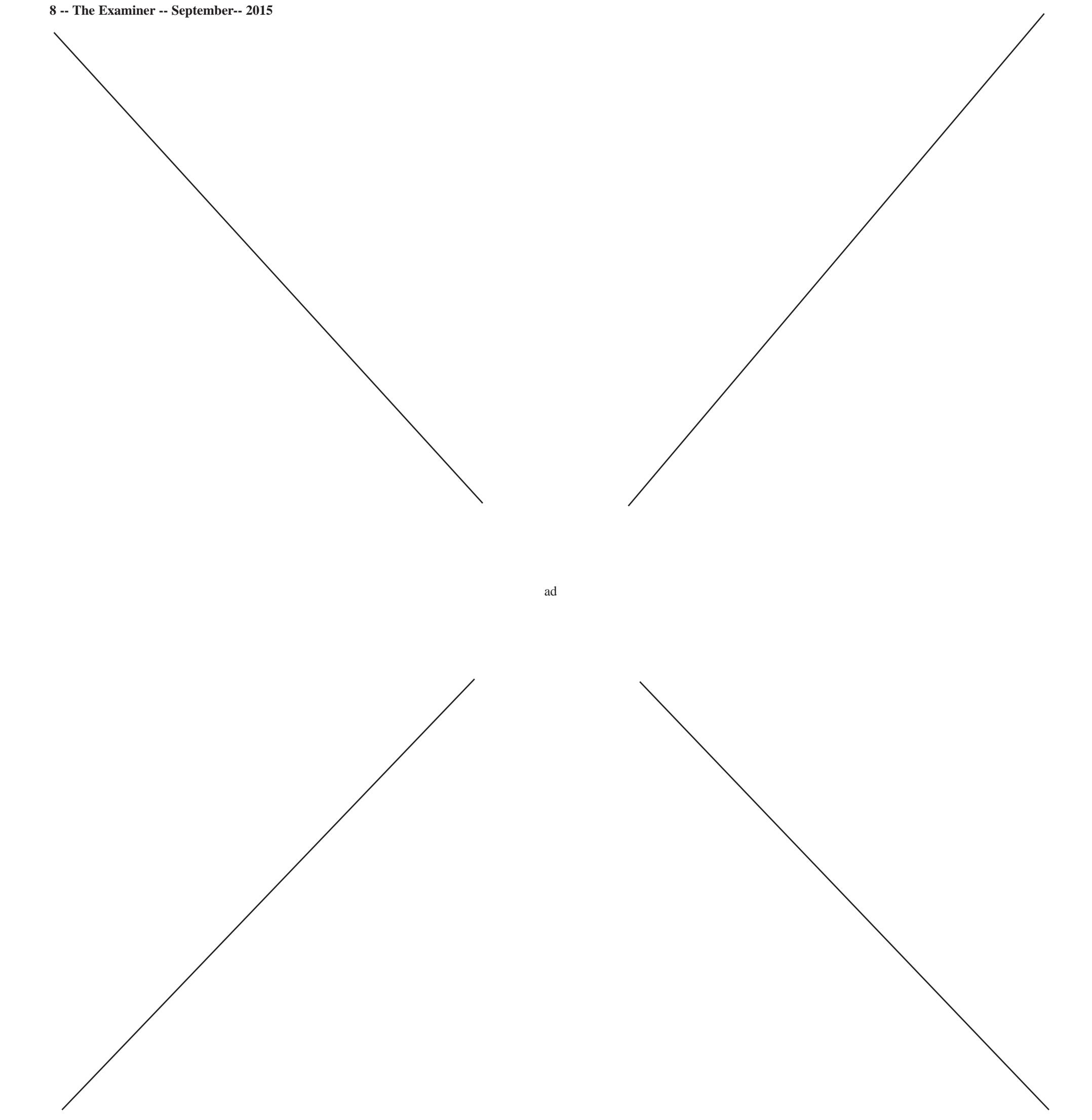
Lt. Joseph Sarubbi

Lt. Joseph Sarubbi recently arrived from Naval Medical Center San Diego where he was an OBGYN resident physician. He's been on active duty status for five years. Hometown is Center Moriches, N.Y. He's living in Twentynine Palms with his wife, Sarah, and nine-month-old son, Ian. Lt. Sarubbi earned his Bachelor's degree in biology from Seton Hall University, South Orange, N.J. and his Doctor of Medicine from Des Moines University, Des Moines, Iowa. He says he was a pretty avid runner in years past and is getting back into it again.



HMC Edward Telles

HMC Edward Telles arrived from the 13th MEU, Camp Pendleton where he was senior enlisted leader (SEL) and MEU medical planner. At NHTP, he's SEL for the Directorate for Administration. Hometown is Alamogordo, N.M. He lives in Murrieta with wife, Gabby, and five-year-old daughter Arianna. He is currently working on his Bachelor of Science degree in business management/human resources. His favorite hobbies include riding his Harley and camping.



ad