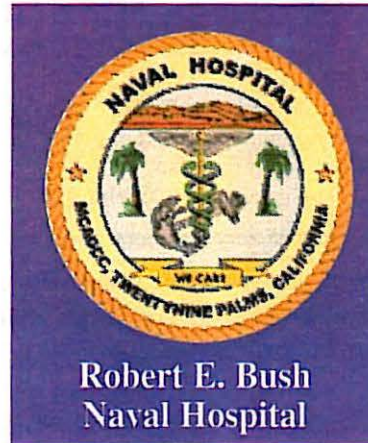


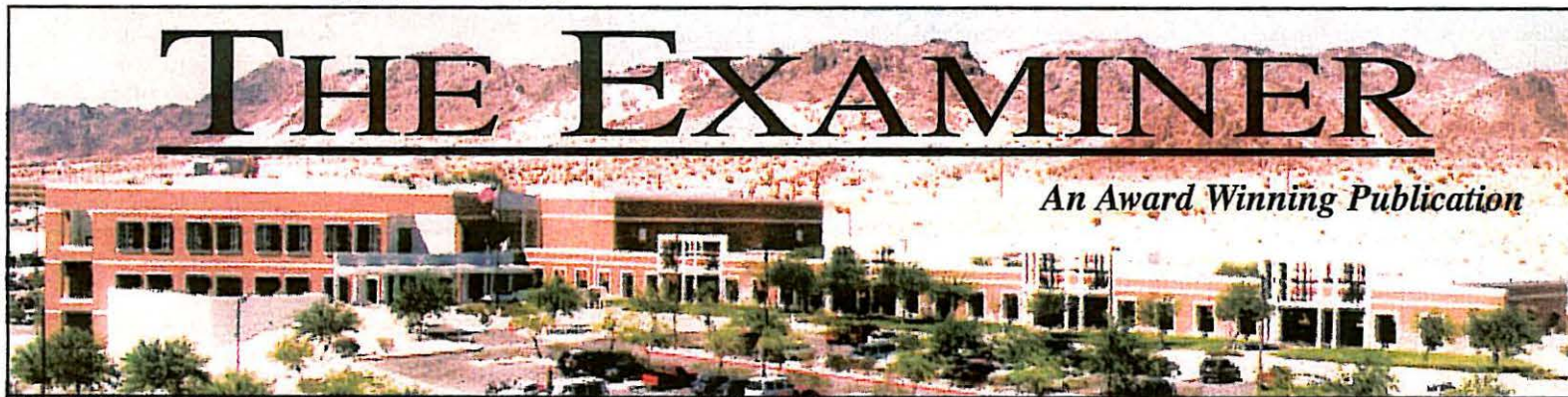
We Won't Forget Our Deployed Crew



Robert E. Bush
Naval Hospital

Great African Americans Remembered and Honored

See page 3



THE EXAMINER

An Award Winning Publication

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People of the Year, Quarter Honored at Naval Hospital

The Officers, Sailors and Civilians of the Year and Quarter for the Robert E. Bush Naval Hospital were recently honored in a special ceremony at the hospital's Quarterdeck.



Lieutenant Junior Grade Ramaud D. Love, Materials Management Department Head, was selected as the Officer of the Quarter for the period 1

January to 31 December 2005.

His citation reads in part, "As Materials Management Department Head, you orchestrated a thorough review of annual contracts that resulted in the reprogramming of over \$100,000 to other command priorities and opportunities for improvements. Your hard work and steadfast devotion to excellence resulted in accolades from Naval Supply Systems Command inspectors, commenting that while purchasing authority was suspended at larger commands, Naval Hospital Twentynine Palms was fast becoming the best procurement program on the West Coast.

You admirably accomplished your primary duties while assigned addi-

tional demanding collateral duties. As Command Legal Officer, you meticulously managed the myriad of legal issues, representing the Command to Judge Advocate General Offices and exhibiting the highest example of fairness, accountability, and respect for the Uniform Code of Military Justice. As Command Representative on the Presidential Contingency Planning Team for the Combat Center, you developed a well defined plan of medical support from Navy Medicine for a highly visible and sensitive eventuality."

Petty Officer 2nd Class Jocelyn Martinez-Delgado, Emergency Medicine Department was selected as the Junior Sailor of the Year for the Naval Hospital as well as the Marine Air Ground Task Force Training Command for the period 1 January to 31 December 2005.



Her citation reads in part, "For superior performance of her duties while serving as Emergency Department Corpsman, Naval Hospital Twentynine Palms,

California from January 2005 to December 2005. Committed to excellence, she volunteered 59 hours of off-time instructing a variety of Emergency Medicine courses. As an assistant for Emergency Management Committee, she created a training plan for staff that was augmented into the department during Mass Casualty Drill. Her managerial ability, personal initiative, and unswerving devotion to duty reflected credit upon her and were in keeping with the highest traditions of the United States Naval Service."

Petty Officer 2nd Class Jon Turk, Branch Health Clinic China Lake, was selected as the Senior Sailor of the Year for the Naval Hospital for the period 1 January to 31 December 2005.



His citation reads in part, "While serving as Leading Petty Officer Radiology Department, Branch Health Clinic China Lake, California from January 2005 to December 2005, Turk was commit-

ted to excellence, HM2 Turk performed, reviewed and confirmed over 300 radiology procedures monthly, providing mentorship and guidance for technicians. He contributed countless hours to maintenance of the Command Radiation Health and Safety Program. His managerial ability, personal initiative, and unswerving devotion to duty reflected credit upon him and were in keeping with the highest traditions of the United States Naval Service."

Petty Officer 2nd Class Jill

Bankus, Leading Petty Officer, Emergency Medicine Department, was selected as the Marine Air Ground Task Force Training Command's Senior Sailor of the Year

for calendar year 2005. After a highly competitive evaluation process, a board of Chief Petty Officers selected Bankus as the Top Senior Sailor stationed at the Training Command. This achievement attests to an exceptional demonstration of leadership, comprehensive professional knowledge,

Continued on page 8



Inside...

February is heart health month and many people smoke lite or ultra-lite cigarettes because they think that it is better for their health and reduces the risk of heart and lung disease as well as cancer and other tobacco related diseases. **page 2**

I know; I know! Not another article about high blood pressure and heart disease. Why do people keep writing about this? **page 5**

Using the Internet Explorer 6 Content Advisor, you can control the types of Web sites that PC users access on the Internet. **page 6**

Are you a working or active duty pregnant woman who will be returning to the work world after your baby is born? **page 7**

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Here's To Your Health...

The Truth about 'Lite' and 'Extra-Lite' Cigarettes

Martha Hunt, MA Health Promotions Coordinator
Robert E. Bush Naval Hospital

February is heart health month and many people smoke lite or ultra-lite cigarettes because they think that it is better for their health and reduces the risk of heart and lung disease as well as cancer and other tobacco related diseases. The fact is, cigarettes advertised as low in tar and nicotine are not any better for your health than a regular unfiltered cigarette. There is no safe tobacco.

The smoke from lite cigarettes is diluted with air when you inhale. The tobacco manufacturer puts small air holes in the filters so that when you are inhaling, you inhale more air into your mouth and lungs. Look at it like a shot of whiskey and a can of beer. They both contain

one ounce of alcohol but one is simply watered down more and so doesn't taste as strong as the other.

People who smoke low tar and nicotine cigarettes are at higher risks of heart and lung disease, especially lung cancer, than are smokers of regular cigarettes. Why is that?

When a smoker inhales a lite cigarette, due to the taste they inhale deeper into their lungs because they think that they are just inhaling air. What is really happening is their brain thinks they are just drawing in air so they inhale deeper and harder into their lungs to compensate for their perceived lack of nicotine.

When this smoke is taken deeper into the lungs, the tar and other particulate matter goes deeper into the lungs and causes more lung cancer, heart disease and lung disease. This is

because the tar and smoke is never coughed up and expelled from the lungs. Also, the form of lung cancer that develops in

that they draw in less air and the cigarette tastes better. Also, a human draws deeper into their lungs and inhales harder to

make up for the perceived watered down effect. Another reason the lite cigarettes are advertised as having less tar and nicotine is that the paper used to wrap the tobacco burns

faster and so the machine takes fewer puffs.

Half of all tobacco users die before age 55 which means they don't see their kids grow up, their grand kids and don't collect their retirement and enjoy their old age. Tobacco use is the leading cause of death and disability

in the US and leads to 450,000 deaths per year. There is also no evidence that switching to light or ultra-light cigarettes actually helps smokers quit. The truth is that light cigarettes do not reduce the health risks of smoking. The only way to reduce your risk, and the risk to others around you, is to stop smoking completely.

There is no such thing as safe tobacco. For more information about smoking (and dipping) and advice on quitting, Contact Health Promotions at 830-2814. Health Promotions offers free monthly classes to help you kick the habit. The next class starts Feb. 7. If you miss that class, the March class begins Mar. 14.

'...cigarettes advertised as low in tar and nicotine are not any better for your health than a regular unfiltered cigarette...'

the lowest portion of the lungs is more lethal, harder to detect and is usually untreatable when it is finally detected.

Why does the side of the package say "low tar and nicotine" if it really isn't? Cigarettes are 'smoked' by machines at the tobacco factory. The machine then measures the amount of tar and nicotine going into its artificial lungs. The problem with this is that the machine doesn't smoke a cigarette like a person does. A human subconsciously places their finger tips over the filter and blocks the holes so

Learn to Become Tobacco Free!

The Naval Hospital Health Promotions Program offers tobacco cessation classes. Classes are offered at two convenient times of noon and 5:30 p.m.

To sign up, call Health Promotions at 830-2814. The next set of tobacco cessation classes will start Feb. 7.

Hail and Farewell...

Welcome Aboard

Cmdr. B. Wippermann
Cmdr. P. Heisler
Cmdr. J. Jonston
Lt. G. Caritan
Lt. R. Heninger
Lt. D. Doby
Lt.j.g. T. Buttke
HMCS C. Kramer
HM1 S. Woodards
HM1 W. Cabanlit
HM3 M. Watkins
CS3 K. Erskine
CS3 T. Zumwalt

SK1 C. Bailey
IT2 R. Delgado
HM2 C. Tafoya
HM2 J. Rodarte
HM3 M. Mitchell
CS3 E. Olmedo
HM3 M. Campbell
CSSN D. Burton
CSSN M. Rapanut
CSSN K. Wilson
CSSN A. Rhodes
CSSN D. Shines
HN W. Campbell
HN C. Hilderbrand
HN. Short
HN L. McDonald
HN R. Word
HN C. Word
HR P. Gould

Farewell

CSC L. Manrique
HM1 D. Shelton
HM1 J. Adams
HM1 J. Dennis

Life's Lesson...

Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

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Executive Officer

Captain Dianne D. Aldrich, NC, USN

Public Affairs Officer/Editor

Dan Barber

Public Affairs Assistant

HM2 (SW) Erin L. Sjaarda

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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Great African Americans Remembered and Honored

We celebrate Black History Month every February to honor the accomplishments of great African Americans. How was February chosen? In 1915, Dr. Carter G. Woodson (1875-1950), a black historian, social analyst, scholar and son of former slaves established the Association for the Study of Afro-American Life and History. A year later he founded the widely respected Journal of Negro History.

In 1926, he inaugurated Negro History Week so that all Americans can recognize the contributions of Black Americans as a legitimate and integral part of the history of this country. He chose February for Negro History Week because this is the birth month of two great people who influenced the Black American legacy: Frederick Douglass (1817-1895), a fugitive slave considered by many to be the founder of American Civil rights Movement who championed the abolitionist movement and Abraham Lincoln (1809-1865), 16th US President who regarded slavery as evil, freeing the Confederate Slaves during his 1863 Emancipation Proclamation. There were other significant events that happened on February such as:

February 23, 1868: birth date of William Edward Burghardt DuBois (1868-1963), a radical black nationalist, enemy of injustice and a defender of freedom. He co-founded the National Association for the Advancement of Colored People (NAACP).

February 3, 1870: The ratification date of the 15th Amendment to the Constitution which granted African American men and women the right to vote by declaring that the "right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of race, color, or previous condition of servitude."

February 25, 1870: The first African American Member of Congress, Hiram Rhodes Revel (1822-1901), took his seat in the Senate. He courageously faced the constant dangers of racial conflict in the South during the reconstruction period in a manner that won the respect of his constituents. His life was dedicated to improving the spiritual and educational needs of the African American community in many states.

February 12, 1909: The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City. It was formed by W.E.B. Dubois and several liberal whites at a time when racial inequality is rampant in American society. NAACP is devoted to civil rights and racial justice and has been instrumental in improving the legal, educational and economic lives of African Americans.

February 4, 1913: Birth of Rosa Parks (1913-2005), a brave African American seamstress whose refusal to relinquish her seat on a public bus to a white man triggers the 1955--1956 Montgomery bus boycott in Alabama, which is recognized as the spark that ignited the U.S. civil rights movement. This movement was led by a Baptist minister and a civil rights activist, Martin Luther King Jr. (1929-1968).

February 1, 1960: Four black teenagers -- Franklin McCain, Joseph McNeil, Ezell Blair Jr. and David Richmond, all freshmen on academic scholarship at A&T State University in Greensboro, N.C began a sit-in at a segregated Woolworth's lunch counter in what would become a civil-rights movement milestone. The incident started out as simply another black protest against racial discrimination and segregation, but along the way, the Greensboro Four, introduced new concepts and techniques, and transformed an isolated episode into a catalyst for radical social reform.

February 21, 1965: Assassination of Malcolm X (1925-1965) AKA Malcolm Little, el-Hajj Malik el-Shabazz -- A black militant leader who preached concepts of race pride and black nationalism in the early 1960s. Rival Black Muslims made threats against his life, and he was shot to death at a rally in a Harlem ballroom.

February 4, 2005 -- death of Ossie Davis (1917-2005), prominent African American actor, writer, director, producer and, most importantly, activist. He was known for his contributions to African American theatre and film and for his passionate support of civil rights and humanitarian causes. He was a close friend of Malcolm X who delivered his eulogy 40 years earlier. He later delivered the eulogy for Martin Luther King, Jr.

During the month of February, be sure to stop by the Command Display Case to view the African American Artifacts located there.



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Yucca Valley

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- **Joshua Tree Monument Manor:** 2.5 acres. Located within walking distance to JT Nat'l Park. Quail Springs Road. MLS#21114004 \$200,000.

- **Yucca Valley:** Commercial lot on 29 Palms Hwy. MSL#21111585 \$175,000.
- **Twentynine Palms:** 30 acres in Wonder Valley. Section 36. MSL#21112650 \$90,000.
- **Twentynine Palms:** Two 4.52 acre parcels right off Lear on Cove View. \$60,000 each.
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- **Joshua Tree:** 5 great acres with cabin shell. Check out the views. MLS#21112638. \$39,980.
- **Joshua Tree:** 1.25 acres on California X Two Mile Road. MSL#21111161. \$55,000
- **Twentynine Palms:** Great views and near paved road on 5 acres. MLS#21112199. \$35,000
- **Yucca Valley:** Great lot. Western Hills Ranchos with water & power. MLS#21113404. \$90,000

- **Landers:** Great 5 acres of land. MLS#21113675. \$60,000
- **Joshua Tree:** 3 bedroom, 1.75 bath home. MLS#21110424. \$155,000
- **Landers:** Over 2 acres up high with views. MLS#21114495. \$30,000
- **Yucca Valley:** Nice size lot, power and water on street. MLS#21113437 \$63,500

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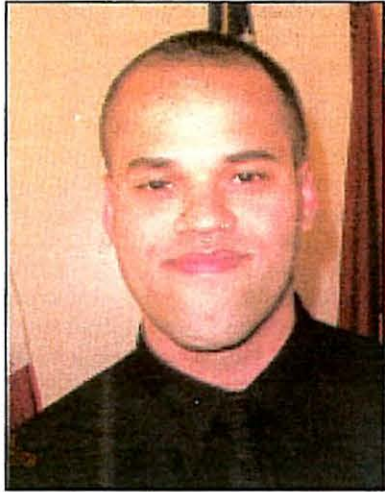
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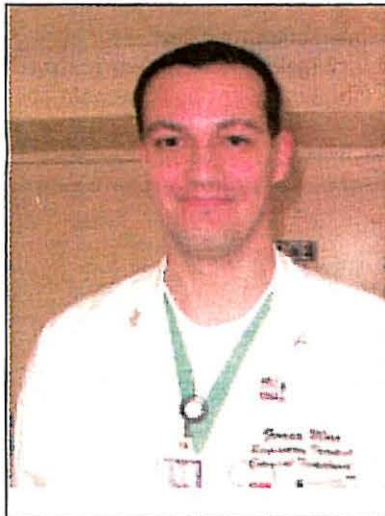
Super Stars and Hard Chargers...



HM3 Oscar Fuertes, received the Good Conduct Medal.



HM3 Angel Gamboa, received the Good Conduct Medal.



HM2 Ferran Mora, Respiratory Therapist, has been selected for the Medical Enlisted Commissioning Program. He will be leaving for school this summer.



HM1 Ubaldo Llanos received the Combat Action Ribbon from his recent deployment to Iraq.



Lt. Stephanie Wheelbarger, the hospital's Comptroller, takes the oath during her recent promotion ceremony.



Lt. Donna Stachowicz of the hospital's Emergency Medicine Department administers the oath to her husband Sebastian Stachowicz, of the Surgical Services Department, at his promotion ceremony to Lieutenant.

So, Do you have high Blood Pressure?

February is American Heart Month—so check this out!

By Lt. Cmdr. Catherine O. Durham, MSN
Robert E. Bush Naval Hospital

Know Your Numbers

I know; I know! Not another article about high blood pressure and heart disease. Why do people keep writing about this?

There are two good reasons for keeping this health issue in front of you. First, it is a treatable problem and second, because about one in five Americans has high blood pressure and about one-third of them don't realize it!

High blood pressure doesn't produce symptoms. That's why it has been called "the Silent Killer." So even if you feel well, that's no reassurance that your blood pressure is normal. Get it checked and know your numbers!

So what causes hypertension?

A specific cause for hypertension is not always found. Hypertension runs in families, so genes play a big role. The genes that cause hypertension haven't been found, but researchers are still looking. Other things that can cause high blood pressure include diseases such as diabetes, and obesity and unhealthy habits, such as an inactive lifestyle, excessive use of alcohol and a poor diet—particularly one that is high in salt and high-fat, high-calorie foods, and low in fruits, vegetables and low-fat dairy products.

If you look at the risk factors for heart disease, including heart attack, you will see that there are two kinds of risks - those you can change and those you can't! You can't change your age (don't you wish you could). You can't change your gender. You can't change your family history. Because you can't change these risks, it is doubly important to pay attention to the risks you can change, including getting hypertension under control!

So now what? How can I keep from getting high blood pressure?

If you have a family history of hypertension, especially if both of your parents have it, it's likely that you will get hypertension at some time in your life. You may be able to delay getting hypertension or reduce its severity by changing your lifestyle in the following ways:

- * Lose weight if you're overweight.
- * Limit your alcohol intake to no more than 24 oz of beer, 10 oz of wine or 2 oz of hard liquor per day for men and one half that amount per day for women and small, lightweight men.
- * Increase your physical activity (goal: 30 to 45 minutes of exercise four to six days per week).
- * Eat a balanced diet that includes plenty of fruits, vegetables, grains and grain products, and low-fat or non-fat dairy foods.
- * Use only a moderate amount of salt—try not to add salt to foods and avoid eating salty foods.
- * Reduce the amount of saturated fat and cholesterol in your diet.
- * Stop smoking.
- * Get your blood pressure measured at least once every year.

Take your Blood Pressure! You can use the machine at the drug store, the gym, or come here to have us check it out for you!

After you know what your blood pressure is, you need to know what is considered high. High blood pressure is either a systolic blood pressure (first number) of 140 or

more, or a diastolic blood pressure (second number) of 90 or more, or both. In the past, many doctors and patients thought that the first number - the systolic blood pressure - was less important than the second number - the diastolic blood pressure... wrong! It is now clear that either systolic or diastolic hypertension are problems. Sometimes, hypertension can cause symptoms like headaches, shortness of breath and chest pain. Usually, you can't tell when or if your blood pressure is high. In older people, a systolic measurement of 160 or more, even if the diastolic measurement is less than 90, isn't healthy.

High blood pressure increases your risk for heart attacks and strokes and that is even more true if you have other complicating conditions like diabetes and high cholesterol. But now there are dozens of medications that, combined with an appropriate diet and regular exercise, will make it possible for most patients to get to a blood pressure of less than 140/90.

Which brings us to the final thing that you need to do. If you are hypertensive, follow your doctor's advice and if he or she prescribes medication, take it - religiously. There is no "cure" for hypertension, but it can be controlled - but only if you help!

How will my family doctor treat my hypertension?

First, your doctor will make sure of the diagnosis by checking your blood pressure again. Blood pressure goes up and down, even in people who don't have hypertension. For example, a painful injury or an illness with fever can cause your blood pressure to go up for awhile. You only have true hypertension if your blood pressure is elevated when you are resting comfortably and haven't done anything that would make your blood pressure high (e.g., smoking cigarettes, or drinking coffee or a caffeinated soft drink before your exam).

Next, your doctor will take your medical history and give you a physical exam to see if a specific cause for hypertension can be found. Your doctor will check to see if hypertension has damaged blood vessels in your brain, heart, kidneys or other organs. Your doctor will also check other risk factors, including smoking, high cholesterol levels, diabetes, and your family history of heart disease and stroke.

Your doctor will then decide on your treatment. This will include the lifestyle changes listed on the previous page, which are also useful in treating hypertension. Then, if your blood pressure is very high (above 160/100), or if you have one or more of the risk factors listed on the previous page, or if you have organ damage, including coronary disease, an enlarged heart, stroke or transient ischemic attacks (mini-strokes); kidney disease or peripheral arterial disease, your doctor will prescribe antihypertensive medicine and treat you for the other risk factors.

What are the chances that my doctor can control my blood pressure?

More than 80 different medicines are available to treat high blood pressure. More than 90 percent of patients with hypertension get good results from antihypertensive medicines if they follow their doctor's instructions. Your treatment will be more successful if you follow these guidelines:

- * Work with your doctor to establish treatment goals.
- * Involve your family in your treatment program—improve your family's diet and exercise. This is helpful for everyone and may prevent other family members



from developing hypertension.

* Measure your blood pressure at home and keep a daily record—this will help your doctor keep track of your progress.

* Be sure to take your medicine every day.

* If you don't think you're making progress in controlling your hypertension, talk with your doctor—communication is a key to success.

* Keep your doctor appointments—even if your blood pressure is under control, see your doctor every three to six months.

So... what should you remember to do?

* Know your numbers

* Go for the goal and don't settle for less.

Are you really too busy to save your own life?

Volunteers needed for the Drug Education For Youth Program

This is a program which enhances personal and family readiness of the Navy/Marine Corps team. As a pre-emptive drug education and prevention program, it provides Department of the Navy military and civilian family members, ages 9-12, with the character, leadership, and confidence to engage in a positive, healthy lifestyle as a drug-free, productive citizen.

The Program Coordinator is looking for a highly motivated Program Coordinator Assistant volunteer from the Marine Corps Air Ground Combat Center family, officer or enlisted or civilian. Experience is not necessary; however, someone who has participated in this program at a prior command is highly encouraged to apply. Other volunteers positions are for staff and mentor positions. Although these are volunteer positions, applications for selection are required.

As a new program to this command, there will be significant workload to get it off the ground and running smoothly. If interested, Please call 760-830-2284, or send email to a.velazquez@nhtp.med.navy.mil

Conference attendance in February is mandatory for the selected Program Coordinator Assistant volunteer. Staff and Mentor volunteers are not required to attend the conference.

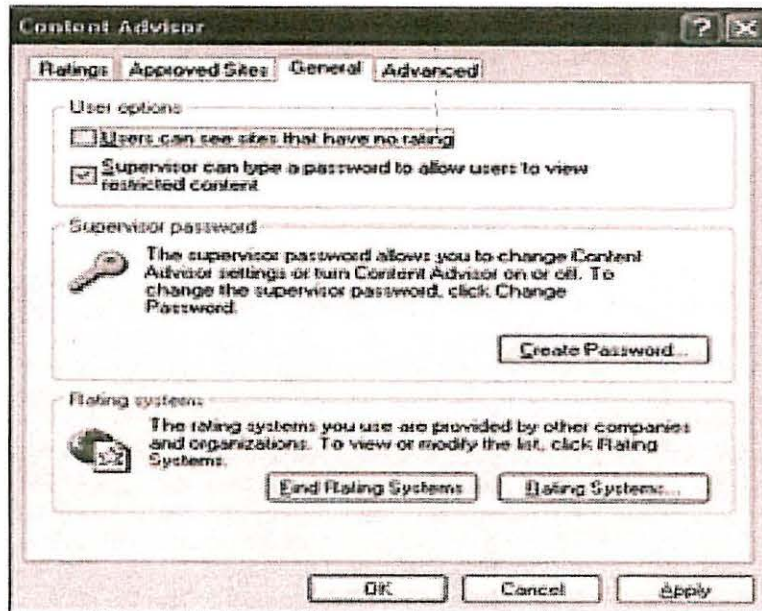
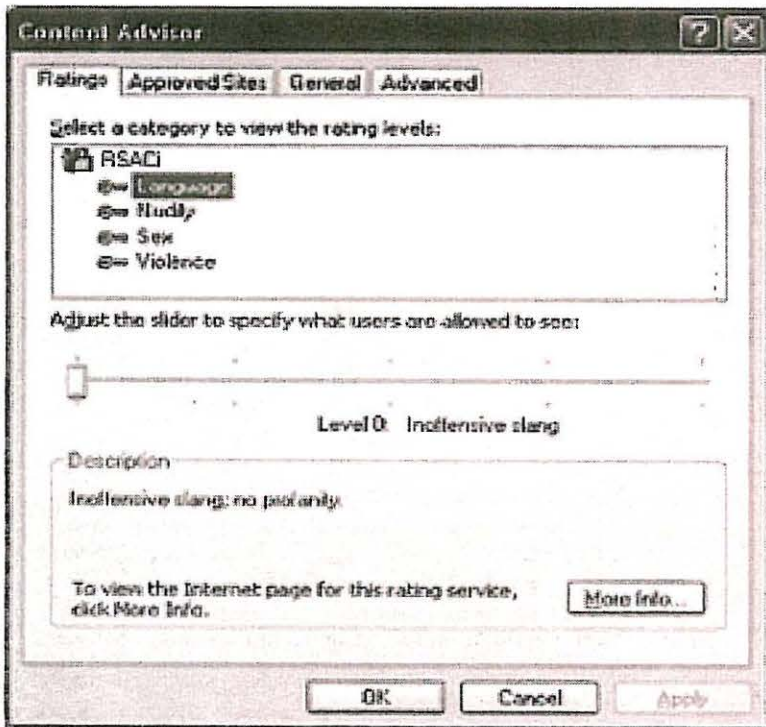
Protect Yourself and Your PC With Internet Explorer Content Advisor

By Tim Smith, IT Specialist,
Management Information Dept.
Robert E. Bush Naval Hospital

Using the Internet Explorer 6 Content Advisor, you can control the types of Web sites that PC

users access on the Internet. You can adjust the content rating settings to reflect the appropriate level of content in four areas: language, nudity, sex, and violence.

This column will describe steps that can be taken on your home PC to control which web



click on 'Create Password'
6. Set a password. Make sure you remember this password or write it down. It can be a pain to remove, if you forget it.

7. Click the approved sites Tab. You can type in a list of approved or disapproved web sites. 'Always' will allow the site. 'Never' will disallow the site.

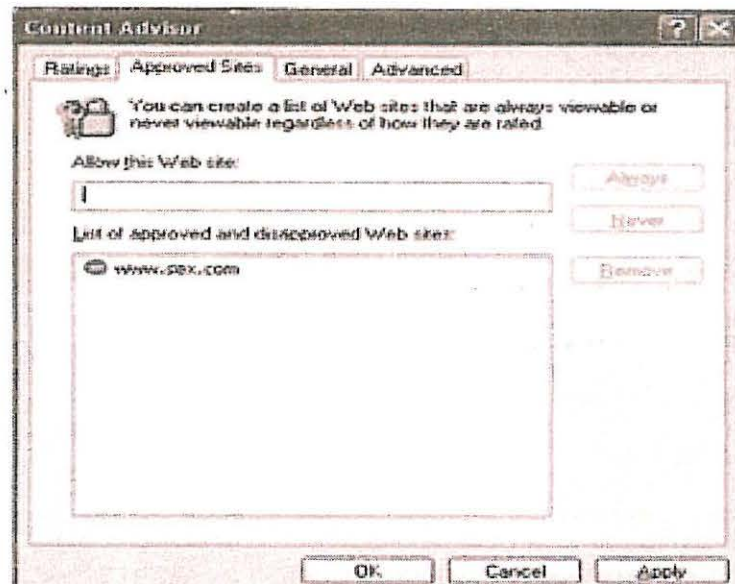
8. For example, type www.sex.com in the 'Allow this web site' field and click on 'Never'. Click on 'Apply' and then click on 'OK'

9. Always remember that navigating to sex related web sites will almost guarantee your PC will be infected with MALWARE (Malicious software). More to follow in my next monthly column.

sites your users can visit. This feature can help create a more secure environment level of protection for you and your family from unsafe content on the Internet. Historically, the motive for filtering sites on the basis of a site's content has been driven by a site's subject matter and the fact that some ideas and images are blatantly offensive to many people.

1. Open up Internet Explorer 6
2. Click on 'Tools' then 'Options'
3. Click the 'Content' tab and click 'Enable'
4. Click on a category (Language, Nudity, Sex or Violence) and move the slider to the right and the level of protection will increase. Do this to all

the categories.
5. Click the 'General' tab and



Larry Briggs

5686 Historic Plaza
29 Palms, CA 02277
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Larry Briggs
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58471 29 Palms Hwy #301, Yucca Valley, CA 92284

Who Is Going To Care For My Baby?

Childcare in the Twentynine Palms Area

By Lt. Cmdr. Kathleen Hewitt, CNM/WHNP
Robert E. Bush Naval Hospital

Are you a working or active duty pregnant woman who will be returning to the work world after your baby is born? Do you have many questions about childcare for your newborn when you must go back to work? As a parent, selecting child care is one of the most important things you will ever do and finding quality care for your little one should take thought and preparation to give you peace of mind when you must leave your baby in the care of someone else.

The American Academy of Pediatrics offers this advice to help you find the care best suited for your child and family.

What To Look For:

What is the caregiver to child ratio? Does the caregiver appear to enjoy caring for the children? Is the center/home bright, cheerful, clean, safe, and well-maintained? Do the children appear happy? Is the noise level in the child care areas comfortable? Is there a written policy about discipline? Do the adults and children often talk with each other, and are children encouraged to talk with each other? Is the indoor space large enough? Is there a sleeping or quiet area for

children to rest during nap time? Does each child have a place for his own belongings? Are infants always fed in an upright position, and/or held by an adult, until they can feed themselves? Is smoking banned from the child care area?

Is the food nutritious, well-prepared, and age-appropriate? Are there many toys present that are safe and age appropriate? Is there an outside play area that is free of sharp edges, rocks, and hazards? Is there adult supervision in the play areas at all times? Are there individual cribs, beds, cots or mats for each child, and are sleeping children in view of the caregiver? Is there a clean diaper-changing area for infants and toddlers with a sink within the caregiver's reach? Are toilets and sinks clean and easy for children to reach? Does the caregiver wash hands after changing diapers, wiping a runny nose, or helping a child with toileting? Does each child have their own separate towel and washcloth? Are there separate sinks for food preparation and hand washing?

The key to good child care is whether the caregiver can adapt to the needs of the family. There are several different types of child care options in the Twentynine Palms area; however, there is a shortage of both

Child Care Centers and child care in licensed family homes. The following resources are helpful in locating available child care in this area. It is recommended that you begin to look for child care while you are still pregnant and to have an availability date to begin childcare well before your return-to-work date is at hand (don't wait until the last minute!).

The Child Development Center on MCAGCC is in Bldg 693, and provides care for children from age 6 weeks to teens. There are limited openings for care for infants and it is strongly recommended that you call Bright Beginnings during your pregnancy to fill out registration forms and be put on the unborn list, and when baby is born, notify the CDC so that your registration can be moved to the waiting list for the time when you will be returning to work after your six-weeks maternity leave is completed. The CDC phone number is 830-3227.

Child care facilities off-base are also very limited, and most do not take children below the age of 18 months. However, the best resource for finding child care in the Twentynine Palms area is through the Child Development Services Resource and Referral Program of San Bernardino County. The website is www.KidsNCare.com and the phone number is 909-384-8046 or 800-722-1091, or in the High Desert, 760-245-0770. KidsNCare has referral coun-

selors available to help you determine your own family child care needs, to provide information on child care options in the Twentynine Palms area, and how to select appropriate quality child care to meet your specific needs. Referrals may be made to a variety of child care arrangements, including public and private programs. There are no charges for these resource and referral services. The website has on-line site links for searches for child care locations, as well as other information and resources that can help in your search for safe childcare providers.

Other recommendations for potential resources in helping

you to find childcare in the Twentynine Palms area are to ask other working mothers in your church or in your older child's school or daycare center for names of friends/family who would like to provide child care in their home. Checking the base newspaper and local newspapers for advertisements of private childcare providers is another possible resource. However, always visit and interview childcare providers before deciding on a home or facility. The well-being and safety of your child should be one thing that you should not have to worry about as you return to your work after the birth of your child.

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People of the Year, Quarter Honored at Naval Hospital...

Continued from page 1

and outstanding military bearing. Her desire to excel is clearly evident by her continuous efforts toward self improvement and has earned the respect and admiration of her peers and Sailors alike.



Ms. Anne Denslow, Supply Systems Analyst, Materials Management Department, was selected as the Senior Civilian of the Year for the period of

1 January through 31 December 2005.

Her citation reads in part, "Expertly serving as a Supply Systems Analyst, you completely restructured the Contracting Division by ensuring strict adherence to Federal Acquisition Regulation and Navy Supply (NAV-SUP) guidelines. You implemented a highly effective tear down and inspection process for medical equipment being sent for repair which strengthened the command's resource and equipment management. Upon your arrival to the department, you quickly identified and provided solution sets to 16 improperly processed contracts totaling over \$200K while establishing robust lines of communication between Naval Hospital Twentynine Palms, Fleet Industrial Supply Center and Naval Medical Center San Diego procurement departments. Your dedication to excellence was a major factor in Materials Management's rating of 'Acceptable' during a recent



Procurement Purchasing Management Assessment Program." Ms. Rosemary Zadroga, Medical Records Technician, Military Sick Call,

was selected as the Junior Civilian of the Quarter for the period of 1 January to 31 December 2005.

Her citation reads in part, "It is with great pleasure that I commend you for your selection as 'Junior Civilian of the Year,' Naval Hospital, Twentynine Palms, California, for the

Your performance while working at Military Sick Call has been phenomenal and your contribution to mission success has been remarkable, given the enormous workload and increased responsibilities in the Records Office. You efficiently and single-handedly processed over 8,000 medical documents found at Military Sick Call dating back 10 years, locating Marines through the Locator System and thus ensuring proper filing in medical records or archiving. As the only civilian staff member in your department, you provided exemplary customer service, strong work ethics, and necessary training to junior Hospital Corpsmen."



Lieutenant Junior Grade Fredrick Matheu, Assistant Department

Head, Laboratory Department, was selected as the Officer of the Quarter for the period from October 1 to December 31, 2005.

His citation reads in part, "Serving as Assistant Head, Laboratory Department you oversaw the installation of three new laboratory analyzers. The new fully-automated Microbiology system improved workflow and reduced labor hours. Your research into laboratory and government sources found the best application for the department as well as the most cost-efficient. You supervised all validation processes, working closely with manufacturer service personnel and hospital staff to ensure a seamless flow of patient information during the installation process. You also led the command's efforts in planning and organizing this year's Navy Ball in

October 2005. Your efforts ensured that sufficient funds were raised and that staff were given a voice in the location of the ball. Your research into the cost of this event determined which possible site gave the command the most 'bang' for its buck, resulting in a rousing success."



Hospitalman Joseph Ramirez, Military Sick Call, was selected as the Blue Jacket of the Quarter for the period of 1 October to 31 December 2005.

His citation reads in part, "As a member of the Military Sick Call staff, you always show a positive attitude and exhibit exemplary performance. Your knowledge and professionalism ensure seamless operation within physical exams. As SAMS administrator, you monitor and update immunizations and health monitoring programs for over 2000 Marines assigned to Headquarters Battalion and Marine Corps Communications and Electronics School. You performed and documented over 700 vaccines in October and November, and you were an integral part of the mass influenza vaccination exercise for HQBN and MCCES, a cooperative effort that successfully immunized and documented over 1500 vaccines."

Petty Officer 2nd Class Ruby Roberts, Advanced Biomedical Equipment Maintenance Technician, was selected as the Senior Sailor of the Quarter for the period of 1 October to 31 December 2005.



Her citation reads in part "As

Advanced Biomedical Equipment Maintenance Technician, Material Management Department, you demonstrated top-notch professionalism and superior initiative. You meticulously completed over 140 regular and unscheduled preventative maintenance work orders on critical equipment required for highest levels of patient care. As the Command's Catalog Manager and Assistant Supply Clerk, you efficiently processed over 1,000 New Item Requests (NIR) dedicating 240 hours of intensive research. As the Assistant DMLSS Coordinator, you provided professional account maintenance to departments throughout the command. You established routing procedures for minor equipment purchases resulting in proper notification and technical approval."



Petty Officer 3rd Class (SW)

Shawn Cox, Branch Health Clinic China Lake was selected as the Junior Sailor of the Quarter for the period 1 October to 31 December 2005.

His citation reads in part "As Dental Assistant and Prophylaxis Technician you consistently performed your duties with the highest degree of pride and professionalism. You provided exceptional service for 900 active duty members throughout the Naval Air Weapons Station (NAWS). Your actions resulted in the increase of dental readiness by 20 percent monthly. As the Dental Department Supply Petty Officer, you have overseen an annual budget of \$30K with less than 1 percent non-availability, and have streamlined the supply ordering system to ensure rapid



response which minimized timely delays."

Ms. Julie McClay, Purchasing Agent, Materials Management Department, was selected as the Junior Civilian of the Quarter for the period of 1 October to 31 December 2005.

Her citation reads in part, "Expertly serving as a Purchasing Agent, you meticulously performed all of your duties with zeal and professionalism. You performed in depth research by consulting technical and manufacturers' catalogs, buyer's guides, and commercial business directories with the objective of establishing competitive sources of supply for the purchase of similar and like items of materials and services. In the absence of a second purchasing agent, you readily accepted additional workload and responsibilities to ensure mission success. Although at times challenged with an increased volume of inquiries, you provided exceptional and effective customer service to hospital staff in direct support of quality patient care."

Mr. Robert Russell, Safety Technician, was selected as the Senior Civilian of the Quarter for the period of 1 October to 31 December 2005.

His citation reads in part "Assigned as Safety Technician, you demonstrated superior performance and dedication to duty, and professionally enriched the command's safety program. You personally undertook the task of upgrading the command's hazardous material and waste program, and were instrumental in improving the command's fire drill procedures. Your commitment and skills have helped to nurture a --Culture of Safety, " a culture that serves your shipmates and the community we serve."

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