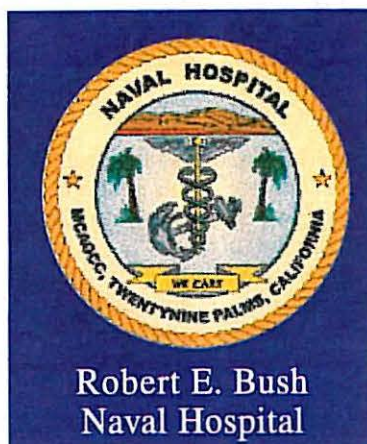
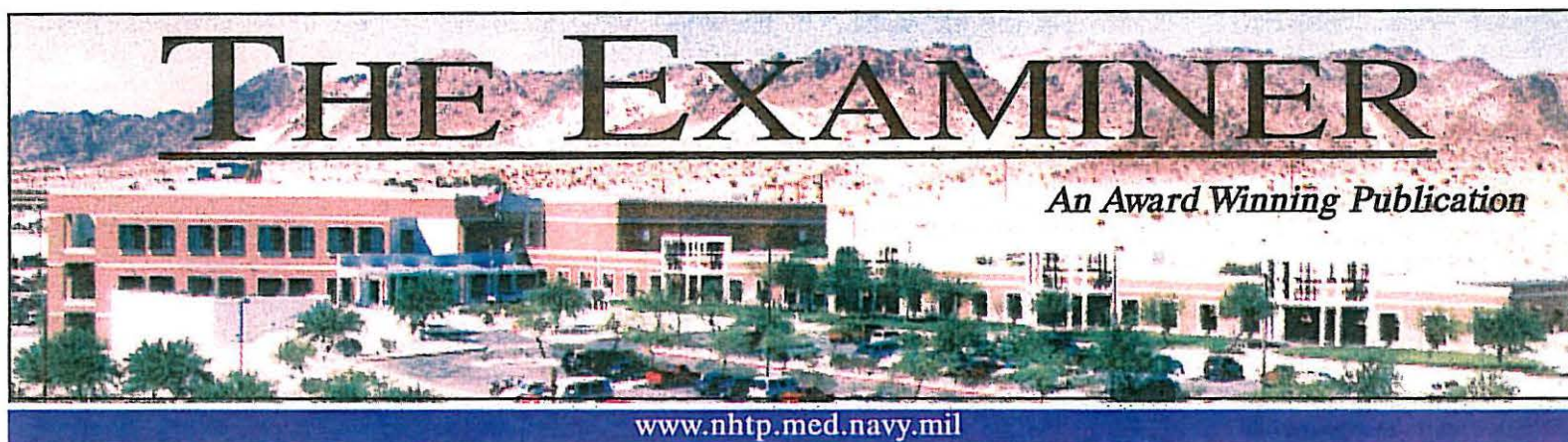




See Page 3

Robert E. Bush
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People of the Year, Quarter Honored at Naval Hospital

The Robert E. Bush Naval Hospital recently celebrated the selection of its People of the Year for 2007 and the People of the Quarter for the period from October 1 to December 31, 2007.

Lieutenant Thomas Nelson, MSC, Department Head and



Staff Industrial Hygiene Officer, Public Health Department was selected as the Officer of the Year for 2007.

His citation reads in part, "Lieutenant Nelson provided technical oversight and program guidance in the completion of 400 sanitation inspections, 1706 occupational health physicals, 97 industrial hygiene surveys, and delivery of immunizations to 20 thousand people. He personally trained 39 installation safety officers in the methods of operational risk management and demonstrated superb technical skill through reduction of unacceptable health hazard exposures by 16.6 percent, while increasing worker exposure assessment completion rates by 22.6 percent."

Petty Officer 1st Class David Toston, Leading Petty Officer, Preventive Medicine, has been selected as the Senior Sailor of the Quarter for the period of October 1 through December 31, 2007 and Senior Sailor of the Year for 2007.

His citation reads in part, "As co-coordinator of the Recruit to Chief (RTC) program, he assist-

ed in increasing the RTC advancement rate to 39 percent through instructing classes and posting advancement information on the command's web page. A trained TCCC instructor, he assisted in training 75 Hospital Corpsmen in preparation for deployment to Operation Iraqi Freedom." Also, "As the Immunization Coordinator, you managed an influenza budget of more than \$157,000. You identified challenges from the previous flu season and implemented controls to ensure a successful flu immunization program. During this evolution, the hospital reached a 97 percent compliance rate. Additionally, you successfully monitored the distribution of more than 17,000 doses to shore and operational personnel assigned to MCAGCC, as well as reserve units in seven states in the Western region. Appointed as Detachment LPO for the Southern California Fire Assistance Team, organized by Navy Medicine West, you directed and managed eight corpsmen, assisting Naval Medical Center San Diego in



the care of 28 displaced nursing home patients directly affected by the region's devastating fires. Your superb leadership and altruistic demeanor culminated in numerous accolades for your team."

Continued on page 5

Inside...

February is heart health awareness month so why are we talking about second hand smoke? **page 2**

Black History Month. Also know as African American history month is a time that people from all walks of life are asked to reflect and consider the many and different ways that people from this diverse background have contributed to the advancement of not only themselves as a community, but also to a nation as a whole. **page 3**

Most of the dangerous Mcreatures of Morongo Basin have been tucked away hibernating for the last few months. However, as spring is quickly approaching, the desert and its creatures will be re-awakening to begin the cycle of life again. **page 6**

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Here's to your health...

Second hand smoke and Heart Health

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

February is heart health awareness month so why are we talking about second hand smoke?

The reason is that when second hand smoke laws go into effect, heart attack rates drop dramatically. In New York City alone in the first year after the start of tobacco free laws, there were 4,000 fewer heart attacks arriving at hospital emergency rooms resulting in the savings of 1,000 lives. In addition, the monetary savings to New York City hospitals was over \$56 million.

What is Secondhand Smoke? According to the EPA, "second-hand smoke is a mixture of the smoke given off by the burning end of a cigarette, pipe, or cigar, and the smoke exhaled from the lungs of smokers. This mixture contains more than 4,000 substances, more than 60 of which

are known to cause cancer in humans or animals and many of which are strong irritants. Secondhand smoke is also called environmental tobacco smoke (ETS). Exposure to secondhand smoke is called involuntary smoking or passive smoking."

We now know that since 1988 when second hand smoke laws came into effect that the levels of tobacco chemicals in our bodies have dropped by almost 85 percent in adults and 75 percent in children. This has resulted in savings of tens of thousands of lives over the last three decades. Besides New York City's drop in ER visits due to heart attacks, Helena, Montana saw a drop of 40 percent in ER visits and Pueblo, Colorado dropped by 30 percent.

We also now know that 151 Americans die every day due to second hand smoke and as little as 30 minutes a day of exposure to second hand smoke, doubles your risk of heart attack and stroke. We also know that over 6,000 children under the age of 5 die due to someone else using

tobacco around them.

In addition, one in ten deaths under the age of one year are directly due to someone smoking around them.

If you smoke anywhere around your child - you are causing asthma, allergies, ear infections, bronchitis, cancer, heart disease, lung disease, pneumonia, sinusitis, colic, meningitis, increase in severity of cystic fibrosis, and development of tooth decay in children of parents who smoke. In fact, children as young as age 11 are set up for adult onset heart disease when they are exposed to second hand smoke.

Second hand smoke also affects a child's mental and behavioral development, that is, how they think and act can be

damaged as they are growing up. Also, kids in smoking households miss four times more school than non-tobacco homes. This is because of the increased number of colds, flu and other breathing problems they have.

What can you do to protect yourself and your kids? The EPA suggests that you do not to smoke in your home and car and do not allow anyone else to. Infants and toddlers are at highest risk from secondhand smoke. Do not allow childcare providers or others who work in your home to smoke.

Until you can quit, go outside to smoke. Moving to another room or opening a window is not enough to protect your chil-

dren. Also, when you finish your cigarette, you are still exhaling second hand smoke for 15 minutes, so do not come back indoors and immediately pick up your baby as you will literally be blowing smoke in their faces.

If you use tobacco anywhere around your child, they are learning to use tobacco from you. The sooner you give up tobacco, the sooner your kids will be able to breathe a lot easier and it is less likely your kids will ever start using tobacco. Naval Hospital Twentynine Palms has tobacco cessation class that begins Feb 12 and another that begins in mid-March. Call 830-2814 for more information.

Save Money with TRICARE Mail Order Pharmacy

Stress can give you a headache, especially the hassle of running too many errands. Save a trip and some cash by skipping a run to the pharmacy.

Refill prescription medications from home with TRICARE's Mail Order Pharmacy (TMOP). The savings can be up to 66 percent with prescriptions delivered to your front door.

For every prescription filled at a retail pharmacy, TRICARE beneficiaries pay a \$3 co-payment for generic medications and \$9 for brand name medications each month. Through TMOP, you will receive a 90-day supply for the same price as a 30-day supply at the retail pharmacy. Plus, the medications are delivered to you, saving the time and hassle of waiting in line at the retail pharmacy.

TMOP is especially useful for Service members and their families filling medications regularly for conditions such as high blood pressure, diabetes or heart disease.

Enrollment Just got Easier

Now you can now switch to TRICARE's Mail Order Pharmacy by phone or online thanks to the new Member Choice Center (MCC).

Make the switch instantly using one of these options:

* Call the Member Choice Center (MCC) at 1-877-363-1433. An MCC patient care advocate will walk you through the process, verify information, process your enrollment and convert medication(s) to home delivery.

* Visit www.express-scripts.com/tricare and switch medications to the mail order option with a few clicks of a mouse.

Although the Mail Order Pharmacy is a cost-savings over retail, filling prescriptions at a local military treatment facility pharmacy remains the least expensive option for TRICARE beneficiaries with no co-pay

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Black History Month -- Celebrating Diversity

By SK1 Kimberly Blaine-Sweet
Assistant Public Affairs Officer
Robert E. Bush Naval Hospital

Black History Month. Also known as African American history month is a time that people from all walks of life are asked to reflect and consider the many and different ways that people from this diverse background have contributed to the advancement of not only themselves as a community, but also to a nation as a whole.

Those of you who attended school in the U.S. were exposed to the struggles, heartbreaks and triumphs of Civil Rights leaders, such as Dr. Martin Luther King Jr. and Medger Evers.

The inspiration of one person standing against the extremely

hard and stubborn wall of segregation as in Ms. Rosa Parks and those who participated in the Civil Rights Movement to not only improve life for those of a different race, but included people of different religious backgrounds and genders.

What about the inventions that those of black decent have contributed to advancement of humanity? For example the disposable syringe was patented by Phil Brooks and Dr. Charles Richard Drew was the first person to develop the Blood bank and ensuring that blood could be stored properly and distributed to those fighting on the front lines if need be. For those of you who have been through the Gas Chamber in boot camp. Not a very fond memory for those who experience the burning sensation of the gas. Well

the idea of a gas mask is credited to Garrett Morgan, who used his idea of a safety hood to rescue 32 men that were trapped in an underground tunnel in 1916. The mask was later modified for use by the U.S. Army.

This is the bulk of what we are taught in school, but there is so much more that people can learn if we have the desire to do so.

For example, although most persons of the black race descend from the African continent there is so much more than just African-Americans that are part of "black" American culture make-up. I believe at times people forget about the persons that are from the Caribbean islands and some countries in South America. Islands nations like Jamaica, Trinidad and Tobago, Haiti, Cuba, the Dominican Republic, Puerto Rico, the vast



country of Brazil many more nations that who have influence the mainstream American culture in their different ways.

Though some may resemble African-Americans in regards to their physical attributes, they are as different as the wind in a tornado in regards to culture, foods and languages.

We have French that is spoken by those from Haiti, one of the first to be rid of slavery and to become the first black republic in the western hemisphere, to Spanish that is spoken to its neighbor the Dominican Republic in Cuba and Puerto Rico. The island of Curacao has Dutch as one of it four languages and Brazil Portuguese.

In many of these islands they celebrate "Carnival" which is the celebration that influenced the ideas that are used in New

Orleans during Mardi Gras. The Dominican Republic has been credited with the creation of the merengue musical style and its vast influence of players in MLB, such as Sammy Sosa and Manny Ramirez.

In the scheme of all things, we are all Americans, who happen to share different cultures. This year, during the different cultural celebrations that will occur throughout the year, let us all learn about the different contributions that people from all background and not just at the surface level. Let us all be proactive in learning about those we work with and hopefully through this learning we can all better understand one another. Through better understanding, comes increase mutual respect.

Two Steps to Prevent Cervical Cancer

By CiCi Moore
TriWest Healthcare Alliance

In 2006, approximately 9,700 cases of cervical cancer were diagnosed in the United States and nearly 3,700 women died from the disease, according to the Centers for Disease Control and Prevention (CDC).

Women can greatly reduce their risk of developing cervical cancer by following two easy steps:

Step 1: Get Regular Pap Tests

Approximately half of the cervical cancers currently diagnosed in the United States are in women who have never received a Pap test. An additional 10 percent occur in women who have not been screened within the past five years.

Pap tests can help your doctor detect pre-cancers and the Human Papillomavirus (HPV). Treatment of these pre-cancers can stop cervical cancer before it fully develops.

Consult with your doctor about your options for pelvic exams and Pap tests. As part of regular clinical preventive services, TRICARE will cover pelvic examinations and Pap smear testing each year beginning at

age 18, or younger if sexually active. After three consecutive normal Pap smears, TRICARE will cover one Pap test every three years or as recommended by your doctor.

Step 2: Obtain the Human Papillomavirus (HPV) Vaccine

Cervical infection with HPV is the main risk for cervical cancer, as HPV can cause changes in the cervix. In fact, nearly all cervical cancer cases are associated with an HPV infection.

The HPV vaccine is a TRI-CARE-covered benefit; it has been approved by the U.S. Food and Drug Administration (FDA) only for females 9 to 26 years of age to prevent cervical cancer caused by HPV. The Centers for Disease Control and Prevention (CDC) recommends a three-dose schedule for the HPV vac-

cine with the second and third doses administered two and six months after the first dose. Routine vaccination for girls 11 to 12 years old is also recommended.

Because the vaccine is new, it may not be available everywhere. Also, the vaccine does not protect against every type of HPV infection and can't prevent all cervical cancers. It is still vitally important to get regular gynecological exams and Pap tests.

Learn more about HPV prevention and treatment at the CDC Web site at <http://www.cdc.gov/std/hpv>.

If you are interested in the HPV vaccine for yourself or a family member, contact your physician to find out if they administer the vaccine.

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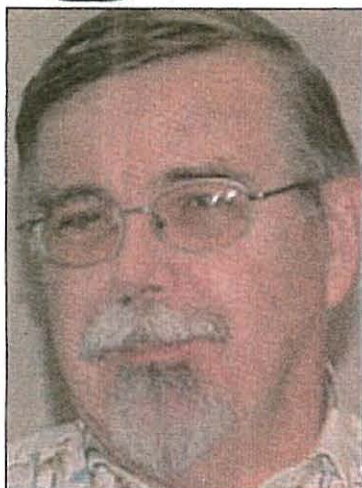
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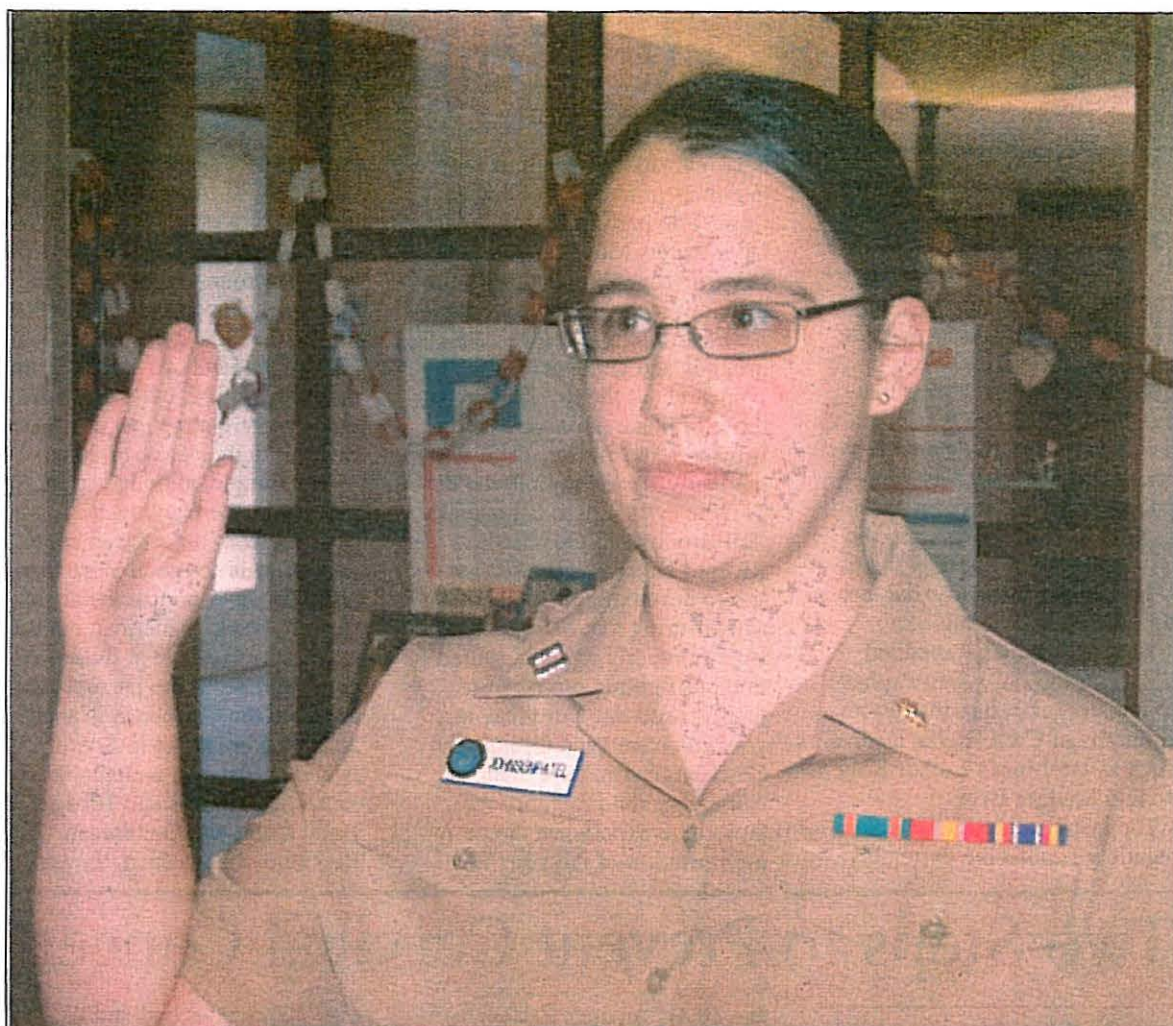
HMC Victor Isarraraz, Security Department, receives a Navy and Marine Corps Achievement Medal.



Mandy Page, DAC Clinic Management, receives a Letter of Commendation.



Cmdr. John Crabill, Family Medicine physician, receives a Navy and Marine Corps Commendation Medal for his superior performance at Branch Health Clinic Little Creek, Norfolk, Virginia.



Lt. Jennifer Johnson-Patel, above, a physician in the Pediatrics Clinic, takes the oath during her recent promotion to Lieutenant Commander.



Lt. David King, also a physician in the Pediatrics Clinic takes his oath during his promotion ceremony to Lieutenant Commander.



Lt. Timothy Brender, Clinic Business Manager, Pediatric Clinic, receives a a Navy and Marine Corps Achievement Medal.

Roy's

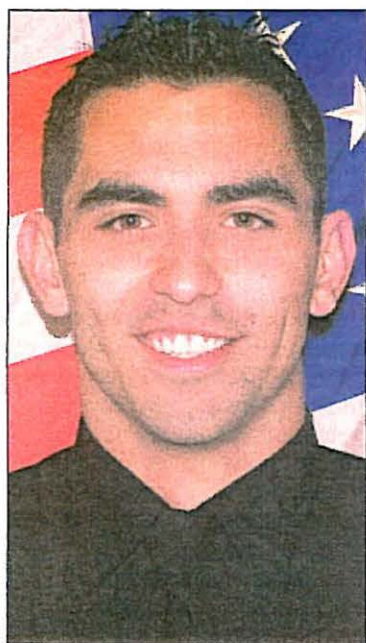
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TIRES & WHEELS

People of the Year, Quarter...

Continued from page 1



Petty Officer 3rd Class Cody Thornton, Laboratory Technician, Laboratory Department was selected as the Junior Sailor of the Year for 2007.

His citation reads in part, "Petty Officer Thornton's exceptional talent and leadership have unequivocally impacted the Laboratory's mission and the Command's morale. His involvement in training, sports activities and social events has been pivotal to numerous successes. His superior effort earned his selection as Naval Hospital Twentynine Palms Junior Sailor of the Year."

Dawn Schadegg, Coding Supervisor, has been selected as Senior Civilian of the Year for 2007.

Her citation reads in part, "As Coding Supervisor, you identified over 33,000 records that had not been coded and developed a plan to forward them to the contracted coding service, reducing the number of records that were waiting for coding. You worked with external entities in identifying issues with three major computer programs that were not working properly, improving access for the in-house coders, and increasing the number of encounters moved into the Coding Compliance Editor, capturing all clinical encounters. As the Physical Evaluation Board Liaison Officer, you provided disability and transition counseling to 40 Marines and Sailors, including eight Marines that had medical

boards dictated at other facilities, saving these individuals an average of eight hours travel time and hundreds of dollars of personal expense. You were called upon on short notice to provide information on 20 service members that were placed



on Physical Evaluation Boards due to injuries received in combat, assisting the command in meeting a BUMED-directed tasking within the allotted time-frame."

Feliciano Cesa, Pharmacy Supply Technician has been named Junior Civilian of the Year for 2007, and Junior



Civilian of the Quarter for the period of October 1, through December 31, 2007.

His citation reads in part, "While serving as Pharmacy Supply Technician assigned to the Pharmacy Department, your attentiveness to patient needs was the driving factor behind the department's ability to dispense over 120,000 prescriptions and 10,000 inpatient medication orders. In addition, you observed the need for and lead the charge behind the Pharmacy Department's patient notification processes by personally calling patients on their home phone to let them know their prescription medication was in stock and ready for pick up. Your commitment to minimizing waste allowed the Command to realize the recapturing of over \$250K annually by collecting and returning expired medications to a reverse distribution program. Multiple times throughout the year, you changed gears from managing pharmacy supplies to assisting on the front line with prescription dispensing when the pharmacy team needed you the most; specifically noted was your willingness to prepare prescription labels using a typewriter when CHCS was unavailable. You are the "man behind the scene" who maintained the daily operational tempo making our customers the number one priority. Finally, your commitment and mentoring of the Pharmacy Department's corpsmen and sharing your knowledge through out the year, enhanced the ability of the staff to provide excellent service to our patients and caregivers."

Ensign Cheryl Castro, Maternal Infant Nursing



Department has been picked as the Officer of the Quarter for the period of 1 October to 31 December 2007.

Her citation reads in part, "You hit the ground running and completed orientation two weeks faster than expected. Eager to increase your clinical knowledge, you successfully completed six skills classes. Not content to just be a student, you turned around and immediately put your new knowledge to use co-instructing in Breastfeeding and Childbirth Education classes. As Chair, MWR Committee, you coordinated two command holiday events positively impacting the morale of over 50 families who participated. As the Departmental MEPRS coordinator, your diligence and oversight resulted in a 94 percent improvement in submission compliance. Exuding a positive image to the community, you're

many hours of volunteer time at two local schools contributed to the education and well-being of Kindergarten and second grade students."

Petty Officer 3rd Class Rebeca



Wolfe, Family Medicine Clinic was selected as the Junior Sailor of the Quarter for the period October 1 through December 31, 2007.

Her citation reads in part, "As a member of the Family Medicine Clinic staff, your knowledge as assistant leading petty officer was shown by being able to offer guidance and direction to 19 fellow corpsmen. A DMHRSi specialist, you helped implement and train this new system to 45 staff members. Your willingness to improve any task made you an effective supply petty officer managing a

Continued on page 8



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Critter de Jour!...

Dangerous Creatures of Morongo Basin

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

Most of the dangerous creatures of Morongo Basin have been tucked away hibernating for the last few months. However, as spring is quickly approaching, the desert and its creatures will be re-awakening to begin the cycle of life again.

If you have been in Twentynine Palms for a while, some of these may not be so scary anymore. If you are new to the area, you think that everything that crawls, slithers, creeps or flies is going to either kill you or leave you maimed for life. Here is a brief overview of some of these critters, which in the end are not so scary after all when you learn how to avoid them.

The best form of critter prevention is to stay away from them, to eliminate all inviting, cozy spots around your home such as piles of lumber and debris, and to seal all cracks and crevices that they can use to crawl into your home. A little spackle and paint does wonders as far as sealing tiny cracks and holes where the critters can enter your home.

Most critters, either poisonous or semi-poisonous, prefer nice dark, quiet, undisturbed places such as out buildings, wood or debris piles, closets, attics, etc.

and they usually only wander out of these spaces when they are hungry. In fact, most critter/human contact is purely accidental on both parts, resulting in the critter biting out of fear.

The two scariest spiders in this area are the Black Widow and Brown Recluse spiders. While it's correct that there are no true Brown Recluses here in Morongo Basin, their first cousins, the Desert Recluse, live here. At first glance the Desert Recluse can be mistaken for a true Brown Recluse. This cousin of the BR also causes necrotizing bites and so should also be viewed as potentially dangerous. A necrotizing bite is a bite that doesn't heal and continues to fester and spread from the original bite spot.

Spider and scorpion bites are rarely fatal, and when handled properly, can be easily treated as well. Black Widow bites and scorpion stings feel like a pinprick and progress in pain and swelling until the whole area is red, warm, and swollen. The pain may spread to other parts of the body and symptoms may also include nausea, sweating, convulsions and, in rare cases, death.

The only people seriously at risk from Black Widow bites and scorpion stings are the very young or very old and those

individuals with compromised immune systems. If you are bitten or stung, call your health care provider or poison control number immediately and seek help. The number for California Poison Control System is 1-800-876-4766.

A bite from a Brown Recluse may go unnoticed for several hours before turning red, swelling, itching and beginning to blister. On rare occasions, a severe bite from a BR can cause the skin to not just blister up, but to die back and leave an open sore. Healing may take a month or longer and may leave a scar where the sore was. As with the Black Widow bites, BR bites should be promptly treated to prevent further health risks.

Regarding snakes, don't tease snakes! They bite to defend themselves and the snake usually ends up paying for your teasing with its life. It has been estimated that as many as half of all snakebites are provoked by humans purposely scaring the snakes. Of those bites that are not provoked by people, most are below the knee and half are dry (meaning that no venom was injected).

A good rule to follow in Morongo Basin is -- "if it rattles, it's poisonous." Snakes who do not have rattles in Morongo Basin are either non-poisonous or semi-poisonous (they'll just make you ill if bitten, not kill you).

If any snake bites you or

someone you are with, seek medical help immediately! Keep the victim calm and do not try to suck the venom from the wound. Snakebites are rarely fatal, but all snake bite victims need emergency medical assistance!

Remember that the best way to avoid the dangerous creatures of Morongo Basin is to steer clear of them. Clean up the debris in your yard and get rid of those comfy hiding places that they live in. Seal all openings to your home and watch where you walk in your yard or when hiking. These creatures will try their best to avoid you and they are hoping you do the same as well.

TRICARE Covers Shingles Vaccination

TRICARE Prime

You will not have a deductible or copay if you get the shingles vaccine from your primary care manager (PCM). A point of service penalty may apply to services received outside of your PCM.

TRICARE Standard/Extra

You may get your shingles vaccine from any TRICARE-authorized provider (network or non-network) who is licensed to give the vaccine. Your Standard/Extra deductibles and cost shares will apply. A TRICARE network provider will file the claim paperwork for you.

TRICARE For Life and Medicare Part D

It is important to know which Medicare coverage you have. If you have Medicare Part D, the shingles vaccination is covered under Medicare Part D. Having Medicare Part D (prescription drug plan) coverage is optional and is not required for TRICARE For Life coverage; You should contact your Part D plan for more information about Medicare's shingles vaccine coverage and any costs you may have. If you have Part D coverage, Medicare will be the primary payer when you are vaccinated for shingles.

If you do not have Medicare Part D, TRICARE For Life (TFL) will be the primary payer if you receive the vaccine. You may get the shingles vaccine from any TRICARE-authorized provider (network or non-network) who is licensed to give the vaccine. TFL beneficiaries have an annual \$150 individual or a \$300 family deductible. Cost sharing (you pay either 20 percent or 25 percent of the TRICARE allowable charge, the amount depends on the type of provider seen for the vaccination) begins after your annual deductible is met.

Talk to your health care provider about getting vaccinated. The CDC recommends that you should

By Brian P. Smith
TriWest Healthcare Alliance

TRICARE now covers the shingles vaccine for beneficiaries based on the endorsement and recommendation from the Centers for Disease Control and Prevention (CDC). TRICARE will cover a single dose of Zostavax the vaccine designed to prevent shingles for eligible beneficiaries age 60 and older.

Shingles is a painful skin rash caused by the varicella-zoster virus, the same virus that causes chickenpox. According to the CDC, the shingles rash will usually appear on one side of the body or face and can last from two weeks to a month.

Symptoms can also include fever, headache, chills and an upset stomach. The Food and Drug Administration (FDA) estimates that one out of five people will be affected by a form of shingles.

The Zostavax vaccine contains a weakened version of the virus, letting your immune system learn to fight the virus without becoming infected. Only people who have had chickenpox or who have received the chickenpox vaccine can develop shingles later in life. You cannot catch shingles from someone else who has shingles.

The CDC cautions that Zostavax is not intended to treat shingles or to treat any pain that develops after the rash is gone.

TRICARE Management Activity (TMA) reports that in a shingles prevention study done by the Veterans Administration Cooperative Trial and the University of California, San Diego, Zostavax was 51 percent effective in reducing the shingles virus and was more than 60 percent effective in reducing some of the associated symptoms. Those who developed shingles after vaccination reported less pain than those not vaccinated.

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Continued on page 7

Families Prepare to Help Children Cope During Military Deployments

By Ms. Patricia Opong-Brown
TRICARE Management Activity

FALLS CHURCH, Va. -- In today's Military, deployments are part of life. Pending a deployment in the States or overseas, the family, especially the children, may have anxiety and concerns. Not to worry, there are many ways to help children cope with the absence of a deployed parent.

According to the Uniformed Services University of the Health Sciences in Bethesda, Maryland, there are three important central approaches to help children cope during deployment. Reinforce that the deployed parent is trained to do his or her job, reinforce that the family and children at home also have jobs, and ensure that communication with the children is age appropriate.

Just like doctors have special training to take care of people who are not feeling well or firefighters have special training to fight fires, the Active Duty parent has to assure children that he or she has the training and skills to do the work while deployed.

Military medical experts suggest reminding children that while their parent is deployed, they have roles in the household that are just as important. The jobs can be helping mom or dad around the house, being successful in school, taking on new chores or maintaining a healthy lifestyle.

"On the other hand, it is not healthy to tell a son that he is going to be -- the man of the house," said Ms. Jennifer Wickizer, Community Readiness Consultant, Airmen and Family Readiness Center (A&FRC), Bolling Air Force Base. This

puts too much pressure and stress on the child.

"Parents need to discuss the pending deployment with children in ways that are age-appropriate," said Ms. Wickizer. She also stresses that parents should take their cues from the child to determine how much information should be presented.

Provide just the right amount of information and answer questions accordingly, but do not get into information overload mode. "Encourage children to express their feelings: sad, mad or happy, and validate their emotions," she said.

Since preschoolers have no concept of time, experts recommend parents use visuals to illustrate when mom or dad will be coming home. For instance, says

Ms. Wickizer, "a candy jar with jelly beans is a good visual. Count the number of jelly beans for each day the parent is expected to be away, and each day the child can take a jelly bean out of the jar. As the deployment moves on, the jar has less jelly beans in it."

The consultant cautions parents against marking the return date on the calendar because deployments are very unpredictable. For example, said Ms. Wickizer, "the parent can be held over or extended. When the parent does not come home on the day with the big red circle, this creates a huge disappointment for the child. On the other hand, unlike the big red circle on the calendar, a candy jar can easily be manipulated. If the parent at home gets news that the deployment is extended, he or she can slip more candy into the jar, or remove candy if the deployed parent will be

coming home sooner."

"Planning an event in the future, such as a family vacation, not only gives the child something positive to focus on, but also reassures the child that the parent will come home. Just do not make any plans too close to the anticipated return date in case the deployed member is not able to come home at that exact time," recommended Ms. Wickizer.

Before he deploys at the end of the year, Senior Master Sergeant (SMSgt) LesRoy Williams, assigned to the Logistics Readiness Squadron at Seymour Johnson Air Force Base, North Carolina, and his family will watch Sesame Street's Talk, Listen, Connect: Helping Families During Military Deployment with their 4-year-old daughter.

All Military families with children 3- to 5-years-old can get streaming video or request a free bilingual kit at www.sesameworkshop.org/tlc. The kit educates parents and caregivers on how to help children cope with all areas of pre-deployment, deployment, and homecoming.

Russell Research, Inc., in consultation with the Military Family Research Institute, surveyed 367 spouses of Active Duty, National Guard, and Reserve personnel. More than 80 percent of those surveyed rated the Sesame Street DVD and kit highly effective and easy to understand for both children and adults. Families also reported that the program increased communication about deployment and reduced negative behaviors.

Unlike preschoolers, elementary school-age children have a

better concept of time, but "candy jars work for this age group as well," said Ms. Wickizer. At this age, the deploying parent and the child can come up with ways to stay in touch or think of each other. For instance, the child and parent can wear synchronized stop watches and set the alarm to go off at a determined time. Each time the alarm goes off, it will mean, "I'm thinking of you," suggested Ms. Wickizer.

Abstract thinking begins at ages 9 through 12. This age group understands the concept of a return date. Military experts recommend providing children in this age range with stationary and stamps to write letters or set up e-mail accounts for keeping in touch and communicating with their deployed parent. The A&FRC provides writing kits for children of various age groups.

In addition to writing letters, children can also write in journals. Health Net Federal Services, the TRICARE managed care support contractor for the northern region, has produced a journal aimed at Military children. *Life, a Kids' Journal*, helps Military children successfully deal with challenges, especially deployments. The journal helps children make sense of their feelings while mom or dad is deployed. Organizations in the TRICARE northern region can order complementary copies by e-mailing their request to HNFS_Communications@healthnet.com. Anyone can download the journal from the link

found at <https://www.hnfs.net/common/newsResources/Kids+Journal+News+Release.htm>. The Military Health System Web site has a "Kid's Corner," where children will be able to share their writing, artwork or drawings at <http://mhs.osd.mil/kidscorner.jsp>

According to Ms. Wickizer, "High school kids are a little harder to please and e-mail is the best recommendation for teenagers. By working with the child's school, the deploying parent can arrange to make morale calls to the child at school." Deployment journals are another tool for middle school and high school kids.

When it gets closer to his deployment date, SMSgt Williams will talk about where he is going with his 16-year-old daughter and 12-year-old son. If the location is not classified, he will have them research the country online. Ms. Wickizer recommends www.deployment-kids.com. "This Web site provides information about various deployment locations, but it is set at kids' level so that just the right amount of information is provided."

In addition to researching, SMSgt Williams will give his children a travel window rather than exact dates, "which will cover any changes and reduce thoughts of -- daddy's lost" or -- daddy did not make it," if they do not hear from me right away."

Pre-deployment is a busy time for the Military member, but it is important to make time to talk as a family.

Shingles Vaccination...

Continued from page 6

not get the shingles vaccine if you have:

- * Active, untreated tuberculosis
- * Had a life-threatening allergic reaction to any component of the shingles vaccine, including gelatin or the antibiotic neomycin
- * A weakened immune system (because of HIV/AIDS or a drug treatment)
- * A history of cancer or are currently being treated for cancer.

Eligible TRICARE beneficiaries should contact their local military treatment facility or primary care manager for information on the shingles vaccine availability.

Find more information on www.triwest.com; use the 'Find a Provider' link on the homepage to locate contact information for your PCM and your local MTF. Visit www.medicare.gov for Medicare contact and coverage information.

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People of the Year, Quarter...

Continued from page 5

budget of over \$35,000. Additionally, your commitment to higher education has allowed you to earn recognition on the Deans list for the fall 2007 Quarter."

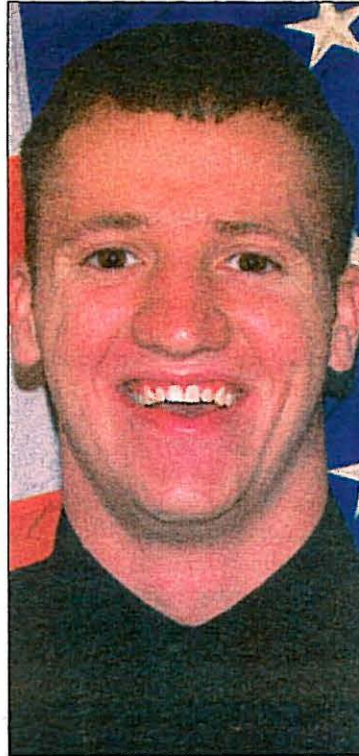


Lori Parker, Clinical Nurse Specialist, Branch Clinic, China Lake, as been selected as the Senior Civilian of the Quarter

for the period of October 1 through December 31, 2007.

Her citation reads in part, "As Clinical Nurse Specialist, Branch Health Clinic, China Lake, you efficiently managed the daily operations of the Primary Care Clinic. You displayed professional expertise, strong leadership and uncommon devotion in support of 2,600 beneficiaries. As a proponent of education and training, you familiarized yourself with frequently used Current Procedural Terminology codes and unselfishly taught staff personnel proper coding techniques which improved the clinic's efficiency and productivity. Additionally, you became a CPR instructor, increasing the clinic's in-house instructor availability and eliminating certification delinquencies. As Population Health Coordinator, you effectively tracked and identified patients requiring critical follow-up testing and ensured their compliance with medical protocol. You actively participated in Command social events and assisted in fund raisers, collecting over \$1,200. As Hospice Group Volunteer, you provided families with "end of life coun-

seling" and support services. Your untiring loyalty and devotion to excellence is the hallmark of your performance."



Hospitalman Kyle Young, Pediatric Clinic Staff has been selected as the Bluejacket Sailor of the Quarter for the period of October 1 through December

31, 2007.

His citation reads in part, "As a member of the Pediatric Clinic staff, your knowledge as a senior corpsman was shown by being able to offer guidance and direction to 12 fellow corpsmen. You selflessly volunteered to help refugees displaced by the

San Diego wildfires, providing medical care for over 30 geriatric patients. You were on the forefront of organizing the annual Naval Hospital satellite flu clinic, providing over 950 vaccines to dependents and retirees."



Don't forget Valentine's Day Feb. 14th

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