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KEESLER MEDICAL CENTER SUPPORTS AIR NATIONAL GUARD

KEESLER AIR FORCE BASE, Miss. — As another example of the Keesler Medical Center's "Hospital without Walls" concept, a team of physicians from Keesler and Columbus Air Force Base, Miss., travelled to Jackson, Miss., to support the Mississippi Air National Guard's 172nd Airlift Wing during its Dec. 7-8 unit training assembly.

Col. (Dr.) Paul Nelson, the medical center's chief flight surgeon; Maj. (Dr.) Andrew Rohrer, a pathologist with the 81st Diagnostics and Therapeutics Squadron who is requalifying as a flight surgeon; and Capt. (Dr.) Quinton Keigley, a recent internal medicine residency graduate, joined Lt. Col. (Dr.) Charlie Martineau from Columbus and the flight surgeons from the 172ndAW, led by Lt. Col. (Dr.) Brian Tollefson. The visiting physicians travelled more than three hours to help alleviate medical requirements that had accumulated due to the recent government shutdown.

A member of the 172nd AW staff observed, "Our wing commander, Col. Todd Wall, was overwhelmed with the tremendous help provided by your team when they came to Jackson and assisted us with the backlog of physicals, flu shots and more resulting from the government shutdown."

Tollefson said, "It pays to work together. When we are able to take advantage of this type of situation by working together, it makes all of us stronger. At the end of the day, we're all in the same Air Force."

Keigley commented, "I am excited to see all of the opportunities that we have in flight medicine here in Mississippi."

Based upon his recent experiences, Keigley has put Columbus as his top pick for a follow-up assignment.

"I just graduated from the training program at Keesler and now I get to see how it all fits together," said Keigley.

Nelson added, "Keesler Medical Center, the 14th Training Wing at Columbus, and our total force partners with the 403rd Wing at Keesler, the Mississippi ANG in Jackson and the Gulfport Combat Readiness Training Center are working and training together using available aircraft to offer cost-effective, efficient training."

A prime example of joint training was occurring simultaneously with the medical team's 172nd AW aid. A Keesler Medical Center critical care air transport team participated in "Southern Strike 14," hailed as the Air National Guard's premier southern training event. The exercise, conducted Dec. 2-13 at the Trent Lott CRTC and Camp Shelby, near Hattiesburg, Miss., was initiated to provide tailored, cost-effective and realistic training for the National Guard in a joint and multinational envi-

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Senior airman doubles as international netball player

By Steve Pivnick
81st Medical Group Public Affairs

KEESLER AIR FORCE BASE, Miss. — Alisi Taka, a senior airman assigned to the 81st Medical Support Squadron logistics flight as a medical material technician, recently returned from an international netball tournament in Singapore.

A member of the U.S. National Netball Team, she joined seven other women in the six-country competition held Dec. 1-7 in the Asian nation. The U.S. team played squads from Ireland, Singapore, Uganda, Papua-New Guinea and Sri Lanka. Singapore also fielded an under-21 team. The USA placed sixth overall and the squad named her their MVP.

"Teams normally consist of 12 players, with seven on the court and five reserves," Taka said. "Due to financial constraints, our team went there with eight girls."

She said she was very happy to have this opportunity.

"This was the first time the U.S. team had played in this event and I'm looking forward to more U.S. participation in future international tourneys," she added.

Taka explained the team had trained together for about three years and that she had rejoined in December 2012 after a two-year break.

"I had been selected for the team in 2010, but learned I was pregnant with my daughter and was unable to play with them," she said. "I rejoined the team a few months after having my son in September 2012. I trained with the team for a year and learned I had been selected to participate in the tournament in November."

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courtesy photo

Alisi Taka, left, advances on a member of the Singapore Wing during action in the international netball tournament in Singapore Dec. 1-7. What is netball? Think basketball with no backboards, no dribbling and just three seconds to catch and pass the ball. Taka was first introduced to the game in her native country of Fiji. Growing up, she earned several awards and accolades playing the sport. She has even been sought after to play for numerous teams. "I represented my high school for the under 15, 17 and 19 age groups," she explained. "I was nominated as the team captain for the under 15 and under 17 age groups. When I was 15, I was invited to join the Tailevu Netball Club, similar to a league, which is played for eight months. At this level, I played netball with experienced players, which was tough at times. Being the youngest player on the team, playing against national reps and experienced players, was one of the challenges I had to face. I've learned that if you want to be the best in what you do, you have to play against the best, and learning from your mistakes is a basic element." For additional information about the sport, contact Taka, 228-376-5002, or visit www.usanetball.com.

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A Marine's journey to reclamation

By Sgt. Aaron Rooks

AUGUSTA, Ga. — More than half an hour passed with no success as Gunnery Sgt. Nicholas Tyciak attempted to reach his Marine via repeated telephone calls. Sgt. Landon Rios, a 25-year-old recruit with Recruiting Substation Augusta, Recruiting Station Columbia, did not arrive to work on time the morning of June 20. Tyciak, the RSS staff noncommissioned officer-in-charge, listened to Rios' voice mail message repeatedly until an unfamiliar voice finally answered the call. It was a nurse here at the Georgia Regents Medical Center, and he informed Tyciak that Rios was in very bad shape.

Rios' story began in Fort Myers, Fla., during the fall of 2006, where he met a friend from high school who recently returned from Marine Corps Recruit Training at Parris Island, S.C. The young Marine informed Rios of intangibles he embraced during his initial training, such as pride of belonging and physical fitness. The two young men played football together as freshman at Fort Myers High School, where Rios developed a passion for physical fitness.

Rios viewed the Marine Corps as a viable career option for the future, which influenced his decision to enlist in November 2006. He departed for recruit training less than one month later, where he realized his full potential for physical strength and endurance.

"The Marine Corps sets the bar



(Marine Corps Photo by Sgt. Aaron Rooks)

Sgt. Landon Rios, a canvassing recruiter with Recruiting Substation Augusta, Recruiting Station Columbia, performs a set of weighted squats at Gold's Gym on Dec. 17 in Augusta, Ga. Rios surprised doctors by recovering from his June 20 motorcycle accident within six months.

for physical standards," Rios said. "Whether running or strength training, the experience taught me to challenge myself and help others where they need improvement."

He graduated recruit training on March 25, 2007, and later attended the Naval Air Technical Training Center at Naval Air Station Pensacola, Fla., where he studied as an avionics technician specializing in integrated modular avionics-level electronic countermeasures for helicopters. Rios relocated to

Marine Corps Air Station New River, N.C. following graduation from his military occupational specialty training school and began his military career maintaining global positioning and radar systems, night vision goggles and in-flight communication equipment for CH-46 Sea Knight and CH-53E Super Stallion helicopters. In July 2010, he became a collateral duty inspector and crew supervisor responsible for 15 Marines in support of seven squadrons and an array of rotary-wing aircraft.

Although he served an important purpose in keeping aircraft electronic systems functioning, he also dedicat-

ed a considerable amount of time to his Marines' personal and professional development. As a physical fitness enthusiast, he explored new ways to help his Marines reach their peak performance physically through a strenuous training regimen. His experience in leading Marines prepared him for the next chapter of his life in a deployed environment.

He deployed to Afghanistan in January 2011, where he served at Camp Leatherneck in the same capacity with seven Marines under his supervision. Rios described this period as a key time of his career, in which he was responsible for the wellbeing of other Marines within a combat environment.

"It's important to ensure that they are taken care of," Rios said, referring to his Marines during the deployment. "The smaller teams allow for better oversight for the Marines and their safety. It also helps to produce good quality work and keep morale high during a difficult time."

His mentorship experience influenced his decision to volunteer for recruiting duty after he realized the ways in which he could positively affect the Marine Corps' future. Shortly after returning from Afghanistan in August 2011, he earned his Bachelor of Science Degree in Health Care Management from Southern Illinois University-Carbondale. He also attended the Basic Riders Course and Sport Bike Course before purchasing a brand new motorcycle. Rios proceeded

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Unsung Heroes of NMCS D: Culinary Specialists

By Mass Communication Specialist 3rd Class Pyoung K. Yi
Naval Medical Center San Diego Public Affairs

SAN DIEGO — Human beings must eat to survive. There is no way around that. Eating is also a way to provide the body with proper nutrients in order to function optimally. People not only eat to stay alive, but also for pleasure and socially as a way to connect with others.

The Navy understands the importance of feeding its Sailors, not only so they can perform in their jobs, but also as a way for them to take a break from the rigors of ship life, and to relish the company of their fellow shipmates.

Naval Medical Center San Diego (NMCS D) goes to pain-staking lengths to prepare meals for its Sailors, civilians, and perhaps most importantly, for its special-needs patients who are living with medical conditions such as diabetes, renal disease or those with particular dietary requirements as they prepare for or recover from a medical procedure.

NMCS D culinary specialists realize the seriousness of preparing patient food properly. They are trained to pay close attention to recipe cards and follow instructions precisely to ensure patients are kept on a diet prescribed by their primary care provider.

“Especially in a hospital setting where we are feeding patients depending on us to feed them nutritious meals to help them get better,” said Downs.

The culinary specialists are advised on how to prepare meals for patients on a special diet.

The process for patient meals begins with the nurses on the wards informing NMCS D’s dieticians, who then inform the galley about patients with special diets and finally the culinary specialists are entrusted to prepare them accordingly.

“We have special diets for all the different dietary needs of diabetics, renal disease patients, and we follow that to the ‘T,’” said Downs.

Food is an integral part of the daily routine at NMCS D. Breakfast and lunch is served each working day to approximately 3,000 staff, patients and guests.



(U.S. Navy photos by Mass Communication Specialist 3rd Class Pyoung K. Yi/Released)
Culinary Specialist Seaman Terrica Sanders makes an egg salad sandwich for a customer at Naval Medical Center San Diego’s galley. The galley staff, which includes military and civilians, serves approximately 3,000 meals per day.

The culinary specialists involved in the cooking and preparation of these meals take great pride in their work.

“I love to cook and to be around food,” said Culinary Specialist 1st Class Terrell D. Downs, Leading Petty Officer of NMCS D’s Nutrition Management Department. “There’s nothing like hearing someone say they love your cooking, especially in the military.”

Culinary Specialist Seaman Terrica M. Sanders, also assigned to NMCS D’s galley, takes pride in working at the galley as well and enjoys the opportunity to handle duties typically reserved for higher-ranking culinary specialists.

“There are many things I like about being a culinary specialist,” Sanders said. “My favorite benefit is that I have several opportunities to step up regardless of rank.”

Lt. Cmdr. Tinsika Riggs, Head of NMCS D’s Nutrition Management Department, oversees the entire food operation at NMCS D, which comprises approximately 150 military and civilian staff. She enjoys the opportunity of being in charge of a large-scale galley operation.

“When I was a kid, I used to look through Christmas catalogs and dream of having all the toy foodservice equipment (little ovens, snow cone machines) and having my own operation on my front lawn,” Riggs said. “I never thought I would oversee an operation like this back then, but I can’t imagine being anywhere else.”

At NMCS D, the galley’s menu is on a 21-day cycle, which means the meals differ daily for 21 days and then the cycle repeats. The Nutrition Management Department decides what type of meals to serve via a menu review board.

“We look at many things when planning a menu, including: nutritional quality, popularity, variety and cost,” Riggs said. “It is quite a balancing act to offer things to our patients and the public that are healthy and popular while also being fiscally responsible.”

If a change in a menu item is recommended, then the galley staff implements it during the menu review board. The galley staff also reviews comment cards weekly and adapt the menu per customer preference as able.

Breakfast is prepared about an hour beforehand. Lunch requires about three to four hours of preparation time, according to Downs.

Life as a culinary specialist at NMCS D has its challenges.

Sanders explained that the sheer amount of food she and her fellow shipmates must prepare is a demanding task, along with meeting the needs of the variety of customers (patients, staff and visitors) they serve.

“The challenges I face working in the galley are being able to deal with different people on a daily basis, preparing food for thousands of people, and knowing what my superiors expect from me and to meet their expectations,” Sanders said.

One of Downs’ priorities is to train the culinary specialists in his charge to have multiple skill sets so they can apply their cooking trade at various Navy commands in the tours to come in their careers.

“The key is to train the culinary specialists to be able to ‘do it all’ so if and when they have to transition from one place to the next, they can do it,” said Downs.

Culinary specialists are also taught to work as a team and to be a model for the junior Sailors under them.

“The most important duty to me that I try to comply with is motivating the other junior Sailors and having a positive impact on them,” said Sanders.

Downs likes to encourage his culinary specialists and increase morale by getting in the galley to cook alongside them.

“I myself love to get in the galley and cook something with my Sailors and civilian staff to show them that I’ve been there,” said Downs. “I know what they are going through and also it enables me to pass on the knowledge I have about this great rate.”

Culinary specialists are known to be extremely diligent and with a strong worker mentality. At NMCS D, galley staff arrives as early as 4 a.m. to prepare several thousand meals per day.

Amazingly, in spite of the extended work shifts, NMCS D culinary specialists take time out to continue their education and prepare for their rank exams.

“Despite the long hours and hard work, they still find time to take college courses or study for their advancement,” said Riggs.

For more information on Naval Medical Center San Diego, visit www.med.navy.mil/sites/nmcsd, www.facebook.com/nmcsd, or www.twitter.com/NMC_SD.

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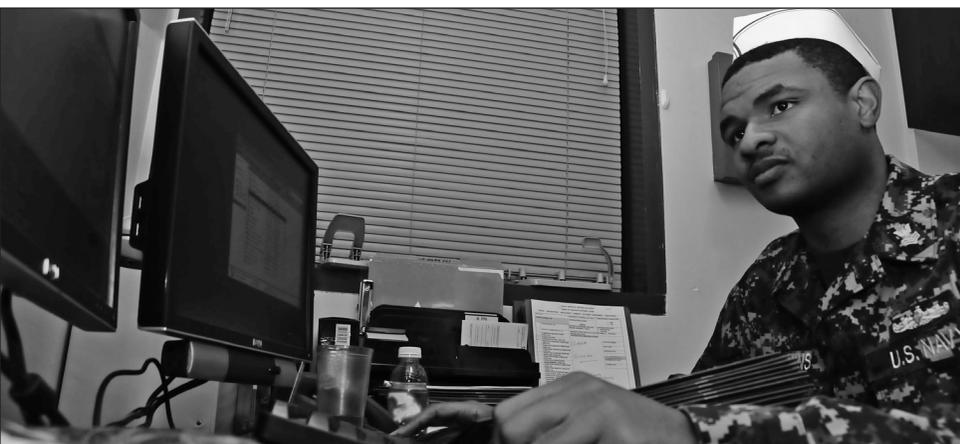
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Culinary Specialist 1st Class Terrell D. Downs works at his desk at Naval Medical Center San Diego’s galley.

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Chaplains and RPs provide a positive and powerful impact at NMCS D

By Mass Communication Specialist 3rd Class
Justin Galvin
Naval Medical Center San Diego Public Affairs

SAN DIEGO — At Naval Medical Center San Diego (NMCS D) the jobs of active duty, reserve and civilian chaplains, as well as religious program specialists (RP) take on duties and responsibilities that have a lasting impact on the lives of hospital staff and beneficiaries.

Hospital chaplains and RPs have a unique culture all their own. The chaplains must be able to instantly adapt to effectively deliver ministry in a variety of environments, including caring for an outpatient in a clinic, standing by the bed of an inpatient in the Intensive Care Unit, listening to a grieving family member in the emergency department, or celebrating the birth of a child.

“To be a competent and effective hospital chaplain is not easy. It requires a set of skills and training that goes way beyond what is expected of a chaplain serving in other billets. It is a job that is not for the faint of heart,” said Lt. Matthew Olson, a staff chaplain at NMCS D. “On a regular basis we encounter death, dying, suffering and pain. At times it can be overwhelming, but I try to remember that when I walk into a room I bring the gifts of compassion, mercy and grace. When I leave, I often take out of the room with me the patients despair, loneliness, fear, and hopelessness.”

Chaplains in a hospital environment are equipped to meet a unique range of ministry opportunities. According to NMCS D’s Command Chaplain Capt. John Denton, the work of chaplains in Navy medicine is focused on both patients and staff members.

“Chaplains address spiritual and religious matters, the spiritual being something that we all can connect with,” says Denton. “In both of these communities (we are) simultaneously helping with the healing process of patients while vigilantly supporting and tending to the needs of the staff.”

RPs do not provide direct pastoral counseling on board NMCS D, but share some of these duties by taking care of the day-to-day operations within the hospital’s chapel. RPs support chaplains of all denominations by maintaining records, ecclesiastical (religious) documents, and liaise with religious and community agencies. They also set up for services,



Naval Medical Center San Diego’s (NMCS D) Religious Program Specialist (RP) Seaman Recruit Kenneth G. Riddick lights a candle in preparation for a religious service at NMCS D’s Chapel.



(U.S. Navy photos by Mass Communication Specialist 2nd Class Zachary Bell/Released) **Cmdr. Robert A. Spencer, Naval Medical Center San Diego (NMCS D) Roman Catholic Chaplain, delivers a prayer during Catholic Mass at the NMCS D Chapel. The Navy chaplains, alongside the religious program specialists, make up a ministry team that offers spiritual support to the hospital’s staff and beneficiaries.**

perform administrative, clerical and secretarial duties, as well as publicizing the command’s religious program activities.

Additionally, RPs like NMCS D’s Religious Program Specialist 3rd Class Maria M. Ruiz, act as a direct link to active duty staff members and patient beneficiaries to the chaplains by providing information on service times within the chapel. Being there for people is a part of daily life for Ruiz.

“I get my motivation from my fellow Sailors and Wounded Warriors that I meet here,” said Ruiz.

Ruiz is involved in various clubs and associations at NMCS D, which puts her in contact with many of the staff members and beneficiaries. These extracurricular activities, such as the Junior Enlisted Association and command color guard, offer Ruiz the chance to meet a variety of individuals.

In 2013 alone, NMCS D chaplains had more than 13,000 inpatient visits, 2,400 outpatient visits and performed nearly 800 sacramental acts. They also handled more than 1,200 counseling cases. NMCS D is proud to offer a Catholic mass service noon Monday through Friday and a Protestant service on Sundays at 9:30 a.m. all held at the base chapel. The base chapel also has a sanctuary set aside for all faiths to use. Staff and beneficiaries are welcome to talk and receive confidential counseling on a walk-in or appointment basis.

For more information on the Navy Chaplain Corps, visit www.chaplain.navy.mil and www.navy.mil/local/crb/.



Naval Medical Center San Diego’s (NMCS D) Religious Program Specialist (RP) Seaman Recruit Kenneth G. Riddick arranges hymnals in preparation for a religious service in the NMCS D Chapel.

NMCS D Hospital Corpsman Hero

By Mass Communication Specialist 2nd Class (SW/AW) Sean P. Lenahan
Naval Medical Center San Diego Public Affairs

SAN DIEGO — Often when we drive by an accident, most of us slow down to see what has happened. Rarely, though, does someone get out of their car and actually take action to provide assistance. But that is exactly what Hospital Corpsman 3rd Class Justin Cortes, assigned to Naval Medical Center San Diego's (NMCS D) Dental department, did.

Cortes was enjoying a quiet night with his wife Andrea when fate dropped in and gave him the chance to make a difference in someone else's life.

"We were getting ready to go to bed that night, it was around 11 p.m. I was nine months pregnant and I hadn't had any (pregnancy food) cravings up until that point," said Andrea. "I wanted tacos. When I told Justin he replied, 'Seriously, you want tacos right now? Awesome!'"

It was a seemingly routine night followed by late night munchies. Cortes and his wife were making their way back home, only three blocks from their favorite local taco shop in Chula Vista, Calif., when they saw it.

"It was foggy and looked smoky; then we saw the wreck," said Andrea. "There were automobiles just driving by this car on fire, just like it was normal."

In the midst of haze, confusion and dismissal by other cars Cortes took action.

"My wife and I noticed the smoke coming from the car. I told my wife I had to do something. I got out of the car and noticed no other immediate dangers," said Justin. "Then I pulled the driver away from the wreckage with fire coming from the car's engine."

Everything Cortes had learned at Navy Hospital Corps School, field medicine training at Marine Corps Air Station Camp Pendleton, and his emergency responders training that he had learned at Naval Hospital Twentynine Palms kicked in as he acted to save a life. It brought him the courage and leadership he needed for that moment.

"I assessed the scene and used the Fleet Marine Force's nine general rules of first aid," said Cortes. "I performed the head-to-toe assessment and the driver only had (a few) compound fractures and I held a C-spine hold, keeping his head still, in line with his spine to prevent further injury and even paralysis."

Cortes remembered and executed his training without hesitation.

"We had left our cell phones at home since the taco shop was only a few blocks away, so I left Justin to go get them," said Andrea. "When I got back to give Justin his cell, there were five people just standing around him, but no one was helping."

Then there was another chance for Cortes to put his Navy Medicine training to good use.

"Some random guy out of nowhere comes by and says he had a fire extinguisher," said Andrea. "So Justin says, 'Cool! Put the fire out.' The guy tells Justin that he doesn't know how to use it. So Justin, while still holding onto the driver, instructed the guy on how to use the fire extinguisher."

In the midst of holding the car wreck victim and awaiting the arrival of the police and paramedics, Cortes was able to maintain control and prevent further damage.

Cortes was featured on a breaking news segment with San Diego's ABC Channel 10 News.

"When the cops arrived I asked if they needed me to stay any longer and they responded that they had the situation under control," said Cortes. "Then I went home and had some tacos."

The tired father-to-be went back to work the next morning as usual and never mentioned anything about the situation until he was asked about it from his co-worker who happened to see the news story that morning.

That next day, Oct. 30, Andrea went into labor and Cortes was a proud father of a baby girl. Cortes's Chief Hospital Corpsman David McCarter calls him aside to tell him Commander, Naval Medical Center San Diego (NMCS D) and Navy Medicine West would like to congratulate him on his heroic efforts.

Standing in front of his NMCS D chain of command, Cortes humbly smiled, saying few words. He was applauded by his superiors for his actions, and was given the Admiral's personal command coin.

Cortes is from Antioch, Calif.. He enlisted in the U.S. Navy in February 2009. His tours of duty include Naval Service Training Command Great Lakes, Field Medical Training Battalion West Camp Pendleton, Naval Hospital Twentynine Palms, Camp Leatherneck Afghanistan, and has been assigned stationed at NMCS D since 2012. His medals and awards include: Navy/Marine Corps Achievement Medal, Good Conduct Medal, Global War on Terrorism Service Medal, [Afghanistan Campaign Medal](#), [National Defense Service Medal](#), [Navy Sea Service Deployment Medal](#), NATO Non-Article 5 Medal for ISAF and Navy Pistol Marksmanship Medal.



(U.S. Navy photo by Mass Communication Specialist 3rd Class Pyoung K. Yi/Released)

Research discussed

Commander, Naval Medical Center San Diego (NMCS D) and Navy Medicine West (NMW) Rear Adm. Bruce L. Gillingham (left) and Deputy Chief, Wounded, Ill and Injured, Bureau of Medicine and Surgery Rear Adm. Alton L. Stocks (center) discuss current research on gait analysis with Gait Analysis Lab director Marilyn Wyatt (right) at NMCS D.

Army Corps Battalion: Life support for VA Hospital

By JoAnne Castagna, Ed.D.

Patients at the James J. Peters VA Medical Center in the Bronx, New York were pleasantly surprised recently to see active duty soldiers walking in their hallways.

"It's so nice to see when they walk through the facility how the patients react to them. They look at their shoulders and see the rank and they ask 'How are you Sarge?' And when they're going for coffee the patients stop them and talk with them," said Anthony DelVecchio, project manager, U.S. Army Corps of Engineers, New York District.

The soldiers were from the U.S. Army Corps of Engineers' 249th Engineer Battalion (Prime Power). Not only did they brighten the patient's mood, they made sure the hospital's lights stayed on.

The hospital needed to complete an electrical distribution system upgrade to maintain its accreditation and keep the facility operational for veterans.

This fall the 249th played a key role in getting this project completed, with minimal impact to patients and significant savings. The work included replacing up to 400 circuit breaker panels and installing five backup generators. The hospital already had two backup generators, but hospitals are now required to have more to keep critical portions operational in the event of a power outage.

To accomplish this work, the Corps realized that one fourth of the hospital's electricity needed to be

turned off for significant periods of time, sometimes as long as 30 hours, in order to perform the work, meaning temporary power was needed.

Unfortunately, a plan for temporary power was not factored into the VA's project design, so alternatives had to be considered. That's when the Corps called on the 249th. The 249th is a versatile power generation battalion assigned to the Army Corps to provide commercial-level power to military units and federal relief organizations worldwide.

The battalion played a key role in the Corps' response mission following Hurricane Sandy, providing temporary emergency power to critical facilities, such as hospitals, police stations and public housing developments in the New York-New Jersey Metro Area.

"I called them and they agreed to help. They have their own men and equipment and provided us a cost estimate to provide temporary power for the entire project," said DelVecchio.

The project was completed in Fall 2013. The work was only performed on the weekends in order to have minimal impact to patients. The hospital is an out-patient facility where patients are typically not there on the weekends and the hospital also has several clinics that are closed on the weekends.

"These guys were 100 percent professional," said DelVecchio. "They came in with all of their men, equipment and generators and worked round the clock. They are all about the mission."

Medical operations in Afghanistan: Continued success as ANSF takes the lead

KANDAHAR AIRFIELD, Afghanistan – When it comes to casualties of war, everyday tasks become critical within seconds. Spectrums of military assets are zeroed in around the situation at hand, accounting for every single miniscule detail.

Weather, terrain, location, transportation, and severity of injury are all things that must be accounted for before troops can get medical treatment for their injuries.

The joint forces team that makes up the Patient Evacuation Coordination Cell coordinates all medical and tactical evacuations across three provinces in southern Afghanistan for Regional Command (South), and assists in requested Afghan National Security Force medical operations.

“The coordination of all aspects of MEDEVAC and TACEVAC requires an intimate knowledge of current operations, medical treatment facility status, weather status, aircraft status and maintenance issues,” 1st Lt. Aaron Berg, Combined Joint ANSF development medical officer, said.

To coordinate a typical medical mission, the PECC is in constant communication with all military air and ground assets that have a role in assuring the evacuation goes smoothly and quickly.

“It is very much a team-based approach,” said Flight Lt. Jason Lynam, Officer Commanding for the PECC RC (S). “All elements need to work effectively to ensure everyone is well supported.”

Berg added that keeping all elements informed throughout the process offers the best chance for damage control and increases the patient’s chance for survival.

“We pride ourselves on the professionalism of our team and the sense of commitment to ensure the fastest, most suitable care is given to soldiers under the umbrella of RC (S),” Berg, said.

While the PECC’s main focus is to support International Security Assistance

Force medical missions, they also work closely with the ANSF Operational Coordination Center (Regional South), a regional hub for ANSF pillars, as they continue to establish a medical common operating picture, to support and assist in ANSF medical operations.

While ANSF continues to improve on their capabilities, a decline in medical mission requests has been seen compared to in previous years, Berg said.

Establishing a MEDCOP at the OCC-R has helped all pillars of ANSF understand the benefit of tracking medical patients and operations.

“Over the past five months since (Combined Joint Task Force 4th Infantry Division) has been here, we have seen a continuing trend of ANSF led evacuations via ground CASEVAC and an ever improving air CASEVAC capability on the Kandahar Air Wing’s behalf,” Berg said.

Captain Nolan Ellis, 201st Security Force Assistance Team medical advisor, is the sole ISAF medical advisor at the OCC-R and is in charge of ensuring all of the ANSF pillars understand the unique importance and relevance of patient tracking and the CASEVAC process.

“They have come a long way, there has been a big effort and a push to make the MEDCOP more relevant to ensure all casualties are taken care of,” said Ellis.

Since his start at the OCC-R in July, Ellis has helped simplify battle drills, creating a process that any ANSF duty officer could understand if put in that position.

“Cpt. Ellis has things going well. All seven of the ANSF duty officers are acquainted with patient tracking, seven line CASEVAC receiving and the MEDCOP has been expedited by tracking (medical movements) on their large battle map,” Berg said. “All duty officers now have the capability to track each seven line request that is received at OCC-R and will have the ability to guide units with casualties to local ANSF, ISAF or civilian medical

facilities in their area.”

In the past two months Ellis has already seen major improvements.

“Medical evacuation requests and patient transfer request time has been cut in half and they have developed a capability to tell troops where to go via ground assets to get to a medical facility,” Ellis said.

The PECC and the OCC-R are working examples of ANSF led operations as the North Atlantic Treaty Organization mission winds down. The Afghan National Security Forces continue to rise to the challenge and take the lead in casualty evacuations.

“The ANSF are certainly showing their competence,” Berg said.

Berg recently made a trip to the OCC-R to establish a tactical operations center and provide a capability to conduct coordination and synchronization roles throughout the region for the ANSF.

“They were very receptive to me going over there and providing them with the skills to track evacuations and coordinate assets through the (Afghan National Army) 205th Corps and KAW,” Berg said. “They were also put through a medical operations course that integrated the necessary criteria required to correctly track casualties.”

“Each of the soldiers gleaned valuable information from this scenario and took away the importance of communication, sense of urgency and necessary steps they must take to ensure the highest probability of survival in this theatre operation,” he added.

Berg explained that overall, the OCC-R’s upward trajectory is promising, and while there are cultural challenges involved, ANSF have a robust setup with improving personnel and are setting themselves up to be the standard for coordi-

• **GUARD**

Continued from page 1

ronment.

Tollefson said, “The ability to conduct real training with our Air Force partners on available aircraft is cost-effective. We all benefit by building relationships and working together. We have very experienced flight surgeons and flight surgeons in training. Collaboration such as this benefits all involved. We all work together in Mississippi by all moving forward in the training environment.”

He added, “When the 172nd AW comes down to the CRTIC in the spring, we look forward to developing joint training with them. In fact, Colonel Wall has recommended we all get together and brainstorm the issue.”

Nelson commented, “Dr. Rohrer will be our ‘point guy’ to work this joint rela-

tion, synchronization, battle tracking, CASEVAC authority, and patient tracking within the region.

“The major take away is that ISAF is working closely and continuing in-depth advising of the ANSF, but this whole process is going to take time and a team effort to ultimately be as successful as the Afghan people deserve,” Berg said.

Regardless of the force, the mission is to save soldiers’ lives.

“A successful day in the PECC is when ANSF can provide their own point of injury care, utilizing tourniquets and ground CASEVAC or MEDEVAC patients using KAW,” Lynam said. “That is what we are working toward: when they can provide their own casualty management from point of injury to medical facility.”

The PECC and the OCC-R medical staff have been conducting successful medical missions daily and are always working to reach long and short-term goals.

“I don’t think there is any greater honor on the battlefield than being able to support those who are injured,” Lynam said. “Knowing that all troops on ground have the faith and confidence in the MEDEVAC asset we provide and trust that MEDEVAC process ensures that we can get them the highest level of care.”

Across the board, having all elements work together is what makes the PECC and the OCC-R staff successful in providing the best care for soldiers.

“Each of the ISAF nations’ most important resources are the soldiers. Our goal here in the PECC is to provide the quickest most effective MEDEVAC to the soldier fighting the fight and conducting the missions outside the wire,” Berg said. “We owe it to them to do whatever is necessary to coordinate the resources required to help them.”

relationship. His commander, Col. Thomas Bacon, has been very supportive of this new role and his support in this effort is greatly appreciated.”

Brig. Gen. (Dr.) Kory Cornum, Keesler Medical Center commander, said, “This (cooperative effort) demonstrates how active duty, Reserve and Air National Guard - medics and operators - working together can achieve great results and understand what each team brings to the fight.”

“The work that our CCATT teams are doing with the 403rd Wing at Keesler and the ANG is truly cutting edge. This is a cost-conscious and efficient use of our respective resources,” added Cornum. “Everybody learns how to better care of our patients and our mission and we have fun doing it.”

• **AIRMAN**

Continued from page 1

Taka said most of her teammates are from Florida, with some from New York and the rest from Missouri.

“Most of the time I work out on my own and then we have scheduled training as a team based on a schedule sent out by the netball association manager. Training is held in Fort Lauderdale, Fla.; Brooklyn, N.Y., and Atlanta. I usually drive to the closer locations for training.”

At 24, Taka is the youngest member of the team; the oldest is 48. She said she pays “out of pocket” for the travel, with occasional assistance

from her family.

Commenting on her selection, Taka said, “It was a long time coming. It was personal achievement that I’ve always dreamt about. This was a great experience. As an Air Force member, I serve our country and I was proud to represent the U.S. in the tournament.”

She added, “I didn’t get where I am today by myself. I have a lot of people - family, friends, and my flight and squadron leadership - to thank.”

Taka, who will mark five years of Air Force service in April, has been assigned to Keesler for four years.

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The Army Corps and contractors had to swap out old circuit breaker panels and install 130 new ones on several of the patient floors. The five backup generators were installed earlier in the project.

Luis Rosado, project engineer, U.S. Army Corps of Engineers, New York District said, "To install the new circuit breaker panels the project team had to disconnect the power connections, such as cable connections, from the old panels, remove the old panels, install the new panels and reconnect the power connections to the new panels. While this is being done the hospital's electric power needed to be turned off."

Circuit breaker panels are devices that collect the electric power that comes into the hospital from the out-

side public power grid. The panels are what transmit the electrical power to the hospital rooms. The project was successfully completed and the hospital is very pleased with the work and how the 249th came to the rescue for their electrical distribution system upgrade project.

"The VA loves them!" said DeVecchio about the 249th. The hospital recently held a ceremony for the Battalion and presented them with certificates of commendation.

Dr. JoAnne Castagna is a Public Affairs Specialist and Writer for the U.S. Army Corps of Engineers, New York District. She can be reached at joanne.castagna@usace.army.mil. Follow her on Twitter at <http://twitter.com/joannecastagna>

• JOURNEY*Continued from page 2*

to the Basic Recruiter Course at Marine Corps Recruit Depot San Diego in July 2012 and graduated the following month.

He arrived at RS Columbia in August 2012 to begin his 36-month tour of recruiting duty with RSS Augusta. He attributed his success thus far as a recruiter to his communication skills and sharp appearance in uniform.

"It's imperative to show people what a Marine looks like, to show the intangibles by being the prototype Marine," Rios said. "Promoting these values encourages young enlistees to strive harder to achieve their goals."

He displayed his commitment to physical fitness during multiple workouts each week while preparing enlistees for recruit training. Tyciak, a native of Blackwood, N.J., said Rios sets a high standard for his enlistees, one that helps the recruits when they arrive at Parris Island. Tyciak, who served as a recruiter in Fort Pierce, Fla., and Naples, Fla., from 2005 to 2009, said Rios provides a significant proof source of physical fitness and discipline for others to emulate.

However, Rios' fortune took a turn for the worse the morning of June 20 on

his way to work. Approximately two to three miles from his office, Rios noticed gravel and debris covering the roadway while riding his motorcycle onto an interstate bypass. He maintained his distance from the cars around him and attempted to slow the bike using a combination of the front and rear brakes, but he knew it was too late. His bike fell to its left side while traveling an estimated 25 mph and slid with Rios attached for an additional 20 feet before he finally broke loose.

Dazed and confused, he picked himself up and walked slowly toward the mangled bike. He then sat down against the side wall of the bypass and waited. Several motorists stopped to assist.

"Are you hurt," one person asked, as Rios recalled the event. He responded, "I'm OK."

He remembers feeling OK at first, relieved that he survived the accident. But he soon realized the severity of the situation as the adrenaline subsided and first responders removed the sheared protective equipment from his left leg to reveal a crater where his left knee once was, now filled with debris and small

See JOURNEY, Page 16

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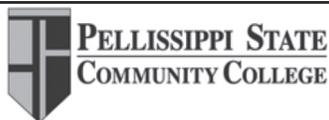
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A lifetime of selfless service closes a chapter

Command Sgt. Maj. Zarrod Beck of Plainfield, Ill., enlisted in the U.S. Army after high school. His military career started at age 19, inside a tank during the first gulf war. He continued through many jobs, units and countries. After 24 years of service he retired from his position of command sergeant major of the 405th Brigade Support Battalion (BSB) in North Riverside, Ill., in December 2013.

"I like to give back to society by providing information rather than enforcement," said Beck.

Beck works as a police officer in the Chicago area when he is not on military duty. He served his country full-time whether acting as a single father to his daughters, senior enlisted leader to his Soldiers, or police officer of 17 years to his community.

"Mentorship is awesome because it allows others to keep your dreams and goals alive after you are gone. It feels great to give advice and see someone listen and implement the advice and it works," said Beck. "When a young warrior comes back and says, 'Thanks for the advice, it worked just like we discussed,' it is marvelous. I did my job. I'm happy because I did not let that warrior down."

1st Sgt. Michael Kosak of Roscoe, Ill., with Headquarters and Headquarters Detachment, 405th BSB in North Riverside, Ill., first met Beck in March 2012. Kosak was impressed with Beck's open-door policy, focus on mentorship and insistence on diligence.

"He said 'leaders have to lead' and I use that as a motivational piece when talking to my troops," said Kosak. "I've incorporated the things he does on a daily basis into shaping our future leaders. He was unbelievable to work for. He allowed people to make mistakes and always wanted to make sure things were done the right way. For example, drill and ceremony is often neglected, but he led marches as a sergeant major during our annual training in Botswana."

Lt. Col. Dan Reichen of Rochester, Ill., Recruiting and Retention Battalion commander, worked closely with Beck during his last assignment as commander of the 405th BSB. Reichen said he saw Beck live the Army values, motivating his subordinates and leaders.

"There is one word to describe that man and that word is 'Hooah.' It is his mantra. He is a man of high energy, high motivation and he has high standards for both himself and his NCOs," said Reichen. "Commanders rely on their sergeants major to have the pulse of their NCOs and deliver the command message. He was outstanding in this. He believed in the mission and pulled out the best in everyone around him."

Upward mobility in the military is critically important and the decision to find the next challenge highlights that importance, Beck noted.

"I am so fortunate that I had great mentors to assist me on my journey to the top of the pyramid," he added. "Not everyone will make it to the top. There are plenty of openings at the bottom, but the top is where everyone should strive to be. This message is simple. Leaders lead. It is important to move up or get out of the way and let the next Soldier lead. After my long career, I feel as though I am ready for the next move."

After 24 years as a Soldier and seven as a command sergeant major, Beck said he was thrilled to end his service with the best annual training he has ever had. During his last annual training, he organized and led his third military "Olympics" which consisted of competitive team events, such as sprint relays and sandbag holds. Beck said he saw an infectious amount of leadership from his Soldiers and it was a victorious moment.

"I watched teamwork, mentoring and leadership explode before my eyes. Soldiers competed hard and supported each other. I honestly felt like a proud father watching his child ride a bike for the first time. I am so proud of these Soldiers," said Beck. "Words cannot express how I feel about the 405th BSB."



Photo courtesy of Command Sgt. Maj. Zarrod Beck
 (Left to Right) Ariel, 18, and Zariah, 12, daughters of Command Sgt. Maj. Zarrod Beck of Plainfield, Ill., are presented with certificates of appreciation at his retirement ceremony.

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Guided Wyoming hunts for Elk, Deer, Moose, Sheep, Antelope, Bear, and Lion. We pride ourselves on putting everything we have into our efforts to provide you with an opportunity to fill your tag. Our Forest Service permits allow us to provide you with a first-class hunt in the Bridger National Forest, specifically, the Wyoming Range. This area grows some of the best Deer and Elk in Wyoming! Join us for a great hunting experience!!

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307-360-7043. License #BG045
www.darbymountainoutfitters.com

KEYSTONE VALLEY RANCH

Approximately 200 acres of varying terrain consisting of mostly dense Pennsylvania woods & food plots. We have plenty of recreation & wildlife to enjoy. We also have fishing at the ranch at the local state park. Even though we specialize in big framed trophy whitetail bucks scoring 170-200+, we offer hunts for all sizes & can accommodate almost any situation. All our hunts include meals & staying at our 3,500 sf non-smoking lodge. Contact us today at:

717-497-9744 • kvranch@verizon.net
www.keystonevalleyranch.com

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217-732-4238
hunt@big-oak.com
www.big-oak.com

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Hunt the rolling hardwoods, big tillable ag fields and food plots of West Central Illinois. The whitetail deer hunts are all on private, managed ground. Hunts are semi-guided with stands/blinds in place. We provide a map and guidance/advice as to where to hunt. Lodging is included in the price of the hunt. We have trail camera pictures for bucks that meet the special criteria. Call today for more information or to book your hunt!

618-550-9406 or 217-829-4008
nontypical89@hotmail.com
nontypicaloutfitter.com

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SE ADAMS COUNTY ILLINOIS**

We offer 100% fair chase trophy bow hunts and shotgun hunts on some of the finest whitetail ground in the country. We do not pressure the deer by entering bedding areas, and our hunters are not allowed free roam of our properties. This, in combination with our limitation on the number of hunters and the number of weeks we hunt gives every hunter an excellent chance of success on a trophy buck. Contact us today to book your hunt!

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springvalleyoutfitters@gmail.com
www.springvalleyoutfitters.com

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has traditionally offered whitetail deer and waterfowl hunting opportunities. We continue to specialize in whitetail and waterfowl hunts. We are pleased to be able to offer the following outdoor adventures.

Call: Ray Frey at 204-848-2610
or 204-848-0200
Email: freyc@mts.net
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Nestled in the quiet farmland of Southeast Michigan, we are waiting to give you an unprecedented pheasant hunting experience. Tower hunts, grassland hunts, and dog training are all available on 957 acres of prime hunting preserve land permitted by the Michigan DNR. Come join in the experience that so many others are talking about. Contact Nate for bookings and mention this ad for Military discount!

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We are a full service outfitter specializing in Boundary Waters Canoe Area Wilderness (BWCAW) and Quetico Provincial Park canoe trips. We can help plan a customized expedition just for you, even if you've never been in the Boundary Waters before. With thousands of wilderness lakes and an almost unlimited number of possible canoe routes, our expertise can make a huge difference in your BWCAW expedition. We can handle all permits and have an extensive selection of camping/fishing equipment available. Our goal is to provide you with the best service for the best value. We're ready to outfit you with everything you need for a great wilderness vacation. Call us toll free 1-800-848-5530 or email: vno@vnorth.com, www.vnorth.com

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Owned and operated by Travis Honeycutt. Travis is a seasoned hunting and fishing guide, originally from western North Carolina. He has nearly a decade of guiding experience in Texas alone. Whether it's whitetail, bugling elk, mule deer, rugged aoudad, gobbling rio's, or the illusive bobcat or coyote, Travis has the knowledge, country, equipment and drive to make sure your hunt is a success.

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E-mail: info@buckandbulloutfitters.com
www.buckandbulloutfitters.com

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wildernessbay@gmail.com
www.wildernessbayresort.com

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Toll free 866-210-2445
jerry@coloradohunterservices.com
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Irish Creek Outfitters
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Cell# 660-676-0776
www.heggemeiergamefarmandkennel.com
heggemeier@mcsys.com

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joe@boggycreekoutfitters.com
www.boggycreekoutfitters.com

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Salmon sport fishing in Morro Bay will be open from April 3rd until September 30th. Call us today & book your trip with Joe Anderton, a local fishing expert! Joe will give you one on one fishing tips that only he knows aboard the legendary BBQ 22' Radon Craft boat that he captains. The boat is loaded with fish finders & GPS equipment and many other electronics that Joe uses to put you into the large fish fast. You can expect a fishing trip of a lifetime with Captain Joe! Book your charter now!

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djafic@yahoo.com, www.morrobayfishing.net

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www.prairiewindhunting.com

Psychiatrists

PSYCHIATRIST

Rimrock is recruiting for a FT or PT Psychiatrist to provide psychiatric services to our patients with co-occurring disorders. No call required. Rimrock has a solid reputation for treatment of multiple addictions and eating disorders. We are Montana's largest addiction treatment facility with 90 beds. Rimrock is near the mountains and Yellowstone Park with great recreational opportunities. EOE

Contact Rimrock Human Resources

1231 North 29th Street

Billings, MT 59101

1-800-227-3953

www.rimrock.org



PSYCHIATRISTS

IMMEDIATE CAREER OPPORTUNITIES for:

- **Medical Director (Psychiatrist)** - East Orange Hospital, East Orange, N.J.
- **Child & Adolescent Psychiatrist** - St. Clare's Hospital, Denville, N.J.
- **Outpatient Psychiatrist** - St. Clare's Hospital, Denville, N.J.
- **Per Diem Psychiatrists** - Various Hospitals throughout New Jersey
- **Adult and/or Child Psychiatrist** - Lourdes Health System, Willingboro, N.J.
- **\$5K Bonus - Adult/Child Psychiatrist** - South Jersey Hospital System (Inspira), Bridgeton, N.J.

CFG is a broad based healthcare provider that is dedicated to increasing access to care via innovative applications of technology like Telepsychiatry and virtual environments. In addition to running its own clinics, CFG provides hospital based programs including inpatient psychiatric services, ED evaluations, psychiatric crisis center intervention, medical/surgical floor consults, school-based programs, partial hospitalization programs, residential treatment services and healthcare services for correctional facilities. We are currently accepting inquiries and ask that you contact our recruiter, Ms. Deborah Carey of CFG Health Network. Ms. Carey has met with our client and has an in-depth knowledge of what they are seeking. We are confident that she will be able to convey the needs and spirit of our partnership to you. Please submit your resume via fax to: 856-396-3179 or by email to dcarey@cfgpc.com

Check out our website: www.cfghealthnetwork.com

Dental

DENTIST III

Cumberland County; Fayetteville, North Carolina
Salary: Up to \$134,848. Provide on-site clinical services to eligible children ages birth - 20 years of age as well as limited number of adult emergencies; Provide dental education to schools and other community organizations; Serve as an externship site for dental assisting, dental hygiene, and dental students; Conduct dental screenings in elementary schools and referrals via School Health Functions; Provide limited clinical services (primarily extractions) to county jail inmates; Supervise activities of Dental Clinic, a dental assistant, a dental hygienist, and two patient relation representatives. Licensed to practice dentistry in the State of North Carolina.

Please call Health Director, Buck Wilson for more information at (910) 703-1207

Mental Health



Jefferson Center
for mental health
**Veteran Services Manager/
Outreach Specialist**

Education/Experience:

- Master's degree and license in mental health preferred, program management or related field. Experience working with persons with mental illness preferred. CAC preferred.
- Prior military service is strongly preferred or in-depth knowledge of military culture.
- Excellent customer service skills needed in interactions with the military community and within the Jefferson Center organization.

Duties:

- Development and oversight of the Veteran Services program, Total Force, including outreach to the military community to identify the mental health needs of veterans and their families. Build relationships and/or partnerships within the military community that are beneficial to the implementation and growth of the program.

Send cover letter and resume to:

kimberlym@jcmh.org

Visit: www.jcmh.org, click on careers tab.
EOE M/F/D/V and tobacco free

Miscellaneous

We are actively recruiting for Licensed Clinicians (LICSW/LMHC), Nurse Practitioners and Psychiatrist. Recognized by the Boston Globe as one of the 2013 TOP 100 places to work, Bay Cove Human Services is a private, not-for-profit corporation that provides a wide variety of services to individuals and their families who face the life-long challenges of developmental disabilities, aging, mental illness and drug and alcohol addiction. Please visit www.baycove.org for further information and to apply accordingly.



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Wake Forest®

Baptist Medical Center

Wake Forest Baptist Health, Winston-Salem, NC
Hiring Rheumatologists as Clinical Investigators and Clinical Educators. Please send CV to mkiger@wakehealth.edu. EOE/AA

HOSPITALIST

St. Joseph's Hospital, a small community hospital located in North Philadelphia is seeking exp'd Hospitalists to provide evening/night shift coverage. Previous ICU exp & ICU certification req'd. Must be ACLS and board certified. Please contact: **Catherine E. Kutzler, CEO,**
215-787-9491, ckutzler@nphs.com

PHYSICIAN & NURSE PRACTITIONER

Vermillion-Parke Community Health Center looking for a Physician & Nurse Practitioner to join its outstanding and compassionate team. FT/PT; Full benefits; Loan repayment through the Nat'l Health Service Corps. Forward resume to:
tmartin@vpchc.org or call 765-828-1003



Family Medicine Physician - Wellton, AZ
OB/GYN Physician - Yuma, AZ
Nurse Practitioner

Somerton, AZ - Extended Hours

Certified Nursing Midwife - Yuma, AZ

Sunset Community Health Center is a FQHC/ Non-profit serving the rural areas of Yuma County, Arizona. We have 4 clinics serving the underserved. Located in the warm climates of southern Arizona close to San Diego, CA and within 3 hours of Phoenix, AZ. You get a small town life-style with easy driving to major metropolitan areas. Contact: Dr. Ellen Piernot, CMO for details of salaries and benefits.

Email: epiernot@sunset-chc.org.

Visit our website at:

www.sunsetcommunityhealthcenter.org
for additional information.

Find Us On

The Web

[www.military
medical.com](http://www.militarymedical.com)



Physicians

Eastern Shore Rural Health System, Inc. recruiting for:
 • Family Practice Physician • Internal Medicine Physician
 • Pediatrician. ESRHS is a Community Health Center located on the Eastern Shore of Virginia. ESRHS has much to offer our employees, incl. an exc. ben. package (health & dental ins.), 403(B) matching program, disability ins., paid CME and more! ESRHS has electronic medical records.
 Visit our website at: www.esrh.org. Contact: Jeannette R. Edwards (jre@esrh.org) 757-414-0400 ext. 112

CHEROKEE NATION in beautiful NE Oklahoma, a DNV accredited system is recruiting BC Physicians for 2 primary care clinics. CN offers; competitive pay, profitable 401K, affordable health insurance, 11 paid holidays, CME federal torte, no call, no wknds, great schedules.
Contact Recruitment Office at Ben King,
918-453-5655, Benjamin-king@cherokee.org

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 FT or PT BC/BE physician to join existing dept staffing 2 urgent care facilities. Lab & x-ray on site; open 7 days/wk, no call; shifts are 8-12 hrs/day. Comp salary & benefits pkg. Contact Valeri Saffer, CEO at:
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Family Physician – Fitchburg, MA
 Family Practice Physician needed to staff community health center serving primarily uninsured or underinsured residents of the North Central Worcester County area. Qualifications: BC/BE candidate. This is a great opportunity to work in our new facility to scheduled to be completed in Spring 2014. We offer attractive salary & benefits package. Please submit resume and cover letter to the Attention of Sarah Johnson, Human Resources Manager, Community Health Connections Family Health Center, 275 Nichols Rd, Fitchburg, MA 01420 or fax to: 978-665-5959 or Email to: sjohnson@chcfnh.org; phone calls welcome 978-878-8505 (direct line). EOE



PART-TIME OB GYN HOSPITALIST

Located in Vista, California, Vista Community Clinic is a private, nonprofit outpatient community clinic located in North San Diego County serving people who experience social, cultural or economic barriers to health care in a comprehensive, high quality setting.

As member of ob/gyn multi-provider clinic/hospital group, the OB GYN Hospitalist provides care to patients and ensures quality assurance. Malpractice coverage is provided by Clinic. Schedule is clinic and hospital hours.

California license, DEA license, CPR certification and board certified in obstetrics and gynecological medicine required. Bilingual English/Spanish preferred.

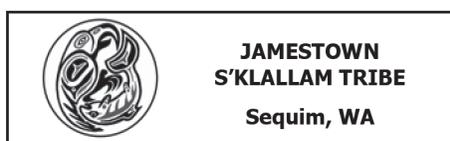
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Rr fax resume to 760 414 3702

Visit our website at
www.vistacommunityclinic.org

Physicians

Medical Director/Chief Medical Officer – Provide leadership & medical expertise to our dynamic team of providers, assure system infrastructure and processes that support our patient centered, holistic approach. FT, but will consider PT. Shared between administrative & clinical responsibilities. Exp. in a community health center, teaching and international medicine is pref'd. The Portland Community Health Center is a federally qualified health center located in the heart of beautiful Portland, Maine. We offer competitive compensation & full benefits pkg. To apply, please email cover letter, resume and salary expectations to: atucker@portlandchc.org

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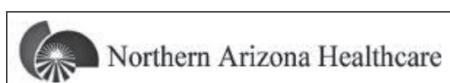
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 Contact: **Maggie Lewis**, Physician Recruiter
 928-214-3531, maggie.lewis@nahealth.com
FlagstaffMedicalCenter.com

Physicians

Ridgeline Physician Service is seeking a physician to join our group in Culpeper, VA. Ridgeline is a single-hospital group that provides hospitalist services at Culpeper Regional Hospital, a 70 bed community hospital affiliated with the Univ of VA Health System. Must be BC and comfortable with in hospital mgmt of all types of adult patients. Package includes comp. salary w/full benes, 401k & health, CME allowance, malpractice including tail, as well as a generous bonus plan and signing bonus. Culpeper is a wonderful small town nestled between DC and the Blue Ridge Mountains. It combines country living with easy access to the metro area. Visit www.visitculpeperva.com for more info & www.culpeperhospital.com for more info about the hospital. Send CV to: **Harvey Madonick, MD, ridgelinephysicians@gmail.com**.

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 Skyline Emergency Physicians, LLC, a democratic single-hospital group, is looking for an ABEM BC/BE physician at Culpeper Regional Hospital (CRH). We have 24 hours of single physician coverage daily in addition to two overlapping 12-hour shifts of NP/PA coverage. Our physician shifts are 8-12 hours. The ED boasts of a fully computerized medical record and ED ultrasound. The hospital is staffed with hospitalists 24/7 and supported by most major specialties with full-time or part-time coverage.
For more information, please contact Robert A. Rosen, MD, FACEP at skylineep@gmail.com, and include a current CV with contact information.



~ Family Physician ~
~ Optometrist ~

Yakima Neighborhood Health Services (YNHS) in Yakima, WA, seeking a Family Physician and Optometrist for our Community Health Center in Central WA State. We provide over 100,000 visits annually, at five locations, to low income and disadvantaged individuals in the Yakima Valley. We also have a special focus to serve the homeless. Accredited by the Joint Commission and recognized by NCQA as a Patient Centered Medical Home. YNHS offers multi-disciplinary teams to provide comprehensive, holistic care (medical, dental, pharmacy, vision, nutrition, and outreach). Our staff enjoys competitive salaries and benefits. If you are interested in learning more about working with a dedicated team to serve those most in need, please send a CV/resume to:

Rhonda Hauff,
Chief Operating Officer/Deputy CEO,
at rhonda.hauff@ynhs.org or call 509-574-5552

Physicians



Emergency Department positions available in the Division of Emergency Medicine, University of Tennessee Health Science Center, Memphis, TN. Board certification in Emergency Medicine preferred. Emergency Department physicians will provide care at the Regional Medical Center (the MED) in Memphis, TN. The MED is a Level One trauma center with approximately 30,000 ED visits/year. These positions are principally adult emergency medicine; participation in education of students and residents in Medicine is expected. Send CV/cover letter to: Chantay Smartt, M.D., Chief of Emergency Medicine, Regional Medical Center via fax 545-8996 or email at: csmartt@uthsc.edu. The University of Tennessee is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA institution in the provision of its education, employment programs and services.



General Internist Partner Opportunity
Mowery Clinic, a large well-established multi-specialty clinic in Salina, Kansas, is seeking a **BC/BE General Internist**. The clinic currently has three FTE General Internists, with one planning for retirement upon the hiring of a new partner, thereby providing a well-established practice for the new physician. This opportunity will enable a well-qualified candidate to join a highly respected independent medical group and provide traditional outpatient and inpatient care to a wonderful patient population. Mowery Clinic is committed to delivering quality healthcare and offers a competitive compensation and benefit package, including immediate partner status, a first-year earnings guarantee, and a relocation expense allowance. For more information about this opportunity, please contact:
Jenny VonLintel, Clinic Administrator,
at (785) 822-0261
or jvonlintel@moweryclinic.com



Coastal Community Openings for BP/BC Emergency Physicians

Physicians/Vibrant full-time career possibilities in spectacular coastal community settings tucked in and around the stunning Chesapeake Bay not far from the Baltimore metropolitan area, Washington, DC & Philadelphia. Live and work in an atmosphere that fosters work/life balance. Current Eastern Shore EM Practice Opportunities: www.umem.org/page/hospitals/eastern_shore

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 • Stroke centers & STEMI programs
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Physicians

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To learn more, contact **Kim Hannan**
at HannanKi@einstein.edu
or 215-280-1780. EOE.



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Vicki Owen

Phone: 503-415-5403
Email: vowen@lhs.org
Specialty: Pediatric
specialties, Adult
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Mandie Thorson

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Specialty: Outpatient -
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AA/EOE

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- Completion of a psychiatric residency or family medicine/psychiatry residency in an ACGME approved residency program
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Contact Us:

Visit our website at www.vistacommunityclinic.org

Forward resume to hr@vistacommunityclinic.org or fax resume to 760 414 3702.

EOE/M/F/D/V

Physicians/PA's

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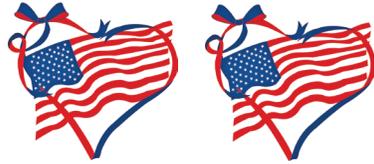
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• JOURNEY

Continued from page 7

bone fragments. He could also feel the excruciating pain of road rash along his forearms as paramedics loaded him into the ambulance. The same thought passed through his mind continuously: his career just met its end.

Rios suffered from a patellar tendon tear and severely damaged kneecap in his left knee, a broken toe, and road rash. Medical professionals determined that Rios' condition warranted an emergency surgery to repair the knee and lessen the potential for infection. His surgery began within the hour.

Meanwhile, a nurse at the hospital spoke with Tyciak over the phone about the severity of Rios' condition. Tyciak and his Marines departed their recruiting office immediately for the hospital.

"I was very concerned for his health," said Tyciak, who served as an AH-1Z Cobra and UH-1 Huey power plant mechanic prior to recruiting. "We were all worried about him."

Tyciak and his Marines visited Rios following the surgery, but he was unconscious. Hours passed when he finally awoke. He opened his eyes, disoriented, attempting to identify the figure next to him. It was Sgt. Maj. Anthony N. Page, the senior enlisted advisor of RS Columbia.

Hours before the accident, Page was conducting a command group visit in support of the recruiting substation in Greenville, S.C. He departed the Greenville recruiting office immediately after hearing the news of Rios' hospitalization and emergency surgery.

"His well-being was more important than recruiting," Page said. "He is one of ours. If a Marine is hurt anywhere, we go and tend to that Marine. He became my number one priority at that very moment."

Rios said, according to his nurse, Page waited at his bedside for several hours as he recovered from surgery.

Within seconds of waking up, Rios asked Page about the fate of his career. Rios said Page told him he was too great of an asset for the Marine Corps to lose and proceeded to provide words of encouragement.

"I thought my career was over," Rios said. "For Sgt. Maj. Page to be there for me in the environment and personally check on me and reassure me, it was an overwhelming experience for me."

Page's reassurance fueled Rios' journey to reclamation.

Rios spent the next two weeks in agony, but not solely from pain as one would expect. His doctor mandated that he remain off his feet in bed as often as possible. A cast covered the majority of his left leg, from his upper thigh down to his ankle. He couldn't walk on his own even though he wanted to. Jokingly, he stated that some people referred to his recovery period as a vacation. He disagreed. To him, his bed was a dreaded island in which time seemingly stood still.

Disabled by his injuries, he relied on the support of others like his roommate and fellow canvassing recruiter, Sgt. Ashley Harrod. The Lexington, Ky. native helped guide Rios in the weeks after the accident. He continued serving as a recruiter with his own mission requirement, but he still found the time to check on Rios throughout the day. He prepared Rios' daily meals and returned periodically each day to check him.

"He could do very little on his own," Harrod said. "I didn't mind helping him out because that's what Marines do."

Two weeks passed, and the heavy cast remained attached to Rios' damaged leg. But that did not stop him from making his trips to the apartment gym. Harrod said Rios performed very light workouts at first with an emphasis on not bearing weight on his left leg.

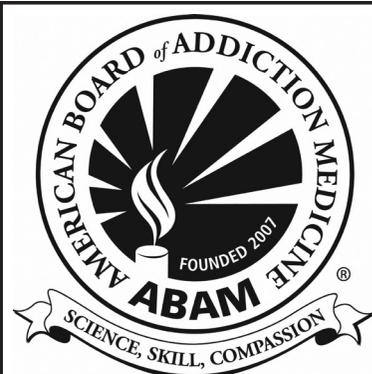
Harrod initially had doubts about his ability to maintain a workout regimen while recovering from his accident. However, after seeing his performance in the gym, Harrod knew that Rios would make a dramatic recovery.

Day by day, Rios returned to the gym. One familiar face approached him and asked, "Why are you in the gym now?" Another, "What happened to you?" Rios did not allow the perception of his incapacity to affect his path to recovery. He continued to push, day in and day out, to regain the physical strength and confidence that he lost in the accident.

Rios removed his cast after the six-week term mandated by his doctor. He continued his progression in a knee brace with the support of crutches. At 10 weeks, he put down his crutches and removed the large knee brace for the last time. He introduced leg activities to his workout regimen, to include leg extensions, leg lifts, rubber band squats, and parallel shuffles. At the 12-week mark, he completed his first jog on the treadmill. Weighted squats, lunges, leg presses, and leg curls entered the fray at week 13.

"I felt myself becoming stronger with each workout," Rios recalled. "I am now doing everything I was doing before the accident, but I still feel that I can improve. My legs are strong, and I am running fast."

The most difficult challenge of Rios' life began on June 20. Many could have easily written him off as finished and beyond recovery. But those who mattered didn't. His fellow Marines, from the recruiting office up to the recruiting station command group, remained by his side and supported him in his recovery. Rios reclaimed what he had lost, and he has returned to his role as a recruiter and as source of inspiration for those who take the challenge head on.



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