

## Education Fair

### Educating America's Patriots

1000 to 1400hrs 17 October 2012

Coast Guard Hangar—Upstairs Training Room

Representative from the following schools will be here to answer your questions!

- Ashford University
- Excelsior College
- University of Maryland
- DeVry University
- Pennsylvania State University
- Southwestern College
- Thomas Edison State College
- University of Phoenix

This Education Fair brings together SOC-COAST colleges and universities so you can learn more about the degrees they offer.

All agency members and their dependents are invited and encouraged to attend!

Have you been thinking about:

- An Associates Degree
- **A Bachelors' Degree**
- **A Master's Degree**
- **A Bachelor's Certificate**
- **A Master's Certificate**

AIRSTA Borinquen ESO will be on hand to answer questions

Such as:

- **How to get your "College Going"**
- The SOCCOAST College Network
- The difference between National and Regional Accreditation
- How to assess the credits you have already earned
- How to choose a degree



# Pumpkin Patch Scavenger Hunt



Saturday, October 20, 2012.

4pm at La Plaza flagpole

Ages: 9 - 18

Sign up is required at MWR by Wednesday, October 17th

Each group will receive a scavenger hunt photo list the day of the event. As a team, they will have 1 hour to take as many photos from the list as possible (ex: take a photo of the entire team with something colored red). The team with the most photos taken within an hour (5pm) wins!

Contact Emilie with any questions

# WE ARE READY



# ARE YOU? OCT 26 AND 27

# When Agencies Work Together



LT McCarty, AET1 Tacconelli, and AST2 Gerent explain hoisting procedures to personnel from the Sector San Juan Small Boat Station and Aids to Navigation Team. The crews spent most of last Friday familiarizing each other with the MH-65 and the new 45' Response Boat Medium before conducting several practice hoists north of San Juan Harbor. At the end of the day LT McCarty commented, "Overall, I think they enjoyed and appreciated the training - as did our crew."

## Diving for Life

AST3 Bayne displays impeccable form during a free fall deployment from 6566 off Crash Boat Beach. The crew, consisting of LT Ramos, LT Matthews, AMT2 Vera, AST1 Rivera, and AST3 Bayne, spent the day training with the Puerto Rico Police Dive Team. This day of training has been over a year in the making and is the first of its kind between the two agencies.



## The Ceramic Shop



### NEW HOURS!

Monday 10am-2pm

Tuesday 10am-2pm

Wednesday 3pm-6pm

Thursday Closed

Friday 5pm-8pm

Saturday Closed

Every Other Sunday

1pm-4pm

Starting Sep.16th

# Health Care News

## Clinic Corner

Attention OCT birth month personnel! Contact Health Services to schedule/complete your required readiness exams. Visit the following link to access your Health Risk Assessment (HRA): <https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha> Login. **You'll need a completed HRA for your PHA appointment.**

## Tricare News

**Verify your family's dental benefits or obtain related information at: [www.tricare.mil](http://www.tricare.mil) and [www.tricare.mil/dental](http://www.tricare.mil/dental).**

## FDA Updates

### Dengue Epidemic in Puerto Rico:

Dengue is a viral disease transmitted by the bite of the *Aedes Aegypti* Mosquito which thrives during the rainy season and in tropical areas; disease prevalence peaks July-August. Local Dengue cases are of the hemorrhagic type which has a high mortality rate. Symptoms include severe abdominal pain, persistent vomiting, red patch or spots on skin, bleeding from nose or gums, vomiting blood, black tarry stools, pale cold clammy skin, irritability, drowsiness, prostration and difficulty breathing. The most severe symptoms usually appear on the second or third day after onset. Infected patients are prescribed acetaminophen for fever/body aches (due to bleeding risk it is important to avoid aspirin and related products such as anti-inflammatory medications - NSAIDs), good hydration and rest.

Currently, vaccines are not available to prevent Dengue so, like most diseases, prevention is key! Inspect your housing perimeter and eliminate all outdoor standing water, containers or puddles to reduce mosquito attraction. Use mosquito screens; keep windows and doors closed to minimize your risk of mosquito bites. Apply mosquito repellent with 20-30% DEET over clothes and exposed skin surfaces. Products with less than 10% DEET as an active ingredient offer only limited protection, often no longer than 1-2 hours. Be cautious, higher DEET percentage can cause neurologic irritation to children. The following website offers great Dengue Fever facts: <http://www.puertoricodaytrips.com/dengue-puerto-rico/> Regards, Doc Lago

## Wellness Tips

Reminder to all hands: Voluntary PT test, 0730, 24 OCT, at the gym. All newcomers and past participants (come on out and try to beat your previous score) welcome! Stay fit, be well! - AIRSTA Borinquen Wellness Committee.

The Centers for Disease Control (CDC) issued a health alert for any patient who may have received epidural steroid injections (medication injected into the spine or other joints) over the past six months. Some of these identified steroids may have been used in treatments linked to 35 cases of fungal meningitis, including five deaths across the United States. The epidural injection referenced in this Health Alert IS NOT the same as the one given to women during childbirth. All Patients with related concerns should review the following CDC web site - <http://www.cdc.gov/HAI/outbreaks/meningitis.html> - for related information. If you think you're experiencing any of the symptoms listed for meningitis or fungal meningitis, contact your network provider. For latest updates, visit [www.tricare.mil/healthadvisory](http://www.tricare.mil/healthadvisory).

# Health Care News Cont'd.



## *Increase the Steps in Your Day for Better Fitness*

- Designate 10 minutes of your lunch break for a quick walk
- Take a family walk each evening after dinner
- March in place while watching TV
- Always take the stairs and park in the farthest area of the parking lot
- Plan a walking meeting
- Go to the farthest restroom from your office
- Join an exercise class
- Walk your dog or sign up to be a dog walker at an animal shelter
- Listen to music or books on tape while walking
- Pace around the house while talking on the phone
- Keep a walking journal and wear a pedometer to monitor your step progress. Every week increase your daily steps by 2000 steps.

*Give it a try! Every little bit of extra activity helps!*

Attention - **all CG uniform personnel... Informative Weight Policy Help Link below; full of revised manual information** which is now applicable for the October weigh-in cycle. <http://uscg.mil/hq/cg1/cg122/PolicyStandards/weight/revision/default.asp>

Get your (PWP) Personal Wellness Profile today at:

<https://wellsuite.com/uscg3/pwpcp/approot/PWPTermsOfUse.asp?sid=A3CC3FB66FFE42FC8F95>

## *October Wellness Observances*

Home Eye Safety Month: [www.preventblindness.org](http://www.preventblindness.org).

National Bullying Prevention Month: [www.pacer.org/bullying/nbpm/](http://www.pacer.org/bullying/nbpm/).

National Breast Cancer Awareness Month: [www.nbcam.org](http://www.nbcam.org).

Sudden Infant Death Syndrome Awareness Month: [www.firstcandle.org](http://www.firstcandle.org).

## Flea Market

Flea Market, November 3rd. **The Spouse's Club is renting spaces (roughly 10' x 14')** for \$15 next to the Exchange. A limited number of tables are available for rent for \$5 each in addition to the \$15 base fee. The Flea Market will be open for shoppers from 7am to noon. Setup will be from 6-7am. Spaces are available to be rented by approved MWR patrons. Please call Diane to make a reservation. There are a few tables being put together **for the 6th grade and 8th grade classes, so if you don't want to have a table, but have things you'd like to donate, please let Diane know and she can help make arrangements for your donations.** Thanks so much!



# WANTED

Keystone Club is the Boys & Girls Club Movement's most dynamic teen program. Keystone Clubs are chartered leadership and service clubs for boys and girls ages 14-18 designed to develop good character and to help members grow to become productive, responsible adults. They elect officers and implement their own service projects in three core areas: Leadership, Service to the Club and Community, and Education & Exploration. Keystone Clubs are designed to help teen members become more productive citizens and leaders. Each year, Keystoners develop a National Keystone Project which is the combined action of hundreds of local Keystone Clubs resulting in a service project with national scope.

**REQUIREMENTS:** Keystone members are required to attend 2 monthly meetings and complete 6 hours of service in the Club and greater community each month. Additionally, members are expected to volunteer at 2 to 5 required events that take place between September and January.

All meetings for the 2012-2013 year will take place every other Saturday or Sunday from 6:00pm-9:00pm unless there is a long weekend (holiday, vacation, etc.) in which meetings will then be rescheduled.

#### HOW TO JOIN:

- All applicants are expected to submit the application form by October 19th.
- ESSAYS SHOULD NOT EXCEED SPACE PROVIDED.

# REWARD

To help members further develop their leadership skills and understand the broader scope of service, Keystone Club members annually have the opportunity to attend Regional and National Conferences with teens around the globe. Teens can be nominated to steering committees that help organize these Conferences. Also, Keystone Club members would **have an opportunity to be nominated and become our Club's Military Youth of the Year.**

**Last year's National Conference was held in Fort Worth Texas.**

Please be sure that you will be able to fulfill the commitment of attending each meeting and completing the 6 hours per month of Club service.

For more information or for an application form speak with Millie.



Sunday, October 14, 2012.



Pelican Pub opens at  
12:30 pm

**Sunday's Menu**  
Cuban Sandwich with  
tostones and fries  
COST: \$6.00

# NFL Prime Time

Visiting Team VS Home Team

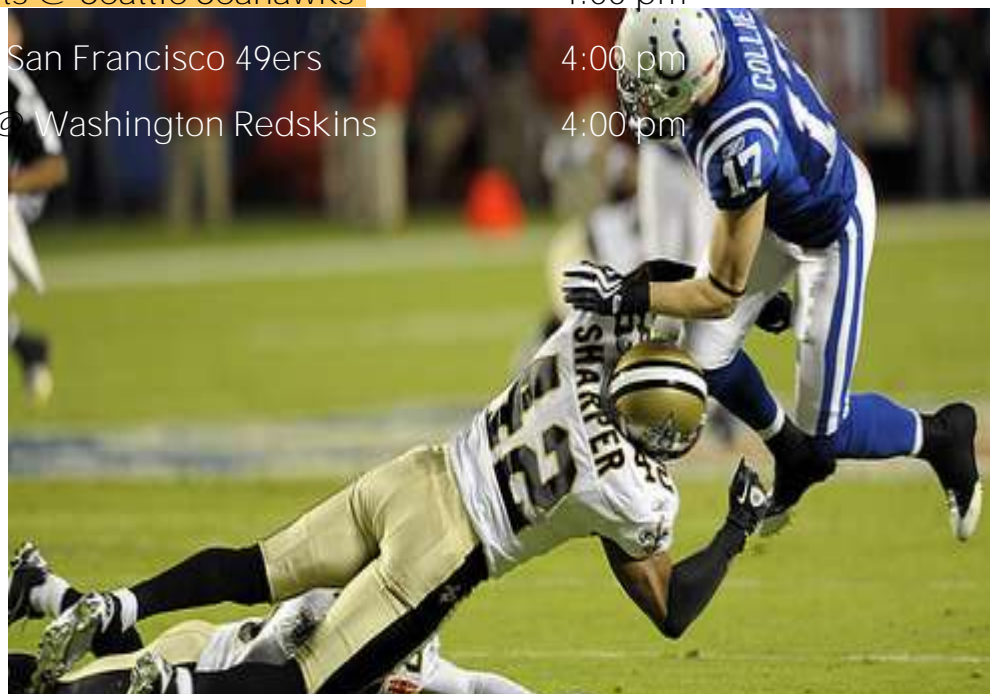
Time (ET)

Dallas Cowboys @ Baltimore Ravens	1:00 pm
St. Louis Rams @ Miami Dolphins	1:00 pm
Oakland Raiders @ Atlanta Falcons	1:00 pm
Cincinnati Bengals @ Cleveland Browns	1:00 pm
Baltimore Ravens @ Kansas City Chiefs	1:00 pm
Indianapolis Colts @ New York Jets	1:00 pm
Kansas City Chiefs @ Tampa Bay Buccaneers	1:00 pm
Buffalo Bills @ Arizona Cardinals	4:00 pm
New England Patriots @ Seattle Seahawks	4:00 pm
New York Giants @ San Francisco 49ers	4:00 pm
Minnesota Vikings @ Washington Redskins	4:00 pm

Matinee at Community  
Center Ballroom



Three Stooges  
Time: 15:00  
COST: FREE



# Coast Guard Exchange

## Regular Store Hours

Monday	8:00 a.m.	8:00 p.m.
Tuesday	8:00 a.m.	8:00 p.m.
Wednesday	8:00 a.m.	8:00 p.m.
Thursday	8:00 a.m.	8:00 p.m.
Friday	8:00 a.m.	8:00 p.m.
Saturday	8:00 a.m.	8:00 p.m.
Sunday	10:00 a.m.	5:00 p.m.

## Gas Station Hours

Monday to Saturday 8:00am - 5:00pm  
Sundays 10:00am - 5:00pm



# General Voting Assistance

We are approaching the 30 day mark until the November 6th general election, and the Federal Voting Assistance Program (FVAP) is in place and ready to support your right to vote. you have not registered to vote or requested your absentee ballot for the 2012 general election, please do so immediately. Go to [WWW.FVAP.GOV](http://WWW.FVAP.GOV) and use the online registration and Absentee Ballot Assistant. You can complete your forms, print them, and have them ready to send back to your state in less than 10 minutes. Some states will allow fax or scanned e-mail transmission of these forms. for submission depend upon each state, but some accept registration and absentee ballot requests up until the 19th of October. process is simple and fast, so do not delay. If you requested an absentee ballot and have not yet received it, you may use the Federal Write-In Absentee Ballot (FWAB) as your back-up ballot. to [WWW.FVAP.GOV](http://WWW.FVAP.GOV) and use the automated assistant to complete the FWAB. you receive your state ballot after submitting the FWAB, vote and return the state ballot as well. is no danger of being double-counted. your state ballot is received in time, the state will only count that ballot and will disregard the FWAB. your state ballot is not received in time, the FWAB will be counted. Commanding Officers and Officers in Charge should ensure widest dissemination of this ALCGPSC. Please spread the word by passing this information to spouses, voting-age dependents, other military voters, and overseas voters. [WWW.FVAP.GOV](http://WWW.FVAP.GOV) you can access state-specific election information, review Frequently Asked Questions, and have a live-chat session with a Voting Assistance Representative. If you would like more information on the FVAP or need help with the absentee voting process, please contact FVAPs call center at 1-800-438-8683 or at [VOTE\(a\)FVAP.GOV](mailto:VOTE(a)FVAP.GOV). Toll-free phone numbers for use in 67 countries are listed at: [www.fvap.gov/contact/tollfreephone.html](http://www.fvap.gov/contact/tollfreephone.html)



The Borinquen Beacon has a new email!  
[borinquen.beacon@gmail.com](mailto:borinquen.beacon@gmail.com)



# La Plaza Theater

## FRIDAY



### BRAVE

*Kelly Macdonald and Billy Connolly*

6:30 PM

Determined to make her own path in life, Princess Merida defies a custom that brings chaos to her kingdom. Granted one wish, Merida must rely on her bravery and her archery skills to undo a beastly curse.

Rated PG: For some scary action and rude humor

Runtime: 100 minutes



### LOCKOUT

*Guy Pearce and Peter Stormare*

8:30 PM

On an orbiting prison 50 miles **above the earth where the world's** most dangerous criminals are kept asleep, the prisoners are suddenly awakened, causing a panic. Only a wrongly-convicted government agent can rescue the **President's daughter from the deep space prison riot.**

Rated PG13: For intense sequences of violence and action, and language including some sexual references

Runtime: 95 minutes

## SATURDAY



### HOODWINKED TOO

*Hayden Panettiere and Glenn Close*

6:30 PM

Red Riding Hood is training in the group of Sister Hoods, when she and the Wolf are called to examine the sudden mysterious disappearance of Hansel and Gretel.

Rated PG: For some mild rude humor, language and action

Runtime: 86 minutes



### ABRAHAM LINCOLN

### VAMPIRE HUNTER

*Benjamin Walker and Rufus Sewell*

8:30 PM

Abraham Lincoln, the 16th President of the United States, discovers vampires are planning to take over the United States. He makes it his mission to eliminate them.

Rated R: For violence throughout and brief sexuality

Runtime: 105 minutes

## NEXT WEEK

Friday

6:30 pm Coraline

8:30 pm Imagine that

Saturday

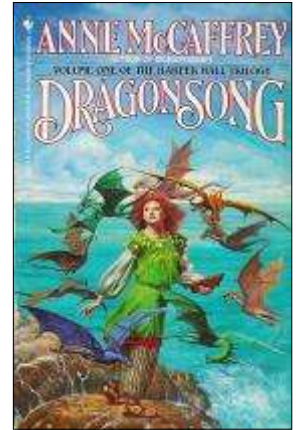
6:30 pm Snow White and the Huntsman

8:30 pm The Raven

# MWR Library

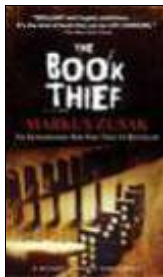
## Draongonsong by Anne McCaffery

Every two hundred years or so, shimmering threads fall, raining black ruin on Fern. The great dragons of Fern hurl themselves through the beleaguered skies, flaming tongues of fire to destroy deadly Thread and save the planet. It was not Threadfall that made Menolly unhappy. It was her Ether who betrayed her ambition to be a Harper, who thwarted her love of music. Menolly had no choice but to run away. She came upon a group of fire lizards, wild relatives of the fire-breathing dragons. Her music swirled about them; she taught nine to sing, suddenly Menolly was no longer alone.



**Library Hours**

Friday, Oct 12 : 1-3 pm  
 Saturday and Sunday: Closed  
 Monday, Oct 15: Closed  
 Tuesday, Oct 16: 9-11a.m. 3-5 pm  
 Wednesday, Oct 17: 10-4 pm  
 Thursday, Oct 18: 3-6 pm  
 Friday, Oct 19: 1-3 pm



The Book Club is reading *The Book Thief* by Markus Zusak. Our next meeting will be hosted by Andrea Kimmel and will meet at 7pm on October 18th. The online library has copies of the book available and we have two hard copies in the library. It will be great to discuss this 2007 winner of the ALA Best Books for Young Adults and the Michael L. Printz Honor Book. We cannot wait to see you ! It is an unusual book narrated by none other than Death

### Don't Throw Away Those Books!

As you get ready for the Flea Market Sale, take a look at your bookshelves and DVD's too. The library will gladly take any gently used materials that do not sell. This includes textbooks from recent years. We are a donation supported entity and we have you all to thank for such a diverse collection of books. Thank you for your generosity.



## Community Center Operation Hours

Monday and Tuesday	Closed
Wednesday (Wing Night)	1700-2200
Thursday (Office hours)	0700-1500
Friday (Pasta Night)	1700-2200
Saturday (Office hours)	0700-1500
Sunday (NFL Sunday Ticket)	1200-2000

COME TO OUR

# BOOK FAIR!

**October 15-19**

**8:00-2:30 pm**

**Ramey School**

**Library**

**All Purchases  
Benefit Our School!**

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granted by Scholastic Book Fairs.



**Read Every Day. Lead a Better Life.**

Credit cards accepted at participating schools.



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# Adult Duathlon

DATE: 10/27/2012

TIME: 0730

PRE-REGISTER BY:

10/26/2012

Race starts at 0730 near Flagpole at La Plaza Parking Lot near Hook Road. There will be water stations throughout course as well as light refreshments after the race.

If you register before 10-19-2012 it is FREE!! After it will be \$3.00 for late registration. This event is open to all authorized I.D. card holders. Just contact us through Facebook, phone or email if you would like to sign up!

Point of contact: Amie by **MWR's Facebook page**, or call the MWR office at (787) 890-8400 Ext. 8895

Sponsored by:



Run/Bike/Run

\*1 mile run

5.5 or 8.5 mile bike  
(choose distance when you register)

\*2 mile run

This event is in need of volunteers, if you are interested please contact MWR to sign up.



# Captains Cup Softball 2012

Time	Day/Date	Park	Teams
0900	Sat. 10/13	#1	Border Patrol vs. Aviators
0900	Sat. 10/13	#2	Ramey School vs. Los Limoncillos
1030	Sat. 10/13	#1	Aviators vs. Ramey School
1030	Sat. 10/13	#2	Los Limoncillos vs. Border Patrol
0900	Sat. 10/20	#1	Border Patrol vs. Ramey School
0900	Sat. 10/20	#2	Aviators vs. Los Limoncillos
1030	Sat. 10/20	#1	Los Limoncillos vs. Aviators
1030	Sat. 10/20	#2	Aviators vs. Border Patrol



\*All games will be played at the Ramey School baseball fields.

# Youth Soccer 2012

Time	Day/Date	Teams
1600	Mon. 10/15	Sting Rays vs. Sharks
1630	Mon. 10/15	Ramey Rock Stars vs. Dragons
1600	Tue. 10/16	Jaguars vs. Goblins
1600	Wed. 10/17	Sharks vs. Sting Rays
1630	Wed. 10/17	Dragons vs. Ramey Rock Stars
1600	Thur. 10/18	Goblins vs. Jaguars





OUR GOAL: TO PROVIDE FUNDING TO BREAST CENTERS GLOBALLY THROUGH THE MAMMOGRAMS IN ACTION ® GRANT PROGRAMS AS A “LAST RESORT” RESOURCE FOR THOUSANDS OF PEOPLE WHO DO NOT QUALIFY FOR GOVERNMENT FUNDING OR OTHER CHARITABLE RESOURCES. FUNDING FOR SCREENINGS AND DIAGNOSTIC PROCEDURES IS NOT ONLY A NECESSITY, BUT REALLY DOES *SAVE LIVES*.



LOCATION: AGUADILLA TRACK  
DATE: SATURDAY, OCTOBER 20, 2012.  
TIME: 10:00 AM

TO PARTICIPATE OR TO DONATE GO TO [WWW.BARBELLSFORBOOBS.ORG](http://WWW.BARBELLSFORBOOBS.ORG)  
AND SIGN UP UNDER CROSSFIT 787 TEAM. TO GIVE CASH OR CHECK SEE  
YN2 SANTIAGO OR CALL JUAN.

## Classifieds

FOR SALE: 2002 Nissan Crew Cab Super Charge 4x4, automatic transmission and bed liner. Asking \$8900.

FOR SALE: Baby Trend baby jogger, lightly used, \$40. Kelty Kids backpack with attachable cover, lightly used, \$40.

FOR SALE: General Electric front load washer and dryer combo for \$600. Less than two years of use, available for pick up last week of October.

FOR SALE: 17ft eclipse sea kayak, sit in, with paddle, neoprene skirt, and Adult Large life vest. \$500. Full set of golf clubs with bag, Nike irons, Maxifly woods \$200. Generator \$100.

FOR SALE: Twin oak wood bedroom set, blue twin corvette bed with mattress.

### SERVICES

Babysitters/ Dog Sitters

If interested please contact the MWR Office

During normal working hours

@ 787 890 8400 ext 8894

## US COAST GUARD AIR STATION BORINQUEN

### MWR Business Hours:

8:00am – 3:30pm  
787-890-8400

Commanding Officer:

CAPT Robert Phillips

MWR Officer: LT Travis Smith

MWR Supervisor: Blair Markham

Editor: Melanie Deliz

Proofreader: Kelly Aley

Deadline: Wednesdays at  
11:00am

Articles may be submitted via  
e-mail at

[borinquen.beacon@gmail.com](mailto:borinquen.beacon@gmail.com)

Off base commercial ads are not accepted by the Beacon, feel free to contact the MWR Officers.

MWR Office	8895
Comm. Center	8490
CDC	8459
Pool	8496
Guest Housing	8492
Rec. Locker	8870
Ceramic Shop	8878
Theater	8881
B&G Club	8877
Library	8497



*"Taking care of those who protect and defend"*