



Issue 11

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NAF EL CENTRO

SANDPAPER



NAF EL CENTRO CHANGE OF COMMAND

By Kristopher Haugh



On 4 August, 2011, amid the time honored traditions of sideboys, Navy bands, "Bos'n" pipes, and bells, Captain Devon Jones relieved Captain Ritchard Thompson of command of NAF El Centro. RADM William French, COMNAVREGSW, was the guest speaker. He lauded CAPT Thompson for the many significant accomplishments the men and women

of NAF El Centro have achieved during the past two years. During CAPT Thompson's remarks, he emphasized his love for both the base and the community, repeatedly calling this his best duty assignment ever. RADM French awarded Thompson with the Legion of Merit in recognition of his leadership over the past couple of years.

CAPT Thompson recognized his family, thanking them for their sacrifice and presenting his wife and daughter with flowers. CAPT Jones took the podium and reiterated a common phrase heard around base, he chose these orders and is excited about the challenges and opportunities afforded to those who serve at NAFEC. After the ceremony, a reception was held at the Mirage Club. There, the guests mingled, greeting the new Skipper and bidding the old one the traditional "Fair Winds and Following Seas." ❖



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WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER



I am honored and humbled to assume the role of Commanding Officer of NAF El Centro. I have been duly impressed with everyone I have met and everything I have seen on the installation in my short time aboard.

The recent loss of a helicopter and 30 of our most highly trained warriors in Afghanistan should serve as a reminder, lest we ever forget, that we are at war. As this installation plays a vital role in the training and readiness of our war fighters, we must continue to ensure that everything we do supports their efforts both in Afghanistan and around the world. I know that we will and I know we will do it with the professionalism, pride and commitment to excellence that have always been associated with NAF El Centro.

I am excited to be here and look forward to meeting each of you and your families, to supporting your personal and professional goals, and to serving proudly with you as we continue to execute the mission of this outstanding air installation. ❖

-CO



NAFEC Sailors Celebrate Harry

By Kristopher Haugh

On Friday, 15 July 2011, the Imperial County Film Commission hosted a preview night for the final installment of the Harry Potter movies: "The Deathly Hallows" part 2. Thanks to Pat Caro, a prominent member of the Commission, several of our Sailors were able to attend this viewing for free, or at significantly discounted rates. Congratulations to the following Sailors for attending this valley event: MA3 Velez, MA2 Priestley, MASA Nuusolia, MASA Iribezamora, MA3 Adams-Valario, MA3 Short, MASR Blair, MASA Thompson, AO2 Rutterbush and RP2 Agorchukwu. ❖

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Nikki Kirtsey	AM2 Westenbarger, Anthony	Joe Conner

UPCOMING OUTDOOR ADVENTURE TRIPS

Yuma River Tubing/West Wetlands	17 SEP 2011
Old Town San Diego & Historic Park	01 OCT 2011
Colorado River Crossing Balloon Fest	19 NOV 2011
Christmas Village Walking Trip	17 DEC 2011
College of the Desert Street Fair	28 JAN 2012
H&M Landing Deep Sea Fishing	18 FEB 2012
A Day at Balboa Park San Diego	07 APR 2012
Breaker Beach NAS North Island	26 MAY 2012

**RESERVATIONS REQUIRED
CONTACT OUTDOOR REC
FOR MORE INFORMATION
X2486**



Splash 500 yard swim
DASH 3 mile run

**Saturday, August 13
at the large Pool**
Event begins at 0630

Free Event

Open to all authorized MWR Patrons
Individual & 2 person team registration available

Registration due August 11
1st Place Prize!

For more information call (760) 339-2627.



Navy Overhauls the Physical Readiness Program

Condensed from the Navy Personnel Command Public Affairs Office

MILLINGTON, Tenn (NNS) -- In order to improve the overall health of Sailors and enhance the administration and execution of the Physical Readiness Program, Navy announced the revision of OPNAVINST 6110.1J in NAVADMIN 203/11, July 12.

The revised instruction will strengthen program compliance, improve physical fitness assessment (PFA) documentation and encourage Sailors to maintain the level of physical fitness required to support mission readiness. This is the first major revision to the physical readiness program since 2005.

Several changes are reflected in the new instruction, including the requirement to complete the medical screening process prior to participating in the PFA as well as a reduction of the number of PRT scoring categories to five, ranging from "outstanding" to "failure." The rules have also changed regarding medical waivers.

In addition, failing the body composition assessment (BCA) is now considered an overall PFA failure and Sailors can no longer request a "bad day" exception for the BCA and are limited to one PRT retest for a given PFA cycle.

The instruction also stresses that passing the physical fitness assessment is a requirement for continued Navy service and failure to meet these requirements can result in administrative separation processing.

The Physical Readiness Program Operating Guide is now in place, accompanied by an updated version of the Navy Nutrition Guide and Fitness Enhancement Program (FEP) guidance that will reside online at the Navy Physical Readiness web page. The new guide incorporates policy guidance from OPNAVINST 6110.1H and NAVADMINs 293/06, 277/08, 073/09, 247/09 and 131/10. ❖

For more information, read NAVADMIN 203/11 at:

<http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINs/NAV2011/NAV11203.txt>

Naval Air Facility El Centro Contributes \$105 Million Locally

(IMPERIAL VALLEY PRESS 24 JUL 11) Story by: Elizabeth Varin

Though Imperial Valley's U.S. Navy base only takes up a small piece of the county, its impact is \$105 million.

Naval Air Facility El Centro released its economic impact and community involvement report last week detailing the impact the base has locally. The base contributed about \$105 million to the local economy in 2010 and another \$4.8 million in federal taxes, said Todd Mitchell, NAF strategy and future requirements program manager. It's a total investment of \$110 million from payrolls and various construction and service contacts.

In total the base generates nearly 1,400 direct and indirect jobs, he said. That includes 294 enlisted personnel, 303 civilian jobs on base and 801 jobs off base. The total economic impact has gone down from the last report in 2006, when the local impact was \$110 million, Mitchell said, adding it's comparing apples and oranges. The economy changed from 2006 to 2010, including the unemployment, inflation and consumer spending. There has been a change in the spending on base. There has been a change in the spending on base too, he said. In 2006 there was a major remodel going on on the base, costing about \$17 million. There's still some construction, with a youth center built in 2010, but it's not as much money, he said. However, the base still contributes more than \$100 million to the local community, he said.

Beyond just an economic benefit, the base is involved with the local community, said Public Affairs Officer Michelle Dee. The base's federal fire department has a mutual aid agreement with other fire departments in the county, and helps out when needed, she said. It is also seen at community events, like parades. The base also has a color guard that attended 75 events in the Valley in 2010, from ceremonies to funerals, she said. The group that presents colors are volunteers and do the work on their own time. Base personnel have also collected food for the Imperial Valley Food Bank, partnered with the Seeley school district and are involved with community groups like baseball, Dee said. ❖

By the numbers

- ✓ \$105 million in economic benefits to Imperial County
- ✓ \$4.8 million in federal taxes
- ✓ 597 military and civilian personnel directly employed on base
- ✓ 801 additional jobs related to NAF El Centro operations, payroll and other spending.



Chief Bell says:
"I pity the fool who does not get his Annual Dental Exam/ Cleaning done!"

Come by and meet the new Dental Doctor at the clinic:

CAPT. GRISHAM, MILTON, DC, USN



Monthly Det Loadings

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
AUGUST	5	2	334	21
SEPTEMBER	8	3	852	52



Navy Advancement Exam Changes

by NC1 Marc Jones

NAVADMIN 197/11 announces the changes to the Navy Enlisted examination structure. The new structure will increase the emphasis on rating-specific knowledge. Starting with the September 2012 Navy-wide exam questions will decrease from 200 to 175. Exams for all pay-grades will see a shift to 150 rating specific questions and 25 professional military knowledge questions. Exam bibliographies will reflect the new exam structure and will be available for preparation six months prior to administration. The new structure will give Sailors the opportunity to demonstrate their rating knowledge in comparison to their peers. If you have any questions please seek out your commands Command Career Counselor. ❖

Sea Shore Flow Enlisted Career Paths Revision

NAVADMIN 201/11 announces the Sea Shore Flow (SSF) enlisted career paths revision. In 2008 we saw a change to SSF from the traditional sea/shore rotation. SSF established career paths for each enlisted community. This allowed for a Sailor to better plan out his career in relation to his sea and shore rotation. In order to improve manning levels at sea 36 enlisted communities will have longer sea tours and 18 enlisted communities will remain the same or become sea-intensive. COMNAVPERSCOM may adjust projected rotation dates (PRD) based on length of tour remaining. As a general rule PRD's before March 2012 will not be adjusted. Please review the NAVADMIN for changes to your respective rate. If you have any questions or concerns contact your Command Career Counselor. ❖



Career Development Boards

You walk into a room and the door closes behind you. Before you are individuals you know to a varying degree: your Department Career Counselor, Leading Petty Officer(LPO), Chief Petty Officer (CPO), and Leading Chief Petty Officer (LCPO) of your department. They ask you politely to take a seat. Then they say in a friendly manner "Hello and welcome, this is your Career Development Board and do you know what that is?"

Career Development Boards(CDB's) are the method to ensure you, as the Sailor, are provided the information and guidance necessary to make career decisions and meet personal goals while on active duty. Yet, how many people really understand what this means? The boards are for you to get guidance from senior members of your rate and to establish your personal and professional goals. The board is there to help you meet those goals and give you the tools and information you need.

CDB's should happen at defined intervals and at certain milestones in your career. You should be receiving at a minimum CDB's at 30 days upon checking in, 6 months onboard, 12 months on board and annually after that. Some of the milestones that should receive CDB's are, entering the PTS window, Officer Packages, and transfer/separation. Remember these boards are for you and if you do not take an active role in these boards they will not work effectively. Your career is yours and the more you are involved the more successful you will become! ❖

HAILS

- GARCIA, KARL CDR
- KIRCHNER, SHAWN AOC(sel)
- MILLS, LATOYA AZ2
- SALICRUP, RICARDO AO1
- JACKSON, CARL LT
- BARNES, ALVIN MA2
- STROUPE, TIMOTHY MA1
- CAMPBELL, CHARLES AO3
- OREM, JOSHUA ATAA
- THOMAS, JOSIAH AT2
- HAUGH, KRISTOPHER DEPUTY PAO

FAREWELLS

- AIRHART, BRYCE AOC
- HERNANDEZ, CARLOS MA1
- SALAZAR, JOSE CM2
- DUKES, TERRANCE AO2
- KELLER, SHELTON MASN
- MR. RAMSEY CIVILIAN
- NASH, ANTHONY AD3
- IANUALE, RICHARD PRAN
- COPELAND, BRANDON AMAN
- STOKES, DANIEL LCDR
- SHORT, CALEB MA3
- WARD, JOSHUA AT1

- FEENEY, MICHAEL ENS
- MCBRIDE, MATTHEW AO1
- BEVIS, ZACHARY MASN
- EZELL, EDDIE AZ2
- HAUGH, KRISTOPHER ETC
- ROBERT, AMANDA HM3
- THOMPSON, RITCHARD CAPT

REENLISTMENTS

- LEAVITT, DALLAS AM3
- HANNA, ARCHIE AMC
- FENG, FELIX HN

COMMAND MASTER CHIEF

Team NAF El Centro,



First of all, it is was my honor to fill in for the CMC while he was off doing great things for the Navy. If you are wondering where he went, don't ask me because I could tell you, but then I would have to... Anyway while I am sitting in the "hot seat", I would like to take this opportunity to say special thanks and farewell to a solid oak tree and friend. Most of you know who I am talking about already and that is because he truly is an outstanding Sailor and Chief. Chief Haugh will be retiring on 08 July and the Navy will lose a true Sailor's Sailor. Chief Haugh's impact on this base is undeniable and he is highly deserving of a heartfelt job well done! All is not lost because Chief Haugh will step into the Deputy PAO position working with Michelle Dee, so he will still be around to mine those nuggets of wisdom from.

Summer is here! Which is a good thing, but it is also a time when we lose a lot of Sailors to various summer related activities. I ask that you take the time to stop and think about what you're doing and reflect on the training given during safety stand-down.

Use the tools like "ORM" and the "Buddy System" to mitigate your risk. Summer is also a time when alcohol consumption increases, so before you drink ensure you are staying hydrated. As always plan ahead for a designated driver and NEVER drink and drive.

By the time you read this July 4th has past, but I hope you were able to enjoy the celebration of 235 years of independence. What amazing courage our founding fathers had in declaring our independence knowing that if it failed they would be sentenced to death for treason. We can thank God it did not fail and we all now live in the greatest country in the world. Part of that independence and freedom we enjoy in this republic is the right to vote. Upcoming 2012 will be an exciting election year for the records. Take part in the freedom to vote that you defend. To ensure you are ready to vote for next year visit www.fvap.gov and register.

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Have a safe summer and be mindful of your shipmates. Regards, ITCS McAlister - Acting CMC ❖



CONGRATULATIONS!!!



AOC(sel) Hayes (back left), AOC(sel) Marshall (back right)
AOC(sel) Hort (front left), ADC(sel) Fuller (middle), AOC(sel) Kirchner (front right)



As One Chapter Closes, Another Chapter Opens

Story by: AM2(AW) Anthony Westenbarger

On June 11th, the 2010-2011 DEFY year officially came to a close. In total, seventeen youth and six junior mentors successfully completed the program. The youth and their families enjoyed a graduation party at the small pool, which included spicy sausages, hot dogs, fresh fruit, apple sauce, chips, drinks, a homemade cake, and of course, swimming. At the conclusion of the night, the youth and junior mentors all received certificates commemorating their completion of the Phase 2 portion as well as the entire 2010-2011 year.

The 2011-2012 season (El Centro's 16th straight year) officially began with the Phase 1 Summer Camp July 17th-July 22nd at Camp Denver C. Fox in Santa Ysabel, California (near Julian). The eleven staff members took nineteen youth and eleven junior mentors with them for this challenging, yet rewarding weeklong event. The staff and junior mentors taught the youth twenty-three prepared lessons throughout the week, covering drug and alcohol awareness, peer pressure, setting personal goals, saying no to drugs/alcohol, conflict resolution, numerous team building skills, coat of arms, history of the National Ensign, the importance of fitness and numerous other character development skills and lessons. In addition to all the lessons, the youth participated in the first ever DEFY Cup (modified version of Captain's Cup). Upon arrival to the camp, the youth, staff and junior mentors were divided into four teams. Each team had two staff members and at least two junior mentors. The staff and junior mentors were responsible for teaching the twenty-three lessons to their youth as well as motivate them for the DEFY Cup events. The DEFY Cup events consisted of team flag decoration, dodgeball, basketball, scavenger hunt, obstacle course, talent show, and a five minute skit relating what they learned during the week to real life scenarios. Each team would earn points based on where they placed in the event for that day. The winning team was Team 3 (Monster Seals), led by Mrs. Robin Haugh and Mr. Ricardo Salicrup. The youth enjoyed numerous activities throughout the week which included dodgeball, basketball, four square, swimming, camp fire and s'mores, movie night and a challenging hike. In all, the camp proved to be as rewarding and successful as anticipated. ❖

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For more information on the DEFY program click on the link below:

<http://www.public.navy.mil/bupers-pc/support/nadap/Pages/DEFY.aspx>



SECDEF SAYS FAREWELL

TO THE MEN AND WOMEN OF THE UNITED STATES ARMED FORCES: IT HAS BEEN THE GREATEST HONOR OF MY LIFE TO SERVE AND TO LEAD YOU FOR THE PAST FOUR AND A HALF YEARS.

ALL OF THAT TIME WE HAVE BEEN ENGAGED IN TWO WARS AND COUNTLESS OTHER OPERATIONS. IT HAS BEEN A DIFFICULT TIME FOR YOU AND FOR YOUR FAMILIES, FROM LONG AND REPEATED DEPLOYMENTS FOR THOSE IN ALL FOUR SERVICES -- AND THE ASSOCIATED LONG SEPARATIONS FROM LOVED ONES -- TO THE ANGUISH OF THOSE OF YOU WHO HAVE LOST FRIENDS AND FAMILY IN COMBAT OR THOSE OF YOU WHO HAVE SUFFERED VISIBLE AND INVISIBLE WOUNDS OF WAR YOURSELVES. BUT YOUR DEDICATION, COURAGE AND SKILL HAVE KEPT AMERICA SAFE EVEN WHILE BRINGING THE WAR IN IRAQ TO A SUCCESSFUL CONCLUSION AND, I BELIEVE, AT LAST TURNING THE TIDE IN AFGHANISTAN.

YOUR COUNTRYMEN OWE YOU THEIR FREEDOM AND THEIR SECURITY. THEY SLEEP SAFELY AT NIGHT AND PURSUE THEIR DREAMS DURING THE DAY BECAUSE YOU STAND THE WATCH AND PROTECT THEM. FOR FOUR AND A HALF YEARS, I HAVE SIGNED THE ORDERS DEPLOYING YOU, ALL TOO OFTEN INTO HARM'S WAY. THIS HAS WEIGHED ON ME EVERY DAY. I HAVE KNOWN ABOUT AND FELT YOUR HARDSHIP, YOUR DIFFICULTIES, YOUR SACRIFICE MORE THAN YOU CAN POSSIBLY IMAGINE. I HAVE FELT PERSONALLY RESPONSIBLE FOR EACH OF YOU, AND SO I HAVE TRIED TO DO ALL I COULD TO PROVIDE WHATEVER WAS NEEDED SO YOU COULD COMPLETE YOUR MISSIONS SUCCESSFULLY AND COME HOME SAFELY -- AND, IF HURT, GET THE FASTEST AND BEST CARE IN THE WORLD. YOU ARE THE BEST THAT AMERICA HAS TO OFFER. MY ADMIRATION AND AFFECTION FOR YOU IS WITHOUT LIMIT, AND I WILL THINK ABOUT YOU AND YOUR FAMILIES AND PRAY FOR YOU EVERY DAY FOR THE REST OF MY LIFE. GOD BLESS YOU. ❖

//ROBERT M. GATES //



Date Night

with ABFC(Ret.) Marc Willis

----- A Movie Review -----

Transformers: Dark of the Moon

Players: Shia LaBeouf, Rosie Huntington-Whiteley, Tyrese Gibson, Josh Duhamel, John Turturro, Frances McDormand, John Malkovich

Genres: Action, Adventure, Sci-Fi

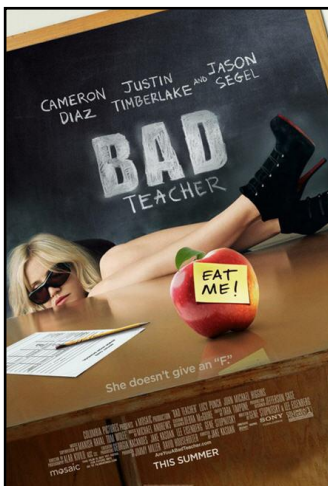
Rating: PG-13

The original Transformers really under impressed me to the extent of having yet seen Transformers: Revenge of the Fallen. So why is it that I have seen the third edition to this series? Simple, it is set in a futuristic Chicago.....DUH! That was not the only contributing factor as the previews enticed me and my lovely wife enough to sit (uncomfortably) for nearly three hours in a cold, inadequate concession stand theater complex.

Megan Fox (Mikeala Banes) was not missed; in truth newcomer Rosie Huntington-Whiteley (Carly Spencer) provides a better on screen visual enhanced by her British accent. For a first timer she does a decent job of portraying her character into believability. Shia LaBeouf has sort of evolved to where he and Sam Witwicky are truly one in the same consequently making it difficult, in my case, to remain objective in reviewing his other roles. However for this role he was more than adequate. I will go so far as to say he was very good as a matter of fact.

From the beginning I knew this film would not have some sort of senseless plot as the writer (Ehren Kruger) ties in actual worldwide historic events to those of Cybertron; original home to the Aurobots and Decepticons. I personally enjoyed the tie-in footage of JFK or Richard Nixon as it augments the transformer story. It was done in such a manner that those with vivid imaginations may bring to question the true purpose in the United States' and former Soviet Union's space race (1957-1975). Dark of the Moon suggest a cover up for which remaining or should I say surviving persons harboring the secret face grave dangers in collaborating with Decepticons.

This film has a deeper plot than the original film. In fact the sub-plots are deeper and richer than the original film. They are engaging and present each character a LOL dialogue exchange. Special effects are up to par although not on the level of Thor but they should disappoint few if any. With that being said, I rate this film three and a half anchors out of five. ❖



Bad Teacher

Players: Cameron Diaz, Jason Segel, Justin Timberlake, Lucy Punch

Genres: Comedy

Rating: R

Bring the kids at your own risk is my first disclaimer with the second being, I am not a Cameron Diaz fan. However with the Green Lantern sneak peak taking place earlier in the month the list of movies was very limited. A cast consisting of the aforementioned Diaz, Justin Timberlake and Jason Segel was not all that appealing nonetheless it still trumped the assembly of Owen Wilson, Larry the Cable Guy and Michael Caine as my other option.

Diaz portrays the mean-spirited, lazy, ethically challenged gold digging teacher Elizabeth Halsey whose only aspirations are to get by or get over by any means necessary. All seemed to go

until her mother-in-law to be intervened and sent her back to class. The storyline takes off from there. Writers Gene Stupnitsky and Lee Eisenberg did a wonderful job at keeping the story simple yet still somewhat funny. Relative newcomer Jake Kasdan was entrusted with directing responsibilities for which he pulled off an adequate job of making the most of the situation. The visuals and dialogue of this film provided a few laugh out loud moments.

John Adams Middle School (JAMS) provides the backdrop as Elizabeth and her nemesis, the eccentric Amy Squirrel (Lucy Punch) battle over substitute teacher Scott Delacorte (Justin Timberlake) and his attention. The subplot is also played out between these two as Amy provides a couple of obstacles for Elizabeth to overcome. Aside from the banter exchanged between those two there isn't much worth writing about. With that being said, I rate this film two anchors out of five. ❖

CLASSIFIEDS

FOR SALE

FOR SALE!! Entertainment center with glass shelves and 61" Projection Screen Television in good condition.



I'm selling them as a match set for \$600.00 cash; Home Theater not included.

If interested, contact ADC Davis @ 808 754-6957

FOR SALE: Solid wood entertainment center, 32 inch TV, 2 solid wood end tables, wood coffee table, couch/occasional table, crib mattress. 760-693-4749

FOR SALE:

\$4500

Miles: 7420

2008 Honda Shadow

Motor 750, with five gears

Contact: Ben Ramirez

Phone: (760) 604-1237



FOR SALE: 1967 DODGE CORONET 440 CONVERTIBLE Steel bodied Convertible, Blue/Green base clear coat paint, White Top Convertible, Blue Cloth Seats, Seat Belts, Blue Carpet, 318 Dodge Engine, Automatic Transmission. Power Steering, Power Brakes, Centerline wheels, New Dual Exhaust, Kenwood Stereo. 5-CD Changer; Pin Striped by Lyle Fiske 28,000 Original Miles \$16,500 OBO - No Trades



Contact: Ralph Vargas
760-996-1241/760-455-0762

WANTED

FREE SERVICES: Would you like to be more prepared if a disaster, natural or manmade were to occur? You can be prepared for the unexpected. Join the Imperial Valley Ready Group to get items such as 72 Hour Kits, food storage and emergency items. For more information email LT Marcie Wilde at marcie@wildeforce.com.

CAR FOR SALE!! Great Deal for a starter! 1991 Isuzu Rodeo 4x4. Runs good, but no A/C. Asking \$1,500. Contact Laney or Nick @ 850-292-9522.

**PUT YOUR AD HERE!**

CONTACT W_ELCN_PAO_SANDPAPER@NAVY.MIL

JOB POSTINGS

MWR Jobs

What's available? Stop by the MWR Main Office (Bldg 318) to see all current and continuous vacancy announcements. You can also call the Human Resources Office at (760) 339-2475.

How to apply: Submit a NAF application & resume to the NAF Human Resources Office, building 318 or fax to (760) 339-2326. Resumes and applications may also be submitted via email to mwr.hr.dept@mwrsw.com. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖

JOB Links for Employment

Department of the Navy, Civilian Human Resources: <https://chart.donhr.navy.mil>
Federal Jobs: <http://www.usajobs.gov>
DoD Jobs: <http://www.militaryconnection.com/dod.asp>
Employment Development Department's California Jobs: <http://www.caljobs.ca.gov/>
Imperial County Jobs: <http://imperialcountyjobs.org/>
Energy Conservation: <http://www.tetrattech.com>
HOUSING/ Contract ALUTIIQ: <http://www.alutiiq.com>
AOC: <http://aocwins.com/>
HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
MWR: <http://www.mwrtday.com/>
NMCI: <http://h10134.www1.hp.com/services/>



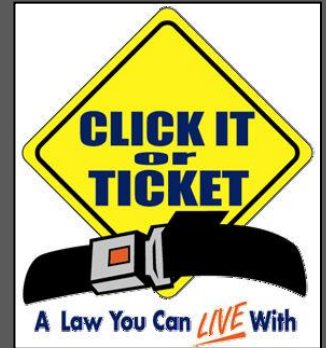
THE DESERT BEAT

BY MA2 SHAWN PRIESTLEY

NAF El Centro is finally back in Force Protection Condition Alpha and the majority of our Auxiliary Security Forces have returned to Operations, Strike and Weapons. Parking as well as all the security measures that had been previously implemented have returned to their state prior to May. The Security Department would like to thank all base personnel for their cooperation while FPCON Bravo was in place.

The Security Department would like to remind everyone onboard NAF El Centro to remain hydrated even while indoors as the temperature continues to rise. Drink plenty of water, especially during outdoor activities, and let someone know if you plan on running alone.

Due to recent events, that could have been easily avoided, the Security Department would like to remind everyone that whenever operating or riding in a vehicle, all occupants are required to utilize safety devices available while on or off any military installation. Department of Defense Instruction 6055.04 states all occupants of any government or personal vehicle within the scope of the instruction shall wear safety devices and the operator in the vehicle will inform all to do so while the senior ranking person in the vehicle enforces it. For exceptions to this instruction and additional information the policy for safety restraints can be found in section 6a, and on the bottom of page 15 while reading the PDF file. Not wearing a seatbelt on base can result in a DD form 1408 Armed Forces Traffic Ticket or a DD form 1805 U.S. District Court Violation Notice. A serious injury can occur at speeds as low as 5 mph, so please put your seatbelt on before taking your vehicle out of park and be sure everyone inside the vehicle has done so as well. ❖



Navy Child and Youth Programs



Toddler & Pre-Toddler class making ice cream.

Mia Nicholas, Jayven Deal, Brooklynn Parker, Madison Jackson, Sunny Celaya, Lauren Leetch .



Left: Lauren, Dakota Right: Dustin, Julyanna

The children in the pre-toddler class are learning and practicing to use their fine motor skills by coloring with crayons. Most of the children have already learned how to hold a crayon as if they were trying to write. "Good Job! Pre-Toddlers keep up the good work."



Chillin' with my crew! Here at the Child and Youth Programs Xitlali Rangel, Kao Richardson, Hakeem Perkins and Joshua Christensen are just enjoying group play and hanging out.

Am I Hydrated? Urine Color Chart



This urine color chart is a simple tool. You can use it to tell if you are drinking enough fluids during the day to stay hydrated.

If your urine matches the colors numbered **1, 2, or 3 you are hydrated.**

If you urine matches the colors numbered **4 through 8, you are dehydrated**, and you need to drink more fluids.

Be Aware! If you are taking single vitamin supplements or a multivitamin supplement, these can change the color of your urine for a few hours, making it bright yellow or discolored.



Your Feedback Matters: The MWR Comment Card

Article by Holly Norred

The Morale, Welfare & Recreation (MWR) Program Staff at NAF El Centro would like to better understand your needs. Comment Cards located at the various MWR Facilities give you, our customer, a chance to give us comments and suggestions on how we can better serve you and your family.

The Comment Cards will tell us how well the facility is maintained, if employees are courteous, helpful and knowledgeable, if you are satisfied with hours of operation, products/equipment and you also get the opportunity to write your comments and suggestions. ❖

Use the Comment Cards to your advantage!
We are here to serve you.



NAVAL AIR FACILITY EL CENTRO'S "FLEET AND FAMILY SUPPORT" CLASS SCHEDULES



BASE CLINICIAN (MR. CHARLIE GREGG)

**THESE CLASSES WILL BE HELD IN BLDG 401 (WELCOME CENTER)
NOTE: ALL CLINICIAN'S CLASSES WILL BE HELD ON TUESDAYS!!**

(SEP 6 TH)	ANGER MANAGEMENT	1300-1400
(SEP 13 TH)	STRESS MANAGEMENT	1300-1400
(AUG 16 TH , SEP 20 TH)	EFFECTIVE COMMUNICATIONS	1300-1400
(AUG 23 RD , SEP 27 TH)	HOW TO RESOLVE CONFLICT IN THE WORK PLACE	1300-1400

NAVAL AIR FACILITY EL CENTRO'S "FLEET AND FAMILY SUPPORT" CLASS SCHEDULES

FLEET AND FAMILY (MRS. PAT BRAXTON)

**CLASSES WILL BE HELD IN BLDG 214 (FLEET AND FAMILY OFFICE)
NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD ON THURSDAYS!**

(SEP 1 ST)	PREGNANCY RESOURCES	1300-1400
	PREPARING FOR AN OVERSEAS TOUR	1400-1500
(SEP 8 TH)	RESUME WRITING	1300-1400
	WINNING INTERVIEW TECHNIQUES	1400-1500
(AUG 18 TH , SEP 15 TH)	GOAL SETTING	1300-1400
	ASSISTANCE WITH HOME PORT CHANGES	1400-1500
(AUG 25 TH , SEP 22 ND)	BUDGET CLASSES	1300-1400



The Wellspring - Chapel News

Get in Tune with God. Have you ever listened to a singer that was out of tune? It's almost painful to listen to sometimes. I think our lives can get that way too. We get out of tune with God's plan and priorities—and we might not even realize it. The disharmony can be hard to live with and painful to watch. Our new preaching series at the Protestant chapel is titled, "The Psalms: Tuning Our Hearts Toward God". Whether our lives need fine-tuning or a major overhaul, join us as we key in on several important psalms that will aid us in making beautiful music with our lives as God intended. This series will conclude Sunday, 28 August.



Marriage Enrichment Retreat. Would you like to attend a Marriage Enrichment Retreat in San Diego for FREE? The Chaplain's Religious Enrichment Program offers weekend retreats (Friday @ 1800--Sunday @1200) for all military personnel with a valid ID (active, reserve, retired, and family members). Government employees under Navy Region Southwest are eligible as well, space permitting. All expenses are covered EXCEPT travel and childcare. However, the Chaplain's office may be able to provide financial assistance, if needed. Participants will learn how to maintain a healthy marriage, manage conflict, and deepen their emotional, spiritual, psychological, and physical bonds. Registrations are accepted beginning two months prior to the retreat date. Upcoming dates are 26-28 August and 16-18 September. Please contact Chaplain Smith at x2290 to register or for more information. ❖



For a brief recap of the last MER, check out page 21

--Chaplain Smith

Schedule of Events:

- Adult Bible Study--All military, civilian, and contract personnel are invited to join us each Thursday from 1130-1230 at the Community Center (bldg. 364). Bring a lunch and pull up a chair as we continue our study in 1 Corinthians 7. The group is currently led by Pastor Jonathan Burkee of Grace Evangelical Lutheran Church in El Centro.
- Protestant Worship Service—Sunday @ 0900
- Catholic Worship Service—Sunday @ 1630

Silencing the Sound of Hunger

At NAFEC the sound of a Chinook or F-18 flying overhead is all too common. We're used to it. But there is another sound that we may be missing—the rumbling of empty stomachs all around us. In 2009, more than 25,000 residents in Imperial County, CA, lived below the poverty line. The worsening economy has only caused these numbers to grow in the last two years. The story is much the same all around the country.

In response, the CNO has initiated the Feds Feed Families food drive. During the months of July and August, all military and civilian personnel on bases around the world are collecting food donations to support food distribution agencies in their local area.

We're pleased to report that NAFEC is doing a great job! With approximately 4000 lbs. of donations raised thus far, we rank third in NRSW behind NB San Diego and NAS Lemoore. We are grateful for the generosity of so many, with donations coming from the Commissary, Weapons, Public Works, Department Heads, and Lincoln Housing.

But we still need your help in reaching our goal of 5000 lbs. Donation barrels are located throughout the base--at the Commissary, Medical (bldg. 523), and Weapons (bldg. 529). All non-perishable items will be accepted. However, there is a significant need for high protein items, such as tuna fish, canned meats, beans, etc. Together we can silence the sound of hunger in Imperial County. Let's show what NAFEC can do! The food drive ends 31 August. ❖

--Chaplain Smith



Spotlighting the Military Family



New Military Family Initiatives Rolling Out

(NAVY TIMES 13 APR 11) ... Karen Jowers

Helping military families is not a new concept - a variety of organizations and communities around the country have worked to support military families for years. But under a new "Joining Forces" initiative announced by first lady Michelle Obama and Jill Biden, wife of Vice President Biden, more civilian businesses, communities, and organizations will be offering opportunities for families. The two women stress that gestures big and small can help military families - whether mowing the lawn of a neighbor whose spouse has deployed, or picking up extra car pool duty for a family. Military families should be ready to accept random acts of kindness. Some of the first organized efforts out of the gate:

Employment

- . Walmart and Sam's Club's Military Family Promise guarantees a job at a nearby store or club for all employees who are military personnel or spouses who move because of a military transfer.
- . Sears Holdings' PCS Promise provides transfers for employees who are military personnel and spouses moving because of military transfers, retirement or separation, depending on job availability and performance.
- . The Goodwill for America's Heroes and Their Families Program targets 1,300 positions for military spouses, veterans and their families out of 5,000 positions it expects to fill this year. Goodwill agencies around the country expect to provide career and family-strengthening services to more than 15,000 military families, and will expand these services to thousands more through virtual career services that can be linked to military websites.
- . The U.S. Military Pipeline Initiative is a web-based partnership between Cisco and Futures Inc. to help veterans, transitioning service members, wounded warriors and spouses connect with education resources, mentors and employment opportunities.
- . "Indeed Military" is a new online service through Indeed.com helping military families find employment.

Education

- . Reach Out and Read will expand to 100 bases by 2013 from its current 47 bases. The program partners with doctors who incorporate the Reach Out and Read model into regular pediatric checkups beginning at the 6-month checkup and continuing through age 5. Doctors advise parents about the importance of reading aloud and give families developmentally appropriate books.
- . Best Buy's Geek Squad will host a series of seminars this summer at 17 military bases on how to use technology to connect with loved ones.
- . The Math and Science AP Initiative will expand to 28 more public schools serving a high percentage of military families. The National Math and Science Initiative, along with the Military Child Education Coalition and the Military Impacted Schools Association, are working to bring rigorous STEM (Science Technology Engineering and Mathematics) course work and Advanced Placement Math and Science to these schools.
- . Operation Educate the Educators will promote training for future teachers for the benefit of military-connected children, under the auspices of the American Association of Colleges for Teacher Education and the Military Child Education Coalition.
- . Expanding the Intel Computer Clubhouse Network: A collaboration with Boston's Museum of Science and the MIT Media Lab, provides an out-of-school learning environment where young people work with adult mentors.

Wellness

- . WebMD will build two online resource centers - one for consumers and one for health care providers for supporting military families and their health care needs.
- . American Heart Association Supports Military Women will reach out to up to 100,000 military wives and female veterans to help them live healthier lives through its Go Red For Women activities aimed at reducing incidents of heart disease.
- . Campaign for Tobacco-Free Kids and other leading health groups will launch a new effort to work with military families. One element of the campaign will be 90 "Kick Butts Day" events in military communities over the next two years. They will create a youth advocate award and scholarship for children of military families. ❖



Local History by Two Old Goats

ROMAULDO PACHECO

Remember that fort the Two Old Goats told you about last month? If you do not, we included the plaque picture for your reference. In this edition we find out more about the man responsible for establishing the defensive site. By now our readers should realize that our valley has been and continues to be a hub of historical activity!

Romualdo Pacheco was a native of Guanajuato, Mexico. He arrived in Alta California in 1825 as an aide to Governor Echeandia, whom he accompanied on the trip north. The governor's party spent some time in San Diego before going up to Monterey. Two of his officers wooed and wed two San Diego women. On February 15, 1827, Ensign Agustin Zamorano married Maria Luisa Arguello and Lieutenant Romualdo married Ramona Carrillo, in a double ceremony performed by Franciscan missionary Vicente Pascual Oliva.

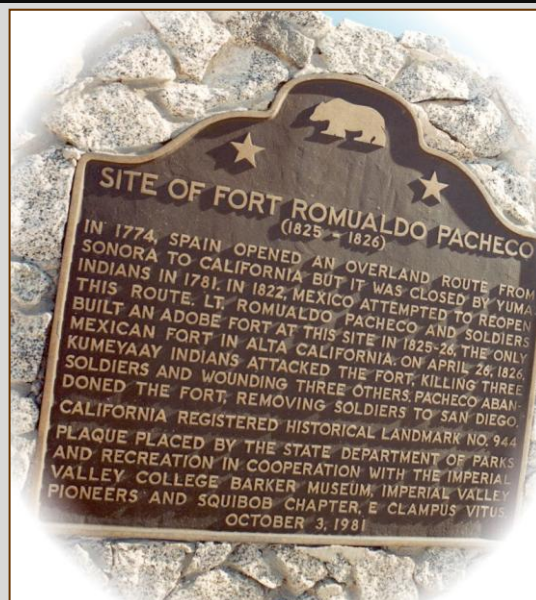
Pacheco served Echeandia and Alta California faithfully for the next four years. He was a substitute delegate to the territorial legislature in 1827; he explored the barren areas east of San Gabriel Mission; and in 1829 after his experience with the fort in the desert he was sent to locate a site for a fort near San Rafael.

For a brief period, Pacheco was in command of the Monterey presidio. Then he was promoted to Captain and became commander of the Santa Barbara presidio. One account of his tactfulness involved talking rebellious, long unpaid soldiers at Monterey out of a rebellion after they seemed intent on violent action.

Echeandia was relieved as governor at the end of 1830. His replacement, Manuel Victoria, arrived at Monterey on January 13, 1831. Victoria was disliked and eventually a revolt to oust him began in San Diego and Los Angeles. As a professional soldier, Pacheco supported the governor, which simply meant that armies ideally are to support their governments not aid in overthrowing them.

Governor Victoria came down from Monterey to put down the rebellion, in which Pacheco's old superior, Echeandia, was participating. On December 4, 1831, the two rival forces met at Cahuenga, near Los Angeles. Victoria made some uncomplimentary remarks about the valor of Californians, not sparing his own men. Jose Maria Avila, an Angeleno, rode at Pacheco and Victoria with a lance leveled as if to try to unhorse them. Pacheco drew a sword to parry the lance. However, Avila slid his horse to a stop, pulled out "an ancient pistol and shot Captain Pacheco through the heart." In the battle which followed, Avila was unhorsed and killed. Many believe that Victoria killed him. After Victoria was wounded the battle ended. Not long afterwards Victoria was forced to leave Alta California.

On September 30, 1831, a little over three months before Captain Pacheco was killed, his wife gave birth in Santa Barbara to a son. The next day he was baptized and given the name "Jose Antonio Romualdo Pacheco." He had an elder brother, one year old, named Mariano. As he grew up, "Jose Antonio" refused to use that name, adopting his father's name, though he never knew him. Thus, "Romualdo Pacheco" became two persons in California History. ❖



WHAT WAS GOING ON...

From Summers Past - NAFEC Sandpaper

DEA Burn Marijuana at NAF - (6 August 1982) - 6100 pounds of drugs, valued at \$7-10 million dollars on the street was burned in a specially prepared pit by DEA agents.

Space Shuttle; Another Step Forward - (12 August 1977) - 12 successful tests of the recovery of the solid fuel booster by parachute were complete at NAF El Centro.

Doreen Hits NPTR and Valley - (26 August 1977) - Over two days, almost five inches of rain descended on NPTR and the valley from Tropical Storm Doreen, with damages in excess of \$20 million.

British Crews Like It Hot - (4 August 1978) - The British military began testing on their new Lynx helicopter at NPTR El Centro. ❖

Motorcycle Safety Foundation (MSF) Basic Rider Course (BRC)

The BRC is a 15 hour course aimed at beginning riders of all ages. This course includes both classroom instruction and practical riding on a controlled motorcycle range. Students are encouraged to use their own (or borrowed) motorcycle in the course. However, loaners are available. In this class, you'll learn to operate a motorcycle safely with a lot of emphasis on the special skills and mental attitude necessary for dealing with traffic, straight-line riding, turning, shifting, and stopping. You'll gradually progress to cornering, swerving and emergency braking. In the classroom you learn about the different types of motorcycles, their controls, and how they operate. You'll discover how alcohol and other drugs affect your ability to ride safely. A very important segment of the course will show you how to create your own strategy for riding in traffic, and dealing with critical situations. The course concludes with a knowledge test and skills evaluation.

****The following items are required to attend this course:****

DOT approved helmet, long sleeves, long pants, over the ankle footwear (boots), motorcycle specific gloves, and eye protection.

IF YOU NEED A LOANER BIKE FOR THIS CLASS YOU MUST CONTACT THE SAFETY OFFICER @ 760 339-2448



Contact the Safety Office for Scheduling @ 760 339-2448



Motorcycle Safety Foundation Experienced Rider Courses (ERC)

The ERC is a 6 hour course aimed at experienced riders of all ages. This course is practical riding on a controlled motorcycle range. Students will use their own (or borrowed) motorcycle in the course. In this course, you'll be refreshed on how to operate a motorcycle safely, with a lot of emphasis on the special skills and mental attitude necessary for dealing with traffic, straight-line riding, turning, shifting, and stopping. You'll gradually progress to cornering, swerving and emergency braking. You'll find out how alcohol and other drugs affect your ability to ride safely. A very important segment of the course will show you how to create your own strategy for riding in traffic, and dealing with critical situations. The course concludes with a skills evaluation.

****The following items are required to attend this course:****

Valid motorcycle license, DOT approved helmet, long sleeves, long pants, over the ankle boots, motorcycle specific gloves, and eye protection.

LOANER BIKES ARE NOT AVAILABLE FOR THIS CLASS!

NEW SHOES FOR YOU

(Condensed from NAVADMIN 238/11)

THIS NAVADMIN AUTHORIZES THE WEARING OF MINIMALIST FOOTWEAR WITH THE NAVY PHYSICAL TRAINING UNIFORM (PTU) DURING COMMAND/UNIT DIRECTED PHYSICAL TRAINING (PT), INDIVIDUAL PT, AND ACTIVITIES TO INCLUDE THE SEMI-ANNUAL PHYSICAL READINESS TEST (PRT).

MINIMALIST FOOTWEAR IS DEFINED AS SHOES THAT ALLOW THE FOOT TO FUNCTION NATURALLY WITHOUT PROVIDING ADDITIONAL SUPPORT OR CUSHIONING. ANY SHOE THAT IS MARKETED AS MINIMALIST OR BAREFOOT-LIKE FOOTWEAR (CURRENT TYPES SUCH AS THE - VIBRAM FIVE FINGERS, NIKE FREE SHOES, VIVO BAREFOOT SHOES, INOV-8 SHOE, AND FEELMAX) ARE AUTHORIZED FOR WEAR WITH THE PTU.

FOR MORE INFORMATION ON UNIFORMS AND UNIFORMS POLICY, VISIT THE NAVY UNIFORM MATTERS WEBSITE AT [HTTP://WWW.PUBLIC.NAVY.MIL/BUPERS-NPC/SUPPORT/UNIFORMS/PAGES/DEFAULT2.ASPX](http://www.public.navy.mil/bupers-npc/support/uniforms/pages/default2.aspx). ❖



Emergency Department: To Go or Not to Go?

By: HM2 (FMF/ SW) Menguita & Ms. Wanda Vaughn

There is an increasing trend of our base population visiting the Emergency Department (formerly Emergency Room). On a weekly basis, we receive 3 phone calls on average reporting an ER visit. No matter how we take care of ourselves, we still get affected by the occasional seasonal allergies, common cold, Sore Throat, UTI (Urinary Tract Infection). Question: are these actual emergencies? What are the steps needed to do after an Emergency Department visit?

Emergency Department visits are costly. A simple visit can run a bill anywhere from \$300- \$1000.00 easily. Patients have a misconception that they do not pay for anything, when in fact they do. Also, they think that they will get better right away when they walk in to the Emergency Room. Certain illnesses have stages (length or amount of days you may have it). Unnecessary ED visits costs more than what we think. It takes away a big chunk of DOD budget; thus other facets of military requirements have to be compromised. If we rob Peter to pay Paul we may not be able to afford extra ammunition for firearms training, body armor, special qualifications or advanced training. To simplify things, here are a few terms to remember and differentiate; Emergency Care, Urgent Care, Routing/ Primary Care, and Specialty Care.

TRICARE Defines an **Emergency** as a medical, maternity, or psychiatric condition that would lead a “prudent layperson” (someone with average knowledge of health and medicine) to believe that a serious medical condition exists, or the absence of immediate medical attention would result in a **threat of life, limb, or eyesight, or when the person has painful symptoms requiring medical attention to relieve suffering.** (e.g. Chest pains not heartburn).

For an illness or injury that would not result in further disability or death if not treated immediately, but does require professional attention within 24 hours is called **Urgent** Care. Some examples of this are sprains, sore throat, or rising temperature. Essentially, they are issues that may develop into an emergency if treatment is delayed longer than 24 hours. In most cases, you can receive urgent care from the Primary Care Manager by making a “same day appointment”.

Routine (Primary) Care includes general office visits for the treatment of symptoms, chronic or acute, illnesses, and diseases. Also included is follow up care for an ongoing medical condition. You receive most of your routine or primary care from your Primary Care Manager.

There are times when you need to see a specialist for a diagnosis or treatment that your PCM cannot provide. Your PCM will provide referrals to access services to **Specialty** Care. If you receive specialty care without a referral from your PCM, this will result in out of pocket costs (e.g. Orthopedic Consults, Radiology Consult, etc).

If you do not coordinate emergency care, urgent care, routine care, and specialty care, you will be covered under the POS (Point of Service) option, resulting in higher out of pocket costs.

Please contact our Duty Crew at the following numbers for proper triage: BHC POOW: (619) 804-1520, BHC COD: (619) 804-1037. **We are available 24 hours, 7 days a week.**

We always have Corpsmen on duty along with a Provider who can help you out. The Doctor on Duty then makes the determination whether or not to send you to the Emergency Department.

After your Emergency Department visit, you should contact TRICARE within 24 hours for proper authorization at 1-888- 874-9378 *Failure to do so will result in the Emergency Department sending the bill to you*. After calling TRICARE, contact your Primary Care Manager (our friendly Branch Health Clinic) within 24 hours to set up a follow up appointment to ensure everything is alright. Most patients come in after a few days, or worse, weeks after their Emergency Department visit to dispute a bill, hence out of pocket costs comes in the picture.

For Emergencies: DISPATCH: (760) 339- 2222. For Routine Care / Specialty Care, contact BHC Appointment Desk: (760) 339-2674. For any TRICARE questions, please feel free to call or visit Ms. Wanda Vaughn, our Health Benefits Advisor or go online at www.tricare.mil.

Hopefully, now we understand how to utilize the right help, and the right resources. These are readily available to us. Doing this will save money, that we can use to fund other critical needs. ❖



MEDICAL CORNER

What's Up, Navy Doc?

"Bites and Stings by Flying and Crawly Things"

By: Nadine Henley, LT, MC(FS), USN

Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

To sign up stop by the clinic Monday – Friday from 0730-1600, or call our main number: (760) 339-2674. If you have questions, contact LT Laura Anderson at (760) 339-2674.

When we venture outside for work or for play, it is almost a sure bet we will have some uninvited guests along for the ride. Actually, instead of saying "uninvited guests," it would be more appropriate to say "uninvited pests." Insects are the ever-present party-crashers. But their idea of having a good time—biting and stinging—can result in you and your family having a bad time. The most common of these little summer-time sources of irritation are the mosquitoes and spiders.

MOSQUITO BITES:

Mosquitoes are one of the most annoying little aerial attackers around. Their bite can cause annoyance, mild swelling of the bite site, seemingly endless itching, and even pain—particularly for the youngsters.

How can you reduce the risk of being the target of a mosquito attack?

- Standing, stagnant water is a perfect breeding ground for mosquitoes. Therefore, it is important to steer clear of any such water areas either at home or when you are out-and-about. If you will empty standing water from any bird baths, bird feeders, flower pots and gutters, you can reduce the chance of these providing a breeding ground for these flying pests.
- Use a screen if you leave your windows open at night. Inspect them frequently for any holes that a mosquito could fly through. Do the same inspection as well if you have screen doors.
- If you are going to be in the woods or around areas of standing water like pools, ponds, or lakes, wear pants, socks, and a long-sleeve shirt.
- When camping out, cover your tents and sleeping areas with mosquito nets.
- Use plenty of insect repellent containing either the active chemical of DEET or Picaridin to be most effective.



The Mosquito

If you develop a headache, body aches, swollen glands or a rash, these are extraordinary reactions to a mosquito bite and may be a sign of a much worse medical condition. You need to immediately see your doctor or go to the Emergency Room. Some mosquitoes in the Imperial Valley are responsible for spreading the West Nile Virus. Though a rare complication, West Nile Virus can cause brain damage, neurological impairment, and even death. Should you suffer these serious complications, seeking immediate medical help can prevent them from becoming even worse.

SPIDER BITES:

Just like most places in the world, El Centro has its share of spiders, ranging from the everyday "house" or "cobweb" spiders to the Black Widow spiders. Whereas mosquitoes are aerial attackers, spiders are surface-crawlers, attacking from most any surface inside and outside our homes and places of work.

What do you do when you think you have been bitten by a spider?

- Wash the area of the bite with mild soap and water.
- Place a cool, damp hand towel over the affected area to keep the swelling down.
- Apply an over-the-counter antibiotic (triple antibiotic cream) to the bite.
- Do **not** to suck out the venom; most spiders do not inject any venom.
- However, if you think you were bitten by a Black Widow spider, go to the Emergency Room immediately to obtain the anti-venom, which is **not** carried at the NAFEC Branch Medical Clinic. In addition to the anti-venom, it is important to get effective pain medication. Though Black Widow spider bites are rarely fatal, they can cause significant pain. Black Widow spiders are very distinctive looking; they are jet black with a red hourglass shape on their bellies.
- If you develop nausea, headaches, abdominal pain or difficulty breathing following what you think may have been a bite by **any** kind of spider, go to the Emergency Room immediately. Any one or more of these symptoms could indicate you have a significant allergy to such bites.



The Black Widow

Hopefully, these practical tips will help you have an enjoyable summer, free of these uninvited pests and their stings and bites. ❖

GAME REVIEW

MASS EFFECT 2

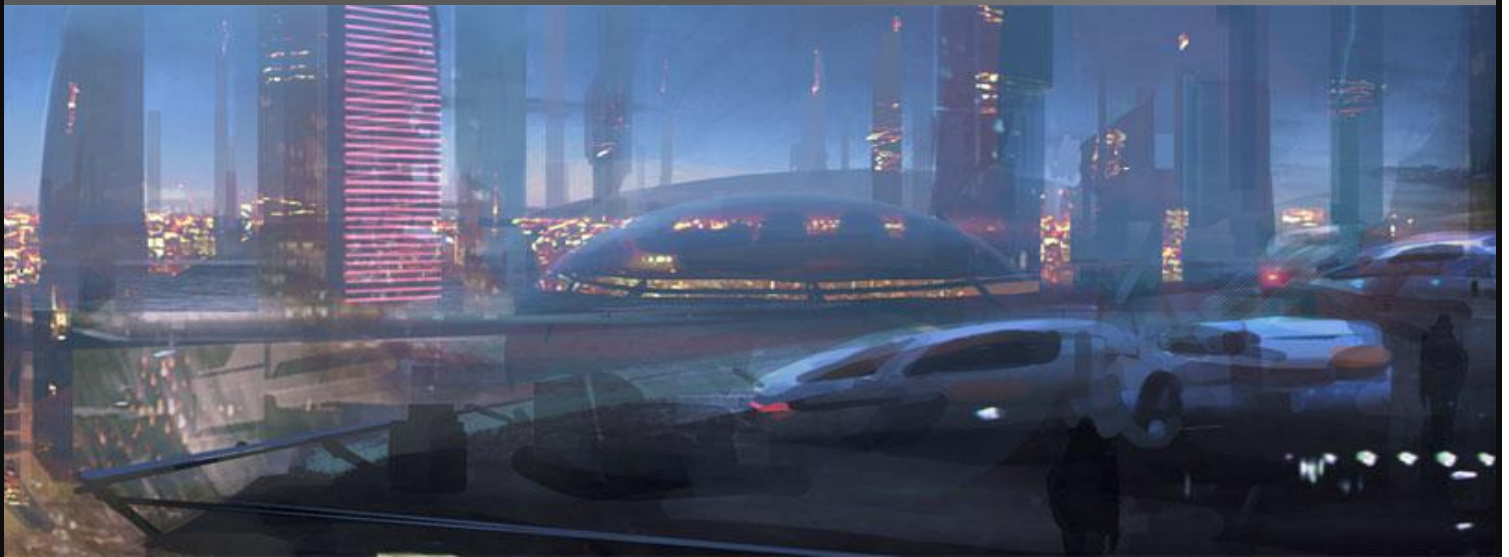
INSIDE...Mass Effect II

by MA2 Shawn Priestley

Whether you have a PS3, prefer Xbox 360 or consider anything but your personally built computer to be inferior, Bioware's RPG (role-playing game) space giant will satisfy all but the most confused of today's gamer. With anywhere between 15-40+ hours of game play, Mass Effect 2 is well worth the cost to keep one occupied while avoiding the afternoon sun.

Mass Effect 2 begins where the first game left off, but once your ship is attacked by a collector vessel it takes two years to piece your dead body back together. You're saved however by an independent corporation that has a track record of questionable methods to protect human interests in the universe. The game takes you through various missions to get a crack team together before a final "save the universe" suicide mission that doesn't necessarily have to live up to its name. You decide throughout the game when and how to respond to virtually every character you encounter in the game. Your rewards depend on whether your renegade attitude was appropriate while speaking with a peaceful diplomat or whether you should have spoken just a little harsher with the crooked drug dealer at the last space port.

It's not all role-playing however, as Bioware has gone more in-depth than I've seen in past games to personalize your character into whatever play style you choose. Do you prefer stealthy, saboteur attacks or even attacking with max damage with your sniper rifle from a distance? Maybe you like to charge your foes with optimized shields so your shotgun can wreak havoc. The game even allows you to purchase biotic upgrades so you can use mass effect fields to lift your enemies and send them flying, similar to Jedi powers in Star Wars. What you choose to be determines the level of fun you'll have while exploring the universe in Mass Effect 2. ❖



- Fun and challenging missions where taking cover is a must!
- In-depth skill, armor, & weapon upgrades for a more personal experience with your character.
- Choose your response during cut scenes so a snide comment won't go unpunished!

**9 out of 10
TOKENS**

"I plan on playing the game through again and with different class choices and storyline responses it'll feel like I'm playing a different game"

MEDICAL CORNER (PART 2)

What's Up, Navy Doc?

"Allergies"

By: Nadine Henley, LT, MC(FS), USN



Spring and summer are the most common months for people to experience allergies. The symptoms range from a stuffy nose to extremely severe reactions, such as difficulty breathing. Some people with sniffles and sneezing think they have a cold when they actually have symptoms of allergies. While these particular symptoms can be a nuisance other allergy symptoms demonstrate a very serious health risk, such as allergic reaction to peanuts which can lead to death.

What causes allergies?

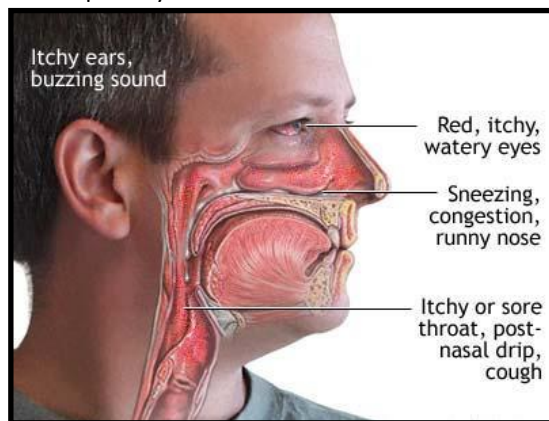
Allergies happen when the body's immune system reacts to foreign substances.

What are the most common allergens?

The most common allergens include pollen, mold, pet dander and dust. Dust is especially common here in El Centro when the high winds that occur.

What are the most common signs and symptoms of allergies?

- Difficulty breathing
- Itchy, tearing or red eyes
- Coughing
- Sneezing
- Headache
- Skin rashes or hives
- Itching of the eyes, mouth, nose, throat or skin
- Runny nose



What allergies present the greatest health risk?

Some types of allergies, like those caused by peanuts and other foods or insect bites, can cause a severe, life-threatening reaction known as anaphylaxis. The symptoms include severe shortness of breath, nausea, vomiting, lightheadedness, and loss of consciousness. If you develop these symptoms, call 911 or go straight to the nearest Emergency Room as this reaction can lead to shock and even death.

Who are most likely to have allergies?

People who are at an increased risk for developing allergies are those with a family history of asthma or allergies, children, and people who already have asthma.

What can you do to protect yourself and decrease your symptoms?

- Keep windows closed on days with poor air-quality. Run the air conditioner with a good filter to trap allergens from the outside air. Make sure you change the filter often.
- Change your clothes when you come in the house to prevent bringing pollen and dust inside. Take a shower and wash your hair to get the dirt, dust and pollens out.
- When you have been outside in the dirt and dust, wash those clothes in hot water (140 degrees Fahrenheit) to kill the pollen and dust-mites.
- Vacuum twice weekly and wear a mask when you do.
- Wear sunglasses to prevent pollen from getting on your eyelashes and eyelids.
- Get an air purifier and make sure to change the filters frequently.
- If you continue to have symptoms, see your Primary Care Physician for further workup and treatment as needed.

(Article continued on page 21)

SENATE PANEL APPROVES PACKAGE OF VETS BENEFITS

(NAVY TIMES 29 JUN 11) Rick Maze

The Senate Veterans' Affairs Committee approved five bills, including an omnibus health and benefits bill, a fix to the GI Bill and a measure aimed at helping veterans find good jobs. They also approved legislation requiring the Veterans Affairs Department to provide medical and nursing care for any veterans or family members who are ill because of contaminated water at Camp Lejeune, N.C., and a bill to allow collective bargaining by VA employees. Four measures passed by voice vote. The collective bargaining bill, S572, passed by an 8 - 7 party line vote.



The employment bill, the Hiring Heroes Act of 2011, results from a push by Sen. Patty Murray, D-Wash., the committee chairwoman, for a comprehensive overhaul of programs that are supposed to help separating service members find jobs. The bill, S 951, fine-tunes current programs, orders that military transition assistance classes be mandatory for everyone leaving service, and requires follow-up after people get out to see if they have landed jobs or need more help. Murray said the Defense Department, Labor Department and VA have myriad programs that are supposed to be helping, yet the unemployment rate for young veterans hovers around 24 percent. "I don't want to have programs just to have programs," she said. "I want this to really work."

One of the key features of the bill is follow-up. For people receiving transition help in the military, or from VA or the Labor Department after getting out of the military, the bill requires follow-up six months to a year afterward. For those who do not have jobs, especially disabled veterans who have used vocational rehabilitation programs, the bill would allow them to attend the classes again for another shot at earning a marketable skill.

The omnibus bill, the Veterans Programs Improvement Act of 2011, includes provisions related to health, homeless veterans, housing, compensation, burial and construction, including some high-profile initiatives. For example, the bill takes another stab at preventing military and veterans' funerals from being disrupted by protesters by expanding the zone, in terms of both time and space, when disruption or disturbance is illegal. This effort results from a Supreme Court ruling that held funeral protests are constitutionally protected, even if they are offensive to the family of the deceased.

One provision of the bill, S 914, would authorize VA to provide an extra year of disability compensation for veterans who submit a fully developed claim rather than a claim that needs more work. Extra pay would result from backdating the effective day to one year before it was submitted. Health care provisions include waiving co-payments for veterans using telehealth and telemedicine programs, prohibiting VA from preventing the use of service dogs at any VA or VA-funded facility, and expanding chiropractic services so there are at least two locations in every region offering the treatment. Part of the bill is aimed at punishing businesses who falsely claim they are veteran-owned in order to get government contracts. A small business found to have misrepresented itself would be barred for no less than five years from contracting with VA, and debarment action must happen within 90 days if the misrepresentation was deliberate.

On housing, Servicemembers' Civil Relief Act protections against foreclosure or seizure of property would be extended to 12 months after leaving active duty, three months longer than now provided.

The Caring for Camp Lejeune Veterans Act, S 277, is an effort by North Carolina lawmakers to get federal help for families experiencing adverse health effects from exposure to well water that was contaminated with human carcinogens. This is the latest of many bills involving a situation discovered in the mid-1980s as a result of fuel tanks that leaked into the ground water. Sen. Richard Burr of North Carolina, ranking Republican on the veterans' committee and chief sponsor of the bill, said the measure is "another shot at doing the right thing for the thousands of Navy and Marine veterans and their families who were harmed during their service to our country." Burr estimates 750,000 people may have been exposed to the tainted water.



The GI Bill legislation passed by the committee is aimed at protecting current private school students in seven states from a drop in tuition payments beginning Aug. 1, when VA switches to a new method of calculating payments.

The bill, S 754, would protect anyone enrolled in a private college or university Jan. 4, 2011, from receiving less in tuition and fee payments from VA for the next three years. This is similar to a House-passed bill aimed at the same issue involving students in Arizona, Michigan, New Hampshire, New York, Pennsylvania, South Carolina and Texas.

It remains unclear whether a compromise bill will pass Congress and be signed into law before the Aug. 1 change in benefits, which could cost up to 30,000 veterans up to \$9,000 a year in GI Bill help. ❖



EARTHQUAKES

Earthquakes come without notice and are unpredictable!

Reducing the chance of injuries, loss of life is part of preparing.

Article by Rodney Sims

THE SAN ANDREAS FAULT

The San Andreas Fault runs more or less north to south from just below Eureka CA almost to Brawley, Ca, with the City of El Centro just south, and the next largest metropolitan city of Mexicali, MX which boasts a population just over a million.

The 2010 Baja California earthquake (also known as 2010 Easter earthquake, 2010 Sierra El Mayor Earthquake) was an earthquake of 7.2 magnitudes. Most of the damage in this earthquake occurred in the twin cities of Mexicali and Calexico. Four lives were lost and 100 people were injured.



Before the Earthquake:

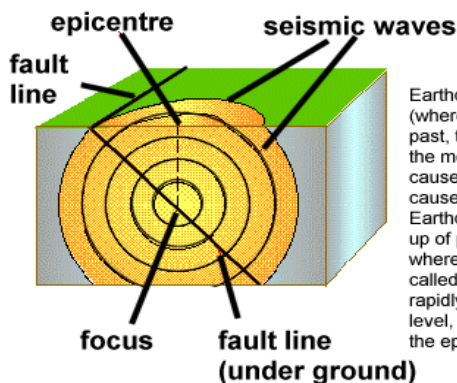
- Teach all members:1) the actions you should take when an earthquake occurs, 2) the safe places in a room such as under a strong desk, along interior walls, and 3) places to avoid such as near windows, large mirrors, hanging objects, heavy furniture and fireplaces.
- Stock up on emergency supplies: battery operated radio, flashlights, first aid kit, bottled water, two weeks food and medical supplies, blankets, cooking fuel,.
- Arrange your home for safety: Don't hang heavy mirrors or pictures above where people frequently sit or sleep.
- Anchor heavy appliances and furniture such as water heaters, refrigerators and bookcases.
- Know where your emergency shutoffs are and how to turn them off. GAS • ELICTRICITY• WATER
- Designate an open area for mustering/gathering that is away from power lines and trees

During the Earthquake:

- If you are indoors, stay there! Quickly move to a safe location in the room such as under a strong desk, a strong table, or along an interior wall. Avoid taking cover near windows, large mirrors, hanging objects, heavy furniture, heavy appliances or fireplaces.
- If you are driving, slow down smoothly and stop on the side of the road! Avoid stopping on or under bridges and overpasses or under power lines, trees and large signs. Stay in your car!

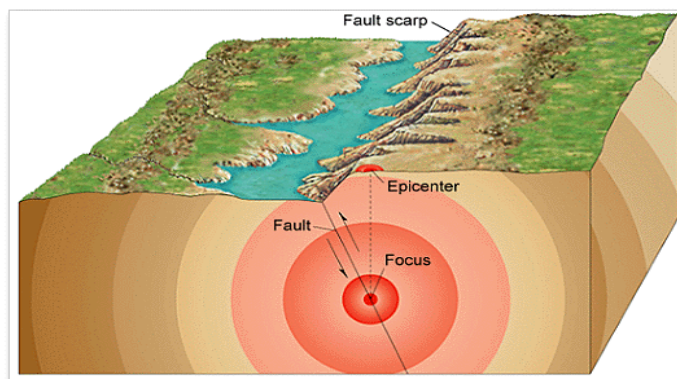
After the Earthquake:

- Check for injuries; attend to injuries if needed, help ensure the safety of people around you.
- Check for damage. If your building is badly damaged you should leave it until it has been inspected by a safety professional.
- If you smell or hear a gas leak, get everyone outside and open windows and doors. If you can do it safely, turn off the gas at the meter. Report the leak to the Gas Company and fire department. Do not use any electrical appliances because a tiny spark could ignite the gas.
- If the power is out, unplug major appliances to prevent possible damage when the power is turned back on. If you see sparks, frayed wires, or smell hot insulation turn off electricity at the main fuse box or breaker. ❖



Earthquakes

Earthquakes occur along plate margins (where plates meet). When plates move past, towards or away from each other the movement is not smooth. Friction causes the plates to get stuck. This causes pressure to build up. Earthquakes occur when this build up of pressure is released. The point where the earthquake starts is called the focus. Energy waves race rapidly from this point. The point at ground level, directly above the focus, is called the epicentre.



Allergies (continued from page 18)

Where can I obtain further information about pollens in the air?

Probably the best website to look at for the pollen count is www.airnow.gov. On the map, just click on "Southern California". On the right side of the map, scroll down to find the specific pollen count for Imperial Valley. What do the colors on the map show? These indicate the Air Quality Index (AQI) for each day. The AQI reflects health risks from air content, such as pollens and other contaminants:

- Green = Good, AQI: 0-50. Indicates that the air quality is good and there is little to no risk from air pollution.
- Yellow = Moderate, AQI: 51-100. Indicates that, for most people, the air quality is acceptable. Yet, there are a few people, extremely sensitive to air pollution, who might be affected.
- Orange = USG, AQI: 101-150. Indicates that most people will not be affected. However, people with lung and heart disease, as well as older adults and young children, can be affected.
- Red = Unhealthy, AQI: 151-200. Everyone can experience health effects.
- Maroon and Brown are very dangerous and can cause serious health problems.

Allergies can be more than just a nuisance. Remember the steps above to protect yourself and your family so you can enjoy this time of the year. ❖

Behind the Scenes at the Marriage Enrichment Retreat

By: Chaplain Jared Smith

(continued from page 11)

It may be the best-kept secret in the military. And it's been behind the scenes for much too long.

It's certainly not news that military life is hard on marriages. But it may come as a complete surprise that the military actually offers a way to encourage and strengthen marital relationships. And by the way, it's free of charge!

It's called the Marriage Enrichment Retreat (MER). Even if you've heard of it, the experience may still be one shrouded in mystery. You're not alone if you have questions that need answers before you'd even consider attending. What will happen? Who will be there? What will I learn? Will it be worth it? Okay, it may be free, but will it be fun?

Recently my wife and I (along with two other couples from NAF El Centro) had the opportunity to participate in a MER in San Diego. We are so glad we did! Let's start with the lodging—the Double Tree by Hilton. We were impressed by the modern décor, king bed, balcony, flat screen TV, swimming pool, exercise room, and hot tub. Did I mention the warm chocolate chip cookies available at the front desk throughout the day?

I guess that brings us to the food. The Friday evening hors d'oeuvres included an array of non-alcoholic beverages, cheeses, fruit and desserts. We enjoyed a full breakfast on both Saturday and Sunday that included scrambled eggs, pancakes, bacon, sausage, oatmeal, and French toast. On Saturday, we had Asian chicken salad for lunch and fajitas for dinner. It tasted great and the buffet-style meant there was plenty to go around.

The 20 couples in attendance were from various branches of military service. Some had been married for nearly 20 years, while others for only a few months. Whether a couple's goal was to learn communication and/or conflict resolution skills, to rekindle romance, or to simply relax without the kiddos, there was something here for everyone. Having Saturday afternoon open to simply spend time with one's spouse was absolutely perfect.

Our sessions were facilitated by an experienced Navy chaplain. By encouraging participants to wear comfortable clothes and use first names, he set an informal tone that put everyone at ease. The instruction he offered was interactive and completely practical. While sponsored by the Chief of Chaplains office, the event was completely faith neutral. The material was relevant to every person regardless of one's faith background or preference.

If you have further questions, please talk to my wife and I. We'd love to tell you more about it. If you decide to attend a future MER, I trust your experience will be as positive as ours was. And if you do participate, please spread the word. This is definitely one secret we don't want to keep to ourselves. ❖

USS Minnesota Submarine Logo Design Contest

(KARE NBC MINNEAPOLIS 08 AUG 11)

MINNEAPOLIS, Minn. -- The U.S. Navy is commissioning a new submarine to be named for the state of Minnesota. The USS Minnesota needs a logo and the commissioning committee wants a Minnesota student to design it. The winning logo will be selected by crew members of the submarine. The contest is open to students ages 16-22 and runs until November 1, 2011. The winner will receive a \$1,500 college scholarship and an all-expense paid trip to the commissioning ceremony in Norfolk, Va. in 2013. The winning logo will become the face of the submarine and worn by sailors for decades to come. ❖

BOOK REVIEW

Blood Orange, by Drusilla Campbell

Review by Nikki Kirtsey



If I had to best classify *Blood Orange* I would place into the genre of inspirational fiction. However, the central storyline leaves much to be desired in the areas of inspiration and plot development. In *Blood Orange* the lead character, Dana Cabot, is abruptly thrust into a position of religious doubt when her young daughter is kidnapped. However, the book begins several months after her daughter, Bailey, has been kidnapped. Therefore, while the plot fully explores Dana's deteriorated relationship with God and religion, it never fully explains or expresses how that relationship is repaired, how it started, or Dana's path to redemption. Additionally, as a lead character, Dana Cabot hardly inspires sympathy or empathy in the reader. Many of her circumstances are brought about due to her own adulterous nature.

Additionally, the reader often gets the impression that Dana is a cold and unforgiving woman. However, while she may have a difficult time forgiving others, she easily excuses and justifies her own actions. Furthermore, her husband David (a former professional quarterback turned

defense lawyer) is perceived as a selfish media hound. He repeatedly puts his family in dangerous and uncomfortable positions by taking controversial cases. While this initially appears to be the actions of a brave man upholding the judicial system, the reader comes to find that David takes these cases for money and publicity, completely disregarding his wife's, friends, and co-workers concerns and opinions. Campbell would have served the book, plot, and characters better if she had spent more time exploring the relationship between Dana and David.

Campbell provides little explanation or exploration of their relationship, and the reader is often left wondering about the specifics of their marriage and how they came to be in their current predicament. While *Blood Orange* has the potential to be an honest and introspective exploration of faith, marriage, and friendship, it fails on all fronts. What the reader gets instead is a superficial attempt to tackle major personal and societal issues with obvious plot resolutions. ❖



NEW POOL FEES Effective June 13, 2011

By Joe Conner

Single Pass Retired Military Daily \$2 per person Monthly \$20 Yearly \$40	Family Pass Retired Military Daily \$2 per person Monthly \$35 Yearly \$70
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Single Pass for DoD & Contractors Daily \$3 per person Monthly \$35 Yearly \$50	Family Pass for DoD & Contractors Daily \$3 per person Monthly \$50 Yearly \$110
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All Guests \$3

All Military & Military Family fees are sponsored by CNRSW for 2011, however a pass will still be required for pool use. Passes can be picked up at the Small Pool Bldg. 239.

Passes can be purchased at the NAF El Centro Small Pool Bldg. 239

Green Lantern Sneak Preview

By Holly Norred

For the first time in over four years NAF El Centro was selected to show a sneak preview movie. Instead of having to wait a couple of weeks after the movie is released in theaters, we got the chance to show it the same weekend it was released, and best of all, it was **FREE!**

We had the privilege of showing the Green Lantern on Saturday, June 18. The theater capacity is 303 people, and two days before we showed the movie all the ticket were gone! Since this was such a huge success, we hope that in the near future we will get another opportunity to show a sneak preview. ❖



A Final Farewell...

Well, this is it. This is my final submission to the Sandpaper before the change of command. I want to say what a pleasure it has been to be able to work with an amazing group of people. During our time together, we have accomplished some amazing things. Our air show has become even bigger than it was before, with more acts and many more people attending. We have seen the base change in appearance as we've built several new hangars and other buildings, with the new Child and Youth Programs building being the crown jewel. We've also seen some old buildings go away. NAF El Centro has become the host of all British helicopter desert training, which would not have happened if it weren't for the hard work of the many people who work here. We were able to quickly recover from a potentially devastating earthquake in an incredibly short amount of time. Finally, we have accomplished the mission that we have been given, which is to ensure victory in combat through superior training of our warfighters. I will certainly miss being here. It has been the greatest honor of my career to have been able to work with you each and every day. This base, unlike any I have ever been assigned to before, has a real feeling of family. There is not another Installation Commanding Officer in the Navy who can walk around his or her base and feel confident that they will recognize the vast majority of people they come across. I feel blessed that that does not apply to me. You have overcome every obstacle put in your way, you have completed all tasks with exceptional professionalism, and you have created a place that feels like home. Thank you for allowing me to be a part of that. I wish you the best, and I know that you will continue to excel. NAF El Centro really is the Pearl of the Desert, and that is because you have made it that way. ❖

CAPT Thompson



Navy's First Female Master Chief Passes Away at Age 90

By MC1(SW) Abraham Essenmacher, Office of the MCPON

WASHINGTON (NNS) -- The U.S. Navy's first female master chief died Aug. 4 at the age of 90 while residing at Vinson Hall Retirement

Master Chief Yeoman (Ret.) Anna Der-Vartanian began her military career in 1943 when she enlisted in the Women Accepted for Volunteer Emergency Service program, or WAVES. In 1946, she transitioned to the Navy and 13 years later she became the first woman in any of the armed services to advance to E-9, the highest enlisted paygrade.

During her Navy career, Der-Vartanian was stationed in Washington, San Francisco, Boston, Pearl Harbor, and Paris. After retirement she went to work for the CIA as a junior analyst after retiring from the Navy in 1963, and later worked as a counterintelligence specialist.

"We are saddened by the loss of Master Chief Anna Der-Vartanian," said Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West. "She was an inspirational pioneer in our Navy, and a role model for courage and commitment to every Sailor in uniform during the last 50 years. My thoughts and prayers go out to her family."

West spoke at length on the impact Der-Vartanian had on the Navy and the chief petty officer community.

"Her life was dedicated to selflessly serving the nation in any way she could, a tireless aspiration that went far beyond the Navy and left a profound impact wherever she was involved," he said. "Anna's contributions as a Sailor, as a citizen, and as a master chief petty officer will long burn as one of the brightest lights in our proud Navy heritage."

"The Navy chief petty officer community will miss Anna's wit, her energy and the deep satisfaction she took in helping others," West continued. "She led people from the front by personal example, a virtue we strive to instill in every chief who wears anchors today. Anyone fortunate enough to spend time with Anna could not help but be impressed by her humility and strength of character. We were privileged to have her at several CPO events in recent years and she captured the undivided attention of everyone in the room when she was there. We won't forget her."

Der-Vartanian is survived by numerous nieces and nephews. She was awarded the National Defense Medal and other various other decorations for her service. ❖



May & August Poll Results

By: PSSN Meráz, Marques L.

The Sandpaper would like to thank everyone who participated in this month's poll question. These questions give us feedback on programs and ideas we might like to try out on base.

IF NAF/MWR were to have a themed dance, what theme would you most like to attend?

2. If NAF/MWR were to have a themed dance, what theme would you most like to attend?

70's Disco		11	28%
50's Sock Hop		3	8%
80's prom		13	32%
Roaring 20's		2	5%
Honky Tonk		5	12%
Other, please specify View Responses		6	15%
Total		40	100%

Apparently most people loved the 80's! Big hair, parachute pants and synthesizers! Oddly enough, few of the junior Sailors responded. I supposed it's the "older crowd" who really want to get out there and strut their stuff. Maybe the young ones need some old school lessons?

What summer activities would you like to see on base?

2. Which of the following summer activities would you like to see on base? Choose all that apply.

Adult Intramural Sports (specify the sport in the comments section)		15	33%
Children's Intramural Sports (specify the sport in the comments section)		10	22%
Self Defense Classes		18	40%
Music Lessons (specify the instrument in the comments section)		13	29%
Additional Comment View Responses		16	36%

Here it seems that most people like organized sports. Well Captain's Cup competitions are just the thing for you! We also noticed that there is an interest in Self-Defense classes. Perhaps that is something new we might be able to bring to the base! Although the responses for sports varied greatly, there was one theme that we saw in almost every response: INDOOR SPORTS—IT'S HOT OUTSIDE! Also, there is a great deal of interest for music lessons of all sorts.

Restaurant Review:

Los Tarascos Mexican Restaurant

By: PSSN Meráz, Marques L.



In the center of a town that has a rich taste of Mexican culture, lies a restaurant that is truly a cut above the rest. I am referring to Los Tarascos Restaurant on Adams Ave near McDonald's. My experience there was one that left me anxious to share it with others. Starting from the second I walked through the door, I was able to notice the nice décor throughout the dining area. The decorations were a very good touch, and really made me feel as though I was indeed in Mexico and not down the street from my house. The customer service was top of the line. I was immediately greeted by a waiter and seated at a booth where tortilla chips and salsa was immediately served to me. The waiters are very attentive, and sincerely wanted to make sure that I had the best. The food was also awesome. The tortilla chips that were initially served were hot, crisp, and perfectly salted. The salsa gave a cool but spicy contrast to the chips. I would have added a bit more heat to the salsa, but that is all a matter of preference.

My entrée was the Shrimp Burrito Tarasco. This burrito was HUGE—and it tasted great too! I didn't have to do anything to the burrito because it was exactly how I wanted it. I didn't have to touch the salt, pepper, or hot sauce. My favorite part about this was how big and juicy the shrimp were. As someone who eats quite a bit of shrimp, I was impressed because I haven't seen shrimp that size in this area. Everything was well seasoned; I was full, but I couldn't stop eating. This burrito seriously made me want to bite my hand off! If you are looking for a nice place to take the family, look no further. This restaurant has a great family environment and is very reasonably priced. I highly recommend Los Tarascos Mexican Restaurant. ❖

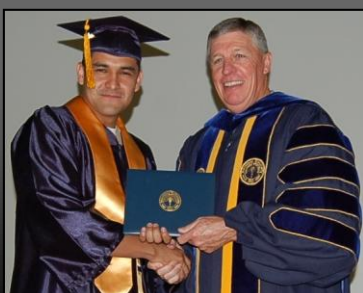


VINCENNES UNIVERSITY
SINCE 1801 *INDIANA'S FIRST COLLEGE
Fall Term I CLASS SCHEDULE
29 Aug 2011 – 22 Oct 2011
Add/Drop Date: September 9, 2011



Course	Course Title	Loc	Days	Time	Type & # of Hours	Instructor
NAF El Centro <i>ENGL 101</i>	<i>P-English Composition I</i>	Bldg 221 Rm 4	M/W	1930-2230	English (3)	Dr. Dickerson
<i>ENGL 101</i>	<i>P-English Composition I</i>	Bldg 221 Rm 4	T/Th	1930-2230	English (3)	Dr. Dickerson
BIOL 101	Plant and Animal Biology	Bldg 221 Rm 3	T/Th	1700-2100	Science (4)	Dr. Chien
MATH 010	P-Fundamentals of Math	Bldg 221 Rm 4	T/Th	1630-1830	MATH (4)	Blake Miles
MATH 110	P - Statistics	Bldg 221 Rm 5	T/Th	1830-2130	Math (3)	Blake Miles
<i>PSYC 201</i>	<i>P- Developmental Psychology</i>	Bldg 221 Rm 3	M/W	1930-2230	<i>Social Science (3)</i>	Eva Shaw
<i>PSYC 249</i>	<i>P- Abnormal Psychology (R/W/S)</i>	Bldg 221 Rm 3	T/Th	1930-2230	<i>Social Science (3)</i>	Eva Shaw
<i>SPCH143</i>	<i>Speech</i>	Bldg 221 Rm 3	M/W	1700-1930	Speech (3)	Bruce Page

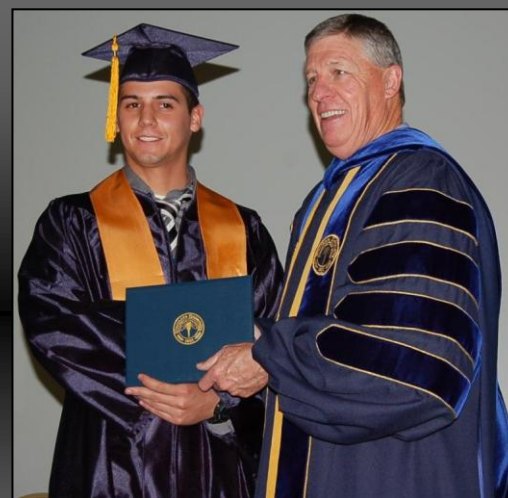
2011 Military Education Program Commencement



Efrain Lopez, AS



Ivory Coachman, AS



Eddie Velez, AS



Kristal Gonzales, AS

Not Pictured: Samuel Featherstone, AS; Jose Gonzalez, AS; Matthew McBride AS; Joshua Thacker, AS.

RECENT EVENTS

IN THE
PEARL OF THE DESERT



New graduates of the Baby Sitting Class



Vincennes University NAFEC 2011 Graduating Class



HN Feng's Reenlistment



The CYP Staff having fun with the kids!



Decorating Cookies for the Sailors!



I love EL CENTRO!!!!

AUG SANDPAPER POLL:

<http://www.zoomerang.com/Survey/WEB22CUNTHDQQN/>

SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER@NAVY.MIL

AUGUST 2011

NAF EL CENTRO

MWR OUTLOOK

5th Annual

Summer Palooza

End of Summer Bash

Friday, August 19, 2011
1730-2100 at the Small Pool
FREE EVENT!

LIVE music, jumpers, face painting
and FREE food and drinks!

*Event open to all authorized
MWR patrons.*

*Small Pool, Bldg. 239
760-339-2559*

LIVE Band

at the Sun Downer Club

Saturday, August 20
2000-2300 • FREE

Back by popular demand...

Crosswinds!

Stop by for a night of great music
from one of our favorite bands,
Crosswinds. Plus, order up some
tasty treats from the bar menu.

Sun Downer Club • Bldg. 227
760-339-2319



FOOD

Mirage Club

Bldg. 227 • 760-339-2996

Lunch:

Monday-Friday 1100-1300

Dinner:

Monday-Thursday 1700-2000

Lunch Buffet: \$8.25

(includes your choice of soup or salad)

Soup \$2.50, Salad \$4.50,

Soup & Salad \$5.50

CHEF'S WEEKLY SPECIAL

August 1-5

Beef Taco Plate \$5.75

Monday, August 1

Build-a-Burger

Tuesday, August 2

Enchiladas

Wednesday, August 3

BBQ Beef Ribs

Thursday, August 4

Mexican Buffet

Friday, August 5

Fish & Shrimp

CHEF'S WEEKLY SPECIAL

August 8-12 • \$5.75

Chicken Quesadilla Plate

Monday, August 8

Fried Chicken

Tuesday, August 9

Taco Bar

Wednesday, August 10

Pork Chops

Thursday, August 11

Carne Asada

Friday, August 12

Fish & Shrimp

CHEF'S WEEKLY SPECIAL

August 15-19

Chiles Rellenos \$6.50

Monday, August 15

Meatloaf

Tuesday, August 16

Lasagna

Wednesday, August 17

BBQ Chicken & Pork

Thursday, August 18

Prime Rib • \$9.95

Friday, August 19

Ceviche

CHEF'S WEEKLY SPECIAL

August 22-26 • \$5.75

Cold Meatloaf Sandwich

Monday, August 22

Salisbury Steak

Tuesday, August 23

Roast Chicken

Wednesday, August 24

Beef Tips

Thursday, August 25

Carne Asada

Friday, August 26

Baked Fish

CHEF'S WEEKLY SPECIAL

August 29-September 2

Chili Bread Bowl \$3.95

Monday, August 29

Country Fried Steak

Tuesday, August 30

Roast Pork

Wednesday, August 31

Pasta Bar

The Liberty Center is the place to be! The Center features dozens of computers with FREE Internet use. Games at the Liberty Center include billiards, ping pong, Xbox 360, Nintendo Wii and PlayStation 3. Plus, enjoy watching your favorite flicks from our over 250-movie 8mm library on two 62" big screen TVs.

LIBERTY

Bldg. 202 • 760-339-2559

Events held at the Liberty Center unless stated otherwise.

LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY

Monday-Friday

0700-2100

Saturday-Sunday

1100-2100

Holidays

1200-1800

Tuesday, August 2

Snow Cones

Stop by your Liberty Center to cool off with a delicious snow cone!

Time: 1100 until supplies last

Thursday, August 4

Popcorn & Movie Night

Pick out your favorite movie and enjoy FREE popcorn on Liberty!

Time: 1700

Wednesday, August 10

Hot Wing Hump Day

Your Liberty Center is giving away FREE hot wings to help you get through the rest of the week. Hurry in before they fly away!

Time: 1600

Friday, August 12

Pool & Pizza Friday

Start your weekend off right by entering Liberty's pool tournament, plus eat FREE pizza while you play.

Time: 1800

Monday, August 15

Ping Pong Tourney

Show off your mad pool skills tonight!

Time: 1700

Wednesday, August 17

Happy Birthday to You

Celebrate those with an August birthday at the Liberty Center. FREE piece of cake, while supplies last.

Time: 1100



Hot Wing Hump Day!

Wednesday, August 10 & 24



Pool & Pizza Friday

Friday, August 12

Friday, August 19

5th Annual Summer Palooza

LIVE music, jumpers, face painting and FREE food and drinks! Event is open to all authorized MWR patrons.

(see ad on front cover)

Time: 1730-2100

Location: Small Pool

Tuesday, August 23

Twinkie Tuesday

Stop by your Liberty Center for America's favorite sweet treat!

Time: 1100

Wednesday, August 24

Hot Wing Hump Day

Enjoy hot wings of fire FREE at your Liberty Center, while supplies last.

Time: 1630

Monday, August 29

Adult Tricycle Race

Time: 1700

Wednesday, August 31

Minute to Win It

Just like the show, but now it's time to see if YOU can win it in a minute (60 seconds).

Time: 1730

LIBERTY PROGRAM IS FOR ACTIVE DUTY ONLY



AQUATICS

Small Pool

Bldg. 239 • 760-339-2627

Mon-Thu: 1300-1700
Sat & Sun: 1200-1800

Large Pool

Bldg. 374
760-339-2487/2627

Tue-Fri: 1200-1900
Sat & Sun: 1200-1800

Splash 'N Dash

500 yard swim ~ 3 mile run
Saturday, August 13

0630 • FREE event at the Large Pool
All MWR patrons are invited to participate individually or as a team. Prizes awarded to 1st place winners! Pick up your registration form at any MWR facility. Forms are due by August 11.

Aqua Track & Field

Monday and Wednesday 1300-1345
at the Large Pool

Participate in in-water long strides, running, high knees, jumps and other great track and field exercises. The class is perfect for those who love to run but can't deal with the pain of running on pavement.

Swim & Strength Class

Tuesday & Thursday 1030-1115 and 1630-1730 at the Large Pool

This class will have you doing Freestyle, breath strokes, side strokes, and some out of the pool strength exercises.

Aqua Cardio & Strength Class

Tuesday and Thursday 1300-1345 at the Small Pool

Extremely hot conditions plus unstoppable perspiration may cause difficulty for you to work out by diminishing your motivation. Try our Aqua Cardio and Strength class. It will cool you off and work you out!

FITNESS

Navy Fitness Center

Bldg. 327 • 760-339-2488

Monday-Friday
0500-2100

Saturday-Sunday
0800-1700

Holidays
0600-1430



B.....Beginning Class
I.....Intermediate Class
A.....Advanced Class
NOFFS....Navy Operational
Fitness & Fueling Series

Thursday, August 4

1130-1230 B. Spin
1600-1700 I. Plyometrics
1700-1800 A. Circuit Training
1800-1830 I. Abs Class

Friday, August 5

0900-1000 Moms In Motion
1130-1230 I. Kickboxing
1600-1700 B. Boot Camp
1700-1800 I. Spin 'N Abs

Saturday, August 6

No classes

Sunday, August 7

No classes

Monday, August 8

0900-1000 Moms In Motion
1130-1230 I. Spin 'N Tone
1600-1700 B. Spin 'N Abs
1700-1800 Plyometrics
Dodgeball Tournament Begins

Tuesday, August 9

1130-1230 I. Step Aerobics
1130-1230 B. Circuit Training
1700-1800 B. Medicine Ball
1800-1830 Abs Class

Wednesday, August 10

0900-1000 Moms In Motion
1130-1230 Intro to NOFFS
1600-1700 I. Spin 'N Run
1700-1800 I. Body Sculpting

Thursday, August 11

1130-1230 B. Body Sculpting
1600-1700 B. Body Sculpting
1700-1800 I. Plyometrics
1800-1830 Abs Class

Friday, August 12

0900-1000 Moms In Motion
1130-1230 B. Kickboxing
1600-1700 B. Spin/ Abs
1700-1800 B. Circuit Training

Saturday, August 13

0830-0930 B. Body Sculpting
1100-1200 B. Circuit Training
Splash 'N Dash • 0630 at the
Large Pool

Sunday, August 14

No classes

Monday, August 15

0900-1000 Moms In Motion
1130-1230 I. Spin 'N Abs
1600-1700 I. Spin 'N Abs
1700-1800 Plyometrics

Tuesday, August 16

1130-1230 I. Circuit Training
1600-1700 B. Circuit Training
1700-1800 B. Body Sculpting
1800-1830 Abs Class

Wednesday, August 17

0900-1000 Moms In Motion
1130-1230 Intro to NOFFS
1600-1700 B. Plyometrics
1700-1800 B. Spin 'N Run

Thursday, August 18

1130-1230 I. Spin 'N Run
1600-1700 I. Spin 'N Run
1700-1800 B. Boot Camp
1800-1830 Abs Class

Friday, August 19

0900-1000 Moms In Motion
1130-1230 Kickboxing
1600-1700 I. Spin 'N Abs
1700-1800 I. Circuit Training

Saturday, August 20

No classes

Sunday, August 21

No classes

Monday, August 22

0900-1000 Moms In Motion
1130-1230 I. Spin 'N Medicine Ball
1600-1700 I. Spin 'N Tone
1700-1800 I. Plyometrics
Wallyball Tournament Begins

Tuesday, August 23

1130-1230 B. Body Sculpting
1600-1700 I. Body Sculpting
1700-1800 B. Medicine Ball
1800-1830 Abs Class

Wednesday, August 24

0900-1000 Moms In Motion
1130-1230 Intro to NOFFS
1600-1700 I. Plyometrics
1700-1800 B. Spin 'N Abs

Thursday, August 25

1130-1230 B. Circuit Training
1600-1700 B. Circuit Training
1700-1800 B. Boot Camp
1800-1830 Abs Class

Friday, August 26

0900-1000 Moms In Motion
1130-1230 I. Spin 'N Abs
1600-1700 I. Spin 'N Tone
1700-1800 B. Kickboxing

Saturday, August 27

No classes

Sunday, August 28

No classes

Monday, August 29

0900-1000 Moms In Motion
1130-1230 I. Spin 'N Tone
1600-1700 I. Spin 'N Abs
1700-1800 I. Plyometrics

Tuesday, August 30

1130-1230 I. Body Sculpting
1600-1700 I. Circuit Training
1700-1800 B. Bootcamp
1800-1830 Abs Class

AUGUST Tournaments

**DODGEBALL
TOURNAMENT
Begins August 8
Sign up by August 2**

**Wallyball
Tournament
Begins August 22
Sign up by August 16**



Stop by the Navy Fitness Center
to sign up

BOWLING

Bowling Center

Bldg. 485 • 760-339-2575

National Bowling Week Special

July 30-August 6

1 FREE Bowling Game for Kids (17 & under) from 1000-1600

Meal Deal

Monday-Friday 1000-1300

Purchase a meal of \$5 or more and bowl for FREE!



CONNECT

Cyber Café

Bldg. 202 • 760-339-2559

Happy Hour

1400-1500 EVERY DAY!

1/2 off any hot or cold specialty drink



TRIPS

Information Tickets & Tours

Bldg. 202 • 760-339-2559

Open to all authorized MWR Patrons.

Saturday, August 27

Big Bear Ziplining Adventure

Three hour tour includes off-roading two miles into the forest in a safari jeep, a trek across a fun suspension bridge and nine high-speed zipline runs. This tour is truly adventurous!

Sign up by August 24 by stopping by ITT or calling 760-339-2559 for more information.

Price: \$80

RENTALS

Outdoor Adventure

Bldg. 318 • 760-339-2486

Monday-Friday

0800-1630

Saturday, August 6

Laguna Mountain Hiking Trip

Enjoy a pleasant hike through mountain meadows with pine trees and large boulders plus a great view of Big Laguna Lake!

Transportation fee: \$5 per person

To sign up (by August 3) or for more information call 760-339-2486.

50% Off
All Sports
Equipment
Rentals
in August!



SUPPORT

Fleet & Family Support Center (FFSC)

Bldg. 214, Room 127
Phone: 760-339-2442
Cell: 760-677-9310

Tuesday, August 2
Anger Management
1300-1400

Thursday, August 4
Pregnancy Resources
1300-1400
Preparing for an Overseas Tour
1400-1500

Tuesday, August 9
Stress Management
1300-1400

Thursday, August 11
Resume Writing
1300-1400
Winning Interview Techniques
1400-1500

Tuesday, August 16
Effective Communication
1300-1400

Thursday, August 18
Goal Setting
1300-1400
Assistance with Homeport Changes
1400-1500

Tuesday, August 23
How to Resolve Conflict in the Workplace
1300-1400

Thursday, August 25
Budget Class
1300-1400

Tuesday classes

hosted by Mr. Charlie Gregg,
Base Clinician, in the Welcome Center,
Bldg. 401

Thursday classes

hosted by Mrs. Pat Braxton,
Fleet & Family Support Center Site
Manager, in the Fleet & Family Office,
Bldg 214

