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Issue 12

PUBLISHED BY THE NAF EL CENTRO PAO

September 2011

NAF EL CENTRO

# SANDPAPER



## Feds Feed Families Food Drive Huge Success *By Kristopher Haugh*

Three years ago, the Chief of Human Capital Officers in association with the Office of Personnel management, the Department of Defense and the US Department of Agriculture established a program with a simple idea; Federal employees collecting food for local food banks. The Department of Defense set its goal for this noteworthy endeavor at 733,800 lbs. When the final totals were counted, Soldiers, Sailors, Airmen, Marines and the civilians who support them raised 1,423,414 lbs! That means the DOD exceeded its goal by 194%.

Leading the effort at NAFEC was Chaplain Smith. Many of you know him by his infectious smile and willingness to jump into any endeavor. He certainly took the bull by the horns this time. Originally, he set the goal for our base at 1,000 lbs. Within two weeks that mark was met and exceeded. He then raised the bar to 5,000 lbs. But he did not just sit there and wait for results; he got out into the community and fired us all up! Over the course of two months, NAFEC met and exceeded that goal too. Wednesday, 31 August was the last day to turn in donations. That afternoon, Chaps did the final weigh in and we succeeded in raising a grand total of 5,904 lbs! That works out to about 9.89 lbs for everyone who works on the base.

According to Chaplain Smith "It has been said that the US Navy is a Global Force for Good. Around here, that is not just something we say – it's something we do. You're making it a reality for hundreds of hungry families in our community. Thank you!" ❖



You can check out an article on the base's efforts in the Imperial Valley Press by following the link below:

[http://articles.ivpressonline.com/2011-08-03/food-drives\\_29848547](http://articles.ivpressonline.com/2011-08-03/food-drives_29848547)

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[WWW.FACEBOOK.COM/NAFEC](http://WWW.FACEBOOK.COM/NAFEC)

# COMMANDING OFFICER



NAF El Centro is back in the business of full-scale air operations.

Congratulations to Public Works, the Operations Department, and all who had a hand in the highly successful \$14 million renovation of our primary runway. The project was completed on budget and in less than the scheduled timeline, thanks to the professionalism and hard work by many. Well done!

Though we support a number of various air and ground missions, NAF El Centro exists for one primary purpose: to support tactical air training on our local ranges. Our hangars, ramps, taxiways, ATC, and runways are at the heart of those operations.

With the return of Runway 08/26 to Full Mission Capable status, we can now expect to resume the operations tempo that is the NAFEC standard. From October up to the Christmas break, we can expect a heavy detachment load with visiting squadrons flying Hornets, Prowlers, Growlers, Harriers, Goshawks and Helos.

As I mentioned in the All Hands Call on 1 September, and as many of you have heard through the grapevine and various media sources, Prince Harry from England will be training here this Fall as part of Exercise Crimson Eagle. Prince Harry in his Royal Army role is known as Captain Wales. He is an AH-64 Apache pilot and, like all of his British counterparts, is here for one reason – to train for combat operations forward. Some very specific guidelines on how we will interact with Captain Wales will be promulgated over the next few weeks.

This month I will be publishing my Command Vision and Command Philosophy for our Installation. I will provide more details in another forum, but themes you will see threaded throughout are: Mission, Team, Respect, Class and Commitment to Excellence. As I lead and serve with you, these will be the principles that guide my actions and decisions.

Finally, though we recognized them formally during the last All Hands Call, I want to again congratulate and pass my thanks and appreciation to three civilian members of our team who achieved significant milestones in their careers of government service: Katrina Portwood, 30 years of service; Officer Donald Grove, 25 years of service (plus 10 on active duty); and Joe Connor, 15 years of service and no doubt many more.

Thank you for all you do, Team NAFEC, and the contribution each of you make to the mission here on the world's finest air installation. Let's have a great, safe and productive September. ❖

## Navy Launches New Enlisted Retention Board Web Page

(STARS AND STRIPES 18 AUG 11)

SASEBO NAVAL BASE, Japan — The Navy Personnel Command launched a new enlisted retention board Web page this week on its command website.

“Our objective is to provide Sailors and their families with a one-stop shop for all enlisted retention board-related information to answer their questions in a centralized location,” Lt. Cmdr. Delmy Robinson, strategic communications officer for the command said in a news release.

Due to high retention and low attrition, the Navy will conduct a focused enlisted retention board in the coming months for 31 specific ratings for active-duty sailors that are more than 103 percent manned, the navy announced recently. About 3,000 of the 16,000 sailors to be examined will not be retained, Navy officials said. The page can be found at [www.npc.navy.mil/boards/ERB](http://www.npc.navy.mil/boards/ERB) ❖



# Navy Personnel Command

# COMMAND MASTER CHIEF



Team NAF El Centro,

It's now September, the kids are headed back to school. With temperatures still soaring at 115 degrees, it's hard to imagine that we're on the brink of fall. The year is flying by and we have many upcoming activities.

It was announced in August that we have five new Chief Selects. They are nearing the end of their CPO Induction season and will be pinned on 16 September 2011 at 1300 in the Base Theater.

Also, on 16 September we will honor the POWs and MIAs at 1900 in the Base Theater and have a wreath laying and candle lighting ceremony next to the Chapel at the POW/MIA Memorial.

The Navy-wide rating exams are scheduled for the first three Thursdays of September. Have you been preparing to take the exam? I urge you to study and review your rating knowledge and your personal progress year-round. If you recently advanced, why wait until cram time?

Lastly, there have been several distractions in the news about who will soon be training at NAFEC. Our day-to-day operations should not change within the fence line of our Base. We must remain focused and stay on course with our assigned tasks.

I do not need to remind you that we are still at war. I do need to remind you that every day we must bring our "A" game as a team. This September 11<sup>th</sup> will commemorate the 10<sup>th</sup> anniversary since the Terrorist attacks hit our homeland at the World Trade Center, the Pentagon and United Airlines Flight 93 that crashed near Shanksville, Pennsylvania. We simply do not know when we will be called upon to defend our homeland again. Complacency can kill or injure and that affects the readiness of this Base, our Navy and our country.

Thank you for all you do! ❖

CMC

## REENLISTMENTS

AO2 RUTTERBUSH, STEVEN (2 Years) & AOC(sel) HORT, TIMOTHY (6 Years)



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 Holly Norred

### Hello...Goodbye!

<b>Hails:</b>	JONES, DEVON	CAPT
	DILLON, KYLE D.	ADAA
	MARTINEZMENDIETA, LUCAS	LJTG
	MOORE, CHARLES E.	AZAR
	SCHAVLAY, ROBERT	AME3
	NAPIER, JOSEPH	AM1
	SEEKER, CHRISTOPHER	AO3
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	CARRERA, EDWARD J.	AZ2
	LEAVITT, DALLAS	AM3
	FEENEY, MICHAEL	ENS
	MCBRIDE, MATTHEW J.	AO1
	ROBERT, AMANDA	HM3
	MANANGAN, LORETO G.	CSC
	ESTRADA, ALEJANDRO	AE2

# POW/MIA Memorial Ceremony

By AOC(sel) Geoffrey Marshall

A special ceremony will take place on September 16th this year in remembrance of our fallen and lost service members, some that were held captive and some that never returned. We will take time and observe a moment of silence in remembering our comrades in arms on this special day. We will have members from VFW and The American Legion and members of every branch of service in attendance from around the region to honor the fallen heroes. Beginning sharply at 1900 we will commence our POW/MIA ceremony at the base theatre with the presentation of Colors and the National Anthem by the NAF El Centro Honor Guard. The ceremony will include a brief description of our National Ensign and the five branches of service flags. After the parade of our national and service colors, members from each of the armed forces will place the missing man table on stage while accompanied by a narration of the meaning of the missing man table and the individual components. We will have a guest speaker come to talk about the experiences they encountered during their time in captivity. There will be a wreath laying ceremony just outside the church where the PIA/MIA memorial is. A candle light vigil will be held and the candles will be passed out before the end of the ceremony in the theatre before departure to the memorial. Once in a circle we will have a moment of silence while past and present service members lay wreaths in remembrance of their fallen or captive brothers and sisters in arms. ❖

To commemorate the POW/MIA memorial, the NAFEC CPO Mess has contracted to have a special coin minted. These coins will be sold for \$10.00



## Little Boy With a Big Heart

By Kristopher Haugh

For a few years a piano has been collecting dust in the CO's residence. When CAPT Jones moved in with his family, his son Derek came up with a novel idea: share the instrument with all of the kids on base. Of course, having all of the youth of the base come and visit Derek at random times throughout the day was a little out of the question. His solution was to donate the piano to the CYP. When asked about why he was doing this, Derek said "I really like the piano, but I want the other children to enjoy it too." ❖



## Green Bird Feeders

By Katrina Portwood

The preschool class is making environmentally friendly play dough with birdseed added to hang in trees outside play yard. To make these at home just combine two cups of flour and one cup of salt. Water as need, add personal preference amount of birdseed. Natural jute can be used to hang it when you are finished. ❖

# Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
SEPTEMBER	7	3	885	49
OCTOBER	9	3	1174	71



## SAILORS AND CIVILIANS GET INSANE AT NAF EL CENTRO

For the past 63 days there have been a few people who have made the commitment to take their fitness to a new level at NAF El Centro. LT Smith, Mrs. Jennie McAlister, Eden Castro and PSSN Meráz have taken the Insanity challenge; an intense 63 day workout program that pushes you to the limit in order to achieve great results.

Everyone who participated in the program showed a significant amount of improvement. However, this was not magic; it was the result of the hard work and dedication of those who participated. Many days were tough, but there was definitely an environment of encouragement and mission as we achieved our goal.

The fit test was a very useful tool for the participants to track their improvement throughout the program. There was an average of 40% improvement in the fit test exercises.

Round 2 of the insanity program is right around the corner. Do you have what it takes? For all of our early birds out there, there will be a class that starts on 06SEP2011 at 0530. If that's too early for you, there's another class that will begin on 12SEP2011 at 1630. Spots fill up quickly, so sign up as soon as possible. Call x2474 or x2290 to sign up. ❖



Chaplain Smith & PSSN Meraz...SURVIVED!



# Navy Cool



At some point we all have to leave naval service. Some leave after four years while others leave after thirty years of service. We all should have an end goal to make ourselves marketable for the career we will have after the Navy. The Navy offers a lot of programs to help you with your follow on career. Have you heard of Navy Cool?

Navy Cool (Credentiaing Opportunities On-line) helps Naval service members meet civilian certifications and licensing requirements related to their ratings, collateral duties and designators. The certifications and licenses cover the national, federal and state level programs.

This program is open to both officers and enlisted. Navy Cool will also give you options on how to pay for these licenses or certifications without it coming out of your pocket. It also establishes links to your Learning and Development Roadmaps and gives you college credit recommendations for the courses. This program can only help you get a step up in the competitive civilian career market.

All our roads end in another career after your military service and we should all set ourselves up for success in this regard. Take a look at <https://www.cool.navy.mil> it will give options on having a successful second career. ❖





## Passing the Torch

Since 1996, the base has endured many changes. During those fifteen years, the base has seen four new hangars built, a state of the art Child and Youth Program Center built, drastic landscape modifications, earthquakes, and many more changes, but during all of this, one thing has not changed. That thing is the Drug Education For Youth Program. Back in July, NAF El Centro kicked off its sixteenth straight year of participation in the program (one of four of the military's longest running sites). As the new DEFY year rolls into full swing, a new Program Manager will be heading the program.

AC2(AW/SW)Amber Huskey will be relieving AM2(AW)Anthony Westenbarger of his duties as Program Manager upon his transfer to HSL-43 in North Island, California later this month. Petty Officer Westenbarger has been a major part of the program for the past three years, and will surely be missed. Though it will be difficult to



Amber looks like she's ready for the challenge of leading DEFY!

replace such an asset, Petty Officer Huskey is more than prepared to take over the program and is excited at the opportunity to play such a vital role in many of your children's lives. She has been shadowing AM2 for the past eight months, learning all that goes with the territory and there is no doubt in my mind that she is the right person for the job. It has been my honor during these past three years to be a part of such a fabulous program, and, more importantly, the opportunity to be a part of all the fabulous youth's lives that have been involved in the program. The DEFY program is wonderful program for the our dependent children to get involved in and I wish the best of luck to NAF El Centro in the pursuing years of hosting such a valuable asset to our youth. ❖

*AM2(AW) Anthony Westenbarger*

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

Program Manager: AC2(AW/SW)Amber Huskey

Email: [amber.huskey@navy.mil](mailto:amber.huskey@navy.mil)

Phone: (760)339-2601



# ...of the Quarter



CONGRATULATIONS TO THE FOLLOWING SAILORS ON THEIR REMARKABLE ACHIEVEMENT!

**Sailor of the Quarter – AC1 Zendejas**

**Junior Sailor of the Quarter – MA2 Daniels**

**Blue Jacket of the Quarter – ACAN Hill**



**Senior Sailor of the Quarter – LS1 Guajardo**

**Sailor of the Quarter – AD2 Brown**

**Junior Sailor of the Quarter – MA3 Adams-Valerio**

**Blue Jacket of the Quarter – AMAN Lopez**

**Plane Captain of the Quarter – AD3 Davis**





# Date Night

with ABFC(Ret.) Marc Willis

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

## Rise of the Planet of the Apes:

Players: James Franco, Andy Serkis, Freida Pinto, John Lithgow

Genres: Action, Drama, Sci-Fi

Rating: PG-13

I must say that I was looking forward to reviewing this movie. My lovely wife; not so much as she was not too pleased with my selection. Still she could not pass up the opportunity for free popcorn. My reason for wanting to see this film had more to do with the technology used throughout than the actual storyline. I was not disappointed with either facet.

Will Rodman (James Franco) is a young research scientist driven to find a cure for Alzheimer's; his father Charles (John Lithgow) suffers from the disease. Driven and determined to continue his research after a disastrous proposal to the Board of Directors ends with an abandoned baby chimp and research department Will decides to test his serum on his father who experiences an immediate lifestyle improvement. Along the way Caesar (abandoned chimp) becomes instrumental in the daily lives of Will and Charles. Actually Caesar becomes the instrumental figure of the picture as he has evolved into something special.

Caesar is more than just a graphic illustration on screen as he appears to have more human qualities than previous primate depictions. This probably has to do with Andy Serkis and his efforts in brining Caesar to life; as such he should be applauded. Weta Digital deserves much credit here also as it does a masterful job of giving the avatars character specifically the core apes to include an orangutan and gorilla. There is more to the movie than just exceptional special effects. The main plot and sub plots are presented in such a manner that will keep the audience in tune throughout. With that being said, I rate this film four anchors out of five. ❖



## The Help:

Players: Emma Stone, Viola Davis, Octavia Spencer, Bryce Dallas Howard

Genres: Drama

Rating: PG-13

My beautiful wife and I had been looking forward to seeing this film for sometime as we both believed it would present a fascinating story. Unfortunately for me I had to wait until said wife finished reading the book, fortunately for her she completed her task shortly after The Help opened in theaters. Accordingly, after viewing the movie I was told there were major differences between the book and the film; nonetheless they did not detract from my enjoyment.

The storyline is that of African-American maid's view of their employers in Jackson Mississippi during the dark days of segregation via a book titled "The Help". This film has four strong characters, Skeeter Phelan (Emma Stone), Aibileen Clark (Viola Davis), Minny Jackson (Octavia Spencer) and Hilly Holbrook (Bryce Dallas Howard) that captivated us with their ability to convey their individual prospective and beliefs.

Skeeter, fresh out of college, enlists Aibileen and eventually Minny to put to paper the behind the scenes stories from the homes and people they care and work for.

Needless to say Aibileen and Minny's views and opinions were less than stellar especially when referring to Hilly Holbrook. Kudos must be given to director (Tate Taylor) for inserting footage from a Medgar Evers press conference and sound bites from his assignation's press coverage that brought that era into perspective. Also, credit must be given to the cast and crew to include writers Kathryn Stockett (novel), Tate Taylor (screenplay) as they did a wonderful job of conveying this story however it differed from the book. With that being said, I rate this film four and a half anchors out of five. ❖

## CLASSIFIEDS

## FOR SALE

**FOR SALE!!** One set of Eibach Springs for \$200.00



These are for a Dodge Charger. It is the Pro-Kit and lowers the vehicle approx 1.5". Never installed, still in box. Call Craig (360) 929-6689



**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.

**CAR FOR SALE!!** For Sale: 2000 Green Honda Civic 4d good condition, 73,200 miles. \$4,000 or best offer. Contact NC1 Jones at 760-791-8841 or 760-693-4749.



## 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](mailto:marcie@wildeforce.com).

## PUT YOUR AD HERE!

CONTACT [W\\_ELCN\\_PAO\\_SANDPAPER@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER@NAVY.MIL)

**FURNITURE FOR SALE!!** Six 5' bookcases (2 black, 1 Tan, 1 Brown) - \$15 Each; Large Blue Sofa \$75; Blue Recliner - \$50; Tansu - "Antiqued look" - \$100. Call Kris at 760-791-0197.

## 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](mailto: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. ❖

**Recently Announced: Liberty Center Manager, Waiter, Bartender, Waitress and Rec Aide!** If you have questions contact Patricia Gould at [patricia.gould@navy.mil](mailto:patricia.gould@navy.mil). GOOD LUCK!

**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.mwrtdoay.com/>  
 NMCI: <http://h10134.www1.hp.com/services/>



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[www.imperialaviationday.com](http://www.imperialaviationday.com)



## Navy Munitions Command Det, YUMA?!?!

By AO1(AW/SW) Carson

Yes, you heard me correct. The hard working AOs of NMC Det El Centro recently returned from a two week detachment that sent them to nearby Yuma, Arizona. When the frequently visiting squadron of VFA-106 needed to train some of their new pilots and with the airfield being shut down here at NAF El Centro for resurfacing, it was decided that they would hold their training in Yuma. NMC sent out ten of their best personnel to head up the ground support and ordnance build up in support of the vital training that VFA-106's pilot's required.



There were no buildings to work out of just a patch of black top and ordnance stacked everywhere. The sun beating down on their backs and necks, the team of AOs, lead by AO1(AW/SW) Carson and AO1(AW) Irvin, feverishly built the required amount of inert and live ordnance to support the flight operations. Working hand in hand with the Marines of MALS-13 who were needed to deliver and pick up all the ordnance, the detachment went off without a hitch. More than 120 full scale bombs and a multitude of sub caliber bombs later, the mission was a success. Communication was key to making this all happen and with all sides letting each other know what was needed and when, no sorties were missed.

This was a great experience for all those involved from NMC Det El Centro, giving much needed training to junior personnel before the reopening of NAF El Centro's airfield, as well as building a strong rapport with our fellow marines at MCAS Yuma. ❖

## Weekend Get Away: Destination SeaWorld San Diego

If you want to chill out at a destination that's a great place to cool off and leans toward the educational side while still being fun, then SeaWorld in San Diego is a choice weekend getaway. I recently went there to relax, have a fun time, and get a change of scenery (and climate) from El Centro.

SeaWorld is San Diego's world renowned home to every manner of marine life. Their stars are not only their famous "Shamu" killer whales, but also various species of dolphins, seals and sea lions, beluga whales accompanied by their new baby, and even a walrus that would have made John Lennon proud. In addition, the park also features a penguinarium, various aquariums, and tide pools with starfish that you can actually reach in and touch.

Animals aren't the only performers; their trainers play an integral part in the education process, both for their animals and their audiences with their dialogues and water acrobatics during shows. Plus, dancers and acrobats play a big part in SeaWorld's newer shows like Blue Horizons, a killer whale show emphasizing a message of conservation mindedness, or Cirque de la Mer, a funny yet artful acrobatic show modeled after Cirque du Soleil that takes place over a cove on the edge of the Coronado Bay. Probably the highlight of the trip was the fireworks display over the bay before the park closes. I won't ruin it for those who are unfamiliar, but it will definitely have you seeing stars.

The park is small enough to be easily navigable, but large enough to be accommodating for its performers and guests. It's definitely best to get a map before you begin your trip around the park to schedule which aquatic shows you're going to see and when. Sunscreen is a must, despite San Diego being so much cooler than El Centro. Food at stands was expensive, as it tends to be at any other theme park, but I was lucky enough to find a brunch buffet for \$30. If you choose this route then it can pay for itself if you fill up.

SeaWorld is not necessarily a trip people will be inclined to take regularly, as adult tickets are over sixty dollars each regularly, but fortunately military members and their families can enjoy a getaway once a year for free upon showing a military ID. As a once-in-awhile treat, Sea World San Diego was a hit with me! ❖ By: LS3 Candito



## At the CYP...

Pre- Toddlers love to color so we changed things up by coloring on a cardboard box we got on one of our nature walks. Lauren Leetch and Dakota Erro had fun making circles and feeling the of the cardboard texture while they colored but no one had more fun then Ms. Anita did.

# Old-School 'Ouija Board' Being Phased Out On Navy Carriers

(STARS AND STRIPES 10 AUG 11) Geoff Ziezulewicz

NAPLES, Italy – One of the most low-tech pieces of equipment on one of the Navy’s most high-tech ships is being replaced. The “Ouija Board,” which has tracked aircraft movement on aircraft carriers since World War II, is being phased out of the sea service in the name of technological development.

It is the simplest of systems aboard nuclear reactor-powered ships. In a room next to the flight deck, with a window overlooking part of it, a handler officer watches over a tabletop model of the carrier. The officer’s assorted crew move models of jets, helicopters and other assets around the model deck to match the movements of the real-life counterparts lumbering just outside. Updates are documented by sailors on the deck and delivered to the Ouija board’s operators. Small bolts are placed upright or on their sides to signify whether an aircraft has received fuel.

The Ouija board’s computerized replacement is currently only onboard the USS Dwight D. Eisenhower, where its performance will be evaluated this summer. Plans are to install the new system on all carriers by 2015, according to Marcia Hart-Wise, a spokeswoman with Naval Air Systems Command.

The upgrade will require a handler to track flight deck activity via computer, working with a tri-screen display and a monitor that will be fed data directly from the flight deck, said Bruce Chiodi, who is leading the program for NAVAIR. Not all handlers are happy about replacing the Ouija board.

Lt. Cmdr. Ronald Rancourt, the aircraft handling officer for the USS George H.W. Bush, ran the tabletop Ouija board movement for the carrier’s deployment this year. Earlier this summer, Rancourt said he was skeptical of replacing the existing system. “I am not a fan of fixing things that are not broke,” he said in an email. “I am old school, I guess.”

Chiodi said the new system “wasn’t designed in a vacuum” and that handlers were involved in this Ouija board replacement. “That doesn’t mean 100 percent of the handlers, the old-school guys, are on board,” he said. “But what we’re finding is, as soon as they see it, they get it.”

The Ouija board replacement is part of the Aviation Data Management and Control System, a suite of electronic upgrades for carriers designed to take advantage of the latest technologies and cut down on excess paperwork and manpower, he said. It costs \$3.2 million per carrier to install the new system.

The Ouija board replacement was originally slated to be installed on the USS Abraham Lincoln a few years ago, but was delayed due to software issues and the carrier’s deployment schedule, NAVAIR officials said.

Future upgrades will involve electromagnetic launch systems that will be installed on the USS Gerald R. Ford carrier, the first of its class, which is expected to be commissioned in 2015. ❖



OLD SCHOOL

# NEW SCHOOL



## Mare Island Takes New Steps To Acquire Historic USS Olympia

(VALLEJO (CA) TIMES-HERALD 23 AUG 11) ... Sarah Rohrs

A local group has poured on the steam to acquire the USS Olympia - the only surviving steel warship of its era - and place the historic vessel along the Mare Island waterfront.

The Mare Island Historic Park Foundation has submitted an official letter of intent to acquire the ship from the Philadelphia-based Independence Seaport Museum.

The foundation has teamed up with the Navy Yard Association, composed of former Mare Island Naval Shipyard employees, to put the ship in Dry Dock #1.

Submission of a Letter of Intent is the first step in a three-step process for its acquisition. The 244-foot-long cruiser is now moored on the Delaware River in Philadelphia. If no one steps up to take over the ship, it could be sunk or scrapped.

"Vallejo has the best chance of all the other groups" vying for the ship, Navy Yard Association (NYA) member and project manager Dennis Kelly. "There's a historical connection between the Olympia and the San Francisco Bay and Mare Island," he added.

A major plus for the Mare Island group is that the historic ship would be displayed out of water, which would help protect the ship's aging hull, Kelly said.

The next step is for the U.S. Navy, the Seaport museum and the Pennsylvania Historical and Museum Commission to review and respond to letters by Oct. 1.

After that the Mare Island foundation will submit a more detailed proposal and budget plan by March, Kelly said. The foundation and Navy Yard Association need to raise \$100,000 by March to hire outside consultants to complete the next portion of the application. Repairs to the Olympia's hull are around \$10 million. However Kelly said the National Trust for Historic Preservation may take on those costs.

Foundation president Kenneth Zadwick said Mare Island would be a good spot for the Olympia. The foundation already manages a number of historic Mare Island structures, including St. Peter's Chapel and mansions on Officers Row.

"Mare Island has the most extensive Naval history on the West Coast," he said. The Olympia is probably most famous for its role as Admiral Dewey's flagship fighting the Spanish fleet in Manila Bay at the 1898 outbreak of the Spanish American War.

The ship was launched in 1892 and underwent repairs in Mare Island in 1895. A veteran of both World Wars, the Olympia's last official mission was to bring home the body of the "Unknown Soldier" from World War I in 1921. ❖

## Vt. Museum to Search For War Of 1812 Shipyard Dig Expected In October

(ASSOCIATED PRESS 23 AUG 11)

VERGENNES, Vt. -- Vermont's Lake Champlain Maritime Museum is going to be searching for the location of the shipyard used to build U.S. Navy vessels used to repel a British attack on Lake Champlain during the War of 1812.

The museum will use a grant of almost \$24,000 from the National Park Service to undertake an archaeological survey to find the precise location of the shipyard.

U.S. Navy Commodore Thomas McDonough built a fleet at a yard on the Otter Creek in Vergennes prior to the 1814 British invasion of New York state.

On Sept. 11, 1814 McDonough used the fleet built at Vergennes to defeat the British fleet at the Battle of Plattsburgh.

Maritime Museum Archaeologist Joanne Dennis says she expects the dig to take place in October.

## Coming Events:

### SEP 08

*Open House*  
CYP  
Starts 1730-1930

### Sep 10

*Beach Trip*  
Liberty Center  
Starts 0800

### Sep 15

*Lincoln Expo*  
Mirage Club  
Starts 1800-1900

### Sep 16

*CPO Pinning Ceremony*  
Base Theater  
Starts 1300

### Sep 16

*POW/MIA Memorial Ceremony*  
Base Theater  
Starts 1900

### Sep 17

*Fleet Week San Diego*  
Outdoor Rec  
Starts 0800

### Sep 17

*Give Parents a Break*  
CYP  
Starts 1800-2200

### Sep 23

*Teen Night*  
CYP  
Starts 1800-2200

### Sep 24

*Yuma River Trip*  
Outdoor Rec  
Starts 0745

## The Wellspring - Chapel News



**Top 10 Bible Urban Legends Christians Believe.** There are alligators in the sewer system! Flashing your headlights at a car might get you killed by a gang! A blister on your forehead bursts revealing hundreds of spiders inside! Urban legends are everywhere, making it hard to separate fact from fiction. The same is true when it comes to the Bible. There are plenty of Bible “urban legends” that can deceive us, including “Being Nice Equals Being Holy,” “Faith Fixes Everything,” “Forgiving Means Forgetting,” “Everything Happens for a Reason,” and “A Good Home Guarantees Godly Kids”. Come join us as we set the record straight on these and other biblical myths. Our series begins at the Protestant chapel on Sunday, September 18.

**September 11<sup>th</sup> Memorial Service.** You are cordially invited to join us on Sunday, September 11, as we commemorate the 10<sup>th</sup> anniversary of the attack on the World Trade Center and the Pentagon. We will watch *Cross and the Towers*, a 50 minute documentary chronicling the horror of that event and the discovery of a cross, a symbol of hope that remains there to this day. There will be two showings of this film...

- Chapel at 0900 (childcare provided)
- Base Theater at 1500 (childcare not provided)

**Marriage Enrichment Retreat.** All retreat dates are currently full. ❖



### Schedule of Events:

- **Adult Bible Study**--All adults 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.
- **Women's Bible Study**—All women are invited to attend. Beginning in September the group will meet each Wednesday at 1800 at Tammy Smith's house (3345B Gila Bend) and will be studying *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life* by Joanna Weaver. For more information, please email [tammysmith365@yahoo.com](mailto:tammysmith365@yahoo.com).
- **Protestant Worship Service**—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12 available)
- **Catholic Worship Service**—Sunday @ 1630

### Giving our Gripes to God

Have you ever had a gripe against God? If so, you're not alone. I know that I've had my fair share of grievances with the Almighty. My updated list includes, but isn't limited to, the following...

1. El Centro summer heat
2. A family member is ill and unemployed
3. Home in Chicago flooded twice last month
4. Global poverty
5. Bad people rewarded for bad behavior

I've discovered that some people don't feel that they have permission to gripe to God. It's as if loving God requires them to keep quiet about their questions and mum about their negative emotions. If they object in any way, they can expect proverbial lightning bolts to start flying.

But what I've found is that, unlike many complaint departments that we visit, God is ready and willing to hear our concerns, questions, doubts, and frustrations. In a recent study of the Psalms I was reminded that over half of the book is comprised of “laments” (think political protest songs from the 1960's). Could it be that God understands our circumstances, recognizes our need to register our complaints to Him, and has given us words appropriate for the occasion? Might it imply that God has granted us permission to unload our anger and disappointment on His shoulders? My guess is that God is just as disillusioned with this world as you and I and He wouldn't mind hearing from us about it. God already knows what we're feeling. We might as well go ahead and tell Him.

But, of course, we must be careful not to go too far. The prophet Jeremiah stepped across the line, calling God a “deceptive brook” (Jer. 15:18), questioning God's character. No lightning bolts were discharged, but Jeremiah learned that there are limits to how he should speak to God. When our emotions run deep, we mustn't allow our words to run wild. Bringing our trials to God? Good idea. Putting God on trial? Bad idea.

If you're in the mood for a good gripe session, let me suggest reading Psalm 13, 22, 37, or 73. Of course, my office door is always open. I'll listen. God will listen. This El Centro summer heat isn't going to leave us anytime soon and our problems aren't going to disappear overnight, but then again God isn't going to either. He's always there to hear us and to help us through. ❖

--Chaplain Smith

# Joe's Jokes about NAFEC Sports!

Rattlers won the 2011 Summer Basketball Tournament with ease. The Rattlers are young, athletic and it showed. They ended up undefeated in the regular season and managed to sweep Mops in a 5 game series. Mops made some noise in the last game with only 5 players. Mops were up by 13 points in the first half of the game, but ended up losing the game 81-79. Mops will continue to look for answers to the athletic Rattler problem. The Venom Providers donated butt whippings to everybody they faced. There may not be a solution to this Rattler problem in the future. They seem to be immune to everything that you put in their way. Captain's Cup Basketball season starts in January; Rattlers will be favorites going into the New Year. QVJ Johnson and Lindsay Vaughn made some spectacular plays on offense. Lonnie Brookins and Optima Phillips made some big shots as well. Weapon's Lorenzo Trimble also threw down some big shots. The Rattlers can only get better with time. By the time Captain's Cup Basketball comes around, it should be a lot of fun watching these young bucks "get down on it". Maybe the Rattlers can turn it around. They managed to place second in three consecutive sports (football, basketball & softball). Will placing second place to everything change? I think it already has! Congratulations Strike Fighter! You are the 2011 Summer Basketball Champions! ❖

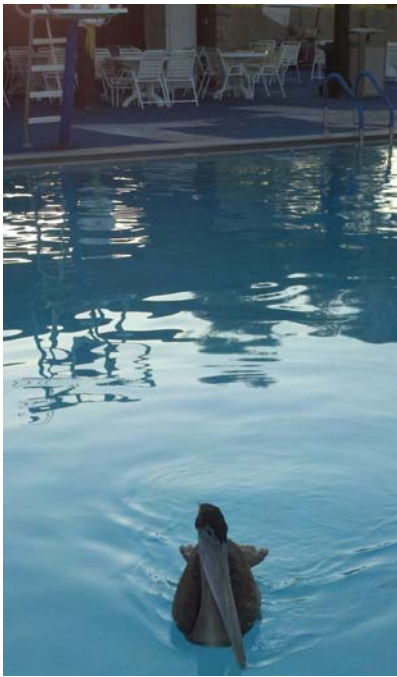


Team CSP and Team 214 were the last two teams standing. CSP was undefeated going into the championship, and managed to do it with only 3 players. CSP was able to cruise right through the competition without any real trouble. Team 214 is by far the most competitive team and squared off against CSP for the championship. CSP was able to defeat 214 in two sets during the quarterfinals. Since then, Team 214 was looking to hire an advisor to help them develop a strategic game plan. "All advisors are busy at this time, could please call back later or feel free to leave a message at the beep..." And then final verdict was – yup, you guessed it – CSP! ❖



If you are guilty of saying, "there is nothing to do in El Sweatto" it's because you simply don't like doing anything anywhere. Fourteen teams have come together and enjoyed the 2011 Captain's Cup Bowling League. There is plenty of competition regardless of Captain Jones's high scores. Team Fuels is currently in first place, but can't seem to convince Team BOSS that they are the real deal. BOSS is breathing on Fuels' neck and I kind of think that Fuels likes that. Pressure can either build up and burst victories or hand over losses. Is Team Fuels the real deal? Barry Bennett, Jesse Lineses, Cullen Deaton, Jevin Markham and Team Manager George LeBlanc sure feel like they are as real as two flying unicorns on a hot summer night. We will need to see what Fuels can do these next four weeks. They are the favorites for this year's crown. BOSS better wake up and smell the bell peppers cooking at the Galley if they want to claim supremacy. ❖

**DISCLAIMER** – This article is for entertainment purposes only. This article is not intended to agitate, aggravate, exasperate, harass, irritate, intimidate, degrade, bluster, alarm, terrify, threaten, spook, compel, freak out, demoralize, distress, disturb, push around, derail, psych-out, upset, anyone or any department. Signed Joe Conner



# Pelican Takes Swim Lessons

Story & pictures by PJ Enders

“GO ZACH, GO! I was super excited to see one of my students sticking his face in the water and swimming aggressively to the steps. When all of a sudden he stopped and looked up. “Why did you stop? You were doing so well!” I said. That’s when I looked towards the direction where he was looking and saw THE BIGGEST set of wings I have ever seen that close. “OH...” The bird went straight to one of my students sitting on the steps, flapping its wings right above her. No noise was made everyone was in shock! Trying to distract the bird I grabbed all three kids and moved to the side of the pool. Giggling and screaming while we made our way to the side. The bird, now seeming territorial, started swimming towards us rather quickly. Not a moment of hesitation I immediately catapulted the kids out of the pool and got in front of the office door. Meanwhile one of the parents grabbed the lifeguard buoy and tried to scare the bird away. The bird stood up on the water flapping its long strong set of wings not standing down from the buoy threat. The parent asked, “So...what’s your SOP for this?” My response was “uhhhmmm...call security?” Security showed up shortly after the call was made. As soon as they walked in the bird flew away, go figure! During the chaos I managed to take a few pictures, and needless to say I will never forget the day the pelican tried to take swim lessons. ❖



## Splash & Dash



Pictures by: Valicia Acuna & Shannon Franzen



**1<sup>st</sup> Place Male-Greg O’Donnell**  
**1<sup>st</sup> Place Female- J Holly Norred**  
**1<sup>st</sup> Place Team- Erik & Shannon Franzen**



**Congratulations to the Participants!**

# Road Runner

NEX El Centro

**"If you can't find it,  
WE CAN GET IT!!!"**

*We'll make it easy...*

1. Let us know what you're looking for.
2. We'll find it for you.
3. We'll contact you when item(s) are ready for pick-up.

Please contact us at  
760-339-2342  
or see one of our friendly  
NEX associates for details.

*Thank you for supporting your NEX*



(l-r) Mrs. Lisa Gallinat the Pacific Southwest Region President, her husband Command Master Chief Theodore Gallinat, Naval Air Facility El Centro and Captain David Grundies, US Navy (Ret) President of the San Diego Council were on hand at PETCO Park as the San Diego Padres recognized the Council and the Navy League for what we do for the military and their families.  
*(Official photo of the San Diego Padres)*



## Restaurant Review

By MASA James Thompson

This month I decided to take on all that Farmer Boy's had to offer. Whether you go morning, noon or night breakfast is served at any hour. Breakfast includes a delicious plate of your choice of eggs with bacon or sausage and a generous serving of hash browns and toast. Any breakfast item chosen reminds one of eating at an early morning restaurant or Ma & Pa Diner back home before starting your day. If you're not hungry for eggs then lunch items include a large sirloin burger with your choice of toppings.

Their bacon avocado cheeseburger is a favorite of mine but I would recommend choosing the fries over onion rings. They also have melts to choose from if burgers are a little too greasy for you. A turkey bacon melt will fill you up while satisfying your taste buds. After you've had your meal, and still somehow have room in your stomach, Farmer Boy's offer multiple flavors of shakes to take with you for the drive home.

With low prices for the amount of food you get, Farmer Boy's is a great place to eat delicious food for any size wallet. Not only is the food great but the atmosphere gives the impression of being in a small country farm-town miles from Imperial Valley. Service was great with an attentiveness you would not expect from a fast food chain and it is one of my top go-to places so far here in El Centro. ❖



Welcome to the Military Community and Family Policy (MC&FP) Weekly, providing you with access to the blog post of Robert L. Gordon III, Deputy Assistant Secretary of Defense (Military Community and Family Policy), the latest information on Joining Forces, and helpful tips for you and your families.

<http://apps.mhf.dod.mil/mcftp/weekly>

### WHAT WAS GOING ON...

In September during the 1970's - NAFEC Sandpaper

Four NARF enlisted while flying almost two miles above the Imperial Valley desert in a C-47.

Sky Genie saves lives. ATC personnel learn how to repel out of the tower in the event they need to get out and the stairs are blocked.

Navy Playing Lead Role in Anti-Pollution. Spending more than any other Federal agency, the Navy develops new technology to clean up spills.

Women's Equality Day Organizers Praised By CO. The Skipper recognized three civilians women for their efforts in raising awareness for women's equality.



## THE DESERT BEAT

BY MASA James Thompson

Due to a majority of base personnel who are still unaware of the regulations on driving and talking on a cell phone, the Security Department would like to clarify these regulations for all hands. In accordance with California Vehicle Code (CVC) 23123, a person shall not drive a motor vehicle while using a wireless telephone unless that telephone is specifically designed and configured to allow hands-free listening and talking, and is used in that manner while driving. Additionally, Department of Defense Instruction 6055.04 (DoD Traffic Safety Program, 2 April 2010), pursuant to reference (e), prohibits DoD personnel while driving any vehicle on or off installations whether or not on official Government business from text messaging, using cell phones, or using other hand-held electronic devices unless the vehicle is safely parked or they are using a hands-free device, except for receiving or placing calls in performance of duties from tactical or emergency vehicles or other mission-critical duties, to include law enforcement use of in-car mobile data terminals and other in-car electronic devices.

Use of hands-free devices is also discouraged as creating significant distractions from safe driving performance. OPNAVINST 5100.12H (Navy Traffic Safety Program, 25 June 2008), also states that all military and civilian operators of vehicles on Navy installations and operators of government-owned/leased vehicles (including rental cars while on

Temporary Assigned Duty) on/off Navy installations shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones, or other listening devices (except for hands-free cellular phones) while operating a motor vehicle is prohibited. Military and civilian personnel who operate PMVs off base shall comply with host nation, state, and local laws. All personnel are encouraged to refrain from any other activity that may be a distraction while driving and lead to traffic mishaps (e.g., eating, text messaging, adjusting the radio/CD player, shaving, applying make-up, reading maps, newspapers, magazines, books, etc.). Failure to follow these regulations may result in a traffic citation or worse, a motor vehicle-related mishap resulting in deaths, injuries, or property damage. Please comply with the rules for safe driving and always apply risk management strategies when driving on/off base. ❖



## LOCAL HISTORY BY TWO OLD GOATS

September is becoming a month in which we as the military stop and reflect back on several important items. September 16<sup>th</sup> is the Pinning Ceremony for our new Chiefs and the Two Old Goats are pretty darn proud of them. We also commemorate the 10<sup>th</sup> anniversary of 9/11. Finally, also on the 16<sup>th</sup> of this year, is the NAFEC POW/MIA remembrance. However, we should remember another, more local group. How many of you know that six members of the US Navy's Blue Angels gave their life during their winter training here at the Pearl of the Desert? Each year we welcome these young aviators to our base and watch as their skills grow. Sure, they rattle the windows and give ITCS McAlister a slight jump with their low-passes, but the result is very much worth it. The base has already started preparing for next year's air show. So when you see those sleek Blue and Gold birds buzz the field, please take a moment to remember the six who never returned home. They were:

<b>LT Frank Gallagher</b>	<b>01FEB1967</b>	<b>Blue Angel #6</b>
<b>Capt. Ronald Thompson</b>	<b>18FEB1967</b>	<b>Blue Angel #2</b>
<b>LT Bill Worley</b>	<b>14JAN1968</b>	<b>Blue Angel #6</b>
<b>LT Larry Watters</b>	<b>8JAN1972</b>	<b>Blue Angel #7</b>
<b>LT Nile Kraft</b>	<b>22FEB1977</b>	<b>Blue Angel #6</b>
<b>LCDR Stu Powrie</b>	<b>22FEB1982</b>	<b>Blue Angel #5</b>



Until next month, keep your eyes and your ears open for the making of history. You never know what might happen in your local community! ❖



## MEDICAL CORNER

### What's Up, Navy Doc?

**"Warts, warts, Go Away... And Stay that way!"**

*By LT Nadine Henley, MC(FS)*

#### What's new at NAFEC's medical facilities?

LT Henley, who has received special training in the care and treatment of warts, has been instrumental in establishing a new Wart Clinic at the Branch Health Clinic Naval Air Facility El Centro. Now you no longer have to travel to San Diego for treatment of this condition. She is pleased to announce this new special clinic is now open.

#### What are warts?

Warts are a very common skin condition consisting of local growths or viruses on the skin. Appearing either as a single lesion or in groups, warts are caused by an infection called human papilloma virus, commonly known as HPV. Warts can be embarrassing and annoying to anyone although generally they are harmless and painless.

#### What are the names of some warts?

There are a variety of warts, generally named for where they are located. The most common are as follows:

- **Common warts:** Generally located on the hands but can occur elsewhere.
- **Flat (plane) warts:** Found generally on the face and forehead but can also be found on the legs and other parts of the body. They are often called "plane juvenile warts" because they are more common in children and occur less as we grow older. They occur often in large numbers and can be difficult to recognize because they can have a smooth or flat surface.
- **Genital (condyloma) warts:** Most commonly found on the genitals, in the pubic area, and between the thighs, but can appear in the vagina and anal canal.
- **Plantar warts:** Generally found on the soles of the feet.
- **Subungual and periungual warts:** Appear mostly around and under the fingernails and toenails.

#### What causes a wart?

Let's make one thing clear: contrary to mythical belief, warts are not caused by your either touching or kissing frogs (and neither does the frog you kiss turn into a handsome prince). Warts are caused by HPV, a viral infection. The HPV infects the skin or mucous membranes. This infection then develops into the wart. Most commonly, warts appear as a raised round or oval growth on the skin with a rough surface. They can be light or dark in color.

#### Do warts hurt?

It is uncommon for warts to cause pain or discomfort unless they are located in an area of repeated friction or pressure. For example, numerous plantar warts on the feet can cause difficulty or pain with walking or running. However, when bumped, warts can bleed and cause pain when bumped.

#### Are warts contagious?

Warts can be contagious and can spread from one part of your own body to another. Further, it is possible for warts to spread from one person to another.

#### Can you prevent warts?

Probably not. However, it is recommended that you wash your hands thoroughly after you touch a wart. You should not use towels or other objects that were just used by someone who has warts. Genital warts are very contagious and can be passed from one person to another during oral, vaginal, or anal sex. It is important not to have unprotected sex if you or your partner has warts in the genital area.

#### When should you call a doctor?

If you have warts, you should call your doctor when any of the following occur:

- Signs of infection, bleeding, or itching of the wart;
- Pain associated with the wart;
- Anal or genital warts;
- Any change in color or appearance of the wart;
- If you have diabetes or a weakened immune system (HIV); or
- If you are concerned whether a growth you have is a wart or possibly a form of cancer.



*(Image courtesy of John Hopkins University's DermAtlas 2010-2011)*

If you think you may have a wart—or if you just want to rule out the possibility of a growth being cancerous—do not be discouraged or embarrassed. Feel free to make an appointment with the Wart Clinic at 760-339-2674 to have your warts examined and to determine if further treatment is necessary or recommended. ❖

## MEDICAL CORNER

# What's Up, Navy Doc?

**“Immunizations: What Shots Are Hot...And Other Kids’ Needs!”**

*By LT Nadine Henley, MC(FS)*

**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.

With schools reopening—as they tend to do just about this time every year—many parents often wonder whether their children are up-to-date on all of the required immunizations. While our medical clinic at NAFEC does not see children from 0-4 years of age, I do think it is important that all parents should be reminded of when well-child visits and immunizations should be scheduled. The schedule set forth below is that recommended and followed by the Department of Pediatrics at Naval Medical Center San Diego. Have a Happy New (School) Year! ❖

Age	Well-Child Visits and Immunization Schedules
Birth	Hepatitis B
2-3 days	Weight check
2 months	Well-child visit, Pediatrx #1, HIB #1, Prevnar #1, RotaTeq #1
4 months	Well-child visit, Pediatrx #2, HIB #2, Prevnar #2, RotaTeq #2 (only if dose #1 started by 12 weeks of age)
6 months	Well-child visit, Pediatrx #3, HIB #3, Prevnar #3, RotaTeq #2
9 months	Well-child visit, catch up immunizations as needed
12 months	Well-child visit, anemia check, HIB #4, MMR #1, Varivax #1, Hep A #1 (lead questionnaire, PPD if indicated)
15 months	Well-child visit, catch up immunizations as needed
18 months	Well-child visit, DtaP #4, Prevnar #4, Hep A #2 (lead questionnaire)
2 years	Well-child visit (lead questionnaire)
3 years	Well-child visit
4 years	Well-child visit, DtaP #5, MMR #2, IPV #4, Varivax #2, PPD if indicated
5 years	Well-child visit, catch up on immunizations as needed
6 years	Well-child visit, catch up on immunizations as needed
11-12 years	Well-child visit, Tdap, HPV #1, Menactra, catch up Varicella if only one dose received
12-18 years	HPV #2 and #3, catch up Menactra, Tdap if not given at 11-12 years

### Key to Abbreviations

DtaP	Diphtheria, Tetanus and Pertussis
HIB	Hemophilus Influenza B
HPV	Human papillomavirus
IPV	Inactivated polio
MMR	Measles, mumps and rubella
Pediatrx	DtaP, HepB, IPV
PPD	Purified protein derivative standard tuberculin skin test
Tdap	Tetanus, diphtheria, and pertussis (adolescent/adult preparation)

# THE GEEK BOX

## Building a Computer: A Multipart Series

By A02 Ryan Heeney

Have you ever wondered what goes on inside that noisy little box, that's plugged into that hypnotic rectangle in front of you? I would like to think most people have, considering your average person spends 4 to 6 hours on one each day. Besides what's spending a few minutes reading an article about building a computer customized to you? "But why would I want to invest my valuable time learning about, researching, and building a computer you ask?" Well I suppose you could go out, spending all your hard earned cash, on a dull plastic box that is typically overpriced with sub-par performance. Not to mention you should forget about trouble shooting the hardware considering the only thing usually not attached to the mother board is the RAM and storage device. **"OH NO!** My CPU just burnt out and I don't have a warranty..." Well, if you had done it yourself, you could've gone out and replaced the same CPU you just had. Rather, you could get that shiny new upgrade you have been drooling over. But considering you're on shore duty and Navy salary you probably can't afford to splurge on new computer parts. So... you go out and get that little cheap-o processor to get you by until your next windfall.



So what exactly does this mystical little gizmo we simply can't seem to stay away from consist of? Well let me tell you it's not so mystical and pretty straightforward when you get down to it. By order of precedence when building a computer the first thing to consider is a budget. Once you know how much you want to spend you can decide on what type of computer you need. Those two factors will be your guide line in determining the rest of the parts going into your build. The absolute musts for a working computer are the processor, motherboard, ram, storage, optical drive, power supply, case, operating system, monitor, keyboard, mouse and speakers. Depending on your mother board you may have to purchase a video and/or sound card. Some extras to consider are an aftermarket heat sink, a liquid cooling system, more fans, lighting, extra USB inputs, floppy drive(only if you're old school), power strip... The list goes on, try not to be too overwhelmed. Just take everything one step at a time and it all tends to fall in place.

OK, I don't think I really need to tell everyone how to budget their money. There are plenty of military personnel and government employees willing to do that for you. Honestly it's pretty easy deciding what you need from a computer and I've even lined up a few examples to help you along the way. Your average home computer can typically fit into three general categories. If all you do is Facebook and obsess over Farmville, you can probably get by not spending too much money. A budget computer ranges from \$600-\$800 and will wisp you through all your internet needs. Maybe you use it for school or have a family member who needs computer access for work. Building a workstation will typically cost \$800-\$1,200 but it could be more, the price being directly affected by how much software you need. But let's just say most people interested in building a PC tend to lean more towards its "recreational" capabilities than its word processing abilities. In most cases high end home computing would be considered a gaming rig. They can be quite pricy, though only for those overzealous nerds who can't keep their GPU in their pants. A good gaming rig would probably be close to \$2,000 but could easily surpass\$10,000.

So now we get to go shopping! Hopefully we can all manage to come somewhere close to that budget we set up *all by ourselves* (you know you didn't go to a financial counselor). However, I have never managed to not go over so don't beat yourself up if you do. But I just found out I hit my word limit so you will have to wait until next month's issue of the sandpaper to find out where to go and what to look for while shopping. For any and all computer related questions email me at [ryan.heeney@navy.mil](mailto:ryan.heeney@navy.mil) and if you're situations not too hopeless I'll get back to you; hopefully with an answer. ❖

# Horses and veterans comfort each other in Ojai

Ventura County Star, August 7, 2011

Christopher Stolz



For Alexis Ells, who runs a horse-rescue center in Ojai, a recent Friday was a big day. Volunteers from Naval Base Ventura County, including some Seabee construction specialists, came out to help her paint a barn and tend to her horse ranch.

The 23 volunteers said they were happy to help, although many came not just for the sake of the horses but also for their fellow servicemen and women.

Ells, founder and director of The Equine Sanctuary, has launched a new program called Horse Soldiers, which aims to bring together for therapeutic purposes rescued horses and injured war veterans.

Michael Kelly, a staff sergeant with the National Guard, was one such wounded veteran, and he speaks highly of Ells and her program. Kelly was injured by a roadside bomb while serving in Iraq and returned with post-concussive injuries and post-traumatic stress disorder.

Kelly, who has been around horses for much of his life, said working with his own horses helped him, but it wasn't until he began to work with Ells and her rescued horses that it fully clicked.

"I always knew horses were good for the soul," he said, "My wife and I have horses, and they helped me a bit, but the cool thing with Alexis is that because she's saving these horses, many of whom have been beaten or rescued, it's almost as if the horse needs the therapy as much as the soldier does. It just seems to go a little deeper and work a little faster."

Kelly has brought the Horse Soldiers program to the attention of fellow wounded vets and hopes the Department of Veterans Affairs will fund more such animal therapy efforts in the future.

"When you're on a horse, you let have to let down your guard," Kelly said. "Your muscles relax, your brain settles down. It's like pulling a plug and letting the anxiety drain away. An hour on one of Alexis' horses and I can sleep, sometimes for three or four nights in a row."

The idea that horses and animals can be therapeutic to wounded veterans also made sense to one of the volunteers, Kawasaki Farley, a Navy hospital coroner who came back from Iraq with PTSD symptoms.

"Yeah, I can imagine it would help to work with horses," Farley said. "Horses are simple. Feed me, pet me, get out of my way. Nothing complicated. They're peaceful."

When Ells launched The Equine Sanctuary in 2001, she was thinking mostly of the welfare of unwanted racehorses.

"We specialize in thoroughbreds and performance horses," Ells said. "What people don't realize is that these horses are bred for a purpose, and if they're injured or unable to perform, they are viewed as a piece of broken equipment and sent out to be slaughtered."

Ells sees the rescued horses as precious, for their own sake, and for their usefulness to people.

"We all have tragedies, we all have bad things befall us," she said. "How do we take that tragedy and use it and learn from it? How do we use it spiritually and emotionally and physically to turn it into a triumph for us? It's about forgiveness and unconditional love, and that's where these animals can help us." ❖



# INSIDE...

A GAME REVIEW BY MA2 SHAWN PRIESTLEY



Portal 2 is a first-person puzzler where you use a tool to open holes which create an inter-dimensional rift in the space time...ya know, if you want it explained you'll need a physics expert. In the single player mode you play as a woman trapped in the distant future in an abandoned science facility buried miles beneath the Earth where experiments are done to improve human lives on the surface. The only other characters you meet in the game are two deranged robots that use you while battling for control of the complex. Your goal upon beginning the game becomes obvious, you must survive and escape to the surface. That means not only navigating vast underground labyrinths but also a series of meticulously designed chambers that the robots have created to measure human competence.

In the multiplayer version you play as one of two goofy robots given the same tool to create portals in which you must work together in order to survive and complete levels. The co-op mode is fun and challenging and will test you and your partner's team-working skills as well as problem solving ability. The fun comes when you or your team mate die or get stuck over and over until finally seeing the obvious solution that was right in front of you the whole time. Depending on your abilities the co-op can take anywhere from 6 hours to, well, eternity to complete. ❖



## 9 out of 10 TOKENS

"Portal 2 is not only fun but funny. The single player is challenging and fun, and the multiplayer is great with a friend. I've played it through twice and done the multiplayer with 3 other friends...it's that good!"

- **Fun and challenging levels whether alone or playing with a friend.**
- **Environment and level details are very nice to look at.**
- **The "portal" idea is a mind-boggling one that creates many fun and difficult scenarios.**

## July/August Poll Results

By: PSSN Marques Meráz

When it comes to fitness, it seems like we trust a good ol' fashioned run to stay in shape. The majority of the "other" responses stated that a healthy mixture of all of the mentioned methods is the best way to stay in shape. The consensus of our desert warriors is that strength training, cardio, and a balanced diet is the best way to go!

As you can see, participation in our monthly polls is growing. This poll has yielded the most responses to date. We are looking for even more participation from our junior Sailors, particularly E-3 and below. Everyone's feedback is greatly appreciated. ❖

2. What would you say is the best way to stay in shape?			
Aerobics		10	12%
Weight Lifting		4	5%
Work out Tapes		1	1%
Running		22	26%
Swimming		8	9%
A Diet		10	12%
Other, please specify <a href="#">View Responses</a>		30	35%
Total		85	100%



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**RECENT EVENTS**  
IN THE  
**PEARL OF THE DESERT**



From left to right A22 Mills, AC2 Morlet, MASA Nuusolia, AO2 Mele, LT Henley, and HM3 Ducut prepare to fly with the Knightriders of HMM(T)-164

**Jammin' with Crosswinds!**

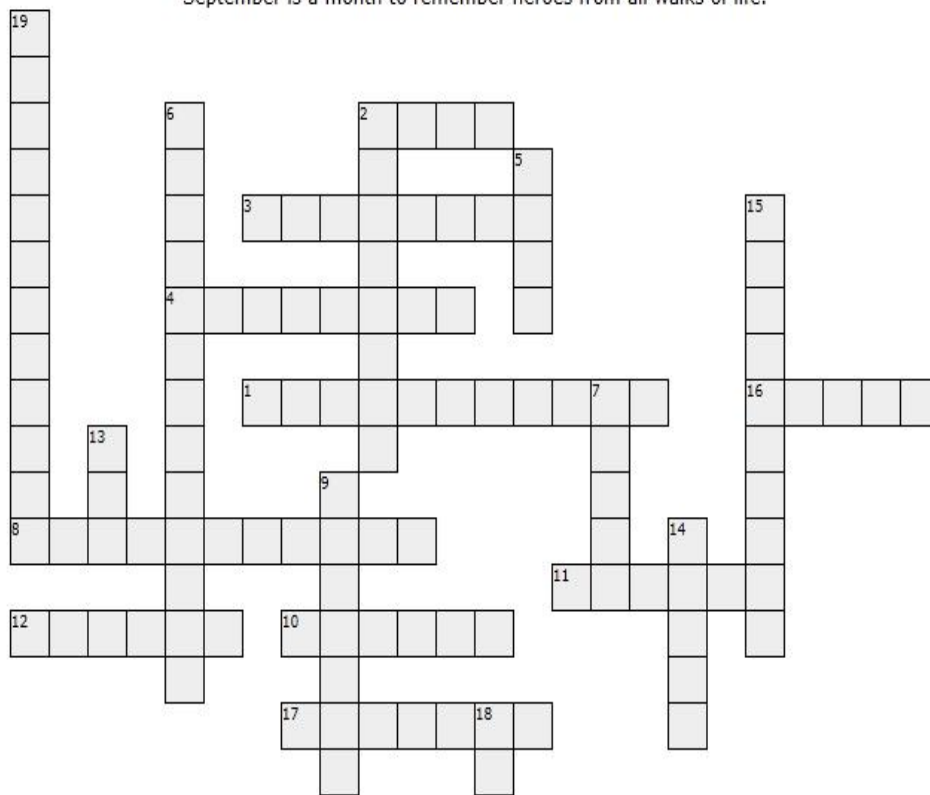


**MAY SANDPAPER POLL:**  
[http://www.zoomerang.com/  
Survey/WEB22CZJXZD3EP/](http://www.zoomerang.com/Survey/WEB22CZJXZD3EP/)

**SANDPAPER CONTACT INFO:**  
E-MAIL:  
[W\\_ELCN\\_PAO\\_SANDPAPER@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER@NAVY.MIL)

# Remembering Heroes

September is a month to remember heroes from all walks of life.



**Across:**

- 1. Terminus of Flight 93
- 3. dedicated to the social and economic achievements of American workers
- 4. 5 sided structure in Washington D.C.
- 8. Site of 1st Labor Day Celebration; they don't make Salsa here
- 2. New York's Bravest (acronym)
- 10. These exams always happen in Sept for E3-E5
- 11. The CPO's symbol
- 12. This season ends soon
- 16. A pinch of Salt symbolizes this
- 17. This conflict was the impetus for POW/MIA recognition

**Down:**

- 2. This punishment was abolished in the USN in 1850
- 5. New York's Finest (acronym)
- 6. He defeated HMS Serapis in Sep1779; CMC's last ship.
- 7. Reminds us of the bitter fate of those missing & captured
- 9. Unsinkable ship - wreck found in 1985
- 13. This medal was instituted in 1985; ribbon is mostly black & white
- 14. Who you ask
- 15. These buildings are iconic for 9/11
- 18. Our 5 Selectees came from this community
- 19. Old Iron Sides launched in 1797

**SUDOKU**

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		4	1		
1					3
	2			6	

**SUDOKU**

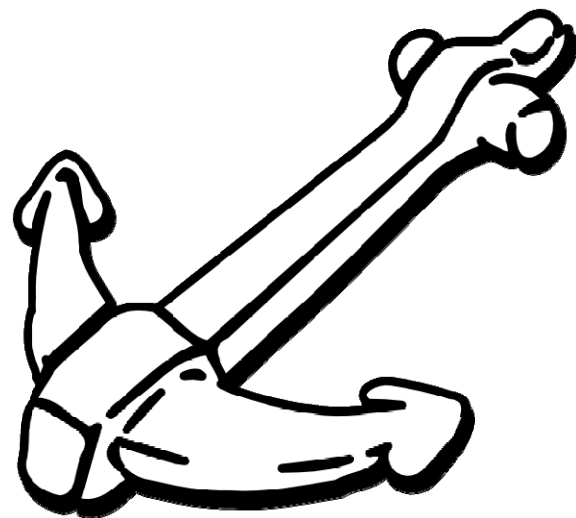
5	4			6	2
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# KID ZONE

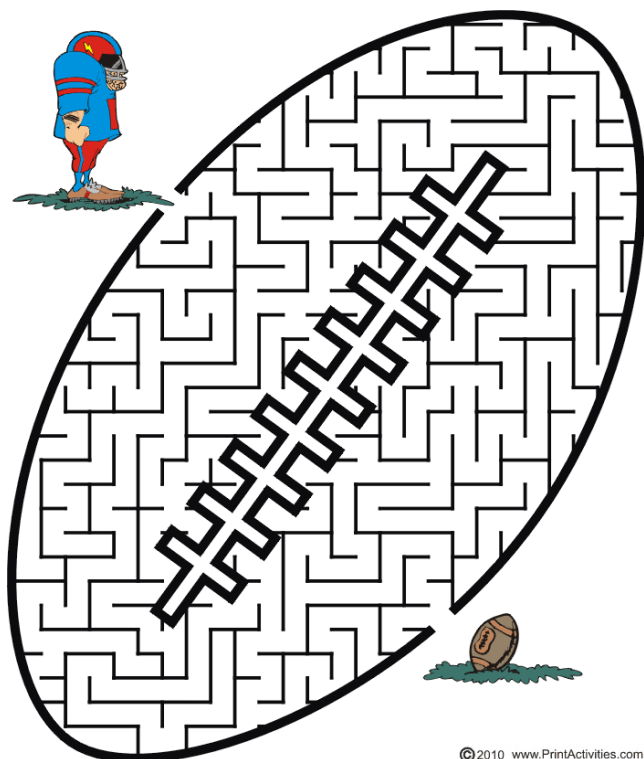
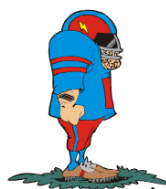
America Loves



# US NAVY SEALS



# LABOR DAY







# SEPTEMBER 2011

## NAF EL CENTRO

# MWR

## YUMA RIVER TUBING

**West Wetland Parks  
Saturday, September 24**

*Enjoy a scenic and fun trip floating five miles down the Colorado River. Be sure to bring your own drinks, snacks, and ice. We'll provide the coolers.*

Van leaves Outdoor Adventure at 0745.  
Cost: \$20, includes all equipment  
Transportation fee: \$5 per person  
Sign up by September 21 by visiting OA, Bldg. 318, or call 760-339-2486 for more information.



# OUTLOOK

## FLEET WEEK BIG BAY FAMILY FESTIVAL IN SAN DIEGO

**Saturday, September 17 • FREE**

*Climb aboard US Navy ships and explore other military static displays. Free military asset in-water demonstrations, welcoming ceremony, Navy Band Southwest, Marine Band of San Diego, food and entertainment, plus beer garden and Taste of the Bay for an extra fee.*

Van leaves Outdoor Adventure 0800 and returns 1600. Transportation fee: \$8. For more information or to sign up visit Outdoor Adventure, Bldg. 318, or call 760-339-2486.



# 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



## SEPTEMBER MENU

**CHEF'S WEEKLY SPECIAL**  
September 1-2  
Chili Bread Bowl \$3.95

Thursday, September 1  
Carne Asada

Friday, September 2  
Ceviche

**CHEF'S WEEKLY SPECIAL**  
September 5-9  
Shrimp Cocktail \$5.95

Monday, September 5  
Labor Day ~ Closed

Tuesday, September 6  
Salisbury Steak

Wednesday, September 7  
Chiles Rellenos

Thursday, September 8  
Mexican Buffet

Friday, September 9  
Fish & Shrimp

**CHEF'S WEEKLY SPECIAL**  
September 12-16  
Carne Asada Nachos \$5.95

Monday, September 12  
Country Fried Steak

Tuesday, September 13  
Enchiladas

Wednesday, September 14  
Pasta Bar

Thursday, September 15  
Prime Rib \$9.95

Friday, September 16  
Baked Fish

**CHEF'S WEEKLY SPECIAL**  
September 19-23  
Chicken Cordon Bleu \$5.95

Monday, September 19  
Meatloaf

Tuesday, September 20  
Pork Chops

Wednesday, September 21  
Roast Chicken

Thursday, September 22  
Carne Asada

Friday, September 23  
Fish & Shrimp

**CHEF'S WEEKLY SPECIAL**  
September 26-30  
Chicken Taco Plate \$5.50

Monday, September 26  
Fried Chicken

Tuesday, September 27  
Lasagna

Wednesday, September 28  
Roast Turkey

Thursday, September 29  
Mexican Buffet

Friday, September 30  
Ceviche



## LIBERTY CENTER

Bldg. 202 • 760-339-2559

Monday-Friday: 0700-2100

Saturday-Sunday: 1100-2100

Holidays: 1200-1800

LIBERTY PROGRAM FOR ACTIVE DUTY ONLY  
Events held at the Liberty Center  
unless stated otherwise.

### Friday, September 2

Root Beer Float  
Start your Labor Day weekend with a special treat. Stop by your Liberty Center and cool off with a refreshing float, while supplies last.  
Time: 1100

### Monday, September 5

Labor Day  
We're open holiday hours today, 1200-1800. Happy Labor Day!

### Tuesday, September 6

Tourney Tuesday  
You pick it, you play it! Every Tuesday is patron's choice.  
Time: 1730

### Wednesday, September 7

Hot Wings 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

*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.*



### Saturday, September 10

Beach Trip  
Join your Liberty staff for a day of fun in the sun! Trip open to all Liberty patrons plus one guest, 18+ years of age.  
Cost: Active Duty \$5, Guest: \$7

### Tuesday, September 13

Tourney Tuesday  
You pick it, you play it! Every Tuesday is patron's choice.  
Time: 1730

### Thursday, September 15

Popcorn & Movie Night  
Stop by your Liberty Center for a movie and FREE popcorn.  
Time: 1700

### Monday, September 19

Happy Birthday to You  
Celebrate those with a September birthday at the Liberty Center. FREE piece of cake, while supplies last.  
Time: 1100

### Wednesday, September 21

Minute to Win It  
You've seen the show, now it's time to see if YOU can win it in a minute (60 seconds).  
Time: 1730

### Saturday, September 24

Yuma River Tubing  
See ad on front page. Sign up at Outdoor Adventure, Bldg. 318, by September 21. Van leaves Outdoor Adventure at 0745  
Cost: \$20 plus \$5 transportation fee

### Tuesday, September 27

Twinkie Tuesday  
Stop by your Liberty Center for America's favorite sweet treat!  
Time: 1100

### Wednesday, September 28

Hot Wing Hump Day  
Enjoy hot wings of fire FREE at your Liberty Center, while supplies last.  
Time: 1630

### Thursday, September 29

Adult Tricycle Race  
Time: 1700

# Cyber Café

Bldg. 202 • 760-339-2559

**1/2 off**  
any hot or cold  
specialty drink

**Happy Hour**  
1400-1500 EVERY DAY!



## TOURNEY TUESDAY

Tuesdays, September 6 & 13  
Patron's Choice.  
Time: 1730



**YOU PICK IT,  
YOU PLAY IT!**

## Beach Trip

Saturday,  
September 10



Join your Liberty staff for a day of fun in the sun!

Trip open to all Liberty patrons plus one guest, 18+ years of age.  
Cost: Active Duty \$5, Guest: \$7

## Adult Tricycle Race

Thursday, September 29  
Time: 1700



# Try one of our NEW Aqua Classes!



## Aquatics

### Aqua Track and Field

**Monday and Wednesday 1300-1345, Thursday 0700-0745 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 and Strength Class

**Tuesday & Thursday 1030-1130 and 1630-1730 at the Large Pool**

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

### Aqua Cardio and 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!

### Small Pool

**Bldg. 239 • 760-339-2627  
Monday-Thursday: 1100-1800  
Saturday & Sunday: 1200-1800**

### Large Pool

**Bldg. 374 • 760-339-2487/2627  
Tuesday-Sunday 1200-1800**

## 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, September 1

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

#### Friday, September 2

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

#### Saturday, September 3

No classes

#### Sunday, September 4

No classes

#### Monday, September 5

Labor Day  
Holiday Hours ~ 0600-1430

#### Tuesday, September 6

1130-1230 B. Step 'N Tone  
1600-1700 I. Circuit Training  
1700-1800 I. Medicine Ball  
1800-1830 A. Abs Class

#### Wednesday, September 7

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

#### Thursday, September 8

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

#### Friday, September 9

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

#### Saturday, September 10

No classes

#### Sunday, September 11

No classes

#### Monday, September 12

0900-1000 Moms In Motion  
1130-1230 I. Spin 'N Tone  
1600-1700 B. Spin 'N Abs  
1700-1800 Plyometrics  
*5-Day CFL Course Registration Deadline. CFL Course is for active duty members only. Register online at [www.navyfitness.org](http://www.navyfitness.org).*

#### Tuesday, September 13

1130-1230 I. Step Aerobics  
1130-1230 B. Circuit Training  
1700-1800 B. Medicine Ball  
1800-1830 Abs Class  
*Double Elimination Billiards Tournament Begins*

#### Wednesday, September 14

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

#### Thursday, September 15

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

#### Friday, September 16

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

#### Saturday, September 17

No classes

#### Sunday, September 18

No classes

#### Monday, September 19

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

#### 5-Day CFL Course Begins

#### Tuesday, September 20

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

#### Wednesday, September 21

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

#### Thursday, September 22

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

#### Friday, September 23

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

#### Saturday, September 24

No classes

#### Sunday, September 25

No classes

#### Monday, September 26

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

#### Tuesday, September 27

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

#### Wednesday, September 28

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

#### Thursday, September 29

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

#### Friday, September 30

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

## Double Elimination Billiards Tournament Begins Tuesday, September 13



**Sign up by September 7 or you'll scratch!  
Stop by the Navy Fitness Center to sign up.**

# BOWLING CENTER

Bldg. 485 • 760-339-2575 • Monday-Sunday 1000-2200

## Junior Bowlers Get Ready!

### Wahoo Wednesday!

Every Wednesday • 1800-2000  
1 large pepperoni pizza  
4 small drinks  
4 games of bowling  
4 shoe rentals

**Only \$20**

### Thriller Thursday

Every Thursday • 1600-2000  
Pay regular price for the first game per bowler, then enjoy the **\$1 DEAL\*** for additional games!  
\$1 game of bowling  
\$1 shoe rental  
\$1 hot dog  
\$1 small fries  
\$1 small soft drink  
\*\$1 DEAL valid for bowlers only.

**Junior Bowling League starting in October. Call the Bowling Center at 760-339-2575 for details.**

**Outdoor Adventure**  
(OA) Bldg. 318 • 760-339-2486

**TRAVEL TRAVELER  
150-QUART ICE CHEST  
AND GENERATOR**

**Only \$100**

*Call and reserve your weekend rental special today!*

September Weekend Rental Special

## Fleet & Family Support Center

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

*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*

### Thursday, September 1

Pregnancy Resources  
1300-1400

Preparing for an Overseas Tour  
1400-1500

### Tuesday, September 6

Anger Management  
1300-1400

### Thursday, September 8

Resume Writing  
1300-1400  
Winning Interview Techniques  
1400-1500

### Tuesday, September 13

Stress Management  
1300-1400

### Thursday, September 15

Goal Setting  
1300-1400

Assistance with Homeport Changes  
1400-1500

### Tuesday, September 20

Effective Communication  
1300-1400

### Thursday, September 22

Budget Class  
1300-1400

### Tuesday, September 27

How to Resolve Conflict in the Workplace  
1300-1400



## Child & Youth Programs

(CYP) Bldg. 3400 • 760-339-2560



### Open House

Thursday, September 8 • 1730-1930

CYP is hosting an Open House and you're invited! Stop by to meet the teachers, tour the facility, eat a nutritious snack, learn about the curriculum used and services offered throughout the year.

### Give Parents a Break

Saturday, September 17 • 1800-2200

Parents, it's your turn for a night out and CYP is offering FREE childcare to boot!



### Teen Night

Friday, September 23 • 1800-2200

Calling all teens! Now it's your turn for a night out! Join CYP for fun, food, friends and a game of Angry Birds.

