



Issue 13

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NAF EL CENTRO

# SANDPAPER



## October is Energy Awareness Month

Article by ENS Less

We first set aside a time to remind us about saving energy in 1981 with American Energy Week. On September 13, 1991, President George Bush proclaimed October as Energy Awareness Month. The Department of the Navy has long been conducting energy awareness campaigns that promote the wise and efficient use of energy.

Our nation can benefit from the sensible use of energy at federal facilities. As the single largest domestic user of energy, the federal government spends more than \$9 billion to power its vehicles, operations, and approximately 500,000 facilities throughout the United States. Efficient energy management at federal facilities:

- Saves taxpayer dollars
- Reduces greenhouse gas emissions
- Protects the environment and natural resources
- Contributes to our national security

In addition, regulations like the Energy Policy Act of 2005 require federal agencies to meet a number of energy and water management goals. The Energy Independence and Security Act of 2007 further specifies a 3% energy reduction per year and an overall reduction goal of 30% by 2015 relative to the 2003 baseline. At the end of fiscal year 2011, NAF El Centro has reduced its energy intensity by 16%. The expected goal by the end of this year is 18%. We have done amazing job this past year in reducing the expected 3% from 2010; however, we need to work even harder to make up for the missing 2% that was expected.

With so many major global challenges tied to energy use, including air pollution, climate change, volatile fuel supplies and costs, aging energy infrastructure and reliance on fossil fuels, it makes sense to choose energy efficiency as a basic work ethic and lifestyle.

During Energy Awareness Month, and throughout the year, we must all remember that saving energy is an individual priority and focus, and that we can safeguard our energy infrastructure and reduce our carbon footprint in all that we do through simple choices and attention to energy efficiency. ❖



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# COMMANDING OFFICER



I want to start my comments this month with a "thank you" to all those who made the Navy Ball a huge success this year. A tremendous amount of effort went into the planning and preparation and it could not have been done better. Of course, the Ball is only as good as it is attended, so it was wonderful to sell all of the available tickets and see a packed hangar on Saturday evening.

Many of you have heard about our first annual "Turkey Bowl For Charity" bowling tournament on 7 and 8 November here at our Bowling Center. The objective of the event is to raise money to feed hungry people in the community at Thanksgiving. One hundred percent of the proceeds will go to the Imperial Valley Food Bank. The participation fee is \$10 per person, which includes three games of bowling, shoes and pizza. The trophy will go to the four-person team with the highest total score for the three games. Flyers with registration information have been circulated throughout the base or anyone interested can contact the Front Office for more information. Families are welcome to participate. This is a good cause and I welcome your participation to support it.

Finally, as scheduled, we will support heavy detachment loading through the end of the year. As we remain at war in two theaters, we must do everything we can to support the combat readiness of our forces. This, along with the approaching Holiday Season, will keep us all very busy. I remind you to focus on the job at hand, use good judgment from a safety perspective, and enjoy as much personal and family time as possible.

As always, thank you for the tremendous job you do every day to make NAF El Centro the Navy's premiere air installation. ❖

-CO

## Navy Bids Roughead Farewell, Greenert Takes Helm

By MC2(SW) Kyle P. Malloy, Chief of Naval Operations Public Affairs

ANNAPOLIS, Md. (NNS) -- With 38 years of service, Adm. Gary Roughead steps down from the position of Chief of Naval Operations during the change of command ceremony at the U.S. Naval Academy, Sept. 23.

Secretary of the Navy Ray Mabus was the keynote speaker for the ceremony and highlighted Adm. Roughead's accomplishments during his naval career while thanking him for his leadership.

"I don't think anyone can ever fully express how much we're going to miss Gary Roughead's counsel and absolutely unwavering commitment to the Navy [and] the United States," said Mabus. "Admiral Roughead has had the genius and the skill to turn so many of the challenges he's faced into opportunities."

Mabus reviewed Roughead's career milestones including being one of only two admirals in the United States Navy to command both the Pacific and Atlantic fleets.

"As Chief of Naval Operations, his leadership has helped to reshape the Navy into the 21st Century operationally and strategically," said Mabus. "Gary Roughead's leadership skills follow great officers and a willingness to innovate while respecting the deep traditions of the sea service."

Mabus spoke about Roughead's commitment to his Sailors and always making them his first priority. Mabus said, "He never lost sight of the primary responsibility of leadership - taking care of the people entrusted to you and to the office you hold."

As Roughead took the podium for the last time as Chief of Naval Operations, he thanked his counterparts, both foreign and domestic, friends, and his family for the continued support and guidance during his tenure. He spoke about his unique experiences in the armed service, especially in the relationships built.

"There has been a lot of change but throughout there has been the decisive, constant and the aspect of the Navy that will be my enduring memory - our Sailors," said Roughead.

In an emotional conclusion, Roughead did the best he could to summarize his naval career.

"To echo what another Navy man said nearly five decades ago at this academy, when asked what I did to make my life worthwhile I will respond with a great deal of pride and satisfaction, I served in the United States Navy."

Mabus spoke about the transparent transition the Navy will go through when Adm. Roughead is relieved by Adm. Greenert as the top Navy officer.

(Continued on page 7)

# COMMAND MASTER CHIEF



Team NAF El Centro,

WOW! What a wonderful year we are having! I just spent the weekend enjoying the air show at MCAS Miramar. The purpose of my visit is to get an appreciation for what others are doing at their shows because I know that we will soon be hosting our own air show on March 9-10, 2012.

With the summer 's heat nearly gone, the cooler weather signals a change of a different season – our long runway has reopened for business, which means we'll be finding our groove as training detachments begin to arrive. We'll be training the Warriors that will soon deploy overseas to be in harm's way and defending our freedoms.

Every day, our Sailors and civilians at NAF El Centro are asked to do more – sometimes with fewer resources. At all times, the work we do is sensitive in nature. At times, it may be easy to become distracted by outside influences.

Recently, there's been a flurry of entertainment news that the Front Office has addressed. Are you trying to figure out where I'm headed with this? Yes, I am speaking about Captain Wales. Though you may be tempted to "break the rules" and sneak just one photo (after all, it's just one photo, and it's just one pilot), you cannot. And, there is a fundamental reason why you cannot ...When you donned your uniform and took an oath to obey ALL of the Officers appointed over you – including our Base Commanding Officer who made it very clear that NO photos of Captain Wales would be taken. I cannot emphasize enough that any photo that you take which includes sneaking a photo for financial gain for a local TV station or bragging rights on Facebook or other social media will not be tolerated. All requests for information and interviews shall be referred to the office of the Base PAO.

We have much on our calendar before we close out the year – the first of which is the celebration of our 236<sup>th</sup> Navy birthday. I hope you are all planning to support the Navy Ball which will be held on Saturday, October 15<sup>th</sup>. Add in Veterans Day, Thanksgiving, Christmas to name a few, and the addition of several new special projects as well and we'll be ringing in the New Year in no time. Earlier this year, we made several improvements to the Base. The F-14 Tomcat is proudly displayed near the Mirage Club, the POW/MIA Memorial at the Chapel, and the A-6 Intruder is near completion near Flag circle. To round things out, we are planning additions to Blue Angel Park with 50 state flags and a Blue Angel memorial. I am seeking your input, ideas – and of course your help in realizing all that needs to be done to make our Base a real showcase. Thank you for all you do! ❖

CMC



## CNO MESSAGE TO THE FLEET

I AM HONORED TO BECOME YOUR 30TH CHIEF OF NAVAL OPERATIONS. ADMIRAL ROUGHHEAD TURNED OVER TO ME THE GREATEST NAVY IN THE WORLD.

I AM THE SON OF A STEEL WORKER FROM BUTLER, PA. GROWING UP WITH FOUR SISTERS AND MY BROTHER, MY PARENTS TAUGHT ME AT AN EARLY AGE THE VALUE OF HARD WORK, PERSEVERANCE, AND INTEGRITY. THE OPPORTUNITIES THE NAVY GAVE ME OVER THESE PAST 36 YEARS PUT ME ON A JOURNEY FROM WESTERN PENNSYLVANIA TO SERVING AS CHIEF OF NAVAL OPERATIONS TODAY. I CONSIDER MYSELF AN EXAMPLE OF THE TREMENDOUS OPPORTUNITIES OUR NAVY AFFORDS EACH OF US EVERY DAY.

MY THREE TENETS TO ADDRESS OUR CHALLENGES AND ORGANIZE, TRAIN, AND EQUIP THE NAVY, ARE PROVIDED HERE:

- **WARFIGHTING FIRST:** WARFIGHTING IS AT THE CORE OF OUR EXISTENCE. WE MUST MAINTAIN OUR ABILITY TO FIGHT AND WIN.
- **OPERATE FORWARD:** WE ARE MOST EFFECTIVE OPERATING FORWARD AROUND THE WORLD, ENSURING ACCESS TO THE MARITIME CROSSROADS TO ENSURE FREEDOM OF MANEUVER AND ECONOMIC PROSPERITY.
- **BE READY:** WE WILL BE READY. OUR SAILORS WILL BE TRAINED, OUR SUBMARINES, SHIPS, AND AIRCRAFT WILL BE MAINTAINED, AND OUR SHORE COMMANDS WILL BE ENABLED TO SUPPORT WHAT YOU NEED TO DO YOUR JOB. WE WILL BE JUDICIOUS WITH OUR RESOURCES, AND OUR SAILORS' AND CIVILIANS' TIME, WHILE PREPARING TO EXECUTE ASSIGNED MISSIONS.

I AM HONORED TO BE YOUR CHIEF OF NAVAL OPERATIONS. DRAWING UPON OVER TWO CENTURIES OF HERITAGE AND TRADITION, I TRUST THAT, WHEN CALLED UPON, YOU WILL PERFORM SUPERBLY. YOU EXEMPLIFY THE HIGHEST STANDARDS OF SERVICE TO OUR NATION.

BY ADMIRAL GREENERT, CHIEF OF NAVAL OPERATIONS. ❖





# Chart Your Course With USMAP

Article by NC1 Marc Jones

The Navy offers an abundance of programs to help improve an individual's chances to succeed in and out of the Navy. Sooner or later everyone will become a civilian, be it retiring or separating from service. Everyone's goal should be to set themselves up for the civilian job market. One program specifically created to help Navy personnel get a leg up in the civilian trade market is the United Service Military Apprenticeship Program (USMAP).

USMAP is an apprenticeship program registered with the Bureau of Apprenticeship and Training, and the Department of Labor. This program enables Navy, Marine and Coast Guard personnel the ability to earn national certification as Journeyman Workers in specific occupational fields. The program purpose is to document service members training and skills learned while performing their jobs. The length of time require to complete the apprenticeship varies, usually between 1 and 4 years. Every rating currently in the Navy has one or multiple trades to apprentice to.



To qualify for this program enlisted personnel must be on active duty, have a high school diploma or GED equivalence, be designated in a job specialty applicable to an approved apprenticeable trade and meet registration requirements. To apply visit [netpdtc.usmap@cnet.navy.mil](mailto:netpdtc.usmap@cnet.navy.mil) or talk to your Command Career Counselor. Set yourself up for the success in the future and get your Journeyman's certification through USMAP. ❖

## UNIFORM UPDATE

ALL SHIPS PRESENT, ACTIVITIES, AND INSTALLATIONS WITHIN THE SOUTHWEST REGION AREA OF RESPONSIBILITY WITH THE EXCEPTION OF THOSE ACTIVITIES LOCATED IN UTAH, NEVADA, COLORADO, AND NEW MEXICO, SHALL SHIFT TO WINTER UNIFORM AT 0001, 7 NOVEMBER 2011. THERE IS NO TRANSITION PERIOD.

### UNIFORM OF THE DAY

#### A. OFFICER/CPO

- (1) PRESCRIBED: SERVICE DRESS BLUE
- (2) ALTERNATE: SERVICE KHAKI

#### B. E-1 THROUGH E-6

- (1) PRESCRIBED: SERVICE DRESS BLUE
- (2) ALTERNATE: SERVICE UNIFORM

THE NAVY WORKING UNIFORM (NWU) AND CAMOUFLAGE UTILITY UNIFORM (CUU) SHALL BE WORN AS THE WORKING UNIFORM FOR OPERATIONAL FORCES, OPERATIONAL SUPPORT FORCES AND THOSE ASHORE ORGANIZATIONS REQUIRING THE USE OF CAMOUFLAGE/WORKING UNIFORMS IN THE PERFORMANCE OF THEIR OPERATIONAL DUTIES INVOLVED IN WORK THAT WOULD UNDULY SOIL THE PRESCRIBED UNIFORM OF THE DAY, AS DETERMINED BY THE COMMANDER/COMMANDING OFFICER.



Contact Information:

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

Program Manager: AC2(AW/SW)Amber Huskey

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## Hello...Goodbye!

- |               |                         |       |
|---------------|-------------------------|-------|
| <b>Hails:</b> | MATA, SHERWINMARKGIL C. | HN    |
|               | • LESS, JOHN R.         | ENS   |
|               | • MACIAS, JONATHAN L.   | AEAA  |
|               | • SHORES, MARK          | CIV   |
|               | • SLOAN, CLINTON B.     | AT2   |
|               | • ARAUZ, ROGELIO A.     | ABF3  |
|               | • CARPENTER, STEPHEN R. | AT3   |
|               | • FULMER, CHARLES A.    | LT    |
|               | • MUHIRE, OLIVIER J.    | AMEAR |
|               | • AVILA, ANTONIO        | AZ1   |
| <b>Bails:</b> | WESTENBARGER, ANTHONY   | AM2   |
|               | • WELCH, GERALD         | ADAN  |
|               | • LUNAPUENTES, ALBERTO  | AD2   |
|               | • FENG, FELIX           | HN    |
|               | • HAMBLIN, MICAH        | CIV   |



**REENLISTMENTS**  
AOC TYRONNE BRITAIN



## 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, October 16. ❖



**Marriage Enrichment Retreat.** A new retreat date has been added—**18-20 November**. Registration is open to all active duty, activated reservists, and their dependents. These events fill up quickly, so act now! For more information or to register please contact Chaplain Smith at x2290 or at [jared.n.smith@navy.mil](mailto:jared.n.smith@navy.mil). ❖



### 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 12. 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. Currently the ladies meet each Wednesday at 1800 at Tammy Smith's house (3345B Gila Bend) and are 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

### Violence in the Workplace

I still remember as if it were yesterday. I was working as a cashier at our college cafeteria. The football players at the table near my register without provocation began to hurl mild insults and wadded up napkins in my direction. This lasted for several minutes. I couldn't believe what was happening. I did nothing to deserve such treatment and I did nothing in return. I wasn't hurt physically, but I was wounded nonetheless. They had might as well been throwing grenades. I was humiliated—another victim of workplace violence.

Pulitzer Prize winning author Studs Terkel concluded in his book ***Working: People Talk About What They Do All Day and How They Feel About What They Do*** that “to write about work is to write about violence--violence to the body and violence to the spirit”. Some of us have to work in dangerous and sometimes toxic work environments where precautions must be taken for worker safety. But what protection can be offered to the human soul for poisonous people and toxic situations that seep into our lives? What defence can be erected to shelter us from the onslaught of frustration and disappointment we endure from being overworked, underpaid, overlooked for promotion, and underappreciated by those around us? What can guard our hearts when our dreams of success darken and dim?

For me, it has been helpful to recall where work began. We are told in Genesis 1-2 that when God created humanity, He created them in His image. God is the great artist, creator, and entrepreneur and He created us to work for Him and with Him in this world. Of all of God's Creation, only humanity was given the ability, desire, and responsibility associated with work. And it was GOOD!

However, in Genesis 3 we find that humanity quit working for God and set up shop for themselves. In response, out of both justice and mercy, we are told that God cursed human work (NOT human beings!). He intentionally did so that work would no longer work for us, but against us. His purpose in doing so it seems is that we might once again find our identity, self-esteem, and security in our relationship with Him rather than apart from Him.

A Navy chief once told me, “It's duty—it's supposed to suck!” That's exactly right. It's work—it's supposed to not work right. It's only when we pay attention to the job that God wants to do in each one of us through the people and places where we work that we see God's handiwork on display. ❖

--Chaplain Smith



# The Desert Beat

By MASA James Thompson

In honor of Energy awareness month, security would like to remind you NAF El Centro, to keep our base clean and litter free. Littering, meaning the discarding, dropping or scattering of small quantities of waste matter. To help make this a litter free base, there are various recycle bins conveniently located in the area. Failure to use these recycling bins and/or trash cans can result in the California Penal Code 374.4 violation, which states, "It is unlawful to litter or cause to be litter in/or upon public or private property.

A person, firm, or corporation violating this section is guilty of infraction." The consequences for such actions are punishable with a mandatory fine, probation, or community service that consists of collecting trash within jurisdiction of the court for no less than 8 hours. The responsibility of keeping NAF El Centro litter free solely relies on the desert warriors who work, visit, or reside on base. So if we all do our part, it pays off in the long run. ❖

## "F.Y.F. – For Your Feet"

By LS3 Sarah Candito

Calling all die hard PT-ers, and those who just would like to be nerds: your favorite novelty toe socks (I know you've got 'em!) now have a pair of shoes tailor made for them that are without a doubt approved for PRT use.

The change in regulation does seem to be baffling some. When asked what he liked and disliked about his own pair of Vibram Five Fingers minimalist runners, AOC Brittain of Strike replied, "I like that I can run in them, and I don't like that I can't run the PRT in them." But this is officially the case no longer, as the NAVADMIN authorizing them was definitively released on August 11<sup>th</sup>, prompting me to get various opinions and write a review on the shoes. As the NAVADMIN says, minimalist footwear means, "shoes that allow the foot to function naturally without providing any additional support or cushioning." There are a few different kinds out there, but since I've mainly seen the Vibram Five Fingers worn on base, I will focus on these.

I've been contemplating buying a pair myself, hoping it would improve my PRT run time, but chose to hold off because of mixed reviews I'd heard. Many have been singing the footwear's praises: "The shoes have helped me a lot. I used to get bad shin splints; I don't when I'm wearing these. I am prone to rolling my ankle, but I haven't since I started wearing these," claims a Petty Officer in a recent letter to Navy Times. But as a caveat he also stated, "They were made to work with your body's natural stride, if you wear them on formation runs...then they are going to cause you problems." I spoke with AT3 Reggie Romero at Strike who added further to those sentiments saying, "You can't just run three miles in them as soon as you get them. You have to work up to it." He also added that Five Fingers are absolutely no good for running on sun baked El Centro pavement, as you can feel through the soles so much more than regular shoes, hence the term minimalist.

Although I have seen many Sailors wearing them around base, including one of Strike's own Command Fitness Leaders, ATAN Curtis Gionet, AOC Brittain also let me know that Vibram Five Fingers are not for everyone's foot, and if you have bad feet to begin with they will probably only make them worse. For example, I'm rather flat footed myself, so I don't know if I could wear Five Fingers, or at least I wouldn't choose them the first time out of the gate when selecting a minimalist shoe. Possibly Nike Free would be a better choice for someone like myself. I have recently switched to a more minimal PT shoe (It's Skecher's brand) in which the toe can bend all the way up to the shoe's collar, and I can say that it's been very beneficial for me. My feet don't feel like they've got lead weights attached as opposed to the old trail runner shoes I'd had before. The shoes are so much more breathable (and look cooler too), and was able to shave almost a minute and a half off of my last mock PRT time because of wearing them. I'm not saying they'll turn you into the Greek god Hermes, but I can definitely tell a difference with a minimalist shoe.

I may not be completely comfortable with a shoe like Vibram Five Fingers just yet, but I do endorse the minimalist approach as do quite a few others. Who knows? Maybe with my new shoes and a Red Bull to give me wings, I could swing an Excellent on my next PRT. ❖

# Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
OCTOBER	7	4	737	49
NOVEMBER	8	4	858	108

## Navy Bids (Continued from page 2)

"Adm. Roughead's contributions may be hard if not impossible to surpass but I am confident that if anyone can match them it is Jon Greenert," said Mabus.

Adm. Jonathan W. Greenert, the newly appointed 30th Chief of Naval Operations, took the podium after Roughead, thanking him for his service and bringing the Navy to where it is today.

Greenert said Roughead has done a magnificent job and the plan would be to keep it that way.

"My priorities, our course, are one we've got to remain ready to meet the current challenges today, we've got to build a relevant and capable future fleet, and we have got to continue to care for our Sailors, our civilians and their families, and recruit and nurture a motivated, relevant and diverse force," said Greenert.

Greenert then went on to talk about the three tenets he will focus on during his time in office which include warfighting first, operate forward and be ready.

"We will approach our challenges and we will implement our changes that will have to be done in the future with three tenets in mind," said Greenert. "They will be effective [and] efficient. Our Solutions will be joint and the Marine Corps will remain our primary partner." ❖



### NAF El Centro's Desert Eagle Squadron

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The weekend of September 23rd marked the culmination of hard-earned efforts for the Sea Cadets of the Desert Eagle Squadron. Several young men and women were recognized for their participation in various one and two week training programs completed during the summer. Others were awarded ribbons and certificates for completing two and three years of service in the Corps. Of special note is Cadet Calvin Noel who received the Unit Commendation Ribbon, and Cadet Guillermo Jimenez was awarded an Honorable discharge after 3 years of dedicated service.

Newly frocked Petty Officer Third Class Jolene Gupton was recognized for her participation in the International Exchange Program. This unique opportunity allowed her to spend 16 days training with her counterparts in Canada. Three cadets were recognized for the completion of NSCC Recruit Training, and two more for the completion of NLCC Orientation.

VFA-122 was kind enough to introduce the cadets to avionics and an up close look at an F-18. The cadets enthusiastically asked many questions, demonstrating knowledge of other aircraft types and comparisons among the different airframes.

With the indoctrination of two new cadets completed, the squadron performed color guard drills, marching exercises, and the always-exciting physical training. The Squadron is pleased to welcome A02 Hearsurn to the NSCC team, augmenting the Military staff as an Instructor. The youngsters will undoubtedly benefit from her military experience and knowledge. The next big event for the Cadets is the Imperial County Aviation Day. Come out to the event and get to know our young Sailors-to-be. ❖

-By: AC2 Nick Sanchez



## A World of Desert Training and Critter Conservation

By: ENS John Less

Naval Air Facility El Centro's (NAFEC) mission is "Ensuring victory in combat through superior training of our War Fighters." That training comes in many forms that may have impacts on the desert natural resources that exist on the facility as well as on the target ranges located in the local Sonoran desert landscape in southeastern California. Ever since General George S. Patton's forces trained in the same local deserts during WWII prior to their deployment to the Sahara desert and the North African Campaign, desert training continued here and is more important today as ever.

While fighter pilots are dropping practice bombs and strafing ground targets and ground forces, at times, are conducting desert survival training, it would be ridiculous to expect them to think about their potential impacts to desert wildlife such as snakes, lizards, desert sunflowers, and creosote bushes. Their mission is to engage the enemy, and, unfortunately at times, to be able to survive in the desert terrain behind enemy lines.

It is one of the jobs of NAFEC's Environmental Office (NAFEC ENV) to assess the environmental aspects of all of the Facility's operations. That assessment includes the impacts of any operation on the natural resources, whether it is desert habitat and wildlife, surface water or groundwater, or the air. In assessing impacts to the Sonoran desert habitat, it is important to keep in mind the full desert ecosystem. While the initial focus may be on a single endangered plant or animal, the assessment should include at least a cursory look at, and understanding of the full range of desert organisms that dwell there, coexist and are dependent on each other.

At the present time, NAFEC facilities (operational buildings, runways and target ranges) remain attractive habitats for five important wildlife species that are finding survival difficult in the Southwestern United States. These species are either listed as threatened, endangered, or of special concern by the Fish & Wildlife Service or California Department of Fish & Game. They include, from smallest to largest, sand food (a parasitic plant), flat-tailed horned lizard, desert tortoise, burrowing owl, and Peninsular bighorn sheep (a subspecies or variety of the more numerous desert bighorn sheep).



Western Burrowing Owl (*Athene cunicularia*)

With a variety of wildlife like that, you may wonder how do you mitigate any potential impacts to them, but much more, how do you conserve the desert habitat on a military installation so that such plants and animals will not only survive but will lead to their recovery if their population is in decline? The answer is "It isn't easy." In many cases, the only option is to provide monetary compensation or comparable critical habitat in exchange for that habitat that may be damaged or obtain a "take" permit that allows for a certain number of animals that may be injured, harmed or killed. But those types of recompense are a short fix for a specific project impact and do not lead to a complete natural resource conservation strategy that provides for the needs of all plants and animals in this fragile desert ecosystem.

NAVFAC ENV is presently working on addressing the issues of burrowing owls as potential strike hazards to military aircraft, flat-tailed horned lizard habitat impacts and mitigation on the target ranges; continued survival of sand food on the ranges, and finally the continued wildlife corridors for desert tortoise and bighorn sheep on the ranges as well. In addition, because of the safety buffers to people or infrastructure that is required for aerial bombing/gunnery targets within the ranges, these areas are perfect for preservation of wildlife habitat because they remain virtually untouched by people and their activities. These areas provide for realistic desert training in perpetuity because our war fighters' natural training environment continues to be preserved.

At the same time that we are working on these wildlife and habitat issues, the Department of Defense is in the process of developing a nation-wide Natural Resource Strategy that will help to "ameliorate or minimize impacts to mission and environmental stressors." It's been noted that the Military Services combined spend more than \$300 million per year conducting conservation and natural resources activities at military installations across the country. We look forward to this Strategy to assist NAFEC ENV in our work to conserve the desert natural resources while aiming at the vision of "providing the highest quality facilities, services, and products to the Naval Aviation community and all organizations utilizing Naval Air Facility El Centro." ❖





# Date Night

with ABFC(Ret.) Marc Willis

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



## Movie Title: Killer Elite

Players: Statham, Clive Owen, Robert De Niro, Yvonne Strahovski  
 Genres: Action, Thriller

Rating: R

It was later in the month and finally a film that I was actually anticipating viewing. Although it was not my lovely wife's choice she was more receptive to Killer Elite as she is a Jason Statham fan. For the record so am I, however a cast that includes Robert De Niro and Clive Owen should make for a pretty good flick one would think. Adding to the intrigue is the fact of this picture being based on the controversial non-fiction novel *The Feather Men* by Ranulph Fiennes.

The twisted plot of this film calls for ex Special Air Service (SAS) Danny (Jason Statham) to come out of retirement to save the life of mentor and friend Hunter (Robert De Niro) from a deranged oil sheik seeking revenge for his three murdered sons. The storyline is captivating as well as complex in that it leaves one to wonder who the bad guy really is. Spike (Clive Owen) who seems to be Danny's equal is lured into action to protect his crew and the secrets they possess. The fight scene between Danny and Spike will go down as legendary. No, I am not exaggerating in the least bit; it *is* that good and worth the price of admission alone.

Although the onscreen action is second to none the true essence of this film lies in the storyline as it truly gives credit to the *thriller* genre accompanying it. Deep, intricate and conniving sort of like a game of chess Danny and Spike turn out to be highly skilled pawns in a highly composite game played out on a global board. So does an all-star cast, strong storyline make for a good or even great film? Yes. With that being said, I rate this film four anchors out of five. ❖



## Movie Title: Dolphin Tale

Players: Harry Connick Jr., Ashley Judd, Nathan Gamble, Kris Kristofferson, Cozi Zuehlsoff  
 Genres: Drama, Family

Rating: PG

Finally it was my beautiful wife's turn to choose our viewing pleasure for the evening and Dolphin Tale was her choice. This was an obvious choice for her since we have dolphin trinkets throughout the house (not that I mind). Dolphin Tale's opening scene takes the audience on an exhilarating swim with the dolphins; over, under and through the boroughs of the deep blue sea. This, the beginning, was truly surreal however it seemed an appropriate prelude to an amazing story that had only begun to be told.

There was plenty of star power for this film, Harry Connick Jr. (Dr. Clay Haskett), Ashley Judd (Lorraine Nelson), Morgan Freeman (Dr. Cameron McCarthy), Winter and Rufus. Be advised that Rufus supplies most of the laughs in this film. Based on a true story of misfortune the storyline delves deep into the life of Sawyer Nelson (Nathan Gamble) and his developing affection for a handicapped dolphin (Winter). The pair forms a strong bond that visibly aids in her recovery and eventual acceptance of technology. Along the way they inspire friends and family alike to never give up.

Dolphin Tale is an "out of the norm" film for me but I was not disappointed. The initial scenes that involved acting or "would be acting" were a bit disappointing considering the talent; however, it did get progressively better. Special effects were sprinkled judiciously enough as not to overwhelm you or take focus from the story although a few were just cheesy. Overall I really enjoyed the film and story. With that being said, I rate this film three and a half anchors out of five. ❖



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

Would you like to serve your local youth community? Volunteer for Sea Cadet Drill Instructor! There are monthly drills and occasional trips to various bases. They are actively seeking volunteers for Sea Cadet Liaisons (both male and female). Contact AC2 Nick Sanchez at X-2601 for 

**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: Operations Assistant (Cashier/HR Clerk) 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.mwrtoday.com/>
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## Navy Munitions Command Det - El Centro

By AOAN Tierra Hammond

Things are back in high gear over here at NMC DET El Centro. The Ordies, led by AO1(AW/SW) Carson, are working hard to accommodate numerous squadrons, no easy thing in the Pearl of the Desert. The weather couldn't slow down the progress these guys are making if it tried (and, trust me, it's trying). You can believe that the refrigerator at the 40 is well stocked with ice cold water.

It's been a fast paced week for the Ordnancemen as MALS-31, from Beaufort, South Carolina, led by SSGT Cunningham, came out to the 40 and showed a tremendous appetite for explosives with breakouts, build-ups, uploading and downloading. AO1 Carson rallied the workers and made sure each task was completed in a safe and timely manner.

It won't soon be slowing down at Weapons, either. Many more squadrons will be checking in to do some training & we're always more than happy to support them.

The work load on these guys seems never ending but they make do. AOs are known for their utilization of team work and camaraderie. With solid leadership and capable, competent workers, the work is never too much for El Centro's AOs.

So, the next time you see one of NMC's finest, toss he or she a bottle of water. They'll need it.

And, as always, IYAOYA\*! ❖



## Tricare To Increase Some Co-Payments For Prescription Drugs, Eliminate Others

(STARS AND STRIPES 07 SEP 11)

Tricare will increase co-payments for some drugs purchased at retail pharmacies, while dropping co-payments for some bought through the company's home-delivery program.

"These new co-pays make using Tricare Pharmacy Home Delivery more affordable than ever," Rear Adm. Christine Hunter, Tricare management activity deputy director, said in a release. "Home delivery offers a great value for patients taking maintenance medications for chronic conditions."

Under the changes that take effect on Oct. 1, the co-payment for:

- A 90-day supply of generic formulary drugs purchased via home delivery will drop from \$3 to \$0.
- Generic formulary drugs purchased at retail pharmacies will increase from \$3 to \$5.
- Brand-name formulary drugs from retail pharmacies will go from \$9 to \$12.
- Non-formulary medications purchased at retail pharmacies and via home delivery will go from \$22 to \$25.

Brand-name formulary drugs purchased through home delivery will have the same \$9 co-payment. Co-payments for prescriptions filled through home delivery cover a 90-day supply, but only a 30-day supply when purchased at a retail pharmacy.

"This is the first change to TRICARE pharmacy co-pays since 2002," Hunter said. "Our goal is to keep costs as low as possible for our beneficiaries and (Department of Defense)." Military, their families and retirees are increasingly using home delivery to get their maintenance medications delivered through U.S. mail - saving Tricare about \$30 million in 2010, according to the company release.

Home delivery has grown in 2011 by nearly 10 percent over 2010, it said. More than 1 million prescriptions per month are filled through the service. ❖

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For more information about changes, go to [www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy).



## ONR Navigation and Tracking Mobile App Extended for Sea

By Katherine H. Crawford, Office of Naval Research Corporate Communications

ARLINGTON, Va. (NNS) -- Deployed Sailors and Marines on board aircraft carriers will be able to use smart phones to navigate, locate and track anyone on the ship in real time, Office of Naval Research (ONR) officials announced Sept. 15.

The ONR-funded Precise At-Sea Ship System for Indoor-Outdoor Navigation (PASSION) system uses wireless technology for internal and external surveillance of ships and aircraft, including tracking people and high-value assets.

PASSION's current version, which includes real-time capability and stand-alone servers, was demonstrated aboard USS George H.W. Bush (CVN 77) in April. Since then, it has made significant advancements-most notably, the ability to be loaded onto a smart phone instantly, to see wi-fi signal strength and to send alerts via text or email to personnel in specified areas.

"An aircraft carrier has 5,000 Sailors, more than 2,000 compartments, 75 aircraft and countless high-value assets," said Dr. John Kim, ONR program officer for Navigation and Timekeeping. "To know where they are at all times, especially in emergency situations, is extremely beneficial. It's real-time situational awareness."

PASSION is also a low-cost solution, since it uses commercially available software on the common smart phone. It is all-inclusive, with built-in wi-fi, GPS, camera and any other features the phone may have.

"We can get a map from a ship's logistics office and then build the map on the smart phone on the fly without human interaction," Kim said.

PASSION is initially being tested for Nimitz-class ships to support and improve force protection, maintenance and damage-control response. Eventually the system can be rolled out to other ship classes and aircraft that require the capability to track personnel and property.

Dr. Bereket Tanju, deputy program manager for naval enterprise networks at the Program Executive Office for Enterprise Information Systems, is co-developing PASSION with the Space and Naval Warfare Systems Command Systems Center and its partners.

The final evaluation, expected to be complete in 2012, will demonstrate the application's capability onboard a moving ship at sea, using advanced, more compact hardware and software.

ONR provides the science and technology necessary to maintain the Navy and Marine Corps' technological advantage. Through its affiliates, ONR is a leader in science and technology with engagement in 50 states, 70 countries, 1,035 institutions of higher learning and 914 industry partners. ONR employs approximately 1,400 people, comprising uniformed, civilian and contract personnel, with additional employees at the Naval Research Lab in Washington, D.C.

For more news from Office of Naval Research, visit [www.navy.mil/local/onr/](http://www.navy.mil/local/onr/). ❖

### FROM THE SAFETY CENTER: AN ALPHABETIC SPIN THROUGH SOME OF THE WAYS THAT OUR SHIPMATES EITHER FAILED TO FINISH AN APPARENTLY SIMPLE JOB OR WERE TORPEDOED BY AN UNUSUAL HAZARD.

- A - APPLES, SLICING IN A HURRY.
- B - BUNK, TOP, FELL WHILE HANGING UPSIDE DOWN.
- C - CAMEL FARM, SAND BOARDING DURING VISIT AS PART OF A SHIP-SPONSORED MWR TOUR.
- D - DOG TOY, TRIPPED.
- E - EXACTO KNIFE, STRIPPING VEHICLE ELECTRICAL WIRES.
- F - FRENCH FRIES, LIFTING BOX OUT OF FREEZER.
- G - GROCERY STORE, RETURNING HOME AFTER AN ALL-NIGHTER, WRECKED AFTER BEING STARTLED BY DEER IN ROADWAY.
- H - HOT SOUP, SPILLED IN LAP WHILE EATING IN LIVING ROOM CHAIR.
- I - ICE FISHING, CUT SIDE OF FACE WITH FISH HOOK, KICKED COOLER.
- J - JUMPING JACKS, DURING COMMAND PT, CAME DOWN WRONG.
- K - KAYAKING, HIT HEAD ON SUBMERGED ROCK.
- L - LIGHT BULB, CHANGING BURNT OUT BULB WITHOUT TURNING OFF THE FIXTURE, TOUCHED LIVE CIRCUIT.
- M - MILK, MOPPING UP A GALLON THAT SPILLED, USED FOOT TO WIPE UP SPILL, SLIPPED.
- N - NEW YEAR'S EVE, JUST AFTER MIDNIGHT, HANDLING AN UNEXPLODED ROMAN CANDLE THAT DID EXPLODE.
- O - ONION, REMOVING ONE FROM A FOOD PROCESSOR.
- P - PUCK, HOCKEY, HIT IN LEG ABOVE PADDING.
- Q - QUICK STOP DURING A LESSON ON HOW TO DRIVE AN ARMORED EARTH COMPACTOR, DOOR SLAMMED ON INSTRUCTOR'S HAND.
- R - REAR BEAR HUG, APPLIED DURING MARTIAL ARTS TRAINING, SPRAINED NECK WHILE TRYING TO COUNTER WITH AN ELBOW STRIKE.
- S - SAND DUNE, JUMPED OVER IN AN ATV, HIT LEG ON A POLE ON THE OPPOSITE SIDE.
- T - TOOTHPICK, STEPPED ON IN BARRACKS ROOM.
- U - U-TURN, TRYING TO MAKE ONE IN A JEEP IN A GRASSY FIELD, ROLLED OVER, NO SEATBELTS FOR DRIVER AND PASSENGER.
- V - VEHICLE, ALL TERRAIN, LOST TRACTION GOING DOWN A MUDDY HILL, FLIPPED END OVER END (OK, I SNUCK ATVS IN TWICE, BUT THEY DESERVE IT).
- W - WASP SLAPPED IT WHILE ON LEG.
- X - X-RAY MACHINE TUBE, HIT HEAD ON ONE WHILE MOVING MACHINE.
- Y - YOGA STANCE, FELL WHILE DEMONSTRATING.
- Z - ZIPPO LIGHTER, REFILLING IN ORDER TO LIGHT A CANDLE, IGNITED FLUID SPILLED ON HAND. ❖

# At the CYP...

## WORLDWIDE RESTAURANT

Children, parents and friends had a wonderful time on September 29, 2011 in the opening of Worldwide Restaurant at CYP. The event was planned and executed by SAC children and staff. The doors were opened at 5:30 pm and people enjoyed Beef Stroganoff, Garlic Chicken, Lumpia and rice, and Tostada. Green salad and BBQ Chicken wings were served as appetizers and Sunday Funday and cupcakes for dessert. Kids menu consists of cheese pizza, chicken nuggets and corndogs. Parents and visitors were given fake money to pay for their dinner and were allowed to leave tips for their servers. The SAC children were very serious and focus with their new roles as Chefs, waiters, waiters, hosts and busboy. The children demonstrated leadership, built character and discovered how hard it is to work in a restaurant. They made their parents proud! The SAC children used the money they earned to buy things from our gift shop the following day. ❖



This week in the Pre-toddlers are learning about visiting the doctor and the dentists. Since we learned about brushing our teeth and how to use a toothbrush we are painting with a toothbrush. So don't leave out paint and your toothbrush because your toddler may begin to paint. ☺



Top left: Dakota Erro, bottom left: Kadence Wilson, top right: Lauren Leetch, middle right: Dustin Shelton, bottom right: Ms. Anita.



# IN THE SPOTLIGHT



If you have children at the CYP you may have noticed a new face working over there. Who is this young lady and what is she doing at the Pearl of the Desert? Allow us to introduce you to Allison Peterson. This graduate from the University of Wisconsin is currently on an internship honing her skills. She earned her degree in Child Services, and what better place to learn than at the Navy's premier facility for children and youth?

When asked what her lifelong dream was she quickly replied "Working with children. Since I was about 12 I knew that I wanted to work with them. Specifically I want to help youth and the adults who care for them build a teamwork style relationship. This is applicable in the school, clubs, and even at home."

Now that we know a little about Allison, the next logical question is to find out what the intern program is. For this question we asked Katrina Portwood, director of the CYP. She indicated that "the mission for the intern program is to help college students and recent graduates gain professional skills through practical, real-world work experience with military children, youth and family programs. The hope of the internship is to increase the number of experienced graduates entering and remaining in the fields of childcare and youth development, especially in those related to military families."

If you get a chance, say hello to our visitor. The internship is 90 days in length, so she will not be with us long. Peterson admits she is a little shy but she does enjoy hanging out and meeting new people. Recently she was spotted drifting down the Colorado River during an MWR Outdoor Adventure trip. ❖ *By: Kristopher Haugh*

## **Michael D. Remington (Environmental Director)**

The month of September starts a new page in the career of Michael D. Remington. As the new Environmental director of Public Works NAFEC, Michael will oversee natural resources, water management, pollution, hazardous material amongst other sections of the environmental field. He is definitely a qualified man for the job, as he spent 3 decades working for the county of Imperial. Michael started his career by enlisting in the US Navy where he managed aviation stores for squadrons and managed aviation flight gear for pilots.

Michael earned a bachelor's degree in agricultural biology from California State Polytechnical University. This education enabled Michael to start his career and continue it in the Valley working a total of 31 years for the Imperial Irrigation District as a biologist. He has developed skills in environmental assessments and compliance with the California Environmental Quality Act (CEQA).

In his alone time Michael enjoys reading, hiking, and traveling at home and abroad. He's also the volunteer disaster coordinator for the American Red Cross San Diego/Imperial Counties. Michael is married to his wife Jody and has two kids Danielle (21) and Eric (20). ❖ *By: ENS John Less*



# JOE'S SPORTS SMACK TALK

Fourteen teams came together in June and only one team would be left standing solo in September. Team Fuels started off the season without their best bowler, the late Jack VanVooren. Team Fuels were determined to bring the trophy home for the sake of Jack's memory. Ole Jack came through for them this season. Fuels won the 2011 Championship. Some of you may have been wondering who are the Mesleys? I'm glad you asked. Rose Mele, David Mele, Megan Moseley, and Will Moseley. They started a rally and never looked back. They were the second most dangerous team in the league. Now let's talk the least dangerous teams. Team Boss changed their name to Team Loss, are you kidding me? Could you have picked another name? Like Team Mucha Boca or maybe Team NoGottaNutting? Team Pin Splitters had the league's best bowlers, but one man doesn't make the team. They became the Game Splitters. CSP finally revealed what they stood for "Can't Strike Pins". The Old Goats became Old Cheese and Old Habits, Team 214 kept their team handicap at 214 and the Divas well, they are still Divas. Diamonds became Coal, Missiles, Bombers, MWR, NMC, and Lincoln never even bowled this season. Congratulations to Team Fuels for winning the 2011 Captain's Cup Bowling Championship! ❖

## Final Bowling League Standings

1.	Fuels	40.5
2.	Mesleys	37
3.	Boss	34.5
4.	Pin Splitters	33.5
5.	CSP	33
6.	Old Goats	29
7.	214	28
8.	Divas	25
9.	Diamonds	24
10.	Missiles	22
11.	Bombers	15.5
12.	MWR	11
13.	NMC	10
14.	Lincoln	7.5



## 2011 Top Bowlers (Highest averages based on 15 games or more)

Robert Mersino	167
Captain Jones	164
Daniel Carson	155
Javier Guerra	155
J Conner	153
Ron Labeff	148
XO Franzen	146
Cullen Deaton	145
Robert Carlos	145
Eric 229igan	144
Peter Villalobos	143
Jesse Lineses	142
Dave Cruz	141
Rb Rutterbush	141

If you want some, come get some, if you are bad enough, take some. The billiards finals match was England's Steve Coghlin versus USN Captain Devon Jones. Word on the street is that Captain Jones was a straight hustler in his college days, or as some of you may say, he was a straight "G". Taking easy money from billiards tournaments and then going to pay for his study books. Steve Coghlin wasn't buying all the hoopla and decided he would enter the tournament and give the "G" an "L". This would also be a great opportunity for England to show the U.S. how it's done in England on U.S. soil. England brought a cue stick and Captain Jones brought a broom stick. Skipper won the first two games with ease. I was expecting some resistance from his opponent, but NAF's Shot Caller took over like a drug corner. Regardless of the juke joint being quiet, Skipper's game was so loud that ear muffs were needed during the first couple of minutes. Captain D. Jones is the 2011 Billiards Champion! USA! USA! USA! USA! USA! ❖



Are you really serious about this season? Yeah, you beat the sorry Broncos, who can't beat them? You beat the Jets, you also gave up 439 yards in that game. You are ranked 28<sup>th</sup> on defense. Your defense is giving up 120 rushing yards per game and you donate 290 passing yards per game as well. Yeah, but we have Darren McFadden. You also have Al Davis. You are only passing for 195 yards per game! There are high school teams that have more passing yards in one game than what you have all season! The 180 rushing yards per game are impressive, but do you actually think you are going to run over everyone? What's going to happen when they put eight in the box, you can't pass. Let me guess, you are going to call on your kicker to help you win, right? Some of you Raiders fans can't even spell Oakland. Get over it; there are 27 teams in the league better than the silver and black.



**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**



**Real Steel – Sneak Preview**

NAF El Centro base Theater was selected for the second time this year to show a sneak preview. Patrons were super excited to get this movie. We had 300 free tickets to give away and they were all gone by Thursday the 22<sup>nd</sup>. Real Steel showed Saturday, September 24 at 1830 with 274 patrons. This was a successful event and we hope NAF El Centro is selected for future sneak previews.



**Beach Trip**

The Liberty Center took a trip to San Diego Mission Beach! It was a day of fun with surf lessons and sun bathing on the beach.



**October Liberty Trip**

Saturday, October 22-The Haunted Hotel, located in downtown San Diego in the Gaslamp District. Don't miss out on this spine tingling skin crawling trip.

Ticket Price: \$19

Transportation Fee: \$5

Trip open to all authorized patrons and one guest, 18+ years. Van leaves the Liberty Center at 1500. Sign up by Wednesday, September 19 at the Information & Ticket Office, Bldg. 202. For more information call (760) 339-2559.







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## Restaurant Review

By LS3 Sarah Candito

When Chief (oops! I keep forgetting he retired) Haugh told me that no one had written a restaurant review for La Pasadita in Seeley, I was in disbelief and had to jump on the opportunity.

La Pasadita doesn't look like much of a restaurant from the outside, but the little white trailer on Evan Hewes houses what is in my opinion some of the best Mexican food in the El Centro area. Where other taco shops skimp on ingredients and serve Tex-Mex smothered in blankets of sharp cheddar cheese, La Pasadita uses top notch ingredients and takes ample time in preparation. Nothing on the menu is above \$8.75, which buys you a hefty portion and is affordable even on an airman's budget. This, coupled with the quality of food, means you can't beat the bang for your buck. Plus, La Pasadita is conveniently located right around the corner from the base, just past the Seeley Mart on Evan Hewes, so a quick food run is even possible in your NWU's. And when you're working nights and you've just had enough of geedunk fare, La Pasadita is open until 7pm during the week (and 5pm on Saturday).

I personally have enjoyed everything that I've eaten at La Pasadita (can you tell I'm a regular?), but some of my favorite, old standby dishes are their fish tacos, barbacoa, and their giant burritos, my favorites being machaca and carnitas filled. But my favorite Mexican meal of the day is breakfast, and I am convinced that no other nationality can do breakfast like the Mexicans can. There are several breakfast plate combinations on the menu that come with fresh homemade tortillas, beans, and rice (my favorite is the Huevos Rancheros plate) which will fill you up for a hard days' work, no problem. The breakfast burritos and quesadillas are an awesome breakfast choice as well. But my all time favorite brunch item on the menu is their Menudo, a specialty only available on Fridays and Saturdays.

Menudo is a staple dish in Mexican cuisine known for curing the after effects of...well, let's just say a rough night, and the night before I tried Menudo for the first time at La Pasadita was no exception! Now I will say that I have tried Menudo before at another restaurant and I just couldn't handle it; with its main ingredient being tripe, this can be a difficulty for anyone. And this previous Menudo I had just smelled way too much like the Alpo bag. But this particular morning, bleary eyed and with insides writhing, I felt I had nothing to lose. Wow, did I gain the heartiest satisfaction I'd felt in ages! This Menudo was wonderfully flavored, perfectly spiced, and the condiments were all out in a basket for me to garnish as I saw fit. The soup was full of huge kernels of starchy white hominy, and the most delicious, well cleaned tripe I had ever had. Sprinkling diced cilantro and onion and squirting just a hint of lime juice just added the finishing touch. Now you may be thinking, "No way! I could never eat organ meat, that's nasty!" but I like the advice the Travel Channel's Andrew Zimmern gives about exotic and strange foods: "If it looks good, eat it!" Be daring, and you just might stumble upon something you love.

The very nice ladies at La Pasadita have informed me that besides having new hours, they also have taken to the web and have a Facebook page, so when you're bored at work enter "La Pasadita Taco Shop" in Facebook's search bar and be sure to "Like" them. ❖



### 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.

## DON Hiring System Shifting To USAJOBS

(NAVY NEWS SERVICE 12 SEP 11)... Department of the Navy Office of Civilian Human Resources

WASHINGTON -- The Department of the Navy (DON) urges its employees and applicants to shift from Civilian Hiring and Recruitment Tool (CHART) to USAJOBS prior to Sept. 30.

The transition to USAJOBS, a one-stop source for posting and receiving applications for all DON job announcements, is a key component to ongoing efforts across the DON to reform and streamline the hiring process.

In the next phase of the transition, operation of the DON's online application system, CHART, will cease. CHART will no longer be available to external applicants beginning Oct. 12.

"We encourage employees and applicants for Department of Navy jobs to create new accounts and move their resume details to USAJOBS by Sept. 30, since USAJOBS will be unavailable Oct. 6-12 for updates and maintenance," said Jean Mercer, director of Human Resources Systems and Business Transformation for DON.

"All information must be manually copied from CHART and transferred to a resume built in USAJOBS or saved as a Word document," she said.

Mercer and the DON hiring reform team have put together a fact sheet outlining how to transfer information from CHART to USAJOBS in five easy steps.

"When applicants and employees move or create new resumes on USAJOBS, it's a great time to review and update their information. Since USAJOBS will store up to five resumes, it is an opportunity to create resumes to support multiple job announcements," says Mercer.

The fact sheet outlining the key steps to transfer information is available at [www.public.navy.mil/DONHR/employment/hiringreform](http://www.public.navy.mil/DONHR/employment/hiringreform) - the CHART system will not be available for external applicants after Oct. 12. Tips for creating a powerful resume also are available on the DONHR portal at [www.public.navy.mil/DONHR/employment/CivJobOpps/pages/AllAboutYou.aspx](http://www.public.navy.mil/DONHR/employment/CivJobOpps/pages/AllAboutYou.aspx).

The DON remains committed to improving the applicant's experience, reducing the time to fill vacancies and securing quality candidates for DON positions. Civilian careers in the Department of the Navy offer real world challenges with real life rewards - careers where purpose and patriotism unite. Questions on the transition to USAJOBS or on DON hiring reform efforts can be sent to [DONhrfaq@navy.mil](mailto:DONhrfaq@navy.mil). ❖

### LOCAL HISTORY BY TWO OLD GOATS

Ok, so the Two Old Goats didn't really write this...however remembering that the Navy is 236 years old is pretty noteworthy! He's what SECNAV had to say:

AS WE CELEBRATE THE 236TH BIRTHDAY OF OUR NAVY, EVERY MEMBER OF THE NAVY FAMILY SHOULD TAKE THIS OPPORTUNITY TO REFLECT UPON THE LAST YEAR AND THE INCREDIBLE CONTRIBUTIONS YOU HAVE MADE. OUR NAVY IS GLOBALLY DEPLOYED AND GLOBALLY ENGAGED. THE RANGE OF OPERATIONS AND WIDE GEOGRAPHIC DISTRIBUTION OF OUR FLEET SHOWS JUST HOW IMPORTANT A STRONG NAVY IS TO THE CONTINUED SAFETY AND SECURITY OF OUR COUNTRY AND OUR MARITIME PARTNERS AROUND THE WORLD.

THE NAVY IS THE ULTIMATE GUARANTOR OF FREEDOM, NOT JUST FOR THE UNITED STATES, BUT FOR THE WORLD. THIS IS AS TRUE TODAY AS IT HAS BEEN ANY TIME THROUGHOUT HISTORY. WHENEVER AND WHEREVER FREEDOM OF THE SEAS IS THREATENED, WE WILL RESPOND.

IN THE LAST YEAR, SEVERAL OPERATIONS STAND OUT DEMONSTRATING THE SKILL, PROFESSIONALISM AND VALUE OUR NAVY BRINGS. WHETHER MEETING NATIONAL MARITIME COMMITMENTS BY PROVIDING DIRECT SUPPORT TO COALITION OPERATIONS OR RESPONDING TO JAPAN'S EARTHQUAKE AND TSUNAMI CRISIS OR BRINGING TO JUSTICE THE WORLD'S MOST WANTED TERRORIST, TIME AND TIME AGAIN OUR NAVY SHOWED ITS STRENGTH AND OUR NATION'S WILL TO EMPOWER DEMOCRACY WORLDWIDE.

ACROSS THE NAVY, ABOARD SHIPS AND ASHORE, EVERY SAILOR AND CIVILIAN HAS STEPPED UP TO MEET OUR ENERGY INDEPENDENCE GOALS. WE HAVE REACHED MAJOR MILESTONES IN CREATING MORE EFFICIENT BASES, IN TESTING BIOFUELS IN OUR AIRCRAFT AND VEHICLES AND IN IMPLEMENTING NEW AND MORE EFFICIENT WAYS OF USING ENERGY THAT MAKE US BETTER WARFIGHTERS AND BETTER STEWARDS OF AMERICA'S RESOURCES.

YOU ... OUR SAILORS, NAVY CIVILIANS AND YOUR FAMILIES ... CONTINUE BUILDING ON A LEGACY OF NATIONAL SERVICE 236 YEARS IN THE MAKING. YOU EMBODY THE HONOR, COURAGE AND COMMITMENT THAT HAS BEEN

THE HALLMARK OF THE US NAVY SINCE 1775 AND I THANK YOU... FOR DEFENDING OUR COUNTRY, FOR THE DEDICATION YOU AND YOUR FAMILIES DEMONSTRATE EVERY DAY AND FOR BEING PART OF THE MOST FORMIDABLE EXPEDITIONARY FIGHTING FORCE THE WORLD HAS EVER KNOWN.

I COULD NOT BE PROUDER TO LEAD YOU AS WE ENTER ANOTHER YEAR. GODSPEED AND HAPPY BIRTHDAY.

BY RAY MABUS, SECRETARY OF THE NAVY. ❖

## MEDICAL CORNER

### What's Up, Navy Doc?

“Heartburn: What to Learn from Stem to Stern”

By LT Nadine Henley, MC(FS)

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



#### What is heartburn?

Do you know that millions of Americans experience symptoms of heartburn? Everyone produces stomach acid to help digest food. However, when the stomach produces too much acid, you get heartburn. It occurs when the valve between the esophagus and the stomach becomes weak and either does not close tight enough or opens spontaneously and stomach acid comes up into the esophagus. Some people may never get heartburn, while others may get it on a daily basis. Heartburn can cause significant short-term problems, like discomfort and even pain. However, if it is not controlled, heartburn can cause really bad long-term health problems, like permanent damage to the esophagus and even cancer. Below, I will discuss heartburn—its symptoms and its causes—and what you can do to avoid getting these symptoms.

#### What are the symptoms of heartburn?

- A burning sensation in the middle of the chest or in the throat which is most frequently 1-4 hours after meals.
- Sour or bitter taste in your mouth.
- Difficulty swallowing.
- Unexplained chronic cough, sore throat or chronic hoarseness.
- Coughing or choking while lying down.

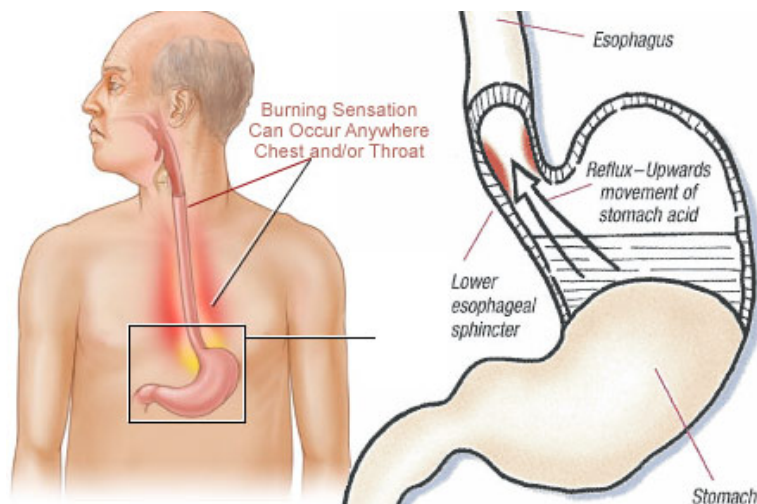
**\*\*\*IMPORTANT NOTE: Heartburn can mimic a heart attack. If you have any doubt about the source of your chest pain or chest discomfort, go to the Emergency Room immediately.\*\*\***

#### What “bad” foods can cause heartburn?

- Coffee (both regular and decaffeinated).
- Carbonated drinks.
- Citrus fruits (oranges, grapefruits, orange juice).
- Spicy foods.
- Chocolate.
- Fatty foods.
- Alcohol.
- Tomatoes.
- Peppermint.

#### What “good” foods can you eat if you have heartburn?

- Broiled chicken.
- Baked sweet potatoes.
- Toast.



#### What can you do to avoid getting symptoms of heartburn?

- Keep a food journal to determine your food triggers. Then avoid those triggers.
- Quit smoking.
- Eat several small meals throughout the day, instead of 3 large meals.
- Do not eat late at night or right before bedtime.
- Eat low-fat meals.
- Do not lie down right after a meal. Wait for 2-3 hours to lie down.
- Avoid wearing tight-fitting clothing around your stomach.
- Maintain a healthy weight.
- Elevate the head of your bed. Let gravity help by placing wood or cement blocks under the head of the bed so it is raised 6 inches. Or, you can insert a wedge between your box-spring and mattress. These wedges can be found at many drugstores. Adding a few pillows might not be effective enough.

**\*\*\*REMEMBER: Heartburn? Heart attack? Remove all doubt; check it out. See a doctor without delay; make certain everything's okay\*\*\* ❖**

## CLINIC INFO

By: HM2 (FMF/SW) Menguita, R.  
Branch Health Clinic, NAF El Centro  
X 2674/2675

### 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.

Goodbye SICKCALL, Welcome to MED HOME PORT ...

You may have noticed a change at the Branch Health Clinic recently. You may have heard us say “there is no more sick call”. What does this mean to you as a patient? How does this affect you and your care? While you will continue to see sick call out in the field and on board ships (sick bay), the clinics ashore have now adopted the Medical Home Port Team Concept. This is not just here in our local area but is enforced Navy wide. For non-emergent care, please call our Front Desk numbers are (760) 339- 2674/ 2675 to set up an appointment.

Merriam-Webster defines “**sick call** as a scheduled time at which individuals may report as sick to a Medical Officer”. Wikipedia, defines it as: The United States Military parlance for "a daily lineup of military personnel requiring medical attention." As a record of treatment provided to personnel one or more of the attending medical personnel will typically fill out a "Sick Call Treatment Record" for each patient seen”.

What is the **Medical Home Port** Model?

- Standardized primary care delivery across Navy Medicine. The Medical Home Port Model is based on the concept that patients are at the center of every decision made regarding their care. Our goal is to provide you with closer, more personalized care. (See BUMEDINST. 6300.19 Primary Care Services in Navy Medicine).

*Stable Primary Care:*

TRICARE Prime patients enrolled to a Naval Medical Center Branch Medical Clinic will be assigned a Primary Care Manager (PCM), who is also on a team with other providers. Your team should remain the same as long as they continue to work at the Naval Medical Center. This will provide improved continuity of care, and will also allow you to develop a closer relationship and partnership with your PCM team.

*Team Based Healthcare:*

You will have an entire **team** responsible for your healthcare. In addition to your Primary Care Manager (PCM), a Registered Nurse (RN), and/or a Licensed Vocational Nurse (LVN), a Hospital Corpsman and/or Medical Assistant will be part of your healthcare team. This team will partner with you to fulfill administrative requests and provide additional medical services.

**What do I do if I need urgent care?**

If you need urgent care, you are welcome to stop by and visit us at the clinic (sprained ankle, etc). Urgent care does not mean knee problem that you have had for the past 2 months. This is a good example of illness that you can make an appointment to see your PCM ( Primary Care Provider). Our Front Desk numbers are ( 760) 339- 2674/ 2675. We will be more than happy to assist you.

If in doubt whether or not you are having an emergency, please contact the Duty Crew for proper Triage: BHC POOW: (619) 804-1520, BHC COD: (619) 804- 1037. We are available 24 hours, seven days a week. There is a Duty Doctor/ Provider who is also on call with the Duty POOW and Duty COD.

**What can I do to help myself obtain better healthcare?**

In order for us to communicate directly with you for needed services, please ensure that we have the most up-to-date contact information for you and your family. Please provide your address, phone numbers (including mobile/cell phone numbers) and your current e-mail address.

.Please help us, help you by scheduling your preventive screenings for colonoscopy, cervical cancer, breast cancer, and immunizations in a timely manner. This is a partnership – and we need you to be involved! Learn more about your chronic medical conditions and ask questions. We will be providing information about your specific conditions; having you informed and involved in your healthcare has proven to lead to better health for you! ❖



# The Geek Box

## Building a Computer: A Multipart Series *By AO2 Ryan Heeny*

### STEP 2: THE PURCHASE

I start off any new build at [pricewatch.com](http://pricewatch.com), they have put together a large number of website listings comparing everything by price so you can get more bang for your buck. One of the best features about Price Watch is it has a link to every part of a PC on the home page. Let's say you're shopping for a video card, you click the link and the next screen has everything sorted by brand, then model with a price next to it. (Personally I always double check the item on Google shopping to ensure the cheapest price possible.) So right off the bat even an amateur could have a decent grasp on what's hot and what's not. Don't go rushing off to buy anything yet, there are some very important things you need to know before you commit to any purchases.

First you should make a list of prospective parts. If you already have a good idea of what you want, write it down, otherwise try to pick something that fits into your budget. Now comes the best part of building a computer... Research! You have your work cut out for you because there is **A LOT** of research to do. Reason being, there are a lot of different parts and a majority them are incompatible. If you go and start making blind purchases you are asking for a world of trouble. NEVER buy anything with OEM (Original Equipment Manufacturer) attached to the name; it is sold to businesses for resale and will almost always be missing something essential. An example of an OEM item would be buying a copy of Windows 7 and it not coming with a CD key.

I would recommend starting by choosing a processor. There are two main brands you need to consider; AMD and Intel. Intel at the moment is the leader in technology, but with that elevated technology comes an elevated price tag. Even when comparing similar performing processors you will still pay more for an Intel. AMD has very solid processors, especially when considering the performance to price ratio. Unfortunately their high end processors have been slowly falling behind Intel for quite a while now. I would recommend reading some reviews, comparing the two, and then make your decision based on your needs and preferences. Buy the retail version that comes with the heat sink/fan unless you prefer aftermarket cooling.

At this point we need to choose a mother board. Here is where you will most likely do most of your research. The rest of "your absolute musts" will be based on this purchase. If you have to budget for this build you could knock out some extra shopping here. Some mother boards come with integrated video and sound cards. Considering that these options usually lack luster in performance I would only recommend them to the thriftiest of builders. Probably the only plus to an integrated board is upgrading. Upgrading to a new video or sound card can usually be accommodated via expansion slots on your motherboard (check to be safe). Also ensure your board has a network card otherwise you will have to buy one separately. Most parts will have a key word or acronym that your mother board will also have listed, letting you know it's compatible.

One that does not is the RAM (Random Access Memory), in order to ensure its compatibility you need to go to the motherboards manufacturer website and download the MCL (Motherboard Compatibility List). You will solely shop for RAM from this list. There are far too many choices out there and not nearly enough right ones. Google search works well for this one because you will be searching by serial numbers. With plenty of pictures you will have no problem picking RAM that meets your aesthetic and performance needs.

Next is your video card, make sure you buy one that scales in performance with your system. If you go out and buy a high end upgrade for your video card and the rest of your computer is 4 years old; don't expect much. All you're going to do is create a bottle neck, throttling down your new card and wasting a lot of money. Popular graphics benchmarks and your FPS (Frames Per Second) are based on computers as a whole not just your card. When looking to purchase make sure to check what type of slot your motherboard has. Listed from newest to oldest it will either be PCIe/PCI Express, AGP or PCI. Know that these are not interchangeable; they have the same shape but differ in length. Also they do not use the same method of data transfer. I recommend buying a motherboard and card that utilize PCIe as it can be up to four times faster than AGP.

You're next choice is your method of storage. I highly recommend buying the newest technology on today's market, Solid State Drives (SSD). When I say newest, I mean outrageously expensive and totally worth it. Worth it only if you have the money, last I checked SSD price was about \$1.80 per gigabyte compared to Hard Disk Drives (HDD) at \$0.11. SSDs are typically twice as fast and have a much longer life expectancy than HDDs. Not to say they are without fault, both have their pros and cons but I'll leave that up to you to figure out. If you cannot afford to purchase an SSD as your main method of storage you can buy a 32 or 64 gig SSD using it as a boot drive. It can effectively decrease boot time and speed up your OS (Operating System). Most importantly if buying an HDD you need to pay attention to whether or not it is a SATA2, SATA or IDE, your mother board will specify this as well. SATA2 being the fastest, obviously I recommend that over the others.

(Continued on page 27)

# THE MUSIC CRATIC

By: AOAN Tiarra Hammond

“Bleak”. “Dark”. “Mature”. Are just some of the words that come to mind when you tune into Blink 182’s new album *Neighborhoods*.

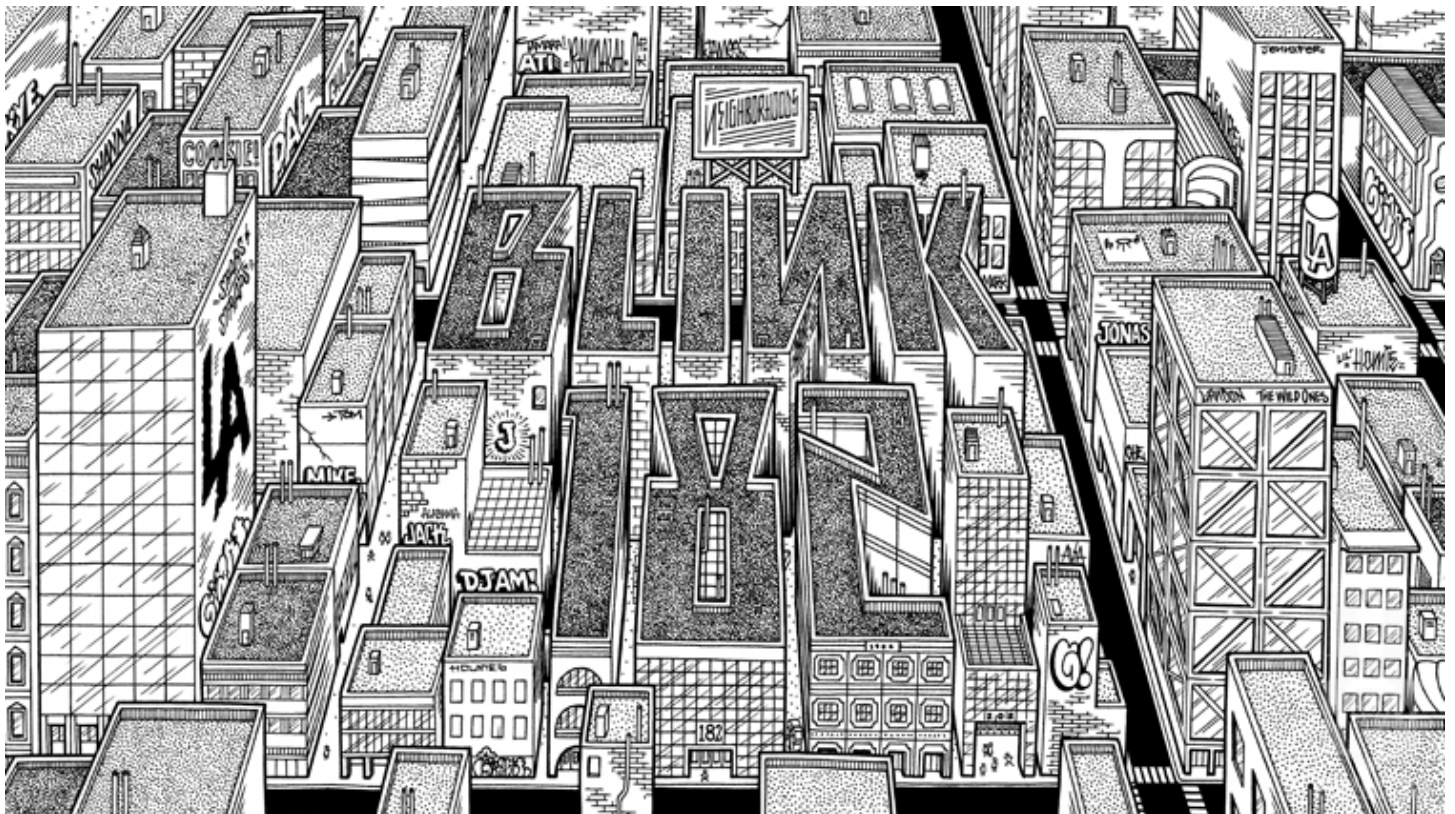
The title of the album sites each member’s background, leading to the comparison being made of everyone’s separate neighborhood.

The album opens with the upbeat but haunting “Ghost on the Dance Floor”, a song that is, no doubt, a nod to the band’s frequent producer Jerry Finn, who died in 2008. The track “Natives” is dark & cynical, leaving the listener with the impression of the singer’s isolated loneliness.

Elsewhere, first single, “Up All Night” has an arena rock feel to it, something that the band isn’t well known for. “Love is Dangerous” and “Fighting the Gravity” are pleasant enough, winding the record down to a nice and easy ending.

This listener’s opinion of the album is that the band spent too much time on music theory and not enough on the actual songs, something a lot of aging bands tend to do. I would have liked to have seen more from the instruments rather than some heaving wording with subpar playing.

Overall, I think the boys are growing up. It’s something we all have to do. Blink 182 is known for toilet humor and junior high school innuendos. They’ve taken an adult approach after a long break (since 2005) and are digging a little deeper. Old fans may be a bit disappointed. But, this album will surely win them a new fan base.



# INSIDE

A GAME REVIEW BY MA2 SHAWN PRIESTLEY



## Assassin's Creed: Brotherhood

With the success of the first Assassin's Creed game, developers were able to attain a much larger budget for the sequel. Assassin's Creed II saw slightly better graphics but an even better story and game-play improvements that have kept AC II at the top of most gamer's "favorite game" lists. However, with the release of Assassin's Creed: Brotherhood only a year later it was expected that the game would have many of the "rushed" elements that have plagued so many other games with only a year in development but that just isn't the case fortunately.

Once again you play Desmond, a man in present day that has been tasked with reliving the memories of his history-altering ancestors. If you're unfamiliar with the game, the character you control in the game is long dead and buried however through the use of technology you once again awaken Ezio Auditore. Through the subconscious of Desmond, and while reliving Ezio's past, you uncover secrets and history lost, or kept, from the record books.

The Single-player story mode continues where AC II left off and finishes with a suspenseful cliffhanger that left me waiting through the entire credits to see if developers had put something, anything, at the very end. Brotherhood brings back the familiar combat and weapons that AC II players have grown used to, however with a new crossbow weapon enemies have never been easier to dispatch from the safety of an adjacent rooftop.

Brotherhood also brings a new system in which you are the leader of the Assassin's and are able to recruit and dispatch Assassins to perform missions

for monetary gain. While not performing a task these followers can be used like weapons to dispatch unsuspecting guards or tip the scales in a large fight. As much fun as the single-player was for me, the true reason I find myself under a hood hunting targets in ancient Rome on most off-days is to pit my skills against other gamers online in Brotherhood's new multiplayer modes. In Wanted, players find themselves hunting one target at a time while simultaneously being hunted by anywhere from one to four other players at once. In Manhunt there are two groups of three and four players that take turns hunting and being hunted as a pack. Teamwork is big here and nine out of ten times lone wolves find themselves at the bottom of the scoreboard. Brotherhood delivers an amazingly fun multiplayer with a leveling system that unlocks weapons, abilities, perks and other characters to play as. I can't remember the last time a game made my heart skip while performing a kill just to see a cloaked enemy unmask right behind my own character. Victories are often short lived as death can come from any angle and around every corner. ❖

### 9 out of 10 Hidden Daggers

"I'll be playing this game until the next Assassin's Creed comes out, one of the most fun multiplayers I've ever played!"

- Same great open-world romp possibilities with lots of side quests and unlockables.
- Great single and multiplayer modes with huge replay value and countless hours of fun.
- New Assassin Leader ability and weapons allow dispatching of followers and a fun way of taking out entire

## Poll Results

By: PSSN Marques Meráz

Our poll has yielded that the most popular way to read the Sandpaper is right on your computer. 69% of the responders stated that reading the Sandpaper via the computer is most convenient while a combined 31% chose other methods. Of our "Other" responses, the most people did a combination of the choices provided. ❖

### 1. Rank/Rate

Civilian		39	57%
Seaman/Airman		4	6%
Petty Officer		19	28%
Khakis		7	10%
Total		69	100%

### 2. When the newest issue of the Sandpaper is released, what do you do with it?

Read it on my computer		48	69%
Auto delete it		4	6%
Forward it		2	3%
Print it		12	17%
Other, please specify <a href="#">View Responses</a>		4	6%
Total		70	100%

# RECENT EVENTS

IN THE  
PEARL OF THE DESERT



## OCT SANDPAPER POLL:

<http://www.zoomerang.com/Survey/WEB22DFM7SXYB7/>

## SANDPAPER CONTACT INFO:

E-MAIL:

[W\\_ELCN\\_PAO\\_SANDPAPER\\_GS@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL)



# Thrifty goblins and a little Navy Pride!

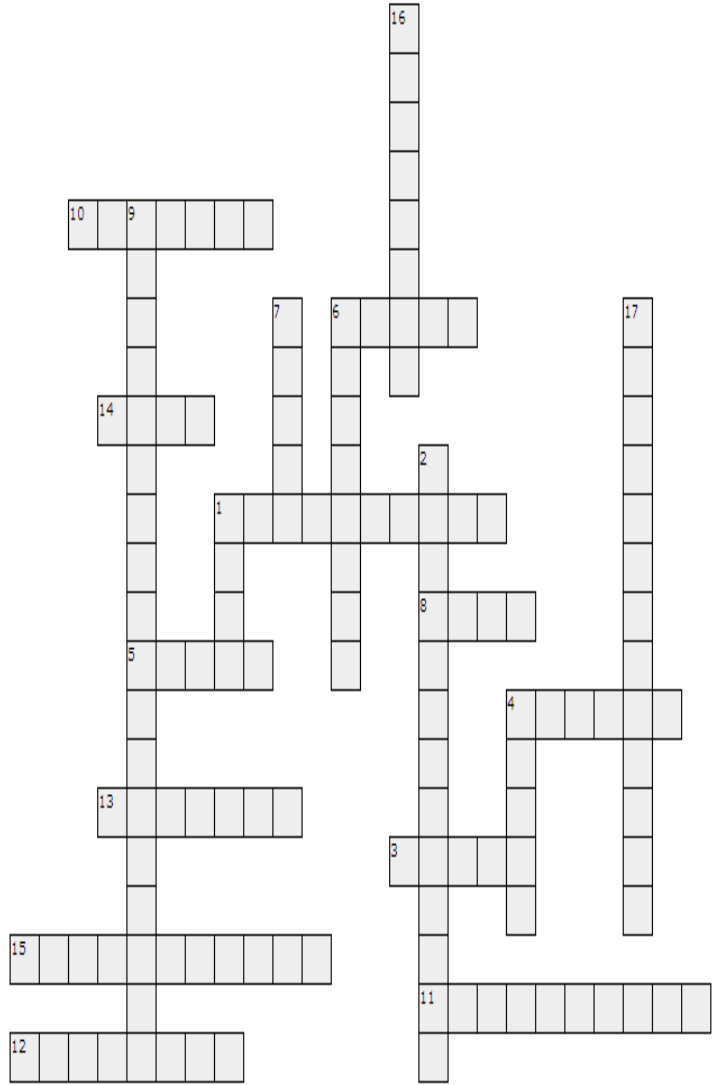
Enjoy this puzzle which deals with October Events including Energy Awareness Month

**Across:**

1. The Salem trials centered around this.
3. Energy from the sun.
5. The usual loot from Halloween
8. These flying mammals rarely get caught in hair.
10. Foods that are produced using methods that do not involve modern synthetic inputs.
11. What sharp Sailors wear in the winter.
12. Potions boil in one of these.
13. Honor, \_\_\_\_\_, & Commitment!
4. MCPON West's battle cry!
6. Skeletons and Dr. McCoy have this in common.
14. The oldest & youngest Sailors cut this at the ball.
15. Sink their bones to Davy Jones is part of what Navy song?

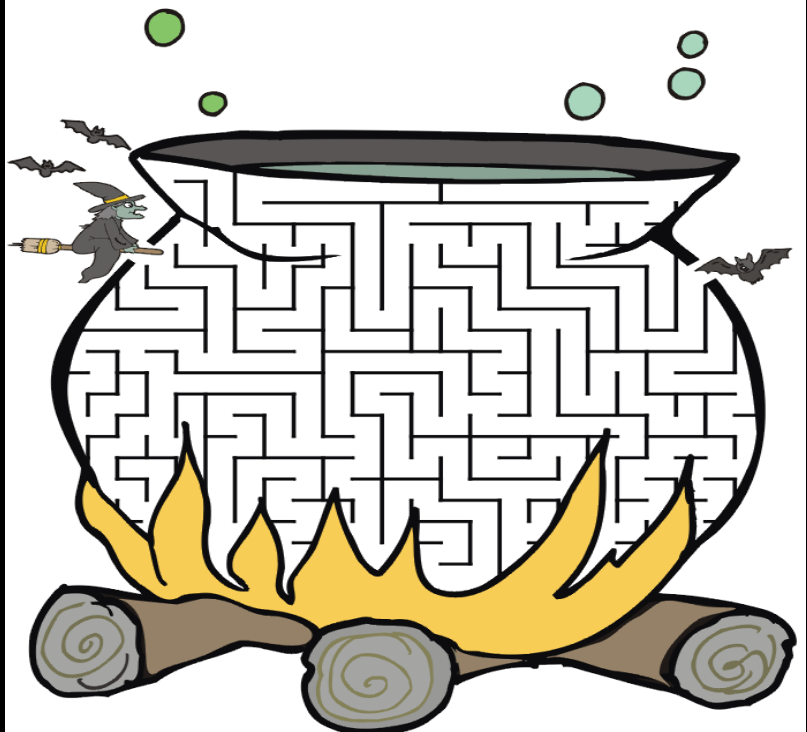
**Down:**

2. The main greenhouse gas.
1. Invisible; It turns a turbine to create energy.
4. Not the Prince!
6. Navy celebrates this every Oct 13th.
7. Casper was a friendly one.
9. Navy's Slogan
16. The American tradition of carving these started in 1837.
17. The Navy Hymn

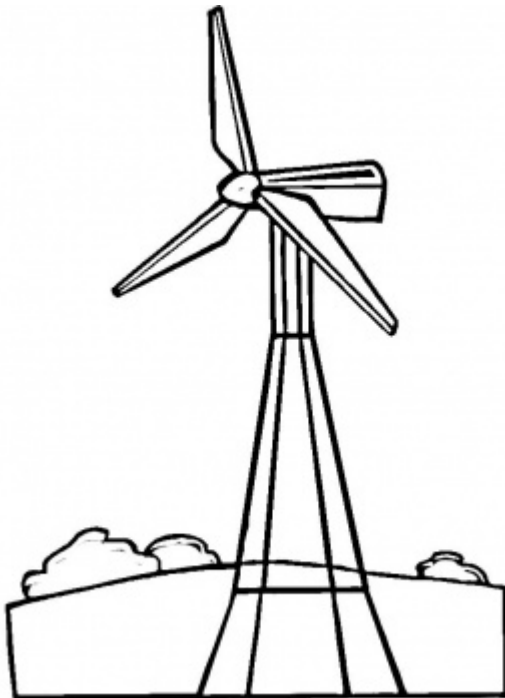
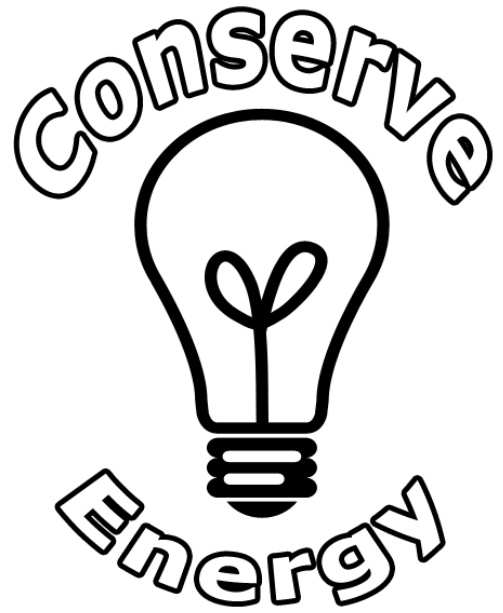


## Sudoku

		1			8
8			5		3
	4				
7		4		6	
				8	
		6		5	9 7
			7 2	1	6
	7	3	9		
5					



# KID ZONE



## The Geekbox (continued from page 20)

Now you get to pick your case, this could be the single most important choice depending on how important aesthetics are to you. There are many different brands, types, colors and possibilities making for a fairly hard decision. Outside of looks there are some important things you need to consider when buying one. There are different sizes so make sure you check the specs of your case, motherboard, video card (high end/length), heat sink (some are very large) and power supply. This is the first thing everyone will see after you have bragged about your new build so have fun with it and get something you really like.

Pay close attention when you're purchasing a tower, most don't come with a power supply. As you can probably tell from the name, it supplies the power to your computer. Most machines can probably get away with a 300-400 watt power supply. Unless you plan to purchase one or more high end graphics cards or build a rig with a lot of drives. In that case I would suggest purchasing something larger. Also before purchasing, make sure that you check the power supply is manufactured to match the form factor of your motherboard. Form factor being the design of the motherboard, examples would be ATX (most commonly seen in household pcs), ETX, NLX, etc. If they don't match the connectors from your power supply to your motherboard will be incompatible.

Next, you will have to choose an optical drive/s (as with your HDD this too will specify SATA2, SATA or IDE). These are fairly simple; if you want to burn Blu-rays you should buy a Blu-ray burner. You will typically see these go for \$70-\$100, not a bad deal if you plan to put it to good use. Any drive with light scribe means you can put designs on the tops of the burnable CDs.

Lastly, are the odds and ends you may want or feel you need to make your build perfect. There are too many different possibilities to list so browse around checking out different websites. If you are the do it yourself type you can look into doing PC mods. There are many websites dedicated to modding, showcasing many builds that will blow you away.

All that's left to do is put it all together, unfortunately you're going to have to wait another month to find out how. Next month, I will include some out of the box start up tips that will hopefully keep your hair where it belongs. When and if that brand new rig doesn't fire right up like it should. For computer related questions email me at [ryan.heeney@navy.mil](mailto:ryan.heeney@navy.mil). ❖

## HELPING FAMILIES (Condensed from NAVADMIN 266/11)

FINDING EMPLOYMENT OR ADVANCING A CAREER CAN BE DEMANDING FOR ANYONE, BUT WITH THE MOBILITY OF THE NAVY LIFESTYLE, IT PRESENTS UNIQUE CHALLENGES FOR NAVY SPOUSES. HERE ARE A FEW RESOURCES AVAILABLE TO FAMILY MEMBERS.






**MILITARY SPOUSE EMPLOYMENT PROGRAM (MSEP).** THE DEFENSE DEPARTMENT LAUNCHED A NEW PARTNERSHIP ON JUNE 29, 2011, DESIGNED TO CREATE MEANINGFUL, LONG-TERM EMPLOYMENT OPPORTUNITIES FOR MILITARY SPOUSES BY CONNECTING THEM WITH EMPLOYERS. THESE EMPLOYERS ARE ACTIVELY SEEKING THE ESSENTIAL 21ST CENTURY WORKFORCE SKILLS AND ATTRIBUTES MILITARY SPOUSES POSSESS. MICROSOFT, HOME DEPOT, STARBUCKS AND THE NAVY FEDERAL CREDIT UNION ARE JUST A FEW OF THE OVER 60 COMPANIES THAT HAVE PLEDGED THEIR SUPPORT. THE MILITARY ONESOURCE SPOUSE CAREER CENTER AND THE FLEET AND FAMILY SUPPORT CENTERS PROVIDE PERSONAL ASSISTANCE TO AID SPOUSES IN BECOMING COMPETITIVE, JOB READY APPLICANTS. FOR MORE INFORMATION ON MSEP AND TO VISIT THE JOBS BOARD, GO TO:




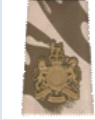

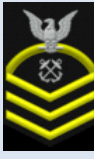


[WWW.MILITARYONESOURCE.COM/MOS/FINDINFORMATION/CATEGORY/MILITARYSPOUSEEDUCATIONANDCAREER/MSEP.ASPX](http://WWW.MILITARYONESOURCE.COM/MOS/FINDINFORMATION/CATEGORY/MILITARYSPOUSEEDUCATIONANDCAREER/MSEP.ASPX).

**FLEET AND FAMILY SUPPORT CENTER (FFSC).** YOUR LOCAL FFSC PROVIDES WORKSHOPS AND INDIVIDUALIZED ASSISTANCE WITH JOB SEARCHES. WITHIN THE FAMILY EMPLOYMENT READINESS PROGRAM (FERP), THE FFSC PROVIDES NAVY FAMILY MEMBERS WITH NO COST CONSULTATIONS FROM ON-SITE, SPECIALLY TRAINED EMPLOYMENT EXPERTS. THE GOAL IS TO HELP FAMILY MEMBERS WITH THEIR JOB SEARCH, PARTICULARLY AS THEY ARE IMPACTED BY THE CHANGES IN THE ECONOMY AND LABOR MARKET CONDITIONS. ALTHOUGH FERP IS NOT A JOB PLACEMENT SERVICE, ITS EMPLOYMENT PROFESSIONALS OFFER FAMILY MEMBERS VALUABLE EMPLOYMENT ASSISTANCE WORKSHOPS AND SEMINARS THAT INCLUDE TOPICS ABOUT LAUNCHING A JOB SEARCH, CAREER PLANNING, RESUME WRITING, INTERVIEW TECHNIQUES, FEDERAL EMPLOYMENT INFORMATION, CONDUCTING SELF-ASSESSMENTS AND VOCATIONAL TESTS. IF YOU DON'T LIVE NEAR AN FFSC, SOME SERVICES, SUCH AS COACHING AND RESUME REVIEWS, CAN BE DONE OVER THE PHONE OR VIA E-MAIL. VISIT THE FLEET AND FAMILY SUPPORT PROGRAMS WEBSITE AT [WWW.FFSP.NAVY.MIL](http://WWW.FFSP.NAVY.MIL).

**CAREER ONE STOP.** CAREER ONE STOP IS A DEPARTMENT OF LABOR-SPONSORED WEBSITE OFFERING INFORMATION ON OCCUPATIONS, PAY AND BENEFITS, SELF-ASSESSMENTS, CAREER RESOURCES, AND WORK FORCE SERVICES LOCATORS. GO TO [WWW.CAREERONESTOP.ORG/MILITARYSPOUSE](http://WWW.CAREERONESTOP.ORG/MILITARYSPOUSE).




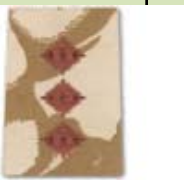









**FEDERAL EMPLOYMENT.** FOR THOSE INTERESTED IN FEDERAL EMPLOYMENT WITHIN THE DEPARTMENT OF THE NAVY (DON), VISIT THE DON CIVILIAN HUMAN RESOURCES WEBSITE AT [WWW.PUBLIC.NAVY.MIL/DONHR/EMPLOYMENT/MILSPOUSES/PAGES/DEFAULT.ASPX](http://WWW.PUBLIC.NAVY.MIL/DONHR/EMPLOYMENT/MILSPOUSES/PAGES/DEFAULT.ASPX). HERE YOU WILL FIND INFORMATION SPECIFIC TO YOU AS A MILITARY SPOUSE AND A LINK TO THE FEDERAL GOVERNMENT OFFICIAL JOBS WEBSITE, USAJOBS. ❖

	OR-2	OR-3	OR-4	OR-5	OR-6
UK ARMY	AirTrooper	Lance Corporal	Corporal		Sergeant
	Airtpr	LCpl	Cpl		Sgt
					
	Seaman Apprentice	Seaman	Petty Officer Third Class	Petty Officer Second Class	Petty Officer First Class
US NAVY					
					

	OR-7	OR-8	OR-9
UK ARMY	Staff Sergeant	Warrant Officer II	Warrant Officer II
	SSgt	WO2	WO1
			
	Chief Petty Officer	Senior Chief Petty Officer	Master Chief Petty Officer of the Navy Fleet/Force Master Chief Petty Officer Command Master Chief Petty Officer Master Chief Petty Officer
US NAVY			
			

**BLUE ARE ENLISTED, RENDERING SALUTES TO OFFICERS**

**GREEN ARE OFFICERS, WHO RETURN SALUTES**

	OF-1	OF-2	OF-3	OF-4	OF-5	
UK ARMY	Second Lieutenant	Lieutenant	Captain	Lieutenant Colonel	Colonel	
	2Lt	Lt	Capt	Lt Col	Col	
						
	Ensign	Lieutenant, Junior Grade	Lieutenant	Lieutenant Commander	Commander	Captain
US NAVY						
						

## Coming Events:

**OCT 21**

*Operation Magic*  
Mirage Club  
1800

**Oct 22**

*Haunted Hotel*  
Outdoor Rec  
Van Departs @ 1500

**Oct 22**

*Aviation Days*  
Imperial County Airport  
0900-1500

**Oct 27**

*Breast Cancer Awareness Walk*  
Navy Fitness Track  
1200

**OCT 27 & 28**

*Haunted House*  
El Centro Community Center  
1800-2100 (Cost \$1)

**Oct 30**

*Dog Days*  
Large Pool  
1200

**Nov 6**

*Veterans Appreciation Day*  
Cornerstone Community Church  
10:15