



Issue 14

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NAF EL CENTRO

SANDPAPER



November is an important month for Thanksgiving and remembrances. The Marine Corps celebrates their birthday on November 10th. Who knew that a meeting at the Tun Tavern would have such a resounding and global effect?

On November 11, we celebrate Veterans Day while our allies celebrate Remembrance Day. Notice the red poppies on the uniforms of our British and Canadian brothers and sisters? That is just one way they remember the end of the "Great War" and the sacrifices that all veterans have made.

Finally, we come to Thanksgiving, the nation's big day to feast with family and friends! There are a lot of things going on in the community to recognize these events. Take time out to partake in the ceremonies and spend the time with your shipmates. **DO NOT STAY HOME ALONE!** If you need a little guidance on what is going on, check out the current events page, read the Plan of the Week and check out the offers below.



VETERANS DAY

FREE MEALS: Applebee's, Chili's, Golden Corral, Subway

DISCOUNTS: Home Depot – 10% discount for ALL veterans on Nov 11. Lowe's – 10% discount for all veterans Nov 7-11. Knott's Berry Farm – Free Admission to all Vets Nov 1-24 (one time) plus a family member. National Parks – Free admission to all Vets on 11-13 Nov.

FREE STUFF: Amazon.com – "Veterans Day Honor" MP3 download available on Nov 11th. The convenience store

Chain 7-11 is offering a free Slurpee from 1100 to 1900.

This is just a sample of what is out there. On base, CSC(SW) Cruz has assured us that the galley will be putting on another fantastic meal for Thanksgiving. Many families are opening their homes to Sailors who just want to get away and relax. Talk to the CMC if you are looking for somewhere to go. The Liberty Center has fun and creative things to do.

So, get out there and take advantage of all of your benefits. However, while you are out celebrating, take a moment to pause and think of those who have gone before you. Their sacrifices have set the stage for you. What legacy will you leave for the next generation? ❖

By Kristopher Haugh

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WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER



In this month's edition, I would like to talk to you about my policy and philosophy on the subject of Quality of Life here onboard Naval Air Facility El Centro. As you all know, in the military, mission execution will always be our number one focus. We have a formal mission statement but, simply put, the mission of NAF El Centro is to support tactical air training on our local ranges. Everything we do must be ultimately focused on the mission.

Quality of Life plays an important role and is a large contributor to the successful execution of our mission.

I want you to know that I take Quality of Life very seriously and that I am absolutely committed to providing the best Quality of Life for each person who works, lives and operates on this Installation.



Each of us defines Quality of Life slightly differently as each of us has slightly different priorities and interests. Regardless of how we define it, I think we would all agree that the components of Quality of Life on our Installation include: the quality of workplace facilities, housing/lodging, NEX, Commissary, family programs and CYP and afterschool programs, medical services, emergency services, security and force protection, MWR facilities and programs and sponsored activities, quality of food services, athletic facilities and programs, clubs, religious programs, the condition of our roads and sidewalks, children play areas, swimming pools, hours and accessibility of our facilities, appearance, aesthetics and cleanliness of the Base, and the general organization of the Base. I know there are many more elements, but these are some of them.

Along this subject line, I am pleased to announce that we have received funding approval to expand the Fitness Center, and to put artificial turf in the Football/Soccer field, and to re-do the Track with a synthetic, high-grade surface. All three of these projects are high-dollar projects and demonstrate the commitment by our Headquarters to you and the mission of NAF El Centro. I will advise you that it will take a little time for the contracts to be established and the work to be scheduled, but this is good news as we progress to the next level. You can expect to see many more improvements to the Installation on various levels over the coming months.

We are all responsible for the quality of the Base and the proper utilization of the resources with which we have been provided. Ultimately, though, it is my job, as your Command Officer, to provide the best and safest facilities, day in and day out, for all of you who operate and live on our Installation.

As always, I thank you for all that you do each day and I welcome your support and your suggestions as we continue to make NAF El Centro the Navy's premiere air installation. ❖

CO

Hispanic Heritage Month

By NC1(AW) Marc Jones

On October 7th the base paid tribute to the many accomplishments of Hispanic Americans to our nation. The theme for this year's event was "Many Backgrounds, Many Stories: One American Spirit." The event was lead by Fed Fire Chief Jose Zaragoza and was kicked off by the Invocation from the base Chaplin, Lt. Smith. The preschoolers and toddlers of the CYP started the event with dancing the "De Colores".

The children were the highlight of the show, with all the parents eagerly watching. Adding to the experience were Maria Isabel and Jesus Antonio followed by Blanca Estala Padilla. Both sang traditional songs from Mexico. The event culminated with Velinda Cruz, Robin Haugh and AO1 Oliver dancing the "Como la Flor". Their performance gave us a glimpse of the Hispanic cultures to the south. There were many wonderful displays, giving attendee's information, history and photo's of a large number of Hispanic countries.

The food provided was wonderful and the lines to eat gave good testimony to how good the dishes were. The event was successful at showcasing the varied cultures that make up the Hispanic world and how they have improved life in our great Nation. ❖



COMMAND MASTER CHIEF



Team NAF El Centro,

November is a time to give thanks and remember our veterans. Though we shouldn't wait to be reminded at this time of year, it is certainly fitting to extend sincere gestures of thanks.

I am thankful for our Base Honor Guard. These volunteers are the "face of the Base." They not only represent NAF El Centro, but they also represent all who are currently serving and those veterans who have served before us. The Honor Guard proudly executes about 75 events annually throughout Imperial Valley, and is currently led by AZ2 Steven Rutterbush. When you see one of the members of this elite cadre of eighteen, please extend a heartfelt "Thank You" to them. They proudly represent those of us who are truly blessed to wear our Nation's cloth, and I for one am thankful for that!



I am thankful for my extended Navy family. Like all relationships, they need to be nurtured. Your fellow shipmates are your extended family. It is important to share time together, so don't just sit in your barracks room by yourself, or stay on base in housing (*I was told it is boring in the Imperial Valley and there is nothing to do!*). If you've made that comment, I can only say that you haven't looked very hard or very far to find something to do. There is much going on outside the fence line, and I would encourage you to get out and about either as a participant or a volunteer. In the next two weeks, there are a multitude of activities to participate in, Veteran's Day events, Brawley's Cattle Call Rodeo, Chili Cook-offs, and the list goes on. Further on into the month, there are opportunities to help serve Thanksgiving dinners for the needy, parades and Christmas plays. There is even a local Toys-for-Tots program, Food Bank ...you get the idea! Chaplain Smith has a great handle with all of the COMREL and he is just a phone call away. Believe me; you won't have time to be bored.

I am thankful for the generous spirit and talent of our Sailors. Since my arrival to El Centro just over 15 months ago, Team NAF El Centro has really stepped up to make many improvements to our static displays and built two memorials. Our work is not yet done. If you're still looking for something to do within the fence line, the A-7 and all four of the Blue Angels static display jets need a face lift before our March 2011 air show. Please let me know how you would like to help. The difference you make today will leave a lasting impression for years to come. ❖

With my thanks and blessings to you, **CMC**

ELECTRONIC SERVICE RECORDS

Starting this month we will cover some of the ins and outs of your new electronic service record. It is the Sailor's responsibility to maintain this document; however, not everybody knows what to look for, or how it may affect their future plans (like the CPO Boards.) We begin with a short Q&A session with PSC(SW/AW) Arana...

Q: What has happened to our hard Copy Service Records?

A: All hard copy service records were digitally scanned to create individual Electronic Service Records and returned to the member.

Q: How do I know if my Electronic Service Record is up to date?

A: Members may now view their Electronic Service Record/OMPF(Official Military Personnel File)via BOL(BUPERS Online).

Q: Who else has access to my Electronic Service Record?

A: PSD's and some CSD's have OMPF access to view anyone's Electronic Service Record.

Q: Can my command be granted the same access to view ESR's?

A: No, at this time access is limited to local PSD's/CSD's.

Q: Who should I contact if I notice something is missing from my ESR?

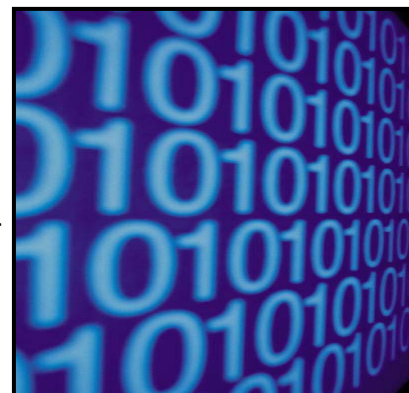
A: You should first ask your LPO and or LCPO to see if it is something that should go in your ESR.

Q: I received an award and it is not reflecting in my ESR, what should I do.

A: Bring in a copy of your citation to CSD and we will mail it for you.

Q: I just came into the Navy, who can help me get access to my ESR?

A: Your LPO and or LCPO whom already have access can assist you with setting up your BOL. ❖



Three House Keeping Tips for your Career *By: NC1(SW/AW) Jones*



Your ESR (Electronic Service Record) is very important. The ESR is one of the few resources the Navy has in place for your military and personal information. Your ESR's can affect pay, benefits, and board results. It is every Sailors responsibility to update and verify the content of your ESR. A Sailor should be verifying the content of their ESR at least once a quarter. Common ESR errors are missing qualifications, incorrect page 2, and missing evaluations. You should also keep a paper copy of all the awards, evaluations, and qualifications you receive, this will allow you to make updating missing information easier.



Who hasn't used the Career Management System (CMS/ID) to negotiate orders? The answer should be no one, as it's a requirement to get your orders to your follow on duty station. What most people don't know is before you go into your nine month negotiation window the detailers would like you to log into CMS and update your duty preferences. This enables the detailer to try and fit his needs to the areas you would prefer to go. The site now has a preference score that show the detailer how compatible your duty preference is to the orders they are looking at. Every Sailor should update this

With Perform to Serve (PTS) looming over a vast majority of the enlisted population's head, every Sailor should be doing everything in their power to make themselves competitive. One item over looked is a person's ASVAB score. If a Sailor does not think about this before their PTS window then it is too late. The Navy has stream lined the course to retake your ASVAB, it is now an online course tailored to your needs. Once you get the course completion certificate you are eligible to retake your ASVAB. Be warned though that your new score whether it is better or worse, becomes your current score. Sailors should retake their ASVAB score well in advance of their PTS window so they can be prepared for the possibility of having to convert to stay Navy. If you have any questions regarding these career tips please come see me! ❖

2011 NAF El Centro Christmas Parade! Come on out for the Christmas Parade!!! It will be December 2, at 1800. There are prizes for the best float. If interested in participating contact the PAO at W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL. After the parade, there will be food fun and a chance to tell Santa what you want for Christmas! See you out there!



In the last issue, on the NAVFAC page, we made a little mistake. The article titled "A World of Desert Training and Critter Conservation" was written by Michel D. Remington and Robert Powell. We strive to be as accurate as possible in the reporting, please let us know if there are factual errors in our articles!



Hello...Goodbye!

Hails:

ARAUZ, ROGELIO A.	ABF3
YAU, RAYMOND C.	LT
TRAILL, CHRISTOPHER A.	AEAN
VANA, JOHN T.	AM1
CHIN, GYAN C.	ADAA

Bails:

LEETCH, BRIAN J.	LT
KOCH, SHAUN A.	ATAN
DAVIS, DEREK	AD3
LOPEZ, MICHAEL A.	AMAN
PERKINS, JANEL	AT3
STEELE, TYSON	AO2
CHAVEZ, ALVARO A.	AC2

REENLISTMENTS

AEAN AURADOU, JOSHUA & AD3 MAXWELL, STEVEN I.



The Wellspring - Chapel News

Top 10 Bible Urban Legends Christians Believe. Urban legends are everywhere—even in the church. These include “God Has a Blueprint for My Life,” “Faith Fixes Everything,” “Forgiving Means Forgetting,” “Everything Happens for a Reason,” and “Let Your Conscience Be Your Guide”. Come join us as we set the record straight on these and other biblical myths. Our series will continue through Sunday, November 27.



A Life Without Limits. Imagine what it would be like to be born with no arms and no legs. How would you find the strength to live your life? We invite you to hear from Nick Vujicic as he tells how God gave him the ability to live “a life without limits”. This FREE event will be held at the Southwest Performing Arts Theatre (2001 Ocotillo Drive, El Centro) on **11 November** at 1900. For more information about Nick Vujicic, please visit www.lifewithoutlimits.org.



Marriage Enrichment Retreat. A new retreat date has been added—**02-04 December**. 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. ❖

--Chaplain Smith

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.
- Protestant Worship Service—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12 available)
- Catholic Worship Service—Sunday @ 1630

Name Calling

What's in a name? A lot!

The opportunity to name something is a profound responsibility. When parents name their children, they often take great care and consideration, knowing that their choice will either become a blessing or a curse for their kids for the rest of their lives. I read recently that in an effort to craft a unique name, some parents have opted to actually name their child “Unique”. Really? I'm thinking that the child just might choose differently later on!

We might also consider entrepreneurs who must pick a name for their product or business, knowing that this identifier has the innate ability to either attract or repulse customers. Take for instance the cold relief medication called “666 Cold Preparation”. I might just pass on that!

It might be fair to say that good name is one that is readily embraced by its owner, attracts customers, and at the same time, accurately reflects the purpose and priorities of the product that is offered.

With that said, we're excited to announce our intent to name the NAFEC chapel—and we're asking for the input of the NAFEC community. If you have a suggestion, please contact me at either x2290 or jared.n.smith@navy.mil. As you do so, please bear in mind that the name should meet the following criteria...

- Appropriate for a multi-faith community
- Attractive to current and future chapel attendees
- Accurately reflect the purpose/priority of a chapel

What an honor it would be for our chapel to bear the name that you suggested! ❖

--Chaplain Smith



The Desert Beat

By MASA James Thompson

Desert Warriors, the slow season is over and the busy season begins. This means that there will be an increased amount of people on our base, such as British, Canadians, the Marines, and even more Sailors. As more people come to NAF El Centro, the traffic will increase and the front gate is going to be busy. Security is doing its part to prepare for the high volume of people coming aboard, but we would also like for the personnel of NAF El Centro to be prepared. It's important that when you're driving you pay more

attention to the people and area around you, and obey the speed limit and traffic signs located around the facility. This will help reduce traffic accidents and moving violation while driving.

Security would also like to have your cooperation at the front gate; there will be a lot more people trying to enter and exit the base and it could affect the speediness of security getting the personnel that have access aboard, while keeping the people that don't off. It is not our intention to delay anyone, but our main concern is keeping NAF El Centro and the Desert Warriors that live, work, and play here safe. Thank you for the cooperation and patience as we enter the busy season for El Centro. ❖

Spray-on Protective Coating Wins "R&D 100" Award

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

ARLINGTON, Va. (NNS) -- R&D Magazine honored an Office of Naval Research (ONR) scientist with a 2011 "R&D 100" award Oct. 13 for the development of a revolutionary coating material that is blast-and fire-resistant.

The special high-tech surface technology, HybridSil Fire/Blast, acts like a force field that surrounds and protects any type of surface, making it blast-, ballistic- and fire-resistant.

"You can take an existing material and change it completely to make it more useful for the warfighter," said award recipient Dr. Roshdy George S. Barsoum, ONR's manager, Explosion-Resistant Coating, Ships and Engineering Systems Division. "Receiving this award is recognition that we are developing something that the warfighter can really use and exploit."

The coating is sprayed onto surfaces just like paint, with minimal surface preparation. It is applied in variable thicknesses: less for fireproofing and more for blast-resistance. But the tricky part is that the law of diminishing returns is at work; at some point, the more you apply, the less effective it becomes. Determining the appropriate amount for each surface and user need is complex, Barsoum said.

The Navy is particularly interested in the material's fire-resistant properties, since fires, along with floods, present the greatest threats on a ship or submarine. The Army and Air Force have also been investigating its use to protect buildings against vehicle-borne explosive devices.

The coating was developed with industry partner NanoSonic Inc, and the cost per gallon is equivalent to premium house paint. It can be used on new and old materials alike, making it easy to apply to existing ships or vehicles.

The research into this coating began after the bombing of USS Cole (DDG 67) Oct. 12, 2000. The Navy wanted to find new ways of protecting ships, including coatings and polymers that could shield against explosions and fire. The research took off after 9/11, and the new defensive coating was applied to the rebuilt sections of the Pentagon.

According to R&D Magazine's website, the R&D 100 awards identify and celebrate the top high-technology products of the year, spanning industry, academia and government-sponsored research. Winning products include sophisticated testing equipment, innovative new materials, chemistry breakthroughs, biomedical products, consumer items and high-energy physics.

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. ❖

Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
NOVEMBER	8	4	1122	101
DECEMBER	8	3	937	48

**Numbers subject to change based on availability of hangar space and time of squadron det request.

Photocopying Of Military ID Cards And CAC Cards Prohibited

(NAVY NEWS SERVICE 01 NOV 11) By MC1 Monique K. Hilley, CNIC Public Affairs

WASHINGTON -- Commander, Navy Installations Command issued an announcement reminding all personnel that the photocopying of military identification cards and common access cards (CAC) is strictly prohibited, Nov. 1.

There have been recent incidents reported of commercial establishments photocopying U.S. government identification to verify military affiliation or provide government rates for service. These incidents are a violation of Title 18, U.S. Code, Part I, Chapter 33, Section 701 and are punishable by fine and/or imprisonment.

Although commercial establishments may request to see military/government identification, they may not photocopy or duplicate it in any way. Many military personnel and commercial establishments are unaware of the prohibition and the reasons it exists, which results in this being a fairly common practice.

Because of the access the cards grant, criminal elements and terrorist organizations place obtaining U.S. government identifications at a premium when planning acts against the U.S. military. If a copied military or government identification fell into the wrong hands, it could spell disaster for the Armed Forces and the nation.

Unfortunately, there are no safeguards in place to prevent a counterfeit military/government identification card from being produced based on a photocopy provided to a commercial establishment. For this reason, personnel are requested to remain vigilant in ensuring they do not allow anyone to photocopy their identification cards.

CNIC recommends that all personnel, both military and civilian, provide a state drivers license or other form of photo identification to be photocopied when there is a request for such information by a commercial establishment. ❖



MISHAP SUMMARIES (COMPILED FROM THE NAVY SAFETY CENTER)



At an admin support unit in the Middle East, a MA3 was standing in the harbor patrol compound near a guard shack, possibly minding his own business. At this point, the mishap narrative shifts into first person. "I heard people shouting behind me to move," the Sailor reported.

He had several options. One, ignore the warnings. Two, wonder about them, but stay put. Three, make tracks and find out later why folks were yelling at him.

He selected option two. "Something struck me in the upper part of my back and pushed me forward," he said. "I turned around to see what had struck me. It was a light pole that had fallen," thanks to the fact that it had "disintegrated" at ground level.

SEEMS A QUARTET OF INTREPID EXPLORERS WENT HIKING ON A MOUNTAIN. THE NEXT DAY, TWO OF THEM (OFFICERS, NO LESS) RETURNED TO VISIT WHAT THE MISHAP REPORT DESCRIBED AS "UNEXPLORED AREAS." ON THE PLUS SIDE, THEY TOLD SOMEONE ABOUT THEIR PLANS AND WHEN THEY EXPECTED TO BE BACK, AND THEY BROUGHT ALONG A CELL PHONE. THEY ALSO HAD THE FORESIGHT TO CARRY ALONG FLASHLIGHTS AND EXTRA WARM CLOTHES.

ON THE DOWNSIDE (WE MEAN THIS LITERALLY), AFTER THEY REACHED THE TOP AND HIKED ALONG A RIDGE LINE, ONE OF THEM SLIPPED ON SNOW AND LOOSE SHALE, SLIDING MORE THAN 150 FEET DOWN INTO A RAVINE.

EXPLORER NUMBER TWO FIGURED HE COULD CLIMB DOWN TO HIS FALLEN COMRADE. AT THIS POINT, HAD HE ASKED ME, I WOULD HAVE SAID, "I'M POSITIVE YOU CAN GET DOWN TO HIM, BUT THEN WHAT? YOU KNOW THE OLD SAYING, 'WHAT GOES UP, MUST COME DOWN'? WELL, THE OPPOSITE DOESN'T HOLD." BUT HE DIDN'T ASK ME, HE JUST CLAMBERED/HIKED/SLID DOWN. AND THEN, OF COURSE, BOTH OF THEM WERE TRAPPED, WITH LOOSE SHALE AND MUD ABOVE THEM AND A CLIFF BELOW, AND JUST TO MAKE THINGS EVEN MORE INTERESTING, A TEMPERATURE OF 32 DEGREES.

SO THEY CALLED THEIR COMMAND, AND A HELICOPTER HAD TO COME PICK THEM UP. GLAD THEY HAD A SIGNAL, AND GLAD A HELO WAS HANDY. NEITHER OF THESE WOULD SEEM TO BE GUARANTEED. IT IS DOUBTFUL THEY WOULD HAVE SURVIVED THE NIGHT.

In Virginia, an E-3 ADAN was "moving a tree trunk with his legs," the report said. Continuing one of the great on-going disappointments of my professional life, the report then failed to say why, leaving me to speculate, which is always fun but scarcely qualifies as crackerjack mishap analysis.

He shoves the tree forward and it then promptly shifts back and crushes his foot. He self-diagnosed a bruise, and a few hours later, a buddy with more medical savvy reckoned that it was "really bruised." The E-3 hobbled off to the naval hospital, where he was "awarded crutches and light limited duty for seven days."



Naval Observatory Flagstaff Station (NOFS) in Arizona has Mexican Spotted Owls, Who Knew?

Written by: ENS Less and Natural Resources Specialist Robert Powell

Did you know that the NAFEC environmental team also serves the Naval Observatory Flagstaff Station (NOFS) in Arizona? NOFS mission is to make, analyze, and interpret dark sky observations to fulfill the mission of the U.S. Naval Observatory.

Mexican Spotted Owls are a threatened species that populate the NOFS region. The Mexican Spotted Owls are a sub species of Spotted Owl. Mexican Spotted Owls are scattered in parts of Utah, Colorado, Arizona, New Mexico, Western Texas, and Mexico. These owls are about 17 inches in height and about 21 ounces in weight.

Since the Mexican Spotted Owl is a “threatened” species, it is protected under the provisions of the federal Endangered Species Act and the federal Migratory Bird Treaty Act. The federal Endangered Species Act defines a threatened species as one which is “likely to become an endangered species within the foreseeable future throughout all or a significant portion of its range.” An endangered species is an animal in danger of becoming extinct. The federal Migratory Bird Treaty Act makes it s unlawful to hunt capture, kill, or harass almost every bird in North America. Violations of these laws can lead to significant penalties.



One mission of the environmental team is to mitigate project-related impacts to threatened and endangered species as required by the provisions of the Endangered Species Act. Their job is mission-critical because any project carried out by a federal agency with potential to impact endangered or threatened species requires consultation with the U. S. Fish and Wildlife Service to ensure that projects do not put these sensitive creatures at risk. Depending on the type of construction, typical mitigation could include; completing projects outside of breeding season or a required education program for construction personnel.

Overall, the environmental team at NAFEC has their hands full with the Mexican Spotted Owl. Here in El Centro, there are also two additional species that require extensive oversight. These two species are the Burrowing Owls and the Flat-tailed Horned Lizard. Their stories will be detailed in future articles. ❖



Training Time Out



Starting next issue Mr. Chris Hisel will start running down the various drills that occur on base. He will introduce us to what is coming up and then give us a recap of how we did once we complete them.

Training is an integral part of what makes NAF El Centro so successful. Here is where we will showcase that training! ❖



Featured Upcoming Event

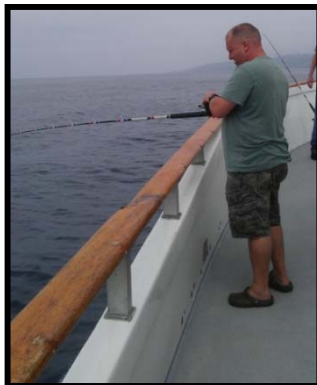


Paintball (Yuma, AZ)
Saturday, November 19th
Price per person is \$18 which includes ALL gear and transportation. Sign up by November 17, call (760) 339-2559 to sign up or for more information. Time: Van leaves the Liberty Center at 7:30 am.

Past Events

Fishing Trip

There was a fishing trip sponsored by MWR, and it was well attended. Join us for our next trip where you too can have a chance to catch a fish.



Tricycle Race

The Liberty Center held a Tricycle race on October 27th in the Sports Center. Thank you for all that participated and congratulations to Team Red- "Ferrari Vroom", Josh "Sly", Mike "zoom zoom" and "Swift" Delaine.



JOE'S SPORTS SMACK TALK

Fall Softball Tournament

Shot Callers led by Captain Jones won the 2011 Fall Softball Tournament Championship. Some of you are probably wondering, why was this team so good right? The team consisted of a lot of O's. There was the CO, XO, OPSO, MIRAGECLUBO, CHAPLAINO, CMCO, PINERO, SCOTTO, LIBERTO and the OSO. Some of the names of the players were changed in order to protect their identities and some honor. The Contractors were able to advance to the championship game, but fell a little short. Looks like their contract won't be extended. Shot Callers ended up undefeated the entire tournament. They were also responsible for putting a beat down on Strike, Weapons and the Brits. Senior Shot Caller Captain Jones put the word out to all his players before the season even started, "you lose a game, a title 18 has your name". Congratulations Shot Callers for calling all the shots. Who's got the juice now? ❖



Triathlon

This year's event managed to attract 16 Individuals and 5 teams. Participants swam 500 meters at the Large Pool, biked 10 miles and finished up by running 3.2 miles. Spectators gathered around and cheered for their teams. Loud screams could be heard all over the base. Security was called twice. Rachel Cortez won the swim as she swam 500 meters in 8 minutes. Cyclist, Tony Darr was able to beat bikes, golf carts and Ford Trucks. Runner, Greg O'Donnell won the foot race. As a team, they managed to finish in 45 minutes. Our first place individual male award went to British ally, James Cooper. Our first place female individual award went to Loren Darr. ❖

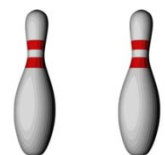


Freedom of Speech Anyone?

I was reading an article the other day on how the NBA fined Miami Heat owner Micky Arison \$500,000 for comments he made on Twitter. Are you kidding me? You can't talk about a bunch of greedy people that can't agree to play the game of basketball for millions of dollars? The owners want to make more cheddar and the rats want to eat all the cheese. The question everyone is asking, are we going to be an NBA Season? The answer is, of course there will be an NBA Season. Do you actually think that America can function without Kobe Cryant and LeBum James? Just sit back and relax..... ❖

In January stand by for the Winter Bowling League. This one will be a little harder with only the top 6 or 8 teams advancing to the play-offs and then a single elimination round. Can Fuels do it again? Will the Old Goats come out of retirement? Is there any firepower left in Weapons? Can STRIKE roll a strike? Who knows

Join the holiday fun by entering our 2nd Annual Holiday Bowling Pin Decorating Contest. The contest will be held at the Bowling Center, Building 485 on **18 November 2011 at 1300**. Winners will be judge on originality, creativity and resourcefulness. Contest is free to all NAF El Centro Patrons. For more information on this event call Janie at 760-339-2575 or email at Janie.almendariz@navy.mil. Pre-registration is required for bowling pin selection. Limit one pin per family. ❖



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

At the CYP...



Breast Cancer Awareness Walk *By Candyce Zavala*



National Breast Cancer Awareness Month is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer. We on NAF El Centro did our part; over 70 people young and old participated in this year's Breast Cancer Awareness Walk-A-Thon that was held at the NAF El Centro Fitness Track on October 27. ❖



FLEET AND FAMILY (MRS. PAT BRAXTON)

CLASSES WILL BE HELD IN BLDG 214 (FLEET AND FAMILY OFFICE)

NOTE: ALL FLEET AND FAMILY CLASSES WILL BE HELD ON THURSDAYS!!!

(DEC 1ST)
 PREGNANCY RESOURCES 1300-1400
 PREPARING FOR AN OVERSEAS TOUR 1400-1500

(NOV 10TH, DEC 8TH)
 RESUME WRITING 1300-1400
 WINNING INTERVIEW TECHNIQUES 1400-1500

(NOV 17TH, DEC 15TH)
 GOAL SETTING 1300-1400
 ASSISTANCE WITH HOME PORT CHANGES 1400-1500

(NOV (CANCELED), DEC 22ND)
 BUDGET CLASSES 1300-1400

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

BASE CLINICIAN (MRS. MEGAN SPANGLER)

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

(NOV 10TH, DEC 8TH)
 STRESS MANAGEMENT TBD

(NOV 17TH, DEC 15TH)
 EFFECTIVE COMMUNICATIONS TBD

(NOV (CANCELED), DEC 22ND)
 HOW TO RESOLVE CONFLICT IN THE WORK PLACE TBD

Navy Munitions Command Det El Centro

By AOAN Hammond

It is still busy, busy, busy over at NMC DET EL CENTRO. The Ordies, led by A01(AW/SW) Carson, are still working hard to accommodate numerous squadrons. Thankfully, the weather has let up and we are now in, what most parts of the country calls, "Fall." The desert's version of this season is 40 degrees in the morning and 80 in the afternoon, and no one is complaining. Hey, we earn the right to nice weather all summer long, right?



It's been nothing but hard charging and hard work for El Centro's Ordies. They've been supporting U.S., British and Canadian squadrons. Building up, breaking down, issuing and turning in. These guys work smoothly. And as Chief Marshall would say, "Slow is smooth and smooth is fast." They just make it look too easy.

With two holiday's right around the corner, we will be taking a break, but not much of one. We will be back to putting warheads on foreheads in no time.

And, as always, IYAOYAS ❖



TREATS FOR TROOPS

By Chaplain Smith

On 15 October 2011 nine volunteers from NAFEC joined with other community volunteers to pack 2000 packets filled with candy and letters for our currently deployed military personnel. The Treats for Troops event was sponsored by the Students for Political Awareness from Imperial Valley College who recruited volunteers, solicited donations and collaborated with the local school system in a letter writing campaign.

For some sailors, the packages arrived just in time for Halloween, offering a word of encouragement and a taste of home. After receiving his letter and treats, one sailor aboard the USS George Washington wrote the following...

"Friends,

Thank you very much! It really means a lot to the service men and women to know that we have people thinking about and supporting us back home. Your packages could not have come at better time. Being stationed on an Aircraft Carrier, we don't always get our mail on time, but yours came right on Halloween and is being passed out as I'm writing this message. Again, I can't say it enough, Thank you very much!! "

For our NAFEC volunteers, it is letters like these that are the real treat! ❖

MEDICAL CORNER

What's Up, Navy Doc?

"Moles: The Skin Kind Are Not Always Kind to the Skin"

By LT Nadine Henley, MC(FS)

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



Everyone has them. Moles—those brown or black spots on your skin—are mostly benign, not harmful. Yet, in some cases, moles can develop into something much more serious, like skin cancer. How are you supposed to figure out which is which?

WHAT ARE MOLES?

Moles are growths on the skin that occur when the cells—melanocytes—that make the skin color—pigment—grow in a cluster. Moles are very common, with most occurring in early childhood and during the first 30 years of a person's life. It is not unusual to have anywhere from 10 to 40 moles in adulthood. As a person ages, the moles might change—they might become slightly raised or lighter in color or not change at all, while still others might disappear completely. Moles can appear anywhere on the skin, from the top of the head to the bottoms of the feet.

A BENIGN—NOT HARMFUL—MOLE HAS THE FOLLOWING TRAITS:

- It is one color—tan, brown, black, or skin-colored.
- Round in shape.
- Flat or slightly raised.
- Looks the same every month.

MELANOMA—THE DEADLIEST FORM OF SKIN CANCER—CAN OCCUR AS A MOLE!

It can develop even from a small existing mole or it can develop on its own. It occurs when the melanocytes become abnormal and grow uncontrollably. Unfortunately, they can invade the surrounding tissue and kill the normal cells.

RISK FACTORS FOR MELANOMA:

- Personal history of melanoma.
- Family history of melanoma.
- Many normal moles (more than 50).
- Extensive exposure to the sun.
- History of severe, blistering sunburns.
- Freckles.
- Fair Skin.

The following "ABCDE's" are important signs that a mole could be melanoma:

- **A = Asymmetry.** One half of the mole is not the same as the other half. Think of it like an egg omelet—if you flipped it over in the pan, would it look the same?
- **B = Border.** The mole's borders or edges are irregular or not well-defined.
- **C = Color.** The mole's color is not the same all over.
- **D = Diameter.** The mole's diameter is larger than a pencil eraser.
- **E = Evolution.** The mole changes in color, size or appearance over time.

HEALTH TIPS:

- If your moles are changing, itching or bleeding, make an appointment with your PCM.
- Perform self-examinations of your skin on a regular basis. Examine the scalp under your hair and on all parts of your body, including between your toes and the bottoms of your feet. Enlist a family member or friend to look at the more difficult areas of your body to see (your back and the backsides of your head, neck and legs).
- Protect your skin from the sun. Wear SPF 30 or greater to get the best protection from the UVA and UVB sunrays. Wear sunglasses with UV protection.

REMEMBER:

- The roles of moles are being akin to your skin. Most are good while some are bad; know which is which so you won't be had. And please don't wait and be too late.
- If you have any concerns or questions, I strongly urge you to see your primary care provider immediately.

BE KIND TO YOUR SKIN. GENERALLY, IT WILL BE KIND TO YOU.

(I extend my thanks and appreciation to the National Cancer Institute at the National Institutes of Health.) ❖



CLINIC INFO

By: HM2(FMF/SW) Menguita, R.
Branch Health Clinic, NAF El Centro
760-339-2674/2675

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.

Getting to know “Flu” the Foe...

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year.

The 2011-2012 flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus.

What are the two main types of influenza (flu) virus? Types A and B. The influenza A and B viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year. Influenza A viruses can be broken down into sub-types depending on the genes that make up the surface proteins. Over the course of a flu season, different types (A & B) and subtypes (influenza A) of influenza circulate and cause illness.

What are ways to keep flu away? Wash your hands frequently with soap and water, or clean with alcohol-based hand cleaner. Avoid touching your eyes, nose or mouth. Avoid exposure to sick people if possible. Get vaccinated!

Vaccination is highly recommended for these groups: Children 6-9 months old, people 50 years old and older, pregnant women, anyone with chronic medical conditions that increase their risk of complications from flu, anyone with immunosuppressant, caregivers of children less than 5 years old, or of people with chronic medical conditions, healthcare workers and emergency services personnel, residents of nursing homes and other long-term care facilities, people that are morbidly obese.

What do I do if I have the flu? Stay home until at least 24 hours after your fever is gone without the use of fever-reducing medicines. If employed, notify your supervisor. Cover your cough or sneeze with a tissue (proper cough etiquette), and then put your used tissue in the waste basket. If you don't have a tissue, then cough or sneeze into your upper sleeve or elbow, not your hands. Clean your hands with soap and water or hand sanitizer after coughing or sneezing. Wear a mask when around other people. Contact your medical provider within 48 hours of symptom onset if you have conditions that increase your risk for complications. Blood disorders (including sickle cell disease)

Can a flu shot give you the flu?

No, a flu shot cannot cause flu illness. The influenza viruses contained in a flu shot are inactivated (killed), which means they cannot cause infection. Flu vaccine manufacturers kill the viruses used in the vaccine during the process of making vaccine, and batches of flu vaccine are tested to make sure they are safe. In randomized, blinded studies, where some people get flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

Why do some people not feel well after getting the seasonal flu shot?

The most common side effect of seasonal flu shots in adults has been soreness at the spot where the shot was given, which usually lasts less than two days. The soreness is often caused by a person's immune system making protective antibodies to the killed viruses in the vaccine. These antibodies are what allow the body to fight against flu. The needle stick may also cause some soreness at the injection site. According to the Advisory Committee on Immunization Practices (ACIP), rare symptoms include fever, muscle pain, and feelings of discomfort or weakness. If these problems occur, they are very uncommon and usually begin soon after the shot and last 1-2 days.

Seek medical care immediately if you or your children have any of these warning signs: Fast breathing or difficulty breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough, fever with a rash, pain or pressure in the chest or abdomen, sudden dizziness, confusion.

Protect yourself and your family. Stop by the Branch Health Clinic and get IMMUNIZED! ❖

Learn more about the flu at:

<http://www.cdc.gov/flu/about/disease/> and <http://www.med.navy.mil/sites/nmcscd/Pages/flu Vaccines.aspx>



ARTICLE 31(B)

By: *LT Jasmine Scott*

Each time I give training in my office to prospective CDOs, I ask them what is Article 31(b)? We've all seen "Law & Order" and other law enforcement focused tv shows and movies and heard the typical refrain when someone is being arrested, "You have the right to remain silent..." It's usually as the tough cop that just sprinted after the bad guy over several city blocks is removing one hand at a time from the back of the suspect's head and handcuffing them together.

Are these "Miranda" rights the same in the military? The answer to that is a typical lawyer's response, yes and no. As a service member in the military, yes you have the same 5th amendment rights as all citizens in the United States. That being, that you cannot be forced to incriminate yourself. By 5th amendment right I mean from the Bill of Rights that was enacted with the Constitution in 1787. That is what this Miranda warning is designed to do, inform citizens of this right so they don't unintentionally incriminate themselves.

So yes, in the military you also have a 5th amendment right not to incriminate yourself, though it might not always feel that way given the sometimes coercive feel of chain of command questioning. Anyone who has ever been on the receiving end of some chain of command frustration will admit that though they are told answering the question is voluntary it may feel more like a "volun-told" situation.

The Manual for Courts Martial (MCM) and the UCMJ create an intricate and truly fascinating military justice structure; one that affords unprecedented rights and protections to military service members while still ensuring that good order and discipline and military operational readiness are preserved.

The UCMJ (and the MCM) was created by act of Congress in 1950, signed into law by President Harry S. Truman and went into effect in May 1951. In that very first UCMJ is Article 31. From the first time the military codified rules related to court martial and disciplinary proceedings is an article that procedurally ensures members are advised of their 5th amendment rights against self-incrimination.

Article 31 was truly ahead of its time. There was no analog in the civilian criminal system. It wasn't until 1966 in a 5-4 decision did the Supreme Court decide the Miranda v. Arizona case thus codifying Miranda warnings. And where did the Supreme Court turn? They turned to the very first Manual for Courts Martial from 1951. In the decision you will find a footnote referring back to Article 31 of the UCMJ as providing the basis for the Miranda warning.

For those of you keen on the legal intricacies, you will note that Miranda warnings are only required when the accused is being interrogated and is in custody. The definition of those terms has been repeatedly litigated and modified. For example, a witness who is not suspected of a crime would merely be interviewed, not interrogated so no Miranda warnings are given. And a person of interest invited to the police station and free to leave when he pleased would not be in custody for purposes of Miranda.

The primary issue identifying those two requirements is the coercive nature of both interrogation and custody (often shorted to "custodial interrogation"). That's exactly what Article 31 was designed to guard against—the inherently coercive nature of answering questions up the chain of command. Generally, when a military superior asks a question it must be answered and answered truthfully. Questions about a crime sailors are suspect of are separate and different. Questions involving conduct that may incriminate a sailor (and thus potentially violated his 5th amendment rights) do not have to be answered. Remember, you have to choose of your own accord to incriminate yourself—you cannot be forced either physically or constructively into it.

So what's different between Miranda and Article 31? A few things but most notably is that Article 31 requires that anyone who questions someone they suspect of an offense under the UCMJ to notify that person of the offense they suspect them of. Miranda rights do not require law enforcement inform the accused of the crime they suspect. So if you're reading Article 31(b) rights to someone you suspect of a crime, don't watch Law & Order before and expect to be prepared. Look up Article 31 in the UCMJ, Google an Article 31(b) form online and call your friendly JAG! ❖

Restaurant Review

By AM1(AWNAC)Joe Napier

If you were to do a search for this particular restaurant you'd find that the names of two different establishments are so alike that you'd confuse yourself as to which one you were going to. I am talking about the one in Imperial, not the one in Westmoreland.

When Andrew and his family had a chance to buy the Town Pump he had a commitment to make it an alcohol free place of business due to his faith and personal conviction. He found that new location in Imperial at 612 South J St. Around the middle of August the new location was opened and business has been booming. The Town's Pump is alcohol free and that is a huge selling point! This is fine family dining at its best. I have visited the Town's Pump on more than one occasion and I have to say that there is no comparison to any prime rib I've had in the past. I didn't visit for the sole purpose of this article, I genuinely found a place that I love and is completely family friendly. So new was the establishment that when I went the first time the method of payment was cash or check. The second time the contractor was still working on getting them access so they could use charge cards and debit cards. I was still greeted and was told that if they didn't have the card machine up and running we could come back later and pay. What kind of establishment would open themselves up for some stranger to do such a thing? The type in a new location, wants your repeat business, and for you to send all your friends there. Advertisement by word of mouth and hopefully this piece in the Sandpaper will be enough to get you out there and try new things. That night as we ate our dinner the card machine was installed and I paid with the plastic, so for future reference it is all in working order.

I treated my wife to dinner and we were greeted by a five foot statue with the specials on the board. We were promptly seated and our orders were taken once we'd had ample time to study the menu and quite the menu it is! There are specials for the day, more steaks than I can recall and my wife's personal favorite Seafood. I had my personal favorite, Prime Rib, medium rare with a baked potato. There is a choice of a 16oz or the 19oz both equally tender, cooked to perfection with the juices spilling over. My wife had shrimp with scallops also with a baked potato and as usual it was more food than she anticipated, so I had my fair share of her dinner too. With the meals came a choice of soup or salad with your choice of dressing, and for the table as you wait for your order there is a veggie platter with Ranch dressing and bread on a cutting board with creamy butter. Soft music plays in the back ground setting the mood for a quite night out for two without the kids, but if you're so inclined to bring them, it is a great atmosphere for them as well. It was a quiet setting for conversation and the staff, very friendly is attentive enough to serve but not so as to intrude on you. As you may know from other experiences there is a fine line of too much and too little, a delicate balance. I definitely left The Town's Pump satisfied, both in the meal I received, service, and in the price I paid which was less than \$50.00 with tip. ❖



On 26 October 2011 at 1300 SFWPMU or STRIKE as we all call them conducted a "Change of Charge" ceremony. LT Fulmer relieved LT Leetch as the Officer-in-Charge of the largest tenant command at NAF El Centro.

The ceremony was conducted in STRIKE's hangar and attended by friends and family of the two officers. Also in attendance were CAPT Jones, the base's CO and CAPT Hubbard, the Commodore for Strike Fighter Wing Pacific. ❖



By: Kristopher Haugh

Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: The Three Musketeers

Players: Logan Lerman, Matthew Macfadyen, Luke Evans, Ray Stevenson, Orlando Bloom, Mila Jovovich

Genres: Action, Adventure, Romance

Rating: PG-13

Yes, I took my beautiful wife to see The Three Musketeers. Why? Simple, The Three Musketeers was the first book I actually enjoyed reading as a child (some twenty years ago) and for one night I wanted to capture a childhood memory. The previews really enticed me as it seemed that this film would offer loads of action with modern effects. So how did Alex Litvak and Andrew Davies screenplay adaptation of Alexandre Dumas' classic noel *Les Trois Mousquetaires* play out? Read on, you may be surprised (Robert Powell).

Surprisingly the storyline remains somewhat true to that of the novel in that D'Artagnan (Logan Lerman) travels to Paris to become a Musketeer, challenges each musketeer (unknowingly), falls in love and saves the queen. The differences of course are the courses that were taken in accomplishing each task. The opening scene will make our very own SEAL Team Six envious as the original three musketeers Athos (Matthew Macfadyen), Porthos (Ray Stevenson) and Aramis (Luke Evans) with the assistance of Milady de Winter (Mila Jovovich) pull off an inconceivable mission that temporarily leaves the musketeers without rhyme or reason. The youthful exuberance of D'Artagnan combined with the discovery of the Cardinal's deceitful ploy aide in restoring their faith and passion as musketeers.

The action throughout the film is very impressive even for men wearing tights and capes. Additionally, the special effects are worth mentioning as you just don't see flying ships that shoot fire in the 17th century or any other century for that matter. I give credit to the writers and director (Paul Anderson) for having a vision for taking a classic novel and making it visually stimulating. With that being said, I rate this film three anchors out of five. ❖



Movie Title: In Time

Players: Justin Timberlake, Amanda Seyfried, Vincent Kartheiser, Cillian Murphy, Olivia Wilde, Matt Bomer

Genres: Sci-Fi, Thriller

Rating: PG-13

How would you like to stop the aging process at 25? My lovely wife already claims to have but will never reveal the secret to her discovery. So *In Time* is a futuristic sci-fi film whose storyline is based on a civilization genetically engineered to stop aging at 25 years of age; the caveat is that you only have one year to live unless you accumulate time by hook or by crook. So is it worth \$7.50; you'll find out in time.

In this futuristic world time has now become the new currency; the world literally revolves around the distribution of it. Writer/Director Andrew Niccol takes the reality of an underprivileged environment's misery to another level as not having enough time to pay results in the ultimate collection process. Will Salas (Justin Timberlake), a local have-not, is content at living day-to-day until his younger in real life onscreen mother Rachel Salas (Olivia Wilde) runs out of time. Will eventually teams up with Sylvia Weis (Amanda Seyfried) to form a modern day Bonnie and Clyde for the good of the people.

The visual effects of this picture were not that impressive though the props more specifically the *murdered out* (all black) Lincoln Continentals and Dodge Challengers were motivation for my next project car. Aside from the cars there really is not much to credit as the storyline and onscreen depiction left me wanting more as Justin and crew come up a bit short. With that being said, I rate this film two and a half anchors out of five. ❖



WHAT WAS GOING ON...

In November during the 1970's and 1980's - NAFEC Sandpaper

C5 in Successful Test of Minute Man I Missile: The transport capabilities of the new C5 aircraft were tested by the United States Air Force at NAF El Centro.

Congressman Clair Burgener Parachutes from NPTR NULB into the Salton Sea: The Congressman opined that it was the fulfillment of a lifelong ambition and a truly exhilarating feeling!

Mission and History of Coast Guard Explained to Navy League: The Navy League hosted LCDR Ron Elliot at their monthly meeting detailing the importance of the Coast Guard in the defense of the Nation's interests.

ALNAV 071/11

SUBJ: SECNAV VETERANS DAY MESSAGE TO THE FLEET

1. ONCE AGAIN THIS NOVEMBER 11TH, AMERICA WILL CELEBRATE VETERANS DAY BY PAUSING TO HONOR AND THANK ITS MORE THAN 20 MILLION VETERANS AND THEIR FAMILIES FOR THEIR SERVICE, SACRIFICE AND SUPPORT.
2. FIRST OBSERVED IN 1919, COMMEMORATING ARMISTICE DAY AND PERMANENTLY ESTABLISHED IN 1938 BY CONGRESS AS A FEDERAL HOLIDAY, THE PURPOSE OF VETERANS DAY WAS TWOFOLD: TO COMMEMORATE THE END OF WORLD WAR I AND TO ALLOW OUR NATION AN OCCASION TO THANK THOSE WHO SERVED AS SOLDIERS, SAILORS, AIRMEN, MARINES AND COAST GUARDSMEN.
3. THROUGHOUT HISTORY, THE BRAVE MEN AND WOMEN WHO HAVE WORN THE CLOTH OF OUR NATION HAVE DEFENDED AMERICA'S INTERESTS AND IDEALS WHILE ESTABLISHING THE LEGACY OF THE UNITED STATES MILITARY AS THE FINEST MILITARY FORCE IN THE WORLD. WHILE THE CONFLICTS, OPERATIONS AND BATTLES HAVE VARIED, OUR VETERANS SHARE THE SAME PATRIOT SPIRIT, LOVE OF COUNTRY AND WILLINGNESS TO SACRIFICE FOR THE LARGER GOOD THAT SPARKED OUR WAR FOR INDEPENDENCE IN 1775.
4. THIS VETERANS DAY, IN ADDITION TO THANKING THOSE MILITARY MEMBERS WHO HAVE PREVIOUSLY SERVED AND THE FAMILIES WHO HAVE SUPPORTED THEM, I WANT TO EXTEND MY HEARTFELT APPRECIATION TO ALL WHO CURRENTLY SERVE FOR WHAT YOU HAVE DONE AND CONTINUE TO DO FOR THE UNITED STATES. YOUR CONTRIBUTIONS PRESERVE OUR FREEDOMS AND INCREASE SECURITY AROUND THE GLOBE.
5. ON BEHALF OF A GRATEFUL NATION ON VETERANS DAY AND ALWAYS, THANK YOU.
6. RELEASED BY RAY MABUS. SECRETARY OF THE NAVY. ❖



LOCAL HISTORY BY TWO OLD GOATS

As you wander around base and look at some of the decidedly older buildings, have you ever wondered if maybe someone famous had done the same thing? After all, with a history as unique as the one the base has, is it possible that astronauts, aviation legends and even movie stars lived and flew here? The short answer is yes, and here are three examples to prove it. The Old Goats managed to find evidence of three well known personalities who visited here during World War II. Also, thanks to some investigative work by the PAO Michelle Dee, you can see one of the apron slabs by Hangar 7 was poured during "D-Day." Who knew?



Tyrone Power, an R5C copilot, was assigned to VMR-352 and was based at El Centro from October 1944 to January 1945. He took part in the action at Iwo Jima and Okinawa flying supplies and evacuating the wounded.

John Glenn arrived in El Centro on July 4, 1943. He learned how to fly the F4F Wildcat and got quite a bit of gunnery practice in on the local ranges. He and his squadron departed on February 5, 1944 to head towards their next assignment on the Marshall Islands.



Charles Lindberg was not an actual military pilot. However, he did ferry aircraft and instructed pilots in flight operations. In 1943 he visited El Centro and delivered a new version, giving presentations on recent upgrades designed to make landing less problematic.



Until next month keep your eyes wide open, and your hearing at max capacity. You never know when you might be witnessing history in the making. Also, keep a weather eye out for all those signs in the valley; they may point out a nifty bit of news! ❖



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

Phone: (760)339-2601

DEFY Kids Commemorate Red Ribbon Week

By Kristen Wong, Hawaii Marine News

In 1985, Sol Green was a sixth grader, attending school in Guadalajara, Mexico. One day, the principal told the class that her friend, Enrique, would not be returning to school. His father was missing and his family was forced to leave for their own safety.

Twenty-five years later, Green, now a military spouse aboard Joint Base Pearl Harbor-Hickam, came to Marine Corps Base Hawaii for her son's flag football game.

Stopping by the Marine Corps Exchange Marine Mart, she received a pink flyer telling a story about her classmate's father Enrique Camarena Sr., a Drug Enforcement Administration agent who died in the line of duty.

"I was just kind of shocked," Green said. "It's been so many years since I've seen him."

In honor of Red Ribbon Week last Saturday, more than a dozen Drug Education for Youth participants passed out red ribbon pins, dog tags, and other small tokens of remembrance while telling Enrique Camarena Sr.'s story to visitors at the Marine mart.

"You can read something about Enrique, you can talk about Enrique, but it's a new feeling to meet someone who knew Enrique," said Leroy Contee, DEFY and Drug Abuse Resistance Education coordinator at the Military Police Department, who was excited to meet Green. "To be 3,000 miles away and find a group of people you don't know [commemorating someone you know]. That has got to be overwhelming."

Observed annually during October, Red Ribbon Week began in 1986, one year after the kidnapping, torture and murder of the elder Camarena. While working undercover in Chihuahua, Mexico, Camarena helped expose and cease many narcotics operations, which ultimately cost him his life, at the hands of the drug cartels. This month, he is remembered in many places across the nation, including MCB Hawaii.

"It's another side of drugs they don't get to see in school," said Petty Officer 2nd Class Derek Miles, a DEFY mentor. Miles, a DEFY mentor, supported the children as they approached visitors outside the Marine mart.

"You never know the age kids will try a cigarette or be introduced to drugs for the first time," Miles said. "This is a good way to catch them early." Cameron Rowe, a DEFY participant, said she doesn't like that people become addicted to and die from drugs. As she passed out flyers and items for Red Ribbon Week, Rowe thanked passersby for staying drug free. "I think a lot of people understand that drugs can harm you," Rowe said.

In 1993, the Secretary of the Navy's Drug Demand Reduction Task Force began pilot DEFY programs, and now hosts programs nationwide and worldwide to Department of Defense dependents ages 9 to 12. According to the Navy Personnel Command website, DEFY described this particular age range as "at risk to become involved in substance abuse, gangs and crime."

Red Ribbon Week is more significant and special for Green, now that she knows it's in honor of her classmate's father. To this day, she does not know her friend's whereabouts, though she and her classmates still think about him. Although Red Ribbon Week commemorates a solemn occasion, for Green, it also helps bring back good memories of an old friend. "It would have been great to keep in touch," Green said. ❖

For more information about Red Ribbon Week, visit http://www.justice.gov/dea/ongoing/redribbon_factsheet.html.



NAF El Centro's Desert Eagle Squadron

Base Program Coordinator: AC2 Nick Sanchez

E-Mail: Nicholas.a.sanchez@navy.mil

Phone 760-339-2601



AVIATION DAY IMPRESSES SEA CADETS

By AC2 Sanchez

Aviation Day marked a milestone for the Desert Eagle Sea Cadets Squadron. Many cadets witnessed Color Guard for the first time, and were exposed to the recruiting process and functions of the chain of command. In addition to aircraft rides and tours, the cadets furthered their knowledge of aviation with an ever expanding catalog of aircraft.

Often demonstrating enthusiastic knowledge, they confidently carried on conversations with pilots, crewmembers and military members alike. Their efforts in recruiting will increase their numbers and spread the popularity of the Sea Cadet program and its benefits to Imperial Valley youth.

Their upcoming uniform inspection and drill will teach military dress, customs and tradition. We look forward to a successful inspection and increased attendance. We are actively seeking an E4 or E5 Instructor and liaison to assist in facilitation of Monthly drills. ❖

OFF BASE & INTO THE COMMUNITY

By AM1(AW/NAC) Joe Napier

It may not be a day at the beach but with the fun you will have who will care. For the purpose of this article I went on a mini-tour of the city's parks to give you a quick glimpse of what is off base and out there for your free entertainment. I only took a quick look at the parks and while in some of them there isn't much to look at, this article is for you to take one person's curiosity and develop it a little more to fit your purposes. I visited all of these parks on the same day in succession for the baseline, kind of like an experiment. I visited all the town parks on the map, except for the golf course because if you're a golfer that is why you'll go there. There were a couple of parks that there really was no reason to have them on the map yet! There is one on the map called Lotus Park and one at Clark and Manuel Ortiz (no name) and they are at the present time just empty lots. There may be future plans for those areas, but as of yet they are bare.

For this and any future articles I write about Off base and into the Community you will be able to of course look on websites of whatever your curiosity might be. If you are eager for camping or mountain biking, you will probably do a quick search via your favorite search engine. I do that too! Mostly to disprove misnomers and popular belief that there is nothing to do here! In future editions I hope to change your opinion about that! My other and favorite resource is a map of El Centro/Imperial/Calexico that you can find and is pretty cheap. I found mine at K-mart, and if they have not replenished the stock you can find it on the web by searching for 'The Thomas Guide' for about \$5.00, a great investment! Much easier than getting lost, having bad directions, a poorly sketched map, or driving onto a street that you thought would lead you to somewhere, but leads you only to a dead end. I've done all of those!

The first and probably the best park in town was Bucklin Park. The play ground equipment is fairly new and mostly plastic, as was most of the equipment in all the parks so you don't have to worry about too many splinters and I won't repeat myself on that topic. There are plenty of restrooms. There is a lot of space for gatherings that you might have for a club, birthday party, or church gathering under shade structures with BBQ grills. There are a lot of trees to relax under, great walking paths and a pond with a couple fountains. The pond also has ducks to feed. The water is not all that clear, but you can't swim there anyway!

Stark Field Park has a couple of baseball fields so if you're out to just hit the ball around or play a little catch this is a pretty nice park. There are limited shade structures and grills, so if you're planning an event, this is not the place to hold it. The playground equipment is limited, but for a small group of kids it would work great.

Gomez Park is kind of hidden and you can't see it from the street because it is behind the firehouse. The parking is on the opposite side as the playground equipment so if you go there, be ready for a little hike and there is not much in the way of playground equipment and BBQ grills so this is another small and limited gathering place.

Mcgee Park was being used for kid's football, so at the time I went there it was busy at least on the field. The playground equipment looked really new and there were different sections for varying ages of kids.

Adams Park is a long strip of land with streets cutting through a couple of sections, so watch the kids if you use this park. It is also next to a busy highway 86. There are only a couple of shade structures and I did not notice any grills, but there was an event going on, so rather than intrude I just took notice of what I could. There is no parking lot, you have to park along the street.

Swarthout Park was the second best park in my pick of parks. There are baseball and, soccer fields, basketball hoops and playground equipment. Plenty of shade structures with grills, restrooms, and lots of parking! This park was not being used and is a little further out and harder to get to but definitely worth going to!

Fraiser Field only had baseball fields, but has plenty of parking.

Carlos Aguilar Park was a little small and looks a little rundown. The facilities are limited and there are few shade structures and grills. The playground equipment looks good and there is a baseball field, soccer field, and basketball hoops.

Debbie Pitman Park was completely locked up and for you to gain entry to this one you'll have to request permission and file an application. For those details go to www.cityofelcentro.org then click on departments to get to parks and recreation. There you will find the other contact details. Also at many of the parks were signs that say no alcohol without permit. This is something else to contemplate prior to your event.

Leeper park and Wildflower park look like they are solely for Soccer because all that is on the field are soccer goals, but they could be used as just run and play areas for the kids to burn some energy, but there are no facilities.

Sunflower Park was also quite busy with soccer going on. There are also two baseball fields, lots of space and parking. Due to how busy it was I did not get a look at the facilities and I did not see shade structures and grills. If they are there they are limited. ❖



THE music CRATIC

By: AOAN Hammond

With an album that plays like a concept album and listens like a child, Coldplay is back again with *Mylo Xyloto* (which, by the way, has absolutely no meaning in any language. I know; I checked. The band's 5th album sounds like the Beatles listening to America in 2011. While I am not usually a Coldplay fan, I find the lead singer's voice to be ridiculously annoying... I listened to this from start to finish with no desire to skip songs. My favorite track "Major Minus" opens with folk rock chords and powers through with light sprinkles of heavy electric guitars and bongos.

I found myself impressed with the band's ability to pull me into their world with the lyrics like "We got one eye watching you, and one eye on what to do. So be careful who it is you're talking to." Other highlights include the first single "Every Teardrop is a Waterfall" with its Techno feel and hard bass line. The militant beat that powers "Hurts Like Heaven" is a piece of bubblegum all-purpose inspirational rock that never gets too sappy even with Martin's happily unhappy proclamations ("You use your heart as a weapon/ And it hurts like heaven").

Chris Martin's usually annoying voice paints a beautiful picture throughout this album. Lots of older fans are disappointed, as previous fans usually are by the 5th album. My only opinion of them has been that of a famous line from an even more famous movie (*The Forty Year-Old Virgin*). Coldplay has managed to leave me mildly impressed and a little bit disappointed with myself for not giving them a chance in the first place. I'm not ready to attend Coldplay concert by any means. But, I am ready to take another listen to *Mylo Xyloto*. ❖



INSIDE

A GAME REVIEW BY MA2 SHAWN PRIESTLEY



Battle Field 3

If you want to know anything about the single-player campaign of Battlefield 3, then you came to the wrong place. Since its release on 25 October, 10's of thousands of gamers have flooded EA on line's servers for a chance to wage war in one of the largest and most versatile arenas to ever grace our respective screens.

Although the console is plagued with frequent technical problems, which can frustrate even the most patient of saints, the fun factor for any fan of FPS game play more than makes up for it. Whether choosing the assault classes to heal and revive comrades, going engineer for repairing or doing damage to any vehicle on the map, using the support class to drop ammo or playing recon to snipe and reveal enemies on the map, there is a class for everyone to enjoy. There are two main modes to play besides the obvious team death match.

In the Rush mode, teams take turns attacking and defending bomb sites with a limited number of respawns. If the site is destroyed then the map enlarges and new sites appear. In Conquest game mode both teams vie over set areas of the map in a sort of King of the Hill game style. While some of the maps are smaller with only infantry fighting in close quarter street battles, many of the maps are enormous and require lightly armored vehicles, tanks, helicopters and jets to traverse and fight in.

The Xbox and PS3 graphics are somewhat lacking in comparison to the PC. Also, while the PC allows up to 64 players to battle it out on huge landscapes, the Xbox and ps3 have a cap of 24 players. Since its release, the Xbox360 has seen daily system freezes and game-kicks right in the middle of a session. Despite all its faults, Battlefield 3 still delivers some of the most fun moments I've experienced in online war. ❖

9 out of 10
incoming AA missiles

“Since it came out, 99% of my off time is spent on the battlefield and I wouldn't have it any other way”

- Lag often turns a close call into a suicide by mountain and getting kicked midgame is never fun.
- Hundreds of unlockables not just by level, but with use of weapons and vehicles.
- Never before has teamwork been so necessary to win a match, bring not only you're "A" game...but your friend's as well.

Poll Results

By: PSSN Marques Meráz

We had a three way tie with the responses for this month's poll question. 33% of responders will be leaving the area, 33% will stay here in the valley, and 33% will be using the resources here on base. So wether you are staying local or go out of town for Thanksgiving, The Sandpaper would like to wish everyone a happy and safe holiday with your family. Also, thanks to all of the participants for taking part in this month's Sandpaper poll. ❖

1. Rank/Rate

Civilian	
Seaman/Airman	
Petty Officer	
Khakis	

2. What are your plans for Thanksgiving?

Leaving the area	
Staying Local	
Using On-Base resources	
No Plans	

RECENT EVENTS

IN THE PEARL OF THE DESERT



MAY SANDPAPER POLL:

<http://www.zoomerang.com/Survey/WEB22DQB9H9QXK/>

SANDPAPER CONTACT INFO:

E-MAIL:

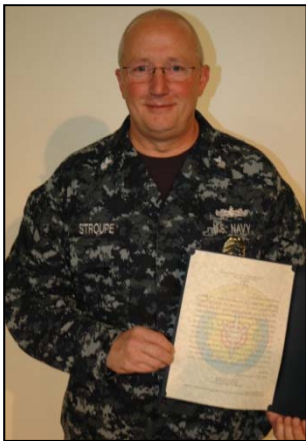
W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL



IN THE SPOTLIGHT



Congratulations to our latest superstars! These Sailors earned recognition for being the best of the best!



Sailor of the Quarter

MA1(SW) Stroupe



Junior Sailor of the Quarter

AO2(AW/SW) Hearsurn



Blue Jacket of the Quarter

MASN Reckmann

A Time For Thanks And Remembrance!

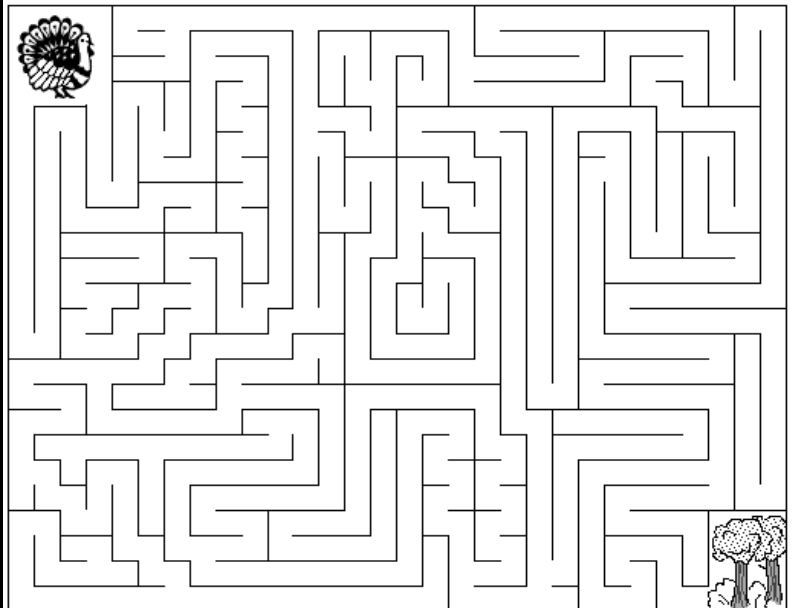
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- FAMILY
- FEAST
- FLAG
- FOOTBALL
- GOBBLE
- HONOR
- HONORGUARD
- MEMORIAL
- PUMPKINPIE
- REMEMBER
- SACRAFICE
- SALUTE
- STUFFING
- THANKSGIVING
- TRADITION
- TURKEY
- VETERAN

SUDOKU

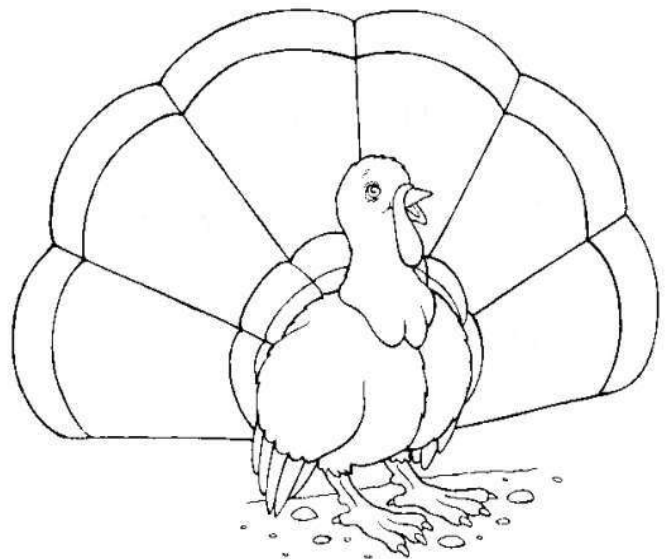
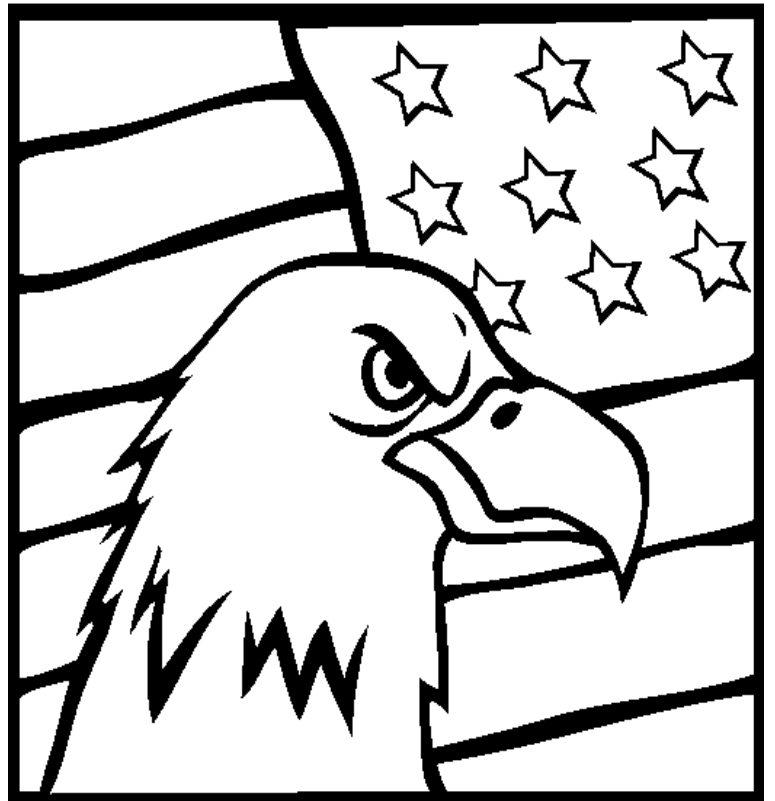
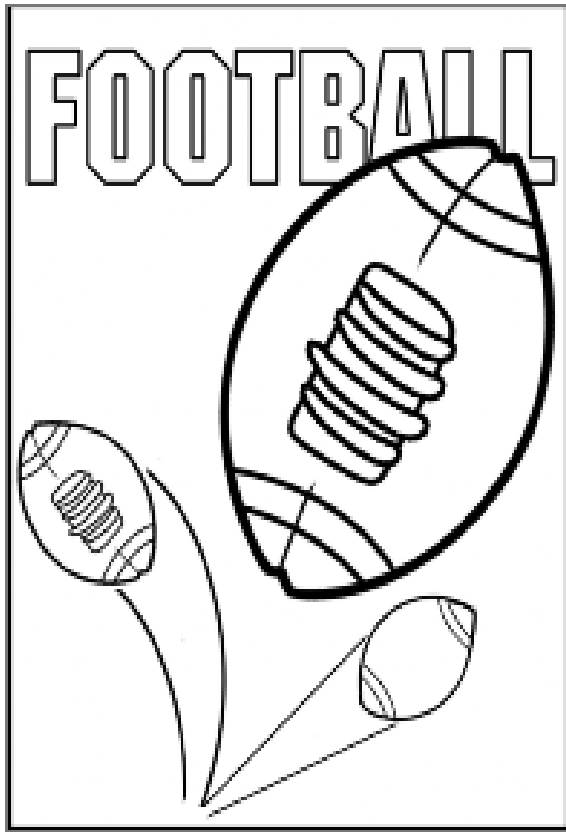
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MAZE



Help the turkey escape into the woods

KID ZONE



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

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

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.

PUT YOUR AD HERE!

CONTACT W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

JOB POSTINGS

Job Title: SECURITY GUARD
Department: Department of the Navy
Agency: Commander, Navy Installations
Job Announcement Number: SW10085-05-544208P5174765

(You can find this job at www.usajobs.com)



MWR Jobs

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

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

Recently Announced: Recreation Assistant @ the Liberty Center! If you have questions contact Joe Conner at Joe.Conner@navy.mil or x2380. GOOD LUCK!

JOB Links for Employment

- 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 ALUTHIQ: <http://www.aluthiq.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/>
- NMCI: <http://h10134.www1.hp.com/services/>
- SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

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DoD: Tuition Assistance Safe for Now

October 29, 2011

American Forces Press Service

WASHINGTON -- Although no changes to the tuition assistance policy will be made in the near term, defense officials stated the tuition assistance program will be considered as part of the holistic review of the military compensation package.

Current policy provides eligible service members up to \$4,500 in tuition assistance. The Defense Department will pay up to \$250 per semester hour for both undergraduate and graduate studies.

"The department, in consultation with the military service departments, is doing a thorough review of all the benefits included in the military compensation package," said Jo Ann Rooney, principal deputy undersecretary of defense, personnel and readiness.

"Our goal is that any announcements about changes to existing policies affecting service members' benefits and compensation will be made after the comprehensive review," she said.

All military services are providing input to the DOD review, officials said. If any changes are made to the tuition assistance policy, they will be instituted in a deliberate, thoughtful manner maintain the integrity of a joint uniform policy for all service members.

Tuition assistance is a popular benefit for military members, particularly in light of the rising costs of post-secondary education courses. However, due to current fiscal constraints, the services consider these costs unsustainable, officials said. Even if adjustments are made to the program, they emphasized that the department will continue to support its members' higher education goals.

"Opportunities for personal and professional growth have long been a part of military life, and the Department of Defense is committed to helping service members pursue civilian education while in uniform," said Robert L. Gordon III, the deputy assistant secretary of defense for military community and family policy.

Among educational offerings at military installations is access to education counselors who provide face-to-face guidance to service members and their families, officials said.

In addition, the Voluntary Education Program portal addresses a full range of educational issues from tuition assistance and financial aid to information on more than 1,800 colleges and universities. The portal may be found at <http://apps.mhf.dod.mil/voled>.

DOD's off-duty, voluntary education programs represent one of the world's largest continuing education programs, officials said. About 300,000 service members enroll in post-secondary courses each year, leading to associate, bachelor's, master's, and doctorate degrees.

Colleges and universities deliver classroom instruction through an extensive network to hundreds of military installations around the world. ❖

Coming Events:

NOV 7-9

Turkey Bowl
Bowling Alley
Starts 1630-2130 (by team appointment)

NOV 10

Veterans Day Hoedown
RV Park (LIVE BAND!)
Starts 1700-2300

NOV 11

Veterans Day

NOV 17

ICW Wrestling
Sports Center (\$2/\$4)
Starts 1800

NOV 18

Dive In Movie (Single Sailor Event)
Small Pool
Starts 1800

NOV 19

Give Parents a Break
CYP
Starts 1800-2200

NOV 19

Yuma Paintball Trip
Liberty Center (\$18)
Starts 0730

NOV 19

Colorado River Balloon Festival
Outdoor Rec (\$3)
Starts 1530-2230

NOV 22

Turkey Trot 5K
Sports Center
Starts 1200

NOV 22

Lifetouch Portraits
CYP (All Hands Welcome)
Starts 0800-1200

NOV 23

Turkey for the Troops
Bldg 4015
Starts 1030

NOV 30

St. Augustine Casino Trip
Outdoor Rec (\$5)
Starts 0800