



Issue 15

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NAF EL CENTRO

# SANDPAPER



## MCPON Visits the Pearl of the Desert

*By Kristopher Haugh*

MCPON West, the twelfth Master Chief Petty Officer of the Navy, visited NAFEC on 9 November 2011. He is the first MCPON to visit the base in its recorded history. West met with Command leadership for a few minutes before addressing 200 Sailors and civilians during an all hands call.

West opened up the hour long session with a personal anecdote about communication. He then spent the majority of the time answering the questions from the crowd. From the tone of the questions, we are most interested in hear how the Navy currently supports Sailors and their families, the reasons for and impact of the Enlisted Retention Board, Perform to Serve, the Physical Fitness Assessment and local BAH disparity.

Sailors also offered up suggestions on how the Navy might improve the PFA through an incentive program. This brought a big smile to the MCPON's face as he mentioned some of the details of a similar programmed that he had just offered up to the Chief of Naval Operations.

He mentioned that he was asked by MCPON 6, William Plackett recently what his two biggest problems were, and West quickly answered "people and money." These same issues were of concern to Plackett as well and "...will probably still be a concern for the MCPON100 years from now."

West also elaborated on how personnel management and tight budgets are the biggest issues facing our sister services as well.

MCPON finished up the hour with another anecdote about surviving "those bad days at work." Needless to say, the phrase "shiny apples" has become the new buzzword on base and already seen on many of our Sailor's Facebook posts.

LS3 Sarah Candito and MASN Jordan Reckmann fired up the crowd for a huge final MCPON HOORAH.

Afterwards, West visited the CYP, did a windshield tour of the base and met with the Chiefs for a working lunch.

Across the board, everyone on base was impressed with the message the MCPON had and a better understanding of the issues facing all of us today. ❖



## Inside This Issue

- 02 CO Column
- 03 CMC Corner
- 03 Service Records
- 04 CCC Matters
- 05 Chapel News
- 06 Desert Beat
- 07 OPS/Safety
- 08 NAVFAC
- 09 JAG
- 10 Joe's Smack Talk
- 11 CYP/MWR
- 12 NMCDET El Centro
- 13 Navy Doc
- 14 Clinic News
- 15 Food Review/Helping
- 16 Movie Reviews
- 17 History
- 18 Volunteer Groups
- 19 Geek Box
- 20 Inside.../Poll Results
- 21 Music Crate
- 22 Off-Base Into Town
- 23 Recent Events
- 24 Spotlight on...
- 25 Puzzles
- 26 Kids Zone
- 27 Classifieds
- 28 Thrift Store
- 29 Coming Events/Info



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

# COMMANDING OFFICER



As the year winds down and the Holidays are upon us, I want to thank you for your superb contributions to the mission of NAF El Centro during this past year.

Because of your talents, dedication, and day in and day out commitment throughout 2011, NAF El Centro has had an extremely successful year and has contributed significantly to the readiness of our operating forces and coalition forces during a time of war. You should be very proud of what you have accomplished and should understand that each of you plays an important role in making the United States Navy the most powerful Navy in the history of the world.

Please enjoy the Holiday Season and take some well-earned time to safely celebrate, in your traditional way, with your family and friends.

Thank you again for all that you do. Merry Christmas and Happy New Year! ❖

-CO

## Transition Benefits: Veterans Job Bank Links Employers Directly To Separating Sailors

*(NAVY NEWS SERVICE 15 NOV 11) ... Navy Personnel Command Public Affairs*

MILLINGTON, Tenn. -- Sailors transitioning from the Navy seeking to begin a second career can access an online job bank geared to connect veterans with employers who desire the skills veterans bring to the work force.

The Veterans Job Bank provides a central resource that allows veterans to access jobs available specifically for them, according to the site.

The job bank is available at <https://www.nationalresourcedirectory.gov/jobSearch> and is part of the National Resource Directory website. The website enables veterans to search a variety of job boards, corporate employment sites, and social media platforms with one click. Sailors and veterans can search for jobs based on location and keyword, or by rating or officer designator to find jobs more closely aligned with their skills and abilities. The site also provides a way for employers to target veterans by enabling employers to "tag" job postings for specifically for former service members.

Currently, the Veterans Job Bank contains more than 500,000 open job listings, a number that is expected to continue to grow as more employers and companies tag job postings on their own websites and add them to the job bank.

The Defense, Labor and Veterans Affairs departments created the National Resource Directory located at <http://www.nationalresourcedirectory.gov/> to link wounded warriors, service members, veterans, their families and caregivers to nationwide resources that support recovery, rehabilitation and community reintegration.

The directory also contains information on a broad range of topics, including benefits and compensation, education and training, employment, caregiver support, health, housing, and transportation and travel.

A video on how to use the Veterans Job Bank from the White House's Joining Forces blog can be found at <http://www.whitehouse.gov/blog/2011/11/07/how-use-veterans-job-bank>.

Sailors may also access the site and learn about additional transition assistance from Navy Personnel Command's Transition Information Web Page available at [www.npc.navy.mil/boards/ERB/Pages/TransitionInfo.aspx](http://www.npc.navy.mil/boards/ERB/Pages/TransitionInfo.aspx). ❖

# COMMAND MASTER CHIEF



Team NAF El Centro,

During the Thanksgiving holiday I traveled to a nearby Marine Corps base to pick up a family member who is training there before a deployment to Afghanistan. He had only a few hours to spend with our family around the dinner table before he had to return on that same day, but I am continually reminded that the holiday season is rarely a holiday for the men and women who also wear the uniform of our nation.

Some of our service members will sit down to a hot meal on Christmas, yet thousands of others will be in harm's way on a lonely outpost or on patrol. If you plan to remain in the Valley because of an inability to travel to be with your own family, I want to remind you that your shipmates at NAF El Centro are your family too. Reach out and support one another. The community has also extended its hand to active-duty personnel, opening their homes and sharing their traditions and celebrations on Christmas Day with you. If you would like to participate in the community's "Adopt-A-Sailor" program, please contact me so that we might connect you with a family that appreciates your service and wants to include you.



The ERB Phase I and II results have been published. The good news is that we had 23 Sailors advance! The not-so-good news is that all the results were not as good as we hoped. The PTS results are being released monthly and the harsh reality is that some personnel will not be retained for service. It is human nature to worry about "what if" scenarios. Despite this uncertainty, each of us has a shared responsibility to continue to perform our duties and remain focused on our mission.

We are still looking for volunteers to help out within the fenceline of Our Base. There are several projects on the drawing board to improve the appearance of the Base – we need your help in order to complete them prior to the March 2012 air show deadline. Please let me know how you would like to help. The difference we make today will be how history remembers our time on duty at NAF El Centro for years to come.

I want to wish you and your families a warm and Merry Christmas...and may the joy and blessings of the season, continue with you throughout the new coming year. ❖

CMC

## ELECTRONIC SERVICE RECORDS

### IS MY RECORD UP TO DATE?

By MC3Andrea Perez, Navy Personnel Command Public Affairs Office

MILLINGTON, Tenn. With the announcement of the Fiscal Year 2013 E-7 selection board cycle Nov. 17, leadership reminds Sailors it is their responsibility to ensure their Official Military Personal File (OMPF) is up to date.

"It's up to the Sailor to make sure that their service records are correct and not missing anything," said Jim Giger, head of Records Management Policy Branch (PERS-313), Navy Personnel Command (NPC). "If a Sailor finds something is wrong, they should take steps to correct it as soon as possible."

Sailors should not confuse their OMPF with the Electronic Service Record (ESR). They are two separate records with differing functions.

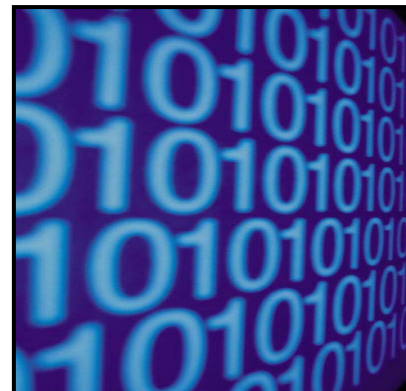
The ESR is an online version of the old field service record maintained at the command level. Information entered into the ESR is used to update corporate data, create documents for the OMPF, and provide up-to-date human resource information to a Sailor's local command when the OMPF is not available. It's not a permanent record like the OMPF. Also, when a Sailor is transferred or separated, temporary information is purged from their ESR.

Sailors can review and update their personal emergency contact information and other service record items in their ESR self-service account through the Navy Standard Integrated Personnel System (NSIPS) website at <https://nsips.nmci.navy.mil>. Sailors afloat can access their ESR self-service account through the ship's NSIPS server.

If information is considered permanent, the personnel office or personnel support detachment (PSD) will verify, print, sign and send required documents to the OMPF to be retained permanently, said Giger.

The OMPF is the record reviewed by selection boards and is also used to manage a service member's assignments, training, advancement and separation.

**Continued on page 3**





# Why Advancement Matters...

By NC1(AW/SW) Marc Jones

It's that time of year again and advancement results are on the street. Congratulations to all personnel that were selected for advancement. Hopefully, we all strive to get that coveted promotion. Each Sailor has their own reasons for advancement such as the bigger paychecks, the increase in responsibility, or the personal pride of achieving a goal. But what about those reasons that are intangible and not widely known?

For those that want to make the Navy a career or simply re-enlist one more time, advancement is a requirement. We have all heard of the program, Perform to Serve (PTS). PTS gives you the necessary permission to reenlist or extend your contract. One thing a lot of people don't know is that rank is the first thing they look at when they stack you against your peers for that PTS quota. A First Class will get the PTS quota before a Second Class. If you are an individual that wants to stay Navy then advancement is a big part of your ability to make that happen. If you haven't made the decision to remain on active duty then strive to make your next rank anyway. It will increase your chances at a PTS quota, thereby giving you the option to stay.

Another benefit of getting promoted is that it increases your chances of being able to retire, and the higher the paygrade, the larger the retainer checks. What am I talking about? High year tenure (HYT) sets certain enlistment milestones you cannot pass without advancing to the next rank. You can retire as a First Class Petty Officer at 20 years. Continuing to promote extends the length of time you can stay in, up to 30 years. At 30 years in the Navy, you would retire with 75% of your base pay for the rest of your life. A large portion of the fleet joined at 18 and would then retire at 48 with a huge retirement.

Making rank does not just affect your pay and responsibility; it affects the length of your career. If making the decision to continue your naval service is even an option on the table, then it is in your best interests to try and advance to the highest rank you can. This means studying and being the best Sailor you can be! ❖



In the last issue, we erroneously reported that John Glenn and his squadron departed MCAS El Centro on February 5, 1444. Seeing as Naval aviation began in 1911 that might have been a little hard to do. The correct year is 1944. 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:**  
SMALL, JASON F. AT1

**Bails:**  
ISIORDIARAMIREZ, KENA ADAN  
MOORE, JOURDAN R. MA2  
COLLIER, CEDRICK K. AO2  
DOYLE, DENISE N. AT3



### REENLISTMENTS

AEAN CABATBAT, RONALDO S.



## The Wellspring - Chapel News

**Luke: Lessons in Discipleship.** The Gospel of Luke chronicles the life of Jesus from His birth on the earth to His ascension into heaven. Over the next few months, from Advent to Easter, we will examine the life and ministry of the Messiah as told to us in the book of Luke. From this study we will learn what it truly means to walk in the footsteps of Jesus and follow after Him as one of His disciples. This series will begin Sunday, December 11.



### Chapel Christmas Schedule:

- 18 December @ 1730--Catholic/Protestant Christmas Program
- 24 December (Christmas Eve)
  - Catholic--No Service
  - Protestant @ 1930 (with special music provided by the First Christian Church worship band)
- 25 December (Christmas Day)
  - Catholic—0900
  - Protestant--No Service
- 01 January (New Year's Day)
  - Catholic—1000
  - Protestant--No Service ❖

--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](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

## Duct Tape Faith

I read an article in a recent edition of the San Diego Union-Tribune where a young woman wrote in asking a car repair expert about her leaky brakes on her 2003 Kia Rio. She wanted to know whether she could use duct tape as a temporary fix. The expert's reply was direct—absolutely not!

Duct tape is an amazing product. No toolbox is complete without it. Duct tape can fix a lot of things—the side-view mirror on a car, a hole in the wall, or a pair of worn out shoes. If need be, it could be used to mend a broken arm. It was even used to help rescue astronauts on Apollo 13! But even duct tape has its limits. It can't fix everything.

Similarly, faith cannot fix everything either. It's a common idea today that faith in God could and should fix all of our problems in life. Believing in God means that everything will go well for us. And if things aren't going well, then it might mean we simply need to have more faith. If we increased our faith, then there would be a proportional decrease in the number of disappointments we will experience.

But what we must remember is that, like duct tape, faith was never intended to repair, remedy, or rescue us from every heartache or hardship in life. It was designed for two purposes. First, faith is designed to repair our relationship with God—the biggest problem any of us will ever encounter! All other cares and concerns in this life certainly pale in comparison. Second, faith in God is designed to help us through the remaining trials and tribulations of this life—not necessarily remove them altogether.

So the next time you face a problem in life that your faith in God doesn't allow you to avoid no matter how hard or how much you believe—don't be discouraged. You may be dealing with a case of leaky brakes that your faith in God was never designed to fix in the first place. ❖

--Chaplain Smith



# The Desert Beat

By MASA Thompson

Security would like to give a job well done to all the desert warriors who passed the ASF Academy. It's not easy getting OC spray to the face or completing the many other grueling tasks but we appreciate all the help that ASF personal provides for security and the base. Security would also like to thank all the security officers working the Christmas parade; we hope to see you all out there for the fun and excitement. Be safe and have a Merry Christmas. ❖

## Record (from page 3)

Per NAVADMIN 349/11, the Fiscal Year 2013 E-7 selection board will review the OMPF of all candidates. If documents are missing from a candidate's OMPF, they must submit those documents, along with a cover letter to the selection board president, to be reviewed by the board.

Letters sent to a selection board for consideration will not be added to a service member's OMPF permanently. BUPERSINST 1070.27 outlines all items that should or should not be submitted by officer and enlisted personnel and how to submit those documents.

"The longer a Sailor waits to correct something in their record or add something that is missing, the harder it is for NPC or the Sailor to validate there is an error," said Giger. "If the error is not obvious, the Sailor has to show the personnel office the mistake and provide supporting documentation. If a Sailor waits too long, getting a copy of something like an old evaluation from a reporting senior could be very difficult."

To securely review and print OMPF documents, Sailors can use OMPF-My Record on BUPERS Online (BOL) at <https://www.bol.navy.mil>. The application allows them to view, download and print documents such as Page 13s, performance evaluations, award citations, orders and other service record items. Downloading or saving documents to shared workstations is not recommended though, because OMPF documents contain personally identifiable information that could be compromised in a shared environment.

"We talk to service members every day that don't know what's in their record," said Giger. "Make it a routine to periodically review your record. Every six months, go online and look at your ESR and OMPF, make sure your evaluations are there and see if anything new has been added. When you look at your OMPF and see that a document was electronically submitted from PSD, go into the record to see if it was accepted, because sometimes documents get rejected and you need to make sure they are resubmitted."

After separation, OMPF documents are used primarily to protect the legal and financial rights of the government, veterans, their families and survivors, according to Giger.

"At least a quarter of the requests for records that we get here are from the Department of Labor and the Department of Veterans Affairs looking to see if a prior service member is eligible for some kind of a benefit," said Giger. "If we don't have documents on file in a service member's record, we can't provide them the information they're looking for."

"Sailors also need to keep a hard-copy of everything that affects their career while in the Navy so if they notice an error in their OMPF, they can go to the personnel office or PSD directly and get it fixed," said Giger. "No electronic system is fool-proof and even though we have the ability to recover most corrupt files or images, sometimes we cannot, and obtaining a copy from the Sailor is the only way we can retrieve a copy of a lost image."

If Sailors order a copy of their OMPF on a compact disc (CD) through BOL once new documents are added or their record is updated, the CD becomes outdated. Giger recommends Sailors access their records online via BOL for the most up-to-date service record information, said Giger. ❖

PSC(SW/AW) Arana recommends sailors ordering a compact disk (CD) a couple of weeks before going Fleet Reserve and or separating, at least this way you will have majority of your official record readily available and will not have to resort to contacting Millington after being separated or retired. As we all know it's easier to obtain such information while on active duty. Remember, it takes anywhere between 60-90 days to update your OMPF once documents have been submitted. If you don't see them even though they have been submitted don't assume the board can.

If you have any questions regarding your record can be directed to Customer Service Desk NAF El Centro. "Hooyah" Super Troopers! ❖



# Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
DECEMBER	8	3	937	48
JANUARY	10	1	774	67

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

## ANOTHER FIRST FOR NAFEC - OPS GETS NAVY'S NEWEST TACAN

By Kristopher Haugh

Good things come to those who wait. And sometimes being in the middle of nowhere is a good place to be. This was the case for NAF El Centro and Operations Department specifically when it came to installing the Navy's newest navigational beacon the AN/URN-32 TACAN. TACAN stands for Tactical Air Navigation. It is essentially a radio beacon to help pilots find their way as they fly. Think of it as an electronic signpost. Both military and commercial pilots use these beacons as they fly across country. When a ship is out to sea, it's the TACAN that helps aircraft find their way back to the vessel.

NAFEC was selected as the first shore installation for this new technology. It replaces the AN/URN-25 TACAN which was first delivered back in the 1960's. While much of the systems are the same, miniaturization and new technology makes this a more stable, more



compact and more energy efficient. SPAWAR sent out specifications to several vendors and the winning design has several advantages. First, the replacement parts are plug-and-play. There was no need for new cabinets or cabling. Second, the control interfaces are all touch screen. There are no more clunky dials and switches. This reduced the total install time, including testing, down to just four days.

Several Navy entities will be watching our system carefully as the months go by. Soon, this upgrade will be at every shore facility and there are plans to put it on ships as well. Training curriculum is already in development and the school houses are gearing up to teach the new "guts." Oh, and unless you know where the TACAN shack is...you won't see this shiny new toy. It will be behind closed doors keeping the pilots well informed of where they are. ❖

Out with the old and in with the new!

### MISHAP SUMMARIES (COMPILED FROM THE NAVY SAFETY CENTER)



Welcome to the latest edition of the Summary of Mishaps. Here are the latest episodes from our continuing study of funky things that happen to fine people when they ignore guidance, bend rules, and convince themselves they're immune to the laws of physics and probability. ❖

An E-2 in California, possessing a grand total of zero experience with motorcycles, bought a sport bike from a guy via Craigslist. He then got a buddy (who had taken the motorcycle rider course and who had a motorcycle permit) to accompany him to a parking lot for some "informal training."

The buddy should have known better. Plus he never got to do any training, because before lesson number one could even begin, the E-2 started the motorcycle, put it in first gear, twisted the throttle and released the clutch. The motorcycle leaped forward, which caused the E-2 to twist the throttle even more. The motorcycle dragged him over a couple of curbs and slammed him into a concrete stanchion.

He was unconscious, bleeding from the nose, with broken bones in his cheek and skull, as well as a broken collar bone and elbow, with a motorcycle now worth \$5,300 less, and with a whole bunch of motorcycle experience that he would just have soon done without, thank you very much. ❖

Latest Not-O.K. Corral was in North Carolina, where a hospital corpsman first class accidentally shot himself with his own .45. Five times, the report says, "from his elbow to his thumb." Yes, I am also shaking my head and wondering just how hard it is to take your finger off the trigger.

And in other related news...

Rocket Scientist of the Week is a lance corporal who was out back of his house, shooting a pistol BB gun. He tried to clear the gun, the report said, "and then fired into his hand to see if it was clear."

Well, I guess that's one way to find out. Painful, though, plus you have to call your supervisor and fess up and then go to the hospital to get the BB extracted, since there had been one in the chamber. He was awarded some painkillers and a week of light duty, some of which he could have used shopping for a backyard clearing barrel. ❖



## Celebrate the Holidays by Saving Energy

By Ruth Erro

The holiday season is upon us. Decorative lights and fixtures will certainly be a part of our celebration as we ready our homes, offices and other base areas for the holidays. The Naval Air Facility El Centro's holiday lighting tips strive to achieve a balance of individual desires for decorative lighting with our responsibility to conserve energy and be good stewards of our resources. Please observe the following tips:

Workplace Decorations – Holiday lights may be lit in the interior of workspaces during normal working hours only. Use of non-electrical decorations like garlands, tinsel, ribbons, and wreaths is highly encouraged.

Decorative Lighting – Low wattage, miniature lamp strings are encouraged for all decorative lighting. New Light Emitting Diode (LED) string lights use only a small fraction of the energy required by popular mini-lights, burn cooler and last longer.

The Base Energy Manager offers these additional tips to make your holidays a little more energy efficient.

- If you are purchasing an artificial Christmas tree you would do well to consider a fiber optic model.
- Put your holiday lights on a timer to reduce costs, remove the daily burden of turning them on and off yourself, and prevent leaving them on all night or during daylight hours. Check those outdoor lights at your workplace to be sure they are turned off during the day.
- Though halogen torchiere lamps can get hot enough to roast chestnuts, they are a potential fire hazard and proven energy guzzler. Give yourself an early holiday present this year by trading in your halogen torchiere for a compact fluorescent lamp (CFL) torchiere for a brighter, thriftier, and safer holiday season.

If you're looking for that last stocking stuffer or a major gift, think about energy efficient products. For major gifts, such as computers, televisions, and appliances, look for the Energy Star label, the symbol for energy efficiency. When shopping for the kids, remember there's nothing wrong with gifts that are powered by the mind and imagination rather than batteries or electricity.

Unplug the video games and turn off the millionth broadcast of "It's A Wonderful Life" or sitcom – read your favorite holiday story instead. Your children may appreciate your time and attention, and you will be saving energy in the process.

Make a New Year's Resolution that can actually keep itself! Save 70% in electrical consumption by replacing your incandescent light bulbs with compact fluorescent lights. Do something simple like turn off an unused light and power down computers and printers when not in use. ❖





## How to Protect Yourself While You are Deployed or When you PCS.

By LT Jasmine Scott



Civil court proceedings and getting out of leases can be difficult for active duty service members who regularly deploy and PCS to duty stations in other states and OCONUS. There is legislation passed by Congress designed to protect you from default judgments, capping interest on loans, and termination of leases to name a few. The legislation is known as the Service Members Civil Relief Act, 50 United States Code Appendix Sections 501-593 (SCRA).

If you have a specific question about your individual situation please seek advice from a legal assistance attorney at the Navy Legal Service Office (NLSO). Legal assistance attorneys can be reached at 619-556-1663. This article will touch of three of the most utilized area of the SCRA.

**EARLY TERMINATION OF LEASES:** First and foremost, sailors have to transfer duty stations regularly, state to state and sometimes overseas. Landlords do not always follow the rules laid out in the SCRA. Remember, the SCRA is national legislation that applies to all landlords in the US. In accordance with the law, landlords must release sailors that have valid PCS or separation orders from their leases without charging penalties for early termination of the lease. The requirement on you the service member is to notify your landlord in writing at least 30 days before you need to terminate the lease. To notify your landlord in writing, ensure that you keep a copy of the letter, include a copy of your orders in the letter, and either hand deliver or send the letter via registered mail. Remember too, that separation orders are PCS orders per the SCRA. Some landlords have tried to corral sailors into paying early termination fees because they incorrectly believed separation orders were not covered. Do not let a landlord intimidate you. Seek advice from a legal assistance attorney if you're having an SCRA issue or any other trouble with your landlord. This portion of the Act also provides for the termination of an automobile lease on the occasion of the member receiving PCS orders to an overseas duty location.

**6% CAP ON INTEREST RATES,** Under the SCRA, a service member can secure a maximum of 6% per annum rate of interest on all loans incurred prior to coming onto active duty if military service affects the member's ability to meet the obligation. This can include interest rates on credit cards, mortgages, and even some student loans (federally guaranteed student loans are specifically exempted), to name a few. Typically, this protection will also extend to joint and several obligations incurred by the service member and his or her spouse. For more information and for the specifics of application please contact a legal assistance attorney at the NLSO.

**PROTECTION FROM EVICTION,** A service member leasing a house or apartment, whose rental payment is below a specified amount, may be protected under the SCRA from being evicted for a period of 90 days. The dwelling place must be occupied by either the active duty member or his dependents, and the rent on the premises cannot exceed the annually adjusted ceiling. This ceiling, which began in 2003 as \$2400.00 per month, is adjusted annually in accordance with changes in the Consumer Price Index (CPI). The member must also show that the period of active military service has materially affected his ability to pay rent. If a landlord continues to try to evict the military member or does actually evict the member, he or she can be subject to criminal sanctions such as fines or even imprisonment. ❖

## NAVY CHESS TEAM

Condensed from NAVADMIN336

THE 2012 MILITARY CHESS SEASON IS APPROACHING FAST. IF YOU PLAY CHESS AND ARE INTERESTED IN COMPETING FOR A SPOT ON THE ALL-NAVY CHESS TEAM, MARK YOUR CALENDAR FOR THE FOLLOWING EVENTS:

THE ALL-NAVY CHESS QUALIFIER WILL BE HELD 2-4 MARCH 2012 AT NAS OCEANA IN VIRGINIA BEACH, VA. TWELVE OF THE TOP RATED NAVY CHESS TEAM APPLICANTS WILL BE SELECTED TO COMPETE FOR A SPOT ON THE SIX-MEMBER ALL-NAVY CHESS TEAM. THE ALL-NAVY CHESS TEAM WILL ADVANCE TO THE INTERSERVICE CHESS TOURNAMENT.

THE INTERSERVICE CHESS TOURNAMENT WILL BE HOSTED BY AIR FORCE IN SAN ANTONIO, TX PRIOR TO AUGUST 2012, DATES TBD. THE ALL-NAVY CHESS TEAM WILL COMPETE WITH PLAYERS FROM THE OTHER MILITARY SERVICES FOR A SPOT ON THE SIX-MEMBER INTERSERVICE CHESS TEAM. THE INTERSERVICE CHESS TEAM WILL ADVANCE TO THE NATO CHESS CHAMPIONSHIPS.

THE NATO CHESS CHAMPIONSHIPS WILL BE HELD IN FRANCE IN AUGUST 2012, DATES TBD. THIS IS AN INTERNATIONAL MILITARY COMPETITION.

ACTIVE DUTY NAVY, COAST GUARD AND PUBLIC HEALTH SERVICE PERSONNEL INTERESTED IN COMPETING FOR A SPOT ON THE ALL-NAVY CHESS TEAM MUST SUBMIT AN APPLICATION NLT 27 JANUARY 2012. APPLICANTS MUST MEET THE FOLLOWING ELIGIBILITY REQUIREMENTS: MUST BE ON ACTIVE DUTY WITH THE NAVY, COAST GUARD OR PUBLIC HEALTH SERVICE; MUST BE A U.S. CHESS FEDERATION MEMBER IN GOOD STANDING; MUST HAVE A CURRENT, ESTABLISHED U.S. CHESS FEDERATION RATING, OR BE IN THE PROCESS OF ESTABLISHING RATING; AND MUST OBTAIN COMMAND AUTHORIZATION TO COMPETE IN THE NAVY QUALIFIER, INTERSERVICE AND NATO TOURNAMENTS IF SELECTED TO ADVANCE TO EACH LEVEL OF COMPETITION. ❖



APPLICATION FORMS ARE AVAILABLE ON THE MWR WEBSITE AT [WWW.NAVYMWR.ORG](http://WWW.NAVYMWR.ORG), UNDER CHESS OR BY CONTACTING CNIC FLEET AND FAMILY READINESS RECREATION BRANCH (N923).



# JOE'S SPORTS SMACK TALK

## Flag Football...The Season So Far

### First Game Series-

It's time to wake up to the latest results for the 2011 Captain's Cup Flag Football Season. Some of you are probably waiting to see how brutal my email is going to be. Let me just warn you now. It's not that bad! Let me give you the 411 on the first game. The Old Gladiators AKA Gladitover came out strong this season with a new face calling the signals. Quarterback John Less looked like Tim Tebow. Less ran for about 150 yards and threw 2 passes for about 15 yards. Nothing more or less was needed by John Less. After the OPSO was flagged for steamrolling over an OPS player, he was able to seal the deal by intercepting Quarterback Levi Martinez's pass and taking it 40 yards to the hissee. Can someone please tell Sleepy Willis that he has now lost 4 steps and should have stayed retired? Sleepy Willis wasn't able to wake up fast enough to realize that his skill got up and left a long time ago. Game 2 was pretty boring. The defending champions Weapons had trouble putting the ball in the end zone. They got this 6'4" receiver that resembles Gilbert Arenas, I hope he ain't hiding any guns in his locker. Someone should have done a background check on this dude. Weapon's offense did absolutely nothing. They struggled to get 2 first downs the entire game and CP Ward thought he was Michael Slick. I don't see the Bombers blowing anybody up this year, but themselves. Coach Williams is on the hot seat, if they can't turn it around. MEDWR had two big plays for touchdowns. Anthony Rojas caught two touchdown passes from Joel Dominguez. MEDWR better look for some more plays on Madden because someone will soon pick up that Rojas is the only one who gets the ball. CP Ward got his team on the board by intercepting Dominguez and rumbled down the sideline for a 40 yard touchdown. Bombers need a lot of work, I hope they can get it together. MEDWR used a strategy that the Bombers could not capitalize. MEDWR chose not to rush Quarterback Ward and force him to throw the ball. On a couple plays MEDWR didn't even bother to cover their receivers. CP Ward was determined to run the ball and he did. The Rattlers seem to be the favorites this year, let's see how good they are tonight. ❖

### Second Games Series-

This was another example of some bad football. OPSEC and Fedlaw were both beatdown like they stole something at the candy store. MEDWR and Rattlers scored 34 points against their opponents beating them easily. I was thinking about calling Brett Favre to come to NAF El Centro to hold a clinic on "Just retire when you can't play anymore" Some players may say that they are too young to retire and I will say no you are not! I sure hope that we have some better football next week. In the mean time, I'm trying to get rid of this stomach ache. Fed Law was hog-tied and brutally whipped by the Rattlers. The Rattlers venom penetrated deep into the souls of these Law Dawgs. Rattlers are now wanted. ❖

### Third Game Series-

The Rattlers came on the field last night with belts and pacifiers. The Bombers would get bomb abused all over the entire field. Even though, I didn't get a chance to see all the action in the first half, dang it, I saw enough! Strike opened up a can of "Shut Yo Mouff" on the Bomb Builders. Bombers were set in a deep cover to defense exposing the middle of the field. Quarterback Jeff Brown started salivating when he saw that defense. I happened to read the Sandpaper this morning and read where Weapons is looking for a new coach. I hope Coach Williams can at least get a chance to carry the water for his ex-team. If you were outside last night and were wondering where that smell was coming from, here's the answer. It was the Bombers playing football, they stink really bad. Lysol will not remove the stench. Rattlers are hands down, the most explosive team in the league. They can score the homerun play at any time. Bombers are 0-2 this season and seem to be getting worse by the down. The first half of the second game was so boring that the referees fell asleep. There was as much offense as the Indianapolis Colts are having this season. Oh, by the way, I feel really bad for the Charger Fans, it's going be ok. Now you know what to ask Santa Claus for Christmas (a new team). Back to the second half of the Gladiators game, boring, boring, and boring. It wasn't exciting until the game went into overtime. Quarterback Less was picked off by the smallest guy in El Centro named Nguyen. Then Baby Less picked off Fed Law's Quarterback. We had to go into double overtime, where Quarterback Less ran 20 yard up the middle for a touchdown. The Steamroller (OPSO) caught the winning extra point. Fed Law would answer back with a Quarterback run of their own. Fed Law attempted a 2 point conversion to seal the deal, but was deflected by the Gladiators defense. Gladiators improve to 2-0 this season. Fed Law brought some cheerleaders, but they stopped cheering after they could smell the scent that the Bombers left on the field. ❖

### Fourth Game Series-

I really don't have much to write today. MEDWR and Gladiators squared off last night and it was like a soccer game. Brian Mcalister continues to lead the league in interceptions. Sleepy Willis finally woke up after his hibernation and recorded two sacks. Chaps got his first touchdown of the year as well. Both teams came in fired up but forgot to bring their offense. Javier Guerra got his team on the board with a 12 yard Joel Dominguez pass. The Gladiators would have won the game if the Skipper would have been on the field. All they had to do was kick a 10 yard field goal and the rest would be history. Gladiators also need to hire a coach. MEDWR continues to struggle offensively but are pretty solid on defense. Let's see what will happen next week. ❖

### Fifth Game Series-

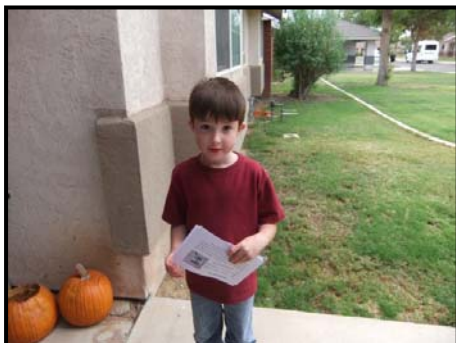
The Gladiators put the Rattlers on the ropes, but just couldn't finish them off. It started with the coin toss, Gladiators won the toss and elected to go on defense. What does that mean? The Rattlers would go on offense and would have their choice in the second half as well. The Gladiators played a cover 2 man defense and they almost pulled it off. Two key passes were dropped and would have made the difference. Quarterback John Less played a phenomenal game. He passed the ball really well. John is finally comfortable in the pocket and can still make plays with his feet when needed to. The Gladiators got 5 sacks from Sleepy Willis and Brian Mcalister continues to add interceptions to his resume. My question is where was that the Rattler Team that has been whipping on everyone? Or do the Gladiators really pack a punch? The second game was really boring. There was absolutely nothing going on in the first half but one interception by Fedlaw. The second half was a little better for both teams. Louisiana native, Quarterback CP Ward connected with Geoff Marshall for a 25 yard strike. Marshall juke a couple of defenders and now he thinks he's Cherry Sanders. I thought that the game was going to go into overtime until CP Ward hooked up on a 65 yard touchdown with Pistol Toting Gilbert Arenas. Bombers pull off an upset against Fed Law. Fed Law has not won any games as of yet, but feel pretty confident as they face MEDWR tomorrow night. ❖

**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...

## Education/Job Fair

November 9, 2011 – 8:30-11am



Derek Jones helps hand out fliers



One Stop – Career Services



Pat Braxton  
Fleet and Family Services



Parents receiving lots of  
information



IVROP, One Stop, CYP and Fleet  
and Family representatives at the  
Job Fair



**Congratulations to the winners of the Bowling Pin  
decorating contest. They were:**  
CO's Choice (1<sup>st</sup> Place): Conor Dee  
XO's Choice (2<sup>nd</sup> Place): The Haugh Family  
CMC's Choice (3<sup>rd</sup> Place): The Rumpke Family

The Small Pool will be under construction starting 05 December 2011 through 03 January 2012. During the construction the Small pool will be unavailable for use. We apologize for any inconvenience this may cause. ❖



### MWR 2011 FAMILY HOLIDAY PARTY

1. THE 2011 FAMILY HOLIDAY PARTY, HOSTED BY NAVAL BASE SAN DIEGO WILL BE HELD ON SATURDAY, 3 DEC FROM 0900 TO 1300 AT THE ADMIRAL ROBINSON BOWLING CENTER ABOARD NAVAL BASE SAN DIEGO.
2. DON'T MISS THIS PARTY! FREE LEGOLAND TICKETS AT SANTA'S VILLAGE, 30 TONS OF SNOW, FREE BOWLING, FREE CARNIVAL RIDES, A FUN ZONE, FACE PAINTERS, HAYRIDES AND MUCH MORE WILL BE PROVIDED. REMEMBER TO BRING YOUR CAMERA TO CAPTURE YOUR PHOTO WITH SANTA. A VARIETY OF FOOD AND BEVERAGE WILL BE AVAILABLE FOR PURCHASE.
3. FOR MORE INFORMATION AND A FULL LIST OF ACTIVITIES, CALL (619) 284-4054. ❖

## Navy Munitions Command Det

By AOAN Tierra Hammond

For the last issue of the year I wanted to highlight our proud history as Ordies. I researched a couple of websites, read A LOT and learned things about my rate that I didn't even know.

The history of Aviation Ordnance is a long & rich one. The Navy's Aviation Ordnance rating began on April 9, 1915 when a Chief Gunners Mate and a Chief Turret Captain, along with several other mechanics, were sent to Pensacola, Florida to work on what would be the beginning of aircraft armament and ordnance systems.

The Navy accepted its first aircraft on August 9, 1911. Early bombing tests were held in January and February of 1913. In March of 1918, the Aviation Ordnance (AVORD) sub-section in the Bureau of Ordnance, became a separate unit. Previously it served as a division of the Surface Gun Mount section. As a separate group, they were given cognizance over the procurement and technical aspects of machine guns, including mounts, sights, fittings and ammunition. Other aviation ordnance items falling within AVORD cognizance in 1918 were larger caliber guns, bombs, bomb racks, bomb sights, pyrotechnic signaling devices, air launched torpedoes, aircraft torpedo launching equipment, and training devices which include miniature practice bombs.

The rate that would eventually become Aviation Ordnance was Gunner's Mate Aviation & it was established in 1918. An act of Congress changed this rating to Gunner's Mate assigned to aviation in 1920. Gunner's Mates who had qualified as aviation armament and munitions technicians, and were attached to an aviation activity, were so identified by appropriate entries in their service records. These Gunner's Mates functioned as the aviation ordnancemen until mid 1926.

The Aviation Ordnanceman rating was established at all four petty officer grades of Chief, First, Second and Third Class on March 2, 1926 as a rating within the Aviation Branch. The Aviation Ordnanceman rating was filled initially from qualified personnel serving primarily with the ratings of Gunner's Mate and Torpedoman (assigned to aviation). The Aviation Ordnanceman specialty mark, a winged flaming spherical shell, was incorporated into Uniform Regulations in January 1927. From then on, the rating went through several sub divisions (like AOU, AOT, and AOF). In 1948, it officially became the rate we all know & love, AO.

Our Marine brothers & sisters share a close history with us as well. And, though it is unclear as to how our motto began exactly, as always IYAOYAS. ❖



## Transition Benefits: Navy Officials Release New Transition Assistance Handbook

By MC3 Class Andrea Perez, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- A new transition assistance handbook was published on the Navy Personnel Command (NPC) command website Nov. 4, to provide Sailors a centralized listing of transition services and benefits available to Sailors leaving the Navy.

The transition assistance handbook, announced in NAVADMIN 332/11, outlines existing and new benefits available to all Sailors as part of the Navy's comprehensive transition support strategy.

Sailors can view/download the handbook online in a portable document format (.pdf) on the Navy Personnel Command (NPC) ERB Web Page at [www.npc.navy.mil/boards/ERB/](http://www.npc.navy.mil/boards/ERB/).

The new handbook acts as a resource guide for Sailors not only affected by the ERB, but also those retiring or transitioning to the Selected Reserve (SELRES) or National Guard.

It includes a list of benefits and services available for eligible transitioning service members, useful websites, and information on counseling services, the transition assistance program (TAP) and the transition assistance management program (TAMP).

Key transition benefits for all transitioning Sailors can be found in the new handbook and include:

- \* Education benefits
- \* Involuntary separation benefits
- \* Government opportunities
- \* Relocation assistance information
- \* Department of Labor and Veteran's Affairs (VA) employment assistance
- \* VA health care and life insurance benefits
- \* Affiliation with the SELRES for those meeting requirements

The handbook also contains a section for Sailors separating as a result of the Enlisted Retention Board. ❖

## MEDICAL CORNER

### What's Up, Navy Doc?

“Overeating: Don't Let the Holidays Weight You  
Down”

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



With the holidays upon us, we find ourselves in this wonderful season of peace and joy. We also find ourselves at many traditional family gatherings, which usually involves being tempted with lots of opportunities to eat and overeat. Of course, we all have to eat to survive; there is nothing wrong with that. Rather, it's when we overeat that we run into problems. On average, people gain anywhere from 5-10 pounds over the holiday season. Don't let this statistic include you. Below are some helpful hints to guide you around and through the maze of temptingly delicious food and drink during this holiday season and hopefully prevent your overeating:

- **Eat *before* the Party.** Many finger foods are high in calories and fat. It is very easy to overeat on these delicious snacks. Often times, you do not realize just how much you end up eating when you are “grazing” on these kinds of foods. However, if you eat *before* you get to the party, you are less likely to overindulge.
- **Pass on the Alcohol.** Did you know that just one glass of eggnog contains about 400 calories? Most alcohol is nothing more than empty calories, having no nutritional value, and these calories can add up quite quickly. After you have had your one glass of wine, try sticking to drinks like sparkling cider, which has much fewer calories. Or better yet, stick to water, which has zero calories. That way, you can make room for the calories in that one piece of your favorite pie.
- **Bring a “safety dish”.** When you are going to someone's house for a party or a meal, you never know exactly what they will have to eat. Bring along a tray with a variety of vegetables with a hummus dip. Did you know that a cup of veggies and a quarter cup of hummus has only 125 calories, about half of the calories contained in just one chicken finger?
- **Choose the “right” foods.** Although they are certainly delicious and tempting, foods such as stuffing, gravy, ham and sausage are all rich in fat and calories. Stick to a variety of vegetables, like cranberries, corn and your favorite green vegetables. This tip also applies to choosing desserts. Did you know that eating just one piece of pecan pie with whipped cream can add as much as 700 calories to your body? A healthy alternative is having a piece of pumpkin pie without the whipped cream topping or ice cream.
- **Eat slowly.** Several medical studies have shown that it takes anywhere from 10-15 minutes or more for the signals from the stomach to get the brain, telling it that you are full and satisfied. By eating slowly, you allow these signals to more timely get to the brain and prevent yourself from overeating and feeling too full.
- **Proportions, proportions, proportions.** It's all about the proportions. Sample a little bit of everything. There is no need to starve yourself. Just be aware of how much you are eating. At a buffet, did you know that if you use the smallest plate possible, you can actually help trick your brain into believing that you are eating more than you really are? Go ahead and have that sliver piece of pie—just avoid eating a large piece or a second piece.

**Moment to Remember:** Don't let the centerpiece of the buffet table become the centerpiece of your holidays. Instead, enjoy this wonderful season of the year by spending time with your family and friends, enjoying their warm company while you socialize, talk about old times and create new memories. Think ... by choosing to leave the overeating and overindulging of food and drink to others who choose not to think. You can have a ton of fun without eating a ton of food. Come the New Year, your waistline will thank you for it! ❖



## 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.

**\*\* A Note from LT Anderson – Department Head  
Branch Medical Clinic \*\***

ALCON,  
There will be some renovations/minor construction beginning this week in the Dental area and the Lab. We're hoping they'll be done by the end of December. However, we then expect some more renovations to begin in the Pharmacy, so it may last until the end of January or so. Services shouldn't be impacted at all. It's more a noise factor.



Chief Bell says:  
"Look-a-here! Better get all your medical readiness up to date before going on holiday leave!"

## “THIS IS SPARTA...ish!!!”

By LS3 Sarah Candito

What man (or wo-man) hasn't wanted to be Leonidas; gut kicking ancient Persian warlords and taking names? Well you may not be able to pull that off in real life, but you can definitely feel capable of it if you finish a SPARTAN RACE, an endurance obstacle race similar to the "Tough Mudder" race, only rumored to be much more extreme.

There are several different levels of racing in which you can attempt to finish without having a coronary: The Spartan Sprint (approximately 3 miles + obstacles), The Super Spartan (approximately 8 miles + obstacles) and finally The Ultra Spartan Beast (tonight you definitely dine in Hell! 10-12 miles of obstacle laden craziness). But wait, like a late night infomercial there's more! Should you survive all three of these grueling races, there is a final challenge: The Spartan Death Race. Only a handful of Ultimate Spartans enter this race, and even fewer actually finish.

This could be your mission, if you choose to accept it. I did. I subjected myself to the Spartan Sprint on November 19<sup>th</sup> in Malibu. No obstacles were known until the day of the race. That is one of the unique aspects of this challenge. A participant does not know what to expect. Will it be fire jumping or barbed wire crawling? You will have to wait until the next article to hear about what my adventure consisted of.

If you are interested in trying this out, there is a Super Spartan race January 20<sup>th</sup> in Temecula in which I am also planning on participating in. The registration fee goes up as the date of the race nears, so it is best to register early. *And* forming a team of at least four, but no ceiling for amount of team members brings the price down and raises your chances of winning for your team. So get a team together for your command; you can amp your PT routine, build camaraderie, and who knows? Maybe you will become the next Ultimate Spartan of NAF El Centro. "Spartans, what is your profession?" Go to [www.spartanrace.com](http://www.spartanrace.com) for more information. ❖



# Restaurant Review

By LS3 Sarah Candito



Recently I was craving some sushi, but didn't have much gas to get to San Diego where the seafood is plentiful. But I just had to satisfy that nagging feeling, so I decided to go to Kotori in El Centro on State Street. Let's just say that hunger did not get what hunger wanted!

I was seated promptly at a small and precariously wobbly table, where I proceeded to wait about ten to fifteen minutes before anybody came to take my drink order or anything. I thought I had been forgotten. Granted, this was at the lunch rush, but Kotori is a small restaurant so I knew I couldn't have been that easily overlooked, and there were plenty of servers working. I was starving at this point, and to make matters worse the single TV in the place was playing "Everyday Italian" on the Food Network. I thought, "Oh dear lord, Giada's cooking gnocci...I may end up gnawing off my own arm!"

Finally a waitress came to me and I ordered my obligatory iced tea, and since I had already had plenty of time to thoroughly peruse the menu I decided to order a Tiger Roll which consists of shrimp, avocado and cucumber on the inside with tuna, avocado, spicy mayo, eel sauce, and crunchy tempura flakes on the outside. It was ten dollars and I ordered it because it was a large roll for the money and had a decent amount of fish. I also ordered a cup of miso soup to tide me over until my roll came. The miso was of course awesome, warm and comforting, but that's not saying much because you'd have to have been lobotomized to mess up miso soup.

As I waited for my sushi I noticed that people who had been sat long after me were getting their food significantly sooner than I was, which was dissatisfying. And I was brought out the weirdest condiment tray I had ever seen consisting of some strange hot sauces, jalapenos, and some pickled carrots which I assumed were spicy also. As someone who worked in an authentic Japanese restaurant before the Navy and served a lot of sushi, I was grossed out, plus I HATE jalapenos or any spicy peppers for that matter. To round out the topsy-turvy nature of the experience, I was asked which I wanted: wasabi or ginger. With no tact at all as I rolled my eyes I replied, "Um...both." I'll admit I could have been a little nicer about that one. Oops!

The Tiger Roll probably should be renamed 'The Fat Housecat Roll.' The roll itself was giant in diameter, but was mostly rice with hardly any shrimp or veggies. The tuna on top was very skimpy as well. Big rolls are alright in certain instances, but when the rice lacks that signature sushi rice taste that it gets from being cooked with rice wine vinegar the way it should be, you're just left feeling jipped. The only thing that wasn't skimmed on was the amount of sauces. The thing was swimming in spicy mayo and eel sauce, and I was an embarrassing hot mess trying to eat it. The eel sauce wasn't even the normal sweet and salty concoction which happens to be one of my favorite sushi ingredients, but more like a barbecue sauce, which was really saddening for me.

Needless to say, I left feeling bloated from too much undercooked rice and even more than that extremely disheartened. If you go to Kotori beware, you will get substandard sushi masked in tureens of crazy sauces in order to appeal to a southwestern palate for the same price as going to a real sushi joint, and the waitress will serve her little boyfriend at the table next to you first, no matter if he came in way later than you. But I'm remaining optimistic, and I am determined to rectify this sushi failure. And so the quest for good sushi continues! ❖



## A Season for Giving Thanks

By Chaplain Smith



The month of November is traditionally a time for giving and for giving thanks, so it is appropriate for us to give thanks for all those who gave their time and energy to volunteer in the community this past month.

**Mini-Rodeo (08 November)** — Seven sailors provided traffic control and assistance to special needs children in Brawley, CA.

**Seeley Elementary School (10 November)**—Sixteen sailors removed old books and furniture from an unused building to make room for a new art center at the school. Volunteers also installed new windows, hung drywall, built and painted tables, etc.

**Niland Food Delivery (16 November)**—Six sailors traveled to Niland to unload and sort food donations for pick up by community members, offering assistance to disabled individuals and to single mothers with children. Over 650 individuals were served.

**Imperial Valley Food Bank/More-4-More (23 November)**—Six sailors, civilian employees, and family members served along others from the community in organizing and packing more than 2000 bags of food for families in need.

**Niland Thanksgiving (24 November)**—Ten sailors, civilian employees, and family members came together to serve a special Thanksgiving meal to more than 400 residents in Niland, Bombay Beach, and the Slabs. ❖

--Chaplain Smith

# Date Night

with ABFC(Ret.) Marc Willis

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

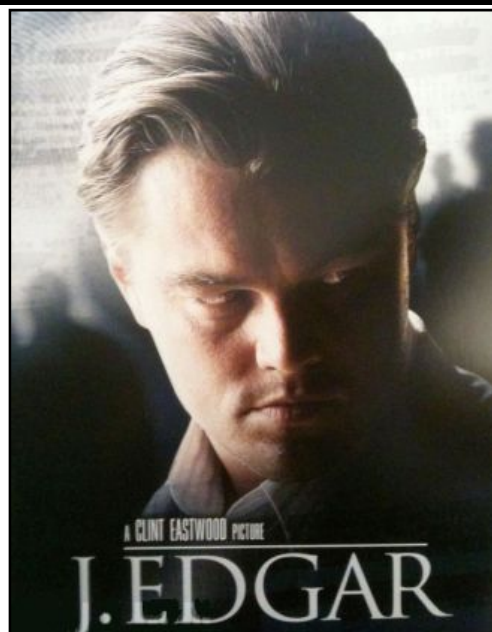


## Movie Title: J. Edgar

Players: Leonardo DiCaprio, Judi Dench, Naomi Watts, Armie Hammer  
 Genres: Biography, Drama

Rating: R

I think it will be safe to assume that most readers of this great paper will be too young (author and spouse included) to really know who J. Edgar Hoover was and what he meant to this great country. Mr. Hoover's contributions to this country while significant did not come without controversy.



Screenwriter Dustin Black entrusts director Clint Eastwood and megastar Leonardo DiCaprio to give his words life.

*J. Edgar* is a biography that covers most the namesake's life but the primary plot focuses on his career in justice from beginning to end. The alternative plot in this movie brings to light the relationships he shares with his mother, Anna Marie Hoover (Judi Dench) partner Clyde Tolson (Armie Hammer) and personal secretary Helen Gandy (Naomi Watts). A dedicated American, at least in his eyes; he is portrayed throughout the film as having the nation's best interest at heart while participating in and/or authorizing questionable tactics.

Separating the film from fact is a must for this review as a lot of its content revolves around speculation. DiCaprio's depiction as Hoover is stimulating though not quite on the level of his role as Howard Hughes. Throughout, he is able to deliver plausible portrayals of both old and young Hoover. All the while, Hammer and Watts are equally believable in their representations as dedicated and loyal servants/associates of J. Edgar Hoover and the Federal Bureau of Investigations. With that being said, I rate this film three anchors out of five. ❖



## Movie Title: Immortals

Players: Henry Cavill, Mickey Rourke, Stephen Dorff, Freida Pinto, Luke Evans  
 Genres: Action, Drama, Fantasy

Rating: R

The wife and I had little to choose from this month and with it coming to a close quick we or rather I chose to view *Immortals*. Now, I must admit that I sort of wanted to see this film in belief that it would turn out to be just as good as *300*. The wife, however, just wanted popcorn. Brothers Charley and Vlas Parlapanides script a tale of Theseus versus King Hyperion that director Tarsem Singh converts to film.

*Immortals* is a story about King Hyperion (Mickey Rourke) and his endless search for the Epirus Bow, a mythical weapon that has the power to release the Titans. Theseus (Henry Cavill) is a young warrior hand-picked and secretly tutored by Zeus (Luke Evans) to defend his people against Hyperion's mob. As simple as that storyline was I believe that more could have been done to present a more attractive tale; there just seemed to be a lack of creativity. Undoubtedly a steadfast focus was given to the blood and guts interspersed throughout which works for some but not all.



For those of you interested only in the blood and guts you will not be disappointed as there was plenty of *gore* to go around. The fighting sequences are just as rousing as *300* but with added *Matrix* like effects such as slow motion and acrobatics. These additions bring the intensity up a notch and make the scenes noteworthy. Beyond the noteworthy clashes *Immortals* is deficient and lacks substance. With that being said, I rate this film two anchors out of five. ❖





## WHAT WAS GOING ON...

In September during the 1970's - NAFEC Sandpaper

December 1979: Royal Air Force jump in El Centro's Bucklin Park. The aircraft that was utilized for the jump was a C-130 but it was later rescheduled due to mechanical issues with the aircraft.

December 1974: NAF El Centro Handles 18,064 Aircraft Operations. This number was a record for the base's Operations Department and double the monthly average.

December 1974: Former 'Nam' Copter Gunner now is a Moto Cross Racer. ADJ-1 Robert W. Joslin participated in the first amphibious landing in Viet-Nam in 1965. He was a plane captain as well as a machine gunner with Helicopter Combat Squadron One.



## LOCAL HISTORY BY TWO OLD GOATS

The Two Old Goats have been busy trying to find some more of the notable personalities that have served in some capacity onboard NAF El Centro or one of its many predecessors. They found one that is very appropriate to this month seeing as we just frocked several new Third Class Petty Officers. Who is this person and what was his greatest achievement? It is RADM Herbert Spencer Matthews, Jr. and he considered his promotion to AMM3c or Aviation Mechanics Mate Third Class as it was known in World War II to be the greatest one of his career. Some of his other accomplishments include:

He was the first Naval Aviation Pilot (NAP) to be promoted to flag rank in the Navy.

He won a state high school typing contest with a lightning fast 120 wpm on a manual typewriter!

At Enlisted Flight Training school conducted at the University of Georgia he graduated first in his class of 540 other students and was promoted to Naval Aviation Pilot First Class (AP1c) on August 15, 1942. Two weeks later he was promoted to Ensign. WOW!

During his operational training he received a Navy Commendation for being the first student to complete the celestial navigation course with the perfect grade of 4.0.

In 1951-2, he attended the Naval Postgraduate School, General Line Course where he graduated first in his class of 505 naval officers. In 1955 and 1956 he was "Top Gun" at the Fleet Air Gunnery Unit (FAGU), El Centro, CA. His squadron VA-76, was in Air Group ONE on the first deployment of the Navy's first "Supercarrier", USS Forrestal (CVA-59).

During his 33 years of service the Admiral, while enlisted, was a plane captain on 10 different aircraft. As a pilot he flew 17 different aircraft.

Not bad for a man who started out as a Yeoman striker...

You know how those Old Goats keep telling you to keep your eyes and ears out for history in the making? Well another notable personality to recently pass through El Centro, besides MCPON West was Captain Wales of the British Army. He came here as part of Exercise Crimson Eagle 11B, training in the AH-64D Apache helicopter. ❖





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

Program Manager: AC2(AW/SW)Amber Huskey  
 Email: [amber.huskey@navy.mil](mailto:amber.huskey@navy.mil)  
 Phone: (760)339-2601

**NAF El Centro's Desert Eagle Squadron**



Base Program Coordinator: AC2 Nick Sanchez  
 E-Mail: [Nicholas.a.sanchez@navy.mil](mailto:Nicholas.a.sanchez@navy.mil)  
 Phone 760-339-2601



# A Volunteer Opportunity

*By LS3 Sarah Canditio*

Right around the corner from base, on Drew Rd. past the freeway is a great volunteer opportunity for both animal and kid enthusiasts alike. BMB Boarding/Animals Plus is a business run by Marsha Boutwell and her family and is always in need of able hands. This is especially true of her therapeutic riding program, Animals Plus. The program caters to disabled people (mostly children, but some adults) in the Imperial Valley area whose goal is to gain mobility, sensory calm and even communication skills through the sport of horseback riding. Volunteers can do anything from grooming and tacking horses, to helping the riders by leading and side walking, or for the more "equine challenged" there are always chores around the barn like oiling saddles and organizing helmets and boots. Ms. Boutwell runs Animals Plus every Saturday from 8AM-12PM, with some make-up sessions on odd days throughout the week. If you are interested in volunteering you can call her at (760) 996-4666. ❖



## Turkey bowl!!!!

*By Kristopher Haugh*

One of the best things we can say about the men and women, military and civilians, on base is their generosity. During the Feds Feeds Families Food Drive of the summer, we completely blew away the other bases in per capita donations. Tapping into that strength, the Commanding Officer, Captain Devon Jones, came up with an idea to combine two of NAFEC's favorite pastimes; charity and bowling. Throughout the base, 27 teams signed up to donate \$1080.00 that would go to the Imperial Valley Food Bank. The goal was to see what team could score the most pins. That means handicaps were out, and sheer determination, skill, luck and maybe a little use of the Force was in order.

The real winner in all of this was the Food Bank. However, the team with the most pins was lead by Karen Larsen, Joe Larsen, Gary Pavao and Marty Pavao. They racked up an impressive 1945 pins among them. Be on the lookout for the challenge and then next way we can help our neighbors. After all, as the Chaplain says "The Navy is a Global Force for Good, and that starts in our own backyard." ❖





# The Geek Box

**Building a Computer: A Multipart Series** *By A02 Ryan Heeney*

## Step Three: The Build

**\*\*WARNING: This is merely an informative article, it is not all-inclusive and should only be used as a reference when online guides are not available (they have pictures).\*\***

Now that all of the parts you ordered have been received, its time to get down to business. First thing first you need to make sure you save all your receipts, it is not uncommon to receive a part that is faulty from the manufacturer (or you ordered the wrong part or you broke it or...). Note that a lot of online computer stores will not keep a receipt for you more than a couple days; be sure to save an online copy when you get a chance. Return procedures are usually fairly simple, unfortunately in most cases you have to pay shipping in order to return it and some cases a restocking fee.

One thing you need to do before you handle any electronic components is to make sure you're grounded. Many components are extremely sensitive to electrostatic shock. This can be simply accomplished by purchasing a grounding strap and connecting it to something such as the center screw of an outlet or an exposed pipe. It's recommended to have a grounding strap but if you don't have one you can always touch both hands to a metal part on your case and try not to move around a lot, especially if you're on carpet (buy a grounding strap).

It's not absolutely necessary but you should install your CPU, heat sink and RAM before you install the motherboard. You will have more room to work with, but make sure you do not place the motherboard on something conductive; the box or anti-static bag it came in works great.

When installing the CPU make sure it is aligned correctly, do not force it, it should slide right into place. Try not to touch anything but the sides as the oils on your skin can cause heating issues, If you do touch the heat spreader (flat part on top) don't sweat it, all you need is 99% rubbing alcohol, wipe it down with a lint free cloth then spray off the leftover water with air in a can. After it is in place, use the lever to secure it, connect the power cord to the motherboard (labeled CPU fan) and have your heat sink ready.

In most cases when buying a processor it will come with a heat sink, depending on the manufacturer it will come with thermal film or a paste that you must apply. Make sure you have the instructions handy for installation as it will vary depending on your brand of processor.

After your heat sink it's time to install your RAM. Grasping each corner firmly press your first stick into the slot labeled "one". You may have to press harder than you may imagine to ensuring the RAM is seated properly. You can verify this by listening for two loud clicks as the locking arms secure it in place. If you have more than one stick, press them into the slots consecutively following the initial.

Your motherboard may be ready to install but your case is not. First off you need to remove the left side door and retrieve the baggie full of goodies (lots of screws) and instructions. If you have a more expensive or unique case, you should review the instructions for anything that may need to be set up in addition to a typical build.

First install the I/O faceplate for the back connectors, again press it in and listen for the click. Next you will have to install the standoffs, in most cases they are a brass colored screw with a male and female end. Set the motherboard aligned with the faceplate into the case, aligning the holes in the motherboard with the holes in the case. Remember where the holes are and install the standoffs; it is very important you do not install them into the wrong holes as they can ground out the motherboard and down your rig. Grab the corresponding screws and slightly tighten them, make sure you **DO NOT** over tighten; this too can damage your motherboard. Remember that rectangle paper weight you left in the box? You know the thing that reads "motherboard manual", don't be "that guy that wishes he did" and thoroughly read it as you will be referencing it throughout the rest of your build (now is a good time to check for jumpers that may need to be set on your motherboard).

Next is your power supply, make sure to position your case so that you cannot drop it onto the motherboard (chances are power supply shaped holes aren't covered by the return policy). The side with the switch faces out; slide it into place and secure from the outside. Refer to the motherboard manual and attach all applicable connectors to your board.

There will be several wires coming from your case that need to be attached to the motherboard. Don't worry it's much less complicated than it looks, they are all labeled as well as the motherboard. The labels on the motherboard may be difficult to read, reference the manual again and put them in their place.

The video card is a fairly easy installation. Remove the PCI slot shield on the back of the case, opening a spot for the card. The Video card is a special PCI device as it will click into its slot (ensure the locking arm is completely flush with the card after the click); secure with a screw. Newer video cards may require a connection to the power supply and some of the more expensive cards may require more than one. For all other PCI cards simply slide into place and secure. (If your motherboard has an onboard video card and you are installing an additional card, you will have to disable the onboard card in the BIOS.)

**Continued on page 27**

# THE music CRATE

By AOAN Tierra Hammond

Florence & The Machine (I've had quite a time trying to figure out exactly who The Machine is.), is a band consisting of English musician Florence Welch and a collaboration of other artists who provide backing music for her voice. The Machine part in the name comes from Flo's collaboration with another artist by the stage name of Isabella Machine. *Ceremonials* is the band's (or Florence's) second studio album. If you like indie pop/folk/rock, I reviewed this album for you especially.

When I first heard "That's What the Water Gave Me" I fell in love. I fell in love with the imagery of her words, the theatrics in the music and the ever climbing dramatics of the song as a whole. It literally pulls you in and seduces you into listening. The album's second single "Shake It Out" offers more theatrics, an organ, & a chorus of voices that encourage you to do just shake it out, whatever it is. Another piece of music gold, "Only If for a Night" is haunting & rhythmic with great lyrics and an even better sound. "Lover to Lover" is for all of you who appreciate 70's soul, & tambourines. The song "No Light, No Light" has a striking lyric in it that we can all appreciate here in the desert, "*I never knew daylight could be so violent*".

Be careful not to skip a single song when you buy the album. Notice I said when, not if. This is in my top 5 for 2011. I could honestly go on all day about the gems this album includes. This is my third review for The Sandpaper & I've never been so impressed.

If you're a music nerd like me & someone who soaks up all things British music, because American music is getting more than disappointing, you will note the striking similarities in Florence & The Machine's style & that of another English singer, Bat For Lashes. *Ceremonials* is heaven recorded. Instead of just looking these songs up on YouTube, I stopped mid-review & bought it on iTunes. You should do the same. I rate this album 9 out of 10, easily. ❖



# INSIDE...

A GAME REVIEW BY KRISTOPHER HAUGH

## STAR WARS THE OLD REPUBLIC

The wait is almost over for some of you. On December 20, 2011 the newest MMO (Massively Multiplayer Online) game hits the stands...Star Wars: The Old Republic. This game was developed by BioWare and LucasArts and features a storyline that occurs thousands of years before the familiar characters we know today: Darth Vader, Stormtroopers, and those dirty stinky Rebels Han, Luke and Leia. You chose either the Republic or Imperial side and from there you get to choose one of several classes. Republic players have Jedi, Trooper and Smuggler characters available to them while the Imperials have Sith, Bounty Hunters and Agents.

Race is limited as are the customization options of your toon. Does this sound a little like something you might have played before? It should. BioWare was famous for its rich graphics and incredible story telling in Knights of the Old Republic I and II. In TOR the storylines are just as compelling and the graphics are not too shabby either. However, I found during the Beta Testing that it looked a bit cartoonish. Also, the game is story line driven. It is not a sandbox MMO. This is great if you are a casual gamer, you will have tons of content that you can solo.

There are instances geared for groups and of course PvP or Player versus Player zones. The game is open world and you can wander around at your leisure. Unlike the previous Star Wars MMO, Star Wars Galaxies there is limited crafting and almost no social character skills outside of a few emotes. Several other Beta testers likened it to a Star Wars skinned WoW clone. Perhaps it is. However, there are two items which may really pique a gamer's interest; you get a companion and voice acting.

Yes, I said voice acting. Every main NPC, your companion and you has a voice and it really brings the storylines to life. Dialog is all spoken and well-choreographed. I am also impressed with the companion. Each class has its own and they were put into the game to complement your skills. Ranged players get tanks, Tanks get healers, etc. This makes it easier for the casual player to navigate the game. But the quests get harder over time so there is still no guarantee that you are going to live through an encounter.

Guilds are possible in the game so there will still be all of the social interaction some players, like me, crave. There will be an in game voice chat or you can use others like Ventrillo. Oh, and did I mention at a relatively early part of the game you get your own ship which becomes the focal point of your adventures.

Will I play this game when it comes out? The answer is yes. Why? Because I have a great number of friends in the guild scattered around the world whom I like to hang out with, and this is the only Star Wars MMO for now. Will I play it long term? I just do not know at this stage. I found the controls easy and the learning curve shallow. However, the game seems too scripted for my taste and I really have no desire to re-roll a toon at end game just to experience a different facet. We will see.

Also, I am a bit skeptical about a game that has garnered over 90 awards before it has been publicly released. This seems a little presumptuous, kind of like giving Obama the Noble Peace Prize. I am not saying he didn't earn it or this game isn't that great, I just think we need to see what the masses think once it has been run through the ringer for a while. With a lot of the MMO's going Free to Play this one may follow suit. I expect it will be \$15 a month though. There are currently three pricing options for the pre-order with exclusive items that really turn sweet at the highest level.

I am still on the fence about this one, but that has a lot to do with the demise of Galaxies. MMO gamers should give it a try; I really do think there is a little something-something for everyone. I'll be on Shadow Hand with the Serenity Valley Ninjas. Catch us if you can....❖




To visit the games official website and get more detailed information head over to [www.swtor.com](http://www.swtor.com)

## Poll Results




By: PSSN Marques Meráz

Of the 82 personnel that responded to the poll question, we see that 18% are bumping up their spending this season while about 35% are spending about the same as last year. However the majority of responders are spending less than they did last year. The Sandpaper would like to wish everyone a very happy holiday season.❖

### 1. Rank/Rate

Civilian		42	52%
Seaman/Airman		6	8%
Petty Officer		19	24%
Khakis		13	16%
Total		80	100%

### 2. How much do you plan on spending for the holiday season this year?

More than last year		15	18%
About the same as last year		29	35%
Less than last year		38	46%
Total		82	100%

# OFF BASE & INTO THE COMMUNITY

By AM1(AW/NAC) Joe Napier

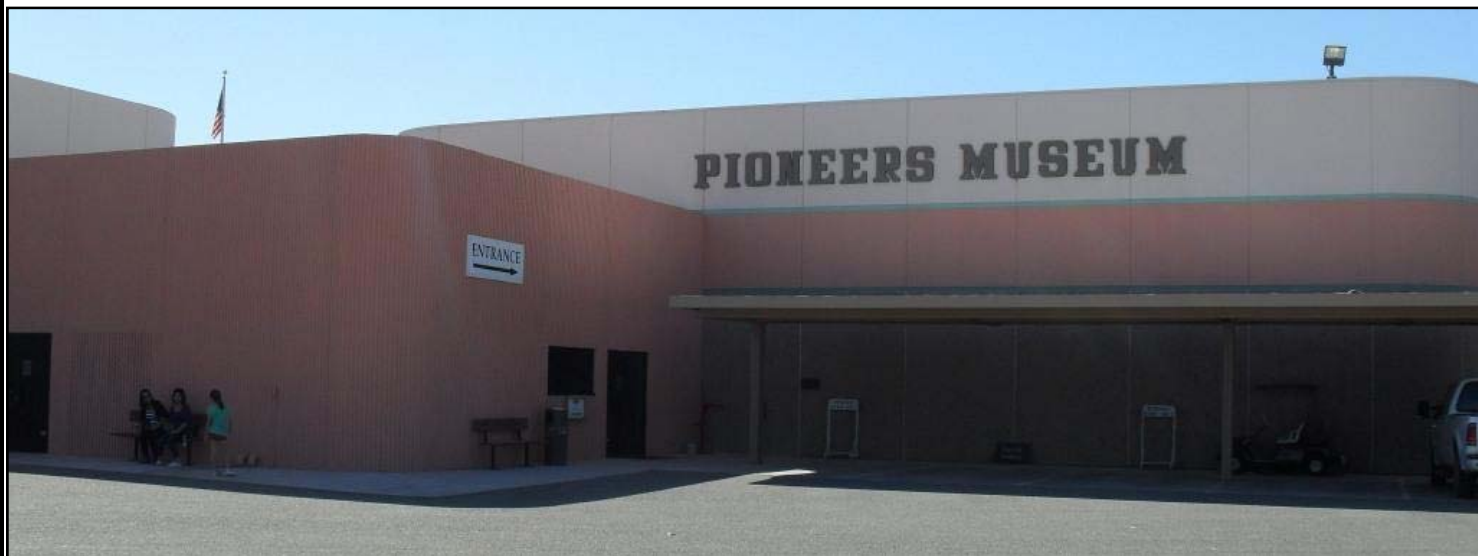
If you turn to the History Channel you'll see a commercial that says: "History, Made every day!" So true that History is such a broad topic that to get to the specifics of what interests you, you will have to sift through what doesn't. That won't make it any less important just specific to your interests. By visiting the Pioneers Museum you might just find something that interests you and would intrigue your curiosity to learn more. I personally found such a topic that I hope to write about extensively in a future issue, so stay tuned!

The Pioneers Museum is a complex that houses artifacts from the local area. The idea of the museum was actually discussed as early as 1910 because the people of the time understood that history is made every day and that there would be a need to preserve what was present day for future generations. Here we are, the future from then, and the past of tomorrow. How are we going to preserve what we have, and better yet how are we going to show that to our children. History is a subject that is difficult to write about due to the details involved and one's own perspective verses another. Anything in particular might turn you off to the idea, but the broadness might intrigue you to investigate and look for specific things that interest you. There are particular items that I could go on and on about, but the concept of this article is to make you inquisitive and want to dive into history for yourself because if you walk into the door I guarantee you, there will be something that speaks to you. One of my favorite interests in the museum was the antique furniture. I think I gained that appreciation from my Grandmother who had the best old rocking chair. I'd sit there for what seemed like hours and rock.

The museum is open on the weekends but not on major holidays and is closed in the summer, so if you want to put off the trip there won't be a lot of time. For military members the price of admission is half price, only \$3 to take a look at history! Something to provoke thought? Pay homage to those that have gone before us in the military section. Look at the many agricultural exhibits and gain an overall appreciation for how hard life used to be looking at the tools that at the time were state of the art.

The museum is solely dependent on the local community. It gains no state or federal funds. All of the exhibits in the museum are coordinated and displayed by volunteers. Most notable are the many ethnicities that have had a hand in settling the region. This particular section is made up of one entire floor of a wing with at least fourteen different exhibits. That is cultural diversity! The public is invited to the Holiday Tour Around the World which takes place Saturday, 03 December.

There was also an extraordinary Veterans Day event called the Sunset Retreat. There really aren't words to describe the event that has taken place for the last ten plus years. It is something you have to experience. Participants included the Border Patrol Color Guard, as well as the rifle team firing off a 21 gun salute. Eleven cannons fired off shots echoing through the night. It was a time of remembrance for those that have gone before us. Notable recognition should go to the gentlemen from WWI and WWII. Who will fill the shoes of those that even after their time of service, continue to serve in a capacity that remembers those that serve or have served? How many of us will join the VFW, The American Legion, or The Daughters of the Revolution. Even with age that befalls us all, will we be the Master of Ceremonies or a participant in a ceremony laden with military strategies, military honor, military planning, and volunteerism. Someone will have to 'roger up' to those duties, otherwise the tradition will fade away!



# RECENT EVENTS

## IN THE PEARL OF THE DESERT



The base's newest static is delivered for refurbishment!



MWR waiting for the winner of the First Turkey Bowl!



Start of the Annual Turkey Trot 5K!



The Brits loading a helicopter and supplies in an Antonov



NAFEC Sunrise!



Arts and crafts at the CYP!

**DECEMBER SANDPAPER POLL:**

[http://www.zoomerang.com/  
Survey/WEB22DW476SN39](http://www.zoomerang.com/Survey/WEB22DW476SN39)

**SANDPAPER CONTACT INFO:**

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



# IN THE SPOTLIGHT



Congratulations to our newest Petty Officers! BZ on your hard earned and well deserved promotion!



AT3 Denise Doyle  
 AC3 Steven Hill  
 AT3 Michael James  
 AO3 Quintravius Johnson  
 MA3 Emily Kunis  
 MA3 Levi Martinez  
 PS3 Marques Meraz  
 AM3 Alex Nunez  
 AE3 Jason Rico  
 AE3 Matthew Russel  
 AM3 Mary Witte



AD2 Richard Bartalis  
 AT2 Stephen Carpenter  
 AC2 Matthew Consunji  
 HM2 Edruzzel Ducut  
 MA2 Nicholas Ludwig  
 AM2 Laura Rinehart  
 YN2 Jacob Rojas  
 AT2 Reggie Romero  
 AD2 Joshua Tinker

CONGRATULATIONS TO THE  
 SAILORS OF THE YEAR:



NAFEC:

AO1(SW/AW) Ivory Coachman

STRIKE:

YN1(SW/AW ) Kenneth Haffey





# Christmas In The Desert

Q T G C Z Y O V E D E J S A A  
 Z R F H D R T G K E E M T D N  
 H A A A E W G S R O I K N V G  
 J D T T M N E T O S Q N E E E  
 T I P N O I E R T R T E S N L  
 S T N G E N L L U H F A E T V  
 A I C G I M E Y A D H T R I B  
 E O O P L T A P S T O Y P J L  
 F N A A O E A N O E Y L U D E  
 E S L E U R B Y R L V F P Z S  
 L C J M T I S E L O L L Q H N  
 X N T Y C A R O L E R S E C I  
 S T H G I L H T R L H S L Y T  
 A T N A S Q L Y V G S Z O N T  
 D M A N G E R S N O W K C X K

- ADVENT
- ANGEL
- BIRTHDAY
- CAROLERS
- COAL
- EGGNOG
- ELVES
- FAMILY
- FEAST
- FROSTY
- HOLLY
- JINGLEBELLS
- LIGHTS
- MANGER
- MISTLETOE
- ORNAMENT
- PARTY
- PINETREE
- PRESENTS
- RUDOLPH
- SANTA
- SNOW
- STAR
- TINSEL
- TOYS
- TRADITIONS

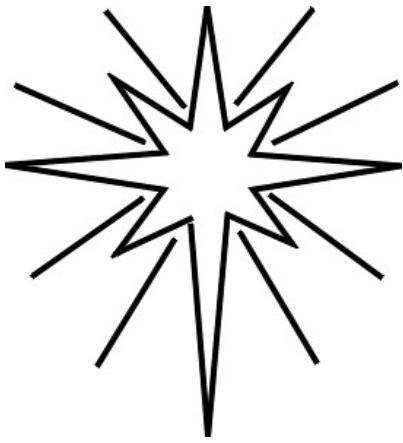
## SUDOKU

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

## MAZE



# KID ZONE



**FOR SALE**

**CLASSIFIEDS**

**WANTED**

FURNITURE FOR SALE!! Two 5' bookcases (1 black, 1 Brown) - \$15 Each; Large Blue Sofa \$75; Tansu - "Antiqued look" - \$100, sink \$30, 2x Toilets \$20 ea. Call Kris at 760-791-0197.

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

**The USS MIDWAY Museum is looking for a volunteer assistant for the Aircraft Maintenance/Air Wing Director.**

The primary responsibility of this position is supervising and directing the volunteer staff with on-going maintenance for the 27 aircraft on display at the Museum. The applicant must have leadership skills and aircraft maintenance and restoration background.

Knowledge of Navy and Marine Corps aircraft corrosion control procedures and aircraft safety are significant pluses. Please ask any of your membership interested in volunteering for this assignment at the Midway Museum to contact me for more information.

Laurie Switzer, Director, Volunteer Programs [lswitzer@midway.org](mailto:lswitzer@midway.org)

CRIB FOR SALE!! White crib that converts to day bed. Manufactured by Pali in Italy. Has storage compartment underneath, adjustable height, very solid construction. Just \$200! Call Dante or Toni at 760-355-4766



**PUT YOUR AD HERE!**

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

**JOB POSTINGS**

Navy Lodge room attendant: Part- time position \$9.40 Step 1  
Anyone interested may pick up an application at NEX customer service.



**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](http://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](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: Recreation Aide** If you have questions contact Joe Conner at [Joe.Conner@navy.mil](mailto:Joe.Conner@navy.mil) or x2380. 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 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.mwrtoady.com/>  
NMCI: <http://h10134.www1.hp.com/services/>

## Computers from page 19

Next up are your drives (HDD/SSD and optical), refer to your case's instructions as this can widely vary from case to case. Once they are secured connect them to the power supply. You should not be using IDE in this era but if you are, make sure you set the jumpers, master and slave respectively (main/secondary). For SATA and SATA2 drives simply connect the cord from the drive to the motherboard. Now your optical drives will come with a cord that will need to be connected to your motherboard or sound card; reference the instructions if necessary. (If your motherboard has an onboard sound card and you are installing an additional card, you will have to disable the onboard card in the BIOS.)

Double check everything and make sure you have your power supply switch in the ON position. Connect all of your peripherals, plug into a power strip, hit the power button and pray that a tiny little condensing explosion didn't just go off inside your case. If you make it past the splash screen, Congratulations! You have successfully built your own computer! Yes you may now pat yourself on back. However, it is a very real possibility (especially if this is your first build) that it may not start up on the first go. One way to look at this situation and one of the main reasons you chose to build a computer is now you are capable of fixing it! Yay! (Not like you have a choice at this point.)

There are many, many different things that can cause your computer to not boot. I will only be referencing a few. At the very least first time builders should have a tech savvy buddy within phone's reach, if not, a nearby computer for troubleshooting purposes would be sufficient. If you hit the power button and nothing happens, hopefully user error is to blame otherwise you may have a bad power supply or motherboard on your hands. You will immediately know if any of the component directly attached to your motherboard are bad or improperly installed. If this is the case you will hear a series of beeps coming from your cases speaker. Count the number of beeps and reference your motherboards user manual. In all cases troubleshooting is much easier when you have spare parts to swap out. This can be very frustrating for someone who is on their first build. This is where the tech savvy friend comes in. If you're lucky they will have a similar build to yours and will be able to swap parts, or at the very least offer some help based on their experiences. If not Google it, Google fixes everything.

Now that you've seen how simple it can be to build your own computer, I hope that you'll give it a shot. You'll have a computer that you understand completely, also easily upgradable. You can save money, and it's a lot of fun too. So the next time you need a new computer, consider building it yourself! I'm still taking help requests at [ryan.heeney@navy.mil](mailto:ryan.heeney@navy.mil) and for those weekend emergencies I am available at [Heeney@gmail.com](mailto:Heeney@gmail.com). Good luck! ❖

# The Thrift Store...a Hidden Treasure

*By MASN Jordan Reckmann*

I'm willing to bet that quite a few people onboard NAF El Centro do not know that there is a thrift store located right across from 214. I was one of those people until just a few days ago. This establishment is run by Mrs. Jones, Mrs. Benavidez, Mrs. Johnson, and Mrs. Lopez with oversight provided by the CMC and the CPO Mess. They are open Tuesdays and Thursdays from 0900 until 1200 but they are extending their hours due to the holiday season. If you are wondering if the money stays locally or not, the correct answer is a resounding LOCAL. The money that is collected is used to support Sailors and their needs. One example of this is the Navy Ball.

Donating items to the thrift shop is always encouraged. If you would like to donate all you need to do is place your items in the convenient drop box right outside of the shop; however the store does not accept mattresses and underwear. Large bulky items such as furniture can be placed next to the building. Military uniforms are also very appreciated but removing the name badges, insignia and rank would be very helpful to the staff.

The shop is also looking for motivated volunteers to help with their day to day operations. If interested please call the Command Master Chief at (760) 339-2437. They could also use donations of transparent tape, safety pins and rubber bands. Come by and check out this fantastic little store and who knows what hidden treasures you might find? They have everything: CD's, toys, clothing, electronics, furniture, books, games, snowshoes, appliances, knick-knacks, dishes, pictures...well you get the point. The best part is that the inventory is always changing. I just picked up a TV for my barracks room for \$5.00. Sure it is not brand new, but it works, and is perfect for my small room. ❖



# Am I Hydrated? Urine Color Chart

## HELPFUL NUMBERS

Chaplain's Office--760-339-2290  
Chaplain (after hours)--847-714-3743  
Drug and Alcohol Advisor--760-339-2603  
Medical Emergency Room--911  
NAFEC Medical--619-804-1037 (COD)/619-804-1520 (POOW)  
Fleet and Family Services--1-800-273-8255  
Suicide and Crisis Center Hotline--1-800-342-9647

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## Coming Events:

**DEC 02**  
*NAFEC Christmas Parade*  
B Street  
Starts 1800-2100

**DEC 03**  
*City of El Centro Christmas Parade*

**DEC 09**  
*City of Imperial Christmas parade*

**DEC 10**  
*Winter Wonderland*  
CYP  
Starts 1200-1500

**DEC 15**  
*Barbara Worth Jr. High Career Fair*

**DEC 17**  
*Yuma Christmas Walking Trip*  
Outdoor Adventure (\$6.00)  
Starts 0800

**DEC 17**  
*Give Parents a Break Night*  
CYO  
Starts 0800-1200

**DEC 28**  
*Golden Acorn Trip*  
Outdoor Adventure (\$6.00)  
Starts 0800

