



Issue 17

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NAF EL CENTRO

SANDPAPER



New Club on Base Promotes Safe Sport Motorcycle Riding

By Kristopher Haugh

In calendar year 2011, in the southwest region alone, there were eight active duty Sailor deaths and one serious injury accident related to one specific cause. The serious injury happened to a Sailor stationed onboard NAF EL CENTRO. The base Command Master Chief, CMDCM(AW/SW) Ted Gallinat said, "it's a deadly menace and it didn't have to happen." The deadly menace Gallinat referred to is one that is preventable or at least manageable: motorcycle mishaps. "All nine of these incidents have one thing in common, the Sailors had taken the Basic Motorcycle Class and were waiting on the Sport Motorcycle Class, yet they chose to ride their sport bikes without the training anyway. Now eight of them will never get the chance to attend that course," the CMC added with a somber tone.

Education, training, and hands-on experience are tools the Navy uses to develop skill sets in Sailors. AO1(AW) Chad Irvin and MA2(AW) Jacob Dunlap have implemented a plan to try and minimize accidents; a sport motorcycle safety club called The Pearl of the Desert Riders. Their goal is to reduce the number of mishaps by increasing awareness. "Too many Sailors and Marines are having mishaps because they don't have the right training or experience" Irvin said. "We want to change that."

The club is open to any motorcycle enthusiast, but specifically targets sport motorcycle riders. From beginners to advanced riders, the club offers a venue for like minded people to participate safely in riding the highways and byways of the Imperial Valley. Prior to the rides, the club will conduct a motorcycle safety inspection. They will verify each member's proof of insurance, driver's license, basic rider's course certificate.

The club will meet every third Friday of the month starting March 16, 2011 at 0800 in the NEX parking lot. After completing the muster and inspection, the ride will commence. If a person does not have the proper documents or is lacking the correct Personal Protective Equipment (PPE) they will not be able to go with the group. However, "we will guide you in the right direction and help you get the things you need for the next ride" said Irvin. "Promoting basic riding skills such as braking, turning, body position, and throttle control will be key points to every meeting" Irvin added.

During the next safety standdown the club officers will give base personnel more info and instructions. In the meantime, AO1(AW) Irvin may be contacted at 760-339-6011 or visited at building 517. According to Irvin and Dunlap, "even experienced riders can gain information from other riders. So no one is too good to turn out. Let's get the word out and be safe." ❖



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WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER



This is perhaps our busiest time of the year, as we support a full complement of squadron detachments, the Blue Angels, prepare for the March exam cycle, and head down the backstretch towards our annual air show on 10 March.

Our air show is an all-hands event and provides the opportunity to demonstrate to the public the outstanding jobs you all do every day. It is intended to showcase the best of Naval Aviation, the best of the Navy and the best of the United States military. It is important that we work as one team and again execute a superb, public-friendly and safe event as we have every year and as I have no doubt we will again this year.

We continue to make Base improvement strides as we paint buildings, paint static aircraft, replace old signs, and renovate the Galley and the Sundowner Club. We will continue to improve our Base and your quality of life throughout the year.

The site visit on 11 January by our new Navy Region Southwest Commander, Rear Admiral Smith, went very well. He was very impressed by you, your performance and how we presented the Base. He is completely supportive of all that we are doing here. Thank you for the hard work and preparation that went into that successful and productive visit.

Again, thank you for the great job you are all doing and keep performing at the high level that is the NAF El Centro standard. ❖

Navy to Increase Drug Screening Panel

By Kristopher Haugh

Soon, the Department of Defense (DOD) will expand the capabilities of their drug testing labs to screen for some of the more commonly abused prescription drugs. The DOD understands that these potent pain management medications can alleviate suffering from injuries, however, they are potentially highly addictive and their use outside of medical supervision places you and our shipmates at risk.

Service members who are using prescription drugs that have not been prescribed or given by their health care provider are encouraged to voluntarily seek medical treatment and rehabilitation in a military medical treatment facility on a self-referral basis prior to the initiation of testing for these substances. Don't wait.

DOD and Navy policies state that persons who do not self-refer for treatment and subsequently test positive for the drugs for which they do not have a valid prescription may be considered in violation of the UCMJ for drug misuse/abuse.

Prescription medications are inappropriately used when they are taken outside of their intended purpose, beyond their prescribed dates, in excess of the prescribed dosing regimen, or when a service member uses another individual's prescription drugs.



Service personnel seeking substance use counseling can talk to their doctor, chain of command, or self-refer to the Drug and Alcohol Program Adviser (DAPA). Furthermore, Military Onesource has contracted civilian counselors that provide confidential assessment and counseling to military personnel and their families. This resource can be contacted at 1-800-342-9647, or through the web at WWW.MILITARYONESOURCE.COM/MOS/ABOUT/COUNSELINGSERVICES.ASPX.

A good rule of thumb to keep it simple: If the medication is not annotated in your medical or dental record don't take it. ❖

COMMAND MASTER CHIEF



Team NAF El Centro,

Are you ready for some football? The “unofficial” American holiday we all know as the Super Bowl XLVI is on Sunday. This year the New England Patriots will go head-to-head with the New York Giants. I’m expecting a great game, and I know you are too. For as much as I will enjoy watching the game, I really look forward to the creative and entertaining commercials. No matter how you plan to celebrate this year’s Super Bowl, I encourage you include a designated driver as part of your plan and *Don’t Drink and Drive*.

With the distraction of the football season nearly over and behind us, you’ll want to refocus and make certain you’re prepared for the upcoming rating exams for all Petty Officer pay grades in the first three weeks of March. If you’re like me, you’ve been watching the daily Blue Angels flight practices. As the Blue Angels prepare to make their public debut, All Hands need to be making preparation to host our Air Show on 9-10 March. This year’s theme is the War of 1812.

You have probably noticed there a several base self improvement project now in progress, with more to follow. We are in need of volunteers, and I would encourage you to step up and help. The personal pride and sense of accomplishment afterwards, is hard to match. Our Base motto is the “Pearl of the Desert”. It shouldn’t just be a catchy phrase, but be the essence of always putting our personal appearance and best first. Individually, or we collectively, will never get another chance to make a great first impression! I hope you will join me and your Shipmates to make our base look better for the next Sailor assigned. Please stop by my office and let me know that want to volunteer. You’ll be glad you did! We have much to do, and we are only limited by the number of Sailors and volunteers that will work on these improvement projects.

As always, stay focused, and continue to train, just like we fight! Eternal vigilance is the price of freedom! Thank you for all you do! ❖



2012-2015

“Our Flag Was Still There”

CMC

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IN THE SPOTLIGHT



Welcome Aboard to Samantha Skiles – CYP Intern

By Joanna Lopez

The CYP would like to extend a warm welcome to our new Intern Samantha Skiles who comes all the way from Atglen, Pennsylvania. Thanks to the Purdue University Military Extension Internship Program, Samantha will be staying with us for the next three months to develop and continue her career path.

Samantha graduated in May of 2011 from Michigan State University with a B.A. in Psychology. Her major emphasis is on Family Community Service with previous internship experience from Down in Town Senior Center in Pennsylvania. She selected El Centro to expend her knowledge in a military facility and to explore the West Coast.

Her goal after this internship is to find a career within the military as a civilian to support the parents and families who serve our nation every day. Eventually Samantha would like to continue her education and go back to school to obtain a Masters Degree. For the time being, Samantha will learn from each job by shadowing each teacher at the center, thus learning what age group she would most like to teach in the future.

Like Allison Peterson, who obtained the Lead Educational Technician position at Point Loma Sub Base in San Diego, we hope that Samantha benefits from this opportunity to gain valuable experience.

Nowadays it is important to acquire as much experience as possible through programs like this one in order to obtain a career after your Bachelor’s degree. In addition to education, previous experience can make a tremendous impact during a job interview.

For more information on the Military Extension Internship Program visit www.ydae.purdue.edu/military. ❖





NAFEC Wins Another Award

By Kristopher Haugh



For the second month in a row NAF El Centro was notified that we have won a major award. We were one of 39 installations worldwide selected to receive the CNIC RETENTION EXCELLENCE AWARD FOR FY11.

To achieve this honor, NAF El Centro had to meet or exceed several reenlistment and attrition goals established by CNIC. The base is authorized to fly the Retention Pennant until the Fiscal Year 2012 winners are announced. Also, we should see a fresh coat of gold paint on the anchor at Blue Angels Park in the near future.

In the notification message, Vice Admiral Vitale, Commander Navy Installations Command, said "your dedication and commitment to career motivation and excellence not only exemplify your superb performance, but also attest to your concern for the personal and professional needs of our Sailors. Every member of your command can be justifiably proud of their achievements."



Locally, we can thank NC1(AW/SW) Jones and the Retention Team for their efforts. Bravo Zulu NAFEC! ❖

MODIFICATIONS TO ENLISTED HIGH YEAR TENURE (HYT) FOR ACTIVE, FULL TIME SUPPORT, AND SELECTED RESERVE PERSONNEL

By Kristopher Haugh

Effective 1 July, 2012 there will be changes to the HYT program, an important component of the Navy to retain top performers in the active and reserve force. The MILPERSMAN articles related to this program will be significantly revised and should be read in their entirety.

Perhaps the greatest changes are the HYT limits for our Sailors in pay grades E2 and E3. The new gate for E2 and E3, both active and fulltime support, is four years and five years respectively. Additionally, passing a Navy-wide advancement exam will no longer extend the E3 beyond the standard Length of Service (LOS) gate. There will be no changes to the LOS gates for Sailors in pay grades E4 through E9.

A critical part of this change is the fact that there will not be a grandfather clause for the revised HYT LOS gates or for Sailors previously reduced in rate. On 1 July 2012, active duty and FTS E2's and E3's who are over their LOS gates must separate by 31 March 2013 unless advanced or waived. These Sailors may be eligible for involuntary separation pay.

Special rules apply to Sailors who were reduced in rate before the effective date and those reduced in rate after the date. There are also special rules for members who are already on an HYT waiver and become ineligible to fulfill their assignment.

As with any change to career policies, your best source of information is your Command's Career Counselor, your Chief, and reading the instructions themselves. This NAVADMIN and the MILPERSMAN are both available under the "REFERENCE LIBRARY tab of the Navy Personnel Command's website: <http://www.public.navy.mil/bupers-npc/Pages/default.aspx>. ❖



The year is off to a good start! Nobody reported a factual error in the last issue!

Hello...Goodbye!

Hails:

- MORA, ILDEGAR J. HN
- ARROYO, BIENVENIDOANTON ADAN
- BARNHILL, GENTRY AO2
- SANCHEZ, JEREMY AOC

Bails:

- PEREZRIVERA, JOSE A. AOAN
- BBRENNAN, MICHAEL A. AE2
- LANG, BRANDON M. ATAN
- EVERSOLE, ANGELICA M. AO2
- HICKS, ADAM E. AT3
- HARDY, SHERMAN L. AT3
- AURADOU, JOSHUA T. AEAN
- WILCOXSON, DIAMOND Q. AMEAN
- LOPEZ, EFRAIM HM2
- ANDERSON, LAURA LT



REENLISTMENTS

ASC MANNY PERALTA & PR1 RYAN SWANK



The Wellspring - Chapel News



Luke: Lessons in Discipleship. Have you ever tried to play “follow the leader” without seeing or hearing the one you are following? It’s difficult to do—if not impossible. The Gospel of Luke is more than a biography of Jesus’ life. It’s meant as a manual for discipleship. It’s where we see and hear Jesus, our leader, as He provides us step-by-step instructions for following Him wherever this life, with all of its ups/downs and twists/turns, may take us.

Good News Club: We have good news! A new children’s ministry program (ages 4-12) is ready to begin. The group will kick-off with a Valentine’s Day Party on Wednesday, February 8th, and will continue for the next several weeks, ending on Wednesday, March 28th. Activities will include Bible lessons, singing, crafts, games, and snacks. The club will meet at the Community Center from 3:00-4:00 p.m. We look forward to having your children join us! ❖

--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. The group meets each Wednesday at 1800 on base at Tammy Smith’s house (3345B Gila Bend). They are reading *Let Go: Live Free of the Burdens All Women Face* by Sheila Walsh. For more information, please email tammysmith365@yahoo.com.
- Protestant Worship Service—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12 available)
- Catholic Worship Service—Sunday @ 1630

Getting Off the Merry-Go-Round of Marriage

By Chaplain Smith

There are three kinds of marriages in the playground of life.

First, there’s the “merry-go-round” marriage where a couple goes round and round caught in a cycle of arguing, frustration, and hurt. Second, there’s the “swing set” marriage where a couple simply co-exists doing their own thing apart from the other. Third, there’s the “teeter totter” marriage where a couple enjoys one another, trusts one another, and works together, engaging in a relationship of give and take through all of the ups and downs that life can bring.



Which of these examples best describes your marriage?

If you’re looking to get off the merry-go-round of marriage or simply want to improve and enrich your relationship to make it as fun and as exciting as possible, then please consider joining us for the NAF El Centro Marriage Enrichment Retreat (MER) on 20-22 April.

The CREDO MER is one of the best kept secrets in the Navy! The MER is a non-religious event specifically designed to assist military marriages. Couples learn to manage conflict and improve communication, accepting and appreciated the personality of their marriage partner. No one can expect to play at marriage and expect it to work. An MER experience can assist us in making or maintaining a playful, fun-filled, and mutually fulfilling marriage that we all want to have.

The special event is FREE and open to all active duty personnel and activated reservists. All food, lodging, and retreat costs are included except for childcare. All retreat activities and lodging will be off base in El Centro. Registration is open for 15 couples (13 remaining!). If you would like more information or would like to register, please contact Chaplain Smith at x2290 or jared.n.smith@navy.mil. If you’re teetering with your decision to attend, go for it! After 15 years of marriage, my wife and I attended last year and had a wonderful experience. I trust you will, too! ❖





The Desert Beat

STOWAGE OF GOVERNMENT AND PERSONAL SMALL ARMS AND DANGEROUS WEAPONS *By MA1 Stroupe*

U.S. Navy Regulations, Art 1159 states that, except as may be necessary to the proper performance of his or her duty or as may be authorized by proper authority, no person in the Naval services shall have concealed about his or her person any dangerous weapon, instrument or device, or any highly explosive article or compound; or have in his or her possession any dangerous weapon instrument or device or any highly explosive article or compound on board any ship, craft, aircraft, or in any vehicle of the Naval service or within any base or other place under Naval jurisdiction.

Personal Small Arms and Dangerous Weapons – The NAFEC Rules:

- No person entering or remaining upon any part of NAFEC, unless the discharge of official duties so requires, may bring onboard NAFEC or any property belonging to NAFEC any article on the California Department of Justice Prohibited Firearms, Ammunition and Related Devices list (www.ag.ca.gov/firearms) which could be used to jeopardize the peace and security of Naval services on NAFEC or the interest of the United States without the authority of the Commanding Officer.
- Privately owned small arms and other dangerous weapons may be maintained in family housing units aboard NAFEC with the approval of the Commanding Officer. Service members shall read U.S. Navy Regulations, Art 1159, OPNAVINST 5530.13C and NAFELCINST 8370.3E before submitting a request to store personal firearms in government quarters. All dangerous weapons as defined in this instruction must be inaccessible to children AT ALL TIMES. Ammunition for personal firearm(s) MUST be stored separately from the weapon(s) itself. Both the firearms and the ammunition MUST be stored in a secure lockable container in accordance with State of California Penal Codes 12021(a), 12035, 12036, 12091. If the request is approved, the weapon(s) will be registered with the NAFEC Security Department. By submitting a request for storage of personal firearms in your residence, you are agreeing to allow this command to conduct periodic inspections of your storage containers and contents.
- Due to the amount of personal firearms and ammunition currently being stored at the NAFEC Security Department, there is no space available to accept any personal firearms in our armory at this time. We highly recommend that you take this into consideration prior to the purchase of a firearm. There are local gun ranges and storage facilities available in the Imperial Valley area. ❖

CELEBRATE THE FOLLOWING HERITAGE CELEBRATIONS AND NATIONAL OBSERVANCES:

- A. AFRICAN AMERICAN/BLACK HISTORY MONTH: 1-29 FEBRUARY 2012
- B. NATIONAL WOMEN'S HISTORY MONTH: 1-31 MARCH 2012
- C. DAYS OF REMEMBRANCE: 18-25 APRIL 2012
- D. HOLOCAUST REMEMBRANCE DAY: 19 APRIL 2012
- E. ASIAN PACIFIC AMERICAN HERITAGE MONTH: 1-31 MAY 2012
- F. WOMEN'S EQUALITY DAY: 26 AUGUST 2012
- G. NATIONAL HISPANIC HERITAGE MONTH: 15 SEPTEMBER - 14 OCTOBER 2012
- H. NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH: 1-31 OCTOBER 2012
- I. AMERICAN INDIAN/ALASKA NATIVE HERITAGE MONTH: 1-30 NOVEMBER 2012
- J. PEARL HARBOR REMEMBRANCE DAY: 7 DECEMBER 2012



UPDATED INFORMATION ON HERITAGE MONTHS, AWARDS, CONFERENCES, AND SYMPOSIUMS WILL BE POSTED ON THE NAVY DIVERSITY AND INCLUSION WEBSITE AT: [HTTP://WWW.PUBLIC.NAVY.MIL/BUPERS-NPC/SUPPORT/DIVERSITY/PAGES/DEFAULT2.ASPX](http://www.public.navy.mil/bupers-npc/support/diversity/pages/default2.aspx)

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
FEBRUARY	9	2	986	97
MARCH	14	3	1628	121



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

NAVY FAMILY HOUSING RESIDENT ASSISTANCE

NAVSHORE 001/12

THIS NAVSHORE MESSAGE ANNOUNCES THE PLACEMENT OF A HOUSING "BUTTON" ON COMMANDER, NAVY INSTALLATIONS COMMAND (CNIC), REGION AND INSTALLATION PUBLIC WEBSITES AND DISCUSSES PLANS TO EXPAND CURRENT POLICIES AND PROCEDURES TO DEFINE PROCESSES FOR RESOLUTION OF RESIDENT CONCERNS IN GOVERNMENT OWNED OR LEASED, PRIVATIZED OR COMMUNITY HOUSING.



BACKGROUND: ENSURING SERVICE MEMBERS AND THEIR FAMILIES HAVE HIGH QUALITY, SAFE HOUSING IS A PRIORITY FOR THE US NAVY. RECENT EVENTS REGARDING POSSIBLE MOLD AND MAINTENANCE ISSUES IN NAVY FAMILY PRIVATIZED HOUSING HAVE INDICATED A NEED TO MORE CLEARLY COMMUNICATE ASSISTANCE AVAILABLE WHEN HEALTH OR SAFETY ISSUES ARISE IN GOVERNMENT OWNED, PRIVATIZED, OR COMMUNITY HOUSING RENTALS. RESIDENT AWARENESS OF SERVICES PROVIDED BY THE HOUSING OFFICE IS ESSENTIAL IN SUCCESSFUL ISSUE RESOLUTION.

ACTION TAKEN TO DATE:

- A. A NEW NAVY HOUSING "BUTTON" HAS BEEN ADDED TO THE HOME PAGE OF THE CNIC PUBLIC WEBSITE FOR HQ, REGIONS, AND INSTALLATIONS. THIS LINK PROVIDES CONTACT INFORMATION FOR ASSISTANCE AT ALL NAVY HOUSING SERVICE CENTERS (HSC). WE HAVE DEDICATED STAFFS AT ALL HSCS TO PROVIDE SUPPORT, TENANT LANDLORD MEDIATION, AND DISPUTE RESOLUTION.
- B. ADDITIONAL INITIATIVES INCLUDE IMPLEMENTING PROCEDURES FOR THE HOUSING OFFICE STAFFS TO ENSURE:
 - (1) RESIDENT CONCERNS RELATED TO ALL HEALTH AND SAFETY ISSUES ARE DOCUMENTED.
 - (2) TIMELY RESPONSE IS PROVIDED TO RESIDENTS.
 - (3) MONITORING PROGRESS AND FEEDBACK IS PROVIDED TO RESIDENTS, THEIR CHAIN OF COMMAND, AND THE PRIVATIZED HOUSING PARTNERS.
 - (4) RESIDENTS ARE KNOWLEDGEABLE OF AVAILABLE SERVICES.

FOR ASSISTANCE OR QUESTIONS REGARDING THIS INITIATIVE, CONTACT CORKY VAZQUEZ AT 202-433-4240, DSN: 288-4240.

RELEASED BY VADM MIKE VITALE, COMMANDER, NAVY INSTALLATIONS COMMAND. ❖



EXHIBITS FROM THE SAFETY CENTER'S SUMMARY OF MISHAPS MUSEUM

Rubber mat - Tripped over by a civilian police officer on the graveyard shift, outside the back door of police headquarters. She toppled forward and hit her head on a patrol car, knocking herself out. Now imagine that in black and white.

Safety briefing - An E-1 corpsman was watching it when she passed out and hit the deck, face first. At the Museum, this presentation plays on a monitor in the lobby. We've put in a couple of chairs, equipped with seatbelts, in case any visitors want to try to sit through the whole thing.

Re-awarded - From an air force base in California. Fell on someone's head when they sat down in a chair beneath it and leaned back. The plaque was a safety award for a mishap-free quarter.

Caution tape (2 pieces) - One hit a Seabee in the eye in Kuwait. He was working on a project site, and should have been wearing safety glasses. The second piece, from Hawaii, had been attached to a barrel and was blowing in the wind when a lieutenant pedaled by. The tape wrapped around the bike's handlebars and threw him off-balance. He was wearing a helmet but still spent five days on light duty. At least it said CAUTION!!!

Antique pistol - Fired by an airman on leave, who started to drop it, tried to grab it, bumped the trigger, and shot himself in the knee. The pistol was so old that it didn't have a safety or a trigger guard.

Light fixtures - At a Naval station building in California. It "never worked right" and "usually flickered randomly on and off," according to the mishap report. It blinked off as the electrician walked by. He tripped over a bike rack and banged up his knee, stomach and wrist. How many electricians does it take to change a light bulb?

Danger tag - From an electrician's mate Third Class in South Carolina who was removing it from a piece of equipment during tag-out training. Trying to sever the string on the tag, he pulled the string toward himself and put a gash in his finger. Now that's a danger tag. ❖



Getting The Gray Right New Paint May End Color Mismatch of Some U.S. Navy Ships

By Christopher P. Cavas (DEFENSE NEWS 08 JAN 12)



"Haze gray and underway" has been a mantra of U.S. Navy warships for decades, and the sight of a sleek warship sliding across the ocean has stirred many a Sailor's heart.

But a lot of those greyhounds of the sea start looking a bit poorly up close. Various shades of haze gray appear as patches of dark gray, light gray, tannish gray. Here and there might be patches of green-gray. Sometimes, if a ship has received a lot of touch-up work, there might be a dozen or so different grays. Worst of all, some parts of a ship might not appear gray at all but look downright pink.

"What you are noticing is indeed true," admitted Mark Ingle, the Naval Sea System Command (NAVSEA) technical authority for paint.

"The way the pink happens is a function of time, weather and ultraviolet radiation," Ingle said. "There are an infinite number of variations on the pink theme, depending on the conditions."

The phenomenon has existed since the mid-1990s, when heat-reducing paints, called low solar absorbance (LSA) paints, were introduced. The pinking problem arrived with the LSAs and, ever since, ships' crews have struggled to keep their floating homes looking spiffy.

But help is on the way. A new type of paint is being introduced fleetwide, and before too long, the Navy hopes, its ships will regain their luster, Sailors will find it easier to keep their ships looking smart and some money can be saved. The new paint - "Type 5" in Navy-speak - is called polysiloxane.

"It's basically an epoxy-functionality paint with siloxane groups grafted on that make it extraordinarily resistant to chalking, weathering degradation," Ingle said.

In English, please? a reporter asked.

"It's an extremely hard, wear-resistant coating," Ingle explained. The new stuff eliminates the pinking problem, he said. And if it gets scuffed or banged up, it's designed to be cleaned, not repainted.

The new paint, Ameron PSX-700 from PPG Industries, Pittsburgh, was developed as an anti-graffiti coating and, rather than painting over rough spots, the Navy hopes that eventually most stains will come off with a power-wash.

Several ships have tested the new paint, including the amphibious ships Ponce, Kearsarge, Boxer and Bonhomme Richard, cruiser Antietam, aircraft carrier Nimitz, and even the museum battleship Missouri at Pearl Harbor, Hawaii.

The new paint, Ingle said, "supports the fact that the Navy has moved toward less repainting, longer service life, longer docking intervals." The polysiloxane is "very good for the environment, with very low volatile organic compound levels. And they are very popular. Ships want to use them all the time.

"We are in the process of these being the required paint for use in the Navy to avoid the pinking problem and save the money of having to repaint because of cosmetic color shifting of paints," he added.

But unlike the old silicone alkyd paint that comes in a can and is stirred, the Type 5 paint comes in two cylinders that are squeezed together to mix polysiloxane and epoxy glue.

"We have these two cartridges, like a double-barreled caulking gun," Ingle said. "The cartridges are fitted together and squeeze out into baffles, which mix the paint so that it comes out as a properly-mixed product ready to be applied. It uses a gun similar to a caulking gun."

Ships in overhaul availabilities already are getting the new paint, he said, and fleet technical manuals are being updated to include procedures and policies for using the cartridges.

"Sailors have never had a two-pack topside paint before," he noted, but "eventually everyone will have the two-pack systems."

The paint is available from three manufacturers: PXLE-80 from Sherwin Williams, PSX-700 from PPG and Interfine 979 from International Paint.

The new Type 5 paint costs roughly twice as much as older paints, Ingle said, "about \$70 to \$100 a gallon for the new paint, versus about \$30 to \$60 a gallon for the Type 2 or 3 LSA."

But since ships will not need to be painted as often, the paint should save money. The Office of Naval Research, working on the Future Naval Capabilities' Topside Coating program, estimates the polysiloxane will save about \$153 million over 30 years.

The paint already has been in widespread use in the Coast Guard. "The Coast Guard has been using polysiloxane for years and has had tremendous success," Ingle said. "How often do you see different shades on a Coast Guard cutter? Running rust?"

To assist Sailors in using the new paint, Corrosion Control Assist Teams come pierside and provide the equipment to do a paint job.

Ingle likened it to a lending library. "The crew comes down and takes out what they need - five needle guns, two grinders, etc," he said.

A major goal is to minimize the amount of paint carried on a ship, said Stephen Melsom, NAVSEA's program manager for fleet corrosion control.

"There are hazards associated" with paint stowage, Melsom said. "I'd like to go from them having this paint locker and just having touchup kits if you will. So when you need the touch-up, they can inject it from the twin-tube system. Get away from all that stowage on the ship."

NAVSEA is working with the Naval Research Laboratory to develop a new, low-pressure, electrically driven power washer to clean polysiloxane surfaces.

"We're not talking about washing the entire ship at one time but a portion of the ship," Melsom explained. "Take a power washer with a brush scrubber, not that different than what you'd use at home on a deck, to get the salts off."

A corrosion control manager is also being designated aboard each ship.

"It's typically a senior enlisted Sailor," Melsom said. "They're getting trained, and they'll be taught on polysiloxane and other things they need to do to make corrosion control a way of life."

The new paint is proving extremely popular, Melsom reported. "Ships are asking where they can get it. They understand there is a difference," he said. "And when you see the difference between the new paint and the old paint, it's pretty evident." ❖



LEAP INTO THE NEW YEAR

By Kristopher Haugh



Have you leapt into the New Year yet? If not, you still have time to finish the MWR Leap Into the New Year Challenge with SCVNGR.

What is Leap into the New Year with MWR?

"Leap" is a way to engage with your base in a brand new way. MWR and SCVNGR have built fun challenges at recreation locations on base, connected through a trek. Players complete challenges at any of the places connected to the trek over the course of the contest (1 January - 29 February), and will earn badges for their efforts. Each badge will be one entry into the grand-prize drawing.

What is SCVNGR?

SCVNGR is a game about going places, doing challenges, and earning points & badges. Players play using their iPhone, iPod, iPad, or Android phone or tablet. In the last year, over 2 million people have played SCVNGR, and huge brands like Coke, Call of Duty, GameStop, Buffalo Wild Wings, and more, have built challenges for people to play.

Who can participate?

Anyone on base, though authorized MWR patrons are the only ones who can win the prizes (excluding FFR employees). And, single service members who register with you local Liberty Program and earn at least one trek badge get a second chance to win!

Where can I find the official rules?

The official rules are posted at the top of the page at <http://www.navywmr.org>.

Where do I get started?

Visit the NAFEC MWR site at <http://mwrtoday.com/elcentro/events/2011/leap-into-the-new-year-with-mwr-scvngr-hunt/> and download the app!

You can see a video on how to play at www.scvngr.com. If you have any questions, stop by the Liberty Center and speak to the friendly staff there. GOOD LUCK! ❖



On January 9 the Liberty Center held a Go-Kart Race. Thank you to everyone that participated!

Congratulations to our 1st place winner, the need for speed master Drew "Ellen" Schnabel.

Upcoming Liberty Center Events:

Wednesday, February 8

Tricycle Race

Time: 5 pm

Location: Liberty Center bldg. 202

Winner takes home a prize!



Friday, February 10

Liberty Night Owl Hours

Liberty Center is open until midnight!



Stop in the Liberty Center to sign up (open to active duty only). Check out the MWR Outlook for a full list of events!



JOE'S SPORTS SMACK TALK

Basketball has officially started. OPSEC faced off against MWR and got their feelings hurt. The game started off kind of slow, but Recreation Nation turned it up right before half time, scoring 32 points and holding OPSEC to just 14 points. Even though this was the first game for both teams, they both struggled. High Scorer B-Mac was held in check all night and Sleepy Willis didn't wake up until the last two minutes of the game. MWR wins easily 69-32. The second game was a lot closer however, the Law Dawgs failed to clean up their rotation mistakes. Their best shooter was on the bench while the other two Jackers kept on jacking shots. Law Dawgs decided to recruit some new players this year. They also have an inmate playing with them as well. They call him Pooky from CB4. I had to do a background check on him and he's ok with me. As long as he doesn't take off his ankle bracelet, there will be no issues. Border Patrol was missing a couple of guys and still was able to get it done. Machado lead all scorers with 20. The last game was Strike versus Blues. The Blues came out with a new coach, new players and the same results. They just don't have enough offense to keep up with the top teams. Little Johnnie grew up a little, he no longer looks like an 8th grader, he can now pass for a 10th grader. He was on the bench too long last night and still led his team in scoring with 11 points. If the Blues don't leave Johnnie in the game the entire time, I'm afraid they may not win a single game this year. I must admit, the Blues have the best fans that come out and support. Go Blues Fans! Strike was just too much for the Demo-Team. Strike wasn't confident enough with their current players and was forced to pick up 3 other guys. Strike wants to win at any cost. Now they have to find a way to get the right rotation with their original players. Chris Weber, Allen Iverson and Shawn Kemp are available if Strike wants to pick them up too. Oh wait, it's too late the season has already started! Maybe next year..... ❖

Game 1: MWR 69 OPSEC 32

Game 2: BRDR PTRL 60 LAW DAWGS 49

Game 3: STRK 39 BLUES 30

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This was another night of good basketball. Khakis came out for the first time this season and represented very well. Little Less put the team on his shoulders and the rest was history. Skipper played the role of facilitator and managed his team to their first victory of the year. Chaps cocked back his sniper rifle and dropped 6 big ones on the Boss Contractors. Rapid Gate is a requirement for the contractors to get in and out of the base. That's exactly how the contractor left the gate, rapidly! Robert Carlos vows to send all his players to the Richard Simmons Annual Camp at Lake Whodiddat, California. The second game was a straight beatdown. Rebels put it on the Bomb Builders. Agent Zero and CP Ward demonstrated heart and determination. They made a run in the second half but it was too late. If the Bomb Builders would stop being scared of coming out to play, they would have probably pulled it off. I hear they have a bad case of Chickenitis. They haven't found a cure for that as of yet. CP Ward and Gilbert Arenas earned a lot of league respect last night by not quitting. MWR was able to defeat the Law Dawgs 63-48. Law Dawgs are new and improved and should be alright this year. Anthony Rojas was just too much for the Adult Baby Sitters and Von Gaines gained points and rebounds. Tuesday should be a good day for basketball. All three matchups should be interesting. ❖

Game 4: KHAKIS 39 AOC 27

Game 5: REBELS 71 WEPS 42

Game 6: MWR 63 LAW DAWGS 27

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Last night was the third round of 2012 Captain's Cup Basketball League. Game one started with MWR and Strike Fighter. These two teams have been going at it for quite some time. Strike was able to split with the Recreation Crew last year and now wanted to prove that they were the Big Dogs. MWR came together and defeated the Too Strong, Too Big, Too Athletic Strike Team. This was a dogfight. I guess the biggest dog doesn't always win. It's up to the meanest, baddest and smartest dog to win. Big Dog, Anthony Rojas ripped the Rattlers for 31 points, in spite of being in foul trouble in the first half on the game. Rojas had 4 fouls with 10 minutes to go in the first half. My question is, will Strike be able to recover from this loss? They looked really defeated last night. Game two was a close one. The Blues pulled out a good victory against Skipper and his Posse. Skipper led all scorers with 12 points. Are you kidding? This dude was straight Ballin! Skipper understands the game and makes his team better by leading the charge. His free throws were on-point, but the Blues killed it with Newbie "Baby" Storm and "Thunder" Johnson. Blues get their first win of the season under new Head Coach Aaron Varner. Varner gets to keep his job for another week. There have been talks about management going separate ways with the first year head coach. If I was the Blues, I would hold on to this coach for at least two more weeks. February is Valentine's month and they need to show some love. The last game was a straight jack move. Border Patrol beat the Rebels as if they stole something at Kmart. Even though there was no video evidence of the stolen merchandise, Border Protectors didn't want to take a chance. Whatever happened to innocent until proven guilty? This beatdown ended up pretty good though. Border Patrol was able to arrest a couple of Rebels due to back court violations, double dribbling and illegal moving screens. Nice work Homeland Security! ❖

Game 7: MWR 54 STRK 49

Game 8: BLUES 36 KHAKIS 39

Game 9: BRDR PTRL 63 REBELS 46

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OPSEC won their first game of the season by defeating AOC 47-43. AOC made a last run with 3 minutes left in the game, but just couldn't pull it off. Even Though OPSEC didn't play well in the second half, they managed to do enough to get the victory. Barnes from Security lit up the Contractors with 22 points and a lot of rebounds. Thomasson added 10 points while the Steam Roller (OPSO) dropped 6 big points when they really needed them. Sleepy Willis never really woke up and stayed on REM Mode. OPSEC must now face Border Patrol on Tuesday at 1700, while AOC faces Strike on Thursday at 1800. Game two was a very good game between Blues and Law Dawgs. The Blues Head Coach Aaron Varner was relieved of his coach's duties. I have been saying that this was going to happen; it was just a matter of time. Blues lost the game by one point to Law Dawgs. Juan Jaquez was the MVP for the Law Men. He might be the one to blame for the firing of the Blues Coach. Juan played big in the paint regardless of his size and age. He is representing for the Old Skool. We wish Coach Varner the best of luck with his new gig at Hooters. Coach Martin will take it from here and hopefully keep his job for the rest of the season. Game three was a beat down in the making. Border Patrol continued their terror by outscoring opponents by 19 point per game. Weapons came out with a lot of fire power and kept the game very close. They were down by 6 points at one time, but just couldn't hold on. Border Patrol played without their best shooter Glen Ufland. Ufland was ejected from the game for yapping without a cause and must now serve a one game suspension. The League is debating if a fine is appropriate. More details in the next couple of days. Weapon's is improving, look for them to start winning some ball games. ❖

Game 10: OPSEC 47 AOC 43

Game 11: LAW DAWGS 38 BLUES 37

Game 12: BRDR PTRL 54 WEPS 33

Continued on page 24!

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...

The Heart of a Child

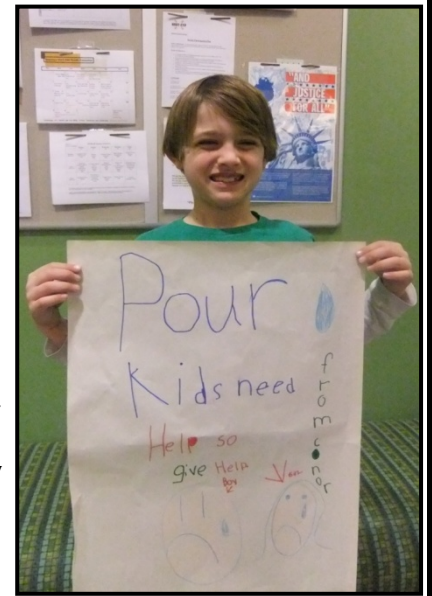
By Joanna Lopez

On January 6, 2012 three wise children from the east rode on a CYP bus to Westside Elementary School. They didn't bring gold, myrrh and frankincense, but what they brought was an amazing gift to all the children in need.

Westside Elementary School has only 37 children currently enrolled in a four room building. After the major budget cuts in 2011, the low income school was forced to close down two rooms. They combined children from Kindergarten to 2nd grade in one room and 3rd to 5th grade in another. Now with only two rooms, the small school is up for another budget cut this year. The principal, Nancy Road, mentioned that if more cuts were to happen this year, it would be impossible for the school to continue running. Since the school is not under the El Centro School District it makes it harder for the low income families from Ocotillo to find an accredited school in the area.

The children from the School Age Care (SAC) at the CYP took it upon themselves to gather nonperishable items such as jackets, gloves and Christmas bags from Santa, to donate to the children from Westside. Lindsay Franzen donated clothes, socks, and gloves. Yuritzi Crawford donated two backpacks with school items, clothes, and stuffed toys. Since the Winter Break was over for most of the children, three wonderful boys from McCabe Elementary School Cian Dee, Conor Dee, and Michael Nicholas, got to experience this wonderful act of kindness. They became our three young kings on January 6 which is known as the Three Kings Day or *Dia de Los Reyes Magos* in Spanish. This experience touched their hearts and all three got to witness the happiness that one small toy can have to a child. They learned that giving to others was an experience like no other.

The CYP prides itself in teaching its youth these life lessons which can impact a child's heart, mind and soul. For these three kings, they saw the difference of what caring for others can do in their lives. As they grow older we hope that the lessons which they learn at our center will inspire them to continue giving and sharing unto those who have nothing. Our center will make another donation to the children of Westside in February during Valentines Week. We are currently accepting donations at our center for the children of Westside. If you would like more information, please contact Velinda Cruz at 760-339-2560. ❖



New CYP Fee Payment Policy

The following procedures are effective **15 February 2012**:

- a. Full-time and Part-time: payment of CYP fees will be paid by credit or debit card.
- b. Payment is required in advance of child care services in conjunction with military pay dates (MPD), the 1st and 15th of each month. If MPD falls on a weekend and/or holiday, payment will be due on the following business day. Exception to these dates is made to the Youth Day Camp programs that occur during the summer, spring and fall.
- c. If payment is not received, your command will be notified of your delinquency within 3 business days from the payment due date.
- d. If payment is not received within 5 business days of the notification to your command, you will be denied child care services for your child until payment is received. After the 3rd notification to your Command, this will result in a payroll deduction and/or permanent termination of child care services.

Departure from the above payment methods will require completion of a waiver request. Waiver requests must be endorsed by your Command and include justification for requesting an alternative method of payment. If your request is approved, an alternative payment method will be established to assist you for a temporary period of time not to exceed 90 days.

If you have any questions contact Allison Bowers, CYP Management Analysis, at 619-556-0827 or Allison.bowers@navy.mil. ❖



The CYP has a piano teacher to teach every Tuesday afternoon starting at 12 noon. This opportunity is open for anyone aged 7 years and up. Yes this includes adults! We will provide the piano at the CYP and the classes will start on Tuesday, 7 February. This is a 16 week long class. We are planning a tentative recital on June 2nd. Fee is only \$75 dollars a month which gives you only about 18 dollars a week. However there is a onetime registration fee of \$35. Please call Velinda at 339-2917. Thank you very much. We have open spots so come on out and learn a new skill or find yourself a great hobby.

Navy Munitions Command Det

By AOAA Tierra Hammond

That's one month knocked off of 2012 and it really flew by at NMC. We have been working very hard to prepare all of the ordnance our pilots need to train with and we've been having fun doing it. There's a lot going on at the "40" with all the squadrons that have started visiting our facility. Not only have we been building bombs and supporting squadrons, we are getting out into the community, and welcoming new Sailors to the command.

NMC Det El Centro supported Toys for Tots during the month of December last year and we are continuing our commitment to help out at the Imperial Valley Food Bank in El Centro. We really enjoy the opportunity to give back to the community and foster positive relations. In the past we have contributed our time to assisting Seeley School and in Niland as well.



NMC DET EL CENTRO also welcomed a new Chief this month. AOC Sanchez is onboard with us and really excited to be back in El Centro (he was here when he was an AO2). He's used to the heat and the dust so it shouldn't be too hard for him to settle back in.

Our fantastic 1st Classes have been organizing rate training for us every day during lunch, giving junior Sailors a chance to study under the guidance of some of our more salty leadership. I myself have learned a lot & think it's a really good thing to have this close to test taking time.

Stay safe, hydrated and motivated. And, as always, IYAOYAS. ❖



NEX Customer Satisfaction Survey Results Remain At All-Time High

By Kristine M. Sturkie, Navy Exchange Service Command Public Affairs (NAVY NEWS SERVICE 10 JAN 12)



VIRGINIA BEACH, Va. -- The Navy Exchange Service Command (NEXCOM) announced the NEX Customer Satisfaction Index (CSI) survey remained at an all-time high of 83 for the second consecutive year Jan. 10.

On average, the overall retail industry score is 76. The CSI survey is used to determine how the NEX can better to serve its customers. "We've been surveying our customers since 1998 to find out areas where we are doing a good job as well as those areas that need improvement," said Michael Conner, NEXCOM vice president, marketing insights. "It's a great tool for us to use to see if the areas we're focusing on, like merchandise selection, are working. We know it is because our score continues to increase in that area. In contrast, it also shows us the areas we still need to work on, such as problem resolution."

The focus NEXs put on PREMIER Customer Service over the past year had a positive impact on both its customers and the CSI score. Scores for store environment rose two points while associates and checkout rose one point each. Other increases in scores were in returns, pricing, sales flyer and merchandise, all which rose one point each. Based on this information, top priorities for 2012 will again be on merchandise, pricing and sales flyers.

Eighty-four percent of the NEXs worldwide had a score of 80 or above while the remaining 16 percent of NEXs had scores 70-79. For the second year in a row, there were no NEXs with scores below 70. Districts in the continental United States remained the same while overseas districts rose one point. NEX districts scores for 2011 were Hawaii and Mid-South remained the same at 86 each; Tidewater rose one point to 85; Western and Guam rose two points each to 85; Southeast and Northwest remained the same at 83 each; Northern remained the same at 82; Japan decreased one point to 81 and Europe rose four points to 80.

"Statistically, it will be difficult to increase our score year after year," said Conner. "So looking forward, we will be looking more to maintain this high score of 83 and making sure we're delivering the best possible products and customer service to our customers." ❖

MEDICAL CORNER

What's Up, Navy Doc?

"This may sound "corny" or even "callus," but what are those pesky, painful things on my feet?"

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



CORNS AND CALLUSES

What are corns and calluses? How do they develop?

Corns and calluses are painful thickenings that form in the skin in areas of pressure and are most commonly found on the feet. This thickening, known as hyperkeratosis, is the body's natural defense mechanism to strengthen and protect the skin that is affected by increased friction and pressure. A corn is cone-shaped, points into the skin and is usually in an area that bears little weight, like the pinky toes. On the other hand, calluses can appear anywhere there is friction and are more diffuse.

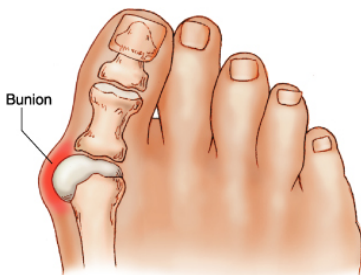


Causes:

- #1 cause is too much pressure, in combination with some friction, placed on the affected area.
- Abnormal anatomy of the feet or toe deformities that lead to bony prominences.
- Footwear that is too tight.
- Abnormalities in gait or movement that leads to putting increased pressure on particular areas of the feet.

Prevention and Treatment:

- Prevention is actually the best way to treat corns and calluses. Wear well-fitting, comfortable shoes. Avoid footwear that puts pressure on the pinky toes.
- If you get a corn, apply a moleskin pad over it to decrease and redistribute the pressure and friction placed on the area. These pads can be found over-the-counter at any drugstore.
- If you get a callus, soak your feet to soften the callus, rub a pumice stone over the hard, thickened region, and apply a moisturizing lotion. Treat nightly.
- It is important that you do not attempt to cut or shave either a corn or callus at home. This can lead to a potentially dangerous infection of the surrounding tissues.
- People with fragile skin or poor circulation—for example, those having Diabetes Mellitus or Peripheral Artery Disease—should seek help from their Primary Care Provider for further guidance on prevention and treatment as soon as a corn or callus appears.
- Lastly, if home treatments do not work or if the corns or calluses show any signs of infection—such as severe pain, pus, drainage, swelling or redness—you should discontinue home treatment and seek care from your Primary Care Provider



BUNIONS

What are bunions? How do they develop?

A bunion is an enlarged area of the inner portion of the joint at the base of the big toe. The enlargement is additional bone formation over the joint. It leads to a misalignment of the toes, causing the big toe to move outward toward the smaller toes. The bunion usually causes pain with walking, and is often relieved with rest.

Causes:

Bunions are from wearing tight-fitting shoes, especially high heels and those with narrow toes. For this reason, bunions are more common in women than in men.

Prevention and Treatment:

- #1 treatment again is prevention. Wear proper footwear. Avoid narrow-toe shoes. Wear wider shoes or sandals, especially in the toe area. Avoid excessive walking.
- If you get a bunion, apply a cold pack to the area of discomfort for 15-20 minutes, 2-3 times per day.
- Anti-inflammatory medications—for example, ibuprofen and naproxen—can provide temporary pain relief. (A word of caution: There are always potential side-effects to consider when taking medications.)
- An orthopedic device can be recommended by a podiatrist, a foot specialist.
- Lastly, in people with persistent pain, a surgical operation to remove the bunion and relieve the pain can be considered. This can be performed by a podiatrist or orthopedic surgeon. ❖

NOTE: You can control corns, calluses and bunions - instead of letting them control you - primarily through prevention. As the old saying goes, "An ounce of prevention is worth a pound of cure" really does apply here. If you get any of these conditions, home remedies can be helpful, but please do not hesitate to see your Primary Care Provider.

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.

OUR OFFICE IS ONLINE!



You can:

- ❖ Visit your doctor through a web visit
- ❖ Get your lab results
- ❖ Schedule your next appointment
- ❖ Refill your medications

It is so easy to get started!!!!!!

Provide our front desk with your e-mail address and your PCM (Primary Care Manager) or visit us at our website at: www.RelayHealth.com. You may also send your information to HM2(FMF/SW) Menguita at: Recille.menguita@med.navy.mil

Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

Ms. Jenny Turner jenny.turner@med.navy.mil

NMCSDFMFP Coordinator:

HM3 Ivan R. Perez ivan.perez@med.navy.mil

I want to thank everyone on base and at the CYP who made cards for the Wounded Warriors at the Naval Medical Center San Diego. They were delivered before Christmas and were very much appreciated by the Wounded Warriors who received them. Thank you again for your contributions!

--Doc Henley

SEPARATING or RETIRING? Stop by Medical for your Physical...

By HM2 (FMF/ SW) Menguita, R. USN

Lately, with the Navy's eye on downsizing and through normal attrition, we have seen a wave of personnel coming in at the last minute to get their separation physical done.

In some instances, such as Administrative Separation (ADSEP), we understand the time constraints you have to deal with. ADSEP is generated in a much shorter span of time, and thus requires you to be separated within 10 working days. With other forms of separation, you have had some type of idea or knowledge that you will be separating soon, at least one to two months.

Please do not procrastinate. This is your separation. Do not take it lightly. You should be involved with it like you are for your medical treatment. You can complete your Physical up to 90 days prior to separation. Keep in mind, the earlier the better. If an issue arises that needs further evaluation, you have time to take care of it.

Once you retire or separate from the service, your records are sent to the archives in Missouri where all records are kept. It is a good idea to check out your Medical and Dental Health Record to make copies prior to separation. This helps with your continuity of care when you see your provider outside the military. With your medical history at hand, your next Primary Care Provider will have a better understanding of your needs and therefore be able to give you the treatment you need.

If you have any medical concern that needs follow on care from Balboa (Naval Medical Center San Diego) or a civilian provider, please contact HN Lavender as soon as possible so he can set up your preliminaries prior to seeing your Primary Care Provider.

Time is of the essence. Get your requirements done as soon as possible. We are here to help and serve you. For any questions or concerns, kindly direct your call to our Front Desk at (760) 339-2674 or 2675. ❖

REFILLS*REFILLS*REFILLS*

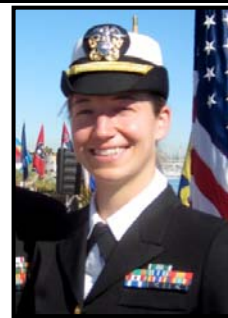
Please be informed that Branch Health Clinic El Centro is unable to provide prescription refills. Please call the phone number listed on your pill bottle (619) 532- 8400 and follow the prompts. (Pick up your medication at any of the Naval Pharmacy Locations, or have it mailed to you between 7-10 business days). Ensure you have enough medication and as always, please plan ahead. Thank you.



NAVY MEDICINE
World Class Care...Anytime, Anywhere

“What it takes to be a Navy Judge Advocate: And no you do not have to learn how to fly jets” *By LT Jasmine “JAG” Scott*

Before addressing what it takes to be a JAG, here’s a brief description of the three primary missions of a Navy JAG: Operational Law and Command Advice, Military Justice, and Support to Sailors and their families. While these are the primary areas, Navy JAGs also are involved with environmental law, information operations and intelligence, admiralty and maritime law, and civil litigation.



What’s Operation Law and Command Advice?

The Navy operates in an increasingly complex legal and regulatory environment. We provide legal expertise necessary to conduct military operations worldwide. We also support the Navy as a whole by providing legal advice for programs such as recruiting, training, and organization.

What’s Military Justice?

The American people expect the highest standards of personal and professional conduct from their armed forces. We maintain a fair and just system by enforcing the conduct and accountability of military personnel.

How do JAGs support Sailors and their Families?

The men and women of the U.S. Navy are its most important asset. The Navy JAG Corps supports military personnel and their families by providing legal assistance services. Additionally, we provide legal assistance for Wounded Warriors and assist active duty personnel through all stages of the disability evaluation system.

What does it take to apply?

All Judge Advocates have a bachelor’s degree and a law degree from an ABA accredited law school and have passed a bar examination in any of the 50 states or the District of Columbia. There are three different tracks for applying to the Navy JAG Corps. The first is called the student program. It is for current law students at an ABA accredited school. Students generally apply in either their first or second year. Once selected, the applicant will receive a reserve commission as an Ensign. Once the student graduates, they will attend Officer Development School for 5 weeks in Newport, Rhode Island. When the new JAG passes a bar exam for any state, they then attend Naval Justice School for 10 weeks in Newport. At NJS JAGs are brought onto active duty and are promoted from Ensign to Lieutenant Junior Grade with about 11 months to go before being promoted to Lieutenant. The Navy gives three years of constructive credit for law school for promotion (not pay) purposes. Upon completion of NJS, the JAG is sent out to the fleet ready to tackle whatever comes their way and receives an extensive amount of on the job training.

The second path is for officers who are already commissioned and serving in the Navy or any other military branch. There are many restrictions, but eligible officers may be selected for the Law Education Program (LEP). Those officers will receive law school tuition and their active duty pay while attending law school. Upon return to the JAG Corps, LEPs are Lieutenants and retain the number of years in service.

The third path is for currently practicing attorneys who have already graduated law school and passed a bar exam. These attorneys may apply for a direct appointment. Because they are new to the military, Direct Appointments must attend ODS. They arrive on active duty orders at the rank of LTJG already, unlike the students who arrive as a reserve ENS. Direct appointments just like LEPs and student programmers all attend NJS and follow the normal course for JAG promotions afterward.



While serving as a JAG is not nearly as glamorous as the TV show JAG, it is a very rewarding career. There are numerous opportunities to serve with the fleet and in a variety of capacities as a lawyer. The opportunities for a JAG to perform challenging and varied jobs far outnumber those for our civilian counterparts. In my short 4 years in the JAG Corps, I have served as a prosecutor working on felony level cases, deployed to Afghanistan with the 82nd Airborne, and provided Command Advice to Point Loma and El Centro since my return. It has been a great experience and would highly recommend it to anyone interested in pursuing a legal career. ❖

For more information on the Navy JAG Corps please visit:

<http://www.jag.navy.mil/careers /careers/inbrief overview.html>

ESTABLISHMENT OF NEW POLICY FOR TUITION ASSISTANCE (TA)

By Kristopher Haugh

Sailors who use TA need to be aware of a few changes to the program. NAVADMIN 029/12 reiterated Navy leadership's commitment to providing educational opportunities and the financial assistance to meet those goals. Nonetheless, there is tremendous fiscal pressure on the Navy to reduce spending while maintaining greater quality control over programs.

The first major change in the program is the requirement academic institutions to sign a Memorandum of Understanding (MOU) with the Department of Defense (DOD). Only schools that sign this MOU will be authorized to receive TA funds. This requirement goes into effect on 1 April 2012. An alphabetical list of the various institutions who have signed the MOU is available at: [HTTP://WWW.DODMOA.COM/](http://www.dodmoa.com/). You need to then click on the "PARTICIPATING INSTITUTIONS" tab.

The second change is the academic level to which the Navy will fund. The Navy will continue programs up to the Master's Degree level for both officers and enlisted. However, after 1 March 2012, no new program starts above a Master's will be allowed. Sailors currently enrolled in those programs may continue

Sailors are reminded that if they do not keep their grades up, they will have to reimburse the TA program for the cost of their classes. In undergraduate classes a "D" or above is satisfactory and a "C" or better is required for graduate courses. The combined cap for tuition and fees remains \$250 per semester hour and up to 16 semester hours per year.

There are also additional opportunities for Sailors and their dependants. The Military Community Scholarship and Financial Aid Explorer (SFEX) is a listing of more than 600 scholarships. This list is available at [WWW.MCSFEX.NET](http://www.mcsfex.net). Sailors may also want to investigate the Pell Grant. Free applications for that program are located at [WWW.FAFSA.ED.GOV](http://www.fafsa.ed.gov).

For those members considering using TA or who might need amplifying information additional information is available at [HTTPS://WWW.NAVYCOLLEGE.NAVY.MIL/](https://www.navycollege.navy.mil/). Feel free to also contact your local Navy College Office at Naval Base Coronado. The phone number is 619-545-9589. Alternatively the Virtual Education Center (VEC) is available. Point of contact data is under the VEC tab of the Navy College website. ❖



A Year in Review

By Chaplain Smith

Have you ever tried to drive forward while you're looking backwards? I'm guessing that didn't work out too well for you! Moving forward requires us to look forward. But having an eye on the rear view mirror isn't such a bad idea either. Knowing where we've been can aid us in our drive to succeed.

As we look back at 2011, we see some exciting trends developing in the area of community service here at NAFEC. It may surprise you to know that in the last 8 months of last year a minimum of 285 sailors and dependents volunteered more than 766 hours serving over 14,258 community members in the Imperial Valley. These are very conservative numbers.

This is the direction in which we want to continue to travel in 2012! Our goal is to surpass our past success, aspiring to even greater contributions as our NAFEC team moves forward together. It will be exciting to look back next year to see where we have been. We'll be sure to keep you up-to-date on our COMREL activities and encourage your participation. And if you are involved in a COMREL, please let me know about where you are serving so we can recognize and celebrate your efforts this year. ❖



A Helping Hand



Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: Red Tails

Players: Terrence Howard, Cuba Gooding Jr., Ne-Yo, Nate Parker, David Oyelowo

Genres: Action, Adventure

Rating: PG-13

Red Tails was the obvious choice for our viewing pleasure this fine evening however my beautiful wife was not overly impressed with the venue chosen; a story for another day. As for the feature film I believe it necessary to dispel any notions of relating Red Tails to The Tuskegee Airmen movie from year's back as they tell different stories entirely. Whereas The Tuskegee Airmen depicted the trials and tribulations in becoming aviators and war fighters Red Tails depicts their exploits once they became war fighters.

George Lucas, yes that George Lucas, personally financed this film as he felt the story needed to be told; credit to him and his perseverance as in typical George Lucas fashion this film had been 23 years in the making. Cuba Gooding Jr. (Major Emmanuelle Stance) and Terrence Howard (Colonel A.J. Bullard) may headline the picture but Nate Parker (Marty "Easy" Julian) and David Oyelowo (Joe "Lightning" Little) are the true headliners. Easy, the overwhelmed squad leader, constantly fought with the over ambitious Lightning about protocol to his dismay. Lightning was all about the glory no matter the cause, chance or consequence while Easy just wanted to do the job and get everyone under his charge home safely. Their relationship brings to mind that of Ice Man and Maverick.

Red Tails is an action film in all aspects. It is comprised of many thrilling aerial scenes to include a head on attack of a faintly disguised German gun train. Additionally, there are up close and personal almost simulator like strafing runs, bombing runs, battle ship blast, tail gun fire and dog fights. As with any George Lucas production; the special effects do not disappoint in true action film style. For those expecting or wanting to see a drama or historical depiction I advise you to rent The Tuskegee Airmen. This film could be considered Part B of the Tuskegee Airmen story. With that being said, I rate this film three and a half anchors out of five. ❖



Movie Title: Haywire

Players: Gina Carano, Channing Tatum, Ewan McGregor, Antonio Banderas, Michael Douglas

Genres: Action, Thriller

Rating: R

My lovely wife selected Haywire as she claims she was in between a rock and a hard place as she was not too enthused with the movie list. The silver lining in our evening, aside from hanging out with me, was that the theatre upgraded the butter. I personally had interest in seeing this film as Gina Carano (Mallory) besides being a MMA star is the daughter of former Dallas Cowboy backup quarterback Glenn Carano. The storyline seemed pretty straight forward as a contracted black ops operative gets sold out and extracts revenge.

Haywire starts slowly and never picks up any momentum. This was definitely surprising as the cast is comprised of heavy hitters Michael Douglas (Coblentz) and Antonio Banderas (Rodrigo). This movie tricked me as I assumed the opening scene would be a prelude to bigger things. Act one: Channing Tatum (Aaron) meets with and then attacks Mallory in an effort to bring her back into the operation. The fight left Aaron with a broken arm and ego. Mallory escapes along with any hopes to maintain my interest throughout the

film's duration.

As disappointed as I was with Haywire there was one scene that was worth mentioning. You may be familiar with the saying "deer in the headlights" well there was a deer that wished it has seen headlights. Although the deer or stunt deer is irrelevant to the storyline it was the only cast member of sort that deserved an accolade. I guess I should give credit to the special effects team for delivering such a believable moment however they are unknown to me at present time. With that being said, I rate this film one anchor out of five. ❖



WHAT WAS GOING ON...

In February during the 1970's - NAFEC Sandpaper

February 4, 1972: NAF Flying Club Obtains Yankee Clipper Trainer – The purpose of the club is to provide aircraft and instruction to its members at a low rate. The aircraft seats two people and cruises at 120-126 knots.

February 18, 1972: Memorial Services held for Lt. Watters (Blue Angel who crashed in desert) – He crashed his Number Seven F-4 Phantom jet aircraft in the desert 16 miles northwest of NAF. He was 29 years old.

February 09, 1979: NPTR Scene For New Training Film – A motion picture film crew is shooting a new survival movie at NPTR. Film is designed to assist Naval aviators and aircrewmembers who are forced down in a desert environment.



2012 Election Year Guidance & Voting Assistance

Condensed from the January 17, 2012 RHUMB LINES



Voting assistance resources are available by telephone at commercial (800) 438-8683, (703) 588-1515, by e-mail: vote@fvap.ncr.gov, or online at <http://www.fvap.gov>. For more guidance, see [DoD 1344.10](#) and [NAVADMIN 382/11](#).

Prohibited Activities in Support of Political Events by Military Personnel

All personnel, including reservists, when acting in their official capacity, shall NOT:

- Wear military uniforms at political campaign or election events.
- Associate the Navy with any partisan political campaign or election, candidate, cause, or issue.
- Distribute political campaign or election literature while in uniform, or while on a military installation
- Engage in public commentary - including speeches and written submissions offered for publication -concerning political campaigns or elections without prior clearance.
- Respond directly to inquiries from political campaign organizations. All inquiries shall be forwarded to a Public Affairs Officer, who will respond with public information unless the request is from elected officials.

LOCAL HISTORY BY TWO OLD GOATS

One of the nice things about history is discovering something new. Many visitors to NAF El Centro have seen the numerous unit and squadron patches along the softball field in front of the jet mart. This month the Two Old Goats delved a little deeper and wanted to showcase a unit which deployed out here in 1948. February saw VF-19, "Satan's Kittens," visit NAS El Centro for a two week period of intensive rocket training and nighttime carrier landing practice. In 64 years not much has changed when it comes to the mission of the base: training our pilots and honoring their skills. VF-19 flew the Grumman F8F Bearcat. ❖



www.wings-of-time.com 20.2.2010 MF



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

Program Manager: AC2(AW/SW)Amber Huskey

Email: amber.huskey@navy.mil

Phone: (760)339-2601



NAF El Centro's Desert Eagle Squadron

Base Program Coordinator: AC2 Nick Sanchez

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

Phone 760-339-2601



Spring Term I CLASS SCHEDULE – March 5, 2012 -April 27, 2012 – Add/Drop Date: March 17, 2012



Course	Course Title	Loc	Days	Time	Type& # of Hours	Instructor
NAF El Centro						
ENGL 101	<i>P-English Composition I</i> (Placement Exam) 1/23/2012-3/16/2012	Bldg 221 Rm 4	M/W	1930-2230	<i>English (3)</i>	Dr. Dickerson
ENGL 101	<i>P-English Composition I</i> (Placement Exam) 1/23/2012-3/16/2012	Bldg 221 Rm 4	T/Th	1930-2230	<i>English (3)</i>	Dr. Dickerson
LITR 222	P-American Literature	Bldg 221 Rm 4	M/W	1630-1930	<i>Humanities (3)</i>	Mr. Beckett
MATH 102	P- College Algebra (Placement Exam)	Bldg 221 Rm 4	T/Th	1630-1930	<i>MATH (3)</i>	Blake Miles
MGMT 253	<i>Small Business Management</i>	Bldg 221 Rm 3	T/Th	1930-2230	<i>Elective (3)</i>	Eva Shaw
PSYC 142	<i>P- General Psychology</i>	Bldg 221 Rm 3	M/W	1930-2230	<i>Social Science (3)</i>	Eva Shaw
SPCH 143	<i>Speech</i>	Bldg 221 Rm 3	M/W	1700-1930	<i>Speech (3)</i>	Bruce Page



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You Have the Power - to Save Energy



By Ruth Erro

Improving energy efficiency and reducing energy waste at NAF EI Centro by just 10 percent could generate nearly half a million in savings each year, savings that will help secure jobs and fund facility repairs and improvements.

Integral to the NAFEC energy program is a commitment to improving workplace comfort and quality of life.

Personnel need to understand that energy efficiency does not mean going without; it means learning about opportunities to be more efficient and changing wasteful practices and habits.

Major energy-saving initiatives such as lighting retrofits, cooling system improvements, water conservation programs, and prioritizing the use of energy-efficient materials and systems in new construction and renovations have been and will continue to be implemented at NAFEC.

True success, however, can only be achieved if all military and civilian personnel make energy efficiency a part of their daily lives. It should be just as routine as Safety awareness. You have the power to help NAFEC realize tremendous savings by taking a few simple steps.

Turn off task lighting and overhead lights when leaving an area.

- Turning off 1,000 watts of lighting for 10 hours per week will save 520 KWh and \$70.2 each year. It currently costs NAFEC 13.5 cents per KWh.

Set Air Conditioning thermostats at 76°F or higher.

- For every degree you lower the temperature, the energy costs rise by 6 percent. A temperature setting of 75°F costs 18 percent more; a 72°F setting costs 36 percent more.

Keep Air Conditioned space boundaries secure.

- Close doors and windows when the AC is running. On hot days, draw the curtains and/or shades to keep the sun out. Turn off the AC at night or when the space is unoccupied for longer than an hour.

Be Energy Smart with office equipment.

- Turn off office equipment or set it to "power down" when not in use. Setting computers, monitors, and copiers to use sleep-mode when not in use helps cut energy costs by approximately 40%. Remember to turn equipment off at the end of the workday.

Repair or Report leaking plumbing fixtures at once.

- A dripping faucet can waste 6-10 gallons of water a day. (Not to mention drive you crazy.) The cause is most often a worn-out washer. Replacing it takes just a few minutes.

Turn off outside lights during the day.

- If there is no switch, check for a faulty photocell or timer and have it repaired/replaced. A typical building outside security light wastes approximately \$44 per year in electricity costs when left on all day long. ❖



SANDPAPER POLL RESULTS

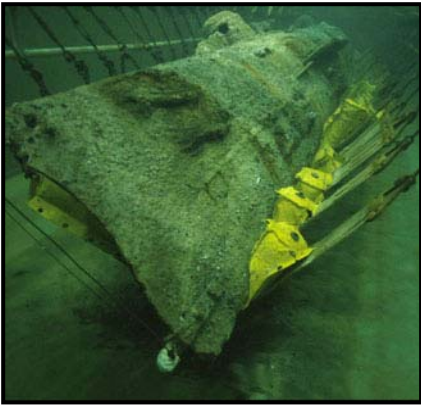
1. Rank/Rate			
Civilian		13	52%
Seaman/Airman		5	20%
Petty Officer		6	24%
Khakis		1	4%
Total		25	100%

2. What is your New Year's resolution this year?			
Lose weight		12	48%
Improve fitness		11	44%
Quit tobacco products		8	32%
Spend more time with loved ones		5	20%
Other, please specify View Responses		1	4%

Every year, we set personal goals for ourselves in the form of New Year's resolutions. Some of us may say that they are always broken, while some are really good about following through with them. Last month the Sandpaper put the most common New Year's resolutions in a poll question to see what Desert Warriors goals were. The most common responses had to do with improving fitness and losing weight. Spending more time with loved ones and quitting tobacco products also received quite a few responses. There was one "other" response from an individual who wanted to improve their EVAL. Thanks for all of your participation! ❖ By PS3 Marques Meraz

Complete Civil War Submarine Unveiled For First Time

By Harriet McLeod (REUTERS 12 JAN 12)



NORTH CHARLESTON, S.C. - Confederate Civil War vessel H.L. Hunley, the world's first successful combat submarine when it sank a Union ship in 1864, was unveiled in full and unobstructed for the first time on Thursday, capping a decade of careful preservation.

"No one alive has ever seen the Hunley complete. We're going to see it today," said engineer John King as a crane at a Charleston conservation laboratory slowly lifted a massive steel truss covering the top of the submarine.

About 20 engineers and scientists applauded as they caught the first glimpse of the intact 42-foot-long narrow iron cylinder, which was raised from the ocean floor near Charleston more than a decade ago. The public will see the same view but in a water tank to keep it from rusting.

"It's like looking at the sub for the first time. It's like the end of a long night," said Paul Mardikian, senior conservator since 1999 of the project to raise, excavate and conserve the Hunley.

In the summer of 2000, an expedition led by adventurer Clive Cussler raised the Hunley and delivered it to the conservatory on Charleston's old Navy base, where it sat in a 90,000-gallon tank of fresh water to leech salt out of its iron hull.

On weekdays, scientists drain the tank and work on the sub. On weekends, tourists who before this week could only see an obstructed view of the vessel in the water tank now will be able to see it unimpeded.

Considered the Confederacy's stealth weapon, the Hunley sank the Union warship Housatonic in winter 1864, and then disappeared with all eight Confederate Sailors inside.

The narrow, top-secret "torpedo fish," built in Mobile, Alabama by Horace Hunley from cast iron and wrought iron with a hand-cranked propeller, arrived in Charleston in 1863 while the city was under siege by Union troops and ships.

In the ensuing few months, it sank twice after sea trial accidents, killing 13 crew members including Horace Hunley, who was steering.

"There are historical references that the bodies of one crew had to be cut into pieces to remove them from the submarine," Mardikian told Reuters. "There was forensic evidence when they found the bones (between 1993 and 2004 in a Confederate graveyard beneath a football stadium in Charleston) that that was true."

The Confederate Navy hauled the sub up twice, recovered the bodies of the crew, and planned a winter attack.

On the night of February 17, 1864, its captain and seven crew left Sullivan's Island near Charleston, and hand-powered the sub to the Union warship four miles offshore. From a metal spar on its bow, the Hunley planted a 135-pound torpedo in the hull of the ship, which burned and sank.

Some historians say that the submarine showed a mission-accomplished lantern signal from its hatch to troops back on shore before it disappeared. Mardikian has the lantern, which archaeologists found in the submarine more than a century later, in his laboratory.

Scientists removed 10 tons of sediment from the submarine, along with the bones, skulls and even brain matter of the crew members, Mardikian told Reuters. They also found fabric and Sailors' personal belongings.

Facial reconstructions were made of each member of the third and final crew. They are displayed along with other artifacts in a museum near the submarine. In a nearby vault is a bent gold coin that archaeologists also found in the submarine. It was carried by the sub's captain, Lieutenant George Dixon, for good luck after it stopped a bullet from entering his leg during the Battle of Shiloh in 1862.

"The submarine was a perfect time capsule of everything inside," said Ben Rennison, one of three maritime archaeologists on the project.

The Hunley Project is a partnership among the South Carolina Hunley Commission, Clemson University Restoration Institute, the Naval Historical Center and the nonprofit Friends of the Hunley. The nonprofit group raised and spent \$22 million on the project through 2010, a spokeswoman told Reuters.

The next phase of the project will be to remove corrosion on the iron hull and reveal the submarine's skin, preserve it with chemicals, and eventually display it in open air, Mardikian said.

Scientists have found the vessel to be a more sophisticated feat of engineering than historians had thought, said Michael Drews, director of Clemson's Warren Lasch Conservation Center.

"It has the ballast tanks fore and aft, the dive planes were counterbalanced, the propeller was shrouded," Drews said. "It's just got all of the elements that the modern submarines have, updated."

There were previous submarines, Drews said, but the Hunley, designed to sail in the open ocean and built for warfare, was cutting-edge technology at the time.

"Dixon's mission was to attack and sink an enemy ship and he did," Drews said. "At that particular time, the mindset of naval warfare was, basically, big ships sink little ships. Little ships do not sink big ships. And the Hunley turned that upside down." ❖



Hunley rises from the waters.



**NAVAL AIR FACILITY EL CENTRO'S
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FLEET AND FAMILY (MRS. PAT BRAXTON)

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

(FEB 2 ND , MAR 1 ST)	PREGNANCY RESOURCES	1300-1400
	PREPARING FOR AN OVERSEAS TOUR	1400-1500
(FEB 9 TH , MAR 8 TH)	RESUME WRITING	1300-1400
	WINNING INTERVIEW TECHNIQUES	1400-1500
(FEB 16 TH , MAR 15 TH)	GOAL SETTING	1300-1400
	ASSISTANCE WITH HOME PORT CHANGES	1400-1500
(FEB 23 RD , MAR 22 ND)	BUDGET CLASSES	1300-1400

BASE CLINICIAN (MRS. MEGAN SPANGLER)

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

(FEB 2 ND , MAR 1 ST)	ANGER MANAGEMENT	1330-1430
(FEB 9 TH , MAR 8 TH)	STRESS MANAGEMENT	1330-1430
(FEB 16 TH , MAR 15 TH)	EFFECTIVE COMMUNICATIONS	1330-1430
(FEB 23 RD , MAR 22 ND)	HOW TO RESOLVE CONFLICT IN THE WORK PLACE	1330-1430

'Gucci' Weekend Getaway

By LS3 Sarah Candito

Recently I took an unexpected trip to Las Vegas, and was very pleasantly surprised to have one of the best weekends I have had in a long time thanks to the Palms Hotel and Casino.

I found out the day before about the trip. Normally I stay with friends, but at the time they were out of town, so I was preparing for the worst as far as last minute room prices. I went to Priceline and found a room at the Excalibur for \$65 a night at my friend's suggestion. I looked at photos and amenities and thought, 'This is alright, but it's a little too Disney Magic Kingdom for me.' But as I scrolled further down the page I found that for only \$20 more a night was a very comfortable and posh looking room at the Palms. The Palms seemed a little more geared toward the young adult set, as opposed to families with kids or old people, so I booked it for two nights.

I arrived the next afternoon to check in and showed my military ID for identification at the desk. My drivers' license is still technically expired, so the military ID is always what I use to avoid confusion with people who don't know about license extension for military. Everything checked out well, and my friend and I were given keys for a room on the 53rd floor.

As we rode up in the elevator I did think it was a little odd that we were all the way on the 53rd floor (my ears actually popped on the way up). I had never even been in a building that had that many floors. When we came to our room and opened the door, my jaw dropped. This room was not just any room, and definitely not the basic room that I had booked. It was a suite the size of most people's houses. I immediately thought that this couldn't be right and called the front desk. "Um...hi this is room 53-207, and I was wondering if you had made a mistake in our room, because this is way too Gucci for me."

The desk clerk replied, "Nope. We complimentary upgraded you."

"So I don't have to pay extra for any of this?" The response was immediate. "No ma'am."

The only thing that could come out of my mouth was O-M-G. This was craziness! I'll admit, I ran several laps around the suite. The bedroom was enormous, with a king bed (that I actually was able to hide in during a game of hide and seek that I won). There were actually two bathrooms instead of one, with marble everywhere. There was also a huge living room with wood floors and opulent furniture (and yes, I did slide in my socks after a running start). But the best part of all was the floor to ceiling windows, which offered amazing views of the Las Vegas Strip.

I later learned that it was all because of the simple, unassuming act of showing my military ID. The family that owns The Palms happens to be very military friendly, and I have heard that The Venetian is also the same way. So if you ever have a long weekend, I would definitely recommend this lodging avenue. It definitely made for a weekend that will not be soon forgotten. ❖



RECENT EVENTS

IN THE PEARL OF THE DESERT



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MORE SPORTS SMACK TALK...

(From page 10)

Last night marked the fifth round of Captain's Cup Basketball. The first game was ah ah... UGLY! OPSEC took one in the chin and never even competed. Border Wars continues their terror by mutilating their opponents. They were able to dissect OPSEC 61-15. They won by 46 points, that's amazing. The defending champions are putting it together early and seem to be the favorites to take another championship. The referees have been sending messages out to players that have big yappers. Technical fouls have been handed out like if they were Abba Zabbas and players still don't get it. An official will not change his call, even if he's wrong. If he changes the call, it makes him look like a bum. So just keep playing. I'm still waiting for Border Patrol Coach, Ron Gordon to be tossed out of a ball game. He enjoys exercising his yapper more than Dennis Rodman ever did. After the game, I interviewed Sleepy Willis. I asked him about the game and he said, "We couldn't throw a rock in the ocean from the beach tonight". Sleepy you are absolutely right! If Charles Barkley was commentating, he would have called this game a "Terrible Game". Game two was a thriller. Blues came out ready to defeat MWR, but fell short of their goal. This seems to be the case with the Demo Team. Every time the Blues play MWR, they leave it on the court. Blues brought about 60 rowdy fans with them. They had 3 male cheerleaders and a couple of "I don't know what they were". The Blues fed off the crowd and almost beat the Customer Service Providers. Even though, MWR was missing their key player Anthony Rojas, they managed to pull out the victory in overtime. Von Gaines and "Old Man Guerra" scored 90 percent of MWR's points. Blues got a lot of help from White and Wiley. MWR wins by 5 points. Game three started off pretty hot with Rebels putting it to Strike. Rebels led most of the first half and seemed to be in control of the game. Cody Crowell went off in the second half and the rest is history. He scored 20 points in the second half. Strike seems to have bounce back after that lost against MWR. The Rebels got tired and just couldn't maintain the same intensity that they had in the first half. The Rebels were missing their best player (Poirez). The Rebels are a big team that has no cardio. I guess when you guard a bunch of criminals who are lock down in a 4x8 cell for 23 hours in a day, it doesn't give them a lot of time to exercise. ❖

Game 13: BRDR PTRL 61 OPSEC 15

Game 14: MWR 52 BLUES 47

Game 15: STRK 67 RebeIs 43

Weapons got their first win of the season by defeating the Big Bad Law Dawgs. Weapons got some good offense from Agent Zero and CP Ward. Chill Will definitely did not chill and made some crucial plays down the stretch. Law Dawgs were ahead early, but just ran out of juice. I guess when you eat that prison food, it affects your energy levels. Cold water beans and liver cheese for breakfast doesn't sound very enticing to me. Law Dawgs have been playing together for a few years and now are on the decline. They haven't gotten any worse, but they haven't gotten any better either. It's time for a make-over! Weapons on the other hand, have gained some confidence and are now playing good basketball. Weapons defeat the Law Dawgs 59-52. Game two was a pretty good game between AOC and Strike Fighter. AOC put up a good fight, but the Rattlers were just too much for the Contractors. Coty Crowell went off again in the second half with 18 points. QVJ dropped 19 points while Lindsay added 18 points of his own. AOC is improving and I foresee them winning a game in the near future. Game three was a great game between Khakis and Rebels. The first play of the game started with Captain Jones hitting a deep 3 pointer shot. Even though, the Rebels were missing their twin towers, they managed to put some points on the board. Jenny Burgos scored 11 points, while Sergio Rodriguez had a season high 17 points. The Khakis were the underdogs, but played like the big dogs. Captain Jones went out of the game early with an ankle injury. He wasn't about to let the high ankle sprain tell him what to do. He was ready to go back in the game and I was like, this is crazy! Since the Skipper wasn't on the court, the XO had no other choice, but to step up to the plate as the next in charge. XO Erik Franzen dropped 8 points and kept the game close. He displayed some moves that I have never seen at NAF El Centro. Chants of "XOOOOOOOOOOOO" could be heard throughout the gym. Khakis were down by 6 points at one time and could have won the game, if Captain Jones injury wouldn't have occurred. Ensign John Less put it on offensive mode and almost pulled it off. The Rebels got tired and it almost cost them the game. This seems to be the Rebels problem, Cardio, cardio and cardio. ❖

Game 16: WEPS 59 LAW DAWGS 52

Game 17: STRK 66 AOC 41

Game 18: REBELS 46 KHAKIS 36

Another week of Captain's Cup Basketball in the books. The first game was OPSEC versus the Law Dawgs. Law Dawgs finally put some offense together and easily defeated OPSEC 55-31. Mario Bustamante went off from behind the three point line and made 6 out of 8 shots. OPSEC did not have an answer for that firepower. If someone would have guarded Bustamante, it could have been a different ball game. It's easy to make shots when no one is guarding you. OPSEC must now go back to the drawing board to see what else they can do. OPSEC faces the Khakis on Thursday at 1900. I anticipate a great game between these two teams. There seems to be a little trash talking. Khakis will be without their best player, Captain D. Jones. OPSEC will make sure that Sleepy Willis is wide awake for this one. Game two was one of the best games of the year. Strike Fighter versus BP Cutters. This game would be decided by the team who made the least amount of mistakes. Strike's QV Johnson could not be stopped by any of the Cutters. He took over from the opening tip-off until the buzzer sounded. It was like watching Shawn Kemp before he gained all that weight. Glen Ufland and his team got defeated for the first time this year. The Cutters just could not stop the easy buckets. Coach Gordon was very upset with his team and vowed to run them in practice. The Rattlers came out very confident and got the job done. Game three was MWR versus Weapons. MWR was able to serve their opponent a five star meal with the dessert included. Even though, Agent Zero scored 23 points there wasn't a lot of resistance from the Bomb Builders. Recreation Nation did what they promised they were going to do, and that was win big. There is one thing about the Bomb Builders though, whenever they play, they play hard until the game is over. MWR wins by 30 points. ❖

Game 19: LAW DAWGS 59 OPSEC 52

Game 20: STRK 43 BRDR PTRL 38

Game 21: MWR 77 WEPS 47

Law Dawgs win their second consecutive game this week. Could it be that the Law Dawgs are tired of the butt whippings? Or is it strength of schedule? Only time will tell. They will face off against the other prison team next week. These two teams simply just don't like each other. The Rebels baby sit some of the most notorious "failed to pay my child support to my baby mama criminals" in California. While the Law Dawgs let the prisoners baby sit them. This game will decide who's got the best milk bottles and best honey pacifiers in the business. I got my binky on the level 4 guys. AOC failed to honor the contract by allowing Law Dawgs to beat them 80-47. Blues Angels brought the entire demo team to the gym last night. Two FA/18 Super Hornets and Fat Albert landed in the parking lot. We had no room in the inn for all these performers. Car alarms were going off, there was chaos everywhere. We are still waiting for Security to show up. They brought the varsity cheerleading squad all the way from Pensacola, Florida for this game. Weapon's was so intimidated with all the commotion that they went home. Blues win by forfeit. Game three was Khakis versus OPSEC. These guys have been talking smack to each other since the season started. It was a very close game between these two teams. Brian Mcalister put the team on his back and managed to win by 2 points. Khakis missed too many shots and failed to execute on OPSEC's turnovers. They tell me that the name "OPSO" stands for Operations Officer, I beg the difference, it stands for "Other People Steamrolled Over". OPSO's tenacious defense caused some frustrations for the Khakis. Josh Less did his thing with 15 big ones, while Josh Less added 10 points. Without the Less Boys, Khakis would've had two less players with 25 less points. more or less. ❖

Game 22: LAW DAWGS 80 OPSEC 47

Game 23: BLUES WEPS ??

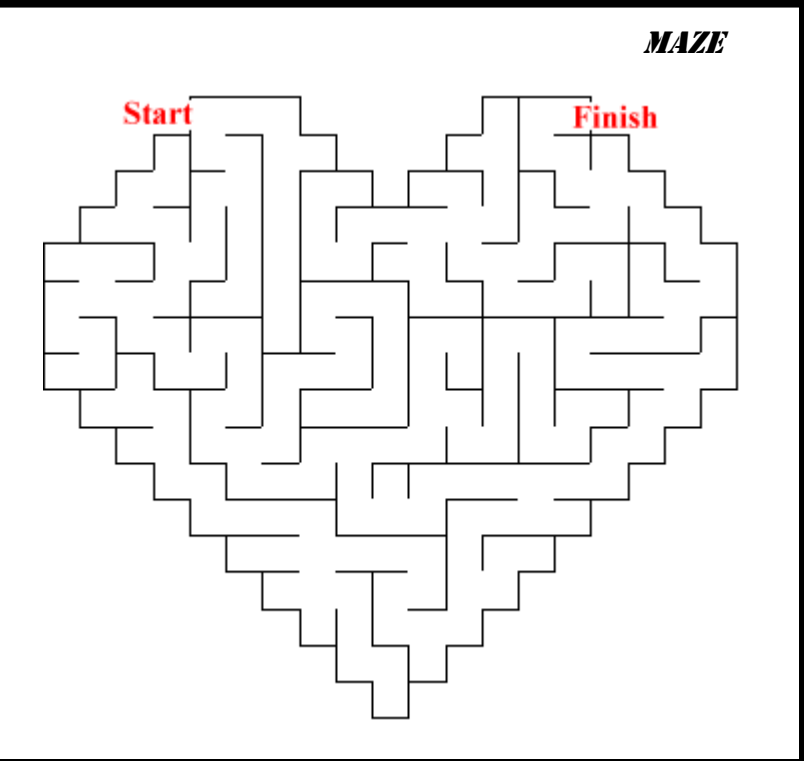
Game 24: OPSEC 29 KHAKIS 27



- ARROW
- BE MINE
- CANDLES
- CANDY
- CHOCOLATE
- CUPID
- FLOWERS
- FRIENDSHIP
- HEARTS
- HONEY
- LACE
- LOVE
- PINK
- RED
- RIBBONS
- ROMANCE
- ROSES
- SWEETHEART
- SWEETIE
- SWEETS
- VALENTINE

SUDOKU

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



Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

A few editions ago I wrote about a day at the beach and tried to compare that to the parks system of the El Centro area. Well I branched out a little bit and did a stint of camping over a weekend at Mecca Beach. If you drive about 80 miles from the base up to the Salton Sea area you are bound to run into Mecca on Highway 111. Is Mecca really mecca? I suppose that is an opinion that you will have to make for yourself. I enjoyed myself and a word to the wise, when it is cool it is probably the best time to go camping there. That way there is less funk in the air, and believe me when it gets hot there will be a funk in the air! I know because I had visited the Salton Sea last summer. The funk in the air is actually decomposing algae.

This may also be a fading opportunity due to the state of the California State Parks System. Apparently on 01 July 2012 Mecca Beach and adjacent areas may be in danger of closing because, like everything else; when there is no dough there is no go. You can always check them out on the web: <http://seaanddesert.org/> specifically for the Salton Sea/Mecca Beach area or <http://www.parks.ca.gov> for other parks that you want to visit.

The first thing you will want to know is that it is not free. To support the parks system you will be charged from \$10-\$20 per day depending on what type of campsite you want. If you have an R.V. or a Camp Trailer that will run you \$30 per day. Then there are the 'amenities', of which a cold shower in January, not really my cup of tea, but rather than burn to a crisp in the summer I found an alternative. This innovative camper decided to boil some water on the camp fire and take it to the restroom and just wash up. The website advertises hot showers, but there were none at the time I went.

I am a planner and I tried to ensure that I took all the gear that I would need. Granted I went by myself and I lived on bratwurst, burgers, and hot dogs and the occasional MRE which will outlast the end of the world. I have all of my items in a tote box with the tents and sleeping bags ready to go at a moments' notice. I set up a modest campsite with all the amenities that I brought in. I'm not opposed to roughing it, but when I can bring in my air mattress and plug it into the car to inflate it - I'm going to do it! I brought in my own fire wood, which if you can acquire it from somewhere other than Wal-Mart, you will save some cash! Make sure you acquire it from somewhere other than the park. Not such a good idea to go chopping down trees there! I also brought a small grill for cooking which is much better than trying to cook over the open fire. I save the fire for the coffee pot, boiling water, making smores and maybe hotdogs on a stick. Plus having a campfire since you're camping is almost a requirement. I also walked a trail that was nearby and went to the oasis's that are in the area. I recommend going now! If you wait too long it will be way too hot to see the sights and while you're seeing the sites in the heat, you will be burning and holding your nose due to the lovely aroma of the Salton Sea.

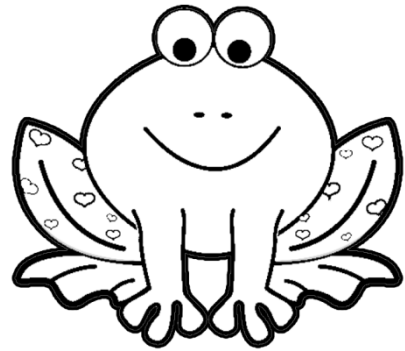
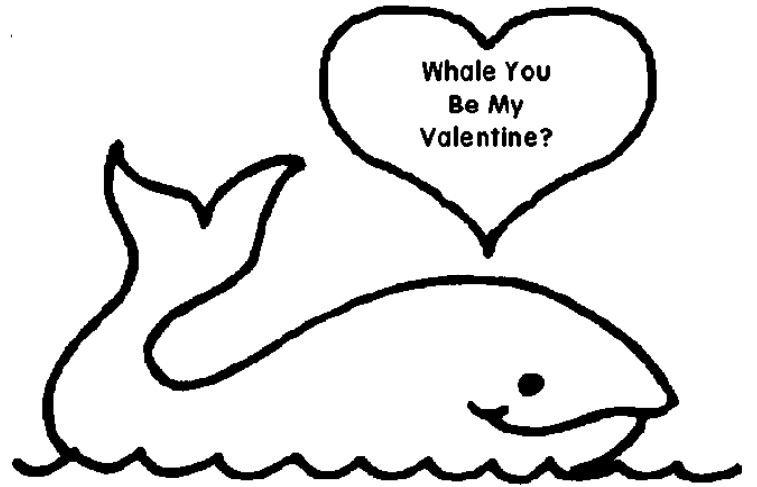
I highly endorse camping at Mecca Beach. Swimming, personally I'm not so sure, although there are kayak tours that run on the Salton Sea and you need not have any experience doing it. It is all entry level. The water is "50%" more salty than the ocean according to the website, so let that influence your decision as it will.

If you go and think there is nothing to do there, you can always check the website above. There are regular events and an outdoor classroom, junior ranger events and a Bird Walk. On the bulletin boards and on the website you'll find the list of 10 things to do in less than an hour. That being said, you don't have to go there just to camp, there are spots for day use and you can picnic and watch the water, the birds and the sunset or sunrise as you choose which will run you \$5-\$8.

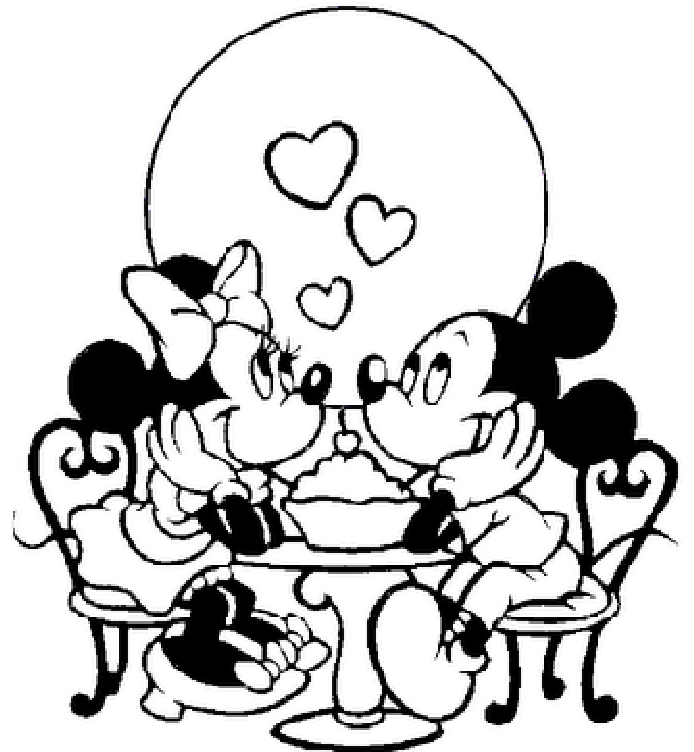
Do something soon. There is nothing fishy about my article, but if you wait too long you'll swear that I was telling you a fish story when you go there and get a whiff! ❖



KID ZONE



hello kitty



CLASSIFIEDS

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.

ATTENTION COMMUTERS

Would you be interested in an alternative option that could mean very little out of pocket cost – if anything at all?

If you commute from San Diego to NAF El Centro, work from 0700 and 1630 with every other Friday off, and would like to take advantage of a quicker, less stressful and less expensive way of getting to work, please contact:

Tom Holman at 760-339-2533 or
thomas.g.holman@navy.mil

FOR SALE!! New 2 in 1 pool/air hockey table with billiard balls, cues, chucks, ball racks, and cleaning brushes and cleaning kit for table. \$750 OBO. Call Vincent Egbuniwe (760) 755-0671.

JOB POSTINGS

MWR Jobs



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

How to apply: Submit a NAF application & resume to the NAF Human Resources Office, building 318 or fax to (760) 339-2326. Resumes and applications may also be submitted via email to

mwr.hr.dept@mwrsw.com. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖

Recently Announced: Human Resources Clerk/ Cashier, Recreation Aid – Liberty Center, Recreation Aid – Fitness and CYP Assistant!

Alternatively you can check out the following website for more information, and applications. Just go to:

<http://mwrtdo.com/sandiego/about/jobs/> If you have questions contact Joe Conner at joe.conner@navy.mil.

FOR SALE!!

PUT YOUR AD HERE!

CONTACT [W ELCN PAO SANDPAPER GS@NAVY.MIL](mailto:w_elscn_pao_sandpaper_gs@navy.mil)

Technical Specialist- EL Centro California

ELSAG North America – www.elsag.com



Duties

The incumbent will be responsible for 6 field trailer units contracted to the Drug Enforcement Administration (DEA) and 6 field trailer units contracted to the Customs and Border Patrol (CBP) along the US Border between California and Mexico. Daily maintenance and troubleshooting of these units with computer networking skills, electrical/electronic skills, and mechanical aptitude. Strong self motivation required due to individual work environment in varying environmental conditions, and local travel within the region using company provided vehicle (pick-up truck). Strong relationship building and interpersonal skills are required to effectively interface with the DEA, CBP and field contractors. There will also be interface with Greensboro North Carolina personnel for hardware or software issues.

Qualifications

A minimum of three (3) years experience in computer networking and communications, together with an AAS in Electronics or Information Technology or an equivalent combination of experience and training. Ability and availability for work occasionally after regular business hours to meet customer requirements.

Special Notes US Citizenship required; satisfactory completion of extensive background checks by the company and applicable federal agencies.

Pay Range \$20.00 to \$25.00 per hour, DOE/DOQ, together with a comprehensive benefits package.

Qualified Candidates: Qualified candidates should submit a resume in MS Word to charlie.pistolis@elsagna.com

Due to the volume of responses, we will only contact those candidates in whom we have an interest. No Telephone Calls please.



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

We'll make it easy...

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

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

Thank you for supporting your NEX

JOB Links for Employment

Department of the Navy, Civilian Human Resources: <https://chart.donhr.navy.mil>

Federal Jobs: <http://www.usajobs.gov>

DoD Jobs: <http://www.militaryconnection.com/dod.asp>

Employment Development Department's California Jobs:

<http://www.caljobs.ca.gov/>

Imperial County Jobs: <http://imperialcountyjobs.org/>

Energy Conservation: <http://www.tetrattech.com>

HOUSING/ Contract ALUTIIQ: <http://www.alutiiq.com>

AOC: <http://aocwins.com/>

HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>

JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>

MWR: <http://www.mwrtdo.com/>

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

SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

Am I Hydrated? Urine Color Chart

1
2
3
4
5
6
7
8

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

CO Suggestion Box Locations

Jet Mart
AOC Bldg
NGIS Bldg 401
Weapons
Liberty Center



AFRICAN AMERICAN HISTORY MONTH CELEBRATION

WHERE: NAF Base Theater
 WHEN: Thursday February 23rd @ 1030

COMING EVENTS

Feb 05
Super Bowl Party
 Hot Stuff
 Starts 1430

Feb 09
Heart & Soles 5K Run
 Navy Fitness Center (\$5/\$7)
 Starts 1200

Feb 11
Mystery Dinner Theater
 Mirage Club
 Starts 1800 (\$25)

Feb 11
Parents Night Out
 CYP
 1800-2200

Feb 18
Old Town San Diego Trip
 Outdoor Adventure (\$9)
 Starts 0800-1630

Feb 20
President's Day

Feb 25
Blue Angels 2nd Annual 10K
 Sunbeam Lake
 0800
 Register online at
www.mwrtoday/elcentroairshow

Mar 2-11
CA Midwinter Fair & Fiesta
 Imperial County Fair Grounds

