

EL CENTRO AIR SHOW

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NAF EL CENTRO

SANDPAPER



Food Fest Grows By Leaps and Sounds

By Kristopher Haugh



The night before the air show, MWR hosted their annual Entertainment and Food Festival. The 15th celebration of this event was by far the biggest and best ever.

Live music was provided by the local band "Last of the Famous." The officers, men, and women of the Blue Angels were out mixing with the crowd, signing autographs, and thanking our local community members for their support of the training that was conducted over the last 10 weeks.

Metal Mulisha performed gravity defying jumps in front of a packed crowd of 4000. Additionally, the crowd gasped as the daredevils of Metal Mulisha jumped through the dual blasts of flame coming from RocketBillyRacing's jet truck. The act was full of thrills and chills that delighted young and old alike.



The highlight of the evening was the fireworks display by FireWorks America. This 22 minute long dazzling display was the longest, largest, and loudest show ever presented at the Food Fest. "Ooohs and Ahhhhs" came from the crowd as the sky lit up with colors accompanied by patriotic music. ❖

Inside This Issue

- 02 CO Column
- 03 CMC Corner / Spotlight
- 04 CCC Advice
- 05 Chapel News
- 06 Desert Beat / Citibank
- 07 CPO 365 / Safety
- 08 Spice / Hiring
- 09 Liberty Center / Quilt
- 10 Sports Page
- 11 CYP
- 12 Mk 76 / Nesting
- 13 Medical Corner
- 14 Clinic Information
- 15 JAG Corner
- 16 EOC / Helping Hand
- 17 Movie Reviews
- 18 History / Voting Info
- 19 DEFY / Sea Cadets
- 19 Restaurant Review
- 20 CIPP / Poll Results
- 21 Railgun / Retirement
- 22 FFSC
- 23 Recent Event Photos
- 24 More Sports Smack Talk
- 25 Even More Sports Talk
- 26 Puzzles
- 27 Kids Zone
- 28 Off Base
- 29 Classifieds / Jobs
- 30 Coming Events / Help



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COMMANDING OFFICER



I want to first commend all of you who were part of our tremendously successful air show weekend. From planning to execution, it could not have gone better. You did a superb job of displaying to the public the best of NAF El Centro and the best of Naval Aviation. Thank you.

Second, we followed the air show with our piece of the Navy-wide force protection and anti-terrorism exercise (Solid Curtain/Citadel Shield); again, you did a terrific job and we took away some very valuable lessons learned that will prove beneficial in those mission areas.

I truly enjoyed the events last week on the 5th of April: the CYP Spring Parade, followed by the planting of trees and flowers for Earth Day, followed by our Annual Base Picnic. It was a superb trio of events and all who planned and executed them did an outstanding job.

In the primary mission of our Base – supporting the training and readiness of the warfighter – we are in full operational mode, supporting more than ten detachments simultaneously. We will stay very busy for the next couple of months so continue to keep the focus and do the great job you are doing.

Our 2012 Spring Grand Prix, which starts and finishes at the Bowling Center, is scheduled to run late morning on 3 May. This promises to be great event, as our allied friends from the UK defend their title from last Fall. Come out and cheer the event and then join all for pizza and refreshments at Hot Stuff.

We recently completed the major renovations to the All Hands Sundowner Bar in the Mirage Club. I encourage you to participate in the many social events featured there and to support YOUR club.

Finally, I continue to receive very positive feedback on the job you all do on our Installation and in support of our mission, day in and day out. Your commitment to excellence and ability to achieve very high standards while supporting high tempo operations is noticed by the many, many people who visit or detach to our Base. I am proud to lead and be a part of this great team.

Keep up the great work and have a wonderful April. ❖

- CO



LAW DAY: NO COURTS, NO JUSTICE, NO FREEDOM

By Rheeah Yoo

The Imperial County Superior Court will host Law Day on Tuesday, May 1, 2012 from 5pm-7pm and invites the staff, families, and community of NAF El Centro to attend the event.

We invite everyone to take advantage of the free legal advice and information provided by attorneys. There will be a presence from the private bar, Department of Child Support Services, the Public Defender, as well as the prisons and law enforcement departments. Social services agencies will also be present to help answer questions about benefits. In addition to the community learning about legal resources, they can also explore careers in the legal field. The court's own HR department will have a table for employment inquiries, and there will be free food courtesy of Turning Point Men's Home. ❖

SCHOOL AGE CARE PROGRAM AT THE CYP EARNS ACCREDITATION

By Kristopher Haugh

The Council on Accreditation (COA) informed the command on 1 March that the School Age Care Program (SAC), Child and Youth Program (CYP), Naval Air Facility was accredited. COA's commitment to maintaining the highest level of standards and quality improvement is designed to identify providers that have set high performance standards for themselves and have made a commitment to their constituents to deliver the highest quality services.



CREDIBILITY • INTEGRITY • ACHIEVEMENT

COA accreditation is an objective and reliable verification that provides confidence and support to an after school program's children and youth, parents, staff and community partners. The COA accreditation process involves a detailed review and analysis of both a program's administrative operations and its service delivery practices. All are "measured" against national standards of best practice. These standards emphasize services that are accessible, appropriate, culturally responsive, evidence based, and outcomes-oriented. In addition, they confirm that the services are provided by a skilled and supported workforce and that all individuals are treated with dignity and respect.

COA congratulates School Age Care Program, Child and Youth Program, Naval Air Facility for their hard work and wonderful achievement and is proud to have it as part of COA's Community of Excellence.

Founded in 1977, COA is an independent not-for-profit international accreditor of the full continuum of community-based behavioral health care and human service organizations. Today, over 1800 organizations—public and private—are either COA accredited or are in the process of seeking accreditation. These organizations serve over 7 million of our most vulnerable individuals each year! ❖

COMMAND MASTER CHIEF

Team NAF El Centro,



We have completed painting three of the four Blue Angels static display aircraft. The A-4 Skyhawk II and the F-4 Phantom II and the F/A-18 Hornet, our restoration Tiger team (made up of NAF, WEPS, STRIKE and MED Sailors) have done a great job on these three. Seeing these aircraft looking showroom new will surely make a great first impression of our "Pearl of the Desert." The last weekend in February we had several guests onboard for both the Imperial Valley Navy League event and the MWR Blue Angel 10K run/walk/bike event. I received several compliments on the true professionals that we have working onboard (that's you) and the overall appearance of our installation. We are still fully engaged on making positive changes to the way the Base looks working right up to air show. Following the air show, we are going to continue to make the Base a place we are proud to call our own. As you can well see, teamwork is one of the critical keys to life's many challenges. We still have several projects to get started and some to finish. I am still seeking new members to augment the Tiger team. We will begin installation of 50 flag poles near the front gate just after all of the Blue Angel static display aircraft are completely restored. We need your help for this Field of Flags project.

Ensure you are staying focused on self improvement by gaining professional knowledge and you are still setting some quality time each night to study. I want you to know that your efforts hosting this year's Air Show was Outstanding, which also celebrated the Centennial of Marine Corps Aviation and the Bicentennial of the War of 1812, was a memorable event for all.

I encourage you to stay focused every day you are here. Continue to train, just like we fight! Eternal vigilance is the price of freedom! Thank you for all you do! ❖ -CMC

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IN THE SPOTLIGHT



Meet Jim "Jimbo" Shinn

I want to thank you all for the "warm" welcome and it is not even summer yet! I am Jim Shinn, a licensed clinical social worker, a new counselor here at Fleet and Family Service Center. I am not as good-looking as Megan Spangler, MFT who has been commuting from San Diego to the FFSC here in the valley for the last 6 months. I am a local boy though, and I have over 30 years experience counseling and helping families.



I began working in mental health in 1975 and my graduate training at Fresno State in 1980 was in working with children and families. I have had my own small counseling center in El Centro for over 20 years. I have done a lot of medical social work which is counseling people/families with health stressors. I worked in a pregnancy/prenatal clinic for 4 years and I have also worked part-time in an alcohol/drug treatment facility for 3 years. I have also supervised both hospital and dialysis social workers.

My personal philosophy is about prevention and doing what I can so people will get help sooner or get them information so they can solve their own problems. Getting help early can prevent disease, disabilities, domestic violence, divorce and self-destruction. Early intervention helps maintain the mission and promote positive relationships in families and work. I have lived in the Imperial Valley most of my life and recently retired from counseling in a junior high school setting. I hope to be a long term addition to the FFSC and NAF El Centro team.

I am available for small group presentations related to stress, communication, problem-solving, managing emotions, parenting and improving relationships. You can drop me a line at 760-339-2241 and I will buy the coffee or soda. I also have teaching experience from junior high to graduate school, if you are a member of an organization or club that has programs. If you know of someone who wants to make an appointment, the number is 866-923-6478. I am also the "Love Doctor" if your Valentine's Day didn't go so well!!! In March, I will be in the office 20 hours a week, on Mondays, Tuesdays and half day on Wednesday. I hope to meet you sometime and feel free to drop on by to the FFSC here in Bldg #401. ❖



Job Dissatisfaction



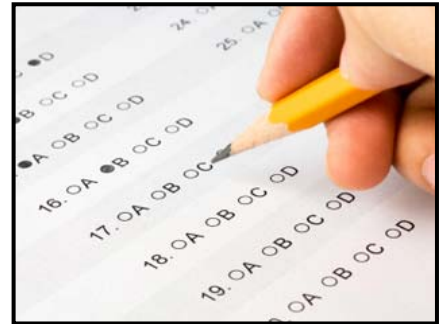
By NC1(AW/SW) Marc Jones

Some Sailors complain or grumble over aspects of their jobs, while others hate them. When you go to MEPS for processing into the Navy you have a classifier giving you a brief description of the jobs you qualify for and then they attempt to guide you to the Navy's needs. Not everyone is satisfied by the reality of their situation when they start working their new job. What can you do about it? One great thing about the Navy is they afford you the opportunity to change jobs without switching employers. What are we talking about? Rating conversion!

The first thing to consider when you decide you want to convert is your ASVAB (Armed Service Vocational Aptitude Battery) score. Your ASVAB score dictates what ratings you are qualified for academically. If your score is low or you are not satisfied with what you have already, there is a process in place for you to retake the test. First, you must complete an online class through Navy Knowledge Online (NKO) that will prepare you to retake the test. The Online Academic Skills Class is also available through www.navycollege.navy.mil and www.petersons.com/dantes. Once you have finished the course, you must travel to San Diego and take the test. The ASVAB point of contact can be reached at 619-556-4827 or 2005. But be warned... your new score, for better or worse, is your new score. MILPERSMAN 1236-010 contains all of the ASVAB retest requirements.

The next thing you must consider is what CREO (Career Reenlistments Objectives) the job you want is in. CREO is the measurement of manning within each rating community. There are three levels of CREO, one being undermanned, two being manned at appropriate levels, and three being overmanned. Your chances of moving from a CREO 3 or a CREO 2 to a CREO 1 are pretty good, but trying to go from a CREO 1 to a CREO 2 or 3 will not happen.

The last thing you need to do is make sure two things happen. First you need meet all the requirements for the jobs you are interested in. Second you must make sure the job or jobs have openings. You do this all through the PTS (Perform to Serve) web site. The time frames for PTS are the same time frames for you to convert. The entire process explained here is handled by your Command Career Counselors, if you have any questions or concerns please seek them out. ❖



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

Hello...Goodbye!

Hails:

- BAUGH, NICHOLAS E. AD3
- EWING, WILLIAM J. AD2
- LALIBERTE, MICHAEL A. AT1
- RUSSELL, MICHAEL B. AO2
- REED, KYLE A. AC3
- DAVIDSON, DAVID E. ADC

Bails:

- SWANK, RYAN T. PR1
- MELE, DAVID J. AO2
- POWELL, PHILLIP D. MA2
- TURNER, JAMES T. LT
- OHARA, WILLIAM J. AE3
- BABAUTA, ANNETTE L. ACCS
- PAGANRAMOS, JAVIER AT3
- WAUNKA, BORIS K. AZ2
- ROYS, CORY E. AE2
- BERMUDEZ, OLGA M. AOAN

REENLISTMENTS

AE3 WILLIAM OHARA, MA2 JACOB DUNLAP & ABFC CULLEN DEATON



The Wellspring - Chapel News



Seven Habits for Highly Effective Christians. Most of us have heard of the Seven Deadly Sins—pride, envy, anger, sloth, greed, lust, and gluttony. These fundamental human flaws serve as the foundation for so much of the hurt and heartache that we experience in our world today. Rather than having these sins kill us, God’s desire is that we would die to them as we embrace His habits that will bring renewed light and life to our lives. The dates for this preaching series will be from 15 April-27 May.

Easter Worship Schedule: All services will meet at the base chapel at the date/time listed below...

	<u>Catholic</u>	<u>Protestant</u>
• Holy Thursday—05 April	1630	No Service
• Good Friday—06 April	1630	1830 (childcare available)
• Holy Saturday—07 April	TBA/Sunset	No Service
• Easter Sunday—08 April	1630	0900 (childcare available)



--Chaplain Smith

Schedule of Events:

- 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.
- Adult Bible Study—All military, civilian, and contract personnel are invited to join us each Thursday from 0630-0730 at the Community Center (bldg. 364). We will be beginning a new video-based series soon. The group is led by Pastor Jonathan Burkee of Grace Evangelical Lutheran Church in El Centro.
- Protestant Worship Service—Sunday @ 0900
 - Nursery (ages 4 and under)
 - Sunday School (ages 5-12)
- Catholic Worship Service—Sunday @ 1630

The Oxymoron of Easter

By Chaplain Smith

An “oxymoron” is a figure of speech that combines two contradictory terms.

Examples include the following...

- Athletic scholarship
- Working vacation
- Original copy
- Deafening silence
- Irregular pattern



And during this time of the year we might also want to add the phrase “Good Friday”. For those of us from the Christian faith tradition, this is the day we commemorate the death of Jesus Christ. It is a day of competing and often contradictory feelings—sadness and celebration, heartbreak and happiness. It is bitter sweet. Friday is a day of darkness. But it is “good” because we know that the Light of Easter Sunday will rise again!

On Good Friday (06 April @ 1830), the Protestant chapel invites you to our Tenebrae service.

Traditionally understood as a “service of darkness,” it offers each participant a unique opportunity for somber remembrance and reflection. Dramatic readings from the Bible of the final hours of Jesus’ life will be presented. After each reading, a time of silence will be given, followed by the extinguishing of a candles and the dimming of the interior lights. At the end of the service, the Christ candle will be removed from auditorium and the strepitus will sound, a loud noise representing the closing of the tomb. The congregation will then quietly depart into the darkness of the evening, anticipating the dawn of Easter Sunday.

If you are of the Christian faith, your presence with us at this special worship service is greatly encouraged. If you are of a different faith or do not claim a particular faith, you are welcome to join us as well. Tenebrae is the experience that can help us all better understand the oxymoron of Easter. ❖



The Desert Beat

Exercise SOLID CURTAIN-CITADEL SHIELD 2012

The Navy conducted its nationwide force protection training exercise at San Diego-area bases and installations from March 19-24, 2012. Held annually, Exercise Solid Curtain/Citadel Shield enhances the training and readiness of Navy security personnel to respond to threats to installations and units. It is not a response to specific threats, but is regularly scheduled for practical experience and learning.

The Navy worked this year with other military and local, state and federal agencies to enhance the training scenarios. The Marine Corps, Coast Guard, City of San Diego Office of Homeland Security, the Port of San Diego, San Diego Police Department and the Red Cross are just some of the organizations who participated.

Measures were taken to minimize disruptions to normal base and station operations, but there were times when the exercise caused increased traffic around bases or delays in base access. Area residents also saw increased security activity associated with the exercise. Updates and information addressing potential impacts to base services and operations were posted via email, FaceBook, the Command Channel, and AdHoc. ❖



ATM/Cash Advance Fee Increase

13MAR12 Citibank Update - ATM/Cash Advance Fee increase

Effective 6 May Citibank's ATM/Cash Advance Fee will increase from 2% to 2.2%. This increase is in accordance with the DTMO Task Order and the GSA's SmartPay 2 Master Contract Option 1 Period.

Cardholders will also receive notification either in their next statement or by way of a separate mailing if no statement is generated.

The fee remains an authorized reimbursable expense when the withdrawal is associated to official travel. Awareness of this change will be key to ensuring proper split disbursement.

If you have any questions please email don_ccpmd_travelcard@navy.mil. ❖

CITIBANK UPDATE - REQUESTING PIN FOR TRAVEL CARDS.

Citibank has recently noticed fraud attempts when callers contact the bank's automated response unit (IVR) to request a new PIN. Today, cardholders can call the IVR and enter their card account number and last 4 digits of SSN to create their custom PIN.

Citi will be changing their IVR to prompt the caller for above information as well as the CCV2 (3-digit security code on the back of the card) and the card expiration date. This is an added measure to ensure that the caller has possession of his/her card when requesting a new PIN.

This change is expected to occur within the next week.

If you have any questions please let the Navy Travel Card Helpdesk know. ❖

The Citibank logo, featuring a red arc above the word "citibank" in a blue, lowercase, sans-serif font.

MONTHLY DET LOADING

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MARCH	15	3	1745	99
APRIL	12	2	1587	84

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



Making Chief Petty Officers 365 Days A Year

By MC1 LaTunya Howard, Navy Personnel Command Public Affairs (NAVY NEWS SERVICE 08 FEB 12)

MILLINGTON, Tenn. -- Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West recognized that chiefs are not made in six weeks said a Navy official Feb 8.

"The CPO 365 program is the method the MCPON has granted the chief's mess to train first classes in preparation for their selection and their grooming to become future chief petty officers," said Senior Chief Fire Controlman (SW) Steven Pochop, Navy Personnel Command (NPC) detailer and CPO 365 phase one coordinator.



In a message to the chiefs mess, West outlines the need for CPO 365. "I see the need to embrace and execute a process that provides training beyond our mess to all first class petty officers (FCPO) throughout the year for, as I am sure you agree, every FCPO is actually a prospective chief petty officer (PCPO)," said West.

The initiative went Navy-wide in 2010.

The three-phased, yearlong development and training will test the PCPO or selectee mentally, physically, personally and professionally. General guidance was established and released by MCPON in 2010, with additional notes this year about lessons learned from the first cycle. Command master chiefs are the overseers of the program.

CPO 365 phase one begins in September for all first class petty officers. This phase is used to build a foundation for the yearlong cycle. It fosters team building, community service and describes the expectations and accountability that come with the donning of anchors.

Phase two begins when board results are released and builds upon what was started in phase one by preparing board-eligible Sailors for their transition.

Phase three, induction, is the final training period. This phase readies the future chief to lead Sailors and become an active member of the chiefs mess.

Training topics for CPO 365 include Navy heritage, Navy policies and procedures, equal opportunity guidance, sponsorship and indoctrination, Fleet and Family Service Center programs, Perform-to-Serve, the enlisted retention board, career development boards and physical fitness and nutrition.

"We want to ensure that new chiefs and all first class leadership continue to guard those programs and educate our junior Sailors about their importance," said Pochop.

Commands seeking to establish their own CPO 365 program should review the MCPONs 2011-2012 CPO 365 guidance. ❖



NAF ELCENTRO MOTORCYCLE TRAINING COURSE



Please contact the Safety office @ x2448 or 2297 for sign-ups and future course scheduling.

BRC - The BRC is a 15 hour course aimed at beginning riders of all ages. This course is both classroom instruction and practical riding on a controlled motorcycle range. Students are encouraged to use their own (or borrowed) motorcycle in the course however, loaners are available. In this course, you'll learn to operate a motorcycle safely, with a lot of emphasis on the special skills and mental attitude necessary for dealing with traffic, straight-line riding, turning, shifting, and stopping. You'll gradually progress to cornering, swerving and emergency braking. In the classroom you'll learn about different types of motorcycles, their controls, and how they operate. You'll find out how alcohol and other drugs affect your ability to ride safely. A very important segment of the course will show you how to create your own strategy for riding in traffic, and dealing with critical situations. The course concludes with a knowledge test and skills evaluation. ❖

ERC - The ERC is a 6 hour course aimed at experienced riders of all ages. This course is practical riding on a controlled motorcycle range. Students will use their own (or borrowed) motorcycle in the course. In this course, you'll be refreshed on how to operate a motorcycle safely, with a lot of emphasis on the special skills and mental attitude necessary for dealing with traffic, straight-line riding, turning, shifting, and stopping. You'll gradually progress to cornering, swerving and emergency braking. You'll find out how alcohol and other drugs affect your ability to ride safely. A very important segment of the course will show you how to create your own strategy for riding in traffic, and dealing with critical situations. The course concludes with a skills evaluation. **LOANER BIKES ARE NOT AVAILABLE FOR THIS COURSE!!!!** ❖

Spice -- Sailors Who Use, Will Lose

By Mass Communication Specialist 1st Class (AW) LaTunya Howard, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- The Navy continued to emphasize the policy of zero tolerance for substance abuse by separating 1,515 Sailors in fiscal year 2011 for synthetic marijuana, commonly called Spice, and other drug usage according to an official Feb. 21.

"Currently, we are discharging a number of Sailors for Spice use, sighting failure to obey a direct order," said Lanorfeia Holder, deputy director of Navy Alcohol and Drug Abuse Prevention (NADAP). "Those that are tested by our Armed Forces Medical Examiner System (AFMES) are discharged under an Article 92 misconduct or an Article 112A which is drug abuse."

A ban was placed on five synthetic cannabis compounds commonly found in the designer drug Spice, but also sold under different names, just one year ago March 1. AFMES has the ability to test for those five compounds via Navy Criminal Investigative Services (NCIS) at the request of unit commanders if probable cause is determined.

Spice is a synthetic compound that is sold as herbal incense and mimics the effects of the drug marijuana. Some of the compounds were initially developed as research to help individuals with certain brain conditions, but the research did not reach its fruition, according to Holder.

Some of the short-term effects include auditory and visual hallucinations, painless head pressure, panic attacks, time distortion and delirium. Long-term effects from the designer drug can include permanent physical impairment, mental illness or death.

"We have Sailors who are having mental conditions that they will never recover from," said Holder. "Using Spice is like playing Russian roulette; you never know what is in the package. As detection catches up with manufacturers, makers alter the ingredients in an attempt to avoid detection."

OPNAVINST 5350.4D defines the scope of drug abuse as the wrongful use of controlled substances to include designer drugs, illicit-use anabolic steroids, prescription or over-the-counter medication.



The unlawful possession or use by Department of the Navy personnel of controlled substance analogues (designer drugs), natural substances, chemicals wrongfully used as inhalants, propellants, prescribed or over-the-counter medication or pharmaceutical compound with the intent to induce intoxication, excitement or stupefaction of the central nervous system is prohibited via SECNAVINST 5300.28D. Violators are subject to punitive action under the Uniform Code of Military Justice, Article 92.

"If a Sailor is having issues with drug abuse or Spice use specifically, we recommend that they reach out to Military-One Source for confidential assessment and counseling at no cost to the Sailor," said Holder. "We also recommend members seeking substance use counseling talk with their doctor, chain-of-command or self-refer to a substance abuse rehabilitation program."

For more information about Spice or other designer drugs visit the NADAP page on the Navy Personnel Command website at http://www.public.navy.mil/bupers-npc/support/nadap/education_training/pages/spice.aspx. ❖

Navy Releases Guide For Hiring Wounded Warriors

By Emily Kopp and Jared Serbu (FEDERAL NEWS RADIO 15 MAR 12)

The Department of Navy is distributing a guide for hiring people with disabilities.

"We hope this is a best practice we can share with our sister services, our federal partners and ultimately, the private sector as well," said Juan Garcia, assistant secretary of manpower and reserve affairs at the Navy, in an interview with The Federal Drive with Emily Kopp and Jared Serbu.

The guide offers tips for making workplace accommodations, handling leave requests and ensuring etiquette among the workforce.

Of Navy's 200,000 civilian employees, nearly 60 percent are veterans and more than 10 percent are wounded, ill or injured, Garcia said.

Last summer, agencies submitted plans for hiring disabled people following a July 2010 executive order from President Obama that set a goal for agencies to hire 100,000 people with disabilities by 2015.

"We've had enormous success in hiring these folks, and now we want to move to retaining these folks," Garcia said. ❖



Murder Mystery Dinner Results

By Kristopher Haugh

Recently MWR sponsored their latest Murder Mystery Dinner. The twist on this performance was the method of entertaining the crowd. This year they did a stand up routine with many gags characteristic of the Drew Carey Show. A crowd favorite was the "Talk Show" where cast members used movie lines, provided before the show by the audience, to discuss a new relationship book.

Dinner was served. As the evening progressed, murder most foul was afoot. The Master of Ceremonies for the evening was shot in the napkin. He described his injuries as "very painful and deadly." Another cast member was almost poisoned. Who was behind these nefarious acts? It was up to the audience to figure out the classic "Who Dunit."

After a brief pause where the dessert was served, audience members had the opportunity to write down who had committed the murders and why. The winner of the evening's competition was LCDR Carl Jackson. He surmised that the guilty party was in fact our very own Joe Connor. Joe apparently had some gambling problems, which led him to attempt larceny and commit murder.

Be on the lookout for the next Murder Mystery Dinner. It is great fun and a challenging evening for all. ❖



The crowd is entertained with a stand up routine.



The actor was shot in the napkin...very painful and deadly!



Quilted Hugs of Gratitude

By Kristopher Haugh

On Thursday, March 15, the Retired Navy Wives Club of El Centro unveiled their 2012 Quilt of Honor.

Each year the ladies work hard to create a quilt for a wounded Soldier, Sailor, Marine, or Airman. The ladies are not unique in this project. According to their website, "The mission of Quilts of Honor is to bestow a universal symbol and token of thanks, solace, and remembrance to those who serve in harm's way to protect and defend our lives and freedoms. Quilts of Honor are made by the loving hands of countless volunteers who wish to thank those who have served so that they know their sacrifices are appreciated."

For more information on this worthy cause or to see how you might be able to contribute visit the Quilts of Honor website.

www.quiltsofhonor.org ❖



Liberty Center Hours:
Monday - Friday: 0700-2100
Saturday/Sunday: 1100 - 2100
Holidays: 1200 - 1800



Ping Pong Tournament
1st Place-Dwain Fernandez



Scavenger Hunt
1st Place-Brian Coffey



Tricycle Race
1st Place-Team Red, LCPL Duncan, SSGT Steedman, LCPL LeadSham, LCPL Steedman, LCPL Kirtland.

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



JOE'S SPORTS SMACK TALK

Just when you think you have seen it all, the unthinkable happens. Weapons rolled the dice last night and trumped the Khakis by 23 points. Erik Williams went off like a firecrackers and Agent Zero managed to get out of jail to make the game on time. Despite of, losing his conceal weapons permit, he vows to switch over from 357 magnum to the new Super Soaker 3000. The Bomb Builders actually looked pretty good. Khakis were missing some players but played really hard. The Less Brothers accounted for 20 of the 26 points scored. The Khaki Lackys just don't have an inside presence. Weapons will face AOC on Thursday at 1700, while the Khakis have a bye on Thursday. Game two was a good game between two good teams, Cutters and MWR. In big games, players must raise their levels of play and believe in each other, if they want to win the big games. MWR seemed to be in control of the game early. Border Patrol was down by 4 points at half time. The Cutters had to defend all of MWR's players and watch for the long shot or the easy deuce. They were having problems and seemed to be in some real trouble. The Second half was a total different ball game than the first half. MWR made it easy by allowing the Cutters to stop defending all of MWR's players. All they needed to do was triple team or quadruple team one guy and they could stop Recreation Nation. MWR became one dimensional and lost the easiest game of the season. The Cutters were able to cut MWR like if they were cutting some government cheese or should I say, Gubbament Chayse! MWR lost their first game of the season and must face the Khakis on Monday at 1700. BP Cutters will go head-up against the Blues Angels on Thursday at 1800. Game three was the prison against prison. Law Dawgs have been swept by the Rebels the last couple of years. This year would be very different. The Law Dawgs took all they could take and put it on the Rebels. This game will be televised on B-Yard channel 187, the Criminal Network. The Law Dawgs opened up a can on the Rebels and blasted them by 23 points. Rebels will have to live with this defeat for the next year.

Game 25: WEPS 49 KHAKIS 26

Game 26: BRDR PTRL 55 MWR 47

Game 27: LAW DAWG 59 REBELS 36

Game one was a forfeit between Weapons and AOC. AOC decided to take the day off and Weapons happily took the "W". Game two was a hard fought battle between the Cutters and Blues. The first half was very exciting. As everyone all ready knows, the Blues never travel by themselves. They brought their entourage and made enough noise to wake-up Sleepy Willis. Border Patrol also woke up with the crowd noise and took over the entire operation. They were able to defeat the Blues 42-31. The Blues must now regroup and try to make a run in the post-season. They have won enough games to make the post season but will not stay there very long, if they don't improve. Blues face off against OPSEC Wednesday at 1700. Game three was Rebels versus OPSEC. The Rebels were trying to get over their loss against the Law Dawgs. They did enough to beat OPSEC 54-33. OPSEC only had 3 players score for them all night; they must find a way to get over the hump in the post season. I expect the Rebels to win one more big game against a worthy opponent. Rebels are a good team, but they run out of gas. They ought to try the hybrid. Overall, this has been a good week for basketball.

Game 28: WEPS AOC???

Game 29: BRDR PTRL 42 BLUES 31

Game 30: REBELS 54 OPSEC 33

Khakis and MWR had exactly 5 players a piece. Both teams could not substitute, even if they wanted to. This is the first time in NAF history where all players on both teams scored points. This was a very close match in the first half of the game. Khakis brought their "A" game and was leading the charge most of the first half. Recreation Nation had to get some stops in the second half and pull away from the Khakis. MWR scored 43 points in the second half and was able to defeat the Khakis 79-46. Game two was a forfeit by AOC. Rebels get an easy win and will now face MWR on Wednesday at 1900. Game three was a marathon between the Rattlers and Bomb Builders. QVJ Johnson scored 41 points last night, which is a season high. Four more points could have broken the NAF El Centro record that Javier Guerra has owned for more than seven years. Weapons just didn't play any defense on the Rattler's top scorers. I would have doubled Johnson and Lindsay. If the other three guys beat me, then they just beat me. The Dynamic Duo scored 61 of the 75 points. I would say, these guys were unstoppable. Strike plays the Law Dawgs on Wednesday at 1800, while Weapons is back in action next Wednesday against OPSEC at 1700. The Heat is on for some teams. Win or go home!

Game 31: MWR 79 KHAKIS 46

Game 32: REBELS AOC???

Game 33: STRK 75 WEPS 37

Blues fire second head coach this season. Just when Coach Martin thought everything was coming together, the Blues Front Office gave the young coach a size 11 1/2 boot out the locker room. I understand that the Front Office wants to win now. Maybe the talent just isn't there for the Demo Team. Blues were only 2-4 when they decided to say "enough is enough". Blues manager traded two cans of Boston Baked Beans and a small container of Crisco oil for the new coach, named Willie Mallard. Coach Mallard was nervous throughout the game last night. I even saw a couple of tears flowing. Is it because he was afraid of losing his job? Or was he thinking, what the heck did I get myself into? Or was he having stomach problems from the lunch he ate at Johnny's Burritos? Coach Mallard was able to get a crucial win against OPSEC. OPSEC and the Blues were going toe-to-toe until the last two minutes of the ball game. Brian Mcalister scored a season high 25 points, while the Steam Roller dropped 10 of his own. Missed free throws and turnovers cost OPSEC the game. Blues win 46-39. Zach Gruwell gets a "W" in his name and is no longer Zack Grunell. Game two was exciting. Law Dawgs started the game very hot. They were able to take a 16-0 lead over Strike within the first 8 minutes of the game. The Rattlers looked worried and frustrated. The Law Dawgs poured it on and the score was 24-6. Guess what? The Adult Sitters made a costly move and substituted all of their five starters. Within 6 minutes, the Rattlers were only down by 4 points. Law Dawgs led at half time 23-19. The Rattlers got it together and outscored the Law Dawgs 32-14 in the second half and won the game 51-37. Game three was MWR versus Rebels. The Rebels made enough noise to keep the game close, but just didn't have enough fire power to outscore Recreation Nation. Javier Guerra and Anthony Rojas led the charge with 46 points and the rest is history. The problem that the Rebels have is that they do not finish games. What does Rebels stand for? Rebound Enough But Exhausted Late Second half. More basketball tonight!

Game 34: BLUES 46 OPSEC 39

Game 35: STRK 51 LAW DAWGS 37

Game 36: MWR 68 REBELS 52

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...

Thank you to the helping hands of the CYP!

By Joana Lopez



With this New Year, came new, fresh, and encouraging events at the CYP to thank all our wonderful sailors and parents for their help throughout 2011. What better way than some great food to thank all the efforts of our supporters in making last year a success at the CYP. Our International Breakfast this year offered parents a chance to eat breakfast with their child and free food for our single sailors. We served over 65 people who decided to get up early and get some grub before work. Though the event lasted for an hour, it was a pleasure to see all the families enjoying their time at the CYP. We hope to continue this event and make it a tradition to thank our families and sailors for the support they offer each and every day.

This year, HM2 Manson, HM3 Menth, HN Pratt, HN Mora and HN Lavender decided to take the phrase “the early bird catches the worm” serious and started planting carrots, radishes, and flowers in the SAC garden to prepare for spring. The five corpsmen volunteered their time with the School Age Children to help them develop gardening skills. The sailors taught the children how to plant and take care of the SAC garden. They showed them how to dig holes, were to place the seed, and how much water a plant should really get throughout the day. They also introduced them to some very valuable life lesson on responsibility, working hard, being patient and reaping the benefits of one’s own labor, which are lessons that many at that age are encouraged to develop and apply to their lives. As always, we hope that the time spent with these children in our center will help them continue a life of prosperity by being good citizens in our society and working hard every day.

It is encouraging to see our sailors and parents set a great example for our children. The CYP would also like to thank Jacob and Brenna Dunlap for their crafty work with the Preschool Valentine Day Cards. They helped our Preschool teacher, Micaela Deleon, to prepare for their Friendship Day Party. It is this kind of help that our center truly appreciates. The CYP is always looking for volunteers to give our teachers a helping hand. If you would like to volunteer please contact Velinda Cruz at (760)339-2560 to learn of more opportunities at our center. ❖

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 A02(AW) Ryan Heeney

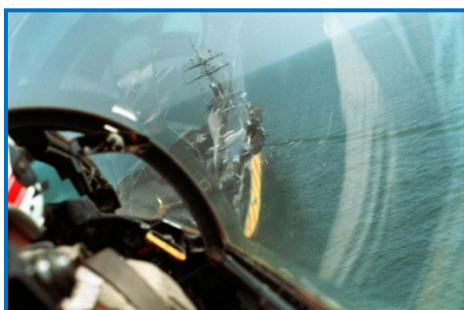
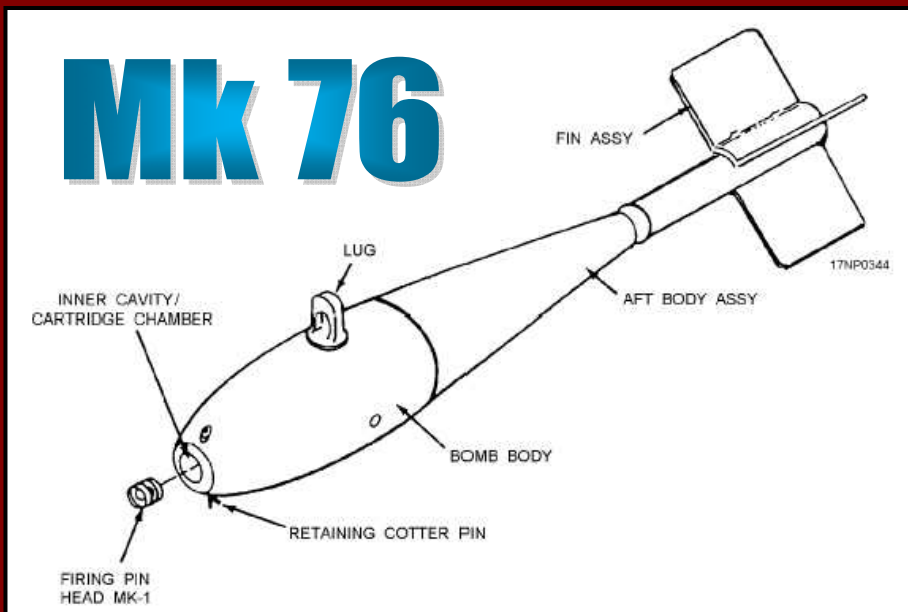
SUBCALIBER PRACTICE BOMBS

There are two types of subcaliber practice bombs-the Mk 76 Mod 5 and BDU-48/B. The two types are used for practice and are quite different in design and appearance from each other. This month we showcase the Mk 76 Mod 5.

Mk 76 Mod 5

The Mk 76 Mod 5 is a 25-pound, solid, metal-cast, practice bomb. Its body is teardrop shaped and centrally bored to permit the insertion of a practice bomb signal cartridge. The after body, which covers the tail tube, is crimped to the bomb body and has welded-on tail fins. The bomb is designed with single lug suspension, using the Mk 14 suspension lug.

The Mk 76 Mod 5 practice bomb is designed for impact firing only. It uses the Mk 1 firing pin assembly to initiate the practice bomb signal cartridge. The bomb signal and the firing pin assembly are held in the bomb by means of a cotter pin. The bomb is painted blue. The identification nomenclature is stenciled in white letters on the bomb body. ❖



From the Cockpit: "Signal Charlie" Fridays at the Sundowner Club

"Signal Charlie" is a term used during aircraft carrier operations. It is a radio transmission from the Air Boss in the Tower (Pri-Fly) to all pilots, or to a specific pilot, directing that aircraft, referred to by side number (or modex), to come into the pattern and land. For example, you might hear the Boss say, "104, 105, your signal is Charlie" or more succinctly, "104, 105, Charlie". The arrested landing on the carrier is usually the

termination, or end, of the flight.

To highlight the end of our work week, the Sundowner Club hosts "Signal Charlie" (you might call it "happy hour") each Friday afternoon from 1500-1700. Complimentary hors d'oeuvres are served with special prices on certain beverages.

LADIES NIGHT RETURNS TO NAF EL CENTRO:

After a two year hiatus, Ladies Night has returned to the Sundowner Lounge at NAF El Centro. Every Wednesday night from 2000 – 0130, all hands are invited to make their way over to the club. Ladies Night features a DJ that starts at 2130 and a bar menu that goes until 2200.

There is no cover charge of active duty military and a \$3 cover for civilians. ❖

NAVAL AIR FACILITY EL CENTRO
SUNDOWNER LOUNGE - AT - MIRAGE CLUB

**LADIES
NIGHT** WEDNESDAYS
8 PM-1:30 AM
760-339-2319

MEDICAL CORNER

What's Up, Navy Doc?

"High Blood Pressure: No Blue Skies"

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



In the atmosphere, the existence of high pressure often brings the blue skies. In the blood though, the existence of high pressure can only bring you the blues. High blood pressure—also known as hypertension—is simply not good for you.

What is high blood pressure?

"Blood pressure" is the force of blood pushing against the walls of the arteries in the body as the heart pumps the blood. If the pressure rises and continues to stay elevated, hypertension develops and can damage the body in several ways. The heart has to work harder than normal to pump the blood through the arteries to the rest of the body. Over time, hypertension can damage the heart, blood vessels, kidneys and brain.

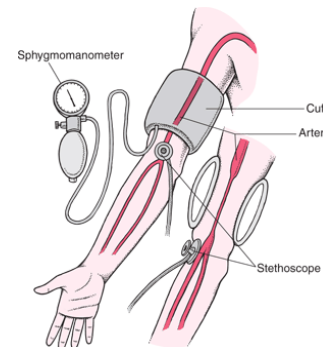
What are the types of high blood pressure?

There are a variety of types of hypertension. The most common type is primary—or essential—hypertension. On average, one in three adults, i.e., about 73 million Americans, have primary hypertension. The cause of primary hypertension is not known. Secondary hypertension—the second most common type of high blood pressure—is caused by another medical condition, like kidney problems, thyroid disorders, tumors, sleep apnea, and even pregnancy.

What do the two numbers mean in a blood pressure reading?

Blood pressure does not always stay the same throughout the day. Typically, it lowers when you sleep and relaxed and rises when you wake up, are active, excited or nervous. Blood pressure readings are measure in millimeters of mercury (mmHg), given as two numbers. For example, with a blood pressure reading of 120 over 80—written 120/80 mmHg—the top number is the systolic pressure and the bottom number is the diastolic pressure. The systolic corresponds to the pressure in the arteries when the heart is contracting. The diastolic corresponds to the pressure in the arteries when the heart relaxes after the contraction. Blood pressure is defined as:

- "Normal blood pressure": Systolic blood pressure less than 120; Diastolic blood pressure less than 80.
- "Pre-hypertension": Systolic blood pressure between 120-139; Diastolic blood pressure between 80-89.
- "Hypertension": Systolic blood pressure 140 and above; Diastolic blood pressure 90 and above.



If you have pre-hypertension, you are at an increased risk for developing hypertension.

What are the symptoms of high blood pressure?

Hypertension is known as "a silent killer" because it typically does not cause any symptoms until later in the course of the disease. As the condition becomes more severe, you can develop headaches, dizziness, vision changes, shortness of breath, nose bleeds, chest pain, insomnia and irritability.

What are the causes of and risk factors for high blood pressure?

Genetic, diet and environmental factors all play a role in causing hypertension. Risk factors include:

- Age
- Obesity
- Smoking
- Sedentary lifestyle
- Drinking alcohol
- Large dietary salt intake
- Stress



How can high blood pressure be prevented and treated?

Lifestyle modifications are not only way to treat high blood pressure but are some the best ways to prevent the disease in the first place. Additional treatments include medications. Lifestyle factors that can lower blood pressure include:

- A reduction in dietary salt intake
- Increase in fruits and vegetables
- Regular exercise (at least 30 minutes per day)
- Weight loss
- Smoking cessation
- Reduced alcohol intake
- If you have Diabetes, it is important to keep your blood sugars under control.
- If the above lifestyle modifications do not adequately reduce your blood pressure, your physician might suggest starting medications to reduce blood pressure.

What if you already have high blood pressure?

If you already have been diagnosed with high blood pressure, it is very important that you carefully and fully follow your physician's recommendations, including the above lifestyle modifications and medications, if already recommended. Many drug stores offer free blood pressure checks and also sell blood pressure monitors. You can monitor either way by measuring your blood pressure several times over the course of a few days during different times of the day, write the readings down in a journal and bring the journal in at your next doctor visit. This information you have recorded gives your doctor a good idea of your blood pressures between visits. **Most importantly: do not skip any doses of your blood pressure medication! This can put you at risk for developing very serious complications.** If you have any concerns or questions, come in to the clinic and your physician will be more than happy to answer them.

A Parting Word: If you keep your blood pressure in check, you can live to enjoy that other kind of high pressure that brings us our blue skies. ❖

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

"PSSSST... HEY YOU! YEAH YOU! GET OFF THE COUCH AND GET MOVING! THE PFA IS COMING SOON AND I PITY THE FOOL WHO AIN'T READY!" -HMC(AW/SW)BELL

DoD: Tricare Beneficiaries Should Go To MTFs

By Patricia Kime (NAVY TIMES 06 FEB 12)

The Pentagon wants more Tricare beneficiaries to get their health care at military hospitals and clinics.

Dr. Jonathan Woodson, assistant secretary of defense for health affairs, recently said that the Defense Department would see vast cost savings if Tricare Prime beneficiaries exclusively use military treatment facilities — known in the health care industry as “direct care” because patients are treated by clinicians, including military physicians or civilian contractors hired directly by the department.

“Purchased care” describes health care received at a Tricare-authorized provider, by Tricare Prime patients referred to civilian providers as well as Tricare Standard, Extra and Remote beneficiaries.

A Pentagon task force estimated that eliminating purchased care contracts within Tricare altogether would save the system \$16.4 billion, Woodson said.

“Our major opportunities for cost control lie within optimizing the use of the purchased and direct care systems to manage the care delivered to our beneficiaries. Comprehensive strategies will be established to address these issues in our multi-service markets,” Woodson said.

About 4.5 million of 7.7 million Tricare Prime-eligible beneficiaries use military treatment facilities, he said.

The military health system operates 59 hospitals and 364 medical clinics worldwide. Woodson provided little details on the strategic plan, including whether the military health care system would need to add facilities to accommodate the additional patients.

He did say that DoD plans to expand patient enrollment in the medical-home system of care, which promotes preventive services and reduces emergency room visits and hospitalization, and embark on aggressive anti-tobacco and anti-obesity campaigns to reduce medical visits for illnesses and diseases caused by these conditions.

The Army, Air Force and Navy surgeons general will testify Feb. 8 before the House Appropriations defense subcommittee to discuss the future of military health care, including whether the Pentagon should create a unified medical command to oversee all military health care.

Woodson said in his speech at the recent Military Health Systems conference that creating a unified command with a goal of reducing management overhead would not result in significant cost savings. For example, he said, an internal Pentagon review estimates that eliminating the DoD office of health affairs and the headquarters of the Tricare Management Activity would save only \$312 million.

“While some of you may applaud such an idea ... it hardly makes a dent in our overall budget,” Woodson said. The Pentagon’s annual medical budget now tops \$50 billion. ❖

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.

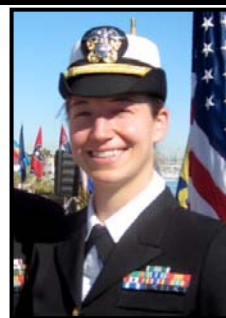


NAVY MEDICINE
World Class Care...Anytime, Anywhere

“What Legal Assistance Can Do For You”

By LT Jasmine “JAG” Scott

The Navy Legal Service Office (NLSO SW) provides legal assistance to all active duty and retired service members and their dependents. Legal Assistance is located at 32nd Street onboard Naval Base San Diego and at Naval Base Coronado. They can be reached at 556-2211. Here are two examples of services provided that may directly affect you.



1. Power of Attorney

General and Special POAs. A power of attorney (POA) is a document wherein you identify some other person to handle your personal and business affairs on your behalf in the event you cannot do so. You may limit your agent’s authority to execute only certain specified transactions, such as registering a vehicle, selling a house, accepting a shipment of household goods, or signing your tax return. These special POAs are more likely to be accepted by third parties because they specifically list the transaction they are being used for and it is clear that the POA maker wanted the POA to be used for the designated purpose. Further the special POA has less potential for mischief; the agent can take only those actions listed and no others. The general POA is a more flexible and powerful document, and more dangerous in the hands of an incompetent or untrustworthy agent. It authorizes your agent to take any action that you could take yourself. One option is to create a “springing” general power of attorney, one which takes effect only upon your incapacity.

Guardianship POAs. A guardianship POA is typically executed by a parent to authorize some other person to take care of a child and obtain emergency medical treatment as necessary during the parent’s temporary absence. For example, such a POA might be used when dropping off a child with grandparents for a weekend. With one parent deployed, the other remaining parent may wish to have such a document available in the event s/he cannot care for a child temporarily.

POA Revocation. POAs, especially general POAs, are powerful documents, very useful, also very dangerous in the hands of an unworthy agent. Further, effective revocation of a POA; that is, firing your agent, can be extremely difficult. Always give careful thought to the decision about whether and what type of POA to obtain. Sailors who want general POAs merely to allow some other person to “pay my bills” may wish to reconsider, or at least seek advice through legal counsel and/or the chain of command.

2. Family Care Plans

Per Department of Defense Instruction 1342.19 and MILPERSMAN 1740/6, active duty single parents must have a family care plan; a plan to take care of minor children in the event the parent is absent. Active duty parents married to other active duty service members are also required to have such a plan. The above mentioned MILPERSMAN provides a checklist of family care plan items; allowing the caregiver access to medical care, sufficient funds, records, day care, etc. One part of every family care plan is the guardianship POA, mentioned above. ❖



Before you travel all of the way to San Diego, make sure you check in with the base’s collateral duty Legal Officer, ABFCS(AW/SW) Deaton.

He has the ability to complete Wills, Powers-of-Attorney, Family Care Plans and even Notary services.

He cannot, however, give legal advice. But it does not hurt to call him at 760-339-2521 or send him an e-mail at cullen.deaton@navy.mil.

Free legal services are just another one of the benefits you enjoy while serving your country!

New Class Successful

By Ramon Role, Director Shore Training Center, Coronado

Several NAFEC personnel took part in a 4-day introduction to the Emergency Operations Center Installation Management Training (EOC-IMT) course onboard Naval Facilities El Centro. The EOC-IMT course is designed to train individuals to effectively serve as members of an installation's EOC. The course introduces the principles, components, and characteristics of an installation's emergency management program and the functions of an EOC. Specific emphasis is placed on the activation and operation of an installation EOC in response to natural or manmade disasters, to include reporting requirements, documentation and EOC deactivation.



Kevin Cash, NAFEC Installation Training Officer states, "El Centro response teams have taken significant strides in improving operational readiness by training personnel on Operation planning that improves its capability to support incident management and sustained response and planning for emergency action both key CNIC requirements."

Michel Remington, NAFEC Environmental Program Director, stated "I thought the EOC training was exceptional in providing the needed training for operation and management of our EOC. The training and exercises enhances preparedness when the need arises to respond to any significant emergency/disaster."

Gilbert Flores, NAFEC Assistant Fire Chief stated, "The instruction was clear, concise, and complimented the training scenarios that are vital when preparing for a real-time situation."

ITSC McAlister, NAFEC Fleet Liaison Officer stated, "The EOC/IMT training course took a very complex evolution and gave us the framework to handle it. This is a great course for all those working in EOC/IMT roles."

The course is open for all individuals that are identified as primary or secondary members of an installation's EOC IMT. Additionally, the course was a great preparation tool for the Citadel Shield exercise that will occurred in March. ❖



A Helping Hand—Coming Soon in 2012

By Chaplain Smith

Our COMREL activities have gotten off to a great start this year. We would like to keep that trend going by letting you know what COMREL opportunities you can expect in the coming months.

Niland—This COMREL is scheduled to take place the third Wednesday of every month (excluding August) from 0815-1230. Sailors travel to Niland, CA, where they unload pallets of food supplied and delivered by the Imperial Valley Food Bank. Next, sailors unpack boxes of food, sorting and bagging it for distribution to waiting recipients. Finally, sailors assist in carrying bags of food for elderly and/or disabled recipients.

We would like to thank the 12 sailors who participated in the Niland COMREL in January, February, and March. Together they served nearly 1500 local residents.

More-4-More—This COMREL takes place one Friday per month from 0730-1230 at the Imperial Valley Food Bank (IVFB) in El Centro, CA. Sailors travel to IVFB where they bag and box food for distribution throughout Imperial County. The upcoming dates are 27 April and 25 May.

We hope that you will consider joining us for one of these COMREL activities that are coming soon in 2012. Also, if you have an upcoming COMREL opportunity that you would like to publicize, please let us know. We would be happy to assist you. And if you have a completed COMREL that you would like others to know about, we'll do that too. We want to recognize your important efforts. Serving our country means serving our county—something we can best accomplish by serving together! ❖



Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: Safe House

Players: Washington, Ryan Reynolds, Vera Farmiga, Brendan Gleeson

Genres: Action, Crime, Mystery

Rating: R

The wife and I had been waiting for Safe House to finally hit theatres as I was looking forward to nice action movie while she was looking forward to Denzel Washington. No matter the reasons we settled in with her customary butter laden popcorn and my mustard only hot dog. Safe House is the tale of the rogue C.I.A. agent who has been brought into the local *safe house* for interrogation. It is here where the situation gets outrageously out of hand.

Matt Weston (Ryan Reynolds) is a young agent anxious to get into the field however has been tasked with maintaining a safe house in South Africa. Tobin Frost (Denzel Washington) is a rogue agent buying and selling security files. Frost and Weston are suddenly paired together after the safe house had been compromised by would be assassins. Along the way to discovering the truth Frost schools the young agent on the agency's tactics that forced him to go rogue. Weston, a quick learner, eager to impress his boss forgoes protocol follows Frost's lead to the very end and then some.

Safe House as it turns out is full of action and a mandatory chase scene; I don't know about you but I enjoy chase scenes. There aren't too many hand to hand scenes but plenty of shoot outs however one would be quick to question the stadium shootout as not a realistic occurrence. This film has twist at every angle and makes you wonder as to whom to trust throughout out which delivers the intrigue; a must for all spy thrillers. With that being said, I rate this film four anchors out of five.



Movie Title: This Means War

Players: Reese Witherspoon, Chris Pine, Tom Hardy, Chelsea Handler

Genres: Action, Comedy, Romance

Rating: R

Every good marriage practices compromise and due to this practice my beautiful wife and I ended up in front of This Means War. I would not consider myself a Reese Witherspoon fan but being the devote husband I am I did not let that deter me from accompanying my wife. As it is This Means War is a story of a single young woman caught in the middle of friends. As luck would have it the friends also happen to be C.I.A agents.

This Means War starts off with the action first as FDR Foster (Chris Hine) and Tuck (Tom Hardy) are on a mission in Hong Kong that encompasses James Bond like dialogue and Maxwell Smart deeds. Needless to say the target got away from these two heartthrobs. Lauren (Reese Witherspoon), slow to recover from a devastating break up, is convinced by girlfriend Trish (Chelsea Handler) to try online dating in order to move on. By chance or as the storyline dictates Lauren ends up dating both Tuck and FDR unbeknownst to her that they are friends. Although they vow to let her decide which guy is best for her they pull out all stops to curtail the one another's advances or advantages.

Although this flick is classified in the action, comedy, romance genre there is little action however there is a chase scene; I don't know about you but I enjoy a good chase scene. This really is a romantic comedy for all intents and purposes that is surprisingly entertaining. Being that I did not have any expectations for this film I must say that I enjoyed it. There is a good mix of comedy and romance throughout as I never felt over burdened with either one. With that being said, I rate this film three and half anchors out of five. ❖



WHAT WAS GOING ON...

In March during the 1970's - NAFEC Sandpaper

03MAR72: Famed Navy Steel Band to Play at Base and Mid-Winter Fair – The internationally famed navy steel Band will play aboard NAF Friday and Sunday March 3rd and 5th. The appearance of the Steel Band in Imperial Valley was arranged for by Capt. C. E. Rich, commanding officer of the naval Aerospace Recovery Facility.

03MAR72: Active Fleet To Be Reduced By 63 Ships in 1973; 21 To Be Replaced – A total of 84 ships will be retired, but 21 ships will enter the New Fleet during the year from the new construction or conversion. The result will be a smaller but more modern Fleet, CHINFO point out. New ships will include 8 destroyers, 6 auxiliaries, 3 subs, and 2 amphibious ships.

29MAR74: NAF Air Show Cancelled Following Loss Of Blue's Jets – The loss of 3 aircraft on March 8th has forced the Navy's Blue Angels Flight demonstration Team to cancel its scheduled appearances in March and early April. The three pilots involved in the March 8th accident at El Centro ejected from their aircraft.



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) 588-1584, by e-mail: vote@fvap.ncr.gov, or online at <http://www.fvap.gov>. For more guidance, see [D 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

Disney's Patch for Marine Air Squadron at El Centro Air Base, CA

The following is a poem written on 3 March 1945 by Dorothy Cunningham and sent to Walt Disney asking him if he would draw something that could be made into a patch for the Women Marine Air Squadron at El Centro Air Base, CA. Mr. Disney's response resulted in the below patch. The poem and patch are contributed by Arlene Standafer, KY.

Dear Mr. Disney, will you hear our plea?
We're Women Marines of Aviation Squadron
Three.
We have no insignia, no distinguishing sign.
Would it be possible for you to make a design?

We live in El Centro where the climate is hot.
Out in the desert the country GOD Forgot.
We're constantly plagued by crickets and flies,
The insects, they bite us, as in our bunks we lie.

The above tells you something about where we
stay.
Now about the girls as they work through the day.
We work on the planes and help the fliers.
We drive the trucks, we're handy with pliers.



We rig up the chutes, we work on the line,
Our operators are ready to give us the time.
We work all day, we work all night.
We really are freeing the men for the fight.

We've seen the insignia of El Toro, the bull,
The word on the bottle, the dragon so cruel,
But we have crickets—which we abhor
Little black bugs that hop on the floor.

Mr. Disney, will you let us know
If you'll make us an insignia that we can
show
To all the world and to them say
"These are the fighting WRs down El Centro
way. ❖



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



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The House of Steaks and Antipasto A Restaurant Review

By: PS3 Meráz, Marques L.



One evening, my wife and I decided to have a date night out in town. Our dinner location was The House of Steaks and Antipasto in El Centro. The first thing that anyone notices at a restaurant is the décor; this was no different with me. The vibe for this restaurant was very romantic and quiet. A waiter escorts you to your seat and lights a candle for you, there are white tablecloths and flowers on the table, and the dim lights all add to the romantic feel of the House of Steaks. The only criticism I have for the décor is that there is no divider for the kitchen area. The entire room is so well decorated that the open kitchen is quite frankly a giant eye sore.

The food was great. I started out with an appetizer of fried calamari and sauce. This was the first time I wasn't offered calamari with a tartar sauce; rather there was a spicy tomato sauce that was surprisingly appropriate. The calamari was among the best I've had in a while, and the sauce put it over the top. For my main entrée I ordered the halibut with white cream sauce. Unfortunately, it wasn't too special. I think that perhaps the portion of halibut was too large; making me bored about 2/3 of the way through it. However, I had a piece of my wife's steak and it blew my mind away. It was a perfect medium. You could see that the Chef is very skilled because of the perfectly placed grill marks on the steak.

The customer service was above average. They were quite attentive to our needs. At the end of the meal, it was a bit hard to locate someone to take our money so that we could leave; a small blemish in an otherwise impeccable restaurant. I would recommend this restaurant to couples—however I would not recommend the Halibut. ❖



Career Intermission Pilot Program Renewed For Three Years

By Ensign Amber Lynn Daniel, Diversity and Inclusion Public Affairs
(NAVY NEWS SERVICE 16 MAR 12)

WASHINGTON -- The chief of naval personnel announced in NAVADMIN 089/12, the Career Intermission Pilot Program (CIPP) has been extended for three more years as part of FY12 National Defense Authorization Act (NDAA), March 176.

CIPP presents a unique opportunity for members to take a career intermission without penalty and return to active duty to complete a successful Navy career.

"This program was created for top performers who have the desire to 'Stay Navy,' but need some time off," said Vice Adm. Scott Van Buskirk, chief of naval personnel. "These are great Sailors, and through CIPP, we are able to meet the short-term needs of our Sailors, while ensuring they stay Navy for the long term."

During their time in CIPP, participants retain their full medical and dental benefits for themselves and their dependents, as well as exchange and commissary benefits. Participants also receive a small monthly stipend equal to two times 1/30th of their basic pay. Additionally, to ease the transition into the program, members may elect a Navy-funded permanent change of station move to anywhere in the continental United States when entering the program.

Upon returning to active duty, the CIPP participant's date of rank/service is adjusted, ensuring participants compete in promotion boards with people at the same experience level.

Master-at-Arms 1st Class Ryan Williams applied to CIPP in 2011 when his father was diagnosed with a degenerative illness. "My wife and I were stationed at Ventura County and on the fence on whether to stay in the Navy or return home and spend as much time with him as possible," said Williams. "I had ten years in at the time, so it was tough to think of wasting all the time I'd put in." Williams' wife read an article about CIPP and encouraged her husband to apply. "It initially seemed too good to be true," said Williams. "I didn't actually think that we would be accepted."

However, Williams was accepted to the program. After his father passed away, Williams used his remaining time in CIPP to complete his bachelor's degree, visit family, and travel the world with his spouse. But during that time away from the Navy, Williams found he started to look forward to returning to service.

"I missed being part of something. The number of opportunities that I have been given and enjoyed in the Navy was magnified when I returned home and saw the lack of opportunities in the civilian world. I saw many of my family and friends that were out of work or struggling to keep their jobs. So at minimum, the program has made me grow a deeper appreciation for what the Navy offers," said Williams.

Williams is now preparing to transition back to military service and out of CIPP. For him, career intermission was a perfect answer to what could have been a difficult career decision. Williams believes CIPP ultimately could be a great option for many Sailors facing similarly difficult decisions. "The Career Intermission Pilot Program provides Sailors with options for achieving optimal life/work integration in light of situations that would otherwise be difficult or incompatible with military service," said Van Buskirk. "Our Sailors are the cornerstone of our service, and we remain committed to providing opportunities for them to excel long-term with our Navy."

"I would say go for it, as long as it is for something important, such as spending time with family, finishing education, or fulfilling lifelong goals that otherwise couldn't be completed while in the Navy," said Williams.

(Continued on page 30)



This month, we decided to take a look at the various social networking sites that are used by Sailors and civilians alike. As you can see Facebook has the most users, while Twitter and Myspace only received one vote each. The "other" category received 29 votes; each conveying that face to face or phone communication is their method of choice. ❖ By PS3 Marques Meraz

1. Rank/Rate			
Civilian		37	47%
Seaman/Airman		2	3%
Petty Officer		25	32%
Khakis		15	19%
Total		79	100%

2. What is your preferred social networking site?			
Facebook		49	61%
Twitter		1	1%
Myspace		1	1%
Other, please specify View Responses		29	36%
Total		80	100%

Navy To Begin Tests On Electromagnetic Railgun Prototype Launcher

By Grace Jean, Office of Naval Research Public Affairs (NAVY NEWS SERVICE 06 FEB 12)

ARLINGTON, Va. -- The Office of Naval Research's (ONR) Electromagnetic (EM) Railgun program will take an important step forward in the coming weeks when the first industry railgun prototype launcher is tested at a facility in Dahlgren, Va., officials said Feb. 6.

"This is the next step toward a future tactical system that will be placed on board a ship some day," said Roger Ellis, program manager of EM Railgun.

The EM Railgun launcher is a long-range weapon that fires projectiles using electricity instead of chemical propellants. Magnetic fields created by high electrical currents accelerate a sliding metal conductor, or armature, between two rails to launch projectiles at 4,500 miles per hour to 5,600 miles per hour.

With its increased velocity and extended range, the EM Railgun will give Sailors a multi-mission capability, allowing them to conduct precise naval surface fire support, or land strikes; cruise missile and ballistic missile defense; and surface warfare to deter enemy vessels. Navy planners are targeting a 50- to 100-nautical mile initial capability with expansion up to 220 nautical miles.

The EM Railgun program, part of ONR's Naval Air Warfare and Weapons Department, previously relied upon government laboratory-based launchers for testing and advancing railgun technology. The first industry-built launcher, a 32-megajoule prototype demonstrator made by BAE Systems, arrived at Naval Surface Warfare Center (NSWC) Dahlgren Jan. 30. One megajoule of energy is equivalent to a 1-ton car traveling at 100 miles per hour.

"This industry prototype represents a step beyond our previous successful demonstrations of the laboratory launcher," Ellis said.

The prototype demonstrator incorporates advanced composites and improved barrel life performance resulting from development efforts on the laboratory systems located at the Naval Research Laboratory (NRL) and NSWC-Dahlgren. The EM Railgun laboratory demonstrator based at NSWC-Dahlgren fired a world record setting 33-megajoule shot in December 2010.

The industry demonstrator will begin test firing this month as the EM Railgun program prepares for delivery of a second prototype launcher built by General Atomics.

In the meantime, the Navy is pushing ahead with the next phase of the EM Railgun program to develop automatic projectile loading systems and thermal management systems to facilitate increased firing rates of the weapon.

"The next phase of the development effort is to demonstrate the ability to operate at a firing rate of significant military utility," Ellis said.

ONR recently awarded \$10 million contracts through Naval Sea Systems Command to Raytheon Corp., BAE Systems and General Atomics to develop a pulsed power system for launching projectiles in rapid succession. These new contracts kick off a five-year effort to achieve a firing rate of six to 10 rounds per minute.

BAE Systems and General Atomics also are commencing concept development work on the next-generation prototype EM Railgun capable of the desired firing rate.

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



Navy to retire 11 warships

By Gary Robbins *San Diego Union-Tribune*, March 16

The Navy, which is in the midst of a vigorous building program, has announced that will decommission eleven aging warships in 2013, including the Enterprise, the military's first nuclear-powered aircraft carrier. The Enterprise, which is currently on deployment, entered service in the fall of 1961. The decommissioning list also includes six frigates, a type of ship that is steadily being winnowed out of the Navy to make room for the littoral combat ship. The vessels slated for decommissioning include the Curts, a San Diego-based frigate. ❖

Here's the complete list, released by the Navy:

USS Underwood (frigate), Mayport, Fla.
 USS Curts (frigate), San Diego
 USS Enterprise (carrier), Norfolk, VA
 USS Crompton (frigate), Pearl Harbor, Hawaii
 USS Carr (frigate), Norfolk
 USS Cowpens (cruiser), Yokosuka, Japan
 USS Anzio (cruiser), Norfolk
 USS Vicksburg (cruiser), Mayport
 USS Port Royal (cruiser), Pearl Harbor
 USS Reuben James (frigate), Pearl Harbor
 USS Klakring (frigate), Mayport





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

(MAY 3 RD , JUN 7 TH) PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500
(APR 12 TH , MAY 10 TH , JUN 14 TH) RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
(APR 19 TH , MAY 17 TH , JUN 21 ST) GOAL SETTING	1300-1400
ASSISTANCE WITH HOME PORT CHANGES	1400-1500
(APR 26 TH , MAY 24 TH , JUN 28 TH) BUDGET CLASSES	1300-1400

**BASE CLINICIAN (MR JIM SHINN)
760-339-2241**

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

(MAY 1 ST , JUN 5 TH) ANGER MANAGEMENT	1330-1430
(APR 10 TH , MAY 8 TH , JUN 12 TH) STRESS MANAGEMENT	1330-1430
(APR 17 TH , MAY 15 TH , JUN 19 TH) EFFECTIVE PARTNER COMMUNICATIONS	1330-1430
(APR 24 TH , MAY 22 ND , JUN 26 TH) HOW TO RESOLVE CONFLICT IN THE WORK PLACE	1330-1430

EXCEPTIONAL FAMILY MEMBER PROGRAM-A SUCCESS STORY

By Jim Shinn

As the new Fleet and Family Support clinical counselor, I am on the learning curve about programs, services, military culture and the names of the many people I meet here at NAF EC. I was doing some on-line training about the Exceptional Family Member program (EFM) when I reflected on my own family. My nephew Conner was different, and we noticed it when he was very young, probably about 2-3 years old. This was about 16 years ago. My brother's wife had been stationed here at NAF EC in the '80's but they were living in San Diego during the time after Conner's birth. She recently retired from the Navy where she served many years as a nurse.

As a social worker, with a medical background, I encouraged her to get some early intervention services that I now know is called The Exceptional Family Member Program (EFM). Staff in the medical clinic has the most expertise in this area. Services are designated to help dependent family members get the help they need to maximize health and family well-being. Anyway, my brother and sister-in-law's willingness to advocate for their child led to Conner getting a lot of needed services over a long period of time. He was diagnosed on the Autism spectrum, and he got services from a variety of specialists over the years. A pediatric developmental specialist worked with the family even though they were deployed to the Philippines, Italy and other places. The helping relationship, with this one specialist, lasted for over a decade. Their professional support network ensured that they would get deployed to areas where services were available and the family got support at every turn.

My nephew is now a senior in high school and his picture was in the San Diego Union Tribune last week, I think 2/19/12. He got beat in a wrestling match by a guy who was the Colorado state champion. My nephew is an honor student and has received one college acceptance letter (CSU San Marcos) so far. He is one of the top wrestlers in San Diego County for his weight class. His parents give credit to the quality and quantity of services he and the family received from the EFM program throughout the past years.

In a concluding note, if you have a health, mental health or developmental concern, the medical clinic and staff are available for information and assessment. The EFM is one of the many programs available to strengthen and support naval families here at NAFEC, the Pearl of the Desert. ❖

RECENT EVENTS

IN THE PEARL OF THE DESERT



JANUARY SANDPAPER POLL:
<http://www.zoomerang.com/Survey/WEB22ENX7UY39M>

SANDPAPER CONTACT INFO:
E-MAIL:
W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

SMACK TALK CONTINUES...

(From page 10)

Border Patrol scored 89 points in last night's match-up against AOC. The Cutters are trying to score as many points as possible, just in case that formula is used to break the three way tied between Strike, MWR and Themselves. AOC was down by 36 points at half time. The Cutters never stopped pressing. You get to the point in a game where you have to display some type of class. AOC wasn't able to score in double digits in the first half and you still send a full court press? I don't get it. If you are going to be the 2012 Champions, you must go through all the teams. It was kind of embarrassing, if you ask me. It's like beating up your little brother who is 15 years younger and he is missing both arms. Who's the real winner here? Game two between Strike and OPSEC was exciting. One of Strike's superstars really struggled all night long. He couldn't buy a shot even if he had won the lottery. You can always count on the Big Man QVJ, he dropped 28 points and continues to lead the league in points. OPSEC's Brian Mcalister continues to score points like a mad man. McAlister's back is strong enough to carry his team. Even though OPSEC lost the game, they are playing some good basketball. They will face Weapons in the last game of the season for the seventh seed. Game Three was awesome! It reminded me on Moses and the Red Sea. When the Red Sea opened up, all they had to do was cross the Red Sea and not look back. The Red Sea opened up for the Khakis and they decided to stop and fight Pharaoh's army. The Khakis lost the battle. Opportunities after opportunities were available for the Khakis. Even though, John Less scored a season high 24 points, that wouldn't be enough to beat the Law Dawgs. Easy lay-ups and missed free throws was the reason why the Khakis are 1-6. The Law Dawgs were missing some of their key players, but didn't really need them. Why are the Law Dawgs so inconsistent? They remind me of Big Shirley, my cousin's mama brother's uncle's wife. She has long hair one day and short hair the next day. Red hair on Saturday, blue hair on Sunday and a wig on holidays. Can you please make up your mind?

Game 37: BRDR PTRL 89 AOC 13

Game 38: STRK 54 OPSEC 37

Game 39: LAW DAWGS 50 KHAKIS 45

If you've never heard of JJ Jackson, you will know who he is by the time I finish this article. JJ Jackson is a 50 year old sensation who dropped 33 points on the Blue Angels last night. I hadn't watched JJ Jackson play since I was in the first grade. JJ approached me before the game and asked me "how many points do you want me to drop" I laughed and said, I want 30 points. Even though, I was kidding about the 30 points, JJ Jackson wasn't playing around. After a couple of heckles from the Blues, JJ got serious and dropped 33 points on the Demo-Team. Some of the Blue Angels Fans were calling him Grandpa and other not-so-nice names. JJ Jackson had the last laugh as he lit up the Air Show Performers like a roman candle. Take a look at the scoring summary and tell me, JJ had a lot of help from his teammates. JJ was not the tallest, fastest or the strongest players out there, but he was definitely was the smartest. I can actually say the JJ Jackson beat the Blues by himself. Who's laughing now? You couldn't stop at 50 year old grandpa? Coach Willie Mallard aka "Uncle Elroy" will be put on probation because of this game. JJ Jackson beats the Blues 49-31. Game two was MWR versus AOC. MWR is getting ready for the post season. Anthony Rojas who is NAF El Centro's best player took it easy on the Contractors by deferring his shots to his teammates. Look for him to step up him game in the playoffs. MWR wins 74-39. Game three started as a close match-up between BP Cutters and Khakis. Cutters were just too good for the Khakis. Khakis were holding their own until their defense crumbled late in the first half. Captain Jones suited up for the first time in two weeks. He was able to get in the game late in the second half. Khakis will now face Strike at 1800 tonight.

Game 40: REBELS 49 BLUES 31

Game 41: MWR 74 AOC 39

Game 42: BRDR PTRL 60 KHAKIS 20

Last night marked the end of the regular season. Playoffs start tonight. We had two forfeits last night. AOC and Weapons failed to show up. Game three was Cutters versus Khakis. Border Patrol took care of the Khakis 60-20. Weapons was dropped for the playoffs. You don't show up, you don't advance. Khakis get the final spot and will face MWR at 1900 tonight. Strike will go heads-up with the Blues at 1800. Border Patrol plays at 1700 against OPSEC. Who's going to the loser's bracket?

Game 43: OPSEC WEPS???

Game 44: BRDR PTRL 60 KHAKIS 20

Game 45: BLUES AOC???

Last night marked the first day of the 2012 Captain's Cup Playoffs. Game one would be interesting between BP Cutters and OPSEC. The Cutters cut OPSEC as if they were cutting cheese in a fragrance boutique. The Cutters sent a message to the entire league. We are the defending champions, we are here to stay! OPSEC never had a chance. These Cutters showed up hungry for the playoffs and will now meet their nemesis on Tuesday at 1800. Strike defeated the Cutters in the regular season. Cutters want revenge. Strike wants a championship. Who is doing what? Game two was Strike versus the Blues. Blues had too many turnovers to even stay in the game. Johnson and Lindsay did enough work to blow up the Blues hopes for the championship. Johnnie Wiley couldn't do it by himself. Blues are now in the loser's bracket begging for a miracle to happen. Strike gets ready to match-up against the Cutters in a game that sounds like it would bring a lot of hype. Game three was a nightmare. The Khakis slowed up the game to slow motion and gave MWR all they could handle. Khakis led the entire first half. Shots were going in for the Khakis and shots definitely didn't go in for Recreation Nation. Anthony and Von led the charge with 35 combine points. The rest of the team stunk so bad that Air Wick or Fabreze won't work to remove the scent. MWR must settle down and play their style of basketball. Despite the scare, MWR managed to pull off the victory by 7 points. Captain Jones and his crew have raised their level of play in the last two games. They will face the loser of Rebels and Law Dawgs on Tuesday at 1900. It's win or go home baby!

Game P1: BP 73 OPSEC 26

Game P2: STRIKE 64 BLUES 45

Game P3: MWR 46 KHAKIS 39

Temperatures are heating up in El Centro and so are the 2012 Captain Cup Basketball Playoffs. Rebels were able to avenge their regular season lost against the Law Dawgs. These prison teams have been smacking their lips at each other for the last couple of years. It's more of a pride thing for the Adult Baby Sitters. Law Dawgs defeated the Rebels in the regular season 59-36. Rebels came right back when it counted and beat them by seven points last night. The Law Dawgs will be facing the Khakis at 1900 tonight in an elimination game. Rebels face MWR at 1700 tonight. JJ Jackson has been the talk of the town since he dropped 33 points against the Blues. Let's face it, JJ Jackson is 50 years old and is still one of the best players in the Imperial Valley. Will MWR be able to slow him down? This is something that we all will wait and see. It is said that when you start talking about JJ Jackson, he brings his "A" game with him. One thing is fosh, JJ Jackson will not score 33 points tonight! Rebels aren't facing the Blues! They are facing Sugar "A" Rojas and Recreation Nation. I don't care how good Mr. Jackson is! The other Rebels better rise up to the occasion if they want to win this game. Game 2 was Blues versus OPSEC. OPSEC always starts off good but they just can sustain the same intensity. The Blues were able to send them home packing. OPSEC has officially been eliminated from the playoffs. OPSEC had the same problems they have been having all season, no ball control and too many turnovers. Maybe there were some calls that didn't go in OPSEC's way but at the end of the day the referees don't shoot the ball in the rim. Sleepy Willis doesn't have to wake up anymore, he can remain asleep for the rest of the playoffs. Blues advance to the next round and will face off against the loser of MWR and Rebels on Wednesday at 1900. It's playoff fever baby!

Game P4: REBELS 58 LAW DAWGS 51

Game P5: BLUES 49 OPSEC 41

Continued on Page 25

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

EVEN MORE SPORTS SMACK TALK

(From page 24)

MWR opened a can of "ouch" on the Rebels. The Rebels have been playing well behind the 50 year old sensation, JJ Jackson. It all came to an end last night as JJ Jackson basically stayed on the bench most of the night. MWR's swarming defense made the Rebels give up early in the first half. "It's a playoff game you just don't let up" said top scorer Javier Guerra. The Rebels knew this would be a good game, but did not expect a blow out. They will now face the Blues in an elimination game tonight at 1900. The Blues want JJ Jackson and the Rebels, because of all the emotional damage that he caused them the last time they played. They are still talking about that RUMP BEATING. Game two was an exciting game between Strike and BP Cutters. The Cutters lost to Strike in the Regular season and wanted to change that. Strike was down by nine points early in the game, but managed to put a good run together and defeated the Cutters once again. They just have the Cutters number. Cutters players were getting technical fouls because of their yappers. I knew that sooner or later it would cost them a big game. The Cutters are the defending champions and now must put something together if they want to repeat. If any team can come back, it is definitely the Cutters. Strike advances and will play against MWR tonight at 1800. Strike wants to defeat MWR as they are the only team that beat them in the regular season. This should be a close match up between these teams. Strike played very aggressive and smart at the same time. They are very athletic and don't break easily. Game three was the Law Dawgs versus the Khakis. Law Dawgs were able to advance to the next round and the Khakis are officially eliminated from the playoffs. The Khakis had a good run, they really were never blown out of any games they played. The Law Dawgs must face the Cutters tonight at 1700. Someone is going home tonight. As a matter of fact, two teams will be eliminated from the playoff tonight. Who will it be? Blues, Rebels, Cutters or Law Dawgs?

Game P6: MWR 81 REBELS 47

Game P7: STRIKE 51 BP 47

Game P8: LAW DAWGS 52 KHAKIS 37

It was a sad day in America, especially at NAF El Centro. Two teams went home last night. BP Cutters sent the Law Dawgs packing by defeating them by 60 points. How do you get beat by 60 points? Easy, play the Cutters! Law Dawgs finished the post season 1-2. BP Cutters responded very well after getting beat by the Rattlers. They are ready to get to the finals by any means necessary. Law Dawgs just didn't have enough juice left in the tank. Game two was a thriller between Strike and MWR. MWR had defeated the Rattlers in the Regular Season 54-49. The Rattlers did enough work to defeat MWR 55-48. Lindsay had the hot hand and made the difference for the Rattlers. MWR held Johnson in-check most of the night. Optimo stepped up and score 10 big points for the Rattlers as well. Strike advanced to the Finals and seems to be the favorite for the 2012 Captain Cup Basketball Championship. MWR must now go back to the drawing board and try to make a run of their own. This marks the second consecutive year Recreation Nation loses in the semi-finals. Game three was a repeat of Rebels versus Blues. JJ Jackson's 18 points was enough to send Blues back to Pensacola, Florida. The Blues need to do some major recruiting this off season. Most of their players are on a 3 year contract that expires in about two weeks. If I had to wrap up the Blues season, it would go like this: one coach fired, coach two fired, third coach hired, Blues loss, Blues loss, great fans, out of playoffs! Rebels hold on for one more game against the Cutters tonight at 1730. Can JJ Jackson do enough to get the Cutters out of the playoffs? Tough job for the Rebels.

Game P9: BP 84 LAW DAWGS 24

Game P10: STRK 55 MWR 48

Game P11: REBELS 43 BLUES 35

BP Cutters continue to dominate their opponents. Rebels were sent home last night. The Cutters have too much talent and too much knowledge in this game we call basketball. They are scheduled to play MWR on Monday at 1700. Whoever wins this game, will advance to the finals and play the Rattlers on Tuesday at 1700. This is the same exact scenario as last season. BP Cutters beat MWR by 30 points, advanced to the finals and defeated the Rattlers twice in the finals to claim the title. Will history repeat itself? The Rattlers would have to lose twice in one day. That is going to be very hard to do. BP Cutters have lost twice this season to the Rattlers. MWR Beat Strike once this season. This should be a very interesting semi-finals game.

Game P12: BP 59 REBELS 35

There weren't any "High Fives or Belly Bumping" last night, only quiet sobbing, as the powerful BP Cutter Team defeated Recreation Nation 60-46. Too many missed shots and not enough ball rotation was the story for the Rec-Crew. When your best player is being triple teamed and the whistles aren't blowing, maybe you should switch to another strategy. Just a thought. MWR just cannot "cross the border" against the Cutters. This marks the second time that the Cutters defeat MWR this season. It has almost become a mental hurdle for a player or two. Growing up, I was taught to approach any sport and do not be intimidated by your opponent size or stature. I guess times have changed. The Cutter's next victim is the Rattlers. Strike has beaten the Cutters twice this year and could be the 2012 champions if they win the first game. I expect you'll see "The Cutters" attempt to slow the game down and play half court basketball to avoid mixing it up with the youthful Rattler's in the lane. Whatever the outcome, I doubt you will be able to find enough Kleenex in the Imperial valley after the game to dry the tears that are going to be pouring. If the Cutter's manage to defeat The Rattlers in the first game, there will be a game two right after. If the Rattlers want to beat the Cutters, then they will have to act more like a "Western Diamond Back Rattler" then a timid Garden Snake. The Rattlers have something to prove. The Rattlers were in this same situation last year. They came out with their "Baby Rattlers" last year and left the big Diamond Back at home. Well everybody, I guess you can believe in miracles, but I'm putting my money on the Rattlers to win their first championship this year!

Game SF1: BP 60 MWR 46

The SPS System had it right all along. My question is, how did this system detect the Rattler's flaws? This system hasn't been in the United States for about 5-6 years. If this system can operate at 100% we may have something special here at NAF El Centro. The Rattlers found themselves down by 22 points early in the first half of the first game. The Cutters smelled blood and went for the kill right away. Despite, the Rattler's couple of late runs, they just didn't have enough left in the tank. The Cutters had an answer for every Rattler question. Since this was a double elimination tournament there had to be a second game to determine who really got the juice. Game two started very well for the Strikers. They took an early lead and seemed to be getting the venom ready for the kill. The Cutters took the venom from the Rattlers and used it as mouthwash. Do snakes really bite? Nothing was going to stop Glen Ufland and the Border Enforcers. Ufland hadn't really played well all season. He must have been waiting for the right place, right time and right situation. History isn't supposed to repeat itself. Last night, the Cutters made their own history by winning their second consecutive title. The Cutters were able to do whatever they pleased against Strike. We are currently working a deal with the Cutters for next season. We are looking to break up some of their talent and develop a second team. Cutters are just too talented, too big, too physical and too cocky!

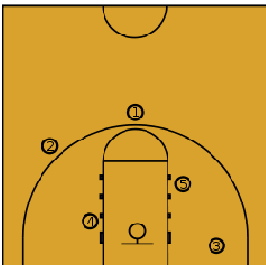
Congratulations to the BP Cutters for championship # 2. ❖

Game SF2: BP 50 STRIKE 38

Final Game: BP 55 STRIKE 38



Congrats Cutters!!



Easter Word Search

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

BASKET
 BUNNY
 CHICK
 CHOCOLATE
 CRACKING
 CUDDLY
 DUCKY
 DYED
 EASTER



EGGS
 MARSHMALLOW
 PAINTING
 PASTEL
 QUACK
 RABBIT
 SPRING
 TREATS
 YUMMY

SUDOKU

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

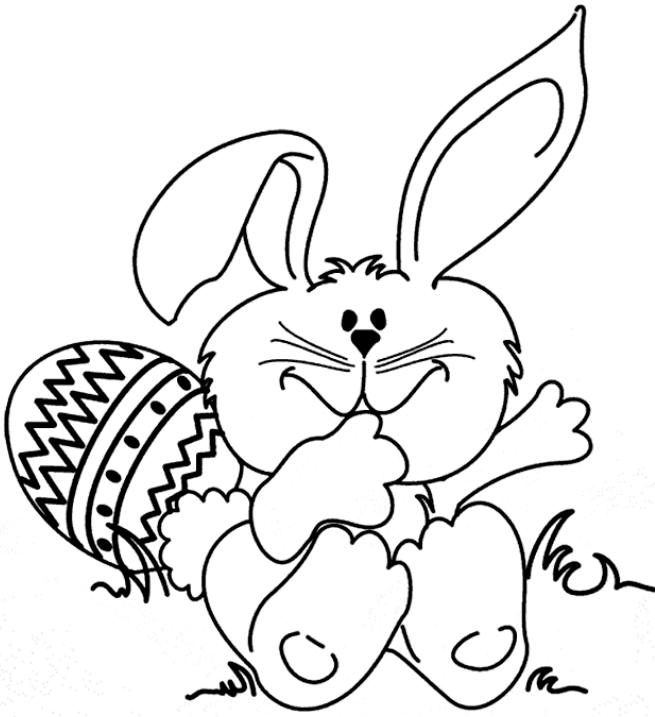
MAZE

Shamrock Maze

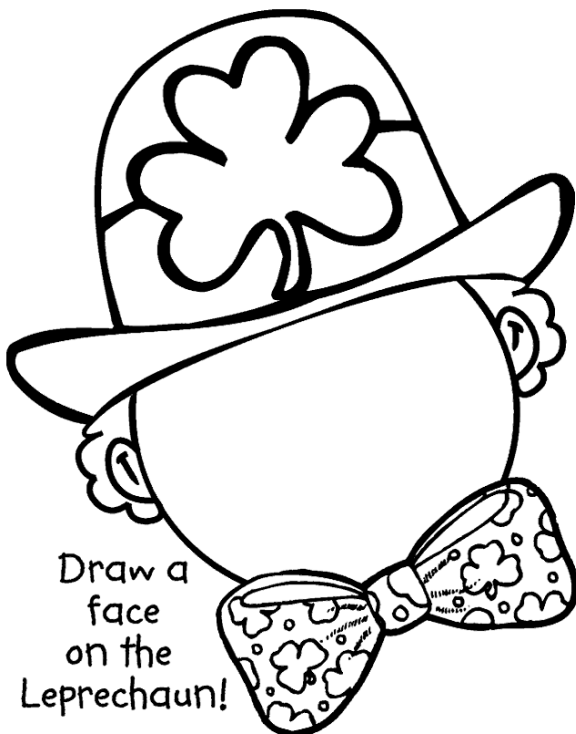
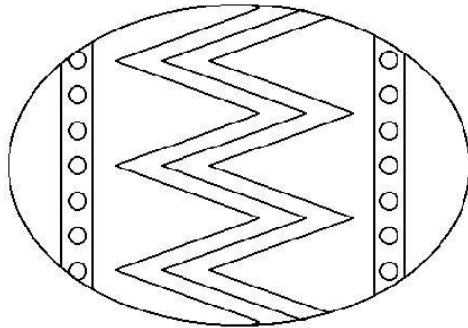
With no rainbow in sight, only you can help this little leprechaun find his way to the pot of gold.



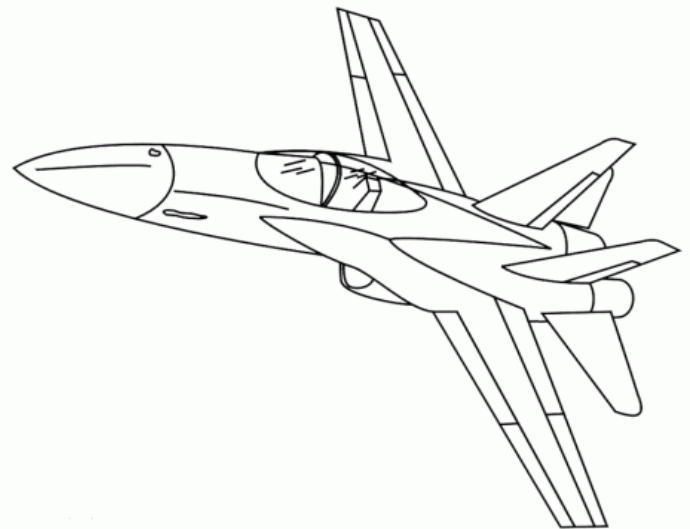
KID ZONE



Welcome
Spring



Draw a
face
on the
Leprechaun!



Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

It's a quickie drive from the base, or a nice leisurely stroll on a bike to Sunbeam Lake. Yes, it is still smack dab in the middle of the desert, but with all the green fields around it for camouflage, you will most likely ignore that fact. I wrote an article a couple of months ago about the parks in El Centro, but it has occurred to me that if you just want a reason to leave the base and start exploring you want to start close and work your way out. Sunbeam Lake is advertised most as an RV Resort, but not a lot of people... or so it would seem, take advantage of the park area on a regular basis. It all seems really well maintained and there are excellent facilities. As summer draws nearer the lure to ride out on the bike trail via Havens and Ross Road will not appear as attractive, but to sit and dangle your feet in the cool water sounds good to me! I'd rather brave a little heat than to have the kids at the pool keep sending cannon balls my way. It is a picturesque scene and if the mood hits you to toss bread to the ducks, go for it.



I had the opportunity to hang out with my daughter and a few of her Girl Scout friends on a kids fishing derby. While we did not catch anything, it was a good time. Apparently there are at least a few fish in there. Some of the kids were catching them, but not us. As time went on, the kids were less and less interested in fishing and more and more interested in playing with one another. Eventually we all gave into playing on the playground equipment. There are also basketball hoops, softball, and soccer fields if you're into sports other than fishing.

For daily use there are fees. So as it goes – the greatest things in life are not free. They are however inexpensive and economical. For daily use, the fee is a whole \$2.00 per car, the fishing permit is another \$2.00. There are picnic tables and barbecue grills for the day trippers. While I endorse the base facilities wholly sometimes a change of scenery is what you need and I'm not sure that a lake on base is ever going to be in the budget, so shy not take advantage of the location. There are park hours of 0700 to 2130, so be mindful of that and no camping is allowed in the park.

You can view the website at <http://www.sunbeamlake.com/contact/contact.html> but again, this is where it is advertised as the RV Resort and they do have different addresses. The resort side is closed off by a gate for obvious reasons. The rates are also pretty pricy, but if you're inclined to stay at the resort, then by all means make a reservation. Resort amenities are also for the resort paying customers. As for me, I'm a tent guy and I'll continue to make camp somewhere where I can semi-rough it.

All I can really say is that I have enjoyed my time at the park in the few times I have been there, it is well maintained and there is an attraction to go back. For all of the features that you want I think you can find them here. It is a great place to take the family or have a gathering of friends. ❖



Navy COOL is a program which benefits the Sailor, the Navy, and the nation.

Credentialing exam funding is available to all active duty and Reserve enlisted personnel except for [Individual Ready Reserve](#) Sailors.

Credentials can be the key factor in a successful transition to civilian employment for a separating or retiring Sailor.

The Navy COOL website is publicly-accessible at <https://www.cool.navy.mil>.

Navy COOL Maps every rating to a civilian ([Dept. of Labor](#)) and/or federal government occupation.

More than 64,000 credentialing exams have been funded to-date.

Sailors on board 179 ships, 73 submarines, and more than 347 air platforms have utilized Navy COOL funding.

Sailors have averaged better than a 94 percent pass rate



CLASSIFIEDS

JOB POSTINGS

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

ATTENTION COMMUTERS
 Do you live in/near Yuma and want to share the commute?
 If so, please contact: **Eric Rube at 760-339-2265 or eric.rube@navy.mil**

FOR SALE!! 1980 CJ-5 Jeep. 258 inline six, brand new exhaust from manifold back, polyethylene gas tank and polyurethane bushings throughout suspension. \$5000 OBO. Contact ABFCS Deaton @ 858-232-1717

FOR SALE: Sony Grand WEGA KDF-50E2000 50-Inch 3LCD Rear Projection Television ASKING: \$350.00 OBO
 CONTACT: AOC(AW/SW) Shawn C. Kirchner
 Phone: 760-339-2384 Email: shawn.kirchner@navy.mil

FOR SALE!! 2 Bluetooth enabled Chatterbox xbi2 wireless motorcycle communication system for a closed face helmet. They are already sync'd together. All mounting hardware and instructions included. Asking \$120 each or \$240 for the pair. I want to sell as a pair. Contact AOCs Skelton @760-339-2693 or 619-471-5791

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.

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://mwrtoday.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_elcn_pao_sandpaper_gs@navy.mil)

FOR SALE!! 2005 Toyota Tacoma V6 SR5 (sport package) with 79,000 miles. Babied, one owner, cold AC, tinted windows, and BFGoodrich all-terrain tires. In excellent condition inside and out. \$17,000 OBO. If interested, please call 760-960-5969.



Base Thrift Store Spring Cleaning SALE!!!
Monday April 30 & Wednesday May 02
BLDG 110
0900 – 1300
**** Bring in a non-perishable food item and get a free \$1.00 bag (limit one bag per person.) ****

JOB Links for Employment
 Federal Jobs: <http://www.usajobs.gov>
 DoD Jobs: <http://www.militaryconnection.com/dod.asp>
 Employment Development Department's California Jobs: <http://www.caljobs.ca.gov/>
 Imperial County Jobs: <http://imperialcountyjobs.org/>
 Energy Conservation: <http://www.tetrattech.com>
 HOUSING/ Contract ALUTHIQ: <http://www.aluthiq.com>
 AOC: <http://aocwins.com/>
 HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
 JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
 MWR: <http://www.mwrtoday.com/>
 NMCI: <http://h10134.www1.hp.com/services/>
 SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

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



CIPP (from page 20)

Twenty officer applications and 20 enlisted applications are accepted for the program each year. Interested applicants must first submit an electronic package to OPNAV N134 program managers for consideration. Packages are then reviewed for eligibility and routed to the member's detailer community managers before final approval by the Commander of Navy Personnel Command.

All program participants will return to active duty at the end of the period prescribed and will incur a two-to-one service obligation for every month in the program. This obligation is in addition to any previously existing obligation. Time spent in the IRR will not count towards retirement, computation of total years of commissioned service, or high year tenure limitations.

CIPP is an element of the continuum of service area of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Department of the Navy.

Sailors who are interested in learning more or applying to the Career Intermission Pilot Program can visit <http://www.public.navy.mil/bupers-npc/support/tflw/Pages/CIPP.aspx>.

COMING EVENTS

April 5

Earth Day/Base Picnic Events
 0900 – 1700
 Bldg 110

April 6

Good Friday Observed

April 7

El Centro Day at the Ballpark
 Call Liz @ 760-337-4540 for info
 Tickets \$30, event starts @1735

April 8

Easter

April 19

Holocaust Remembrance Day

April 20

El Centro Music Fest and Fireworks
 Stark Field, El Centro
 1800-2200
 Free with non-perishable food donation

April 20

Free Comedy Show
 Sundowner Club
 2000-2130
 Free



"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