

Issue 20

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NAF EL CENTRO

SANDPAPER



COMMEMORATING THE BATTLE OF MIDWAY 70 YEARS LATER

By Kristopher Haugh

Five American Heroes from World War II joined NAF El Centro in commemorating the 70th Anniversary of the Battle of Midway. Art Lofgren, Howard Dickerson, Kenneth Holmes, and Dick Wymore are Navy veterans while Dick Kershaw proudly represented the Army's Air Corps.

The ceremony included a speech by the base's Commanding Officer, CAPT Devon Jones. He said that "Our US Navy today is shaped, molded and defined by great battles in our nation's history. While there have been many great US Navy victories, especially during WWII, victory at the Battle of Midway is the pinnacle of them all." Afterwards, the Skipper accompanied by AO1 Coachman and AT1 Xangsayasane laid a wreath at the foot of the command flag pole. As all hands stood saluting the final notes of Taps, fighters from VFA-106 roared overhead reminding everyone of the impact of Naval Aviation on this historic battle.

In a message to the fleet, ADM Jonathan Greenert said "As we mark the 70th anniversary of the Battle of Midway, we should never forget the significance of this conflict to our legacy...This historic victory at Midway can be attributed to traits that continue in our Navy today: bold, confident, and proficient Sailors willing to go into harm's way with well-built, resilient ships and aircraft." ❖



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COMMANDING OFFICER



We recently completed the second of two large and highly successful USMC aviation training evolutions. The first involved the integrated weapons training for five fixed and rotary wing units from the east coast. This was the first of its kind and had visibility up to the highest levels of the USMC. The second was the hosting of the air combat element from a Marine Expeditionary Unit in May, a detachment that was also unique and also very successful. Well done to all of you for supporting these challenging evolutions and making them happen successfully and safely.

I want to congratulate all of our Sailors who advanced this cycle. Your hard work, motivation and dedication to the mission has resulted in your promotion to the next rank and with it additional responsibility and, of course, pay. Great job!

Our Captain's Cup Softball League ended last week. Congratulations to the team from Operations/Security/Medical (OSM) for taking the league championship and well done to all of the teams throughout the season. An additional "BZ" to MWR for another organized and well-executed league. We now head indoors and escape the summer heat with the kick-off of our bowling league in late June.

The summer heat is upon us. I remind you to take things slowly this summer, think through your weekend or vacation plans, and to put the safety of you and your loved ones at the forefront of all of your activities. Each of you is a valuable member of Team NAF El Centro. Great job to all as you continue to operate as the finest air installation in the Navy. ❖

--CO

Nine Smart Moves to Save Money on Gas

Military.com (This content is provided courtesy of USAA.)

While you can't do much about the global price of oil, you can take steps to reduce pain at the pump. With current gas prices on the rise, you may be tempted to trade in your car for a scooter — or resort to pedaling your way to work. Before you make any drastic financial or lifestyle sacrifices, consider these tips provided by the Environmental Protection Agency, fueleconomy.gov and gasbuddy.com.

1. Slow down.

Although each vehicle reaches its optimal fuel economy at different speeds, gas mileage usually drops dramatically at speeds above 60 mph. As a general rule, every 5 mph you drive above 60 mph is like paying an extra 30 cents per gallon of gas.

2. Be gentle.

Avoid jack-rabbit starts and sudden stops, which can lower your gas mileage by 33% on the highway and by 5% around town.

3. Lighten your load.

Try not to keep unnecessary items in your car, especially heavy ones. Each 100 pounds of extra weight can reduce fuel efficiency by up to 2%.

4. Scout out cheap gas.

Avoid gas stations in affluent areas and near major freeway exits. In major metropolitan areas, outlying suburbs tend to have the lowest gas prices, according to gasbuddy.com. If you're not in a hurry when traveling, drive a few blocks from the freeway exit to find lower gas prices. Also, avoid service stations with on-site auto repair shops, which often charge more for gas. Download the gasbuddy.com app on your mobile device to locate gas stations near you and see their current gas prices. If you don't see a download for your device, just go to m.gasbuddy.com, which can be used from any mobile device.

5. Skip traditional gas stations.

Check out wholesale clubs, grocery stores or department stores with gas stations onsite. These businesses often sell gas at discounted prices and may offer credit for in-store purchases when you fill up with gas.

6. Keep your older car in shape.

While traditional tune ups are becoming a thing of the past for newer vehicles, older cars with worn spark plugs, low transmission fluid and dragging brakes can suck your gas tank dry. Check your owners manual for recommended maintenance schedules and get regular engine checkups. Fixing a car that is noticeably out of tune can improve its gas mileage by an average of 4%. Fixing a serious maintenance problem, such as a faulty oxygen sensor, can improve your mileage by as much as 40%.

7. Avoid idling.

For every hour a car idles, between a quarter-gallon to a half-gallon of fuel is consumed. Restarting your vehicle only takes a few seconds' worth of fuel. However, restarting your car excessively can cause starter wear.

8. Don't neglect your tires.

Keep your tires properly inflated and make sure you have them aligned periodically. You can improve your gas mileage by around 3.3% by keeping your tires inflated to the proper pressure. Plus, properly inflated tires are safer and last longer.

9. Choose the right oil.

All oils aren't created equal. That's especially true when it comes to engine oil. Using only the manufacturer's recommended grade of motor oil cited in your owner's manual can improve your fuel efficiency by 1% to 2%. ❖

COMMAND MASTER CHIEF



It's June again and the very hot days of summer are now on the horizon. For me, time seems to be flying by. Weren't we just planning for Air Show? Instead, we have just completed many projects and ceremonies. Just this past week, our Color Guard provided honors for a funeral, participated in Memorial Day ceremonies in El Centro, and we celebrated the 70th anniversary of the Naval Battle of Midway atoll with a wreath laying, taps and a great Super Hornet flyby provided by VFA-106 here on Base. Attending our Midway commemoration was CDR Kenneth Holmes, Petty Officer Richard Wymore, Chief Art Lofgren, all United States Navy, and Captain Richard Kershaw, United States Army Air Corps. All these warriors are World War II Veterans. Also attending was LCDR Howard Dickerson of VP-23 who was a pilot flying the PBY Catalina who took part in the actual battle 4-7 June 1942. WOW! These are true American heroes right here in our midst. I do hope you took time to hear them share their stories. If you didn't, you really missed a wonderful opportunity!



BRAVO ZULU to Our PAO Ms. Dee, DPAO Mr. Haugh, HMC Bell, AO1 Coachman, AT1 Xangsayasane, AO2 Rasberry, AC3 Hill, MA3 Nu'uslia, MA3 Thompson, MA3 Reckmann and ACAR Monson who were vital in making this event look so outstanding with real meaning and professionalism. The personnel at the Pearl of the Desert really did shine! I am so very personally proud of all of you.

As we celebrated Memorial Day, and with our Nation's Independence Day just around the corner, it causes me to reflect on the Freedom we enjoy as a nation – the Freedom you and I enjoy every day; Freedom that has been paid for by some of our fellow comrades who made that ultimate sacrifice. Bottom Line "Freedom isn't free". It may be asked of you, in order to continue our very way of life.



Just around the corner too, the next round of rating exams is in September. It is never too early to start preparing. Don't wait and cram later. I urge you to review your last test score from March which accurately reflects your knowledge and your performance. I hardly need to remind you that "knowledge is power." The more knowledge you gain, and the better informed you are, the better equipped you'll be to make life and career decisions. Cutting 50's on the test will not advance most anymore. Your dedication to studying a little every day of the week, will pay dividends.

Remember we are still at war and you need still bring your 'A' game in every day. Self-improvement is a daily endeavor. We simply do not know when we will be called on to act. Complacency can kill or injure, and that affects the readiness of this Base and our Navy and our Country. Thank you for all you do! ❖ **-CMC**

Fact-Checking Battleship: Could We Really Revive the "Mighty Mo"?

By Forrest Wickman from BrowBeat (Slate), May 21

What's the expiration date on a World War II warship? That's a question raised by the surprising third act in Peter Berg's new naval actioner *Battleship*. Desperate for another ship to complete their one last job, our heroes turn to the World War II battleship the USS Missouri, which has been docked under their noses all along—and start it back up with the help of a few veterans of the Greatest Generation.

We decided to ask the folks from the Missouri Memorial: If faced with such a situation, could we really revive the "Mighty Mo"?

Sure, but it would take about 1,500 men, a boatload of fresh fuel, and a pretty serious restocking of ammo. Well, that or a tugboat. The USS Missouri was finally retired in 1992 and turned from a warship into a museum—just like the one in the movie. Today, it stays docked in Pearl Harbor, Hawaii, where there is no crew at the ready, nor any ammo or fuel on board.

The USS Missouri was built with four steam turbines and eight Babcock and Wilcox boilers on board, but, as the staff at the Missouri museum told us, these engines have not been used to power or propel the ship since 1992. In fact, the onetime sovereign of the sea now gets its electricity from the shore. On the rare occasions when the USS Missouri does sail the high seas, such as to travel for restoration and repair, it's usually towed by a tugboat. The production of the movie *Battleship* was able to capitalize on one such move, at which time Berg and his crew filmed the ship in action (without showing the tugboat).

If fully reloaded and refueled, the ship could become quite a bit more mighty than depicted in *Battleship*. This is because the Missouri, though it was initially decommissioned after the Korean War, was reactivated by President Ronald Reagan in the 1980s, and then served in the first Iraq War. During this time it was equipped with eight new armored box launchers for Tomahawk cruise missiles, and four quadruple canister launchers for 16 anti-ship Harpoon Missiles—weapons much more high-tech than the 16-inch gun turrets used in the film. All the Tomahawk launchers and Harpoon canisters remain on board (though they're all without missiles).

There may be a few old salts out there happy to lend a hand to resuscitate the ship—some of the movie's veterans were played by actual veterans, including at least one Korean war vet and a World War II veteran in his 90s. But a savvy admiral would recruit those who served on the ship in the 1980s or during Desert Storm, who would have a better knowledge of the ship's modern accoutrements (and might be bit more spritely besides). A curator for the museum assured Slate that such a crew "would certainly be able to man and operate the USS Missouri or teach active-service Sailors how to operate their battleship, if required to do so." ❖





Navy Learning and Development Roadmap (LaDR)

By NC1(SW) Marc Jones



SEA LAWYER is defined as someone who thinks they know the policies or rules of the different programs in the Navy but in reality they are off the mark. How many people have heard this term or had the experience of dealing with one first hand. When it comes to your career, everyone thinks they know the correct path and will adamantly state that they know better than the next person. When searching for knowledge about a problem or program you should always seek out the assistance of a subject matter expert.

The Navy, with the help of your rate’s subject matter experts – the Master Chiefs, has developed a road map for you and your career called Navy Learning and Development Roadmap (LaDR). This guide is just as the name implies; a plan for you to utilize as a bench mark for your advancement through your chosen rate. LaDR provides a sailor with a path for their career development from Seaman to Master Chief Petty Officer. It identifies qualifications you should strive for and training and education opportunities you should acquire. OPNAVINST 1500.77 requires every sailor to utilize their LaDR in their career development.



Why would you go to a car mechanic to learn to cook when you can find a chef? You can consider LaDR your subject matter expert with regards to navigating your Navy career. You can obtain a copy of your LaDR at <https://www.nko.navy.mil> under Career Management. If you have any questions, please contact your Command Career Counselor. ❖



OOOPS

No factual errors were reported last month! Woo HOO!

Hello...Goodbye!

Hails:

- BRAVO, AMANDA M. AT3
- HAJNEY, BREANNE N. AEAA
- HOHMAN, YUKIHIRO AEAA
- RITCHIE, ERIC J. AEAN
- SUDDETH, PHILLIP M. MA3
- SWYCAFFER, MICHELE M. AM2
- ATKISSON, KATHERINE J. AC3
- WALLACE, STEPHANIE AZZ
- HOWZE, TYA A. AEAN

Bails:

- AGORCHUKWU, SENNEN RP2



REENLISTMENTS

ATCS Gary Stanley, YN2 Jacob Rojas, HM3 Uri Rivera,
AM3 Laura Rinehart, AO3 Nick Espinoza, LS3 Jason Budyach



The Wellspring - Chapel News

Big Picture of the Bible. Have you ever wondered what the Bible is all about? If so, you're not alone. The Bible isn't always the easiest book to understand. But nor is it impossible—especially when we look at the Big Picture! In this preaching series we will study one book of the Bible each week to help us understand its central theme and big idea. Why is this book in the Bible? What is the one truth that it is intended to teach? Our journey will begin in Genesis and end in Revelation. This series starts 03 June.



We are pleased to inform you that our Religious Ministry Team will be helping to facilitate a fun and exciting Vacation Bible School experience this summer for the children of NAF El Centro. We will be providing transportation for our kids to Christ Community Church (590 W. Orange) in El Centro to participate in their "Sonrise National Park VBS" program. The event is FREE and is open to ages 5-12. Teens may participate as volunteers. The dates for VBS will be Sunday-Thursday, 24-28 June, from 6:00-8:30 p.m. We will depart from the Community Center at 5:30 p.m. and return at 9:00 p.m. each day. Parents may drop off and pick up their children at this location. To register simply complete the attached registration form (one per child) and return it to Chaplain Smith or AM1 Napier (office located at the Community Center). Registration closes on Thursday, 21 June. Space is limited so please hurry! If you have any questions, please contact Chaplain Smith at jared.n.smith@navy.mil or x2290.

We would like to offer special thanks to the CYP for their assistance in this effort. As always, they are ready to go above and beyond in serving our children and families.

--Chaplain Smith



Schedule of Events:

- **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). The current study is "Faith Lessons of the Bible," a video-based study that highlights lessons learned from biblical history, geography, and archeology. The group is led by Pastor Jonathan Burkee of Grace Evangelical Lutheran Church in El Centro.
- **Women's Bible Study**—All women are invited to attend. The group meets each Wednesday at 1800 on base at Tammy Smith's house (3345B Gila Bend). A brand new study will be starting soon! For more information, please email tammysmith365@yahoo.com.
- **Protestant Worship Service**—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12 available)
- **Catholic Worship Service**—Sunday @ 1630

Metal of Honor *By Chaplain Smith*

Some might say that the American family is at war. And, unfortunately, it just might be losing the battle. The attacks come on all sides as the family face advances that are sometimes direct, often deceptive, and almost always dangerous, leaving many families on life support. One strategic surge has been an all out assault on fatherhood.

Fatherlessness is an epidemic in America. Studies suggest that more than 24 million (approximately 36%) of American children currently live without their biological father in the home. And these numbers do not include dads who are at home but sometimes lack the desire or the demanding skills required by the parenting process. It is our nation's children who suffer when the lack of love, discipline, and mentorship that fathers uniquely can provide for them is absent from their lives.

The American family is looking for a few good men who have the metal to make a difference, courageously offering loving leadership and meaningful mentorship for the next generation.

If you would like to join forces with other men in this worthy cause, we invite you (and your family) to join us at the base theater on **Monday, 18 June, at 1800** for a showing of the film "Courageous," an entertaining and inspiring film for all men, both single and married, challenging them to be all that they can be. While presented from a Christian perspective, men from many faith perspectives will resonate with the principles set forth. Several organizations will be on hand to suggest other training opportunities that are available for fathers in our area.

There will likely be few parades and little applause for those who choose to fight the good fight of fatherhood. They won't receive a medal of honor from our nation, but by demonstrating the metal of honor in their home they will receive the reward that matters most—the gratitude of their children. ❖

*(Please note that this film is rated **PG-13** for some violence and drug content. Parental discretion is advised.)*





The Desert Beat

HOW DO YOU RECOGNIZE AND REPORT CHILD ABUSE/NEGLECT

By MA1(SW) Timothy Stroupe

In accordance with NAF El Centro policy, parents and sponsors are responsible for the conduct and behavior of children at all times. Children under age 10 may **NOT** be left home alone or unattended in housing including playgrounds, water parks, bus stops or anywhere else on board the installation. Children ages 10 to 14 should not be left alone more than eight hours or overnight.

What is child abuse or neglect? Child abuse or neglect means the injury, sexual abuse, sexual exploitation, negligent treatment, or maltreatment of a child under circumstances which indicate that the child's health, welfare, and safety are harmed.

How do I recognize child neglect? If the home is in disarray, lack of medical treatment, matted or hair with lice, poor hygiene, safety hazards, or an empty refrigerator/pantry would definitely be indicators of child neglect/endorsement.

What is considered child abuse? An abused child is a child who has been subjected to the following:

- a. Infliction of physical injury or physical mistreatment, Throwing, kicking, burning, or cutting, striking a child with a closed fist, shaking a child under the age of three, interfering with a child's breathing, threatening a child with a deadly weapon.
- b. Sexual abuse by touching the sexual or other intimate parts of another for the purpose of gratifying the sexual desire of the person touching the child, or a third party. A parent or guardian of a child providing childcare or providing recognized services for the child may touch a child in the sexual intimate parts for the purposes of providing hygiene, child care, and medical treatment or diagnosis.
- c. Sexual exploitation includes but is not limited to such actions as allowing, permitting, and compelling, encouraging, aiding or otherwise causing a child to engage in: prostitution, sexually explicit, obscene or pornographic activity to be photographed, filmed, or electronically reproduced or transmitted, or activity as part of a live performance for the benefit or sexual gratification of another person.

Report child abuse/neglect to NAF El Centro, Security Department at (760)275-6007 so that your concerns can be investigated and proper child care representatives can get involved. ❖

IN THE SPOTLIGHT

Congratulations to our NEW Petty Officers!!



AD3 Jonathan Barstow
 MA3 Brian Coffey
 AD3 Kyle Dillon
 MA3 Mercedes Ferguson
 MA3 Carlos Iribizamora
 AZ3 Jovaughn Lindsay
 HM3 Sherwinmarkgil Mata
 MA3 Darlene Nuusolia
 AZ3 John Pollard

MA3 Jordan Reckmann
 AD3 Aurea Santos
 AE3 Ryan Schmidt
 ATO3 Michael Smeltzer
 MA3 Nicholas Thomasson
 MA3 James Thompson
 AE3 Christopher Traill
 AZ3 Julia Utter
 ATO3 Mathew Webber
 ATO3 William White

MA2 Michael Adamsvalerio
 AO2 Juan Alvarez
 AM2 Nicholas Booth
 AD2 Tyler Hintzsche
 AZ2 Gilles Jean
 AD2 Joshua Lee
 AO2 Donte Phillips

AO1 Erick Araya
 MA1 Alvin Barnes
 AO1 Gentry Barnhill
 MA1 Jacob Dunlap
 AE1 Derek Perry
 ATO1 Amphavanh Xangsayasane

MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
MAY	12	2	2037	127
JUN	7	1	975	67



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

PADRES PRESS RELEASE IS GOOD NEWS FOR JUNIOR SAILORS!

PADRES INTRODUCE NEW MILITARY SEASON PASS FOR 2012. THE SAN DIEGO PADRES ANNOUNCED A MILITARY SEASON PASS FOR JUNIOR ENLISTED MILITARY PERSONNEL (PAY GRADES E1-E3 ONLY). THE \$99 PASS ENTITLES THE HOLDER TO ONE UPPER RESERVED SEAT FOR UP TO 80 HOME GAMES IN 2012. CURRENTLY ON SALE EXCLUSIVELY AT LOCAL MILITARY BASES AT FANFEST, MILITARY SEASON PASSES WILL ALSO BE AVAILABLE FOR PURCHASE AT THE PETCO PARK BOX OFFICE. A MILITARY ID IS REQUIRED FOR BOTH PURCHASE AND USE OF THE MILITARY SEASON PASS. WHEN PRESENTED WITH A MILITARY ID AT THE PETCO PARK BOX OFFICE ON ANY GAME DAY, THE NON-TRANSFERABLE CARD ENTITLES THE HOLDER TO ONE UPPER RESERVED TICKET TO THAT DAY'S GAME. SUCH TICKETS ARE NOT ELIGIBLE FOR UPGRADE. ADDITIONAL TICKETS MAY BE PURCHASED AT THE PADRES' REGULAR MILITARY DISCOUNT. AS IN YEARS PAST, ALL ACTIVE DUTY MILITARY PERSONNEL, RESERVISTS AND VETERANS WILL CONTINUE TO ENJOY \$6 OFF SINGLE-GAME TICKETS PRICED \$13.50 OR HIGHER, WITH THE EXCEPTION OF ALL-YOU-CAN-EAT SEATS. THE PADRES ALSO ANNOUNCED THE 2012 MILITARY APPRECIATION SUNDAYS SCHEDULE (LISTED BELOW). CONTINUING THIS SEASON, PADRES PLAYERS WILL WEAR MARINE DIGITAL CAMOUFLAGE UNIFORMS FOR SUNDAY HOME GAMES AS THE CLUB HONORS EACH BRANCH OF THE MILITARY ON DEDICATED APPRECIATION DAYS. NEW IN 2012, THE PADRES HAVE ADDED A MILITARY SPOUSE APPRECIATION GAME, AS WELL AS A SALUTE TO THE MILITARY CHILD AND MILITARY FAMILY APPRECIATION DAY TO HONOR THOSE WHO ALSO SERVE. IN ADDITION, EVERY HOME GAME IN 2012 WILL FEATURE A "MILITARY MOMENT," HIGHLIGHTING THE ACCOMPLISHMENTS AND SACRIFICES OF SAN DIEGO'S SERVICE MEMBERS AND THEIR FAMILIES. 2012 MILITARY APPRECIATION SUNDAYS. MAY 20: SALUTE TO THE MILITARY CHILD, JUNE 3: U.S. NAVY APPRECIATION, JUNE 24: U.S. ARMY APPRECIATION, JULY 8: U.S. MARINE CORPS APPRECIATION, JULY 22: CALIFORNIA NATIONAL GUARD APPRECIATION, AUG. 5: U.S. COAST GUARD APPRECIATION, AUG. 19: SALUTE TO VETERANS, SEPT. 9: MILITARY FAMILY APPRECIATION, SEPT. 16: U.S. AIR FORCE APPRECIATION, SEPT. 30: MILITARY SALUTE: POW/MIA APPRECIATION. ❖



Summary of Mishaps

1000 Ways to Hurt Yourself



WELCOME TO THE LATEST EDITION OF THE SUMMARY OF MISHAPS, ANOTHER CHAPTER IN OUR ONGOING SAGA OF SITUATIONAL AWARENESS (LOSS OF), COMMON SENSE (LACK OF), AND COMPLACENCY (NO LACK OF).

A CIVILIAN IN VIRGINIA FELL IN A PARKING LOT WHILE WALKING TO HER CAR TO GET SOMETHING THAT SHE'D FORGOTTEN. SHE "BELIEVES SHE STUMBLERD," THE REPORT SAID. "A WORKER NEARBY SAID HE SAW HER FALL AND SHE APPEARED TO STUMBLE," THE REPORT ADDED. GOT IT, SHE STUMBLERD. BUT I STILL HAVE TO ASK, AS OPPOSED TO WHAT? BEING KNOCKED DOWN BY AN INVISIBLE FORCE FIELD?

AN E-6 WAS CLEANING OUT THE CENTER CONSOLE IN HIS CAR. ACCORDING TO THE MISHAP REPORT, THE TRAY GOT STUCK, AND WHILE THE E-6 WAS TRYING TO CLEAR THE JAM, HE "PUSHED THE CONSOLE WHICH CAUSED THE STEAK KNIFE WHICH WAS SUPPORTING THE CENTER CONSOLE TRAY TO PENETRATE HIS HAND RESULTING IN MULTIPLE SURGERIES." OK, WHAT WAS THE STEAK KNIFE DOING, AGAIN?

A CIVILIAN POLICE OFFICER WAS DRIVING HIS GOVERNMENT PICKUP OFF BASE ONE MORNING ON WHAT THE REPORT CALLED A "JEEP TRAIL." HE HIT THE BRAKES WHEN HE GOT TO A HIGHWAY. A SODA CAN SLID FROM UNDER THE SEAT AND LODGED UNDER THE BRAKE PEDAL. UNABLE TO STOP, HE PLOWED ACROSS THE ROAD AND CRASHED INTO A TREE. VOILA: A \$10K REASON NOT TO TREAT YOUR VEHICLE AS A TRASH CAN.



Computer Shutdown – It's That Easy

By Ruth Erro



These days with power consumption and costs on the rise, saving energy is becoming a larger issue. Whether the goal is to protect the bottom line or to be environmentally conscience, there are a multitude of ways to save energy by adjusting settings on PCs, printers, and peripherals.

A typical workstation consists of energy eating devices such as a computer, monitor, and any number of peripherals (i.e., keyboard, mouse, speakers and a scanner). Such a configuration when left turned on and idle, would consume 150 watts or 3.6 kilowatt hours every day. The cost to power 100 of these workstations all day at \$0.135 per kWhr is \$17,739 a year.

This may not seem like a large cost, but there are several small energy users adding to the overall consumption of the installation. However, the following methods can be employed to reduce the daily computer-related consumption by up to 88% depending on how dedicated an individual is to shutting their workstation down when not in use.

Turn off peripherals when not in use

Peripherals make up 10% of the total energy usage. Assuming an eight-hour work day, turning the peripherals off for the remaining 16 hours in the day would reduce the daily energy usage in the example by 6.7%.

Turn off monitors when not in use

Most monitors manufactured in the past 10 years come with a number of energy saving options. Almost all monitors can be placed into PowerSave mode, which typically involves shutting off the display while the logic circuits continue to function. Monitors typically enter this mode in one of two ways: either they detect that there is no input from the computer (ie: the computer is off) or they are directed to enter that mode by the computer in which they are attached through a feature which has been set.

Assuming that a typical user is only at their desk 8 hours during the work day, this leaves 16 hours in which the monitor is not in use. If the example workstation were configured to place the monitor into PowerSave mode during unused time, there could be a 24.5% reduction in daily energy usage.

Turn off computers when not in use

Powering down or placing a computer in standby mode will result in the largest drop in energy usage. Turning off a computer for 16 of the 24 hours in a day would reduce the daily energy usage of that workstation by 62.3%. ❖

NAFEC Movies Get Major Upgrade

By Kristopher Haugh

Coming soon to a base theater near you...3D movies! "Around June 9th, MWR hopes to show their first movie in this new format," said Holly Norred the theater's manager.

To prepare for the new movies, the base received a digital projector and silver screen system. According to an email from Joyce Parker, CNIC N9, MWR is following the industry standard of going digital. In the last four years the industry has gone from 12% of their screens being digital capable to 65%. Furthermore, Parker said that by early 2014 the exhibition community would do major releases only in digital formats.



To view the movies, patrons will need to buy the special 3D glasses. They will cost \$1.00 each and you will be allowed to keep them. If you leave them at home or lose them, MWR will be happy to sell you another pair. There will be no price increase for the movies themselves. They will still be free. The movies will also follow the same release schedule which means they will be on base about six weeks after they open in town.



For authorized MWR patrons this is an excellent deal. Instead of paying \$20 dollars or more out in town plus concessions, you can come on base and just pay for your food and beverages which are cheaper in their own right.

For the special opening weekend screenings, Navy Motion Picture Service is providing 3D copies of the Lorax and Avatar.

Parker also said that the new digital format has other possibilities opening the door to "alternative programming" such as NCAA tournaments, World Cup soccer, BCS championship game, Metropolitan Opera, and popular music events like Hannah Montana and Kenny Chesney.

You can see the movie schedule at: <http://mwrtoday.com/elcentro/movies/>. ❖

Could The Navy Ever Build A Flying Aircraft Carrier?

Jeremy Hsu (INNOVATION NEWS DAILY 05 MAY 12)

Moviegoers can easily recognize flights of fancy when they see the "Avengers" assemble aboard the flying "Helicarrier" aircraft carrier in Hollywood's latest superhero blockbuster. But could the U.S. Navy ever build the fantastical military marvel if it wanted a flying air base?



The Navy has experimented with less-ambitious flying aircraft carriers in the 1930s — its rigid airships such as the USS Macon and USS Akron could each carry up to five biplane fighter aircraft. But the modern military's budget would likely burst trying to build and operate a full-size flying aircraft carrier that weighs 100,000 tons and stretches the length of three football fields, according to a U.S. Navy official at Naval Air Systems Command.

"We would want to minimize the weight and cost of a flying carrier itself in order to maximize the number and capability of the aircraft that could be carried on it," the Navy official said. "The number and size of the thrusters required to lift the carrier, the number and size of the engines to drive them, the fuel to keep the engines running, etc., all sum to make the system unrealistic."

That reality rests upon the simple fact that it's much cheaper to float, rather than fly, the weight of a huge aircraft carrier containing dozens of military jets and more than 5,000 members of the ship's crew and air wing. An aircraft carrier designed without any flight assistance — such as wings — would require huge amounts of power for the thrusters in both lifting mode and in forward airborne flight.

The fictional Helicarrier appears to use ducted rotors for its vertical takeoff and landing technology (or VTOL) — not too far off from real Navy aircraft such as the AV-8B Harrier fighter jet, the V-22 Osprey, and the upcoming carrier version of the F-35 Joint Strike Fighter. Such VTOL aircraft represent the "ultimate in operational flexibility," but also represent the most expensive air transport options for the U.S. military.

For now, the U.S. Navy seems happy with the cost-efficiency and flexibility of its floating aircraft carriers — a naval weapon that has dominated the seas since World War II. U.S. taxpayers will likely feel equally happy to pay the movie ticket cost to see the flying Helicarrier, rather than fund one in real life.

"The combination of a floating aircraft carrier, with the flexibility of the aircraft that are based on it (including rotary wing aircraft) offers a great balance of efficiency and flexibility," the Navy official said. ❖

Captain's Cup Overall Standings.

Strike	11pts
Cons	8.5pts
Security/Medical	5pts
Khakis	2pts
Operations	1.5pts
Weapons	1pt
Boss	1pt

Captain's Cup Bowling League starts on 18 June 2012.

Registration deadline is 11 June 2012, late registrations will not be accepted. If you have any questions, please don't hesitate to call x2380.



Got Racing? By Candyce R. Zavala

MWR held their Spring Grand Prix Go Kart Race on 9 May 2012. There were 8 departments who participated and 64 drivers who got a chance to show off their driving skills. The Brits won the first Grand Prix Race that we had last year. Most of the last year's teams had a bad taste in their mouth about that race's results. This year, all teams were determined to keep the trophy on United States soil. Operations Officer, Karl Garcia and his team, decided to put away all the "Haters" by winning the championship trophy. Congratulations to Operations! ❖



Morale, Welfare and Recreation

RESULTS
1ST PLACE: OPERATIONS
2ND PLACE: KHAKIS
3RD PLACE: WEAPONS



Yuma Tubing Trip: By Kristopher Haugh

What could be better than drifting down the Colorado River with 16 of your friends enjoying a floating picnic? How about not having to worry about driving to or from the event? That alone saves you gas, wear and tear. For \$20 MWR sponsored a Saturday trip for active duty, retirees, and authorized patrons. The water was cold, the sun was shining, and SPF 50 was flowing freely. We hope you can join us for the next time we sponsor a lazy little float. ❖



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



JOE'S SPORTS SMACK TALK

Captain's Cup Softball Playoffs Update #1

Playoff softball is underway here at NAF El Centro. Team OSM has been sleeping all season, they finally woke up yesterday and annihilated AOC by 23. OSM scored 6 runs in the first inning and seemed to be in control of the game. AOC came right back and scored 6 runs of their own. The first two innings were back and forth. OSM would keep AOC in-check in the next four innings by scoring 27 runs to AOC's 3 runs. This was a brutal game and I expect AOC's Employees out this morning with PSL (Premeditated Sick Leave). Don't expect AOC to answer any trouble calls today. Game two was a better game than the first one. OSM showed up with all their players and were able to flex their muscles. OSM is finally awake and is marking off every opponent one by one. Game two was Khakis versus Weapons. Weapons are the defending champions and vowed to repeat a couple weeks back. I got news for you today, it ain't happening, it just ain't happening this year! You got one foot in the grave and the other one is on a banana peel. Khakis took the Bomb Builders into deep waters and the Bombers failed to doggy pedal their way to shore. Khakis may not have a lot of speed in the outfield, but they understand the game pretty well. As long as the Khakis drink their Ensure and keep their Depends clean, they should be ok. We just installed changing tables in the restrooms for your convenience. Khakis advance to quarter finals against MWR on Thursday at 1815. Weapons slip into the loser's bracket and waits for the loser of Strike/ OSM. Weapons is on the ropes and could be laid to rest next week.

OSM	38
AOC	15

Khakis	21
WEPS	15

Captain's Cup Softball Playoffs Update #2

Strike laid down as usual, in big games. I don't know if they are working too hard and aren't getting enough sleep. OSM being the most talented team was able to make these guys look like a bunch of 3rd graders in an over-the-line tournament. Strike being the number one seed now, is in jeopardy of being eliminated in the next round. This game wasn't even competitive. We had to wake up the umpire, as he also fell asleep from boredom. OSM has advanced to the semi-finals and will square off against MWR on Tuesday at 1815. Strike just couldn't hit anything. OSM seems to be the favorite to win the championship. They will try to advance to the finals on Tuesday. The second game was crazy. I had given the Khakis some bulletin material last Tuesday by talking junk. Let me tell you, the Khakis responded by putting it on Recreation Nation early. MWR found themselves down the entire game. At one point, they almost got mercy ruled. MWR needed just 1 run to keep game alive. The next two at bat were outs, Raul De La Rosa and Javier Guerra got walked. With two men on base, Leo Olguin hit a single and knocked in the two runs to avoid the mercy rule. In the 7th inning the score was 17-10, Khakis were able to score one more run which made it 18-10. MWR went on a hitting streak and tied the ball game 18-18. The game would go one extra inning. Raul Dela Rosa got the winning hit and Fernando Gutierrez scored the winning run. Khakis were up 17-7 at one point in the game; they made a lot of errors late in the game. The EMT's had performed CPR on MWR for about 60 minutes and were waiting for a doctor to pronounce them dead. Right before EMTs called it quits, they detected a heartbeat. MWR never gave up and was able to climb out of the hole. It could have been a little luck, it could have been the wind and it could have been the Khakis. Regardless of what it was, MWR got her done! The Khakis took MWR into deep waters and MWR was able to get out despite of swallowing some of the water. This will go down as one of the best games ever played at NAF El Centro.

OSM	36
STRIKE	13

MWR	19
KHAKIS	18

Captain's Cup Softball Playoffs Update #3

Two teams got eliminated from the playoffs last night. AOC took care of the Khakis by defeating them 14-0. You may be wondering how AOC kept the Khakis from scoring. The Khakis sticks just disappeared. It was like Criss Angel Mindfreak was performing. One player would get on base and three players would be out. AOC just played a better game than the Khakis. AOC will try to come up from the loser's bracket and make the championship game. They will face Strike on Thursday at 1800. Game two was a classic beat down between OSM and MWR. OSM took MWR outback and gave them a beating that won't be easily forgotten. OSM coasted through the regular season and managed to get the number 5 seed. All they wanted to do was get to the post season. Now, that they are in the post season, they find themselves in the finals all by themselves. OSM won in a very big way and made sure that they rubbed it in. It was like trying to rub out the paint on a 1939 Studebaker with rubbing compound. OSM was up by 20 points and they were still taking walks and making talks. I guess winning with class is something of the past. MWR was knocked down to the loser's bracket and must face the winner of AOC/Strike. Game three was a replica of last year's championship game between WEPS and Strike. Strike was able to send the defending champions packing. I have been saying it all season; we will have a new champion this year! I also picked OSM as the sleeper team and now they are one win away for the crown. Pressure lies on Strike, AOC and MWR. Three teams are left and only one more spot is available. Strike did enough to defeat the Bomb Builders 24-15. They must now face AOC on Thursday at 1800 in an elimination game. Playoff softball is in full effect!

AOC	14
Khakis	0

OSM	42
MWR	21

Strike	24
WEPS	15

Captain's Cup Softball Playoffs Update #4

Strike Fighter was able to pull off a close one against AOC. In the first inning, Strike jumped out in front with 7 runs and kept AOC scoreless. Second inning would be different, AOC woke up and scored 7 runs of their own. Both teams went back and forth and back. By the 6th inning, AOC was down by 1 run. Strike used some of their combat experience to win the match 20-19. Strike will face MWR on Tuesday at 1800. Strike defeated MWR twice in the regular season. For some reason or another, the Rattlers know how to beat Recreation Nation. Even though, it is very difficult to beat a team three times in the same season. Strike will have to play their best softball. MWR had defeated OSM twice in the regular season, but got murdered when they faced them the third time. Like I said, it is hard to beat a team three times. Will Strike get three against MWR? The winner of this game has to face OSM and beat them twice, if they want to be the champions. Even though, the odds are against Strike and MWR to beat OSM, anything is possible. Strike knows how to win and will be ready for the challenge. Although, MWR has been battle tested all season, will they be able to rise up to the occasion? This will be a great elimination game on Tuesday.

Strike	20
AOC	19

At the CYP...

Life of a Military Child

By Joanna Moreno



As spring comes and goes, it is easy to forget the many sacrifices that our military children make. Last year during a parade to Flag Circle, Captain Thompson said "Those of us in the military signed up for this, our spouses to some extent sign up for it...children not so much, they were born into it." Children are not born with the privilege to pick their parents. Those who are born into a military family learn quickly about the burden they must carry throughout their lives. It is a price that our nation must pay for our freedom and safety.

Growing up far away from family member is just one of the many struggles and sacrifices they must cope with. Spouses, on the other hand are left with tremendous responsibility of being both father and mother to their children.

Deployment is one of the hardest experiences that military children go through. Stress from having a parent deploy can instill anxiety, loneliness, and fears of separation. During these periods which last from a few weeks to months or even a year, military children must wait to see their mother/father once again. Even after their parent returns, the children must cope with the physical and psychological changes that their parents have gone through. Furthermore the children are an integral part of the process to help their parent to re-adjust to a more normal life. Some parents come back with radical changes, while some never come back at all. This takes a tremendous toll on the child. As military children grow, they begin to adapt to the constant moves and introductions of new people become a normal part of life. "Hi and goodbye" tend to be nothing out of the ordinary. Some military children move an average of eight to nine times before graduating from high school. With every new move, new experiences follow. As the old African proverb says "It takes a village to raise a child," and in this case when the spouse leaves on deployment our military community joins in an effort to support our military families. At the Child and Youth Programs, we are honored to join in the community effort. Our program offers multiple activities geared to support our military children and their families. We work to create an atmosphere where each child knows they are loved and will be treated fairly and with respect. We make an effort to make their lives more bearable as they move through the pain cause by the constant anguish they endure as military children. Our center is honored to raise such valiant hearts that endure so much through their families' commitment to our nation.

Unspoken heroes, our military children adapt to the many changes in their lives. They silently bear the burden of our nation by paying the price with their family members. They have lived through many farewells from great friends throughout many different parts of the world. So even though the month of the military child has passed, please remember the tremendous sacrifices that these little ones endure and thank them for their service. ❖



Appreciative parents thanked the staff of the CYP with a delicious lunch, baked goods and a special piece of wall art inspired by the children themselves!



**** UPCOMMING EVENTS ****
MISSOULA THEATER
July 23 - 27
The kids will love it!

The Fleet Family and Child Programs announce sponsorship of the Summer Food Service Program. Due to Security and certain control protocols, a limited number of meals will be made available to all children who are 18 years of age and younger at no cost on a first come, first serve basis.

The CYP will serve breakfast from 0800-0830 and lunch from 1130-1200. This program will run from 01 June 2012 until 31 August 2012.

For more information please contact the CYP at 760-339-2560.

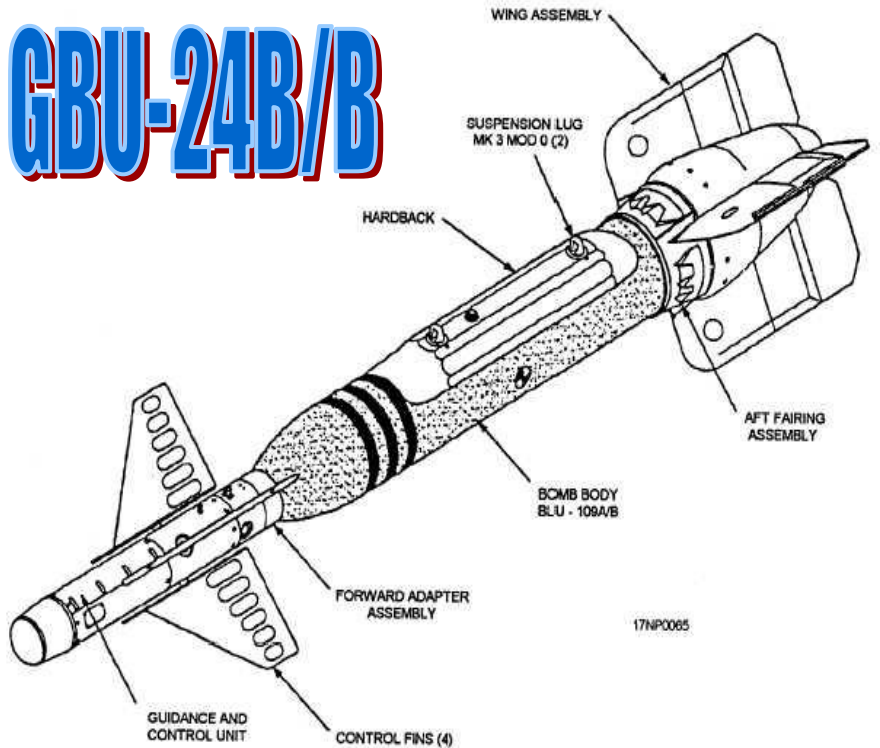
Navy Munitions Command Det

By AOCS(AW/SW) Joe Skelton

Continuing on with our study of munitions that the Sailors of NMC DETEC work with, we bring you the first of several "live" pieces of ordnance.

The GBU-24B/B is a converted BLU-109A/B 2000 pound class bomb designated as a hard target penetrator (HTP). The associated components required for conversion are fuse, air-foil group, FZU generator, adapter group, and guidance control unit. The heavy walled case of the bomb provides the penetration capability of 4 to 6 feet of reinforced concrete. The GBU-24B/B has a thermal protective coating applied to the surface to extend the cook-off time. ❖

GBU-24B/B



Senators Join Forces To Contain TRICARE Hikes

Kellie Lunney (GOVERNMENT EXECUTIVE 18 MAY 12)



Increases to certain health care insurance fees in the TRICARE program would be capped under a bipartisan bill introduced in the Senate on Friday, 18 May, 2012.

The 2012 Military Health Care Protection Act links hikes to enrollment fees, deductibles and drug co-payments for military retirees to their annuity. It requires that the percentage of increase in certain TRICARE fees in any given year does not exceed the percentage of increase in military retired pay. TRICARE, the military's health insurance program, serves 9.3 million beneficiaries, including 5.5 million military retirees.

The legislation, introduced by Sens. Frank Lautenberg, D-N.J., and Marco Rubio, R-Fla., comes on the same day the House passed a \$643 billion Defense authorization bill that includes modest increases to some TRICARE drug co-pays. The Republican-led House rejected the Obama administration's recommendations to raise premiums for military retirees based on their retirement pay, in addition to other fee hikes. The White House TRICARE proposals could find a warmer reception in the Democratic-led Senate, where the Armed Services Committee is slated to mark up its 2013 Defense authorization bill next week.

Lautenberg, however, has successfully fought efforts to raise TRICARE fees in previous years by offering amendments to the Defense authorization legislation.

"A tough fiscal climate is no excuse to balance the budget on the backs of our nation's military retirees and their families," the New Jersey senator said in a statement. "Those Americans who serve in our military do so much to protect us -- the least we can do is protect them against excessive health care costs." Lautenberg is an Army veteran.

"This bill would give veterans on TRICARE greater assurances that their costs will not spiral out of control beyond their means to pay for them," Rubio said in a statement. "Military retirees who rely on fixed incomes usually don't have the ability to go out and find new jobs to pay for increased TRICARE costs. This effort will bring more predictability to help them budget for their health care needs." ❖



MEDICAL CORNER

What's Up, Navy Doc?

"Don't Let Depression Depress You"

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



Are you feeling down or worthless? Do you feel like you are in a corner with no way out? Do you always feel sad? Have you lost interest in things you used to like to do? Have you had a recent change in your appetite, weight or sleeping pattern? Do you have trouble concentrating?

If you answered "yes" to any of these questions, it is possible you are suffering the effects of depression. Depression is a medical condition in which the brain does not produce the chemicals that are required to make a person feel well. Just to be clear, I'm not talking about "having the blues." Everyone occasionally feels bad or down but these feelings do not last very long; this is quite common and quite normal. But that is not depression. In contrast, the symptoms of depression last for a prolonged period of time. Depression affects you physically and emotionally, and can even interfere with your daily life. Unlike "having the blues," you cannot just "snap out" of depression. It is not a normal part of aging. It is an abnormal medical condition.

What are the signs and symptoms of depression?

- Feelings of sadness or unhappiness, the need to cry a lot
- Irritability, frustration, agitation
- No longer interested in the activities and hobbies you once liked to do
- Restlessness
- Fatigue and decreased energy
- Changes in sleep pattern; you are sleeping too little (insomnia) or too much
- Sudden change in appetite or weight (Depression most commonly causes a *decreased* appetite with weight loss; in some people though, it can cause an *increased* appetite with weight gain)
- Difficulty concentrating and making decisions
- Feeling hopeless, guilty, or worthless
- Thoughts of death and suicide

Remember, not everyone with depression will experience all of the same symptoms. Depression may affect different people in different ways. You may have only a few of these symptoms, while someone else may have several. What you experience depends on you as an individual and the specific type of depression that you have.

Does depression affect men and women differently?

The symptoms experienced by men can differ from those experienced by women. For example, women tend to have symptoms of sadness, worthlessness and guilt, while men experience feelings of fatigue, irritability, difficulty sleeping and a decrease in activities that used to be pleasurable.

Can depression be effectively treated?

Depression is a chronic illness which can be effectively treated. More importantly, it must be treated. Due to depression being a chronic illness, its treatment can last longer. Letting depression go untreated is not an option as it can lead to heart disease, alcoholism, destruction of personal and professional relationships, loss of employment, and suicide. Depression should not be a cause for feeling guilty or stigmatized; like any other, it is a chronic illness that can and must be effectively treated. Health care professionals can provide treatment, including most commonly:

- Medications—Prescribed by a qualified physician.
- Psychotherapy—Talking about your symptoms with your Primary Care Provider or a mental health provider is referred to as cognitive behavioral therapy or counseling.

Talking to someone you trust and who has good judgment can be helpful if you have any questions about what to do. That someone can be a close friend, a member of the clergy, or a health care professional. **Anyone having thoughts of suicide needs immediate help through calling 911, a suicide hotline, a local hospital, or a doctor.**

Can I do something at home to relieve some of the symptoms?

- Learn how to relax—Relaxation can result from a wide variety of activities including acupuncture, yoga, meditation and massage therapy.
- Writing in a journal—This form of therapy can help you express your thoughts and emotions.
- Get involved—It is important to not isolate yourself. Get together with friends and family and enjoy social activities.

What about self-medicating?

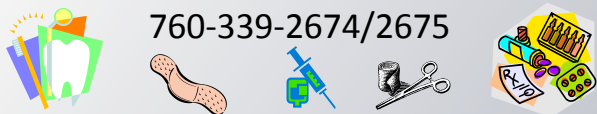
Self-medicating is not a good idea. Remember that depression is caused by a chemical imbalance in the brain. Any treatment involving the consumption of medicines should be strictly under the control of a qualified physician. But self-medicating is not limited to just taking some over-the-counter pill. Rather, self-medicating includes any efforts to escape the effects of depression such as by consuming alcohol or hard drugs. Rather than making things better, these actually make things worse. They are nothing more than a means of escapism which is very temporary at best and followed by even a further fall into the depths of depression. Avoid this proverbially vicious cycle which can only lead to destruction.

If you have any concerns or think you might be experiencing any of the above symptoms, please see your Primary Care Provider. Do not let depression be a depressing subject to discuss; avoiding the subject of depression will not make it go away. ❖

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

"PSSST... 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

Building Resilient 21st Century Sailors; There's an App for That

By Navy Personnel Command Public Affairs



Representatives from the Navy Personnel Research Studies and Technology (NPRST) laboratory briefed attendees of the Navy Combat and Operational Stress Control conference May 24 on the findings of focus groups looking at smart phone applications being tested by the Navy.

The research directly supports the 21st Century Sailor and Marine initiative which is a set of objectives and policies, new and existing, designed to maximize each Sailor's and Marine's personal readiness and to hone the most combat effective force in the history of the Department of the Navy.

One of these apps is the Tactical Breather. The focus groups assessed Sailor views of these currently available government-sponsored stress apps. Focus groups were conducted at Naval Support Activity Mid-South, Naval Station Everett, Naval Air Station Whidbey Island, Naval Base Kitsap, Naval Station Mayport, Naval Air Station Jacksonville, and Submarine Base Kings Bay. The study included Sailors from E1-E6 and O1-O3.

Aviation Electronics Technician 1st Class (AW/SW) Curt Metzger, Navy Personnel Command (NPC), Enlisted to Officer Accessions and Shore Disestablishments said he thought the Tactical Breather app would be of value to everyone.

"The Tactical Breather teaches you the correct breathing methods to control your heart rate. Focus on the task at hand, and go through it as safely and calmly as possible. I think we should all learn tactical breathing," said Metzger.

The Tactical Breather application can be used, with practice, to control physiological and psychological responses to stress.

Focus group participant Personnel Specialist 1st Class Amy Hanlon, from NPC, Officer Inter-service Transfers, said she felt that the Tactical Breather would be useful for all Sailors but that the techniques should be learned in advance.

"I would think the Tactical Breather would be useful when someone was at a high-stress moment but it would have to be something that was taught before it was needed," said Hanlon. "We would want to have this already taught and in our toolbox, ready to use when we needed it." ❖



NAVY MEDICINE
World Class Care... Anytime, Anywhere

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.

DoD, VA To Launch Joint Electronic Health Record System

By Cheryl Pellerin and Army Sgt. 1st Class Tyrone C. Marshall Jr. (AMERICAN FORCES PRESS SERVICE 21 MAY 12)



NORTH CHICAGO, Ill. – The Defense and Veterans Affairs departments have joined in a unique effort to combine their health records in what will become the world's largest electronic system by 2017, the secretaries of both departments announced here today.

Defense Secretary Leon E. Panetta and VA Secretary Eric K. Shinseki briefed reporters after a tour of the Capt. James A. Lovell Federal Health Care Center, the nation's first fully integrated DoD-VA medical facility treating service members, veterans, military retirees and dependents.

"Over the past two days, as many of you know, world leaders have gathered in Chicago to affirm our commitment to finishing the job right in Afghanistan," Panetta said. "This afternoon, Secretary Shinseki and I are coming together to affirm what in many ways is an equally important commitment: to care for and honor those who have protected our nation by serving it in uniform."

The center -- named for retired Navy captain and former NASA astronaut Jim Lovell, who was in the audience today -- amounts to a proving ground for the DoD-VA joint operating concept. It incorporates facilities, services and resources from the North Chicago VA Medical Center and the Naval Health Clinic Great Lakes.

"In response to a challenge issued by [President Barack Obama] three years ago, DoD and VA have been working steadily to increase the amount of health information that's shared between our two departments," Panetta said.

What Obama envisioned in 2009 was an initiative called the virtual lifetime electronic record, or VLER, for the future of electronic health data sharing. Since that time, Panetta said, the centerpiece of the DoD-VA effort has been an effort to build an integrated electronic health record for service members and veterans that can be accessed at any DoD and VA medical facility.

Such an integrated electronic health record, or iEHR, is "one that is open in architecture and nonproprietary in design to expand information sharing, eliminate gaps between our two robust health care systems," Shinseki said.

"This is key to seamlessness, critical to enhancing quality of health care, and essential to controlling costs," he added.

"Today," Panetta said, "I want to affirm that we are fully committed to putting this system, which will be the world's largest electronic health record system, in place across the nation in 2017."

The project's first milestone will come in 2014, the defense secretary said. At that time, the departments will field initial operating capabilities of the integrated electronic health record at test sites in San Antonio and in Hampton Roads, Va., where DoD and the VA provide medical care to thousands of service members and veterans.

The iEHR will unify the departments' now-separate legacy electronic health records systems into a common, secure system that makes service members' and veterans' health information available to them throughout their lifetimes.

During a media roundtable held today, experts from DoD and VA explained what a difference the new joint electronic health records could mean in someone's daily life.

"If a service member is seen in a DoD hospital and the next week has an appointment in a VA hospital, you'd like all of that information to be available to the VA doctor, just like they're being seen in the same hospital," Roger Baker, VA assistant secretary for information and technology, told reporters.

"That really is our concept here," he said, adding that something interesting happened during the first pilot test of a nationwide health information network.

As the first health record was shared between a VA facility and a private-sector facility, he said, the private-sector doctor said, "I didn't know the patient had that allergy."

"It was an allergy the VA knew about, but that the patient hadn't told his private-sector doctor about, and clearly those kinds of allergies can have a tremendous impact on quality of care," Baker said. "That ability to have a more comprehensive record can do life-saving things, frankly."

In 2014, when the systems are rolled out in San Antonio and Hampton Roads, Baker explained, records for patients in the VA before then will be as they were.

"If you've recently moved from active service into veteran status," he added, "the most important thing you will notice is that your VA doctor has a lot more access to information about your previous medical care in DoD than he or she may have had in the past."

Probably more importantly, he said, doctors will see that information side by side with other treatment the patient may have had in the VA system, so they'll have a more complete view of the patient's entire medical history.

Beth McGrath, a DoD deputy chief management officer, said that in Hampton Roads and San Antonio in the 2014 time frame, "the clinical capabilities we're deploying first are focused on laboratory and immunizations."

Both experts said the Defense Department has sufficient funding in its budget for the effort.

At the news conference, Panetta said implementing and testing the new system over a period of years "will help us make sure that we are doing it right and that we have time to adjust based on experience in the field. ❖

Captain's Cup Softball Playoffs Update #5

Sports From Page 10

Strike proved that it was no big deal beating MWR three times in a season. Strike owns the deed for Recreation Nation, they purchased them with their own MWR Bucks. MWR came out with all their players and managed to take the lead in first inning 9-3. In the second inning, MWR had bases loaded with one out. They failed to bring them home with their next two at bats. That was a huge momentum changer. Strike's defense would then hold MWR scoreless in the second and third innings. Too many mistakes will keep anyone from winning, ask the Boston Celtics! Strike had some walkers early in the game and refuse to swing. Not sure that they needed to walk, they all looked within DOD Standards. The fun is when you swing the bat, it actually feels good. You ought to try it sometime. Some of Strike's players haven't swung a bat since last year at the T-Ball Tournament and they still tried to walk. The Rattlers were able to rattle their way into the championship game for the second consecutive year. They will face OSM Thursday at 1800. OSM has been picked out to win it by the Sandpaper, however the game must be played. Come out and watch OSM and Strike battle it out. Congratulations to both teams for advancing to the Finals!

Strike 23
MWR 15

Captain's Cup Softball Playoffs Update #6 – OSM Wins It All!!

Yesterday marked the hottest day in 2012 so far. Two teams competed for the 2012 Captain' Cup Softball Championship. OSM had been waiting for an opponent for the last week. Strike defeated MWR in the semi-finals and was next in line. Strike came out strong and scored 6 runs in the first inning, while OSM only scored 1 run. The first 4 innings were tough for OSM. They had absolutely nothing to offer. Strike led 17-10 and looked to make a championship run. OSM just couldn't get their bats going. Strike kept the ball on the ground and OSM couldn't get to it. OSM finally put something together and managed to score a few runs making the score 18-15, Strike led. Strike came up in the top of the sixth inning and OSM shut them down. It was like someone closed the door so that the flies wouldn't get out. That was the only inning that Strike was kept scoreless. Bottom of sixth inning OSM was down by 3 runs, the lead-off batter got a base hit, but the next two batters popped up. Strike started salivating; all they needed was one more out. They looked at the line-up and saw a girl up next. The outfield came up and was confident the game was over. Nicole Morlet started the two out rally. Morlet had a full count, the next pitch was delivered and she got a base hit. Ruben Duran hit a triple and the rest is history. OSM scored 7 runs to win the game. Talking about a comeback! This was a comeback! Strike should be used to this outcome. This had happened to them over and over in every sport. It's almost like a way of life. They should change their names from Strike to Strikeout, Rattlers to Babblers or Pokers to Chokers. This has to be hard for a team to work so hard and end up with the short end of the stick all the time. I hope they can recover from this loss. It probably feels like you've been protecting the only long strand of hair left on your head and someone intentionally pulls it out thinking it's a tick. Strike had the game in the bag, but the bag had a hole. OSM is a team combined with Operations, Security and Medical they earned the right to be called Champions. Congratulations to OSM. I like to thank Umpire Fred Bryant, Scorekeeper Dave Mersino and all the teams who participated. This was a great Season!

OSM 22
Strike 18

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. Please note some of these materials are fabricated for entertainment purposes. Signed Joe Conner

Helping Hands

A Graveside Service

By Chaplain Smith

It never fails. Every time I leave the base, joining sailors to serve our community, I learn something new about myself, my community, and/or my world. On Saturday, 26 May, I had the privilege of serving with approximately 15 other sailors from NAFEC in a cleaning and beautification project at Memory Gardens Cemetery located on Imperial Avenue between the cities of Imperial and Brawley, an initiative sponsored by CMC Gallinat.

During our "graveside service," three hours of pulling weeds and cleaning headstones, I was reminded of two important truths. First, serving in a cemetery was a grave reminder that life on this earth is short, regardless of how long we may live. Every day is precious and every day is important. Living well is as important, if not more important, than living long. Living with honor, courage, and commitment are values worth living for—a legacy to pass on to the next generation.

Second, serving in a cemetery was a grave reminder of the service and sacrifice of our nation's military. As we watched a grandfather and grandson place American flags at the headstones of each service member, the cemetery quickly came to life with the evidence of just how many men and women have given their lives in service to our country. I was reminded of the great privilege it is to be counted among them, lifting high our flag in life as they continue to do so in death.

The school of community service has much to teach us. May we be good students of the lessons to be learned.

Our upcoming COMREL activities currently include the following...

Niland—This COMREL is scheduled for the third Wednesday of every month (excluding August) from 0900-1245. Sailors travel to Niland, CA. Duties include unloading pallets of food, unpack food boxes and sorting it for distribution, and assisting in carrying bags of food for elderly and/or disabled recipients. The next service date is 20 June.

More-4-More—This COMREL takes place the last Friday of every 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 next service date is 29 June. ❖

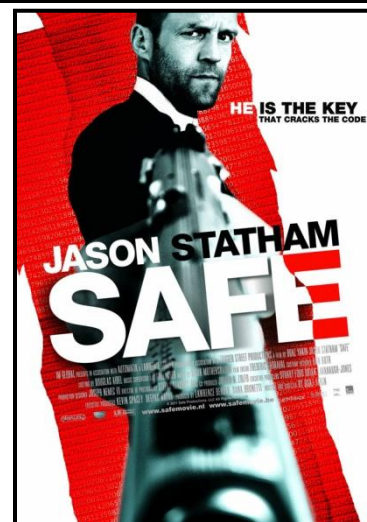
A Word of THANKS...

We would like to thank the 5 sailors who participated in the Niland COMREL in May, including AM1 Napier, HM1 Burns, AD1 Hawkins, AME2 Williams, AME3 Schavlay, and AMEAN Oliver. Together they served more than 200 local residents.

Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: SAFE

Players: Statham, Catherine Chan, Robert John Blake, James Hong, Anson Mount

Genres: Action, Crime, Thriller

Rating: R

Being the Jason Statham fans that we are sitting through *Safe* was a no brainer. Although his recent works have been hit (*Killer Elite*) and miss (*The Mechanic*) this film looked interesting. With *Killer Elite* being such a hit would *Safe* turn out to be a disappointment? It's safe to say that you'll know more at the end of this review than you do currently.

The film begins with the kidnapping of Mei (Catherine Chan) an adolescence mathematical genius who's been entrusted to with a very valuable code. The code, wanted by both the Russian and Chinese Mob, contains the combination to an asset filled safe. Luke Wright (Jason Statham) arrives on the scene just in time to rescue Mei from the Russians, Chinese and N.Y.P.D. as the latter of the three will deliver the girl to the highest bidder.

Safe has plenty of action throughout to satisfy the ardent fan. Luke battles all three enterprises in some form or fashion. Unlike some of his past work (*Transporter* series) the fight scenes here didn't appear to be choreographed by Julianne Hough from *Dancing with the Stars*. They seemed more realistic; if that is even possible in the action film genre. Nevertheless my beautiful wife and I were not overwhelmingly impressed neither were we terribly disappointed. With that said, I rate this film three anchors out of five. ❖



Movie Title: Avengers

Players: Robert Downey Jr., Chris Evans, Mark Ruffalo, Chris Hemsworth, Scarlett Johansson, Jeremy Renner, Tom Hiddleston, Samuel L. Jackson, Gwyneth Paltrow

Genres: Action, Adventure, Sci-Fi

Rating: PG-13

After a much anticipated release, mostly my anticipation and a 40 minute wait my gorgeous wife and I were finally seated, however, without the customary popcorn and hotdog. This was a temporary setback as both snacks and drinks were in hand prior to the first preview. As I assume most of you know that *The Avengers* movie is the pinnacle of the Marvel Comic based superhero series that included *Iron Man*, *Captain America*, *The Incredible Hulk*, *Thor* and the *Fantastic Four*. Generally big screen adaptations of comic book series' over indulge and underwhelm true followers, nevertheless, I promise to remain objective in my review.

The Avengers are assembled by S.H.I.E.L.D leader Nick Fury (Samuel L. Jackson) to retrieve the magical Tesseract from *Thor's* (Chris Hemsworth) brother *Loki* (Tom Hiddleston) who has stolen the cube for diabolical purposes. Fury's recruitment of his merry cast of characters resembled the recruitment of the most highly prized high school recruits; a little deception, desire and deliverance. Fury's recruitment of his merry cast of characters resembled the recruitment of the most highly prized high school recruits; a little deception, desire and deliverance.



The cast, well the cast of *Iron Man/Tony Stark* (Robert Downey Jr.), *Captain America/ Steve Rogers* (Chris Evans), *The Hulk/Bruce Banner* (Mark Ruffalo), *Natasha Romanoff/Black Widow* (Scarlett Johansson) and *Hawkeye/Clint Barton* (Jeremy Renner) are outstanding in their own right, each with a distinguished role throughout the film that is never over bearing. The surprise of this film is *The Hulk*, as a character without much dialogue he sure is funny.

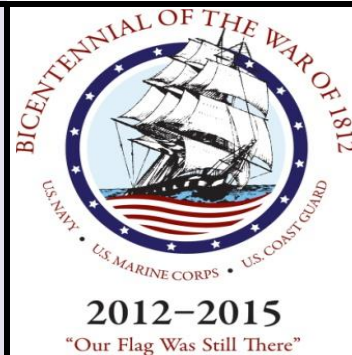
Ultimately the super six confront *Loki's* aliens MMA style using Manhattan as a steel cage in a winner take all match; all being the Tesseract and the world. S.H.I.E.L.D. has plenty of high tech toys for the adventure including an invisible flying aircraft carrier. Yep, invisible flying aircraft carrier! Enough said. With that, I rate this film four and a half anchors out of five. ❖



WHAT WAS GOING ON...

In June during the 1970's - NAFEC Sandpaper

June 29, 1973 - Air Force and Coast Guard Complete 1st Sea Drop. The first water drop of an 1800 pound containment barrier was successfully completed into the Salton Sea in order to protect wildlife and coastal areas. ❖




MAKE A STAND.
MAKE A DIFFERENCE.
MAKE IT COUNT.

For more information on how to cast your vote, contact your Navy Voting Assistance Officer or visit www.fvap.gov.

VOTE


FFR www.fvap.gov

Honor the past  Support the Future

Vote!

Armed Forces Voter Week by ITCS McAlister, Brian

June 28 - July 7

Armed Forces Voter Week is fast approaching. Are you registered to vote? As your base Voting Assistance Officer (VAO) I would like to encourage you to register and vote if you have not already done so. It is very easy to do! If you have any questions or just want some information please stop by. The voting assistance office is located in Operations BLDG 139, I have the current voting assistance guide and all the applications you will need. Additionally, the following website makes registering to vote very easy. www.FVAP.gov ❖ 

Voting Office Phone: 760-339-2655 Email: vote.elcentro@navy.mil

LOCAL HISTORY BY TWO OLD GOATS

The Two Old Goats have always maintained that Truth can be stranger than Fiction. Here is a case in point: **Douthitt Strip Airport** (FAA LID: **23CN**), about one mile east of El Centro.

During World War Two, Army Air Forces hired contract companies to teach our allies at some of their flying schools located on private air fields. Douthitt was one of those fields.

Here, a company named Aeronautical Training Center, Inc. taught pilots from the Royal Air Force how to fly C-47 Skytrains and the Waco CG-4 unpowered glider. The school was in operation from 1942-1944.

The students gained proficiency in the operation of gliders during

towed and soaring flight, both day and night, and in servicing of gliders in the field. This training was critical for operations later on in Europe such as Operation Market Garden and D-Day.

This private airfield is still in use today. Who knew the Army was training the Brits here in the 1940's? Seventy years later the Brits still train in El Centro but now they use Navy facilities! ❖





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

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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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TSP's Roth Option Sees Few Contributions So Far

By Stephen Losey (FEDERAL TIMES 21 MAY 12)



The Thrift Savings Plan's new Roth option has drawn a tepid response in its first two weeks of existence, with only four participants making payments so far.

But the Federal Retirement Thrift Investment Board, which governs TSP, said the small number of contributions was expected because of the government's payroll schedule, and it expects those numbers to accelerate in the coming weeks. FRTIB External Affairs Director Kim Weaver said many more contributions should come in after Memorial Day.

The board said it experienced no major problems as the Roth option went live May 7. The board said it found four minor post-deployment problems, three of which have already been fixed.

"We were very concerned that we would turn this on and somewhere, something would roll into another system and cause bad things to happen," said Roth project manager Karen Vaughn. The four problems "weren't showstoppers," but required some recoding.

The board said the Roth's launch was an extremely complex and sprawling effort, that involved more than half of the board's staff and more than 140 contractors to make the required information technology and process changes.

"Roth is a big deal," FRTIB Executive Director Greg Long said. "This was not easy. This required us, internally, to do things differently."

The first four Roth contributions came in May 15, Vaughn said. Three participants also rolled money into Roth on May 18, she said.

The Roth option allows participants to invest after-tax earnings into funds that will grow without tax liability on future earnings. This differs from the standard TSP plan, where before-tax dollars are invested and taxed when they are withdrawn.

Military service members and certain federal employees, such as judges, who are likely to have lower taxes while they work, will see the most benefit by choosing the Roth option. Most federal civilians would probably be better served by staying with the standard TSP plan.

But service members will have to wait for it — perhaps until the fall — because the Defense Finance and Accounting Service is still adapting its systems. DFAS expects to roll out the Roth option to Marine Corps members in June, roughly 1.1 million civilian employees at Defense and other DFAS customer agencies in July, and Army, Navy and Air Force service members in October. ❖

Getting into Shape With NOFFS; There's an APP For That Too...

Condensed from NAVADMIN 169/12 released by VADM J. M. Bird



NAVADMIN 169/12 announces the introduction of the Navy Operational Fitness and Fueling Series (NOFFS) iPhone App.

NOFFS offers the Navy "BEST IN CLASS" physical fitness and nutrition information for Sailors. The NOFFS program will assist in maintaining peak physical readiness and is consistent with the themes of the 21st Century Sailor and Marine Initiative. The NOFFS iPhone App provides the complete NOFFS program in a convenient format that is readily accessible and globally portable. This in turn allows our Navy to maintain peak physical readiness regardless of environment or location.

The NOFFS iPhone App was developed as a partnership between Commander Navy Installations Command (CNIC), Navy Fitness Team, Center for Personal and Professional Development (CPPD), and Athletes' Performance Institute (API). The program is customizable to any environment or fitness level allowing all Sailors to benefit from the new initiative. The NOFFS App offers Sailors a complete and comprehensive fitness regimen including Movement Library, Virtual Trainer, Virtual Meal Builder and other educational materials.

As with any fitness program there is a risk of injury, however the NOFFS Program uses proven injury prevention and performance enhancement exercises.

The NOFFS App is now available for download from the App Store for the iPhone and iTouch. The program is currently being developed in other software packages and will be available for other smart phones at a later date. The software is available via the NOFFS website located at WWW.NAVYFITNESS.ORG/NOFFS and can be downloaded and reproduced in hard copy.

It is the personal responsibility of every Sailor to maintain a high level of Physical fitness. NOFFS is an excellent tool to assist Sailors in meeting their physical fitness goals anytime, anywhere. ❖



By: PS3 Marques L. Meráz

Since we are just finishing up the command PFA, the Sandpaper wanted to do a poll to see what our physical fitness strengths were. The results were quite clear. Most people do best on the curl up exercise (38%), while the next best was pushups (18%), and finally was the 1.5 mile run (%14). Thank you for participating in this month's poll. ❖

1. Rank/Rate			
Civilian		31	41%
Seaman/Airman		3	4%
Petty Officer		26	35%
Khakis		15	20%
		Total	75
			100%

2. What category of the PRT do you do best on? (sit and reach is not an option!)			
Push- Ups		14	18%
Curl- Ups		29	38%
1.5 mile run		11	14%
Not Applicable		22	29%
		Total	76
			100%

Service Members, Families Get Free Pass to National Parks

By Lisa Daniel American Forces Press Service

WASHINGTON, May 15, 2012 – Service members and their families will be able to enter all of America’s national parks free of charge for a year under an initiative announced today.

The pass – the America the Beautiful National Parks and Federal Recreation Lands Annual Pass, which normally costs \$80 – will become available to service members and their dependents on Armed Forces Day, May 19.

Interior Secretary Ken Salazar made the announcement this morning, along with National Park Service Director Jon Jarvis, at a ceremony at Colonial National Historical Park in Yorktown, Va., the site of the last major battle of the Revolutionary War. The area surrounding the park hosts installations from all the military services, including the world’s largest naval base.

"I think when one goes into Virginia and you see all the sites, the Yorktown battlefield and the whole history of the country, it's important that those who have fought in the tradition of making sure the nation's democracy and freedom are protected also have access to these wonderful sites there," Salazar said yesterday in a conference call with reporters.

The passes allow the holder and passengers in a single private vehicle access to some 2,000 sites that charge per vehicle. At sites where entrance fees are charged per person, it covers the pass owner and three adults age 16 and older.

The National Park Service estimates that giving away the passes to service members and their families will result in a revenue loss between \$2 million and \$6 million, but Jarvis said that won’t cause a significant impact on the agency, which collects about \$150 million in fees each year.

Military personnel can get the passes at any national park or wildlife refuge that charges an entrance fee by showing their military ID. Family members also will be able to obtain their own pass, even if the service member is deployed or if they are traveling separately.

The pass will be accepted at National Park Service, U.S. Fish and Wildlife Service, Bureau of Reclamation, Bureau of Land Management, U.S. Forest Service and U.S. Army Corps sites that charge entrance or standard amenity fees. The free pass will be made available for activated members of the National Guard and reserves, but not for military veterans or retirees, whom Jarvis said have other opportunities for free or reduced admission, such as the National Park Service’s “Access Pass” or a seniors pass for those 62 and older.

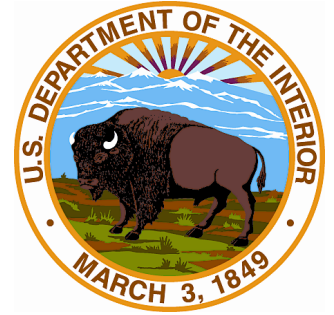
Jarvis, a 40-year Park Service employee, said that while the free passes are a first, they are representative of the parks’ history with the military, which dates back to the Buffalo Soldiers’ battles with Native Americans in the mid-1800s and the recruitment of former military members to serve as park rangers under the first NPS director, Stephen T. Mather. The Park Service maintains many military historical sites from Gettysburg to Pearl Harbor, and in World War II even closed some parks, such as Mount Rainier in Washington state, to all but active military members, he said.

Right after World War II, the Park Service invested heavily in infrastructure to prepare the parks for returning service members, Jarvis said. Today’s generation of warriors also deserves a deep connection to the parks, he said.

"From my perspective, it is incredibly important to return this group of returning military members to their national parks," Jarvis said. "Nothing is more core to the American experience than the national parks. These are places for quiet and contemplation and to reconnect to the American experience. And we don’t want there to be any barriers to that."

The free pass initiative is part of the “Joining Forces” campaign First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, launched last year to rally Americans around supporting service members and their families.

"Our nation owes a debt of gratitude to our servicemen and women who make great sacrifices to protect our country and preserve our freedom," Dr. Biden said in a White House statement. "In recognition of their service, we are so pleased to be putting out a welcome mat for our military families at America's most beautiful and storied sites." ❖





**NAVAL AIR FACILITY EL CENTRO'S
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QUARTERLY CLASS SCHEDULES**

FLEET AND FAMILY (MRS. PAT BRAXTON)
760-339-2242

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

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!!!**

(JUN 7 TH) PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500
(JUN 14 TH) RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500
(JUN 21 ST) GOAL SETTING	1300-1400
ASSISTANCE WITH HOME PORT CHANGES	1400-1500
(JUN 28 TH) BUDGET CLASSES	1300-1400

(JUN 5 TH) ANGER MANAGEMENT	1330-1430
(JUN 12 TH) STRESS MANAGEMENT	1330-1430
(JUN 19 TH) EFFECTIVE PARTNER COMMUNICATIONS	1330-1430
(JUN 26 TH) HOW TO RESOLVE CONFLICT IN THE WORK PLACE	1330-1430

Study: Spice, K2 Can Poison, Even Kill You

Patricia Kime (NAVY TIMES 10 MAY 12)

A new report from the American College of Emergency Physicians confirms what the Pentagon, Drug Enforcement Administration and medical officials have been telling troops since 2009: Spice, K2 and other synthetic cannabinoids are bad for your health.

In fact, they can kill you.

Research published online May 8 in Annals of Emergency Medicine show that during a nine-month period in 2010, the National Poison Data System received 1,898 reports of poisonings following synthetic cannabis inhalation.

The most commonly reported effect was irregular heartbeat, with at least one user, a 58-year-old man, dying of cardiac arrest.

But 52 other patients experienced seizures, including two cases of status epilepticus — a prolonged seizure state that can cause brain damage and death.

"Users reported racing thoughts, palpitations, anxiety, paranoia and psychosis," said lead study author Dr. Christopher Hoyte of the Rocky Mountain Poison and Drug Center in Denver. "Although the drug is legal, it obviously has potential to cause harm, and one patient in our group actually died."

Other effects reported to poison control centers include agitation, vomiting, confusion and hallucinations.

The Defense Department banned the use of synthetic marijuana in 2010 and the services have been working to develop a test that will detect it.

But that effort has been hampered by the hundreds of varieties of synthetic marijuana available, as well as the number of chemicals that go into making it. Manufacturers continually tweak their formulas to sidestep the DEA, which temporarily banned the five main chemicals used to make the fake pot.

The DEA is moving toward permanently classifying the chemicals as Schedule I substances, where they would join drugs like heroin, Ecstasy, pot and peyote, among others, on the list of illegal substances. ❖



RECENT EVENTS

IN THE PEARL OF THE DESERT



Skipper gives the commencement address at the Preschool graduation



Mother and Daughter enjoy a spot of tea!



Niland Volunteers ham for a photo!



Racers... "START YOUR ENGINES"



Firefighter Kelley loves Ice Cream!



CO presents the staff of the CYP with a gift honoring their hard work!



Sailors standby for the Memorial Day Celebration sponsored by the El Centro Elk's Club.

JUNE SANDPAPER POLL

<http://www.zoomerang.com/Survey/WEB22.FVKGVJVUG/>

SANDPAPER CONTACT INFO:

E-MAIL:

W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

Female Sailors To See Uniform Improvements, More Surveys

Chief of Naval Personnel Public Affairs (NAVY NEWS SERVICE 10 MAY 12)

NAVADMIN 154/12, released May 7, announced the Chief of Naval Operations' (CNO) approval to improve female uniforms, along with continuing surveys to examine female uniform interests in the fleet.

In an effort to obtain a snapshot of fleet satisfaction with female uniform design and fit among female Sailors, the Navy collected data through interviews, surveys and female focus groups at various shore installations beginning in June 2010. As a result of feedback collected during this initial evaluation, the Navy determined a larger, fleet-wide uniform survey was needed.

Additionally, the Navy identified several uniform improvements for immediate implementation, including:

- The female service dress coat will be changed to add backing buttons to align with the male officer and chief petty officer (CPO) service dress coat design.
- A binding will be added over the edge of the inner stitching of waistbands in female slacks to improve professional appearance and reduce skin chaffing.
- Additional stitching will be added to the bottom hem, side seams and front-facing seams of female service shirts to prevent unraveling of the hems and to improve professional appearance.

"Uniforms represent the pride and professionalism of our Sailors," said Chief of Naval Personnel Vice Adm. Scott Van Buskirk. "We strive to take care of our people - and this means providing uniforms that fit properly and comfortably, are durable and of good quality, and maintain the professional appearance of our Sailors."

The Navy will conduct a fleet-wide survey to gather broader feedback on additional uniform concerns expressed during the initial evaluation. For both officers and enlisted females, survey questions will address their level of satisfaction with service dress, service and working uniforms and components. The survey will also ask about female slacks fit and hip-to-waist ratio; the comfort of shirt collars; and preference for shirt lining, shoulder stitching and yoke on service uniform shirts. The survey will also measure women's desire for more maternity outerwear options.

As announced in the NAVADMIN, the Navy will also conduct an anthropometric study to update 20-year old data on body composition relative to clothing, equipment and human interface systems such as body armor and flight equipment. Approximately 2,500 male and 2,500 female Sailors and officers will participate in this study.

Additionally, over the next several months, the Navy will conduct a fit and wear evaluation of the current male officer and enlisted dress cover by female midshipmen and female enlisted Sailors. This Navy Standard Cover initiative aims to promote uniformity and professional appearance among our Sailors and officers, contributing toward a climate of inclusion for all personnel.

Approximately 1,050 female officers and Sailors will take part in the Navy Standard Cover fit and wear evaluation and feedback. Enlisted women assigned to U.S. Navy Ceremonial Guard and U.S. Fleet Forces (USFF) Command Band in Norfolk and U.S. Pacific Fleet (PACFLT) Band in San Diego will wear the male enlisted white hat (Dixie Cup) or male CPO combination cover while conducting ceremonies and performances during the summer uniform wear period. Female midshipmen at the U.S. Naval Academy and enlisted women in the USNA band will wear the male midshipman and male CPO combination covers, respectively, starting this summer until January 2013. Enlisted women assigned to the U.S. Navy Ceremonial Guard, USFF Band and PACFLT Band will wear the Dixie Cup male CPO combination cover and the service dress blue jumpers (E1-E6) while conducting ceremonies and performances during the winter uniform wear period until January 2013.

During and after these evaluation periods, the Navy will collect wear feedback from participants and will brief Navy leadership about the findings. Progress on the initiative will be presented to the Navy Uniform Board.

"Sailors who have participated in past wear programs and evaluations have provided valuable feedback that has made an impact on our decision-making, and in the end, provided the rest of the fleet a better uniform product," said Van Buskirk. "We hope to continue this two-way dialogue through the planned fleet-wide survey of women's uniform items and the Navy Standard Cover initiative." ❖





LOVING SAILORS! Part 2 of 7

By Jim Shinn



Welcome back for the second leg of our journey related to "Loving Sailors." There are many "A" words that relate to relationship building and making them endure over the long voyage. The first we will deal with is that of "affirmations." An affirmation is where we affirm that we care about someone or something. According to my internet encyclopedia, an affirmation is an "assertion of support and agreement, or a positive statement or declaration of a truth of the existence of something." The Beatles made millions off the song, "All You Needs I Love" but that is not true. If I have love for my wife, and never tell her, than she may make false assumptions about my feelings. You cannot see wind, but you can see the effects of it when it moves the sails forward. Love is the same way. When the feelings of love get translated into action, then you can really see the affects.

Many think love is a noun, but it is actually a verb. For instance, people like to get compliments and when we do them, it makes them feel good. It not only affirms that which is true, like "my wife is beautiful" but it enables the other person to feel the effects of my love. The same is true in the world of work. I recently read a book about relationships on the job, and the main reason people leave, is they feel unappreciated. It isn't about money so much as it is that people don't feel respected for who they are and what they do. The way we affirm, is usually about what we say. My supervisor is in San Diego, and each week when he calls, he always tells me I am doing a good job, although I make mistakes since I am a rookie at Fleet and Family Support. When he tells me I'm good, it motivates me to be good.

In relationships, often times, the tongue is the rudder that steers the boat, to paradise or onto the rocks! The tongue is the most powerful muscle in the body and it can start wars or it can encourage sailors to accomplish great things. Letting people know positive things that you appreciate about them, is very powerful. Positive affirmations often lead to powerful actions. We need to tell those we care about "Thank you; You look good; You did a great job on that project; I am so proud of you; You are creative; We couldn't have done it without you; I really like working with you; Every day I remember how glad I am that I married you!" Often times our affirmations are verbalizations of admirations.

Affirmations are a reflection of attitude, which should lead to action. "Love without deeds is dead" comes from the Good Book. I like to tell people I care for them by food. I like to have people over and cook for them, or take them out and pick up the check. Actions speak louder than words, and food is one of my love languages. Some people like to hear the words and other like to experience the actions. Most people appreciate both. If times are hard, if you want to maximize your loving, do both.

Unfortunately, attitude often is a "tude!" Even though we may love someone, much of our thinking can be an angry attitude or "tude." In couple counseling a common activity and assessment tool is when I ask someone to say something they like about their partner. It is sometimes hard, since the counselees often focus too much on the negativity or those areas where our spouse or co-worker doesn't measure up. Verbalizing negative attitudes too much, are like throwing out an anchor as you try to move forward. It is a good thing when we can zip the lip, batten down the hatches, shut the pie hole, as it relates to negative feelings.

Speaking of affirmations, I need a few. I set my sails on doing a series of seven columns on "Loving Sailors" and this is #2. Now after the first one, I got no calls saying "good job Jim!" I have a high self esteem, but I am concerned that I am all alone on this desert island. So this is your homework: Email me james.shinn.ctr@navy.mil or call 339-2241 and tell me about the column. I want to hear some positives, but I can handle the heat so bring it on. I'm a big boy and the negatives will not knock me off course. Now I don't need the affirmations, but I want you to practice what I preach. If you can tell me a few good things, then it will be easier for you to tell others. So I'm asking for action. If I hear nothing but the chirping of crickets awaiting the desert rains, well maybe I will cut the sailor series to three columns. Sailors say anchors away! Jim says affirmations away! ❖

Notable Notes!!!



The ATM

The Sun Community ATM located near the Mirage Club has a few upgrades. Navy Federal Credit Union Customers will no longer be charged a fee for using their Debit cards. Also effective immediately, deposits can be made at the machine.

CREDO

The updated schedule for the 2012 CREDO Marriage Enrichment Retreats (MER) in San Diego is out! Dates are--June 08-10, July 06-08, August 17-19, and September 14-16. Registration opens two months prior to the retreat date. Please contact Chaplain Smith at jared.n.smith@navy.mil or x2290 to complete the registration process.

NAVFAC and the CYP

Congratulations are in order for NAVFAC and the CYP. The Combined Child and Youth Center won the 2011 Commander's Award for Design Excellence. Principle design and construction was accomplished by T. B. Penick and Sons, Inc., San Diego, CA.

Scholarship

The 2012 Navy Teen Summer Camp Scholarship Program is taking applications. Contact the CYP at x2560 for more information.

Feds Feeds Families

We will be taking up this challenge again. The goal is 5000 lbs of food!! Please help!!



Summer Search

D R P S U N T A N I C E C R E A M
 Z F C H U S U N B U R N F N J E N
 Y I A H G H B O A T C O U S U G B
 W R U E F F I S H I N G O I N L E
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August
 beach
 bikini
 boat
 camping
 fan
 fishing



hat
 hot
 ice cream
 July
 June
 lotion
 mosquito

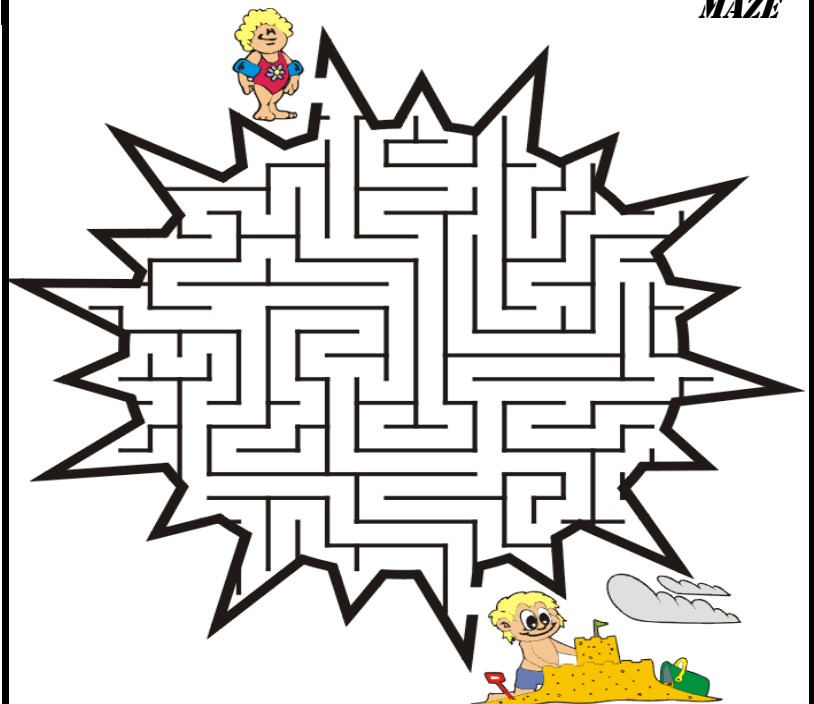
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 sunglasses
 suntan
 swimming
 tent
 vacation



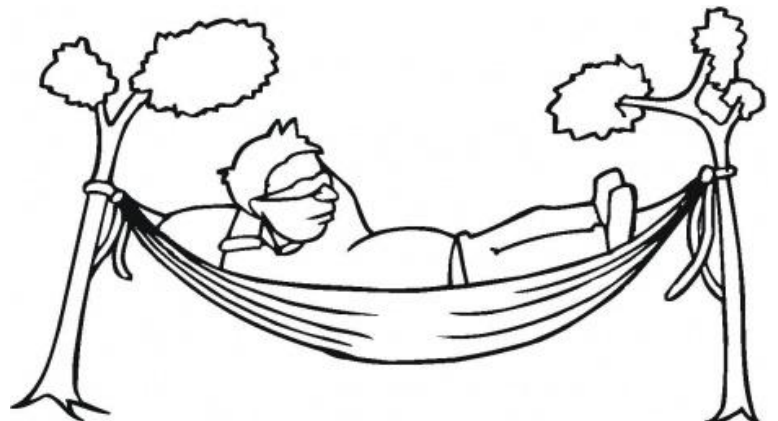
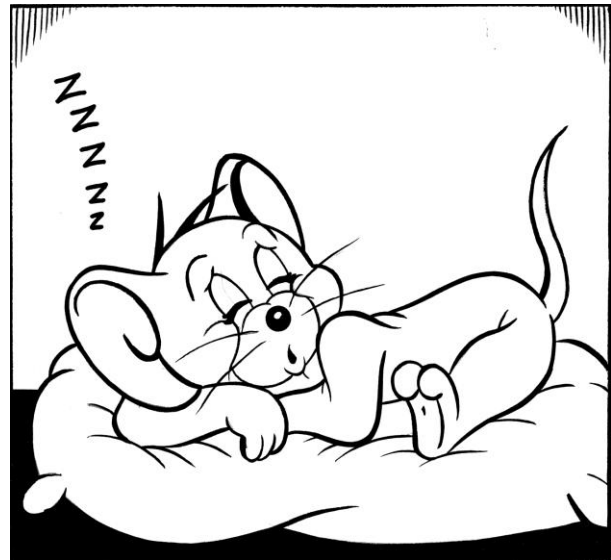
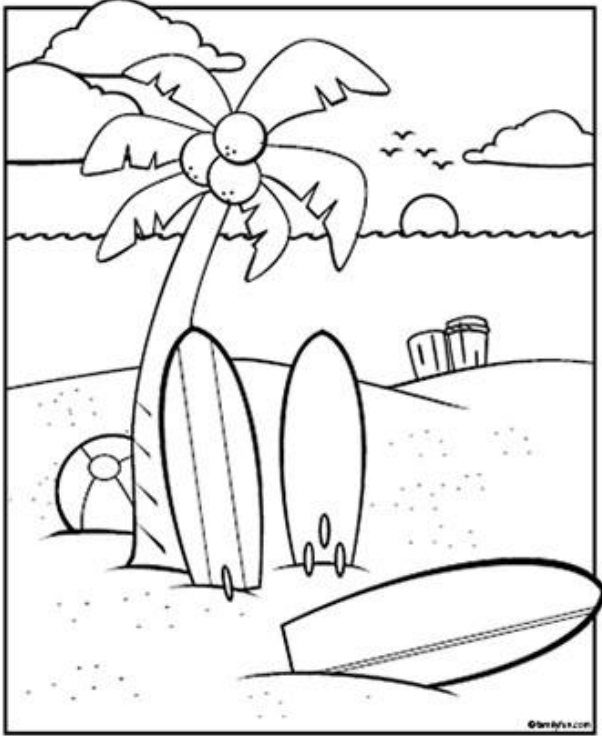
SUDOKU

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1		6			9	2	8	

MAZE



KID ZONE



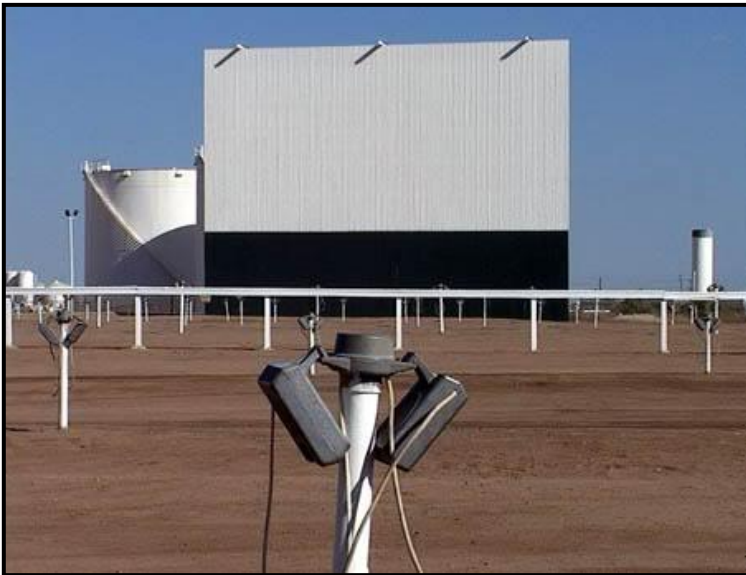
Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

There aren't many of them left, but there is one right here in town! Remember your parents talk about going to the drive in? How about them trying to sneak people in, in the trunk of a car? Well the prices are very reasonable at the Motor Vu drive-in so don't try that, plus in this heat not a good idea at all – wait till fall or winter! This is some good entertainment that can be had even though it is the time of year that the mercury is going to be going up and up. Adult price \$6 and kids \$2 with a concession stand that will meet your movie needs with sodas, popcorn, and candy. You can even get pizza, whole or by the slice. This deal is sweetened by the double feature option. If you buy tickets for a movie and want to stay for the following movie on the same side; you get twice the fun at half the price, depending on the amount of popcorn and soda you consume of course.



I took my kids out to see Battleship, and I am in no way a movie critic but it was really good and I encourage you to head out there and watch a movie, whatever may be playing. This just happened to be the first showing at the drive-in and this is where the kind of stereo in your car may affect how well the movie viewing is. If you preset your car radio to the frequencies 91.1 and 90.3 FM you can hear the movie over your own stereo, or clip on one of the speakers to your window and you'll be able to hear it that way too. This is just a good selling point of having a great stereo in the car! Whatever rumbling you'd hear in the theater, duplicate that in the car! Take into account the elements if need be you can also have your personal climate as you choose. As we all know the temperatures may continue to climb, but the evenings, this is a great place to be, especially when you can bring the amenities you like in the way of our own 'ride'.



To contact Motor Vu they have a Facebook page: <http://www.facebook.com/#!/motorvu.drivein> and this is where you can look at the movie schedule which is posted on their profile picture. There is talk of migrating from a friend type Facebook page to a business type so you can 'Like' them and not wait for them to accept your friend request. There is also a movie hotline [(760)352-4385] so you can listen to the selections that will be playing. You can also go to www.fandango.com or www.moviefone.com for the schedules and also go to www.driveintheater.com and read up on a little history. Here you can look at the other drive-ins' in the state or country and just get a sense of what it was like for your parents, but then understand that it is that way.

There is no 'was' because you can experience it here and now. The closest other one I could see was in Riverside, CA, but my California geography still not that good. The theater opens up at 1930 (7:30 PM for you civilian types) so you can get the parking space of your choice and the movies begin at dusk. There is plenty of space as well. The drive-in is clean, but take into account that it is a dirt lot and if the wind kicks up or it rains then that may affect your viewing, still a good gamble. All trucks, vans, and SUV's need to park in the back of the lot. That way no one has to say: "Down in front!" They may just honk at you instead! ❖

CLASSIFIEDS

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

ATTENTION COMMUTERS

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

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

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

JOB POSTINGS

MWR Jobs



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

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

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!! 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.

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

ATTENTION COMMUTERS

Do you live in Yuma or thereabout and want to share the commute?

If you commute from Yuma, please contact:

Eric Rube at 760-339-2265 or eric.rube@navy.mil

FOR SALE!!

PUT YOUR AD HERE!

CONTACT W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL

We want YOU!!!!



The Sandpaper Staff would like to hear your stories. Have you eaten at a great restaurant? Did you read a good book? How about a new song or group or hidden get-away location? Are you playing the latest video game or board game? How about that new toy your just got... want to share a review on it? If you would like to be a part of the base paper just send your articles to:

W_ELCN_PAO_SANDPAPER_GS@NAVY.MIL



"If you can't find it, WE CAN GET IT!!!"

We'll make it easy...

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

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

Thank you for supporting your NEX

JOB Links for Employment

- 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.alutiiq.com>
- AOC: <http://aocwins.com/>
- HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
- JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
- MWR: <http://www.mwrtoday.com/>
- 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

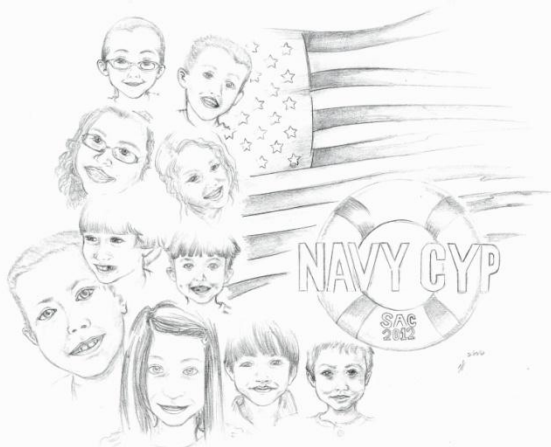
Chaplain's Office--760-339-2290
 Chaplain (after hours)--847-714-3743
 Drug and Alcohol Advisor--760-339-2603
 Medical Emergency Room--911
 NAFEC Medical--619-804-1037 (COD)/619-804-1520 (POOW)
 Fleet and Family Services--1-800-273-8255
 Suicide and Crisis Center Hotline--1-800-342-9647

CO Suggestion Box Locations

Jet Mart
 AOC Bldg
 NGIS Bldg 401
 Weapons
 Liberty Center



Desert Doodles



By Joanna Lopez

COMING EVENTS

June 4

Battle of Midway Celebration
 Flag Circle
 0900

June 8-10

Inaugural NAFEC Softball Tourney
 Kerr Field (across from Jetmart)
 \$225 per team
 Entry Deadline June 4

June 15

2012 Navy Teen Summer Scholarship Applications Due
 CYP

June 16

Cardboard Boat Bash
 Large Pool
 1200

June 16

San Diego County Fair Trip
 Liberty Center (\$13)
 0900

June 23-26

Missoula Theater
 CYP
 TBD Details coming soon!

June 30

Knotts/Soak City Trip
 Liberty Center \$6.00
 0900

