



Issue 21

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July 2012

NAF EL CENTRO

SANDPAPER



NAFEC RAISES FUNDS FOR FAMILY

By Kristopher Haugh

Last week, the base came together as a team raising over \$2000 to help out the family of Armando "Mando" Alvarado Jr., a contractor at Tactical Combat Training System, which is located at Hangar 6.

Mando lost a five year battle with cancer and in his final days the family was making numerous trips to San Diego.

Sponsored by the NAF El Centro Wardroom, and with the assistance of AOC, fish taco plates were sold for \$10 apiece to help the family spend time with Armando.

In an e-mail update from Mando's wife, Angelita Alvarado, she said, "Another victim of cancer, Armando fought this condition valiantly for as long as he could. Looking at the inevitable, I believe that he has preferred to separate himself from all the radiation and medication and confront his demise, head strong, just as he's always been."

Mando was employed here on the base for 10 years working at Hangar 6 and at the Bombing range.

The Mass was held by Father Edward Horning at 9 a.m. on Tuesday, July 10 and burial services immediately followed at Mountain View Cemetery in Calexico. ❖



If you would like to make a donation to help out the family you can do so at Bank of America. Account name Soto Raising for Armando A. Jr. Acct# 164104231297, routing# 122000661. Thank you for your support.

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WWW.FACEBOOK.COM/NAFEC

COMMANDING OFFICER



As most of you know, we have launched our part of this year's Feds Feed Families campaign, led by Chaplain Smith and the Religious Ministries department. Last year, you donated nearly 6,000 pounds of food as we greatly exceeded our 2011 goal. Our goal for this year's drive is 5,000 pounds and we are off to a good start. The drive concludes in September. This is a great opportunity to directly contribute to those in need so I encourage those who can to support this excellent cause.

On a sad note, we've lost two of our NAFEC teammates in the last couple of weeks: Mr. Armando Alvarado, who worked in our Tactical Combat Training System department, succumbed to a terminal illness. Mr. Angel Carrillo, who worked in the Galley and Mirage Club, passed away last week from injuries suffered in an automobile accident. Please keep their family members in your thoughts and prayers.

We continue to take major steps towards improving the quality of service and quality of life on board the Installation. We are still moving ahead with plans to significantly renovate the pool at the Mirage Club, with a projected start date in September. We will keep the large pool open during the project, which should be approximately 120 days. We are also moving ahead with the Football Field & Track and Fitness Center renovations, scheduled to start in January. The football field natural surface will be replaced by artificial turf (permanently lined for football and soccer) and the track will be replaced by a high-grade synthetic surface, too. The Fitness Center will be built out approximately 2,000 square feet to the south, and will include three new rooms. We will also begin painting the inside of the Galley within the next couple of weeks.

The Lincoln-Clark housing renovation project is currently underway, with the first block of homes completed or nearing completion. We are closely monitoring the progress and the quality of the upgrades and in constant communication with the construction team leadership. If you have any inputs or questions, please don't hesitate to contact Headquarters and we will promptly address your concerns.

Lastly, our Detachment tempo is picking up again after a small lull. Simultaneously, the summer heat is full upon us. Please stay safe, keep an eye on each other, and continue to do the great job you do each and every day. Have a wonderful July 2012. ❖ --CO

Hails



YUNG LEE - UTILITIES & ENERGY MANAGER (PW)



MA2 DINSMORE, MICHAEL B. (SECURITY)



MACS EHEKIRCHER, DAVID (SECURITY)



AD2 LEE, JOSHUA O. (STRIKE)



AO1 STADEL, BARRET L. (STRIKE)



LT KIRETA, STEPHEN B. (ASO/EMO)



ETC THORSON, DARIEN S. (OPS)

Farewells

- | | |
|------------------------|------|
| • GUAJARDO, ALFREDO | LS1 |
| • ESPINOZA, NICK | AO3 |
| • SKELTON, JOSEPH C. | AOCS |
| • STANLEY, GARY | ATCS |
| • ROMERO, REGGIE | AT3 |
| • KOONCE, KRISTINA | AME3 |
| • POLLARD, JOHN J. | AZAN |
| • BARTALIS, RICHARD M. | AD3 |
| • NGO, TOM V. | AOAN |
| • GONZALES, KRISTAL | PR2 |



COMMAND MASTER CHIEF



It's now July, the kids are headed out to play with no thoughts of school. With temperatures beginning to soar to 115 degrees and beyond, it's hard to imagine that we are still in the Pearl of the Desert. The main activity is head to the pools; Large or small just make sure you are wearing sunscreen and try to keep as cool as possible. For those of you who must work outside in the proverbial oven (after all, it is a dry heat), I encourage you to stay well-hydrated.

We have just advanced two Chiefs to their new rank, MACM Ed Martinez and AOCS Jeremy Sanchez. Congratulations to the both of you! I am looking forward to seeing more Sailors advance that are stationed here. The FY 2013 Chief results should be out at the end of the month, and my best wishes for success go to those of you who are eligible.

Let's not forget our Nation's Birthday; we were 236 years old this July 4th! The community hosted Freedom Fest at the Imperial Valley College complex. There were activities, food, a car show, music – and of course fireworks. I sincerely hope you considered taking your family out to celebrate our **Independence Day**.



The Navy-wide rating exams are just around the corner, and are scheduled for the first three Thursdays of September. Have you been preparing to take the exam? I urge you to study and review your rating knowledge and your personal progress year-round. If you recently advanced, why wait until cram time?

Hope you had a Happy 4th and Thank You for your service to Nation! ❖ -CMC

CNO Announces New Master Chief Petty Officer of the Navy

By MC2(SW) Kyle P. Malloy, Chief of Naval Operations Public Affairs

WASHINGTON (NNS) -- The Chief of Naval Operations (CNO), Jonathan Greenert, announced his selection of FLTCM (AW/NAC) Michael D. Stevens as the 13th Master

"I was extremely proud to have such a highly and fully qualified group of candidates," said Greenert. "After a thorough and deliberate process I selected FLTCM Stevens to be our Navy's senior enlisted leader and my advisor for dealing in matters with enlisted personnel and their families."

Stevens has served as the Fleet Master Chief at U.S. Fleet Forces Command in Norfolk, VA since August 2010. His prior Command Master Chief tours include U.S. Second Fleet, Helicopter Sea Combat Wing Atlantic, Helicopter Mine Countermeasures Squadron FOURTEEN, and Naval Air Station Pensacola. A native of Montana, Stevens joined the Navy in 1983. He will relieve MCPON (SS/SW) Rick D. West during a ceremony Sept. 28 at the Washington Navy Yard.

"Throughout my career, and every Sailor's career, we've had Chief Petty Officers take care of and shape us," said Greenert. "Master Chief Stevens has the leadership and experience to keep us on course and on speed. I look forward to working closely with him." Greenert also praised West who took the helm in December 2008, citing his outstanding leadership and lifetime of dedicated service.

"I'm proud of MCPON West and what he has accomplished during his watch. His extraordinary leadership and terrific connection to the Fleet has contributed greatly to our warfighting readiness and the readiness of our families," said Greenert. "His example has been a daily reminder to Sailors to live our ethos and to remember the important role families play in our successes."

The Master Chief Petty Officer of the Navy serves as an advisor to the Chief of Naval Operations and to the Chief of Naval Personnel in matters of importance to enlisted personnel and their families. The MCPON is also an advisor to the many boards focused on enlisted personnel issues; is the enlisted representative of the Department of the Navy at special events; may be called upon to testify on enlisted personnel issues before Congress; and, maintains a liaison with enlisted spouse organizations. ❖





Tuition Assistance (TA) Requirements

By NC1(SW) Marc Jones



College is important to a vast majority of people on active duty and entering military service. Higher education is expensive and people go in debt every day to get their degrees. People enlist just for the benefits they will receive from the Post 911 GI-Bill. In the civilian job market a degree can mean the difference between employment and unemployment. Anyone ever hear of the saying “knowledge is power”?


While on active duty you can utilize tuition assistance (TA) to offset the cost of a college degree. There are some stipulations you must follow in order to use TA:

1. Attend a TA brief at a Naval College office or watch a TA power point.
2. Maintain current qualification levels within your command.
3. Submit an educational plan that you have completed with your college outlining your degree and your plan to accomplish it.
4. TA is not authorized for any degree program above the Masters level.
5. The educational institution you plan on attending must have an memorandum of understanding with the Department of Defense.
6. The cost cap for tuition and fees is \$250.00 per semester hour for up to 16 semester hours of course work a year.
7. First term sailors and officers at their first duty station must complete one year on board to utilized TA benefits.
8. Must have passed most recent physical fitness assessment (PFA)



College education is a driving factor for both recruitment and retention; it is also a requirement in today’s workforce. Do not be left behind when you leave military service and start your second career. ❖

TUITION ASSISTANCE
Education + Experience = Success




In the last issue we DID make a few factual mistakes and we wanted to make sure we got the right information out.

AM2 Rinehart reenlisted last month. We accidentally demoted her. Congrats to ABF2 Rogelio Arauz for his promotion. The Missoula dates are 23-26 July.

REENLISTMENTS

- AC2 ASHLIE G. FRYE
- AZ3 KELLY JEAN-GILLES
- AO2 ASHTEN PINS



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. Our July series include the following—Joshua, Judges, Ruth, Samuel, and Kings. --**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. Coffee and pastries are provided.
- **Women's Bible Study**— The group is taking a break for the summer. They look forward to starting again in August/September.
- **Protestant Worship Service**—Sunday @ 0900 – Nursery (4 and under) and Sunday School (ages 5-12 available)
- **Catholic Worship Service**—Sunday @ 1630

Repeat Champions

By Chaplain Smith



Alabama Crimson Tide. New York Giants. Kentucky Wildcats. Los Angeles Kings. Miami Heat. Each of these teams brought home a championship in 2012. If you are a fan of any of these teams, you will certainly be looking to repeat as champions next year. But it won't be easy. The odds simply aren't in their favor. A repeat championship requires a new level of focus and dedication and the continued great play of MVP caliber players. It's one thing to get to the top. It's another thing to stay there.

In 2011, NAF El Centro had a championship year in its summer food drive. Starting with an amateur goal of 1000 lbs., we realized early on that we were ready for the big leagues, setting a new goal of 5000 lbs. Together we ended our season with 5904 lbs. of donations.

As we enter the 2012 food drive season, NAF El Centro is looking to repeat its championship run from last year as we seek to raise another 5000 lbs. of food for the Imperial Valley Food Bank. At the end of June, we have raised 1757 lbs., approximately 35% of our goal. Will we have what it takes to bring the championship home? With the dedication of the NAFEC team and the star performance of many of our MVP departments, I think we will!

We'd like to invite you to be a part of our winning team. As you consider your involvement this year, please note that there are TWO different ways you can participate....

First, you can participate by placing non-perishable food items in one of the donation barrels located at the Commissary, the Community Center (bldg. 364), CYP, or Weapons. If you would like a donation bin set up in your work space, please let us know and one will be delivered to you. All non-perishable food donations will be accepted. However, please note that there is always a significant need for high protein items such as tuna fish, peanut butter, canned meats, beans, etc.

Second, you can participate by making a financial donation directly to the Imperial Valley Food Bank via their website (<http://www.ivfoodbank.org>). Simply click on the red donation button on the home page and make your contribution. Once you have completed your transaction, please be sure to email Chaplain Smith (jared.n.smith@navy.mil) with the amount of your donation and your NAFEC department, if applicable, so that it will be credited toward our food drive. We want to give each department the recognition it deserves. Giving in this way is a great option in that not only is it easy, but every \$1 donated equals 5 lbs. of food. Financial donations add up very quickly!

The food drive will continue through 31 August. ❖



The Desert Beat

By MA1(SW) Timothy Stroupe

If you are operating a motorcycle or intend to operate a motorcycle on any Naval installation, the following information is good advice for you.

First, all military personnel who operate a motorcycle on AND off base and all DoD civilian personnel who operate a motorcycle on base are required to complete a COMNAVSAFECEN approved motorcycle rider safety course prior to obtaining a base decal to be able to operate their motorcycle on the installation. This training will be provided at no cost to you and you will not be charged leave to attend the training. You SHALL have all original safety equipment as designed by the manufacturer and use required Personal Protective Equipment specified in the Navy Traffic Safety Program, OPNAVINST 5100.12H (CH-1).

Q. I found a really cool novelty helmet that makes me look like Jack Nicholson in Easy Rider, can I wear it?

A. No, all helmets must meet Department of Transportation (DOT)/Snell Memorial Foundation (SMF) certification. Fake or novelty helmets are not allowed (even if they do happen to have an unauthorized DOT/SMF sticker).

Q. If I ride a motorcycle with a windshield, do I need to wear eye protection or a face shield on my helmet?

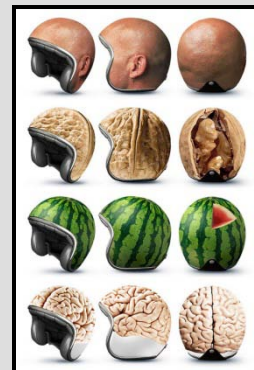
A. Yes, impact/shatter resistant wraparound safety glasses, goggles, or a face shield that is properly affixed to the helmet is still required. A windshield or standard sunglasses alone are not proper eye protection.

Q. Can I wear my tennis shoes, sandals or flip flops?

A. No, STURDY over the ankle footwear that affords protection for the feet and ankles shall be worn.

Q. It is so hot here; can I wear a short sleeve T-shirt and shorts while riding?

A. No, a long sleeved shirt or jacket, long trousers and FULL-FINGERED gloves or mittens are required. Outer garments constructed of brightly colored and reflective materials are highly recommended during daylight hours. Reflective outer garments or vest shall be worn during nighttime hours.



Cool looking but not authorized!

Failure to obey the Navy Traffic Safety Program, can result in being issued a United State District Court Citation, DD Form 1805 that will cost you money and points against your state driver's license and base driving privileges. Additionally, violations by military personnel may be punishable under the Uniform Code of Military Justice. Violations of these instructions by civilian employees may subject them to disciplinary action or administrative action under applicable civilian personnel instructions. ❖



IN THE SPOTLIGHT



**CONGRATULATIONS
MAOM MARTINEZ & AOCSSANCHEZ
ON YOUR WELL DESERVED PROMOTION!!**



MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
JUN	7	1	975	67
JUL	8	3	895	61



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

Training Time Out

The Purpose of the ITT

By Kevin Cash

The Installation training Team (ITT) mission is to conduct and assess Installation integrated training in accordance with Commander Navy Installations Command and Region guidance and direction. The intent is to standardize the conduct and assessment of integrated training events involving multiple areas such as Air Operations, Port Operations, Operations Support, Antiterrorism, Emergency Management, Fire and Emergency Services, Environment, Facility Support, Fleet and Family Readiness, Safety, Command, and Staff.



Most importantly, NAFEC ITT wants to save lives and property by ensuring installation personnel achieve the highest possible level of preparedness and readiness and is capable of responding to any man-made or natural disaster. It is in everyone interest to support the base exercises and drills and train like we fight! Are you prepared? ❖



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 REPORT ON A PFC IN FLORIDA, IS WORTH QUOTING ALMOST IN ITS ENTIRETY. ITS TERSE PROSE HAS A HEMINGWAY-ESQUE QUALITY. "WHILE FISHING, E-2 CAUGHT A FISH," THE REPORT SAID. "E-2 THEN KICKED THE FISH." THE FISH HAD SOME SORT OF BARB ON ITS BODY (I'M THINKING CATFISH). THE BARB STUCK IN THE E-2'S FOOT. "RECOMMEND NOT TO KICK FISH," THE REPORT SUGGESTED. THIS ONE PUZZLED ME. I'VE DONE A FAIR AMOUNT OF FISHING AND I'VE CAUGHT MY SHARE, BUT I CAN'T REMEMBER A SINGLE TIME THAT I (OR ANY OF MY FISHING BUDDIES) FELT THE NEED TO KICK ANYTHING THAT WE CAUGHT, INCLUDING (IN ONE CASE) A LARGE FRESHWATER CLAM, OR (IN ANOTHER CASE) HALF OF A RUSTY SODA CAN THAT DARTED BACK AND FORTH IN THE WATER WITH SURPRISING REALISM, OR (IN A THIRD CASE) A SNAPPING TURTLE. CATCHING ACTUAL FISH ALWAYS SEEMS LIKE A GOOD THING. I DO KNOW THAT I WOULDN'T WANT TO SPEND A WEEK ON LIMPDU HOBBLING AROUND AND REPEATEDLY ANSWERING THE QUESTION, "HEY, WHAT DID YOU DO TO YOUR FOOT?" ESPECIALLY IF I HAD TO TELL THE TRUTH. ❖

THE NAVAL SAFETY CENTER HAS OFTEN DOCUMENTED THE LACK OF A NAVY ENLISTED CLASSIFICATION CODE, MARINE CORPS MILITARY OCCUPATIONAL SPECIALTY, OR CIVILIAN JOB SERIES FOR "SNAKE HANDLER." THIS FACT HASN'T PREVENTED A SERIES OF SAILORS, MARINES AND CIVIL SERVANTS FROM TRYING OUT THAT EXCITING JOB, JUST AS IT HASN'T PREVENTED A SERIES OF SNAKES FROM TEACHING THEM PAINFUL, HIGH-RISK LESSONS. THE LATEST APPLICANT FOR THIS NON-EXISTENT JOB WAS A CIVILIAN POLICE OFFICER AT A SHIPYARD WHO HAD TO DEAL WITH A BLACK RAT SNAKE. THESE SNAKES AREN'T POISONOUS, WHICH IS A GOOD THING FOR THE POTENTIAL SNAKE WRANGLER. FARMERS LIKE THEM BECAUSE THEY HELP CONTROL RODENTS. YOU COULD HAVE MADE A CASE TO JUST LET THE SNAKE HANG AROUND THE BUILDING, DOING HIS THING. HOWEVER, MOST PEOPLE ARE SCARED OF SNAKES, SO THE POLICE OFFICER HAD LITTLE CHOICE. IN HIS FAVOR WAS THE FACT THAT RAT SNAKES ARE SHY AND TRY TO AVOID CONTACT. IF THEY ARE CONFRONTED, THEY TEND TO FREEZE AND REMAIN MOTIONLESS. PERHAPS THIS BEHAVIOR ENCOURAGED THE OFFICER TO GRAB IT. AND AT THAT POINT, THE SNAKE MOVED TO PLAN B, WHICH WAS TO BITE THE OFFICER ON THE HAND, LEAVING BEHIND A FEW TEETH FOR GOOD MEASURE. THE OFFICER WAS TREATED AT A NEARBY MEDICAL CENTER FOR MINOR BITES. "BE THAT WAY," THE SNAKE THOUGHT AS IT SLITHERED OFF. "GET RID OF YOUR OWN RATS." ❖



SUMMERTIME ENERGY-SAVING TIPS

By Ruth Erro

These tips are designed to help you choose effective ways to reduce your impact on the installation's overall energy bill. Most measures can be applied at home and at work.

Check out the Flex Your Power website for more energy-saving tips (www.fypower.org).



Cooling and Insulation

- Dress appropriately to the weather. In summer, wear lighter clothing to reduce the need for air conditioning.
- During the summer, a 5°F higher setting on your air conditioning thermostat will save about 10% on cooling costs.
- Reduce air conditioning costs by using fans, keeping windows and doors shut and closing shades during the day.



Turn up your thermostat

Set your thermostat to 78 degrees when you are in the office. Using ceiling or room fans allows you to set the thermostat higher because the air movement will cool the room. Always take into account health considerations and be sure to drink plenty of fluids in warm weather. (Save: 1 - 3 percent per degree, for each degree the thermostat is set above 72 degrees.)

Eliminate wasted energy

- Turn off appliances, lights and equipment when not in use. (Save: 2%)
- Unplug electronic devices and chargers when they aren't in use-most new electronics use electricity even when switched "off." Turn computers and printers off at the power strip. (Save: 1-2 percent)
- Unplug or recycle that spare refrigerator if you don't really need it. This will save you up to \$150 per year! (Save: 10-20 percent)

Plug Up the Leaks

Weather-strip, seal, and caulk leaky doors and windows and install foam gaskets behind outlet covers. (Save: up to 2 percent) A simple Service Call can get the job done and make sure cool air stays in your building and hot air stays out.

Choose ENERGY STAR® products – FAR 23.2 Requirement

- Buy ENERGY STAR® certified table lamps and light fixtures, and replace your incandescent light bulbs that are used more than two hours per day with ENERGY STAR® compact fluorescent bulbs. (Savings: for each bulb you'll save 0.2 percent for each hour the bulb operates on a typical day. Therefore, replacing an incandescent bulb that burns 10 hours per day will save 2 percent)
- Buy ENERGY STAR® certified torchieres. (Save: up to 1 percent for each hour/day that it's on)
- Install an ENERGY STAR® programmable thermostat. (Save: 1-3 percent)



Putting forth the effort to change a few simple habits can have a big effect on the energy bill for the installation. Everyone can do their part to reduce the impact NAF EI Centro has on the overall Navy utility bill. ❖

You Cannot Trust the Candy Any More

By Kristopher Haugh

What looks like harmless candy is just another way people are experimenting with ingesting drugs. Candy Weed is nothing more than THC oil mixed into homemade confections. The sweets look innocent enough but the end result is that you will still "pop" positive on the Navy's drug tests.

Police agencies are reporting that the candy is for sale at a cost of \$10 a piece. THC oil is also being inserted into homemade lollipops, cotton candy, and even soda. Because of the lawful appearance of this form of marijuana, young children are at risk of eating it and suffering the effects.

No matter what form THC is in, the Navy has the ability to detect the drug through the regular urinalysis program. Furthermore, the Navy maintains a Zero Tolerance stance with respect to drugs. Eating tainted candy is not worth the risk to your career. ❖



Cardboard Boat Bash

By Anna Doty

On 16 June 2012 The Aquatics Department held its first annual Cardboard Boat Bash. This event gave our Military Families an opportunity to do a fun and interactive activity together. Which was also held a day before Father's Day, hopefully it gave Daddy's an enjoyable activity with their child(ren).

Each Family, The Franzen's, the Meraz's, and the Oliver's, took this opportunity to build a boat together as a Family. They were ALL WINNERS in this event. The highlight of the day was seeing all the children's and proud Daddy's faces. Even the Spectators and MWR Employees were gleaming in high spirits as the boats raced across the Large Pool. They all floated!! They even did a couple of laps after the race.

These boats were not only made out of cardboard and duct tape, they were made out of Love.

Additionally, Karina Alcala read the following poem to commemorate the Dad's. ❖

A Father's Day Poem

A Dad is a person is who is loving and kind,
And often he knows what you have on your mind.
He's someone who listens, suggests, and defends.
A dad can be one of your very best friends!
He's proud of your triumphs,
But when things go wrong,
A dad can be patient and helpful and strong
In all that you do, a dad's love plays a part.
There's always a place for him deep in your heart.
And each year that passes, you're even more glad,
More grateful and proud just to call him your dad!

Thank you, Dad...

for listening and caring, for giving and sharing,
but, especially, for just being you!

Happy Father's Day.

Author: Unknown



Racers crew their boats while the crowd looks on.



Dads and their Sailors pose after the race. From left to right; Team AO1 Oliver, Team PS3 Meraz, and Team XO Franzen.



Water Trikes...Rubbin is Racin!



Water Balloon Sling: It was a close call between team Team Handsome & Epic Fail but 1st place went to, Team Handsome (Samot, Mora, T-Lav & Meuth)



Volleyball Tournament Finals



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

JOE'S SPORTS SMACK TALK

Captain's Cup Bowling – Update for 18 JUN 12: Captain's Cup Bowling Season is up and rolling. Teams were eager to get the season started, but may have spoke too soon. There were a few goose eggs laid last night, as I saw a lot of frustrations. Is it normal to look like a shrimp right before you release the ball? Is it normal to have the shakeys right before the release? Is it normal to find a pound of finger nails on the control consoles? Wow, this was something to watch! Right from the start, you could see who was doing good and who was not doing so good. I must say that there were a lot of bowlers that made paper. Anytime you bowl a 150 or higher you make the high list. Next week should be better. Robert Carlos and AOC showed improvement from last year. I guess the Richard Simmons combine paid off.

DATE: 18 JUN12

Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts
MWR	4		AOC	0	214	3		DIVAS	1	MEDSEC	1		FUELS	3
BOSS	3		NMC	1	OLD GOATS	1		STRIKE	3	LANE VIOLATORS	3		TUTU LADIES	1
GHOST	0		LMH	4										

Captain's Cup Bowling – Update for 25 JUN 12: The list of high scores is growing every week. Team 214 was able to defeat MWR 3-1 in last night's match up. Captain Jones and Executive Officer Erik Franzen both bowled like if the world was coming to an end. Skipper Jones bowled a league high 223 adding to his 581 total pin night. XO Franzen followed suit with a 182 and a 166. KC Cash and NC1 Jones did what needed to be done to help get the victory. KC wasn't going to be hustled last night, he claims he left his wallet at home, I believe his wife owns it... Defending Champions Fuels were able to sweep the Lane Violators as they got violated 4 games to nothing. Lincoln Military Housing stands at first place with 8 big points. This season look very promising to many teams. Who will step up and flex their muscles? I will say, if you plan on beating Team 214 make sure that you don't leave your strikes and spares at home.

DATE: 25 JUN12

Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts
STRIKE	4		MEDSEC	1	TUTU LADIES	0		LMH	4	LANE VIOLATORS	0		FUELS	4
GHOST	1		OLD GOATS	3	214	3		N92	1	DIVAS	0		NMC	4
BOSS	1		AOC	3										

Captain's Cup Bowling – Update for 02 JUL 12: Wow! Another great week of bowling here at building 485. Most of the teams are trying to gain some ground by knocking down as many pins as possible. Team Fuels and Team 214 are the top dogs and are not slowing down. Yes of course, Fuels bowled against Casper and Ebenezer last night, but 214 had to take on the Medics along with the CAC Grabbers. The Old Goats weren't producing any milk in the first week, but now are ready to open a dairy farm. Strike wants the overall Captain's Cup Trophy so must stay within the leader's reach. Both AOC teams are fully capable of winning and the rest are just trying to stay close. BOSS was able to defeat MWR 3-1 and the Lane Violators beat Lincoln 4-0. Lincoln got struck from behind again, but this time it was at the bowling alley.

DATE: 25 JUN12

Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts
DIVAS	0		AOC	4	BOSS	3		MWR	1	214	4		MEDSEC	0
NMC	1		STRIKE	3	LMH	0		LANE VIOLATORS	4	OLD GOATS	4		TUTU LADIES	0
FULES	4		GHOST	0										

DISCLAIMER – * Yes, all the scratches on my red car are because of these emails that I send out. My life gets threatened about 4 to 5 times a week, but I refuse to take the cheese. I wear a bulletproof vest to work every morning, I own a bomb sniffing Chihuahua and I have two blind bodyguards. Most of these stories that I write have been fabricated in order to get a few laughs. Even though, some of these stories may have some truth to them, they are not intended to agitate, aggravate, exasperate, harass, irritate, intimidate, degrade, bluster, alarm, terrify, threaten, spook, compel, freak out, demoralize, distress, disturb, push around, derail, psych-out, upset, anyone or any department. Signed Joe Conner

At the CYP...

By Joanna Lopez



The spring brought forth new and memorable events that separate our center from so many out there in the valley. Our ability to run all three programs in one building: Child Development Center, The After School Program, and Teen Program makes us unique in the Southwest Region. The CYP enjoys bringing new and exciting events to our military community such as our spring ballet, kajukenbo, piano, and even babysitting classes. Above all, we thrive with the support of our parents who trust in our center to teach and mold their young children's mind. It's through our parent's contribution that our center is here. For this reason, the CYP on Mother's Day and Father's Day decided to dedicate its time to create an unforgettable memory for both parents and their children.

On Friday May 11 dreams came true for our Mothers at the CYP. Our staff created a world fitting for a tea cup party. They turned a room full of basketballs into a beautiful garden with lavish table wear. The fine china captivated the mood and created the setting for the fun that was to come. The invitations were sent out and mothers passed through our doors with their sons and daughters. It was a wonderful time spent with our imaginary tea (apple juice) and real miniature pastries. The joy on the children's faces was priceless. Conversations over miniature cupcake and cookies brought happiness to both mother and child. Even the fathers who filled in as mothers for a day brought a smile to their child's face. A special and unique performance took place in the afternoon with the School Age Care children. Our toddler Dakota Erro took time to sing her favorite song "Princess." As a token of gratitude the children passed one by one to give flowers to those they love so much and to thank their mothers on this special day.



Mrs. Lauren Jackson and Madison play tea party.



Mr. Michael Nicholas and his son Michael Jr sing karaoke .

Father's day at the CYP on Friday June 15 was one of the most unique events we had in a while. Fathers came to spend time with their children early in the morning. They sat down for some grilled cheese and root beer ice-cream floats. Our hungry guests took their time to talk and enjoy as the children in the SAC side served their Dad's grilled cheese sandwiches in our miniature diner. The root beer decorated with a palm tree straw and colorful cups gave our father's day a very tropical theme. As food was served, the children encouraged their fathers to sing Karaoke. Manly voices spread throughout the center as songs from all different genres were sung. "You're so vain," by Captain D. Jones and his son Derek Jones captivated the audience. The famous song by Carly Simon stood out as everyone sang along to its words. The best part of the event was to see fathers and sons sing along to the many different songs.

For these two days, laughter and fun filled both parents and children, as the CYP thanked our parents on their special days. ❖



NOM...NOM...NOM...

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.

In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. ❖

NMC DET EL CENTRO

By AO1(AW/SW) Carson

Here we go again, summer has come a little early to the Pearl of the Desert and NMC Det is caught in the heat of it. With temperatures soaring to the triple digits, having to work out doors is never any fun.

The ordnancemen and women here take it in stride and continue to issue ordnance to the many squadrons holding invaluable training here before either heading back home or deploying to Iraq and Afghanistan.

The visiting squadrons of HMLA-269 and HMLAT-303 of MALS 29 and 39 respectively are currently here holding a high tempo training schedule that has had the North 40 AO's breaking out and issuing ordnance on a daily basis. During the month of June, over 35,200 small arms rounds, 15,200 20 mm rounds, 336 2.75 inch rockets, and 8 Hellfire missiles had been delivered and expended.



The teamwork and professionalism between the squadron personnel and NMC has been of the highest caliber ensuring all deliveries were made on time so that no training sorties were missed.

As the mercury continues to rise with the upcoming months so will the training by the visiting squadrons. NMC Det will continue to do their part in supporting this vital mission. ❖

ON THE MOVE WITH NAF EL CENTRO HOUSING

By Kim Branigan

NAF El Centro Housing Department is proud to announce the new HEAT (Housing Early Application Tool) to our Active Duty Service Members and DoD Civilians. The new HEAT application is an excellent new addition Navy wide for our members. HEAT allows not only the member (sponsor) access, but also allows their spouses as well. In addition, you do not need current orders to obtain information. Say for instance your PRD is about 6 months away, and you are considering different duty stations. HEAT allows you to search multiple locations, without orders in hand to obtain Housing information from different installations, to help in your relocation decisions. HEAT is also online world wide, so if you are considering accompanied orders overseas, you can also choose overseas locations and obtain information.



The HEAT application is not only for service members and their families, HEAT is an excellent tool for the single sailor. As we are all aware, sometimes orders are chosen and granted far in advance, but there are times where there may only be a several week turnaround before your check in date. By using the HEAT application you can be in contact with your new duty station within 24 hours to begin arranging you or your family's arrival. Once you have applied or requested information from your duty station, the Housing department will contact you within one business day of your request and help begin your transition. Another bonus to the HEAT application is that you do not need a government computer or a CAC to access the site. You can access HEAT from any computer, and the only initial information needed to begin your search process is the Service Members last name, social security number, and basic contact information such as a phone number and email address. This information will only be used by the Housing Dept. to contact you for information and assistance.

Rest assured HEAT meets all DoD requirements for protection of your privacy and personal information. HEAT is also a tool that DoD Civilians can use as well if transferring to overseas Navy Installations, so please pass that along to any friends or family members that may need this type of assistance in the future. Please know that near or far, our mission at Housing is to make you and your family's transition as smooth as possible. We realize how much stress a move can put on you and our goal is to assist you in every way possible. That is why the introduction of the new HEAT application is so exciting; it helps streamline a process that might otherwise be overly stressful. Please feel free to contact

us here at Housing (760)-339-2921 anytime if you have any questions or concerns, we are here to help! For frequently asked questions and to use HEAT visit <http://www.cnmc.navy.mil/HEAT> ❖



Housing Early Application Tool

More HEAT Questions? Contact your local HSC.
www.cnmc.navy.mil/HousingQuickReference



MEDICAL CORNER

What's Up, Navy Doc?

"Don't Let Your Bowels Get Stuck"

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



Constipation

Definition – Constipation is the infrequent movement of the bowels or difficulty in passing stool. The frequency of each person's bowel movements widely varies but you are most likely experiencing constipation if you go 3 days between each bowel movement or if the stools are dry, hard and difficult to pass.

Symptoms – It might be normal for a person to not have a bowel movement every day but if you are experiencing 2 or more of the following symptoms for several months, you are most likely constipated:

- Pass less than 3 stools per week.
- Stools are hard.
- Stools are difficult to pass and have to strain to pass the stool.
- Still feeling full or feeling like you have not completely passed the stool after a bowel movement.
- Have to use manual manipulation to have a bowel movement like finger evacuation.

Treatment – Luckily, the most common causes of constipation are temporary. In most cases, a simple change in your lifestyle or diet can help to relieve the symptoms. It is important to:

- Eat a diet that is high in fiber – You should eat about 20-35 grams of fiber per day to keep your stools soft. Beans, whole grains, fresh fruits and vegetables are high in fiber. Cheese, meat and processed food are low in fiber.
- Increase your fluid intake, especially water to help soften the stool.
- Get regular exercise to keep the gastrointestinal tract moving.
- Don't resist the urge to use the bathroom when you have a bowel movement.
- Laxatives like fiber supplements or stimulants should only be used for a short period of time when diet and lifestyle changes are not effective. If you are finding that you have to use these more than one week, it is time to see your primary care doctor.

Causes – A wide variety of causes can be responsible for slowing down the gastrointestinal tract and leading to constipation, including:

- Not getting adequate fluid intake or decreased hydration.
- A low amount of fiber in your diet.
- Being sedentary – lack of exercise or being confined to bed.
- Delaying having a bowel movement until a later time – "holding it."
- Illness.
- Hormonal changes, like a thyroid that is not working properly.
- Injuries – especially those affecting the spinal cord.
- Children may develop constipation if they are afraid or unwilling to use the toilet. Older children may ignore the urge to have a bowel movement.
- Medication – especially sedatives or pain medications.

When To See a Doctor – Although constipation can be annoying and frustrating, it is not always serious. However, if you experience any of the following symptoms, it is important to see your primary care doctor:

- If you do not have a bowel movement for more than 3 days.
- Have abdominal pain.
- Have blood in your stool.
- Have rectal pain.
- Have thin, pencil-like stools.
- Have weight loss that is unexplained.

Tips to Remember – When you're feeling bad and out of luck, the fact may be that something is stuck. Sometimes food goes in the old spout, only to find there's no way out. This may cause you to fluster; it may cause you to bluster. You may stop and wonder about causation, but the simple answer is it's constipation. Let us know if we can help.

In the event your problem is *not* that your bowels are all tied up, but instead that they are running loose, see my article next month on the topic of "Diarrhea".

ACKNOWLEDGMENTS: Much appreciation is extended to The Mayo Clinic and The Johns Hopkins Clinic for the helpful information which I have referenced in producing this article. ❖

CLINIC INFO

By: HM2(FMF/SW) Menguita, R.
Branch Health Clinic, NAF El Centro

760-339-2674/2675



Branch Medical Clinic NAF El Centro is enrolling new patients.

The following are eligible to enroll:

- Active Duty Military Members
- Dependents – Up to Age 64
- Dependent Children – Age 4+
- Retired Military Members – Up to Age 64

To sign up stop by the clinic Monday – Friday from 0730-1600, or call our main number: (760) 339-2674. If you have questions, contact LT Laura Anderson at (760) 339-2674.

OUR OFFICE IS ONLINE!



You can:

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

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

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

Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

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

NMCSDFMFP Coordinator:

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

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

The Clinic has been receiving phone calls from our patients, specifically Active Duty members, not knowing what the proper procedures are regarding medical emergency situations. It is imperative that each of us know what the proper steps are on who and when to call. Each second wasted is golden when dealing with potentially harmful circumstances. Naval Branch Health Clinic El Centro is sadly, not equipped with emergency services. That's where Federal Fire comes in and our local counterpart, Gold Cross.

What is an Emergency?

TRICARE Defines an **Emergency** as a medical, maternity, or psychiatric condition that would lead a "prudent layperson" (someone with average knowledge of health and medicine) to believe that a serious medical condition exists, or the absence of immediate medical attention would result in a **threat of life, limb, or eyesight, or when the person has painful symptoms requiring medical attention to relieve suffering.** (e.g. Chest pains not heartburn).

In case of an emergency, please contact Base Dispatch: at (760) 339- 2222, (2222) from any barracks, 911 from Military Housing, 9-9111 from any government phone. For Triage, MED DUTY POOW: (619) 804- 1520, MED DUTY COD: (619) 804-1037. We are here for you 24 hours, 7 days a week. If visiting the local hospitals for emergency treatment, contact TRIWEST at; 1-888-874-9378 to get authorization within 24 hours of Emergency Room visit. Failure to do so will result in denial of payment and the bill being your responsibility.

Last but not least, hydrate, hydrate, hydrate. If it's black flag outside, it's probably best to stay indoors. Drink plenty of water- coffee, energy drinks and alcoholic drinks do not count for "hydration". Be smart and take care of yourself and each other. Let us safely enjoy the summer. ❖



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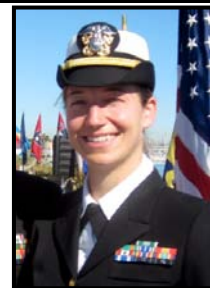
REFILLS*REFILLS*REFILLS*

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.



“What is a Lawful Order?”

By LT Jasmine “JAG” Scott, USNR



The United States Supreme Court stated long ago that “the military is, by necessity, a specialized society,” and “accordingly, the fundamental necessity for obedience, and the consequent necessity for imposition of discipline, may render permissible within the military that which would be constitutionally impermissible outside it.” Moore, 58 M.J. at 468 (quoting Levy, 417 U.S. at 758).

Article 92 of the UCMJ addresses disobedience. It is split into three sections:

- (1) violation or failure of a lawful general order or regulation;
- (2) failure to obey other lawful order;
- (3) dereliction of duty

As with each punitive article each section of Article 92 (1)-(3) has its own elements that must be met in order to find a service member guilty of the offense. First, let's address Art 92 (1) and (2) since both involve lawful orders. The elements that are the same for both are: a) that a member of the armed forces issued a certain lawful order, b) that the accused had a duty to obey that order, and c) that the accused failed to do so.

Taking this element by element, the order must have been issued by someone authorized to issue the order. Examples are someone either an Admiral who issues an order orally or in writing (think OPNAVs, SECNAVs and other binding instructions), the accused's commander, or someone superior in rank to the accused. There are even times when the a lawful order may be issued by someone not of superior rank, such as an order issued by a sentinel or military police carrying out a security search or a search warrant.

Further, the order must be lawful. Military orders are presumed to be lawful and are disobeyed at the subordinate's peril. This means that the order is initially deemed lawful unless proven otherwise. To sustain the presumption of lawfulness, “the order must relate to military duty, which includes all activities reasonably necessary to accomplish a military mission, or safeguard or promote the morale, discipline, and usefulness of members of a command and directly connected with the maintenance of good order in the service.” The order may not conflict with the subordinate's statutory or constitutional rights and must be a “specific mandate to do or not to do a specific act.” In short, to be lawful, an order must (1) have a valid military purpose, and (2) be clear, specific, and narrowly drawn.

The difference between Article 92(1) and Article 92(2) is one key component, knowledge. If an Admiral issues a lawful order or regulation it is the service member's responsibility to know about the order and to obey it. A perfect example is Navy Region Southwest's Mexico liberty policy. Each sailor in CNRSW is expected to know and follow the policy. Failure to do so subjects the sailor to disciplinary proceedings. However, for all other lawful orders, the accused must have had knowledge of the order in order to be subject to disciplinary proceedings for failing to abide. Generally departments or commands with a CO issuing specific orders will communicate those through Page 13s that all new check-ins must sign. General orders may also be communicated to sailors this way not because it is required by the UCMJ but as a way to ensure the sailor understands the rules.

Last, Article 92(3) addresses dereliction of duty. Dereliction is the failure to adequately perform one's duties. This can be done purposefully (or “willfully”) or by accident when the sailor should have known better (lawyers describe this as “negligently”). The sailor must have knowledge of the duties, but that evidence can be established circumstantially, meaning that the person who informed the sailor of his duties does not have to testify as long as it is reasonable to conclude that the sailor should have known. Additionally, merely being inept or unable to perform the task does not make a sailor subject to this charge. The sailor has to demonstrate dereliction by action or omission (failing to do something).

That is a brief summary of Article 92 of the UCMJ. The courts have long upheld broad latitude for military officials to issue orders as long as the official has a valid military purpose, and the order is clear, specific, and narrowly drawn. Courts have upheld orders that are seemingly invasive including provisions on personal hygiene, medical treatments, and even with regard to romantic relationships outside the military. A valid military purpose can be concluded for many orders, so unless there is no valid military purpose, the order violates the sailor's constitutional or statutory rights, or the order was not authorized, it is likely to be upheld as a lawful order. ❖

STRESS...WHAT TO DO?

By Kristopher Haugh



According to NAVADMIN 176/12, also known as Familygram 03-12, the Navy defines resilience as the “capacity to with stand, recover, grow, and adapt in the face of stressors and changing demands.” In order to deal with stress one must have tools. The NAVADMIN provides four of those tools. First, maintain your body for its unique optimal performance by eating deliberately, getting enough sleep, and making exercise a habit. Second, develop positive relationships by nurturing at least one trusted friend and connecting by social media. Third, manage your finances; do not let them manage you. Finally, consider your spiritual wellness. Help is available from Chaplain Smith, Jim Shinn, Patricia Braxton, your Chief and your friends. Learn to manage stress and how to better live life. ❖



Summer Reading Program Kicks Off at CYP

By VelindaCruz

Teen hires and school aged children worked with the teachers to present the Summer Reading Kick-off Party on Friday June 15th. Captain Devon Jones and Michelle Dee gave the opening remarks and led the ribbon cutting ceremony for our Kids Fit Gym. The new micro gym was made possible by a grant to the CYP. The eight piece gym setup is designed specifically for children ages 2-5 years old. Michelle Dee also recommended a free website, www.bookadventure.com, for children to earn Accelerated Reading Points. With this program, teachers can motivate children to read more. Also the youth take web generated tests to demonstrate their understanding of what they read. The program also tracks a child's earned points giving them a chance to earn prizes.



To kick-off the party, one of our summer teen hires, Kai McAlister, directed a short play titled "Little Red Riding Hood," involving the school aged children. The other teens helped with the preparation of the food, the venue, and different responsibilities before, during, and after the event. The CYP teachers provide different artwork for us to decorate the walls and tables with. Thanks to the Health Department, Navy Region Southwest, and the CYP administration we were able to obtain resource materials and prizes to give out to the children. This year's theme for our summer reading program is "Reading is Soooooo Delicious." Healthy eating is the main theme for the event. The CYP offered healthy mini burgers in pita bread with cucumber, tomato and Greek dressing, Crab Rangoon, California rolls, banana desert, rice crackers and watermelon slushy's.



The Summer Reading Program Kick Off was an amazing event that started the summer for the children who were out of school. Books were picked out and children were able to experience a healthier way of eating at our center. All in all, this year's summer reading program looks to be a success which we hope to continue every year. ❖

Helping Hands

How's Your Serve?

By Chaplain Smith

I have to admit I'm not much of a tennis fan. But with Wimbledon, the #1 showcase for tennis tradition, taking place this month even I may watch a match or two.

One thing that I've recently been reminded of about the sport of tennis is the importance of the serve. Serving is one of many skills that helps keep one's opponent on the defensive. Statistics show that the better a player's serve the more likely that player is to win the game, the set, and the match.

It got me thinking—"How's my serve?" Serving is one of the many skills we can develop in this life that can keep us on the offensive against actions and attitudes that seek to defeat us. When we serve we often feel better about ourselves. We grow more selfless and less selfish. And when we serve we cause pain and suffering to lose in the lives of others. Serving makes us better and it makes our world better, too.

So, let me ask you—"How's your serve?" If you are experiencing defeat in your life, serving may be just the thing to turn your game around. And when we serve together, our advantage will be overwhelming. We will bring victory to ourselves and to others—game, set, and match.

Our upcoming COMREL activities currently include the following...

Niland—This COMREL is scheduled for the third Wednesday of every month from 0730-1230. Sailors travel to Niland, CA. Duties include unloading pallets of food, sorting food for distribution, and assisting in carrying bags of food for elderly and/or disabled recipients. The next service date is 18 July.

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 27 July.

A Word of THANKS...

We would like to thank the 6 sailors who participated in the Niland COMREL in June, including AM1 Napier, HM1 Burns, AZ1 Avila, HM2 Menguita, HM2 Samot, and ABF2 Arauz. Together they served more than 200 local residents.

We would also like to thank the 8 sailors who participated in the IVFB COMREL in June, including ETC Thorson, AM1 Napier, AT1 Xangsayasane, AD2 Ewing, AD3 Duncan, HM3 Meuth, HN Lavender, and AOAN Chin. Together they served over 2500 residents. ❖



Date Night

with ABFC(Ret.) Marc Willis

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



Movie Title: Snow White and the Huntsman

Players: Kristen Stewart, Chris Hemsworth, Charlize Theron, Sam Claflin

Genres: Action, Adventure, Drama

Rating: **PG-13**

Snow White and the Huntsman is quite the shakeup to my usual genre of films, despite this, my strikingly beautiful wife agreed to accompany me nevertheless. However unusual my selection; the true twist lies in the storyline. A modern twist to a classic fairytale; seems almost blasphemous. What would Walt Disney say?

Snow White and the Huntsman is a revitalization that appeals to the *Twilight*, *Hunger Games* crowd. The fact that Snow White is portrayed by *Twilight*'s own Kristen Stewart says it all. In addition, Chris Hemsworth, the *Avenger's* Thor, is cast as Eric the Huntsman while Charlize Theron renders a beautiful but dark and deceiving Ravenna.

Scarcely based on the seven dwarfs' version, this picture features action and fantasy reminiscent to that of the aforementioned movies. Aided by seven dwarves, the Huntsman and Prince William (Sam Claflin), Snow White and her team navigate a dark poisonous forest, face a giant troll and defeat a glass army on the way to dethroning Queen Ravenna. Ravenna, no easy target, uses all of her tricks and powers to upend Snow White and her entourage. In the end the pure and passionate princess proves to be too much for the questionable and quelling queen as she was quashed.

The backdrops of this tale range from dark and dreary to bright and brilliant. There's an Enchanted Forest to offset the Dark Forest. The special effects are worth noting especially the Ravenna to raven trick which would have left Criss Angel at a loss for words. With that being said, I rate this film three anchors out of five. ❖



Movie Title: Brave

Players: Kelly Macdonald, Billy Connolly, Emma Thompson, Craig Ferguson

Genres: Animation, Action, Adventure

Rating: **PG**



So I decided to change things up a bit and bring my five year old, Cydney, along for *Date Night*; my amazing wife played third wheel on this afternoon. Animated films usually don't stir any desires in me to view, however I must admit that I was actually looking forward to seeing this picture. A plus for young Cydney as she didn't have to ask, or rather tell, her parents they were going to see *Brave*.

Brave has a more traditional plot; somewhat surprising considering this is a Pixar film. Although this picture is not as imaginative as *Finding Nemo* or *Toy Story* it isn't as conventional as *Snow White* either. The cast of characters runs the gamut beginning with the elegant Queen Elinor (voice of Emma Thompson), scruffy King Fergus (voice of Billy Connolly), and ending with the rebellious, tomboyish young Princess Merida (voice of Kelly Macdonald).

Upon reaching marriageable age Merida is more than offended by the fact that she must select a husband from a group of buffoons in keeping with tradition.

Merida's unwillingness to marry and keep with tradition preludes the poignant storyline of the film; a mother and daughter's relationship. The sub-plots of *Brave* provide the right amount of humor and adventure to maintain interest.

Pixar, as always, does a masterful job with their production. *Brave* is full of vibrant colors and robust characters. The Stonehenge-like back-drop is ingenious and proposes a geographical area and timeframe where kings and queens were more prevalent. All in all I along with my family enjoyed *Brave*. With that being said, I rate this film three and a half anchors out of five. ❖

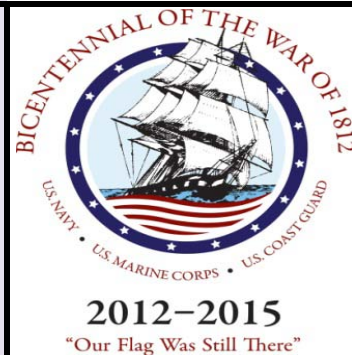


WHAT WAS GOING ON...

In July during the 1970's - NAFEC Sandpaper

July 1974 – Air Force to Conduct Hot Weather Tests on F-15. The Air Force's newest aircraft, the F-15 is expected to arrive aboard NAF El Centro on July 12th. They will test systems in the high temperature environment.

July 1978 – The Last Air Force Jump at NPTR. Senior Master Sergeant Bill Powers made the last official test jump at NPTR this last week. He jumped at 10000 feet and free fell 6000 feet before pulling his ripcord. ❖




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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!

Are you registered to vote? Follow the simple steps below to register and vote.


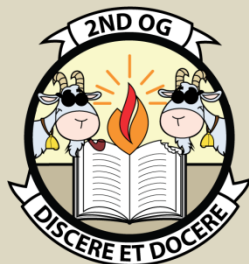
STEP 1: Register online at www.fvap.gov. Use the wizard to complete your Federal Post Card Application (FPCA/SF-76) (preferred method). Alternatively, complete an electronic or paper copy by hand.

STEP 2: Complete #1 anytime your mailing address changes AND after Jan. 1 every year.

STEP 3: When you get your ballot, fill it out and send it back.

STEP 4: If you don't have your ballot within 30 days of election, use FVAP's online wizard to complete a Federal Write-in Absentee Ballot (SF-186) or submit a paper copy.

Questions? Feel free to ask! Just contact ITCS(EXW/SW) MCALISTER at x2655 or Brian.Mcalister@navy.mil. ❖

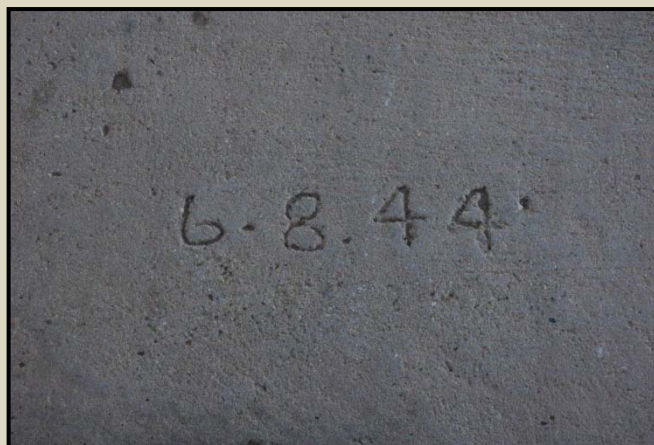
LOCAL HISTORY BY TWO OLD GOATS

As the base conducted a summer time FOD walkdown, the Two Old Goats were discussing the fact that all hands were walking on history...literally!

While 160,000 Allied troops under the command of General Dwight D. Eisenhower were storming the beaches of Normandy, a 50 mile stretch of coastline heavily defended by the Nazis, our little base was expanding. The invasion was supported by more than 5000 ships and 13,000 aircraft and cost 9000 Allied lives. The effort was successful and the march across "Fortress Europe" was underway.

At MCAS El Centro, the apron was expanding and the construction teams left their mark. Below are just two examples of the dates, etched in stone, which were found in the vicinity of hangars 7 and 8.

The 2OG want to remind everyone that there is history all around us, and even underneath us. What can you find on base? ❖





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

Program Manager: AC2(AW/SW)Amber Huskey

Email: amber.huskey@navy.mil

Phone: (760)339-2601



NAF El Centro's Desert Eagle Squadron

Base Program Coordinator: AC2 Nick Sanchez

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

Phone 760-339-2601



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FOR MORE INFORMATION:

Jodi M. Barnett/Megan Roberts

E-MAIL: jbarnett@vinu.edu/mroberts@vinu.edu

CALL FOR AN APPOINTMENT TODAY! 760-339-2986 or 619-544-9281

Summer Term II CLASS SCHEDULE

July 2, 2012 – August 24, 2012 Add/Drop Date: July 12, 2012

Course	Course Title	Loc	Days	Time	Type& # of Hours	Instructor
NAF El Centro						
ENGL 101	P-English Composition I (Placement Exam) 6/4/2012-7/12/2012	Bldg 221 Rm 4	M/W	1930-2230	English (3)	Instructor Pending
ENGL 101	P-English Composition I (Placement Exam) 6/4/2012-7/12/2012	Bldg 221 Rm 4	T/Th	1930-2230	English (3)	Instructor Pending
ENGL 102	P-English Composition II	Bldg 221 Rm 4	M/W	1630-1930	English (3)	Mr. Beckett
MGMT 250	P- Principles of Management	Bldg 221 Rm 3	T/Th	1630-1930	Elective (3)	Eva Shaw
PSYC 142	P- General Psychology	Bldg 221 Rm 3	T/Th	1930-2230	Social Science (3)	Eva Shaw
SOCL 151	P- Principles of Sociology	Bldg 221 Rm 3	M/W	1630-1930	Social Science (3)	Claudia Macias

One MILLION DOLLARS

Fleet and Family Support Teaches How to Become a Million Dollar Sailor

By MC2 Kari R. Rodriguez, NPASE West (NAVY NEWS SERVICE 08 JUN 12)



CORONADO, Calif. -- Fleet and Family Support Center (FFSC) of San Diego offers the Million Dollar Sailor program to help manage their finances and prepare for their financial future.

The Million Dollar Sailor is a two-day course that encompasses a variety of topics in budgeting and financial planning.

According to Melinda Thompson, FFSC personal financial manager, the course is geared toward the younger Sailors ages 18-24 and is designed to provide the necessary tools needed to have a stable financial future.

"The reality is financial literacy today is low and the younger Sailors aren't receiving that training that emphasizes the importance of good financial management," said Thompson. "This course will teach them the basics to help them achieve the goal of having a million dollars saved up by the time they hit retirement age."

The specific subjects that were covered over the two days are car and home buying, credit management, wealth building, and money management.

"We discuss these specific topics because these discussions will help the junior Sailors better approach a budget that will help them make smarter decisions when it comes to large purchase in the future such as buying a house or car," said Thompson.

Thompson said the biggest financial mistake she sees from Sailors is poor money management.

"One of the most prevalent, and fortunately the most fixable, financial mistakes I see Sailors make today is not keeping track of expenses and money," said Thompson. "The easiest way to fix this is by developing a spending plan, which will allow them to see exactly where their money is being spent."

Thompson pointed out how important financial management is and how Sailors' careers could be affected due to poor financial planning.

"If Sailors start acquiring large amounts of debt and show an inability or willingness to pay it back, they could potentially lose security clearance, and without that most Sailors are not longer able to continue their Navy career," said Thompson. "The key thing to remember is in order to be a Million Dollar Sailor you need to start financially planning at an early age."

Million Dollar Sailor is offered monthly and rotates between the FFSCs at Naval Base Point Loma, Naval Base San Diego, the chapel in Murphy Canyon, and Naval Air Station North Island. ❖

Onboard NAF El Centro, speak to Pat Braxton at the Fleet and Family Support Center. Her number is x2442. She can assist you in getting this training and getting your very own ONE MILLION DOLLARS!



By: PS3 Marques L. Meráz

In this month's poll, we wanted to see what the interest would be in having an obstacle course on base. 63% of participants in the poll stated that they would use it, and 37% stated that they wouldn't. There was a third question, which asked which obstacle we would like to see in the course; the overwhelming majority of participants stated that they would want to see a rope climb, or a cargo net. Thank you for participating in our poll. ❖

1. Rank/Rate			
Civilian		22	42%
Seaman/Airman		1	2%
Petty Officer		20	38%
Khakis		9	17%
Total		52	100%

2. If there were an obstacle course on base, would you use it??			
Yes		32	63%
No		19	37%
Total		51	100%

Big Pool...Little Kids... Summer Fun!!!

The School Aged Children of the CYP spend Friday afternoons at the Big pool. Their daring feats are exciting, but hanging out with their friends is what it is all about!



Splash





NAVAL AIR FACILITY EL CENTRO'S
 "FLEET AND FAMILY SUPPORT"
 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!!!

(AUG 9TH, SEP 6TH)

PREGNANCY RESOURCES	1300-1400
PREPARING FOR AN OVERSEAS TOUR	1400-1500

(JUL 12TH, AUG 16TH, SEP 13TH)

RESUME WRITING	1300-1400
WINNING INTERVIEW TECHNIQUES	1400-1500

(JUL 19TH, AUG 23RD, SEP 20TH)

GOAL SETTING	1300-1400
ASSISTANCE WITH HOME PORT CHANGE	1400-1500

(JUL 26TH, AUG 30TH, SEP 27TH)

BUDGET CLASSES	1300-1400
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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
 1330-1430

JULY

- 10TH - PARENTING STRATEGIES FOR THE SUMMER MONTHS
- 17TH – ANGER MANAGEMENT
- 24TH – SUMMER STRESS MANAGEMENT
- 31ST – RESPONSIBLE ALCOHOL USE

Desert Doodles



RECENT EVENTS

IN THE PEARL OF THE DESERT



An uncommon visitor to the valley!



VBS Success!



Security takes out the bad guy!



Sailors volunteering at Niland.



The Navy Ball Committee will wash anything!



Congratulations to the latest ASF Academy Graduates!



Leave it N5 to find the FOD!

JULY SANDPAPER POLL
[http://www.zoomerang.com/
Survey/WEB22G6ZPTBEL4/](http://www.zoomerang.com/Survey/WEB22G6ZPTBEL4/)

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



The Nano Reef Project

By Tatyana Nováková

The Nano Reef Project was started in April of 2012 to tackle the challenge of establishing and sustaining a saltwater reef aquarium under 5 gallons. I am a university honors graduate in marine science and environmental conservation that has worked in the marine biology field for professional public aquariums and the division of wildlife. I have spent the better part of my life in research and study of marine life from micro-organisms to large mammals. I consider myself an advanced reef hobbyist taking on and overcoming the challenges and difficulties associated with creating living thriving reef ecosystems out of their natural environment. The nano reef is something I have always admired and wanted to master as a hobbyist, and I started this project for my own enjoyment and the for enjoyment of others to be able to witness and watch these magnificent marine species that are otherwise only something seen on TV.



Part I: The Spark

Aquariums are not only a young child's first pet, but also a window into another world that human beings do not really have much interaction with compared to how we interact with animals and locations on dry land. The basic freshwater aquarium is one of the easiest and most practical fish tank setups for a family or kids. It is also something that is taken very personal because the tanks are usually located in a child's room and is something they spend time with when they are alone. If you ask most aquarium owners be it either freshwater or saltwater, the question of how much they care about their creations, the answer 99% of the time is that it's something that holds a spot of pride and satisfaction in their hearts and minds. Some aquariums are maintained better than the homes they live in. The limitation to the fish tank that most people have is either knowledge or funding to support their ecosystem.

Once the aquarium hobbyist "spark" occurs inside someone, the basic goldfish bowl or Betta tank just isn't good enough anymore. Bigger and more exotic! The two pathways are freshwater or saltwater. The freshwater path is more affordable and more forgiving, and there are thousands of pet stores around the country that sell a large range of fish of all shapes and sizes. The saltwater path is less forgiving and is fairly expensive in comparison. As you can expect there is neighborhood rivalry among aquarium hobbyists between fresh and saltwater. Personally as long as you're dedicated to your aquarium and its inhabitants it doesn't matter which path you explore. Since I was a child I always liked the ocean and marine life, and that has been my adult life's passion. I chose the saltwater path: Exotic fish with bright vivid colors traversing the entire spectrum, Tropical corals of all colors and textures from flowing tentacles to solid prismatic skin in intricate patterns of blues purples and reds. The problem then becomes to enjoy these creatures you need to travel and go diving or snorkeling to see them. The alternative is the aquarium; A small ecosystem in your own home bringing that world to you every day.



Not only can you see them in a way you really can't otherwise, but you also get to create your own mini ocean with the things you want to see. Specific fish and corals you can artistically decorate a tank with which builds a bond of accomplishment and responsibility. Every day you can see your creation and watch it grow controlling its growth and inhabitants to what pleases you. As with most things the concept of bigger is better does apply to saltwater fish tanks because it opens up the ability to add more exotic types of fish and invertebrates that require a large volume of water for feeding habits and general living. Sharks, eels, stingrays, puffer fish, and even turtles can fall into this category and are usually left up corporate sponsored tanks or public aquariums and take up a tremendous amount of space.

The smaller your saltwater tank gets the harder it becomes to maintain and the bigger your limitations are to its inhabitants. The standard home aquarium on the large side is 55 gallons. This size will host the majority of marine life available on the market and is overall easy to maintain on levels of salinity and toxic chemicals. The advanced side of the hobby creates small tanks 20 gallons and under and are known as "Nano" tanks. They are small desktop style aquariums that generally host vivid colored corals and a few small complimentary fish. The tanks can be set up on decorative tables, or even in the workplace on desks. They can be very beautiful and say a lot about the type of person you are for the dedication they require.

The Nano Reef Project explores this smaller aquarium style on the under 5 gallon range which is sometimes called a "Pico" tank. The goal of this project is to perfect the methods and techniques in maintaining the proper water parameters and temperature to recreate a wild coral reef you would find in the Caribbean, while hosting small exotic species of fish and invertebrates. In the next few entries we will go through the concepts and thoughts for the design and overall plan of the tank, and then delve into the equipment specifics then its target inhabitants. ❖



LOVING SAILORS! Part 3 of 7

By Jim Shinn

The Third Leg of the Journey



As you sail along, the quarters can feel cramped, whether it is in a marriage or navigating the seven seas of life. There is always potential for conflict, but when it comes to loving sailors, there is also the potential of "intimacy." When you use this "I" word, most people think of physical intimacy which is very important. In a marriage, physical intimacy will have its ups and downs. Wait, what I mean, is that physical desire for our partner can ebb and flows like the tide. Like good weather, intimacy will not be here all the time. Physical desire is affected by stress, health, our emotional state, aging, hormones, medications and just being too darn tired to wanna row the boat! Intimacy is expressed in many ways. The physical expression of intimacy is just one of many ways to share the love.

When we share our struggles, burdens and dreams with another sailor, that communication is another form of intimacy. Close personal relationships can occur when we spend time and work together for a common mission or goal. As you live with someone in the workplace, month after month, year after year, you get to know and care about them in a more personal way. It is very much like a family. Many athletes understand intimacy when they achieve a championship. Those who play sports on a winning team have worked together very hard and faced many losses, injuries and difficulties together. Intimacy is a good thing and as long as sailors maintain boundaries, it can be a great thing.

Success, whether in the home, work, business or the world of sports, requires teamwork, communication and a willingness to subjugate the self for the group. Too often people believe that sharing negative feelings can damage intimacy and reduce the loving among sailors. That is true in some cases, but for the most part, honesty is a foundation for trust and intimacy. Now I don't mean brutal honesty, like "that dress makes you look fat" or "boy you have bad breath!" We do need to share some information and how we do it can make a difference and bring team members together. Offering someone gum rather than telling them their breath is bad, is a way of maintaining intimacy. Along the lines of maintaining and increasing intimacy, a good rule for sharing negative feelings is "punish in private and praise in public." If you have something negative to say, let someone know you need to talk with them and do it in a private setting. Embarrassing someone publicly, can cause unnecessary hurt, and do damage to a relationship which is not easily repaired.

Too many marriages end up on the rocks. The rough waters often lead to the sinking feelings that what started out great is now gone. Sailor marriages are probably a little harder to maintain with the additional stress of deployment, separations and moving to places in the middle of nowhere. The research on literature is pretty consistent in that a half of marriages don't survive and sink to the bottom of divorce. I could see the numbers going up, since we now have electronic distractions and disruptions. The intimacy of many a relationship has been disrupted when a partner gets busted texting, Face-booking or another form of electronic excess with the opposite sex. When people lack intimacy in their marriage or relationship, they will often cast their anchors in dangerous waters. If you are secretly communicating with someone you shouldn't be, you risk running aground and damaging the hull of another's heart.

Intimacy can increase in a marriage, but it requires focus, effort and continuity. If you want your ship to get to its destination, you have to continually use different tools (maps, compass, stars, sextant, etc.) to keep on course. There is one activity of intimacy that leads to a 95% success rate in marriages. That is praying together. You don't have to attend church to pray with and for your partner. Having a public conversation with God about how you want Him to protect your spouse and family, gets people's attention (and God's) and makes them feel loved. God commands us to pray, and if we "don't ask, we don't get!" If you want more love, ask for it, and that in itself is being more loving.

On the subject of faith, going to church together can be an activity that brings the couple and/or family together. I have participated in some prayerful activities with the pastor of the Pearl in the Desert, Chaplain Jared Smith. He is a fine man, and an excellent spiritual leader. There are many great churches here in the Imperial Valley with activities to help couples grow together. Coming up this summer, there are free marriage retreats for sailors, but someone has to call the chaplain (339-2290) and get the paperwork done. These getaways are in San Diego, in July, August and September. If you don't take the opportunity to fill up your sails from the free love of these seminars, don't complain about finding yourself stuck in the doldrums here in the desert this summer! ❖

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-- 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.

THRIFT STORE SALE!!!

July 16th and 18th: 0900-1200 AND 1500-1700
Just \$1 for a bag of clothing. Books and VHS tapes are 10¢ each.

Donate a nonperishable food item and receive one bag of clothes **free**.

ACTIVE DUTY
FREE BOWLING
DURING LUNCH
EVERY MONDAY
UNTIL SEP 3RD

NAFEC Feeds Families

We have started our challenge! The goal is 5000 lbs of food!! Please help!!

Fourth of July Word Search

Find the hidden words associated with the Fourth of July.

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

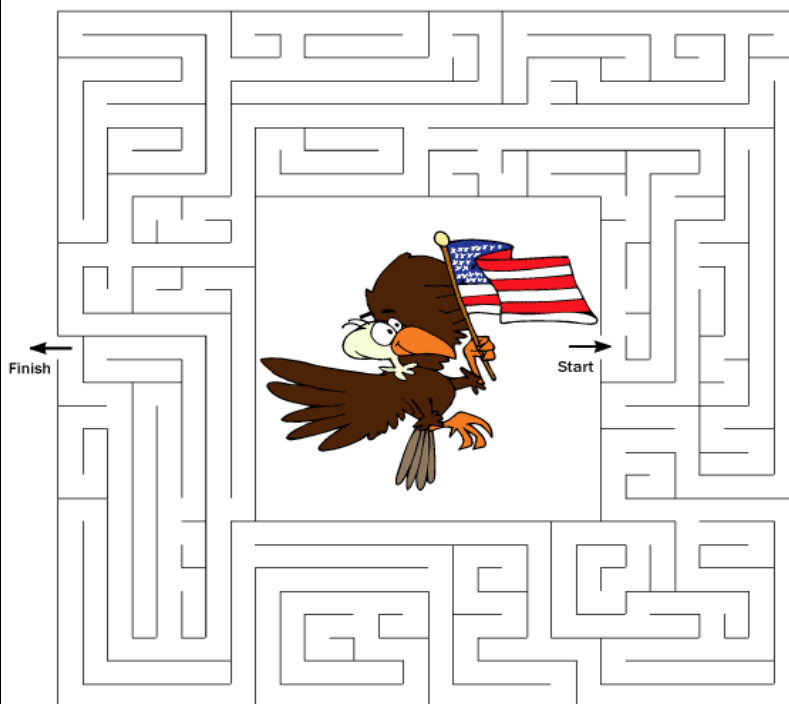
- AMERICA
- COLONIES
- CONSTITUTION
- COOKOUT
- DECLARATION
- FIREWORKS
- FLAG
- FOURTH
- FREEDOM
- FUN
- GAMES
- HOTDOGS
- INDEPENDENCE
- JULY
- LIBERTY
- PARADES
- PARTY
- PATRIOT
- PICNIC
- STARS
- STRIPES
- SUMMER
- THIRTEEN

All About Puzzles
 puzzles.about.com

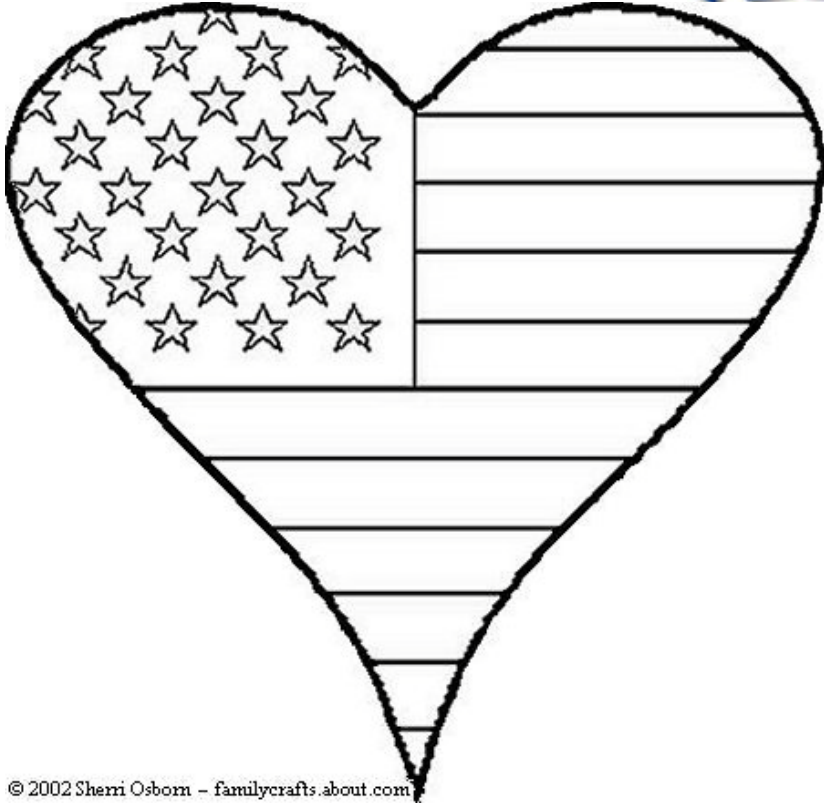
SUDOKU

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

MAZE



KID ZONE



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Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

It is another one of those out of the way spots, but every time you go to San Diego you pass it, you wouldn't know it unless you get in the habit of reading every sign. Going both directions you will happen upon one that is brown and gives a historic land mark number of 939 and coaxes you off the well trodden path of the interstate onto a worn out pavement that leads to a dirt road and to a gate that will hopefully be open. If it is not, there are a few comical phrases for why it is not open and those I will let you just see rather than jot them down here. Once inside the gate you will see a sign asking you to please pay and welcome you in. You are now at the Desert View Tower.



It looks like there has been a little restoration going on with new concrete and mortar. The first floor has antique items like a self playing piano and once you've paid you may venture up the next few floors and see the view as you go up through open windows as you pass paintings and other furniture from a time passed. As you get to the last floor you can pop in a quarter for a view of distant objects and there is a legend and 'guesstimate' markers for where to look or aim the binoculars.



If you're brave; not afraid of heights and have confidence in the craftsmanship of the ages you can go up the last flight of stairs for just a bit more viewing pleasure.

If you're adventurous there is a trail that you can hike, but it is short. We'd rather have taken our time and strolled through Boulder Park where there are a few likenesses of animals with a little paint to set off their eyes and mouth which has a little history behind it too. There are areas that if you're an adult the kids will leave you in the dust because of the nooks and crannies that small, agile, and hyper kids can traipse through... and you and I have to take a little time and caution. There are no real high areas, but that is a determination you will have to make on your own, but there are some places that one false move could be a painful one so watch out.



The Desert View Tower looks out over the landscape of the desert. There are not many places you can see the tower from the road, but from the tower you can see for miles on a clear day. If you a history buff this is one of those places that may intrigue you. In the gift shop you can find books on different areas of history. The area was a passerby's paradise and you can read about it in a pamphlet you get at the register. I prefer to keep you in a little suspense and encourage you to stop by on your next trip to San Diego, or take the quick trip of 35 miles for a day out. ❖

ADVENTURE!



CLASSIFIEDS

JOB POSTINGS

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

ATTENTION COMMUTERS
Would you be interested in an alternative option that could mean very little out of pocket cost – if anything at all?
 If you commute from San Diego to NAF El Centro, work from 0700 and 1630 with every other Friday off, and would like to take advantage of a quicker, less stressful and less expensive way of getting to work, please contact:
Tom Holman at 760-339-2533 or thomas.g.holman@navy.mil

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

Room for Rent: Furnished room with Queen sized bed in nice home located in west Brawley. NON-SMOKER. Includes all utilities and use of flat screen TV with cable, Wi-Fi, and covered patio/lounge area. Asking \$350 per month. Call Pat at 760.693.3283



MWR Jobs
****Recreation Aid Position (Bowling Alley)****
 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 or resume to the NAF Human Resources Office, Building 3210, Anchors Catering and Conference Center, Naval Base, San Diego, 2375 Recreation Way, San Diego, California 92136-5518 or fax to (619) 556-9537. Resumes and applications may also be submitted via email to mwr.hr.dept@mwrsw.com. Submitted applications and resumes will be retained for 90 days. For more information, visit our website at <http://mwrtoday.com/sandiego/about/jobs/>. Submitted applications and resumes will be kept for 90 days. It is the responsibility of the applicant to resubmit an application after 90 days. ❖



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



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.alutiq.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
GOOD

2

3

4

5

6

7

8
BAD

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



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3. We'll contact you when item(s) are ready for pick-up.

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 760-339-2342

or see one of our friendly
 NEX associates for details.

Thank you for supporting your NEX

COMING EVENTS

July 14

Give Parents a Break Night
 CYP
 1800 - 2200

July 14

Find Your Beach Bash
 Mirage Club
 1800 - 0130

July 16 & 18

Thrift Store Sale
 BLDG 110
 0900-1200 & 1500-1700

July 18

Niland ComRel
 Meet at the Community Center
 0730-1230

July 21

Young 'N Proud Biathlon
 Small Pool
 0730

July 23-27

Missoula Theater
Auditions: 0900 July 23 at the
 Mirage Club
Rehearsals: 0900-1400 July 24-27
Showtime: 1800 27 July,
 location TBD

July 27

More-4-More ComRel
 Meet at the Community Center
 0730-1230

August 6 - 10

Citadel Rumble Exercise
 Basewide

