

Issue 22

PUBLISHED BY THE NAF EL CENTRO PAO

August 2012

NAF EL CENTRO

# SANDPAPER



## Battling Bugs

By Kristopher Haugh

The Deployed Warfighter Program (DFWP) recently completed testing of an aerial spray project within the Parachute Drop Zone in the restricted airspace R-2510A here.

The mission of the DFWP is to develop and validate novel methods to protect U.S. military service members deployed abroad from threats posed by disease carrying insects.

Headed by the Navy Entomology Center of Excellence and the USDA Center for Medical and Veterinary Entomology the aerial spray project tests were completed to gather data about the quality and quantity of the spray patterns delivered by low flying aircraft.

The spray platform used was a specially modified C-130 from the 910<sup>th</sup> Air Wing from Youngstown Air Reserve Station, Ohio.

Prior to the delivery tests and afterward, Sailors and civilians surveyed the target areas to gather data on the impact to local wildlife.

NAF El Centro was selected as the ideal test location due to the similarities in terrain between here and Southwest Asia. ❖



The delivery platform.



Surveying the target area.



## Inside This Issue

- 02 CO Column/Hail&Bail
- 03 CMC Corner/Selectees
- 04 CCC Advice/OOPS
- 05 Chapel News
- 06 Desert Beat/Spot Light
- 07 TriCare Fees/Safety
- 08 NAVFAC/Sea Duty
- 09 MWR/Salt Cedars
- 10 Sports Page
- 11 CYP
- 12 NMC DET/TTO
- 13 Medical Corner
- 14 Clinic Information
- 15 JAG
- 16 Disasters/Helping Hand
- 17 Movie Reviews
- 18 History/Voting Info
- 19 DEFY/Sea Cadets
- 19 Vincennes
- 20 La Migra/Poll
- 21 More Sports/Medals
- 22 FFSC / Desert Doodles
- 23 Recent Event Photos
- 24 Nano Reef Project
- 25 Loving Sailors
- 26 Puzzles
- 27 Kids Zone
- 28 Off Base
- 29 Classifieds/Jobs
- 30 Coming Events/Help



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

# COMMANDING OFFICER



As is the norm, our operations tempo has slowed in the month of August. However, we continue to with an aggressive administrative agenda with a number of ongoing projects and exercises.

This week we are participating in Citadel Rumble, a Navy-wide exercise designed to provide training in natural disaster response. Our exercise simulates significant earthquake damage throughout the base and tests our ability to provide medical, fire, security and facility emergency services. Though most of our base populace is not involved directly, I encourage you to stop for a moment and think about your own disaster preparedness and that for your family, if applicable.

Our housing renovation project is moving along and, by all accounts, it has gone well thus far. We are also close to beginning the small pool renovation project, scheduled to start during mid-late September. We will keep the large pool open during the renovation period. Finally, our football field, track, and fitness center renovation project is on timeline to commence in early January. You can expect this major project to last approximately four months. The fitness center will continue to operate throughout the expansion construction.

As summer winds down, please continue to manage the heat, enjoy any vacation time you use, and expect that we will ramp back up with detachments in September. ❖ --CO

## Hails



ENS Robert C. Kmetz



ATAN Adam M. Allard



PR1 Scott T. Lyons



MASN Andrew J. Ruelas



AO2 Juan D. Alvarez

## Farewells

- AOC TIMOTHY HORT
- AC2 ASHLEY M. WILSON
- AO3 CHRISTINA AMMERMAN
- AM3 MARY E. WITTE



# COMMAND MASTER CHIEF



Team NAF El Centro

August. The Dog Days of summer. It's hot and humid. The kids are going crazy knowing summer is about to end, and parents are looking forward to having them back in school. This is blue moon month. August brings us not one, but two full moons. The first kicked off the month on 1 August, and will be followed by a second on 31 August. Speaking of blue moon's... how about that rain? It's hard to imagine that we just received in excess of our annual rain fall in the past two weeks.

Did you know that August is when the atomic bombs were dropped on Hiroshima and Nagasaki, when Anne Frank was arrested, and when the first income tax was collected? Recently, I read that "August is the time when thugs and dictators think they can get away with it. World War I started in August 1914. The Nazis and Soviets signed their nonaggression pact in August 1939. Iraq invaded Kuwait Aug. 2, 1990. August is a popular month for coups and violent crime. Why August? Perhaps the villains assume we'll be too distracted by vacations or humidity to notice." As we contemplate these long hot and humid days of summer, it's no time to let our guard down. We must always be prepared to act for our Navy and our Country.

Congratulations are in order for the two new Chief Selectees, AOC (sel) Ricardo Salicrup and AOC (sel) Chad Irvin! They have started their training to become Chiefs, called the CPO Induction season and they will be advanced to Chief on 14 September 2012.



As a reminder, the fall Navy-wide rating exams 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?

Football training camps have begun, which means football season is about to start for all levels of play. Our MWR has again purchased tickets for the San Diego Chargers – *These are great seats!* As MWR patrons, we did not fully support MWR by purchasing all of our allotted tickets. On many occasions, we didn't even come close to buying them all. I have asked MWR again this year to purchase the tickets so that they are available to us.

So...here is the shot fired over the bow, if we do not buy them this year, I do not expect them to be available next year. We have the best MWR in the Navy; they support us 24/7. Let's do our part and support them too!

Thank you for all you do! ❖

-CMC

# CONGRATULATIONS CPO Selectees



Pictured from left to right are AOC(sel) Ricardo Salicrup and AOC(sel) Chad Irvine



## Watch Out for High Year Tenure!

By NC1(SW) Marc Jones



The Navy today is a fast paced, ever changing machine that Sailors need to adapt to on a constant basis. Over the last few years the policies concerning your career have seen the largest and fastest changes and this momentum doesn't seem to be lessening.

NAVADMIN 198/12 announces more changes to policies concerning your enlisted careers. High Year Tenure now has new policies concerning the limits of your time in the Navy relative to your rank. As of July 1 E1 and E2 personnel cannot exceed four years of service. Personnel at the rank of E3 can only complete five years of service without making the next paygrade unless they passed but not advanced an exam before March 2012.

The biggest change that now affects enlisted Sailors concerns getting reduced in rank. If you get reduced in rank by Non-Judicial punishment or court martial and you are past the high year tenure of your new rate you will be separated from the Navy within 180 days. Sailors with greater than five years of active service must now take into consideration that by getting in trouble you might find yourself without a job six months later. The best course you can take is to be always mindful of your actions and the consequence they may bring.

If you have any questions or need clarification regarding these new policies please see your command's CCC. ❖

### HYT Timelines

E-1	4 years
E-2	4 years
E-3	5 years
E-4	8 years
E-5	14 years
E-6	20 years
E-7	24 years
E-8	26 years
E-9	30 years



In the last issue we made a mistake with AC2 Fry's name in the reenlistments section.

Please let us know when we make factual errors so we can get the right word out there!

### Free Anti-virus Software Available

Navy Information Operations Command (NIOC) Norfolk has put together a brochure that lists ways Navy's Sailors, civilian employees and contractors can protect their computers, both at home and at work. The brochure and free anti-virus software are available to all [Sailors, DoD civilians and contractors](#). Only those at a .mil computer and using their Common Access Card (CAC) can download this software via file transfer protocol to their computer. However, once downloaded, the software can be saved to a compact disk and installed in home computers. NIOC Norfolk also suggests [CERT's Home Computer Security](#) website as a good source for home-cyber safety tips. ❖

<https://infosec.nmci.navy.mil/main/>

### REENLISTMENTS

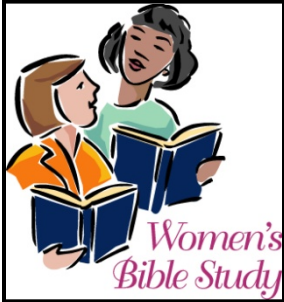
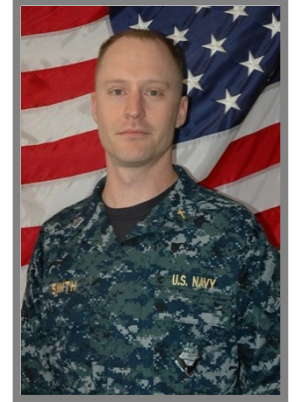
AME 2 JOSE P. CASTILLO



## 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**



**Women's Bible Study.** This group will begin meeting again in late August on Wednesday nights at 1800 on base at Chaplain Smith's home (3345B Gila Bend). They will study the book *12 Extraordinary Women* by John MacArthur. If you have questions or would like to purchase a book, contact Tammy Smith at [tammysmith365@yahoo.com](mailto:tammysmith365@yahoo.com). Books will be ordered on Friday, 10 August. ❖

### 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

## Finishing Strong

By Chaplain Smith

According to the 06 August, 2012, edition of *ESPN* magazine, Galen Rupp is America's best hope of winning an Olympic gold medal in this year's 10,000 meter run. The reason is that he has improved in one of the most strategic aspects of the race—running the final lap. He has been worked on finishing strong. To win this race a runner must not only run well through the first 9600 meters, but also must be able to sprint the final 400 meters in 52 seconds. Few runners are capable of such a feat.

During the 2012 Feds Feed Families food drive, NAFEC has proven its ability to start well, collecting more than 1750 lbs. in the month of June. We have also proven our ability to keep pace during the grueling middle phase of the race, doubling our first month donation total with an additional 3200 lbs. in July. With four days remaining in July, we are only a few pounds short of our 5000 lb. goal, with our sights set on beating our best mark of 5904 lbs. from last year.

Now, in the month of August, as we enter the final phase of the race, it's time for us to start our kick toward the finish line. It's an all out sprint. Will we fade in the final lap? Or will we finish strong? Given our track record here at NAFEC, I'm expecting nothing less than Olympic gold!

If you would like to help us blow away the competition this year, you can contribute in the following ways...

First, you can participate by placing non-perishable food items in one of the donation barrels located at the Commissary, CYP, Weapons, or Administration (bldg. 214). 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 to the Religious Offering Fund managed by the Religious Ministry Team. Donations can be given to either Chaplain Smith or AM1 Napier at the chapel office located in the community center during normal operating hours (0730-1600 Sunday-Thursday). Although cash will be accepted, checks are preferred. Checks should be made out to "Religious Offering Fund" with "Feds Feed Families" in the memo line. All financial donations will still count 5 lbs. for every \$1. Remember to tell us your department so we can give credit where it is due.

The food drive will end 31 August. ❖



# The Desert Beat

By MA1(SW) Timothy Stroupe

## URINALYSIS TESTING FOR SYNTHETIC COMPOUNDS TO INCLUDE SPICE

The Navy began testing of urine samples for synthetic chemical compounds, such as spice, in March 2012. The Navy's zero tolerance policy has been expanded to cover these compounds. The use of these compounds is not compatible with the maintenance of high standards of performance, military discipline, readiness, and reliable mission accomplishment. The basis for disciplinary action can be found in SECNAVINST 5300.28D, OPNAVINST 5350.4D and UCMJ Article 92.

What is Spice? It is a product line marketed as aromatic or herbal incense packaged as "Not for human consumption". Some of these compounds have been used as marijuana substitutes in the past and have different (unpredictable) effects on humans. Synthetic cannabinoid studies show the potency can be anywhere from 66-800 times stronger than traditional THC. Synthetic products are so unpredictable that the length of effects can last anywhere from 5 minutes to 12 hours.

Additionally, spice can and has had adverse effects on the heart, circulation, the nervous system, and in some cases can cause prolonged panic attacks and is potentially addictive. Additional effects are slowed reaction times, impaired short-term memory and lack of ability to concentrate.

What are the common signs to look for? Cotton mouth, light sensitivity, a warm sensation in the limbs, dry eyes, paranoia, light headedness, auditory and visual hallucinations, painless head pressure, time distortion, panic attacks, delirium, impaired coordination and sleeplessness.

How can I recognize Spice? Most herbal incenses appear as an olive green leafy material very similar in appearance to marijuana or oregano.

What type of paraphernalia should I look for? Similar products used by marijuana smokers, pipes, bongs, hookahs, rolling papers, and blunts (hollowed out cigars packed with product). ❖



# IN THE SPOTLIGHT

**Congratulations to our new Blue Jacket, Junior Sailor, and Sailor of the Quarter.**



**HN Lavender  
BJOQ**



**MA3 Nu'usolia  
JSOQ**



**HM1 Burns  
SOQ**

# MONTHLY DET LOADING



MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
JUL	8	3	895	61
AUG	5	2	872	46



## Tricare Prime Fees For Retirees To Increase In October

(STARS AND STRIPES 24 JUL 12)

Annual enrollment fees for Tricare Prime will rise for military retirees and their families later this year, Tricare Management Activity officials announced this month.



The new fees go into effect Oct. 1, the first day of fiscal 2013, a Tricare news release said. Individual retirees will now be charged \$269.28 for a year of coverage and families will be charged \$538.56, up from \$260 and \$520 for those who joined the program since the beginning of the 2012 fiscal year, and \$230 and \$460 for those who joined prior.

The new fees are based on the cost-of-living adjustment retirees received in 2012, the release said.

Enrollees can pay their fees monthly, quarterly or annually. However, Tricare cautioned that, in most cases, enrollment fees are non-refundable, and Congress could change the fees in the 2013 budget, so annual payments are discouraged.

Active-duty servicemembers and their families have access to the program at no cost, the release said. Survivors of deceased active-duty sponsors, as well as medically retired servicemembers and their dependents, are exempt from fee increases.

More information is available on the Tricare website. <http://www.tricare.mil/>. ❖



# 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).

Usually, we just tell you the story, and let you draw your own conclusions. I always think that narratives concluding with "the moral of the story is." must not have done a very good job telling the story. This time, however, we'll switch things up, omit the story, and deliver the lessons learned.

First, don't try to carry a prohibited knife when you are flying on military (or commercial) aircraft.

Second, assuming you are negligent enough to carry a knife, and you are in between legs of a multi-leg cross-country, standing in a passenger terminal at a naval air station, and trying to cut a loose string off your carry-on bag, don't stab yourself in the thigh.

Third, having produced a 1.5-inch gash in your leg and a corresponding (and growing) blood stain, and limping noticeably, don't have your buddy try to shield you from the loadmaster while you try to board the aircraft.

Fourth, thank your lucky stars that a vigilant aircrewman was paying attention, yanked you out of line and sent you to get some stitches. ❖

### NAFEC SAFETY DEPARTMENT BATTERY PUBLIC SERVICE ANNOUNCEMENT:

DO NOT BUY BATTERIES AT REDUCED PRICE ON THE INTERNET, AT SWAP MEETS, STORE FRONTS, GUN SHOWS, ELECTRONICS AND TECHNICAL SHOWS. THE CHANCE OF PURCHASING COUNTERFEIT BATTERIES IS HIGHER AT THESE LOCATIONS. USE AUTHORIZED RETAILERS.

DO NOT MIX DIFFERENT TYPES OR BRANDS OF LITHIUM BATTERIES. NEVER USE BATTERIES WITH DIFFERENT DEPLETION LEVELS (I.E. DO NOT MIX OLD AND NEW BATTERIES IN THE SAME DEVICE). ❖





## FOG Leads To CLOG

By Bill Kagele



### What is FOG?

Fats, oils and greases (FOG) are defined as a material either liquid or solid, composed primarily of fat, oil, and grease from animal or vegetable sources which are the natural by-products of food preparation and cooking or baking.

### How do they cause a problem?

When FOG is poured down the drain, they can cause a serious problem in the drainage system by forming clogs and blockages. When pipes become clogged, the water can no longer flow through them and it will back up into sinks and toilets.



### What can I do about FOG?

- Pour cooled grease into a container, seal it and place it in the trash
- Pour cooled grease into a grease can or other container for disposal and/or absorb with paper towels
- Use mesh drain strainers to catch solid food scraps for disposal in a trash can
- Pour liquid food scraps, into a container and place in the trash can
- Scrape plates over the trash can or dry wipe with a paper towel
- Pour used oil into a container with a top so it can be reused, recycled, or placed in the trash can for disposal



### Do not do the following when disposing of FOG.

- Pour hot grease (including poultry skimming) down the drain
- Wash food scraps (solid or liquid) down the drain, dump them in the toilet, or grind them up in the garbage disposal
- Wash contents of soaking pots and pans down the drain
- Use water to "pre-wash" plates
- Pour used oil down the drain
- Pour grease down the storm drain



Putting fats, oil and grease down the drain can be **DANGEROUS** and **EXPENSIVE**. But keeping your home's plumbing and the Naval Facility's sewers trouble-free is easy. ❖

## CHANGES IN ENLISTED DISTRIBUTION TO IMPROVE SEA DUTY MANNING

Condensed from NAVADMIN 226/12

The Navy has announced it intends to implement new initiatives to improve sea duty manning on deploying units. In the works are plans to change the Career Management System Interactive Detailing (CMS/ID) process, revisions to detailing business rules and an update to the voluntary sea duty program.

NAVADMIN 226/12 specifically addresses changes to the CMS/ID process. Currently systems of red and green zone requisitions are used to advertise available billets. Beginning with the August 2012 CMS/ID cycle a single set of sea and shore billets will be advertised and filled each cycle.

Sailors entering into their CMS/ID negotiation window retain the ability to apply for jobs from the current slate of billets advertised in their rating and pay grade.

Sailors should submit five applications for advertised jobs to ensure their desires are taken into account. Failure to do so may result in a sailor being assigned new orders without their desires being taken into consideration. Sailors should provide input each month into CMS/ID or e-mail their detailer. Command Career Counselors may also input a Sailor's desires on their behalf.

Since all of the billets advertised on CMS/ID will be filled each month, detailers may be required to select a Sailor who has not applied for the assignment or is early in their negotiation window.

Detailers will attempt to fill all billets using a Sailor's desired selections first. However, fleet readiness requirements will ultimately be the guiding factor.

Sailors nearing the end of their window will generally be chosen to fill assignments they did not apply for over Sailors who are at the start of their negotiation window.

Questions about the changes to this policy should be referred to your command's career counselor. ❖



Morale, Welfare and Recreation



# BEACH PARTY!

By Candyce Zavala

The Sundowner Club hosted its first ever "Find Your Beach Bash" on July 14, 2012. Party Goers relaxed with free hors d'oeuvres, swimming, live DJ, dancing and variety of refreshing beverages. There were lights, palm trees, sand and sea shells everywhere. Flip-flops were the most popular shoe wear of the night. Party Goers can't wait for the Disco Night Party scheduled for 18 August. ❖



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!

## Salt Cedar – A Harmless Name for a Noxious Plant

By Michel Remington

Besides maintaining and improving wildlife habitat within the desert ecosystem on our bombing ranges, NAF El Centro's Natural Resource Specialist, must look at other factors that threaten that ecosystem. One of those threats to all ecosystems in the Imperial Valley is a plant called Tamarix or Salt Cedar. "This plant has been identified as a very noxious invasive plant species here in California." Robert Powell stated. Originally, a native of Asia it was imported into the United States in the 1800's as an ornamental plant. It was introduced into the Western United States by the Union Pacific Railroad for windbreaks along railroad tracks. Matter-in-fact, you can see its continued use this way along either side of the railroad tracks paralleling Interstate 10 in Riverside County between Thousand Palms and Whitewater heading toward Los Angeles.

So what's the issue with it as an invasive plant in the desert? Three things 1) it absorbs large amounts of water, thus competing with the natural desert plants for this precious resource, 2) they secrete a massive amount of salt from their thin needle-like leaves and create large deposits of salt underneath which eliminate any annual grasses or other plants from growing, and 3) their leaves are not edible by any desert animal nor do they produce any edible fruit, and therefore provide no useful habitat for desert wildlife. These trees only provide minimal bird nesting habitat and some shade underneath for native mule deer and jackrabbits to rest.

The Sikes Act of 1960 (amended 1997) mandates that military installations, in cooperation with federal and state natural resource agencies to manage the natural resources under their control in a manner to support the mission while protecting and enhancing installation resources for multiple use, sustainable yield, and biological integrity. In addition, DOD instruction 4715.03 directs that ecosystem based management include the identification and control of noxious species on our installations whenever feasible.

During the week of May 29 to June 1, 2012, using natural resource management funds, the Environmental Division conducted a clean-up and removal of a small patch of Tamarix inside Target 68. Several large Tamarix trees were chain-sawed and piled on site to serve as cover for wildlife. Seed heads were cut off and disposed of off-site to prevent seeds from propagating more plants, and leftover stumps were treated with herbicide to prevent re-sprouting. Native trees within the stand, including mesquite and cat-claw, were left untouched. "Overall, it was a very successful removal of a very obnoxious weed." says Powell. ❖



Tamarix before treatment.



Tamarix after treatment.

# JOE'S SPORTS SMACK TALK

**Captain's Cup Bowling – Update for 9 JUL 12:** I have been reading about the "unhackable" heat wave that is going around in our great country. Don't look for this word in the dictionary, you will not find it. It clearly means that one is unable to handle or cope with a situation or an assignment adequately and calmly. It comes from the word unhackability. People are complaining about 93 degrees. Are you kidding me! Talk to me when it's 115 degrees at 2200 hours. Despite the heat, teams came together and did a number on each other. MEDSEC finally scored some points against LMH. Fuels took the tutu's and were seen wearing them this morning as they filled the Brits wannabee aircraft. I saw a couple of bikes flying the other day with plastic wings, I guess it's the new FA-18 Huffy. The Old Goats are taking care of business and are in second place with 12 points. Divas seduced the Rattlers with Strikes and spares, they fell for that old gutter trick. Boss took 214 on a long ride and was able to get 3 points against the Shot Callers. NMC bowled against the Ghost and easily earned 4 points. MWR violated the Lane Violators by defeating them 4-0. Next Monday should be a lot of fun!

DATE: 25 JUN12

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

**Captain's Cup Bowling – Update for 16 JUL 12:** I, Dave Mersino, have been assigned the task to come up with the write up for last night's bowling. I can honestly say it is not easy having been assigned this task to "live up" to the high standards of the comical and most entertaining writing skills of Joe Conner. But try to imagine how difficult it must be when you are a part of a bowling team who has been labeled as ones who like to show up late for the game. Sorry DIVAS but I just had to put that out there once more. But just remember it wasn't me who started all this, as I am only passing along what was given to me. After-all, my mom always taught me to share with others. Anyhow, I did make a promise to play nice, because when equipment at the gym needs repaired, I know who is going to take care of it for us. Team BOSS came within a mere 58 pins of being beat in their first game by "Casper & His Friends." All disasters were quickly diverted as BOSS managed to take all four points. Over the last few weeks it appeared as though lanes 3 & 4 had a choke-hold on every bowler who came up to face the pins. This was until last night when Team 214 came out strong and determined to silence the forces which have hindered full operations of these lanes, and yet they did this while keeping one eye on the pins and the other on the Anaheim Angels/ Seattle Mariners game on the big screen. Leading the charge was our Number One Shot Caller earning himself a league high 526 series. With the heat of the Summer upon us most of us like to get out of the heat and spend time away in a much cooler environment. With the looks of it last night I would have to say most of you spent your time in Brooklyn. For those of you who do not know; a Brooklyn is a strike if thrown by a right-hander it crosses over the 1-3 pocket and for lefties it crosses over the 1-2 pocket. No matter how it's done, it all looks the same on paper. Now for me the most exciting part of the evening I saved for last. Over on lanes 5 & 6 Tabetha Williams, representing the TUTU LADIES rolled out a couple of bombs of her own against the Bomb Builders by racking up in her second game a four-bagger, or also known as a "hambone." By doing so she managed to find herself on the "board." Now over on lanes 1 & 2 Edith Olmos of the DIVAS demonstrated to the LANE VIOLATORS the true meaning of the word Violator by celebrating Thanksgiving just a wee bit early when she managed a "Turkey" in her third and final game. Granted, she didn't make it on the High Scores Board, but I do think it deserves mentioning that she finished the game with her personal best of 131. Congratulations and great job to both women.

DATE: 25 JUN12

Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts
FUELS	3		MWR	1	214	3		LMH	1	MEDSEC	2		OLD GOATS	2
BOSS	4		GHOST	0	DIVAS	1		LANE VIOLATORS	3	STRIKE	0		AOC	4
TUTU LADIES	3		NMC	1										

Continued on Page 21

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



Every morning parents and children walk through our doors; they kiss their children on the cheek and bid them farewell. During the next eight hours, the teachers implement one of the best known curricula used by the CYP and childcare centers all over the world. Parents might see it as play but we see it as a strategy to develop the child's social-emotional, physical, language, cognitive, literacy, mathematics, science, technology, social studies and art skills. It is our belief that children are born with a natural sense of wonder and soak-up everything like a sponge. Our program takes advantage of this window of opportunity by using the Creative Curriculum from Teaching Strategies to help the child prepare to live in this day and age.

Teaching Strategies was founded by Diane Trister Dodge in 1988. It started off as a small publishing house company that offered a range of curriculum for children from birth to 8 years old. As the lead author for Creative Curriculum, Diane worked for 35 years in early childhood education and earned a Master degree from Bank Street College of Education. Her work experience ranged from preschool and kindergarten teacher to education Coordinator for Head Start. Diane has served in several boards and committee's such as NAEYC, Center for the Child Care Workforce and much more. She received a Recognition Award from the Bank Street College Alumni Association for her significant contribution to early childhood education and will be inducted to the Educators Publishing Hall of Fame.



Learning through painting.

The Creative Curriculum develops a child's mind and identifies their levels of learning. For example, a simple group painting is a strategy used by the teachers to have the children participate cooperatively and constructively in a group setting. Dipping the brush in the water develops fine-motor skills and coordination. Mixing the different colors and remembering that mixing red and blue makes purple develops flexibility and inventiveness in thinking. Painting can also make connections by remembering through experience that two colors can make a new one. Cooking is also a great tool to use for teaching children to compare and measure flour, baking powder and water with measuring cups. Flour with water mixed by the child can demonstrate how one object can have an effect on another completely changing the texture of both and thus showing them the physical properties of objects and materials. Of course, the fun starts when the child gets to experience dough for the first time in between their fingers and hands. With the teacher's guidance, the children follow directions to see their final results after adding the rest of the ingredients and create a scrumptious snack for themselves.

The goal of Teaching Strategies for children is that as they grow up they will have the ability to "solve problems, think creatively and flexibly, use technology, work collaboratively and constructively with others, be respectful of differences, care for the environment, have good communication skills and be lifelong learners." (Kandar 34) Thus the CYP goals and curriculum, base every ounce of effort to teach all these skills to all those precious children that comes to our center every day. ❖



Learning through cooking.



## Feds Feeds Families Update

By Chaplain Smith



We are pleased to report that our Feds Feed Families food drive surpassed two significant milestones this week. As you may recall, last week we were just a few pounds away from reaching our goal of 5000 lbs. Over the weekend, the CYP put us over the top with their contributions from the Missoula Theater event. This was an important milestone for us to reach at this stage of the game. And, now, as the numbers for the Religious Offering Fund for July have come in, we can announce that a brand new record for NAFEC has been set! Our grand total now stands at 18,650.5 lbs.!



With three weeks left in the food drive, who knows what our total will be. Let's go for 20,000 lbs.! ❖

# MMMC DET 21 Centro

By AO2(AW)Ryan Heeney

The Sidewinder guided missiles, AIM-9 series, are supersonic, air-to-air weapons with passive infrared target detection, proportional navigation guidance, and torque-balance control systems. The Sidewinder guided missile is approximately 113 inches in length, 5 inches in diameter, weighs approximately 190 pounds, and consists of five major components. These components are the guidance and control section, the target detector section, the Safe & Arm device, the warhead section, and the rocket motor section.

Four BSU-32/B control fins are mounted on the guidance and control section to provide aerodynamic lift and course alterations to the missile during free flight. The target detector (TD) is a narrow-beam, active-optical, proximity fuze system.



The S&A device contains an interrupted firing train that is aligned by an acceleration-arming device. It contains the necessary high explosives, switches, and circuits to initiate detonation of the warhead. The Mk 36 Mod 7 rocket motor uses a single-grain propellant. Four Mk 1 Mod 0 or Mod 1 wings are attached to the aft end of the motor tube. They provide aerodynamic lift and stability during flight. ❖



## Training Time Out



### Are You Ready to Rumble?

By Kevin Cash

A recent study reveals that Californians need to increase earthquake preparedness efforts. The California Earthquake Preparedness Survey conducted by the UCLA School of Public Health for the State of California found that less than 20 Percent of Californians have prepared their homes for a seismic event; only 40 percent have sufficient supplies to get them through the initial hours of a catastrophic occurrence.

It is important for installation personnel to prepare for all types of disasters by having a plan and being ready to take care of ourselves and our families. Personal preparedness allows disaster responders to focus on critical areas like treating injured personnel, recovering from the incident and restoring critical mission capabilities.

Do you know what to do in the event of an Earthquake? Does your family have a disaster plan in place? Can you “go it alone” for three days?

The first 72 hours after an earthquake are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient—able to live without running water, electricity and/or gas, and telephones—for at least three days following a quake. To do so, keep on hand in a central location the following:

**Food.** Enough for 72 hours, preferably one week.

**Water.** Enough so each person has a gallon a day for 72 hours, preferably one week. Store in airtight containers and replace it every six months. Store disinfectants such as iodine tablets or chlorine bleach, eight drops per gallon, to purify water if necessary.

**First aid kit.** Make sure it's well stocked, especially with bandages and disinfectants.

**Fire extinguisher.** Your fire extinguisher should be suitable for all types of fires. Teach all family members how to use it.

**Flashlights with extra batteries.** Keep flashlights besides your bed and in several other locations. DO NOT use matches or candles after an earthquake until you are certain there are no gas leaks.

**Portable radio with extra batteries.** Most telephones will be out of order or limited to emergency use. The radio will be your best source of information.

**Extra blankets, clothing, shoes and money, alternate cooking sources.** Store a barbecue or camping stove for outdoor camping. CAUTION: Ensure there are no gas leaks before you use any kind of fire as a cooking source and do not use charcoal indoors.

**Special items.** Have at least a week's supply of medications and food for infants and those with special needs. Don't forget pet food.

**Tools.** Have an adjustable or pipe wrench for turning off gas and water. ❖

## MEDICAL CORNER

# What's Up, Navy Doc?

## "Diarrhea: Don't Let It Run On Too Long"

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



### What is it really?

Diarrhea is loose, watery stools that occur more often than usual. Diarrhea can last for a few days in an acute illness or it can last for several weeks in a chronic disorder. Most cases of diarrhea resolve on their own without any treatment. However, it can lead to more complications.



### What are the symptoms?

- Frequent loose, watery stools.
- Abdominal pain or cramps.
- Fever



### What causes it?

Diarrhea results from having too much stool or from the stool passing too quickly through the colon. When that occurs, the colon does not have enough time to absorb the liquids and nutrients that it is supposed to have to form normal semi-solid stool. This leads to your getting watery stool. A wide variety of diseases and conditions can cause diarrhea, including:

- **Viruses** – Norwalk virus, cytomegalovirus and rotavirus, which is the most common cause of acute diarrhea in children.
- **Bacteria and Parasites** – Contaminated food or water can introduce bacteria and parasites into the body. This is often seen when people travel to countries where they are typically exposed to water that is insufficiently pure and clean and they get "traveler's diarrhea". Common bacterial causes are salmonella, shigella and E. coli. The most common parasite is Giardia lamblia.
- **Medications, especially antibiotics** – They are supposed to destroy the bad bacteria but can also destroy the good bacteria, which leads to interruption of the normal and natural balance of bacteria in the colon.
- **Lactose Intolerance** – Lactose is found in milk and other dairy products. Some people do not have the enzyme that is required to digest lactose. Therefore, these people develop diarrhea shortly after eating foods that contain lactose.



### How can it be treated?

Luckily, there is good news. Most of the time, diarrhea lasts for only a few days and will usually resolve on its own. To help with your symptoms, it is important for you to do the following:

- **Increase your fluid intake.** Drink plenty of clear liquids, like water or broth, to avoid the risk of dehydration. Although it tastes good, avoid apple juice since that can make diarrhea worse.
- **Avoid foods that make diarrhea worse.** These include dairy products, fatty food and highly-seasoned or spicy foods.
- **Gradually add solid foods back into your diet as your stools return to normal.** Try dry toast, crackers, eggs, rice and unseasoned chicken.



### When should you see a doctor?

There is the potential for bad news too. Diarrhea can lead to a significant loss of water and electrolytes, both of which the body absolutely must have to survive. Therefore, if the diarrhea persists and if you become dehydrated or notice blood in your stool, it is absolutely essentially that you immediately go see your PCM. You also should see your PCM when any of the following occurs:

- Your diarrhea lasts for longer than 3 days.
- You become dehydrated, i.e., if you have excessive thirst, dry skin, little or no urine, and weakness or dizziness.
- You have a fever and your temperature is greater than 102 degrees Fahrenheit.
- You have bloody or dark, tarry stools.



**Thought of the month:** I know what you are thinking. Last month, she wrote about constipation; this month she writes about diarrhea. If it's not one thing, it's another all the time. Remember: If you get a bad case of diarrhea, you might come to think of constipation as like living back in the "good old days." ❖

## 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 Ms. Wanda Vaughn 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](http://www.RelayHealth.com). You may also send your information to HM2(FMF/SW) Menguita at: [Recille.menguita@med.navy.mil](mailto:Recille.menguita@med.navy.mil)

### Exceptional Family Member Program (EMFP)



EMFP Regional Coordinator:

Ms. Jenny Turner [jenny.turner@med.navy.mil](mailto:jenny.turner@med.navy.mil)

NMCSDFMFP Coordinator:

HM3 Ivan R. Perez [ivan.perez@med.navy.mil](mailto: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**

## TriWest Gives Up Fight To Keep Tricare Contract

By Patricia Kime (NAVY TIMES 12 JUL 12)

TriWest Healthcare Alliance, the company that managed the Tricare West Region contract for 16 years, has decided to throw in the towel.

The company, which lost the contract to UnitedHealth Group earlier this year and learned last week that the Government Accountability Office upheld that contract award, announced Friday that it will not continue fighting the decision.

The company could have filed suit in U.S. Court of Federal Claims, but in a statement, company officials said they decided that “would not bring an end to the uncertainty that has plagued this program for three years and will only drive up the costs for all involved.”

In their farewell, TriWest officials said the company has been honored to serve military personnel, families and retirees who “humble us with your sacrifice.”

“Our greatest privilege these past 16 years has been to serve those who wear or have worn the uniforms of the United States and their families. “One thing is certain: We are committed to fulfilling all transition requirements through the end of our current contract on March 31.”

TriWest won the contract when it initially was put up for bid in 2009, but after UnitedHealth lost an opportunity to manage a different Tricare region, the government reopened the bidding process in the West Region and UnitedHealth won.

TriWest is a consortium of 17 Blue Cross and Blue Shield companies and university health systems that manage health networks in 21 states.

During its corporate history, the company donated nearly \$75 million to military support organizations, including the USO, Fisher House, Armed Services YMCA and others. ❖



**NAVY MEDICINE**  
World Class Care...Anytime, Anywhere

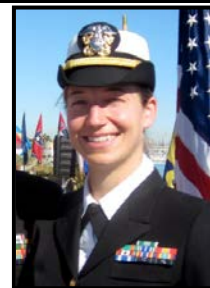
### REFILLS\*REFILLS\*REFILLS\*

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.



## “Stolen Valor”

By LT Jasmine “JAG” Scott, USNR



The Supreme Court's 6-3 decision in *U.S. v. Alvarez*, about the “Stolen Valor Act” has caused some hard feelings by military service members and retirees. If there is one statement that summarizes the Court's reasoning it would be: “Fundamental constitutional principles require that laws enacted to honor the brave must be consistent with the precepts of the Constitution for which they fought.” But how did the Court come to it's conclusion? Many of the news articles related to the topic fail to discuss the underlying reasoning, favoring instead quick headlines. Having read the opinion, I will try and offer some insight into the decision in a clear and concise manner.



First, as with every legal decision, let's start with the facts. What did Mr. Alvarez do? Xavier Alvarez was a member of the Three Valleys Water District Board in Claremont, CA. Mr. Alvarez lied regularly. He lied that he once played on the Detroit Red Wings among many other details about his personal life. However, when he lied at the council meeting in 2007 stating that he had been a Marine for 25 years and was a Congressional Medal of Honor recipient, he violated federal law, the Stolen Valor Act. Justice Kennedy points out, and this is key to his and the Court's reasoning, that Mr. Alvarez's lies were a “pathetic attempt to gain the respect that eluded him” and were not, as far as the facts of the case showed, an attempt to gain financial or employment benefits or privileges reserved for those who had earned the Medal. *U.S. v. Alvarez*, 567 U.S. \_\_\_ (2012). Mr. Alvarez was subsequently indicted in federal district court and found guilty. This was upheld by the Ninth Circuit Court of Appeals.



**USMC**  
*Semper Fidelis*

The Supreme Court's reasoning on this decision starts with some basics about First Amendment law, the right to express any ideas about any subject freely. The first amendment as seen as an inherent right, not one that is granted by a government. Because of this the nation's legal system is very strict when it comes to any “exceptions” to the first amendment. Exceptions are any laws which limit or eliminate the right to freely express ideas, especially when the limitations are placed based on the content of the speech. There may be times and places where someone is not allowed to express their views, but limiting someone based on what they want to say requires “strict scrutiny” the Court's most thorough review of laws passed by Congress or the States.

In this case, the Government argued that the Stolen Valor Act was the same as other areas where the Court has allowed exceptions to the First Amendment for laws restricting content based speech including defamation, fraud, obscenity, speech integral to criminal conduct, among a few others. In these instances the falsity of the speech is not enough, the speech must be a knowing, reckless falsehood. Essentially, the Government argued that because the statements were false they were not protected under the First Amendment.

The Court disagreed concluding that not only could the Government not create this new category of speech that was unprotected but also that the Stolen Valor Act itself was too broad. The Court writes that the act would make criminal a lie made in a public meeting just as whispered conversations in a private home. The Act also criminalized this type of speech without regard for whether the lie was made for material gain. The Court writes, “Were the Court to hold that the interest in truthful disclosure alone is sufficient to sustain a ban of speech, absent any evidence that the speech was used to gain material advantage, it would give the government a broad censorial power unprecedented in this Court's cases or in our constitutional tradition.” *U.S. v. Alvarez*, 567 U.S. \_\_\_ (2012).

The Court also points out that the First Amendment has long protected speech that we “detest and that we embrace.” While the Court agrees that few would find Alvarez's statements anything but contemptible his right to make those statements is protected under the First Amendment.

Justice Kennedy did provide in his opinion to option for the Government to compile a database online where citizens could verify claims of receipt of military medals. That project has already begun, with the help of private individuals and the DOD. Databases already in existence can be found at MilitaryTimes.com, the Congressional Medal of Honor Society. The DOD database is expected to be up soon. ❖



# DISASTER PREPAREDNESS

I'm LT Kireta your new base Emergency Management Officer. Please use the link provided to update your AtHoc information. AtHoc is the system used to issue mass warnings and notifications to base personnel. In the event of an emergency, it will be one of the primary tools used to distribute information to base personnel and their families such as warnings for flash floods or where to get assistance after an earthquake. I strongly recommend adding your spouse as well so that in case of an emergency they will receive information from the base and know who they can contact for any assistance. To add your spouse to the system you can email me at [stephen.kireta@navy.mil](mailto:stephen.kireta@navy.mil), or Chief Peralta, at [manuel.peralta@navy.mil](mailto:manuel.peralta@navy.mil), their information and we will add them. Before you PCS from the base simply let me or Chief Peralta know and we will remove you from the El Centro system so that you won't continue getting our messages. To update your info follow these simple steps.

1. Click this link <https://waanswcdap01.nmci.navy.mil/SelfService/Entry.aspx?pid=2033957>
2. Select the "Devices" tab
3. Add or update, at a minimum, the information for your work phone, email, and mobile phone.
4. Click "Save" and you're done.



All DOD personnel are required to provide at least the minimum listed above. If you wish to add your spouse and even dependants as well simply email me their first and last name and contact information. Thanks for your time and feel free to email me any questions you may have. ❖

## Helping Hands

### A New Beginning

*By Chaplain Smith*

Question: "When is the end not the end?" Answer: "When it is a new beginning?"

NAF El Centro became involved with the More-4-More program at the Imperial Valley Food Bank in October 2011, continuing our involvement through July 2012 when, unfortunately, funding for the initiative came to an end.

During this time we were thrilled to provide 48 sailors and 12 civilians as volunteers for the project, serving for 178 hours, assisting in packing more than 15,000 bags of food for needy residents in the Imperial Valley. We regret that our participation in this project is now finished.

But the end is not the end! It is a new beginning as we make ourselves available to another COMREL opportunity that will certainly come our way in the future. We will be in contact with the Imperial Valley Food Bank as well as other community organizations to discover where we might be able to get involved. We'll be sure to let you know!

In the meantime, we can look forward to a number of COMRELS coming this holiday season, including Treats for Troops, Niland Thanksgiving, Toys for Tots, and Niland Christmas Party.

Our next COMREL activity will be 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 15 August.

### A Word of THANKS...

We would like to thank the 3 sailors who participated in the Niland COMREL in July, including ETC Thorson, AM1 Napier, and HN Mora. Together they served more than 200 local residents.

We would like to thank the 6 sailors who participate in our final More-4-More COMREL in July, including AM1 Napier, AZ1 Avila, AO1 Oliver, AO2 Olabode, HA Nieblas, and NH Mata. Together they assisted in packing 2800 bags of food for local residents. ❖



# Date Night

with ABFC(Ret.) Marc Willis

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



## Movie Title: The Dark Knight Rises

Players: Bale, Gary Oldman, Anne Hathaway, Morgan Freeman, Michael Caine  
 Genres: Action, Drama, Thriller

Rating: PG-13



Can you believe it has been four years since Christopher Nolan (writer, director) bestowed us with *The Dark Knight* (the greatest superhero movie of all-time)? For those of you that had been awaiting the final installment of the Batman trilogy, the wait was now over. BLUF (bottom line up front) *The Dark Knight Rises* isn't as good as *The Dark Knight*. That's not to say that it isn't a good movie however you'll have to read on to get my final opinion.

Our story's revival takes place eight years later with the reclusive billionaire, Bruce Wayne (Christian Bale) remaining out of the public's eye. Gotham, long rid of crime thanks to Batman's (Christian Bale) efforts, still craved for Batman as he also remained out of the public's eye. It would take a very ambitious set of criminals, even those posing as friends, to lure Bruce and Batman out of seclusion. Selina (Anne Hathaway) is sort of like a double agent only looking out for herself. Whereas Bane (Tom Hardy), the crazed, anarchist like villain every bit Batman's equal in skill, is merely a front man.

The plot in this film has a few twists and turns along the way it just takes awhile to get up to speed. Unlike the previous installments *The Dark Knight Rises* features Bruce Wayne more so than Batman. There is more drama than action which was sort of disappointing. Nevertheless, Bane and Batman engage in two superb battles with each taking one on the chin. Despite the deficiency in action the overall story was portrayed onscreen well. With that said, I rate this film four anchors out of five. ❖

Written in the memory of those lost in the Aurora, Colorado shootings.



## Movie Title: The Amazing Spider-Man

Players: Andrew Garfield, Emma Stone, Rhys Ifans, Denis Leary, Martin Sheen, Sally Field

Genres: Action, Fantasy, Thriller

Rating: PG-13



The Spider-Man saga continues or rather reboots with an all new cast. Andrew Garfield now wears the red and blue spandex while Emma Stone portrays Peter Parker's love interest, Gwen Stacy. Martin Sheen and Sally Field add credence to characters Uncle Ben and Aunt May; although not the main characters they each have screen presence.

In keeping with the trend of recent super hero themed movies The Amazing Spider-Man is edgy and alive. Set to appeal to the skateboarding mixed martial arts crowd Peter Parker himself travels via skateboard whenever web slinging isn't feasible. The spirit of the original storyline exists in this film however a few twist are added for flavor. After Peter is bitten by a genetically altered spider there's almost an instant discovery of his new abilities. As he gained more control of his extraordinary gift he exhibited more confidence to a point where he humiliated the school bully. Though keeping with the original story, it wasn't until the death of Uncle Ben that young Peter understood what he needed to do.

Missing, however, is Mr. Jameson constantly demeaning Spidey's every move; notwithstanding, Captain Stacy (Denis Leary) temporarily takes up the slack and labels him a vigilante in his quest to *cease and desist* the masked marvels activities. Spidey's true adversary is a large lizard morphed into by one Dr. Connors (Rhys Ifans) determined to transform Manhattan into lizard kingdom via an odorless gas.

My observation is that the new twisted storyline brings more spice to the Spider-Man tale. Adding more strength to the core players I believe energized a stale cast. With that being said, I rate this film three and a half anchors out of five. ❖

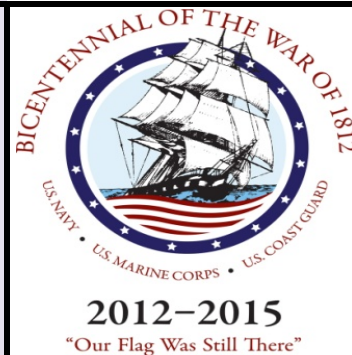


## WHAT WAS GOING ON...

In August during the 1970's - NAFEC Sandpaper

**August 11, 1972** – CNO Upgrades Billets for Navy Women: ADM Zumwalt and SECNAV authorized a taskforce to look at all laws, regulation and policies that must be changed in order to eliminate disadvantages to women resulting from legal or attitudinal restrictions.

**August 30, 1974** – President Ford is fourth Navy Man in White House: Gerald Ford was commissioned as an Ensign in the Naval Reserve on April 13, 1942, and had combat duty during World War II. He was separated with the rank of LCDR on June 28, 1963. ❖



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](http://www.fvap.gov).

# VOTE

FFR [www.fvap.gov](http://www.fvap.gov)

Honor the past  Support the Future

## VOTE!

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

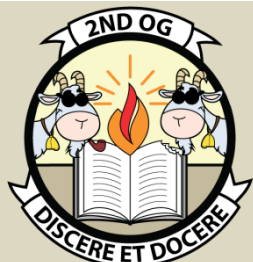
**STEP 1:** Register online at [www.fvap.gov](http://www.fvap.gov). Use the wizard to complete your Federal Post Card Application (FPCA/SF-76) (preferred method). Alternatively, complete an electronic or paper copy by hand.

**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](mailto:Brian.Mcalister@navy.mil). ❖

## LOCAL HISTORY BY TWO OLD GOATS

### WHO DID NUMBER 2 WORK FOR?



By now the Two Old Goats have probably made it clear that the military facilities at El Centro have long been the breeding grounds for successful programs and people. This month's story is no different. The 2OG went back in time to look at the second MCPON, John Whittet.

MCPON Whittet was stationed at the Aerospace Recovery Facility at El Centro from 1964 to 1967. During his tour here he was the Assistant Aircraft Maintenance Officer and the Leading Chief Petty Officer.

Whittet was MCPON during a period of great change in the Navy. As the senior enlisted advisor to CNO ADM Zumwalt, Whittet was charged with implementing many of the new uniform and grooming standards changes that were issued via "Z-grams."

A change from the previous MCPON, Whittet was given the added responsibility for advising the Chief of Naval Operations, as well as the CNP, "on matters affecting the morale, retention, career enhancement and general well being of the enlisted personnel of the Navy," according to his appointment letter.

MCPON Whittet served in the Navy for 33 years, seeing combat in World War II and Korea, and leading the Navy's Sailors during Vietnam.

MCPON Whittet drowned while diving in the Colorado River May 6, 1989. ❖





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

Program Manager: AC2(AW/SW)Amber Huskey

Email: [amber.huskey@navy.mil](mailto:amber.huskey@navy.mil)

Phone: (760)339-2601

## This One Time, at Summer Camp...

By Amber McKinnis



### The Adventure Begins!

For a week in July the youth attached to NAF El Centro were able to escape the heat and head to Camp Palomar Mountain Outdoor School for DEFY. Upon arrival to camp, the 23 youth and seven staff were separated into teams for lessons and sports. DEFY isn't just drug awareness, education and training. We also teach resistance skills, solving conflicts, peer pressure, build ups/put downs, fitness basics and healthy decision making. The three teams competed against each other in athletics as well. Every year a DEFY Cup challenge is presented and the completion heats up. I'm proud to say Team 2 lead by HN Nieblas and Francis Glass were the victors of the Cup. Their team ruled the school in volleyball, basketball, dodge ball and swim races.

Halfway through camp we had visitors arrive. The NAVY DEFY headquarters sent a film crew out to photograph, shoot promotional video and take interviews of our group. We should have the finished product by October. NAFEC youth rose to the challenge and handled the crew like rock stars. They complimented our group on their behavior, sportsmanship and respect they had for one another. The staff and I couldn't have been prouder! The camp finished up with the President's Challenge. This is a fitness challenge that includes pushups, curl ups, flexibility test and a mile run. Our top runner was Mauryn Wilde who ran a 6:52 mile at an altitude of 4500 feet! Way to go Mauryn! The last night was bonfire lit and full of dancing and pranks. Unfortunately all good things must come to an end. We returned to El Centro Friday afternoon after a 3 hour ride and were greeted by eager parents and 100+ temperatures. With the school year starting, we are gearing up for Phase II which will include pizza parties, Blue Angel practice and guest speakers.



Prepping for the film crew!

I would like to thank the awesome volunteers who endured the week with smiles: HM1 Keefer, AC2 Richardson, MA3 Nuusolia, AC3 Hill, MASN Thompson, HN Nieblas and Francis Glass who was a Junior Staff Member last year and returned to help out. Bravo Zulu NAF El Centro DEFY Team! ❖



### NAF El Centro's Desert Eagle Squadron

Base Program Coordinator: AC2 Nick Sanchez

E-Mail: [Nicholas.a.sanchez@navy.mil](mailto:Nicholas.a.sanchez@navy.mil)

Phone 760-339-2601



### "Vincennes University –at NAF El Centro"

Now has a page on

**facebook**

Become a fan today! You'll find our next term schedule, office hours, contact info, CLEP/DSST list, links to resources, and more! With VU there are No Book Fees, NO EXCUSES! Jump Start your Education TODAY with VU!!! SEE THE VINCENNES UNIVERSITY SITE DIRECTOR

FOR MORE INFORMATION:

Jodi M. Barnett/Megan Roberts

E-MAIL: [jbarnett@vinu.edu](mailto:jbarnett@vinu.edu)

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





# LA MIGRA MONTHLY

By Border Patrol Agent Trevor Ambrosini



On July 7<sup>th</sup>, 2012, five El Centro Border Patrol Agents participated as a team in the “Tough Mudder” run in Big Bear, California. This event took place at elevations of 6,800-7,000 ft. and is a grueling 10 mile course comprised of 25 obstacles designed by British Special Forces. These intense obstacles include a variety of challenges such as “Electro Shock Therapy,” where you slide on your belly through frigid water or, even worse over a layer of ice and beware of the shocks overhead. Should you try to crawl on your knees, you’ll be smacked with the live wires and your body will compulsively contort. As one agent explained it felt like he was hit in the head by a 2 by 4. This event is a strong supporter of the Wounded Warrior Project, a program that helps soldiers returning home from the battlefield with injuries, and raised over \$3 million dollars in support of this program to date. The El Centro Border Patrol Station would like to commend Border Patrol Agents Matthew Flaherty, Kris Gomez, Michael Mansfield, Ronald Nazareno, and Olga Paulino, for their participation and successful completion in this event. Although the event was undoubtedly demanding it was for a good cause and has proved to be a “true testament of teamwork.” ❖



## SANDPAPER POLL RESULTS

By: PS3 Marques L. Meráz

This month’s poll question is proof positive that we will use all sorts of methods to beat the desert heat. Staying hydrated and playing water sports were the most popular responses, each yielding 33% of all responses. The remaining third of responders choose to stay indoors or chose “other”, in which most of the responses were “all of the above”. ❖

1. Rank/Rate			
Civilian		32	48%
Seaman/Airman		6	9%
Petty Officer		15	22%
Khakis		14	21%
		Total	67
			100%

2. What methods do you use to beat the heat here in the Imperial Valley?	
Staying hydrated	
Staying indoors	
Water sports	
Other, please specify <a href="#">View Responses</a>	

Sports from page 10

**Captain's Cup Bowling – Update for 23 JUL 12:** I'm back from a week hiatus and bowling never even skipped a beat. Dave Mersino held it down like Takeru Kobayashi held down 69 hot dogs for the world record. Team Fuels is still in first place with Team 214 breathing down their necks. It's not good when you got 214 down your neck! Fuels better keep moving forward unless they enjoy hot air between their isthmuses. MEDSEC earned 4 points against the Lane Violators. I am losing confidence in the lane Violators; they keep working the way towards the bottom of the pile. If they are not careful Ghost will pass them up pretty soon. The Old Goats got milked by MWR 4-0. They will be known as the powder of the league. AOC beat the Tutu Ladies 4-0. Some you may be wondering how did AOC get 4 points? I'm glad you asked! If you saw Robert and Andy wearing some tight leotards, you would leave too. I am currently looking into a dress code for the bowling league. If you have any suggestions, please place them in the Co's suggestion box. Last night was a blow out night, 6 out of 7 teams got blown out! Was it the full moon? Was it the pizza special? Or was it just plain bad bowling?

DATE: 25 JUN12

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

**Captain's Cup Bowling – Update for 30 JUL 12:**

We are having crazy weather in the Imperial Valley and no one seems to be worried. Aren't you worried about Global Wetting? We haven't seen rain like this since Bill Clinton and his tobacc-her incident. We are definitely not used to seeing thunder, lightning and rain all in the same day. If you were at the Bowling Alley last night, you witnessed Captain Jones bring some lightning and thunder of his own. He broke the Captain's Cup League record with a 235. The record was once held by Erik Breitigam with a 229. Captain Jones averaged a 208 and still wasn't good enough to beat the Old Goats. You would think with those high scores no one should be able to beat you. Well, I'm going to break it down for you. Dave Cruz, Dante Dinelli, CMC and Erik Breitigam were ready for whatever team 214 brought to the table. Dave bowled 152 and 180, while Erik bowled a 206, 190 and 166. He wasn't worried about the lightning and thunder that was displayed on lanes 1 & 2, he brought a rain coat and a lightning rod. Old Goats win 3-1. Team BOSS took Team Fuels off their high horse and made them eat their vegetables. Fuels won't be walking through the desert with that nameless horse, they lose 1-3. AOC beat NMC and now is tied for third place. It's going to come down to the wire for this year's champion. Team Fuels cannot afford to lay down anymore and let opponents cover them up with fire blankets. If they want to defend their fuel farm, they better put some fuel in the tank!

Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts	Team	Pts	Vs	Team	Pts
OLD GOATS	3		214	1	GHOST	0		LANE VIOLATORS	4	MEDSEC	3		DIVAS	1
TUTU LADIES	1		MWR	3	BOSS	3		FUELS	1	AOC	3		NMC	1
LMH	2		STRIKE	2										

**DoD Medals Database Expands To Service Crosses**

*Andrew Tilghman (NAVY TIMES 01 AUG 12)*

One week after launching an official database of military valor medal recipients, the Pentagon has expanded it to include recipients of the Distinguished Service Cross, Navy Cross and Air Force Cross.

The website was launched July 25 but initially included only the 10 troops who have received the Medal of Honor since 2001.

The database was created after the Supreme Court in June struck down a 2006 law that made it a federal crime to lie about receiving combat valor medals. The court said the law violated the right to freedom of speech.

On Wednesday, the Pentagon added the names of 68 troops who since 2001 received a service cross. The list includes 25 soldiers, seven sailors, 31 Marines and five airmen.



Officials say hundreds of troops awarded the Silver Star since 2001 will eventually be included in the database.

The database is online at <http://valor.defense.gov/Home.aspx>. ❖



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 9<sup>TH</sup>, SEP 6<sup>TH</sup>)  
 PREGNANCY RESOURCES 1300-1400  
 PREPARING FOR AN OVERSEAS TOUR 1400-1500

(AUG 16<sup>TH</sup>, SEP 13<sup>TH</sup>)  
 RESUME WRITING 1300-1400  
 WINNING INTERVIEW TECHNIQUES 1400-1500

(AUG 23<sup>RD</sup>, SEP 20<sup>TH</sup>)  
 GOAL SETTING 1300-1400  
 ASSISTANCE WITH HOME PORT CHANGE 1400-1500

(AUG 30<sup>TH</sup>, SEP 27<sup>TH</sup>)  
 BUDGET CLASSES 1300-1400

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

CLASSES WILL BE HELD IN BLDG 401 (WELCOME CENTER)  
 NOTE: ALL CLINICIAN'S CLASSES WILL BE HELD ON TUESDAY'S  
 1330-1430

AUGUST

7<sup>TH</sup> – CONFLICT RESOLUTION IN THE WORKPLACE

14<sup>TH</sup> – EFFECTIVE PARTNER COMMUNICATION

21<sup>ST</sup> – PREVENTING COMMON SCHOOL PROBLEMS

28<sup>TH</sup> – ANGER MANAGEMENT

**Desert Doodles**



By Joanna Lopez



The Missoula "Secret Garden" performance.

# RECENT EVENTS

## IN THE PEARL OF THE DESERT



Looking for, and finding, lizards on the ranges.



PW poses proudly!



A functioning nano-reef right here on NAFEC. This tank is over at the GSE shop and belongs to Mr. Bill Brown.



The 2012 DEFY campers!

**JULY SANDPAPER POLL**  
<http://www.zoomerang.com/Survey/WEB22G6ZPTBEL4/>

**SANDPAPER CONTACT INFO:**  
E-MAIL:  
[W\\_ELCN\\_PAO\\_SANDPAPER\\_GS@NAVY.MIL](mailto: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. This series will document the tank's road in life from its planning to creation and growth, addressing the day to day challenges, future thoughts, concerns, and implementations taken.

## Part 2: The Design Concept

In designing any saltwater fish tank the key thing to remember is the goal is to simulate the ocean environment of its inhabitants, taking into consideration temperature, sunlight, moonlight, water movement, available nutrients, sand bed, primary inhabitants, food supply, and even location on the planet. Every species of marine life have a specific environment within the ocean that it lives in. They live there for specific reasons and require the same type of conditions to live in a home aquarium. A simple rule of thumb in choosing a design for a tank is to pick an area of the world you wish to re-create and base everything on recreating that environment.



Fish suppliers have access and do sell fish from several areas of the world which does give the ability to re-create a specific location from the globe. For this project I ended up settling on Northern Australia and Indonesia waters. I chose this area for a few reasons. There are a lot of really visual stunning fish that have evolved in that area to reflect a very large diverse population of corals. Secondly that area of the Pacific Ocean has a normal level of salt salinity allowing for a much more stable and supporting environment for almost any fish. The Gulf of Mexico and the Atlantic Ocean has a much higher salt content than the pacific due to water currents around the continents.

Now that I've chosen my ecosystem to re-create I needed to address the 3 basic requirements. Tank, Filter, Lightning. When I first started to develop the tank look in my head, I was going with something simple. Just get a tank and stock it. I didn't really put any regard into how it would look on the outside or any modifications I would need to make to accommodate filter or lightning constraints. Using just pen and paper I started to make a list of the things I would need. I kept coming back to an easier solution of just buying an aquarium kit. There are several kits for sale at most local department stores like Wal-Mart, Target, Petsmart, etc., that come with tank, filter, and lightning which are the primary requirements. So I decided to just buy one of the kits and save a bunch of time trying to find other things to fit. My two primary concerns now on what kit to get would be filter and lightning.

The Indonesian waters have a moderate flow of water around its islands. That doesn't mean necessarily that I need 30 mph currents in my tank, it more translates to cycling a moderate amount of water through the tank. In filtration this is measured primarily in gallons per hour (gph). The desired rate is determined by shape and size of the tank. The simplest tank to plan out is a square one. Rectangular tanks can form dead zones in the water where water circulation just dies off from length of travel and just not having a strong enough water column. So I know now that I want to go with a square tank in shape, and a moderate flow filter. The easiest formula I use to decide on filter size is the following:

**Tank Size(g) X 15 = Filter (gph) for Light Water Movement**  
**Tank Size(g) X 20 = Filter (gph) for Moderate Water Movement**  
**Tank Size(g) X 25 = Filter (gph) for Strong Water Movement**

With tank size and shape and now filter, lightning would be the last hurdle to figure out. This is probably the hardest, and most crucial aspect of a reef tank. You need to simulate sunlight and moonlight to a level that coral, fish, and plants require. Most corals and bacteria require strong sunlight to feed micro-organisms inside of them that they use as a food source. Without the light, these organisms won't survive and then the coral will starve. Marine plants, like plants on land require light for photosynthesis. Majority of aquarium kits are designed for freshwater systems and have very weak lightning. They use common small kitchen bulbs, or small LED lights that are not designed to simulate sunlight. There are several companies that sell bulbs to help eliminate this problem, but most likely for more advanced corals stronger lightning is required and thus improvisation is required. For this project I want to create an adaptable lightning system I can use for almost any coral and plant, so I know I will have to go into a do-it-yourself approach to a light.

So now the 3 things have come together and I can start the final thoughts on what tank to buy. I know I want a glass tank just for easier cleaning, durability, and temperature control. I know I need a moderate filter to give me the water flow I need, and I want a moderate to strong lightning set up to accommodate a larger range of inhabitants. ❖





# LOVING SAILORS! Part 4 of 7

By Jim Shinn



We have been going through a series of columns on "Loving Sailors." As we move through S A I L O R, we have landed at S-Service, A-Affirmations, I-Intimacy and now are dropping anchor at L-Listening. All of us want to talk and be heard, and boy we love to be listened to. Sometimes, listening is a weak link in the love boat. Some sailors, may be saying, "Well, I listen to my wife, husband or co-worker" but if you ask the other, you may get an different perspective. I encourage you to ask those who you are close to if they feel listened to. Their response may surprise you and may encourage you to set sail in a different direction. Here is a quick listening test: What are the 3 things your spouse, partner or best friend worries about? You have 30 seconds to answer. If you come up with nothing or confusion, you are not a good listener. If you come up with a list of 3, check your answers with your significant other. See how you do on the listening test! If you fail, remedial courses are available with your FFSC counselor.

There are several parts to real listening, and if you love or care about someone, you will listen to them. You should listen because whether they live or work with you, they know you in ways that are important. If you are doing a task, and doing it wrong, wouldn't you want some help in doing it better. I am not talking about when you live with a "control freak" or you have a "nitpicking" supervisor. I am talking about a person who spends lots of time with you, knows you, and cares about you and what you do. Sometimes we don't want to listen because we are prideful passengers in the boat of life and we don't want to hear any correction, even though we are headed straight into some type of reef of grief! The Good Book states clearly, "pride precedes the fall." Again intimacy, involves hearing the negative as well as the positive.

Real listening is active listening. If you want a positive response from a sailor you love or work with try, this following exercise. Make a commitment to actively listen to them a few times a day. Many of us hear what others say and shrug or make the minimal connection of "OK" or "Uh Huh." This activity requires you to put out extra effort. The first part of active listening is to tell yourself, "My response is not the goal but to make sure, he or she knows I hear them. To really hear, it is important to listen to the words, the tone of voice, what the body is doing and the overall message. It is important to be looking at them, and this may require you to put down the remote, cell phone, electronic gadget, newspaper, taco or whatever may compete for your attention.

The first part of descending down into the leagues of listening is to say back to them what you hear, not respond to them. If they say "Boy it is hot" which is what we all say many times daily, a listening response is not, "It sure is!" Active listening requires you to say back what you heard, "So you're hot" or "Feeling the heat are you?" or maybe "It seems hot to you." It is very simple to say back what you have heard, but that is not our habit. To let them know you are listening, not only you reflect back what you heard, but you encourage them to say more. For instance, after saying to them what you heard, you can follow up with a "what" or "how" question. "What makes you think it is hot?" or "What made you hot right now." "How is the heat getting to you?" Clarifying question make people feel important because you are asking them about their personal experience. Try to stay away from "why" questions because why questions to often are used to question a person's integrity or judgment. Trust me on this.

The final leg of listening is to pay attention to the emotions associated with the communication. This is often the bulk of the iceberg under the water that if attended to, can prevent a great break in the hull. Getting back to the "hot" statement, a thoroughly active listening response could be "Is the heat getting to you?" or "It seems like the heat is tiring you out" or "It is hot! What can I do to help cool you down?" In relationships, it is important to hear emotions of hurt, fear, anger, concern, grief or guilt. If we hear them, respond to them in a positive way, the other person will not only feel better, having been heard, but they may share more information with you. When people are able to share personal emotions or concerns with you, the result is they just might feel loved. And we want sailors to feel love here in the "Pearl of the Desert." ❖

## 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-- 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](mailto:jared.n.smith@navy.mil) or x2290 to complete the registration process.

Putting you "Ballers" on notice!  
1100-1230 Monday-Thursday  
daily basketball pick-up games  
held in the Sports Center. Bring  
your game, not just your shoes.

ACTIVE DUTY  
FREE BOWLING  
DURING LUNCH  
EVERY MONDAY  
UNTIL SEP 3<sup>RD</sup>

### NAFEC Feeds Families

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

August  
 beach  
 bikini  
 boat  
 camping  
 fan  
 fishing



hat  
 hot  
 ice cream  
 July  
 June  
 lotion  
 mosquito

shorts  
 sunburn  
 sunglasses  
 suntan  
 swimming  
 tent  
 vacation

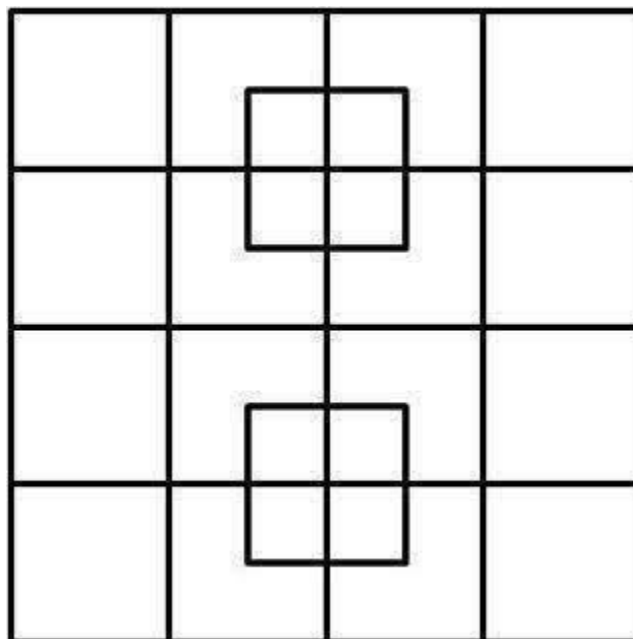


[www.bogglesworldesl.com](http://www.bogglesworldesl.com)

## SUDOKU

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

## GEOMETRIC PUZZLE: HOW MANY SQUARES ARE THERE?

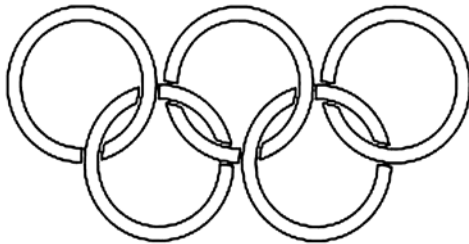


(See page 30 for the answer!)

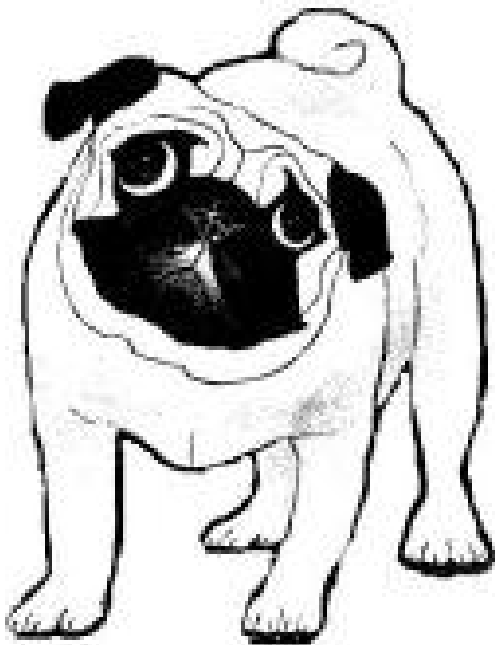
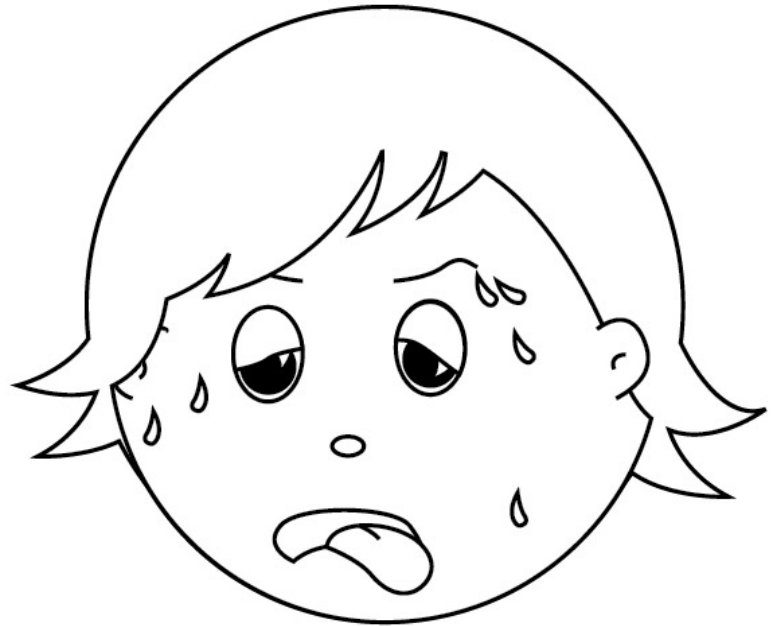
# KID ZONE



LONDON



2012



# Off Base and Into the Community!

By AM1(AW/NAC) Joe Napier

When I started writing the Off base and into the Community articles I had a rule that I wanted to follow. That rule was that I didn't want to write about something that you could read about today and not be able to go and do it tomorrow. Then I started to think that I have actually broken that rule already with the Official Center of the World, in Felicity, CA. Why not go ahead and break it again only because it gives me the chance to bring you a small pot of gold in the way of information.

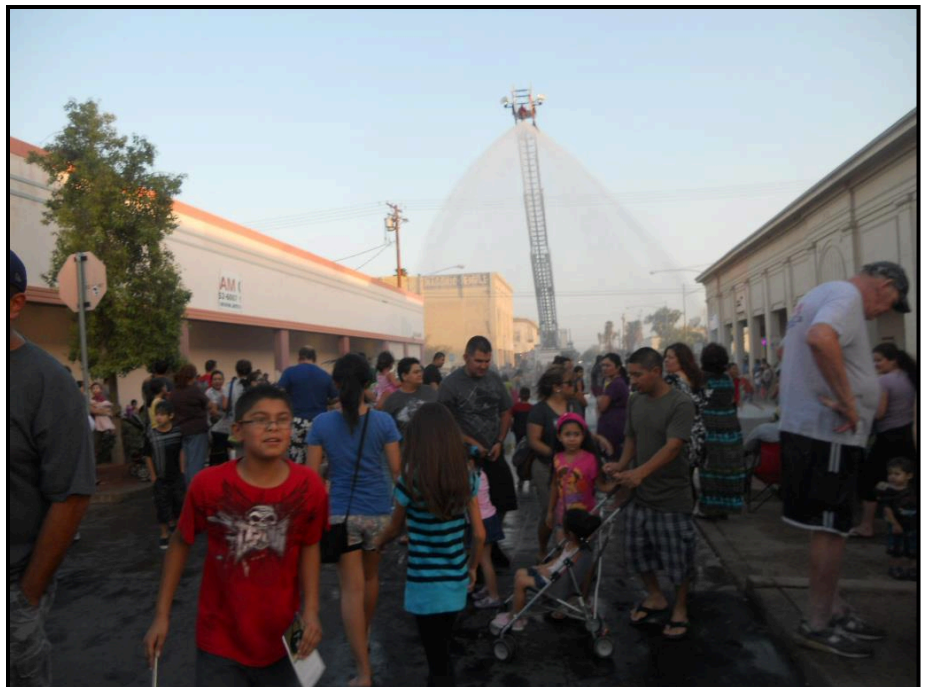
I had stumbled across this document called [Escape to Adventure](#) and it has been a wonderful resource. While it may not be *the* most up to date information, in that it is a little over a year old (May 2011). I would be willing to bet it is still pretty accurate! If you go to the chamber of commerce website for El Centro you can click on the tab for tourism <http://www.elcentrochamber.org/the-chamber>. Some of you may laugh a little at that and wonder... Who would come here as a tourist? That I can't answer, but I know there is the document and you can download the PDF and do a quick search through it for things to do in the area. Anyone that is here may as well be a tourist if you in military, because your only here for a short time. So while you're here, indulge a little and be entertained. There is something for everyone whether you're outdoorsy and want to go to the dunes, or your cultured and want to take in a something in the performing arts realm. The Imperial Valley is rich in history, so that may appeal to you as well. If you can't find something to entertain you while you're here, you haven't looked hard enough.

Escape to adventure has some really exciting items with maps and a numbering system so you are sure to find something that suites you and the family, or your significant other. It will also tell you about the festivals or the monthly items that come up throughout the year. The event that made me realize this is one of the things that everyone needs to know is that there was the Ice Cream Social in El Centro. There was a lot of ice cream and it is known as "Rain on Main" because the Fire Department was out flooding the street with a ladder truck and all the kids were getting one big shower. There were also slides and booths and lots of food. It was also late enough in the evening that it was not too hot, although this is the desert. While in itself there wasn't much to write about I wanted to couple it with something to allow you to think about what there really is to do here in the El Centro Area.

How many of us will watch channel 10 or 74 to find things out in town to do? If your one of the few like me you will know that it is not always the most up-to-date information and the dates are going to have passed and you think; That will be a lot of fun... next year. Well with Escape to Adventure you can plan those events well ahead of time. There are no dates because the schedule has to have a lot of flexibility, but I have this feeling that if you're in the mood for the Westmorland Honey festival in November you'll read up on it and get the buzz before you go! Hopefully this little resource will be the kick start you needed to *Get Off Base and into the Community!* ❖



# ADVENTURE!



Participants enjoy a little man-made rain in El Centro

**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](mailto:marcie@wildeforce.com).

**CAR/VAN POOLS**

If you commute from San Diego to NAF El Centro, please contact:  
**Tom Holman at 760-339-2533 or**  
[thomas.g.holman@navy.mil](mailto:thomas.g.holman@navy.mil)

If you commute from Yuma to NAF El Centro, please contact:  
**Eric Rube at 760-339-2265 or**  
[eric.rube@navy.mil](mailto:eric.rube@navy.mil)

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



**FOR SALE:** 2009 Suzuki Boulevard 800cc - \$7,100 OBO



Excellent condition, 9,394 miles; dealer extended warranty until Sept 2013. Phone Michel at 760-344-0235 or e-mail at [micheljcde@aol.com](mailto:micheljcde@aol.com).

**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**

**\*\*Custodial Worker, NA-3566-02\*\***



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](mailto: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. ❖



**JOB POSTING:** Open Posting through August 17, 2012  
**Job Title:** Sewage Plant Operator (Wastewater Treatment Plant Operator). **How to apply:** [www.caljobs.ca.gov](http://www.caljobs.ca.gov),  
Job Number CA13066022 no phone calls will be accepted.

**FOR SALE!!**

**PUT YOUR AD HERE!**

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

**We want YOU!!!!**



The Sandpaper Staff would like to hear your stories. If you would like to be a part of the base paper just send your articles to:

[W\\_ELCN\\_PAO\\_SANDPAPER\\_GS@NAVY.MIL](mailto: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.aluthiq.com>
- AOC: <http://aocwins.com/>
- HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>
- JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>
- MWR: <http://www.mwrtoday.com/>
- NMCI: <http://h10134.www1.hp.com/services/>
- SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>

# Am I Hydrated? Urine Color Chart

1  
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



**"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*

## COMING EVENTS

### August 6 - 10

*Citadel Rumble Exercise*  
 Basewide

### August 11

*Paddle Boarding - San Diego*  
 Liberty Center  
 0700 - 1630  
 \$35-\$45 Active Duty  
 \$42 - \$52 All Others

### August 15

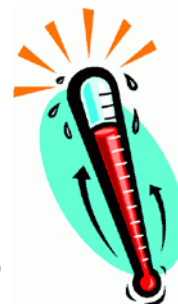
*Niland ComRel*  
 Meet at the Community Center  
 0730 - 1230

### August 18

*Give Parents a Break Night*  
 CYP  
 1830 - 2300

### August 18

*Splash and Dash*  
 Large Pool  
 0700



### August 18

*Disco Party*  
 Sun Downer Club  
 1900 -

### August 20

*Wallyball Tourney*  
 Fitness Center  
 Sign up by Aug. 15

### August 31

*Summerpalooza*  
 Small Pool  
 1730 - 2100  
 Call 2559 for more info



Geometric puzzle:

There are 40 squares in the puzzle...did you find them all?