

Issue 6

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February 2011

# NAF EL CENTRO SANDPAPER



## Supporting the Centennial of Naval Aviation (CoNA) *By ETC Kristopher Haugh*

Everyone in Imperial Valley knows that NAF El Centro hosts an annual air show. We have mastered the art of putting together a complex series of events to provide an entertaining and informative show for our biggest fans, the citizens of the local communities. Our expertise and experience is now sought by other air shows. When the Centennial of Naval Aviation (CoNA) planners decided to

put together an air parade at NAS North Island, they turned to the people who knew how to do this best. They turned to us. First, our readers probably want to know what is going on at the air parade.

According to the PAO at Naval Base Coronado, "Join us for a kick-off celebration featuring the 100th Anniversary Parade of Flight and North Island Open House on February 12, 2011. This exciting event begins at 9 a.m. aboard Naval Air Station North Island, Coronado, the official 'Birthplace of Naval Aviation.'" Gates open at 9 a.m. This is an event that will appeal to the whole family including live entertainment, ship tours, static displays of vintage and modern aircraft, performances by Metal Mulisha, and a classic car show. Of note is Centennial Village, a working hangar bay full of local historians who have documented 100 years of naval aviation from its deep roots in San Diego. There will also be sponsor and vendor booths, food and beverage venues, children's activities and more. Then, at 1300, you can witness the spectacle of the Parade of Flight, a massive military fly-over above San Diego Bay, the skies will be filled with more than 200 historic and modern-day aircraft, from World War I to modern Navy, Marine Corps and Coast Guard airplanes and helicopters. This is a once-in-a-lifetime aerial review.

What is NAFEC doing to support their event? We are providing logistics, talent, and advice. For example, our Security Department, according to MAC Covarubias, has been tasked with providing Naval Base Coronado with manpower support for duties such as traffic control, parking detail, access control, and security. Additionally, we are providing them with logistical equipment support such as hand held radios, traffic cones, traffic control signs, and experience.

LT Kirtsey is working with the CoNA review performance liaison officer and housing officer. She is offering guidance and feedback regarding performer requirements and billeting assignments for large events. During CoNA she will act as advisor for housing

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

# Monthly Det Loading

MONTH	TOTAL DETS	FOREIGN DETS	PERSONNEL	AIRCRAFT
FEBRUARY	10	3	892	76
MARCH	6	3	734	54

## COMMANDING OFFICER



"Hello and welcome back from a well deserved holiday break. The New Year looks like it's going to be a great one for NAF El Centro. I'm really looking forward to seeing the exciting things in store for all of us.

The coming year will be full of changes for the base. First of all, Runway 8/26 will be shut down from the end of March until August while we do much needed repairs. You will also see a new commanding officer this year. The change of command will occur in August. This year will also see the addition of a British Army Major to the staff. He will be here to help coordinate the activities of the ever increasing British presence on our installation.

2011 is also a year of remembrance. We are celebrating 100 years of Naval Aviation. You will see this theme over and over as we go through the year, and our own air show in March will have that as its central theme. This year also marks the 25th year since

the Challenger exploded over the skies of Florida in 1986. This year will mark the 150th anniversary of the beginning of the American Civil War in 1861, perhaps the most important event in our history since achieving independence. Finally, this year will see the 70th anniversary of the attack on Pearl Harbor, which occurred in 1941, and which caused the United States to enter World War II.

As we go through this year, take time to revel in all of the wonderful things that it brings with it. Take the opportunity to improve yourself through education, or to experience something new while on vacation. Try new foods, make new friends. Help us to make NAF El Centro the best it can be. I also want you, as you proceed through the year, to take the time to remember those momentous events that have made us who we are as a nation, and who we are as members of the NAF El Centro Team."

**CO**

 CONTINUED FROM COVER PAGE

performer matters. Additionally, she will assist the performer liaison officer and housing officer with welcome and check-in presentations.

AC1 Thompson was handpicked to be the Ground Boss at Brown field. He is in charge of making sure 28-32 aircraft are started, ready to taxi and make it to the runway at the appropriate time intervals so they can be launched on time to keep the show on schedule. Assisting him is AC2 Sanchez who will be his mini-boss. Sanchez will be responsible for coordinating communications between with the air traffic controllers at Brown Field and AC1 who will be in the thick of the action.

ETC Haugh, AM2 Westenbarger, and Marc Willis have been active filling in the various little cracks that appear in planning. They have advised the CoNA committee on manpower requirements and usage, parking aircraft, performer and static care, Performer packages, and coordination of the lending of Ground Support Equipment. ITCS McAlister was the designer of the NASNI Parade of Flight coin to be given to select members of the team, performers and other VIPs.

Mrs. Michelle Dee, our PAO, was named the "San Diego CoNA Kick-Off Director" and has been the driving force behind the successful building of this monumental event. Her experience with air shows, and as the CNRSW Air Show Director, made her a natural resource for CoNA to use. Involved since the beginning, she coordinated and advised CoNA on contracts, civilian statics, military performers, civilian performers, logistics, marketing, layout, administration, fuel, oil, housing...everything.

Captain Thomas Nosenzo, San Diego CoNA Kick-Off Committee Chairman and CNAP N3, opined that "The official Centennial of Naval Aviation Kick-Off at NAS North Island is going to be a spectacular event and you won't want to miss it. I learned quickly that the 'pros from Dover' are really from El Centro. They have been with us from the beginning, and the vast majority of the time they have led the effort. We could not have gotten here without the help of Michelle Dee and her team of professionals from Naval Air Facility El Centro. "

For the latest information on this event, visit [www.mwrtoday.com/cona](http://www.mwrtoday.com/cona)



# COMMAND MASTER CHIEF



Team NAF El Centro,

We are about to celebrate the “unofficial holiday” we know as the Super Bowl. This year the Pittsburg Steelers and the Green Bay Packers will go head-to-head. I’m expecting a good game, and I know you are too. No matter how you plan to celebrate the finale of this year’s football season, I encourage you include a designated driver as part of your plan and --Do Not Drink and Drive.

Call me selfish, but I want to see All Hands return to work after Super Bowl Sunday. Did you know that in the last five Super Bowl Sunday’s, three Sailors lost their lives after the game was over? All three deaths were alcohol-involved. Partying does not have to include alcohol. It is possible to cheer your favorite team on without it.

With the football season soon to be behind us, you’ll want to refocus and make sure you’re prepared for the upcoming rating exams for all Petty Officer paygrades in the first three weeks of March.

If you’re like me, you’ve been watching the daily Blue Angel flight practices. As the Blue Angels prepare to make their public debut, All Hands need to be prepared and ready to host NAF El Centro’s air show of on 11-12 March.

I heard a rumor the other day, so let me set the record straight - the Base is not closing after the Blue Angels depart. We will only temporarily close the long runway to resurface it.

We will still need to stay focused for everyday you are here. Continue to train, just like we fight! Eternal vigilance is the price of freedom!

Thank you for all you do!

CMC



## ARE YOU READY?

The month of March is always a significant month at NAF El Centro. The first two weeks are extremely tiring on us all due to the air show and the preparations leading up to it, but, it’s rumored that this may not even be the most significant event that month. Most would agree, the opportunity to advance to

the next pay grade outweighs any air show (even a CONA air show). It’s time to mark your calendars and save the date.

We are now one month out from advancement exams for E-4 through E-6. The exam dates are as follows:

- E-6: 03-March-2011
- E-5: 10-March-2011
- E-4: 17-March-2010

**The best way to prepare for your exam is to Start Early! Get your BIB, develop a study plan, form a study group, and start studying.**

If you haven’t done so already, you can view your bibliography through NKO by clicking on the Navy Advancement Center icon under the Career Management tab. Good luck to all test takers on advancing your careers and paychecks.

## DEFY Youth Get the Facts on Gangs, Bullying, and Conflict

On January 22<sup>nd</sup>, DEFY met up again for another Phase II activity. The youth went over lessons and activities of gang prevention, conflict resolution, and bullying. The group then welcomed a guest speaker, Mr. Anthony Deavers, from Los Padrinos Juvenile Detention Center in Los Angeles to assist in further discussion of these topics. Mr. Deavers brought actual plates of food showing the kids what a typical meal in Los Padrinos is like along with other props which included jumpsuits, lace-less shoes, disposable toothbrushes, unflavored toothpaste and deodorant packets. He explained to the youth ways of dealing with each topic and how gangs, poor conflict resolution, and bullying could land a juvenile in Los Padrinos Juvenile Detention Center. Mr. Deavers then opened the floor for questions and concluded with a demonstration on how uncooperative youth are restrained and handcuffed at his facility. There were sixteen youth and six staff members in attendance. ❖



### Contact Information:

Program Manager: Anthony Westenbarger  
 E-Mail: [anthony.westenbarger@navy.mil](mailto:anthony.westenbarger@navy.mil)  
 Phone: (760) 339-2655/2656  
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Asst Program Manager: Dave Harris  
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 Phone: (760) 339-2603

Camp Director: Danny Richardson  
 E-Mail: [danny.richardson@navy.mil](mailto:danny.richardson@navy.mil)  
 Phone: (760) 339-2601

### DEFY Age Groups:

Youth 9-12, Junior Mentors 13-17

*Story by AM2 (AW) Anthony Westenbarger*

### Who's Eligible?

Any child who's parent is Active Duty, Reserve, Retired, Contractor, or Civilian Employee of NAFEC.



## Civilian in the Spotlight!



### Ms. Patricia Braxton (USN, Ret), Fleet and Family Site Manager

*Article by Pat Caro*

Home town: East Saint Louis, Illinois.

**What made you choose the Navy over the other services?** I was on a one year waiting list for the Air Force. When I went to deliver my info, I found out that the Navy only had a 6 month waiting period. I was ready to start my life in the military, so I switched over and transferred my paperwork from the Air Force to the Navy. I didn't want to wait any longer.

**What career were you interested in prior to the military?** I wanted to be a beautician, but found that by joining the Navy, I would get life and work experience, so I joined right out of High School. I served from October 7, 1985 until my retirement on February 28, 2009. My last duty station was Naval Air Facility El Centro, where I was the Base CCC, then merged over into the civilian work force as the DoD Fleet and Family Site Manager. While I was active duty, I always kept my eye to the future, knowing I needed a plan for life after the Navy. I always thought in the back of my mind, of owning my own business, but was approached by the Fleet and Family Services Center to stay here to continue helping the Sailors as a civilian. The Fleet and Family Program is about information and referral. We provide information to help the Sailors and/or referral to sources for further assistance.

**What are your biggest challenges/hurdles in this position?** My biggest hurdle is visibility, many Sailors aren't even aware there is a Fleet and Family Office here. I am located at the building 214 complex; the command building aka CO's building, behind the Admin complex. My biggest challenge is handling IA calls. I make 300-400 calls a month to deployed sailors family members.

**What do you love most about your job?** Customer service; love the fact that I place a large impact on Sailors' lives in helping their families. That's my biggest joy!

**What is your biggest headache?** Regional tasking; I am a shop of ONE. Welcome to the world of DoD! It would be great if we had a part-time outreach program to aide our sailors. This would benefit the Sailors and also allow me to focus on the Department Head and Regional data calls.

**What area in your department would you like to improve?** I would like to see growth in the classes which we provide. Right now, we have a very low attendance/ participation. These classes are Navy driven courses to help our Sailors and Departmental requirements.

**What do you enjoy about being a civilian?** I enjoy the independence and love working JUST an 8 hour day, then going home to be with my family.

**What do enjoy about working on base?** THE PEOPLE! I can't say enough good stuff about the people I work with; it's the reason I commute everyday from San Diego!

**What would you change about the base?** Nothing! Well, maybe the grass. There is nothing green here. I guess that's why they call it the desert.

**What do you miss about being in the Navy?** I miss having the opportunity to travel to different states/cities in the US and going abroad.

**If you could travel one more time, where would you go?** Back to the Philippines!





# Date Night

with ABFC(Ret.) Marc Willis

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

## The Dilemma:

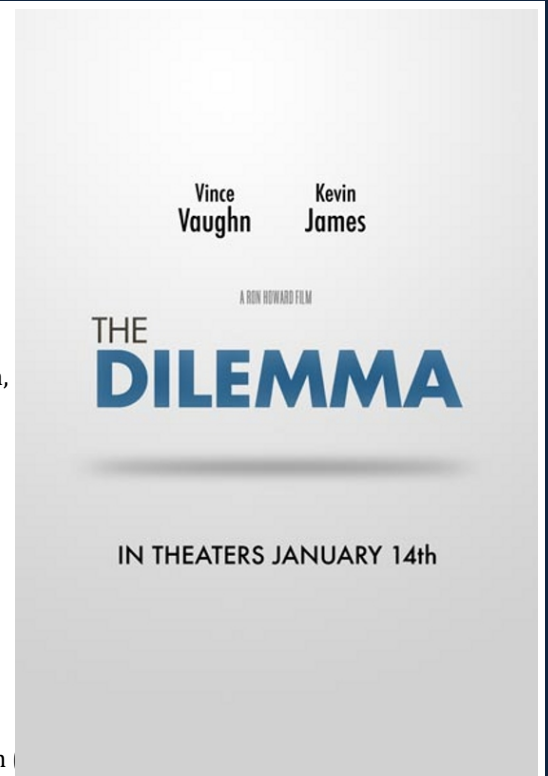
Players: Vince Vaughn, Kevin James, Jennifer Connelly, Winona Ryder, Channing Tatum, Queen Latifah

Genres: Comedy

I want to start this review out with a disclaimer; I am a Vince Vaughn fan. Okay now that the legalities are out of the way I will dissect this film for you. Aside from being a Vaughn fan the cast assembled was top notch along with the director, Ron Howard; so this flick has to be good, right?

The storyline is obvious in that Ronny (Vaughn) is faced with the dilemma of revealing a secret to his best friend Nick (James); a secret that may destroy Nick's marriage and or their friendship. This friendship evolved in college and blossomed into BFF status and a business partnership as an auto design firm. Fast forwarding, Nick is married to Geneva (Ryder) while Ronny remains a devote bachelor although current partner, Beth

As stated earlier, the assembled cast is top notch and the storyline is obvious. This I believe contributed to the simplicity displayed throughout. Aside from the dilemma Ronny faces, the storyline of he and Nick trying to secure a contract with Chrysler Corporation goes undeveloped and nearly forgotten. The dialogue exchange was simple and boring. There were few displays of real comedy. With the exception of Ronny and Zip's (Channing) confrontation and Beth's parent's anniversary party the laughs were few and far between. It didn't help that those scenes were back to back. What did help was filming in Chicago (my hometown) and outfitting the cast in various Chicago sports team apparel throughout. Vaughn does his best to carry this picture out of necessity, mainly because he's in 95% of the scenes. In retrospect the title should be Vince Vaughn has a Dilemma, in reality he does because this film isn't that good. With that being said, I rate this film two anchors out of five. ❖



## The Green Hornet:

Players: Seth Rogen, Jay Chou, Cameron Diaz, Christoph Waltz, Tom Wilkinson

Genres: Comedy

First mistake, assuming this was an action movie. Maybe I was at fault for assuming this movie was going to somehow be on the level of the recent Iron Man films. I guess I am at fault for getting engrossed in the title. The Green Hornet brought back memories of my childhood where prolonging homework was the norm at least until Kato had kicked some serious derriere. Insert disclaimer: As not to date myself; by the time I discovered The Green Hornet television series reruns had begun to air. To say I was anticipating this picture is an understatement.

Second mistake, not questioning Seth Rogen as Britt Reid; SERIOUSLY, Seth Rogen the star of such action films as Superbad and Knocked Up. I totally whiffed on that one, my bad. I was now regulated to view a comedy. The storyline was a pretty simple one as the spoiled, arrogant, egomaniac, wealthy brat Britt has an epiphany on how to reduce city wide crime with the help of Kato (Jay Chou) the coffee making mechanic after one eventful night. The two take on the underworld led by Russian Crime Boss, Chudnofsky (Christoph Waltz), eliminating one by one the criminal cliques under his control. They enlist the help of Lenore Case (Cameron Diaz) to research and prognosticate crime targets.

Third mistake, assuming it would get better with time. The relationship between Kato and Lenore remained undeveloped as well as Britt's ascension to maturity. To his credit Jay Chou still shined in an otherwise dull movie. His portrayal of Kato seemed to combine the abilities of Q (James Bond) and Michael Westin (Burn Notice) into one unique package that played out well onscreen. Bruce Lee would be proud.

Fourth mistake, making a Green Hornet sequel. No one wants to be stung twice. With that being said I rate this film with one and a half anchors out of five. ❖



## CLASSIFIEDS

### FOR SALE

**FOR SALE:** A pair of 1999 Honda Civic Dual Angel Eyes Projector Headlights. They are Brand New, in the original box and have never been installed. I would like \$100, but I will also take offers. I live in housing so if anyone would like to see them they are more than welcome to come over.  
AD1 Garcia 360-929-5039

**FOR SALE:** Two PC Video Cards \$10 each and One Game Claw PC Video Game Controller \$10. Contact Kris Haugh at (760) 791-0197

***PUT YOUR AD HERE!***

### WANTED

**VOLUNTEER THRIFT SHOP CLERK** – The base is looking for a volunteer to work the base thrift shop on Tuesdays and Thursdays from 0900 - 1300. If you are interested annlv with the CMC. x2437

**Wanted:** Seeley School is collecting Box Tops for Education from General Mills products to redeem for equipment for their school. If you would like to donate them, please drop them off in CMDCM Gallinat's office.

**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).

## JOB POSTINGS

### QUALITY ASSURANCE SPECIALIST

GS-1910 -11

\$63,945 - \$83,126 per Annum

Announcement Number: SW1-1910-11-P2932741-IN

Open Date: 01/26/2011

Closing Date: 02/23/2011

1st Cut-Off Date: 02/09/2011

Job Location(s) CA, El Centro

About the Job:

This position performs primarily as a Quality Assurance Specialist and supports the Navy Munitions Command CONUS West Division, Detachment El Centro. Incumbent of this position is responsible for providing quality assurance support for receipt, issue, and on/off-station shipment of all ordnance items; and support of the stowage, handling, and processing of ordnance and ordnance-related materials at the site. Inherent in this mission is the requirement to provide quality assurance (QA) services ensuring that assigned programs adhere to established ordnance QA policy. The incumbent is also tasked to accomplish local assessments and inspections of the quality assurance program. The incumbent functions as the Officer-in-Charge in his/her absence.

Initiates, develops, revises, and submits for review and implementation, Standard Operating Procedures (SOPs) and Standard Inspection Procedures (SIPs) for the Detachment in accordance with quality assurance directives and other applicable local directives.

Visit the following link for more info: <https://chart.donhr.navy.mil/jobsearch/jobdetailE.asp?vid=108398>

### JOB Links for Employment

Department of the Navy, Civilian Human Resources: <https://chart.donhr.navy.mil>  
 Federal Jobs: <http://www.usajobs.gov>  
 DoD Jobs: <http://www.militaryconnection.com/dod.asp>  
 Employment Development Department's California Jobs: <http://www.caljobs.ca.gov/>  
 Imperial County Jobs: <http://imperialcountyjobs.org/>  
 Energy Conservation: <http://www.tetrattech.com>  
 HOUSING/ Contract ALUTIIQ: <http://www.alutiiq.com>  
 AOC: <http://aocwins.com/>  
 HAZMAT/ SERCO: <http://www.serco-na.com/Default.aspx?Page=HomePage>  
 JET MART/NEX: <https://www.nexnet.nexweb.org/pls/nexjobs/work4us>  
 MWR: <http://www.mwrtoday.com/>  
 NMCI: <http://h10134.www1.hp.com/services/>  
 SECURITY/CONTRACT/LOCKHEED MARTIN : <http://www.lockheedmartinjobs.com>





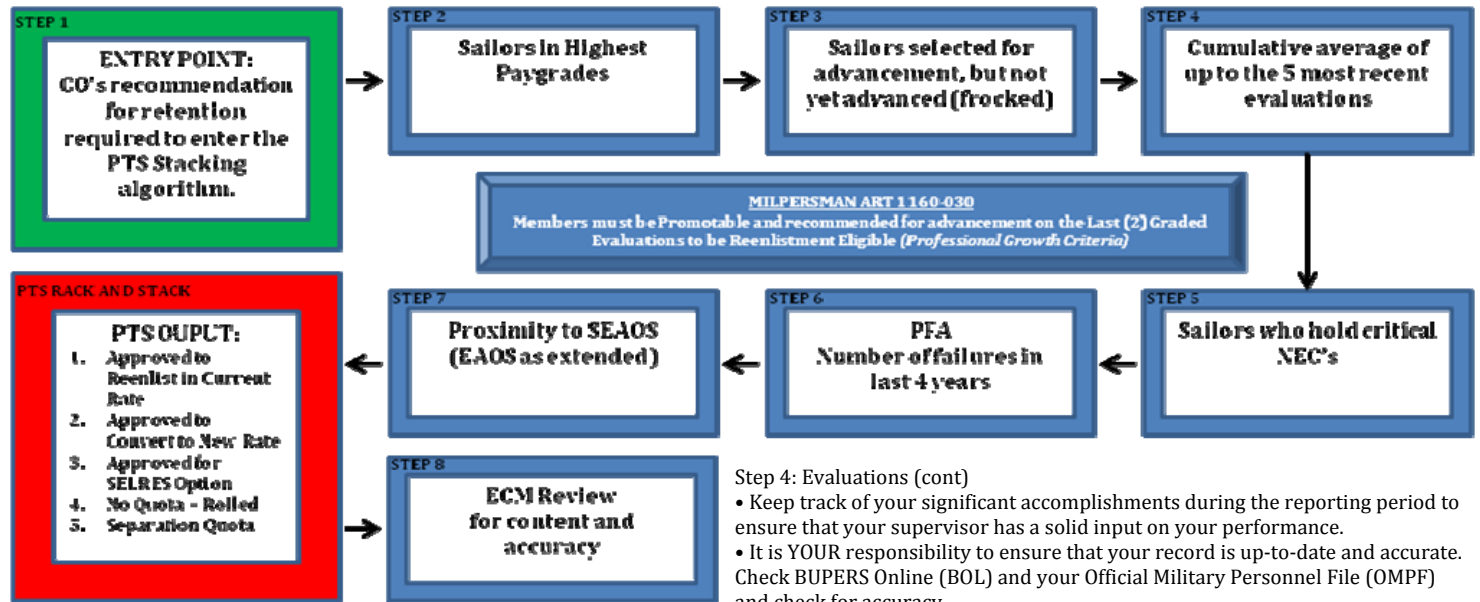
# The Nuts and Bolts of PTS!

Article by: NC1 Jones

If you answer yes to the 3 questions below, then you should submit a PTS application. **See you're Command Career Counselor if you have any questions!**

1. Are you 15 Months or less prior to SEAOS (EAOS as extended) or are you required to OBLISEERV for orders, SRB, or other special circumstances?
2. Are you recommended for retention by the CO on last evaluation?
3. Are you E3 – E6 with less than 14 years of service?

It is critical that every Sailor clearly understands the Perform To Serve (PTS) Algorithm. Below is a flowchart that shows a step-by-step process for an INRATE PTS Quota. Each month your PTS application will be measured against your peers within the same Year Group. Year Group (YG) is defined as the Fiscal Year (FY) that you entered Recruit Training (i.e., Bootcamp). For example, if you went to Recruit Training Command (RTC) on 1 October 2007, you are in Year Group 2008 (YG-08). Each Sailor who applies on time is guaranteed to receive a total of six (6) looks (1 per month).



## Step 1: CO's Recommendation for Retention

- Your most recent Eval must indicate that you are recommended for retention.
- This is the most important factor and the reason that it is the first step of the PTS algorithm. How you perform on a daily basis determines the Commanding Officer's decision on your retention recommendation. Your chain of command provides input on your recommendation for retention.

## Step 2: Paygrade

- Highest paygrade stacks to the top.
- The key to Perform To Serve (PTS) since 2003 has been advancement at the earliest opportunity possible.
- YOU are in complete control of preparing for advancement (i.e., STUDY).
- Preparing for Advancement.
- START EARLY--don't wait until the last minute!
- Make sure all eligibility requirements are met!
- Ensure that you know about the tools to help you succeed (Bibliography, schools, profile sheets, etc.)!
- Use the Advancement Exam Strategy Guide (AESG) to help focus on study plan!
- Verify all your information is current and accurate on worksheet and answer sheet!

## Step 3: Frocked

- The system will look at you as if you are in a higher paygrade. Therefore, you will "Stack" above your peers who failed to select for advancement.

## Step 4: Evaluations

- Average of up to last five EVALs (EP=5, MP=4, P=3, etc, not trait average); NOB accounted for but not factored in algorithm. For example: Petty Officer Jones has 5 evaluations: EP, EP, MP, P, EP = 22 divided by 5 = 4.4 average.

## Step 4: Evaluations (cont)

- Keep track of your significant accomplishments during the reporting period to ensure that your supervisor has a solid input on your performance.
- It is YOUR responsibility to ensure that your record is up-to-date and accurate. Check BUPERS Online (BOL) and your Official Military Personnel File (OMPF) and check for accuracy.

## Step 5: Critical NEC's

- Those with a critical Navy Enlisted Classification code (NEC) will be stacked above non-critical/No NEC Sailors.
- NECs can be earned by attendance at Navy Schools (i.e., "C" Schools).
- To see if you have a Critical NEC, review the Critical NEC listing located on the Fleet RIDE-PTS webpage at:  
<http://www.npc.navy.mil/CareerInfo/PerformtoServe/>

## Step 6: Number of PFA failures in last four years

- Algorithm only counts number of failures.
- Culture of Fitness – Ensure that you remain within Navy PFA standards at ALL TIMES!

## Step 7: Time remaining to SEAOS/decision point

- This is only used in the event of a tie breaker between otherwise equally matched Sailors.
- Example: For two like Sailors who equally stack through Step 6 and "Sailor A" has a Soft EAOS (EAOS plus extension) within the next 11 months. "Sailor B" has a Soft EAOS (EAOS plus extension) within the next 8 months. Sailor B gets the PTS quota due to proximity to SEAOS.

## Step 8: Enlisted Community Manager Final Review

- Enlisted Community Managers (ECMs) reviews for content and accuracy after the "Rack and Stack" process to ensure that the "Right Sailor" secures a quota.
- Areas of consideration are: Recent NJPs, Loss of Security Clearance, Non-obtainment of Warfare Qualifications, PFA Failures.
- Sailors who have sufficient time left on their current contract to obligate for PCS orders may not receive a PTS quota because PTS is not yet required for these individuals, unless they are in an SRB eligible rating.

**OWN YOUR CAREER AND STAY NAVY!**



**February - Upcoming City Events**

**El Centro:** <http://www.cityofelcentro.org>

February 4, 2011 - ECRMC Foundation Mardi Gras Gala & Coronation

February 19, 2011 - Mardi Gras Light Parade & Street Festival

February 26, 2011 - Le Tour de Manure Bike Ride

**Imperial:** <http://www.imperial.ca.gov/events>

No Upcoming Events

**Brawley:** <http://www.cityofbrawley.com/?q=events>

**Polynesian Dance Class**

Instructor: Bertha Alicia White

Open to ages 6 – adult Classes are held Tuesdays & Thursdays in the Lions Center

7:00 - 8:30 p.m. Fee: \$ 25.00 per month

**Guitar Lessons**

Instructor: Bertha Alicia White

Open to ages 6 – adult Classes are held Wednesdays in the Lions Center

3:30 - 5:00 p.m. Fee: \$ 30.00 per month

**Holtville:** <http://www.holtvillechamber.org/events.html>

February 4th through the 13<sup>th</sup> - 64th Annual Carrot Festival

February 13<sup>th</sup> - 5<sup>th</sup> Annual Dia de la Familia “Day of the Family”, in Holt Park 11am until the food is gone!

TBA – Rotary’s “No Bones About It” BBQ in the Holt Park.

**Calexico:** <http://www.calexico.ca.gov>

No Upcoming Events

**Part-Time Program**

**CYP invites you to sign-up!!!**



We are offering a developmentally-appropriate **Part-Time Program** for ages two to five years old. Our highly trained staff provides hands-on activities such as *art, dramatic play, science, fine arts and large motor activities*. Through play and exploration, we help them to develop language and social emotional skills. Children will meet from 0830-1130 **Monday, Wednesday and Friday**. Fees will be based on your combined household income. A hot lunch will be provided at no extra cost. We have space for 17 preschoolers and 11 toddlers. We will help you potty train your child if needed. **Classes will start on February 1<sup>st</sup> 2011**. Our hours of operation are form 0545-1730 Monday-Friday. Please give us a call if you have any questions. Phone: (760) 330-2560 ask for Ambern or Joanna they will be more than happy to help you. Sign-up-now!



**Coming Events:**

**FEBRUARY 05**

**Mystery Dinner Theater**  
Mirage Club  
Cocktails 1800 Dinner 1900

**FEBRUARY 06**

**Super Bowl Party**  
Mirage Club  
Starts 1400

**FEBRUARY 25-26**

**Navy League Desert Outing**  
Starts 1800 Friday 25 Feb  
Starts 0600 Saturday 26 Feb



**MARCH 03**

**E6 Exam**  
BLDG 4015  
Starts 0700

**MARCH 05**

**Blue Angels 10K Run/Walk**  
Race starts a Sunbeam Lake  
Starts 0730



**MARCH 10**

**E5 Exam**  
BLDG 4015  
Starts 0700

**MARCH 11**

**Food Fest**  
NAF El Centro Hangar 6  
Starts 1800

**MARCH 12**

**2011 Airshow**  
NAF El Centro  
Starts 0800



**MARCH 17**

**E4 Exam**  
BLDG 4015  
Starts 0700



SPONSORS

MARCH 12, 2011





# ENVIRONMENTAL CORNER

By: Robert Powell

The burrowing owl (*Athene cunicularia*) is a sensitive bird species whose numbers are declining nation-wide. These diminutive owls commonly live in burrows in the ground, but may utilize culverts, pipes, or other cavities near the ground in areas with short grass or little vegetation. They can stand up to one foot tall.

Burrowing owls once were widespread over western North America. In recent years, populations have declined to the point that they are now federally classified as a *species of management concern* and classified in California as a *species of special concern*. Currently, burrowing owls are found in several parts of California and the southwest as well as much of the Great Plains into western Canada. The southern portion of their range extends into Mexico and there is a distinct population in Florida and several Caribbean islands. Other subspecies also occur in central and south America.

The Imperial Valley, which includes NAF El Centro, is home to about 70% of the entire burrowing owl population in California and is considered one of the most significant burrowing owl populations in North America. Burrowing owls are common on the Navy base with known nest sites in ditch banks, construction and waste areas, along fence lines, and in culverts.

Burrowing owls in the Imperial Valley, including NAF El Centro, have several unique traits. While most burrowing

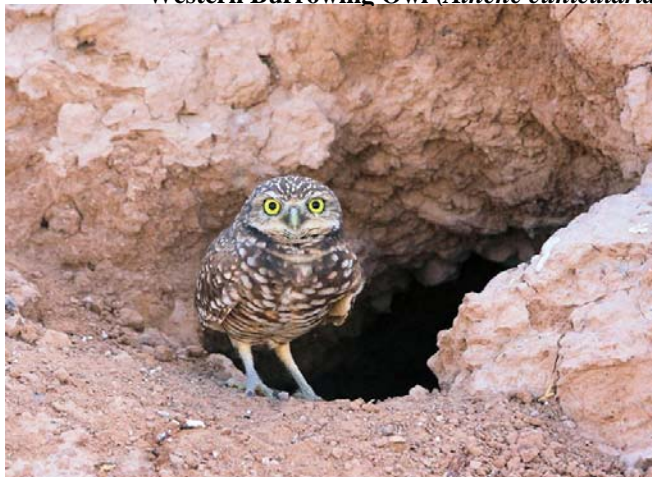


**Burrowing Owls Fledglings in the Imperial Valley**

owls found elsewhere migrate, Imperial Valley owls tend to stay and reside in the area year-round. They have adapted well to the agricultural landscape of the valley and exist here in higher numbers than other areas. In fact, some researchers believe that owls migrate into the Imperial Valley and stay for their entire lives since conditions are so favorable.

Burrowing owls are opportunistic feeders and will feed on a wide variety of prey. Common prey items include small mammals, other birds, reptiles, amphibians, crickets, spiders, scorpions and crayfish. In areas outside of the Imperial Valley, rodents are a significant portion of the owl diet; but in contrast, Imperial Valley burrowing owls feed primarily on the abundant agricultural insects. Because of this lower quality prey, Imperial Valley burrowing owls tend to produce smaller numbers of eggs and young than burrowing owls elsewhere. This low productivity, combined with the fact that a very significant portion of the entire population of

**Western Burrowing Owl (*Athene cunicularia*)**



North American burrowing owls resides in the Imperial Valley in artificially high concentrations, makes the Imperial Valley segment of the owl population a very sensitive resource.

Because owls and their nests are federally protected under the provisions of the Federal Migratory Bird Treaty Act, minimizing project impacts to the owls is a common concern at NAF El Centro. All active burrow sites are considered nests between the months of February and September in the Imperial Valley and cannot be disturbed. If a project is planned, the first choice is always to place a noise or disturbance barrier around the burrow and observe buffer distances to provide some protection from the commotion emanating from project activities. If a burrow is directly in the path of a project and cannot be avoided, owls must be removed passively. This is a procedure by which the burrow is probed with a camera/scope during the non-nesting period to determine if owls are within the burrow. If owls are inside the burrow, a one-way door is placed on the burrow entrance and the owls are allowed to vacate on their own. Once the owls are confirmed to have vacated, the burrow is collapsed.

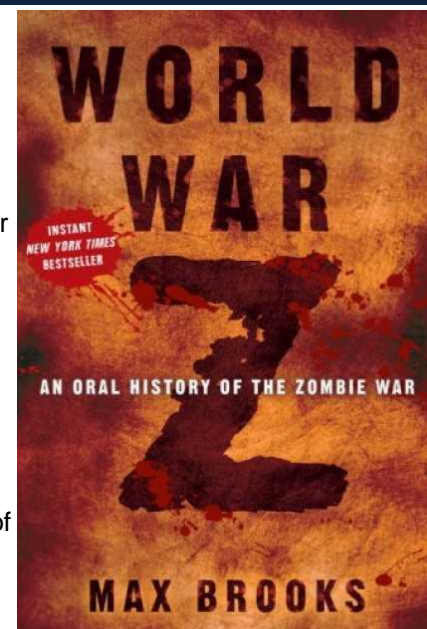
Burrowing owls are a treasured resource and a focus of many birdwatchers and other visitors to the Imperial Valley. Proactively protecting and mitigating impacts to these interesting creatures while carrying out our primary mission is just one of the many challenges which our environmental managers face on a daily basis. ❖



## BOOK REVIEW

**World War Z: An Oral History of the Zombie War- Max Brooks**

I'll admit, it did not take much convincing for me to purchase this book. I'm a sucker for a good zombie book or movie. *The Walking Dead* is one of my favorite television shows, and who didn't love *Zombieland*? I've read all the spoofs: *Pride and Prejudice and Zombies*, *Jane Slayre*, and *Shakespeare and the Undead*. Those are my guilty pleasure books and television shows. Max Brooks takes a unique look at a subject matter that has been in the horror genre for ages. Brooks tells the story of a third world war documentary style. The book is set ten years after World War Z has concluded. He conducts mock "interviews" with the survivors of the zombie war, a war which almost wiped humanity off the face of the planet. *World War Z* chronicles "first-hand" accounts of the initial zombie cases, full scale zombie "outbreaks", the war against the zombies, and the restoration period. Each "interview" is intriguing and provides a different perspective and account of survival. Brooks "interviews" people from all walks of life including a doctor from China who witnessed one of the first cases, a poor landscaper who fled to the mountains, a soldier from the United States, and a professor of Urban Planning in Palestine. The most interesting aspect of *World War Z* are the "interviews" regarding military strategy. Brooks chronicles the traditional strategies that failed and the very controversial strategy that was eventually credited with "winning" the war against the zombies. The strategy answers the question "what if the enemy can't be shocked or awed? Not just won't, but biologically can't". Brooks has managed to develop a new and intriguing approach to the telling of a fictional zombie horror story. He almost makes the reader believe they are reading a non-fiction account of an actual war. And good news for zombie movie lovers: Brad Pitt's production company just bought the rights to *World War Z* and it is slated to appear in movie theaters in 2012. ❖

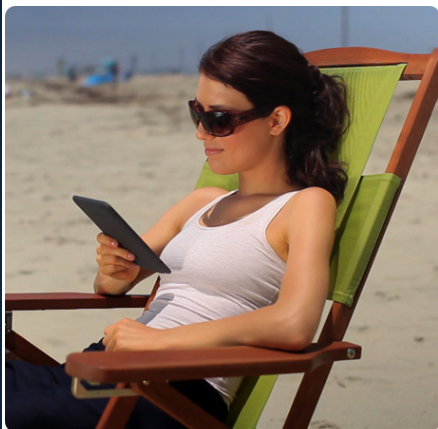


By LT Kirtsey

## Technology Review- Amazon's Kindle



One of the recent trends in technology are electronic book readers. There are several varieties for sale currently. Barnes and Noble has the Nook (\$149-\$249), Apple has the IPAD (\$499-\$829), and Amazon has the Kindle (\$139-\$349). I initially resisted purchasing any type of electronic reader, thinking that it could not possibly be as good or clear as an actual paper book. I broke down shortly before Christmas. I am a person who does a significant amount of travel, and while traveling I tend to carry at least three to five books with me. I figured with a Kindle, I could at least cut the weight of my carry on in half. I purchased the Kindle, admittedly, because it was the least expensive electronic reader; however, I did elect to upgrade to the \$189 version with 3G. The 3G access allows you to purchase and download books anywhere, and I did not want to be saddled with a dependency on finding or having an available wireless network. So far, I have found the Kindle to be very user friendly. Once you establish an Amazon account, searching and downloading books is quick and easy. This could be problematic for younger users. Once you buy a book, Amazon automatically charges the credit card on file. Even though most books cost around \$4-\$9, you can rack up quite a bill if you are not careful. The lack of a back light makes the text very easy to read. You can even increase or decrease the font as necessary. One feature that I am not entirely sold on is the text-to-speech application. The voice on the text-to-speech application is very mechanical to the extent that hearing it makes you want to fall asleep. However, this might be a good thing if you suffer from insomnia! One feature that will be coming soon is the ability to loan books to other Kindle users. The next generation of Kindle's will have the ability to allow the owner to loan a book to another user for up to 14 days. This will be an excellent feature to have for those users who may want to try a new genre of book, but are nervous about purchasing it. The Kindle is an excellent buy for avid readers. It is user-friendly, cost efficient, and portable. ❖





## Navy leadership disturbed by "Spice" usage rise

BY MC1(AW) Tim Comerford  
The Flagship

NORFOLK — Navy leaders are expressing alarm at recent statistics that show that Sailors' use of "Spice" and similar so-called designer drugs rose in the last quarter of 2010. Spice and similar products are essentially an herbal, synthetic form of marijuana, mimicking the chemical compounds found in the drug. These products are banned for Navy personnel.



"The number of incidents of designer drug usage is rising at an alarming rate in our Navy. In the last four months alone, 79 of our Fleet Forces Sailors and 72 Pacific Fleet Sailors have been accused of using or possession of the drug. That's 151 Sailors that if found guilty will be processed for administrative separation from our Navy," said Adm. John C. Harvey, Commander, U.S. Fleet Forces Command.

Harvey believes it's everyone's responsibility to deal with what could be a dangerous trend.

"I need each and every one of our Sailors looking out for each other," Harvey explained. "Talk to your shipmates about Spice and make sure they understand the dangers and serious consequences involved with its use."

In response to the rising concerns of the military over Spice and similar products, the Armed Forces Disciplinary Control Board of Southeastern Virginia and Northeastern North Carolina placed 10 businesses in Hampton Roads off-limits to service members in November.

Since the release of Naval Administrative Message (NAVADMIN) 108/10 in March 2010, which reemphasized the Navy's drug policy, the U.S. Navy has been proactively campaigning to reduce the number of incidents related to the use of synthetic marijuana.

"Our Navy has zero tolerance for drug use. If you are considering using Spice or a similar drug, I strongly urge you to reconsider," Harvey said. "If you are caught using it, even once, you will be processed for separation from the Navy. There is no second chance."

Navy personnel determined to be unlawfully using, possessing, promoting, manufacturing or distributing drugs and/or drug abuse paraphernalia shall be disciplined, as appropriate and processed for administrative separation, according to Navy regulations.

In the Navy, drug abuse includes: the wrongful use, possession, manufacture or distribution of a controlled substance. Drug abuse also includes: the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement or stupefaction of the central nervous system and will subject the violator to punitive action under the Uniform Code of Military Justice (UCMJ) and/or adverse administrative action. Examples of other substances, the wrongful use of which constitutes drug abuse, includes, but is not limited to the following: Products that contain synthetic cannabinoid compounds, such as Spice, Genie, Blaze, Dream, Ex-Ses, Spark, Fusion, Dark Knight, Yukatan Fire and K2. Natural substances such as Salvia divinorum and mushrooms. Common items abused by inhaling or huffing, such as Dust-Off, glue, paint thinner and gasoline. Over-the-counter products such as Robitussin and Coricidin HBP. Prescription medications such as Oxycodone, Vicodin, Adderal and Valium. ❖





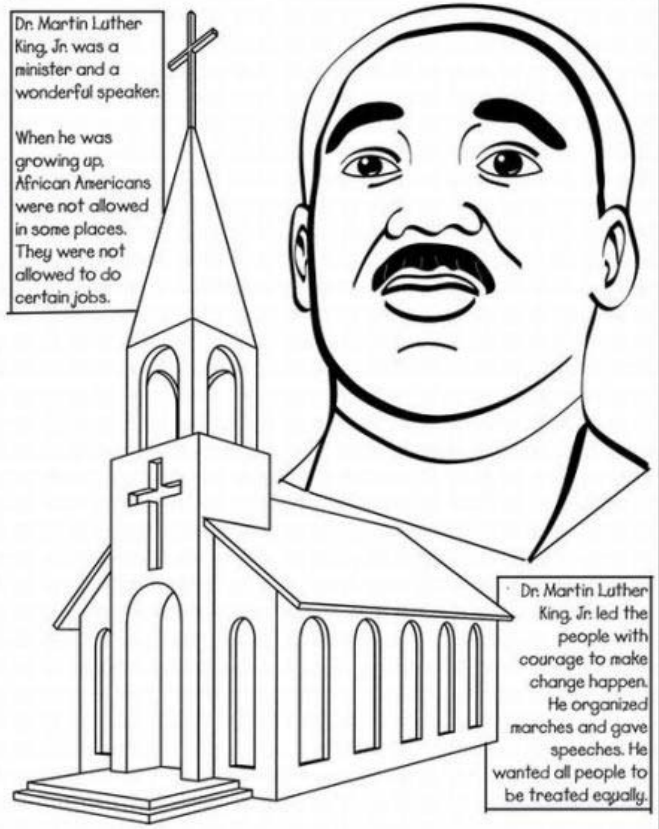
# KID ZONE



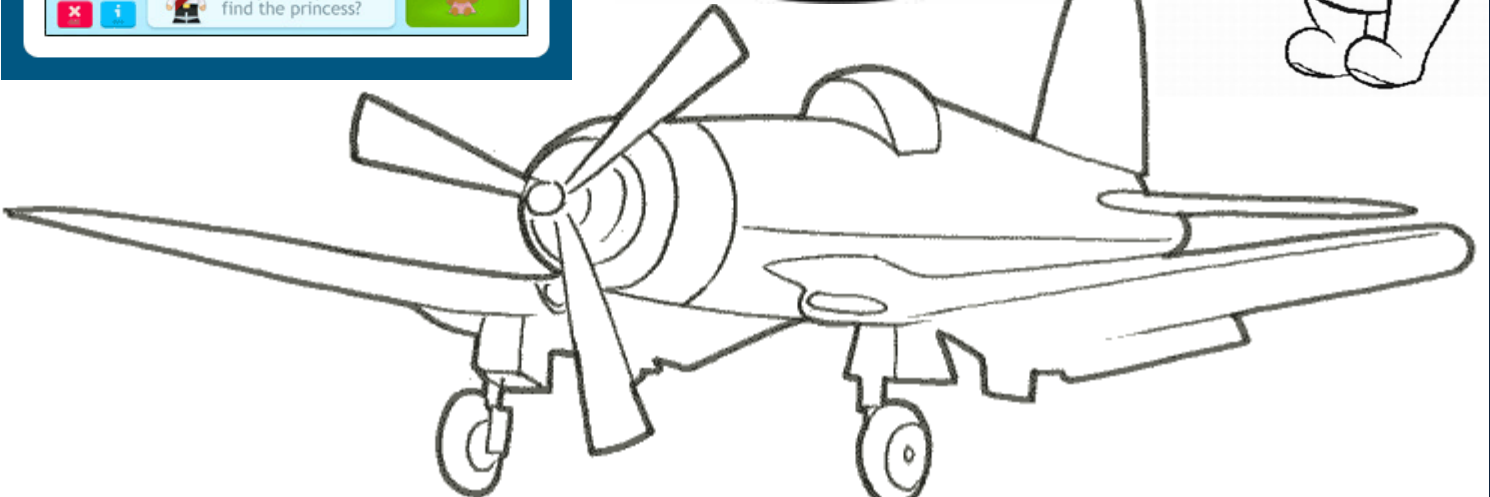
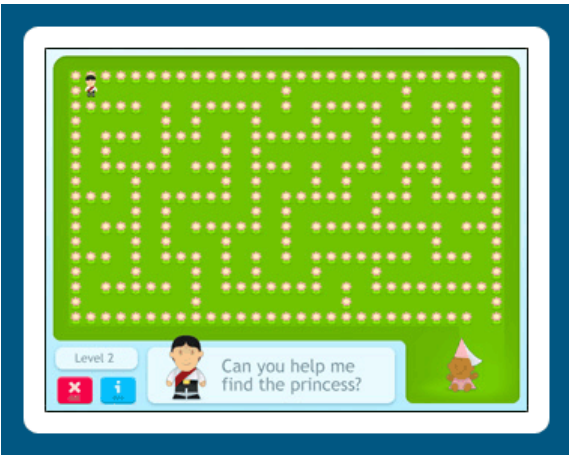
## Dr. Martin Luther King, Jr.

Dr. Martin Luther King, Jr. was a minister and a wonderful speaker.

When he was growing up, African Americans were not allowed in some places. They were not allowed to do certain jobs.



Dr. Martin Luther King, Jr. led the people with courage to make change happen. He organized marches and gave speeches. He wanted all people to be treated equally.



## Local Military History by Two Old Goats...

On any sunny Saturday in the Imperial Valley you will find one or both old goats out and about investigating the history of the valley in which we live. On this particular Saturday we find them in the town of Coyote Wells. As usual it is curiosity that brings our history sleuths to this little unincorporated community located on the San Diego and Arizona Eastern Railway 24 miles west of El Centro. But our interest isn't the town itself but what the town is built upon, a World War II Navy airfield.

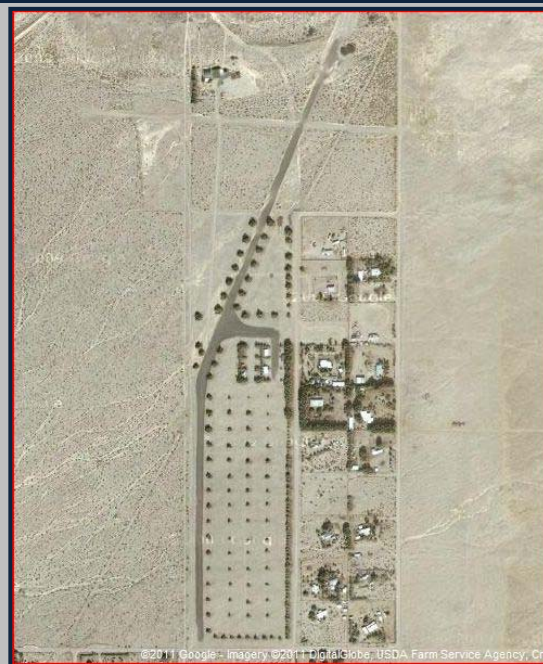
The earliest known depiction of the field is the June 30, 1938 "Map of Leased Auxiliary Landing Fields, Naval Operating Base San Diego". It depicted "Coyote Wells Field" as being located to the southeast of the town of Coyote Wells. According to information from the Navy & General Services Administration memos, Coyote Wells (South) Emergency Field was comprised of 215 acres.

The field was initially leased by the Navy, who decided to purchase the land in 1941 for \$5,500. During WW2, the South Coyote Wells Naval Outlying Landing Field (NOLF) was one of at least 12 auxiliary airfields attached to San Diego NAS (today's North Island). By May 1944 NAS San Diego documents described the airfield as having three 2,500' sandy silt runways, oriented 18/36, 4/22, and 9/27 and included the remark, "Caution: Soft & rough." There were no buildings depicted at the field, only a single windsock to the southeast of the runway intersection.

South Coyote Wells (Navy) was referenced on the March 1951 San Diego USAF Sectional Chart, but the Aerodromes table described the field as "Closed". And, according to an August 1955 memo, the Navy was preparing to report the property as excess to the needs of the Navy. The landing field was apparently disposed of sometime after 1955.

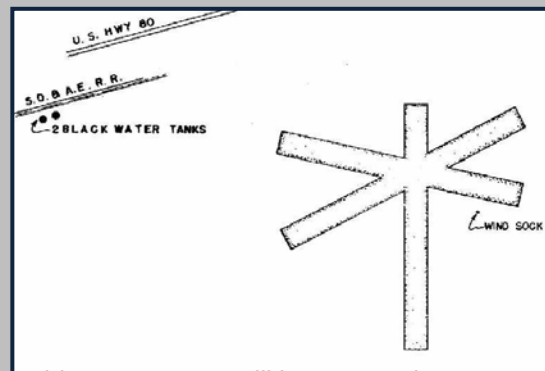
Another interesting fact about Coyote Wells is that after the field was closed, the Coyote Wells Gap-Filler Annex (GFA) was constructed. This was a radar facility filling the "gap" in coverage that existed due to the limited ranges of the equipment in use during the late 40's and early 50's. It is unknown when the facility was shut down or demolished. But the remains of the old structure can still be seen today.

Today Coyote Wells is a sleepy little community, Therefore, if you plan on visiting, please respect the property owners. Nonetheless, we old goats encourage you to stop by and day dream about the early days of Naval Aviation. Try to imagine how strange it must have been to see an airplane drop out of the sky and land in the middle of the desert. ❖



The 2010 USGS Aerial Photograph of Coyote Wells shows pavement and the addition of numerous trees in the ramp area and along one of the old runways.

1944 sketch of the airfield.



## WHAT WAS GOING ON...

September, 1971 - NAFEC Sandpaper

**Instant Deposit Ok'ed for Paychecks** - Your disbursing office now offers a new valuable service to NAF and NARF military personnel. The new service allows for a military member to his net pay and allowances paid to a financial institution.

**Base Seeks Candidates in Miss NAF Contest** - The contestants will have their portraits taken by the Sandpaper and these portraits will appear in the base paper.

**Java Out for Navy?** - Navy Subsistence Office indicates that coffee consumption is going down and fresh milk figures are going up. In 1968 the Navy cooks needed 7,628,000 pounds of coffee and two years later there was a drop of more than two million pounds.



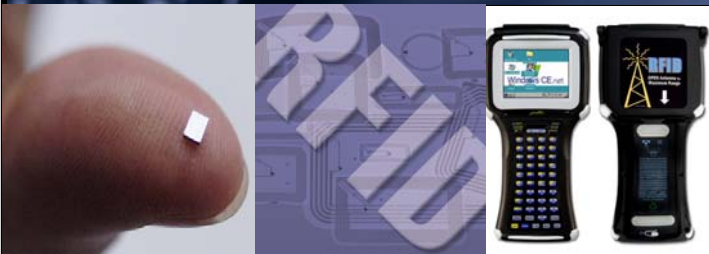
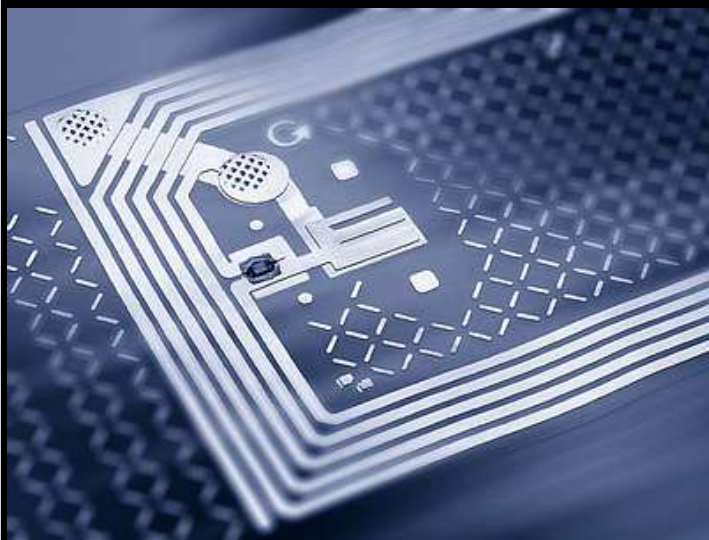
## Are you properly protected?

By: PSSN Meráz, Marques L.

With the rise of the information and technology age, information that was once not readily available to us is now within our grasp. Information technology has empowered everyday people with quick access to information about everything under the sun. However, with this power comes the heightened risk for fraud and misuse. Are you properly protected?

A relatively recent technological development, Radio Frequency Identification (RFID) has set the stage for everything from PayPass credit cards to the ankle bracelets used at Boot Camp for the PRT. The risks associated with this technology include vulnerability of credit card information, passport information, and even your CAC information. Abusers of RFID technology can retrieve information from your credit card without even touching your wallet. That's right. Passing this reader alongside your pockets could result in very sensitive information getting into the wrong hands.

CSD El Centro and many other DEERS/RAPIDS sites have taken steps to mitigate these risks for CAC users by offering protective sleeves that block RFID readers. Visit your nearest DEERS/RAPIDS site to get one for yourself; it could save you from falling victim to fraud in the future. It is up to us to keep our private information private. As technology gets more and more complex, so should the measures we take to protect ourselves. ❖



## LEGAL CORNER



### **Base Legal - What Can They Do For You?**

**Legal Officer-** As of March 1<sup>st</sup> 2011, ABFCS Cullen Deaton will take over as the Base Legal Officer. His primary duties will be to assist the command with administrative legal processes. Essentially, he will provide guidance to the Commanding Officer on all legal matters that affect the command and process all paperwork essential to conducting NJP's, administrative separations, and Courts Martial. The legal officer also has the authority to notarize documents, provide power-of-attorneys, and provide basic legal advice.

**Command Judge Advocate-** LT Jasmine Scott is the new command judge advocate assigned to NAF El Centro. She is a graduate of the University Of San Diego School Of Law. LT Scott provides legal counsel on base matters to the Commanding Officer. She spearheads Courts Martial, non-judicial punishment cases, investigations and litigation reviews and assistance, Freedom of Information Requests, personnel issues, and provides guidance on operational environmental law issues.

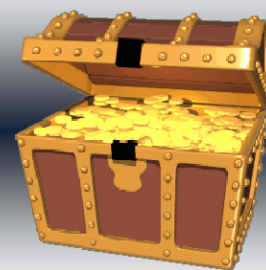
**Navy Legal Service Office (NLSO) -** The NLSO office is available to assist military service members and their families with legal matters. Some of the services they provide include: advice regarding family law, consumer law, wills and estate planning, immigration, consumer and financial affairs, and advice on military benefits. In order to schedule an appointment to speak with a NLSO representative please contact the legal officer at 760-339-2353 or after March 1<sup>st</sup> at 760-339-2521. ❖

By: LT Kirtsey

### **Treasure Hunt:**

Can you find the Treasure?

Somewhere hidden in this Issue of the Sandpaper is a small version of this treasure chest image.



See if you can find the treasure!



**MEDICAL CORNER****HMC Bell says,**

"I pity the fools who haven't got their flu shot! Great job to all active duty staff on NAF El Centro for achieving 100% flu shot compliance!"



By: HMI Glenn Keefer

**SICK CALL**

Do you remember your LPO telling you this: "If you're sick or hurt, go to Sick Call and see the Corpsman." All the little E-nothings look at each other and you can just hear their thoughts: "Sick Call, Sick Call, What the hay is sick call? What's a Corpse Man?"

Let me expound; Sick call is one of those great naval traditions where if you are feeling under the weather you go to medical to be taken care of and everything is better in a few days. Well I'm here to tell you that sick call is anything but "routine". You never know what is going to walk through the door but you can be certain that on Monday you will be "Slammed" and on Friday you'll be able to hear a pin drop. Truth be told, sailors that come to sick call can be classified in a couple of ways. You have people who are actually sick or hurting. You have people who come to sick call as an excuse just to get out of work. Then you have my favorite....in medical terms they are what we call the frequent flyers or "Commandos". You know the person; you probably have one in your shop. He or she is always at medical. Either their hair was hurting that day or they did something 6 months ago. "OH" this is my absolute favorite, they read somewhere on Web MD about something and they have all the symptoms.

If you're the sick person or the commando, you had a bad weekend and just needed to talk. we will see you, listen to you, examine you, diagnose you, treat you and above all we will "Take care of you." You are our job.

BUT!!!!!! (Pause for dramatic effect)

There is always a "but" isn't there? There are multiple sized "buts" and here is the biggest "but" of all..... For every 20 minute visit there is about another 30-45 minutes of time spent ensuring everything is documented or coordinated so please use "Common sense" when coming to sick call. Oops, I said a bad word. Common sense says report to sickcall right away when you are hurt or injured. We can do more for you right away when something happens vice playing catch up.

I'm sure you have heard some of the horror stories. Here are a few I can think of off the top of my head: Joe Sailor dislocated his shoulder and never was seen....a couple of years later his shoulder came out again while going down a ladder he fell and now he is in a wheel chair, or Jane doe who has steadily been putting on weight and has no idea why, tests showed her to be 30 weeks pregnant. And another thing, can someone who works for a living please put together a PQS for cutting zip ties? I had to sow up multiple fingers and hands because those zip ties are tough little buggers and the knives always seem to slip.

The bottom line is we are here for you and for your families.

So swing on by, say hello and let us know how we are doing. We'll keep the lights and maybe the air conditioning on for you. ❖

**Health Care Bill, Or no Health Care Bill? That is the Question.**

By: PSSN Meráz, Marques L.

As we all know, one of the current administration's largest legislative accomplishments in 2010 was the passage of Health Care Reform. Health Care Reform is the result of reconciliation between the House's Patient Protection and Affordable Care Act and the Senate's Health Care and Education Reconciliation Act. There has been a great deal of debate regarding the bill's constitutionality, applicability, and cost effectiveness. During the 2010 elections, many lawmakers used the health care bill (or the promise of repeal) as a platform to get elected.

The Sandpaper conducted a non-scientific poll in order to gain a bit more insight as to what NAF El Centro believes can/should be done about the Health Care Reform. When asked if the 112<sup>th</sup> Congress *should* repeal the law, 83% of respondents said yes and 17% said no. When asked if they *can* repeal health care reform, 66% said yes while 34% said no.

Although we will not touch the subject of whether or not the law should be repealed, the possibility of it happening is definitely worth talking about. The 2010 midterm elections shifted the majority of the House of Representatives from one end of the political spectrum to the other. With this shift comes a great deal of speculation as to the availability of votes to get the bill repealed. The House recently voted to repeal the bill by 245-189; however the measure isn't as popular in the Senate. With all three branches of government involved in the fate of this law, there is no way to tell what the outcome will be. Only time will tell. The Sandpaper would like to thank everyone who participated in the poll this month. Be on the lookout for next month's poll question. ❖

\*\*\*\*Poll Results located on Page 17\*\*\*\*

**Branch Medical Clinic NAF El Centro is enrolling new patients.**

The following are eligible to enroll:

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

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



## Technology Review: XBOX 360 KINECT

By: PSSN Meráz, Marques L.

Many of us Junior Sailors enjoy video games as a method to relieve stress, escape reality, and relax. However, after hours of play we become vulnerable to joint stiffness and an increasingly sedentary lifestyle. The XBOX 360 Kinect solves those problems by challenging its players to get off the couch and get moving. The Kinect uses new digital scanning technology to scan the player's body so that no controller is necessary. This makes the possibilities endless for active game play.

Kinect Sports allows the game player to play bowling, run sprints with hurdles, box, and play volleyball. In addition to that, there is a party play mode where everyone can join into the fun. This game definitely is a good exercise. If you play this, be sure to stay hydrated.

Dance Central is arguably the most fun game of them all. This game allows the game player to dance to a variety of popular tunes and earn points based on the accuracy of the player's movements. Not a good dancer? Don't worry. Dance Central has a "Break it Down" mode, where they teach you the moves that you will be doing in a chosen tune. The best feature about this game is that after you're done, you can see pictures that the Kinect took of your game play.

The XBOX Kinect system promotes a healthy lifestyle by incorporating mild to strenuous activity with game play; not to mention, it's really fun! This is by far one of the greatest inventions in 2010. The PS3 Move and the Nintendo Wii don't hold a candle to the Kinect system. Although they also promote a more active lifestyle, they require the use of a controller. The XBOX 360 Kinect is unmatched in its user friendliness as well as its cutting edge use of technology. Again, if you choose to get one remember to take breaks and hydrate often! This is a great way to introduce a new aspect of fitness into your everyday routine. ❖

### Purple Ribbons?

PSA by ETC Haugh

As you travel out and about in El Centro you might notice something a little odd...purple ribbons. The American Cancer Society is hosting an event called "Paint the Town Purple" in support of the 2011 Relay for Life. Purple bows and purple ribbons will adorn many buildings, businesses, and possibly residences from the 14<sup>th</sup> to the 19<sup>th</sup> of February. Additionally, the Imperial Valley Mall is having a keynote event February 19<sup>th</sup>, from 1030 to 1500. For more information on this event visit [www.relayforlife.org/elcentroca](http://www.relayforlife.org/elcentroca). Furthermore, NAFEC has two teams this year. Contact MA2 Blount at STRIKE or MA1 Wakefield at Security if you are interested in participating in the 2011 Relay for Life.





Article by Anna Santell

# Ask a Trainer

You have Questions.....  
We have Answers

**Q:** Why am I not losing weight, when I work out 60-90 minutes for 5 days out of the week? The first two months people and even I saw great changes. Now I am starting my third month, I feel like I'm stuck with the same weight. I feel like I hit a PLATEAU!

**A:** The most common reason for a plateau is underestimating caloric intake. People usually **under eat or overeat and have Exercise Efficiency.**

**Q:** What is under eating and what happens to the body when an individual under eats?

**A:** Lowering your caloric intake slows down your metabolism, slowing down your ability to burn excess fat/calories. Severe under eating will cause your body to burn lean muscle. Your body will consume a pound of skeletal muscle (35-75 calories a day, depending on your genetics/fitness). If there is a deficiency of sugar (your body converts your food into a sugar form: glucose) for blood, muscle, or liver. Your body will start digesting your muscle. Your body can lose up to 25% of lean muscle in a week.

**Q:** How can I be overeating if I was losing weight with the calories I am consuming now?

**A:** Great job! You lost some of your weight, but now that you are at a new weight and size category, you need to find out how much your body needs right now! Example: If you are a 190lb man, you will need an estimate of 2072 calories a day. Hence, now your new weight is 180; your caloric intake will be an estimate of 1963 calories a day.

**Q:** What is Exercise Efficiency?

**A:** When your body gets used to the exercise that you are doing. Your body adapts to your exercise program and it will burn less calories. "You do the same, you will stay the same." You need to keep challenging yourself. Try circuit workouts, or if you bike...go run or swim and add speed work/intervals with your cardio. For weight training, research other ways of working out. Try classes, and have fun doing other things.

Recognize your achievements and don't give up! ♦

NAF El Centro's 14th Annual

## Entertainment & Food Festival

**March 11, 2011**  
Hangar 6 • Free Admission

Event begins at 5:30 pm

Sample food from local Imperial Valley Restaurants  
Entertainment by Adam's Attic  
With Fireworks, Face Painting and Balloon Artist!

Pre-Air Show Party at the Sun Downer Club 9 pm-2 am  
760-339-2380 for info



Food Samples



Entertainment by Adam's Attic



Spectacular Fireworks

Sponsored by






## Get Ready for FOOD FEST!

Here we are, counting the days left before we can enjoy another successful Entertainment and Food Festival. We have our local vendors ready to showcase their new products. We have Famous Dave's, Polar Bear, Antojitos Come En Su Casa, Kotori Japanese Food, Hawaiian Shave Ice, Makin Supply, Cold Stones & Chocolate Factory, Farmer Boys, La Pasadita, Hot Stuff Pizza and the Mirage Club.

Live Band, Adam's Attic will perform for the second consecutive year. We are expecting over 3500 people in attendance. I can tell you now, the fireworks are going to be out of this world! The Black Daggers are expected to perform a night jump. Bring your children, there will be a kid's zone there for them as well. This is a great opportunity to meet your 2011 Air Show Performers. Come out and see what NAF is all about!

Article by Joe Conner, Poster

Image by Kurt Stell

# MURDER MYSTERY EVENING

DINNER THEATER AT THE MIRAGE CLUB  
FEBRUARY 5, 2011

Menu:  
Fillet Mignon & Chicken Breast,  
oven roasted potatoes,  
vegetables, salad, warm  
dinner rolls & dessert

LIVE INTERACTIVE EVENT



PRE-SALE TICKETS AVAILABLE AT THE MIRAGE CLUB

**1800 COCKTAILS  
1900 DINNER  
\$25 per person**

SHARPOLO

For more information or to make reservations call (760) 339-2319





Blue Angel Night Navy League Dinner  
DEFY Youth Get the Facts on Gangs, Bullying, and Conflict Resolution



# RECENT EVENTS IN THE PEARL OF THE DESERT



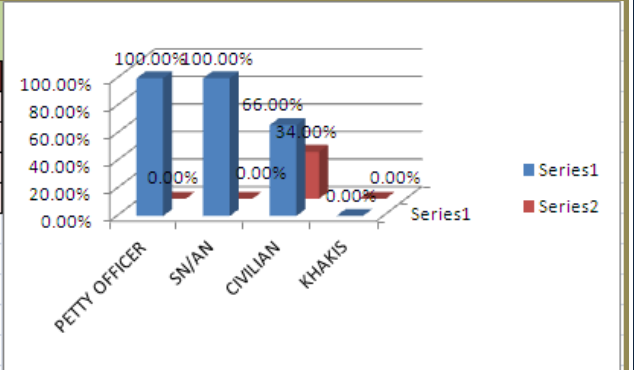
Welcome Back to AO2 Torricellas from IA Assignment



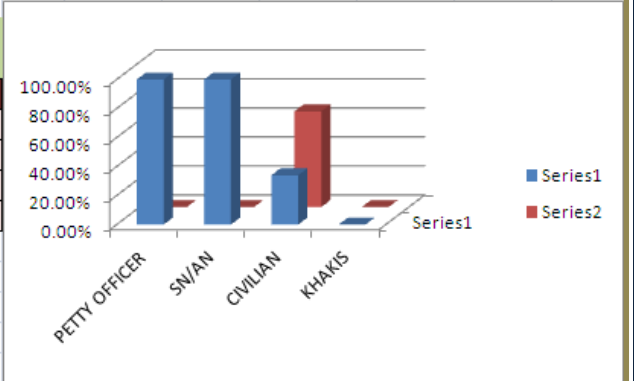
## JANUARY SANPAPER POLL QUESTION RESULTS:

By: PSSN Meráz, Marques L.

#1 SHOULD CONGRESS REPEAL THE HEALTH CARE REFORM ACT?				
RANK/GRADE	"YES" RESPONSES		"NO" RESPONSES	
PETTY OFFICER	100.00%		0.00%	
SN/AN	100.00%		0.00%	
CIVILIAN	66.00%		34.00%	
KHAKIS	0.00%		0.00%	
<b>YES</b>		<b>NO</b>		
	83.00%		17.00%	



#2 DO YOU THINK CONGRESS WILL BE ABLE TO REPEAL THE HEALTH CARE REFORM ACT?				
RANK/GRADE	"YES" RESPONSES		"NO" RESPONSES	
PETTY OFFICER	100.00%		0.00%	
SN/AN	100.00%		0.00%	
CIVILIAN	34.00%		66.00%	
KHAKIS	0.00%		0.00%	
<b>YES</b>		<b>NO</b>		
	66.00%		34.00%	



### AIRSHOW FACEBOOK PAGE:

<http://www.facebook.com/pages/NAF-El-Centro-Airshow/452256870505.MIL>

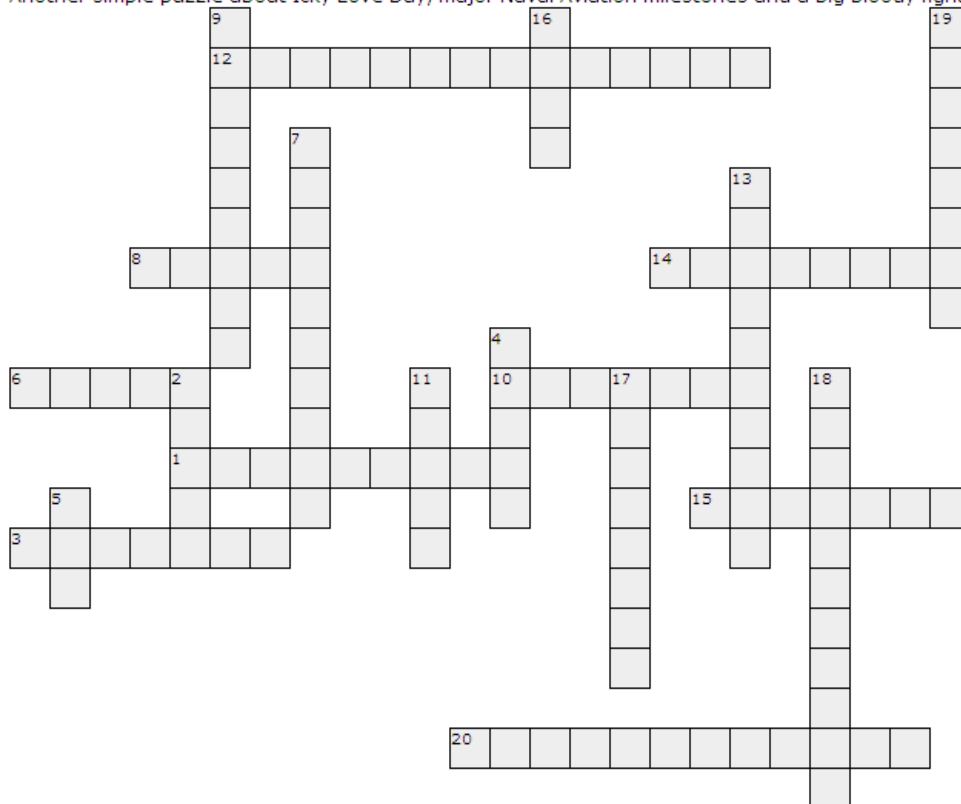
### SANDPAPER CONTACT INFO:

E-MAIL:

[W\\_ELCN\\_PAO\\_SANDPAPER@NAVY.MIL](mailto:W_ELCN_PAO_SANDPAPER@NAVY.MIL)

## Love and Anniversaries

Another simple puzzle about Icky Love Day, major Naval Aviation milestones and a big bloody fight.



**Across:**

1. This Saint has his day on the 14th.
3. Aviator #1 was LT ???
6. Mmissile armed, mutant baby with wings
8. Can be fluffy, red, chocolate or candy. Broken ones are bad.
10. The Union President
12. Glenn Curtiss' vehicle that sparked interest in Naval Aviation
14. Significant WW2 naval air battle, a ship too
15. LCDR Amen in his F9F??? was 1st Navy pilot to shoot down a jet
20. First trap on a ship was on the USS ???

**Down:**

2. The Confederate President
4. LTJg ??? was the first woman to be designated a naval aviator.
5. Might be considered the first Naval aviator (civilian)
7. Site of first Civil War battle.
9. Milk, Dark, Swiss, Belgian, hot...
11. First Navy air plane, the A-1 ???
13. First aircraft launch from a ship was on the USS ???
16. ....by any other name would smell as sweet
17. 2011 celebrates 150 years of this American conflict
18. Birthplace of Naval aviation
19. Monitor and Merrimac were examples of this type of ship

**Across:**

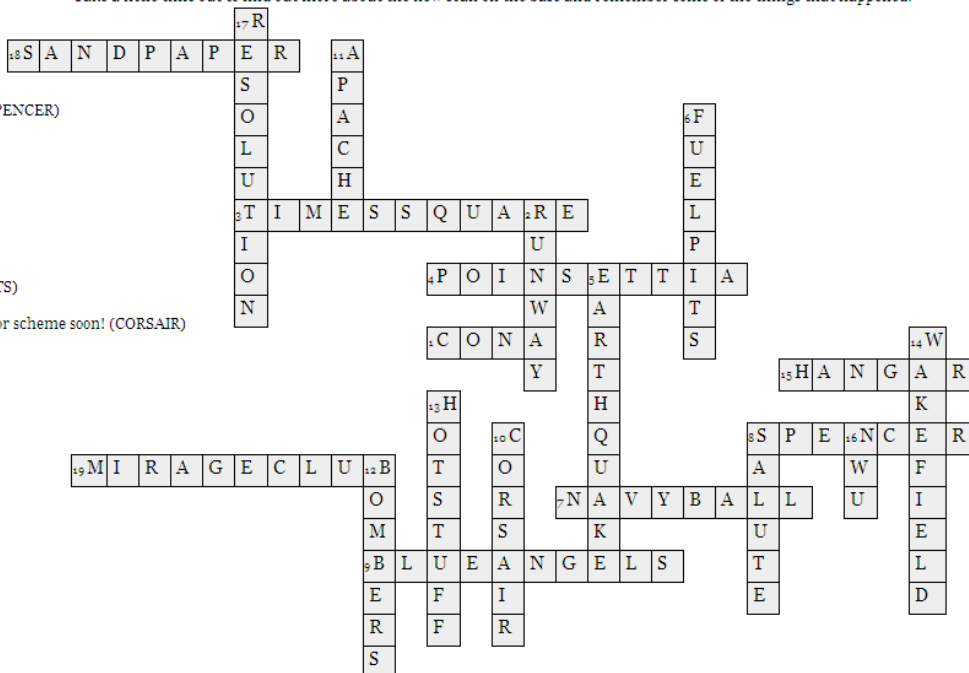
1. called the Centennial of Naval Aviation. (CONA)
3. They drop the ball here. Will you watch it? (TIMESSQUARE)
4. This bowl game features Navy and SDSU. (POINSETTIA)
7. Uniform will be required at this year's dance. (NAVYBALL)
9. Here to train for the 2011 air show season. (BLUEANGELS)
8. First name. He hopes to break a world record before the airshow. (SPENCER)
15. Spelled with and A, not an E. We have 9 of them. (HANGAR)
18. You're reading it. And it's going to get better. (SANDPAPER)
19. Look for an F-14 to be parked here. (MIRAGECLUB)

**Down:**

2. Upgrading this next year. Long and strong! (RUNWAY)
5. This rattled and rolled us on Easter. (EARTHQUAKE)
6. Doubling from 4 to 8, inspired by NASCAR? For airplanes. (FUELPITS)
8. Do this for all officers, foreign and domestic. (SALUTE)
10. Shares a name with Pappy B. Near the Jetmart, getting a new color scheme soon! (CORSAIR)
11. The Brits have these here. Not really Blue Thunder. (APACHE)
12. They won the Captain's Cup Football League. (BOMBERS)
13. This is where the new California burrito is. (HOTSTUFF)
14. Not milk, but still SOY. (WAKEFIELD)
16. This uniform will be mandatory in 2011. (NWU)
17. New goal, a desire to do better. Make one soon! (RESOLUTION)

## The New Year at NAF El Centro KEY

Take a little time out to find out more about the new stuff on the base and remember some of the things that happened.



**JANUARY SOLUTION**