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NAF El Centro tests its abilities during simulated drill

By Anthony Davis
Science Applications International Corporation (SAIC)

September 27-29 Naval Air Facility El Centro personnel conducted oil and hazardous substance spill prevention and response training, as required under the Oil Pollution Act of 1990 (OPA 90).

The training covered numerous areas of response preparedness, as defined by the National Preparedness for Response Exercise Program (PREP). PREP is a unified Federal effort that incorporates exercise requirements of the multiple regulatory agencies, including the Coast Guard, US EPA, the Research and Special Programs Administration Office of Pipeline Safety, and the Minerals Management Service in meeting the intent of OPA 90.

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Firefighters from NAF El Centro's Fire Department rescue an "injured" Sailor from the spill scene. *(Photo provided by SAIC)*

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Command Career Counselor's Corner

CFC Campaign opened onboard NAF El Centro October 11

By NC1(AW) Pamela Jensen
Command Career Counselor

Do you want to help the Katrina victims and just haven't yet? Has anyone you've known ever been affected by cancer, heart disease, Alzheimer's, or diabetes? Ever visited a forest or park or the ocean? Been hungry or needed some kind of help?

This year's Combined Federal Campaign (CFC) runs from October 11 to November 4 onboard NAF.

The CFC is the only authorized solicitation of Federal employees by charitable organizations and allows personnel to annually donate to the charity of their choice. You can make a one-time donation (check or cash), make an allotment, or support one of our fund-raisers.

In early October, your departmental CFC representative will contact each of you with a pledge card, a booklet listing the local, national and international charities you can give to. Options run the gamut including animal charities, military/veteran's organizations, family services, civil rights, conservation and many, many more.

You may be just one person but your contribution combined with that of thousands of others will make a difference.

Welcome Aboard program for spouses to begin at NAFEC

By NC1(AW) Pamela Jensen
Command Career Counselor

Do you know what days the Commissary receives meat or vegetables? Do you understand options under TRICARE? Want information about the local community and volunteer opportunities but don't know who to ask? Want to meet new people?

Starting November 2, spouses will have their own Welcome Aboard program on the first Wednesday of the month. You can get the information that YOU want to make the most of your spouse's tour here in El Centro. As well as hearing from base representatives and the Ombudsman, we will visit the Chamber of Commerce and attend a meeting of the "*El Centro NewComers and Friends Group*" at a local restaurant (self-paid).

This Indoc class will be held on the first Wednesday of the month in the Community Center from 8 a.m. to 3:30 p.m.

If you are interested in attending, please call NC1 Jensen at 339-2329 before October 27 to reserve your seat. Childcare will be arranged.

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

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Four classes to be offered during Vincennes University's Fall Session

By JO1 Jeannette Bowles

Vincennes University's Fall Session for November/December is just around the corner. Registration is currently underway for classes that will begin November 1 and end December 22.

Classes being offered are:

1) **LITR 222: American Literature I.** This class will be offered Monday and Wednesday from 9 a.m. to 12 p.m. The class will be held in Bldg 221, Rm. 11 and begins November 2. The instructor will be Phillip Beckett.

2) **ENGL 101: English Composition I.** This class will be offered Monday and Wednesday from 7:30 to 10:30 p.m. The class will be held in Bldg. 221, Rm. 11 and begins November 2. The instructor will be Dr. Joe Dickerson.

3) **SOCL 245: Cultural Diversity.** This class will be offered Tuesday and Thursday from 4:30 to 7:30 p.m. The class will be held in Bldg. 221, Rm 11 and begins November 1. The instructor will be Daniel Denison.

4) **Art 110: Art Appreciation.** This class will be offered Tuesday and Thursday from 7:30 to 10:30 p.m. The class will be held in Bldg. 221, Rm 3 and begins November 1. The instructor will be Dolores Vacca.

When applying for Tuition Assistance for the Fall Session, please keep in mind that the cost of tuition has increased by $5. Tuition for a "1" credit class is now $135 and tuition for a "3" credit class is now $405.

For more information on registration and Tuition Assistance stop by the Vincennes University office in Bldg. 221, Rm. 7. Their office hours are Monday-Friday, 9 a.m.-12 p.m. and 1-3 p.m.

They can also be reached by phone at 339-2986 or by email at vuelcentro@earthlink.net

The next session at Vincennes University will be held January 4-February 28.

NAF El Centro congratulates seven of the Navy's newest Chiefs

AGC(AW/SW) Gerald Maxwell

AMEC(AW) Louis Herrera

AOC(AW/SW) Hiram Alcala

HMC(FMF) David Ashworth

CSC(SW) Wayne Thompson

BMC(SW/AW) Timothy Kelker

AOC(AW/SW) Robert Jeffers

Seven Sailors join the ranks of the Navy's Chief Petty Officers

By JO1 Jeannette Bowles

On September 16, seven Sailors from NAF El Centro and Marine Corps Air Station Yuma donned the uniform and anchors of a Chief Petty Officer (CPO) during a pinning ceremony held at the Mirage Club.

The ceremony marked the end of weeks of training and the beginning of a new career path for each of the new Chiefs.

The ceremony began as the Chiefs marched into the club singing the Navy's anthem, "Anchors Aweigh."

After the Sailor's Creed and CPO's Pledge were read, it was time for the former First Classes to join the ranks of their fellow CPOs.

One by one, the new Chiefs came up to the front of the audience as family, friends, and mentors helped them pin on their new anchors. They also received their new Chief hats from the Chiefs who sponsored them during their training.

At the end of the ceremony, each new Chief was congratulated by those who came out to witness their new beginning.

Ralph Ramsey returns to NAFEC as MWR Site Manager

By Michelle Dee
MWR Marketing

Ralph Ramsey returned to NAF El Centro as MWR Site Manager on June 23, 2005. Prior to coming aboard, Ramsey was stationed at Naval Station Newport, Rhode Island.

Ramsey holds a BS degree in Recreation Administration from the University of New Hampshire and a Masters of Education from Boston University. He also has served as President and CEO of Applejack K-9 Academy and Kennel, Inc. and is an ordained Elder in the Presbyterian Church as well as an Honorary Navy Chaplain.

His career in Navy recreation spans over 35 years beginning in 1967 as a Special Services Officer, Naval Communication Station, Philippines. As a member of the National Recreation & Parks Association and the International Military Community Executive Association he has been the recipient of the highest award presented by each organization, as well as the Navy Civilian Meritorious Service Medal. He is a plank owner as one of the first MWR managers to be certified as a "Certified Leisure Professional" (CLP). His tours of duty have been with COMFAIRMED, Naples, Italy; Naval Weapons Station, Earle, Colts Neck, NJ; Naval Air Station, Patuxent River, MD; Naval Air Station, Cecil Field, FL; and as a Management Analyst for the Bureau of Naval Personnel.

Ramsey was first assigned to NAF El Centro from May 6, 2001 to March 22, 2002 for a short tour as the Interim Director of MWR. During his 10-month tenure he was instrumental in bringing several major improvements to MWR facilities including the new Fitness Center, the water slide at the large pool, the gate marquee and several renovation projects. During his brief tenure, he was also instrumental in putting on a successful air show.

Joining Ramsey on this tour is his wife Sue, who is pursuing a Bachelor's Degree in Family and Consumer Sciences. She is enjoying the culture of the Southwest and has been seen dragging Ramsey off to more than one Native American Pow-Wow. The Ramsey's have three children and eight grandchildren, which they left behind on the east coast, but look forward to visiting with often.

Ralph Ramsey is MWR's new Site Manager. He has been onboard NAF El Centro since June. Ramsey previously worked for NAF's MWR from 2001-2002. *(Photo by Michelle Dee)*

In his spare time Ramsey and his son built a successful business breeding and training German Shepards and Golden Retrievers. His dogs are trained for personal protection and law enforcement. This business also manages a generous program in which the dogs are trained as assistance animals and donated to veterans who have lost limbs through Walter Reid Army Medical Hospital and National Naval Medical Center Bethesda. Two weeks prior to coming aboard at NAF El Centro, his son took over full control of the business.

Ramsey hopes to make a positive impact on the lives of the sailors that he serves. He has already brought pro-wrestling to the station and has invigorated and challenged his staff to bring new and exciting events on-board. He is pushing full steam ahead on working with the command to bring an exciting and successful air show to our facility in 2006.

Tips on watering your lawn during the upcoming cooler months

By Clara Parrish
Housing Director

It's time once again to adjust our sprinklers for the cooler weather.

There are variations for setting sprinklers in the operation manual that you received when you checked into housing. Please check your manual for those variations.

Check controller clock times for using the right amount of water for your lawn and plants.

Change clock times monthly, or as needed, for changes in the temperature, weather or seasons.

Adjust sprinkler heads so the water covers yard evenly and is not being sprayed onto walks, driveways and down the street.

Turn sprinklers off during rainy weather. If electricity goes off, re-set the automatic controller clock.

To keep your plants healthy, water the lawn in the morning and shrubs in the evening. Never water plants or grass during the middle of the day because of evaporation.

During the cooler months, water two times a day, preferably early morning or late evening for no more than 10 minutes at a time. If you have water running onto the sidewalk, you are watering too much.

Regularly check sprinkler system for any problems such as broken pipes, heads, dry spots in lawn, etc. Turn in a service call for broken sprinkler heads right away to keep from damaging plants and property and wasting water. Report any problems to KBR at 339-2204.

Spill Drill

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The training was conducted by Defense Energy Support Center contractor personnel from Science Applications International Corporation (SAIC) and included an in-class review and familiarization with the recently revised "NAF El Centro Integrated Contingency Plan (ICP) for Oil and Hazardous Substance Spill Prevention and Response."

As part of the training, a tabletop exercise was conducted to illustrate implementation of the ICP to address notifications, emergency response actions, procedures, and requirements for responding to an oil spill incident.

In addition, a field exercise was conducted to test the base's ability to respond to a major fuel spill. The scenario involved a simulated discharge of approximately 3,000 gallons of JP-8 during a fueling operation at the Hot Pit Fueling Site on the flightline.

During the field exercise, base personnel performed an excellent job in responding to the emergency, notifying appropriate personnel and outside agencies, and implementing a cleanup action.

Following the initial 911 call to the Fire Department, proper spill reporting procedures were followed and information flowed to the correct organizations in a timely manner. First Responders, including Security, Medical, and Fire Department personnel quickly arrived and secured the scene. Fire Department personnel established a Command Post to maintain a centralized location for coordinating response actions.

Raul Valenzuela (second from right) from the Fire Department assess the situation as more personnel arrive on the scene of the simulated spill. *(Photo provided by SAIC)*

As part of the exercise, Fire Department personnel also were required to rescue one injured Fuels Handler from the spill scene and simulate decontamination procedures prior to initiating medical treatment.

The Emergency Operations Center (EOC) was activated at the Security Department soon after the initial call to 911 Dispatch. Spill Management Team representatives assembled within the EOC to provide spill response support. Representatives included the Executive Officer, Security Officer, a Fire Department representative, an Environmental representative, a Safety representative, the PAO/Legal Officer, and the Public Works Officer.

EOC personnel performed various functions and addressed issues as they arose, including notification of regulatory agencies and Navy Support Offices; responding to requests from the scene; evaluating the affects of spill vapors on base personnel and nearby residents, and supporting fuel recovery and cleanup.

A debriefing session was conducted to discuss spill notification and reporting procedures, information flow, performance of designated authorities, and lessons learned from the exercise.

Overall, the training and field exercise were a success. As with any training, areas for improvement were identified. However, most importantly, the training emphasized specific roles and responsibilities that are required from base personnel and further strengthened communication between designated authorities.

Firefighters from NAF El Centro's Fire Department begin cleanup once the spill drill simulation ends. The Fire Department was one of several key players in the simulated drill that tested the response time and capabilities of NAF. *(Photo provided by SAIC)*

Kimberly Lineses (middle) and Erlend Frederickson (right) perform their appointed duties in the EOC during the drill. *(Photo provided by SAIC)*

Chapel Broadcasting

The Chapel is now showing children's shows and family movies during the week on Channel 3! Catch a children's show at 3:30 p.m. every weekday and a family movie every Monday and Tuesday at 6:30 p.m. For more information on the shows and movies, contact the Chaplain's office at 339-2461.

NAF El Centro Security Dept. hosts National Night Out

Story and photos by JO1 Jeannette Bowles

On August 2, the NAF El Centro community gathered together to celebrate the 22nd Annual National Night Out, an event sponsored by NAF's Security Department and the local Target store.

National Night Out is a nation-wide event held yearly and is designed to heighten crime and drug prevention awareness and strengthen neighborhood spirit and partnerships with local police communities.

This year, NAF's Security and Fire Departments, Medical, local law enforcement agencies, and Target combined their efforts to educate the base on crime and drug prevention and give residents a bit of fun.

Children of all ages had a chance to talk with base and local officials, get their fingerprints taken, participate in games, have their faces painted, meet Scruff McGruff the Crime Dog and Sparky the Fire Dog, and receive free items.

In addition, there was a bouncy castle, a dunk tank, and the Navy Ball Committee sold hotdogs and snow cones.

At the end of the evening, a raffle was held for all the children who entered. The prizes were toys donated by the local Target store.

U.S. Naval Sea Cadets qualify in U.S.M.C. swim test

By ABF2(AW) Robert Chiaravallotti
Sea Cadet Executive Officer

The U.S. Naval Sea Cadets of Desert Eagle Squadron arrived onboard NAF El Centro on the evening of Friday, September 9 for their monthly weekend drill. The main training objective for this drill weekend was to qualify each cadet in the U.S. Marine Corps swim test.

Saturday afternoon, at the base large pool, cadets were given a brief on water safety by MWR life guards and then instructed by Sea Cadet Officers ABF2 (AW) Robert Chiaravallotti and Gunnery Sgt. Stanley Meaderds on what the cadets would need to perform for qualification.

Sea Cadet Kai Ingram makes a flotation device out of his utility uniform trousers. *(Photo by ABF2(AW) Robert Chiaravallotti)*

With cammies, boots, war belts, battle helmet, flak jacket, M-16 A2 Service Rifle and loaded 50 lbs. backpacks, each cadet would have to bear the load and swim the length of the large pool. The gear would add approximately an additional 100 lbs to each cadet as they entered the water.

"I thought I would sink straight to the bottom," said Cadet Kai Ingram, "but it's a lot easier than it looks. The backpack actually helps you float."

After each cadet achieved the training objective for qualification entry into their service record books, Cadet Instructor Adam Moser of NAF El Centro Security Dept. instructed the cadets on water survival techniques by demonstrating how to use their everyday utility uniform trousers as a flotation device. The look of amazement showed on their faces, as they were successful in turning their pants into a possible life saving device.

During the course of the weekend drill cadets also competed for score in events such as the Naval Physical Fitness Assessment, uniform inspection and general military knowledge. The top two scoring cadets would be the invited guests of the Navy Ball Committee and given two complimentary tickets to attend the NAF El Centro 2005 Navy Ball. By weekend's end, the top two scoring Cadets were Steven Heckman of Brawley and Camilo Hernandez of Calpatria.

Sea Cadet Kai Ingram takes his turn in the pool during the U.S. Marine Corps swim test. The test was part of his weekend training. *(Photo by ABF2(AW) Robert Chiaravallotti)*

For additional information concerning the United States Naval Sea Cadet Corps Program contact ABF2(AW) Robert Chiaravallotti at (760) 339-2521.

Navy Ball Committee has $3,000 worth of reasons to smile

By JO1 Jeannette Bowles

After months of car washes, and food sales, the Navy Ball Committee ended their fundraising efforts last month with a grand total of $3,000.

The committee had been raising money since May and all the money went towards this year's Navy Ball.

In addition, committee members were able to spend an extra $1,500 on the Navy Ball due to the generous donation given to them by the Navy League.

This year's ball was held in the Mirage Club on Saturday, October 15.

Photos by JO1 Jeannette Bowles

POWs and MIAs remembered during ceremony at NAF

Story and photos by JO1 Jeannette Bowles

Military both past and present and the NAF El Centro community gathered together September 15 at the base Chapel to honor and remember the POWs and MIAs of past conflicts and wars and to commemorate the 2005 POW/MIA Recognition Day.

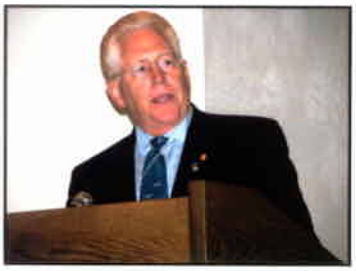
This year's ceremony began with the parade of colors and the invocation. Next, the POW/MIA flag was presented by the American Legion Post 60 from Imperial County and then the guest speaker was introduced.

The guest speaker was Cmdr. (Ret.) Jim Bedinger who was a POW from December 1969 until his release in 1973.

During his speech, Bedinger recounted the tale of his capture and his subsequent imprisonment by the North Vietnamese. Throughout his tale, one thing remained clear: Bedinger never gave up the fight to survive.

Following Bedinger's speech, veterans from Imperial County laid wreaths to honor their respective services and the POW/MIA table was introduced.

The ceremony ended with lighting of candles, a moment of meditation, the benediction, and the sounds of Taps.



Get to know your TRICARE benefts during pregnancy

By TriWest Healthcare Alliance

Although on a scale smaller than the legendary "Baby Boom" following World War II, "mini-booms"are occurring at military installations across the nation as troops return from overseas assignments.

Not all parents-to-be are familiar with their maternity benefits under the military's health care program, TRICARE, and there are important things for all active duty new and repeating parents to know.

Maternity-Related Ultrasounds: TRICARE covers ultrasounds (sonograms) related to pregnancy when the procedure is medically necessary. The physician must consider the ultrasound necessary to deal with conditions that could seriously complicate the pregnancy or present a danger to the child or the mother.

TRICARE does not cover obstetric (OB) ultrasounds performed for purposes of screening, routine evaluation or to determine the baby's gender.

Go Home or Stay Put? While expectant fathers are serving overseas, some mothers-to-be may choose to stay where they are, and others may decide to return home to be near family.

Expectant mothers enrolled in TRICARE Prime Remote for Active Duty Family Members (TPRADFM), who reside in a remote area and move to another remote area, will no longer be eligible for TPRADFM and will incur more expenses if they do not disenroll from TPRADFM switch.

If moving from a remote area to a TRICARE Prime service area, mothers-to-be may change their enrollment from TPRADFM to TRICARE Prime. If moving from a Prime service area to a place where Prime is not available, they may change from TRICARE Prime to TRICARE Standard. Otherwise, Point of Service charges may be incurred.

Referrals: Because of the partnership that exists among TriWest and civilian provider networks; the overseas deployments of military physicians; and other military considerations; many military treatment facilities (MTF) in TRICARE Prime service areas no longer offer OB care.

Prime beneficiaries requiring OB care in areas where it is not available at military facilities will be referred by the MTF to TRICARE civilian network providers. If the beneficiary has other health insurance (OHI), the OHI carrier will be the primary

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NAF El Centro bids farewell to CMDCM(SW) Brian Bowman

On August 19, NAF El Centro gathered together to bid CMDCM(SW) Brian Bowman fair winds and following seas as he retired from the Navy after 26 years of service.

Bowman reported to NAF El Centro in May 2004 where he became the Command Master Chief.

Bowman enlisted in the Navy in 1979 and began his long career in which he served on a variety of ships and made several deployments. Most of his shore tours were in the San Diego area. During his 26 years, Bowman received many awards including five Navy/Marine Corps Commendation medals.

Bowman was joined at the ceremony by his wife, Marjorie, and his daughter, Jennifer. *(Photos by JO1 Jeannette Bowles)*

Maternity Benefits

continued from pg. 8

payer.

Other Issues: TRICARE Prime beneficiaries who are active duty family members have no deductibles or cost-shares. Beneficiaries using TRICARE Standard or Extra are only responsible for a $13.90-per-day cost-share for inpatient care. Deductibles are waived for families of Reserve Component members activated as part of the War on Terror.

Although the TRICARE-eligible, pregnant daughter of an active duty or retired service member is covered under TRICARE, the baby will not be covered following birth, unless the sponsor-grandparent adopts the baby or becomes his or her legal guardian.

Out-of-area care is covered for urgent and emergent care. A routine OB exam is routine care and would pay at the higher Point of Service option. For example: routine OB exams should take place before or after the travel/vacation. A normal delivery outside of the mother's Prime service area could incur Point of Service charges.

After Delivery: Newborns, and adopted children, are covered under TRICARE Prime for their first 60 days following birth or adoption. After that, they must be enrolled in Defense Enrollment Eligibility Reporting System (DEERS) database and enrolled in TRICARE Prime to avoid a gap in coverage. Coverage will be paid as TRICARE Standard on the 61st day if enrollment has not been completed by then.

To enroll a newborn or newly adopted child in DEERS, the sponsor must bring a copy of the child's birth certificate or certificate of live birth, which are available from the hospital's medical records department, or adoption papers to the nearest military facility personnel office.

Following registration, a parent or guardian must complete, sign and submit the TRICARE Prime Enrollment Application & PCM Change Form, which is available online at www.triwest.com or by calling 1-888-TRIWEST (1-888-874-9378).

For more detailed information about your TRICARE maternity benefits, visit TriWest's web site at www.triwest.com or call TriWest at 1-888-TRIWEST (1-888-874-9378).

Recognizing the best; Housing names Yard of the Month

Congratulations to Lt. Cmdr. Nelson Wells and his family for winning September's Yard of the Month for the Officer/New Fund Housing Area.

Congratulations to Sgt. Joaquin Reyes and his family for winning September's Yard of the Month for the Enlisted New Fund Housing Area.

Congratulations to AC2 Lorenzo Lopez and his family for winning September's Yard of the Month for the Enlisted Wherry Housing Area.

NAF El Centro gears up for Flag Football Season

By JO1 Jeannette Bowles

Fall is here and so is the 2005 Flag Football Season at NAF El Centro. This year, six teams will pit their skills against one another to see who emerges as the season's champions.

The teams this year are: Weapons, led by Team Captain AO2 Nick Ingram; Ops, led by Team Captain AC3 Troy Parker; A.M.P., led by Team Captain Lt. j.g. Jerry Kao; Security, led by Team Captain MA2 Jason Lowry; Strike Fighter, led by Team Captain AZ2 Marquez Bell; and HC-4, led by Team Captain Capt. J. Husband.

The season will officially kick off on Tuesday, October 18 and the projected schedule will be as follows:

Oct. 18: Strike Fighter vs Weapons at 5 p.m.
Oct. 18: Security vs Ops at 6 p.m.

Oct. 19: A.M.P. vs HC-4 at 5 pm.
Oct. 19: HC-4 vs Weapons at 6 p.m.

Oct. 20: A.M.P. vs Ops at 5 p.m.
Oct. 20: Strike Fighter vs Security at 6 p.m.

Oct. 25: Ops vs Strike Fighter at 5 p.m.
Oct. 25: Security vs A.M.P. at 6 p.m.

Oct. 26: A.M.P. vs Weapons at 5 p.m.
Oct. 26: Security vs HC-4 at 6 p.m.

Oct. 27: Ops vs Weapons at 5 p.m.
Oct. 27: HC-4 vs Strike Fighter at 6 p.m.

Nov. 1: A.M.P. vs Strike Fighter at 5 p.m.
Nov. 1: Weapons vs Security at 6 p.m.

Nov. 2: HC-4 vs Ops at 5 p.m.

The playoffs will begin November 3 starting at 5 p.m. with the Quarter Finals on November 8 and the Semi-Finals on November 15. The finals will take place on November 16. The playoffs will be double elimination.

For more information on this season call 339-2486.

NAF El Centro welcomes aboard its newest Sailors

Back Row (L to R): MA1(SW) James Thomas, ACAN Clarence Craver, AMAN Cole Phillips, MA2(SW) Roberto DeLeon, and AO3(AW) Brandon Whiteaker.
Front Row (L to R): AO2(AW) Angel Espino, AD2(AW) Edward Bryk, MA2(SW/AW) Javier Hernandez, MA2 Sergio Gonzalez Jr., and MA2 Elizabeth Nakamura. *(Photo by JO1 Jeannette Bowles)*

August Quarters

Quarters was held Thursday, August 18 at the base gym where Commanding Officer Capt. Paul Ziegler presented the following awards.

First Row (L to R): MAC(SW) Bradley Peterson received a Navy/Marine Corps Commendation Medal and MA2 Jennifer Carlson received a Navy/Marine Corps Achievement Medal.

Second Row (L to R): AC1(AW) Jason Anton received a Letter of Commendation and AC3 Jacob Ruiz received a Letter of Commendation.

(Photos by JO1 Jeannette Bowles)

September Quarters:

Quarters was held Thursday, September 22 at the base gym where Commanding Officer Capt. Paul Ziegler presented the following awards.

First Row (L to R): MA1(SW) James Thomas received a Navy/Marine Corps Achievement Medal and GM2(SW/AW) Javier Hernandez received a Navy/Marine Corps Achievement Medal.

Second Row (L to R): MA2(AW) Dominic Flores received a Navy/Marine Corps Achievement Medal, AC1(AW) Seth Thompson received a Letter of Commendation, and AC2 Jennifer Hirsch received a Letter of Designation.

(Photos by JO1 Jeannette Bowles)

Fall Festival 2005 comes to NAFEC

Fall Festival 2005 will be held on Saturday, October 29 from 3-6 p.m. at the Community Center (Bldg. 364).

Everyone is invited to come out and join the fun. There will be food, games, prizes, and an astro-jump at the festival.

Two contests will be held during the festival; a Best Costume contest and a Pie Eating contest. Kids are encouraged to wear their best costumes, but no scary ones, please. Prizes will be awarded for both contests.

The Fall Festival is sponsored this year by the NAF El Centro Wives Club in cooperation with MWR.

For more information on the events, please contact Leslie Hickman at 352-7171.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Halloween						1
2	3	4 Karaoke Night at the Sundowner 8 p.m.	5 Ladies Night at the Sundowner 8 p.m. Ext. 2330	6	7	8
9	10	11 Karaoke Night at the Sundowner 8 p.m.	12 Ladies Night at the Sundowner 8 p.m. Ext. 2330	13	14	15
16	17	18 Karaoke Night at the Sundowner 8 p.m.	19 Ladies Night at the Sundowner Ext 2330	20	21	22 TTT Trip to San Diego Zoo 7 a.m. X2559
23/30	24/31	25 Karaoke Night at the Sundowner 8 p.m.	26 Ladies Night at the Sundowner 8 p.m. Ext 2330	27	28	29

Tips to keep safe while trick-or-treating this Halloween

By Clara Parrish
Housing Director

Halloween "Trick or Treat" will be celebrated between 6-8 p.m. on Monday, October 31.

This event is for children up to 12 years of age.

If you are participating, please turn on your porch light. If not, please ensure your porch light is turned off.

A speed limit of five mph will be strictly enforced in all housing areas during this event.

Here are a few safety tips to keep in mind when participating in this annual event:

1) Paint children's faces instead of using a mask. Wearing masks prevents full field of vision. If your child can't see, she could trip and fall.

2) Ensure your child's costume is fitted correctly to prevent trips from stepping on pants or skirts that are too long.

3) Sneakers are the best footwear for little ghosts and goblins.

4) Carry a flashlight to light your way and to be seen.

5) Ensure costumes are flameproof or flame retardant

6) Keep costume accessories to a minimum. Your child is not going to want to drag around a sword for two hours.

7) Ensure your child has a sturdy bag or plastic container for holding the goodies he will pick up.

8) Inspect all candy for foreign objects prior to allowing your child to consume.

9) Throw away fruit and homemade goodies unless you know and trust the person giving it out.

10) Throw away any candy/goodie that is not individually wrapped.

11) Please respect the Halloween decorations of housing residents. Take care not to walk on, kick or otherwise damage.

12) An adult must accompany all children.

13) Drive at five mph and keep parking lights on if driving your child from neighborhood to neighborhood.

14) Above all have a safe and fun Halloween!