



Rocketeer II

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The official newspaper of the Naval Air Weapons Station China Lake community

Thursday, February 9, 2012

French takes helm at CNIC

WASHINGTON- Vice Adm. William D. French relieved Vice Adm. Michael C. Vitale as Commander, Navy Installations Command (CNIC) during a change of command ceremony in CNIC Headquarters at the Washington Navy Yard, Feb. 3.

Vitale has served as the chief officer leading the Navy's entire shore infrastructure for nearly three years and was the third commander in the history of CNIC. This infrastructure, also known as the CNIC Enterprise; includes 11 Navy Regions, 70 Installations, and 127 Naval Operations Support Centers, and is responsible for 31 business lines and 122 critical shore capabilities across three major categories; operations, quality of life, and facilities management.

Throughout his tenure, Vitale lead efforts to standardize, align, synchronize and innovate new methods and processes that furthered CNIC's mission to deliver effective and efficient readiness from the shore that sustain the fleet, enable the fighter, and support families.

Vitale praised the numerous accomplishments of the personnel under his command and of the entire CNIC Enterprise; from molding the Navy Family Accountability and Assessment System (NFAAS) into the model Personnel Accountability System used across the services, to the development of

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NAWS goes through Change of Command

By Michael Roach
Editor, Rocketeer II

China Lakers, friends and family bid farewell to Capt. Jeffrey "DD" Dodson, and welcomed Capt. Dennis "Lazer" Lazar during the change of command ceremony for Naval Air Weapons Station (NAWS) China Lake Jan. 26.

After an invocation by Lt. Chaplain Derrick Horne, Dodson introduced the guest speaker for the event, Commander, Navy Region Southwest Rear Adm. Dixon Smith.

"Naval Air Weapons Station China Lake offers a unique set of capabilities to the Navy. The research, development, acquisition, testing and evaluation, or RDAT and E, that happens here enables us to immediately put it to use to protect

our troops in harm's way," said Smith. "For the past two years, Capt. Dodson has enabled this to happen, successfully guiding his command down a path of improvement and innovation."

Smith continued, "Capt. Lazar brings a wealth of experience and insight with him. "Lazer" is the right officer for this assignment, and I know he will leverage China Lake's accomplishments and success under Capt. Dodson's watch and continue to lead this critical installation to even greater heights."

Smith then presented Dodson with the Legion of Merit by the President of the United States of America for "exceptionally meritorious conduct in the performance of outstanding

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Photo by Michael Roach

Left to right: Lt. Chaplain Derrick Horne; NAWS Commanding Officer Capt. Jeffrey Dodson; Commander, Navy Region Southwest Rear Adm. Dixon Smith and NAWS Prospective Commanding Officer Dennis Lazar salute the Honor Guard at the NAWS Change of Command Jan. 26

Get to know your CO

By Michael Roach
Editor, Rocketeer II

China Lake has a new commanding officer at the helm. Capt. Dennis A. Lazar arrived here from duty at Nimitz Operational Intelligence Center, Washington, D.C. and he couldn't be more excited to become a part of the community.

Lazar enlisted in the Navy in 1982 and served five years as a search and rescue air crewman reaching the rank of AME2. "I knew I needed to go to school, but I had no money for that, so I joined the Navy to put in my four years, gain some experience, and save up some money for college," said Lazar. "I was looking at all of the branches and I always thought the Navy was really cool; with all of its airplanes and ships. Growing up, I used to love those old 'Victory at Sea' World War II movies. But, then I didn't get out. I stayed in, it just kept



Official Navy photo

NAWS Commanding Officer Capt. Dennis A. Lazar.

going, and I am having a good time."

Upon learning he could attend school while still on active duty, Lazar began his studies at Embry Riddle Aeronautical University before he

Lazar, Page 11

Paradise Center gets a new look

By Michael Roach
Editor, Rocketeer II

Phase one of the enhancement at the Paradise Café Community Center is complete. The popular lunch spot has a new chef, menu and look making it a great spot to grab a bite, or host an event.

"We changed the visual image of the interior from what was considered kind of a haze grey, worn out look, to more of a hotel standard as far as the interior look and finish," said Community Support Program Site Manager Ken D'Amato.

Changes in the main community room are obvious. The room boasts new carpet and a brighter paint scheme, with natural wood accents around the windows and chair rails. New blinds were installed to match the other upgrades, and the DJ booth in the Southeast corner of the room has been removed to make room for more seating. Final touches in the

room included a permanent wooden dance floor, a collection of art on the walls and the removal of the counters in the café area to create a more open atmosphere.

The air-wall, which separates the main community room from the smaller café community room, was also replaced, and now can be maneuvered by a single person rather than the three that were needed before. "It used to be very heavy, it was old technology, it was not as sound dampening as the new system," said D'Amato. "Now this air-wall can be brought out in individual panels instead of one huge wall. You can break them out in individual panels for different looks. It gives us much more flexibility because we can host multiple meetings or conferences in the small community rooms; and still provide the community lunch service. Since we don't have a galley on base it is important that we offer

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Scout award
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Navy Marine Corps Achievement
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Seabee Cookout
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LeeAnn Burfeindt Retires
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new shore integration methods and a "total workforce," capable of continuously supporting operations and services.

"The personnel here at the headquarters, and throughout the entire Enterprise have faced growing numbers of issues and challenges," said Vitale. "I've had the pleasure of witnessing this Enterprise solve complex and dynamic problems, some self-imposed, some caused by outside forces, and forge a way ahead toward a model of shore integration that has forever changed how we do business and provide service the Fleet, fighter and family."

Vitale also thanked the many Navy communities throughout the world that support and allow the Navy to operate in close proximity to their homes and livelihoods, acknowledging the importance of maintaining close ties from the smallest Installation to the headquarters level.

"It's the communities, both in the U.S. and abroad, that invite us to live and operate in their backyard, and it's the communities, both within the Navy and outside, that are the anchor of our ability to maintain and operate the best naval force in the world, and I want to thank each one for their support,

patience, and welcoming spirit," said Vitale.

French thanked Vitale for his wisdom and guidance and spoke briefly about his optimism and vision for the future of CNIC.

"During the last six years I have been with the CNIC Enterprise I have learned that we have some of the best, brightest, and most talented professionals in the Navy," said French. "Under Vice Admiral Vitale's leadership, the CNIC team has set the example for how an Enterprise should function and have established immense credibility on how you are meeting customer needs. I'm honored to be taking command at this point in the history of the command."

Vice Adm. French was promoted shortly before the event after having a successful tour at Navy Region Southwest in San Diego, Calif., where he accomplished major milestones towards energy and water conservation and numerous other green initiatives. French, the son of an Air Force officer and native of San Antonio, is a graduate of Vanderbilt University where he received commission through the Naval Reserve Officer Training Corps program in May, 1979. He earned a master of science degree from Naval Postgraduate School in 1985 and a master of arts from the Naval War College in 1999.



Official Navy photo
Vice Adm. William D. French

A career submarine officer, French has served on a number of submarines and commanded USS Salt Lake City (SSN 716) and Submarine Squadron Three in Pearl Harbor. His prior flag officer commands include tours at Navy Region Northwest, Navy Region Marianas in Guam, and Navy Region Southwest.

"I am proud to be part of such a superb organization and look I forward to working with you over the next few years," said French.

CNIC oversees a \$10 billion budget, more than 83,000 facilities and 58,000 personnel, all managed from a single unified enterprise.

Rocketeer II



NAWS China Lake

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All Faith Chapel

Command Chaplain Lt. Derrick Horne

Rev. James Dowds, Catholic priest

james.dowds.ctr@navy.mil

Activities:

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Room (on the west side of the
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Sunday: 9 a.m.

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Religious Education Building

PROTESTANT SERVICES:
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Military

Micchicco Hunter awarded Navy and Marine Corps Achievement Medal



Photo by Peggy Shoaf

Lt. Chaplain Derrick Horne presents Religious Program Specialist Third Class (Surface Warfare) Micchicco A. Hunter with a Navy and Marine Corps Achievement Medal. Hunter was awarded the medal for "Professional achievement while serving as a religious program specialist, Naval Air Weapons Station, China Lake, Calif. from December 2009 to January 2012." According to the citation, Hunter helped coordinate eight weekly religious services for four faith communities which encompass 800 people. Her expertise helped in the execution of 50 annual chapel events, and she kept record of a \$125,000 yearly Religious Offering Funds Budget. Hunter's new duty station is Yokosuka, Japan, aboard the CBN73 George Washington.

NEX customers save an average of 23 percent on purchases

The results of the Navy Exchange Service Command's (NEXCOM) most recent market basket survey shows customers save an average of 23 percent below civilian retail prices, not including sales tax, when they shop at their NEX. This is a one percent higher savings over the 2011 survey results.

"Shoppers have a plethora of choices out there....our focus is to make sure our customers think about the NEX first," said Tess Paquette, NEXCOM senior vice president chief merchandising officer. "Being able to show customers that we save them an average of 23 percent on the merchandise they purchase is very gratifying, especially in these tough economic times."

Each fall, NEXCOM hires an outside company, RetailData, to do a price survey in different areas of the United States to obtain an average percentage number for how much customers save when shopping NEX. To determine the percentage of savings, the same

items were surveyed from region to region. The items included major appliances, consumer electronics, furniture, clothing, house wares, sporting goods and more. The different stores shopped for comparison prices included discount stores, mass merchants, full-line department stores and category-killer stores.

The survey compared prices on approximately 350 branded items in the NEX inventory against major retailers across the continental United States and Hawaii. The survey proved NEX customers saved 10.74 percent over WalMart; 15.15 percent over Target; 30.56 percent over Walgreens; 39.36 percent over JCPenney; 34.61 over Advance Auto and 15.87 percent over Bed Bath and Beyond.

The survey also determined customers' savings in each of the eight different areas of the country surveyed. Customers in Pearl Harbor, Hawaii, save 28.87 percent; customers in Everett, Wash., save 23.58 percent;

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Military

Force Master Chief Christopher Engles reenlists

AZ1 Juan Zapata reenlists for six more years



Photo by Patrick Foughty

Vice Adm. Michael Vitale, Commander, Navy Installations Command (CNIC), reenlists Force Master Chief (Air Warfare/Surface Warfare) Christopher Engles Jan. 27 at the CNIC headquarters in the Washington Navy Yard. Engles has served over 30 years and is currently the senior enlisted leader within the CNIC Enterprise. The CNIC Enterprise includes 11 Navy Regions, 70 Installations, and 127 Naval Operations Support Centers, and is responsible for 31 business lines and 122 critical shore capabilities across the globe.



Photo by AEC Randy Draves

AZ1 Juan Zapata celebrates his re-enlistment at VX-31 with his family Jan. 31. Zapata reenlisted for another six years of naval service.

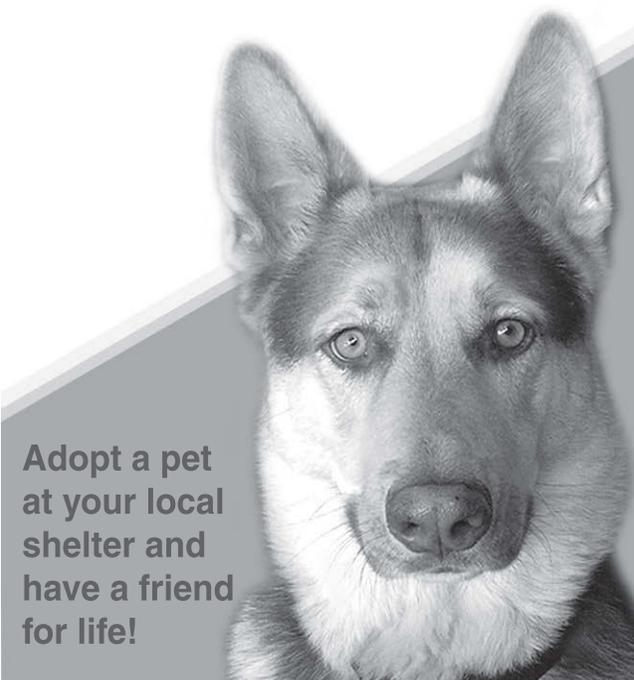
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customers in San Diego, Calif., save 23.20 percent; customers in Bethesda, Md., save 22.90 percent; customers in Norfolk, Va., save 22.35 percent; customers in Great Lakes, Ill., save 22.30 percent; customers in Jacksonville, Fla., save 21.61 percent and customers

in Pensacola, Fla., save 19.69 percent. Many NEX departments offer significant savings to customers including domestics at 48.22 percent; boys at 37.02 percent; girls at 34.72 percent; automotive at 24.79 percent; house wares at

25.47 percent; and ladies at 21.23 percent. "We want our customers to know that we are doing everything we can to have the products they need at a savings," said Paquette. "That is our mission and the reason why we do what we do."

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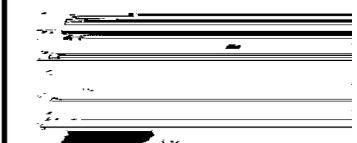
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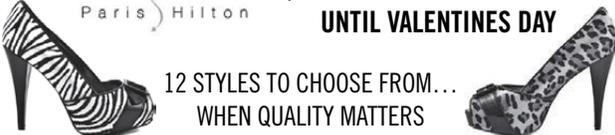
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Military/News

Carlton Jones promoted to Lieutenant

Seabees offer new lunchtime option for China Lake employees



Photo by Michael Roach

Capt. Terry Auberry, commanding officer, Navy Munitions Command CONUS West Division (right) swears in Lt. j.g. Carlton Jones, Officer in Charge, Navy Munitions Command CONUS West Division Detachment China Lake, as a lieutenant Feb 1.



Photo by Michael Roach

The Seabee Ball Committee grilled bratwurst for the lunchtime crowd Jan. 27 in the Public Works parking lot. Local Seabees will be grilling up bratwurst every non-flex Friday until the middle of March, five dollars for one bratwurst, or seven dollars for two, both options come with chips and a drink, sauerkraut is optional.

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News

Change, Front Page

services as commanding officer, Naval Air Weapons Station China Lake, Calif.”

The award was in recognition of several initiatives led by Dodson during his tenure as commanding officer (CO) including the reduction of water consumption on base by 43 percent from the 2007 baseline a 13.78 megawatt photovoltaic power plant that broke ground last month.

“The Navy spends a great deal of effort and resources on safety. Losing one Sailor or civilian is one too many,” continued Smith. Dodson’s “focus and leadership has reduced recordable work place safety mishaps by 75 percent and zero explosive safety mishaps through the last fiscal year.”

Smith then acknowledged the sacrifices made by Dodson and his family and thanked the retiring CO’s wife Tracy, and children, Christina and Benjamin.

“When I took over China Lake 28 months ago, I knew this day would come when I would need to move on and let somebody else take over. And, those days have gone by quick, and I have loved every minute of it,” said Dodson during his remarks and reading of orders. “This place was a little of a mystery to me when I first got here. I am an operational guy and just never had the chance to be stationed here. But I quickly learned just how much impact this base has had on my life as a fighter pilot.”

Dodson also acknowledged the importance of NAWS’ mission in supporting the missions of the tenant commands on base, and

gave thanks to all those who were under his command. “You may not write some weapon computer code, or make a new chemical in the lab, but you work in Public Works and maintain the infrastructure so that scientist can turn on their computer, or you provide childcare... and a myriad of other functions, or else you would not have a job. And it is those key enablers that allow this base to provide the warfighter the decisive advantage.”

Dodson then gave awards and thanked specific leaders from the NAWS command. “You all deserve thanks and I truly appreciate your efforts. But I am not going to read 600 names. Instead I want to recognize four individuals that represent every person in this command.”

Ken D’Amato was named Program Manager of the Year. “As the community services point man on the base, I can tell you that he has more impact on the daily lives, outside of the workplace, than anyone on this installation,” said Dodson. He then thanked him for making several projects come to fruition such as the NFL Sunday Ticket at Mulligans Grill.

Dodson gave Kathy Killinger the Commanding Officer’s Meritorious Performance Award. “Her official job title is Installation Program Analyst, but I think that translates to ‘the person that gets all of the hard stuff nobody else wants to do.’ She is a tireless worker that is always volunteering to take on more,” he said.

Laurie Zellmer received the Commanding Officer’s Professional Achievement Award. “She has had a



Photo by Michael Roach

Capt. Jeffrey Dodson is piped ashore during the retirement portion of the NAWS Change of Command Ceremony Jan. 26.

tough year, not through any fault of her own, but because she is trying to fix years worth of discrepancies in the world of environmental permits and explosive safety management,” said Dodson.

Finally, Dodson recognized ET1 Kyle Hanson as the NAWS Sailor of the Year. “Petty Officer Hanson, you give me great hope for the future of our Navy and our country,” said Dodson. “Thank you for your service.”

After making several personal thanks, Dodson read his orders, turned towards Lazar and said, “I

am ready to be relieved.”

Lazar then took command of NAWS China Lake. “DD, these last two weeks have been overwhelming as I learn the scope of your responsibilities on the vast installation. By all accounts you’ve done great work keeping the place running smoothly and my hat is off to you for all that you’ve accomplished during your command. If I can be half as diligent as you’ve been, I know I’ll be successful,” he said.

The end of the ceremony also marked the retirement of Dodson

from the Navy. In his 27-year career as a naval aviator, he only spent 22 months and six days on non-flight duty. The bare minimum is 22 months and one day. Jokingly, Dodson implied that his biggest regret is the five days of flight that he missed out on. He and his wife Tracy will be returning to Virginia Beach Fla.

“We are sad to leave this great base and community but excited to begin the next phase in our journey,” Dodson said before being piped ashore.

Paradise, Front Page

that service.”

“We are trying to establish the fact that Paradise Community Center has meeting rooms, and we can offer an in-house lunch service to support those meetings. We can have three to four meetings at once and still provide the community lunch service,” said D’Amato. “We can have working lunches; it really gives a lot of flexibility to support the commands’ training needs.”

“We’re looking at this as a three-phase improvement or enhancement to the services. We’ve completed phase one; phase two is the upgrading of our meeting rooms and community rooms to more state-of-the-art technology. Phase three will be the entry way and the lobby, getting more efficient as far as our technology and our look,” said D’Amato. He went on to say that the improvements, thus far, are the result of “great cooperation. We have had the Public Works team working with us and the FEAD

(facilities engineering and acquisition division). It was really a team effort.”

Upgrades at Paradise Café go beyond the walls and floors however, as regular diners have likely noted, the menu has been revamped to an all new buffet-centric theme. “We made operational decisions to be the most efficient. Six months ago we went from the full menu operation to a lunch buffet. We looked at our historical use and what the food sales were. We found that the buffet was the most popular. So, we took the most used days and hours, 11 a.m. to 1 p.m. Monday through Thursday,

as our operating hours for lunch. Fridays were our slowest days, so we closed Fridays and upgraded the Mulligans menu at the golf course, and added the Dawg Day foot long special,” said D’Amato. “Mondays we rotate. At this time of year we have a little cooler weather and people like comfort food; mashed potatoes with gravy, turkey, fried chicken, meatloaf, potpies. We’ll start kicking off our warmer season in May and go back to our very popular barbecue out on the patio, cooking the barbecued ribs and hamburgers. And of course every day we are open we support

your New Years’ resolution to be more fit with our all-you-care to eat soup and salad bar for \$5.95.”

The new menu is thanks, in part, to the café’s new chef Noel Tizon, who graduated in December from the International Culinary School at the Art Institute in San Bernardino. Comfort food isn’t the only thing that he and the rest of the staff at the Paradise Café have to offer. On Tuesdays, diners can enjoy the soup, salad and sandwich bar, followed Wednesday by the Mexican fiesta buffet, and Thursday for the ever-popular prime rib. “Our lunch buffet program offers the diners a quality product, in an all you care to eat format, at a very reasonable price,” said D’Amato

The Paradise dining experience is not limited to the building. “All dining services in the region have reworked their catering services and brochures. So we took this opportunity to refine and upgrade ours. This is our main facility because it is the most efficient here, and the most popular, but we can take food to anywhere on base,” said D’Amato. “We can even cater in



Photo by Michael Roach

The Paradise Cafe’s new chef Noel Tizon gives a thumbs up during the lunch rush Feb. 2.

government housing for such events as birthday parties, anniversaries, family reunions.”

The Paradise Café is open to provide those with base access a lunchtime food option Monday through Thursday from 11 a.m. to 1 p.m.



Photo by Michael Roach

The Paradise Cafe’s prime-rib buffet being enjoyed Feb. 2.



News

Father Jim Dowds presents scouting award



Courtesy photo
Father Jim Dowds pins the religious award for youth faith on to James Chase, Jr., Webelo Pack 848, at the All-Faith Chapel.

This date in U.S. Navy history

Feb. 9:
1799 - USS Constellation, commanded by Capt. Thomas Truxtun, captures the French warship l'Insurgente.
1943 - The organized Japanese resistance on Guadalcanal ends.
1947 - Carrier USS Wright (CVL 49) is commissioned.

Feb. 10:
1862 - Union gunboats destroy Confederate ships during a victory in the Battle of Elizabeth City.
1900 - The first naval governor of Guam, Commodore Seaton Schroder, is appointed.
1960 - USS Sargo (SSN 583) surfaces at the North Pole.

Feb. 11:
1780 - A British army, with support from a powerful naval squadron, invades Charleston, S.C., in the American Revolution.
1991 - At the height of the Gulf War, the USS America (CV 66) Carrier Battle Group transits the Strait of Hormuz en route to their deployment in the Persian Gulf.

Feb. 12:
1945 - USS Batfish (SS 310) sinks its second Japanese submarine within three days.
1950 - The U.S. naval forces operating in the Mediterranean Sea since 1946 are officially designated the 6th Fleet.

Feb 13:
1913 - Naval Radio Station, Arlington, Va., begins operations.
1945 - Naval units enter Manila Bay for the first time since 1942.
1968 - Operation Coronado XI begins in Mekong Delta, South Vietnam.

Feb. 14:
1813 - USS Essex becomes first U.S. warship to round Cape Horn and enter the Pacific Ocean.
1814 - USS Constitution captures the British ships Lovely Ann and Pictou.
1840 - Officers from USS Vincennes make the first landing in Antarctica on floating ice.

Feb. 15:
1898 - The battleship USS Maine "mysteriously" blows up in Havana Harbor in Cuba, killing more than 260 Sailors and Marines while injuring scores more. The tragedy sparks the Spanish-American War.

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LeeAnn Burfeindt retires after 33 years at China Lake

By Theresa Goldstrand
NAWCWD PAO

After 33 years of working at China Lake, LeeAnn Burfeindt retired and passed the program torch to the upcoming team. According to Greg Wheelock, Spike Missile project manager, "Spike's biggest promoter came in a little five-foot, four-inch package named LeeAnn Burfeindt."

Burfeindt left the global positioning system – inertial navigation system (GPS-INS) group and transferred to the Spike project in 1999.

"Fortunately, I knew a lot of people," Burfeindt said. "If something needed to get done, I did it or found someone who could get it done."

During the first down-range missile launch, Burfeindt coordinated the test, ordered parts for the missiles, assembled the missiles, attached the rocket motors and loaded missiles on the launch rail.

"The only thing I didn't get to do was press the launch button," she said.

Burfeindt's career began at China Lake as a temporary clerk in 1979. She filled in as secretary for the sensors and platforms group, then with procurements as a clerk and, later, as the base telephone operator for a month.

Burfeindt explains, "This was back when you had to connect the autovon lines at the switchboard for incoming and outgoing calls. You could even listen in, if you had time. Of course, I never did."

In 1979, she became a permanent

secretary for the gun systems branch. She later applied for a position as an air conditioning equipment mechanic helper in public works and landed the job that doubled her salary. She was selected from a pool of more than 50 applicants and got one of two open positions. Burfeindt finished the 'unofficial pre-journeyman training program' ahead of schedule, and received her journeyman rating in less than three years.

While attending electronics classes at Cerro Coso Community College, she was rated as an electronics technician. After working at public works for five years, Burfeindt transferred to Echo Range and worked for Section Head Allan Lesniak. One of her responsibilities at Slate Range was to follow the pairs of copper phone lines down the side of the mountain, checking for damage by wild burros.

In her words, "One of my greatest accomplishments there was to get the radar sites to shine on Slate Range for calibration every morning. They were having a problem getting the radar crews to do this and I was tasked with the responsibility. After a couple of weeks visiting the various sites, we came to an agreement that all the radars would shine on Slate Range every morning for calibration. They did, and I worked at Echo Range for five years."

Always looking for a challenge, Burfeindt seized an opportunity to operate a \$1.3 million certification van for the High Speed Anti-Radiation Missile team and learn more about radars, so she transferred to the North Ranges and conducted down-range testing that included Bull



Photo by Theresa Goldstrand

Rear Adm. Mat Winter, NAWCWD commander, congratulates LeeAnn Burfeindt on her 33 years of service at China Lake after her flag raising ceremony Feb. 2.

Pup, Wild Horse Mesa and Coles Flat target areas. Ordinarily, the data that was collected by the certification van was supposed to be presented by the customers, not the person who collected the data. Burfeindt, however, was considered the expert and allowed to present the data at the pre-fire meetings. She worked at the North Ranges for five years.

In 1994, Dave Allen hired Burfeindt to work as a network services coordinator/IT specialist/computer specialist. She coordinated

the effort to have 220-volt power installed in a building at Point Mugu and succeeded in getting the Microsoft Exchange servers on-line, on schedule.

Three years later, Burfeindt joined the GPS-INS group as their computer specialist/electronics technician. One of the most interesting aspects of this position for Burfeindt was keeping a server called Sirius updated.

Burfeindt's career "spiked" when she began working with the miniature munitions team in 1999. For more

than 12 years, Burfeindt had her creative hands in the Spike project. According to Burfeindt, "It's the best project I have had the opportunity to work on and the greatest people I have had the pleasure to work with."

Burfeindt and her husband, Butch, are moving to Idaho for their retirement.

"We're going to finish raising our twins, and go on as many Maranatha Mission trips around the world that God will allow," she said. "The busier we stay the better we like it."

WRNMMC uses new, brain-controlled prosthetic arm

Bethesda, Md. (NNS)—A new prosthetic arm - operated by an individual's thoughts - was used by wounded warriors at the Walter Reed National Military Medical Center (WRNMMC) for the first time Jan. 24.

With nearly as much dexterity as a natural limb, 22 degrees of motion, and independent movement of fingers, the Modular Prosthetic Limb (MPL) was developed as part of a four-year program by the Johns Hopkins University Applied Physics Laboratory (APL), along with WRNMMC and the Uniformed Services University of the Health Sciences (USU). On Jan. 24, a wounded warrior began using the nine-pound device, maneuvering its metallic fingers and wrist.

"We've been working with [the APL] since the start of this project and we're very excited about the opportunity [to have] our first individual using this hand," said Col. (Dr.) Paul Pasquina, chief of Orthopaedics and Prosthetics at

WRNMMC and director for the Center of Rehabilitation Sciences at USU. "We believe very strongly that those who are willing to put their lives in harm's way deserve the very best. Through this revolutionizing project, we've worked with the greatest manufacturers across the globe to come up with modern solutions to loss of an upper limb."

Pasquina explained the limb is controlled by surface electrodes, which pick up electric signals generated by the muscles underneath the skin, then convert those patterns in electrical signals into a robotic function.

"We wanted to make [the MPL] as intuitive as possible. Normally, when you move your hand, you think about moving your hand, and a signal comes down from your brain, goes down through your spinal cord, out through your limb and activates muscles in your hand to open or close [the hand]," Pasquina said.

With an amputee, the nerves traveling down the spinal cord

are still intact, and they're still connected to some of the muscles in the arm, Pasquina said. "What we try to do is pick up the electrical signals of the muscles that still exist in the arm and interpret those, convert them to a computer signal to then drive a robotic limb," he said. "When an individual is thinking about closing their hand, muscles will activate and the prosthetic limb will respond accordingly."

Pasquina noted the potential future of this limb. Engineers seek to use electrodes underneath the skin for an electrical signal with much higher fidelity. Researchers also look to explore other mechanisms to rewire nerves.

"There are folks working very hard on electrical sensors that can go directly on nerves, and electrical sensors that can be embedded in the brain," he said. "It's very exciting to see that research and we've been privileged to partner with a lot of folks working on that. I think there's still a lot to be learned on how the

human body can integrate with computers and computer interface, and I think the sky's the limit in terms of what we will do over the next five to ten years."

The next logical phase in the MPL's development is to incorporate sense of touch, and apply this technology to prosthetic legs in the future, said Cmdr. Jack Tsao, director of the Traumatic Brain Injury Programs for Navy Medicine's Bureau of Medicine and Surgery. A neurologist who also assisted in the project, Tsao said fortunately many amputees have expressed interest and seem willing to participate and help advance this research.

"What I think is fantastic is that we actually, because of this study, now have another option to treat amputees," said Tsao.

Before being fitted to use the device, Tsao explained amputees must first go through "training," using the Virtual Integrated Environment (VIE), which records

an individual's muscle movements. By collecting their muscle data, the MPL is then suited for the individual. This gives the amputee time to learn how to use the device, fit them for it, then see how they work with it, he said.

Air Force Tech Sgt. Joe Delauriers, the first patient at WRNMMC to begin using the MPL, described the device as "pretty comfortable," and said he is grateful for the opportunity to be involved with the project.

"It's really fun working with the hand and [exciting] to see what's going to be coming in the future," said Delauriers. "Any input I can put into the program, to help them out, and future amputees, it's an honor for me. It's very rewarding."

Four months ago, Delauriers was injured by an IED blast in Afghanistan, which caused him to lose both his legs and part of his left arm. He said it's an indescribable



DOD begins prorating imminent danger pay

WASHINGTON(NNS)—Service members now will receive imminent danger pay only for days they actually spend in hazardous areas, Pentagon officials said here today.

The change, which took effect Feb. 1, was included in the 2012 National Defense Authorization Act, which President Barack Obama signed into law Dec. 31.

“Members will see the prorated amount in their Feb. 15 pay records,” Pentagon spokesman Navy Capt. John Kirby said.

The act called for DOD to pay service members imminent danger pay only for the time they spend in areas that qualify for the pay. In the past, service members received \$225 per month if they spent any time that month in an area where the pay was authorized. “This is a more targeted way of handling that pay,” Kirby said.

Now, service members will receive \$7.50 a day for days spent in these areas. Personnel who travel to the designated areas for periods less than 30 days should keep track of the number of days they are in the area to verify that they are paid for the correct number of days, officials said.

The military services are

working to waive or remit debts for members who may have been overpaid for January, officials said. The services can waive this “when there is no indication of fraud, fault, misrepresentation, or when members were unaware they were overpaid,” Pentagon spokeswoman Eileen Lainez said.

Proration is based on a 30-day month, which translates into a rate of \$7.50 per day. It does not matter if the month is 28 or 31 days long, officials explained; if service members serve in affected areas for the complete month, they will receive the full rate of \$225 per month.

The Defense Department defines imminent danger pay areas as places where members are subject to the threat of physical harm or imminent danger because of civil insurrection, civil war, terrorism or wartime conditions.

Service members who come under fire, regardless of location, will receive the full monthly hostile-fire pay amount of \$225.

Service members will receive notification of the change via emails, on the MyPay system, on social media sites and via the chain of command.



Official U.S. Marine Corps photo
Hospital Corpsman Henry Cates, assigned to 3rd Battalion, 6th Marine Regiment, Regimental Combat Team 5, checks an Afghan man's pupils in Pahl Chareh Bazaar. Afghanistan National Army soldiers and U.S. Marines from 3rd Battalion, 6th Marine Regimental Combat Team 5 provided medical care during a medical initiative program at the bazaar.

The Navy celebrates African American/Black History Month

The Navy joins the nation in observing African American/Black History Month during the month of February. Established in 1926 as Negro History Week by Harvard historian Dr. Carter G. Woodson and the Association for the Study of Negro Life and History (ASNLH), the observation was expanded in 1976 by President Gerald R. Ford when he declared the entire month of February Black History Month. The 2012 Black History Month theme, “Black Women in American History and Culture,” underscores the importance of celebrating our diversity as a

nation.

A History of Sacrifice, Strength, and Service.

African American/Black History Month is a time to study and reflect on the rich collective history of generations of African Americans and their struggle against adversity to achieve equality. Serving first with state and continental navies, African American Sailors continue to distinguish themselves within our Navy's fighting forces today.

•In December 1944, Lt. j.g. Harriet Ida Pickens and Ens. Frances Wills became the first African American

officers in the WAVES (Women Accepted for Volunteer Emergency Service) program.

•In August 1991, Ms. Gladys J. Commons became the first African American woman to be promoted to the Navy's Senior Executive Service. Ms. Commons currently serves as the Assistant Secretary of the Navy, Financial Management and Comptroller.

•Rear Adm. Lillian Fishburne became the first black female promoted to flag rank in February 1998.

•Rear Adm. Michelle Howard became the first African American

woman to command a warship when she took command of USS Rushmore (LSD 47) on March 12, 1999. She went on to command Expeditionary Strike Group Two and Combined Task Force 151, a multinational task force established to conduct counterpiracy operations in the Gulf of Aden.

•In 2007, CMDMCLaura Martinez became the first African American female Force Master Chief of the Bureau of Medicine and Surgery.

•Thirty-nine Navy leaders will receive recognition for promoting opportunities in technical and scientific careers Feb. 16 at the 2012

Black Engineer of the Year (BEYA) STEM Conference in Philadelphia, Pa.

Engaging in Diversity Outreach Highlighting Achievements.

Each year, the Navy's sustained outreach efforts reach a variety of diverse populations. The Navy partners with many affinity groups highlighting the achievements of African Americans, including National Naval Officers Association (NNOA), National Society of Black Engineers (NSBE), and Historically Black Colleges and Universities (HBCU).

Lazar, Front Page

was accepted into the Naval Aviation Cadet Program in 1987. In May 1989, Lazar finished his training, earned his commission and was designated a naval aviator. “I fell in love with the Navy and the life right from the get go. I've been so impressed with the opportunities it [the Navy] presents. There is no way I could ever have conceived doing any of this stuff on my own without the Navy providing a path for me,” said Lazar.

Lazar has served in a myriad of positions in his career both at sea and on land. Most notable for him was the time spent commanding the “The Sunliners” of VFA-81 during two deployments flying in support of Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) as well as his tour in VFA-87 in the months following 9/11. “Our squadron was deployed on the

[U.S.S.] Enterprise, and we were headed home after about our fifth month of deployment. We turned around obviously right after the attack, positioned ourselves right up close to Pakistan and started practicing how we were going to strike into Afghanistan. When the green light was given, it was just amazing what we unleashed in a short amount a time. Not many people realize this, but it was the Navy that brought the fight to the enemy in the initial stages of OEF. None of the Air Force strikers could launch from anywhere close enough,” said Lazar. “It was 24/7 combat operations for several weeks just attacking targets and knocking them down. That was really rewarding, all of that time in the Navy and all of the training that we go through, that was probably the most rewarding part right there, because

you know that you are doing what you have been trained to do for your country and your country now needs you. That was really very gratifying.”

Though Lazar does acknowledge that there are some downsides to the Navy life, he is not interested in complaining. “The challenges are the constant upheavals, but that also happens to be the rewards, it broadens you. It can be really tough sometimes. At home we have this little house that we hang on the wall that says ‘home is where the Navy sends you,’ and underneath is a tile for every place that we have been, and you should see how long that thing is.” Lazar has been married to his wife for 14 years. In that time, they have moved nine times, and he has been on five deployments. Yet, it's evident his optimism remains. “That's the life, and you can either be frustrated by it

or you can go ‘well this is the life, and I will put down roots when I stop,’ and roll with it. I've enjoyed every place that I have been for different reasons.”

China Lake is no different. The new commanding officer wastes no time trying to hide his excitement for this assignment. “I like this place, first of all you absolutely cannot beat the flying. This is the best flying in the entire country. The other thing is that over the years my wife and I have grown to appreciate the small towns because we get to know people better, we love going into little mom-and-pop shops and we love being a part of the community. You don't get that sense in a San Diego or in a Virginia Beach, it is too big and too many things are going on. So, when we found out we had an opportunity to come here to a place a little off the beaten path, we were ecstatic about

that aspect of it.”

In his spare time, Lazar enjoys challenging hobbies like woodworking, and restoring cars. An uncomplicated man, he enjoys working with his hands and creating. His plans for the installation are similarly uncomplicated and challenging. “I feel blessed to be able to come here and do this. I like the idea of taking care of something; taking care of the installation, taking care of the people on it, and doing my dead-level best to make sure that we support our customers, our outstanding tenant commands, in the execution of their missions and through them all the way to the Warfighters... I want to be able to support them all as much as I can. I just feel blessed to be a part of this and do the best that I can to help that effort along.”

Health

Why Walking Can Help Your Heart

By Shari Lopatin

TriWest Healthcare Alliance

Regular walking can reduce your chances of heart problems by about 30 percent, according to Harvard Health Publications.

Those results came from the analysis of 18 studies between 1970 and 2007. Study participants who walked five and a half miles each week began showing benefits to the heart. And the more they walked, the greater the benefits.

So, just how can walking help you live healthier this year?

Heart Health Benefits of Walking

While countless activities are available to try—such as cycling or yoga—walking has the lowest drop-out rate, said Health Coach Meghean Cook of TriWest Healthcare Alliance.

Regular walking will:

- Lower your risk of heart disease.
- Improve your blood pressure and blood sugar levels.
- Lower your bad (LDL)

cholesterol, while raising your good (HDL) cholesterol.

- Help maintain your weight.
- Lower the risk of obesity.
- Reduce your risk of type two diabetes.

In addition, did you know walking fast 35 minutes a day, five days a week, will make you feel better if you're depressed?

A Harvard Health study published in 2005 proved such activity had a significant influence on mild to moderate depression. If walking five days a week is too often, you can substitute it for 60 minutes a day, just three times a week, for the same results.

The American Heart Association will "walk" you through the steps at www.mywalkingclub.org.

You can also browse nearby walking clubs based on your zip code. Walking clubs aren't only a positive way to improve your health, but help those around you. They can also develop into a great social bonding experience with new or existing friends.

Leave Transfer Program

Leave Transfer Program - The employees listed have been approved as leave recipients under the Leave Transfer Program. These employees have exhausted annual and sick leave because of medical emergencies and anticipate being in a leave-without-pay status for at least 24 hours. Employees who wish to help a leave recipient may donate annual leave to the employee by submitting a completed OPM 630-A Request to Donate Annual Leave (Within Agency) form. Send your completed form to Code 731000D Stop 1316, Attn: Madonna Clark, or you can fax to 939-1423. For more information regarding the Leave Transfer Program, please call Madonna Clark at 939-8103 or DSN 437-8103. The 2011 leave year ends on 1 January 2012.

NAME	CODE	NAME	CODE
Albers, Kristina M.	478700D	Martin, Nicole R.	52700ME
Andrews, Douglas K.	52300ME	Nutter, Valerie K.	412000D
Avery, Ellie D.	4J3300D	Osman, Eisa H.	474300D
Baldwin, Barbara	410000D	Platon, Rita R.	452200E
Bales, Trisha M.	511000D	Puckett, Kenneth D.	45P200E
Benham, Carlyn R.	451000D	Ray, Randall L.	52132MD
Cruz, Christina T.	452200E	Roberts, Billie Jo	478600D
Dannenberg, Alyse N.	466100D	Rodriguez, Patricia	658300E
Davis, Douglas N	45P200E	Rowland, Raymond	60C000D
Depue, Gwendolyn P.	N9120WN	Rubio, Gerardo	413100D
Freund, Dana R.	685000D	Sangchan, Ronnie	473100D
Gleason, Natasha L.	733000D	Schonhorst, William M.	51J30MD
Halsey, Kelsey M.	J25000D	Smith, Michelle A.	486M00E
Hiser, Mary Ann	474000D	Sweany, Carolyn J.	J17000D
Jones, Donald T.	475100D	Tanner, Sarah	451400D
Lake, David R.	451200D	Turbett, Jennifer J.	52J400D
Lee, Victor D.	475100D	Williams, Marc E.	535200D
Lucas, Gerald (Quin)	478200D	Wirtz, Anne Marie	4J2400D
MacArthur (Mallory), Carol D.	783100D		



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 International Chairman, JDRF

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WorkAbility I Program
Sierra Sands Unified School District

WorkAbility is a training program for special education students, ages 14-21. It is designed to promote career awareness and exploration while students complete their Secondary Education. WorkAbility provides students with opportunities for job shadowing, paid and non-paid work experience and ongoing support from vocational personnel.

We exist to create a sustainable School-to-Career education system that unites public institutions and individuals so that all Sierra Sands Unified School District students are better prepared to continue their education, to be economically self-sufficient and to find satisfying, rewarding careers.



Local WorkAbility Mission Statement:

- Programs which foster academic, vocational and social skills.
- A safe, nurturing and challenging learning environment.
- Respect for diverse groups, people and ideas.
- Enable individuals with disabilities the opportunity to participate in preparation for the work place and independent living.

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To learn more about this wonderful program call **375-4476 ext. 305** or e-mail svierra@ssusd.org
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Health

What's the Difference between an M.D. and a D.O.?

Have you ever been searching for a doctor, and found one labeled as an "M.D.," while another is listed as a "D.O.?"

You may have wondered what this means. Well, here's the answer.

There are two basic types of medical schools: Allopathic schools and Osteopathic schools. Doctors who attend the Allopathic schools become M.D.s. And if they graduate from the Osteopathic schools, they become D.O.s. Because of these

differences, doctors vary in their views on medicine and treating patients.

So, which is right for you?

Similarities

Both types of degrees produce medical doctors, who can prescribe you medicine and diagnose a condition. Here is what M.D.s and D.O.s have in common:

- Had to earn a four- year degree with core science classes.
- Attended four years of medical school (this is where the

differences come into play, since there are two types of medical schools).

- Went through a residency program that lasted three to seven years.

- Required to pass licensing exams and obtain a state license.

- Can practice in accredited hospitals and clinics.

- Work side by side in the Military Health System to benefit service members and families entrusted to their care.

Differences

Doctors who earned a D.O. often focus on primary care or family practice, although many do choose a specialty and train in the same residency programs as M.D.s.

D.O.s also receive training in something called Osteopathic Manipulative Training (OMT). OMT is similar to chiropractic work, but it's not the same. This treatment manipulates the body's muscles and bones to help with problems like back pain, shoulder pain, and tension headaches.

M.D.s do not receive this training.

Over time, the differences between these two types of medical schools have faded. More and more, both schools train doctors to view their patients as a whole, while promoting health, preventing disease, and treating when necessary.

So which is right for you? Now that you know the differences, it all comes down to your personal preference. Which highlights your values, and the way you want to be treated?

Prosthetic, Page 10

feeling to be where he is today, thanks to advancements in care.

"I'm living off base, I'm driving, [and] I'm living with my [infant] son. I'm able to hold him without any open wounds, infections," he said. "They do such a great job here, with therapy. It's just amazing." The Airman said he can only imagine what these advancements will lead to in another decade.

"The technology is only going to

keep getting better," said Tsao. "If guys like Joe can regain function, this would be revolutionizing to their lives, especially in the multiple limb amputees. Any degree of function and independence you can give back to someone is the most important thing." Pasquina also expressed his enthusiasm for this development, stating that he can recall when the device was merely a sketch on paper.

"It's something I still find

amazing," Pasquina said. He is also amazed by the stories of the wounded warriors making such strides in their recovery.

"Time after time, you see people not only recover, but thrive after severe injuries, and they're inspirational to all of us, to us as medical staff who have the honor of taking care of them. It's humbling to be a part of that," he said.

Pasquina added that he'll continue

his efforts to make this technology available to all service members and the population at large.

"The hand in itself is so important in terms of one's independence. Your ability to dress yourself, feed yourself, do self-grooming and hygiene is extremely important," said Pasquina. "Many of our injured service members were highly functioning, highly independent, had a great amount of responsibility.

To now find themselves in a situation where they have an impairment or disability, that makes them less independent is something that not only affects them physically, but affects them emotionally. Anything we can do to [help] them be more independent and to regain that sense of self is something we're fully committed to doing and very excited about the opportunities that this presents."

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1 Stop Market • 1451 China Lake Blvd.

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North Medical Group • 1111 N. China Lake Blvd.

Ridgecrest Regional Hospital • 1081 N. China Lake Blvd.

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Carraige Inn • 901 N. China Lake Blvd.

Jacobs Naval Systems Group • 1550 N. Norma Ave.

Casa Corona Cantina • 1030 N. Norma Rd.

Heritage Inn • 1050 N. Norma St.

Synetic Solutions • 730 N. Norma Suite C

Sizzler • N. Norma St.

Midway Café • 829 N. China Lake Blvd.

VFW • 117 N. Alvord Rd.

Comfort Inn • 507 S. China Lake Blvd.

Kristy's Diner • 428 S. China Lake Blvd.

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China Garden Restaurant • 206 S. China Lake Blvd.

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Chamber of Commerce • 128 B E. California Ave.

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- 9 mile bike
- 5k run

Sign up by February 24

Sports & Fitness Complex
Bldg. 00022, Blandy Ave
760-939-2334

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Saturday February 11



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March 2
March 16
March 30

Outdoor Recreation and Information Tickets and Tours Office
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Bike Maintenance Clinic
Thursday, February 23
1-3 pm

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<p>Outdoor Recreation - 939-3006 Equipment rental headquarters! Trailers, bikes, camping gear and party equipment. Trips & clinics every month!</p> <p>Dining Services - 939-8662 Paradise Cafe offers all-you-care-to-eat buffets, Monday-Thursday 11 am-1 pm!</p>	<p>Golf Course - 939-2990 18-hole golf, driving range, rental clubs, golf cart rentals, specials, Pro Shop and Mulligans Grill offering 5-TVs featuring sporting events with great food!</p> <p>Information, Tickets and Tours 939-8644 Discounts on amusement parks, museums, & the zoo! Discount vouchers for hotels in the Los Angeles, San Diego & Vegas area. Trips every week!</p>	<p>Aquatics - 939-2737 Indoor Pool Lap Swim: Mon-Fri 5-7 am, 11 am-1 pm, 5-7 pm Sat 8 am-3 pm, Sun 9 am-3 pm, Holidays 10 am-3 pm Swim lessons and Aqua Logix!</p>	<p>RecStop Liberty Center - 939-4386 Daily activities and cool trips! Wi-Fi, games, video stations, computers, tournaments and fun! (Eligibility Required)</p>
<p>Fleet & Family Support Center - 939-4545 Life skills courses, personal financial management, relocation and counseling services!</p>	<p>Auto Skills Center - 939-2346 February Special: Battery/Electrical System Tester 50% off for military, 25% off for all others!</p>	<p>Hall Memorial Bowling Center 939-3471 Free Active Duty bowling every week! Saturday Xtreme bowling! Sunday family bowling!</p>	



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ROCKETEER II CLASSIFIED AD POLICIES AND FORM

FREE ADS

The **ONLY** personnel eligible to place free ads in the Rocketeer II are:

- Active Duty Military and DoD personnel stationed at NAWS China Lake and their dependents, and retired military.

The **ONLY** Classified ads that are available as free ads to above listed personnel are:

- Pets - Free To Good Home
- Roommate Wanted
- Lost & Found
- Cars & Trucks (Except RV's)
- Furniture & Appliances
- Misc. For Sale
- Garage & Yard Sales
- Motorcycles
- Misc. Wanted

All other categories are paid.

If you are eligible use the form below:

FREE CLASSIFIED AD FORM

AD COPY

One word, phone number, price per space.

20 Words Maximum.Limit 2 Free Ads Per Family, Per Week

Code: _____ (For Aerotech Office Use Only)

Name: _____ Rank: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Duty Phone: _____

Organization: _____

Per the DoD Joint Ethics Regulation (DoD 5500.7-R), DOD civilians, contractors and military members may not use government work phone numbers in classified ads as contact points when selling personal items.

ALL ADS MUST BE RECEIVED BY TUESDAY NOON FOR THAT THURSDAY'S PAPER

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 Paid And Free Ads
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BY PHONE:
 Paid Ads Only
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The following categories are paid ads:

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|--------------------------|-------------------------|----------------------------|
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| • Apartments For Rent | • Condos For Sale | • Farms & Ranches |
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| • Hotels & Motels | • Industrial Properties | • Employment Opportunities |
| • Commercial Rentals | • Mobiles For Sale | • Child care |
| • Loans | • Mobiles For Rent | • Condos For Rent |
| • Investments | • Misc. For Rent | |
| • Business Opportunities | | |

The following ads are also considered paid ads if you do not qualify under FREE ADS Guidelines.

- | | |
|-------------------------------|-----------------------|
| • Pets - Free To Good Home | • Garage & Yard Sales |
| • Lost & Found | • Motorcycles |
| • Cars & Trucks (Except RV's) | • Misc. Wanted |
| • Furniture & Appliances | • Roommate Wanted |
| • Misc. For Sale | • Rooms For Rent |

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PAID CLASSIFIED AD FORM

- | | |
|---|---|
| <input type="checkbox"/> HOMES FOR SALE | <input type="checkbox"/> MOBILES FOR RENT |
| <input type="checkbox"/> HOUSES FOR RENT | <input type="checkbox"/> MISC. FOR RENT |
| <input type="checkbox"/> APTS FOR RENT | <input type="checkbox"/> ACREAGE |
| <input type="checkbox"/> LOTS | <input type="checkbox"/> INCOME PROPERTY |
| <input type="checkbox"/> HOTELS & MOTELS | <input type="checkbox"/> FARMS & RANCHES |
| <input type="checkbox"/> COMMERCIAL RENTALS | <input type="checkbox"/> MISC. FOR SALE |
| <input type="checkbox"/> LOANS | <input type="checkbox"/> SERVICES |
| <input type="checkbox"/> INVESTMENTS | <input type="checkbox"/> EMPLOYMENT OPPORTUNITIES |
| <input type="checkbox"/> BUSINESS OPPORTUNITIES | <input type="checkbox"/> PETS |
| <input type="checkbox"/> RECREATION VEHICLES | <input type="checkbox"/> CARS & TRUCKS |
| <input type="checkbox"/> MOTORCYCLES | <input type="checkbox"/> FURNITURE & APPLIANCES |
| <input type="checkbox"/> WORK WANTED | <input type="checkbox"/> MISC. WANTED |
| <input type="checkbox"/> LOST & FOUND | <input type="checkbox"/> GARAGE & YARD SALES |
| <input type="checkbox"/> INDUSTRIAL PROPERTY | <input type="checkbox"/> CHILD CARE |
| <input type="checkbox"/> MOBILES FOR SALE | <input type="checkbox"/> CONDOS FOR RENT |

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CASH _____

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