

Rocketeer II

Vol. 4, Issue 14

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

Thursday, July 16, 2009

Tacos for sale

The Branch Health Clinic will be selling Carnitas tacos for \$5 a plate, which includes rice, beans, two tacos and a drink, Friday, July 17, from 11 a.m. to 1:30 p.m. at the clinic's ambulance bay. You can also order the tacos "a la carte" for only \$1.50 each. POCs are HM2 Hammerer, Radiology, 939-8060; HM2 Groves, PMT, 939-4990; or HM2 Petersen, Aviation Medicine, 939-8021.

CACs no longer issued at Pass and ID

The Common Access Card will no longer be issued at Pass and ID. The CAC machine has been moved to the Customer Service Desk (formerly PSD) in the Welcome Center, Building 1671, on Inyokern Road.

As of July 15, CACs will only be issued by CSD. Appointments will be required and may be made by logging onto <https://es.cac.navy.mil> — just click on CSD, China Lake.

Firefighter's Ball set for Sept. 18

The China Lake Federal Fire Department I.A.F.F. Union Local F-32 is holding its fourth annual Firefighter's Ball on Friday, Sept. 18, at the Paradise Community Center starting at 6 p.m. Dress for this event is semi-formal. There will be a casino extravaganza, music, dancing, bagpipes and Celtic dancers. Tickets are now available at \$35 per person. After July 1, price is \$45 per person. Retired firefighters pay \$30. Call (760) 793-9645 for more information. The ball is open to everyone.

Inside

Heat injury prevention 2	
Goldstrand retires	3
Navy Lodge	4
Safety	8
WD awards	10
Daughters and sons	11
Leave Program	12
Have you seen?	13
MWRs schedule	14

Empire Challenge kicks off July 21



US Navy Photo by Joy Lewis

Cmdr. Dan Hume (left) works with Lt. Cmdr. Peter Milham (right) training coalition partners on the Close Air Support precision targeting software program during Empire Challenge 2008.

Urban Close Air Support scenario to be conducted during EC09

By Cmdr. Garrett Shook
U.S. Navy

An Urban Close Air Support scenario is an exciting addition to Empire Challenge demonstrations this year. The goal is to apply digital CAS tools to a mission in a dense, urban area using small, mobile targets that are hard to identify and track. The exercise is run by the Tactical Surveillance, Exploitation and Engagement unit of the Weapons Engagement Office. TAC-SEE personnel will evaluate how digital CAS tools

can be used to increase ground forces' situational awareness and the effectiveness of the airborne CAS assets.

Digital CAS systems require training and extensive use before Joint Terminal Attack Controllers (JTACs) and aircrew become proficient. The Urban CAS scenario developed by TAC-SEE for Empire Challenge will bring together experienced aircrew from VX-9 and VX-31, trained JTACs, contractors testing new digital communication tools and experienced NAVAIR Reserve

Program personnel to put these systems to the test. The exercise has also received support from the China Lake Police, Michelson Lab, and China Lake airspace and test range personnel.

The scenario will take place around China Lake and Ridgecrest, combining aircraft, communications centers, mobile JTACs, and small forces of simulated enemy personnel. It will mimic current operations in urban areas of Iraq and Afghanistan, but

EC09, page 9



US Navy photo by Mike Johnson

Vernice Armour, keynote speaker, is shown during the "Planning for Success" symposium in Oxnard June 24. Recognized by the Department of Defense as America's first African American female combat pilot, Armour is a veteran of two tours in Iraq and is now a speaker, author and coach with her own consulting and training firm.

NAVAIR and NAVSEA host 'Planning for Success'

The Naval Air Systems Command and Naval Sea Systems Command Equal Employment Opportunity/Diversity Offices sponsored a one-day women's professional development training symposium on June 24 in Oxnard. The "Planning for Success" event drew approximately 340 people from across several Navy commands. Geared toward journey-level women (grades GS-9 through GS-13), it provided an opportunity for military and civilians to acquire tools to further enhance their career goals and direct them toward senior leadership positions.

Vice Adm. David J. Venlet welcomed everyone on behalf of himself and NAVSEA's commander, Vice Adm. Kevin McCoy. "We mutually support this Department of Navy event, and you honor us by being here."

Venlet told the audience "It's great to see that so many of you here today took the time to gain some insight into your career goals." He offered words of praise and encouragement,

SUCCESS, page 7

Activities heating up at the China Lake Golf Course

Activities are heating up at the golf course. Come out and enjoy 10 rounds of golf, with cart, Monday through Thursday from now through Sept. 1 for only \$230. Cost is \$180 for military. The summer special pass, which is also available to the public, expires Sept. 1 and is only valid for one person and can only be purchased

one at a time.

Free junior golf clinics are also being offered this summer every Saturday from July 11 through Aug. 22. The clinic for children 11 years of age and under will be from 9:30 to 10:30 a.m., while the adolescent clinic for those 12 to 17 years of age is from 10:30 to 11:30 a.m. A parent must be present during the clinic.

The China Lake Golf Course is open from sunrise to sunset, Monday through Sunday, including holidays. Because the China Lake Golf Course is a Category C Facility and is not funded by appropriated dollars, it is open to the public. Questions about the specials, the golf course or base access can be addressed at 939-2990.

Commentary

Branch Health Clinic Minute Prevention of heat injuries

As the outside temperatures begin to reach triple digits, it is time to discuss the importance of the prevention of heat related injuries. While the message is not new, the importance of heat injury prevention can never be over emphasized.

There are different types of heat related injuries such as heat rash, heat cramps, and heat exhaustion. All are of concern, but the most dangerous form of heat stress is heat stroke. Heat stroke is a medical emergency, call 911 immediately.

Generally, a victim will have at



Green Flag (WBGTI of 80 to 84.9 degrees F): Heavy exercises, for unacclimatized personnel, will be conducted with caution and under constant supervision.

Yellow Flag (WBGTI of 85 to 87.9 degrees F): Strenuous exercises or physical labor will be curtailed for unacclimatized, newly assigned personnel in their first three weeks. Avoid outdoor classes or work in the sun.

Red Flag (WBGTI of 88 to 89 degrees F): All PT or very strenuous work will be curtailed for those not thoroughly acclimatized by at least three weeks. Personnel not thoroughly acclimatized may carry on limited activity not to exceed six hours per day.

Black Flag (WBGTI of 90 and above degrees F): All nonessential physical activity will be halted.

least one or the following symptoms of heat injuries: cool, moist, and pale skin; heavy sweating; headache; nausea; irritability; or dizziness. If an individual is experiencing these symptoms get the victim to a cool environment to rest and provide cool water to drink.

Prevention is the key element to avoid a heat injury. It is important to slowly acclimate to the temperature, drink plenty of water and take regular rest breaks. Wear lightweight, loose-fitting clothing, as well as a hat and sunscreen to protect your skin. For information

on the current heat index contact the NAWS quarterdeck at 939-2681. Appropriate warning flags, based on the current heat index reading, are also flown in front of the Branch Health Clinic to assist in your planning of physical training and recreational exercises.

Summer social safety advice from SAVI

By Joyce Grant
SAVI China Lake

principles of "risk management" to social situations:

Identify hazards, especially in an environment where alcohol is being served. Be aware of surroundings and the people in them.

Assess identified hazards in terms of the probability that risky behavior may become increasingly serious. Watch out for friends. Be careful about leaving beverages where someone can have access to them. Incapacitating drugs can be quickly slipped into drinks.

Make decisions by considering options, such as leaving a situation. Decide if the benefits of staying, or leaving with a particular individual, outweigh the risks. If something risky starts to happen, ask what will be the long-lasting impact on your life or career if it continues.

Implement controls to reduce risk, such as heightened awareness and having a plan for an exit, if necessary.

Monitor freedom from danger by accepting no unnecessary risk,

remembering that every mishap results in some type of loss. That loss may impact mission readiness. It may also take a toll personally in terms of pain and suffering and financially as related expenses pile up.

Have a very safe and fun-filled summer from the SAVI (Sexual Assault Victim Intervention) Program SARC and Advocates at China Lake. For more information, contact joyce.grant.ctr@navy.mil or 939-8607.

This date in American Naval history

- July 16**
1862 - Congress creates rank of Rear Admiral. David G. Farragut is named the first Rear Admiral
- 1912 - Rear Adm. Bradley Fiske receives patent for torpedo plane or airborne torpedo.
- 1915 - First Navy ships,

- battleships *Ohio*, *Missouri*, and *Wisconsin* transit Panama Canal.
- 1945 - First atomic bomb test at Alamogordo, NM.
- July 17**
1858 - U.S. sloop *Niagara* departs Queenstown, Ireland, to assist in laying first trans-Atlantic

- telegraph cable.
- 1898 - Santiago, Cuba surrenders to U.S. Naval forces.
- 1927 - First organized dive bombing attack in combat by Marine Corps pilots against Nicaraguan bandits who were surrounding U.S. Marine garrison at Ocotol, Nicaragua.

- 1944 - Ammunition explosion at Naval Magazine, Port Chicago, Calif.
- 1975 - Docking in space of the U.S. Apollo (Apollo 18) and Soviet Soyuz (Soyuz 19) space craft. This was the first manned space flight conducted jointly by the two nations.

Communication Resources

Naval Air Weapons Station:
<https://www.cnic.navy.mil/chinalake>

Naval Air Warfare Center Weapons:
<http://www.navair.navy.mil/nawcwg>

What's Happening?
What's Happening is a bi-weekly electronic newsletter designed to pass on information to the China Lake work force.

It comes out on flex Thursdays, the opposite week the base newspaper comes out.

If you have something you would like to go into the newsletter or newspaper, or if you would like to receive it direct, you can contact the NAWS Public Affairs Office, peggy.shoaf@navy.mil

Rocketeer II online:
<http://www.chinalakenews.com>

Navy Family Ombudsman

NAWS:
Katrina Schluter,
(760) 384-8948
nawsombudsman@yahoo.com

VX-9:
Jennifer Connolly,
(760) 382-9986
VX9ombudsman@yahoo.com

VX-31:
Nicki Johnson
(760) 939-4682
VX31_ombudsman@yahoo.com

Rocketeer II is published bi-weekly by Aerotech News and Review, a private firm that is in no way connected with the Department of Defense or U.S. Navy under exclusive contract with the Naval Air Weapons Station China Lake, Calif. This commercial enterprise newspaper is an authorized publication for members of the military service and their families. Contents of the Rocketeer II are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or Aerotech News and Review. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, users or patron. A confirmed violation or rejection of this policy of equal opportunities by an advertiser will result in the refusal to print advertising. To advertise in the Rocketeer II, call Gail Ellis at 877-247-9288.

All copy is reviewed by the Public Affairs Office of NAWS China Lake. The editor reserves the right to edit, copy, run and/or delete stories submitted. Correspondence, articles and photographs for Rocketeer II submitted by the public or NAWS personnel should be e-mailed to Peggy Shoaf at peggy.shoaf@navy.mil or rocketeer2@verizon.net. Fax information to (760) 939-2796, or call the Rocketeer II office at (760) 446-4284 or (760) 939-1683 (DSN 437), respectively. Rocketeer II's office is located in the Headquarters Building, Room 1040. Submissions should be sent no later than noon the Wednesday a week before the publication date.

Correspondence, articles and photos from the following commands should be submitted to the person indicated:

- Naval Air Warfare Center Weapons Division and Explosive Ordnance Detachment Mobile Unit 3: DeAnne Bell at deanne.m.bell@navy.mil, or call (760) 939-8404
- Air Test and Evaluation Squadron THREE ONE: Lt. Neal Barham at neal.barham@navy.mil, or call (760) 939-9670
- Air Test and Evaluation Squadron NINE: Lt. Mark Huber at mark.a.huber@navy.mil, or call (760) 939-5525
- Marine Aviation Detachment: Lt. Col. Chris Mattei at christopher.mattei@navy.mil, or call (760) 939-8094
- Naval Facilities Engineering Command: Patricia Sbrocca at patricia.sbrocca@navy.mil, or call (760) 939-0082
- Branch Health Clinic: Cmdr. Cheryl Parham at c.parham@nhnp.med.navy.mil, or call (760) 939-8002
- Navy Expeditionary Combat Command: CWO3 John Hammond at john.d.hammond@navy.mil, or call (760) 939-6341

Rocketeer II



NAWS China Lake

Commanding Officer Capt. Gary "Norm" Peterson
Executive Officer Cmdr. Lee "Navin" Johnson
Public Affairs Officer Peggy Shoaf
Editor John D. Bennett

Publisher

Publisher Paul Kinison
Business Manager Lisa Kinison
Production Manager Robert Combs
Advertising (877) 247-9288

Fraud, Waste and Abuse Hotlines

DoD: (800) 424-9098
NAVAIR: (301) 757-1168
CNRSW (Local): (760) 939-7700
DoN: (800) 522-3451
NAWCWD: (760) 939-3636
(HQ): (619) 522-1429

Military

What's new on www.triwest.com

Today's net-savvy TRICARE beneficiaries use the Internet to manage their health care more than ever, but it doesn't take a computer wiz to navigate the convenient features on www.triwest.com.

And the best part is that users get to pick the time and place that's convenient. Here are just a few of the tools available online to make managing your health care even easier:

Online Account Registration

West Region beneficiaries who register for a secure www.triwest.com account can update other health insurance information, access copies of claims explanations of benefits (EOB)—especially helpful during tax season—change address information and more. Visit www.triwest.com/beneficiary and click the "Register Today" button to get started. TriWest does not share your information with outside parties.

Appointment Reporting

Once registered at www.triwest.com, beneficiaries can report their specialty care appointment dates

online. Previously, a beneficiary had to call TriWest to report this information. Now they can simply log in, access their authorization and referral information and enter their appointment date in just a few easy steps.

QuickAlert

Registered www.triwest.com users enjoy another perk: QuickAlert, TriWest's notification system for authorizations, referrals and EOBs. QuickAlert can be set to alert you by e-mail or phone when an authorization or referral has been processed for your account. You'll still receive notification by mail in approximately one week, but you can save time and schedule specialty care sooner with QuickAlert!

ePay

Beneficiaries can automate their TRICARE Prime enrollment fee payments with TriWest's ePay. Sign up at www.triwest.com/epay today, choose a payment method (allotment, electronic funds transfer

TRIWEST, page 4

Goldstrand ends Reservist career



SK1 Theresa Goldstrand retired July 1 after more than 21 years as a Navy Reservist. Her career began in Denver, Colo. in 1988 where she joined the NSC Oakland supply unit as a storekeeper, petty officer third class, in 1988. Her duties included assignments at NAS Alameda; Treasure Island, Calif.; FISC Yokosuka, Japan; FISC Pearl Harbor; Seal Beach/Fallbrook; NAS Rota, Spain; NAVEUR headquarters in London, UK; DESRON 22 at Fort Carson; NASC 0176, supporting VX-31, the Weapons Engagement Office (WEO), US Forces Korea at OSAN AFB; and, most recently, Digital Kill Chain: Combat Test and Evaluation (DKC:CT&E) unit at China Lake. Goldstrand served as a public affairs representative throughout her career and was recognized as China Lake's 6066 Detachment A, 2007 Sailor of the Year, and NAVAIR Reserve Program 2007 Sailor of the Year. Along with her recognition, she was awarded a second Navy Achievement Medal and the Navy Commendation Medal.



THE GRAPE LEAF

American & Mediterranean Food

Breakfast

Omelettes • Pancakes • French Toast & Waffles

Mediterranean Favorites

Beef Kabab • Chicken Kabab • Lamb Kabab

Pita Sandwiches

Shawarma • Sojouk • Falafel

Burgers • Sandwiches

Dinners

Fish • Chicken • Steak • Spaghetti • Lasagna

THE GRAPE LEAF

Buy One, Get One 1/2 off

Must Present Ad

760.446.3930

901 N. Heritage Dr. • Ridgecrest, CA 93555

Antelope Valley

8/20-30/09

FAIR

& ALFALFA FESTIVAL

ALL Tickets on sale NOW!

ON-LINE via Ticketmaster at avfair.com & at the Fairgrounds!

The ALL New LANCASTER HONDA CONCERT SERIES:

8/20 David Cook

8/21 Clay Walker & Lee Ann Womack

8/22 War & Tower of Power

8/23 Los Tigres del Norte

8/24 Keith Anderson, Heidi Newfield & Jason Michael Carroll

8/25 The Beach Boys & Pablo Cruise

8/26 Foreigner & The Guess Who

NEW! Pre-sale 10 RIDES for \$10 carnival ride FunPasses

AVFAIR.COM for A.V. Ford Arena Events Series

8/27-8/30 & Fair 2009 info.!

Military

Navy Lodges now offer guests 'Breakfast to Go'

Navy Lodges guests can now get a light breakfast in the morning thanks to the Navy Lodge Program's new "Breakfast to Go" Program. The breakfast offered will vary depending on the Navy Lodge.

"The 'Breakfast to Go' program has been rolled out to all Navy Lodges in the United States with outstanding response from our guests," said Michael Bockelman, Vice President, Navy Exchange Service Command (NEXCOM) and Director Navy Lodge Program. "By offering our guests a light breakfast in the morning, we're giving them an even better value for their money."

Guests staying in a Navy Lodge in the United States will be able to pick up a "Breakfast to Go" at the front desk. The breakfast, which consists of a snack/breakfast item and beverage, is available each morning for every guest staying at the Navy Lodge.

Larger Navy Lodges in the United States, such as San Diego,

Calif., and Norfolk, Va., will offer guests a full continental breakfast each day. "Navy Lodge San Diego has already opened its expanded 'Breakfast to Go' room," said Bockelman. "By offering our guests a continental breakfast in the morning, we estimate a family of four will save about \$150 for a six-night, five-day stay."

Beginning this fall, overseas Navy Lodges plan to give each guest a Welcome Bag. The Welcome Bag will consist of snacks, breakfast items, bottled water as well as information on the area all in a reusable cloth bag. This expanded program will provide military members on permanent change of station orders (PCS) food options upon their arrival until they have time to go to the commissary.

Navy Lodge provides official travel accommodations to all Navy and military service members around the world at its 43 locations. Navy Lodges have over sized guest rooms, which offer amenities

including queen-sized bed, sofa, a desk with a computer hookup and task lighting. Free local calls, coffee and newspapers as well as convenient on-base parking are also available. All Navy Lodge rooms are air-conditioned, have cable TV with Showtime, a DVD/CD player, direct-dial telephone service and a kitchenette complete with microwave and utensils. Navy Lodges also feature housekeeping service, vending machines, video rental service and guest laundry facilities as well as handicapped accessible and non-smoking rooms.

To receive a Navy Lodge directory or to make a reservation, call 1-800-NAVY-INN, 24 hours a day, 7 days a week. Or make a reservation online at www.navy-lodg.com, which gives a listing of each Navy Lodge location complete with directions and phone numbers.

For other military lodging options go to www.dodlodging.com.

Top 'superfoods' for all-star heart health

By Shari Lopatin

TriWest Healthcare Alliance

These top five "superfoods" from The American Dietetic Association (ADA) and the "Nutrition Action Health Letter" will not only make you feel good, but will help protect you against heart disease, the top killer of adults in the U.S.

1. Beans. The ADA says beans are truly a superfood because each tiny bean has a powerful combination of protein, fiber, vitamins and minerals. Researchers have also found that diets including beans may reduce the risk of heart disease and certain cancers.

2. Wild salmon. The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks.

Plus, salmon caught in the wild has less PCB contaminants than salmon raised on a farm.

3. Mushrooms. Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.

4. Garlic and onions. For the full effects, stay away from onion and garlic powders and stick to the whole vegetable. The ADA reports that research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. You may need to eat one garlic clove

HEALTH, page 7

'Back To School Roadshow' July 30 at China Lake NEX

Navy Exchange China Lake will be holding a "Back To School Road Show" event July 30 through Aug. 1.

The event will feature the latest in fashions just in time for the first day of school. Brands featured will include Hurley, Hanes, Coach, DC, Levi's, No Fear, Quicksilver and

Jansport, among others.

An additional 30 percent off already reduced prices will be available on the entire stock of men's, women's and kid's shoes and clothing with prices ending in .96 and .97.

For more information, contact the Exchange at 446-6707.

TRIWEST, from Page 3

or credit card) and never worry about late payments again.

'TRICARE 2 You' Online Library

The "TRICARE 2 You" Online Library hosts TriWest's all-new streaming TRICARE benefit

videos, current and archived articles from the "TRICARE 2 You eNewsletter" and a slew of links and resources to help answer your frequently asked TRICARE questions. Visit it today at www.triwest.com/t2u.

Healing 2gether Online

"Healing 2gether Online" (H2O) is TriWest's comprehensive online resource for wounded, ill or severely injured service members and their families and caregivers. Find information and resources to help you use your benefits at www.triwest.com/h2o.

The Original Family Steak Place



1958

2009

Great Steaks, Seafood & Salads

Lunch Club Card

Buy 5 Lunch Special and receive your 6th Special **FREE**

Monday – Saturday • 11 am – 4 pm

Join us for Sunday Brunch

Every weekend starting at 10 am.

Made to order omelets, bacon, sausage,

Country potatoes, French toast, biscuits and gravy, waffles, Danish, orange juice, and much more.

All for a limited time.

1501 N. Norma Ave • Ridgcrest, CA 93555

760 • 446 • 0114
Where America Comes to Eat!

The great American meal.
Fire-grilled to taste.
Isn't life grand?



PUT YOUR EXPERIENCE TO WORK FOR YOU

The Air Force Reserve is offering part-time, and full-time opportunities for Aircraft Mechanics with excellent benefits, including choice of home base, education assistance, secure employment and competitive pay.

Choose your home base and you will not be transferred. Receive low cost TRICARE health insurance. Maintain retirement benefits. In most cases you can retain your rank. Specific jobs come with signing bonuses.

Continue to build close friendships, serve your country and participate in experiences unique to the military.

Accomplish extraordinary things while you achieve your personal goals.



800-AFR-8279 • AFReserve.com/Prior

Ana A. Lacy, M.D.

Board Certified Surgeon
by the American Board of Surgeons

Routine Pap Smears • Gall Bladders
Mole Removal • Colon Disease
Breast Cancer/Disease
Hemorrhoid Disease • Varicose Veins
Thyroid/Parathyroid Disease
Skin Cancer • Abscesses
Chronic Wounds

As well as other common and uncommon surgical problems

Medicare Certified

All insurances accepted:

Blue Cross/Blue Shield • Tri-Care
Workers Compensation Welcome



Call for an appointment today!

(760) 371-4600

720 N. Norma, Ste. A

Fax (760) 371-4660

Hanh's Hair Design
 Family Full Service
 Salon & Barber
Military Haircuts
\$8.00
 Fades &
 Flat Tops

 110 S. China Lake Blvd.
 across st. from BofA
 (760) 375-9151

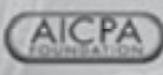
**TAKE A SMALL STEP
 TO GET HEALTHY**
www.smallstep.gov
 

Takeout can eat up your savings.



Pack your own lunch instead of going out. \$6 saved a day x 5 days a week x 10 years x 6% interest = \$19,592. That could be money in your pocket. Small changes today. Big bucks tomorrow. Go to feedthepig.org for free savings tips.



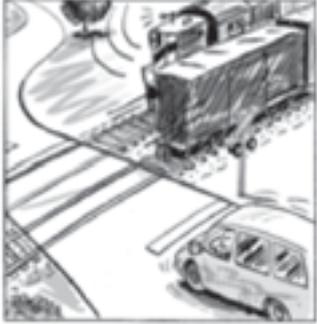
 

U.S. Naval Museum of Armament & Technology



Tour our Museum - visit our gift shop for great souvenirs!
HOURS 10AM - 4PM MON. - SAT.
 For Additional Info Call (760) 939-3530
 One Pearl Harbor Way, China Lake, CA 93555
www.chinalakemuseum.org

**Watch Out!
 There Could be
 a 2nd Train.**



Just because 1 train has passed doesn't mean a 2nd train isn't coming. Be sure BOTH tracks are clear before crossing.

Brought to you by  **OPERATION LIFESAVER**
www.oli.org



**Get in the driver's seat,
 with money to spare.**

We serve where you serve®

**Active duty, get a 1/4% APR*
 discount on auto loans!**

New, used or refinance from another lender!

- ▶ Fast pre-approvals
- ▶ Some of the best rates around
- ▶ Major buying power

Not a member? Join today!

Serving Army, Marine Corps, Navy and Air Force active duty, retired, reserve, National Guard, DoD civilians and their families.

NAVY FEDERAL
 Credit Union

1-888-842-6328
navyfederal.org

*Direct Deposit required. This military special is a limited-time special offer and may expire at any time. Applications accepted at a branch and by phone only. Federally insured by NCUA. Copyright © 2009 Navy Federal NFCU 12606 (6-09)

Share the power of a wish®

MAKE-A-WISH
wish.org

A CFC participant. Provided as a public service.

**We Invite you to experience
Indian Wells Valley's Full Premium Service Hotel!**



We honor Per-Diem Rates • 160 Deluxe Rooms
Banquets & Catering • Room Service
Convention Center • 2 Restaurants • Lounge
Pool Table • Big Screen TV • Fitness Center
Heated Lap Pool • Therapy Spa

Wine Tasting 5-7 pm - Every other Thursday
Blues After Hours - Fridays 5-9 pm



CAFE
POTPOURRI



Present this coupon
and receive

10% off

your food in **Charlie's**
or **Cafe Potpourri**

901 N. China Lake Blvd., Ridgecrest

760.446.7910

Only 1 mile from NAWS Main Gate

www.carriageinn.biz

WESTERN HOMES REALTY

Full Service Real Estate Office
Manufactured Home Dealer

**Your Real Estate Specialists
for the Indian Wells Valley**

Whether you are buying or selling your home,
looking for commercial properties, rentals or a
developer searching for services,
WESTERN HOMES can help.

Now Doing Property Management

Please visit us online at
www.westernhomesridgecrest.com

**24 HOURS FOR THE
"SERVICE YOU DESERVE"**

3639 Inyokern Rd. • Ridgecrest, CA

(760) 377-5734

CERRO COSO COMMUNITY COLLEGE

Fall 2009

Visit CC Online at
www.cerrocoso.edu
to view the class schedule
and to register for classes



ON-CAMPUS REGISTRATION

Now Being Conducted

No Appointment Necessary

CLASSES CONVENE AUGUST 24

For more information call Cerro Coso at (760) 384-6100



**SMALL STEP N° 81. SNACK ON FRUITS AND VEGETABLES.
LOSE YOUR LOVE HANDLES AT SMALLSTEP.GOV**

News/Military

Success, from Page 1

thanking the participants “for what you do for the Sailors and Marines. They rely on us and they trust us, so we need to provide them the best support possible. You all have leadership values, and that’s what it takes to have a winning team.”

Venlet also touched on the importance of mentoring, a theme that ran throughout the conference. He gave this example from his first tour: “I was a division officer, busy flying F-14s, when one day a contractor pulled me aside, looked me in the eye and said, ‘Lieutenant, you may think your most important job here is flying that Tomcat around, but it’s not. Your most important job is watching out for these Sailors, making sure they have what they need to do their jobs - the right tools, the right training, updated tech pubs, a clean workspace. That is your most important job.’ What he said that day left a deep impression on me. It was a strong mentoring moment I never saw coming. So keep your eyes open. You may be being mentored and not even realize it’s happening.”

A four-member panel of Senior Executive Service members shared their experiences and



US Navy Photo by Mike Johnson

Vice Adm. David J. Venlet speaks at the “Planning for Success” symposium held June 24 in Oxnard.

insights into “life in a leadership role.” NAVAIR’s Steffanie Easter and Joan Johnson, along with NAVSEA’s Sharon Smoot and Ed Godfrey discussed keys to success, including training, preparation, education and mentoring.

Attendees then broke out into

one of four workshop sessions designed to enhance leadership capabilities: interviewing skills, mentoring, presentation skills, and storytelling (how to build your story for success).

The day’s keynote speaker, Vernice Armour, offered a powerful, energy-

filled presentation. Recognized by the Department of Defense as America’s first African American female combat pilot, Armour is a veteran of two tours in Iraq. As a popular speaker, author and coach with her own consulting and training firm, Armour encouraged the audience to “use a breakthrough mentality rather than a zero mentality. Ask yourself: how am I managing my challenges? Then don’t just meet basic standards, but choose to excel.”

She wears two outfits during her presentation, a flight suit over her business suit. Halfway through her talk, she unzips her flight suit, revealing another layer of attire: a business suit. Changing on stage illustrates her point that each experience prepares you for what lies ahead in a career or in life. Pointing to her folded flight suit, she said, “Everything in this flight suit, is now in this flight suit,” she said grabbing her suit lapel.

Armour encouraged attendees to embrace mentoring, noting that “life is a classroom. When you fall down, get up! Take off – with 100 percent intensity!” Her inspiring words were met with a standing ovation and, in closing, she led the audience in shouting her signature line “It’s breakthrough time in 2009!”

Health, from Page 4

daily to make a difference.

5. Blueberries. These fun little berries are bursting with antioxidants, more so than many larger berries. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They’re loaded with dietary fiber and vitamins A and C.

Surprise superfood: dark chocolate

Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure. In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol and reducing blood pressure.

For more healthy tips and TRICARE-related information, visit TriWest’s Healthy Living Portal at www.triwest.com/beneficiary/healthy_living.



Great Service You Can Trust.

For more than 60 years people have depended on AltaOne as their primary financial institution. Let AltaOne be yours. You’ll enjoy personal service, competitive rates, and an array of products and services. We also offer online services so you can manage your account 24/7 – pay bills, apply for loans or transfer money at your convenience.

Visit us to become a member today!

Reach New Heights™



Call Center: M-F, 7-7 • (760) 371-7000 • TOLL FREE (800) 433-9727 • www.AltaOne.org

Corporate 701 S. China Lake Blvd. M-F 9:30-5
Albertsons 1301 N. Norma St. M-Sa 8:30-6:30
Stater Bros 800 N. China Lake Blvd. M-Sa 9-7
China Lake 1115 King Ave. M-F 9-1 (Closed Flex Fridays)



more WAYS TO SAVE!

DIGITAL CABLE AS LOW AS

\$39.95* A MONTH FOR 12 MONTHS

WHEN COMBINED WITH INTERNET



CALL TODAY!
1-877-851-7466

SAVE WITH UP TO 135 VIDEO AND MUSIC CHANNELS!

Enjoy tons of great programming and music, plus up to 15 channels of Starz® and Encore®!

SAVE WITH FREE HD CHANNELS!



SAVE WITH A FREE MONTH OF HBO®!

Then save for the rest of the year. After your first month, enjoy HBO® for just \$9 a month for the next 11 months.

SAVE WITH INTERNET SERVICE! You'll enjoy the fastest Internet and the most savings.

FREE Standard Installation!

*Offer expires 7/21/09 and is available only to qualified new residential accounts. Customer must subscribe to Family Cable with Digital One Star Pak and Mediacom Online high-speed Internet service to receive this offer. The discounted monthly rates are valid for twelve months beginning at installation. At the end of the promotional period, the standard monthly rates will apply. If any discounted services are disconnected during the promotional period, all remaining services/equipment convert to the standard rates and features. If you are not 100% satisfied with any Mediacom service, disconnect within the first 30 days and we will provide a full refund of your monthly service fee upon request. A credit check may be required. A high definition TV is required to view HDTV signals. Download speeds are not guaranteed and may vary. Customer is responsible for additional customer premise equipment and operating system required for Internet access service. Subscribers must agree to comply with Mediacom's applicable subscription terms and policies. Federal, state and local taxes, governmental regulatory fees and surcharges, if any, are additional. Offer may not be combined with any other offer, is non-transferable and is void where prohibited. Offers, packages, prices, programming availability, channel lineups, service features, specifications, terms and conditions may vary among areas. Other charges, conditions, requirements and restrictions may apply. Call your local Mediacom office for complete details. Mediacom is a registered trademark of Mediacom Communications Corporation. HBO® and related channels and service marks are the property of Home Box Office, Inc. Starz® and related channels and service marks are property of Starz Entertainment, LLC.
†Free standard installation applies for video service with a self-activation kit for Mediacom Online. If customer prefers a standard Internet service installation, it is available for a discounted charge of \$29.95. Standard installations utilize existing wiring and do not include special wiring work, installation or repair of outlets or any other special installation procedures for which additional charges apply.

Safety

China Lake Command Safety Message

Enjoy your vacation by playing it safe

By Capt. Gary Peterson
NAWS Commanding Officer

China Lake 2009 status on mishaps experienced

FY02 mishap rate baseline: 6.25 mishaps per 100 employees

*Current mishap rate: **1.53** Percent reduction: **76 percent***

*2009 OSHA recordable mishap cases: **28***

While the work tempo at China Lake is very busy with projects, construction of new facilities, field testing, and more, this is the time of year when many of you will be heading off for a well deserved vacation. You've earned your vacation, and you should enjoy it. Even though you'll be taking some time off from work, remember not to take "time off" from safety. Playing it safe while you're on vacation or just enjoying some relaxation can help you and your family avoid mishaps while getting the rest and recreation you deserve.

Playing it safe begins with planning. Prepare for your activities ahead of time and always think before acting. Prior planning prevents poor performance is a motto that can apply to mishap prevention. Always take the time to properly plan activities regardless of whether you are embarking on a distant vacation getaway, a weekend trip to the beach, or a backyard swim party. Think ahead about where you will be going, what you'll be doing, what could possibly go wrong and how you can avoid it. This is simply the application of Operational Risk Management to your recreation itinerary.

If you will be boating, swimming, water skiing or enjoying other water sports, make sure that all family members can swim before allowing them to participate in those activities. Ensure that you have all the training, equipment and supplies required to enjoy the experience — mishap free. Take lessons in each activity from a qualified professional who can teach you the rules of the sport as well as important safety tips.

If you are driving for long distances, plan out your route, including rest stops and driver rotations. The Naval Safety Center offers an online tool called "TRiPS" that incorporates the steps of ORM into a trip planning and navigation system. The system helps the user not only map the trip, but helps the traveler recognize and avoid the hazards they may face on the highway, including fatigue, not wearing safety belts and driving too far without rest breaks or overnight stays. TRiPS is available at the Naval Safety Center Web site <http://www.safetycenter.navy.mil/ashore/motorvehicle/TRiPS/default.htm>. In addition, the

6) N93N: Lower back strain lifting boxes of frozen vegetables to load them into an upright freezer.

7) 471200D: Lifting 30 pound case with handles, employee felt wrist pain and heard pop.

8) 5260MD: While handling weapon nose cone, front end tilted up abruptly, hitting employee in the head.

9) N91N: Tripped over a box left in doorway and jarred upper body when grabbing wall to catch fall.

10) 47J160D: Slipped on wet floor and caught door frame to avoid a fall — twisted ankle and sore neck and back.

11) 475100D: Lacerated top of hand when sheet metal being de-burred became unbalanced and fell up then fell on hand.

12) J17000D: Fell while going down back stairs of Headquarters building — knee and ankle bruising and swelling.

13) N23N: During mutual aid fire fighting response, employee tripped and fell over fire hose submerged under water and foam — pulled tendon in leg.

14) 71320AD: Back pain was experienced after lifting and moving boxes of copy paper.

15) 52320MD: Lift jack failed while lifting trailer tongue — employee lost balance and hit shoulder on back of truck.

16) 478700D: Lacerated thumb on metal edge of table preparing for fuse inspection process.

17) N21N: Stepped off platform outside of door and foot slipped off the side twisting ankle — sprained ankle.

18) 412000D: Tripped and fell while going up the stairs of the Blue Whale, building 20000A.

19) 466200D: Foot caught on box banding material and employee tripped and fell while stepping forward.

20) 451400D: Strained heel and Achilles tendon while assisting to move a cart holding a pod.

21) N92N: Back strain as a result of lifting a 32-inch TV set from the ground in a storage area.

22) N21N: Received laceration by the eye when struck by co-workers elbow while playing basketball during PT.

23) N92N: Back strained while operating a riding lawn mower that hit sprinkler that jarred the rider

24) 52741MD: Metal fragments and debris in eye while tracing cable bundle below floor tiles.

25) 474300D: Vehicle mishap on Mountain Springs Canyon Road resulted in various bodily strains/bruises.

26) N00N: Strained back while lifting and moving flag stands during clean out of storage area.

27) N92N: Back pain after lifting and carrying aggressive child from classroom to office area of Child Development Center.

28) N92N: Twisted ankle after losing footing while stepping down from sundeck steps.

Naval Safety Center offers the reminders shown below for safe driving.

Safe Driving Tips

- Don't drink and drive. If you plan to drink, plan your transportation in advance. Every year, 23,000 people die because someone else didn't follow this rule.
- Don't drive if you are tired.
- Keep your car running well. Make sure your tires, brakes, headlights, taillights and turn signals are all working perfectly.
- Obey the speed limit. In rain, fog and darkness, slow down.
- Stay aware of the drivers around you. If you see an erratic driver, don't get angry -- get away from them.
- Be careful at intersections. The average American driver is mediocre. Don't assume others are going to do the right thing.
- Keep your children in car

safety seats, and know how to install the seats.

- Drive defensively. Obey the rules and be predictable.
 - Use caution at turns. Use your signals.
 - Never text or talk on a cell phone while driving a vehicle.
 - If your car has an Anti-lock Braking System (ABS) and you must brake because of an obstacle, be sure to press the brake pedal and hold, and gently steer around the obstacle.
- Even if not traveling a long distance for a vacation, a simple backyard barbecue or swim party can result in mishaps if you do not follow simple safety tips and complete an "on-the-fly" ORM of your activity.

Grill Safety Tips

- Before using, place your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.

· Always stay by the grill when cooking.

- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.
- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas. Do not attempt to light the grill again until the leak is fixed.
- Never bring a barbecue grill inside your home or garage. This is both a fire and carbon monoxide poisoning hazard.
- Keep kids and pets well away until grill equipment is completely cool.

Pool Safety Tips

- If you have a pool or spa, install a fence that goes all the way around it and meets local height requirements for your area. The

gate should close and latch by itself. Always keep gates closed and latched. Never prop a gate open.

· When children are in or near the water, an adult should watch them very carefully. Do not take your eyes off them.

· If you have a pool party, have adults take turns watching the children at all times. If a child is missing, check the pool area first.

· Enroll non-swimmers in swimming lessons taught by a qualified instructor.

· Never swim alone. Even adults should swim with a buddy.

· Learn how you would save someone in trouble. Learn First Aid and CPR. Make sure that anyone who cares for your children learns CPR.

· Keep poolside rescue equipment and a cordless, water resistant telephone close to the pool area. Post emergency numbers and CPR instructions near the pool area.

· The pump in a pool or spa creates powerful suction at the drain which can trap a swimmer under water. Teach children to stay away from drains, grates and filters. Tie up long hair before swimming. Pool drains should have a cover. For added protection, consider purchasing a safety guard to install over the drain.

· Never leave toys in or around the pool when you are not there.

· Teach children the "rules of the pool." Remind them often.

· Keep spas and hot tubs covered and locked when not in use. Completely remove pool and spa covers before anyone gets in.

· Stay out of the pool during severe weather and thunderstorms, especially if lightning is forecast or present.

Finally, always apply these simple ORM steps to any and all summer fun activities. Below is a reminder of each step and questions to ask yourself as you go through the process.

· Identify Hazards — "What are the steps of this task/activity and what could go wrong?"

· Assess Hazards — "What is the risk [probability and severity] that this could happen?"

· Make Risk Decisions — "Should I still do it? If so, what can I do to reduce the risk?"

· Implement Controls — "Do it!"

· Supervise (Watch for Changes) — "Am I doing what I said I was going to do?"

When you use your safety sense, you will be able to relax and enjoy your vacation or backyard "staycation" and come back to

News

EC09, from Page 1

will use the latest in digital CAS communication tools to execute the mission. TAC-SEE personnel and guests will apply their training and determine how these tools can improve urban CAS missions. The results of these tests will be directly applicable to the situations that deployed forces are experiencing each day. These tools could soon be deployed with front-line JTACs and aircrew who have the difficult job of executing Close Air Support in the urban environments of today's battlefields.

Traditional CAS involves ground observers coordinating aircraft to deliver weapons onto targets via voice instructions over radio. A JTAC ensures aircraft attack the correct targets and all weapons are clear of other friendly positions. A JTAC requires knowledge of aircraft capabilities, weapon characteristics, and ground force movements. JTAC training develops the ability to coordinate aircraft weapons onto enemy targets while keeping friendly ground forces and aircrew safe. In current conflicts, the battlefield is not well defined and lacks

easily identifiable fronts, enemy positions, and enemy forces. In this context, traditional CAS techniques become less important, and aircraft sensor information sent to ground commanders can be vital. Many digital tools and computer systems have been developed to make this data available and to supplement traditional voice communications. TAC-SEE's mission is to evaluate how these tools can provide sensor information and battlefield intelligence to smaller units on the front lines of battle.

Digital CAS tools use data passed over radio and datalink channels between the JTAC and the aircraft, resulting in more rapid communication with less potential for human error. Radios, computers, and/or on-board processors decipher the data messages and present the information to the operator. For the aircrew, the time to receive instructions and potential for errors is vastly reduced, and the digital messages can be inserted directly into an aircraft's systems. For the JTAC, real time data from the aircraft's sensors enhances his situational awareness and improves communication.

Applicants sought for two critical fill positions

Naval Facilities Engineering Command Southwest has two vacant Contract Specialist civil service positions in China Lake. The positions are located at the Facilities Engineering & Acquisition Department (FEAD) at Naval Air Weapons Station, China Lake. The FEAD has been unable to recruit journeymen Contract Specialists and has decided to open the positions to entry level internships.

Contract Specialists at FEAD, China Lake award and administer construction, facilities support, and architectural-engineering contracts. NAVFAC has offices in desirable locations across

the country and overseas (to include Italy, Spain, and Japan). Candidates must meet minimum education requirements of a bachelors degree with at least 24 credit hours in Business related classes (no exceptions). Business skills and office experience is preferred.

This position carries full federal government benefits which may include matching retirement contributions (up to 6 percent), tuition reimbursement, medical insurance, life insurance, annual leave, sick leave, and more. Starting salary is dependent on education and experience, but generally ranges from \$38K to \$44K. With

satisfactory progression and performance, automatic promotions are intermittent throughout the internship. After the completion of the two and a half to three year internship, the candidate may be placed into a permanent General Schedule (GS) 1102 - 12 position. Current salary for a GS 12 at NAWS China Lake is approximately \$67.6K.

All interested applicants should forward their resume, transcripts (unofficial is acceptable), and contact information to Lisa Young at lisa.m.young@navy.mil as soon as possible. Interviews will be held with most qualified candidates soon.

NEX offers online sweepstakes to win a Wii Fit

NEX customers have the chance to win one of three Wii Fit bundles through an online sweepstakes. The sweepstakes will be held from now through Sept. 13 online at www.navy-nex.com. No purchase necessary to win.

To enter online, go to www.navy-nex.com, fill in the information required and click the "enter drawing" button. All entries must be received by midnight Sept. 13.

Winners will be selected in a random drawing on or about Sept.

30, at the Navy Exchange Service Command headquarters. NEXCOM will notify and verify eligibility of winners and arrange for delivery of the prize. NEXCOM will develop a winners list which will be available online at www.navy-nex.com.

To advertise, please call toll free (877) 247-9288.

My name is Tyler, and in nine years I'll be an alcoholic.

START TALKING BEFORE THEY START DRINKING

hairpros

hairpros

\$2.00 off for all Military

Barber Services • Full Service Salon

Men's Haircuts (Flat Top or Military Cut)

Women & Children

No Appointment Necessary **Walk-Ins Welcome**

740 N. China Lake Blvd.

Next to Stater Bros.

760-371-1142

Mon-Sat 9am - 6pm
Sun 12pm - 5pm

Just Imagine!

There is a store where imagination reigns and a universe of toys & games awaits you...

Hrs: Mon. - Fri. 10-6
Sat. 11-5
Sun. 11-4

(760) 371-3031

Just Imagine! • 827 China Lake Blvd.
Ridgecrest, CA 93555

AMERICA'S VETDOGS VETERAN'S K-9 CORPS

America's disabled veterans don't walk alone with a VetDog.

We provide guide and service dogs for disabled veterans and active military personnel; therapy, facility, and companion dogs for VA and military hospitals

Our services are provided at no cost to veterans.

www.VetDogs.org
866-VETDOGS
(866-838-3647)

A CFC participant. Provided as a public service.

Vonage UNLIMITED Local & Long Distance Calling

\$24.99 Per Month†

Get UNLIMITED Local & Long Distance Calling for only \$24.99/mo†!

SAY NO TO HIGHER PHONE BILLS!

- Our price STARTS LOW AND STAYS LOWSM. Satisfaction Guaranteed[†]!
- No bundles, no hassles, no introductory pricing—just reliable phone service at a reliable price!

EASY TO SWITCH, EASY TO SAVE

- Keep your existing phone number[†].
- Vonage[®] works with your existing home phone and high-speed Internet connection.
- 25 Premium Features at no extra cost.
- Free calls to 5 select European countries and call other International locations for as low as 1 cent per minute[†]!

SPECIAL OFFER

TRY ONE MONTH FREE!

See Details Below

Call: 1.888.778.8571

FREE MONTH OFFER ON \$24.99 UNLIMITED RESIDENTIAL PLAN ONLY. PLAN FEE WAIVED BUT ALL OTHER CHARGES APPLY. NEW SUBSCRIBERS ONLY. †Free calls to Europe Offer (available only with Unlimited Residential Plan) does not apply to certain call types, such as calls to cell phones, and is limited to Italy, France, Spain, UK and Ireland. Other International rates may vary. See http://vonage.com/intrates for details. Vonage 911 service operates differently than traditional 911. See www.vonage.com/911 for details. High-Speed Internet or Broadband Required. Alarms and other systems may not be compatible. † Rates exclude: broadband service, regulatory and activation fees and certain other charges, equipment, taxes, & shipping. International calls billed per minute. Offer valid in the US only. See Terms of Service for details. < 30-day money back guarantee is refunded for any paid activation fee, 1st month service charge, initial shipping charges and termination fee. Applicable only to first ordered line per account. Available only in the event of timely cancellation for subscribers who have not exceeded 500 minutes of usage and who obtain a valid return authorization number from 1-VONAGE-HELP, and return of equipment in original condition and packaging within 14 days of cancellation. Refund will not include charges for taxes, international usage, payphone calls to Vonage toll free numbers and directory assistance. Offer revocable. ^ Where available. The number transfer process takes approximately 10 business days from the time you confirm your transfer request. ©2009 Vonage.

Military Health System embraces social media

WASHINGTON – The Military Health System is one of the many Defense Department organizations embracing social networking in order to provide information to and receive feedback from servicemembers.

Dr. Michael Kilpatrick, director of strategic communications for the Military Health System, detailed the organization's work in social networking at an event for federal communicators July 9 in Washington, D.C.

More of an effort was needed, even after the organization developed a robust and interactive health.mil Web site and blog, Kilpatrick said. Less than 10 percent of health.mil visitors are under 25 years old, he said, while 80 percent of the entire military community is between the ages of 18 and 25.

"So we're not reaching the people we need to reach using that Web site," Kilpatrick said.

To provide health information to servicemembers and their families of all ages, it's necessary to use a variety of communications platforms, he said.

"We want them to receive the information they want, in the way they want to receive it, when they want it," Kilpatrick explained.

Security concerns have been one of the most significant speed bumps to promoting social networking in the Defense Department. Many military Internet domains block access to social networking sites, though the Army recently has reversed a policy that blocked many popular Web sites from bases in the United States.

At the moment, there is no hard-and-fast method to measuring social media success. People can track how many fans they have on Facebook or how many are following them on Twitter, but it is difficult to quantify the impact of an organization's presence in social networking. For now, anecdotes may say it best.

Kilpatrick described to the audience how a recently relocated military spouse was seeking care for her autistic child and "tweeted" her inquiry to the Military Health System's Twitter account. Staff members were able to contact an expert and quickly provide local resources to her. A regular visitor's comments went from critical to complimentary.

The Military Health System is currently using "DotMilDocs" audio webcasts, Twitter, Facebook, YouTube, Flickr, and other social networks that it links to from its Social Media Hub Web page located at www.health.mil/connect.



U.S. Navy photo by Dan O'Connor

By Susan Read

NAWCWD Public Affairs

The annual honorary awards luncheon at Point Mugu was held on June 15, hosted by Capt. Mark Storch, NAWCWD acting commander, and Scott O'Neil, executive director. "This is one of the most fun events," O'Neil declared. "The best part of my job is recognizing these accomplishments for the Weapons Division and the Navy."

Each year, the awards are bestowed on exceptional employees in memory of four Point Mugu leaders whose vision and example brought standards of excellence to

the Navy team and mission.

Keith N. Yuen was presented with the engraved desk clock and certificate of the Dr. Manuel A. Garcia Memorial Award. The honor commemorates Garcia's demonstration of a professional engineering approach to defining and proposing solutions. His most significant contribution was his ability to help employees realize that every person is important and that education can help each person realize that importance.

Yuen's citation read, in part, "Your commitment to completing assigned tasks and your willingness to provide training and mentoring to junior

Point Mugu hosts annual WD honorary awards

personnel has made a significant impact on the Naval Air Systems Command and the Department of Defense. Your confidence and ability to operate in a stressful environment meets expectations of more senior electronic engineers within NAVAIR."

The memorial award for Gwendolyn Elliott Hunt is given to military or civilian employees who demonstrate Hunt's model of personal development, academic achievement, career advancement or mission accomplishment. This year's recipients are Diane Ghilardi for considerable personal academic achievement, Barbara

Lupei for proactive, energetic, effective leadership of the Scientific and Technical Library, and Kelly McDonald for vision, management and building positive relationships in establishing and leading the NAWCWD International Technology Cooperation Office.

Joni Pentony received the Capt. Kenneth A. Walden Memorial Award, which focuses on the accomplishments of technicians, operations specialists and others in related job series. According to the citation, Pentony is an extraordinary individual whose career has rapidly progressed from technician to the professional



U.S. Navy photo by Dan O'Connor



U.S. Navy photo by Dan O'Connor

Keel to be laid for third littoral combat ship,

WASHINGTON (NNS) — The keel for the future littoral combat ship, *USS Fort Worth* (LCS 3), will be laid July 11 during a ceremony at Marinette Marine Shipyard in Marinette, Wisc.

Keel-laying has traditionally been the first step in ship construction, when shipbuilders laid down the lengthwise timber that would become the ship's backbone.

During the scheduled event, a shipyard welder will attach the future

ship's plaque to the keel, and U.S. Rep. Kay Granger will confirm that the keel was laid "straight and true."

"Starting construction on the third ship is an exciting milestone to reach," said Capt. Jim Murdoch, LCS program manager within the Navy's Program Executive Office, Ships.

"Reaching the Navy's goal of a 55-ship class depends on getting LCS into serial production, which will lead to high quality ships being delivered to the fleet on cost and on schedule."

LCS is a new breed of U.S. Navy warship, capable of open-ocean operation but optimized for littoral or coastal missions. Operational experience and analyses indicate that potential adversaries will employ asymmetric means to deny U.S. and allied forces access into critical coastal regions, such as strategic chokepoints and vital economic sea lanes. LCS is specifically designed to defeat such "anti-access" threats, which include fast surface craft,

quiet diesel submarines and various types of mines.

Fort Worth is expected to be delivered to the Navy in 2012, when she will join sister ships *USS Freedom* (LCS 1) and *USS Independence* (LCS 2). *Freedom* was commissioned by the Navy in November 2008. *Independence* is currently undergoing builder's sea trials in the Gulf of Mexico and is scheduled to be delivered to the Navy later this year. A contract



U.S. Navy photo by Dan O'Connor

Families come together at China Lake

Right, Capt. Mark Storch, acting NAWCWD commander, welcomes more than 150 employees and their children to the Take Our Daughters and Sons to Work event at China Lake on June 19. The day included tours at Artifacts, AV-8B Harrier, Chemistry Wing, China Lake Police Department, Environmental Engineering, Explosive Ordnance Disposal Detachment and the Integrated Battlespace Arena. Below, several employees and their children watch a shaker demonstration during a visit to Environmental Engineering.

Photos by DeAnne Bell



Defense Contracting Agency ensures Navy's warfighting readiness

ATSUGI, Japan (NNS)—Defense Contract Management Agency (DCMA) is the Department of Defense (DoD) component that works directly with suppliers to ensure that DoD, federal and allied government supplies and services are delivered on time, at projected cost, and meet all performance requirements.

According to DCMA Pacific Commanding Officer Air Force Col. Michael Luft, the agency's mission is to provide contract administration services to the DoD acquisition enterprise and its partners to ensure delivery of quality products and services to the warfighter on time and on cost.

"Basically our job is to ensure the DoD is getting what they

contract for," said Luft.

DCMA Pacific's area of responsibility ranges from Alaska to India, to as far as Japan and Antarctica. Japan specifically is heavily Navy-centric.

The agency, which is a joint command comprised of personnel from all services, provides advice to help construct effective solicitations, identify potential risks, select capable contractors and write contracts that meet the needs of customers.

One of the biggest contractors in Japan's area of responsibility is NIPPI Corporation, which is located adjacent to Naval Air Facility Atsugi. NIPPI is responsible for most of the overhaul and depot level maintenance that takes place with

Carrier Air Wing 5 aircraft. DCMA personnel stationed at Atsugi work along with Fleet Readiness Center Western Pacific (FRCWP) to ensure quality of the product.

"We have DCMA quality assurance personnel and program integrators who work along with FRCWP to make sure that the contract is carried out and they're getting what they paid for," said Luft. "In the big scope of things, it's really all about getting the aircraft back to the fight."

After awarding a contract, personnel are responsible for monitoring contractors' performance and management systems to ensure the job gets done in a productive and cost-effective manner.

ranks. "You are a highly regarded member of the physics cadre," O'Neil read, "and a key player in the very specialized area of optical characterization measurements for which you provide expertise to a variety of sponsors on, and off, center."

The engraved glass sculpture and certificate of the Commander Clifton Evans, Jr. Memorial Award were given to Alex (Dung) Nguyen for his outstanding software design development and leadership, and to Mark L. Schallheim for many years of electronic warfare and airborne electronic attack field work and leadership. In the spirit

of Commander Evans, Nguyen and Schallheim contributed immeasurably to the advancement of information warfare and electronic warfare that enhance combat effectiveness and survivability for the warfighter.

In his closing remarks, Storch thanked all of the awardees for their efforts and all those who attended the luncheon. He also gave special thanks to Debbie Ashley, NAWCWD awards coordinator, for all of her hard work — assembling the final nomination packages, assuring that the physical awards were produced and arranging the China Lake and Point Mugu luncheons.



U.S. Navy photo by Dan O'Connor

USS Fort Worth

was awarded to General Dynamics-Bath Iron Works in May for the construction of LCS 4, the future *USS Coronado*.

The future *USS Fort Worth*, named in honor of the Texas city, will be 378 feet in length, have a waterline beam of 57 feet, displace approximately 3,000 tons and will make speed in excess of 40 knots.

PEO Ships is responsible for the development and acquisition of U.S. Navy surface ships and is

currently managing the design and construction of a wide range of ship classes and small boats and craft. These platforms range from major warships such as frontline surface combatants and amphibious assault ships to air-cushioned landing craft, oceanographic research ships and special warfare craft. PEO Ships has delivered 31 major warships and hundreds of small boats and craft from more than 30 shipyards and boat builders across the United States.

Human Resources/News

Retirements

Sherrie Bartlett is retiring after 20 years of Federal service. There will be a luncheon in her honor at the Grape Leaf Restaurant in Ridgecrest July 28 at 11:30 a.m. Please RSVP to G.B. Valdivia at 939-3605 if you would like to attend or make a presentation.

Gary Nordvall, Code 722000D, will be retiring July 31 after more than 33 years of federal service. A farewell lunch is scheduled at John's Pizza in Ridgecrest July 30 at 11 a.m. For reservations, please call Brenda Waters, 939-9100, or Mari Marr, 939-8915.

Welcome aboard

Nicole Theberge recently joined NAWCWD HARM Program. Her hometown is Sierra Vista, Ariz. And she attended University of Arizona, majoring in engineering physics.

His hometown is Los Angeles and he attended Rio Hondo Community College Police Academy and USC, majoring in political science.

Craig Doxtator recently joined NAVFAC as an electrician. His hometown is Albuquerque, N.M. and he attended University of New Mexico.

Christopher Dancel recently joined the China Lake Police Department. His hometown is Los Angeles and he attended Rio Hondo Community College.

Kathleen Linder recently joined NAVFAC Environmental Security. Her hometown is Phoenix, Ariz. and she attended the University of Wyoming, majoring in wildlife management.

Christopher Weber recently joined IBAR. His hometown is Ridgecrest and he attended Cal State Los Angeles, majoring in history.

Michael Lane recently joined NAWCWD RDT&E. His hometown is Ridgecrest and he attended Cerro Coso Community College.

Brandon Beak recently joined the China Lake Police Department.

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: Susan Haynes, or you can fax to 939-1173. For more information regarding the Leave Transfer Program, please call Susan Haynes at 939-3892 or DSN 437-3892. The 2009 leave year ends on Jan. 2, 2010.

NAME	CODE	NAME	CODE
Aguilar, Cheryl A.	71320AD	Pinchem, Sheila A.	71322AD
Barron, LeAnn L.	71321AD	Pischel, Julie J.	71323AD
Baty, Richard L.	478300D	Rodriguez, Patricia	658300E
Breitengross, Rick A.	PWC OPDK	Ross, Deborah E.	414300D
Franco, Maria E.	412000E	Spurgeon, Melody C.	472200D
Irvine, Elaine	471400D	Stevens, Steven R.	PWC 254
Jones, Donald T.	475100D	Tomlinson, Ronald S.	47330MD
Marshall, Julia M.	J30000D	Turbett, Jennifer J.	52J400D
Martin, Heather N.	400000D	Wells, Jessica J.	J25000D
Park, Susan G.	52100MD	Wirtz, Anne Marie	4J2400D

Fred Marcus recently joined NAWCWD Weapons Integration. His hometown is Los Angeles and he attended MIT, majoring in aeronautics and astronautics.

NAWCWD. Her hometown is Ridgecrest and she attended UCSB, majoring in business economics with an emphasis in accounting.

Michael Hughes recently joined NAWCWD Tomahawk. His hometown is Hopewell, Va. and he attended Univeristy of Perris Island, majoring in avionics.

Louis M. Crain recently joined NAWCWD. His hometown is La Mesa and he attended MIT, majoring in aeronautics and astronautics.

Franklin T. Floresca recently joined NAWCWD. His hometown is Baguio City, Philippines and he attended Grantham University, majoring in business administration, management and industrial engineering.

Brent Sundheimer recently joined NAWCWD ESDP. His hometown is Lexington, Ky. and he attended Univeristy of Kentucky, majoring in electrical engineering and business administration.

Jessica Schwalb recently joined

Worship Directory

To advertise in the Worship Directory please call toll free (877) 247-9288.



Support the Red Cross Services to Armed Forces and change a life, starting with your own. Call 1-800-RED CROSS or visit redcross.org.



Desert Christian Center
 Come and Worship With Us...
 There's a River in Ridgecrest!

Sunday
 8:00 am Firm Foundation Bible Study
 9:30 am Prayer
 10:00 am Worship Service
 (Ministry for children provided for the above services from birth - 6th grade)

Tuesday -
 7:00 pm Youth Group 12-18 yrs

Wednesday
 7:00pm All Church River Wed. (1st Wed. of the Month)
 9:00am Morning Home Group (All other Wednesdays - Gatehouse)
 7:00pm Home Group (2nd - 5th Wednesdays)
 7:00pm Hispanic Home Group (2nd - 5th Wednesdays)

Desert Christian Center
 100 E. Bataan
 Ridgecrest, CA 93555
 (760) 375-9954
 (Across from Walmart)
www.desertchristiancenter.org

St. Michael's Anglican Church

"A Church family that cares"



SAT 1928 RITE 5:00PM
 SUN TRADITIONAL 7:30AM
 SUN FAMILY 10:00AM
 SUN CASUAL 5:00PM
 WED TRADITIONAL 11:45AM
 THU HEALING 6:00PM

 stmikesoffice@mchsi.com
 200 W. Drummond Avenue
 (760) 446-5816
 Call for additional study group times and locations

GRACE LUTHERAN CHURCH (ELCA)

SUMMER WORSHIP
 8:00 am Holy Communion Service
 9:45 am Celebration Service with Holy Communion

Summer Sunday School
 9:45 a.m.
 Grades K-5
 Lovingly Staffed Nursery w/pagers

Visit our website at www.gracelutheran.org

"COME SHARE THE SPIRIT"
 Rev. Mark Rowland ♦ Pastor
 Lynnette Wilson ♦ Youth Director
 502 N. Norma ♦ (760) 375-9768
 in Ridgecrest



CHURCH OF THE NAZARENE

571 No. Norma Street • 375-4433

Sunday
 9 a.m. Worship
 10:45 a.m. Sunday School for all ages
 6 p.m. Evening Praise Service/Children's Church

Wednesday
 9 a.m. WOW - Women's Bible Study
 11:00 a.m. Adult Bible Study
 6:15 p.m. Caravan 4 years - 6th grade
 6:15 p.m. Jr./Sr. High Youth Group

James L. Goss, Pastor
Gregory Griffin, Children's Pastor
 Visit our Web Site at www.rcnazarene.org



1313 N. Norma St. • Ridgecrest

(Sierra Vista Center)
 (760) 977-8516

Pastor Jason W. Heneise
pastor@chinalakebc.org

China Lake Baptist Church is a place where you can experience the truth and power of God's Word. We invite you to come and discover the joy of being involved in a Bible-believing church that seeks to reach people for Christ and provide a Biblical foundation for life.

Sunday School - 10:00 a.m. • Morning Worship Service - 11:00 a.m.
Sunday Evening Service - 6:00 p.m.
Wednesday Evening Prayer & Bible Study - 6:00 p.m.

www.chinalakebc.org

We invite you to come join us as we read, sing, pray and teach the Bible

cornerstone BIBLE CHURCH

sunday school 9:00am

worship 10:30am

Cornerstone Bible Church

114 A, B, and C Gemstone Street

Ridgecrest, CA 93555

Church Office: (760) 371-1689

Have you seen this man?



This 11-year-old baseball player from Long Beach came to China Lake in 1978. His first job here was in the A-7 simulation facility. Before coming to work for the Navy, he served three years with the Army as a paratrooper. In his free time, he can usually be found playing golf, riding dirt bikes or reading.

Guesses for this week's photo, and photos for future issues may be sent to Cathy Braem via e-mail at cathy.braem@navy.mil. Prior to publication, the person in the photo must give permission.

Congratulations

Susan Read, Lieutenant Mike Morrison, Steven Hall, Tammy Cerda and Casee Thatcher correctly identified Cathy Braem in the July 2 issue.

Training

NSPS Pay Pool Management

- July 22-23; Aug. 13-14
Green Belt Wave – July 27
- Contact Bill Summers, 5.0 WD CPI deployment manager, for information at 939-0449.

MATLAB Fundamentals (ML01)

- Aug. 10-11, 8 a.m. to 4 p.m., China Lake Training Center. Vendor is the MathWorks. This two-day course provides a working introduction to the MATLAB technical computing environment and is intended for beginning and intermediate users, though even experienced users will benefit. No prior knowledge of MATLAB is required. To enroll, please e-mail Tammy Berry at tammy.berry@navy.mil.

Graphical User Interfaces with MATLAB

- Aug. 12, 8 a.m. to 4 p.m., China Lake Training Center. Vendor is the MathWorks. This is a one-day course on techniques

for creating easy-to-use, graphical front-ends to MATLAB code. To enroll, please e-mail Tammy Berry at tammy.berry@navy.mil.

Simulink System and Algorithm Modeling

- Aug. 13-14, 8 a.m. to 4 p.m., China Lake Training Center. Vendor is the MathWorks. This course targets engineers who are new to system and algorithm modeling and design validation in the Simulink environment. It applies basic modeling techniques and tools to developing Simulink block diagrams. To enroll, please e-mail Tammy Berry at tammy.berry@navy.mil.

Combating Trafficking in Persons Awareness Training

- DOD has directed mandatory annual Combating Trafficking in Persons Awareness electronic training for all DOD personnel, including military, civilian and contract personnel and that all Navy personnel shall complete CTIP Awareness Training by

Sept. 30. The NKO link is <https://www.nko.navy.mil>.

Fire Extinguisher Class

- Fire Warden Classes, Oct. 29 at 9 a.m., NAWS Conference Center, Sierra Room and again at 1:30 p.m. in the parking lot at Fire Station One. For more information, please call 939-2146.

Motorcycle riding safety classes offered – sign up process

- To enroll in Navy Region Southwest Motorcycle Safety Foundation classes, please visit <http://www.navymotorcyclerider.com> and select "Navy Training Registration - Powered by ESAMS" at the bottom of the screen to view a 90 day schedule. Note that you do not need to select an option for each and every step before searching. If you have problems enrolling for class you need to contact the ESAMS help desk at (865) 693-0048 from 7 a.m. to 8 p.m. EST Monday-Friday, or 8 a.m. to 3 p.m. EST, on Saturdays.

NEW! NAVAL AIR WEAPONS STATION, CHINA LAKE SPECIFIC

WWW.CHINALAKENEWS.COM

- Local Naval Air Weapons Station, China Lake News & Features
- US Navy News
- Searchable Website!
- Updated Daily
- Also contains complete print edition of *Rocketeer II*, base paper of Naval Weapon Station
- View Archived editions of *Rocketeer II*
- Local, regional and national news
- Local, regional and national advertising

www.chinalakenews.com



For advertising opportunities
online and in *Rocketeer II*
Call 877.247.9288 Today

News from over a dozen southwest
U.S. military bases online at
www.aerotechnews.com

Community Support Programs Events

BACHELOR'S QUARTERS ▼ CHILD & YOUTH PROGRAMS ▼ DINING SERVICES ▼ FAMILY HOUSING ▼ FLEET & FAMILY SUPPORT CENTER ▼ MWR ▼ NAVY GATEWAY INNS & SUITES

MWR TRIPS

Kern River

White Water Rafting

Departing at 7 a.m., on Saturday, July 18. Please register by July 2.

Yosemite (National Parks and Monuments Series)

Departing at 5:30 a.m., on Friday, July 24 and returning by 8:30 p.m., on Sunday, July 26. Please register by June 25.

Full Moon Night Hike:

Alabama Hills

Departing at 5:30 p.m., on Thursday, Aug. 6. Please register by July 27.

Channel Islands Sea Kayaking

Departing at 5:30 a.m., on Friday, Aug. 7 and returning by 8:30 p.m., on Sunday, Aug. 9. Please register by July 13.

Sequoia Day Hike

Departing at 6:30 a.m., and returning on Saturday, Aug. 22. Please register by Aug. 3.

REC STOP LIBERTY CENTER

Movie Night: On the Patio

5:30 p.m., Thursday, July 17. Please register by July 16.

National Ice Cream Day

All Day, Saturday, July 18

Desert Hills

Premium Outlets Trip

Departing at 7:45 a.m., Saturday, July 18. Please register by July 9.

Guitar Hero World

Tour Tournament

6 p.m., Monday, July 20. Please register by July 16.

Extreme Bowling

6 p.m., Thursday, July 23

All Day Trip to

Santa Monica Pier

Departing at 8 a.m. and returning by 10:30 p.m., on Saturday, July 25. Please register by July 15.

Extreme Tricycle Races

4 p.m., Sunday, July 26. Please register by July 20.

Land Sailing

4 p.m., Tuesday, July 28. Please register by July 24.

Movie Night: On the Patio

Starts at Dusk, Friday, July 31. Please register by July 30.

National Ice Cream

Sandwich Day

All Day, Sunday, August 2

Backyard BBQ

5 p.m., Thursday, August 6.

Aquatics and Main Gym 939-2334	Programs/MWR 939-3440	Mulligan's Grill 939-2002
Auto Skills Center 939-2346	Fleet and Family 939-4545	Navy Gateway Inns and Suites 939-3146
Bachelor Housing 939-4450	Fitness Annex 939-0756	Navy Gateway Inns and Suites 939-3146
Castle X (Teens) 939-8336	Golf Course 939-2990	Outdoor Recreation 939-3006
Child Development Center 939-3171	Family Housing 939-4450	Paradise Cafe 939-2739
Child Development Home 939-6683	Hall Memorial Lanes 939-3471	Rec Stop Liberty Center 939-4386
Community Support	ITT 939-8644	School Age Care 939-2909

Please register by July 31.

Habitat for Humanity

6:45 a.m., Saturday, Aug. 8. Please register by Aug. 3.

Call of Duty 5 Tournament

6 p.m., Tuesday, Aug. 11. Please sign up by Aug. 7.

ITT

All Day Trip to Santa Monica Pier

Departing at 8 a.m. and returning by 10:30 p.m., on Saturday, July 25. Please register by July 15.

Hours of Operation – Monday through Friday, 9 a.m. to 6 p.m., Saturday 9 a.m. to 2 p.m.

Tickets can be purchased by military, DOD or contractors with proper ID.

AUTO SKILLS CENTER

July Special: Military get 50 percent off the Engine Analyzer. All other eligible patrons receive 25 percent off.

August Special: Military get 50 percent off Battery/Electrical System Tester. All other eligible patrons receive 25 percent off.

Have car troubles? Stop in on the first Wednesday of the month and we could use your car as the example, so others can learn.

Lemon Lot! Sell that car, truck or toy at our MWR Lemon Lot located between the NEX Auto Port and the Rice King!

Brake Jobs: Military, stop by the Auto Skills Center and let us do your brakes for you.

OUTDOOR RECREATION

B-Mountain Hikes

6:15 a.m., on Wednesdays and Fridays, meet at the Outdoor Rec office at 6 a.m., transportation is provided.

Landsailing

5 p.m., on Tuesdays and Thursdays, meet and fees at the Outdoor Rec office by 5 p.m. After 5 p.m. meet and fees at the dry lake bed.

Rock Wall

Open at the Main Gym, 5 to 8 p.m., on Tuesdays, and 11 a.m. to 1 p.m. and 5 to 8 p.m., on Wednesdays. Free with Gym membership and all gear is supplied at the Rock Wall. Check with us about your next rock wall

party.

Small Craft Safety Clinic

Meet at 5:30 p.m. at Outdoor Recreation office, on Monday, Aug. 3. Please register by July 22.

Outdoor Recreation has camping equipment, trailers, mountain bikes, land sailers, paintball equipment, backpacking, canoes, kayaks, boats and inflatables for your rental enjoyment.

HALL MEMORIAL LANES:

Free Bowling (up to three games) for Active Duty Military

11:30 a.m. to 5 p.m., on Thursdays

Bowling Center Snack Bar

Open for lunch at 11 a.m., on Thursdays and Fridays and noon, on Saturdays and Sundays.

Regular menu and lunch specials available

Extreme Bowling

7 to 11 p.m., on Saturdays.

Lights, music, bowling and food!

Family Fun Bowling

All Day Sundays! Great package for the Family! Food, bowling and shoes at an incredible low price!

Plan your next event at the Bowling Center. Children's events, birthdays, command functions, or just a night out.

SPORTS AND FITNESS

Roller Hockey or Arena Soccer

6 to 9:30 p.m., on Wednesdays and Fridays, at the outdoor hockey rink

Lunch Time Basketball

11 a.m. to 1 p.m., Monday through Friday

GOLF COURSE

Free Junior Golf Clinic
Ages 11 and under, 9:30 to 10:30 a.m. and Ages 12 through 17, 10:30 to 11:30 a.m. Every Saturday, July 11 to August 22.

Free Active Duty Clinic
11:30 a.m. to 1 p.m., Every Thursday

Regular menu and weekday specials available

Open 6:30 a.m. to 3 p.m., on Monday through Thursday and 6 a.m. to 5 p.m., on Friday through Sunday.

PARADISE COMMUNITY CENTER

Family Dinner Night

5 p.m., Thursday, July 16. Breakfast for Dinner. Reservations required.

Burn Your Own Steak Night

7 p.m., Saturday, July 18
For more information on activities and events at the Paradise Community Center call 939-8662 or 939-2739.

CHILD AND YOUTH PROGRAMS

Universal Studios Trip

Departing at 7 a.m., Wednesday, July 22. Please sign up by July 20.

Babysitting Course

9 a.m. to 12 p.m., Monday through Thursday, Aug. 3 through 6.

Magic Mountain Trip

7 a.m., Wednesday, Aug. 5. Please

sign up by Aug. 3.

FLEET AND FAMILY CENTER

Art Play Group

10 to 11:30 a.m., Wednesdays

Brown Bag Workshops

11:30 a.m. to 1 p.m., Wednesdays

IA Support Group

2:30 to 4 p.m., Wednesdays

IA Spouse Support Group

9:30 to 11:30 a.m., every fourth Thursday of the month

Resume Writing

1 to 2:30 p.m., Wednesday, Aug. 12

Stress Management Classes

10:30 to 11:30 a.m., Wednesday, Aug. 12 and 26

Dating and General Safety for Women

12 to 1:30 p.m., Monday, Aug. 10 and 4 to 5:30 p.m., Wednesday, Aug. 12

Transferring to a

New Duty Station

9 to 10 a.m., Tuesday, Aug. 11

Navy Marine Corps Relief Society's Baby Basics Class

10 to 11:30 a.m., Thursday, July 16

Federal Resume Workshop

1 to 2:30 p.m., Monday, July 27

Interview Techniques

1 to 2:30 p.m., Wednesday, July 29

China Lake Job Fair

10 a.m. to 2 p.m., Thursday, July 16

Nurturing Touch:

The Art of Baby Massage

10 to 11:30 a.m., Thursday, July 23

Developing Your

Spending Plan

10 to 11:30 a.m., Thursday, July 30

Summer Golf Course Specials

Walkers Special – Pay regular rates for eight rounds of golf and receive a walking round for FREE! Free round valid any day of the week!

Riders Special – Pay regular rates Monday through Thursday for eight rounds of golf with cart and receive a riding round for FREE! Free round valid any day of the week.

Active Duty Clinic – FREE golf clinic every Thursday from 11:30 a.m. to 12:30 p.m.

Free Junior Golf Clinic – Every Saturday beginning July 11 through Aug. 22. Call for times and ages.

Summer Golf Special!

10 rounds of golf and a cart for \$180 for military and \$230 for DoD and Community! Valid Monday through Thursday, June 1 through September 1. Pass is valid for one person and can only be purchased one at a time.

For tee times and information call the Golf Shop at 939-2990

Tee times are mandatory for all specials. Golfers MUST tee off at the reserved time in order to receive special price

China Lake Golf Course

	18 Holes	9 Holes	Twilight*	12 Play Value Card	Club rental \$10
E1 - E6	\$12	\$10	\$6	\$120	Range Balls
E7 - 03	\$18	\$15	\$11	\$180	20 balls for \$1
04 & Up	\$23	\$16	\$11	\$230	40 balls for \$2
DOD	\$26	\$19	\$18	\$260	60 Balls for \$3
Community	\$30	\$23	\$18	\$300	
Youth	\$12	\$10	\$6	N/A	
Student	\$16	\$13	\$8	N/A	

	18 Holes	9 Holes	Tournament Fees
Half cart	\$11	\$8	Military: \$31
Full cart	\$22	\$16	Non-Military: \$45

*Twilight begins at 1:30 p.m.

Stop by for our daily specials!

For tee times and more information, call 939-2990.



I know this girl on my block.
 Every time I see her
 she asks me to get high.
 And every time I tell her that
I'm not into that.
 She says all the kids are doing it.
 If that's true, then why
 can't she find someone
 else to do it with?

abivethinfluence.com 

The Museum of Lone Pine Film History

Presents

The 2nd Annual

COWBOY-UP IN LONE PINE

The event kicks off Friday, July 24th with
"Tom Hiatt and the Sundown Riders"
 at 7:30 pm in the museum's "Wild West Theater."
 Limited seating is available for \$10.00 each.

On Saturday, July 25th there will be a concert featuring
"David John and the Comstock Cowboys"
 at 7:30 pm in front of the museum.
 Tickets available for \$20.00 each.

Other activities include Food, Beer Garden,
 Rodeo Activities starting at 6:00 pm.

Visit the website at
www.lonepinefilmhistorymuseum.org
 or call our ticket office at 760-876-9103
 for more information



Stay up to date - subscribe today!



Rocketeer II

Base Newspaper for NAWS China Lake

Keep up to date with all that is happening at NAWS China Lake by subscribing to the Rocketeer II. Published every other Thursday and delivered to subscribers by U.S. Mail, the Rocketeer II also contains news and features for our veterans and retired military readers. All for only \$78 per year!

YES! Start my subscription to the Rocketeer II today. I have enclosed payment for:

_____ \$49 (6 months) _____ \$78 (1 year)

Name: _____ Phone: _____

Address: _____

_____ Check enclosed _____ Visa _____ Mastercard _____ American Express

Credit card number: _____ Exp. Date: _____

Signature: _____

www.newspaperdirect.com



"Now your favorite publication can be printed
 or read from around the world, in hotels,
 on cruise ships at airports, libraries and more."

To subscribe, simply
 complete the form to the
 right, attach your
 payment, and mail to:

Aerotech News
 Subscriber Services
 456 E. Ave. K-4, Suite 8
 Lancaster, CA 93535
 or call
 661.945.5634

Tito Ortiz
FOR *PETA*

PUNISHMENT
ATHLETICS



PUNISHMENT
ATHLETICS

I choose TO
BE IN the ring.

ANIMALS DON'T.

Dogfighting is a barbaric, vicious, and cowardly blood sport that leaves animals mangled, broken, and dead. Please, if you suspect dogfighting, report it to law enforcement today.



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.

PAID ADS

The following categories are paid ads:

- Homes For Sale
- Houses For Rent
- Apartments For Rent
- Lots
- Hotels & Motels
- Commercial Rentals
- Loans
- Investments
- Business Opportunities
- Recreational Vehicles
- Work Wanted
- Condos For Sale
- Townhomes
- Industrial Properties
- Mobiles For Sale
- Mobiles For Rent
- Misc. For Rent
- Acreage
- Income Property
- Farms & Ranches
- Services
- Employment Opportunities
- Child care
- Condos For Rent

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

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

For PAID ADS, use the form below:

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 |

ALL ADS MUST BE PREPAID

AMOUNTS _____

CASH _____

CHECK # _____

AUTHORIZATION _____

DATE _____

AD COPY

One word, phone number, price per space. Four lines (\$18.00) minimum. Payment must accompany ad copy

To this line - \$18.00 (minimum)

To this line - \$22.00

To this line - \$26.00

Each additional line \$4.00

Code: _____ (For Aerotech Office Use Only)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Visa/Mastercard/American Express # _____

Exp. Date: _____ Daytime Phone: _____

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

To Submit Ads:

Public Affairs will no longer accept classified ads! Please submit your ads via one of the following methods:

BY MAIL:

Paid And Free Ads
456 E. Ave. K-4, Ste 8
Lancaster, CA 93535

BY FAX:

Paid And Free Ads
(877) 247-9188

BY EMAIL:

Paid And Free Ads
rocketeerclass@aerotechnews.com

BY PHONE:

Paid Ads Only
(877) 247-9288
and (661) 945-5634

Rocketeer II Classifieds

Homes For Sale

Make Sure Everyone Knows You're Selling Your Home. Advertise Here. Call 877-247-9288. Aerotech News & Review

Homes For Rent

FIND THE RIGHT RENTER! HIGHLIGHT YOUR AD IN YELLOW TO GET MORE ATTENTION! CALL 877-247-9288 TO PLACE YOUR AD TODAY! Aerotech News & Review

Apartments For Rent

FILL YOUR VACANCIES! REACH THOUSANDS OF READERS! HIGHLIGHT YOUR AD IN YELLOW TO GET MORE ATTENTION! CALL 877-247-9288 TO PLACE YOUR AD TODAY! Aerotech News & Review

Employment Opportunities

Aviation Subject Matter Experts Needed in Alaska!

Former/Recent USN/USMC Aviator/Fighter Pilots Needed to function as Subject Matter Experts (SME) to support RED FLAG - Alaska. Select Engineering Services is looking for 2 SMEs to provide USN/USMC Experience and Knowledge as related to Large Force Exercise and Navy/Marine warfare/mis- sion planning. The SMEs will support RED FLAG - Alaska plan- ning conferences, exercises, and training operations with key focus on integrating USN/USMC aviation and warfare platform capabilities, tactics, weapon systems, techniques, proce- dures, and objectives. Minimum experience includes 8 Years of directly related experience in USN/USMC aviation, warfare platform capabilities, weapon systems, tactics, techniques, procedures, & objectives. Posi- tion is for Full-Time contractor support to the 353rd Combat Training Squadron at Eielson AFB, AK. Competitive salary and benefits apply. For further infor- mation and to submit resumes contact Jon Ginn at jon.ginn@ sesincusa.com or 801-528- 5164.

Cars & Trucks

Don't Let it Sit! Get it Sold! Call 877-247-9288 to Place your Ad. Aerotech News & Review

Cars & Trucks

2001 Ford Escort in Good Condi- tion. 83K Miles. \$2,500. Please Contact Cat 760-608-1047.

Furniture & Appliances

New Office Chair \$80. Pur- chased at Staples Will Deliver in Ridgecrest Area. Available Immediately. Call Ray 760-793- 6516.

Announcements

PLEASE REMEMBER DEADLINE FOR ALL CLASSIFIED ADS IS TUESDAYS AT NOON FOR THAT WEEK'S EDITION!

Misc. For Sale

Pet Carry Kennel, Airlines Ap- proved. 24"Lx14"Wx18"H. Like New \$75. Ray 760-793-6516. Will Deliver in Ridgecrest Area.

Sheetfed Printing Press. Ryobi 3200PFA - Works (Needs a Little Work). \$1,500. Buyers Pays Shipping. Please Call Brian 661-949- 7293 or 661-949-7810.

Garage & Yard Sales

One Person's Junk is Another Person's Treasure! You'll be Amazed How Many Treasure Hunters will Respond When you place an Ad in the Paper! Call 877-247-9288 Today to Place your Ad! Aerotech News & Review

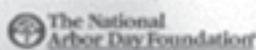
Fight childhood cancer.
St. Jude Children's Research Hospital
ALSAC • Danny Thomas, Founder
800-822-6344
www.stjude.org
A CFC Participant
Provided as a Public Service

MILITARY COMPUTER SALES
1-888-412-8715
Next Day & Overseas
COMPUTERS Starting at \$35/month
ALL Ranks APPROVED!
MilitaryComputerSales.com

Closer to Nature, Closer to You

One of the best things you can give your child or grandchild doesn't come from a store. It's time spent with you exploring the gifts of nature, discovering that what's really important in life... is life itself.

Go to arborday.org and check out The National Arbor Day Foundation's Nature Explore Club. Your family will have fascinating adventures right in your neighborhood, and you'll gain a deeper appreciation for the wonders of nature, and for each other.



FUEL SAVER SPECIALS

Oil Change Service

30 Minutes or Less - GUARANTEED
• Up to 5 qts. oil
• GENUINE TOYOTA oil filter
• Top Off Fluids

• Adjust Tire Pressure
• Free multi-point vehicle inspection
• Check Engine & Cabin Air Filters

\$29⁹⁵
plus tax most Toyota vehicles and light trucks

Genuine Toyota Genuine Toyota

Minor Tune Up

Install Genuine Toyota Spark Plugs; inspect Filter, inspect Wires, Belts, Hoses & PVC Valves; Check Timing & Ignition System if applicable

10% OFF

Toyota vehicles only. Please call for appointment and present coupon at write-up. Exp. 07/31/09 AN

Fuel Induction Service

Clean Fuel Injectors and Throttle Body Remove Combustion Chamber Deposits Clean Plenum and Air Intake System Clean Intake Valves and Ports

99⁹⁵

Toyota vehicles only. Please call for appointment and present coupon at write-up. Exp. 07/31/09 AN

Genuine Toyota

Genuine TOYOTA Air Filter

Triple Layer filter element TOYOTA designed and engineered

15⁴⁰

Toyota vehicles only. Please call for appointment and present coupon at write-up. Exp. 07/31/09 AN

Bud Eye TOYOTA
moving forward

Competitive Prices with Great Local Service

(760) 375-4401 321 N. China Lake Blvd.

Visit us online at www.budeyretoyota.com or Toyota at: www.toyota.com

NEW FOR CLASSIFIED ADS

You can now get your Paid Classified Ads **highlighted in Yellow!**

Homes for Rent

Beautiful and Spacious 2 Master Bedrooms/2.5 Baths/2 Car Garage, 1400 sq. ft. in Gate Community. Appliances included. Fenced Yard, Community Pool. \$995/mo.

Homes for Rent
Apartments for Rent
Employment Opportunities
Cars & Trucks
Furniture & Appliances
Yard Sales
Services and many more...

For information, call Judy toll free 877-247-9288

\$8000 TAX CREDIT FOR FIRST TIME HOMEBUYERS

red balloon REALTY
NOW IS THE TIME TO BUY
www.RedBalloonRealty.com
Nepheli Wander e-mail: info@redballoonrealty.com
Broker # 01747389 (760) 384-4050 Office, (760) 977-6016 Cell
130 S. China Lake Blvd #C, Ridgecrest, CA 93555

RENTALS / REAL ESTATE SALES / LOANS



He's got a cold nose, a warm heart, and eyes for two.

Since 1946, the Guide Dog Foundation for the Blind has been providing guide dogs free of charge to blind people seeking increased mobility, independence, and the companionship a guide dog provides.



371 E. Jericho Tpke.
Smithtown, NY 11787
1-800-548-4337

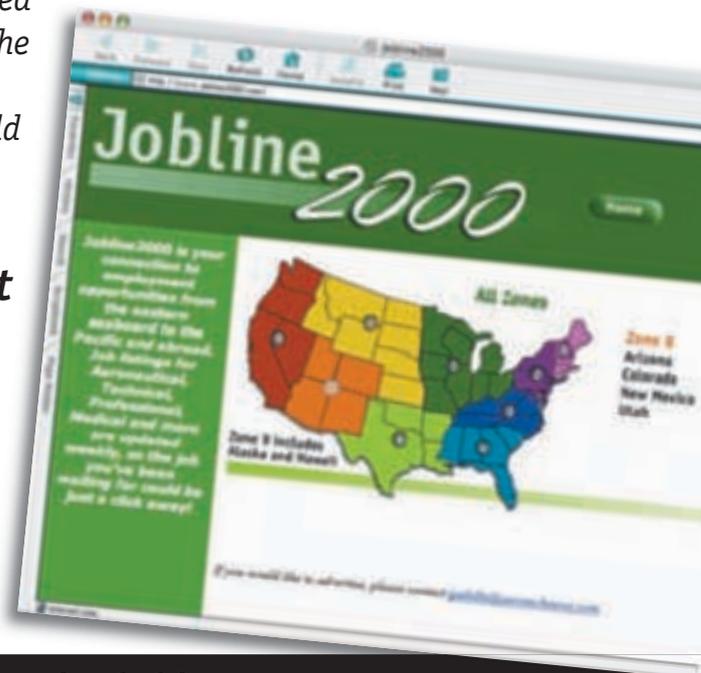
www.guidedog.org

a CFC participant • Provided as a public service

Jobline 2000

Jobline2000 is your connection to employment opportunities from the eastern seaboard to the Pacific and abroad. Job listings for Aeronautical, Technical, Professional, Medical and more are updated each week, so the job you've been waiting for could be just a click away!

Check it out TODAY!



www.jobline2000.com

Together We Can Make a Difference



Volunteers of America
1.800.899.0089

"I saw it in USA TODAY."

"NEWS"

"MONEY"

"SPORTS"

"LIFE"

50% OFF THE NEWSSTAND PRICE!

It's what people are talking about.

Get 12 weeks of Home or Office delivery for just \$30
Subscribe Today! • Call 1-888-791-1228
And ask for special offer 893.

*Special rate of \$30 for a 12 week term requires EZ-PAY sign up. Your credit card will be charged automatically to continue the subscription at the published rate unless you notify us otherwise. Local sales tax, when applicable, will be added to your order. Carrier delivery not available in all areas. Offer void in Alaska.

Are You Finally Ready to STOP Worrying About Money?

Give Me 5 Minutes... And Answer 5 Questions... And See If My All-New Coaching Program Will Help You Finally Finish Rich

Apply Today and Discover:

- Personalized mentoring focused on real solutions to your financial problems!
- A proven system with predictable results
- Accountability and direction...
- And so much more!

#1 New York Times Bestseller
David Bach

Answer the 5 Questions
Go To: www.thefinishrichplan.com/print03

No matter how you slice it—the difference is real.

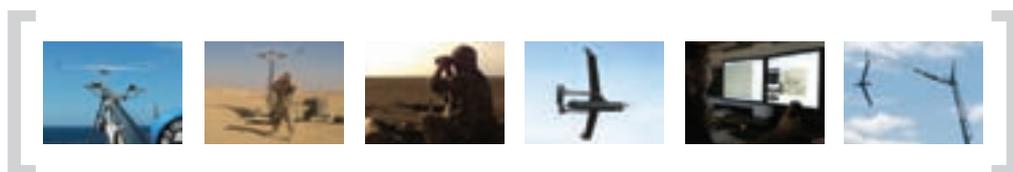
1,012 WEEKS

7,083 DAYS

170,000 HOURS

Insitu's Unmanned Aircraft Systems team combines proven experience and mission readiness to deliver superior situational awareness around the clock—and around the world. With 170,000 hours of combat flight in four years, our ScanEagle® is a proven success. Now our next-generation flier—the technologically mature, user-evolved Integrator™—continues our tradition of providing warfighters with the best UAS resources possible. When lives are on the line, experience matters.

Field Proven. Field Focused.



509.493.8600 | www.insitu.com

NORTHROP GRUMMAN



The height of ISR knowledge.

www.northropgrumman.com/globalhawk

▼ **GLOBAL HAWK**

As the finest unmanned airborne ISR and command control platform in service today, the Northrop Grumman Global Hawk provides unprecedented real-time situational awareness for decision makers in operations around the world. Able to carry up to 3,000 pounds of payload, the high-altitude, long-endurance Global Hawk brings advanced sensors even more capable of reducing risk to the warfighter.