



10 a.m. Many of the offerings are one hour informational lectures. There is certainly something of interest for MAKING IT FIT: Dieter Weik and Peter Wiley. May 2 CHOICES FOR A HEALTHY HEART: Joe Pis-8 a.m. catella. The author of "Don't Eat Your Heart" 3 p.m. 3 p.m. Out" and "Choices for a Healthy Heart," Piscatella's talk deals with the relationship of lifestyle choices in key areas (diet, exercise, stress, smoking and attitude) to health and longevity. It will be discussed. examines the contemporary American way of (Michelson Lab, 1000D, walk in) life, identifies problems and provides realistic May 10 CPR TRAINING: Branch Medical Clinic, A solutions to those problems. Using a combina- 8 a.m. 4 one-day class of cardio-pulmonary recessitation tion of self-scoring tests and dialogue, attendees training come away with practical tools and motivation to 12) (Michelson Lab, 1000D, walk in) CPR TRAINING: Branch Medical Clinic, A HEAT STRESS: SYMPTOMS AND PRECAU-May 11 one-day class of cardio-pulmonary recessitation 2 p.m. TIONS: Dr. Charlie Dries, M.D., Branch Medi- 8 a.m.-4 training cal Clinic. Attend and learn the symptoms of var-(Walk in basis, first come first enrolled, limit ious forms of heat stress and know the precau-12) tions that can be taken to avoid this health hazard May 12 Life in the fast lane? Are fast foods providing HEALTHY FOOD CHOICES FOR WEIGHT 3 p.m. what you need and want in your diet? Come and MANAGEMENT: Lorraine Baty, R.D., Ridgefind out. crest Community Hospital Dietary Department. (Michelson Lab, 1000D, walk in) The application of basic principles of good nutri-(Continued on Page 10) tion in the evaluation of weight reduction diets. (Michelson Lab, 1000D, walk in) Health agency May 5 PARENTAL AWARENESS OF SUBSTANCE **Prudential-Bache** April is National Cancer Control Securities Call for a consultation on any of your investment needs!

**Prudential Bache Securities** 300 Esplanade Dr., Oxnard, CA 93030 (805) 656-1288 (800) 843-0603

Your Full Service Lab 225 Balsam · 375-4707 KODAK FILM DEALERSHIP Same day quality processing. We are an active member of the Kodak Colorwatch System.

SOME OF OUR SERVICES INCLUDE:

NEW YEAR SPECIAL - 25 3Rs for \$5.50/50 3Rs for \$10 Also Now - Get 3 enlargements for the price of 2 - Same Negative

In celebration of the fourth annual Navy-wide "Fit- 9-11 a.m ABUSE: Gary Zvirblis. Substance abuse is a fact 1-3 p.m. in Ridgecrest. Parents need to be aware of the

- signs and symptoms of substance abuse and learn strategies on how to deal with these problems. (Reserve your space via coupon) ENERGY SYSTEMS OF THE BODY: Lt.
- May 6 Steve Moll, Aerospace Physiologist. The functioning of the body's energy systems will be explored in relationship to the fit and unfit body. (Michelson Lab, 1000D, walk in)
  - This presentation will give information on how to select and adjust a bicycle for proper fit. Also information about types of bikes available and where, locally, is the best place to ride and how to achieve a cardiovascular workout via bicycling

(Walk in basis, first come first enrolled, limit

FAST FOOD NUTRITION: Amy Carroll, R.D.

#### offers free book

Month. "Now is a good time for Kern County residents to focus on what can be done to reduce their risks of developing cancer," states Kern County's director of Public Health Services.

A free publication, Diet, Nutrition and Cancer: The Good News, is available in limited quantity at the Kern County Health Department, Division of Health Promotion, 1700 Flower Street, Bakersfield, CA 93305. Call (805) 861-3631.





#### 449 Space for Rent

450 Resort Rental

800-832-1414.

375-5954. 465 Boats

Sale, 446-7971. 469 Motorcycles

473 Motorhomes

LUXURY Motorhome, 1985 Allegro, 32ft.,

only 16,000 miles. Loaded with extras. Chev. 454, hydraulic levelers, microwave, built-in vac., BBQ, 2 A/C, twin beds, split bath, TV antenna. Only \$35,000. Call 619-446-3963 between 5 and 8 p.m. USED Camper shell from \$195. 375-4405, ask for Max.

Dick

1978 CADILLAC EL Dorado Biarritz low mileage, want to trade for truck or sell. 377-5878.



April 29, 1988

# **CLASSIFIEDS**

TRAVEL TRAILER space, Mobile Home space, close to all shopping, 210 W. Haloid. 375-5954.

4 SEASONS VACATION REFERRALS, Lake Tahoe & Hawaii, owner direct, no fee

#### 461 Mobiles for Rent

TRAVEL TRAILER Space, mobile home space, close to all shopping, 210 W. Haloid.

FISHING Boat and trailer, \$395. Valley Auto

1982 HONDA CB750 Custom, 2600 miles mint condition, 2 tone blue with roll bar and travel box, \$1,500. Also 2 full faced Bell helmets, \$150 negotiable. 446-6178 anytime.

1982 Honda GL500I. Bought new in 84. Currently has less than 17k miles. New tires. Numerous accessories included. \$1200 or best offer. Call 375-3768 after 5 p.m.

1982 YAMAHA 650 Seca, vetter windjammer fairing, low miles, excellent shape. Asking \$1000. 377-5058.

1986 XR 80 Honda motorcycle, less than 10 hours, \$800. 446-6308 after 4 p.m.

USED BIKE Parts: parting out, 1982 GSL 650 Suzuki, pre 1979 RM 400, 370, 250. Box shocks, forks, DR 600 shocks, tanks, sprockets, 1975 MX 250 and parts. All for \$250 or part. Call Larry at 446-6344 after 5 p.m.

#### & Campers

1978 15 ft. SCOTTY Travel trailer, self contained with toilet, no shower, \$1,000. 375-7577 or 446-4592, ask for Marty.

1983 STARCRAFT Starmaster 21', ten trailer, gas/electric refrigerator, dual lights propane stove, sleeps 6, awning, stabilizing jacks, electric brakes, \$3,000. 375-9411.

EXTENDABLE rear bumper for late model Ford pick-up. 375-7593 or stop by 224 Larkspur (1 blk east of Richmond Rd.).

#### 485 Autos for Sale

1971 VW Bug, new motor with 5,000 miles under warranty, body in good condition, asking \$1,500. Call 375-6546.

1971 VW Bus, seats 7, license # 224CRJ, \$1,295. Valley Auto Sales, 446-7971.

1977 HONDA Accord, 3 door, blue, stock #1228A, \$999. Charlon & Simolon Used Car Corner, (619) 375-1998, ask for Ed, Dave or

## blue, am/fm cassette, new tires, \$1,995. Call 446-2164.

485 Autos For Sale

1980 DODGE Diplomat, tan, stock #8937, \$999. Charlon & Simolon Used Car Corner, (619) 375-1998, ask for Ed, Dave or Dick. 1980 PLLYMOUTH Champ, 3 door, stock #5869B, \$799. Charlon & Simolon Used Car Corner, (619) 375-1998, ask for Ed, Dave or Dick.

1978 PONTIAC Grand Prix SJ, 2 door, t roof,

power steering, power brakes, power win-dows, power doors, tilt, V 8, automatic, 2 tone

1981 AMC Concord, 4 door, 4 speed, stock #8946A, \$899. Charlon & Simolon Used Car Corner, (619) 375-1998, ask for Ed, Dave or Dick.

1981 DODGE Omni, good condition, economical, license # 1LXF759, \$1,995. Valley Auto Sales, 446-7971.

1981 FORD Granada, good condition, family car, vin 340, \$2,995. Valley Auto Sales, 446-7971.

1981 MERCURY CAPRI, super clean, air, ps, pb, Am/Fm cassette. Must sell! \$2500 or best offer. 446-2295 evenings and weekends. 1982 CADILLAC Coupe De Ville, license # 014QBY, \$3,000. Valley Auto Sales

1982 HONDA Accord LX. Last Chance A/C, AM/FM cassette, PS, PB, must see to appreciate, \$2,000. Call 375-3865.

1983 DODGE Aries, 2 door, 2 tone silver, stock #7651B, \$1,799. Charlon & Simolon Used Car Corner, (619) 375-1998, ask for Ed, Dave or Dick.

1985 HONDA Accord Hatchback, 3 door a/c, am/fm cassette. Bud Eyre Used Cars, 375-4405

1986 MERCURY Sable Sedan, fully loaded. Bud Eyre Used Cars, 375-4405.

1987 3 door Yugo, white, 17k miles, cassette and a/c, stock #8924, \$4,799. Charlon 8 Simolon Used Car Corner, (619) 375-1998 ask for Ed, Dave or Dick.

1987 FORD Club Wagon, V 8, automatic, p/s, a/c, tilt wheel, cruise control, power windows, extra seat, custom wheels, low miles. Beautiful van I Bud Eyre Used Cars, 375-4405.

For the best buys anywhere come to Charlon & Simolon Used Car Corner and see Dick or Dave - 375-1998.

For the best buys anywhere come to Charlon & Simolon Used Car Corner and see Dick or Dave - 375-1998.

TRYING To sell your car or truck? Leave it with us on consignment. We handle every-thing for you. Bud Eyre Used Car Lot, 375-4405.

WANTED: All late model Mustang GT's for Ridgecrest Mustang GT Club. Call 446-2743 after 4 p.m.

WE BUY Junk cars. Speedway Auto Wrecking, 1567 Mahan St. 446-4592 ask for Marty. Hours, Monday - Friday, 9 to 5 & Saturday, 10 to 2

#### 489 Trucks and Vans

1975 FORD pickup F100 with shell. Good condition, \$2,700, Dottie, 446-7530

#### 489 Trucks and Vans

1974 DODGE D-100 pickup, blue, runs good, stock #5869C, \$999. Charlon & S Used Car Corner, (619) 375-1998, ask for Ed, Dave or Dick.

1977 FORD Pickup 250, excellent condition, aded, \$5,300. 375-2644. 1980 CJ7 Jeep Renegade, \$4,500 or best offer. 446-4623.

1983 GMC Jimmy Sportswagon. 446-2141 for details.

1984 MAZDA pickup truck with utility camper shell, has A/C, AM/FM cassette, 40 channel CB radio, 5 speed, clean, good tires and paint. Low blue book \$ 3,400 or best offer. 375-7577 or 446-4592, ask for Marty. 1985 DODGE RAM 150 custom, Am/Fm

stereo, tilt, custom racks, \$8500, 375-4173 evenings. 1987 NISSAN Van. every available option.

like new, \$14,950. See at lemon lot. 446-4886 after 5 p.m.

For the best buys anywhere come to Charlon & Simolon Used Car Corner and see Dick or Dave - 375-1998.

COLUMN I	-	1000	1700 1			
1987 TO	YOTA	Extra	Cab	pickup,	a/c,	a
cassette,	low	miles.	Bud	Eyre	Used	(

489 Trucks and Vans

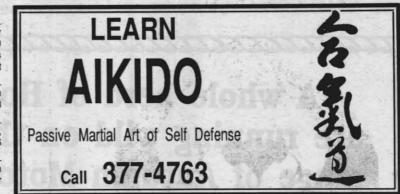
375-4405. For the best buys anywhere come to Charlon Simolon Used Car Corner and see Dick or

Dave - 375-1998.

#### 493 Four Wheel Drive

1942 FORD Jeep, 12 volt electrical system, all else original, \$2,000 firm. 375-2958 after 5 p.m.

1985 DODGE RAM 150 custom, Am/Fm stereo, tilt, custom racks, \$8500, 375-4173 evenings.







Rockereer 23

April 29, 1988



April 29, 1988





# Aerobics safe for anyone

NWC employees do not have to be miserable to be fit

certified instructors, selected by Ernst any of the classes at any time. "You and cool down time, as well as aerobwho has more than seven years exper- don't have to start at the beginning, ic dance. ience in teaching aerobics at Cerro just come in any night and give it a Ernst urges participation, noting

prior to starting the program to deter- alike and to all ages of employees. ness can make a real difference for the vidaul should have. Ernst also noted weeknights at 4 p.m. in the China ier employee population leading to

anyone who has been inactive for sev- Lake Propulsion Plant area, at 4:30 increased productivity.

session lasts an hour and includes a All classes at NWC are taught by Employees are welcome to join warm up period, stretching exercises

Rocketeer

Coso Community College. try," added Ernst. She also noted the students complete a questionnaire classes are open to men and women an individual fitness profile. And, fittry," added Ernst. She also noted the exercise can make a real difference in nine the kind of work load each indi- Classes are now being offered Naval Weapons Center with a health-

> FORTY YEARS- On April 22, Capt. John Burt, Commander, Naval Weapons Center, presented Inez L. Piacenta, Aircraft Department, with a Career Service Award for forty years of federal service. In making the presentation, Capt. Burt noted that Piacenta's award was "a real collector's item, since it is signed by H. Lawrence Garrett III, acting secretary of the Navy between James Webb and William Ball." Photo by PHAN Cary

April 29, 1988:

April 29, 1988

# **NWC Fire fighters** eye safe summer

Each year more than 6,000 people are killed in house-related fires. Most of these fires can be contributed to poor maintenance of appliances, poor housekeeping or lack of education about flammable fluids. The Fire Division of the Naval Weapons Center's Safety and Security Department, would like to assit with the following fire safety tips:

Kitchen Area: All ovens and overhead stove vents should be cleaned frequently. Never intermix cleaning solvents; some mixtures may produce toxic vapors.

Living/Family Room or Study: Ensure televisions, computers, video players and other appliances have adequate ventilation. Follow manufacturer recommendations for clearances. To prevent the possibility of an electrical shock or fire, never run electrical cords under carpeting or rugs. Electrical cords should be inspected prior to use to ensure they are in good condition. All electrical cords and appliances should be Underwriters' Laboratory-approved.

Outside: In the spring, barbecuing is a frequent occurrence. Never leave barbecues unattended. Always locate the barbecue at least 10 feet away from buildings. Never douse the charcoal with lighter fuel once the barbecue has been started; the fire may flare up and cause serious burns.

Lawn Maintenance: Keep brush, dry weeds and vegetation cut a mum of 25 feet around the house, garage and fence.

Garage: Keep the garage clean. Properly dispose of all paint cans that are not in use. Store gasoline in metal safety cans. Remove all combustibles no longer in use.

The Fire Division, NWC ext. 2146, is always ready to assist with any questions regarding fire safety and fire prevention.

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FIRE SAFETY—Garages can be a real fire hazard with spring and summer activities such as outdoor cooking, weed control and mowing the grass all contributing to the danger potential. Photo by PHAN Cary Brady

# Wellness program brings push for fitness

Joe Piscatella, noted author and for 8 a.m. and 3 p.m. in Room 1000D can way of life, identifies problems acclaimed guide to healthy eating in Piscatella was educated at Provilecturer on good health and healthy of Michelson Laboratory. The even- and provides realistic solutions to the real world, Don't Eat Your Heart dence College and attended graduate lifestyles, will present three lectures ing lecture, open to the public, will be those problems. on Monday, May 2, at the Naval Wea-pons Center (NWC). Sponsored by Piscatella's talk deals will the relathe Center's Wellness Program, he tionship of lifestyle choices in key those attending his lectures practical dietary changes. The book is used by rently lives in Tacoma, Wash. will present two lectures for NWC areas (diet, exercise, stress, smoking tools and motivation to make healthy more than 4,500 hospitals in patient public. The employee sessions are set It examines the contemporary Ameri-

oyees and one for the general and attitude) to health and longevity.

lifestyle changes.

The author of the widely- medical schools.

education and is a text book at several

Out, his concepts have been endorsed school at the University of Washing-Piscatella uses a combination of by numerous medical professionals ton. He also studied at the Institute for self-scoring tests and dialogue to give as a self-help tool in making prudent Humanistic Studies in Italy. He cur-

The lectures are part of NWC's observance of Navy Health Fair Month.

**317 Professional** 





305 Business low as \$19.95. Call 372-4967

& Sunday. THE CLOTHESPONY has the latest fash-Way across from Greyhound.

309 Lost and Found

tion call 446-5898.

Ridgecrest Mustang GT Club. Call 446-2743 after 4 p.m.

KEIM'S EXECUTIVE Services. Typing to meet your needs. Resumes, 171's, research papers, forms, letters, mailing list and general typing. Call now, 375-9127

HEY KIDSI Hear a free bible story. Call 375-5381. Story changes every Friday. Is a friend or loved one's drinking or drug use affecting your life? Making you crazy? Call AL-ANON, 375-3251.

313 Personals DO you like to do crafts? Do you like to receive free gifts? Or do you want to learn how to do stitchery? Then call Dorothy at 375-6292 after 4 p.m.

#### Rockereer 21

# CLASSIFIEDS

BULLDOG TAX Service, state bonded, CUT and Perm, \$28. Monday, Tuesday, and Thursday, Victoria's Hair Station, 133 Bal sam, 375-7044. Donn, Marion, or Sharon. DEBORAH BREWER MARY KAY INDEPENDENT BEAUTY CONSULTANT 446-6139

SAVE \$\$\$ on towing at Pearsons Towing Ridgecrest. 446-6106 days, 446-5360 nights & Sunday.

SAVE \$\$\$ on towing at Pearsons Towing, Pearsonville. 377-4585 days, 377-4059 nights

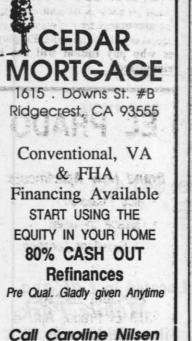
ions for your children at reasonable prices (Sizes infant to 14) Located at 105 Grande

FOUND: Bifocal glasses at the Package Store. Stop by the Package Store to claim the

OVEREATERS Anonyous has meetings on Monday and Thursday nights from 7:30 to 9:00 p.m. Please join us. For more informa-

TOPS = Take Off Pounds Sensibly. Come join us at our new location - 803 Ellis or call Lynne at 375-7593. Meetings start at 8 a.m.

TOPS - Take Off Pounds Sensibly - is havin a membership drive. Every Wednesday at p.m. at 803 Ellis or call Lynne, 375-7593. WANTED: All late model Mustang GT's for



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or	375-6	893	Res.

446-4046

A Part of the second state of the					
317 Professional					
LL TYPES of raquets estrung. Call 446-4700 PORTS OASIS.					
IME to clean your carnets	Call the or				

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sionals. Top Hat Carpet Cleaning. 375-2482. TREE TRIMMING, topping and removal, stump removing, Lic. & Ins. Free estimates. 375-7913.

#### 325 General Services

CUSTOM SEWING, and alterations. Call for an appointment, 446-5983 HANDYMAN 30 Years experience, Free

estimates! Carpentry and painting, light plumbing and electrical, drywall and roof patching, yard work and light hauling. All repairs guaranteed. Lic. # 930472. 377-558

IT'S PARTY TIME and C&C Productions will provide DJ services for any occasion dances, wedding reception, parties, etc. Call Darren at 377-4304 or 377-4961.

SPECIALTY WOODWORKING & ca binets, Kent Birch, 375-3200.

We Do All Around Work Including weeding, tree trimming, clean-up & haul away service. Reasonable prices, call for free estimates after 5:00 a.m. 375-3912.

#### 333 Help Wanted

BURGER King is hiring cashiers and close permanent part time. Apply in person a 139 N. China Lake Blvd.

#### 337 Work Wanted

CHILD CARE, loving mother of 2 offering care for your child in her clean home. Monday thru Friday, full time only. 446-2242. EXPERIENCED Housekeeper. Call 375-9585 and ask for Debbie. Will work

Mondays and Wednesdays. GRANNY'S WORLD - Licensed day care home accepting children ages 1 - 3. Hours 6:45 a.m. - 5:00 p.m. Located on base. Call 446-4416 for more information.

RESPONSIBLE mother and grandmother to child sit under 2 years. Safeway area. 446-6228

206 Balsam St.

337	Work	Wanted	
			÷

LICENSED Day Care has 3 openings of any ages. 446-5898. 349 Livestock

1979 CHAMPION gooseneck horse trailer, 7 x 18, asking \$3,500. 619-878-2015 353 Miscellaneous

For Sale

1984 LTD Crown Victoria, needs paint, \$3,000 or best offer. Call Doug at 446-2208 evenings or weekends

19 INCH Color RCA TV, \$150 or best offer. Call 446-4181 after 5 p.m.

ALUMINUM mag wheels for sale, 4 lug, \$300 or best offer. 446-4768.

#### BASS FOR SALE!

Memphis bass, excellent condition! New strings, great for beginner, would definitely work for the intermediate to exper players. Includes bass, case, and cord. Mus seel \$275 or best offer. Call Pat, 375-3185. CASIO tone keyboard CT-360, \$120. Few extras. Must see to appreciate; PSE Compound bow set plus hard shell carrying case, \$275. Hardly used. Must see to appreciate. Call Jim at 375-6194 after 3 p.m. and weekends all day.

COMMODORE SX64 executive computer Executive condition. Asking \$350. 377-5058.

375-8808

FREE CLASSIFIED TO MILITARY!



#### 353 Miscellaneous For Sale ARGE STOCK of new fuel pumps, wate pumps and Goodyear hoses and belts. Pear son's Auto Parts in Pearsonville. 377-4585. LOST A HUB Cap or need a set, head for earsonville, Hub Cap Capitol of the World 377-4585. NEW VW BUG windshield, \$39.95 and up. Pearon's Auto Parts in Pearsonville 377-4585 SAVE \$\$\$ on auto parts, hub caps & windshields. Pearsons Auto Parts & Wreck-ing, Hwy. 395, Peasonville. 377-4585. SPRINGTIME in Denver. Round trip from Ontario on Continental for \$150. May 12 May 17. Call 375-1231. WE BUY AND SELL · Silver Coins · Gold Coins Silver Bags · Bullion · Krands, etc.

Collections and estates bought and appra Serving the IWV since 1977. Bodie Coin Co., 446-4600

DRUM SET, Tama Superstar, 4 piece cym bals, hardware case, best offer. 446-4336.

353 Miscellaneous For Sale

FOR SALE: 13" black and white TV, \$40; 19" color T.V., \$80; One pair bedroom lamps misc. Call 446-2838.

\$35 AND UP, used doors, fenders or hoods. Pearson's Auto Part & Wrecking on Hwy. 395, 377-4585,

6 MONTH Supply of guinea pig food, wood chips and cage, \$20; tire cables, fits 15 inc tires, \$35; am/fm car radio, \$15. 446-4821.

#### 357 Pets

AKC German Shepherd puppies, 8 weeks old and ready for new homes and families. All shots, AKC applications and health records provided. Call 375-6721.

FREE Cocker Spaniel and Dachshund, both 5 years old. Free dog house. 446-7530.

GOLDEN RETRIEVER Puppies, 8 weeks old, beautiful colors & personalities, 7 pup-pies in litter, 3 males, 1 female still for sale. AKC, shots, \$150. 873-3348.

PHONE 375-8808 TO PLACE YOUR CLASSIFIED AD



or come visit at 840 E. Ridgecrest Blvd.

#### Code 36 plans healthy bake sale Coordinating with the Wellness Program during Physical Fitness Month,



## Getting results. . .

#### (Continued from Page 19) learned within the framework of their own jobs.

Course outline •To Manage Others, First Manage with objectives.

Yourself

few from the trivial many. -How to improve your person- Communication al productivity.

•How to Attract and Keep Good delegated.

People market.

-Yesterday's organizational ity at all levels. structures won't work.

•How to Focus on Results

---Management techniques are you want. useless if everyone isn't pulling in the Deadline: May 25.

sity Northridge (CSUN) will be on engineerin

new external degree program to be NWC ext. 2648.

Center on Mondays through May 9 to

same direction -How to recognize and avoid the hidden traps of delegating.

-The 12 most critical problems •Improving Accountability -Learning to separate the vital Increases Productivity, Improves Moral And Enhances

-Accountability can't be

-Accountability meetings have -Staffing in the coming seller's proven to be a simple, effective way to substantially improve accountabil

•How to Influence up the Line -Eight steps to get the support

## Cal-State Northridge releases schedule

The following classes are being June 2 - July 29; Lecture on Mechanics or ME 470: Thermody-offered this summer for the Cal-State Thursdays, 1500-1800 and Fridays, namics II, equivalent, or consent of Northridge Engineering Program 1030-1230; Training Center. instructor. (bachelor's and master's degrees). For Laboratory on Thursdays, Scope: An analysis of propulsion department channels to Code 094. EE 360A: Linear Systems I (3 units) June 2 - July 29; Thursdays, 1430-1700 and Fridays, 0730-1000; Training Center. By Professor Prabhakar, CSUN, (818) 885-3609. Prerequisite: Engr. 25: Electrical Circuits or equivalent.

Scope: A systematic development both the time and frequency domains. Concentrates on continuous system models. Techniques developed include Laplace transform, Fourier analysis, impulse response, convolution, and state variables for continuous linear systems.

Text: Linear Systems: Time Domain and Transform Analysis. O'Flynn and Moriarty. Harper and Row, 1987.

ation requirement for the MSEE

program.

(4 units)

tive in the BSEE program. Note: This is a core course in the BSEE program. The course is a found-

advise prospective students about the appointment should call Cyndi Jones, EE 465B: Pulse and Digital Circuits 885-2187.

technologies.

McGraw-Hill 1965

Prerequisite: ME 390: Fluid Text: TBA.

enrolling in these classes submit an 1900-2200; Cerro Coso Community systems, spark-ignition, compressionon-Center Training Request College. By Professor Robert Bur- ignition, gas turbine engines, ram-jets (NAVWPNCEN 12410/73) via ger, CSUN, (818) 885-3891. and rockets. Thermodynamic cycle Prerequisite: EE 355: Theory of and combustion system analysis. Digital Systems, EE 360A: Linear Consideration will be given to envir-Systems I and EE 365: Electronics I, onmental pollution effects of combusequivalent, or consent of instructor. tion engine cycles.

Scope: Models of electronic nonli- Text: Mechanics and Thermodynear devices and their analysis. namics and Propulsions. Hill and Design of waveshaping circuits. Peterson. Addison-Wesley, first Design of logic gates and multivibra- edition.

tor circuits; astables, monostables, Note: This is a core course in the of linear system response models in and bi-stables. Design of analog- BSEE program. This is a foundation digital circuit interfaces. Study of course for the MS program in integrated circuits, devices and their mechanical engineering and applied properties: DTL, TTL, CMCS, ECL, mechanics.

IIL and others. MSI and LSI Math 477: Numerical Analysis (5 quarter units)

Text: Pulse, Digital and Switching June 16 - August 5; Thursdays, Waveforms. Millman and Taub. 1700-1930 and Fridays, 1000-1200; Training Center. By Professor Note: This course is a senior elec- Mohamed El Ansary, CSB.

Scope: Number representation and ME 472: Thermal Power Systems (3 basic concepts of error; numerical solutions of nonlinear equations and sys-May 31 - July 26; Mondays, tems of equations; interpolation and 1530-1830 and Tuesdays, extropolation; numerical differentia-1030-1230; Training Center. By tion and integration; numerical solu-Professor Tim Fox, CSUN, (818) tion of ordinary differential equations; and approximation methods.

## CSUC's Dr. Madrigal Cerro Coso to have early registration to advise students

Dr. Roe onboard on

Mondays until May 9

Dr. Arnie Roe of Cal-State Univer- offered by the school in systems

Dr. Orlando Madrigal of Cal-State external degree programs in compu-University Chico will be on-Center ter science which lead to bachelor's May 13 to advise current and pros- and master's degrees. pective students about the external Those who wish to see Dr. Madri-

Cal-State University Chico has 2648.

Those who wish to make an

degree programs offered by the gal are asked to make an appointment school. by telephoning Cyndi, NWC ext.

lobby.

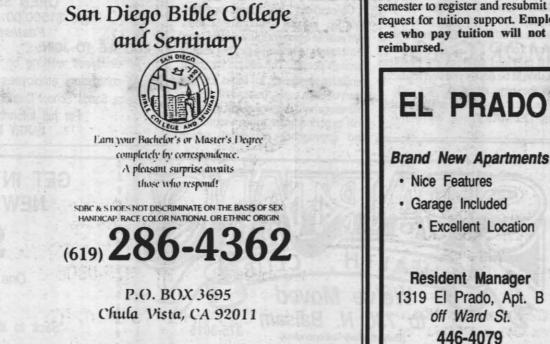
Cerro Coso Community College Cerro Coso classes and having the dent should include a statement from has established early registration for Center pay the tuition should submit a the appropriate supervisor indicating fall courses on May 24 through 26 for DD Form 1556 (Request, Authoriza- the negative impact to NWC of postcontinuing students. Fall schedules, tion, Agreement and Certification of poning the training until residency is which should be released by Cerro Training and Reimbursement) via established. Coso approximately May 4, will be department channels to Code 094.

available in the Training Center If a course is not directly jobemployees enrolled in courses pro- (Academic Enrollment Justification) NWC co-op students when they vided under the Naval Weapons Cen- and NAVWPNCEN 12410.68 (Indi- register. ter (NWC)/Cerro Coso Contract. If vidual Development Plan) describing courses are job-related or will how the course fits into the overall strengthen contributions to the Cen- career plan and how attendance in the ter's mission, tuition will be paid course will strengthen contributions directly to the college by Code 094. to the Center's mission.

Employees interested in attending Anyone not yet a California resi-

A DD Form 1556 is not required related, along with the DD Form 1556 for co-op students. Co-op students The Center will pay full tuition for submit NAVWPNCEN 12410/66 should inform the registrar they are

> Requests for tuition support (DD 1556) must be received by CLOSE OF BUSINESS May 17 so that they may be processed and returned in time for registration. Those received after that date will be returned and employees will either have to pay the tuition themselves or wait until fall semester to register and resubmit the request for tuition support. Employees who pay tuition will not be





April 29, 1988

## Good MIPI ideas may run afoul rules locked in by public law

Lots of good ideas have been proposed by people at model installations, such as the Naval Weapons Center (NWC), who want to test new approaches to operating and managing base support functions by changing specific rules, regulations and policies established by headquarters. They were blocked, however, from doing so because the Department of Defense (DOD) was first required to secure changes in existing laws governing the operation.

Since the Model Installation Program (MIP) began DOD-wide in January 1984, more than 20,000 waivers that required headquarters action have been submitted by the services. Of those, about 300 Model Installation Program Initiatives (MIPIs) were answered with a message from DOD that said the proposal would be considered for inclusion in a legislative package. Thus, the proportion of ideas that required legislative changes was fairly small in comparison to the total number of changes affecting only rules and regulations the services have placed on themselves.

Let's review the MIPIs approved by the NWC Commander, but requiring higher authority review before final disposition. To date, we have sent 86 MIPIs to headquarters; of those, 61 have been approved. Nine MIPIs were disapproved; of these, six were based on public law, thus the need to seek legislative remedy to implement desired changes to the rules. Based on the present attitude

in the Washington arena, we can expect to receive an approval about 87 percent of the time if we direct our waiver requests to changing rules, regulations and policy interpretations.

There's an obvious conclusion to be learned from this experience; that is, rules written by higher authority are rules we can change. The bad news is, changing laws is a lot tougher than changing our own polices. It is not impossible, but it surely is hard. Here's a short history of what DOD has tried since the Model Installation Program started.

DOD put together a legislative package of 22 changes to existing public law. That package was approved by the deputy secretary of defense and sent to the Office of Management and Budget (OMB) for clearance. The procedure is standard. No legislative proposal can be sent to Congress by DOD, or any other executive agency, unless OMB has the endorsement of the administration and the proposal is found to be consistent with the administration's legislative program and budget.

The DOD package requested relief from public laws administered by the Office of Personnel Management, Treasury Department, Labor Department and the Small Business Administration. Each of these agencies objected to DOD's proposals for legislative relief. High-level meetings were held between DOD and the other agencies, with OMB acting as

mediator, to work out a compromise that would clear the legislation. The meetings were unsuccessful.

Another legislative proposal would have permitted the Secretary of Defense to waive statutes on a trial basis for certain model installations. This effort was also opposed. DOD then put together a legislative package that did not involve the jurisdiction of any other agency, but proposals from the model installations didn't fit into any single category.

That's where things stand right now. DOD has learned it makes more sense to devote staff time and marketing efforts to changing policies we control rather than trying to change policies based on public law.

Some people have suggested innovative ways of trying to get Congress' attention without going through OMB. The problem with all these ideas is that they violate the law against lobbying. Restrictions on lobbying activity are as stingent as they are legitimate. We have no alternative to working through the prescribed system for advancing legislative change proposals to the Congress. DOD will continue to work through the system.

DOD hasn't given up hope, and they haven't given up trying. In the meantime, keep on MIP'n those rules and regulations that prohibit us from doing our jobs better, faster and in a more cost effective and efficient way

The MIP Office



the Engineering Department Recreation Committee plans a "Healthy Bake Sale." Low salt, low sugar and high fiber foods will be sold May 13 starting at 8 a.m. in the Engineering Building lobby and Wing 8 of Michelson Lab.



April 29, 1988



## British use tea custom

This is the first in a series of articles about the history of food as part of the Center's American Heritage Week celebration.

6 Rocketeer

Food is, perhaps, the thing shared most with other cultures. When traveling to a different part of the country, one thing we do is check out the local restaurants. What better place to try lobster than Maine, Cajun cooking than New Orleans, hot dogs than on a New York street corner. Chinese food than San Francisco or Tex-Mex food than El Paso? America's eating tastes have long been influenced by the people who settled here, having these dishes in their original form or taking the basic idea and making it into something uniquely our own.

We're not the only culture to do that, however. The British, being world travelers, have also adopted other countries' food customs and made them their own. Take the idea of afternoon tea. Everyone who has ever visited Great Britain or a country of the British Com-

monwealth has partaken of afternoon tea: fragrant tea or sherry, scones with clotted cream, cookies, and delicious spice cakes. Although the drinking of tea became widespread after the East India Company was founded in the 1600s, the tradition of visiting and entertaining in the afternoon has a long history in India. Strict Hindu dietary laws, which were instituted in 1000 B.C., prohibited sharing formal meals with anyone other than family members. The people then turned to entertaining in between meals, with tea as the focus, in order to continue socializing

The British did give us an eating tradition that has led to hot dogs, hamburgers, and the New York deli sandwich. Lord Sandwich, whose mania for gambling from which he did not want to be disturbed long enough to eat, gave the world the creation that still bears his name. By Melissa Dukes

and Tina Rockdale **AHW Committee** 

## Abused individuals find counseling essential for them to recover image

Council (HDCAPC).)

been coming to therapy for about four myself get close to another." Such The counseling process is a vital months. During the last therapy session she said, "I feel so alone, so emp- make the development of intimacy a can explore these issues and learn ty. I just can't seem to get close to anyone. I want to feel loved, but I just can't let myself. I'm afraid I'll get powerlessness, the feeling of being and acceptance, the individual can hurt, betrayed. Besides, I really don't out of control of one's life. This is feel deserving of love. There must be behaviorally translated into helplesssomething very wrong with me, and I ness, a lack of assertiveness and an feel helpless to make it better."

tim of abuse. What is true for Mary is matter what I do, as it changes over time that there are people who also true for the countless number of nothing." individuals who have been abused in their lifetime.

When people are abused they never forget, although they may not talk about it very much. Like a backpack, people who have been abused carry with them a host of behaviors, thoughts and feelings which are often maladaptive and quite detrimental to their immediate and long-range functioning. These behaviors, thoughts and feelings can become deeply ingrained patterns, one's "personality" and "identity," later affecting crit- expressing the belief that their bodies and mutual respect. ical areas of life such as career, mar- are permanently damaged, that there riage and parenting.

Mary K., a 22-year old woman, has isn't a safe place." "I'll be hurt if I let quently, don't belong.

is something fundamentally wrong

(The following article is the second More specifically, there are certain with them and that they are not lovin a series written by members of the key dynamics or issues which seem to able because of this. They frequently High Desert Child Abuse Prevention consistently manifest themselves in seem old beyond their years, resulting abused persons. First of all, there is in the feeling that they are fundamenthe feeling of betraval. "The world tally different from others and, conse-

beliefs, based on past experience, service in which the abused person difficult, if not impossible, task. ways in which to cope more construc-Then, there is a pervasive sense of tively. In a climate of safety, warmth begin at his or her own place to look at what happened, explore feelings and make some kind of sense of his or her inability to take responsibility for situation. Through the therapeutic These words were spoken by a vic-life's choices since it "really doesn't relationship, the abused person learns can be trusted, people who care, yet don't exploit him or her.

Abused individuals often feel bad They discover they were never to - guilty - blaming themselves for blame for what happened to them, what happened. They feel like resulting in less self-hate and "shameful" people who are not improved self-esteem. Within themworthy of love or fulfillment. Often, selves, they discover power, eventuthey get reinvolved in abusive rela- ally obtaining the ability to make tionships as adults, both because they choices and, therefore, relinquish the believe that's a style of relating to sense of helplessness. Finally, as they what they earlier learned and because view themselves in a better light, they they believe that's what they deserve. believe they deserve, and they Frequently, abused people suffer demand, healthier relationships from the damaged goods syndrome, relationships based on love, caring

> By Jessica Cromarty HDCAPC

# More learning at library

Nonth. Be informed - visit the Cen- It is time to face the facts that thouter Library for information regarding sands of children consistently receive this issue. No one is really certain such harsh treatment and that they are why the problem has grown so in emotionally and physically scarred recent years, but one thing is clear: for life. With the problem exposed

April is Child Abuse Prevention treated as the crime it really is. can no longer be ignored and with increased community ed too "delicate" to be awareness and concern, something

can be done about this sad and tragic problem.

The Center Library is open Mondays through Fridays from 9 a.m. to 8 p.m. and on Sundays from 10 a.m. to 6 p.m. The library is closed on Saturdays.

	the problem
1988 Spring Sale Community Room Desert Counseling Clinic 814 N. Norma & Drummond	or considered
T'' C A	Que
	Community Room Desert Counseling Clinic 814 N. Norma & Drummond Donovan Julie Slayton and Weaving Fiber Craft Carol Wilcher Linoleum Block Printing John L. Grahm

You Are Cordially Invited To Attend The

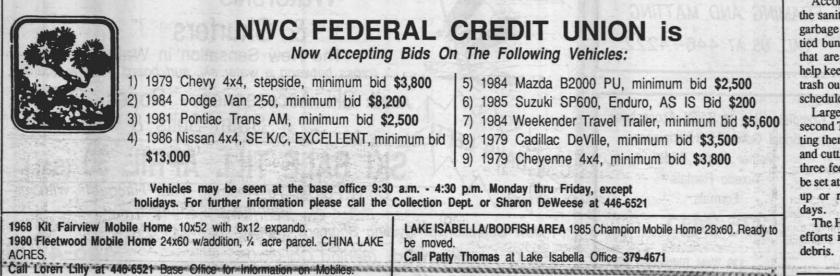
Sierra Craft Guild

stions About CANCER?

Call 1-800-4-CANCER

THE REAL OF THE REAL PROPERTY AND THE PR

Trash bags



are allowed According to the Housing Office, the sanitation contractor will pick up

garbage in cartons, boxes, trash cans, tied bundles or plastic bags with ties that are placed at the curbside. To help keep animals out of garbage, set trash out early in the morning of the scheduled collection day.

Large items can be picked up the second Thursday of the month by setting them at the curb. Tree trimmings and cuttings in lengths not more than three feet and tied in bundles should be set at the curb for either bulk pickup or regularly scheduled garbage

The Housing Office appreciates all efforts in keeping alleyways free of

MENT (16 hours)

ses, submit Training Request & NCEN 12410/73) via department

## **On-Center** training form is replaced

request forms. with the new revision. from TELMART.

#### April 29, 1988

## Software class to be held May 24-25

ENGINEERING MANAGE-May 24-25; Tuesday and Wednesday, 0800-1600; Train-

ing Center. By: Peter Coad, Telos Corp.

Intended Audience: Program managers, project managers,

EFFECTIVE SOFTWARE senior engineers and supervisors. ject management tools. Course Objectives: To gain first-hand exposure to modern software life cycles and methods; and learn how to systematically plan and structure software projects, how to better measure and control software projects and how to effectively use CASE and pro- (low priority) to 5 (high priority).

\_Analysis Methods Update Controlling The Datebook Organizer (full-Structured Analysis feature Day-Timer® included) Basic Tools and Notations Real-Time Notations Time Savers \_\_\_\_Event-Response Strategy \_\_\_\_Agenda-Driven Meetings Listening Information Modeling for \_\_\_\_Analysis \_\_\_\_Delegation Human Information Analysis \_Goals \_\_\_Principles Supplementary Analysis \_\_\_\_Personal Goals Methods \_Professional Goals \_\_\_Object-Oriented Analysis \_\_\_Output Analysis Project Planning and \_\_\_Interface Analysis Controlling \_CASE Tools for Analysis (demo Planning \_\_\_\_Planning Performance software included) \_\_\_\_Planning Schedule Design Methods Update \_\_\_\_Planning Cost \_Real-Time Task Design Software Development \_Structured Design \_\_\_\_Plans Information Modeling for Design \_Controlling \_Human Interface Design \_\_\_Leadership Principles \_\_\_\_Object-Oriented Design CASE Tools for Design (demo \_\_\_Controlling Performance software included) \_\_\_Controlling Schedule Controlling Cost Personal Planning and channels to Code 094. NOTE: To enroll in these clas- Authorization Form (NAVWP-



Naval Weapons Center (NAVWP-NCEN) Form 12410/73 (Rev 12-87), "Request for On-Center Training," replaces all other On-Center training

All previous editions are obsolete and should be destroyed and replaced The new revisions are available

(24 hours) June 6-8, 8:00-1600; Training Center. By Roger Kirkham.

Intended Audience: Managers and supervisors.

Objectives: This course provides specific, proven management tools that enable managers and supervisors at all levels to improve getting results through people. The course has been carefully designed to focus on the heart of each topic. Instead of simply learning about the topics, participants

Scope: Please indicate which of the below-listed topics you would be most interested in and return this survey with NAVWPNCEN Form 12410/73 to Code 094 by Tuesday, May 10. Rate each topic from 1

Deadline: May 10.

personnel development opportunity

Getting Results Through People enable them to actually apply what is (Continued on Page 20)

> Government Employees Death Benefit Assoc. (GEBA) and China Lake Mutual Aid Society (CLMAS) **OPEN SEASON TO JOIN** Pavs \$1500.00 on death - No red tape Fastest paying in U.S. **ELIGIBLE TO JOIN:** · All emloyees working on base and their spouses also.

· All contractors employees doing work for the base.

· Sierra Sands School District - teachers, employees & spouses. For full information and applications call



## **Bakersfield** releases its summer schedule

offered this summer for the Cal-State ADM 690: Seminar in Administra-Bakersfield Business (bachelor's tion (5 units) degree) and Administration (master's June 13-July 14; Mondays and degree) programs. To enroll in these Thursdays, 1610-2110; Training classes, submit an on-Center Training Center. By Professor Paris, CSB. Request (NAVWPNCEN 12410/73) Scope: This course is designed to via department channels to Code 094. integrate concepts and techniques for Registration will be held at the first the core courses within a broader class meeting. Deadline for enrolling framework. Designed to sharpen is 10 calendar days before the starting analytical and communication skills. date of the class. BA 490: Senior Seminar in Business culminating activity.

Administration (5 quarter units)

Thursdays, 1610-2110; Training Administration.

Prerequisite: BA 370: Legal Envi- quarter units) ronment of Business, BA 374: Busiment and Organizational Behavior, Mohamed El Ansary, CSB. MGT 301: Quantitative Methods and Scope: Number representation and ment and MKT 300: Marketing Man- systems of equations, interpolation agement or equivalents.

course. Analysis of a wide range of ution of ordinary differential equapolicy decisions with focus on the role tions and approximation methods. of the executive in planning and implementing programs.

Note: This is a core course for the bookstores locally. bachelor's degree program in Business Administration.

Government (5 units)

August 2-September 1; Tuesdays and Thursdays, 1610-2110; Train- Request (DD Form 1556) before ing Center. By George Linstead, registration if NWC is expected to pay NWC ext. 1074, and Bob Glen, for the training. NWC ext. 2049.

understanding of the philosophy that Cecil Webb at NWC ext. 2648. underlies the concept of technology transfer. A conceptual framework within which the various players in the technology transfer process will be examined. This course will also examine some of the problems and opportunities associated with the

The following classes are being management of technology transfer.

Course includes master's program

Note: This is a core course for the June 13-July 14; Mondays and master's degree program in

Center. By Dean Kelsey, CSB. MATH 477: Numerical Analysis (5

June 16-August 5; Thursdays, ness and Society, FIN 300: Financial 1700-1930; Fridays, 1000-1200; Management, MGT 300: Manage- Training Center. By Professor

Information Systems, MGT 302: basic concepts of error, numerical sol-Introduction to Operations Manage- utions of non-linear equations and and extrapolation, numerical differen-Scope: A terminal integrating tiation and integration, numerical sol-General Comments

1. Textbooks are available at

2. Job-related courses other than those listed above or those offered ADM 477: Technology Transfer in under contract with Cal-State Chico or Cal-State Bakersfield must be approved on an off-Center Training

For more information about any of Scope: This course provides an these programs or classes, contact

> Prospect Park Village Now 'Renting

2 & 3 bdrm. duplex \$440-\$495 per month. Heated pool, lighted tennis court, new appliances. cabinets, carpet, drapes, washer & dryer hook-ups, fenced back yards. Rental Office 375-8617 401 Toro

> **Tanning Bed** 10 Sessions \$40.00

Aerobics: 8.am - 9 am 5 p.m. - 6 p.m. - 7 p.m.

rthr

#### 2.448, to arrange to take the event. Second and an arrange and an arrange and arrange and take the event.

## 18 Rockereer /0

## Non-appropriated funds.

(Continued from Page 17) related degree is highly desirable. Time. This position is located This is a correction to the high in the Recreational Services salary in ad 22-8810 of 22 April Department. The incumbent is 1988

Golf Course Superintendent, Officers' Mess (COMO), Chief Petty UA-1601-7/8/9, \$18,726 to Officers' Mess (CPO), Enlisted Mess 29,783 PA, Code 2226 - (EM) and the snack bars at the golf Course, Sports Branch, Recreation coordinates, administers and Division, Recreational Services supervises both the day-to-day ext. 2451. Department. The incumbent is operations and the ongoing process responsible for a comprehensive of evaluating and upgrading of the by Adele Greenfield (2 hours) maintenance program for the golf clubs and snack bars. Successful course. Successful candidates must candidates must have a knowledge of have a demonstrated knowledge of the goals, principals, and techniques golf course maintenance care and of club/restaurant management; specialized golf turf equipment. A knowledge of budgeting, puchasing, four-year degree in financial reporting, internal controls agriculture/agronomy or related and profitability analysis in a degree is highly desirable. This is a club/resturant environment; ability (3 hours) correction to grade levels and salary to make oral and written

1988

No.

Director of Clubs and Messes, No. 22-8811, Supervisory which include the Commissioned presentations and the ability to for ad No. 22-8811 of 22 April supervise. A degree in restaurant

management or business

# Code 221. Permanent Full Training has wellness info

Wellness Program Audiocassettes • The Pritikin Program for Diet & Enrollment Form: None. Training Center. By various rick McGrady, Jr. instructors.

Course description: The following Pritikin. is a list of audiocassettes available as Permanent Full Time. This course and bowling alley. The part of the Wellness Program and position is located at the NWC Golf incumbent plans, organizes, available for check out through the Covert Bailey. Training Center, Room 100, NWC

"Relax, Renew & Re-Energize," "Real World 101," by Jimmy

Calano & Jeff Salzman (2 hours) "Stress, Diet & Your Heart," by

Dean Ornish (MD) (8 hours) "Permanent Weight Loss," by Dr.

Clark Cameron (15 hours) "Fitness Walkout," by Jane Fonda

Method: Audiocassette.

Source: Training Center.

four hours or more.

Deadline: Open.

Wellness Program Books instructors.

is a list of books recently purchased as part of the Wellness Program and may be checked out through the Training Center, Room 100, NWC ext. 2451. ·Live Longer Now, by Jon Leonard, Jack Hofer and Nathan Pritikin.

Open enrollment, Self-study, Exercise, by Nathan Pritikin with Pat- Deadline: Open.

•The Fit or Fat Traget Diet, by instructors.

and Lea Bishop.

book, by Joseph C. Piscatella. •The Y's Way to a Healthy Back, by

Alexander Melleby. •Stretching, by Bob Anderson.

•Fitness for Life: An Individual Approach, by Philip E. Allsen, Joyce M. Harrison and Barbara Vance.

•The Aerobics Way, by Kenneth H. Cooper MD, MPH.

•How to Lower Your Fat Thermos- (VHS, Beta).

tat, by D. Remington (MD), G. Fisher Enrollment Form: 12410/73 for (Ph.D) and E. Parent (Ph.D). •The New American Diet, by Sonja

nor (MD).

•Stress, Diet & Your Heart, by

•30 Days to Better Nutrition, by

•Choices for a Healthy Heart, by

Method: Book.

•The Pritikin Promise, by Nathan WELLNESS PROGRAM VIDEOS Open enrollment, Self-study, •Fit or Fat?, by Covert Bailey. Training Center. By various

Course description: The following •Target Recipes, by Covert Bailey is a list of videos available as part of the Wellness Program and may be .Don't Eat Your Heart Out Cook- checked out through the Training Center, Room 100, NWC ext. 2451. "Aides: Education in the Workplace," by SF Aids Foundation (VHS).

"Aids," by Capt. Harrison (3/4"). "Healthy Backs," by American Back School (3/4", VHS, Beta).

"Dietary Guidelines for Americans," by Jennifer Class-Mitchell, RD

"Naval Health and Nutrition," by LCdr. Skaggs (VHS).

"Twelve Steps - The Video," by Connor (MS, RD) and William Con- Gerald T. Rogers Productions (VHS). "Achieve More with Better Brain

(VHS). •"Supermarket Savvy," by Leni Reed (MPH, RD, LD)(VHS).

 "Realistic Lifestyle Changes," by Dr. Downing (VHS).

Method: Videotapes. Source: Training Center Enrollment Form: None. Deadline: Open.

TMC, SEC programs minations are now being soli- pons Center.

cited for the Technical Manager's Certificate (TMC) Program and Category III courses. are as follows:

ment Head.

junior professional) in a scientific space available basis. or engineering discipline, with at Contact Vicki Munro, NWC ext. least one year at the Naval Wea- 2359, for additional information.

-Completion of 40 hours of

the newly created Systems Engi- To apply for either program, neering Certificate (SEC) Prog- submit a nomination form and an ram. Both programs are primarily Individual Development Plan intended for employees at the Form, plus a department letter of upper II and lower III levels of the recommendation, to Code 01A5 no Demonstration Project. Prerequis- later than June 3. Selections will be ite requirements for both programs limited to 20 candidates for the TMC Program and 10 candidates -A current Individual Deve- for the SEC Program. Both proglopment Plan signed by the Depart- rams will commence in the fall Employees who are not selected -3 years experience (including may still participate in classes on a

Gift Certificates Available

Dr. Kelsey to retire from CSUB

ty, Bakersfield, will be retiring in luncheon in his honor should contact given at the time of the call.

School of Business and Public Admi- interested in signing a card/banner for nistration, California State Universi- Dean Kelsey and/or participating in a Additional information will be

headphones.

#### THRU MAY Writing test Take Advantage of our set for May Manicure/Pedicure On May 26 the English Writing Special Proficiency Test will be given to undergraduate and graduate students BOTH FOR ONLY \$25.00 of Cal-State Northridge (CSUN). CSUN students should take the exam as soon as application for admission has been approved. Undergraduate Let us help you students must pass the exam before graduation. This test must be passed relax after a before the student is granted hard day at work unconditional status as a master's candidate. Graduate students must attain NALLS DATA unconditional status before earning SOBER more than 12 units of academic work 720 N. NORMA-SUITE D acceptable towards the master's degree. The exam fee is \$12. Checks 375-2220 must be made payable to California 285 State University Northridge.

Contact Cyndi Jones, NWC ext. 2648, to arrange to take the exam.

Human Resources Development Division (Code 094) is planning to present a momento from the Naval Weapons Center to Dean Kelsey and possibly have a luncheon in his honor during July. Former students,

Dr. Harry Kelsey, Jr., Dean of the acquaintances and others who are Cyndi, NWC ext. 2648, by May 13.

Source: Training Center.

Open enrollment, Self-study, . The Working Parent Dilemma, by Chemistry," by Dr. Forrest Tenant Training Center. By various Earl Grollman and Gerri Sweder. Course description: The following Dean Ornish (MD). Aronson

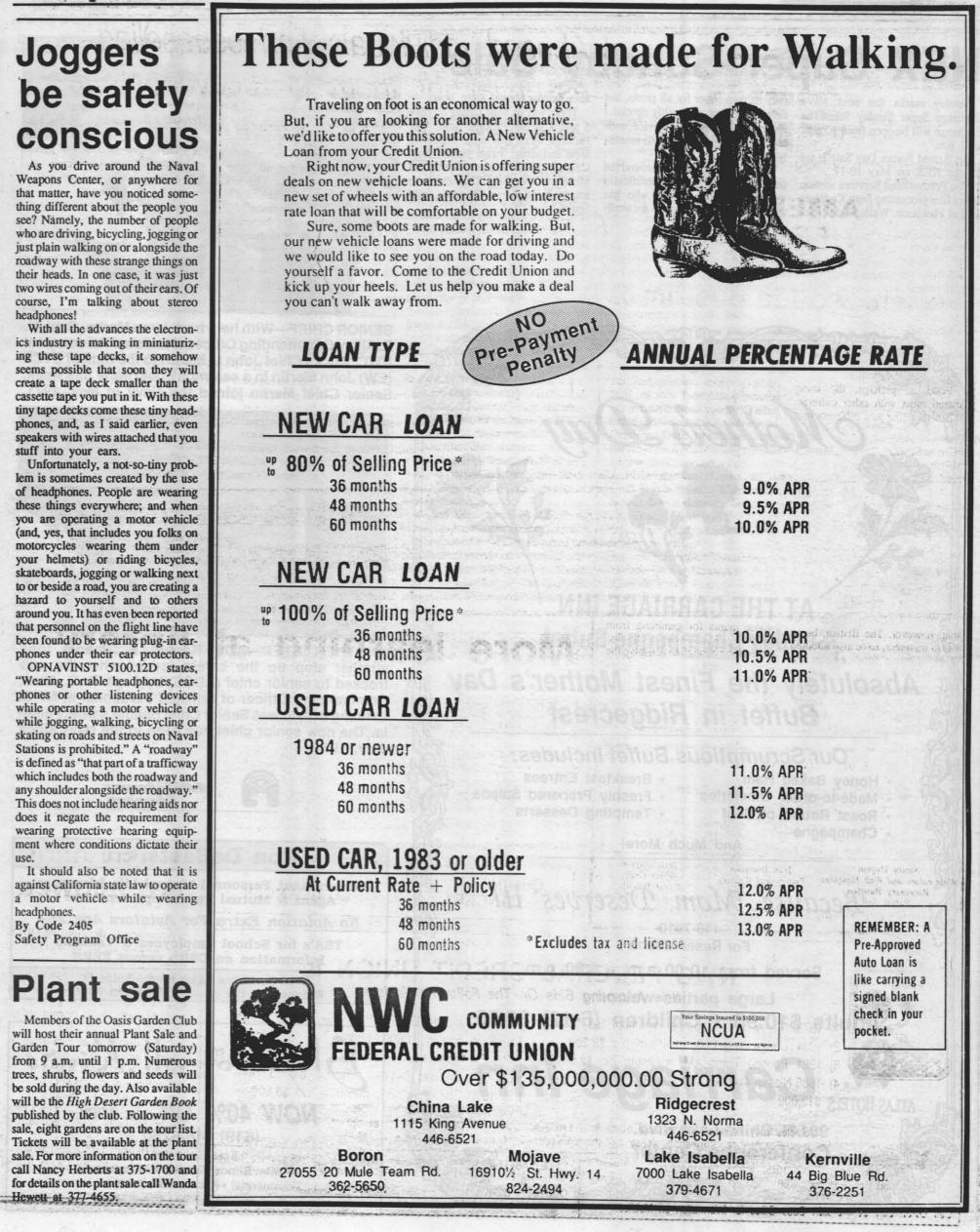
Joseph C. Poscatella.

22-8812, Clubs administration (or related studies) is Supervisor, UA-1101-10/11, highly desirable. Potential for \$25,226 to \$36,032 PA, 15% bonus.

# Names needed for

April 29, 1988

Rocketeer



April 29, 1988

# **NEX Super Sunday Sale**

Exchange will be open from 10 a.m. Phototron is a budget service with 6 and 7 at the Package Store. The to 2 p.m.

An Armed Forces Day Sale is set ly specials. for the NEX on May 10-17.

offers film processing from Kodak as available for the mother who has a name brand sherry, Character, from

Sunday marks the next Navy only its own paper for all prints, the Exchange Super Sunday Sale. The firm also offers a monthly special. able during normal store hours. There will be wine tasting on N

well as Phototron. While Kodak uses everything. The certificates are avail- Spain.

There will be wine tasting on May lower everyday prices and no month- Package Store has name brands in wine including, Sutter Home, from With Mothers' Day just around the Calif.; Wolf Blass, from Austria; and The Personalized Services section bend, the NEX has gift certificates Mondavi, from Calif. They also have



SENIOR CHIEF—With help from Lynn Martin, Capt. K. E. Allen, Commanding Officer of Enlisted Personnel at NWC, frocks Chief John L. Martin to the rank of ETCS (EW) John Martin in a ceremony held early this week. Senior Chief Martin joined the Navy in May, 1971.



ANOTHER STEP-ADC Ronald E. Beadle took another step up the career ladder when he was frocked to senior chief (ADCS) by Capt. K. E. Allen, Commanding Officer of Enlisted Personnel at NWC. Lending a hand was Senior Chief Beadle's wife. Pamela. The new senior chief has been in the Navy since July, 1971.



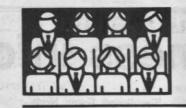
## Ron DeBaets. CLU **Government Personnel Mutual Life Insurance** Agent & Mutual Fund Representative No Aviation Extra For Aviators Age 28+ TSA's for School Employees & Valuable Information on CSRS versus FERS 1240 S. China Lake Blvd., Suite D **Ridgecrest**, CA 619-375-7088 Blinds of all Kinds NOW 40% Off FOR APRIL (619) 446-6250 **Free Estimates**

Mini Blinds, Shades, Verticals

Commercial • Residential • Industrial

2 week delivery and installation

April 29, 1988



Applications for positions listed below are being accepted from Department of Navy employees currently working at NWC and from eligible employees of attached activities whe are permanently assigned to NWC. This group includes employees with career or career con-ditional appointments; employees with permanent Veterans Readjustment Act (VRA) appointments; temporary employees with reinstatement eligibility; and handicapped employ-ees with Sch.(A) continuing appointments (who may be referred separately when they apply). Also included are spouses, with competitive status, of civilian sponsors hired by a DOD activity within NWC's commuting area. Applications from other groups will be accepted whe specified in an advertisement. Vacancies are subject to restrictions imposed by the DOI Priority Placement Program. Applicants must meet all legal and regulatory requirement ons imposed by the DOD including minimum qualifications requirements by the closing date of the advertisement. Eva-uation of applicant's qualifications will involve using at least two assessment measures (e.g., work experience, annual performance assessment rating and narrative, education, training performance assessment and awards). Spouses of military sponsors apply at Room 231, same

address as shown below. HOW TO APPLY: Submit the following: a current application, SF-171 or other Personn Department pre-approved form; and a copy of your most recent annual performance assess-ment narrative (note: a copy of your performance plan should be attached if the annual perfor-mance narrative description does not clearly state the tasks/duties performed). A supplemental narrative which relates your qualifications to each knowledge, skill or ability (KSA's) as cited in the advertisement is always desirable and may be required if stated in the vacancy announcement. Write the title, series, level (grade), and announcement number on all application materials. Not submitting the annual performance narrative may adversely affect your evaluation scores. Prior to submitting your application, complete Cover Sheet Form 12334/2, available at the reception desk. Make sure your address, phone number, etc. are current, correct and that all forms are complete and accurate. If information is missing, your qualifications may not be fully and completely rated. Additional information cannot be submitted after the closing date of the announcement. A current date and an original signature in ink on the last page completes the application. Civilian Spousal Program Eligibles must submit a copy of their sponsor's PCS orders with each application. Application materials are accepted, and blank forms are available, at the Reception Desk, Room 100, Personnel Department, 505 Blandy. Announcements close at 4:30 p.m. on Friday, one week after the opening date of the announcement, unless otherwise specified. Applica tions received after 4:30 p.m. on the closing date will not be considered. Applications are retained in an announcement file and cannot be returned or filed in personnel folders. The Naval Weapons Center is an Equal Opportunity Employer, selections are made without discrinination for any non-merit reason.

required





# Personne News & Notes

## Promotional opportunities

Engineering Department. This potential to DA-3. position is located in the Central No. 61-001, Sheetmetal

responsible for project and overhead (Aircraft), WG-11.

No. 36-114, Model Maker, and procedures; knowledge of WG-4714-14, Code 36443 - personnel management in the federal

Prototype Division, Engineering WG-3806-5, Code 61322 - to DP-4, but not guaranteed. Department. The incumbent is This pre-journeyman level position models. These models are made various types of designated military from a variety of materials and project aircraft. The associated involve several fabricating processes major duties and responsibilities of to do the work of the position forming, assembly and installation precise, and/or artistic work of two environment isolation, and retrofit or more trades; knowledge of hardware for presently installed drawings; ability to use hand tools Criteria: Reliability and depenfor machine shop; ability to measure dability; shop aptitude and interest; and layout work. Supplemental ability to follow directions in shop; support to the division and is potential to Sheetmetal Mechanic

management, facilities planning and Interdisciplinary General/ (TCN) account in accordance with located in the Youth Activities techniques of recreation and an procurement. Provides a full range Electronics / Aerospace Engi- current directives. Job Relevant Branch, Recreation Division, understanding of the interests and of administrative support functions. neer/Physicist, DP-801/855/ Criteria: Knowledge of range Recreational Services Department. motivations of individuals and JOB RELEVANT CRITERIA: 861/1310-3/4, Code 62C - testing and the Range Department's Incumbent is the Director of Youth groups, especially with youths. A

the projects office and is responsible to DP-4, but not guaranteed. (TCN) account in accordance with Electronic Warfare Threat En- Promotion potential to DP-4. current directives. Job Relevant Criteria: Knowledge of range testing and the Range Department's mission to support RDT&E requirements; knowledge of and willingness to support NWC EEO program goals and objectives; ability to supervise and adhear to the goals of the demonstration program; ability to interface at all levels of management and represent the projects office to sponsors and Area of Consideration: Career/ sector; ability to communicate both management of the Center. New Career Conditional employee of the orally and in writing. Promotion supervisors will be required to serve a one year supervisory probationary period. If selection is made at the Model Shop Branch, Engineering Mechanic Helper (Aircraft), DP-3 level, promotion potential is

ledge in more than a single trade. journeymen in job planning, Job Relevant Criteria: Ability sheetmetal layout, cutting, drilling, forming, assembly and installation ment, coordination, supervision, without more than normal super- of interface structures, component evaluation and documentation of all vision; ability to do the theoretical, enclosures with and without range testing. The incumbent provides the first line supervision of the projects office and is responsible pertinent metals; ability to use shop RDT&E systems. Job Relevant for forecasting air, ground and track test workload, coordination with range customers and potential customers, monitoring the test dexterity and safety; ability to work schedule, initiating and coordinating No. 39-008, Administra- as a member of a team. A sup- changes in the schedule as necessary. tive Assistant/Officer, DA- plemental is required and can be The incumbent also may be required 341-1/2/3, Code 392 - The obtained in Room 100 of the to act as a project engineer in No. 22-8810, Supervisory implementing and evaluating base-

Range Dpeartment supports the willingness to support NWC EEO vironment Simulation (EWTES) RDT&E requirements of the Naval program goals and objectives; ability facility; RDT&E and follow-on Weapons Center, Department of to supervise and adhear to the goals engineering of parachutes and Defense, and other users in planning of the demonstration program; airborne and ground based telemetry and conducting air, ground, and track ability to interface at all levels of systems; and provide support as the T&E operations. The incumbent is management and represent the Navy Parachute Test Range (NPTR). responsible to the Head, Range projects office to sponsors and Job Relevant Criteria: Clearly Department for technical manage- management of the Center. New demonstrated leadership ability; ment, coordination, supervision, supervisors will be required to serve management experience in planning evaluation and documentation of all a one year supervisory probationary and allocation of personnel, financial range testing. The incumbent period. If selection is made at the and material resources; knowledge of provides the first line supervision of DP-3 level, promotion potential is electronic warfare, parachute, and

test workload, coordination with Interdisciplinary (General/ of test and evaluation operations; range customers and potential Aerospace/Electronics/ Mech- demonstrated ability to deal customers, monitoring the test anical Engineer / Physicist), effectively with NWC management, schedule, initiating and coordinating DP-801/861/855/830/1310-4, systems commands, other DoD changes in the schedule as necessary. Code 6401 - This position is agencies and contractors; ability to The incumbent also may be required Associate Department Head, Aero- understand and further NWC to act as a project engineer in systems Department. The incum- management goals for daily and designing and conducting tests to bent will assist in the management long-range operations; interest in and support customer requirements. The of the Aerosystems Department's support of EEO programs, goals and incumbent also manages the mission which includes the objectives. A one-year supervisory financial Test Control Number operation and development of the probationary period may be required.

telemetry state-of-the-art technology; for forecasting air, ground and track No. 64-002, Supervisory experience in technical management

#### Reassignment opportunities

This column is used to fill positions through reassignment only. For this reason, the Reas signment Opportunity Announcements are separate from the Promotion Opportunities col-amn in the Rocketeer. Applications will be accepted until the date stated in the announcement. Employees whose work history has not been brought up to date are encouraged to file an SF-171 or 172. All applicants must meet minimum qualification requirements established by the Office of Personnel Management. Information concerning the recruitment and placement program and the evaluation methods used in these reassignment opportunities may be obtained from Personnel Management Advisors (Code 096 or 097). Applications should be filed with the person whose name is listed in the annou an Equal Opportunity Employer.

ary (General / Electronics/ managers, contractors and national Mechanical/Aerospace Engi- associates. Sponsors are from both No. 62-009, Supervisory neer/Physicist/Mathematician on-Center and off-center which responsible for a variety of projects is located within the Metal Trades Operations Research Analyst, /Computer Scientist), DP- includes SPAWARS, Marines, Air including unique and one-of-a-kind Section of the Engineering Support DP-1515-3/4, Code 62C - 801/855/830/861/1310/1520/ Force, Army, private industry and prototype models. Incumbent is Branch, which is primarily This position is Head of the Projects 1550-3, Code 62C - Serves as foreign military. Little or no travel responsible for independently plan- responsible for performing metal Office, Range Department. The the focal point for program offices is required. Good balance between ning, laying out, modifying, fab- fabrications required to adapt airborne Range Dpeartment supports the and other sponsors for test work on desk work and field work. ricating and assembling prototype RDT&E systems and components to RDT&E requirements of the Naval the NAVWPNCEN ranges. Incumbent must be able to Weapons Center, Department of Responsibilities include test communicate effectively with all Defense, and other users in planning planning, fiscal management, test levels of center managers; to work and conducting air, ground, and track coordination, analysis and effectively with people. To apply and procedures and requires know- this position include assisting T&E operations. The incumbent is documentation of assigned projects. send an updated SF-171 to Larry

No 62-010, Interdisciplin- administrative associates, center

#### Non-Appropriated Funds

The following vacancies are not Civil Service positions. These positions are paid for from non-appropriated funds and are administered in accordance with policies established by the Department of Defense. Persons selected for these positions have no Civil Service status and are not eligible for appointment to positions in the Civil Service. Persons interested in applying for these positions should fill out a standard application form (SF-171). Applicants need not be presently employed in a Non-Appropriated Fund Instrumentality (NAFI) position, nor must they be employed at the Naval Weapons Center. The SF-171 should clearly be marked "NAFI" on the top and should have the appropriate announce-ment number listed in Block 1 on the form. Completed applications can be delivered to Room 100 or to Room 120 in the Personnel Building or can be mailed to: Naval Weapons Center, Personnel Dept. (Code 096), ATTN: NAFI Service Team, China Lake, CA 93555.

incumbent provides administrative Personnel Building. Promotion designing and conducting tests to Recreation Specialist, UA- wide youth and family recreation support customer requirements. The 188-5/6/7, \$15,118/24,342 programs. Successful candidates incumbent also manages the PA, Code 2227 - Permanent must have a demonstrated knowledge financial management, personnel No. 62-008, Supervisory financial Test Control Number Full Time. This position is of the goals, principles, methods and

Knowledge of NWC financial This position is Head of the Projects mission to support RDT&E Activities and is responsible for four-year degree in Recreation or accounting systems, terminology, Office, Range Department. The requirements; knowledge of and developing, budgeting, organizing, (Continued on Page 18)



# New LES said to be more understandable

April.

## New PCS allowance authorized

NWC HOTLINE Integrity, efficiency program Call: NWC ext. 3636 (24 hrs.) or call the Inspector General at (800) 522-3451 (toll free) 288-6743 (Autovon) (202) 443-6743 (commercial)



NWC's SIDEWINDERS - Mark Stivers, Rodney Cochran, Buddy Suttles, Mike Bumberger, Dennis Love, Dwight Ball, Bobby Bryant, Darrell Blevins, Jerry Smith, Brian Nation, Brian Shitter, Jeff Stuart and Joe Zamora are all members of NWC's Men's Softball team. Photo by PHAN Cary Brady

## Walkathon action is tomorrow

defects.

At least 30 teams and dozens of individuals have registered in advance for the 16 kilometer (10 mile) event. Walkers are scheduled to stride away from the starting point in the Kern Desert Regional Park at 9 a.m.

Sponsored by the Ridgecrest Graphics.

Planning ends and action begins Kiwanis Club, the event boasts as the It is not too late to get invovled in March of Dimes fight against birth and is the Kiwanis Club's special walkers tomorrow. ambassador for this day.

For every \$50 in donations and pledges collected by the walkers, they will be eligible to win numerous prizes donated by area merchants. Assisting in the long walk will be the Sierra Amateur Radio Club, Burroughs High School Key Club, Explorer Post 400 and Continental

tomorrow (Saturday) morning when Indian Wells Valley walkers take to radio stations KLOA/KFIO. Jimmy anyone has to do to help is get a the streets of Ridgecrest in the Walk-America '88 Walkathon to benefit the handicapped children in the valley or friends and join the long line of

## Patches mailed

This year's 1988 basketball patches have been mailed to all participants on the Naval Weapons Center (NWC) Recreational Services Department's Youth Basketball.

Anyone who participated in NWC's Youth Basketball and has not received a patch should notify the Youth Center at NWC ext. 2909 as

ation (FMF). "Many local businessmen and businesswomen, professionals and tennis buffs have signed up to participate in this year's tournament which

purchase much needed reference materials The tournament will be held from 9 a.m. until mid-afternoon. Participants will be divided into three categories,

including a category for individuals who know absolutely nothing about tennis other than it shows up on the sport pages once in a while. There will be first, second, and third place awards for each division with the first-place winners receiving FMF perpetual trophies. All participants, owever, will receive awards!

in this year's "friend-raiser" should call the college at 375-5001, ext. 231.



ders, won with a forfeit over Pinchem Destroyers. Hitter's squeaked by with COCO Edwards a two point lead over CSC. Edwards Bishop took third with two wins and Air Force Base "Rattlers" creamed two losses, and Covert Action, a Covert Action by 16 points. The Place Ridgecrest team, came in third with was victorious over The 1925 Com-one win and three losses. Pinchem The Most Valuable Player (MVP)

unications Squadron from Cal Sidewinders, who lost all five games.

Mike Bumberger from NWC's team, In Division A, the Edwards Air the Sidewinders, was named the MVP

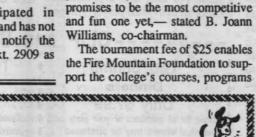
In Division B, The 1925 Communi-

from Ridgecrest, earned third place on May 7 and 8 when they attend a

**Twelfth Annual Celebrity** Tennis Tournament is on

Scheduled for Saturday, May 14, and services. Last year's tennis tourthe Twelfth Annual Celebrity Tennis nament went for support of the col-Tournament is off to a great start lege Library's "Bucks for Books" announced the Fire Mountain Found- program. The funds raised helped to

Anyone interested in participating



soon as possible.

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#### munications Squadron by seven runs, Destroyers earned last place with four and Babco brushed past Nikolaus & losses Nikolaus by two. The winners then began play against each other in Division A, and on Offense was awarded to Eric Path-

the losers of the qualification games cal from Edwards in Division A and began competing with each other in Jerry Romar from The 1925 Commu-Division. Both divisions used a round nications Squadron in Division B. robin format to determine the winner.

Force Base "Rattlers" were unde- on Defense in Division A, and Darrel feated with five wins. Babco, from Moline from CSC earned the title of Ridgecrest, came in second with four MVP on Defense in Division B. wins and one loss, and Hitter's, also The NWC team hopes to do better with three wins and two losses. The state qualifying tournament in fourth, fifth and sixth place finishers Lancaster.

Recently, it was announced record for disbursing personnel. Sec- stand. The complexities of military Remarks used to explain pay changes recent survey on both coasts conthrough an all-Navy message the ondarily, it was to serve as a personal pay magnify the deficiencies of the have been expressed in plain lan- firmed that members enthusiastically redesigned Navy Leave and Earnings financial management report for old LES. Statement (LES) will be used in Navy members. Cryptic remarks, The old LES was redesigned to members require for personal finan- Personal pay folders will be pro-

unfamiliar acronyms and a format make it more comprehensible to the cial management has been separated vided with the redesigned LES. Also, The old LES was designed more crowded with data made the old LES average sailor, incorporating many from the data that disbursing person- pamphlets entitled "Understanding than 16 years ago primarily as a pay difficult for Navy members to under- excellent ideas from the Fleet. nel use to maintain pay records. A Your LES" will be made available

guage statements. Information that support the new LES.

Washington (NNS) - The Navy recognizes that moving is expensive and has a program to help meet the high cost of Permanent Change of Station (PCS) moves.

Under the Advance Housing Allowance Program, service members can draw advanced basic allowance for quarters (BAQ) and variable housing allowance (VHA) to cover security and utility deposits and other related costs. Members relocating overseas can receive advances of BAQ and overseas housing allowance. The advance can be repaid over an extended period of time.

Service members must request the advance. A complete listing of covered costs can be found on Page U(K)-9 of the Joint Federal Travel Regulations (JFTR), Volume 1, For more information on specific rules, see Paragraphs U8014 and U9102 of the JFTR, Vol. 1.

## Shipmates wanted

All USS NORTON SOUND (AV-11/AVM-1) Association members, former Norton Sounders, members of attached military units, and civil service and contractor personnel who served aboard during any period of the NORTON SOUND's 41-year history of service to the Nation are invited to attend the association's 16th reunion at Port Hueneme, Calif., from September 14 through 18. Reunion activities include a first nighter's cocktail party, a commercial entertainment/tour, family picn-

ic, golf tournament, banquet/d dance and a farewell breakfast. For more information, contact Robert Hovestadt at (805) 485-6144: Clyde Taylor at (805) 642-1413; or write to USS NORTON SOUND Association, P.O. Box 487, Port Hucneme, CA 93041.

2 week dolta

# Soon you'll see American Eagles flying over Inyokern/Ridgecrest.



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able to enjoy convenient ser vice to Los Ángeles every day. That's where American Éagle teams up with American Airlines. So you can make easy same-terminal connections to dozens of cities through out the U.S., including Boston. New York, Chicago and Dallas Fort Worth, as well as destina-tions in Europe and Hawaii.

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Europe. For reservations and information, call your Travel Agent or American toll-free at (800) 433-7300. And find out what it means to fly like an eagle. American Eagle.

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American Fagle

When the state of the state of

#### Health Fair Month schedule

May 13 2-4 p.m.

May 16

10 a.m.

N'ANDLE

A .....

3 p.m.

#### (Continued from Page 2) BALANCE ASSESSMENT: Betty Miller, NWC Wellness Program Coordinator. Ever wonder about those who never seem to get sick when life is a crisis? The balance assessment looks into this, examining your autonomy, perspective, connectedness and tone. See if your life is in balance and what you can do to get it there. (Reserve your space via coupon) FIT OR FAT? Covert Bailey. Author of Fit or May 17

Fat and Fit or Fat Target Diet, Bailey is famous 7:45-11:30 for making fitness and nutrition concepts under-

standable and motivating. He outlines easy to follow programs based on biochemical relaities that assure success. Other topics he discusses are: nutrition, heart disease, cancer, the differences between overweight and overfat, how crash diets make you fat, issues for athletes, vitamins, spot reducing, fasting, brown fat and a more positive approach to obesity. (Michelson Lab, 1000D, walk in)

CPR Training: Phil Sodergren, Safety Training Office, Training Center. A four-hour cardio-

pulmonary recessitation class. Does not include May 18 infant/child CPR. 10 a.m.

(Walk in basis, first come first enrolled, limit 10)

BACKPACKING FOR FUN AND WELL-NESS: Gerry Schiefer, Technical Director. Take a backpacking trip with Schiefer, via slides, and discover the joys of backpacking. Learn how to plan and prepare for a safe trip.

(Michelson Lab, 1000D, walk in) May 19 CHILD CARE STRATEGIES: Camie Fielder, 3:30 p.m. NWC Child Care Coordinator.

## New officers with NCMA

New officers will be installed by Chapter 72, National Contract Management Association (NCMA) on Thursday, May 5, at the Hideaway Restaurant in Ridgecrest.

Capt. P. J. Valovich, Naval Weapons Center (NWC) Chief Staff Officer, will preside over the installation of officers. The dinner is set for 7 p.m. and the business meeting at 7:30 p.m. The dinner costs \$12 for members and \$13 for non-members. For reservations call Jeanne Johnson at NWC ext. 3713 or 3714.

## Art League plans visit to museum

Seats remain available for the Desert Art League's bus trip to the Los Angels County Museum of Art on May 31 to see Andrew Wyeth's "The Helga Pictures" collection. The bus leaves Ridgecrest at 8 a.m. and returns at 8 p.m. The tickets are \$25 per person which includes transportation and museum admission.

Anyone interested should call Joan Welsh at 375-2954 after 5:30 p.m. weekday or anytime on the weekend.

## Video tapes of ECTS

Video tapes of the briefings given at the NWC Embedded Computing Technology Symposium (Feb. 29-March 10) are now available. For use in the Naval Weapons Center's conference room tape machines, a 3/4" tape is available. A set of VHS tapes has also been made for home viewing.

Anyone wishing to borrow any of these tapes should contact Jan Dob-berpuhl, Code 31C, NWC ext. 4800 (GSSF::DOBBERPUHLJ).

## **AAUW** meets

On May 12, the American Association of University Women will hold its monthly meeting in the Mojave Room of the Commissioned Officers' Mess at 6:30 p.m. Roy Ashburn, Kern County supervisor, will be the keynote speaker. New officers will be installed: Diane Speegle, president; Barbara Brauer, corresponding secretary; and Charlotte Paulson, recording secretary. Call Barbara Brauer at 446-7202 for more information

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continued.

closed.

While addressing remarks to all the ness, family or individual can sponsor Stater Brothers and Taco Bell for volunteers who make Bobby Sox pos- a team. For only \$25 a person can their donations of food for opening sible, Capt. Valovich said he has sponsor an individual player. Anyone day ceremonies. moved frequently in the previous years, but this area "is the nicest place ----- CLIP and SAVE ------I have ever lived because of people Two Shrimp **Two Regular Sirloin** like you who devote your time and effort. I admire you and the whole Dinners Dinners community thanks you." Only \$7.99 Only \$7.99 Captain Valovich also addressed Good for all members of your party Good for all members of your party the parents and relatives of the play-Individual dinners may be purchased Individual dinners may be purchased ers attending the ceremonies and thanked them for the backing they at 1/2 the stated price. Not valid with at 1/2 the stated price. Not valid with other offers. other offers give the kids. **Golden Corral** Golden Corral Lieutenant Chaplain Gregory E. Williams, conducted the opening and 1030 N. 1030 N closing prayers during the ceremony. Teams from the American Girl,

April 29, 1988

Rocketeer 15

# Anglers flock to fishing spots

row (Saturday).

is forecast for the entire weekend. Despite the storms of the past two weeks, most roadside lakes and streams are open and largely ice-free. Only North Lake is still frozen and the road remains snow-covered and

The most popular spot in the eastern Sierra region is going to be Crowley Lake. Thousands of anglers are expected to have their limits and be off the lake before noon tomorrow. Lake Sabrina and South Lake, on the forks of Bishop Creek, will also be popular spots. There will be no ice fishing on either lake this year, since the edges are open water and ice in the middle is rotting. Intake II is also icefree this year, as is Pleasant Valley Reservoir.

In the south, Whitney Portal Pond and Lone Pine Creek will be open

Anglers are already flocking to High country lakes on the other stocked with catchable rainbows their favorite eastern Sierra fishing side of the Sierra passes are still before tomorrow morning. spots in anticipation of the general snowed in, but adventuresome trout season opening at dawn tomor- anglers can hike through miles of snow if they want to try their luck in anglers are expected to try their luck the back country. Most of the action, Crowley Lake. in fishing holes from Big Pine to the however, will be limited to roadside Nevada border. Good fishing weather waters, most of which will have been



Other popular fishing holes include Convict Lake, all the lakes in the June Lake Loop, Lee Vining An estimated 25,000 to 30,000 Blue Lake, Green Lake or others in Creek and the Owens River above

Anglers seeking areas with less pressure might try Pine Creek near Bishop and Lower Rock Creek on the old Sherwin Summit Road. Another area that sometimes has less fishing pressure early in the season is the West Walker River between Pickle Meadows and Highway 395 in Mono County.

Other semi-secret areas for this time of the year are Ellery, Tioga and Saddlebag Lakes just outside Yosemite National Park on Highway 120. These lakes are normally snowed in for weeks after the opener, meaning the hungry trout can get a meal early this year.

Many creeks will be flowing high and fast this weekend, limiting the likelihood of success for anglers. The lakes are expected to be the hottest spots for anglers seeking their limits of trout on the first day of the 1988 season.

# Bobby Sox has opening day

Staff Officer for the Naval Weapons Center, as he talked to the players, volunteers and parents during Bobby Sox League's opening day ceremowill be your Bobby Sox days," he

"It might be inconceivable right Junior Boys, Minor Boys, Mini Sox wishing to be a sponsor should call now, but someday you are going to be Girls, Junior Boys and Bobby Sox Wagner at 375-3412. adults," said Capt. Valovich, Chief Divisions were then introduced. Also Current sponsors of Bobby Sox introduced were members of the teams are American Legion, Taco board, umpires and sponsors.

Agent, Bobby Sox is a non-profit Kerr-McGee, Spirit of American nies. "One of your fondest memories organization depending entirely upon Development and Structural Wood support by sponsors and the commun- Systems (SWS). Wagner said special ity. For \$300, an organization, busi- thanks go to Albertson's, Safeway,

oard, umpires and sponsors. Bell, Hitters, Kay & Associates, According to Irene Wagner, Player Desert Garage Doors, U.S.S. Ranger,



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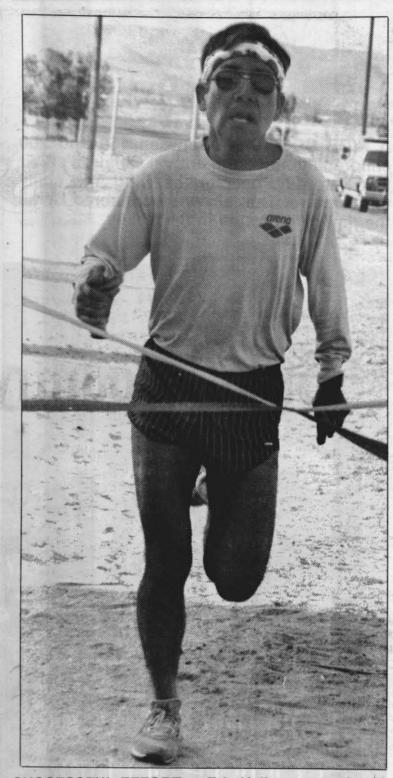
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SUCCESSFUL EFFORT - Eric Kajiwara was the winner for the men's division in the Mirror Lake Five Mile Fitness Challenge last Saturday. Photo by PHAN Cary Brady



## Cold, wind couldn't stop run

55 hearty souls got up early and ran in below. the Mirror Lake Five Mile Fitness Linda L. Rolfs, Angelo DeMin and Graziano's. Challenge last Saturday. The run was Broyles William each won a copy of Nancy McCrary won a \$20 gift cersponsored by the Naval Weapons 101 Greatest Athletes from The Daily tificate from Gary & Mike's, and Sid-Center (NWC) Marine Aviation Independent, and Todd's Sporting ney Busch walked away with a gift Detatchment and several Indian Wells Goods supplied MC t-shirts to Claude certificate from John's Pizza. Valley businesses.

was the first to cross the finish line. Douglas Reed. Mary Moore took the women's first Six individuals won Golden Corral \$50 savings bond to Richard W. place trophy with a time of 33:51. gift certificates. They were Mary Lueking. Nine-year-old Shane Edwards won Moore, John E. Langan, Linda M. All participants received a Marine the youth division sporting a time of Pipkin, Lawrence F. Lesniak, Tom R. Corps baseball cap. 42:25

than \$300 in prizes donated by area and Sheryl B. Fortune were lucky - the people who ran, the people who businesses and distrubted by a random winners of gift certificates from Pay- contributed the prizes and the people drawing. The businesses donating the less Shoe Source, and Alex Shlanta who won the prizes!

R. Beede, John A. Pikas, Randall J. The NWC Federal Credit Union With a time of 30:45, Eric Kajiwara Sliva, Alex W. Bellen, Chris Riod and donated a \$50 savings bond to John

Wee and Douglas E. Hewett.

Despite the cold and cutting wind, prizes and the winners are announced and Greg Esmeralda each won a coupon for a medium pizza from

M. Hammon, and Comarco supplied a

All entrants were eligible for more J. C. McCrary, Charles E. Ripley Congratulations to all the winners

## Fast action resumed in full last week for NWC's youth soccer

Action resumed in full this week as the Naval Weapons Center (NWC) their sixth week of play. **Division** I

Cobras 1, Apollos 0 Weidenkopf, Robert Hoffman, Scott couldn't stop the Kicks. Giroux and Chris Bailey kept the Apollos scoreless. Curtis Allen Two goals by Daniel Hartley and

game in the loss. Eagles 0, Owls 0 Rodney Downs, Clint Duff, Jacob for the Cougars. Kaminski, Dominic Reisig, Todd Downs David Turner and Warren Mayer put in a great effort for the Brian Satterthwaite, Chrissy Self and wall, great team offense and points Eagles in this well-matched game. Amber Underwood and goals made by Phil Johnson, Alex Valdivia Team action and saves by Irene Ste- knocked in by Michael Curtis, Jason and Matt Thatcher won the game. scoring

Express 2, Coyotes 0 by Nathan Mickelson, Chris Peters, and Chris Moore. Ryan Jensen and Jason Schweitzer ended in victory. The Coyotes didn't turn in a score sheet.

**Division II** Bullets 6, Tornadoes 1

Good teamwork and three points by score sheet. Jimmy Powers and one each by Meg Frisbee, Mitchell Tims and Jamie Rugg kept the Bullets on top. Plays by Excellent offense by Sam Muhn well as good hustling by David Gart-Jimmy Hutmacher and a goal by Vas- and great defense by Tommy Fuller ner and John Keller, resulted in vicken Haroutunian weren't enough in kept the Stings down. Sean Waldron tory. The Rogues didn't turn in a score the loss.

SUNDAY

GAMES 6 PM

Youth Soccer teams battled it out in in the win. Robert Batney, Teah Har- made both points for the Stings. riot and Chris Kajiwana kept the Lancers 3, Earthquakes 0 Roughnecks down. Ben Coleman Plays by Colby Begin and Tim How

knocked in the winning goal. Larry one by Glenn Conrad, along with French, Gary Mendez and Tom good hustling by Derek Hills and Paul Underwood, John Hutnacher and Koelsch played a tough, defensive Chris Maki, ended in triumph. Robert Caryn Hill made the Strikers keep on Lawson, Lisa O'Neil, Robby Tomlin- their toes. Drillers goals were made by son and Brandie Marvel played well Avo Haroutunian and Tom Foisy.

Jets 3, Rockets 3

vens prevented the Eagles from Ford and Doug Speegle made this an Despite efforts by David Shiflett, exciting game. The Rockets had David Harrington, Steven Sticht and Express 2, Coyotes 0 points kicked in by Aaron Kicket, keep up. A penalty goal and a regular goal by Kate George and Salvador Ramirez keep up. Whitecaps 2, Fury 0 points kicked in by Aaron Kneckt, Aaron Schwartz, the Rogues couldn't leff Robbins and well executed plays and nice hustling by Sharon Steinmetz

Jason Bowline nudged in their lone Cash Benton, Mike Graves and Tim goal. The Diplomats didn't turn in a Seufert moved well for the Fury.

Division III Sockers 2, Stings 2

and Damon Kelling each scored for sheet.

MEET

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Kicks 5, Roughnecks 1 the Sockers. Hayden Wilson, Patricia Neil Covington had three goals, Valdivia and Sean Cassidy were cre-Recreational Services Department Sean Glasco two and Chris Potten one dited with good moves and Ryan Lilly

scored the lone goal for the Rough- ell and goals by Greg Solem, Mike Billy Wight's block with his sto- necks and Billy Nelson, Mike Wess- Frederick and David Renner resulted mach and fast moves by Justin man and Galen Hollis tried, but in victory. Blocks by Chris Bjornstad and Howard Gamble weren't enough in the loss.

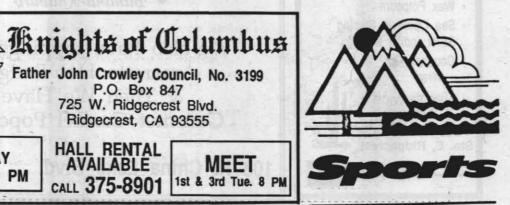
Drillers 2, Strikers 1

Strikers didn't turn in a score sheet. Fury 3, Rogues 0

Jets' action was seen with plays by Outstanding plays by Steven Lund-

Loren Letsche, Ashley Fortune and Diplomats 1, Sounders 1 Dean Barnett executed defensive Nick Pritchard and Jesse Owen moves and Chad Shedlock and Charplayed well for the Sounders and les Eberhart made the winning goals.

Whitecaps 3, Rogues 1 Two successful shots by Charles Eberhart and one by Scott Wilson, as



April 29, 1988

## Pharmacist absent

Due to the absence of the Naval Weapons Center Branch Medical Clinic's pharmacist, no prescriptions written by civilian prescribers or practitioners at other military facilities will be filled from May 26 through June 6. For additional information call HM3 Graves, pharmacy technician, at NWC ext. 2911.

## San Diego opens talent show to all

All hands, retirees, dependents and Department of Defense employees listen up to this announcement! The San Diego area Entertainment Division is holding a wide open talent search.

Stacy Berman, the Navy Entertainment Program Director for the San Diego area, is looking for folks with show business skills to sing, dance, play, act, recite, juggle and perform special events at Southern California military installations.

Anyone who can put people to sleep with an hypnotic act or wake them up with funny sayings, laughable looks or crashing performances should call Berman at 225-5211.

Anyone who can play in a band, ride a unicycle, juggle, perform magic or entertain in other ways, should also call Berman.

## LDO board in January

Washington (NNS) - The next Limited Duty Officer/Chief Warrant Officer (LDO/CWO) In-Service Procurement Board will meet in January to select active duty and reserve limited duty and chief warrant officers to commission in FY 90.

Selection opportunities for commissioning to active duty chief warrant boatswain and operations technician will be above average for FY 90. Applicants who are qualified may apply for LDO and CWO. Applications should be forwarded to NMPC-211 by July 1.

## Concert set

"Everybody Has Music Inside" will be presented by Steve Millang and Greg Scelsa in concert at the Naval Weapons Center (NWC) Theater on Tuesday, May 3.

Sponsored by the NWC Recreational Services Department's Children's Centers in connection with The Month of the Young Child, the night of fun and music will begin at 6:30

Advanced Tickets are \$2 for children and \$3 for adults (12 years and up) and can be purchased at NWC's Information, Ticket and Tour (ITT) Office, NWC Children's Centers, the Ridgecrest Community Connection for Child Care and area pre-schools.



Fedyschyn.

**GRADUATING VOLUNTEERS** — The Naval Weapons Center's chapter of the Navy Relief Society (NRS) conducted training classes for potential volunteers recently. Those completing the classes were honored at a luncheon held at the Commissioned Officers' Mess. Guests and honorees are: (left to right, back row) Cdr. G.M. (Bud) Biery, executive officer of

## Code changes only words

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members will be "American fighting service members. men" no more according to the newly Americans."

An executive order signed by President Reagan March 28 removes the the Code of Conduct to include all service members.

The order is the result of a letter sent to the secretary of defense in 1985 by Hospitalman Stephanie Augustine, a Naval reservist. Augustine submitted the letter through her chain of command because she felt

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Washington (NNS) - Service the code did not incorporate women

Amended are Articles I, II and VI revised Code of Conduct, which of the six-paragraph code originally describes them simply as "fighting written in 1955 to provide guidelines for service members who may become prisoners of war.

The wording of the "old" code gender-specific phrase "American described a service member as: "...an fighting man" from the wording of American fighting man; ... I will never surrender my men ...; and, ... I will never forget that I am an American fighting man.....

The code now reads: "I am an American:...I will never surrender the members of my command ...; and .... I will never forget that I am an American ....

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VX-5; Mary Stites; Kris Hoppock; Lois Beres; Pris

Dropp; Joyce Dinnage; Executive Director, NRS

Long Beach; Mary Burt; Marnie Vanderpoel: (front

row) Lt. Brian Lewis; Samantha McCoombs; Amanda

Woodside; Edith Coulter; Molly McGee and Cindy

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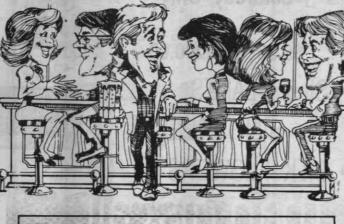
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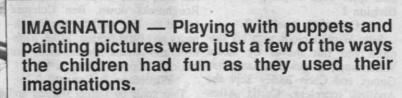
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A NICE CROWD - Between 150 and 200 children attended the annual Children's Fair last Saturday, despite the wind and chilly temperature. The fair was sponsored by all the day care groups in the Valley. Photos by Peggy

Deleheer

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