

BARSTOW LOG

Vol. 3, No. 13

Marine Corps Logistics Base Barstow, California

February 11, 1999



Medical Clinic offers latest information about Anthrax

By Lt. Cmdr. Gregory Simpkins
Senior Clinic Nurse

What is it? Anthrax is an acute bacterial disease most often associated with livestock workers who get it through their skin while working with animal hides, hair, skin and bones. This anthrax is rarely fatal. In biological weapons, however, infectious anthrax spores are released into the air and attack the lungs with deadly results.

Symptoms... in its inhaled form, an anthrax infection will resemble any upper respiratory infection in its initial stages and is hard to detect. But difficulty breathing, pneumonia, fever and shock is followed in three to five days by death.

Vaccine... The Pentagon immunization program consists of a series of six inoculations for each service member over 18 months, followed by an annual booster. The first three injections are given two weeks apart, followed by three additional shots at 6, 12 and 18 months. Although protection levels increase as the shots in the series are given, the entire six-shot series is needed for full protection. The vaccine uses a cultured antigen that makes the body manufacture antibodies that fight the disease. The vaccine doesn't use live bacteria, so there is no danger of contracting anthrax from the vaccination. The vaccine has been used on livestock workers since 1970.

Transmission... There is no evidence of anthrax transmission from person to person. The infection comes from the airborne spores. Soil and any items contaminated with spores may remain infectious for years and must be burned or steam-sterilized to eradicate the spores.

Side Effects... The vaccine aids your immune system to prevent the anthrax bacteria from producing toxins that would otherwise kill you. The vaccine is not made from live organisms like some vaccines are (i.e., measles) so the side effects are usually localized.

Possible Reactions include:

Mild Reactions: (30 percent of vaccinated population) redness, minor swelling, and tenderness at the injection site not unlike other vaccine shots.

Moderate Reactions: (four percent) redness, minor swelling, and tenderness at the injection site and forearm.

Severe Local Reaction: (less than one percent) low-grade fever, swelling at the injection site.

Very Rare Systemic Reactions: (less than 0.2 percent) flu-like symptoms.

Effectiveness... The vaccine is known to be effective against cutaneous (skin exposure) anthrax, but no human studies have been done to test it on respiratory

See ANTHRAX Page 5

Commandant salutes Black History Month

HQMC, WASHINGTON, D.C. -- February is designated as African American History Month.

This year we celebrate "The legacy of African-American leadership for the present and the future." As we commemorate the tremendous impact of African-American contributions to our culture, we are especially appreciative of those focused towards the United States Marine Corps.

Throughout history, African-Americans have established an exemplary record of military service.

From their first actions in World War II, Marines of African-American units like the 3rd Ammunition Company epitomized all that we revere in Marines. During the landing of Saipan, Marines of 3rd Marine Ammunition Company provided critical support for the main assault. Eventually, the performance of African-American units on Saipan was so proficient that four of the companies were included in Presidential Unit Citations.

The impact of key African-American individuals and groups cannot be overstated.

We in the Marine Corps are eternally indebted to groundbreaking heroes like LtGen. Frank Peterson, who among other things, was our first African-American aviator. And, we will forever remember the invaluable contributions of Montford Point Marines, which initiated the legacy of African Americans in the Corps.

Yet, in a larger sense, it is the undeniable ethos of our Corps, found in every African-American Marine from the four current African-American general officers to the most junior privates, that captures the true spirit of devotion to our Corps.

This month's celebration of African-American history allows us to embrace one of the many diverse cultures of our American society. Commanders are encouraged to conduct programs and promote participation in observance events both on base and in the local community.

C.C. Krulak
General, United States Marine Corps
Commandant of the Marine Corps

Destruction of old library underway



Kirk "Wolf" Schulthess of Cutting Edge Concrete Services, operates an excavator while tearing down building 175, the old library Monday morning. The new library is now located inside the NCO/Enlisted Club.

Photo by SSgt. Matt Olivolo

The Commander's Forum

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535 or send your concerns via LAN to COMMANDER'S FORUM@HQTRS1.

Why is Martin Luther King Jr. on page 10?

Q: My question and comment is on the BARSTOW LOG dated January 14, 1999. I see the Martin Luther King write-up issue which I greatly appreciate, but my question is why does it appear on page 10 and the "Truck Pulled Out Power Line" appears on page one? I think maybe the importance here was mixed up or priority was mixed up and I'd like to

know why this is so and who decides it and I think it needs to be rethought just a little bit. It can be answered in the next BARSTOW LOG or whichever one you can get around to.

A: Thank you for bringing this issue up. The BARSTOW LOG is the voice of the command. As such, I am responsible for its content, even though I have delegated its day-to-day operation to my Public Affairs Officer. Publishing the Dr. King story on page 10 was certainly not meant to diminish the impor-

tance of recognizing this great American's contributions to our nation and the world. In the newspaper business, page one is a news page with succeeding pages being devoted to other information, features and advertisement. This year our Black Employment Program Committee elected to forego a special Dr. King observance and to focus on the observance of Black History Month. Since we had no on-base activities scheduled, we chose to move the Dr. King story from a news placement

(page one) to an information page (page 10). Be assured that the command and I are personally committed to supporting the Special Emphasis Programs. In fact, shortly after assuming command here, I encouraged the staff to seek ways to make all of our Special Emphasis Programs even more viable in the future. We will continue to publish news, feature and information articles that spotlight Special Emphasis Programs and national recognition activities.

Lighten up, enjoy life --the importance of humor

By Lt. Cmdr. Gary MacManus
Chaplain's Corps U.S. Navy Reserve

Ever have one of those days, weeks, or months that you feel like "clowning" around? Ever experience someone who could "lighten up" a little in their concerns for living, life, and expectations for themselves and others? Ever find one of those great persons who though dedicated and top in performance, uses humor to lighten the load?

It is not that life and mission should be taken light hearted, it is rather that all things should be kept in their perspective and charged for effective productivity. In a holistic way, humor affects all aspects of our lives. Humor is one of the important forms of stress management. Humor is being used extensively in hospital recovery programs and in therapeutic models of counseling.

Humor puts us back into perspective with what is real and what is important by contrasting ideal with the unrealistic. Humor is one basic technique of good communication. Humor can be very powerful and effective when used in the right dose at the right time. Humor can prevent burn out. Humor is a de-stressor. It helps one to keep perspective. Humor restores the balance of work and play, along with reverence and irreverence. Humor attempts to point out that no matter how bad life can be, there is always a reason to hope for something in the future. Humor can recapture the nature of our humanity as it explores and declares our ludicrous contradictions of

dignity and embarrassment, of pomp and rage, of assurance and collapse, of sentiment and sadness, of innocence and guile, we learn to see our selves.

During medieval times there were several Judeo-Christian festivals which celebrated humor. The festival of Purim was accompanied by plays of reversal centering on how our understanding of God is limited. It accentuated that God doesn't work according to human reason or rationale. The festival of fools (Jan. 1) a time when inferiors would poke fun at superiors in burlesque fashion. The feast of Holy Innocents would suspend the office of a church bishop and elect a boy in its place for a day. For a day the church would return to a time of playful innocence of childhood.

During the age of Protestant reformation, most of the festivals died out with the exception of the Purim plays. During the Feast of Fools it was common to see a clown used in worship and in educational classes. The clown served as an interpreter. As most of the worship was in Latin, few (save the noble and the educated classes) could understand any of the worship elements. The "interpreter" helped raise the awareness of the worshipper through humor and exaggeration. In the Eastern Orthodox, the fool is regarded as a sacred vocation within the church. The fool is regarded as one called by God to obey the words of the apostle: "if any among you thinks that they are wise in this age, let them become a fool that they may become wise." (I Cor 3:18).

In I Corinthians 1:27, we are reminded that God works through that which is a seeming contradiction of reality and our expectations. In recognizing what is indeed foolish and that which is wise helps us to recover life and the strength for living. Humor

reverses the order of that which makes sense and should be with that which lacks cohesion and significance. In that reversal we see new paradymns, new potentials, new possibilities that would have never been discovered before. Humor helps us face change and accept different possibilities. It interrupts the old, stuck patterns, draws attention to idiosyncrasies and can provide alternative ideas and plans.

I believe that through the use of humor we can experience and become much closer to God. Through learning to appreciate humor, I have learned to appreciate God and God's creation. Throughout history humor has provided valuable resources to humanity. Humor can provide rich metaphors and an understanding of God that can foster our spiritual growth and development. Humor can also provide a strong healing potential that can be useful in dealing with demands for flexibility in unsettling times.

The following is a list of guidelines that I have found useful in my approach to life and spirituality: Be receptive and open to humorous situations -- tailor the humor to the person or situation, using the right dose -- when in doubt about the use of humor, be conservative -- love yourself, and laugh at yourself - laugh with and not at someone - don't be sarcastic or judgmental -- always leave room for laughter.

We all need to learn to laugh and practice humor in an intentional way in our lives. Remember when the angel came to ancient Abraham and Sarah and told the happy geriatric couple that they would be new parents very soon. Sarah, listening behind the tent flaps to this announcement, rolls on the ground in belly-shaking laughter. It seemed ludicrous. But that was in human terms, in Godly terms it was a birth of a new nation! God works through humor to serve the truth and help us discern the right that life may be as God has so intended- full, meaningful and with joy!

Chapel hours

Protestant Services Sun. 8:30 a.m.
Catholic Mass Sun. 10:30 a.m.

Confession services before Mass

Yermo Bible Study

Tue. & Thu. 11 - 11:30 a.m.
At the Colonel's Workshop
For more info, call Chris
Moya at 577-7268.

BARSTOW LOG

Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

Public Affairs Staff

Public Affairs Officer/Executive Editor:
Public Affairs Chief/Managing Editor:
Press Chief:
Editor:
Correspondent:
PA Support Clerk:

Bill Bokholt
GySgt. Frank Patterson
SSgt. Matt Olivolo
Cpl. Mike McQuillan
Cpl. Kevin Dolloson
Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 33. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. BARSTOW LOG is produced at Aerotech News, and printed at Antelope Valley Press in Palmdale, Calif. Printed circulation is 3,500.

For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

Marriage seminar

The Chaplain's office will be conducting a seminar Saturday at the Family Restaurant for anyone interested in strengthening their marriage.

Gary Smalley's "Love is a Decision" video series will be used.

Some topics include; "The Incredible Worth of a Woman," "The Incredible Worth of a Man," and "How to Energize Your Mate in 60 Seconds."

The seminar begins promptly at 9 a.m. and should finish around 4 p.m. There is no cost except for lunch, and it is open to anyone who works at MCLB.

For more info or to reserve a spot, call the Chaplain's office at 577-6849.

Iwo Jima video

The American Legion Post 751 of Newberry Springs is showing video taped footage of the Battle of Iwo Jima, Saturday, Feb. 20 from 1 to five p.m.

Footage includes excerpts from the actual battle.

Everyone is invited.

Dental Health Month

A contest is being held for children ages three to 12 in honor of National Children's Dental Health Month.

Applications for the contest may be picked up at the Branch Medical Clinic at the front desk and in the

office. Applications are also available in the waiting area of the Branch Dental clinic.

The deadline for mailing in entries is Feb. 28, 1999.

For more info, contact Gloria Sheppard at 577-6593 Monday through Thursday.

Battle Color Ceremony

The Marine Corps Drum and Bugle Corps, Silent Drill Platoon and Color Guard from Marine Barracks, Washington D.C. will perform at Sorensen Field March 1 at noon. The ceremony will last approximately one hour and the entire public is invited. For more info, call the Public Affairs Office at 577-6430.

Recruiter assistance

Marines from Western New York who are interested in returning home on permissive TAD orders now have the opportunity to do so.

Qualified Marines may return home for up to 30 days to help out local recruiters, visit their families, and earn bonus points toward promotion.

Marines from nearly any area of Western New York may participate in this program. Besides Buffalo, areas include Auburn, Batavia, Canadaigua, Horseheads, Hamburg, Jamestown, Niagara Falls, Olean, Rochester, Syracuse, and

northern Pennsylvania.

For more info, call Sgt. Fair at (716) 551-4919, or contact your hometown recruiter.

Black History Month luncheon

The Black Employment Program Committee hosts a luncheon at the Oasis Club Feb. 25 in observance of Black History Month. The guest speaker is scheduled to be LtCol. Michael Sawyers, a former Barstow resident and graduate of John F. Kennedy High School. The menu is fried chicken, greens, black-eyed peas, mashed potatoes w/gravy, cornbread, rolls, and drinks. Ticket prices are \$6.75. For tickets and info, call Sharon Lange at 577-6599.

Commissary closure

The commissary will close Mon. and Tues. in observance of Presidents' Day. It will reopen Wednesday during normal business hours.

Edwards AFB job fair

The Oasis Community Center at Edwards Air Force Base will host a job fair March 31, free of charge to all active, reserve and retired military, spouses, federal employees and contract employees. Representatives from industries such as education, the railroad, law enforcement and others will attend. No reservations necessary. Just bring your resume and dress for success. For more info, call the Edwards Transition Assistance Office at 277-0723.

Military spouses tour

The next military spouses' tour, sponsored by the Barstow Area Chamber of Commerce, will be held March 2-4. The event is free and open to all military spouses from MCLB and Fort Irwin. The first two days are classes at Fort Irwin, while the last day features a tour of Barstow, including a trip to the Vet-

erans home, shopping at the outlet malls, a free lunch at the Idle Spurs Steak House and a visit to Calico Ghost Town. For more info, call Peggy Teal at the Fort Irwin Outreach Center at 256-1735.

Family Services closure

The Family Services Center will be closed through Feb. 18 while they move into Building 129. For assistance during an emergency, call 577-7444. The office will reopen at its new location Feb. 19 at 6:30 a.m.

'Desert Strike' Golf Tournament

Preparations for the 2nd Annual "Desert Strike" International Golf Tournament are now getting underway with an expanded \$49 Best-Ball Scramble format.

The \$49 per player fee includes

See BRIEFS Page 4

Tuskegee Airmen to visit Barstow College



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Members of the Mustang Group of the Fifteenth Air Force were also known as the Tuskegee Airmen. This famous group of black airmen included Lt. Dempsey W. Morgan, Jr., Lt. Carroll S. Woods, Lt. Robert H. Nelson, Jr., Capt. Andrew D. Turner, and Lt. Clarence P. Lester.

Former Tuskegee Airmen are scheduled to visit the Norman Smith Center at Barstow College Feb. 18 at 7 p.m. to commemorate Black History month. The Tuskegee Airmen were an American outfit of black pilots and aircrewmen who fought during WWII. For more info, call Cheryl Bardowell at 252-2411.

BRIEFS from Page 3

golf, cart and a one-night stay at the Indian Wells Resort Hotel. Proceeds benefit the Navy-Marine Corps Relief Society.

All Marine Corps, Navy, Army, Air Force and Coast Guard active duty, reserve duty and veterans are welcome.

Tournament coordinators are expecting a field of 144 players, 72 of which will be active duty service members.

Team play of command two-some and four-some flights is provided in addition to individual play.

Qualifying rounds will occur sometime in June, July and August. Championship "T-Day" will be August 28.

For more info, call (800) 419-1533 Code 01 for a player packet, or via e-mail at pdisports@hotmail.com.

See BRIEFS Page 8

Calico Ghost Town

The American Civil War Society presents a Civil War re-enactment Feb. 13-15 at Calico Ghost Town. Union and Confederate troops will do battle at 11:45 a.m. and 2:30 p.m. each day, and "President Lincoln" will deliver the Gettysburg Address and greet visitors. Admission is \$7 for adults and \$4 for children ages 6-15. Children under six enter for free. The ghost town is located off I-15 at Ghost Town Road, minutes north of Barstow. For more info, call Calico Ghost Town at 1-800-TO-CALICO.



William Peck, a.k.a. Abe Lincoln, will deliver the Gettysburg Address at Calico Ghost Town's Civil War Re-enactment.

ANTHRAX from Page 1

(lung exposure) anthrax. Army studies of the vaccine's protective effect on monkeys have been termed successful. In one study, 42 of 43 monkeys survived high doses of airborne anthrax.

Schedule... Between now and 2003, the entire force, including all new recruits will begin receiving the six-shot series of the anthrax vaccine.

Who will be Immunized

- United States military services members between the ages of 18 and 65.

- Mission essential non-military DoD employees assigned to a threat area.

Disqualification Criteria

- Persons with a history of severe reaction to anthrax (documented).

- Persons with acute respiratory disease or active infection.

- Persons with depressed immune response.

- Persons younger than 18 and older than 65.

- Pregnant/Lactating women (will resume after completion of pregnancy).

Note: Like all other vaccines in the U.S., the anthrax vaccine has not been studied for effects on the reproductive system. Therefore, ALL vaccinations should be deferred during pregnancy. Every woman will be questioned about possibility of pregnancy. If a vaccine is inadvertently given a pregnant woman, no adverse pregnancy outcome or fetal

harm is expected because of the vaccine's inactive state.

From the Commandant, Headquarters Marine Corps, Washington, D.C. (ALMAR 005/99)... "biological and chemical weapons are proliferating at an unprecedented rate world wide, and Anthrax is the leading biological weapon of choice."

"... I never want to have to explain to a mother or father or a spouse why their son, daughter, hus-

band or wife died from exposure to Anthrax when we could have prevented their death simply by vaccinating against this threat."

"... I am confident that once Marines understand that Anthrax is life-threatening, and once they are made aware that the vaccine we are using to counter this threat is both safe and effective, they will eagerly comply with this vaccination program.

"... I would never send Marines

into a hostile fire zone without providing them with the best equipment and training available. That is my responsibility as your commandant. I am equally determined to ensure all Marines are given the best protection we have available to guard them against the Anthrax threat. The safe and effective vaccine we are using represents our best defense against this invisible killer. Our potential enemies are very much aware of that, by our pru-

dence, we have blunted one of the most lethal weapons in their arsenal. With every additional Marine immunized, we strengthen our capabilities and weaken those of our adversaries who would employ this threat against us."

For additional information contact the Medical Clinic or use the Internet, web pages for the HQMC or the Defense Link.

<http://www.usmc.mil>

<http://www.defenselink.mil>

READY, FRONT

Headquarters Battalion

Schedule of events

Snow shoe hike at Big Bear
Feb. 18

Names of participants for the hike should already be submitted. This training exercise is more advanced than last year's trek, adding land navigation to the course.

Rifle/pistol coaches course
Feb 23-March 4

Expert riflemen are eligible, and are encouraged to assist others in qualifying with the M16A2 service rifle.

Alpha, Wall locker/Junk-on-the-bunk inspection
March 11-12

Clothing and equipment will be inspected for accountability, serviceability and overall appearance. Be advised and consult one another prior to the inspection. Allow ample time to replace any missing or unserviceable gear.

Marine of the Quarter board
March 19

The Marine of the first quarter, 1999 will be determined at this board, open to all sergeants and below. Marines are evaluated on their appearance, bearing, military knowledge and military record. If interested, contact your platoon sergeant.

Awards & Punishments

Promotions

Sgt. Daniel Moore
Cpl. Jean Grimmett
Cpl. Robert Carter III
Cpl. Christopher Yu

Decorations

Navy-Marine Corps Achievement Medal
Sgt. Christian Galbraith
Good Conduct Medal
Cpl. Brian Spiels
Cpl. Christopher Williams
Military Outstanding Volunteer Service Medal
SSgt. Gregory Stone

Non-Judicial Punishment

A lance corporal received non-judicial punishment Feb. 5 for violating Articles 86 and 91 of the Uniform Code of Military Justice, unauthorized absence and disobeying a lawful order. The Marine was sentenced to 15 days restriction and 15 days extra police duty.

Teams, leagues forming

The base running team is gearing up for the spring season. There will be a 24-hour relay at Barstow High School May 15. The fourth annual 40 mile relay from Fort Irwin to the Veteran's home is May 22. MCLB Barstow is the reigning champion. More races to follow. For more info, call GySgt. Craig Putnam at 577-6874.

The "Puck Hogs," current champions of the Fort Irwin roller hockey league, are scouting new talent for the upcoming season. Players must be 18 or older and have their own skates. All other equipment is provided. For more info, call Jay Hunsaker at 577-7211 or 254-3488.

An indoor bowhunter's archery league will begin Feb. 18 at 7 p.m. at the archery range, bldg 204. The league will run for 10 weeks. Handicap scores will be used so everyone will have equal opportunity to compete. Warm-ups begin an hour prior to matches. For more info, call the Chaplain, Lt. Michael Michener at 577-6849.

The MCLB Barstow rifle/pistol team is now forming for league matches. All shooters must be qualified expert with the rifle. Pistol qualification is not mandatory. For more information, call Cpl. Frank Rodgers III at 577-7147. (see related story Page 10)

ID section under repair

By Cpl. Kevin Dolloson

BARSTOW LOG staff

Recent computer password problems led to a glitch that crashed the computer at the identification card section in building 302.

The computer is vital to the base because all Defense Eligibility Enrollment Requirements System/Real-time Automated Personnel Identification System (DEERS/RAPIDS) information is linked through this computer to the DEERS/RAPIDS Assistance Center in Virginia.

The trouble started when the RAPIDS system started having password problems in January.

"[The Assistance Center in] Virginia was helping us through a computer link," said GySgt. Anita Colunga, administrative chief, Headquarters Battalion. "Before we knew it, the whole system was wiped out — the entire RAPIDS system was gone."

A technician was expected to fix the system, added Colunga, but the Assistance Center called back saying a new computer would be built and shipped here instead.

When the new system arrives, it will be installed in a new location in Building 302 because the ID section is moving closer to the administrative section.

"In the interim, we don't have an ID section," said Colunga. "If there is an emergency, call the Fort Irwin ID section at 386-3100/3515/6973."

Until the system is working again, active duty, reserve and retired military personnel and their family members must go to Fort Irwin to update DEERS/RAPIDS information and get new ID cards made.

For more info on the ID section status, call Susan Durant, ID section clerk at 577-6969.

READY, FRONT is published the second week of the month to convey news from Headquarters Battalion, MCLB Barstow.

Battalion Commander: Maj. Kathy J. Maloney
Battalion first sergeant: 1stSgt. C. J. Allen

SEMPER FIT

Are vitamins better than a well-balanced diet?

Most nutritionists agree that if you eat a well-balanced diet and follow a healthy lifestyle, in general, vitamin pills are unnecessary. However, some conditions may be helped by sensible vitamin supplementation.

Weight-loss diets

Persons on low-calorie diets (under 1200 calories per day) may not be able to get all the vitamins they need from the amount of calories they eat each day. This is particularly true of diets lasting more than a few weeks. Persons on weight-loss diets may benefit from taking a daily

multi-vitamin mineral supplement to ensure adequate nutrition while losing weight.

Pregnancy and Breastfeeding

Most obstetricians recommend prenatal vitamins for their pregnant patients to guard against nutritional deficiencies. Supplements with additional iron and folic acid are generally prescribed since it may be difficult to obtain enough of these important minerals through diet alone. Lactation also increases a woman's need for nutrients, so supplementation may be recommended during breastfeeding as well.

Aging

As you grow older, your metabolism slows down, making it necessary to get the same amount of nutrition from fewer calories. Wise food selections are important, but your doctor may also recommend a daily multi-vitamin for added "insurance." People over the age of 50 (especially menopausal women), often suffer from osteoporosis or loss of bone mass. This condition may be prevented by regular weight-bearing exercise and adequate calcium intake (which may require calcium supplementation). As you age, your

body may also become less efficient at absorbing various nutrients. Mature adults benefit by continuing to eat a wide variety of nutritious food and keeping foods low in nutrition to a minimum.

Medical conditions

Many common medical conditions and the drugs used to treat them may interfere with the body's ability to absorb certain vitamins. Alcoholism can cause deficiencies since alcohol damages the liver and inhibits its ability to store vitamins. Anemia, or "iron-poor blood" affects some people, and may be helped by

iron supplementation. If you are currently being treated for a chronic medical condition, you may wish to check with your healthcare professional about vitamin supplementation.

If you supplement ...

If you feel you can benefit from vitamin supplementation, check with your healthcare professional about recommended dosages. Many vitamins can be toxic when taken in excess amounts. If you choose to supplement, make vitamins work for you, not against you.

Everyday experiences of raising a family

Submitted by Family Services Center
From *The Source*

Especially when they are young, children learn best about responsibility in concrete situations. What they do and what they witness have lasting effects. We are always teaching our children something by our words and our actions. They learn from seeing. They learn from hearing. They learn from overhearing. They learn from us, from each other, from other adults, and by themselves.

All of us acquire habits by doing things over and over again, whether in learning to play a musical instrument, to pick up after ourselves, to play games and sports, or to share with others. The best way to encourage our children to become responsible is to act as responsibly as we can in their presence. We must genuinely try to be the sort of people we hope they will try to become.

We can show them by our words and by our actions that we respect others. We can show them our compassion and concern when others are suffering. They need to see our own self-control, courage, and honesty. They need to learn that we treat ourselves, as well as others, with respect, and that we always try to do our best.

Using Literature and Stories.

Children learn through many activities, including reading stories. They learn by identifying with individual characters or because the message from a favorite story strikes a particular chord. Children can be touched deeply by good literature, and they may ask to have things read to them again and again.

Children can learn all sorts of lessons from stories. They might learn about courage by reading about David standing up to Goliath. Or they might learn the value of persistence and effort from *The Little Engine That Could*.

Developing Judgment and Thoughtfulness.

Children develop their capacity for judging what is a responsible act, just as they come to appreciate the meaning of responsibility through practice. Especially when they are young, children need to see moral questions in terms that are meaningful to them. We can also help our children develop good judgment by talking through complicated situations with them. One way is to help them understand the long-term consequences of different choices.

Sometimes, it can be difficult to know the difference between acting bravely and acting recklessly or how to balance duties when they conflict. As parents, we can help by making it clear, through what we do as well as what we say, that it is important in such situations to think carefully and honestly about what should be done, as well as to keep in mind how others will be affected by what we do.

Teach your kids to eat right

We live in the age of fast food – the so-called "junkfood generation" – and never has it been more important than now to teach our kids to eat right. Sound nutrition is crucial during childhood for healthy growth and development. Unfortunately, kids are among the most "finicky" eaters imaginable, often shunning the nutritious, healthful meals we prepare in favor of a burger and fries ... or nothing at all! What can we do to help? A lot.

Set an example

If you or your spouse call a quick cup of coffee breakfast, don't be surprised if your kids don't take the morning meal too seriously. Breakfast is the most important meal of the day – for you and your kids – so make an effort to have a nourishing breakfast each day. Your kids will learn from your example. Your children will also pick up other eating habits – frequent snacking, eating when bored (frustrated, angry, etc.) – so be careful about the messages you're sending to your young ones.

Don't buy junk food

Fortunately, unless your child is independently wealthy and/or does the family shopping, you have total control over the types of food you allow in your house. If you do want to allow your kids an occasional hot fudge sundae, make a trip to the ice cream store and buy individual servings – don't buy all the fixings and keep them in the freezer. If you don't keep junk food in the house, your kids won't be able to eat it – at least not at home. As simple as this sounds, this is the most effective "weapon" you have in the war against junk food.

Be flexible

Even though you may not buy junk food, your kids are apt to eat it elsewhere. In fact, chances are if you "forbid" your kids to eat junk food altogether, they'll crave it even more. (Forbidden fruits are that much sweeter). What can you do? Be flexible. An occasional bag of chips or a fast food meal won't kill anyone. (You might even consider setting one aside one day a week when your children can satisfy their junk food cravings). In short, accept the fact that your kids will indulge in nutritionally empty foods now and again, but make sure it's the exception not the rule.



Semper Fit has relocated to the base gym. For more information about Semper Fit programs, call CWO William Bradshaw, Semper Fit Coordinator at 577-6899.

Jobs

<u>Annc.#</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>Cutoff</u>
DEA-24-99	Pneudraulic Systems Worker, WG-8255-07	01-22-99	02-22-99	02-05-99
DEA-25-99	Family Childcare/Training and Curriculum Director, GS-1701-09	01-27-99	02-26-99	02-10-99
DEA-28-99	Civilian Pay Clerk (Office Automation), GS-503-05	01-26-99	02-23-99	02-09-99
DEA-29-99	Computer Specialist (Y2K), GS-334-07/09	01-26-99	02-23-99	02-09-99
OTR-01-99	Materials Handler (Forklift Operator), WG-6907-05	01-11-99	02-11-99	01-19-99
OTR-02-99	Materials Handler (Forklift Operator), WG-6907-05 (Term)	01-11-99	02-11-99	01-19-99
OTR-13-99	Mail and file clerk (OA) GS-305-04 (Temp NTE one year)	02-03-99	02-24-99	02-10-99
*BA-2777	Instrument Mechanic, WG-3359-11	01-15-99	02-15-99	N/A
*BA-2825	Electronics Measurement Equipment Mechanic, WG-2602-11	01-15-99	02-15-99	N/A
DEA-10-99	Electrician (High voltage) WG-2810-10 (Term, NTE 13 months)	01-13-99	02-12-99	01-27-99

*All appointable employees to include career, career-conditional, transfer, reinstatement, eligible Nonappropriated Ffund employees, Veterans Readjustment Authority (VRA) eligibles; 30 percent Disabled Veterans, applicants appointable under the Severely Disabled criteria, or preference eligible or veterans who have been separated from the armed forces under honorable conditions after three years or more of continuous active service may apply. For more information contact Lucianna at the Human Resources Office at 577-6484.

BRIEFS from Page 4

Ash Wednesday

Ash Wednesday services will be held in the Base Chapel Wednesday (Ash Wednesday) at 11 a.m. The service is not a mass, but a service with the blessing and distribution of ashes to mark the beginning of Lent. For more info, call the Chaplain's office at 577-6849.

Scrap wood giveaway

The next scrap wood giveaway will be Feb. 26 from 7:30 a.m. to noon at the Yermo Annex. For safety reasons, guests may not climb or walk on top of the woodpile. The public is reminded to wear appropriate clothing -- including gloves

and shoes. For more info, call Pat Dillow 577-6184.

Optometrist available

An optometrist will available by appointment for active duty military and DoD personnel March 1-5 at the clinic. For more info, call Mary Griffith at 577- 6575.

TRICARE coverage at new duty stations

Active duty personnel and families making PCS moves may get info about medical care available at their new duty stations. Details, such as info about providers and answers to common questions, are available on the Internet at www.TRICARE.osd.mil.

DoD approves Outstanding Volunteer Service Medal

By Jim Garamone
American Forces Press Service

WASHINGTON — Military volunteers often perform many hours of service to their communities and the military wants to recognize their efforts. The Military Outstanding Volunteer Service Medal honors members' community service, said Army Maj. Bob S. Stone, deputy director outreach programs in DoD's reserve affairs office. The medal came into being in 1991 as a result of President Bush's "Thousand Points of Light" campaign to encourage volunteerism. Stone said the medal recognizes the countless hours military members put in helping their communities. "We have an Air National Guard unit in Virginia that has worked for years helping support the Special Olympics," he said. "This medal gives the individuals involved in the effort some recognition."

Another example is at Fort Hood, Texas. "Fort Hood soldiers have been working very closely with schools in the surrounding communities in tutoring, setting up model schools, getting equipment and so on," Stone said. "The medal gives them some official recognition for their efforts."

Still another case in Florida involves an officer who sponsored a program to collect

and repair computers for use in local elementary schools.

All service members are eligible for the award, but most know nothing of it, Stone said. "The approving authority is at the [colonel/captain] level," he said. "That makes it very hard to track." DoD has no estimate of how many medals have been awarded.

The medal can only be earned through "sustained" community service, Stone added. "You don't get it for coaching a soccer team for one season, but you could qualify if you work with youth groups for a number of years," he said.

The award is not for duties service members perform as part of their jobs. "This award recognizes the effort you put in to your community, not your unit," Stone said. "You get this award for things you do during your off-duty hours."

Each service handles award criteria differently: in Army Regulation 600-8-22, section 7, paragraph 224-5; in Secretary of the Navy instruction 1650.7; and in Air Force Instruction 36-2803.

Editor's Note: MCLB Barstow's first recipient of the Military Outstanding Volunteer Service Medal is SSgt. Gregory Stone, Metrology Branch, Maintenance Center Barstow.

Machine Guard Safety Checklist

Submitted by _____
Base Safety Office

- Be sure all machines are guarded at:
- exposed points of operation
 - ingoing nip points
 - blades
 - rotating parts
 - any operating points that send off flying chips or sparks

- Never remove or disable a guard on an operating machine.
- Know how to turn power on and off quickly.
- Read and follow the machine manufacturer's instructions.
- Follow training program instructions on safe and proper machine use.
- Use push sticks, not your hands, to feed material to the machine.
- Find a comfortable working position to minimize fatigue.
- Don't rush through your work.
- Pay full attention to the job you're doing.
- Check machines before use and report anything that's missing or not working properly.
- Check to see that machine receives required maintenance.
- Use lockout/tagout procedures when a machine needs repair or maintenance. Turn the machine and the power to the machine off and tag it so that no one tries to use it.
- Check machines after repair or maintenance to be sure that guards are in place.

Rifle range preserves warrior spirit, tradition

Story and photos by
Cpl. Mike McQuillan

You and the other Marines huddle, necks and hands withdrawn into your field jackets, awaiting the first rays of morning light. As you stare at the ground wondering to yourself how you ever believed it never gets cold in the desert, the Mojave sand around you begins to change color as the sun rises over it. It's now time to step up to the firing line.

Foam hearing protection magnifies the sound of your own breath as it dominates the relay of commands given around you. By pure luck, you comprehend the words – "SHOOTERS! YOU MAY COMMENCE FIRING ONCE YOUR TA-TARGETS APPEAR."

It's during these opening moments on the rifle/pistol range that a Marine realizes that a trip to the range once a year is not for a cutting score. It's not for a check in the block or to keep the S-3 shop gainfully employed. Marines fire on the range to prove to their command and more importantly to themselves that they are always com-



LCpl. Adam Knotz fires from the kneeling position during the 200-yard slow fire.

bat-effective.

"All the skills of the rifleman apply to whatever your job is in the Marine Corps," said SSgt. James Quinlan, range officer-in-charge. "Whether you're a cook, a baker or a candlestick maker, you're a rifleman first."

A range detail lasts two weeks, outlining the same training fundamentals taught in recruit training (without the flutter kicks). The first week takes place in the classroom, followed by a second week of firing on the range.

"It's a gradual change," said Sgt. Christopher Coleman, primary marksmanship instructor. "We start Monday with a safety brief. By Thursday, they're ready for the weapons handling test, to see 'can they handle a weapon on the range?' We cover everything in classes – fundamentals, effects of weather, you name it."

Once on the range, Marines have four days to progress from first-day jitters to accurately and confidently projecting rounds into a target from as far as 500 yards.

"I give all the credit to the coaches," said Coleman, who coached on the range for a year before graduating to range NCOIC. "There are different ways to help a Marine progress. You can yell, but venting your frustrations doesn't do any good. When I was a coach and somebody was having trouble, I'd ask what they did last night. Try and find out why they're so tense. Sometimes it's not technique, it goes beyond that."

As a PMI, Coleman maintains his presence among the coaches and shooters.

"The motivation I provide on the range is astounding," laughed Coleman. "It's a big thing for me when a Marine shoots a possible [10 out of 10 bulls-eyes in rapid fire], for example. I've got to take credit for something."

With all of the advanced skill Marines apply on the range, the safety rules are simple. Before setting foot on the range, shooters must recite each of the four safety rules aloud.

"We do not want any casualties on the range," said Coleman. "Nobody means to be a safety violator, but still, I've seen it all. We've had Marines waving pistols in the air after celebrating a bulls-eye, people turning around with the rifle to ask a question – I don't think anybody does it on purpose."

Aside from routine firing details, the range plays host to combat rifle and pistol training exercises as well.

"It's a good way to learn different ways to engage targets," said Coleman. "All I knew was how to pull a pistol out of the holster and shoot."

"It's the practical application of all good marksmanship techniques using realistic combat techniques," said Quinlan. "Marksmanship is very important, but in combat, you don't step up to a firing line and fire at known distances."

Rifle/pistol competition season is almost underway. The team is forming now, and gearing for the division matches at Camp Pendleton, Calif., March 5-26. Competitors must qualify expert with the rifle to be eligible for the team.

The MCLB Barstow team has had past success, finishing second among small base teams last year and winning the Wharton trophy the year before. The team competes this year without legendary shooter, MSgt. Jeff Almasy, who recently retired. Last year, he was named a distinguished pistol shooter. Adding that to his previous distinguished rifle award, Almasy added himself to a list of approximately 300 Marines in the history of the Corps to go "double distinguished," according to Quinlan.

"If you've ever seen him shoot, you'd see he's quite amazing," said Quinlan.

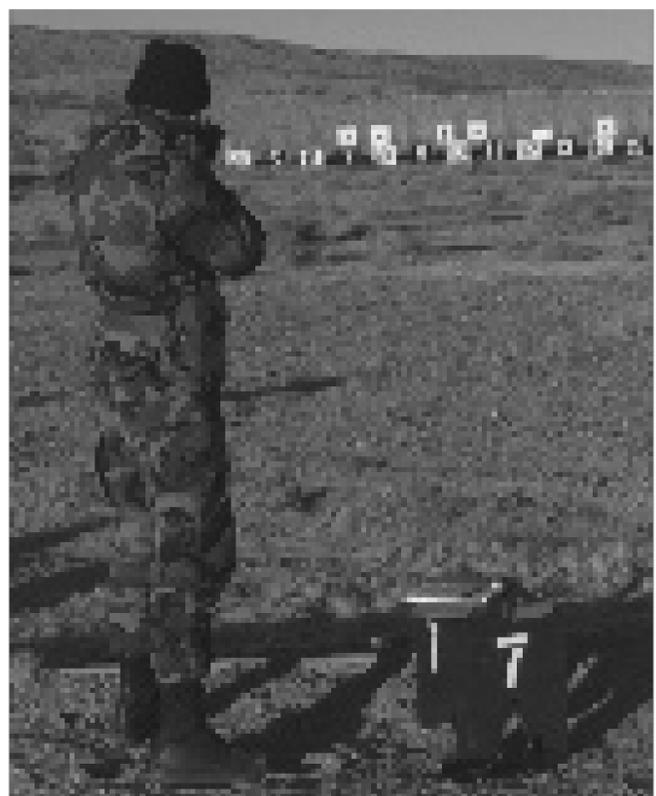
"Throughout history, we have been known for marksmanship," said Quinlan. "Even before the Marine Corps was formed, Marines were sharpshooters at the top of ships, shooting at enemy officers. Marksmanship is part of our tradition."

Another upcoming opportunity for rifle experts is the range coaches course, where Marines learn to assist others in qualifying. The course takes place from Feb. 23 through March 5. Also, there will be a slot opening for the resident PMI. Coleman leaves for recruiting duty in May after four-and-a-half years in Barstow.

"I'm hanging up my pith cover," declared Coleman. "Now I'm looking for a worthy successor."



Qualifying day at the MCLB Barstow rifle range.



Pfc. Martin Coronado aims sights downrange with his rifle on the way to qualifying expert.



LCpl. Gary Smith plots his last shot in his data book while firing from the 200-yard line.

1991 FORD EXPLORER XLT: Xlt cond., tow package, roof rack, 4 door. \$6,900. Call 253-1128.

1962 GMC TRUCK: Utility bed, v6, 4-speed, good tires. \$1,200. Call 252-9199.

FOR SALE: Living-room set, light beige & brown with wood trim, also included coffee table and two end tables. \$120. Call 255-3518.

COMPUTER: New Packard Bell, 300 MHz Lynx, 32Mb RAM, 4.3GB, 32X CD-ROM, 56 Kbps modem, speakers, monitor. \$625. OBO. Call 252-9199.

FOR SALE: Sofa & loveseat, off white, xInt cond., \$400. Cabinet-style sewing machine, \$50. Call 947-7275 AWH.

WANTED: Winch for 4x4, Call 252-9199.

WANTED: Looking for drivers to drive from Apple Valley to Yermo Annex Bldg. 573. No gas payment required. Work schedule is Monday, Tuesday, Wednesday 6:30 am to 4:00 pm. Call 240-4218 Ask for Phillip.

FREE: Retriever Puppy to good home Chesapeake bay, 7 months old. Call 254-3788.

COMPUTER: Compaq Presario 5610, 8 gig, 64mb ram, 56k modem, DvD player, 512 pipeline cach, Bought in Dec. 98. \$1500. Call 252-5471.

1995 PLYMOUTH NEON: 40,000 miles, custom wheels, new tires, 4-wheel disc anti-lock brakes, dual air bags, CD player, all the options, Excellent condition. Retail \$9,800, asking \$8,500. Call 252-8471.

MWR Update ...

By James H. Gaines

MWR Publicity

Shop at your Marine Corps Exchange

Assorted mens and ladies Guess watches on sale for only \$39.99 while they last.

All mens and ladies fragrances now at 25% off.

All mens LEVIS reduced to 20% off.

Shop early for best selections.

The Base Exchange is open Mon. through Sat. 9 a.m. to 6 p.m. Sun. 10 a.m. to 6 p.m. For more info please call 256-8974.

Family Restaurant & Cactus Cafe weekly lunch menu Feb. 11 through Feb. 17.

Today - Fried chicken.

Friday Feb. 12 - Hoki fish and trout.

Monday Feb. 15 - President's Day holiday - order from menu. Family Restaurant open 11 a.m. to 3 p.m. Cactus Cafe closed.

Tuesday Feb. 16 - Turkey a la king.

Wednesday Feb. 17 - Tuna casserole.

Family Night Dinner Menu at Family Restaurant

Tonight. Mexican Night - All you can eat: tacos, enchilada, rice and beans.

Specials at Tees & Trees

Sign up for golf lessons at Tees & Trees golf course. Lessons for singles, families and juniors - \$10 per lesson. This special will continue until Mar. 1, 1999. Sign up today and enjoy this great sport.

Valentine's Day Party

Saturday Feb. 13 at the NCO/Enlisted Club a special Valentine's Day party will be held at 6 p.m. Don't miss the unique event.

MWR Holiday Closures

Open on President's Day, Feb. 15: The Exchange/7-Day Store and

the Gym/Fitness Center will be open 10 a.m. to 6 p.m. Tees & Trees Golf Course will be open 7 a.m. to 4:30 p.m. and the Family Restaurant will be open 11 a.m. to 3 p.m. with menu service.

Closed on the holiday: The Yermo Exchange, Barber Shop, Oasis Club, NCO/Enlisted Club, Library and ITT.

The Auto, Ceramic and Wood/Rock Hobby Shops as well as the Bowling Center will be closed Sun. & Mon. Feb. 14 & 15. YAC will be closed Feb. 13-15.

Bowling Center's Special

Valentine's Day Special: Sweetheart couples bowl free with free shoe rental on Saturday Feb. 13.

Half price bowling with \$.50 shoe rental throughout Feb. for everyone.

The Bowling Center has cold drinks and snacks for your enjoyment, and a free pool table for your use.

The Bowling Center is open Wednesday through Friday 11 a.m. to 7 p.m., Saturday and Sunday 10 a.m. to 6 p.m. Call 577-6264 for

more info. on these specials or about bowling leagues.

ITT Has Disneyland Tickets

New Disneyland tickets are available now and valid through May 31, 1999. Prices are \$27.50 for adult or child. Disneyland also offers a 3-Day pass for \$52.50 for adult or child.

Call Betty at ITT for details at 577-6541. ITT is open Monday through Friday 8:30 a.m. to 4 p.m. in the Bowling Center.