

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 6

Marine Corps Logistics Base Barstow, California

December 9, 1999

NTC commends MCLB's K9 corps



Photo by Cpl. Brian Davidson

(From left to right) Sgt. Scott Bush, LCpls. Herbie Flatt and Edward Vaughan are awarded by Lt. Col. Robert Algermissen, US Army.

By Cpl. Brian Davidson
BARSTOW LOG staff

The Military Working Dog Section plays a vital role in support of MCLB's Provost Marshal's Office. They were recognized for ongoing assis-

tance to the Fort Irwin PMO Dec. 1.

Col. Mike Davis, Fort Irwin chief of staff and Lt. Col. Robert Algermissen, garrison commander, both of the U.S. Army, invited the section to the fort to personally express their gratitude.

MCLB Barstow's canine section recently supported Fort Irwin's PMO by augmenting the post's MWDS until annual certifications were completed.

"We've been able to work with the Military Working Dog Section at Fort Irwin since I've been here from May of 1998," said Sgt. Scott Bush, military working dog training NCO. "We covered a gap they had in Certified Explosives Detection Dogs. They had one dog that was certified, but two are needed."

The canine section helped with VIP Support which involves searching for and detecting explosives in buildings, vehicles or aircraft which diplomats and general officers may be using.

Last week, they cleared helicopters and a plane used to transport Gen. Eric Shinseki, the Army's Chief of Staff. They also cleared transports for a visiting lieutenant general from Turkey, according to Bush.

LCpl. Herbie Flatt, a dog handler in the MWDS, used the opportunity to hone his skills and assist fellow dog handlers.

"I'm glad we were able to help out and to utilize our aircraft searching skills at the same time," said Flatt. "We don't get to use those skills very often."

Algermissen presented the dog handlers with coins from his command and shared his thoughts with them on their cooperative spirit.

"I'd like to personally thank you," Algermissen told the section. "It's good to see [soldiers and Marines] working together in a collective effort."

Military Working Dog Sections are usually small in number because of the high level of responsibility required on behalf of the handlers and the resources needed to maintain the section's readiness. MCLB Barstow's four-man MWDS is on call 24 hours a day.

Bush agreed, remarking, "It is a pleasure working with the Army; especially in the High Desert where a cooperative effort is often needed to get the job done. Many agencies in the area are lacking manpower."

Bush attributed the shortage to the area they cover. High Desert police and safety agencies serve the largest county in America.

Knowing mission accomplishment is paramount for soldiers and Marines is a comfort to Army SSgt. Redican, MWDS Fort Irwin.

"Being able to rely on one another when you need to is important," said Redican. "The Marines at MCLB Barstow didn't hesitate to back us up, and we'll do the same if the need ever arises."

In addition to performing their regularly assigned duties, the MWDS gives numerous demonstrations for school children and other groups that tour base. They also represent PMO at community functions throughout the year, on and off duty.

Cold weather brings in unwanted guests

By Cpl. Matthew R. Weir
BARSTOW LOG staff

As the temperature drops outside pests start invading housing looking for warmer temperatures, food and moisture.

Odorous House Ants, the small black ants usually seen invading trash and discarded food, are the most common insect to invade family housing. This common ant is also considered to be one of the hardest to get rid of because it creates large nests with no visible ant holes to attack.

"Their nest is basically the whole ground," said Eric Fortin, pest controller. "They don't have any ant holes we can attack, and they do not take bait."

Fortin explained that bait is a poison that ants will carry into the nests killing the queen. When the ants will not take the bait it allows the queen to survive and keep producing millions of offspring.

Spraying the baseboards of your house suppresses most insects by producing a deadly barrier they cannot cross.

According to Fortin, these ants can sense areas that have been sprayed with insecticide and find other ways to move through houses.

"When they know you have pesticide down they will avoid that area and come out somewhere else," Fortin said. "Wall sockets, ceiling lights, any place where they can find a crack."

Once the ants have breached the perimeter of the house they become extremely hard to control because they also nest in walls, attics or any other place they can find.

Once the ants have breached the perimeter of the house they become extremely hard to control because they also nest in walls, attics or any other place they can find, according to Fortin.

This is a big time for ants to invade looking for food, but according to David Madrid, housing manager, the first step in controlling problems is the people who live there.

"The tenants are the first line of defense," said Madrid. He recommended keeping countertops and floors clean and purchasing ants sprays for

preventative maintenance, before the infestation gets too bad.

If families feel they are getting overwhelmed by bugs their last resort should be to call housing.

"When they call we ask them if they have tried to alleviate the problem themselves," said Madrid. "If they say yes, we take their phone number and name and tell them we will contact pest control."

When houses are past the point of no return, little can be done to stop the infestation, but base pest control is trying out new ideas.

According to Fortin, when houses are almost uncontrollable they have drilled holes in the wall and sprayed in boric acid with power dusters.

"This seems to work for us because [the ants] can no longer use the walls to move around the house," he said. "Unless there is a crack in the foundation, the only way for them to get in is through doors and windows. Spraying in those areas will keep the ants away."

Houses are not sprayed on a routine basis to control pests because of the cost to the government, according to Madrid.

A routine spraying of houses would be over-

Medical/Dental temporarily move

By Cmdr. Gregory Simpkins
Branch Medical Clinic

Sometime between January-February 2000, Medical and Dental will move to a temporary building at Yermo in order for the current buildings to be renovated. This article is to clarify some concern regarding the impending move. Disruption of services to eligible beneficiaries is expected to be only for one week, during the actual move to Building 582 at Yermo. During that week, a temporary facility for military and civil service personnel sick call will be conducted in Building 185 behind the RV parking. More information will follow regarding when this temporary "sick call" facility will be available.

During our temporary closure, beneficiaries enrolled in TRICARE Prime at Branch Medical Clinic can seek both health care and pharmacy services at Weed Army

See ANTS Page 12

See MOVE Page 12

Booze it - lose it; DWI sobering experience

By Sgt. Micheal Rogers
Camp Lejeune, N.C.

Editor's note: It's that time of year again. Many base personnel will be going home to see family and friends over the next few weeks and spend the holidays with loved ones. Others will be doing some serious partying and drinking. Don't let the following happen to you. Drinking and driving is highly discouraged. A time-honored mantra chanted repeatedly is "If you must drink, don't drive; if you must drive, don't drink." Hear and obey this pearl of wisdom.

And if you're out driving around, especially on New Year's Eve, watch out for the other people on the road - even if you haven't been drinking, what is the possibility that they have?

*From all your friends at the BARSTOW LOG, have a merry Christmas and happy New Year and come back when it's all over.
Semper Fidelis*

The worst part about drunk driving is not the fact that you might hurt yourself, it's the fact that you might hurt somebody else; somebody you know, you love or someone you work with.

So it's judgment time, and you decide to drive while intoxicated. Sure, you've seen your buddies get away with it and maybe you've even done it before; besides you don't feel that



drunk anyway, right? Wrong.

It all changes when the lights come on in the rear-view mirror and you begin realizing your mistake. Assuming you were just swerving or straddling the line and you have not

gotten into an accident you might start off with a few sobriety tests. Following the pen and walking the line seem simple compared to your next task: "Lean forward and put your hands as far back as you can without falling over."

While your mind is racing about how stupid you are, the arresting officer is leading you by the handcuffs into his vehicle. Then comes the breathalyzer at the Military Police station... and your thoughts on how you can get by this one.

You can't. By this time your base registration stickers have been scraped off, and your vehicle is marked for immediate impound - off base and at your expense. Since Jan. 1, the Military Police here (at Camp Lejeune,

See DWI Page 5

We were designed for a purpose

By Lt. Michael Michener
Base Chaplain



Almost two months ago, back when my chocolate lab puppy was just five months old, I took Hunter, (the pup's name), to a pond. I wasn't sure if I would have to teach him to get

in the water and swim and retrieve. He got out of the truck and went right to the water's edge and then waded out to his chest. Shortly thereafter, Hunter was swimming around in the pond as though he were born in the water. I let the dog play for awhile as my son and I fished. After Hunter was familiar with the water, I took a plastic bottle and squashed it flat and put the lid back on it and threw it out in the water. He didn't even hesitate. He jumped off the dock, completely submerged himself and upon resurfacing, he proceeded to swim to the bottle. Eventually, I had him waiting until I gave the command to retrieve and gave him directions in the water and had him return to my side and sit and deliver the bottle.

It did my heart good to see this dog doing the

things he was bred for without much any formal training. Where I come from in the rural Midwest, animals - especially dogs - exist to serve humans. I was encouraged that I had a dog that appears to be functional and will serve my needs for a long time.

My experience with Hunter at the pond made me think about my relationship with God. Unfortunately, some folks have the misconception that God serves our purposes. In fact, I saw a poster once about an opportunity to study theology in order to "arrive at a concept of God that you can live with." It seems that someone had gotten the cart before the horse. The reality is that we were created for His purposes and not He for ours. "For by Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by Him and for Him." (Colossians 1:17).

It occurred to me that the same level of elation I experienced with Hunter's performance may be what God feels when we do the things we are supposed to do. I believe God is pleased when we love Him with all our heart, soul and

See CHAPLAIN Page 12

Gunny's Picks

Week 13



Hey, I got such a great response from my last Cowboys joke, I decided to let you have another one. (Besides, we had a lot of extra space to fill in this column.)

Q: What do you call 47 people sitting around watching the Super Bowl?

A: The Dallas Cowboys. (Drum roll)
I kill me, I tell you.

Straight out of Long Beach, Calif., Herman "Spike" Speights took home the pics this week by nailing Monday night's game.

"Roses are red;
Violet are blue;
Look out for the Redskins
'Cause they're coming out after you!"

Say -- is he the current poet laureate or what? If you haven't won yet, it isn't too late, keep submitting. When you turn in your picks this week, we would like to hear who you think is going to the Super Bowl.

Arizona at Washington*
Atlanta at San Francisco*
Baltimore at Pittsburgh*
Carolina at Green Bay*
Cleveland at Cincinnati*
Detroit at Tampa Bay*

Miami at New York Jets*
New England at Indianapolis*
New York Giants at Buffalo*
Philadelphia at Dallas*
*St. Louis at New Orleans
San Diego at Seattle*

Minnesota at Kansas City*

Monday night

*Denver at Jacksonville (32)

Total points: _____

Name, work section and phone number: _____

Monday night's game is a tie-breaker and must include a total score.

Chapel Hours

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

Confession services
before Mass

Yermo Bible Study

Wednesday 11 - 11:30 a.m.
At the Colonel's Workshop

For more info call
Don Brooks at 577-7165.



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

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For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 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 email at daileyb@barstow.usmc.mil.

Thrift Savings Plan

Federal employees with at least six months continuous federal service may start their holiday gift giving early this year by giving themselves a TSP investment. Current contributors may change their future contributions of future investments.

All contributions are made through payroll deductions. The amount of money an employee may invest depends upon their employment status.

TSP also allows participants to apply for low-interest loans including home-purchase loans.

The current TSP Open Season continues through Jan. 31. The next open season will be May 15 - July 31.

Program details are in brochures available at the Human Resources Office and at <http://www.tsp.gov> on the Internet.

Road trip to see the San Diego Chargers

The Civilian Welfare and Recreation Association, and Marine Corps Community Services are disappointed to announce that the trip to see the San Diego Chargers take on the Oakland Raiders Dec. 26 has been cancelled.

For more info call Vince Chavez at 577-7630/7731.

Federal Health Benefit Open Season underway

The Federal Employee Health Benefit Open Season began Nov. 8 and continues until Dec. 13.

During this time eligible employees who are not currently registered with a health plan may enroll in one.

Eligible members already enrolled can switch from one plan to another.

All federal employees and retirees - including the U.S. Postal Service, Bureau of Land Management and the Department of Social Security Administration are considered eligible employees. If base employees wish to make changes to their FEHB, they must contact their administrative office for the current Standard Form (SF) 2809 and submit it to:

Director, HRSC-SW
Attention: Code 516
525 B Street, Suite 600
San Diego, CA 92101-4418

Toys for Tots distribution set

Needy families with children 10 years of age and younger seeking toys can pickup applications at Mt. St. Joseph's Catholic Church, 505 E. Mt. View St.; Department of Social Services, 1300 E. Mountain View St.; Connie's Coin Laundromat in the Stater Bros. Shopping center on Armory Road; Desert Manna, 209 S. First Ave. and Newberry Market on National Trails Highway in Newberry Springs.

Toys will be distributed at the Barstow Mall, 1876 E. Main St. from 9 a.m. to 5 p.m. Dec. 21 for those whose last names begin with A-N, on Dec. 22 for O-Z, and Dec. 23 for those who miss the first two days.

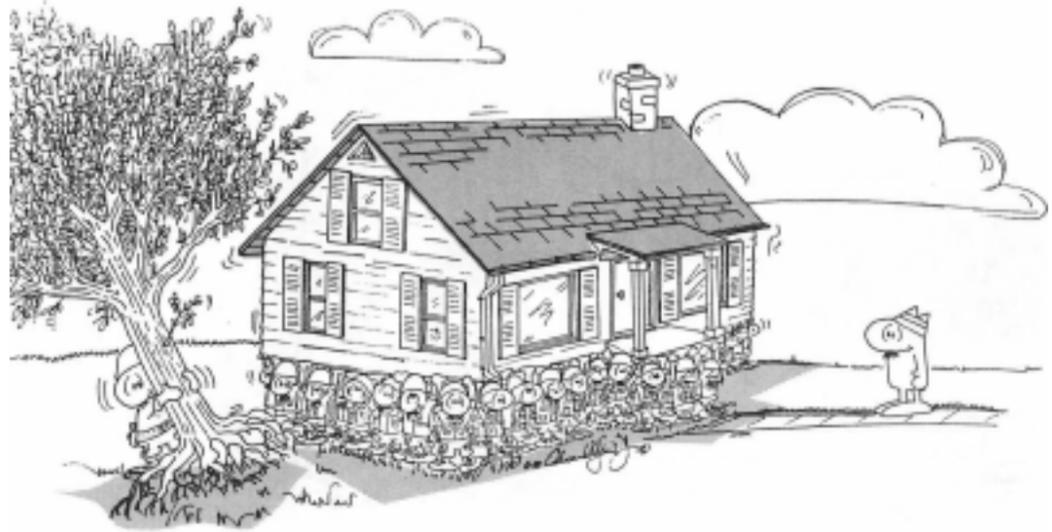
For more information or to help with the distribution call Laurden Valverdi at 256-3574.

Christmas Eve Candle light Service

A combined Protestant and Catho-

101 things you should *never* ask a Marine to do

By E. Temple



Never ask a Marine to help move your house.

lic Candle Light Service will be held at the Base Chapel Christmas Eve at 7 p.m. all are invited to attend.

For more info call the Chaplain's Office at 577-6848.

TRICARE rates increased

The daily amount active duty family members pay for inpatient care in civilian hospitals under TRICARE Standard and TRICARE Extra increased Oct. 1.

Patient care went from \$10.45 to

\$10.85 per day or a flat fee of \$25 whichever total is greater. The \$25 rate also applies to ambulatory (same-day) surgery.

The rate increase doesn't apply to any other category of TRICARE-eligible patients. Inpatient care under TRICARE Prime for active duty family members admitted to a civilian hospital remains at \$11 per day with a minimum \$25 co-payment.

Inpatient mental health care at civilian facilities costs \$20 per day for active duty under all TRICARE plans.

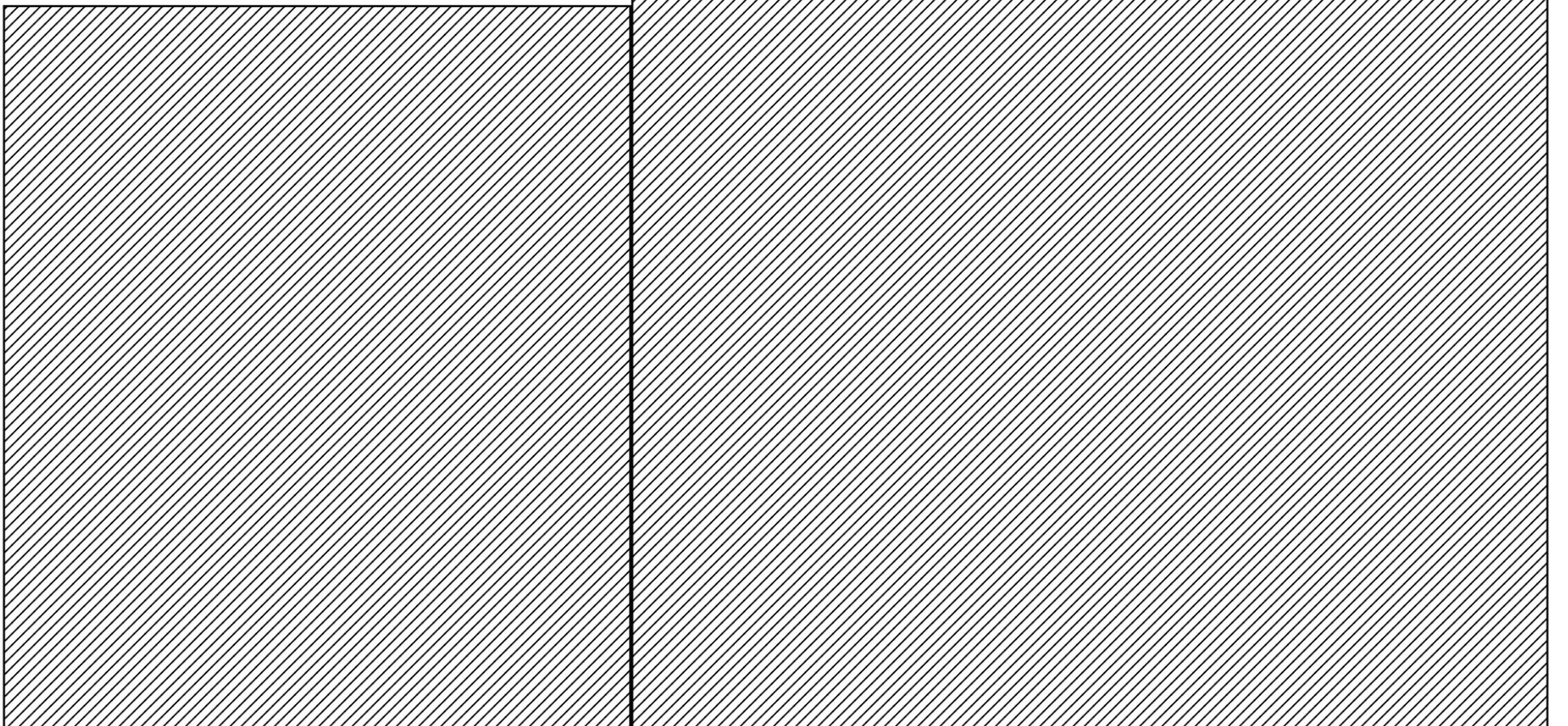
E-mail your TRICARE questions to questions@tma.osd.mil or call 1-800-242-6788 and ask for the Barstow Benefits Adviser.

'Christmas Alive'

The First Baptist Church of Barstow invites you to share in their annual Christmas Alive musical.

This year's musical is "I'll be home for Christmas", a musical about family and home in the Golden Days of

See BRIEFS Page 8





By Jim Gaines
MCCS Publicity

Shop the Base Exchange

Do your holiday shopping at the Base Exchange.

Come in and browse our super gift ideas and Christmas card selection.

Hallmark tree ornaments, gift wrap and other items are discounted 20 percent.

Before you shop anywhere else, check out your MCX.

The Base Exchange/7-Day Store is open Monday through Saturday 8 a.m. to 9 p.m. and Sunday 10 a.m. to 6 p.m.

Call 256-8974 for details.

Lunch menu for this week

This week's lunch menu at the Family Restaurant and Cactus Cafe offers a savory variety:

Today - Chicken Parmesan, noodles, vegetable, roll/butter.

Friday, Dec. 10 - Hoki fish, rice, vegetable, roll/butter.

Monday, Dec. 13 - Beef Curry, rice, vegetable, roll/butter.

Tuesday, Dec. 14 - Lasagna, vegetable, roll/butter.

Wednesday, Dec. 15 - Turkey a la King, rice, vegetable, roll/butter.

Thursday, Dec. 16 - Cornish game hen with stuffing, vegetable, roll/butter.

All above meals are served with coffee, tea or soft drink.

Lunch is served Monday through Friday at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is served Monday through Friday at the Cactus Cafe from 11:30 a.m. to 12 p.m. Price is \$3 military, \$4.50 civilian.

The Family Restaurant also offers an a la carte as well as a Sub Sandwich menu for lunch.

The Cactus Cafe offers a limited a la carte and Sub Sandwich menu for

lunch.

For more info on the a la carte and Sub Sandwich menus call 577-6428.

Family Night Dinner Menu

Thursday, Dec. 16 - Baked fish, rice, vegetable and dessert.

Thursday, Dec. 23 - Holiday turkey dinner with all the trimmings and dessert.

Family Night dinners are served Thursday evenings from 4:30 p.m. to 7:30 p.m.

Prices: (All you can eat) \$4.50 adults, \$2.50 children (5 to 11 years), children 4 years and younger are free. Price is the same for military and civilian personnel.

Giant New Year's Eve party

Come join us at the three-phase, all-free, MCCS Millennium Bash New Year's eve 1999.

Phase #1: No entry fee contests with prizes and awards.

Starting at 9 a.m. and running to 3 p.m. Friday, Dec. 31, at the Gym there will be a series of six contest events.

These contests will be divided into children and adult categories. There will be:

- A bowling contest with one-on-one as well as pairs.
- A golf contest with putt and pitch

closest to the cup.

- A Basketball contest with best throws and HORSE competition.

- A racquetball contest. A horse-shoe contest.

- A wall-climbing contest.

Sign up at the Gym. We're looking for teams, individuals and families. No age limits.

All participants in these contests will receive a free MCCS Millennium Bash T-Shirt and be eligible for awards and prizes.

Also, ask about our "Iron Man" contest. For details call 577-6543 or 577-6971.

Phase #2: Free New Year's Eve dinner.

A delicious baked ham dinner with all the trimmings will be served from 4:30 p.m. to 7 p.m. at the Family Restaurant on Friday, Dec. 31.

If you plan to enjoy this dinner and have a party of four or more, reservations are required.

Call 577-6428 or 577-6429 and let us know. Reservations must be made by 4 p.m. Tuesday, Dec. 28.

Phase #3: Free comedy show, music, dancing and New Year's eve celebration.

A comedy show by two Hollywood comedians begins at 8 p.m. at the Oasis Club, (door prizes will be given).

Music/disc jockey and dancing will follow. Later, as the magic hour approaches the New Year's Eve celebration will begin.

Everything is free: hors d'oeuvres, soft drinks and party favors (noise makers, etc.). The only thing you will have to buy is your alcohol drink.

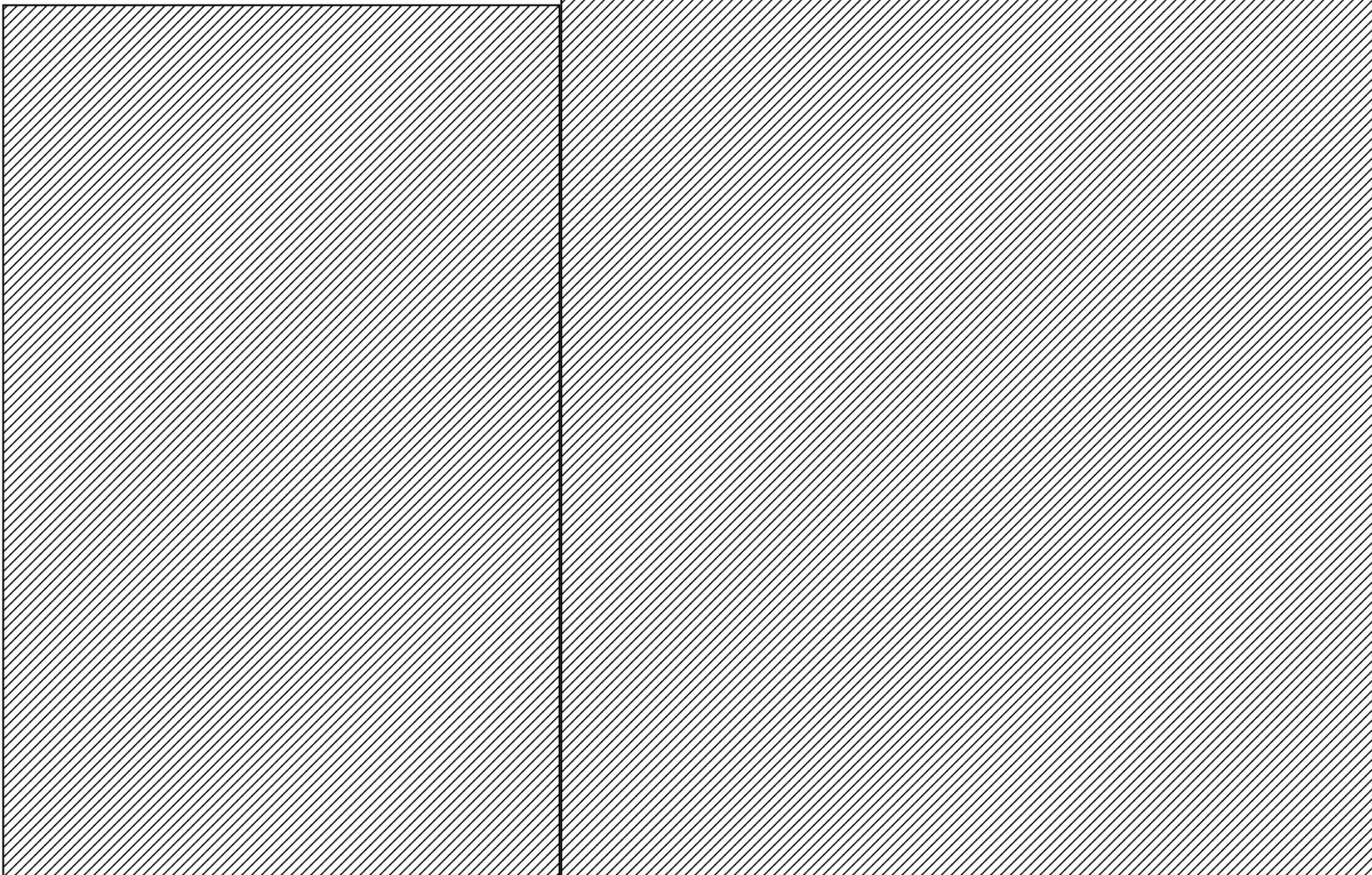
All patrons buying an alcohol drink must be 21 years of age. We are offering a Blue Light special for Nebo only. This service ends at 1:30 a.m.

Reservations are requested for the comedy show, dancing, and New Year's Eve celebration. Call 577-6418. We are accepting the first 200 reservations. Reservations must be made by 4 p.m. Tuesday, Dec. 28. Age 17 minimum.

Everyone is invited to the contests at Gym, dinner at Family Restaurant and comedy show, dancing and New Year's Eve celebration at the Oasis Club. Everyone means all ranks, military retirees, MCLB civilian employees, MCLB civilian retirees, their family members and guests.

And, as an added bonus, all parents registered with Child Care Services can get free child care if they're attending the MCCS Millennium Bash. You must sign up before Wednesday, Dec. 22.

For more info call Child Care Services at 577-6287.



ABC Rapid Prototyping begins

By Linda M. Lingren
Quality Management Office

The last time that you heard from us we had just started the Rapid Prototyping part of the Activity Based Costing process.



Since that time the focus has been completing the model design and data collection. This involved several storyboarding sessions beginning Oct. 4 and lasting about two weeks. The sessions consisted of key players from each functional area, multi-colored Post-It notes, and free-for-all brainstorming. The result was a wall full of collective thoughts and ideas that would become the framework for the actual ABC model.

Next, information collected from the storyboarding sessions was entered into the model and the "datacalls" began. Datacalls are a resource-gathering tool where personnel from each organization provide detailed information pertaining to their processes and activities.

The initial datacall consisted of gathering resource information, i.e.:

labor, material, supplies, contracts and other expenses. Other follow-on datacalls defined services and customers, and identified activity drivers. Currently, about 60 percent of the requested data has been collected and entered into the model database. Continued support is necessary to finish the model on schedule.

Once all the data is collected the focus will become verifying reporting the model findings.

In the long term, ABC data will be used to continuously improve cost management and resource planning within the Marine Corps.

If you have questions or suggestions pertaining to Installation Reform then call the IR info line at 577-6288, or e-mail your concerns to *SMB Barstow QMO@barstow.usmc.mil*.

DWI from Page 2

N.C.) have arrested more than 380 Marines, Sailors and civilians averaging 1.6 arrests per day.

That sounds like quite a few until you consider that 342 of those arrested this year were charged with the more serious of the two offenses – Driving While Intoxicated (DWI).

I won't even think about how many Marines and Sailors get caught before entering the base.

DWIs are also the only offenses incurred while driving that the base cannot regulate the full offense.

The Department of Motor Vehicles of North Carolina is also notified, who in turn notifies the state of your driver's license.

In addition to the state authorities being notified, sergeants and above can look forward to a mandatory adverse fitness report, according to the new Performance and Evaluation Systems manual.

Now you're at the MP station, your vehicle is being impounded;

you've lost driving privileges on- and off-base, yet your command still does not even know.

This is where the real fun begins. You can pretty much stand by for non-judicial punishment, most likely by your battalion commander.

In turn, you get the luxury of a room in the barracks whether you live there: or not, restriction up to 45 days, extra duty for 45 days, 50 percent of your pay taken away for two months and a reduction in rank.

Now that the military side of the house has pretty much "rolled you," look forward to your insurance company getting its piece of you for having to insure a "drunk."

Depending on the company, rates can shoot up four times the normal rate.

Also, know that after you've gotten your vehicle from the

impound lot, you're going to need a place to park it other than base.

If you live off base it's not much of a problem, however if you live in the barracks, or in on-base housing, you find parking arrangements at your own expense.

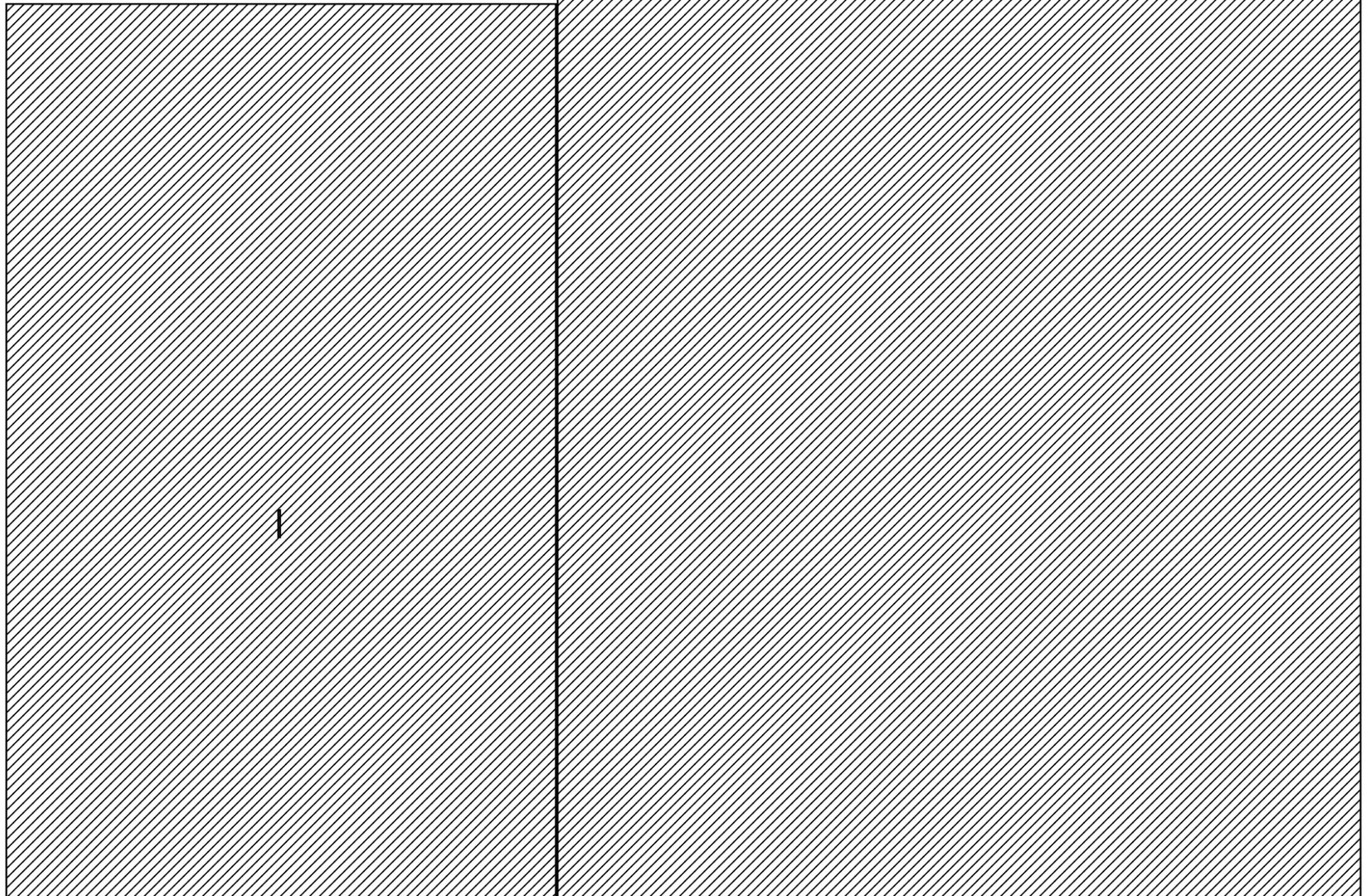
Assuming you were pulled over on base at the time of your drunkenness all you have left to do is find a ride for the next year.

Off-base convictions come with a steeper penalty and additional fines.

Consequences of driving under the influence (DUI) of alcohol may not seem like much before you're pulled over, yet getting caught can truly effect the rest of your life.

From an adverse fitness report to poor proficiency and conduct marks depending on rank, to having your driving privileges suspended on base for a year these inconveniences are just the beginning.

DWIs are the only offenses incurred while driving the base cannot regulate the full offense.



READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

CFC fund drive ends



The Combined Federal Campaign is one of only two officially recognized charitable campaigns conducted aboard MCLB every year. Donations through CFC go to meet those needs which donors think are more important. This year MCLB Marines and civilian Marines contributed \$26,176.76 through donations and payroll deductions.

MCLB's Rifle Range details restructured



Photo by Cpl. Matthew R. Weir

Sgt. Fabian Garcia, primary marksmanship instructor, re-orienting the class with the M16-A2 service rifle functions.

By Cpl. Mike McQuillan

BARSTOW LOG staff

Headquarters Battalion is revamping its block training schedule for fiscal year 2000. Instead of holding 10 rifle/pistol range details, as was done in the past, they will hold six of each at separate times. "It's more efficient that way," said Sgt. Fabian Garcia, primary marksmanship instructor. "Now rifle shooters don't have to wait for the pistol range to finish. We also have more time for pistol classes."

Names must be submitted to the battalion S-3 30 days prior to ensure the proper number of Marines fill each detail. Anyone needing to be removed from a roster must submit a written request to the battalion commander.

"Sometimes things come up at the last second," said Garcia. "But usually we get Marines who pull for no reason and that throws our numbers off."

Nominations for each detail are arranged via platoon sergeant.

Rifle and pistol ranges are scheduled for:

Rifle	Pistol
December 7-17	January 11-14
February 1-11	April 4-7
May 9-19	April 18-21
June 6-16	June 26-30
August 8-18	July 24-28
September 12-22	

Help avoid injuries with Semper Fit



while jogging.

The factors present in each of the above fatalities may have been in some way avoided had the Marine used personal risk management. In some of the cases, this might have prevented the fatality or lessened the severity of an injury.

Injuries are not inevitable. They are the culmination of a set of

circumstances and pre-existing conditions that may be best understood as a chain of events. There are three

main factors that contribute to injury:

- The person at risk.
- The activity being undertaken.
- The environment.

It is necessary to be aware of information regarding mishaps that occur during or at Marine Corps Community Services or Semper Fit activities/events/locations.

It is extremely difficult to justify new equipment, need for additional personal protective equipment, personnel (such as supervisors or coaches/personal trainers) or resurfacing of playing fields or courts without this information.

In accordance with references A and B review mishap reporting procedures to ensure MCCS and Semper Fit directors receive timely

information in determining factors in the mishap.

Other prevention tools available include information on the Coalition of Americans to Protect Sports (CAPS) web site at

<http://www.sportsafety.com> which provides free workshops and activities on how to support our Semper Fit programs in being as safe as possible.

Local installation safety offices offer collateral duty safety courses. These courses introduce attendees to safety concerns, reporting procedures, and operational risk management procedures.

HQMC will provide quarterly reports on safety incidents within Semper Fit activities and events.

This will allow the sharing of valuable preventative information with the Semper Fit capabilities throughout the Marine Corps.

Fiscal Year 2000 has already had one recreational fatality, a drowning as a result of scuba diving in heavy surf. Fun should not hurt. We have to help our Marines play hard – safely!

The Semper Fit program identifies fitness, sports and recreation activities as an important part of our Marines' quality of life and promotes combat readiness, physical fitness, Esprit de Corps, leadership and healthy lifestyles.

Injury prevention aims to support participation, fitness and enjoyment in sport and recreation activities by protecting participants from acute and overuse injuries.

Unfortunately, many sport and recreation related injuries are viewed as an inevitable part of the game. On the contrary, much can be done to reduce the incidence, consequences and cost of sport related injuries.

Based on HQMC safety division and the Naval safety center statistics, the following information is provided:

Sports injuries continue with football, softball/baseball and basketball as the largest producers of injuries. These sports injuries are a result of poor conditioning, poor supervision of play, and lack of correct personal protective equipment.

An increase was seen in off-road motorcycle mishaps.

These injuries were most often due to lack of training or development of skills and over confidence. Preventative measures should include the practice of skills or courses at lower speeds, which would result in less severe injuries or occurrences of mishaps.

Fatalities:

One fatality was while riding an ATV and hitting another ATV head-on.

Another fatality was as a result of a boat capsizing in heavy winds with no life preserver used.

One fatality was a result of being in an off-limits area and heavy surf washing the Marine away.

Another fatality was a result of heat stroke

Battalion Commander: Maj. Kathy J. Maloney

Battalion First Sergeant: 1stSgt. C. J. Allen

Toys for Tots

20th annual telethon a huge success

By Cpl. Matthew R. Weir
BARSTOW LOG staff

Marines, Sailors, firemen and Civilian Marines gathered more than 4,000 toys for this year's community Toys for Toys Telethon Dec. 4.

"Our goal is to have more than 6,000 toys before Christmas," said MCLB Fire Chief Bob Wyman, base Toys for Tots coordinator. "We want to make this the best Christmas ever for the underprivileged kids in the High Desert."

Most of the toys came from Leo Geballa, BAX Global. When a Canadian customer cancelled an order, U.S. customs was going to dispose of the toys. Instead of letting them go to waste Geballa directed the toys to Betty Mitchell, Defence Distribution Depot Barstow Calif., who turned them over to the Toys for Tots program.

The telethon exceeded the amounts collected in past years by bringing in more than 7,000 toys. The telethon usually brings in around 3,000 toys, according to Mal Wessel, telethon organizer and co-host.

"By far it was the largest we've ever had," he said.

Although Wessel said there was no goal put on the telethon this year, the ultimate goal is to make sure children have gifts on Christmas morning.

"We have over 3,000 kids this year who need toys," said Wessel. "We try to give them a toy or two each."

Toys will be distributed Dec. 21 - 23. Anyone interested in volunteering should call Lauden Valverdi at 256-3574.



Photo by Cpl. Matthew R. Weir

Large stuffed animals brought in heavy cash donations from viewers, according to Mal Wessel, organizer and telethon co-host. "People just loved them," he said. "With all the auction items, people just kept going and going."



Photo by Cpl. Matthew R. Weir

(From Left) Steve Mulcare, MCLB Assistant Fire Chief; MCLB Fire Chief, Bob Wyman; Connie Wessel, telethon co-host; LtCol. Donald W. Zautcke II, executive officer, MCLB; Mal Wessel; and GySgt. Pete Errigo stand among the 4,464 toys collected at the logistics base.



Photo by Cpl. Matthew R. Weir

(Above) Children from Barstow Christian School open the telethon with several melodies.

(Right) (From Left) HM3 Ramiro Ferrand, Cpl. Mike McQuillan, LCpl. Kyran Ramcharan and firefighter Joey Mashburn, not pictured, take calls for pledges and donations at the telethon.



Photo by Cpl. Matthew R. Weir

BRIEFS from Page 3

radio.
The program is presented Thursday through Sunday at 7 p.m. A special sign language program will be Friday. There will be an extra program Saturday at 1 p.m.
Call 252-2949 for more info.

ASMC Scholarships

The American Society of Military Comptrollers is shoring up their scholarship fund with tote bags.
The zipper bag is black with two handles and has a Marine Corps emblem in gold.
For info on the tote bags or the scholarship program, contact Connie Lewellyn at 577-6596, Lou Ann Presley at 577-6636, Billie Reed at 577-7875 or Sophia Cisneros at 577-6140.

New Parent Support Program

The next New Parent Support Program play morning will be held Wednesday from 10-11:30 a.m. at the McKinney Youth Activities Center on base.

Families with children under the age of seven are welcome to participate in the program. For more info, call Sandra Casey at 380-4021.

Holiday Commissary hours

The commissary will be open

Christmas Eve from 8 a.m. to 2 p.m. and closed on Christmas. It will also open on New Year's Eve from 9:30 a.m. to 5 p.m. and be closed on New Year's Day.

Shopping Spree

The commissary is giving away two \$100 shopping sprees in December, courtesy of Frito Lay.
The winner will be announced the week before Christmas.
For more info contact Judy Mendez at 577-6403.

Iwo Jima memorial

A memorial service and banquet commemorating the 55th anniversary of the Marines landing at Iwo Jima will be held at the South Mesa Staff NCO club at Camp Pendleton on Feb 19. The men, families and friends of the Marine Divisions on Iwo Jima are invited.

For more info contact:
Jim Weiry
Iwo Jima Commemorative Committee
308 Aqueduct Court
Placentia, CA 92870-5469

Barstow Transit begins bus service

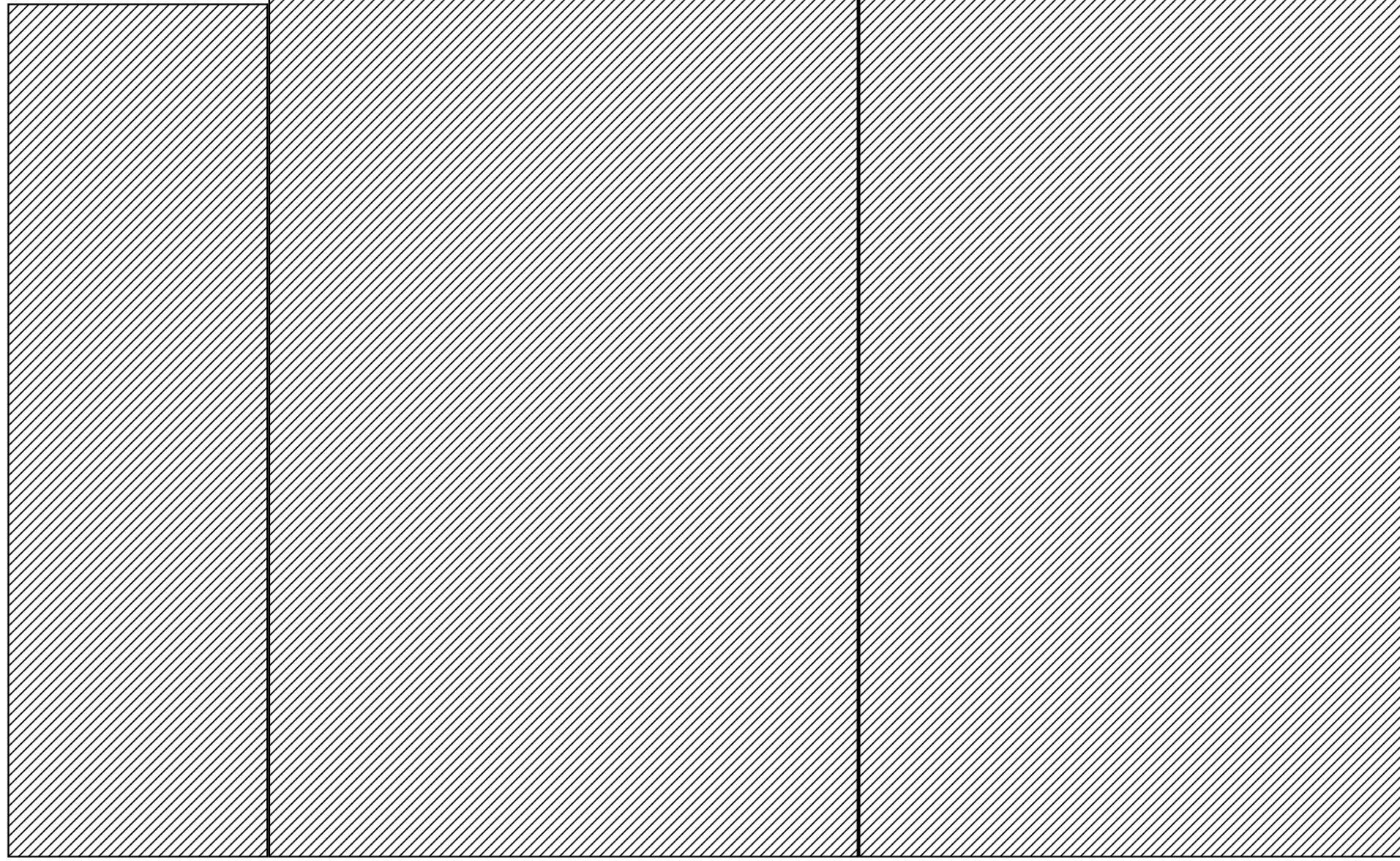
Beginning Dec. 17, Barstow Transit provides a limited fixed-route service around Barstow for evenings, weekends and holidays.

Job Watch

<u>Ann No.</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
DEA-470-99	Equipment Cleaner WG-7009-04 (Term NTE 366 days)	11-08-99	12-20-99	12-06-99	MCLB Barstow
DEA-513-99	Electrical Equipment repairer WG-2854-10 (Term NTE 366 days)	12-01-99	12-29-99	12-15-99	MCLB Barstow
DEA-514-99	Civil Engineer GS-810-12	12-01-99	12-29-99	12-18-99	MCLB Barstow
DEA-521-99	Painter Worker WG-4102-07 (Term NTE 366 days)	12-03-99	12-30-99	12-17-99	MCLB Barstow
OTR-161-99	Educational Technician GS-1702-04 (Temp NTE 1 Year)	11-29-99	12-27-99	12-13-99	MCLB Barstow
OTR-163-99	Painter Helper WG-4102-05 (TempNTE 1 Year)	12-03-99	12-30-99	12-17-99	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:
Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)
525 B Street, Suite 600
San Diego, CA 92101-4418
For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.
If you have Internet access, browse to <http://www.usajobs.opm.gov>.
For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.dashroc.navy.mil>.

Fares must be paid in cash and are the same as the current fixed-route service. For more info call Barstow City Hall at 256-3531 extension 3268.



SPORTS

Top Gun out shoots PMO

By Cpl. Mike McQuillan
BARSTOW LOG staff

Bryce Catlett rallied for four consecutive three pointers midway through the second half to lead Top Gun past the PMO Enforcers Dec. 2, 41-32.

Both teams had played the previous night. PMO had leveled Rock Bottom, 61-31 and NTC shot down Top Gun, 59-25.

The game opened quickly, with both teams hitting a fast break for a basket in the first minute. The tides shifted soon thereafter, and scoring halted for several minutes.

Both defenses forced missed shots near the board, resulting in an 8-6 standstill midway through the first. The majority of points scored at that point came from foul shots. The two teams exchanged technical fouls with just under six minutes left before coming alive.

PMO broke the monotony with a series of fast breaks by Stephen Peltier and Josh Dilk. At the end of one half, PMO led 20-16.

Scoring remained slow and steady as the Enforcers maintained a small lead. With the score at 26-20 and 13 minutes remaining on the clock, Catlett unloaded for 14 straight Top Gun points.

"When you're hot, you just keep shooting until you miss," said Catlett. "I kept hitting them so I kept at it."

The Enforcers crept back but fell short in the final minutes.

Catlett finished with 27 points and Phillip Lamb scored 10 for Top Gun. Monte Matthews led PMO with 17 points.

In other action, the Business overran the Clinic, 71-32. Business 'executives' Fred Waddell and Joseph Hood didn't play this time. Waddell explained that he trusted his underlings to "take care of Business."



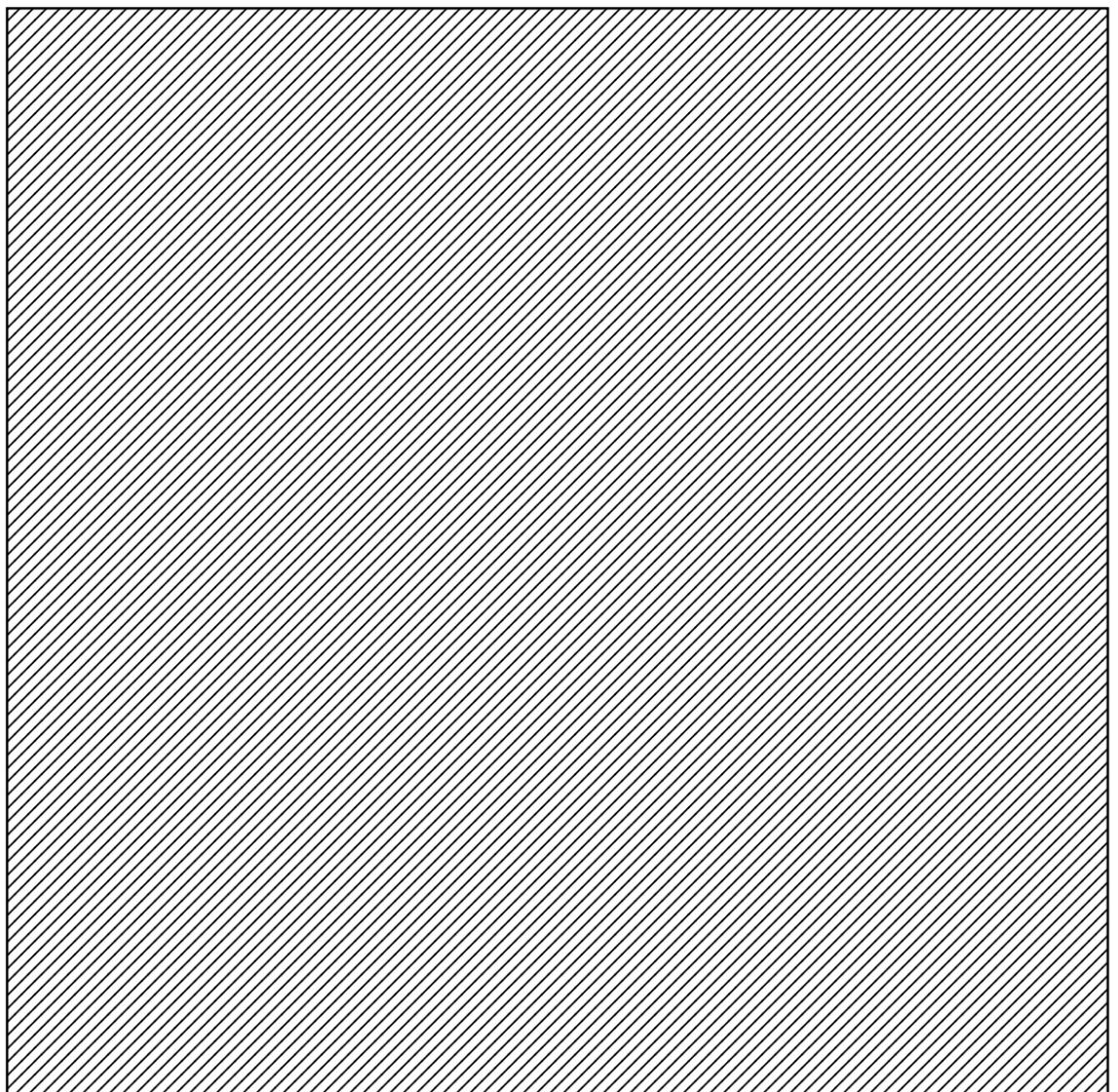
Phillip Lamb (center) posts on Monte Matthews for a bucket.

Photo by Cpl. Mike McQuillan



Photo by Cpl. Mike McQuillan

In a game of armpit warfare, players fight for a rebound.



Military pay goes hi-tech

By SSgt. Kathleen Rhem, USA
American Forces Press Service

Military and Department of Defense civilian employees and retirees will soon be able to make many routine changes to their official pay accounts whenever they want by phone or via the World Wide Web.

The Defense Finance and Accounting Service is in the process of implementing the Employee/Member Self Service program. DFAS officials project the program will be available for some customers in February 2000.

The officials said defense payroll customers using the round-the-clock Web and phone systems will be able to change their federal income tax withholding; start, stop or change allotments; change their correspondence address; and update information for their financial institution electronic fund transfers.

DFAS officials said the self-service program should improve the processing of pay changes by saving time and reducing the current paper trail. Now, customers may have to wait weeks for action because they must visit a finance customer service representative and submit written forms that have to be processed by a string of clerks, they explained.

"Employee/Member Self Service provides an alternative to completing and submitting forms and will provide reliable and accurate information," DFAS project officer Gloria Cranford-Bates said. "Most importantly, E/MSS will be a fast, easy and secure way for customers to update payroll-related transactions at their convenience."

The system will allow customers to make changes nearly instantly on their own. Officials explained that no written confirmation will be received, but members can check changes by re-accessing the system in a week. Changes will also be annotated on the customer's next Leave and Earning Statement.

A personal identification number will control customer access. DFAS plans to mail letters to eligible customers with a temporary PIN they can customize the first time they use the system, officials said. The letter will also give customers the Web site address and the toll-free number to access the system.

The DFAS plan calls for E/MSS to become available in two phases. DFAS representative Cathy Ferguson said letters are being mailed to DoD retirees and surviving annuitants, Marines and civilian employees, the first group of people who will have system access. Soldiers, sailors and airmen will gain access a few months later.

The military services' current telephone systems for their members will eventually be rolled into the DFAS self-service system.

E/MSS Internet transactions will be encrypted using 128-bit encryption and Secure Socket Layer technology,

DFAS officials said. This will prevent information from being read by others while being transmitted from the customer's personal computer to the E/MSS Web site. Also for security reasons, officials recommend against using cellular phones to access the IVRS system.

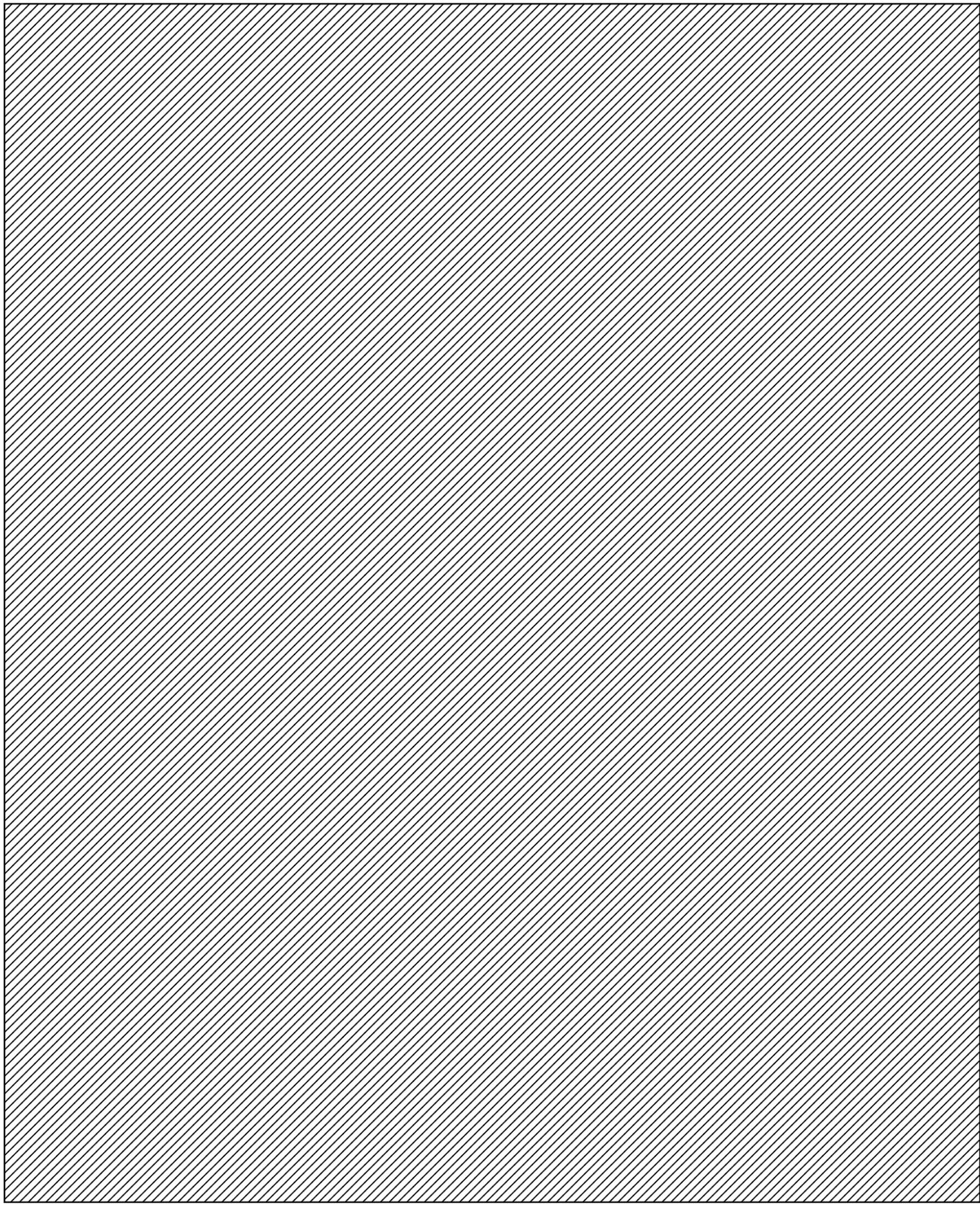
Additional information can be obtained on DFAS' Web site at <http://www.dfas.mil>.



Photo by Cpl. Brian Davidson

Annual FMA Food Drive is a success

Lorella Garcia, Federal Managers Association representative, and Christina McKerral, a homeless shelter coordinator, complete the collection of foodstuffs donated by the MCLB Barstow community. The FMA would like to thank the all who donated for their support in helping make the annual food drive a success. The food collected will help sustain local efforts to feed the homeless and less fortunate during the holiday season.



1997 HONDA CIVIC DX: Silver with black LaHabra bra, really cute, four door, auto, AC, PS, PB, AM/FM radio, new tires, tinted windows, front and rear deck cover, tilt wheel, xlt cond., clean, runs great, 32K miles. Book \$12,800. Asking \$11,800. Call 843-9498 after 5 p.m. Lv msg.

1970 OLDS CUTLASS: 2 door, V-8, auto, air, smog free. \$2,000. Or trade for 4x4 Runner or not. Call 252-9199.

1990 MAZDA 626: Low miles, fully loaded, great interior, Sony CD system, \$3,900. Call 252-3886

1975 TOYOTA LAND CRUISER: New soft top and doors, \$3,000; two 1979 FORD BRONCOS, make one from two, \$1,500. 1974 Pinto body, \$25; 1978 Mustang body, \$100. Call 256-6103.

1964 VW BEETLE: 1641 cc engine, new interior, brakes, rims, tires and w/seals. \$2,000 OBO. Call 253-3573.

1978 MONTE CARLO LANDAU: two door, custom paint, new engine and transmission, three pumps, eight battery, 10 switches, needs interior work only, \$4,000 OBO. See at 1260 Monterey Ave. or call 252-3802.

DUNE BUGGY: Super reliable, ready to go, \$2,800 OBO. Call 252-7017

FOR SALE: 1979 Sunliner 17' boat. Moving must sell. \$2,000 OBO. Call 252-7017.

FOR SALE: 12 x 24 mobile home with pop-out and attached enclosed porches, furnished, \$4,900 OBO. See at North Star Park, 342 Petrol, Bakersfield, Calif. Call 253-5926.

FOR SALE: Schwinn mountain bike, aluminum frame, rock shox front suspension, 21 speed grip shift. \$400 OBO. Call 256-3465. Lv msg.

FOR SALE: BMX bicycle, like new, \$100; Radio control trucks and buggies, LOSI XXCR and XXT also RC-10 with controls and vector charger, lots of parts. Call 256-6103.

FOR SALE: Raptor Extreme Paint Ball gun, \$200; Snow board, 1149 Nale with Preston bindings, \$300; Burton boots size 12, \$50. Barfoot boots size 10, \$30. Call 256-6103.

FOR SALE: Realistic Optimus full size floor speakers, \$100. for the pair. Call 254-2295 AWH.

FOR SALE: Microwave/Convection oven, \$50; Sharp TV, 27" color, stereo, \$100. OBO Call 253-5926.

FOR SALE: Electric stove/oven, over 40 years old and looks brand new, extra xlt cond., collectable? See to appreciate. Call 252-7198.

FOR SALE: Sofa w/queen size sleeper, loveseat and chair, all overstuffed in good cond. Paid \$2,400. Will sell for \$400. Call 956-1007. Lv msg,

FOR SALE: Hobart M. Cauble Piano by Story & Clark, xlt cond. \$1,100. Call 252-1059.

FOR SALE: Navy Pea Coat, used, good cond., size 38, \$25; Camera, KX100, 35mm, new, still in the box, \$10; Calculator, desktop, 6" x 8", new still in the box \$8. Call 242-8839

FOR SALE: Battery illuminated magnifier, glass, new, still in the box \$8; Pet carrier, kennel 21" long, 18" wide, 16" high, \$20. Call 242-8839.

FOR SALE: VCR, RCA, four head, remote, \$50. Call 957-1824.

FOR SALE: Life gear treadmill (manual), purchased at J.C. Penney, mid-Nov.99, used twice, physical condition limits usage. \$100. Call 252-8911 or 252-3309.

FOR SALE: Guitar, Ovation, custom legend 12-string, black w/mother of pear inlays, acoustic/electric, mint cond. \$500 firm. Call 256-0994.

FOR SALE: Sofa and loveseat, lamp and rocking chair, all xlt cond. Must see to appreciate. Call 256-6186.

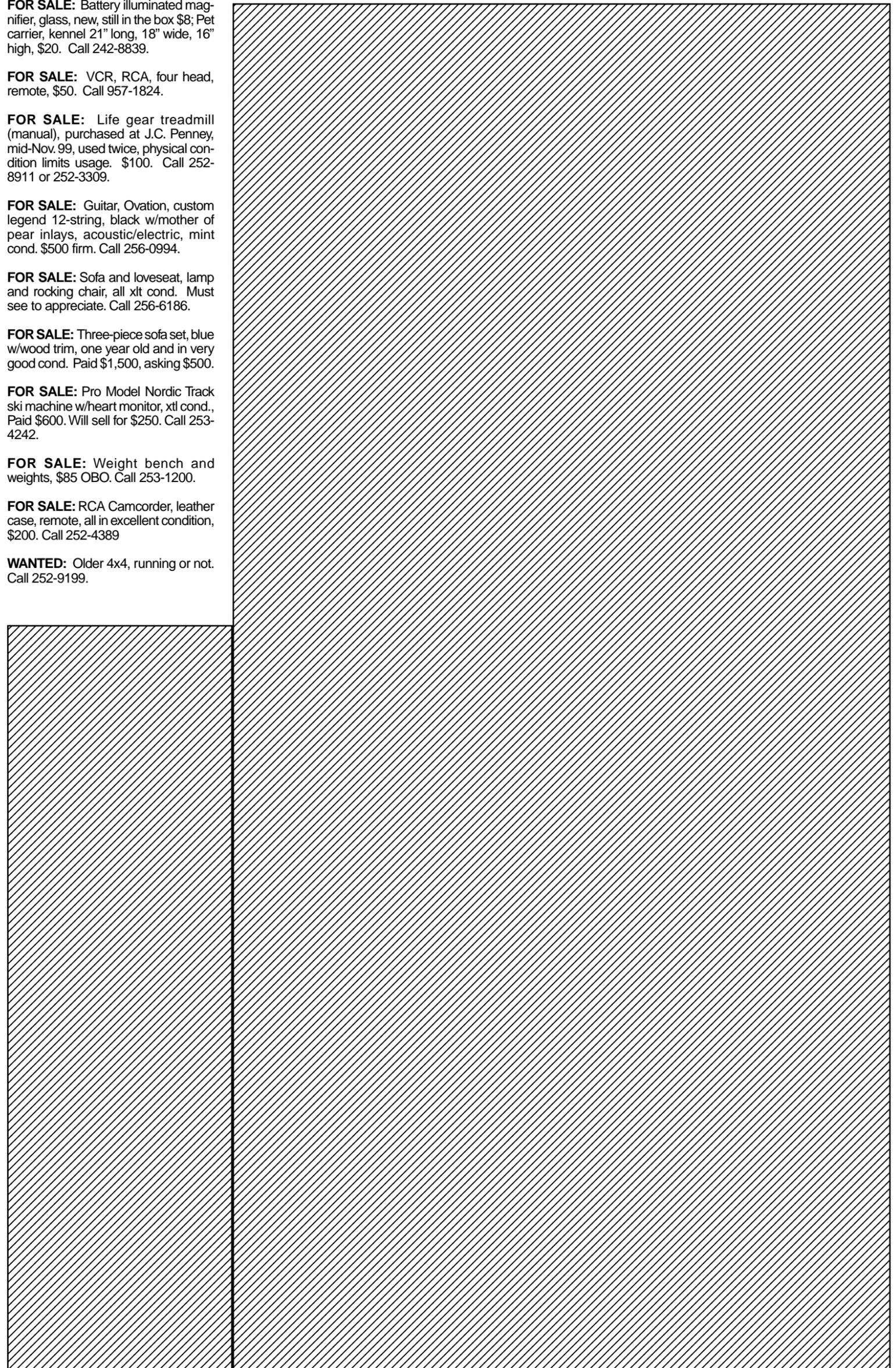
FOR SALE: Three-piece sofa set, blue w/wood trim, one year old and in very good cond. Paid \$1,500, asking \$500.

FOR SALE: Pro Model Nordic Track ski machine w/heart monitor, xlt cond., Paid \$600. Will sell for \$250. Call 253-4242.

FOR SALE: Weight bench and weights, \$85 OBO. Call 253-1200.

FOR SALE: RCA Camcorder, leather case, remote, all in excellent condition, \$200. Call 252-4389

WANTED: Older 4x4, running or not. Call 252-9199.



ANTS from Page 1

kill, according to Fortin, many houses are not having any pest problems.

"A lot of time you are spending money on pesticide and to have the pest controller come out when it is not really needed," he said. "Most people have it done just for peace of mind."

Cleanliness helps control ant problems before they start, but if an ant happens to show up on your floor one morning, do not be upset because you think it means you have a dirty house.

"I've been in homes that are immaculate," he said, "but it only takes one crumb to attract ants."

MOVE from Page 1

Community Hospital, Fort Irwin. All other beneficiaries under the age of 65 must seek health care and pharmacy services through TRICARE Standard. Those beneficiaries over the age of 65 must seek health care and pharmacy services through Medicare. The need to seek health care and pharmacy services elsewhere is only temporary.

Once the move to Yermo Base is completed, medical will provide our usual services to our beneficiaries.

If you have questions regarding this move or any available services, please contact Cmdr. Simpkins at 577-6573.

We apologize for any inconvenience, and thank you for your cooperation.

CHAPLAIN from Page 2

mind. I believe it does His heart good when we treat each other with love and respect. I believe He is tickled when we look out for the poor and underprivileged. I believe we fulfill our so called destinies when we live our daily lives with honor by treating others with

honor.

Like my puppy who jumped into the water without reservation, we too have a great purpose and can fulfill that purpose as we set God first in our lives. I think He smiles when He sees us doing the right things.

The apostle Paul thought so too. He wrote to the people in Colosse, "For

this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of His will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please Him in every way: bearing fruit in every good work, growing in the knowledge of God."

(Colossians 1:9-10).

I sure do enjoy my dog.
Blessings,
Chaplain Michener

The final BARSTOW LOG of the Millennium will be published Dec. 16.

