

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 29

Marine Corps Logistics Base Barstow, California

June 1, 2000

Field Meet

See how the Marines of MCLB Barstow show each other a good time

[Pages 6-7](#)

Job Watch

New listings, new page this week only

[Page 2](#)

Oasis Club Pool Hours

The confusion ends See news briefs

[Page 3](#)

Semper Fit

Resident expert gives tips on how to stay fit

[Page 4](#)

Personal Services Bulletin

MCCS celebrates Father's Day

[Page 5](#)

Sailors of the Quarter



HM3 Antony Blakely
Junior Sailor of the Quarter

Hospitalman Third Class Andrew G. Blakely III was born May 26, 1974 in Taft, Calif. He enlisted into the Navy in January 1994, having already earned certifications as a plumber's apprentice and an Emergency Medical Technician.

He graduated from Naval School Health Science San Diego and was stationed in Camp Pendleton with the 13 area Branch Medical Clinic. He was reassigned to the Clinic at the Base Brig. Blakely was trained as an Emergency Vehicle Operator and a Preventative Medicine Representative.

In June 1996, Blakely reported to his first overseas duty station at U.S. Naval Hospital Yokosuka, Japan. While stationed in Japan, Blakely was assigned to the Emergency Department and Ambulance Crew. He was trained in Advanced Pediatric Life Support, Orthopedics and Intensive Care and post-operation recovery. He was promoted to his current rank in 1998.

Blakely received orders to his present duty station at the Branch Medical Clinic, MCLB Barstow in July 1998. He was assigned to the Health Records Department and made Supervisor only five months later.

He currently serves as the Ambulance Service Representative, where he maintains three ambulances and works closely with the base fire department.

He lives in Base housing with his wife, Gloria and their two children.



HM2 David Allan Pope
Senior Sailor of the Quarter

Hospitalman Second Class David Allan Pope was born on March 28, 1970 in San Diego, Calif. He graduated from Indio High School in 1988 and enlisted in the Navy the following October.

Pope's first assignment was as a squad corpsman with 3rd Recon Battalion, 3rd Marine Division in Okinawa, Japan. While stationed with 3rd Recon Bn., Pope attended Team Spirit 89-90 in Korea.

He transferred to 2nd Battalion, 5th Marines, 1st Marine Division at Camp Pendleton as a senior squad corpsman. He deployed to Operation Desert Shield/Desert Storm in September, 1990 and earned a Combat Action Ribbon. In 1992, after undergoing Cold Weather Training in Bridgeport, Calif., Pope transferred to Division Surgeon's Office, 1st Marine Division.

Pope's next duty station was NAWS China Lake, Calif., where he was assigned to the base Explosive Ordnance and Disposal Unit.

In March, 1994, Pope volunteered for six months of duty in Zegreb, Croatia in support of Operation Provide Promise.

Pope returned to the United States and attached to MMHS 268 at MCAS El Toro, where he earned his air wings and qualified as a crew chief on the CH-46 helicopter.

He deployed with the 11th Marine Expeditionary Unit in February, 1998, where he was part of a Non-Evacuation Order in Enitrea, Africa, flying over 300 civilians out of the country.

He reported to the Branch Medical Clinic in Barstow in June 1999. Pope lives in base housing with his wife, Kimberly, and their two sons Dalton and Darron.

Honoring fallen Warriors of all wars



Photo by Bill Bokholt

MCLB Barstow's walking color guard marches past the Memorial Day crowd at Mountain View Memorial Park Monday. (Pictured L-R) LCpl. Martin Coronado, Cpl. Rafael Marquez, Cpl. Micheal McGee and LCpl. Erick Ramirez.

Arlington brings memories home to you via Internet

By SSgt. Kathleen T. Rheem
American Forces Press Service

ARLINGTON, Va. – Since 1864, the 200 acres of land surrounding Confederate Gen. Robert E. Lee's hill-top mansion, Arlington House, have been hallowed ground, a place for our nation to mourn its fallen heroes and honor their service. Nearly 4 million people visit Arlington National Cemetery each year, and now, through technology, the cemetery is within reach of those around the world who can't travel here.

Unveiled in April, the cemetery's Internet Web site, <http://www.arlingtoncemetery.org>, is a wealth of practical and historical information.

"Actually, you could get most of the information before from the Military District of Washington's Web site," said Tom Mani, MDW's command information officer. "But since the cemetery is such a well-recognized national shrine, we felt it deserved its own main-door entrance to the Internet."

A handy menu bar with a picture of a military firing party spans the top of each page in this attractive, easy-to-navigate site. The light gray background is reminiscent of the white marble used in the cemetery's government-issued headstones.

Following the menu bar through

the site, the information ranges from extremely useful to extremely interesting and seems to cover all the bases. The first location on the menu bar, simply titled "map," doesn't actually include any maps but does feature driving directions to the cemetery from several different locations. The first paragraph includes the cemetery's Zip code to make it easier to access the necessary information on any of the available computer programs or Internet mapping sites.

Next on the menu bar is "visitor information," which includes information on the Memorial Amphitheater and the Tomb of the Unknowns. The section on the amphitheater describes the annual Easter, Memorial Day and Veterans Day ceremonies held there that most often bring the cemetery into the public spotlight.

Did you know the Tomb of the Unknowns was never officially named as such? Neither did I until I read the section on the Tomb in the Web site. This section includes information on how each "unknown" was selected for interment at Arlington and the events leading up to the funeral for each – moving stories all, that make one wish to have witnessed the events.

Another "visitor information" page

[See GRAVE Page 12](#)

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. Send your concerns via LAN to SMB Barstow Commanders Forum.

Safety Searches

Q I have a question about the 100 percent gate search conducted recently. Everyone appreciates the security but what was the result? Thank you, sir.

A Vehicle inspections are designed and conducted to ensure the command is safe, functional, and mission ready. We do six to twelve random vehicle inspections per month. We have not historically published the results, as generally the employees and military personnel

are law-abiding, and we find very little of note. On the occasion to which you refer, we issued the following citations:

- 7 citations issued for No Proof of Insurance
- 1 citation issued for No Drivers License in Possession
- 2 citations issued for expired base decals
- 1 citation issued for Defective Head Lamp
- 1 citation issued for theft of government property

Thank you for your interest in the safety and security of this installation. For further information concerning these matters, please contact Master Sergeant Wilkinson, Public Safety Department, at 577-6858.

Virus raises questions of 'Love'

By Lt.Cmdr. L.P. Ferrell
MCB Camp Lejeune

Just a few days ago a government leader in England interrupted proceedings in the House of Lords to say, "We have a computer problem that has totally impaired government computers. In fact, we have shut them down." As the announcement was made, there was slight laughter. I'm sure those in the audience thought the announcement was made as a joke. After more explanation followed, voices raised clamoring with anger.

That was the same day those wonderful words, "I love you" appeared in an E-mail to the world.

What a surprise when people opened their E-mail to find a computer virus.

This virus effectively shut down the technological world anywhere from hours to days. The estimate of monetary damage has been in the billions of dollars. This virus dubbed the "Love Bug" virus did everything but spread love about.

When we read or hear the words, "I love you" our hearts tend to become tender and mellow. If you want to see me turn to putty, watch me after my seven-year-old daughter says, "Daddy, I love you very, very, very much!" Thankfully, she says that often and when she does, it just makes my day. When we hear

those words we trust the message is clear. We are valued and cherished. We are loved for who we are and appreciated.

When a parent speaks those words to a child, the expectation and hope is that the child is safe within the loving care of the father or mother. "I love you" signifies commitment, and acceptance.

When my spouse tells me she loves me, I feel safe to share my entire self with her, trusting she will respect my vulnerability with reciprocity.

However, as many of you know, that is not always the situation. "I love you" is often said without full appreciation of the power of the words. They are often said without full regard or respect for the other person. Many times they are selfishly said so the speaker can meet his or her personal needs.

Yes, sad to say, over and over many people have used love to wreck the lives of others just to fulfill selfish desires. Just like the E-mail that looked so inviting, unscrupulous people misuse the word "love" to cause harm instead of good. Because of the misuse of love, the word "love" is often suspect, particularly in the minds of those emotionally, physically, and sexually abused. No wonder people are often leery of others saying, "I love you." That is not the way

See **CHAPLAIN** Page 9

Just doing my job ...



Photo by Sgt. Mike McQuillan

Bette Poe, mail clerk, Base Administrative Office, prepares paperwork for the day's activities. A familiar face throughout Base Headquarters, Poe has served the Federal Government for more than 20 years.

Job Watch

Annc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-218-00	Computer Specialist GS-0334-09 (Term NTE 366 days)	05/08/00	06/05/00	05/22/00	MCLB Barstow
DEA-233-00	Instrument Mechanic WG-3359-11(Term NTE 366 days)	05/19/00	06/16/00	06/05/00	MCLB Barstow
DEA-248-00	Electronics Measurement Equipment Mechanic WG-260-11	05/26/00	06/23/00	06/09/00	MCLB Barstow
DEA-254-00	Machine Tool Operator WG-3431-08 (Term NTE 366 days)	05/26/00	06/23/00	06/09/00	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.donhr.navy.mil>.

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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News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to daileyb@barstow.usmc.mil.

Oasis Pool open to Active Duty and Families

The Oasis Pool is open. Due to unforeseen delays in construction and renovation, the Family Pool will remain closed until mid June. The Oasis Pool will be open 7 days a week 11 a.m. to 7 p.m. Lap swimming from 11 a.m. to noon Monday through Friday. Unfortunately, patronage at the Oasis Pool will be limited to active duty and their families until the Family Pool is reopened.

Enlisted grades E-1 through E-5 have exclusive use of the pool Wednesday, Thursday and Sunday. Staff-non-commissioned Officers and Officers may use the pool Tuesday, Friday and Saturday. Mondays will be open to all ranks. These restrictions will only be effective while the Family Pool is closed.

MCCS apologizes for any inconvenience and will strive to keep you informed of any changes.

Medical/ Dental Shuttle Schedule

There are weekday shuttles running to and from the Medical and Dental Clinics at Yermo.

Shuttle schedule:
 6:50 a.m. McKinney Youth Center
 7 a.m. HqBn.
 12:30 p.m. McKinney Youth Center
 12:40 p.m. HqBn.

Children ages 4 and up or 70 lbs. or over are eligible to ride. Younger Children must be in a portable car seat.

Civilian employee sick call is available in the morning and afternoon. Mornings from 7 to 8 a.m. and in the afternoon from 1 to 2 p.m. Monday through Friday.

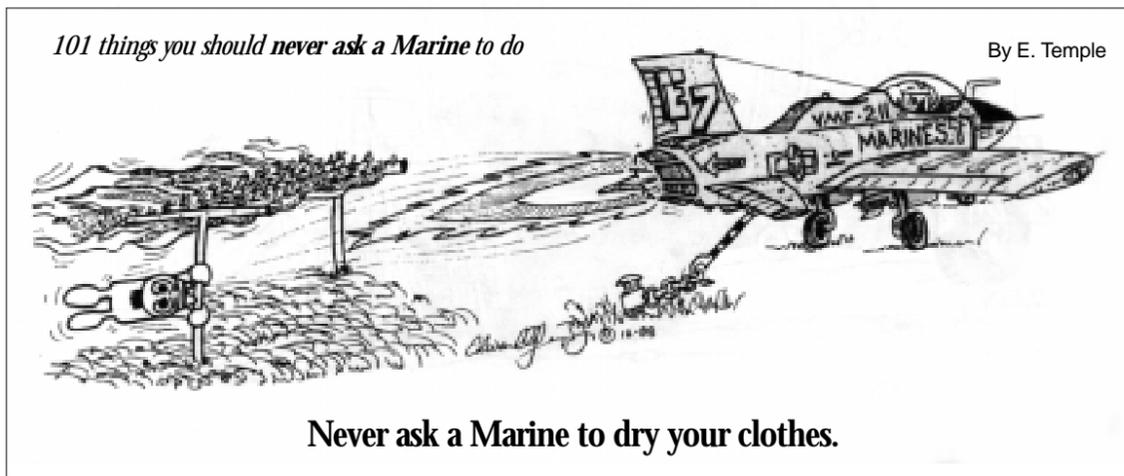
Military sick call is also available in the afternoons from 1 to 2 p.m. Morning sick call for military personnel is from 7 to 8 a.m.

All return transportation from the clinic is by group pickup.

Call 577-7722 for more information.

Christmas in July

The 5th Annual Toys for Tots Poker Run is coming up July 22. Start and



finish line of the 100 mile loop is at the Moose Lodge #1330, 560 Victor Ave. in Barstow. Sign-in will be from 8 to 11 a.m. Biscuits and gravy, and coffee will be served for breakfast during the time of sign in - as well as a barbecue lunch starting at noon for those with paid donations. A \$15 donation is asked for one person or \$20 for two. Donators are also asked to give a new unwrapped toy or an additional \$5. The

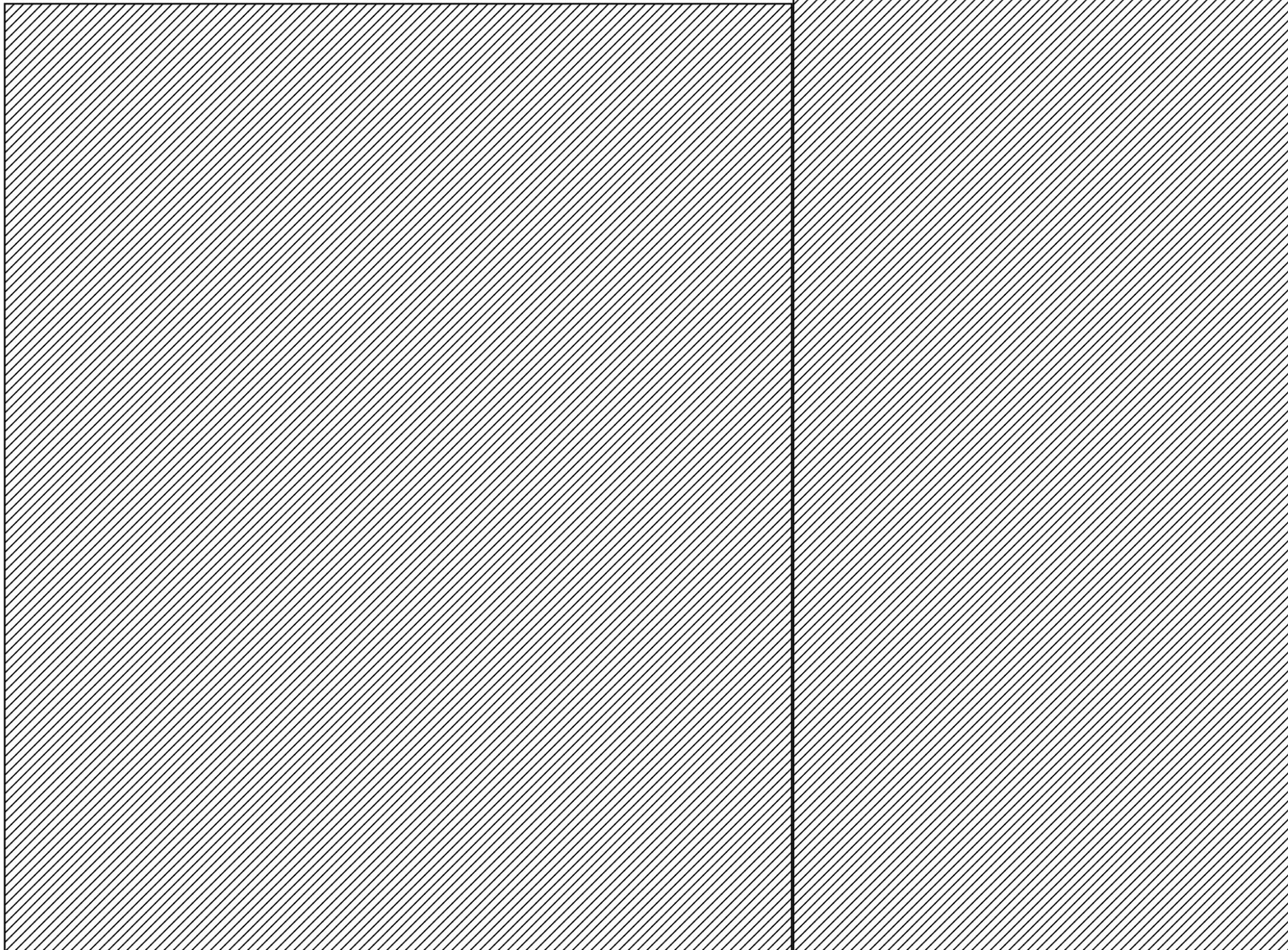
Poker Run is open to all street legal vehicles. For more information call The Moose Lodge at 252-3810.

ASMC Luncheon

The American Society of Military Comptrollers will be meeting June 20 at the Oasis Club at 11 a.m. The

Speaker will be Lynne Escobedo from the Scheduled Airlines Traffic Office. The theme will be, "How to get out of the High Desert this summer."

The entry fee is \$5, which includes Tuna loaf with vegetables and a roll with butter or a chef's salad. For more information call 577-6596



Physical fitness, sports month

By Marisa Klavon
Health Promotion Coordinator

The goal for Health Promotion is to provide a knowledge base for Marines who are basically healthy as well as progressive knowledge in all aspects of health and fitness in order for them to maintain military readiness. HQMC has teamed up with various organizations in coming up with monthly health observances for the Marine Corps.

These monthly observances are meant to provide a means by supplying information on awareness and education on health topics, prevention of injuries and diseases, and emphasizing Quality of Life (QOL) issues. Monthly observances provide a scope of issues that directly influence a healthy lifestyle to active duty personnel while on and off duty.

June has been designated Physical Fitness and Sports month by HQMC. There are many activities that active duty and their families can be involved with to increase their activity and fitness level. For example, Semper Fit is a resource to utilize during this month's observance. HP is an area within Semper Fit and can assist with sports nutrition for peak performance,

guidance on sport specific stretching techniques, weight room orientation, fitness assessments, and personal fitness training. In addition, this month Semper Fit's Single Marine Program is teaming up with Personal Services and sponsoring a 10K run/SK walk against illegal drug use, which is tentatively scheduled for June 17. This event is a perfect way to apply this month's observance by participating and enjoying the activities that enhance QOL, both physically and mentally. Call Semper Fit for more information at 577-6817, 577-6899, or 577-6971.

Other ideas for a healthier month may be, to plan a hiking or biking trip. The local Bureau of Land Management (BLM) Agency has numerous local areas for hiking trails. Free maps on trails are available at the local office in Barstow. Plan a weekend volleyball game at the Beer Garden Park with family and friends. Plan a family softball game at Obregon Park. Check out the local single A advanced minor league baseball team, The High Desert Mavericks in Adelanto: tickets are only four or six dollars. Try a new sport, change your work out routine, or try a martial arts class. These are

See FITNESS Page 9

Supplements: How much do you know about the supplemental drugs you are taking?

By SSgt. Bruce Raymond
Substance Abuse
Control Specialist

Many Marines are turning to nutritional supplements hoping to improve performance or alter body composition beyond genetic limitations. However, the effectiveness and safety of many supplements and performance-enhancing drugs remains unclear.

Nutritional supplement regulations are far less stringent than those governing food, beverages, and drugs. Supplements sold over the counter are not necessarily proven safe and effective, because the Food and Drug Administration (FDA) does not require such proof, and haven't substantiated what is printed on the label, before the supplement is marketed. Because of little or no regulation, unscrupulous manufacturers draw consumers into their multi-billion dollar market through advertising and marketing.

A wide variation in quality, consistency and purity of supplements exists in the marketplace. Keep in mind, that supplements that are used for research are pure, but consumers in the unregulated marketplace cannot be assured of the same purity in the products that are available to them. Studies by various researchers have found unidentifiable impurities and inconsistencies in supplements on the market.

With the uncertainty of supplements emphasis should be placed on reaching performance and body composition goals through traditional exercise and diet, rather than supplements and drugs. However, if you choose to use supplements then do the following.

Always tell your physician if you are taking any type of supplement to make sure you do not have any underlying conditions that may be aggravated through the use of supplements. Educate yourself about supplements, using reputable sources. Research on supplements is

rapidly changing, thus it is important to keep up-to-date.

Some unbiased, reliable sources include the following:

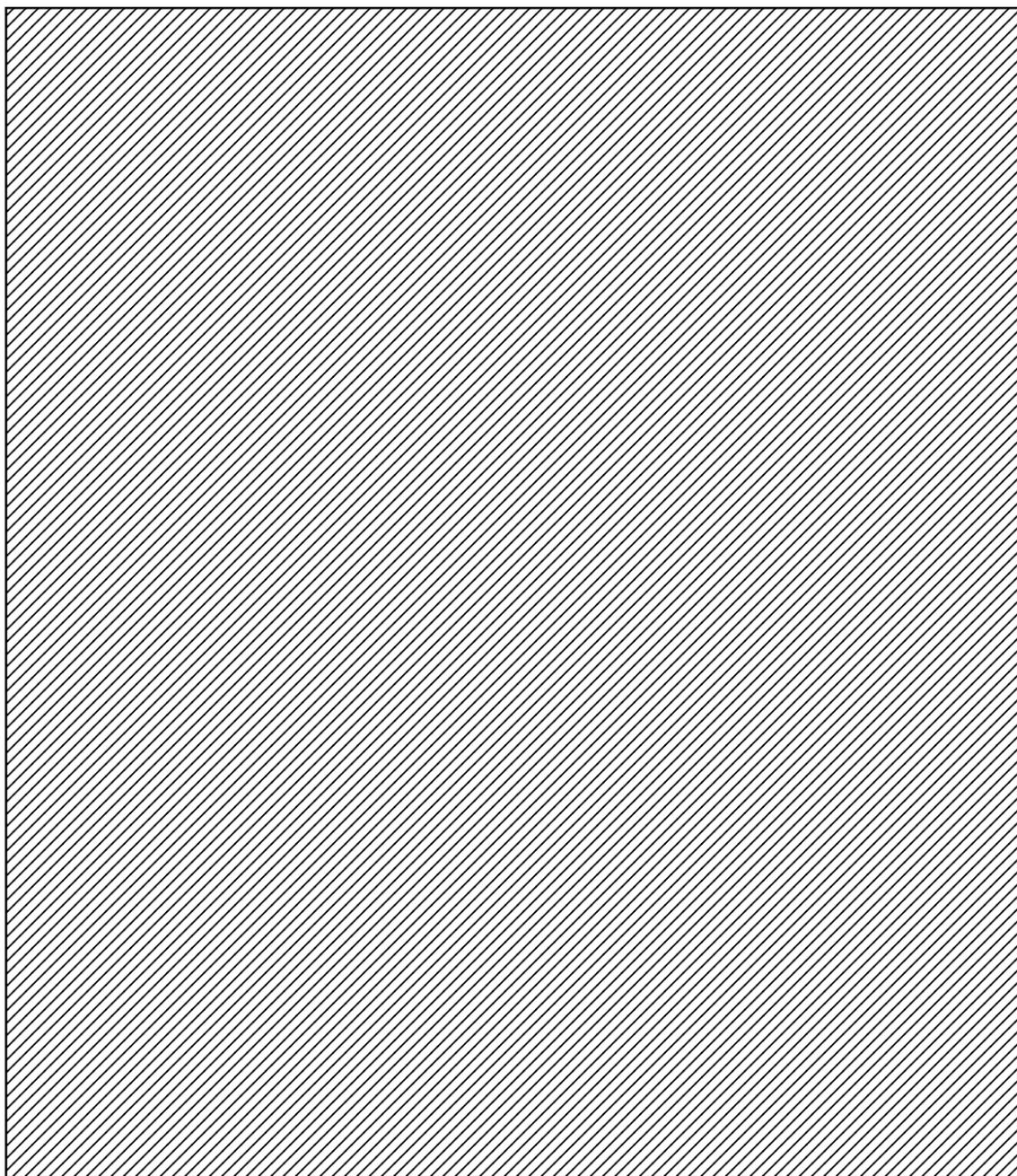
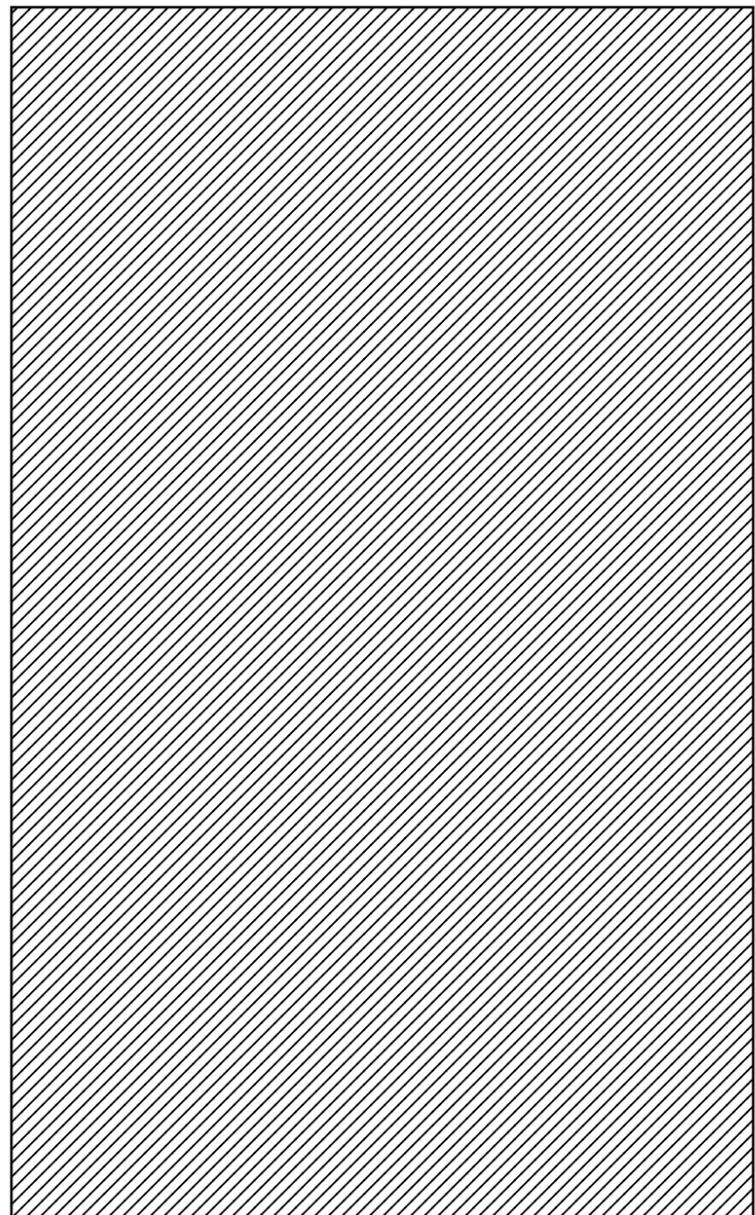
National Institute of Health, Office of Dietary Supplements at <http://www.odp.od.nih.gov/ods/databases/ibids.html>

American College of Sports Medicine at <http://www.acsm.org>

National Council Against Health Fraud at <http://www.ncahf.org>

Also utilize your local resources, which include your physician, Semper Fit, Naval Hospital Promotions, and the base library.

Due to the unknowns about supplements, it is recommended to use quality training and eat an adequate diet. It is advised to eat a high carbohydrate diet with a wide variety of foods and adequate protein to prepare for optimal athletic performance. Always remember, never use illegal substances. If you are in doubt about illegal substances, ask you Substance Abuse Control Specialist.



PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

Happy Father's Day -- June 18

Dads -- We need you

By **Stephanie Wilson**
Public Affairs Coordinator

Father's Day is June 18. On this day it's sobering to think that the United States is now the world's leader in fatherless families, according to U.S. Rep. Joe Pitts.

But you can make a difference. Whether you're a single father, a divorced father living away from your child, a father in a two-parent home, or a father who's frequently away from home on deployments or other military duties, you can have a tremendously positive impact on your children's lives.

Studies show:

- In high-crime, inner-city neighborhoods, over 90% of children from safe, stable, two-parent homes do not become delinquents (Senate Resolution 125, 1999).

- Children with fathers at home tend to do better in school, are less prone to depression and are more successful in relationships

- The presence of fathers is linked with improved fetal and infant development

- Father-child interaction is shown to promote a child's physical well-being, perceptual abilities, and competency for relatedness with others

- Of 455 students aged 14-19, those who have higher self-esteem and lower depression reported having a good relationship with their fathers.

The role of a father is so important that groups such as Promise Keepers, the Million Man March, the American Coalition for Fathers & Children, the National Fatherhood Initiative have formed to help fathers become responsible and present members of the family.

These efforts are "... not meant to diminish the parenting efforts of single mothers, but rather to increase the chances that children will have two caring parents to help them grow up healthy and secure."

If you're a father, be a great dad. If you need help being a dad, please get it. Your children need you.



Photo by Cpl. Brian Davidson

Above: GySgt. Michael Claudio (right) coaches his son's Devil Pups baseball team.

Below left: GySgt. Sam Battle spends time with his daughter Questta at a FSC Picnic.

What it takes to be a dad.

Read to your children.
Keep your promises.
Go for walks together.
Let your children help with household projects.
Spend time one-on-one with each child.
Tell your children about your own childhood.
Go to the zoo, museums, ball games as a family.
Set a good example.
Use good manners.
Help your children with their homework.
Show your children lots of warmth and affection.
Set clear, consistent limits.
Consider how your decisions will affect your children.
Listen to your children.
Know your children's friends.
Take your children to work.
Open a savings account for college education.
Resolve conflicts quickly.
Take your children to your place of worship.
Make a kite together. You get the idea. For even more ideas, call the National Fatherhood Initiative at 1-800-790-DADS.
It takes a man to be a dad™



Photo by Sgt. Mike McQuillan

Why I'm glad to be a father

By **Ben McCart**
Marriage and Family Therapist

As a father, a stepfather, and a grandfather, I have had a lot of opportunity to experience and think about the positive influence a man can have in the life of a child.

As I thought more deeply about this, I realized that many of the experiences I had with my children could also be done by a mom. That in fact, what a child needs most is a meaningful relationship with a loving adult, regardless of whether that adult is a man or a woman. But there are some things that can only be done specifically by a mom or a dad, and, in honor of Father's Day, I would like to share one of those special experiences with you.

I did my fathering back in ancient times when many kids did not start dating until their mid teens. By dating, I mean going to an activity as a couple rather than going to activities as a group. As my oldest daughter approached her 16th birthday, she had not been out on a "date."

I decided that my gift to her would be to take her out on a date with me.

In addition to doing something special to celebrate her birthday, I felt that it would be a wonderful opportunity to show her how she should expect to be treated by the boys who would be asking her out in the future.

About a week in advance, I invited her to have dinner with me on her birthday. I made reservations for 7:30 p.m. and arranged for a table next to the window at a nice restaurant that I knew had good food, good service, and a nice view of the city. I ordered a flower from the florist and arranged to pick her up at the house at 7 p.m.

Instead of coming home early, I stayed at my office until 6:30 p.m. and then drove home. I parked in front of the house, walked to the front door and rang the bell. I waited in the living room while she got her coat. Then I helped her on with it, escorted her to the car and opened the door for her.

When we arrived at the restaurant, I again opened doors for her, helped her remove her coat, followed her to the table and held her chair as she sat down.

We spent nearly two hours having dinner and talking about her activities

at school, her attitudes about boys and dating, and her plans for college... she would be a senior in the Fall. Finally we drove home and I escorted her from the car, again opening doors and helping her remove her coat and gave her a hug.

I don't know how much that influenced her attitude about how she expected to be treated by the boys, and later the men, in her life.

I did observe that the boys she dated came to the door to pick her up rather than sitting in the car and honking their horn. And they opened the doors for her. How much she learned from that "date" and how much more she taught them about how she expected to be treated is just a guess.

You don't need to have children to be a dad. Being a father is much more than biological. There are many men out there who are "dad" to some little boy or girl, and taking my daughter on that very special "date" was one of those unique things I had the opportunity to do because I was her dad.

Her daughter will be sixteen in three years. Maybe granddad will get a chance to do an encore.

A former commander speaks

By profession I am a soldier and take pride in that fact. But I am prouder—infinately prouder—to be a father. A soldier destroys in order to build; the father only builds never destroys. The one has the potentiality of death; the other embodies creation and life.

And while the hordes of death are mighty, the battalions of life are mightier still. It is my hope that my son, when I am gone, will remember me not from the battle but in the home repeating with him our simple daily prayer, "Our Father Who Art in Heaven."

—General Douglas MacArthur

Going green, 'it's field meet time'

By LCpl. Cory Kelly
BARSTOW LOG staff

The field meet began peacefully an hour after sunup, but as formations broke and the six platoons battling it out for the trophy got ready for the first event, the Tug of War, the mood steadily started changing. Platoons huddled up devising plans toward victory, utilizing the abilities of every Marine at hand to help score the prize.

As the Tug or War rounded its final matches it was clear that the days events were all going to be about the teamwork. PSD/MCCS (6th Plt.) took first place over FSC (2nd Plt.) and PMO (3rd Plt.) out-pulled Comm (5th Plt.) for the third and fourth place titles.

The next event was the HMMWV Pull. PSD/MCCS took the prize on that one as well, defeating HqPlt. (1st Plt.) by only seconds.

"Bull in the Ring" was the next order of the day, calling two teams at a time to put 10 Marines from each team into a ring about 20 feet in diameter, and see who comes out, or rather stays in, alive.

Most of the Marines had high hopes upon entering the ring. "I'm not coming out easy, I'll tell you that much," LCpl. Derrick Christoff, the supply chief from HqPlt. said, just minutes before he was tossed out of the ring like a paper weight.

Safety being a major concern of all the Marines, the Bull in the Ring ended with only minor injuries leaving the Marines from FSC on top and PSD/MCCS with the second place title.

This year's Sickbay Commando Cpl. Joseph Jenson was injured during the Bull in the Ring.

The last three events of the day, the Balloon Toss, the Wheelbarrow race, and the Dizzy Izzy, left some Marines with a slight headache, but it seemed the Staff-NCO's and Officer got the worst end of the stick struggling just a bit more with the Dizzy Izzy. In the end, Cpl. William Scruggs walked away with the individual effort award for the Dizziest Izzy.

The question of who would take home the first place trophy was still up in the air over chow, as FSC and PSD/MCCS were tied.

After a sudden death Tug of War match, 6th Platoon took the first place trophy home and FSC took second. Placing third was I & L (4th Plt.).

Last but not least of all the awardees was SSgt. John Lozano with the Cleanest Uniform.

LCpl. Marcos Ruvalcaba, an S-1 Marine working at the Base Gym, said, "It's nice knowing you came out here and gave it your all. He Said, You can see who needs to work out, and who is all motivated and actually utilizes the Base Gym."

Col. Mark A. Costa, base commander, seemed extremely happy with the Yermo Marines victory in the Bull in the Ring event painting his face with an oversized grin and saying, "I'm glad the Yermo boys did get a workout this time."

Cpl. Kyran Ramcharan, of PSD/MCCS, said it was just the luck of the draw that put the winning team together from divisions across the base. "It was a good day. I had fun. I think everybody had fun," he said.



Photo by LCpl. Cory Kelly

GySgt. Peter Errigo tries to keep himself in the ring and his clothes on his body during the Bull in the Ring. He won the WWF Individual Effort award for this performance.

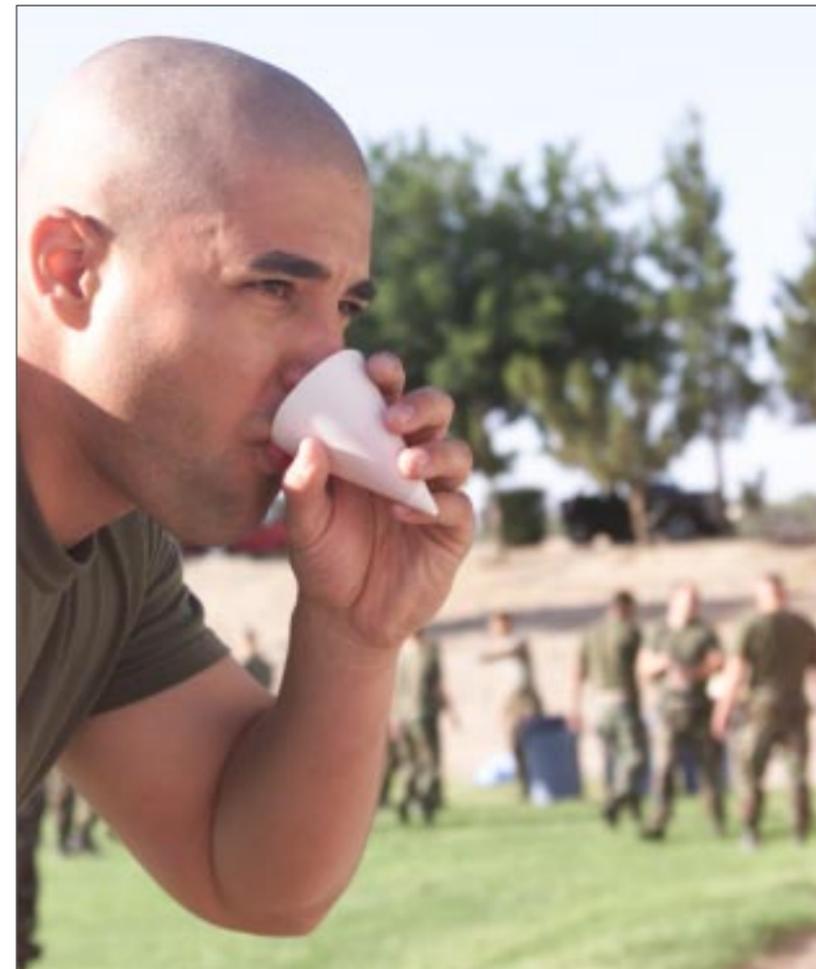


Photo by LCpl. Cory Kelly

Sgt. Omar Ebanks-Rivera gets a well deserved cup of water after his attempt to keep I&L in the game during the Bull in the Ring.



Photo by Cpl. Matthew R. Weir

1stLt. Robert Sanchez, Comm. OIC, tries not to get wet from Cpl. Craig Myers balloon toss.



Marines prepare for battle. Clenching the earth and breathing fumes of sweat.



PMO pulls some weight on Sorensen Field during the HMMWV Pull.

Photo by LCpl. Cory Kelly



at mingled with pain in the Bull in the ring.

Photo by LCpl. Cory Kelly



Cpl. Kyran Ramcharan tries desperately to keep his mission objective in mind as he suffers from the inability to steer himself in the right direction during the Dizzy Izzy.

Photo by LCpl. Cory Kelly



By Jim Gaines
MCCS Publicity

Father's Day Sale begins today

Our Father's Day Sale starting today features great gift ideas for dad such as brand name TVs including JVC, Panasonic, Sharp and RCA at unbelievably low prices.

Also check out the best in grooming with Wahl beard and mustache trimmer from \$17.99 to \$24.99 or a Remington Micro Screen-2 cordless electric shaver for only \$49.99

Our Father's Day Sale runs from today through Father's Day, June 18.

Use your "Sand Dollars" and save even more on your purchases at the Exchange.

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 more information.

Lunch menu for this week

This week's lunch menu at the Family Restaurant & Cactus Cafe:

Today - Mushroom & pepper stuffed chops, vegetable, roll/butter.

Friday - Lemon fish fillets, roll/butter.

Monday - Meatloaf, vegetable, roll/butter.

Tuesday - Beef Stroganoff, vegetable roll/butter.

Wednesday - Yaki Soba, vegetable, roll/butter.

Thursday - Orange chicken, vegetable, roll/ butter.

All above meals 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 call 577-6428 for both the Family Restaurant and the Cactus Cafe.

Family Night Dinner Menu

Tonight - Lasagna Dinner

Next week - Turkey Dinner

All you can eat dinners are for in-restaurant consumption, not for take out.

Family Night dinners are served Thursday evenings from 4:30 p.m. to 7:30 p.m. at the Family Restaurant (Nebo).

Prices: \$4.50 adults, \$2.50 children (5 to 11 years), children 4 years and younger are free.

Single Marines Against Drugs Special delayed to June 17

This special event scheduled for Saturday, June 3 has been rescheduled, due to unforeseen circumstances, to Saturday, June 17. This day-long event at Sorensen Field, will consist of a 10-kilometer run, a 5-kilometer fun walk, a 1 mile kid run/walk and a Football Challenge. The event includes snacks, booths, dunk-tank and a rock climbing wall - and a comedy show & snacks at the Oasis Club. For more information on the rescheduled events call 577-6899.

Aerobic classes cancelled

Aerobic classes have been cancelled until further notice. If anyone is interested in teaching aerobic classes contact Semper Fit at 577-6971.

Ceramic Hobby Shop hosting trip to ceramic show

The Ceramic Hobby Shop is hosting a trip to a ceramic show in San Bernardino on Saturday, June 10. The cost is \$5 for transportation and a \$6 entry fee for the show. Call for details at 577-6228.

Help Wanted

MCCS is looking for volunteers that have a 15 passenger driver's license. If you would like to volunteer to drive, please call 577-6896.

Father's Day Brunch coming up

Plan to attend the Father's Day Brunch at the Family Restaurant on Sunday, June 18.

The menu includes: Omelets cooked to order, scrambled eggs, sausage, baked ham, bacon, oven roasted potatoes, hash browns, roast beef, pancakes, french toast, vegetables, assorted beverages, seasonal fresh fruit and deserts.

The cost is \$6.95 adults, \$3.95 children five to 12 years, children four years and under are free.

Everyone welcome! Brunch will be served from 9 a.m. to 1 p.m.

For reservations call 577-6418.

Social Night at Oasis Club

Tomorrow is the first Friday of the month and that means the monthly Social Night at the Oasis Club - come join us. Everything begins at 4 p.m. with the bar open from 3:30 p.m. to 12:30 a.m. For more information call 577-6418.

Enlisted Club activities

Five nights a week - fun, entertainment and camaraderie. Tonight is Rock n' Roll Night, Friday is TGIF Variety Night, Saturday is TGIS Variety Night, Tuesday is Movie Night, Wednesday is DJ Night, and this coming Thursday is Country Music Night. Support your club, join in on the activities. Call 577-6495 for more information.

YAC Summer fun

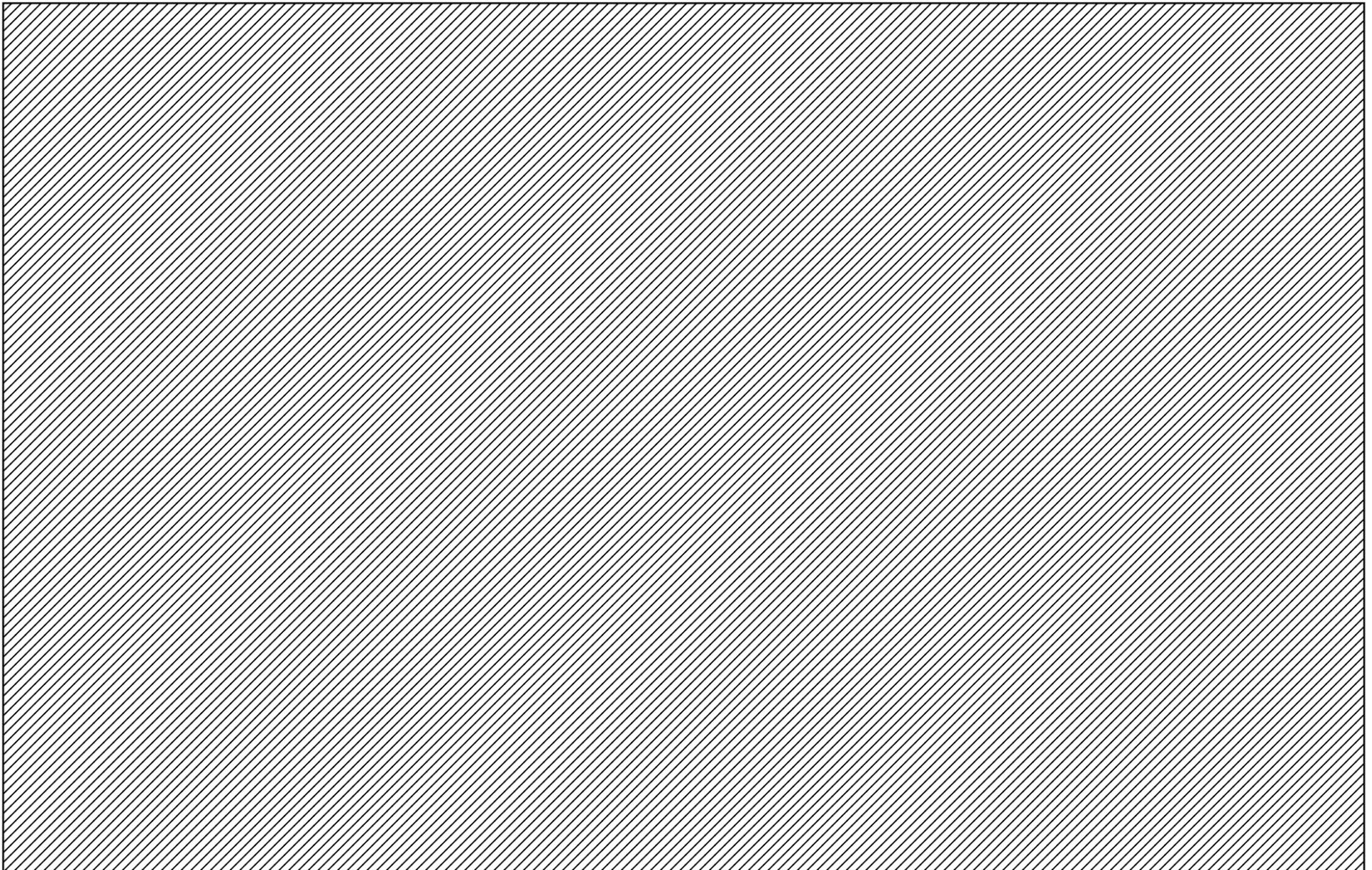
Youth Activities Center is open for summer fun! Call 577-6499 or 577-6287 for special summer time hours and activities.

Rock-A-Hoola Waterpark

ITT does not have tickets this year for Rock-A-Hoola Waterpark. However, if you show your MCLBID (military and DoD employees) you will get a \$5 reduction off the entrance fee (\$19.50 - \$5.00 = \$14.50).

This is a perfect way to beat the heat - water, and plenty of it., and just a few miles from Barstow on I-15.

Call ITT at 577-6541 for more information.



FITNESS from Page 4

only a few examples of how to participate and increase your physical activity and sports knowledge.

Being physically active may require creative thought and energy. It also requires motivation and dedication to either start a program, change an existing routine, or becoming knowledgeable in the benefits of physical activity. For the Marine, being physically fit is important in order to maintain military readiness and maximize individual performance. For their families it benefits their QOL. By utilizing local resources, there are many ways to be more physically active, even if it's just for the health of it. Be a part of June's observance by engaging in physical activity as if your life depended on it. In the end, it does.

CHAPLAIN from Page 2

love was intended to be. The Apostle Paul describes to us the real meaning of love and how it should be acted out toward each other. "Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful it

does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends" (1 Corinthians 13:4-8a).

I make sure every couple I counsel preparing for marriage hears Paul's words. Why? Because that is what love means and how it is supposed to behave. It may sound

cliche, but God is love. As we encounter Him in His Word, and through prayer and meditation, we know more and more - God is love.

Please remember, God did not send us a "Love Bug" to let us know of His love. As a Christian, I believe he sent His Son Jesus Christ to make it known. His love is the right kind of love and it is real. It builds us up

and makes us whole. It heals our wounds and meets our deepest longings. Now that is love. Receive it and live in it. Enjoy! It's God's desire for you and me.

Note: Chaplain Ferrell is the Training and Operation Officer for the Marine Corps Base Camp Lejeune Chaplain's Office.





Huck Finn Days

Route 66 car show north of main stage.

New this year are two wild west performances staged by The California Desperados in the park's new horse arena. Mounted cowboy shooting activities follow a Saturday morning gymkhana beginning at 9 a.m. and then return Sunday at 10 a.m. and run all day.

Elms and cottonwoods surround a pair of lakes where river raft building contests, egg tossing and greased pole climbing become the order of the day. In Riverfront Village, bug boxes and paddle boats can be built and are only two of the three projects made available with the return of Home Depot's "Kid's Club"

program. You can also find country bears carrying fishing poles skillfully carved out of tree trunks by a visiting chain saw wood carver.

A place Huck would have liked, Mojave Narrows Regional Park resembles Mississippi River country where Mark Twain's mythical character grew up and offers a perfect setting for the Jubilee. Camping and fishing offer a laid back vacation break, and horseback rides into the woods cater to the more adventure-some. On Friday, a "blind bogie" fishing derby begins at 8 a.m. and up to \$500 in cash and ribbons are given for fish coming closest to secret weights.

In addition to large-scale

campgrounds, villages with mountain men, food vendors and country craftsmen are set up in a way to offer a turn of the century flavor to weekend activities. In these camps visitors can learn the fine art

of tomahawk throwing and musket loading, or join a lair's contest and make a rope "the old fashioned way" - by hand. The three days come to a

[See HUCK Page 12](#)

Here comes summer, and with it Huck Finn's Country and Bluegrass Jubilee. The 24th annual turn-of-the-century river festival near Victorville, CA is now a Father's Day weekend tradition for many and is scheduled to run June 16, 17 and 18.

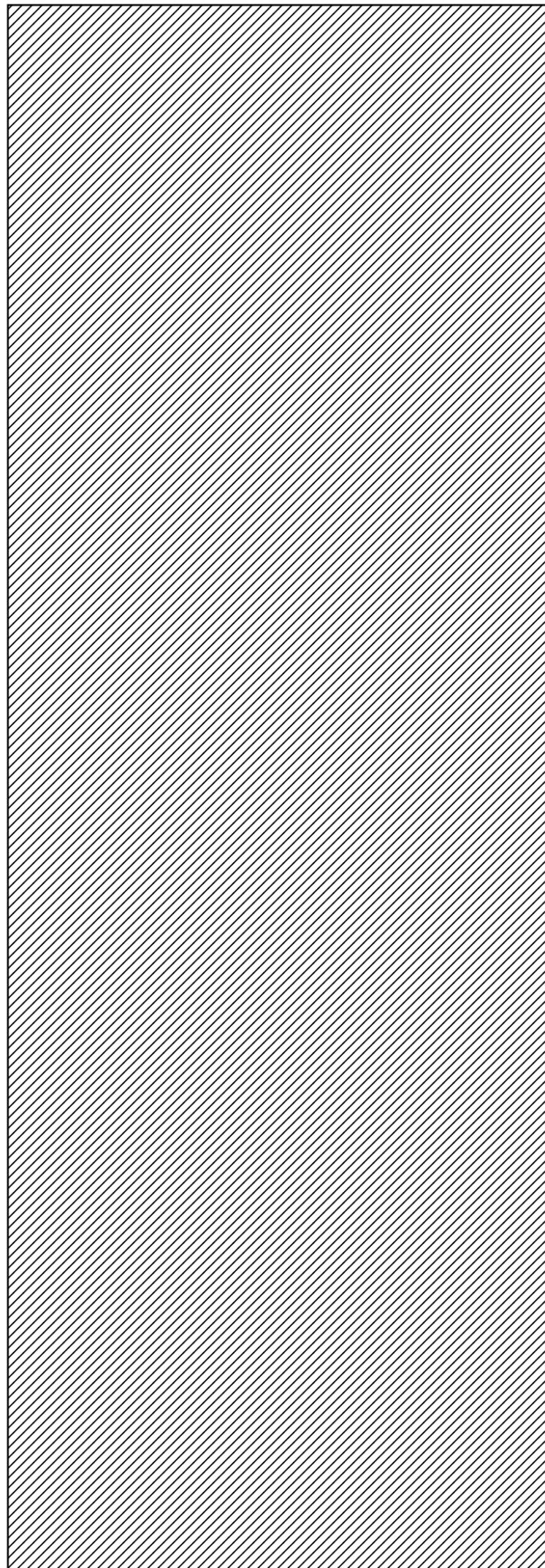
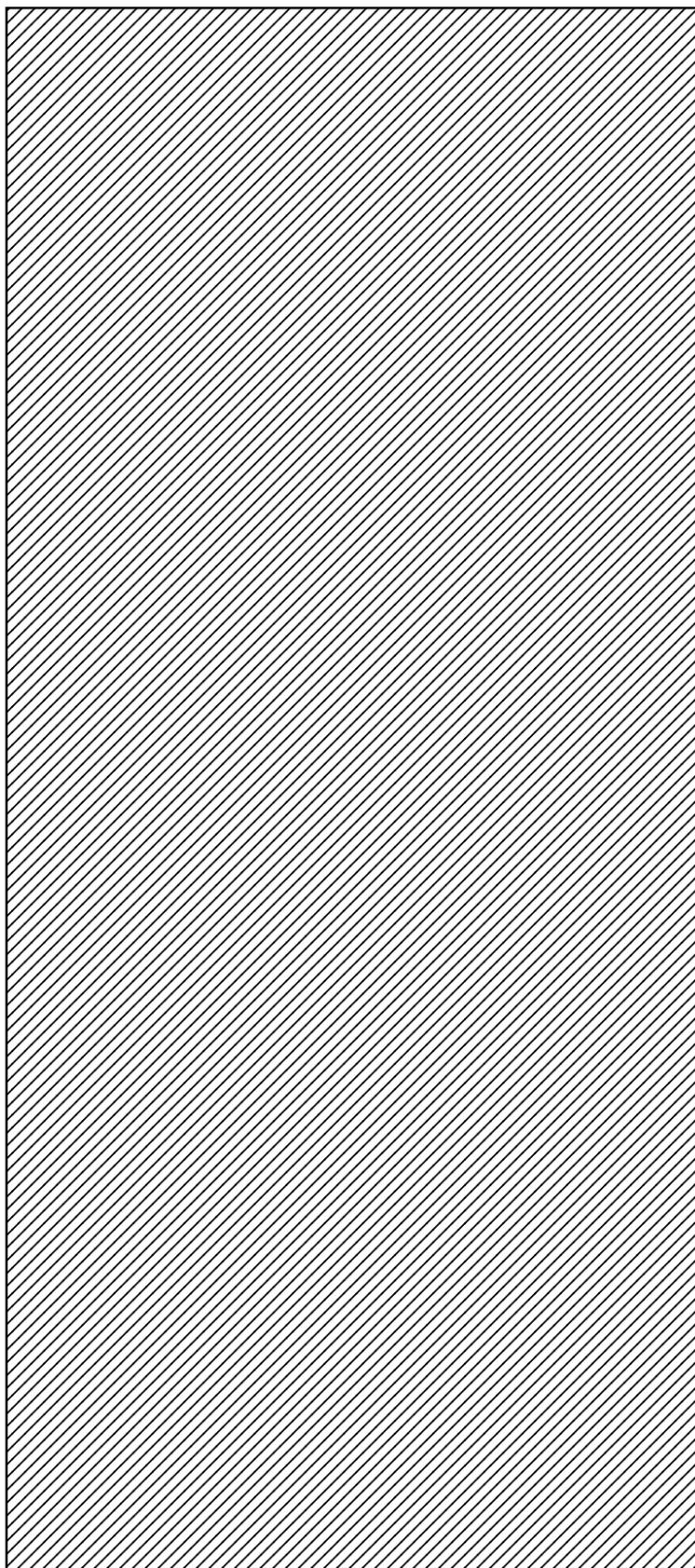
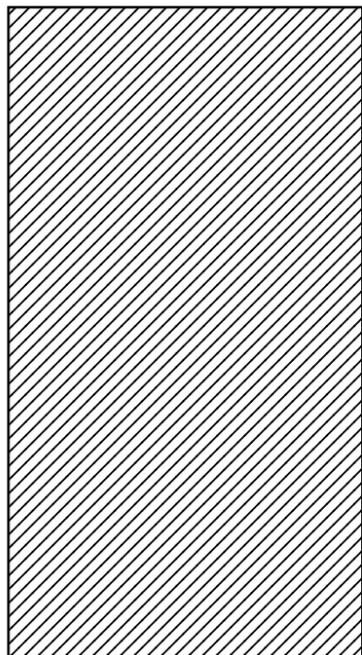
"We entertain families here," states Don Tucker, who started the event as a park planner in 1976. "Mom and Dad can run away with the kids and go catfishin', ride a hay wagon, maybe even build a river raft."

The event recreates the setting, food, crafts and games honoring Mark Twain's famous characters Tom Sawyer and Huck Finn. A big top tent circus offers three performances all three days, and hot air balloons rise each morning and glow in the sky after dark.

Then there's the music.

The Bellamy Brothers, who are scheduled for a Father's Day performance at 6 p.m., join other national touring acts including The Nashville Bluegrass Band, J.D. Crowe and The New South, Laurie Lewis and Her Bluegrass Pals, Doyle Lawson and Quicksilver and The Reno Brothers. Pickin' parties in the campground, music workshops and chat sessions with bluegrass and country music stars compliment main stage performances.

The California State Arm Wrestling Championships begin at 12 noon on Saturday, and there's a



TRADER ADS: Please submit all Trader Ads to daileyb@barstow.usmc.mil by noon Friday.

1969 LINCOLN MARK III: Classic, no smog needed, needs head gasket, \$350 or trade. Call 252-9199 Lv msg.

1985 NISSIAN MAXIMA: Needs work \$500 OBO. Call relay first 888-877-5379 then 760 240-5101 Home.

1985 CHEVY S10 BLASER: Needs exhaust valve and registration, body and interior is in excellent condition, 2 door, has rebuilt transmission. Call 252-5614 Lv msg.

1992 TOYOTA PICKUP: Red, 5-speed, xlt condition, rebuilt engine, new clutch, new alternator, new battery and battery cables. \$3,000. Call 252-4726.

1993 FORD ESCORT LX HATCHBACK 3D: White, spoiler, A/C, PS, AM/FM with cassette, 5 speed, great condition, \$5,000 OBO Call 252-5542.

1994 TOYOTA CAMRY: White, gold pkg, spoiler, C/D player, A/C, automatic. \$9,500 OBO. Call 252-5354

1995 FORD WINDSTAR LS: Lt. Blue, 16 mo. or 23K miles remaining on transferable warranty, very clean inside and out. \$11,000 OBO. Call Kevin or Paula 256-7236.

APPLIANCES: Refrigerator, 16 cubic foot. \$110; Dryer, electric \$35. Free washing machine for parts Call 252-9199.

RIMS: Four aluminum Mustang rims, 4 lug \$100. Two swivel bucket sets for van \$75 for both. Call 252-9199 Lv msg

HUBCAPS: Chrome, 15". \$3. Call 255-3045.

WINDOW: Rear, factory, sliding for F150-F250 Ford 1997-1999. Like new, \$200. Call 243-1392.

SAILBOAT: 27-foot Catalina sailboat, located at Camp Pendleton with a military slip that transfers with the boat. Way too many upgrades to list. \$10,500. Call 957-1812 for details and pictures.

PRINTER: Dot matrix color, make an offer. Call 252-4726.

SNOWBOARD EQUIPMENT: Bindings and 10 "Rage" boots, and snowboarding pants, asking \$60. Call 252-4726.

MISC. FOR SALE: Used ceiling fan 52"/48" , \$20.; Tricycle, \$20.; Used evaporator cooler, \$45.; Three webbed lawn chairs, \$4. Each; Baby bath, \$3. Call 256-8803.

YARD SALE: 3 family, 1015 Cape Gloucester, June 3, from 7a.m. to 6 p.m., a car, wood furniture, clothes, toys, baby stuff. Call 252-5542.

WANTED: Winch for car trailer Call 252-9199 Lv msg.

GRAVE from Page 1

contains general facts about the cemetery. It describes the Freedman's Village that was adjacent to the cemetery in the late 19th century and Section 27 of the cemetery in which 3,800 former slaves, called "contrabands" during the Civil War, are buried. Their headstones are inscribed with "citizen" or "civilian" instead of a military rank. This page also includes information on two U.S. Capitol Police officers buried in the cemetery after they were killed in the line of duty July 24, 1998.

The third location on the menu bar, "funeral information," contains the site's true purpose, according to the cemetery superintendent. "We are just inundated with phone calls and letters from veterans and their families looking for information on burial here," John Metzler said. "Now the first thing we ask someone who calls is if they have access to the Internet."

He said most people are thrilled to have a place to go to get all the information spelled out. "We've done an awful lot of work to try to make the information user-friendly and to answer the most frequently asked questions," Metzler said. If individuals indicate they're not comfortable with the Web or have no access, the cemetery staff still answers their questions over the phone.

The "funeral information" section spells out the often complex rules surrounding burial in Arlington. For instance, service members who die on active duty may be interred at Arlington unless the active duty period was for training only. Service members who die while on active duty for training may, however, have their ashes inurned in the cemetery columbarium. All these rules and information about the steps to take when a loved one dies are explained in detail in this section of the Web site.

The "ceremonies" section explains several aspects of military ceremonies, such as the origin of the 21-gun salute and Taps. This section also explains

"Flags-in," the annual practice of placing American flags on each grave for Memorial Day, and the training involved in becoming a guard at the Tomb of the Unknowns.

The "historical information" section is somewhat misleading. This section only includes an article on the history of Arlington House. The rest of

the section covers detailed information on individuals buried in Arlington, public officials, historical figures and groups of minorities, as well as veterans of various conflicts throughout American history.

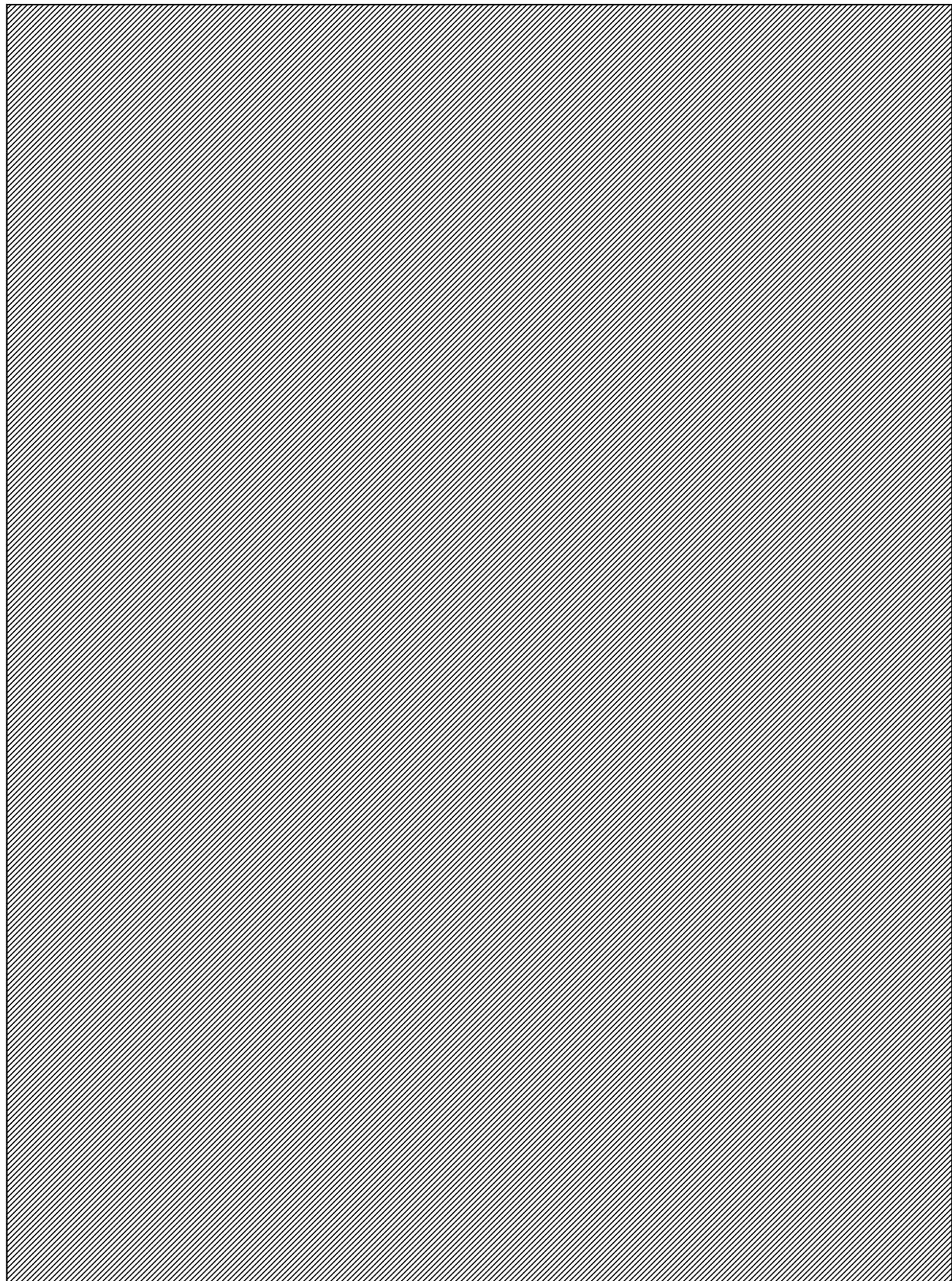
The last section, the "photo gallery," contains more than two dozen photos of the cemetery grounds, Memorial

Day and Veterans Day ceremonies, and burial and memorial services.

Metzler said the site will evolve constantly based on public feedback. "As people ask us questions about people buried here or significant events here, that's how we find out what we need to put on our Web site," he said. "The public will guide you right to what you

need."

And this theory has already been put to the test with positive results. When the site first went up, it didn't include information on President Kennedy's grave. The information was added to the Web site immediately after someone mentioned the oversight, Metzler said.



HUCK from Page 10

conclusion with Injun Joe's Treasure Hunt, an hour long search through the Narrows woodlands by kids six years through 11 years old for buried treasure. Last minute camp arrivals are welcome due to the large size of Mojave Narrows campgrounds. Two nights camping and three-day admission (including catfishing) is \$40 for adults and \$15 for junior's six years thru 11 years. For daytime visitors, a fee of \$10 for adults and \$5 for junior's six years thru 11 years is charged. Under six is free.

To reach Mojave Narrows, exit I-15 just south of Victorville, Take Bear Valley Road east four miles toward Apple Valley and turn north on Ridgecrest Avenue to the park. For information call (909) 780-8810 or check the Jubilee's web site at <http://www.huckfinn.com>.