

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 4

Marine Corps Logistics Base Barstow, California

November 22, 2000

Happy Thanksgiving!

Base commander publishes Thanksgiving message.

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NAHM

American Indians contributed great things to the military and advancing the cause of freedom.

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Safety

Base Safety speaks out, warns about hazards of holiday driving.

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The intramural football season heats up as teams battle it out on the gridiron.

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<http://www.usmc.mil>



<http://www.barstow.usmc.mil>

Toys for Tots activities moving rapidly ahead

By Bill Bokholt
Public Affairs Officer

Base firefighters and Marines are supporting two major Toys for Tots events in Barstow while preparing for Barstow's 21st Annual Toys for Tots Telethon December 2.

Fleet Support Division Barstow HUMVEEs and Marines are supporting KDUC/KSZL's live radio broadcast to "fill the HUMVEEs with toys" at the Barstow Wal-Mart November 24 from 9 a.m.-6 p.m. Then, in the afternoon a HUMVEE will be at the Holiday Inn where Marines are accepting toys from Dual Sport AMA Los Angeles to Las Vegas Toys for Tots Motorcycle Run riders.

Firefighters are coordinating the toys donated by the Marines, Sailors and civilian Marines throughout Nebo and the Yermo Annex for presentation at the December 2 telethon.

The telethon airs live on Time Warner Cable Channel 6 and Elephant Mountain Channel 17 from 10 a.m.-4 p.m. at the Elk's Lodge, 1501 West Main Street, Barstow. The telethon features live music, local personalities, individuals and groups donating toys and making monetary contribution, and an auction.

Connie Wessel, Barstow's Toys for Tots committee co-chairperson said, "Over the years the telethon has become an almost continuous auction. People have found it to be a great source for Christmas gifts. If anyone has an item they would like to donate give me a call at 252-3093, and I'll arrange to have it picked up."

"We're hoping for lots of toy donations for the base's presentation at the telethon," said Bob Wyman, Fire Chief and the base's Toys for Tots Coordinator. "But the need doesn't stop there. Because the distribution goes on right up until Christmas we'll keep taking toys to the local coordinators in town until they say stop. And remember, if anyone would rather make a monetary donation just drop your check or money order off at the Nebo Fire Department," he concluded.

Gunnery Sgt. Pete Errigo who is coordinating Marine participation said, "A lot of Marines have already volunteered, and I really appreciate their spirit. But we still need more to step up to the plate because we'll be setting up and taking down the telethon props, delivering toys and things like that."

For more info or to get involved contact Bob Wyman, 577-6732, or GySgt. Pete Errigo, 577-6192.

See Page 3 for more Toys for Tots activities.

Junior SOQ prescribes simplicity for success

By LCpl. Cory Kelly
BARSTOW LOG staff

The pharmaceutical department at the Branch Medical Clinic pushes out more than just medication; it's pushing out quality Sailors.

The Junior Sailor of the Quarter for the fourth quarter calendar year is Hospitalman Eddie Q. Delapena - a quality-tested and doctor-approved product of the BMC's pharmacy.

His immediate supervisor, Petty Officer Rene Lerma, said he nominated Delapena because of his punctual behavior, good nature and outstanding military appearance. But there are many other qualities that make Delapena a perfect fit for the title of JSOQ, like his ability to keep a smile.

If anyone were to spend more than a few moments with the mild-humored, dark-skinned

Sailor they would realize that not a minute goes by where he doesn't smile.

Yes, one could say he is a jolly, good ol' fellow. But then again, as jolly and good as he may be, he really isn't that old at 21.

Delapena was born and raised in Umingan, Pangasinan Philippines. He is the youngest of six children: three boys and three girls.

At age 15, he graduated from Quezon Memorial Academy High School in Umingan - around the age everyone in the Philippines graduates from high school. According to Delapena there is no such thing as middle school in the Philippines, they go from elementary school straight to high school.

A month after graduating, he and his family immigrated to Hawaii. He worked at a



Photo by Cpl. Brian Davidson

Lance Cpl. Angelina A. Marrero, HqBn. unit diary clerk, takes a time-out from browsing the health and wellness displays at the 8th Annual Health and Safety Fair to enjoy a free massage from Robert Dagley, owner of the The Executive Group. Dagley's company was one of many on hand at the fair helping attendees fill the gaps in their wellness needs. See Page 7 for more about the event.



Photo by LCpl. Cory Kelly

See JSOQ Page 5

Hospitalman Eddie Delapena gives strict attention to detail as he fills a prescription.



A Thanksgiving message from the Commanding Officer

Thanksgiving is a unique and truly American holiday set aside for family, friends and neighbors to reflect on and celebrate our country's extraordinary bounty of resources and precious liberties. While countless people around the world face historic challenges, we Americans have the great fortune to live in a land of promise, prosperity and freedoms envied worldwide.

Thanksgiving Day is an opportunity to reflect on the cost of our "good life." Since the Pilgrim's first Thanksgiving, Americans have selflessly served at home and around the world and, when needed, in harm's way to ensure our free and abundant way of life. These magnificent patriots and their families are part of the abundance that makes this nation great. We should most assuredly share the spirit of Thanksgiving – not only for the material wealth of our nation but the priceless value of its people.

As we celebrate this Thanksgiving, take a moment and think about what is really important in your life, and give thanks in your own special way. Be thankful for the peace and freedom we enjoy. Be especially thankful that we have the opportunity and ability to serve mankind, our nation and our Corps to ensure that peace and freedom.

Kathy and I have a multitude of things to be thankful for. To the Marines, Sailors and civilian Marines of Barstow, we say "Thank You" for your loyal support, dedication, professionalism and friendship. We wish each of you and your family a plentiful Thanksgiving and safe festive holiday season.

Semper Fidelis!

MARK A. COSTA
Colonel, U.S. Marine Corps
Commanding

Celebrate life through God

By Lt. Elmon R. Krupnik
Base Chaplain



The Marine Corps celebrated its 225th birthday on November 10. At the birthday ball I attended for MCLB, Col. Mark A. Costa, base commander, gave the opening remarks for the celebration. One of the remarks Costa made was that celebrating an event such as the Marine Corps birthday gives it life.

Any time we celebrate or remember an event, we put life into it. The life we give through the celebration is a life that sustains the tradition, the heritage and the legacy of the past, present and future.

For our spiritual life to keep living and thriving, we need to celebrate as often as we can in an act of worship. Whether we worship in public or private, the key is we need to be involved in worship for us to have a spiritual life that means something to

ourselves and to others. Psalm 95:1 states, "Come let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation."

Our spiritual life cannot go on living unless we take an active role in worship through our individual relationship with God. We must be willing to be personally involved in worship to allow God to reveal His truth to us, both about Himself and ourselves.

Psalm 96:1-3 states, "Sing to the Lord a new song; sing to the Lord all the earth. Sing to the Lord, praise His name; proclaim His salvation day after day. Declare His glory among the nations, declare His marvelous deeds among all people." Let us continue to celebrate life as it has been given to us as a gift. Let us remember to celebrate the spiritual life God has given to us as well by worshiping the creator of that life. When we celebrate our relationship with God and with each other, it is a reminder to us to not take life, or the many blessings that we have been given, for granted.

Blessings to all,
Chaplain Krupnik

Just doing my job ...



Photo by LCpl. Cory Kelly

Ken Russell, painter, CWC 749 – Final Paint, Maintenance Center, uses a grinder attached to an air-compression system to free rust from the roof of a fork lift.

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 and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Adopt-a-Vet

The Chaplain's Office is signing up sponsors for the Adopt-a-Vet program. Many veterans don't have anyone to share Christmas with and would not receive a gift if it weren't for this program.

To purchase a gift for one of these veterans, sign up with RP2 Julie Dennison at the Chaplain's Office, Building 126, Monday-Thursday, 7:30 a.m.-3:30 p.m. and Sundays after each service at the Base Chapel. All gift ideas are under \$25, and adoptions are not limited to one veteran.

For more info call RP2 Julie Dennison, 577-6849, or e-mail her at dennisonj@barstow.usmc.mil.

Holiday Closures

The scheduled gym hours for Thanksgiving weekend are:

Friday	Closed
Saturday	8 a.m.-3 p.m.
Sunday	8 a.m.-3 p.m.
Monday	8 a.m.-3 p.m.

For more info call GySgt. David Wersinger at 577-6899.

The Commissary is closed November 23 for Thanksgiving, but is open November 24.

The Rear Gates of Nebo and the Yermo Annex are closed from November 22 at 5 p.m. until November 27 at 5 a.m.

Vehicle Registration is closed from November 22 at 3:30 p.m. until November 27 at 6 a.m.

CWRA Turkey Giveaway

Congratulations to Butch Grieves, CWC 729 - Artillery/Small Arms. He won the fourth and final \$15 turkey giveaway certificate in the weekly drawing November 16.

Electrical Power Outage

A power outage is scheduled December 2 from 7 a.m.-5 p.m. for buildings 437, 558, 577, 578, 588, 614, 628, Y3, T582 and 579 to replace splices in underground cables.

Don't forget to turn off computers

and other electrical appliances December 2.

For more info call Marvin Manness, 577-6717.

Military Spouses Tour

Active duty Marine Corps, Navy and Army spouses are invited to attend the free Quarterly Spouses Tour of Fort Irwin and Barstow December 5-7.

The first two days are at Fort Irwin. Informational meetings and tours will introduce spouses to services available at the fort and military life in general.

The third day, hosted by the Military Affairs Committee of the Barstow Area Chamber of Commerce, begins at the Veterans Home on Barstow Road at 9 a.m. with a free continental breakfast.

After presentations by the Veterans Home Public Relations Department and the Barstow Police Department, guests will tour Calico Ghost Town and receive discount coupons for selected shops at the Factory Outlet and Tanger malls. A free lunch is included for all participants. The tour ends at 3:30 p.m.

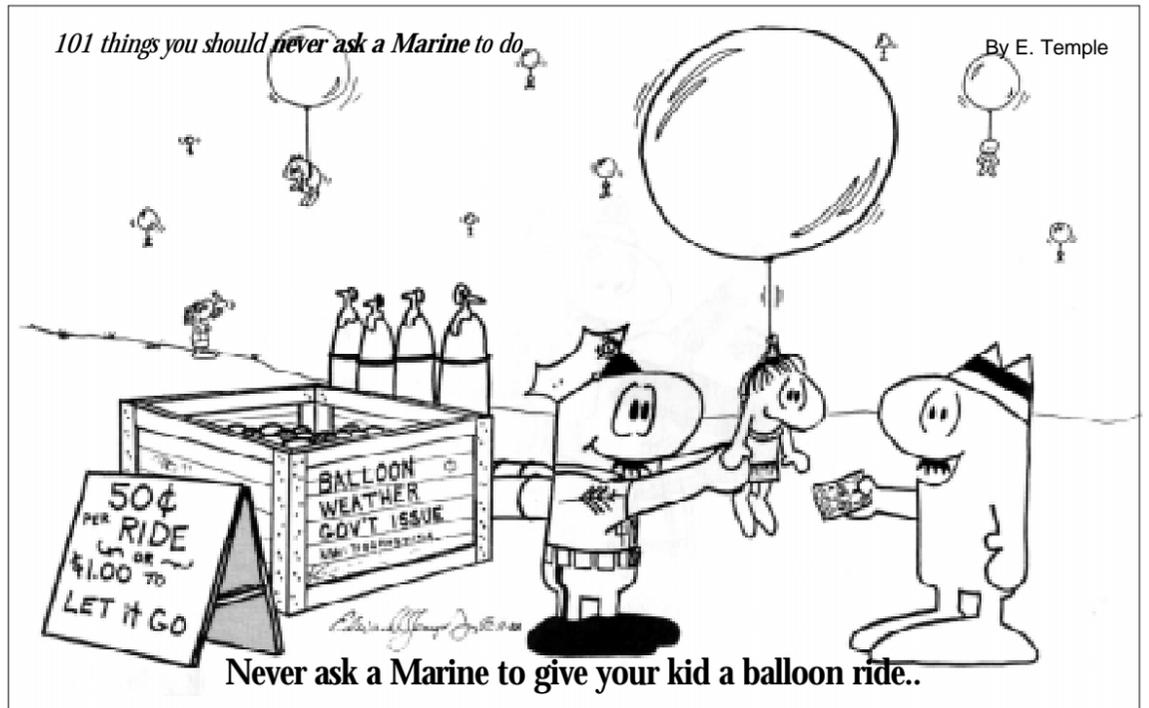
Participants should dress for the weather, wear comfortable walking shoes and bring water to drink while at Calico. Space is limited so registration is required. For more information call Becky Echols at the Army Outreach Center, 256-1735, or Pamela Butolph at the National Training Center, Fort Irwin, 380-4991.

Christmas on Main Street

Historic Old Town Barstow is planning a winter street festival Friday and December 2, 5, 12 and 19.

A number of events are scheduled for the festival, including carollers, crafters, food, games, entertainment, skits and, of course, the jolly old elf himself, Santa Claus.

The festival kicks off Friday from 3-8 p.m. with the G.T. Bike Air Show featuring the number one freestyle stunt team in the world. See some of the world's best riders make the impossible look simple as they fly, jump and spin their bicycles through spectacular, non-stop, action-packed performances of skill and



daring. It all happens on East Main Street at 3 p.m.

On December 2 from 10 a.m.-midnight, the Scouts sing carols and Toys for Tots collect toys for families who can't afford them for their children. Help put a smile on a child's face - donate to Toys for Tots.

December 5, the City of Barstow lights up their Christmas Tree at dusk and the Desert Manna Canned Food Drive collects food for unfortunate High Desert families; after all, no one should go hungry Christmas Day. This all happens from 4-8 p.m.

An Old Town Christmas Celebration happens December 12, 4-8 p.m., and December 19 there is a Midnight Madness sale so people can get last-minute items for under the tree.

Leave Donors

John Soto, Maintenance Center, is affected by a medical emergency. Anyone desiring to donate leave under the Leave Sharing program may obtain a leave donor application through their division administrative officer.

For more info call Pat Snyder, 577-7284.

Look who's here in the "St. Nick" of time, with the longest list ever... and asking for volunteers to help!

TOYS for TOTS

This year Santa needs our help more than ever in the High Desert. Many children face the prospect of finding nothing under the tree this year. Your donation of an UNWRAPPED, new toy, can bring a more joyful Christmas to an underprivileged child.

Collection Points:

Environmental - Warehouse 3	Fleet Support - Whse 406
Battalion Lobby - Building 302	GMD Lobby - Bldgs 322, 614
Base HQ/AFGE - Building 15	Housing Office - Bldg 588
SJA/OGC, DLA, C&P - Building 236	Base Safety - Bldg 43
Maintenance - Bldgs 196, 197, 198	Exchange - Bldg 342
Personal Services - Building 129	Warehouses 401, 402, 403
DRMO Lobby - Bldg 226	All gates
Branch Medical Clinic - Bldg 582	MCCS - Building 44
DLA Warehouses 5, 7, 10	
PMO/HRO/TAVSC - Building 37	
Nebo/Yermo Fire Depts - Bldgs 18, 437	

Sponsored by the Barstow communities
Coordinated at MCLB by the MCLB Fire Department

For more information call:
Nebo Fire Department -577-6732/6866/6865

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
OTR-139-00	Computer Specialist GS-0334-09	11-02-00	12-04-00	11-20-00	MCLB Barstow
OTR-142-00	Management Assistant GS-0344-07 (Temp NTE one year)	11-14-00	12-12-00	11-28-00	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>.

Toys for Tots

The following events are planned to promote the annual Barstow Toys for Tots toy drive:

- | | |
|--------------------|---|
| November 24 | MCLB-KDUC live radio broadcast from Wal-Mart. |
| November 24 | District 37 Dual-sport L.A. to Las Vegas Motorcycle Run Golf Tournament |
| November 25 | Turkey Shoot at Slash-X Cafe |
| December 1 | Telethon |
| December 2 | Cook-off at Hooz on 1st |
| December 2 | On-road motorcycle poker run |

For more info on these events, call 252-3093.

American Indians add to American heritage

From Navy Wire Service

WASHINGTON – Do you remember that famous World War II photo of the U.S. Marines raising the American flag on top of a mountain at Iwo Jima?

Yeah, that one.

That famous photo, taken by Associated Press photographer Joe Rosenthal on Feb. 23, 1945, made front pages all over the country and stirred the hearts of everyone who saw it.

Here's a little-known fact: Among the five

and one Navy Corpsman raising the flag that day was a Native American. As we continue observing National Native American Heritage Month, we reflect on the American heritage full of those individuals who have served in world wars and received numerous decorations.

Native Americans have served as an integral part of the United States military for more than 200 years.

disproportionate numbers in large part because of their proud warrior tradition. Native Americans served in the War of 1812, and

prisoner in their own trenches. Under constant enemy fire, he crossed back and forth over the battlefield to pinpoint enemy positions and rescue his wounded companions. Oklahombi was awarded the Croix de Guerre, France's highest military honor, for his bravery and heroism.

Private 1st Class Ira Hayes, who along with five other Marines and one Sailor, hoisted the American flag on Mount Suribachi on the island of Iwo Jima. He was a Pima Indian from a reservation in Arizona.

The first Native American to graduate from the U.S. Naval Academy was Admiral Joseph J. "Jocko" Clark. Clark is the recipient of the Navy Cross, the Distinguished Service Medal (twice) and the Legion of Merit. He retired in 1953 as Commander-in-Chief, Seventh Fleet.

During the Gulf War, more than 3,000 Native Americans served in the Persian Gulf Theater of Operations, including two Marines who gave their lives for their country: PFC Michael A. Noline and Cpl. Stephen E. Bentzlin.

Five Native Americans have been among those soldiers to be distinguished by receiving the United States' highest military honor, the Medal of Honor. Given for military heroism

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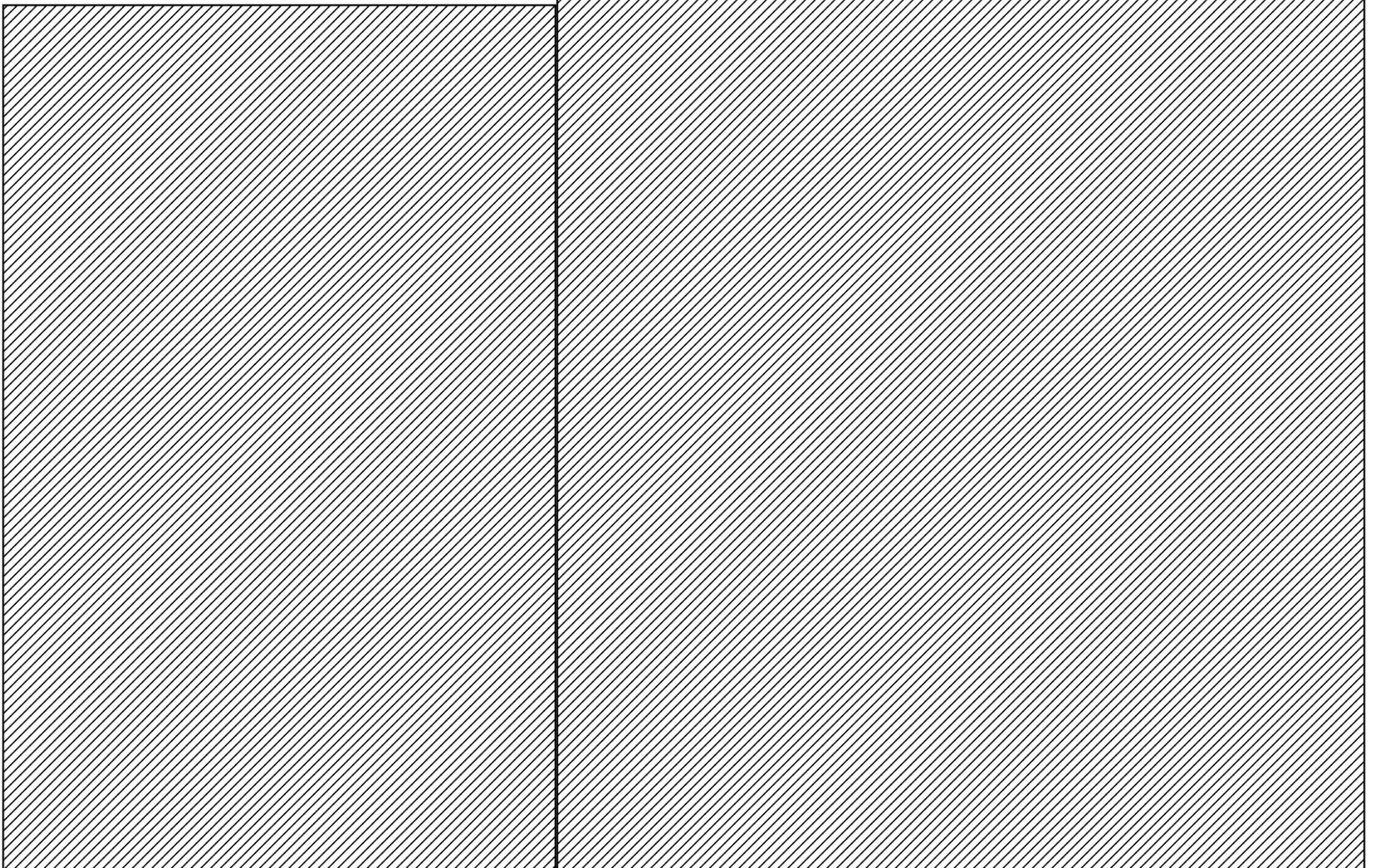
National American Indian Heritage Month gives us the opportunity to review the acts of heroism performed by Native Americans. Their individual courage and determination are an integral part of our nation's history. They serve in

fought for both sides as auxiliary troops in the Civil War. Prior to these conflicts, Native Americans served heroically as scouts, performing duties that often saved the lives of other American soldiers.

During the first Seminole War (1815-1818), Williams McIntosh commanded a regiment of more than 1,500 Creek warriors.

Known especially for her contributions to the Lewis and Clark Expedition, the first American Indian woman to serve with a United States military organization was Sacagawea.

During World War I, Joseph Oklahombi, a Choctaw private, exemplified the courageous fighting spirit of the American Indian. Joseph Oklahombi, along with his fellow infantrymen of Company D, 141st Infantry, crossed the barbed wire entanglements of "No Man's Land" to attack German machinegun emplacements. When he reached the German position, Pvt. Oklahombi single-handedly captured 171 German soldiers, taking them



Safety should never take a holiday

By GySgt. Bruce E. Raymond
Substance Abuse Counseling Office

As we take time to give thanks this Thanksgiving let us also be thankful that we have the common sense to stay safety conscious over the holiday weekend.

Time after time we have all read statistics and at one time or another we probably have easily said, "It could never happen to me".

Everything we do involves some type of unseen risks and, no matter

what, we always have to watch out for ourselves and the other guy especially when we're on the road, entertaining at home, or simply looking out for each other.

Always make safety a priority and take the following precautions:

- Never take unnecessary risks.
- Don't make hasty decisions.
- Always wear your seat belt.
- Never drink and drive.
- Never let anyone else drink and

drive.
- If you do drink alcohol, drink in a responsible manner, don't drink to get drunk or out of control.

- Don't drive when you are fatigued.
- Stay away from illegal drugs.
- Take care of yourself and your fellow Marine.

Give yourself and MCLB Barstow something to be thankful for; come back from your holiday weekend safe and sound.

Tiny invaders can spoil holiday festivities

By SSGT Kathleen T. Rhem, USA
American Forces Press Service

WASHINGTON - Picture it, the perfect Thanksgiving. You've eaten your fill; the dishes are done; football is on the tube.

Then, just as you are starting to think about a turkey sandwich - it strikes. You feel a rumbling deep in your belly, maybe a little queasiness. Next thing you know, you're running for the bathroom. Chances are you've just fallen victim to a tiny invader - anyone of 250 different bacteria that can inhabit food and cause illness if the food's not handled properly.

Atlanta's Centers for Disease Control and Prevention estimate food-borne illnesses strike 76 million people each year. More than 300,000 are hospitalized and 5,000 die.

Food-borne illnesses can sicken anyone, but infants, the elderly and

those with compromised immune systems are at greatest risk, according to Carlla E.

Jones, a health promotion program analyst with the Army's Center for Health Promotion and Preventive Medicine at Fort. Detrick, Md.,

The two most common symptoms are vomiting and diarrhea, Jones said. Stomach cramps, fever, muscle pain and headaches are also possible.

Illness-causing bacteria thrive in certain environments, particularly moist surfaces between 40 and 140 degrees Fahrenheit, Jones said. She said bacteria breeds in raw or processed meat, poultry and seafood, and dairy and egg products.

"Keep in mind, however, that even safe, ready-to-eat foods can become cross-contaminated with bacteria transferred from raw food products,

meat juices, food preparation equipment or as a result of poor personal hygiene," Jones said.

She shared the following tips for preventing food-borne illnesses:

- Wash hands and surfaces often. Wash hands in hot, soapy water before preparing food and after using the bathroom, changing diapers and handling pets.

- Wash cutting boards, utensils, and counter tops in hot soapy water after preparing each food item and before going on to the next one.

- Wash dish towels often in the hot cycle of the washing machine.

- Don't cross-contaminate. Separate raw meat, poultry and seafood from other food in the grocery cart.

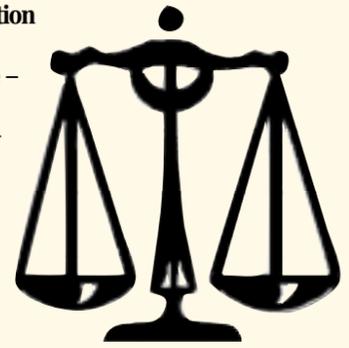
- Store raw meat, poultry and

See INVADERS Page 8

Federal Magistrate Court

November 17

- Improper license plate illumination - \$60 fine
- Smoking a controlled substance - \$160 fine
- Possession of a prohibited controlled substance - \$160 fine
- Driving under the influence, BAC 0.18 - Failure to appear, warrant issued
- Unsafe operation of a motor vehicle - \$260 fine, Traffic School
- Driving on a suspended driver's license - \$260 fine.



Traffic Court

Traffic Court was not held in November.

JSOQ from Page 1

McDonald's there, until his sister, a registered nurse, got him a job as a dietary aid at a local hospice.

Pausing every so often to fill a prescription, he explained how, with the help of his supervisor, he doubled his pay and became a nurse's aid before joining the Navy.

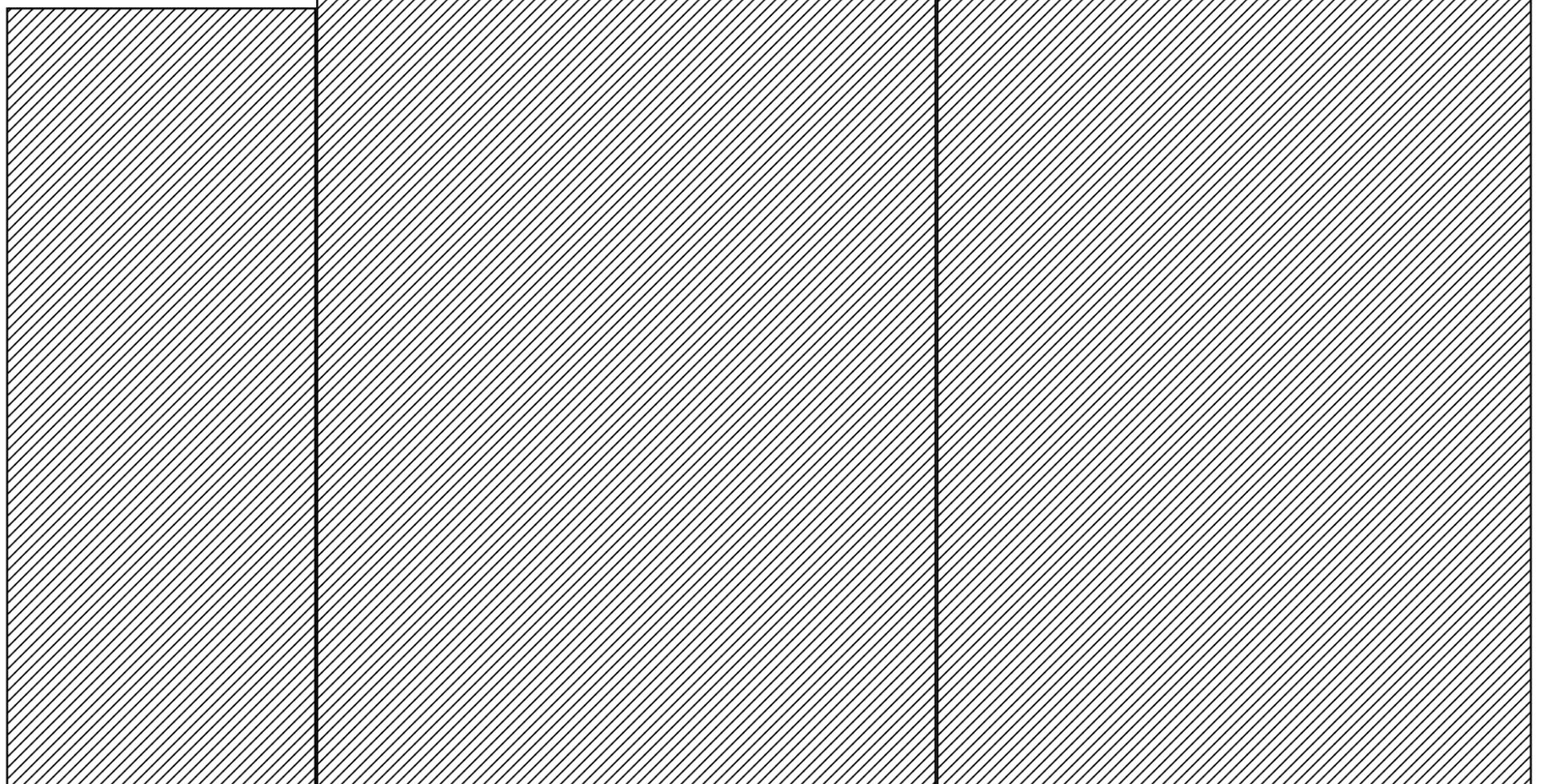
Speaking with an accent - very well disguised by the effects of a recent Speech 101 class - he told a

story of how one day a gentleman, a former Sailor, came to him and presented him with a question that would change his life forever.

"He asked me, 'what is your goal in life?'" Delapena said. From that encounter, Delapena began thinking about serving in the Navy.

Delapena enlisted in the Navy March 15, 1999 and completed basic training at Great Lakes, Ill. He

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MAINTENANCE CENTER BARSTOW

Commander's Corner

MCB moving closer to ISO 9002 certification

By Fred Alley
Quality Analysis

The ISO 9002 Qualification Audit was conducted the week of October 16.

The auditors were in most work areas throughout the Maintenance Center checking if we had procedures to "say what we do," if we were "doing what we say we are supposed to do," and if we were "documenting the processes we perform" in accordance with those procedures.

Although we were found to be 90 percent compliant, the actual certification will not be issued until the corrections are made for the areas they found not fully in compliance with the ISO standard. This requires

the revision of some Level II procedures, Level III work instructions, etc. A small audit team from DCMA Ontario, Calif., returns after the holidays (probably January 2001) to verify the corrections have been made, and we are complying with the changes. Once this is verified, the certification will be issued.

It was obvious to the auditors that all Maintenance Center personnel worked hard to ensure we are working toward our ISO 9002 Qualification. The auditors commented that the Maintenance Center has made a 100 percent improvement (from the time the pre-qualification audit was conducted) in how items are organized and identified and the overall cleanliness of the areas. They stated that

most the employees they spoke with knew the quality policy and how to find their Level III work instructions. There were no incidents of personnel using the wrong work instruction for their process. There were no findings by the auditors of any Test, Measurement and Diagnostic Equipment being used in production areas that was out of calibration, and all documents were controlled in accordance with our procedures.

Because of time limits, the auditors were unable to speak with all employees in each area, however, they were able to talk with as many as possible. They tried to conduct a sampling of processes throughout the Maintenance Center to verify if personnel were consistent in following the procedures and

to ensure all employees were aware of the requirements of the quality system.

The Maintenance Center's ISO 9002 audit let us know the areas and procedures to correct, and processes we need to further control. Each employee was instrumental in the overall success of this audit and the implementation of our new ISO Quality Management System. It took the cooperation of all employees to work together during this trying time of ensuring production was met, costs were kept within budget, and the quality system was implemented at the same time. This was a monumental task but you did it, and when the certification is issued, you will all receive the \$100 the Commander promised if we passed our audit.

Brazilian Marines learn about AAV systems

By Bill Winegar
Heavy Mobile Equipment Business Center

Four Brazilian Marines learned to maintain and repair the Amphibious Armored Vehicle at the Maintenance Center October 16-27.

Maintenance Center's Cost Work Center 721 - Heavy Mobile Equipment Business Center - artisans teamed up to show Captain Mirranie Pedro dos Santos and SSgts. Renato Siqueira Lopes, Edilton de Andrade Silva and Paulo Mauricio Ferreira, the many different systems of the AAV.

Earnest Crockan taught them P7 Dyno Transmission

procedures to include test pressures, trouble shooting and a step-by-step Dyno Test.

Walter Easterling showed them how to inspect, clean, process and reassemble the power take-off system.

Vincent Bustamante and Mike Vasquez demonstrated cleaning, inspection, repair, testing of clutch shaft sets for the AAV.

Edwardo Sayao and Richard Fork of P7 Transmission Assembly demonstrated setting the input center clutches and hands-on installing of brake ends.

Support for the Brazilians was not limited to the systems instructors only. Several people working behind the

scenes ensured the Marines had a good visit here.

They were picked up at the airport by Duane Holmes who helped them find lodging. He checked with them daily to help with any logistical support they needed, and returned them to the airport October 27.

In addition, Dean Knutson helped them with rental cars and other ways to make their stay comfortable.

The Brazilian contingent was most appreciative of the training they received here. They could not thank the employees enough for the valuable training and the hospitality they received while here.

Before leaving Dos Santos presented a plaque for "Superior Customer Service" to Gary Baker, Maintenance Center deputy commander, who accepted it on behalf of MCB.



Photo by Duane Holmes



Photo by Duane Holmes

(Above) (From L to R) Staff Sgt. Renato Siqueira Lopes, Capt. Mirranie Pedro dos Santos and SSgts. Paulo Mauricio Ferreira and Edilton de Andrade Silva stand in front of a partially assembled AAV P7. The four Brazilian Marines spent two weeks at the Maintenance Center learning about the AAV's different systems.

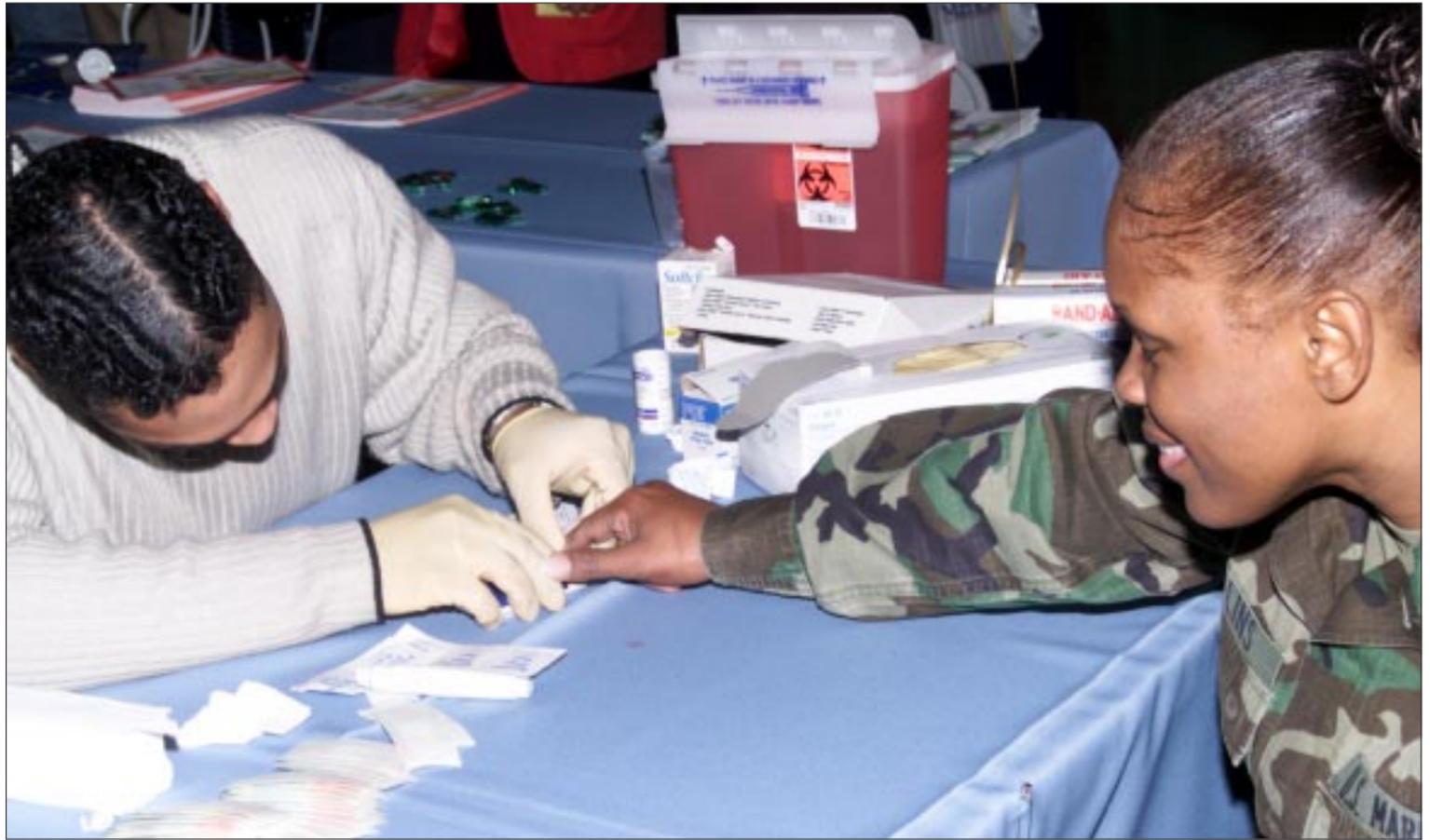
(Left) (From L to R) Staff Sgt. Edilton de Andrade Silva, Capt. Mirranie Pedro dos Santos and SSgts. Paulo Mauricio Ferreira and Renato Siqueira Lopes take a break for a photo opportunity while learning about the AAV P7 braking and steering systems from Alfredia Hester.

Maintenance Center Commander: Col. Ervin Rivers
Maintenance Center Deputy Commander: Gary Baker

Editor: Dianna McCormick
Commander's Corner phone numbers: 577-7054/7055



A drop of blood is all that is needed for an accurate blood sugar level reading. The process only takes a few minutes to complete, but is the key to early detection and treatment of diabetes. Doctors recommend regular scheduled diabetes testing for people with a family history of the disease because in most cases the disease is not discovered until symptoms arise.



Master Sgt. Wanda Collins, PSD counselor, has her blood sugar level checked by HN Antrion Smith during the health fair.

Annual Health, Safety Fair

Story and photos by Cpl. Brian Davidson
BARSTOW LOG staff

Federal employees, Marines, retirees and their family members converged on the 8th Annual Federal Employees and Retirees Health Fair combined with the base Health and Safety Fair at the Fitness Center gymnasium Thursday afternoon.

The health fair provided attendees the opportunity to get up close and personal with representatives from Health Management Organizations, Preferred Provider Organizations, TRICARE and other health services. In addition, preventative check-ups and health screenings, including

blood pressure and blood sugar checks, body-fat analysis and pulmonary function test were available to all attendees at no cost.

According to Marisa Klavon, Health Promotions coordinator, 13 health organizations, 14 local businesses and seven base departments were present.

For many, it was a vital opportunity to get all of the facts and ask vital questions about the health care plans and programs available to them before enrolling in a new plan or changing their current plan because the fair coincided with Federal Employee Health Benefits open season.

Aside from the numerous benefits organizations available to attendees, there was also something there for those who don't preoccupy themselves with health plans.

Lance Cpl. John Ross, HqBn. separations and retirement clerk, noted that the fair was much more interesting than he originally thought it would be, especially since he leaves his health concerns and ailments in the hands of the Navy Medical Corps.

"Every station had a ton of information, but the two things I found most interesting were the "Convincer" and

the station run by Gunny Raymond and Master Sergeant Collins that showed you the consequences of using drugs and the chances of getting caught when you drive drunk," said Ross.

The "Convincer," provided by Marine Corps Base, Camp Pendleton, Calif., is a contraption used to give those daring enough to brave it a first-hand experience of the effects on the human body of a 5-10 miles per hour collision while wearing a seatbelt. They packed up their machine before Ross himself could be convinced, but it still left an impact on spectators.

The Barstow Police Department, California Highway Patrol and the Sparky the Fire Dog were also there to remind attendees that staying safe is also a good way to stay healthy.

"Next year the goal is to have even more screenings than we had this year. One screening we had scheduled fell through, but we compensated with another," said Klavon.

Federal employees who missed the health fair but are interested in contacting the companies represented there may call Marisa Klavon, Health Promotions coordinator at 577-6817 or by e-mail at klavonne@barstow.usmc.mil.



Attendees posed questions about medical health care plans to representatives from health and medical organizations.



Tim Andrews, maintenance worker, has his blood pressure checked by HM2 Dee Thomas. Thomas later noted that Andrews had the blood pressure of a teenager.

Beneficiaries can help avoid medical bill problems

By SSGT Kathleen T. Rhem, USA
American Forces Press Service

WASHINGTON — There are several steps beneficiaries can take to avoid getting in hot water over unpaid medical bills, military health care officials said.

TRICARE officials have learned several lessons since implementing the Debt Collection Assistance Officer program, July 26. The program is designed to help beneficiaries deal with unpaid medical bills that have been sent to a collection agent or a credit bureau.

The beneficiary should first make sure information on the TRICARE explanation of benefits notification is correct. "It's easy for mistakes to occur when people are coding in numbers

and letters," said Marcia Bonifas, TRICARE Management Activity's director of customer service and beneficiary education. "If a social security number or procedure code is one number off, it can result in a claim denial."

"This can be resolved much more quickly if the beneficiary notices the problem and immediately calls the claims processor," she said.

Beneficiaries should also make better use of beneficiary counseling and assistance coordinators at each military medical treatment facility. "When beneficiaries receive a dunning notice, a

notice that the bill has not yet gone to a collection agency but it will if not paid within 30 days, the coordinators will take that on and work with the claims processor to get it paid," Bonifas said.

This advice also applies to any bill beneficiaries don't understand. "If you get a bill and you're not sure what it is, get it in to your TRICARE Service Center and get them engaged early," Air Force Col. Frank Cumberland, the agency's director of communications, said. "Individuals should identify

problems as early as they sense them. We want to solve problems as early in the process as possible."

Since the program began, Bonifas noted, beneficiaries have made good use of the Internet to get correct

information about the debt collection program. "They see it on the front page [of the TRICARE home page] and know exactly where they need to go if they get some sort of notification or have a question," she said.

About 300 claims have been brought to the debt collection assistance officers, and officials say half of them have been resolved already.

"Our goal is to get each claim settled within 30 days of our finding out about it," Bonifas said.

For more info contact the local TRICARE representative at 577-7749 or go to their Web site at <http://www.tricare.osd.mil>.

"If you get a bill and you're not sure what it is, get it in to your TRICARE Service Center and get them engaged early."

— Col. Frank Cumberland

JSOQ from Page 5

then attended the Hospital Corpsmen School at the Naval School of Health Sciences, also at Great Lakes.

From there he packed his bags and shipped off to Field Medical Services School at Camp Pendleton, Calif., to learn to do his job in a combat environment.

Now, just a hop, skip and a jump away from Camp Pendleton, he is receiving on-the-job training in a sort of apprenticeship

program in the Branch Medical Clinic's pharmaceutical department as a pharmacy technician's assistant.

Currently, Delapena doesn't have big, elaborate plans to live out the rest of his days as a larger-than-life figure. He professes he is simple man, with simple aspirations.

"I wanted to do something I could be proud of. Not just something I could be proud of. But, something my family could be proud of as well," Delapena said, "... I am doing that in the Navy."

"I wanted to do something I could be proud of. Not just something I could be proud of. But, something my family could be proud of as well."

INVADERS from Page 5

seafood on the bottom shelf of the refrigerator so juices cannot contaminate other foods.

– Use a separate cutting board, if possible, for raw meat products.

– Never place cooked food on a plate that previously held raw meat, poultry or seafood.

– Cook to proper temperatures. Use a meat thermometer to make sure meat and poultry are cooked all the way through. Cook eggs until the yolk and white are firm, not runny.

– When cooking in a microwave oven, make sure there are no cold spots in food. Cover food, stir and rotate for even cooking.

– Bring sauces, soups and gravy to a full boil when reheating.

– Refrigerate promptly. Pick up refrigerated

and frozen foods last at the grocery store.

– Refrigerate or freeze perishables, prepared food and leftovers within two hours.

– Never defrost or marinate food on the kitchen counter.

– Don't pack the refrigerator. Cool air must circulate to keep food safe.

– Divide large quantities of hot food into several small containers before refrigerating.

– And last, but not least: When in doubt, throw it out.

"If you are unsure if food has been prepared, served or stored safely, just throw it out. Food can look and smell fine, but it may not be safe to eat," Jones said. "Following sound food-safety procedures will help to protect yourself and your family from food-borne illnesses."

FOOTBALL from Page 10

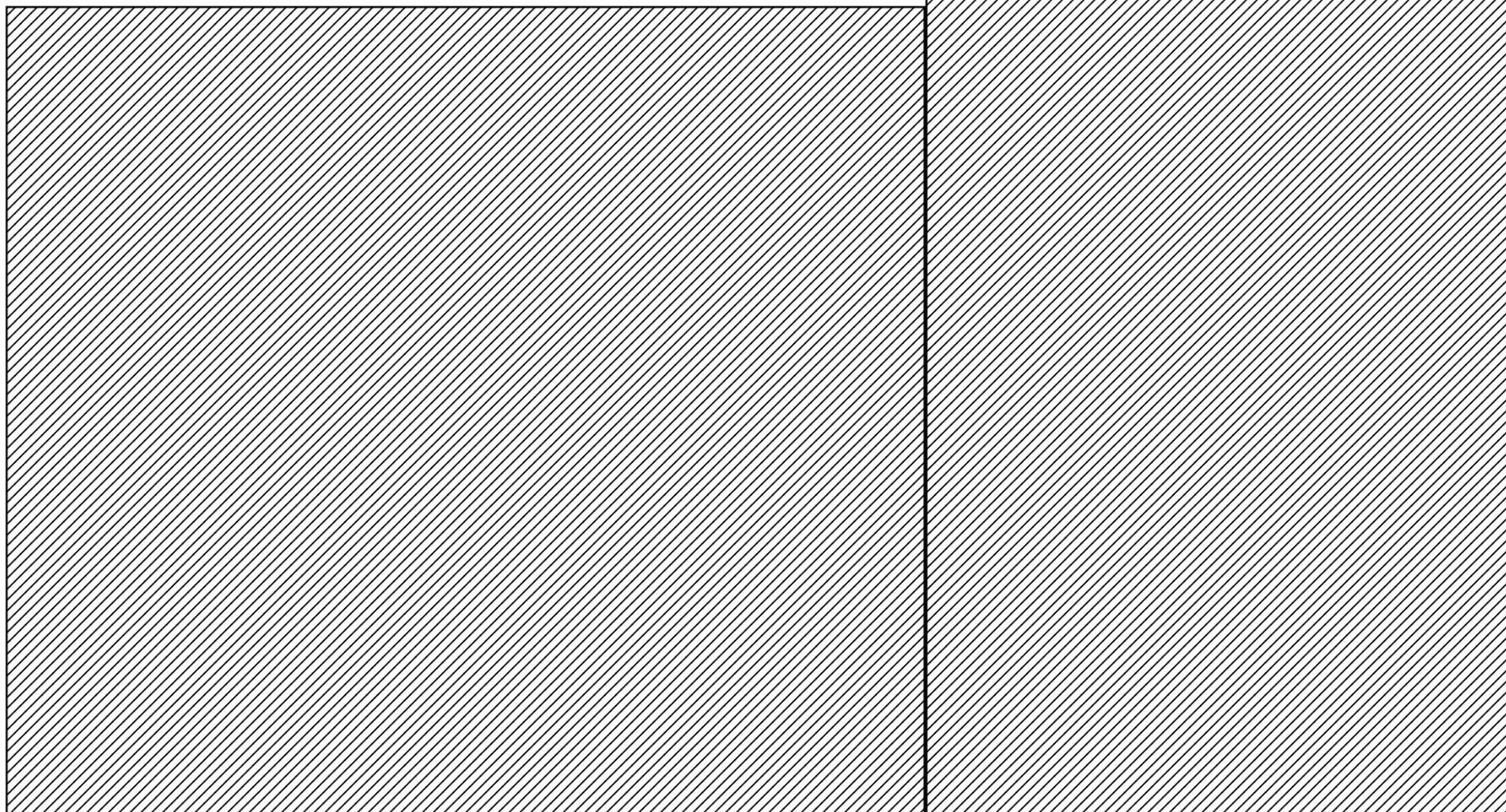
Referee, Elder Reyes, noticed the two teams were getting a little too into the

idea of fighting a fire and put the blaze out himself by stopping the game with seconds left on the clock.

After wiping the sweat from his brow

and rounding up his men, Krupnik said, "a few different calls, a few different balls and it would have been a different game."

The few spectators still present agreed.





By Jim Gaines
MCCS Publicity

Clothing Sale at MCX

Drop by the Exchange and look over the great buys during the November Sale. Check out bargains like low, early season prices on fall and winter men's and women's clothing, new designs by famous designers like Dada, No Limit, Ecko and Phatfarm. Shop early for the best selections. This sale runs through November 30.

The Exchange & 7-Day Store is open Monday-Saturday, 8 a.m.-9 p.m., and Sunday, 10 a.m.-6 p.m. Call 256-8974 for details.

The Railhead Exchange (Yermo) is open Monday-Friday, 8 a.m.-6 p.m. Closed Saturday and Sunday.

During troop rotation the Railhead Exchange is open Saturday and Sunday, 9 a.m.-5 p.m. Call 577-7092 for more information.

Weekly Lunch menu

Today - Chicken Cordon Bleu.
Thursday - Thanksgiving. The Family Restaurant is open holiday hours 9 a.m.-2 p.m, serving Thanksgiving turkey with all the trimmings. The Cactus Cafe is closed today.

Friday - Hoki fish.

Monday - Yakisoba.

Tuesday - Teriyaki chicken.

Wednesday - Enchiladas.

Thursday - Baked turkey.

All above meals served with vegetable, roll/butter, coffee, tea or soft drink.

Lunch is served Monday-Friday at the Family Restaurant from 10:30 a.m.-2:30 p.m. Lunch is served Monday-Friday at the Cactus Cafe from 11:30 a.m.-noon. \$3 military, \$4.50 civilian.

Family Restaurant full service

The Family Restaurant offers breakfast, lunch and dinner service.

Weekdays
Breakfast is served from 5:30-7:30 a.m. Price: \$1.50 military, \$3 civilian. Lunch is served from 10:30 a.m.-12:30 p.m. Price: \$3 military, \$4.50 civilian. Dinner is served from 4:30-6 p.m. Price: \$3 military, \$4.50 civilian.

Weekends & Holidays
Menu service for breakfast, lunch and dinner: 9 a.m.-2 p.m.
Thursday Family Night Dinner
Thursday - Closed.
Next week - Prime Rib dinner.

Family Night dinners are served Thursday evenings at the Family Restaurant from 4:30-7:30 p.m. Prices: (military & civilian) \$4.50 adults, \$2.50 children (5-11 years), children 4 years and under are free. All ranks and civilians are welcome.

MCCS QUESTIONNAIRE



MCCS HOBBY SHOPS

Help us to meet your expectations: We would like your input regarding the hours of operation of the Hobby Shops. Please complete this form, and either bring it to the MCCS Administrative Office, Bldg. 15 (Red Wing), send it to us via guard mail, or fax it to us at 577-6835. If you prefer, you may also mail it to MCCS Administrative Office, MCLB Barstow, CA 92311-5047

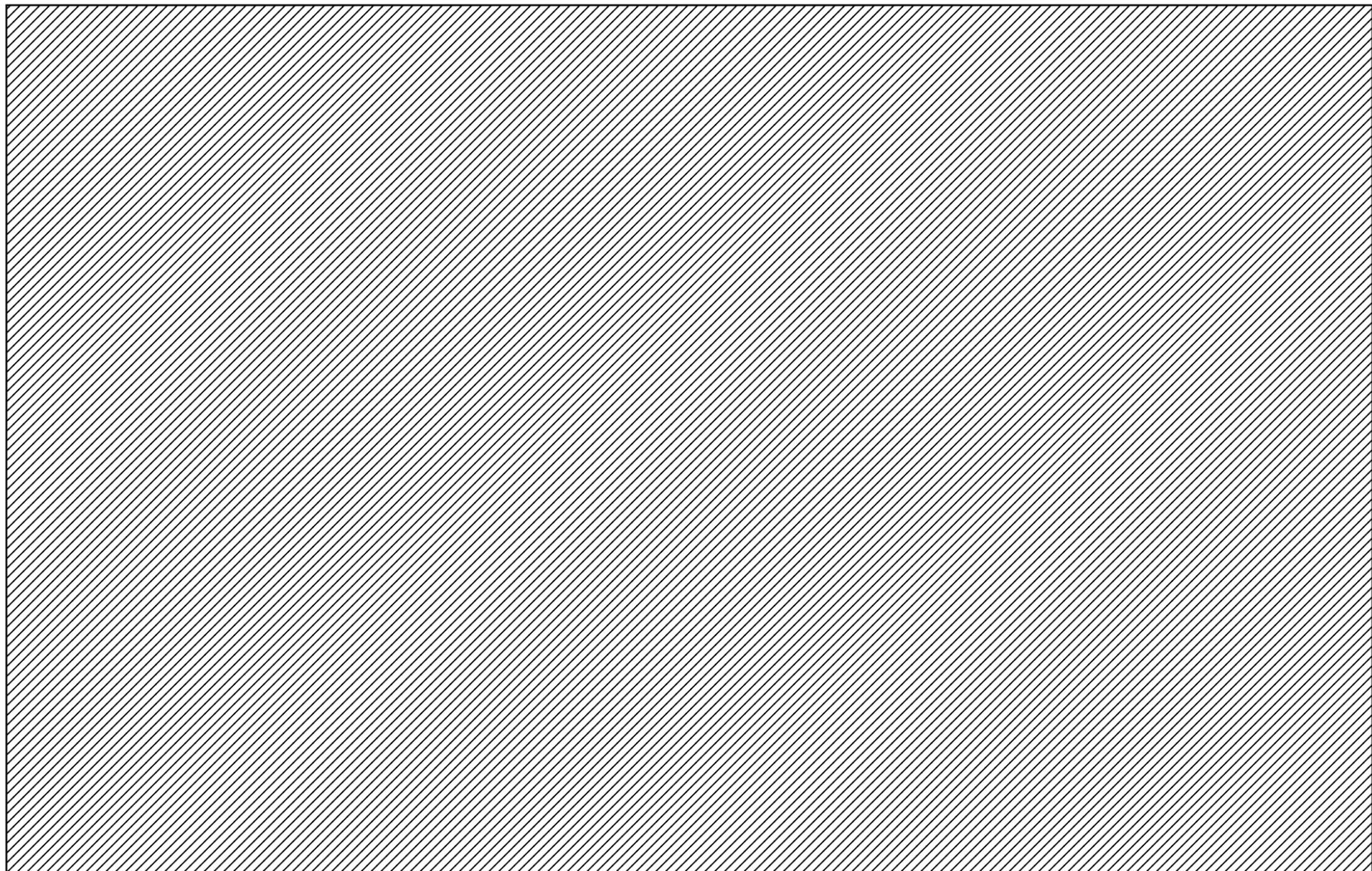
Are you satisfied with the present hours of operation of the Hobby Shops? If you're not satisfied, check the "no" box, and tell us what hours would be more convenient for you.

Auto Hobby Shop: Wednesday-Friday, 11a.m.-7p.m. , Saturday/Sunday, 10 a.m.-6p.m.
 Yes, I'm satisfied. No _____

Ceramic Hobby Shop: Wednesday-Friday, 11a.m.-7p.m., Saturday/Sunday, 10 a.m.-7p.m.
 Yes, I'm satisfied. No _____

Wood/Rock Hobby Shop: Wednesday-Friday, 1-9p.m., Saturday/Sunday 10a.m.-6p.m.
 Yes, I'm satisfied. No _____

Thank You! Your input is appreciated.



SPORTS

Intramural Flag Football nears postseason playoffs

By LCpl. Cory Kelly
BARSTOW LOG staff

I&L buries Headhunters in shallow grave

I&L slipped past the Headhunters in an intramural football game that was almost too close to call November 15 at Sorensen Field.

The game seemed like a 'shoe in' to Derrick Christoff, quarterback for the Headhunters. After all, within the first five minutes of the game he made a run for a touchdown, then after a quick interception by Dennis Owen, he threw an end zone pass to Steven Colbird putting the score at 13-0.

I&L struggled most of the first half, tearing into the Headhunters like a de-clawed cat. It wasn't until a minute before the half was over that I&L's quarterback, Bryan McClune, threw a floater to wide receiver Eric Behar for the touchdown.

Getting a little dirt in their hair at the opening of the second half, I&L's McClune found an opening and ran with it, rising above the Headhunters 16-13.

Christopher Jurgensmeyer, I&L's benched secret weapon talked feverishly for ten minutes about how I&L was getting ready to put the nail in the Headhunters coffin. His face filled with a grinch-like grin when McClune, connected on a 25-yard pass to Behar for another touchdown putting I&L further ahead, 22-13.

Peter Vegliante, Headhunters, pulled the team out of the ground a little, 22-19, with a return that looked like some thing off of a sports bloopers video, but the Headhunters couldn't get the ball back in time to beat the clock.

Christoff recounted the game like it was a fight for cosmic energy rather than

two teams pushing and pulling a ball down a field, "We had the drive at the beginning. But when we lost it, I&L got it, and we couldn't get it back from them."

If a city block is ablaze the fire department rushes in to put it out, but when the boys from Fire are burning up the field who will put their fire out?

Fire burned down the house the O's built in an intramural flag football game November 15 at Sorensen Field.

Jesse Griego, Fire's quarterback, started the blaze just minutes into the game with a 20-yard touchdown pass to Dell Warfield. Paul Purdy, Fire, kept it going, with an interception at the 25-yard line. And Daniel Figueroa caught a pass from Griego that turned the small blaze to a forest fire.

Elmon Krupnik, O's quarterback, turned the hose on, trying to hold the fire back with a bomb to Paul Zacharuk that set the score to 13-6.

But the Fire just got hotter as, Griego sent a package to Raymond Ulibarri that burst flames into night closing the first half at 19-6.

Fire's quarterback opened up the second half with a gust of wind, floating a touch down pass to Ulibarri that spread the flames a little further, 25-6.

Krupnik tried to push the burn back rifling one to Bryan McClune, who took the hint and scored to close the gap, 25-12.

Still, things heated up even more as Ruben Rodriguez, Fire, fueled the inferno with a run that set and closed the score at 31-12.

Time ran out, the winds eased, and the fire smoldered to ashes after that.

See FOOTBALL Page 8



Photo by LCpl. Cory Kelly

Angling towards the sideline, Christopher Cannon of I&L tries to evade Headhunters' defender Derrick Christoff.

SPORTS BRIEFS

Tae Kwon Do Trials set

The Conseil International Sports du Militaire (the International Council of Military Sports) Tae Kwon Do Trials are April 25-31 at Fort Indiantown Gap, Pa.

First-place finishers will compete in the CISM Regional Competition May 11-13 at Fort Indiantown Gap. This event also qualifies Marines for the National U.S. Tae Kwon Do Union Championship May 24-27 at Cleveland, Ohio.

The CISM Tae Kwan Do training camp is October 1-7 and the championship competition is in the Netherlands September-October.

Marines interested in competing submit a resume to the Semper Fit officer. Resumes must include current Kukkiwan Dan (black belt) certification and a 2001 U.S. Tae Kwan Do Union membership card.

For more info on these and other military sports programs, call Semper Fit, 577-6971, Monday-Friday, 7:30 a.m.-4p.m.

GUNNY'S PICKS

Week 13

Donnie Keeney, Installation and Logistics Planning and this week's Gunny's Picks winner, took home the prize by getting 11 of 14 games right.

The win lifted his football spirits a little bit.

He said "It hasn't been easy being surrounded by Oakland and Dallas fans these last two years, so this helps. Go Niners!"

OK, folks, we're closing in on the last few weeks of football, so get your picks in early.

Who do you think is going to be in the Super Bowl this year?



- New England at Detroit*
- *Minnesota at Dallas
- *Pittsburgh at Cincinnati
- Miami at Indianapolis*
- Chicago at NY Jets*
- Buffalo at Tampa Bay*

- *Philadelphia at Washington
- Cleveland at Baltimore*
- Atlanta at Oakland*
- *Kansas City at San Diego
- *Denver at Seattle
- *Tennessee at Jacksonville

*NY Giants at Arizona

Monday Night

Green Bay at Carolina* (42)

Total points: _____

Name, work section and phone number: _____
Monday night's game is a tie-breaker and must include a total score.

Season Standings

Team	Wins	Lost
Fire	4	0
O Club	2	1
Headhunters	1	2
I&L	1	2
PSD	0	3

Please submit all Trader Ads to editor@barstow.usmc.mil.

1989 NISSAN 4X4 PICK-UP: 5-spd, A/C, 89K miles, A/T tires, custom rims, tint, custom bumpers w/hitch, runs excellent, \$3,750 OBO. Call 252-0039.

1988 FORD RANGER: 5-spd, camper shell, red, CD player, \$900 OBO. Call 252-2500.

1998 BLAZER: P/D, P/W, A/C, CD, 4X4, black, very well maintained, transferable warranty, must sell, \$14,500 OBO. Call 252-8666.

1994 TOYOTA CAMRY LE: Sedan, 4-door, maroon exterior, tan leather interior, 4-cyl., 2.2L, front wheel drive, P/S, P/W, C/C, AM/FM, cassette, dual air bags, sliding sun roof, \$8,000 OBO. Call 240-5101, relay 888-887-5379.

1994 DODGE CARAVAN: PS/PB/w/DL ABS, new tires, smog cert. Retail \$6,600, asking \$5,800. Call 252-2656. Lv. msg.

1991 HONDA CIVIC: 5-spd, motorswap, Wings West body kit, fresh silver paint, roll cage, NOS, full sway and strut bars, custom interior, 18" Niche 3-pc whls, coilover susp., complete trophy car – nothing left to do, make offer. Call 252-0039.

MISCELLANEOUS: Exercise equipment, Nordic Rider \$100; ab machine \$15; Fitness Flyer \$75; Exercise Blade \$25; Twist and Spin \$10 or trade for ?, Suze Orman's "Financial Freedom" series of CDs and books, new \$50 or trade for ? Call 253-5926.

MISCELLANEOUS: Queen-size waterbed, \$35; Super-single waterbed w/12-drawer pedestal (1 drawer missing), \$20; sheet sets for both, like new, \$5 each; older zig-zag sewing machine, \$10. Call 252-3824.

MISCELLANEOUS: Brown and beige high/low carpet, approx. 50 yards \$50. Call 253-5926.

MISCELLANEOUS: Two pieces of beige carpet in excellent condition, one piece 10'X7', one piece 10'X11', \$25 each. Call 252-2059. Lv. msg.

MISCELLANEOUS: Portable-electric range w/one-quart size non-stick pot, \$15; grass trimmer, cordless battery, rechargeable, \$20. Call 242-8839.

MISCELLANEOUS: Weed-eater, \$5; chair that makes into a bed, \$5; wooden rocker w/pad, \$25. Call 256-7428.

MISCELLANEOUS: Hobart and Gable piano by Story and Clark, good condition, must see to appreciate, \$750 OBO. Call 256-6632. Lv. msg.

MISCELLANEOUS: Treadmill, 0–6 mph, \$75 OBO; men's and women's 26", 21-spd mountain bikes, \$150 for both. Call 252-3023.

GARAGE SALE: Clothes and many household items, 3-pc sofa, washer/dryer, bedroom set, 1301 Montezuma. Call 252-2500.

INDIAN from Page 4

“above and beyond the call of duty,” these warriors exhibited extraordinary bravery in the face of the enemy and, in two cases, died for their country. These are their stories:

Jack C. Montgomery was a Cherokee from Oklahoma and a 1st lieutenant with the 45th Infantry Division Thunderbirds. On February 22, 1944, near Padiglione, Italy, Montgomery's rifle platoon was under fire by three echelons of enemy forces, when he single-handedly attacked all three positions, taking prisoners in the process.

As a result of his courage, Montgomery's actions demoralized the enemy and inspired his men to defeat the Axis troops.

Ernest Childers was a Creek from Oklahoma and a 1st lieutenant with the 45th Infantry Division. Childers received the Medal of Honor for heroism in 1943 when, up against machine gun fire, he and eight men charged the enemy.

Although suffering a broken foot in the assault, Childers ordered covering fire and advanced up the hill, single-handedly killing two snipers, silencing two machine gun nests, and capturing an enemy mortar observer.

Van Barfoot was a Choctaw from Mississippi and a 2nd lieutenant in the Thunderbirds. On May 23, 1944, during the breakout from Anzio to Rome, Barfoot knocked out two machine gun nests and captured 17 German soldiers. Later that same day, he repelled a German tank assault, destroyed a Nazi fieldpiece, and while returning to camp carried two wounded commanders to safety.

Mitchell Red Cloud, Jr., was a Winnebago from Wisconsin, and a corporal in Company E., 19th Infantry Regiment in Korea.

On November 5, 1950, Red Cloud was on a ridge guarding his company command post when he was surprised by Chinese communist forces. He sounded the alarm and stayed in his position firing his automatic rifle point-blank to check the assault, giving his company time to consolidate their defenses. After being severely wounded by enemy fire, he refused assistance and continued firing on the enemy until fatally wounded.

His heroism stopped the enemy from overrunning his company's position and gained time to evacuate the wounded.

Charles George was a Cherokee from North Carolina and private first class in Korea when he was killed, November 30, 1952.

During battle, George smothered a grenade with his body, shielding his comrades from the blast by sacrificing his life.

For this brave and selfless act, George was posthumously awarded the Medal of Honor in 1954.

