

# BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 24

Marine Corps Logistics Base Barstow, California

April 26, 2001

## Earthquake Preparedness Month

There could be a whole lot of shakin' goin' on.  
Are you ready?

Page 5

## MCLB takes on DEFY

Drug Education For Youth program hits Barstow.

Page 14

## Marine Corps Ball Best Ball golf tourney

Golfers take on High Desert winds.

Page 12

## Sports

MCLB softball team travels to tournament at MCAS Yuma, Az.

Pages 8,9

Check out the new Marine Corps homepage.

<http://www.usmc.mil>

**BARSTOW LOG**  
SERVING MCLB DURING TRANSITION AND CHANGE

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

## 2001 NMCRS campaign greatest success in years

By Sgt. Brian Davidson  
Press Cheif

MCLB Barstow concluded this year's Navy/Marine Corps Relief Society Campaign with an awards ceremony in honor of key volunteer personnel and to celebrate the campaign's success Tuesday. MCLB generated \$19,280 in benefit of NMCRS.

According to Chief Warrant Officer William Bradshaw, campaign treasurer, the 2001 campaign was by far the most successful effort he has taken part in.

"It is a worthwhile effort to take part in the campaign or to donate for anyone willing and able to do so," said Bradshaw. "This year, a lot of people did, making this the most successful year. Last year we raised \$16,730."

"Although this year's campaign had less volunteer key personnel taking part, there was a bigger effort overall," said Bradshaw.

"This year was the biggest success I have seen during my time as campaign treasurer. Each year we have done better and better."

"The Budget Office alone generated \$650 from their annual bake sale," added Bradshaw.

According to some, cookies and a competitive spirit helped to spark some of the campaign efforts among the work sections.

LouAnn Presley, budget analyzer, said she believes that friendly competition for a good cause played a major role. "Our office has held a bake sale in

support of Navy Marine Corps Relief Society for many, many years; at least since 1984.

"Workers from the Information Systems Office came over and saw how well we were doing and said they had to do something, too."

"Then, we asked the fire department what happened to the pancake breakfast. Before you know it, everybody was taking part – doing something to help," said Presley.

Hospitalman 3rd Class Mary Collins said, "Being a part of the Navy/Marine Corps Relief Society Campaign was a pleasure for me because as a Sailor, it's a very important cause – charity to take care of our own. Some of us can appreciate it more. I can because Navy/Marine Corps Relief was there for me when I needed the assistance. When my pay got messed up after a permanent change of station move, they provided the funds for me to pay rent and utilities."

"Moreover," emphasized Collins, "I have had many friends who have used the assistance during emergency situations."

"I'm sure that everyone has someone, whether it be a shipmate or a fellow Marine, who has needed to seek assistance from Navy/Marine Corps Relief. The best thing about the campaign was that people contributed and it wasn't about the prizes, but giving to help America's service members."

That's what the campaign is all about.

## Seven Day Store Grand Opening

By Cpl. Joshua Barnhardt  
BARSTOW LOG staff

Marine Corps Community Service's Super Seven Day Store will have a Grand Opening May 1. A ribbon cutting ceremony will be held at 10 a.m.

The renovation of the Super Seven Day Store is finally complete. The new store is 6,700 square feet. Annual Sales are projected to increase by \$50,000 a year.

The project cost \$425,000, and was

contracted by the local Resident Office In Charge of Construction. The project was funded by MCCS Headquarters, Quantico, Va.

Because it was funded by MCCS Headquarters, prices will not rise to compensate for the construction.

The construction was completed February 1, and has been in use while minor construction was being done to the old store, which is now offices.

The Super Seven Day Store is having a sale commemorating the Grand Opening.



Photo by Cpl. Joshua Barnhardt

Specialist Wayne Simmons, heavy mobile equipment mechanic, guides a vehicle onto a railcar at the Yermo Annex.

The Army had 700 vehicles come in and sent 450 vehicles out of the Yermo railhead in a three-week period for the Division Capstone Exercise at the National Training Center, Ft. Irwin.

It took 13 trains to send the vehicles out and three trains brought the vehicles in. The vehicles came from Ft. Hood, Texas, and are being sent back there. Yermo used two locomotives and crews to move the railcars around at the railhead. That is twice what is normally used. There were approximately 5,000 to 6,000 vehicle movements around the railhead during the operation.



The Independent V-22 Review Panel conducted an extremely comprehensive review of the Osprey Program, and I appreciate the panel members' dedication in taking on this important task.

I share the panel's concern about the V-22's maintainability, reliability and funding.

The panel gave each of these issues careful consideration, and we will be looking very closely at recommendations made in the panel's final report.

It is clear from the panel's review that the Marines assigned to the training squadron (Marine Me-

dium Tiltrotor Training Squadron (VMMT 204)) faced some very difficult circumstances as they worked to introduce the Osprey into the Marine Corps.

Although there are many issues to be resolved, I am encouraged by the panel's recommendation to pursue further development and fielding of the V-22. This is a capability our nation needs to meet the operational requirements of the 21<sup>st</sup> century.

I look forward to discussing the program with the Secretary of Defense after he has had an opportunity to review the panel's report.

Statement by General James L. Jones, Commandant of the Marine Corps, in response to V-22 panel's public deliberation.

# Identity Crisis?

**By Sgt. Maj. Stephen H. Mellinger**  
Marine Forces Pacific

CAMP H.M. SMITH, Hawaii – Every now and then I hear of a power struggle between some sergeant major/1<sup>st</sup> sergeant (9999 billet) and a master gunnery sergeant/master sergeant. These little rifts between the upper-enlisted probably have been going on from the day the Corps first split the two pay grades. One might say it's an identity crisis between these four ranks.

Quite honestly, I think we (9999 community) have more of an identity crisis in the matter than our counterparts. I've learned from personal experiences to view master gunnery sergeant/master sergeants as the Corps' "duty experts" technically, and 9999's more like "jacks of many Marine trades, but masters of none."

I will admit that as a young 1<sup>st</sup> sergeant I too was caught up in such discussions. To be honest, my prejudicial attitude began once I decided, as a gunny, to go the 9999 path, rather than remain in my MOS. I felt that sergeants major/1<sup>st</sup> sergeants were more important to our

beloved Corps as leaders.

The fact of the matter is both sides of our E-9/E-8 ranks are equally vital to the success of any command. However, I again had to learn the hard way that one was not more important than the other.

As a just promoted 1<sup>st</sup> sergeant I reported to my new command just full of myself, thinking about how I was now "The Man!" Checking in, I learned there were five master gunnies in our unit. "No problem," I told myself. After all, my billet was "senior" to any master gunny billet so that made me boss hog! I held that thought until I had the pleasure of meeting Master Gunnery Sgt. Johnson.

My first SNCO PME, I started things off by announcing that I was the "new sheriff" in town, and that I was there to lay down the law on how things were going to be run from now on. The next morning Master Gunnery Sgt. Johnson sent me a pleasant invitation to visit him. I made a point to drop by his office that afternoon.

In the first few minutes of my visit, I learned a lot about Master Gunnery Sgt. Johnson. In a

"... misperceptions and stereotypes concerning our four elite enlisted grades could make our Corps less effective as a team."

quiet, yet direct, tone of voice he informed me that he had fought in Korea during 1950 and 1951 (five years before I was born).

Standing nose to nose, burning holes in my eyeballs with his, he subtly made me aware that he had more than 30 years active service and more time in grade than I had time-in-service.

I can tell you at this point, in this one-sided conversation, I knew that if I was the "sheriff," Master Gunnery Sgt. Johnson had to be the "mayor!" Before he dismissed me from his office, he left me with one great piece of advice.

His advice to me was not to forget this little visit with him. He told me that if I ever forgot my relationship to him (as a Marine), if I ever forgot any of this conversation, he would not hesitate introducing his boot to my backside (to put it mildly)!

After assisting me with an attitude adjustment that crusty old Marine spent the next couple of years supporting me 100 percent and teaching me how to be an effective 9999. He showed me the importance of senior enlisted

working as one unit in harmony, regardless of rank, title or billet. Above all, he taught me that having a mutual respect for each other's billet and rank was paramount to accomplish any mission.

All of you younger Marines may be asking yourself, "What's this 'clash of the enlisted titans' have to do with me?" The answer is that misperceptions and stereotypes concerning our four elite enlisted grades could make our Corps less effective as a team.

This type of stereotyping could mislead potential command leaders (each of you) from choosing a career as a 9999. And likewise, it could cause some needed technical Marines to leave their technical billet thinking that to be a "real" Marine leader you have to be a 9999.

Every Marine has strengths and weaknesses, regardless of their rank, title or billet. A true Marine leader is one that can make use of others' strengths, no matter if their position is junior, senior or equal.

Semper Fi.

# Sharing the burden

*Every load is lighter when equally distributed*

**By Lt. Cmdr. Elmon R. Krupnik**  
Base Chaplain



I have been watching a show on television over the last few months on a regular basis.

The show involves two teams that compete with each other

over building a certain item out of materials in a junkyard; I'm sure you know the name of the show.

When I was first asked to watch the show, I had my reservations.

However, I got hooked and now I look forward to watching the show.

I think it is because deep down inside, it appeals to the tinkerer, the mechanic, the builder of Lincoln Logs, Legos, shop class, etc. I also think we identify with the individuals working together as a team, putting their ideas together, to create the final product.

When we work together for a common goal and purpose, we share each other's burdens.

Galatians 6:2 tells us to "carry each other's burdens, and in this way you will fulfill the law of Christ."

Each day we are given a task: to live our lives to the fullest for God. Many times that day can be heavy with burdens. Let us share the load with each other and make the burden lighter.

Blessings to all,  
Chaplain Krupnik

## Just doing my job ...

Lance Cpl. Scott R. Placko, military policeman performing the billet of the Commanding Officer's driver, shines the bell in front Building 15 for what could be his last time Monday morning. Placko will be replaced by another driver tomorrow. He said, "I'll miss the job a little, but I'll miss Ronnie [Veronica McClintock, the CO's secretary] a lot ... she's my buddy."



Photo by Cpl. Cory Kelly

### Chapel Services

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

**Confession services before Mass**

### Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office

For more info call  
577-6849.



## BARSTOW LOG

SERVING MULITIPLE TRANSITION AND CHANGE



The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

This newspaper is an authorized publication for members of the Department of Defense. Contents of BARSTOW LOG are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. BARSTOW LOG is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

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

For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

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

Bill Bokholt  
GySgt. Frank Patterson  
Sgt. Brian Davidson  
Cpl. Cory Kelly  
Cpl. Joshua Barnhardt  
Bertie Dailey

Marine Corps Logistics Base Barstow, California

Colonel Mark A. Costa, Commanding Officer

Public Affairs Staff

# NEWS BRIEFS

## Family Fun Day

Children and Youth Programs will be hosting a Family Fun Day Saturday, from noon to 5 p.m.

There will be games for the whole family. There will be a static display including the MCLB Fire Department Safety House. There will be free hot dogs and sodas at the event.

For more information, call the Children and Youth Program, 577-6287.

## Leave Share Request

Sondra J. Thomas, PEI Management Branch, Fleet Support Division, has been 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 Lorinda Meinicke, 577-7774.

## Military Record Requests

You can get a copy of your Military Records online at <http://www.nara.gov>.

With access to a printer and Adobe Acrobat Reader, you may download and print a copy of the Standard Form 180 – Request Pertaining to Military Records.

The front and back of the form are separate files which must be down-

"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](mailto:editor@barstow.usmc.mil).

loaded separately. Both sides must be downloaded and filled out, because the back side of the form contains important mailing addresses and instructions.

## Cinco De Mayo

The Hispanic Employment Program is hosting a Cinco De Mayo dinner May 5 at the Oasis Club at 5 p.m.

Tickets must be purchased by Friday.

There will be food, dancing, entertainment and a no-host bar. The buffet includes beans, rice, chips and salsa, and dessert.

Adults are served green chili with pork and the children have a choice of beef taquito, or chicken chimichanga.

Tickets are limited, and the public is invited to attend.

For reservations or information call one of the following representatives:

Name	Phone
Delane Gutierrez	577-7580
Sophia Ontiveros	577-6140
Ed Tintos	577-7127
Anita Lewis	577-6788
David Mendez	577-7328
GySgt. Michael Claudio	577-6533
Jose Riveras	577-7315
Marva Johnson	577-6965

## Old Town San Diego Trip

The Civilian Welfare and Recre-

ation Association is sponsoring a trip to Old Town, San Diego May 5.

The trip costs \$10 and includes the bus ride there and back.

For tickets or information contact one of the following CWRA representatives:

Name	Phone
Dan Kiern	577-6614
Barbara Kulseth	577-6771
Fred Molino	577-7210
Vince Chavez	577-7075
Bruce Rowe	577-7207
Ernie Hawkins	577-7046
Ed Guz	577-6183
Richard Tusing	577-6492
Cliff Aclés	577-6431
Barbara Kent	577-7382
Ed Frey	577-6940
Tangia Joseph	577-7223
Wrayanne Huddleston	577-6714

## Kindergarten Roundup Schedule

Barstow area schools are taking kindergarten registration on the following dates. Immunizations are available at each school site.

**Crestline:** Wednesday, 8:30 a.m. to 3:30 p.m. Fingerprinting available from 9 a.m. to noon and from 1 to 3 p.m. For more information, call Kathy Alcantara or Rhonda Hanson, 252-5121.

**Henderson:** May 23, 8:30 a.m. to 3 p.m. No fingerprinting available. For more information, call Linda Lytle or Mabel Rodriguez, 255-6250.

**Lenwood:** May 25, 9 a.m. to noon and 1 to 3 p.m. Fingerprinting available from 9 a.m. to noon. For more information, call Espy Gutierrez or Venetia Wynnna, 253-7713.

**Montara:** May 15, 8:30 a.m. to 3:30 p.m. Fingerprinting available from 8:30 a.m. to 3 p.m. For more information, call Lola Shipley or Dawn Cline, 252-5150.

**Skyline:** May 4, 8:30 a.m. to 3:30 p.m. Fingerprinting available 8:30 a.m. to noon. For more information, call Suzi West, 255-6090.



6155.

## MECEP is Open

Marine Corps Enlisted Commissioning Education Program is designed to provide outstanding enlisted Marines the opportunity to serve as Marine Corps officers.

Marines successfully completing the program receive a baccalaureate degree and a commission as a second lieutenant in the Marine Corps Reserve.

MECEP is open to all active duty Marines and Marines in the active reserve program who meet the eligibility requirements.

For more information, contact the Adjutant, 2nd Lt Casey L. Taylor, 577-6155.

## YAC Family Fun Day

A Family Fun Day is planned for Saturday from noon to 5 p.m. at the McKinney Complex.

The Youth Activities Center will be having free hot dogs and sodas for all to celebrate the month of the military child. They will also set up a jump house, mini golf, arts and crafts projects, and games for kids of all ages. Cotton candy, nachos, popcorn, and snow cones will be on sale to raise money for YAC field trips.

The YAC teens will be doing face painting and running the game booths. In addition, the base fire department and the Provost Marshal's Office will be hosting a static display to include the Fire Department Safety House.

For more information, contact Children and Youth Programs at 577-6287.

## Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-142-01	Budget Assistant GS-0561-05 (Term NTE 366 Days)	03-28-01	04-27-01	04-11-01	MCLB Barstow
DEU-647-00	Electronics Worker WG-2604-08(Part-time Temp NTE one year) (Amended)	02-08-01	04-27-01	04-13-01	MCLB Barstow
OTR-015-01	Sandblaster WG-5423-07 (Amended)	02-08-01	04-27-01	02-22-01	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, 577-6357.

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.navymil>.

# Environmental, preschoolers, worms mingle for Earth Day

**By Sgt. Brian Davidson**

Press Cheif

To do their part in celebration of Earth Day, the Base Environmental Division teamed up with 4-year olds at the Child Development Center Wednesday morning to take a closer look at some of the environment's creepiest friends.

Nobody likes garbage and nothing eats it like earthworms. That's why Liz Sena, Base Environmental Office environmental protection specialist, invited worm farm owner Larry Staggs to the MCLB Barstow CDC.

There has long been a correlation between kids, dirt and earthworms, according to Sena, and teaching kids why worms are especially good for the earth could spark their interest in using the critters for household composting when they become adults.

"Kids just love it," Sena said of the creepy crawlers. "They get a real kick out of worms. When Mr. Staggs asked, 'Who wants to see some worms they' all screamed and crowded in really close for it."

"I asked Mr. Staggs to come to the base because recycling is so important and we all know children have a lot of influence on their parents," she said.

Earthworm composting was a natural selection for Environmental's Earth



Photo by Cpl. Joshua Barnhardt

Shyanna Smith isn't too sure about touching the worms.

Day education program because reducing the amount of garbage sent to the landfill is a major concern.

"You can recycle anything, plastics, paper and even what we eat," remarked Sena. "It's a waste to throw food away, and a lot of people overlook that it can be easily recycled at home using earth worms."

Earthworms devour nearly all forms of food waste, yard and garden debris

and even paper products in sizeable amounts. Generally, two pounds of worms will recycle one pound of waste in 24 hours. In ideal conditions, they will recycle their own weight in 24 hours.

Earthworms are the unheralded soldiers of the soil, according to <http://www.oldgrowth.org/compost/wormfaq.html>. Worms breakup the soil, allowing more access for plant roots, help the soil hold more water



Photo by Cpl. Joshua Barnhardt

Curious hands grab at earthworms.

and they turn dead organic material into the world's best plant food – chemical or natural. A little know fact is that they contain 60 percent protein and are raised as a very high-grade animal feed.

For Staggs, Earth Day is every day. Earthworms are the centerpieces of his multifaceted business. He uses the worms to produce castings from recyclable materials, which he sells and uses for his own produce farming business. He sells the worms because they reproduce at high rate under ideal conditions. Beginning a worm compost bin is simple and interesting enough to maintain any child's curiosity, according to Staggs. "These days people are looking for ways to spend more time with their kids. A worm compost bin is one of those things they could and should do for a number of reasons," said the farmer. "It's good for

the environment and parents and kids can do something together that makes them feel closer to nature."

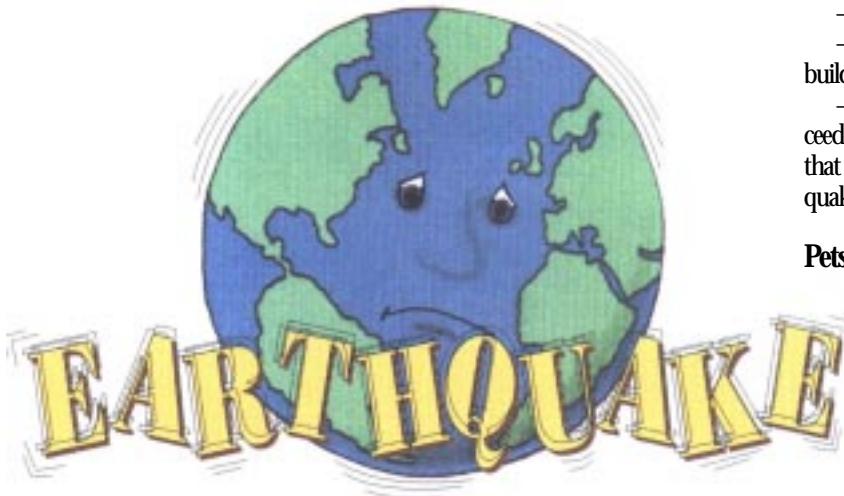
In reference to the truer purpose of Earth Day, Staggs highlighted the potential conservation windfall of earthworm compost bins.

"Think about the energy shortage we're facing. Then, think about all of homes that use garbage disposals to get rid of waste. It amounts to a lot of energy and water needlessly wasted," noted Staggs. "You could buy a plastic bin, drill some holes and add some moist, shredded newspaper and some worms and do the same task for at least 14 years for less than \$20."

Preschooler Symone Davidson summed up her educational experience. "I liked putting the worms in and covering them up," she smiled. "I'm gonna tell my daddy to get some to eat trash and to catch some fish with, too."

## FACT

On the average, living to the ripe, old age of 14, earthworms outlive most house pets and multiply at a rapid rate. Ten pounds of earthworms can multiply to 14,000 pounds of earthworms over two years time if none digest toxic materials.



### **Earthquakes strike suddenly:**

Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake.

Develop an emergency communication plan. In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.

Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone

number of the contact person.

### **If indoors during an earthquake:**

- Take cover under a piece of heavy furniture or against an inside wall and hold on.

- Stay inside.

- The most dangerous thing to do during the shaking of an earthquake is to try to leave the building because objects can fall on you.

### **If outdoors:**

- Move into the open, away from buildings, streetlights and utility wires.

- Once in the open, stay there until the shaking stops.

### **If in a moving vehicle:**

- Stop quickly and stay in the vehicle.
- Move to a clear area away from buildings, trees, overpasses, or utility wires.
- Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

### **Pets after an Earthquake**

The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard.

Pets may not be allowed into shelters for health and space reasons. Prepare an emergency pen for pets in the home that includes a three-day supply of dry food and a large container of water.

### **After: prepare for aftershocks:**

Although smaller than the main shock, aftershocks cause additional damage and may bring weakened structures down. Aftershocks can occur in the first hours, days, weeks or even months after the quake.

- Help injured or trapped persons.

- Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.

- Listen to a battery-operated radio or television for the latest emergency information.

- Remember to help your neighbors who may require special assistance, infants, the elderly and people with disabilities.

- Stay out of damaged buildings. Return home only when authorities say it is safe.

- Clean up spilled medicines, bleaches or gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.

- Open closet doors cautiously.

### **Inspecting a damaged home:**

- Inspect the entire length of chimneys carefully for damage. Unnoticed damage could lead to a fire.

- Check for gas leaks. If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

- Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker,

call an electrician first for advice.

– Check for sewage and water line damage. If you suspect sewage lines are damaged, avoid using the toilets and call a plumber.

### **Mitigation:**

Mitigation includes any activities that prevent an emergency, reduce the chance of an emergency happening, or lessen the damaging effects of unavoidable emergencies.

Investing in preventive mitigation steps now such as repairing deep plaster cracks in ceilings and foundations, anchoring overhead lighting fixtures to the ceiling and following local seismic building standards, helps reduce the impact of earthquakes in the future. For more information on mitigation, contact your local emergency management office.

*Courtesy of Earthquake Consortium Northridge, California Earthquake Archives*

### **Editor's Note:**

For more information on earthquake safety contact Ray Thorn at the Emergency Operations Control Center, 577-6422

## AROUND THE CORPS

# Marines receive MTVR full-rate production

By 1stLt Burrell D. Parmer

MARCORSYSCOM PAO

**MARINE BASE QUANTICO, Va.** – After 15 months and more than 180,000 miles of testing, the Assistant Secretary of the Navy for Research Development and Acquisition signed a full-rate production decision on April 12 for the Marine Corps' Medium Tactical Vehicle Replacement. The MTVR was deemed operationally effective and operationally suitable by the Marine Corps Operational Test and Evaluation and is currently awaiting a fielding decision by Brig. Gen. James M. Feigley, commander, Marine Corps Systems Command.

For the last 20 years the Marine Corps has used M939/M809 series trucks to transport its troops and equipment into combat. These trucks, which were based on 1950s-era designs and technology, enabled Marines to accomplish their missions. After Operation Desert Storm, Marine Corps officials recognized the need for a more mobile medium truck, one capable of hauling bigger payloads, but maintaining transportability. The MTVR Program was the Marine Corps' modernization answer.

The MTVR has a mission requirement of 70 percent off-

road and 30 percent on-road, compared to the 30 percent off-road and 70 percent on-road of the current 5-ton truck. The MTVR will carry 7.1 tons cross-country and 15 tons over the highway, while towing up to 22,000 pounds, and does so faster than the current 5-ton.

The MTVR also comes equipped with a central tire inflation system, a 425-horsepower Caterpillar engine, and an Allison 7-speed automatic transmission, all providing the much-needed power and traction that enable the MTVR to keep pace with operating forces.

Systems Command's Transportation Team program manager, Lt. Col. Tom Manley, manages the Marine Corps' MTVR program.

"Achieving a Milestone III full-rate production decision was truly a team effort," Manley said. "Our Transportation Team at Quantico, our co-managing U.S. Army Product Management Team, and the Contracting Team out of Warren, Michigan, did a fantastic job in achieving Marine Corps program goals, and they all deserve a great deal of credit."

According to Manley, during the late 1990s prototypes of the MTVR were built by both Oshkosh Truck Corporation and AM General for competitive testing. In February 1999,

the Marine Corps awarded Oshkosh a five-year, multi-year prime contract for the MTVR.

"Our outstanding strategic partner, Oshkosh Truck Corporation, is to be commended for leaning forward with the Corps and for providing a superior tactical truck at a great value to the nation's taxpayers," said Manley.

In early 2000, MCOTEA began operational testing on the MTVR in Alaska and Twentynine Palms and Camp Pendleton, Calif. Concurrently, activities of the product management focused on conducting developmental tests at Aberdeen Test Center, Md., and at Yuma Proving Grounds, Ariz.

"We wanted to test the MTVR in realistic and rugged training environments," said Maj. Lee Morton, MTVR's project officer. "Marines need a medium tactical vehicle that is not limited by roads."

The MTVR program has introduced three new logistics initiatives with Contractor Logistics Support, Interactive Electronic Technical Manuals, and operator and maintenance trainers. The goal of CLS is to establish and maintain overall logistics support for the MTVR, decrease order-ship time for delivery of repair parts and secondary repairables, and reduce Marine Corps inventory requirements, as well as reduce total vehicle life cycle cost.

According to Maj. Robert S. Reyburn, logistics officer for MTVR, the IETM will revolutionize the way mechanics conduct maintenance well into the 21<sup>st</sup> century.

The IETM can be loaded on a laptop and plugged into the truck to conduct intrusive and non-intrusive diagnostics on the vehicle.

"The overall goal is to decrease maintenance time through expert trouble shooting procedures and state-of-the-art diagnostics," said Reyburn. "The training systems are a holistic approach to the vehicle program," he added.

Operator simulators at Fort Leonard Wood, Mo., will augment driving and can replicate inclement weather, night driving, convoys, cross-country driving and other driving challenges. Operator simulators will enable motor vehicle operators to master new skills more efficiently and safely.

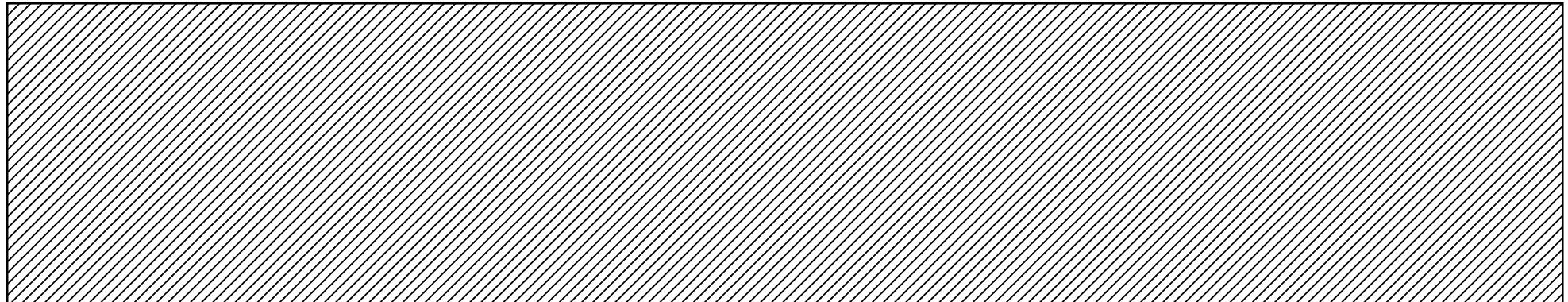
The maintenance trainers will have all the fidelity of real components at a fraction of the cost. In addition, the interactive electronic courseware will render classroom instruction more effective with immediate feedback and remedial training for students.

Fielding of the MTVR begins this spring, with the first trucks going to the Blount Island Command, Jacksonville, Fla., for vessels in the Maritime Prepositioning Ships flotilla and to Marine Corps Schools at Camp Johnson, N.C., and Fort Leonard Wood, Mo. The II Marine Expeditionary Force is scheduled to receive MTVRs in the fall of 2001, followed by the I MEF, the III MEF and the Reserves.



Official USMC photo

The Corps' newest workhorse, the Medium Tactical Vehicle Replacement, is put through its paces during testing and evaluation operations. The Corps received a decision to begin full-rate production on the units April 12. The first vehicles off the line are slated for Blount Island Command and the Maritime Prepositioned Ships Program.



# CRP caters to MCLB family needs

**By Cpl. Joshua Barnhardt**  
BARSTOW LOG staff

Many Marines remember attending Sunday services in boot camp to escape the Drill Instructors and see the chaplain performing the services.

But other than that, many Marines couldn't tell you what the chaplain does or even care about what the chaplain does until he has a problem the chaplain can help with.

So what does the chaplain do?

"We try to facilitate the religious and spiritual needs of the Marines, Navy personnel and civilians on base," said Lt. Cmdr. Elmon Krupnik, base chaplain and officer in charge of CRP or Command Religious Program.

What that means is the chaplain helps everybody with their problems regardless of their religious background.

"The command's religious program

for this base is actually (Col. Mark Costas) program, and I am given the responsibility of facilitating that program," said Krupnik.

Krupnik is a Protestant chaplain and performs those services on base every Sunday. Marines here come from all sorts of religious backgrounds and are helped to find services for their faith through Krupnik too.

"We are the point of contact to try to facilitate where those services are available if we personally do not do them," said Krupnik.

Catholic and Protestant services are held at the base chapel every Sunday as well as a Bible Study at the chaplain's office every Wednesday. Also Catholic and Protestant religious education is provided for children at the respective services.

"We also do special services," said Krupnik. "We do weddings and me-

morial services."

They also do special services for religious holidays such as Good Friday and Ash Wednesday.

"We also sponsor CREDO," said Krupnik.

CREDO stands for Chaplain's Religious Enrichment Development Operation. It originally started as a substance abuse counseling center for servicemembers. It now encompasses many facets of the military's religious program.

Their big events now are retreats aimed at certain aspects of spiritual growth.

The base is also hosting a Vacation Bible School July 9 through 13 for children on base.

The chaplain also does one-on-one counseling.

"We get a lot of what I call walk-in business," said Krupnik. "We get calls

from people who are having personal problems and people who come to the office and ask to see the chaplain.

He also provides counseling for couples who are about to be married. The counseling is mandatory for couples to be married by the chaplain

and if the church the couple is going to be married at requires it, the chaplain can fulfill the requirement here.

Mainly the chaplain is here to help the Marines and Sailors in need of spiritual guidance. That is what the chaplain does.

## Upcoming CREDO events

- Personal Growth Retreat May 17-20 June 7-10
- Marriage Enrichment Retreat June 1-3 August 24-26
- Spiritual Growth Retreat May 11-13
- Staff/Team Retreat June 22-24

For more information about CREDO events, contact Religious Programs Specialist Second Class Julie Dennison, or the chaplain, Lt. Cmdr. Elmon Krupnik at 577-6849.



Peter Vegliante, right fielder, looks for the ball as he is heading into third base. Vegliante hit safely in every at-bat in the first two games.



Jason Grimes gets ready to take off for second base in the first game against Camp Pendleton. Barstow lost this game on the last play.

Samuel Rose, shortstop, gets ready to tee off on another pitch. Rose hit three jacks over the course of the tournament.



# MCLB gets e



**Story and photos by Cpl. Joshua Barnhardt**

BARSTOW LOG staff

The MCLB Barstow softball team played decently in the annual Yuma Desert Classic softball tournament Saturday and Sunday.

The tournament featured the Marine Corps teams from around the area and some of the best local civilian teams.

The team ended up 1-4 on the weekend, but played some very tough teams really close.

In the first game of the tournament, Barstow was matched up against Marine Corps Base Camp Pendleton. The game escalated into a slugfest early on.

Jason Grimes, right center fielder for Barstow, contributed to that by hitting Barstow's first home run of the season in the third inning.

Samuel Rose, shortstop, added two dingers of his own in the game.

Pendleton matched them shot for shot, and led 19-14 going into the top of the seventh inning. Barstow plated two runs to bring the score to 19-16. With two runners on base and two outs, Rose came up to the plate.

He hit a deep drive to right center field that was headed for the fence. The outfielder for Pendleton backed up against the fence and snow-coned the ball to rob Rose of a game-winning home run.

Barstow lost a heartbreaker, 19-16, to Pendleton.

In their second matchup, Barstow met 84 Lumber, a local civilian team. This game, Barstow turned it on.

Barstow jumped on 84 Lumber early on. Elder Reyes, designated hitter, jacked his first

**"These were really good teams and we hung in there with them ... I didn't think we would come out hitting like we did."**

— Johnny Garcia

Barstow never got off to a good start and lost 16-8. Grimes, however, hit his second home run of the day as Barstow's only highlight of the game. Barstow advanced out of their bracket as the third team and was scheduled to play Marine Corps Air Station Yuma Sunday morning.

The game against Yuma started out with Barstow getting six quick runs in the first two innings. Grimes hit his third jack of the tournament as part of Barstow's spurt.

"It was my number, the Mick just rubbed off on me," said Grimes, who wore the number 7 jersey in honor of Mickey Mantle, who played for the New York Yankees in the 1950s and '60s.

Yuma hung right with Barstow by turning three double plays against Barstow.

In the top of the seventh, Barstow needed four runs to tie Yuma.

They got three runs quick and had runners at first and second when Joshua Barnhardt, first baseman, hit a line drive right at Yuma's second baseman, who snagged it to end the game.

Barstow lost 15-14 to Yuma in another close game.

Facing elimination, Barstow drew Marine Corps Air Station Miramar. The game went almost the same as the one against Yuma. Barstow pushed out to an early lead when Reese hit at towering fly ball that bounced off the outfielder's glove and over the fence.

The difference in this game turned out to be defensive errors. Barstow made one too many in the outfield due to miscommunic-

tion.

The  
and the  
top of t  
Barri  
long ba  
to two.  
Bars

could n  
"I th  
Johnn  
"The se  
in ther  
"I di  
like we  
Penc  
Ralston  
third.  
Bars

Barstow  
another  
before t  
ment.

"I di  
like we  
Penc  
Ralston  
third.  
Bars

Barstow  
won by  
slaughter  
rule, 20-8,  
after five inn  
The thi  
game of t  
was playe  
against an  
civilian te  
The weat  
rainy, col  
windy.

Barstow  
got off t  
16-8. Gr  
however,  
hit his se  
home run  
of the day  
Barstow ad  
to play Ma  
Air Statio  
Sunday mo  
The game  
against Yu  
started ou  
Barstow ge  
six quick r  
innings. G  
hit his thi  
jack of the  
tourname  
part of Ba  
spurt.

"It was m  
the Mick j  
rubbed o  
on me," s  
wore the n  
umber 7 j  
jersey in h  
onor of Mi  
key Mantl  
who playe  
for the Ne  
w York Yan  
kees in the  
1950s and '6  
0s.

Yuma hung  
right with Ba  
stow by turn  
ing three do  
uble plays ag  
ainst Barstow.

In the top of  
the seventh, Ba  
rstow needed  
four runs to tie  
Yuma.

They got thr  
ee runs quick  
and had runne  
rs at first and  
second when J  
oshua Barnhard  
t, first baseme  
nt, hit a line dr  
ive right at Yu  
ma's second bas  
eman, who snag  
ged it to end t  
he game.

Barstow lost 1  
5-14 to Yuma  
in another clo  
se game.

Facing elimin  
ation, Barstow  
drew Marine  
Corps Air Sta  
tion Miramar.  
The game went  
almost the sam  
e as the one ag  
ainst Yuma.  
Barstow push  
ed out to an e  
arly lead when  
Reese hit at t  
owering fly ba  
ll that bounc  
ed off the out

The differen  
ce in this ga  
me turned ou  
to be defens  
ive errors.  
Barstow made  
one too many  
in the outfi  
eld due to mi  
scommunic

Jason C

# dged

## Bulldogs

se errors turned into Miramar runs, they took a three run lead going into the seventh inning.

hardt led off the inning with his first all of the season and cut the lead down

tow put some runners on base, but did not capitalize, and lost 14-12.

"I thought we played very well," said Garcia, coach and third baseman. "We were really good teams and we hung in there with them."

"I didn't think we would come out hitting like we did," said Garcia.

leton won the tournament with finishing second and Yuma placing at

tow now heads into league play in the New City League today. They will play in the Yuma Desert Classic in June right after the Marine Corps Regional Tourna-



Reginald Harris, pitcher, fakes taking off for third base to draw a throw. Harris was the team's lead-off hitter during the tournament.



Grimes, right center fielder, prepares to hit one of his three home runs of the tournament. Grimes is tied with Samuel Rose for the team lead.



**By Jim Gaines**  
MCCS Publicity

**MCX Super Seven store opens**

The Super Seven store celebrates its grand opening with a special sale; Pepsi is \$1.99 for a 12 pack of cans. Gatorade 32 Oz. bottles are 99 cents. Coke is \$2.49 for a 12 pack of cans.

It all begins Tuesday at 10 a.m. with the ribbon cutting. While at the Super Seven store check out the other sale specials that run Tuesday through May 5.

In addition, there will be mystery specials, door prizes and hourly drawings all day Tuesday.

To top it all off there is food and refreshments.

The Exchange & Super Seven Store is open Mondays through Fridays, 8 a.m. to 7 p.m., and Saturdays, Sundays and holidays, 10 a.m. to 6 p.m. Call 256-8974 for details.

The Railhead Exchange (Yermo) is open Mondays through Fridays, 8 a.m. to 6 p.m. During troop rotation the Railhead Exchange is open Saturdays and Sundays 9 a.m. to 5 p.m.

**Lunch menu**

*Today* – Stuffed cabbage.

*Friday* – Shrimp scampi.

*Monday* – Mama's meatloaf.

*Tuesday* – Chicken Cordon Bleu.

*Wednesday* – Country fried steak.

*Thursday* – Prime rib.

**Family Night Dinner menu**

*Tonight* – Lasagna Night.

*Next Thursday* – Steak Night.

Family Night dinners served Thursday evenings at the Family Restaurant, 4:30

to 7:30 p.m. Prices: (military & civilian) \$4.50 adults, \$2.50 children (to 11 years), children four years and un-

der are free.

**Aerobic Classes**

Two aerobic classes are available for your convenience:

Gina Galbraith's class is Mondays through Thursdays, 4:30 to 5:30 p.m. The cost is \$20 per month or a \$2 walk-in fee.

Stephanie Jeffery's class is Mondays through Thursdays, 6:30 to 7:30 p.m. The cost is \$15 per month or a \$2 walk-in fee.

Aerobics classes are held in the Aerobics Room at the Base Gym.

For more information, call 577-6898.

**Mother's Day Brunch**

Mother's Day is 17 days away. Plan to attend the Mother's Day Brunch May 13 at the Family Restaurant.

Bring mom to this annual delicious brunch. She'll love it, and so will you.

Brunch is from 9 a.m. to 1 p.m. Reservations are requested. Everyone is welcome.

The menu consists of: Omelets cooked to order, scrambled eggs, sausage, baked ham, bacon, oven roasted potatoes, roast turkey, roast beef, pancakes, french toast, vegetables, assorted beverages, seasonal fruit and desserts.

Price: Mothers \$3.50, adults \$6.95, children (five to 12 years) \$3.95, children four years and under are free.

Call 577-6418 to make your reservations or for more information.

**Golf tournament**

Tees & Trees is hosting the annual Chamber of Commerce Tournament May 5.

For details call 577-6431.

Tees & Trees Golf Course is open Tuesdays through Sundays, 7 a.m. to 7 p.m., and Mondays 11 a.m. to 7 p.m.

# Come to the Southern California Renaissance Faire



**Something for everyone at the faire!**

**Short plays, musical acts, street acts,**

**juggling acts, food and beverages.**

**Jousting and battle pageants,**

**weapon demonstrations. All**

**realistically portrayed in renaissance style and costume.**

**At the Glen Helen Regional Park – right down the hill on I-15**

**ITT has discount tickets to the world famous Southern California Renaissance Faire.**

**ITT ticket prices are: Adults \$11.50, children 5-11 years \$6.**

**You'd pay \$17.50 for adults and \$7.50 for children at the gate.**

**Step back in time to the fourteenth, fifteenth and sixteenth centuries – authentic costumes, foods, games, music and tournaments. This is a memorable event for everyone.**

**Get your tickets now. The Renaissance Faire runs April 28 through June 17.**



**ITT HAS YOUR TICKET!**

**577-6541**

**Open Mondays through Fridays, 8:30 a.m. – 4 p.m.**

# PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

## Attention Deficit Hyperactivity Disorder

**Submitted by Dr. David Nieman**  
PSD Program Director

Imagine living in a fast-moving kaleidoscope, where sounds, images and thoughts are constantly shifting.

Feeling easily bored, yet helpless to keep your mind on tasks you need to complete.

Distracted by unimportant sights and sounds, your mind drives you from one thought or activity to the next.

Perhaps you are so wrapped up in a collage of thoughts and images that you don't notice when someone speaks to you.

For many people, this is what it's like to have Attention Deficit Hyperactivity Disorder, or ADHD. They may be unable to sit still, plan ahead, finish tasks, or be fully aware of what's going on around them.

To their family, classmates or coworkers, they seem to exist in a whirlwind of disorganized or frenzied activity. Unexpectedly – on some days and in some situations – they seem fine, often leading others to think the person with ADHD can actually control these behaviors.

As a result, the disorder can mar the person's relationships with others in addition to disrupting their daily life, consuming energy, and diminishing self-esteem.

ADHD, once called hyperkinesis or minimal brain dysfunction, is one of the most common mental disorders among children. It affects three to five percent of all children, perhaps as many as two million American children.

Two to three times more boys than girls are affected. On the average, at least one child in every

classroom in the United States needs help for the disorder.

ADHD often continues into adolescence and adulthood, and can cause a lifetime of frustrated dreams and emotional pain.

But there is help ... and hope.

In the last decade, scientists have learned much about the course of the disorder and are now able to identify and treat children, adolescents and adults who have it.

A variety of medications, behavior-changing therapies and educational options are already available to help people with ADHD focus their attention, build self-esteem and function in new ways.

In addition, new avenues of research promise to further improve diagnosis and treatment.

With so many American children diagnosed as having attention disorder, research on ADHD has become a national priority.

### Symptoms of ADHD

Attention Deficit Hyperactivity Disorder, is not like a broken arm or strep throat. Unlike these two disorders, ADHD does not have clear physical signs that can be seen in an x-ray or a lab test. ADHD can only be identified by looking for certain characteristic behaviors, and these behaviors vary from person to person.

Scientists have not yet identified a single cause behind all the different patterns of behavior – and they may never find just one. Rather, someday scientists may find that ADHD is actually an umbrella term for several slightly different disorders.

At present, ADHD is a diagnosis applied to children and adults who consistently display

certain characteristic behaviors over a period of time. The most common behaviors fall into three categories: inattention, hyperactivity, and impulsivity.

### Inattention

People who are inattentive have a hard time keeping their mind on any one thing and may get bored with a task after only a few minutes.

They may give effortless, automatic attention to activities and things they enjoy.

But focusing deliberate, conscious attention to organizing and completing a task or learning something new is difficult. For example, it may be agonizing to do homework.

Often, children forget to plan ahead by writing down the assignment or bringing home the right books. And when trying to work, every few minutes they find their mind drifting to something else. As a result, they rarely finish and the work is full of errors.

### Hyperactivity

People who are hyperactive always seem to be in motion. They can't sit still.

They may dash around or talk incessantly. Sitting still through a lesson can be an impossible task. Hyperactive children squirm in their seat or roam around the room. Or they might wiggle

their feet, touch everything, or noisily tap their pencil. Hyperactive teens and adults may feel intensely restless.

They may be fidgety, or they may try to do several things at once, bouncing around from one activity to the next.

### Impulsivity

People who are overly impulsive seem unable to curb their immediate reactions or think before they act.

As a result, they may blurt out inappropriate comments. Or they may run into the street without looking.

Their impulsivity may make it hard for them to wait for things they want or to take their turn in games. They may grab a toy from another child or hit when they're upset. Not everyone who is overly hyperactive, inattentive or impulsive has an attention disorder.

Since most people sometimes blurt out things they didn't mean to say, bounce from one task to another, or become disorganized and forgetful, how can specialists tell if the problem is ADHD?

The person's pattern of behavior is compared against a set of criteria and characteristics of the disorder.

These criteria appear in a diagnostic reference book called the DSM (short for the Diagnostic and Statistical Manual of Mental Disorders). According to the diagnostic manual, there are three patterns of behavior that indicate ADHD.

People with ADHD may show several signs of being consistently inattentive.

They may have a pattern of being hyperactive and impulsive. Or they may show all three types of behavior.

### Editor's Note:

If you think one of your family members may have Attention Deficit Hyperactivity Disorder contact the Personal Services Division, 577-6533.

Personal Services Director : William Boxx

Program Director: Dr. David Neimann

# SPORTS



**By Cpl. Cory Kelly**  
Editor

Marine Corps Ball supporters braved 35 mile per hour winds and brisk temperatures Friday morning at the onset of the first Marine Corps Best Ball golf tourney of this year.

Unlike last year's tourneys, in which the day began with upward of 13 to 18 teams of golfers standing outside, drivers in hand, eagerly awaiting hole assignments, the rules were explained to nine competing teams in the Tees & Trees Golf Course clubhouse – as it was decidedly too cold for the former anticipation of the game.

After assignments were passed, the games began. One by one, not-so-eager as well as impatient golfers shuffled and hurried to their holes.

For some, walking out of the clubhouse and onto the golf course seemed like the bitter end to a horrible experience that, in reality, had only just begun – a tragedy all by itself.

But for others, walking out into the High Desert's harem of awkward winds was like they were being officially baptized into the quirky world of funny looking clothes, dangerously ugly shoes and horrible head gear that fills the ranks the golfing genre.

Although the turnout for the

tournament wasn't like usual, decidedly because of the torrential weather, many were happy about the breathing room they were going to have on the course.

With a nine hole golf course, any more than nine teams makes the kamikaze globes and the florescent spheres of death appear more often, as teams end up playing closer together.

While walking from the clubhouse to his first hole, one frequenter of Marine Corps Ball Best Ball golf tourneys said, "I'm glad there aren't that many teams today. I don't like having to yell "fore" with every shot I take, and anything that helps keep me out of harm's way is ok in my book."

That golfer didn't take into account the barreling winds that would soon act as a catalyst for almost complete inaccuracy with a golf ball.

A multitude of things happened during those next few hours.

Avid golfers, whose pride in their game was depicted by cleated shoes, sent golf balls downrange only to see four possible outcomes:

A. The ball takes off at a 30 degree angle for about 40 yards then is suddenly, and eerily pushed to the ground by a downward flowing gust of wind.

B. The ball takes off at a 40

degree angle for about 25 yards then is sent soaring straight up by a funneling wind tunnel only to be sent backward in a boomerang-like fashion to just yards in front of where it was originally hit from.

C. The ball, once hit, performs such an amazing and awe-inspiring flight it didn't quite fit into categories A and B. It was then deemed impossible to be a human-erred hook or slice, thus making its flight pattern indescribable by terms of the English language.

D. Another amazing thing happened, either by luck, or skillful manipulate of the bearing of weather, the ball, once hit, went where the golfer or God meant it to go.

By noon, the sun had risen to edge out some of the cold air, but the winds never slowed.

As teams slowly made their way off the golf course one could hear people jokingly say their team was going to win the "Scrub Team" award.

Only one team was lucky enough to receive that prize though.

It just happened to be, for the third tourney in a row, a team from the Disbursing Office who stole the Scrub Award at 25 over par. Team members were Kyran Ramcharan, Thomas Robbins, Santo Candelario and Ex Armstrong.

Taking third place in the tourney was Jason Cortright, Susan Lewis, Randy Hunt and John Harrison.

Placing second was Charles Allen III, Brian Ballard, Sean Dougan and Vincent Applewhite.

Derrick Christoff, David Pooler and Taulago Tautua brought in first place with an even par.

The longest drive was awarded to Jeremy Bledsoe, and there was no closest-to-the-pin award given, because according to Christian Galbraith, "you have to make it on to the green for your drive to count." Weather not permitting, that didn't happen all day.

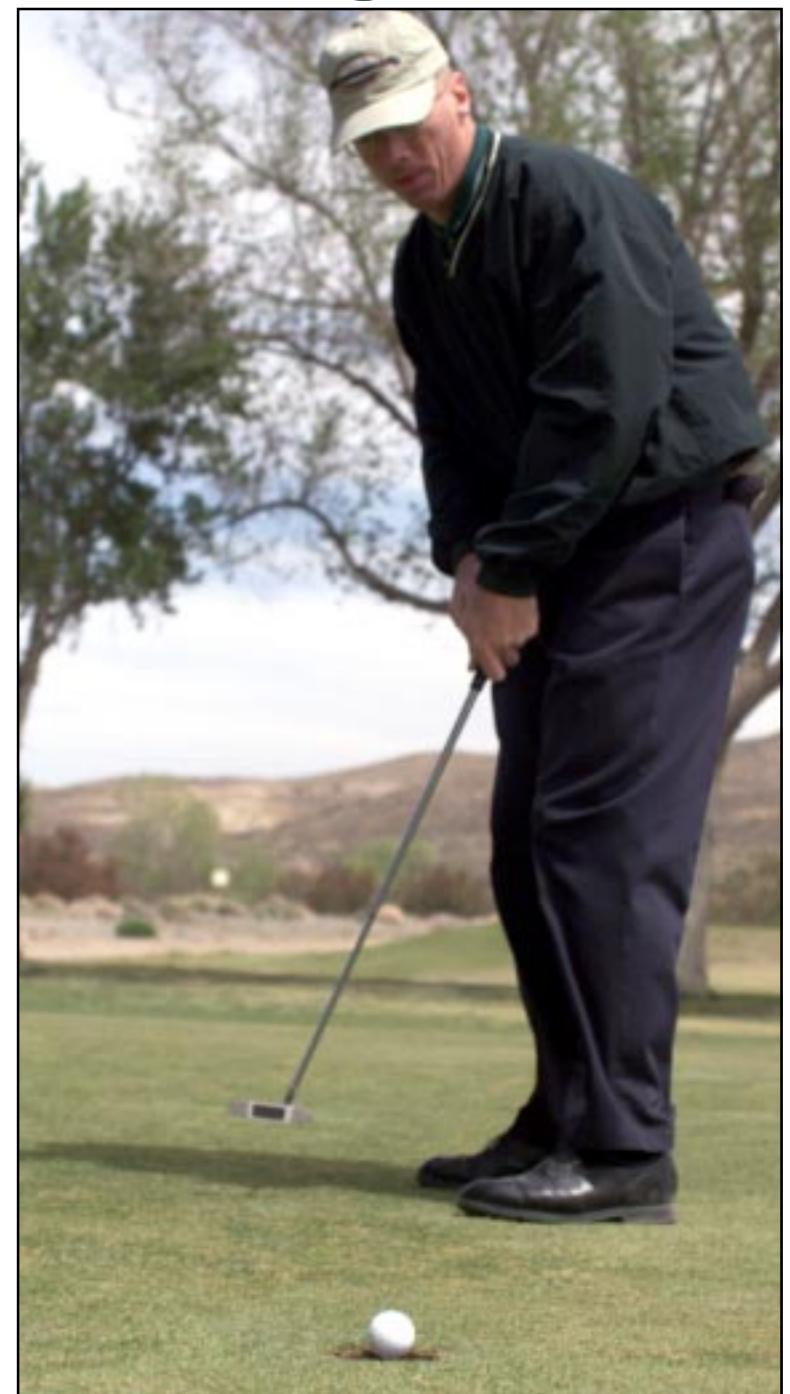
When asked how he enjoyed the tourney days after the event, Santo Candelario, Jr., said he honestly had fun, "but look at the weather now [none to slight winds at 5 miles per hour and almost 80 degrees]. Hopefully we'll have



Joseph H. Wynne tries not to lose his balance, or his ball, on hole four.

## Marine Corps Ball supporters slice through 18 holes of high Desert weather in year's first tourney; most agree there's nothing quite like ...

## Teeing off in high winds



David A. Pooler shows what subtle amounts of concentration can do for a man's short game, as he sends his golf ball to the darkness below.

another one soon," he said.

The next Marine Corps Ball Golf Tournament is scheduled for June

22. Other tournaments follow July 18, August 31, September 26 and October 12.

### All-Marine Golf Trials

The All-Marine Golf Trials will be held August 5 through 11 at Marine Corps Air Station Miramar.

The competition is a 72-hole tournament and 25 Marines will be selected for it. The top four men, two seniors, and two women will proceed to the Armed Forces Championship August 12 through 17, also at MCAS Miramar.

For more information, call Semper Fit at 577-6971.

# SPORTS

## Basketball leads in sports injuries

By Jim Garamone

American Forces Press Service

**WASHINGTON** – Sports are a big part of the military culture, but service members have to be more careful when they play.

Sports and recreation participation are major causes of injuries in the armed forces, said Diana Settles, program manager for injury prevention and physical fitness for the Navy.

"DoD spends \$600 million to \$750 million per year to treat musculoskeletal injuries," said Settles, who also works on the DoD Injury Occupational Illness Prevention Committee. While this statistic covers all musculoskeletal disabilities, a significant number are due to sports accidents, she said.

Settles said DoD is trying to get a better handle on the scope of the problem, but that's been hard because many sports injuries occur during off-duty hours.

The effects of these injuries are far-reaching. There is, of course, the pain service members suffer. But also, injuries affect the mission.

"During Desert Shield and Desert Storm, the Army reported its medical evacuations and hospitalizations were primarily sports and recreational activities," Settles said. These injured soldiers were unavailable for duty when the war started. Other soldiers had to take their places or their fellow soldiers had to do the job with fewer personnel.

The Air Force reports that basketball is the cause of most sports injuries. It is followed by softball, flag football, snow skiing and cycling.

Basketball provides a good example of what service members can use to avoid injuries, Settles said. "Basketball is very popular and service members play the sport year-round," she said. "Pick-up games are common and they are played indoors and outdoors."

Settles said service members must consider internal and external "risk factors" when approaching recreation

### Editors Note:

To find out more about the risk of injuries in a certain sport or to find out how to minimize personal injuries, contact Marisa Klavon, health promotion coordinator, 577-6817.

**"DoD spends \$600 million to \$750 million per year to treat musculoskeletal injuries."**

– Diana Settles

and sports activities. Internal factors include the shape the players are in and their physical anatomies.

Using basketball as an example, it is an aerobic sport involving a lot of running. There's a level of fitness people should meet before playing the game, Settles said. The sport requires a lot of lateral movement. Players should warm-up and stretch for five to 10 minutes before taking the court. She said local morale, welfare and recreation specialists can advise service members what types of stretching are best for various sports.

Ignoring external factors can also cause accidents. In the case of basketball, such factors include the condition of the court and the proper use of players' equipment. Don't just pick up a basketball and start playing. Check out both indoor and outdoor courts to ensure they are dry and do not contain sharp or foreign objects. They should be properly lit. Make sure there is enough room behind the hoop so players don't run into a wall or go up on a curb. Wear the correct shoes when playing hoops.

"Many times people are playing basketball in running shoes," Settles said. "There is little lateral ankle support in running shoes – which predisposes the athlete to an ankle injury."

Sprains and knee injuries are the likely injuries that result from playing basketball. Every sport has internal and external risk factors, and service members who are aware of them can cut down on injuries.

DoD is trying to reach service members through their coaches, units and specialists in the recreation centers. "The service man or woman needs to understand the internal and external risks associated with their sports," Settles said. "This could be relayed to them via coaching staff, the MWR personnel, personal training personnel or the officials."

"I think the 'train the trainer' is important, but the individual service man or woman has to take control and understand what the risks are with their sports and work to minimize them," Settles said.

## SPORTS BRIEFS

### Puckhawgs need players

The MCLB Puckhawgs roller hockey team is looking for players to fill its roster in order to enter in an adult league at the Power Play Center in Hesperia later this spring.

The Puckhawgs invite any interested players, military or civilian, to contact Coach Jay Hunsaker, 577-7211.

### Barstow Elks golf tourney

The Barstow Elks Golf Tournament is May 12 at the MCLB Tees and Trees Golf Course. It will be a best ball scramble tournament with teams of five people. The entry fee is \$40 and includes lunch at the lodge. Extra lunches are \$6. The will be a 50/50 drawing and door prizes.

For more information, call Fred Gonzales, 254-2304, or Ron Baker, 255-3285.

### Tucson softball tournament

The 13th annual Weekend Bash softball tournament will be held June 23-24 in Tucson, Ariz. The champions walk off with their choice of new gloves or bats. The top four teams receive awards.

For more information, call Greg Manning, (520) 228-5478.

### Ft. Irwin to Veteran's Home Relay

The annual Ft. Irwin to Vererans Home 40-mile relay race is April 21. MCLB Marines plan to return the trophy to the command display case this year after losing it two years ago.

Staff Sgt. Robert W. Cole is the team captain for the Scarlet running team this year, and 1st Lt. Bryan R. McClune is the team captain for the Gold team.

For more information call Staff Sgt. Robert W. Cole, 577-6916.

### Barstow to Calico 30K

The Barstow Park and Recreation District announces the return of the "Barstow to Calico 30K" May 13. The run begins at the recently refurbished Harvey House and ends in historic Calico Ghost Town.

Vernon Morris, race coordinator, says the race is being put together with the runners in mind. As a former elite mountain distance runner, Morris feels he has insight into what runners want, and as coordinator he can help fulfill those needs. Race planners expect to have eight fully stocked aid stations along the route.

Runners, participants and supporters are all needed for the event.

For more information or to volunteer to help with the event call Vernon Morris or Mel Otero, 256-5661.



**By Cpl. Cory Kelly**

Editor

The Drug Education For Youth program has made its way to MCLB.

Some may think this program is just another program designed to give parents some time off and the kids something to do for a couple weeks during the summer.

And, maybe it is. Obvious question: what's wrong with that? But Religious Program Specialist 2nd Class Julie Dennison said she knows that is not what it's all about.

Having participated as a mentor for two summer camps for the Tri-Command's DEFY program at Parris Island, S. C., she knows the DEFY summer camp, although having some of the same elements is nothing like Camp Whitchilago or Camp [insert hometown summer camp name here].

"[The DEFY program] is a lot of fun," Dennison said. Dennison explained that although some of the activities might be the same, the DEFY summer camp, which targets children nine through 12, is a lot more, for a lot less, "we take them rappelling and do

a lot of games that involve teamwork ... challenging games."

And unlike the summer camps back home, DEFY is free. The program, restricted to the youth of military families, is decidedly unique. Established in 1993 by the Navy's Drug Demand Reduction Task Force, the program is funded by the Office of the Secretary of the Navy and the local command. Dennison and Gunnery Sgt. Bruce E. Raymond, base substance abuse control officer, are the first volunteers for MCLB's program, and the only ones specially trained and certified to run the program.

But what makes the DEFY program so special is not the fact that it's free to attend, or that it's almost completely manned by a volunteer staff, it's what the program teaches.

According to Dennison, the program focuses on building self-image, interpersonal relations, goal setting, leadership and team building skills among children. On top of that, the program curriculum reaches deep into skill building and positive experiences so the participants can choose healthy alternatives instead of substance abuse



Official DEFY photo

A Tri-command, S.C., teen learns to rappel during a DEFY summer camp.

and gang involvement.

Dennison said mentoring the program definitely changes a person's perspective on the pressures children deal with. "It's very impressive, because I've learned a lot from [the children] too. I love it. It's challenging on both sides ... not just for the children, but for the mentors. What you don't know, you learn from them. Because they are out there with everything in the environment."

The two-week summer leadership camp runs June 18-29, from 8 a.m. to 4:30 p.m., Monday through Friday.

Parents need not worry about much, as upon entering camp children are given three tee shirts, a ball cap, a DEFY workbook and a backpack, not to mention two free meals and snacks a day.

Although the program targets children nine through 12, Dennison said they will accept children outside of that target group on a case-by-case basis.

Unlike most programs, DEFY combines elements from many different youth programs, including physical fitness, mini "Upward Bound" type training, educational trips, self-esteem and peer leadership development, de-

cision-making and drug resistance.

But it doesn't stop there.

After the challenging, fun-filled weeks of Phase I: summer camp, Phase II begins.

Phase II is almost a year long, and emphasizes small group mentoring/role modeling, special events and workshops which continue to build on the lessons of Phase I. Beginning Phase II, children are placed in youth organizations that help them to meet their goals.

Dennison said they are trying to work it so that there is at least one mentor for every ten children during Phase II of the program, "depending on how many volunteers we get."

"The more volunteers we have the better the program will be," she said.

"Once a month we meet [as a group during Phase II]," Dennison said. "But at the same time the mentors can work with the children, as much as possible, helping them with their homework or anything else."

Lieutenant Cmdr. Elmon R. Krupnik, base chaplain, said, "Chaplains [at other bases] have told me there has been a tremendous and positive influence on the base, in terms of the impact it has on the youth. It gives them something to do but it also gives them a chance to think about the choices they are going to make as young teens or as teenagers."

*For more information on volunteering to participate in the summer leadership camp or the Phase II mentor program call the Chaplain's Office, 577-6849, or Gunnery Sgt. Bruce E. Raymond, 577-6364.*

# BARSTOW LOG CLASSIFIEDS

Please submit all Trader Ads to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

**1993 CHRYSLER CONCORDE:** Loaded, xlt cond., 50K miles, one owner, asking \$7,000. Call 252-3309.

**1995 FORD CONTOUR:** Newly painted Eclipse Black, perfect running condition, 5 spd, good interior, AM/FM cassette with 12 disc CD changer and remote, selling for \$4,000. Call 252-8325 anytime or lv. msg.

**1997 TOYOTA PREVIA S/C:** Clean inside and out. \$14,000 OBO. May consider payments. Call 255-3045.

**1997 TOYOTA PREVIA MINIVAN:** Super charged, dual A/C, white, central locks, auto, \$13,250, owner may consider payments. Call (408) 203-0061.

**1997 JEEP CRAND CHEROKEE:** 52K miles, gray exterior gray interior, AM/FM cassette, 6 CD changer, looks great, runs xlt, all the extras needed for great family vehicle, \$19,000 OBO. Call 252-8325.

**TRAILERS:** 1978 Nomad travel trailer, 5 wheel, 16 and a half ft. long, single axle, comes with hitch, \$1,500. Call George at 253-4102 after 5 p.m.

**1978 TOYOTA CHINOOK CAMPER:** Runs good, \$1,000 OBO; also Toyota ski rack, \$50. Call 252-3510.

**MOTORCYCLES:** 1986 Honda Rebel, 250 cc, new paint, tires, brakes and exhaust system, beautiful Harley sportster look alike, great learner's bike. \$1,500, firm. Call 241-8967 after 5:30 p.m.

**AUTO PARTS:** Headlight set for Mercedes Benz SL models 350, 450, 560. Cost \$1,100 new, Sell \$250. Call 255-3045.

**SERVICES:** Attn. ladies, aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call for your appointment, 252-8666.

**MISCELLANEOUS:** Camper shell for full size truck, lots of windows, \$200; half camper shell (sleeper) for full size truck, window in rear, \$200. Call 241-8967 after 5:30 p.m.

**MISCELLANEOUS:** Snow chains, 2 sets, never used, one set fits most 14" tires, the other fits most 15" tires, \$10 each. Call 252-2195 AWH.

**MISCELLANEOUS:** Hoover vacuum cleaner, quiet, (no accessories) \$20; Bose subwoofer, \$150; table/floor lamp, lights on top and bottom with shade, 3-way switch \$20; Metz 45CT1 flash, dual flash, like new \$175; Kenmore electric lawnmower, \$25; water cooler \$75. Call 255-3045.

**MISCELLANEOUS:** Swing set by Fort Adventure includes 10' wave slide, two swings, trapeze bar, sandbox, monkey-bar and sky-loft, you take apart and haul away \$300 firm, valued at \$1,300. Call 256-0994 AWH.

**MISCELLANEOUS:** Water cooler for bottled water, works cool, \$75 OBO; glass panel decorative etched glass tampered, 18" x 36", oval with inlaid flower design, only \$35. Call (408) 203-0061.

**MISCELLANEOUS:** Used 52" ceiling fan, \$10; child's tricycle, \$12; Stanley sliding doors, Model Basic 100, 93" high, \$30 each or 2 for \$60; 3 webbed lawn chairs, \$4 each; baby bath, \$3. Call 256-8803.

**MISCELLANEOUS:** Girl's Li'l Tikes cottage-style twin-size bed and mattress, xlt cond., bed head has cottage-style roof, and a window to store dolls, etc. must see, \$150; Alpine stepper, very good condition, make offer. Call 253-2677 after 5 p.m.

**MISCELLANEOUS:** Executive office chair, chrome, stainless and black Italian leather, high-back w/ arms, \$100. Call 253-5926.

**MISCELLANEOUS:** Barrel racer, healthy, loving 10 year old, qtr/appy. Intern. To adv. \$2,200 (includes some tack) 952-1934 (Silverlakes).

**MISCELLANEOUS:** Cell phone (Nokia) with battery and case, \$45. Call 242-8839.

**MISCELLANEOUS:** Valley receiver hitch class III for pick-up truck, nearly new \$85; Mitchlin truck tires, LT235/85/R16, xlt. Cond., \$25. Call 256-6629.

**MISCELLANEOUS:** Fish bowl with fish, plants, gravel, all for \$15; large plecostomus fish 8", \$10. Call 255-3045.

**MISCELLANEOUS:** 21 cu ft., Wards, refrigerator in immaculate condition, separate door on top for freezer, \$150. Call 252-3510.

**MISCELLANEOUS:** Utility bed with 3 cabinets on each side, which can be locked, fits ¾ ton truck or larger, xlt. cond. Asking \$500. Call 254-2331 Lv Msg.

**MISCELLANEOUS:** 15 cu. ft. side by side Kenmore refrigerator with icemaker, good cond., \$200 OBO. Coffee Table, Philippine Nara solid wood, xlt cond., \$100 OBO. Call 253-2394 AWH.

**MISCELLANEOUS:** Full size Kenmore microwave oven, xlt cond. \$50, Call 252-3309 Lv Msg.

**MISCELLANEOUS:** Multi-blue sectional couch, xlt cond., \$150 OBO; Free to good home, ½ lab, ½ retriever female, spayed dog, lovable and well behaved. Moving and cannot take. Call 951-1419 anytime.

**MISCELLANEOUS:** Hot tub, \$1,300. Call 253-7366.

**MISCELLANEOUS:** Bassett sleeper sofa/loveseat set, innerspring mattress, southwest colors, \$250. Set; queen mattress set w/black metal canopy frame, like new, \$200. For all; black wood folding end leafs oval table, sturdy, \$100. Call 252-4072.

**MISCELLANEOUS:** Table/floor

lamp, lights at base and top with 3-way switch, shade, \$20; Large floor/table lamp, with 2x sets of lights three-way switch, with shade \$20; dark walnut baby grand piano, maybe Steinway \$1,500; 6-drawer dresser, wood, \$50; Sears electric lawn mower, \$25. Call 255-3045.

**PETS:** Patagonian Conure, hand raised/tame, talks and sings, 23 months old, 17-19" long, good with children, sweet disposition/lovable, good companion bird \$500 firm, accessories available are extra. Call 253-5927.

**WANTED:** DJ turntables, mixer, Alice pack, load-bearing vest, K-bar, camelback w/cammie cover for reasonable price. Call 252-9146 or pace (864) 266-0536.

