BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 12 | Marine Corps Logistics Base Barstow, California | January 31, 2002

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Check out the Marine Corps homepage.

http://www.usmc.mil

BARSTOW LOG

http://www.barstow.usmc.mil

FMA announces managers of year

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The Federal Managers Association handed out the Federal Manager of the year awards Saturday at Rosita's Restaurant in Barstow.

Gloria Pawlow, base budget officer in the Office of the Comptroller, Robert Ulibarri, heavy mobile equipment mechanic supervisor at Maintenance Center Barstow, and Gunnery Sgt. Joseph Vanfonda, communications chief at the Information Systems Office, were the three recipients.

"Being nominated was a big pat on the back," said Vanfonda, who won for being the military manager of the year. "Knowing I was recognized for being a good leader weighs more than receiving the plaque."

His sentiments were similar to the other recipients of the award.

"I feel very honored," said Pawlow. "I was shocked that I had won, and I owe it to my supervisor, and the ladies that work with me."

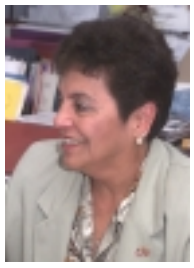
Ulibarri was more surprised by what his boss felt he had accomplished.

"I was honored to win, but I was surprised and impressed when I read what Captain Babeu had written in the submission for my nomination," said Ulibarri. "I was honored to know what he thought of my work."

Pawlow has made the civilian payroll and accounting functions under her charge a model of efficiency, using the lessons she has learned over a career spanning 40 years. She has spent hours of her extra time devoted to such organizations as the American Society of Military Comptrollers, the Hispanic Employment Committee, and the FMA.

Ulibarri has recently been serving on the M88 and M1A1 tank lines

Robert Ulibarri



Gloria Pawlow

Gunnery Sgt. Joseph Vanfonda

See **FMA** Page 9

MCCS supports healthy lifestyles

By Sgt. Anwaar AlMoribat
Press Chief

Marine Corps Community Services, Semper Fit Division and the Health Promotions Department conducted a Healthy Cooking and Eating Habits class at the Base Fitness Center Jan. 23 to assist Marines and civilian Marines in achieving their fitness goals.

"Every year we make New Year resolutions to ourselves, and often getting in shape is one of them," said Army Capt. Susan Jordan, a certified dietician at National Training Center, Fort Irwin. "Not knowing how and where to start is what keeps us from achieving those goals."

In a presentation stacked with statistics and figures about weight loss and proper nutrition, Jordan painted a realistic picture of the challenges that lie ahead of individuals starting on the road to fitter figures and wellness.

Nearly 20 attendees, ranging from ages 21 to 50, were on hand. Some came to learn how they can maintain their current physiques while others came to learn how to revise their eating habits to change their body image.

SSgt. Jimmy Hill, S-3 staff noncommissioned officer-in-charge, found some of what he learned useful and some of the information surprising.

"What I got from the class was that I just need to be more watchful of my calorie intake and how much I put on my plate," said Hill. "Just because you have a lot of food on your plate doesn't mean that you necessarily have to eat it. Learning about the proper portion sizes and reading food labels was interesting."

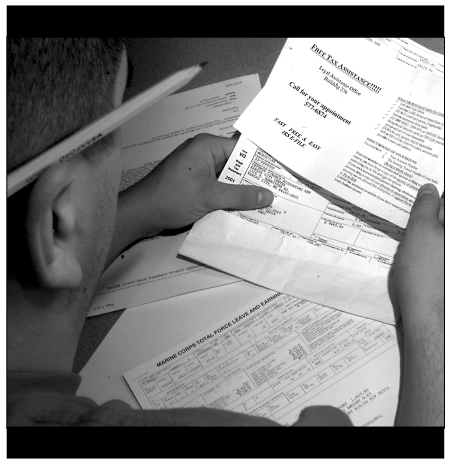
Part of the class focused on understanding food labels. Though product ingredients and nutritional values are clearly labeled on foods, few people compare the caloric values of the sugars, proteins, carbohydrates and fats they consume, said Jordan.

"I was a little shocked that we are still going by the old food pyramid," he added, "I feel using it has kind of gotten me to where I am now. So, what I'm doing is replacing some of the starches and carbohydrates with fruits and vegetables." Echoing what Jordan said, "You have to be very careful with the sugars and fats that you consume," Hill said.

Dedication, education and hard work may be the keys to meeting and maintaining fitness goals, but statistics show the collective wish for a magical pill or potion in the guise of a chalky health shake are the preferred methods.

See **HEALTH** Page 9

2001 VITA



The Office of the Staff judge Advocate's Tax Center will open its doors for business Monday to ease 2001 tax season woes for active duty, reserve and retired service members and their families.

As part of the base's annual Volunteer Income Tax Assistance Program, all active duty service members, reservists on active status, and retired service members and their families will have access to tax preparation and electronic filing at no cost. The E-File program is a quality of life program initiated to support the readiness of Marines and Marine families. Base legal offices sponsor the program.

The VITA program is slated to begin Monday with 1040-EZ tax form preparation for all active-duty and active duty reserve service members. Only 1040-EZ tax form users will be seen through Feb. 1; however, appointments for other tax form users will be taken Monday for the week of Feb. 4 through the end of tax season. Tax preparation is between the hours 7:30 a.m. and 3:30 p.m. Mondays through Fridays.

Every Marine Corps legal assistance office will again offer free electronic tax filing and tax assistance as part of its electronic income tax preparation and filing program, said Gen. James L. Jones, commandant of the Marine Corps. The continued success of this program requires each command's support, advance

Recovering from a DUI: A Marine's story

By Sgt. Matthew Shaw
THE SCOUT

"I drank so much, there was no such thing as common sense," a Marine, who wished to stay anonymous, said soberly.

The Marine, a boot camp honor grad now stationed at Camp Pendleton, recently shared with the Scout how a conviction for driving under the influence at Kaneohe Bay, Hawaii, set back her career, hurt her unit and damaged her reputation. Nonetheless, two years later, she can see the light at the end of the tunnel.

She recalls that the arrest "changed everything." "I had been drinking all day long," she said. "I never should have left the barbecue." The partiers packed up and piled into two cars. They didn't know cops were watching them.

"I thought I could drive and my friends thought I could drive," the Marine said.

The policeman's breathalyzer said she couldn't — registering a blood alcohol content of .24. She and the other driver were arrested for Driving Under the Influence.

"At that point, I'd been a sergeant for a year — I was on my second enlistment," she said. "I was about a month from PCS-ing to my duty station of choice. Career-wise, everything was going up — it couldn't have been better."

She prided herself on being an exceptional leader of Marines. But that quickly changed as the gloom of reality settled in the brig.

"It was about 3 a.m. Monday when my staff noncommissioned officer came in with the most disgusted and disappointed look I've ever seen on anyone's face," she said.

Later that morning, after two hours of sleep, the Marine experienced another, more intensely unforgettable moment.

"When I got back to work, it was terrible. It was embarrassing and I was ashamed," she said gravely. "I felt like everything was over — professionally and personally. It was like my secret was out and the façade lifted. I felt all the pride of being a Marine and a leader being stripped away from me — everything I'd worked so hard for."

Excessive drinking and driving was not uncommon for the 25-year-old Marine.

"It was a pattern. It probably would have continued if this hadn't happened," she said.

The Marines she worked with began to realize they didn't know her quite as well as they thought — and even blamed themselves for letting something like this happen to her, she said. Despite the setback, her co-workers remained supportive as she faced non-judicial punishment. She was demoted to the rank of corporal and lost driving privileges in addition to other punishments.

"I volunteered to get help," she said. "I knew I had to fix myself personally to gain back the respect I'd lost, and show my-self, and everyone else, that it would never happen again."

"Looking back, I think it was a wake-up call from the 'man up-stairs,'" she said. "Reality was beginning to set in — I wasn't invincible after all."

As she was attending rehabilitation, she quit drinking completely, adding another pressure to her life.

"It changed all my friends. I couldn't be with them anymore because there was still a temptation to drink," she said. "It's hard to put it behind you, because you're constantly reminded of it every time you put on your uniform."

Recently, the Marine was promoted again to the rank of sergeant and finally overcame the pain of a bad decision.

"Really, I got out lucky only getting a DUI," she said. "I could have killed someone."

Getting "popped" was a blessing, she added, because it sobered her up in more ways than one, converting her from a drunken driver to a concerned citizen inclined to reach out to stop another from repeating her mistake.

"In a twisted sort of way, I was glad (to be caught), because I had tried on my own to quit drinking and was very unsuccessful.

"I think it instilled sort of the responsibility and behavior I should have had when I got busted," she said of the experience. "I think it gave me an understanding that will allow me to help young Marines before they get to that point."

Continuing the Dream

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain

Over the last year, I have been helping restore a vehicle to as close as possible its original condition. It has been frustrating, interesting, and rewarding; the replacing of old parts with new parts; the sanding and painting to make it look as new as possible. The restoration has taken work and effort, but progress is being made.

The Bible tells us that we have a responsibility to restore each other spiritually. Galatians 6:1-2 reads, *"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself or you also may be tempted."*

Our attitude toward restoring someone is of tremendous importance. We must put to work the practice of our spiritual faith. That might require us to give of ourselves to make that restoration possible. We must put love to work on the behalf of others. We must practice forgiveness toward them. We should lift them up before God in prayer. We need to provide appropriate compassionate help to them with their difficulties.

Our actions involved in restoring someone are also very important. We need to restore them to worship attendance and fellowship. We need to restore them to a process of spiritual growth and service. We also need to try to restore them to activity and usefulness, and to harmony and understanding within the congregation family.

It is not an easy task to restore someone spiritually. It can be frustrating, interesting, and rewarding. However, we need to take the time and apply the work and effort that it takes. After all, wouldn't we want the same done for us if we needed to be restored?

Blessings to all,

Chaplain Krupnik

Just doing my job ...

Photo by Cpl. Joshua Barnhardt

Irma Leal, child care specialist at the Child Development Center, plays with two of the infants, Damion Jeffrey and Kyelia Maxwell, in the infant room.

Chapel Services

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

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the **Base Chapel.**
For more info call 577-6849.

Nebo Bible Study

Wednesday Noon–1:30 p.m.
At the **Chapel Office.**
For more info call 577-6849.

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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*.

Leave Donation

Elizabeth Gerdes, communications division, has been affected by a medical emergency. People desiring to donate leave under the Leave Sharing Program may obtain a Leave Donor Application through their department administrative officer.

Auto Hobby Shop Hours

The Auto Hobby Shop hours changed Jan. 16. The new hours are Wednesdays, Thursdays and Fridays from 1 p.m. to 9 p.m. and Saturdays and Sundays from 10 p.m. to 6 p.m. For more information call Rena Montano, 577-6391.

Super Bowl Party

A Super Bowl party for all ranks will be held at the NCO/Enlisted Club, Sunday from 1 to 8 p.m. The game kicks off at 3 p.m.

There is no cover charge and refreshments and snacks will be provided during the game. There will also be a cash bar and food menu available.

Bring a friend and cheer during the biggest sports party of the year.

TSP Open Season ending

The Thrift Savings Plan open season closes today. The next open season is from May 15, to July 31.

Employee/member self service is the weapon of choice for Marines to enroll in TSP.

Marines needing assistance to establish a temporary PIN through DFAS/EMSS can call the EMSS customer support unit at 1-800-390-2348, or commercially at (216) 522-5122 between 7 a.m. and 7 p.m. eastern standard time, Monday through Friday.

TSP data for Marines who enrolled in TSP between Oct. 9 and Jan. 22 will be transmitted to the thrift board by Feb. 1. TSP data for Marines who enroll after Jan. 22 will be transmitted by March 1. Within 30 days of the thrift board receiving your data, you should receive a welcome letter with a PIN.

Deductions from pay for Marines who enrolled between Oct. 9 and Jan 2 begin Jan. 15. Marines who enrolled after Jan. 2 will have the entire January deduction taken from their Feb 1 paycheck.

Additional information can be found on Marine Online.

New NMCI site

The Marine Corps recently launched its newly developed Navy/Marine Corps Intranet Web site, *http://www.nmciinfo.usmc.mil*.

The new Web site is now the single, authoritative source of information on NMCI for the Marine Corps, according to MARADMIN 608/01.

The new site replaces the NMCI information sites hosted by both the NMCI program manager and Headquarters Marine Corps Command, Control, Communications and Computers.

The new site will provide up to date information on all areas of interest from program documentation to points of contact and frequently asked questions.

For more information visit the Web site, *http://www.nmciinfo.usmc.mil*.

Question to the Corps

The question to the Corps for the first quarter of 2002 is *"How do we 'operationalize' the capabilities of the Marine Expeditionary Brigade for the global war on terrorism?"*

In addition to the announcement of the Question to the Corps, it is also time to be reminded of the Marine Mail program. The criteria for Marine Mail should answer one or all of the following questions:

What aren't we doing that we should be doing?
What are we doing that we should do differently?
What are we doing that we shouldn't be doing?
What new concept or idea should the Marine Corps investigate to improve its warfighting capabilities?

To submit a Question to the Corps, or Marine Mail, go to *http://www.usmc.mil/cmc*, or fax it (703) 614-5035. E-mail is also available at *mail@hqmc.usmc.mil*, or submissions can be sent by postal mail to *Marine Mail, HQMC, 2 Navy Annex, Washington D.C. 20380-1775.*

If submissions meet the criteria, a reply will be sent within 30 days. If at least one part of the criteria is not answered, the letter will be returned without action.

Your suggestions and comments will continue to make the Corps a better place to serve.

James L Jones

Commandant of the Marine Corps

Marine Corps Scholarship Foundation

Application packets for academic year 2002-2003 scholarships through the Marine Corps Scholarship Foundation are now available.

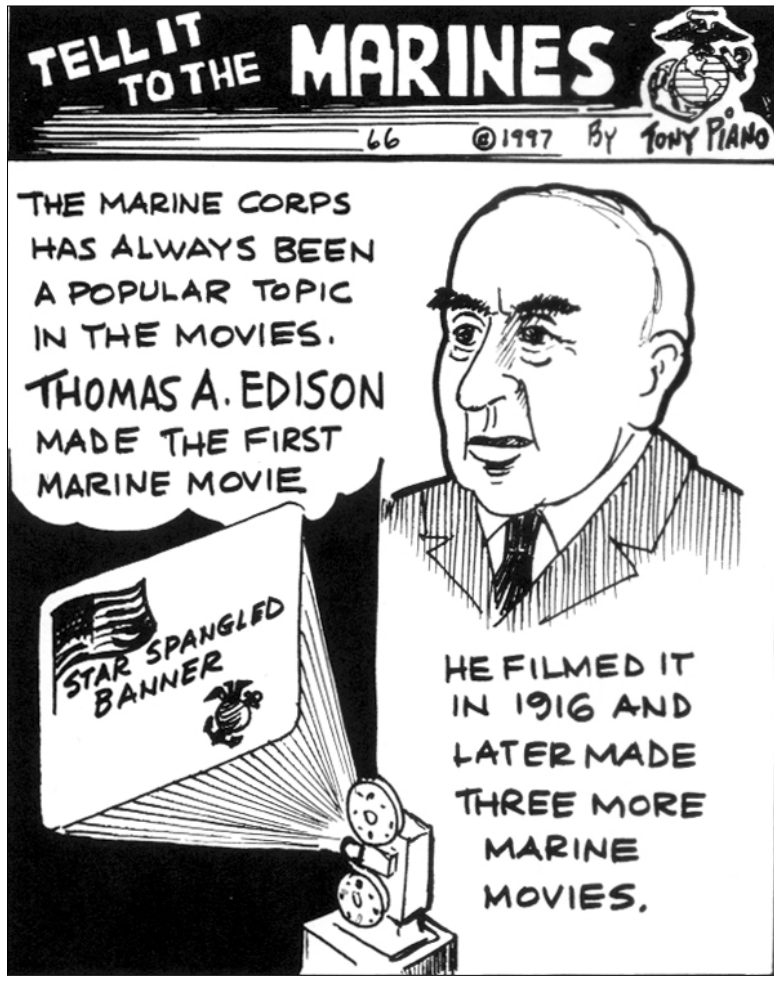
Sons and daughters of present active duty and reserve Marines; former Marines and reservists who have received an honorable discharge, medical discharge or who were killed while in the service are eligible for the scholarship.

Active duty, reserve, or former Navy corpsmen who are serving or have served with the Marine Corps are also eligible.

Also, those applying must fall into one of the following categories: a high school senior, a high school graduate, currently enrolled as an undergraduate in an accredited college or university, or currently enrolled in a post high school accredited vocational/technical school.

Family income must be $49,000 or less.

The application deadline is April 1. For an application packet write to: Marine Corps Scholarship Foundation, P.O. Box 3008, Princeton, N.J., 08543-3008, or e-mail a request to *mcsf@aosi.com*, or visit *http://www.marine-scholars.org*.



Disney honors Armed Forces

Disney's Armed Forces Salute Program honors the men and women in active military who are fighting for freedom today by offering complimentary seven-day admission into Disney's U.S. theme parks, as well as ticket discounts for family members and friends January 1 to April 30, 2002, by all four of the Walt Disney World Resorts – Orlando, Florida, Anaheim, Calif., Paris, France, and Tokyo, Japan. Honored men and women will also receive a packet of special offer tickets.

The complimentary seven-day admissions passes and special offer tickets can be obtained only at the four Walt Disney World Theme Park ticket windows.

These tickets cannot be obtained at Shades of Green or military base ticket offices. For more information about tickets for shows or other theme parks call the Information Ticket and Travel office, 577-6541.

Recycling reminder

All glass, plastic, paper products, and small pieces of cardboard should be placed in the blue 95 gallon containers or the green metal bins, and all cardboard should be placed in the cardboard collection containers located throughout both the Nebo and Yermo Annexes.

There are several green, 3 cubic yard bins located throughout the base for the collection of recyclable materials.

The containers are located at the commissary parking lot at Nebo, on the north side of Building 15, and at the Yermo Annex on F Street in front of the Roundhouse.

To request more recycling bins or to have unused bins removed or for more information about recycling, contact Carmela Gonzalez, 577-6744, *gonzalezcj@barstow.usmc.mil*.

Playmornings

Every Wednesday morning from 10–11:30 a.m. the New Parent Support Program hosts Play Morning at the McKinney Youth Center for parents with children ages 6 and under.

Among the numerous activities are crafts fun for children and parents alike. For more information call June Treadwell, 577-6332.

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-050-02-NR	Administrative Support Assistant (OA) GS-0303-05	01-24-02	02-07-02	01-30-02	MCLB Barstow
DEU-051-02-NR	Painting Worker WG-4102-07	01-24-02	02-22-02	02-06-02	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their résumé 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 Center, Bldg. 37, Mondays through Fridays 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.navy.mil*.

This is not an official list. Please see the Web sites listed for a complete list.

AROUND THE CORPS

Volunteers provide security in Kandahar

By Sgt. Thomas Michael Corcoran
26th MEU (SOC)

KANDAHAR, Afghanistan - Perhaps no one has played a more dynamic role for the 26th Marine Expeditionary Unit (Special Operations Capable) in Operation Enduring Freedom than members of the Aviation Combat Element.

Their ability to get Marines, coalition forces, ammunition and supplies from one place to another as quickly as possible has proven to be one of the most valuable assets in the "War Against Terrorism" in Afghanistan.

From the 1,083 flight hours logged by AV-8B Harrier pilots on bombing runs to the aggressive determination of AH-1W Super Cobra helicopter pilots combing the desert landscape for signs of trouble, the Marines on the ground have always found a friend in the air.

The steady lift of the squadron's troop transport helicopters and the Herculean efforts of the ACE's long-range assets, the CH-53E Super Stallion helicopters and KC-130 airplanes, have enabled forces to strike at will throughout the region while the military encampment at Kandahar continues to grow. The ACE has truly done it all.

In addition to these many visible contributions, some of the ACE's behind-the-scenes Marines have also recently moved to the forefront.

Some of the lesser-known Marines from the ACE, such as airframes mechanics, aviation technicians and cooks, have found time after completing their essential missions to provide the manpower behind Marine Medium Helicopter Squadron (Reinforced) 365's force protection.

At any given time, roving patrols and checkpoints provide security for all the aircraft and personnel residing within the ACE compound, explained Sgt. Fred A. Blackwell, the second watch commander. "We hold the perimeter inside the perimeter," he said.

During the hustle of the daylight hours, his men stand relatively stationary at their posts. However, as darkness falls, their awareness peaks as his men rove.

Blackwell explained that they stand two "split-shifts" a day so that they can remain fresh at night when the need for vigilance is at its highest. "My Marines take their responsibilities very seriously," he said.

Blackwell and his sergeant of the guard, Sgt. Daniel A. Butler, are continuously on the move from one post to the other. They check to see if the Marines need any gear, if they have anything to report, or to see if they just need some food or water.

Butler was on the USS Bataan when he volunteered for the guard force. "I was glad to get out here and participate in something like this ground operation," said Butler.

During his first night at Kandahar, enemy forces probed the lines and fired shots at Marines, Butler said. He recalled being asleep when they sounded the alarm that the airfield was under attack recently.

"I was dressed and manning 'Post 4' in the prone position directly beneath the nose of a helicopter in less than five minutes," said Butler.

Butler said he and his men were lying there watching through night-vision goggles to make certain no one got through the perimeter.

"This is definitely a change of pace," said Butler, a cook by occupation.

"Being out here, we are able to put combat training to good use," said Cpl. John M. Parker, an ACE sentry. He said that during the night of the firefight of Jan. 10, he was manning his radio and "checking in" when the alarm was sounded. "I thought I would have been more afraid than what I was," said Parker. "But, it was more of a rush than anything."

Though their time is not always exciting, these Marines are happy to have volunteered to be a part of the guard force and perform some of the skills they have learned in the Marine Corps, but have never yet deployed in a real operational scenario.

"I'm just glad to be here," said Lance Cpl. Travis T. Taylor, another member of the guard force. "I feel like I'm a part of something."

Photo by Sgt Thomas Michael Corcoran

Lance Cpl. Justin Jaloway, left, and Lance Cpl. Shane Cole with the 26th Marine Expeditionary Unit (Special Operations Capable) serve as sentries on the flight line near the aviation compound at the Kandahar airport.

The Eyes Have It: New Battlefield Armor

Article special to
Armed Forces Press Service

NATICK, Mass. — The new, streamlined Military Eye Protection System developed at the Army Soldier Systems Center here is about to replace a grab bag of current protective eyewear.

The Army and Marine Corps have used a combination of the Ballistic/Laser Protective Spectacles; Special Protective Eyewear, Cylindrical System; and Sun, Wind and Dust Goggles since the mid-1990s to shield troops from eye injury.

The new gear increases protection and works with half the number of interchangeable lenses needed by today's lineup. Soon, troops will have a system in sleek goggles or spectacles and one set of interchangeable lenses that can fit both.

"Soldier acceptability is tough," said Michelle Markey, project officer at Product Manager-Soldier Equipment. "It is difficult to get soldiers to wear eye protection, especially those who are not used to wearing glasses. They are more likely to wear their eye protection if it is something they look good in, and I think these goggles and spectacles will be well-accepted."

Of course, there's more than good looks and fashion at stake. An estimated 10 percent of all battlefield injuries are to the eye, and that rate has climbed steadily since the Civil War, according to project engineer Harold Moody. Explosive fragments, tree branches, blowing sand and rocks, and lasers present the major battlefield hazards to the eyes.

"These injuries are also easy to protect against using polycarbonate (plastic)," Markey said. "Our eye protection is designed to stop a .15 caliber, 5.7 grain fragment simulating a projectile traveling at 640-660 feet per second."

The new protection system carries over the lightweight, tough polycarbonate used in current protective eyewear that passed tests for ballistic resistance. But now the new spectacles expand wearers' peripheral protection. Like SPECS and BLPS, they also meet the American National Standards Institute requirements for occupational eye and face protection.

Official Army Photo

MEPS goggles easily tighten and loosen for "fall- to-the-chest" capability, a feature important to a gunner who's trying to use the internal sights in his tank or infantry vehicle.

Another military requirement is protection from laser range finders and target designators.

BLPS, SPECS and SWDG each use four lenses for four purposes: clear, sunglass, three-line laser protection and two-line laser protection. When lasers are not a hazard, soldiers can use the clear lens to protect against ballistic and ultraviolet rays day or night, or use a sunglass lens during the day that adds sun glare protection.

When lasers are a danger, soldiers currently switch to a green lens that blocks two wavelengths for use in dim light or a dark lens that shields three wavelengths for use in daylight. Special coloring and coatings absorb the laser to eliminate or minimize injuries.

"The problem with (the daytime lens) is that it's dye-based and very dark. It is not suitable for use at night, which is why there is a separate two-wavelength lens, which has better transmission properties for nighttime use," Markey said. "The third wavelength wouldn't likely be used at night anyway, because it would be visible."

The new system uses two types of laser-reflective technology sandwiched between two layers of polycarbonate for durability, and it covers a wider band of near-infrared wavelength energy than the current systems. Separate day and night lenses are gone.

"We're looking at blocking broad bands of laser while minimizing the impact on color vision," Markey said. "This is critical in order to maintain the soldiers' ability to read maps and use devices such as image intensifiers. We also wanted better light transmission than the current systems and ultimately would like to have tunable laser protection that adjusts to the hazard." Other improvements are in fit, comfort and logistical efficiency.

Ballistic/Laser Protective Spectacles were designed for prescription eyeglass wearers. They were one-size-fits-all and hard to fit users properly. Special Protective Eyewear, Cylindrical System, come in two sizes for better fit, but they can be worn only by those with normal vision. Military-issued eyeglasses fit inside Sun, Wind and Dust Goggles, but often with just enough room.

The new system can be worn by anyone and comes in two spectacle sizes for an improved fit while retaining just one size of goggles. A prescription lens carrier snaps into the goggles and spectacles frames if needed.

Clear, sunglass and laser lenses, all with ballistic protection, are interchangeable between the large spectacles and goggles for simpler supply and storage. Spectacles or goggles, along with two extra lenses, are stored and carried in a rigid foam case with a green cloth cover.

The Military Eye Protection System was tested with more than 26 pieces of equipment to ensure optical and structural compatibility, Moody said.

Markey demonstrated how easily the goggles tighten and loosen for fall-to-the-chest capability, a feature important to a gunner looking through his tank or infantry vehicle's internal sights. Currently used goggles have a simple elastic strap and are stowed on the helmet, which interferes with the proper use of the tank sights, said Moody.

Goggles are undergoing user evaluation at the Marine Corps Air-Ground Combat Center at Twentynine Palms, Calif., and both goggle and spectacle prototypes are being evaluated at Fort Campbell, Ky. Fielding is expected to begin in 2005.

Official Army Photo

A prescription lens carrier snaps into the MEPS spectacles. Troops with normal vision wear the spectacles without inserts.

Yermo uses homemade vehicle to keep environment free from spills of all sorts

Story and photos by Cpl. Joshua Barnhardt
BARSTOW LOG staff

The Fleet Support Division at Yermo has added a team to perform the function of cleaning up, containing, and stopping spills aboard the base.

With the massive amounts of vehicles on base, cleaning up spills and keeping them from happening is a big and important job, which has been given to Bobbie Jo Campbell and John Bailey, material handlers at FSD.

They are outfitted with a truck designed by FSD to specifically perform the job of a quick response, spill cleanup vehicle.

"With that truck right now we have the capability to react to just about any spill, whether it be a spill in progress, or one that has already occurred and has just been discovered, and we have the tools and materials necessary to go in and take care of a spill that has permeated the ground," said Bailey.

The idea of the vehicle came from Greg Johnson, senior production supervisor at FSD, according to Bailey.

"It was a Code F vehicle, which is a vehicle that comes back from the fleet that has been used considerably," said Johnson. "We fixed it up and got it running."

There was nothing special about the vehicle until FSD started outfitting it for its job.

"Everything that was done to that truck was done in-house," said Bailey.

Bailey and Campbell took their thoughts on what they needed and turned them over to the mechanics, who built the truck into what it is now.

"Don Hamblet and Richard Chavira are our mechanics here, and they are the ones who turned our ideas into reality," said Bailey.

All the materials and fixtures put on the truck came from their own resources, according to Campbell.

"We had somebody make a bracket for a water jug, so we have a water cooler wherever we go," said Campbell.

"That is probably the most important tool we have," said Bailey.

The truck is very versatile and can perform many functions.

"We have the ability to tow other equipment behind it like a generator, or a de-fueling rig," said Campbell.

"It is a four-wheel drive truck, and we can use it to move things out of the way too," said Bailey.

The back of the truck is big enough to tote everything they need, keeping the team at a high readiness level.

"In this truck we have rags, drum pads, spill absorbents, pumps, buckets to catch spills, shovels, picks, brooms, and anything short of a vacuum we need to take care of a spill," said Campbell.

"All the safety equipment we need is carried in the vehicle too," said Bailey.

Sometimes, the team is called in to perform major tasks.

"About a month ago a plug popped on a flight line sweeper and about 200 gallons of fluid leaked out on the ground," said Bailey. "We were able to contain the spill until a backhoe came and took care of the rest."

Since becoming operational around August 2001, they have already been commended by the Marine Corps for their efforts.

"We both received letters of appreciation from the Marine Corps," said Bailey. "Twentynine Palms had a training exercise with Fort Irwin and they were en route to go back, and the re-fueler they were using failed miserably and was pumping diesel fuel all over the place.

"We went out and responded with our de-fueler and some other equipment and we not only contained the leak and the spill, but we de-fueled their re-fueler and filled up all their LAVs so they could get back to Twentynine Palms," said Bailey. "We spent most of the day taking care of the Marines and making sure the environment wasn't seriously damaged."

They are also receiving praises from their boss.

"These guys are doing an excellent job, even though it sometimes seems overwhelming," said Johnson. "They have already moved out over 32,000 cubic yards of contaminated soil."

The team was specifically hired to keep the environment safe from spills and FSD hasn't let that go unnoticed.

"Fleet Support Division takes its responsibilities of protecting the environment very seriously," said Jonathan Moore, environmental safety manager for FSD. "Their efforts significantly contribute to the success of base environmental programs."

Bobbie Jo Campbell collects rags from the back of the quick response spill cleanup vehicle. The vehicle contains everything the team needs to clean up a spill on the spot.

(Left) Bobbie Jo Campbell soaks up liquid sitting in the floor of an LAV.

(Left) John Bailey grabs safety gear out of the back of the quick response spill cleanup vehicle. The vehicle contains all the safety equipment needed in the field by the team.
(Below) John Bailey takes the plugs out of the bottom of an LAV to let the fluids drain into the bucket.

Photo by Sgt. Anwaar AlMoribat

A vehicle drives across the speed dots near the Nebo gate. The speed dots and speed bumps have helped keep the military policemen and pedestrians safe from speeding cars leaving the base.

Speed control devices help make MCLB gates safer for PMO

By Sgt. Anwaar AlMoribat
Press Chief

Speed bumps and speed dots are becoming increasingly a part of the scenery around base as they are installed in high-traffic areas prone to speeding.

The bumps and dots were first installed at the front gate entrance and exit to make working the gate safer for sentries and military police working there. Before the safety devices were in place, motorists often approached the gate at speeds far in excess of the 15 mph speed limit posted for entering and departing vehicles.

Military police welcome the change.

"Having the speed dots and bumps does make our job environment safer," remarked Lance Cpl. Justin Jones, military policeman. "I have definitely seen a marked improvement from before."

"They not only make it safer," agreed Cpl. Evan Catron, military policeman, "they make it easier for us to do our job. People were very bad about speeding out of the front gate exit, especially. I have almost been hit on several occasions.

"Once, a car was going so fast that it couldn't stop in time to avoid hitting me head-on so it had to veer off to the side of the road where it kept on sliding," said Catron.

"We're putting the speed dots in high-risk areas where we need drivers to be more cautious," said SSgt. James Daly, military police watch commander. "We already have them at the Child Development Center, at the gate and soon they'll be at areas in housing where children are often at, like near the Youth Activities Center."

So far, no pedestrian-related incidents have happened aboard base in a number of years, according to Daly, and the end goal behind installing the safety devices is to keep the trend positive.

"We constantly put our radar trailer unit on the roads in housing and near the Child Development Center and the gates to remind people of how easy it is to speed," noted Daly. "And it works very well. But by installing the speed bumps and dots, we are providing a more permanent solution."

"Some people have never paid as much attention to our radar trailer as they should," said Catron. "But the [speed bumps and dots] are more effective."

"Nobody likes to go zooming over the speed bumps," said Daly. "It's not good for your car's suspension and it doesn't feel good to most drivers either.

"The provost marshal's main goal is to make our command's roads safer for everyone," said Daly.

GUNNY'S PICKS

Super Bowl

Now, all that is left is the Super Bowl. The winner of Conference Championship Weekend is Gunnery Sgt. David Pooler of Vehicle Registration. He picked both games right.

"I didn't play Gunny's Picks all year because I saved my best picks for the playoffs," said the Dallas Cowboys fan.

To win the Super Bowl edition of Gunny's Picks, contestants must pick the winner and points scored for each team in the game.

To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Red Wing of Building 15, or e-mail who you think will win each game to *editor@barstow.usmc.mil*.

Super Bowl

St. Louis ____

New England ____

Name, work section and phone number: _____

Solving the housing pet problem

By Sgt. Anwaar AlMoribat
Press Chief

Dogs, cats, birds, hamsters and fish are all animals that different types of people choose as pets and each has characteristics and special needs that fit different lifestyles.

For service members, choosing high-maintenance pets like cats and dogs means added responsibilities.

MCLB Barstow's base commander grants pet privileges for up two animals to residents of Family Housing, Staff Noncommissioned Officers Quarters and Officer Quarters – provided the pet and its owner have the ability to live in harmony with the greater military community.

According to Gunnery Sgt. Joseph Daquila, base inspector, pet owners are responsible for maintaining that harmonic balance. And while most residents are keeping their part of the bargain, some Family Housing residents have given cause for concern.

"Some residents need to be reminded of their responsibilities to their pets and their neighbors," said Daquila. "Normally, we see an increase in the number of stray pets in the springtime, but we have already begun to see some unsupervised pets in housing."

Improperly cared for and unsupervised pets present hazards and liabilities to and hold punitive consequences for the pet owner. Base Order P11101.20 states that the keeping of pets is a revocable privilege granted by the commander and is dependent upon the animal's ability to live without infringing on the community's right to be free from nuisance, trespass and menace.

Base housing residents receives a copy of the Family Housing Manual at the issuance of their quarters and are accountable to following the guidelines for proper care and control of pets.

"A lot of people moving in are overwhelmed when they move into quarters, and sometimes things can get lost in the shuffle," said Daquila. "But all residents are responsible for information detailed in the order; things like registering their pets with the Family Housing Office and with the Pass and Identification Office, getting them immunized and all the other things that go along with owning pets."

Getting a handle on the situation now is one of the inspector's goals. Generally, once a resident is notified of a pet violation, the issue is resolved, remarked Daquila. Still, preventing problems from arising is key.

"Most of [the responsibilities to be observed] with having a cat or dog are common sense," he said. "We would rather not have the military police responding to a nuisance call on a loose pet or have them citing a resident for a violation if it could be avoided by pet owners being more responsible," added Daquila.

According to Sgt. Martin Coronado, housing chief, a big part of the solution has to do with residents being better neighbors and policing their own. If more residents took the time to make their concerns about pets and other housing issues known to the pet's owner and their neighbors, most formal complaints could be circumvented, said Coronado.

In an effort to make that point clearer, Coronado recently initiated a Block Supervisors' Committee, similar to the housing mayor programs found on other military installations. Coronado initiated the Block Supervisors' Committee as of means of better tracking and solving problems and issues in Family Housing.

Family Housing residents needing to obtain a copy of the Family Housing Manual should visit the Family Housing Administration Office or call Coronado at 577-6871.

FMA from Page 1

and helped win a contract for the M1A1 tanks, which brought $25 million in revenue to MCB in the fiscal year 2001.

He implemented nine better business practices, from Earned Value Management to ISO 9002.

Ulibarri also provided accurate cost analysis, which helped the AAV RAM/RS line save $750,000 within the fiscal years 1999 and 2000.

Vanfonda is known for his dynamic leadership style, which challenges his peers and subordinates to reevaluate themselves to become better Marines.

His professionalism and strong leadership is also tapped by Headquarters Battalion as the company gunnery sergeant, and he also fills in from time to time as the acting first sergeant in the first sergeant's absence.

"Vanfonda was nominated for military manager of the year because he truly stands out among his peers," said 1st Lt. Prasserth Yang, communications officer. "He sets an exceedingly high standard for others to follow."

HEALTH from Page 1

According to Jordan, while 61 percent of Americans are considered overweight, diet supplements sales were $3 billion strong in 2001 alone.

"Less than 85 to 90 percent of Americans are successful in their weight loss goals," said Jordan. "And those that are successful didn't do it through Jenny Craig or Weight Watchers or other programs — they were honest with themselves and they made a sincere effort."

For some people, being honest about where they are and where they intend their fitness goals to lead them has proven to be the best place to start.

"In terms of my own personal goals," said Hill, "I'm not gaining weight and I'm not really losing any either. I'm more educated, but it's hard to get my 40-year-old body to change its metabolism and burn more calories."

In closing her presentation, aside from the personal goals attendees have set for their own health and wellness, Jordan brought attention to an even more troubling aspect of how poor eating habits are affecting the nation.

"I have seen soldiers, some as young as 20-years old, with high blood pressure, young children with diabetes and more are being diagnosed with heart disease," said Jordan. "Part of the problem is the diet of the average American family and the other major factor is the inactive lifestyle Americans lead. If we change that, we'll be much healthier as a whole."

Photo by Sgt. Anwaar AlMoribat

Marines and civilians interact at the Healthy Eating Habits Class. The class was taught by Capt. Sarah Jordan, a licensed nutritionist from Fort Irwin.

MCCS MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

February Sales at MCX

Tomorrow, the February sales begin at the Super Seven Store and Railhead Exchange.

The Valentines Day Sale is from Feb. 1 through 14, and the Presidents Day Sale begins Feb. 15 and goes through 28.

The Valentines Day Sale, which kicks off tomorrow, features 10% off all perfume and cologne. Selected mens and womens fashions slashed to 25% off.

Drop by and look over the Valentines selection - express affection via Western Union, or go a step further and say "I Do" with Telefloral.

Lunch menu

Note: Unless otherwise stated the menu for the Cactus Cafe is the same as the Family Restaurant.

Today – Pork roast.
Friday – Cajun catfish.
Monday – Chicken Alfredo.
Tuesday – Salisbury steak.
Wednesday – Sweet & sour pork.
Thursday – Family Restaurant: Baked potato & salad bar. Cactus Cafe: Meat loaf & mashed potatoes.

Family Night menu

Tonight – Oriental Night. Pancit, Chicken-Adobo, stir fried vegetables, Jasmine rice, assorted drinks and dessert.

Oasis Club new hours

MCCS has something new to offer Oasis Club members.

Beginning Feb. 4, the Oasis Club will be open Monday through Friday 3:30 p.m. to 11 p.m. offering something different each night for entertainment.

There are two new video games and a new food menu on the bar.

Sweetheart's Dinner Special

Steak for two $10., steak for one $5.50
(.50 per ounce after that)
served with tossed green salad, baked potato, dessert and beverage.
At the Family Restaurant, Feb. 14
4:30 - 7:30 p.m.

Reservations requested - 577-6428

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

2001 VW JETTA GLX: V6, eng., manual, prem. Monsoon Sound Sys., Premium 17" wheels, sports susp., alarm, fog lamps, heatable leather power seats w/memory, trip comp., auto climate control, power heated self-dim mirrors, rain sensor auto wipers, power sunroof, all the toys possible, 15,200 miles, $22,300. Call Jeremy or Laura, 252-6969.

2000 MUSTANG GT: 5 Speed, performance Red, 59k miles, 16k miles remaining warranty, very, very good condition, asking $12,000 OBO. Call Wyatt, 843-0665 8 a.m. – 10 p.m.

1992 LEBARON: Red, convertible, 104,202 miles, timing belt changed on Sep 17. 2001, power locks, windows and driver seat, cruise control and air-bags, $4,000. OBO. Call Mario at 252-4688.

1985 FORD BRONCO: P/S, P/B, 4 Speed, 300 six cyl, trans and rear-end overhauled recently, runs good, $3,500, OBO. Call 254-1978.

1966 PLYMOUTH FURY: 383 engine, auto air, four door, runs, needs TLC, $1,500. Call 254-1913.

1966 DODGE: Station Wagon, 383 engine, auto air, runs, needs TLC, $1,200. Call 254-1913.

MOTOR-HOMES: 1978 Motor home, Dodge Winnebago, Minni Winni, stove, fridge, roof, A/C generator, sleeps 6, runs good, needs some interior/exterior work, priced to see $2,250. Call 252-5365 AWH.

MISCELLANEOUS: Polished steel wheels, five, 15x7, six lug, from 1994 Nissan, 4x4 pick-up, Call 253-3081, lv msg.

MISCELLANEOUS: Pageant dresses, sizes 2-7, worn only once. Make offer. Call 252-1311 AWH.

MISCELLANEOUS: Twin size bed, wooden frame with two drawers for clothes at bottom, $60. Call 256-2434.

MISCELLANEOUS: Crib with mattress, white, xlt. cond., $100. Call 252-5818 AWH.

MISCELLANEOUS: Corvair eng., $125; Dodge complete 318 eng., runs, $425; Volkswagen 4 mag rims, $55; General Motors 5 rally 14" rims, $25 for all; aluminum awning for car port or patio, $110; Ford Ranger tailgate, $55. Call 254-1913.

MISCELLANEOUS: Antique Oak sewing cabinet with treadle and 1900s Singer sewing machine $150; drum coffee/end tables $250. Call 256-0595.

MISCELLANEOUS: Exercise equipment, Ab-Doer Pro, $60; Ultra Glide XL $60; Ultra Total Gym $20, all new condition. Call 256-0595.

MISCELLANEOUS: Solid oak easy chair, green, $50. Call 252-7789.

MISCELLANEOUS: Portable Super Nintendo Game system $50; Arcade cabinet for regular Nintendo just add TV up to 19" and regular Nintendo game system, $50; 250 MEG external zip drive USB used $130. Call 252-7789.

WANTED: Used dirt motorcycle, in good running condition for a teenager and a flat bed trailer to haul a Go-cart. Call 256-2434.

PETS: English Springer Spaniel, free to good home. Call 252-1686, ask for David or Donna.

LOST AND FOUND: Two pair of prescription glasses found in government vehicles. One pair tinted. Can be claimed at Dispatch Desk, Building 322, between 7 a.m. and 3:30 p.m.