

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 23

Marine Corps Logistics Base Barstow, California

April 18, 2002

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

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



Photo by Cpl. Cory Kelly

Warrant Officer Joseph Charles, personnel officer, gets dropped in the dunk tank. Charles was one of many of MCLB Barstow's senior Marines to get dunked during a Navy/Marine Corps Relief Society fund raiser in front of the Family Restaurant Thursday afternoon.

CMC selected to head U.S. forces in Europe

Complied from various news sources

WASHINGTON, D.C. – The commandant of the Marine Corps may take command of U.S. and NATO forces in Europe.

Gen. James Jones is slated to become Supreme Allied Commander in Europe, a position once held by Dwight D. Eisenhower and currently occupied by Air Force Gen. Joseph Ralston.

Defense Secretary Donald H. Rumsfeld selected Jones for the job, a senior official said April 11. President Bush's nomination of Jones, which is not expected until summer, is subject to approval by Congress and the 19 NATO nations. If

approved, Jones would be the first Marine in the job since it was created after World War II.

According to an Associated Press story April 11, Pentagon officials said Bush's decision on Jones is one of many widespread changes at the top of the U.S. military that will put in place a new generation of relatively nonconformist officers who are likely to be more supportive of the administration's goal of reforming the armed forces.

His nomination is unusual for a number of reasons. It will be the first time a Marine has held the position. It will be the first time a Marine commandant has moved on to another top job in the U.S. military. Jones, who was born in Kansas City, Mo., "spent his formative

years" in Paris and speaks French, according to his official biography.

He served as Marine Corps liaison to Congress and later became the senior military aide to William Cohen when Cohen was defense secretary during President Clinton's second term.

Some sources report that by picking a general from the Marines, the service most comfortable with being "expeditionary," Rumsfeld also may be seeking to shake up the U.S. military in Europe. Picking Jones to be the top U.S. military officer in Europe may be part of Rumsfeld's plan to overhaul the military.

See JONES Page 8

MMR, Varicella shot shortage

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

According to a message released by the Center for Disease Control, there is a temporary shortage of the varicella vaccine and the measles, mumps and rubella vaccine in the United States.

The shortages are a result of two voluntary interruptions in manufacturing by Merck & Co., the only manufacturer of these vaccines in the United States. One stoppage was to apply modifications to manufacturing in response to issues raised by the U.S. Food and Drug Administration during a routine Good Manufacturing Practices inspection. The other pause was due to scheduled modifications to the manufacturer's facility, according to the message.

Although the duration of the shortages for the vaccine are uncertain, the varicella vaccine shortage is expected to be over by early summer. The estimated monthly need for the vaccine in the U.S. is from 500,000 to 583,000 doses, according to the message. Right now, approximately 1.1 million doses are on back order, according to the message.

The Branch Medical Clinic on base is out of the varicella vaccine, according to Hospital Corpsman 2nd Class Dominic Topete, immunization chief.

A source from Fort Irwin's immunization department also confirmed the facility is out of the varicella vaccine. Barstow Community Hospital could not confirm the current stock of the vaccine, but a source from the pharmacy department said the hospital was experiencing difficulty with getting vaccines.

The varicella vaccine is given to babies when they reach 12 months, according to the immunization department at Fort Irwin.

The MMR vaccine is in good supply in the military hospitals in the area. The MMR vaccine is given to all service members in boot camp, and is rarely needed again. Children also need the vaccine to go to school.

Barstow Community Hospital representatives said immunizations for children are handled by local family doctors, not the hospital itself. Therefore, the stock of vaccination on hand is usually minimal. Fort Irwin and the Branch Medical Clinic handle child vaccinations for the military.

According to Barstow Community Hospital, the government gets the vaccinations first, with active duty military being the chief concern.

The making of a sergeant major

Walking down the road to sergeant major of the Marine Corps

By Staff Sgt. Kevin Dolloson
Marine Corps News

HEADQUARTERS MARINE CORPS, WASHINGTON, D.C. – One would never believe, looking at – and talking to – Sgt. Maj. Alford McMichael, that he never wanted to join the military.

He didn't join the Marine Corps because he was missing something or running from something. He was very proud of where he was in life and he welcomed improvement. His older brother joined the Marine Corps two years before he actually did, but that didn't sell him on it either, because his brother didn't throw it in his face that he should join too.

The same recruiter that his brother went to told

the young McMichael that the Marine Corps could provide him with a positive future, and that's what he wanted.

"I always knew I wanted to do something positive with my life," said McMichael. "The Marine Corps allowed me to add to the foundation that had already been set by the leadership that came from my mom in the household that I grew up in."

McMichael graduated from Hot Springs High School in 1970, and in August of that same year he enlisted in the Marine Corps.

He said that prior to joining the Marine Corps he never knew all that the Marine Corps could provide, but it has met and exceeded his expectations.

Ever since he walked across the parade deck of

Marine Corps Recruit Depot San Diego, it seems as though McMichael has been on a path to greatness. He has accepted every duty graciously and has given every position he has served 110 percent.

"I can't say that any one duty station that I've had or any one billet I've served in has been better than any other," said McMichael. "My focus was always on the mission at hand."

Some of those missions include barracks duty at Pearl Harbor, Hawaii; the drill field as a drill instructor, series gunnery sergeant and battalion drill master; landing support specialist, or "red patcher," in Okinawa; Marine Security Guard duty in Copenhagen, Denmark; MSG instructor in Quantico, Va.; assistant Marine officer instructor at

the University of Minnesota; first sergeant of Company C, 3d Reconnaissance Battalion in Okinawa; barracks first sergeant in Roosevelt Roads, Puerto Rico; the sergeant major of Officer Candidate School; and the sergeant major for Manpower and Reserve Affairs in Quantico, Va.

Every duty seemed to have been a stepping-stone for the next assignment, ultimately leading to his tour as the sergeant major of the Marine Corps.

Through all his teaching and learning, Sgt. Maj. McMichael reflects on a few of the proud moments he has had in his career.

"The proudest rank I ever held was Pfc.," he said.

See McMICHAEL Page 8

Going into the woods

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



On Friday, I attended a play/musical entitled, "Into the Woods."

It is a grown up version of several childhood fairy tales like "Little Red Riding Hood," "Jack and the Beanstalk," "Cinderella,"

etc. The theme of the play is essentially about how we enter "into the woods" of our lives (whether they represent the tough times, the conflicts, the growing experiences, or the temptations), and whether we come out of the woods having learned from the experience or having lost sight of our direction.

The play focuses on the choices that we make and how those choices influence ourselves and those around us.

The play goes on to show how we can make choices to get back on the right path.

The Hebrew scriptures in the wisdom literature of the Bible deal with two contrasting paths.

The paths are rival ways that we can choose to follow: the path of the wicked or the path of the righteous.

The people following the path of the wicked are those who forget God and keep Him at a distance.

The people following the path of the righteous follow and live by the commands and instruction of the Lord.

All of us have, at times, gotten off the path of the righteous and followed the path of the wicked.

It is a day-to-day struggle to stay on the path that brings honor to God and peace in our life amid the struggles that take place.

In Proverbs 15:24 we read, "*The path of life leads upward for the wise to keep him from going down to the grave (Sheol).*"

We find that path by following righteousness to wisdom and life.

Let us encourage one another this week to follow the right path of righteousness as we go "Into the Woods" together.

Blessings to all,

Chaplain Krupnik

Just doing our jobs ...



Photo by Cpl. Cory Kelly

Headquarters Battalion Marines start off on an approximate nine-mile hike Friday morning just after the sun broke the horizon.

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.



Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer

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NEWS BRIEFS

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

Power outage

There will be a power outage at Building 204 from 8 a.m. to 4 p.m. Saturday. For more information, call Ed Guz at 577-6183 or Larry Hubbard at 577-6906.

Water outage

There will be a water outage Friday from 9 a.m. to noon that will affect all of housing. This outage is necessary in order for the contractor to install a new gate valve. For more information, call Ed Guz at Public Works at 577-6183 or John Watson at Public Works at 577-6328.

HRO move

The Civilian Human Resources Office has moved from Building 37 to Building 236. It is expected to be fully operational Friday. For more information, call Meredith Taylor at 577-6478.

VFW dinner

The Veterans of Foreign Wars Post 2143 will hold a public dinner Friday night. The VFW is located at 25190 W. Main St. Fish Chowder or Sausage Jambalaya will be served for \$3.50.

Oasis Club Advisory Board

An Oasis Club Advisory Board meeting will be held Tuesday at 3 p.m. It is open to all Oasis Club members.

For more information, call Harry Sherman at 577-6269.

May Day Picnic

Tickets for the May Day Picnic must be purchased by April 25.

The picnic is scheduled for May 1 at the Beer Gardens here and includes barbeque chicken with baked beans and various salads.

The theme for the American-Society-of-Military-Comptrollers-sponsored event is strategies on combating terrorism and will feature PMO and a military working dog demonstration.

Contact the following people for tickets: Randy Meyers, 577-6366; Conni Lewellyn, 577-6596; Erin Foster, 577-6643; Lou Ann Presley, 577-6636; Corina Bonner, 577-6619; or Tito Escobedo, 577-6369.

Air Show-Balloon Fest

The 2002 Ridgecrest-Inyokern Air Show and Balloon Festival is scheduled for April 27 and 28. For festival information or to book an RV space, call 800-406-5331 or go to www.ridgecrestairshow.com

SHARE program

The California Self Help and Resource Exchange Program is a program that lets people buy \$25 to \$30 worth of groceries in exchange for \$16 and two hours of community service during the month in which they buy the

food. The SHARE Program in Barstow is run by the First Baptist Church. Sign ups for the SHARE Program are May 4 from 9 a.m. until noon. For more information, call Gus Blocksom at 252-2949.

Child Abuse Month

April has been proclaimed Child Abuse Awareness Month at MCLB Barstow. In support of this year's theme "Helping Children Feel Safe in Uncertain Times," MCCS-PSD Family Advocacy Program will feature a special selection of videos for viewing at the Base Library. The videos address child safety and security. A display of books on child development and parenting are featured, and an array of informational pamphlets and brochures will be available.

Laser and inkjet cartridge recycling

To recycle laser and inkjet cartridges, bring them to the east end of Warehouse 401. It is preferred that the cartridges be placed in their original packaging. If the original packaging can't be found, please place the cartridge in a clear plastic bag and tie it off. Broken or leaking cartridges cannot be recycled and must be turned in as a hazardous waste by calling 577-7442.

For more information, please call Carmela Gonzalez at 577-6744.

MC Ball Golf Tournament

A Marine Corps Ball Golf Tournament is scheduled for Friday at the Tees and Trees Golf Course.

Sign-in is from 6 to 7 a.m., and tee off will be at 7 a.m.

Tournament play is set up for four player teams with "best ball" rules applying.

The cost is \$14 for E-1s to E-4s, \$15 for E-5s to E-6s, \$16 for E-7s to O-2s, and \$17 for O-3s and up and civilians. Mulligans are \$1 a piece with a limit of five, and awards will be given for the top three ranking teams as well as the "scrub" team.

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.

For more information, call Kim Pope at 577-6436.

Blood Drive

A blood drive will be held May 23 from 11:30 a.m. to 2:30 p.m. at the Base Gym and from 11:30 a.m. to 3 p.m. at the Maintenance Center.

Donors will be given a time to donate blood to reduce the amount of

waiting time.

Persons willing to donate blood or volunteer for the blood drive should contact their supervisors.

Earth Day

The Environmental Division of MCLB is having an Earth Day event today at the McKinney Youth Center from 1 to 4 p.m.

The County of Los Angeles Department of Parks and Recreation/Devil's Punchbowl Natural Area will bring wildlife to show at the event.

In addition to the animal exhibit, the Environmental Division will have literature to give away to the public.

For more information, call Elizabeth Sena at 577-6839.

Troops to Teachers

The Department of Defense is resurrecting the Troops to Teachers Program, which gives retiring or separating service members a chance to become teachers.

Service members who are retiring or separating after six years of service will receive a \$5,000 stipend to help pay the cost of receiving a Teacher Certificate Program.

Participants who decide to teach in a high needs school district will receive a \$10,000 bonus instead of the stipend.

A high-needs district is defined as more than 50 percent of the students come from low-income families.

Participants in the program must teach at least three years. For more information, visit the base education office in Building 302.

Play Mornings

Every Wednesday morning from 9:30 to 10:30 a.m. the New Parent Support Program holds Play Morning at the McKinney Youth Center for parents with children ages 5 and under.

Among the numerous activities are crafts fun for children and parents alike.

For more information call Sharon Wallace, 577-6332.

Administrative Professional's Day Luncheon

The Civilian Welfare and Recreation Association is sponsoring an Administrative Professional's Day Luncheon at the Oasis Club April 25 from 11 a.m. to 12:30 p.m.

The guest speaker will be Margaret Carter, base comptroller. The menu will be chicken cordon bleu, California blend vegetables, au gratin potatoes, roll and butter, and ice tea.

The cost is \$7.50. For tickets or more information, call one of the following Civilian Welfare and Recreation association representatives:

Name	Phone
Dan Keirn	577-6614



- | | |
|-----------------|----------|
| Fred Molino | 577-7210 |
| Bruce Rowe | 577-7207 |
| Ed Guz | 577-6183 |
| Cliff Acles | 577-6431 |
| Tangia Joseph | 577-7230 |
| Barbara Kulseth | 677-6771 |
| Ernie Hawkins | 577-7046 |
| Barbara Kent | 577-7786 |

Barstow Head Start Day Care

Barstow Head Start is a free comprehensive child development program available to low-income families, families receiving CalWORKS/TANF and children with special needs.

They are now accepting applications for children 3 and 4 years old.

Barstow Head Start serves families regardless of citizenship status, children of domestic violence, and foster children. To enroll a child, parents or guardians must provide verification of birth, immunization record, and verification of income. For more information, call Lucille Stanson at 253-2957.

Asian Pacific Islander Training Luncheon

There will be an Asian Pacific Islander Training Luncheon May 22 at the Oasis Club.

The guest speaker will be Maj. Domingo Salazar, Fleet Support Division director. The theme will be Unity in Freedom.

The menu will be beef broccoli, fried rice, lumpia, fortune cookies, iced tea and water. The cost will be \$7.25.

For tickets call the following committee members:

Name	Phone
Amy Mandap	577-6895
Vee Pasco	577-6391
Marva Johnson	577-6965
Fred Molino	577-7210
Debbie Anilao	577-6746

Special Olympics

The Special Olympics of Southern California, Barstow, is looking for athletes, coaches and volunteers for future Special Olympics. For more information on how to get involved call 255-2787 or 256-1690.

Educational support

The base education office offers Marines a chance to earn anything from a vocational certificate to a doctorate. It provides information on resources, schools, and requirements for degrees. It also provides degree programs, college credit examinations, military classification exams, and educational counseling. For more information, call 577-6118.

Library/Research Center

The Library/Research Center provides free online computer support, reference material, inter-library loan support, professional reading materials, family entertainment and enrichment.

It is located in Building 218 and is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays and Sundays from 10 a.m. to 4 p.m.

PROCLAMATION

Each April, we dedicate ourselves to the critical mission of child abuse prevention. We do this not only as an annual reminder but use the month as an opportunity to set a strategy for prevention that will last throughout the year.

This year's theme is "Keeping Our Children Safe in Uncertain Times." The tragedy of Sept. 11 has highlighted vulnerabilities previously out of our awareness. Likewise, for our children, newspapers across this country tell a sobering tale. More than three million children are neglected, abused and/or killed annually.

As sobering as this reality is, there are things we can do. Each one of us can take positive action by taking personal responsibility for making our homes safe and secure for our loved ones. All Marines and members of this community can increase their efforts to prevent child abuse by lending a helping hand to families in need, volunteering to help in children or youth programs and, when necessary, having the conviction to report suspected child abuse or neglect.

Strong, caring families are the platform of our mobile 911 force. When our children are protected from harm, our Marines can bring their full attention to the mission.

Therefore, I declare April 2002 as "Child Abuse Prevention Month" across this installation. I call upon all the members of our community to help in keeping our children safe.

J E Bergman

*J.E. Bergman
Colonel, U.S. Marine Corps
Commanding*

Statistics don't determine choices

By Cpl. Cory Kelly
Editor

I remember sitting in my second period psychology class in high school thinking about all of the things I was going to accomplish in my life.

I actually forged a list of 286 things I wanted to do before I lay on my deathbed. I did this because I had recently learned about a study done at Princeton University aimed at finding common traits in the most successful people of our time.

Throughout the course of the study, students found that the only common factor in almost 90 percent of the people surveyed was that they had written a "wish list" of lifetime accomplishments.

During my psychology class, I did a lot of things like this. I thought a lot about who I wanted to be when judgment day finally came. I remember telling myself that I was never going to fit into a statistical category. I was never going to be "just another number."

In retrospect, I know I was foolish to think I would never become a statistic. It's impossible. From day one, we are all statistics.

There is no way to circumvent this truth. I am one of so many odd hundreds of babies to be born into this world on May 19, 1980. I belong to the five

percent of my graduating class that joined the service. And I make up the one percent of my graduating class that was born again into the brotherhood of the Corps.

There a lot of other statistics I belong to as well. When I was six, I was involuntarily tossed into a plethora of statistics because my brother was murdered. But even before that I was part of a statistical category because my mother was raised in a dysfunctional family.

In the generation before me there are alcoholics on both sides of my family, making me probably 100 times more susceptible to addiction, according to a 1998 study on the most unfavorable things parents can pass on to their children.

Statistics scare me. They scare me because they seem to provide a deterministic view of human behavior.

They show us that driving drunk, no matter how much we believe in our hearts we are sober enough to make the quarter of a mile trip home, is statistically like golfing with a blindfold.

And they let us know that by watching one less hour of TV a night and spending one more hour bonding with our children, we can make an impact in our children's lives that goes beyond any statistical recording, making them almost 19 times less likely to hate us when they grow up.

The other day I was leafing through

some information I had picked up about the Fifty State Survey. The survey noted that 1,070,000 cases of maltreatment were substantiated by Child Protective Services during 1999. That figure only denotes substantiated cases. When looking at that number, I thought about all of the other children whose stories never made it to the CPS case workers.

The survey also estimated that 1,401 children died as a direct result of child abuse or neglect. That number pans out to about one child every six hours. Never mind that all statistics have a degree of error.

No matter how one adds or subtracts from that number to take into account the statistical error, the number is still going to be way too large; in this case it's 1,401 too many.

But the most startling facts I saw in the survey broke down the 1,401 who died in 1999 as a result of maltreatment. Four out of five of those children died before their first day of kindergarten, and two out of five died before their first birthday.

As a father, these statistics are rather frightening, especially since my childhood experiences classify me as statistically prone to domestic violence.

But statistics only reflect reality; they don't determine it. By our choices we decide which statistical category we fall into.

Runner's world: Clearing the path for a safe tomorrow

By Philip R. Bowers
Occupational Safety and Health Specialist

When running, jogging or sprinting people should always make sure they choose the right equipment.

Select shoes that fit comfortably, with extra room for toes to allow for foot expansion when running. Clothes should be roomy enough to let you move freely and should "breathe" (let moisture evaporate.)

– Dress as lightly as possible in porous, light fabrics.

– Choose light colored clothing (day and night.)

– Use reflective tape on clothing when running at night.

One should also know and follow the rules of the road.

When running/jogging with others on a roadway, run in single file. Utilize sidewalks where available and practical.

– Always run facing traffic.

– Use extreme caution when crossing streets and at intersections.

– Do not use headphones while running (prohibited on all Marine Corps Installations, MCO 5100.19E)

There are also certain precautions one should take when it is hot and humid outside.

Get used to heat slowly by building up (five to seven days) to distances you may have run earlier and try to

run and jog during morning or evening hours when it is

coolest.

– Drink plenty of water before and during running/jogging.

– Watch for danger signs such as dizziness, nausea, throbbing, etc. (These symptoms may indicate heat exhaustion or heat stroke, which are extremely dangerous). Stop running and get prompt medical attention.

One problem that many people don't plan for is hyponatremia (a perilous drop in sodium).

This occurs when runners sweat excessively, lose too much salt, and then drink excessive amounts of water, which dilutes the blood's sodium content even more. Drinking sports drinks can easily prevent this problem.

Some try to overcompensate by taking salt tablets. Skip the salt tablets, the sodium concentration may be too high, causing vomiting, which makes matters worst.

The five principles of warming up and cooling down.

Principle number one.

The warm-up prepares your body for a workout, race, or physical fitness test. The cool down prepares it for the recovery period that follows a run. Both the warm-up and cool down have different roles but are equally important.

Principle number two.

The key to a successful warmup is gradual increase in the intensity of movement. There is always a sense of building toward the moment of release – the start.

Principle number three.

Even when you're on the starting line, keep jogging lightly in place.

Principle number four.

The key to a successful cool down is simply to do it. At the very least, reward yourself with several minutes of soothing self-massage and stretching.

Principle number five.

Stretching is far better performed during the cool down than during the warm-up. The body is better prepared for the stretches after a run or workout, so it can be done more effectively and with less risk of injury.

Another thing one should take constant note of when running, jogging or sprinting is shoes.

Defective shoes can cause injuries.

Experienced runners know the first line of defense against overuse injuries is good quality, low-mileage running shoes.

It is not only your responsibility to buy the right pair of shoes but also to replace them regularly.

– Shoes should be checked regularly for excessive wear, and should be retired between 300 to 500 miles.

Knowing when it is time for a new pair of shoes can save a lot of foot-ache in the long run.

Wearing broken down shoes places you at a high risk for injuries.

It is a good idea to have two pair of running shoes and alternate them daily. When you wear shoes daily they don't have time to adequately dry and will disintegrate faster.

Buying a new pair of shoes, although it seems expensive, is a lot cheaper and more fun than a trip to the doctor to fix an injury caused by running in broken down shoes.

Some who run on the road fear the cuts and bruises of road rash after tripping over a pot hole, but most injuries are far worse and far less prepared for.

Injuries from improper training and equipment vary from, meniscus tears,

shin splints, compartment syndrome, stress fractures, plantar fasciitis, etc.

Most running injuries are treated with the usual approaches of stretching, icing after a run and/or the use of oral anti-inflammatory drugs.

More serious injuries are medically treated by medical professionals through the use of shoe inserts, custom-made orthotics, night splints and even injections of steroidal inflammatories like cortisone, arthroscopies and possibly knee replacements

While people have their own style of running/jogging/sprinting, it must be understood that it is a learned process – once learned it must be maintained.

An airplane during take off uses a lot of fuel and taxes the structure, but after it reaches and levels off at a smooth flying altitude it uses less fuel and structure stress is tremendously less.

Hence the same with running, in the beginning of training the body is under a lot of stress but after reaching a maintenance level it is smooth sailing as long as a safe running program is maintained.

GOT NEWS? *If you think you've got something newsworthy call the public affairs office at 577-6430.*

COMMANDER'S CORNER

Maintenance Center Barstow

MCB Deputy commander receives high honors

By Rob L. Jackson
BARSTOW LOG staff

The highest award the commandant of the Marine Corps can bestow upon a civilian employee was recently presented to one of Maintenance Center Barstow's own.

Gary Baker, deputy commander of MCB, was awarded the United States Marine Corps award for Superior Civilian Service. Brig. Gen. Richard Kramlich, commander MARCORLOG Bases, presented the award during a ceremony held at the Maintenance Center.

As one of the main catalysts behind MCB's continued success, Baker was cited for "his balance of leadership and management skills that enabled MCB to successfully obtain ISO 9000 qualification."

"We had been working on ISO for several years, and it was a real struggle," Baker explained. "Because it was a culture change for all of us, going from what you might say was an informal system to a formal system where everything you do that's related to quality is documented. It describes how you're going to go about doing things,

and you strictly follow those procedures that are now in writing."

The citation also noted that he was instrumental in implementing the Theory of Constraints, which is a manufacturing and remanufacturing philosophy that focuses on getting products out the door.

"That philosophy tries to get you 'out of the weeds' of focusing on other things that are significant but are not the prime constituents for pushing products out the door," the deputy commander said. "It tells you that as a business you need to concentrate on three things; your throughput – getting products out the door; operating expenses; and inventory, with throughput being the most significant. The theory says that if you concentrate on throughput your other performance indicators, that typically measure a business, will fall in line."

Baker noted Dr. Eli Goldratt, who developed this philosophy nearly 20 years ago, and the fact that a lot of businesses have been very successful employing his philosophies and theories. Educating MCB personnel on this theory is still an ongoing process.

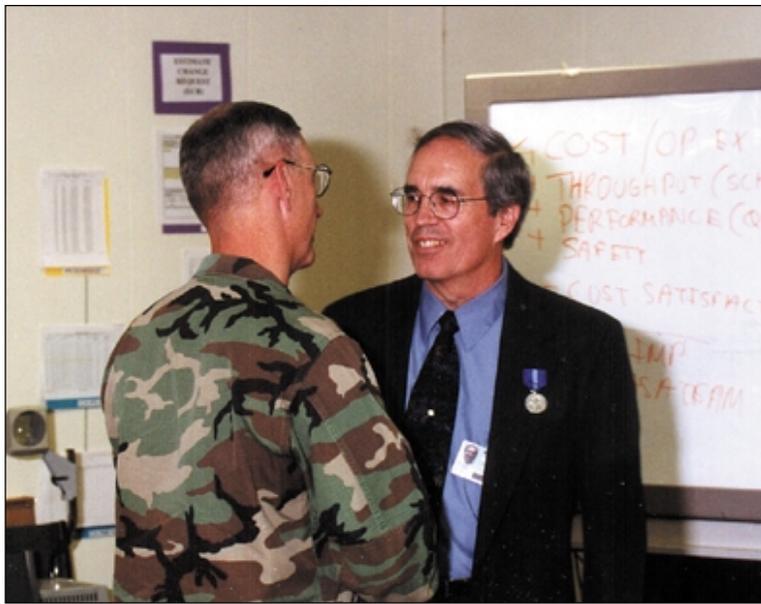


Photo by Curt Lambert

Brig. Gen. Richard Kramlich, commander MARCORLOG Bases, congratulates Gary Baker, deputy commander MCB, after presenting him the Superior Civilian Service award, the highest award CMC can give a civilian employee.

The deputy commander emphasized that everything MCB does depends on people.

"Unlike new manufacture, our operations in remanufacture are people-intensive," he said. "Because we dis-

assemble old equipment, we have to make decisions about how we're going to repair many of the parts and components, in terms of processing, and it all relies on people."

After being with the Maintenance

Center for about 26 years, first as an industrial engineer and now as deputy commander, Gary Baker still enjoys his work and is still smiling.

"One of the things I really enjoy is producing products and seeing them go out the door," he explained. "Although my job here now involves a lot of paper work, the fact that what we do here as an organization is produce equipment that actually goes to Marines and other service members who use and rely on it, that's what I really enjoy."

Receiving the award was a real surprise; he felt honored and at the same time he felt humility.

"It was a real honor to receive that award from the commandant, but at the same time I don't do anything here by myself," he said. "Everything that's done here, and we try to impress this upon everyone here, we do as a team. Nobody accomplishes anything by himself or herself; it takes a tremendous amount of people working together.

"I felt humbled because everybody that works here contributed to the things that were recognized in that award."

Training offered for Maintenance Center employees

By Mike Burke
Production Management Department

The Seven Habits of Highly Effective People Workshop was held in three sessions for upper management and supervisors at the Maintenance Center in December and January, facilitated by Mike Burke and Tom Cooper.

Due to the success of this training and its potentially powerful results, it was determined that this effective workshop will be offered to the workforce at the Maintenance Center.

According to Franklin Covey Co., "No company can succeed until individuals within it succeed. No group can achieve its objectives until its people achieve theirs."

That's what Franklin Covey's Seven Habits workshop is about – making people effective so that they, in turn, can make their organizations effective. Nothing less can ensure survival and prosperity in these turbulent times.

The fast pace of technological advances; the changing of workload and requirements; downsizing; and structural changes are just some of the enormous challenges the Maintenance Center faces today.

The principles taught in The Seven Habits of Highly Effective People – the national best seller by Dr. Stephen R. Covey, founder and

chairman of Franklin Covey Co., are brought to life in this powerful workshop.

"It's not enough these days to do things differently. We must do different things," it is explained in the workshop.

His "inside-out" approach helps people change the fundamental way they view their jobs, relationships, and even problems and opportunities.

Participants learn to break common ineffective behaviors and tendencies, while creating high levels of trust. Also, one learns how to develop strong interdependent relationships, which is vital to anyone's success.

It's all common sense organized in such a way that when understood and applied changes a person's life in a significant way.

Burke and Cooper will facilitate the course over the next 20 months. It will be offered during the five-day weeks, from 6:30 to 11:30 a.m. in the Training Facility at the Yermo Annex.

The first class was successfully held during the week of March 4. This is a huge undertaking that shows the commitment the commander and deputy commander have in providing quality training that will strengthen the workforce at the maintenance center and strengthen MCB's position as the "Maintenance Center of choice."



Photo by Tom Cooper

These are the first workers to go through the Seven Habits of Highly Effective People Workshop. Front Row (left to right) Robert Serrano, Jerry Guerrero, Paul Marquez, Leo Glaspie, Phil Soto and Brian Fisher. Back Row (left to right) Daryl Hill, James Brandon, Gerald Morgan, Ricardo Vallejos, Tom Yagla, Paul Quick, Earl Bevans, and Gilbert Griego.

Habit 1: Be Proactive
The Principle of Personal Vision
 Proactive language rather than Reactive language
 Exercising the Freedom to Choose our responses
 Working within our Circle of Influence rather than our Circle of Concern

AROUND THE CORPS

Reserves provide support for Rolling Thunder

By Sgt. Sam Kille

Marine Forces Reserve Public Affairs

FORT BRAGG, N.C. - Marine artillerymen operate with one basic premise in mind - "shoot and scoot." Their ability to get rounds on target and then move their M-198 howitzers to avoid enemy detection relies heavily on excellent service support.

Nearly 450 reserve Marines and Sailors from the 4th Force Service Support Group are currently providing that support to the active duty cannon cockers of Camp Lejeune's 10th Marine Regiment during Rolling Thunder 2002, a bi-annual firing exercise underway here until April 21.

The reserves, hailing from units across the nation, formed together as Combat Service Support Detachment 46. While here, they are providing the regiment with the food, fuel, water and ammunition necessary to perform its fire missions, as well as medical and dental care when the need arises.

"We have Marines and Sailors from every battalion in the 4th FSSG," said Lt. Col. Patrick J. Hermesman, officer in charge of CSSD-46, and a resident of Columbus, N.J. "We can do just about anything for 10th Marines, from delivering supplies to providing engineer and communications support."

The reserve's involvement in the exercise began March 17 when an advance party arrived here to begin the arduous task of receiving and inventorying equipment and supplies from

through-out the country, according to Maj. David Lucci, operations officer for 6th Motor Transport Battalion, Redbank, N.J. A second advance party arrived March 25 to set up a field ammunition supply point, and a third advance party arrived March 27 to establish CSSD-46's base camp. The main body arrived April 6.

Since their arrival, the reserves have been busy. The roar of engines can often be heard from sunrise to well past midnight, as convoys of vehicles make their rounds from the base camp to remote locations to re-supply 10th Marines. According to Cpl. John W. Beamer, a vehicle operator from Orlando, Fla., a typical re-supply mission might entail the use of six trucks transporting 1,000 gallons of water, 800 gallons of fuel and 92 cases of meals-ready-to eat. When driving at night, the vehicles must drive without headlights to stay tactical - safety is a major concern.

"Basically, it is our job to get 10th Marines what they need and when they

need it, and avoid casualties and accidents," said Beamer, who has led several convoys. "If somebody gets hurt, that can destroy the mission."

In addition to providing support for their fellow Leathernecks, the Marines of CSSD-46 have had the opportunity to learn about the artillery regiment's mission. Some were even afforded the opportunity to pull the lanyard that fires the M-198.

"I've never seen a howitzer fire before," said Cpl. Mike Sheperd, a landing support specialist from Turlock, Calif. "It was interesting to learn about its capabilities, and to receive cross-training in another MOS (military occupational specialty)."

Most importantly, the exercise helped demonstrate the commandant of the Marine Corps' policy of total force integration.

"Being here provides reserves the opportunity to work hand-in-hand with the active duty Marines, which we don't get to do very often" said Sheperd. "It also can change views; it shows the active Marines that reserve Marines can do the job just as well."

The Camp Lejeune artillerymen seem to agree.

"Knowing that these Marines (CSSD-46) are coming from all over - as far away as Long Beach, California - and seeing them pull together the way they did is not only outstanding, it is motivating," said Col. Al Pace, the commanding officer of 10th Marines. "They are just like any other Marines. They came together as a team and hit the ground running. The total force concept has definitely been proven true here at Rolling Thunder."



Photo by Sgt. Sam Kille

Lance Cpl. Rich Donaleson, landing support specialist, 4th LSB, CSSD-46, peers through binoculars to see artillery rounds impact during Rolling Thunder '02 at Fort Bragg, N.C.



Photo by Sgt. Sam Kille

Cpl. Jonathan Rudick and Cpl. Chad Carter, 4th Maint. Bn., CSSD-46, work on the recoil system of an M-198 howitzer during Rolling Thunder '02 at Fort Bragg, N.C.

Marines from Gun 1, Romeo Battery, 5th Bn., 10th Mar., under the leadership of Sgt. James Cabrera, fire on targets with their M-198 howitzer during Rolling Thunder '02 at Fort Bragg, N.C.

The Marines were supported during the exercise by reserve Marines and Sailors from CSSD-46, 4th FSSG.



Photo by Sgt. Sam Kille

JONES from Page 1

The Army traditionally has held the top slot in Europe, currently held by an Air Force officer. Ralston took office in May 2000 and is expected to step down around year's end.

Other sources report that aside from the fact that Jones would be the first Marine to head U.S. forces in Europe, the selections are not a major departure from past practice and do not appear to signal a major shake-up in the military.

Rumsfeld has said his choices for new leaders of the military services and the warfighting com-

mands are among the most important decisions he will make as defense secretary. He recently chose Adm. Thomas Fargo, commander of the Navy's Pacific Fleet, to become the next commander of U.S. Pacific Command, replacing Adm. Dennis Blair. Other nominations include Gen. John Keane to succeed the current Army chief of staff, Gen. Eric Shinseki; Air Force Gen. Ralph E. Eberhart for the new Northern Command, whose responsibilities include domestic security; and Army Lt. Gen. James Hill for the Southern Command.

Jones's successor as commandant has not been indentified.

Once he transferred to Marine Corps Air Ground Combat Center in Twentynine Palms, Calif., he came across another leader who helped him further his leadership development.

"I remember 1st Sgt. Jackson—we called him "Black Jack Jackson"—he was an awesome leader," said McMichael. "He took the time to teach both officer and enlisted, and he took pride in everything he did."

Editor's Note:

The is part two of a three part series on the evolution of Sgt. Maj. Alford McMichael's life and career in the Corps. Part three will follow in the next edition of the BARSTOW LOG.

McMICHAEL from Page 2

"Because that is where it begins. Without Pfc., I couldn't be where I am today; there would have been no corporal, no sergeant, or staff sergeant. I had an ability to appreciate that rank."

"I think if you don't appreciate what you have or who you are, I don't know how you can go forward to be more," he added.

During his time on the drill field, he remembers one person who stood out in his mind the most.

"Gunnery Sergeant Douglas Bar—he trained me to be a professional drill instructor, and through mentorship and teaching, I became more successful," said McMichael.

SPORTS

Bulldogs lose high-scoring game

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The MCLB Bulldogs lost to the Big Dogs 29-22 in an intramural softball game April 9 at Eva Dell Park in Victorville.

Dennis Owen went 3-for-4 with two home runs, but it wasn't enough to put the Bulldogs over the top.

Down 20-16 in the top of the sixth inning, the Bulldogs were in the field, hoping to hold the Big Dogs scoreless.

The Big Dogs ruined their plans by scoring nine runs in the inning, going up 13 runs on the Bulldogs. The Bulldogs only had one turn at bat to make it up.

The first five batters got on base and scored, but the Bulldogs ran out of luck and only got one more across in the inning to fall seven runs short at the end of the game.

The Bulldogs started off the game very slow on offense, scoring five runs in four innings. Facing the 15-run slaughter rule if they failed to score in the bottom of the fifth, the Bulldogs' bats finally woke up. Johnny Garcia started the inning with a single.

Jason Grimes followed with a single of his own. Pete Martinez

backed that with a single as well, scoring Garcia.

Peter "Veggie" Vegliante hit a base knock, scoring Grimes, followed by Joshua Barnhardt plating Martinez.

Anthony Slater hit a triple, knocking in Vegliante and Barnhardt. David Buls and Joshua Lovett followed Slater by both reaching base on infield singles. Owen then dropped a donkey bomb over the left field fence.

Paul Zacharzuk and Garcia added two more runs before the Bulldogs were out of the inning.

The downfall for the Bulldogs was their defense. The Bulldogs committed errors that opened the floodgates for the Big Dog offense. Instead of getting out of innings only giving up a couple of runs, the Bulldogs gave the Big Dogs extra chances, which



Photo by Cpl. Joshua Barnhardt

Dennis Owen, pitcher, high fives third base coach Jesse Madrid after knocking a three-run home run in the Bulldogs' 29-22 loss to the Big Dogs.

they capitalized on.

Editor's Note:

For MCLB Bulldogs fans who would like to cheer them on. The Bulldogs' next game is Tuesday at 8:30 p.m. at Eva Dell Park in Victorville.

MCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Save 10% at MCX sale

You can save 10 percent at the Marine Corps Exchange April Sale in progress now at the Super Seven Store and the Railhead Exchange. There is 10 percent off on flat screen TVs and Home Entertainment systems. For more information please call 256-8974.

Lunch menu

Today - Family Restaurant: Soup and salad bar. *Cactus Cafe:* Sliced sirloin of beef and mashed potatoes.

Tomorrow - Hoki fish, macaroni and cheese.

Monday - Salisbury steak and mashed potatoes.

Tuesday - Chicken a la king and scalloped potatoes.

Wednesday - Barbecued pork ribs, black-eyed peas, fried cabbage and

cornbread.

Thursday - Mama's meatloaf, cut corn and mashed potatoes.

Family Night Dining

Tonight - Pork Lomain, beef and broccoli in oyster sauce, rice, tossed green salad, fountain drink and dessert.

April 25 - Mongolian Barbecue, steamed rice, egg drop soup, fountain drink and dessert.

Wild Wings

Tonight is "Wild Wings" night and it's members Happy Hour too.

Friday night is TGIFamily Nite. For more information, call 577-6432.

Yoga Classes

Yoga classes are on Tuesdays and Thursdays at the Base Gym from 11:30 a.m. to 12:30 p.m. Call Jennifer Patterson 577-6817 for more information.



Disneyland

You have until the end of this month to enjoy Disney's Salute to the U.S. armed forces, with a **FREE SEVEN-DAY** ticket to all military and discounts for family members.

The military accommodations at the Disneyland Hotel, Paradise Pier Hotel and the Grand California Hotel (special military rate starting at \$49 per night, plus tax) has been **EXTENDED** to June 13. Call ITT at 577-6541 or Disney at (714) 956-6867.

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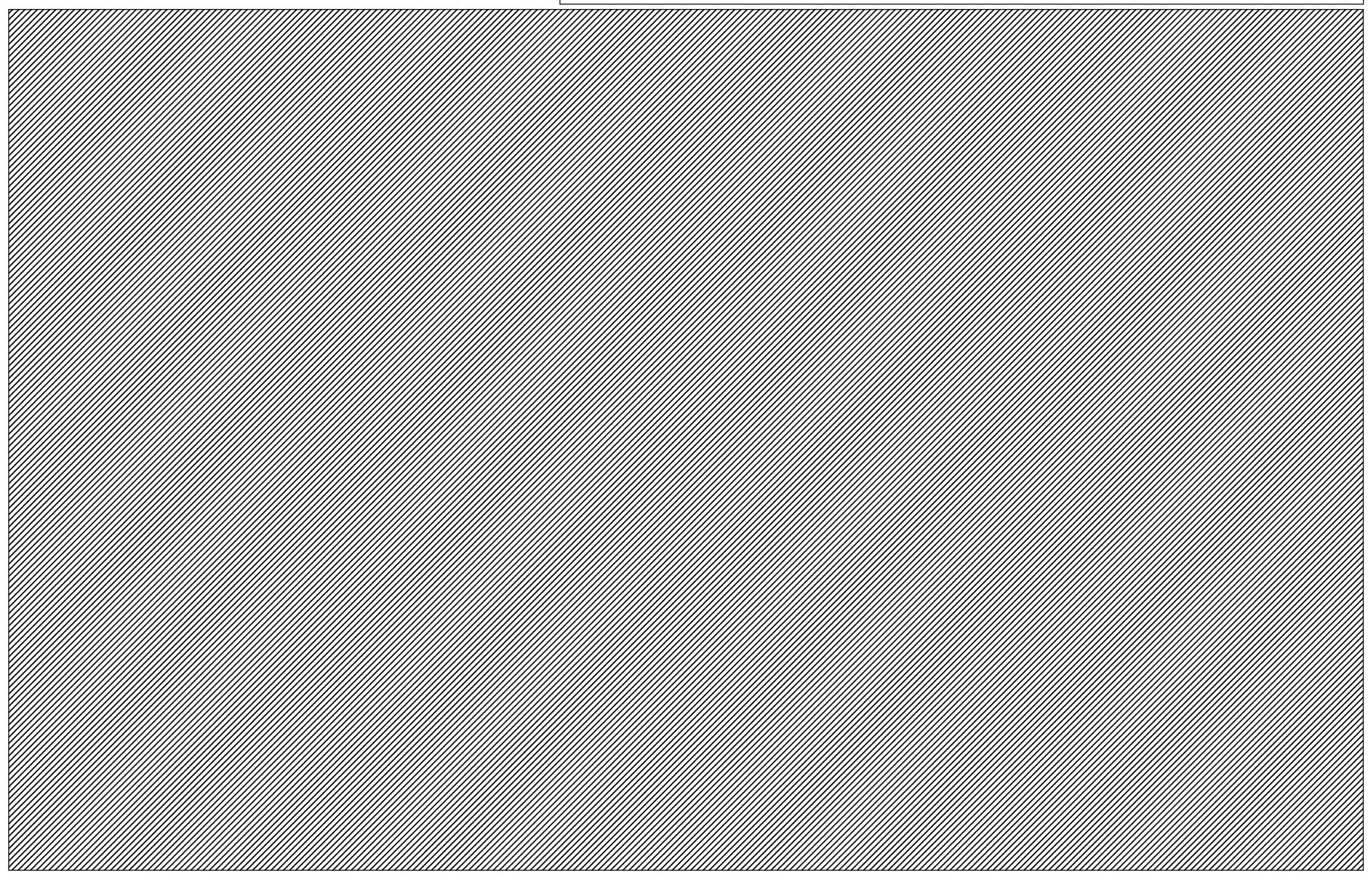
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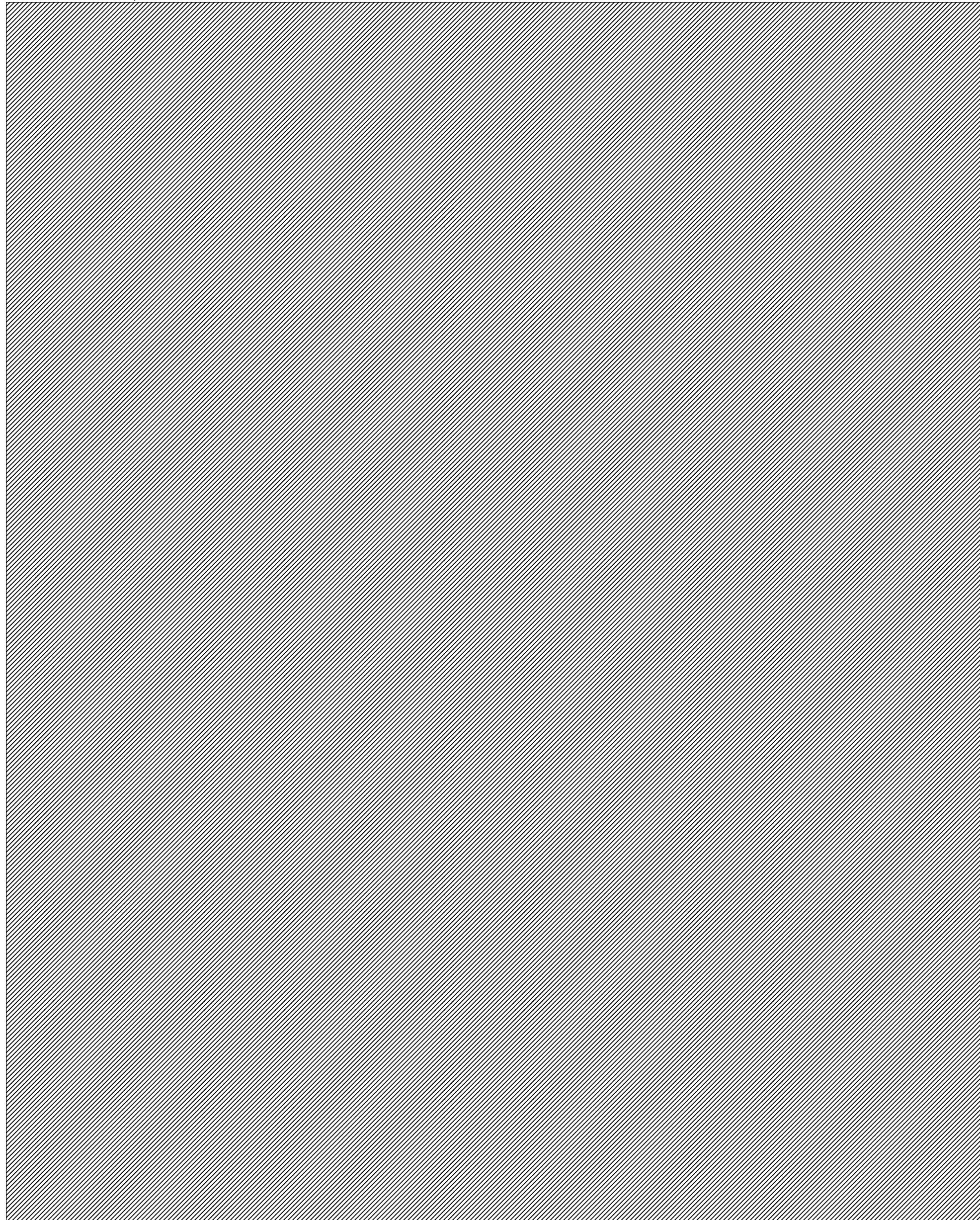
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TWILIGHT LEAGUE IS UNDERWAY, \$20 FOR 12 WEEKS. LEAGUE MEETS EVERY TUESDAY.





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2000 MUSTANG: Mint condition, 25K miles, V-6 std. trans, A/C, P/W, locks, keyless entry, dual exhaust, \$14,900, OBO. Call Donna, 257-1055 or 954-1732.

1992 TOYOTA CAMRY LE: 4 door sedan, A/C, CD/tape/radio, sun roof, power locks/windows/steering/antenna, clean inside and out, 157K miles, \$4,500. Car is in Barstow. Call (909) 584-1216.

1994 ISUZU TROOPER: 4x4, 5 Speed, P/W, door locks, mirrors, A/C, CC, CD, an SUV you can really take off road, \$7,850. Call 252-1908.

1994 FORD EXPLORER XLT: Red, tan leather interior, CD changer, loaded, \$4,500, OBO. Call 255-3734.

1996 DODGE RAM: INDY 500 Special Edition, only 29K miles, viper blue with white stripes, hard bed cover, towing package, 5.9L, V-8, CC, PW, PL only 2800 produced, must see, \$14,500. Call 252-6969.

1986 CAMARO: V6, motor newly rebuilt, manual transmission (5-speed), new windshield, runs good, \$2,300, OBO. Call 253-2133 AWH.

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 sell \$2,250. Call 252-5365 AWH.

MISCELLANEOUS: 16ft. car hauler trailer, extra wide with 4 ft., mesh ramp, diamond plate deck, elect. brakes, good tires w/spare, and heavy duty jack, good condition, used very little, \$1,100, OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: Dining room set, table with six chairs xlt cond \$300, OBO. Must see to appreciate. Call 256-1430 AWH.

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

MISCELLANEOUS: Sofa, color is gray and white w/delicate yellow flowers, xlt cond, \$250, OBO. Call 256-1430 AWH.

MISCELLANEOUS: Metal detectors, White's Surfmaster, P.I., fully waterproof, \$425; Fisher 1266X, xlt cond, \$400; White's Goldmaster 4B, nearly new \$450; refrigerator G.E. frost free, 18 cu. ft. xlt cond, \$175. Call 256-6629 for more information.

MISCELLANEOUS: 700R trans, \$125; turbo 400, \$100; Chev. Overhead air hoist half ton \$50. Call 243-1392.

MISCELLANEOUS: Jensen Champion Series Home Theater Speakers, two C-7, three-way bass reflex front speakers, 27.5" tall, black ash, 170W, one CCS center speaker, black ash, 125W, like new, \$150 takes all three, for more information. Call 255-3009.

MISCELLANEOUS: VCR, good cond., \$25; woman's clothing 16-18, reasonable. Call 256-7428.

MISCELLANEOUS: Golf clubs, bag

and accessories, new, \$125; Corvair engine, \$125; Volkswagen, all 4 Mag rims, \$55; aluminum awning for carport or patio \$110, Ford Ranger tailgate, \$55. Call 254-1913.

MISCELLANEOUS: RCA DVD Player with remote \$100; external 250 meg zip drive parallel \$150; 15" computer monitor SVGA \$30; bed frame steel, queen size \$15. Call 252-7789 AWH.

MISCELLANEOUS: Comic Books, serious collectors only, all books are CGC graded and sealed. Hulk#102 VG 4.0, \$150, Captain America#101 VG/FN 5.0, \$100, X-Men#94 G/VG 3.0, \$300, X-Men#95 VG+4.5, \$100, Sub Mariner#5 VG 4.0, \$50, Prices negotiable. Call 252-7973.

WANTED: Honda Civic CRX or Honda Civic Hatchback, running or not. Call 254-1913.

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