BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 25 | Marine Corps Logistics Base Barstow, California | May 2, 2002

Marines get new boot

The new boot for the Marine Corps fits a Marine's needs

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Promotion Boards

Fitness Report schedule and dates for officer promotion boards have changed.

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7th ESB

Thirty-five combat engineers potentially saved the Marine Corps $45 million.

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Softball

The MCLB Bulldogs win in a blowout.

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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. Joshua Barnhardt

Johnny Watterson, Apple Valley Fire Department firefighter, climbs a ladder onto the roof of a burning building during training with the MCLB Fire Department at the MCLB Regional Training Facility by the Enlisted Housing Area April 25.

This strange-looking vehicle called a GEM car, an electric vehicle manufactured by Global Electric Motorcars of Fargo, N. D. It is the first multipurpose neighborhood electric vehicle engineered for both street and turf. MCLB has two of these vehicles on loan for a 30-day trial, according to John Watson, quality assurance inspector at Installation Division. Top speeds for the vehicle are 12 to 15 mph on turf and about 20 to 25 mph on the street.

Photo by Rob Jackson

Critters out at MCLB

Compiled by
BARSTOW LOG staff

Spring has sprung in the high desert and the temperatures are on the rise, which means an increase in the infestation of pests: ants, spiders, rodents and snakes, the most dangerous and frightening of all.

The rise in temperatures forces most critters to come out their winter homes to search for food and cooler shelter.

There can be an influx of ants in the home when the temperature gets extremely hot because ants are looking for relief from the heat, according to "House Smarts," a newsletter produced by the Family Housing Division. Ants are very social insects and will set up entire colonies almost anywhere in the home, including light fixtures, bathrooms, kitchens, in the walls or any place that feels comfortable.

To help rid the home of these colonies, keep all food in airtight containers. This helps but if an area used to prepare food is not cleaned immediately after use, the ants will find a way to make sure they get what is left out. Ants leave a scent trail that must cleaned up, and this can be accomplished without the use of pesticides. A good cleaning mixture is one ounce of liquid dish soap and eight ounces of water. Prepare the mixture in a spray bottle and spray the area where ants travel. This mixture will kill the ants and remove the scent trails.

Ants aren't the only pests to be weary of; the rodent population is on the rise and is a concern to housing residents, according to the Housing Division.

Steps can be taken to minimize the rodent problem as well. Sanitation is the first step. All food items, including pet food, must be put away after every meal. Storing food items is tightly sealed plastic or metal containers is the best method. Food preparation surfaces and kitchen floors should be cleaned particularly at the end of the day since rodents come out to feed at night.

Base housing residents should look for droppings, nests and trails in and around the house and in garages. This will indicate where traps need to be set; some rodents live under ground and require a different type of trap.

A rodent's worst nightmare is a snake. In the high desert the most dangerous and aggressive snake is the Mojave green rattlesnake. It can grow up to 4 feet six inches long. It is very similar to the diamondback rattler, but is greenish in color instead of brown, with narrow tail bands instead of wide bands. It carries both neurotoxic venom, which attacks the nerves, and hemotoxic venom that attacks the blood.

See **CRITTERS** Page 12

War hero, and Marines, deserved better recognition

By Gina Lubrano
San Diego Union-Tribune

Don't say the word "defeat" to Marines, especially in connection with the Battle of the Chosin Reservoir in Korea in 1950. But an obituary last Monday for Korean War hero Col. William E. Barber, a Medal of Honor recipient, did just that. It said he was "best known for his heroism in one of the worst defeats in Marine history."

"Who the hell calls this a defeat for the Marines?" asked H.C. "Pete" Peterson in an e-mail, referring to last Monday's article by the Associated Press.

"The Chosin campaign was and is an operational and tactical victory of the highest order for the Marines," Peterson said.

It wasn't just the historical inaccuracy that bothered him. Peterson said the reference dishonored Barber, an Orange County resident at the time of his death, and "insults the Marine Corps," particularly the 1st Marine Division whose men fought the battle in the bitter cold of Korea and which is "now garrisoned less than 50 miles from the editorial offices of your newspaper."

As a reader, he said, he is troubled about the "casual publication of something that should have prompted some questions.

"Someone could have noticed two things," Peterson wrote. "A Marine hero from a local unit died, and the words defeat and Marine appeared in the same sentence. This should have triggered two things: check any local reaction and do a 'reality check' on the 'defeat' description."

Historian Allan Millett, a professor at Ohio State University and author of "Semper Fidelis: the History of the United States Marine Corps," said calling the battle the Marine Corps' worst defeat was an "egregious error."

Millett said the 1st Division was ordered to withdraw from the Chosin Reservoir and did so in an orderly manner. Although it was the mission of the Chinese to wipe out the Marines, they failed, Millett said. "The Marines basically made five to seven Chinese divisions combat ineffective on the walkout, and so the Chinese mission was frustrated and the Marine mission, which was to withdraw . . . was completed."

Ellen Guillemette, archivist for the Command Museum at MCRD, said the Marines were facing a numerically superior force in a surprise attack. They were without adequate cold weather gear, without hot food.

"It was a defining moment, another defining moment for the Corps," she said. "It proved the effectiveness of ground-air support." The Marine ground-air support team was "the envy of the military forces" fighting in Korea, she said.

A Marine Corps Web site calls the 1st Division its oldest, "most decorated division-sized unit." As a result of fighting in Korea, the division added a Presidential Unit Citation to its list of decorations. The fifth presidential citation was "for the division's 'attack in the opposite direction,' fighting its way out of Chosin Reservoir against seven Communist Chinese divisions.

Calling the battle the Marines' "worst defeat" was inaccurate and a mischaracterization of what took place.

Just fan or follower

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain

I attended the Mayor's Prayer Breakfast last week.

There were many people at the event, and the keynote speaker provided an inspirational message.

One of the points made by the speaker was whether we are a fan or a follower of what we believe in.

The dictionary defines a fan as "an enthusiastic devotee." A follower is someone who "follows another in regards to his ideas or beliefs." It is also defined as someone who "imitates, copies."

The difference is the practical application. Are we a fan of our faith? Are we a follower of our faith?

There is nothing wrong in being enthusiastic for what we believe in.

But the enthusiasm has to be applied in our everyday actions. If our everyday actions do not reflect our enthusiasm that we demonstrate during our times of worship, then we are just a fan.

If our actions do reflect our enthusiasm, then we are a follower.

The book of Psalms, chapter one tells us, *"Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.*

"But his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by the streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

"Not so the wicked. They are like chaff that the wind blows away.

"Therefore the wicked will not stand in the judgment nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked will perish."

As we delight in the law of the Lord and obey the teachings that God has given us, let us do so with enthusiasm as we make a practical application in our everyday actions as a follower of what we believe in.

Blessings to all,

Chaplain Krupnik

Just doing my job ...

Photo by Cpl. Joshua Barnhardt

Jim Sutherland, property disposal specialist at the Defense Reutilization and Marketing Office, counts K-Bars that are designated for reutilization. K-Bars are a special item that are designated for use only by customers the government approves of, so they do not end up being used in harmful ways, so keeping an accurate count is necessary.

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.

BARSTOW LOG

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

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*.

Clinic to screen youth for care

A free clinic to screen children for possible care at Shriners Hospital for Children has been scheduled for May 12 at the Barstow Masonic Temple, located at 221 Ave. "J" in Barstow. The clinic will be held from 10 a.m. to 3 p.m.

Local doctors will screen children, from infants to 18 years of age, to determine if their problem can be cared for by Shriners Hospital for Children. Further examination and possible care will be provided free of charge.

Some conditions looked for are: treatable orthopedic problems, residual burns, scoliosis, hip replacement, club foot, hand problems of any type, cerebral palsy, residuals of polio, metabolic bone disease, amputees, muscular dystrophy, and arthritis.

Parents should bring a copy of the child's birth certificate, shot card, guardianship papers, W-2 form 1999 or 1999 1040.

Appointments are not necessary, but for additional information call 252-5800 between 9 a.m. and 8 p.m., Mondays through Fridays.

Town hall meeting

A town hall meeting for base housing residents is scheduled to be held at the McKinney Youth Activities Center May 9 at 9 a.m. and 6 p.m. For more information, call David Madrid, housing manager, at 577-6872.

Armed Forces Day Golf Tournament

The 10th Annual Golf Scramble hosted by Mojave Valley Volunteer Hospice will be held Saturday, May 18, 2002.

The tournament will honor Armed Forces Day and will be at the Tees n' Trees Golf Course. Check-in time is 7 a.m. with tee off at 8 a.m. The entry fee is $35. Green fees and cart not included.

A free continental breakfast and lunch will be provided for the players, tournament guests can purchase lunch for $5. Awards presentation will be at approximately 2 p.m.

The cut off date for sign up is May 16. For further information call tournament director Howard Hedberg 252-5943.

KVN Meeting

There will be a Key Volunteers Network Meeting May 14 at 5 p.m. at the Oasis Club. The topic of discussion will be housing. For more information, call the Marine Corps Family Team officer at 577-6543.

Barstow to Calico Runs

The Barstow to Calico 30K Run, 30K Relay and Calico 5K are scheduled for May 12.

The 30K run will start at the Harvey House at 6:30 a.m. and the 30K relay race will begin at 7:30 a.m. The 5K will start at Calico Ghost Town at 8:30 a.m. For cost and registration information, call Theresa Alonzo at 255-2422 or Vernon Morris at 254-2554.

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 Saturday from 9 a.m. until noon. For more information, call Gus Blocksom at 252-2949.

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.

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.

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
Fred Molino	577-7210
Debbie Anilao	577-6746

Play Mornings

Every Wednesday 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.

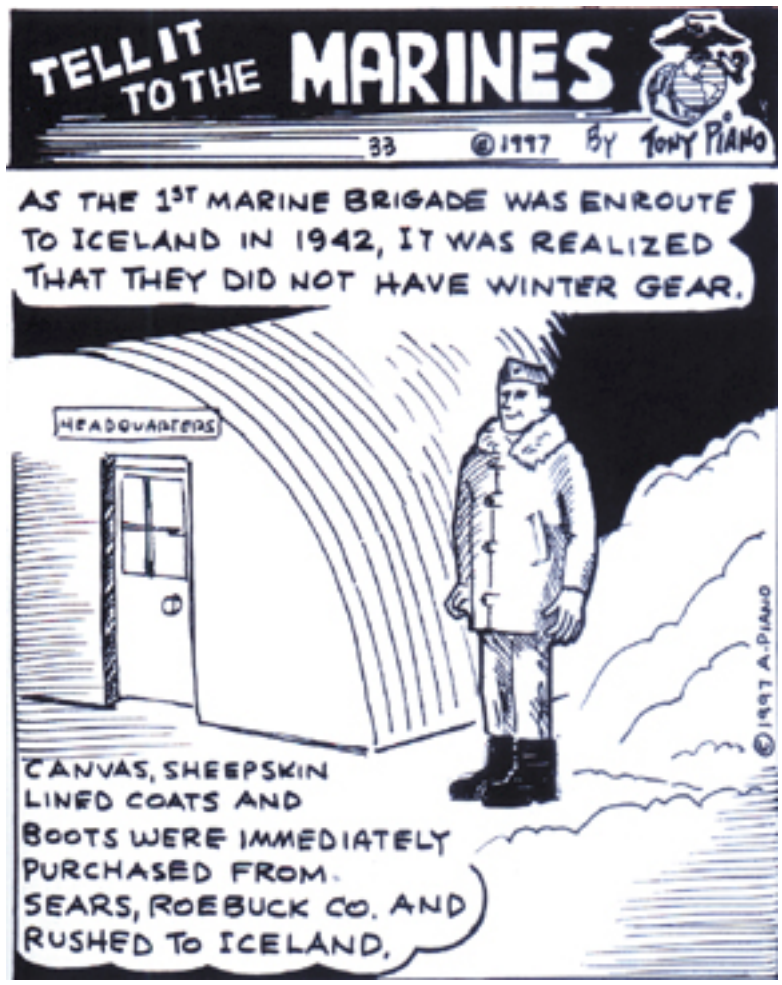
For more information call Sharon Wallace, 577-6332.

Recycling Update

If a recycling container is damaged, or service is not provided, please call Carmela Gonzalez at 577-6744 or John Watson at 577-6540.

MCLB employees are asked not to call the contractor directly. All calls made directly to the contractor will be redirected to Gonzalez or Watson.

The recycling contract is updated on a quarterly basis. If you need to make a change to your recycling service please email Carmela Gonzalez at gonzalezcj@barstow.usmc.mil and specify what changes you require.



Special Olympics

The Special Olympics of Southern Californa, 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.

Military Police reserve program

The Provost Marshal's Office on base is offering the Military Police Reserve Program to all Marines who are interested. The course will teach the basic information to perform Military Police duties. For more information contact Staff Sgt. Daly at 577-6193.

Scholarships for Women

The Selected Professions Fellowships Program is now accepting applications for the 2002-2003 academic year. These various grants/fellowships range from $2,000-$50,000 and provide direct financial assistance to black female scholars pursuing professional degrees in architecture, business administration, computer science, engineering, math/statistics, law, and medicine.

Applicants must be U.S. citizens or permanent residents. Most candidates must be entering their final year of a graduate or first-professional degree in an eligible discipline in the 2002-03 academic year. Exceptions are made for women in engineering master's programs who are also eligible for funding during the first year of their program. Women in medicine are also additionally eligible for funding in their third year.

To apply, go to http://www.aauw.org/ and click on fellowships and grants. Deadlines vary for different awards.

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.

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

See **BRIEFS** Page 14

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-172-02-NR	Family Service Counselor GS-0101-11	04-10-02	05-08-02	04-24-02	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, Building 236, 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.

Army training center gives Marines the boot

By Curt Biberdorf
American Forces Press Service

NATICK, Mass. — Whether Marines are wading through desert sands or jungle rivers, the Improved Jungle-Desert Boot will keep their feet better protected and more comfortable than ever. Taxpayers will like the money saved, and supply sergeants will like not having to store two kinds of boots.

The Marines' new jungle-desert boot was developed at the Army Soldier Systems Center here. In time, it will replace current black jungle boots and tan desert boots. The Marine Corps plans to begin fielding the footwear at recruit depots in May.

"Marine Corps leadership wondered why they should have two separate boots. They wanted to have one improved design," Natick project officer Michael Holthe said. Ultimately, he noted, the Marines have a universal boot offering improved safety and comfort.

Jungle boots have gone through minor design changes since they were introduced in the 1960s and issued to troops in Vietnam. They have smooth black leather bottoms joined to thin, unlined green or black nylon uppers reinforced at the ankles. Screened steel eyelets on the arches help drain water from inevitable pond or river crossings and downpours.

The distinctive black sole uses a self-cleaning tread with sharp outer edges leading to a smoother center portion. To prevent foot injury from bamboo traps in Southeast Asia, a thin steel plate was embedded in the sole for puncture protection.

Desert boots were first introduced to troops nearly a dozen years ago during Operation Desert Shield in the Persian Gulf. Tan suede bottoms join to tan nylon uppers reinforced at the ankle. A synthetic woven liner helps wick moisture away from the skin. Eyelets are excluded to keep sand out. The steel plates were removed because troops complained they conducted heat. The boots have tan rubber soles with the same tread pattern as the jungle types.

Holthe said the improved boot was a part of overall changes the Marine Corps made to its desert and woodland camouflage uniforms. The boot is made with nylon uppers and leather bottoms, although the leather is rough-side-out and can't be shined. The most obvious change, however, is the color, dubbed "Olive Mojave."

"The Marine Corps wanted to get away from black because it's an unnatural color," Holthe said. "The (new) shade fits in with the new uniform. It's green enough that it doesn't stick out in a jungle environment." Olive Mojave increases wearers' concealment — it's virtually invisible when viewed through night-vision goggles, while black boots glow, he noted.

Jungle drainage eyelets remain, but have finer screens that block sand yet allow outgoing water to pass. Ankles are reinforced with leather instead of nylon. The synthetic moisture-wicking liner from the old desert boots is included.

The boots' rubber sole has an aggressive tread design and is attached to a new shock-absorbing, cushioning plastic midsole used in the Marine infantry combat boot.

"It's a lot more comfortable to walk and run in, but it's not designed to just be comfy. Studies have shown that boots with this midsole reduce the incidence of lower-extremity injuries," Holthe said. "We're seeing an 80, 85 percent approval rating from user evaluations, so we're happy about it."

He said puncture protection is still considered important, so a steel plate is sandwiched between pieces of fiberboard in the midsole. The plate is kept far enough away from the feet to avoid heat build-up. Inside the boot, black padded removable insoles are standard.

Four prototypes were evaluated by Marines at Camp Lejeune, N.C., and Twentynine Palms, Calif., and in locations such as Japan, Peru and the Saudi Peninsula before the final design was selected, Holthe said. Further evaluation at Lejeune and Twentynine Palms took place before the decision was made to start fielding.

Another reason the hybrid boot works well is that most of the user population doesn't need a specific boot, he said. The Army will continue to issue and authorize separate desert and jungle boots.

Hoelthe noted a final touch that leaves no doubt about the intended customer. Branded into the leather near the outer heel is the Marine Corps logo — an eagle, globe and anchor.

The Marine Corps logo is branded at the ankle on the new jungle-desert boots, in case there's any question who's wearing them.

USMC Photo

Commandant: 'Unless you can keep yourself alive at both work and play, it doesn't matter how strong or smart you are'

By Cpl. Cory Kelly
Editor

When the month of February came to a close, the Marine Corps force had broken records. However, none of the records broken were of the sort that instill pride in service or espirit de corps.

The month of March was no different. Records were broken, and the Marine Corps suffered because of it.

The records were of loss of life, as more Marines and Sailors died in the month of February this year than in many years past. The month of March followed suit.

In ALMAR 013/02 published in March, Gen. James L. Jones, commandant of the Marine Corps, noted that fiscal year '01 was the best year ever in off duty fatalities and aviation mishaps, as well as the lowest number of total fatalities in the seven years before.

Fiscal year '02 has proved so far to be the worst year for the Corps to date.

Last year at the end of February 28 Marines died - 22 Marines died from ground related tragedies and 6 were lost from aviation tragedies.

By the same time this year, the Corps has lost almost twice that amount, 51 Marine and Sailors – tragedies claimed the lives of 39 Marines and Sailors on the ground and 12 Marines were lost from aviation tragedies.

Last year the lives of four Marines were lost during the month of March in ground related tragedies. This year during the month of March the Corps suffered the loss of 10 Marines and Sailors – six Marines died in on and off duty, ground related tragedies, one sailor died in an aviation mishap, and three Marines died in apparent suicides. Also during the month of March, 15 Marines were badly injured.

On duty fatalities for the month of March are as follows:

A corporal from the 1st Fleet Service Support Group fell out of a physical training formation run and was subsequently taken to Camp Pendleton Naval Hospital. He was diagnosed with cranial bleeding and flown to San Diego Hospital where he later died.

A Parris Island recruit fell out of a run while taking his initial strength test. He was medically evacuated and later died at the hospital.

A HH-46D SAR helicopter from Marine Corps Air Station Beaufort, S.C., was searching for a downed civilian helicopter when it crashed. Four of the crewmembers were recovered safely - the fifth crewmember, a Navy corpsman, died in the tragedy.

Off duty fatalities for the month of March are as follows:

A gunnery sergeant serving aboard Camp Pendleton died while performing individual physical training.

A gunnery sergeant serving aboard Norfolk, Va., died after he lost control of his motorcycle.

Two lance corporals with Marine Air Group-26 and three civilians were killed when a tractor-trailer rear-ended the privately owned vehicle they were traveling in.

Suicides during the month of March are as follows:

A lance corporal serving aboard Cherry Point, N.C., was found hanging in his room.

A private (deserter) attached to Marine Detachment Fort Sill, Okla., was found dead from an apparent self-inflicted 12-guage shotgun wound to the head.

A first sergeant serving aboard Marine Corps Base Quantico, Va., was found dead from an apparent self-inflicted gunshot wound to the head.

On duty mishaps that resulted in serious injuries during the month of March are as follows:

A lance corporal with the 1st Marine Division sustained severe arterial damage to his left hand and multiple amputations of his fingers after picking up an artillery round simulator which then exploded.

Four Marines (a sergeant, a corporal and two lance corporals) serving in Okinawa, Japan, were in a convoy traveling from Camp Hansen to Camp Kinser. One Logistics Vehicle System was towing another with two HMMWVs providing front and rear convoy escort. At an intersection, the lead HMMWV stopped, and the LVS impacted the rear of the HMMWV. The LVS fishtailed into the intersection, causing the towed LVS to impact a Japanese citizen's vehicle. All four Marines were injured.

Off duty mishaps that resulted in serious injuries during the month of March are as follows:

A sergeant lost control of his motocross vehicle while executing a jump. The motorcycle landed on top of him, rupturing his spleen.

A 1st Marine Division lance corporal was a passenger in a car that left the road and hit a tree and sustained severe internal injuries.

A sergeant with the 1st FSSG fractured his skull and hip after a motorcycle accident.

A sergeant serving with 2nd Reconnaissance Battalion was seriously injured after a recreational parachute jump.

A corporal with the 10th Marines was a passenger in a vehicle when the driver fell asleep at the wheel. The vehicle crashed, throwing the corporal from the vehicle. He sustained three broken vertebrae in his neck while the driver remained uninjured.

In February's safety summary, Jones said that the Corps has broken Marines and dinged airplanes this fiscal year at a disturbing rate.

He also noted that the environment in which Marines operate can be dangerous and unforgiving, but it is up to the individual Marine to maintain situational awareness.

"Don't paint yourself into a box which requires you to do something stupid to get out," he said. "Keep your head on a swivel, stay smart, and don't take dumb chances.

Jones charged Marines to remember the recruiting commercial that said " To compete you must be strong. To win, you must be smart."

He also noted that "unless you can keep yourself alive at both work and play, it doesn't matter how strong or smart you are."

Editors note: Information for this article was taken from ALMARs 013/02, 016/02 and 023/02.

Promotion board, fitness report changes

MARADMIN 209/02 announced the FY04 Officer Selection Board schedule and provides promotion guidance. Several convening dates in the FY04 schedule have changed significantly from previous years. The reason for the change is to provide earlier release of the results of the boards, thereby assisting in the Marine Corps' effort to distribute permanent change of station or permanent change of assignment orders to Marines in a timely manner.

The FY04 schedule necessitated changes to the annual fitness report due dates.

The officer promotion selection boards to recommend both active and reserve component officers for promotion will convene as follows:

Selection to	Component	Convening Date
Maj. Gen.	Active	Oct. 1
Maj. Gen.	Reserve	Oct. 30
Brig. Gen.	Active	Oct. 3
Brig. Gen.	Reserve	Nov. 12
Col.	Active	Oct. 3
Col.	Reserve	Jan. 7, 2003
Lt. Col.	Active	Oct. 9
Lt. Col.	Reserve	Jan. 14, 2003
Maj.	Active	Sept. 4
Maj.	Reserve	Feb. 11, 2003
Col., Lt. Col. and Maj.	Active Reserve	Nov. 19
Lt. Col. and Maj. LDO	LDO Active	Nov. 4
Capt.	Active	Feb. 10, 2003
Capt.	Reserve/Active Reserve	March 4, 2003
Chief Warrant Officer	Reserve/Active Reserve	March 4, 2003
Chief Warrant Officer	Active	Aug. 12, 2003

MARADMIN 148/02, as stated earlier, announced changes to Appendix A of the Performance Evaluation System regarding the annual Fitness Report schedule (AN and AR reports).

Grade-current	Active Component	Reserve/Active Reserve Component
Sgt.	March	April/June
Staff Sgt.	December	May/June
Gunnery Sgt.	September	May/June
1st Sgt/Master Sgt.	September	May/June
Sgt.Maj./Master Gunnery Sgt.	September	May/June
Warrant Officer	April	November
2nd Lt.	January/July	April/N/A
1st Lt.	November/May	November
Capt.	June	September/August
Maj.	June	September/August
Lt. Col	May	September/August
Col.	May	June/July
Brig. Gen.	June	June/N/A

Note significant changes in the revised schedule for annual fitness reports for SMCR officers/enlisted Marines and active duty captains and majors.

Due to this change there are some ranks that may receive more than one annual report during this calendar year.

All reports for Marines should arrive at HQMC no later than 30 days after the reporting period to ensure proper processing into official records to facilitate selection board convening dates and personnel management decisions.

Reservists who are considered for promotion by an active component selection board will receive annual active duty (AN) reports while those who are considered by a reserve component selection board (to include active reserve Marines) will receive annual reserve duty (AR) reports.

LEARN

What Long Term Care Is and Isn't!

Sharpen Your Understanding of Long Term Care...
and Make a *Smart* Decision about Long Term Care Insurance!

Long Term Care Isn't	Long Term Care Is
Long term care is not the same as acute medical care. Acute medical care is short-term, and there's usually an expectation that your medical problem will be cured. Acute medical care is mainly provided by doctors.	**Long term care is ongoing assistance.** Typically it is provided by home health aides and other health care providers to people who need ongoing or even lifelong care. The goal of long term care is to help with day-to-day living.
Long term care is not always administered in a nursing home. In fact, more than 75% of all people receiving long term care assistance are not in nursing homes.[1]	**Long term care is provided in a number of settings.** They include your own home, assisted living facilities, adult day care centers, and hospices.
Most long term care is not covered by Medicare or health insurance programs such as TRICARE and FEHB. Medicare pays a limited amount of "skilled nursing care." Neither Medicare, TRICARE, the FEHB Program, nor most other health care plans pay for help with daily activities — which is the kind of long term care most people need.	**Long term care is covered completely or in part by long term care insurance.** Most plans let you choose the amount of the coverage you want, as well as how and where you want to use your benefits. A comprehensive plan includes benefits for all levels of care, custodial to skilled.

[1] *Long Term Care Insurance, Baby Boom or Bust?* Conning & Company, 1999, page 13.

The Federal Long Term Care Insurance Program

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Director, U.S. Office of Personnel Management

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For more information about Long Term Care locally, call Gloria Sheppard at 577-6491, ext. 102.

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

AROUND THE CORPS

MAG-24 gets creative with training

By Sgt. Robert Carlson
HAWAII MARINE

The Marines of HMH-463 got some help from the USS Peleliu Amphibious Ready Group (ARG) and the Russians on their trip to and from Weapons Tactics Instructor Course in Yuma, Ariz., last week, and rejoined their squadron with significantly more combat readiness.

With the Air Force's Air Mobility Command spread thin supporting military deployments around the world, the squadron had to find creative ways to get its five CH-53D aircraft and 85 Marines to MCAS Yuma, and back, for the valuable training.

The normal embarkation method for deployment to WTI is through Strategic Air Lift, where the CH-53Ds and crews are transported aboard C-5B Galaxy aircraft. Alternate transportation for this deployment came in the form of the USS Peleliu Amphibious Ready Group. The ARG, which included the 15th MEU (SOC), was stopping in Pearl Harbor on the way home from operations in Afghanistan. The squadron was able to piggyback for the trip to San Diego.

Official USMCPhoto

Marines from HMH-463 prepare to load a CH–53D onto a Russian AN–124 to transport back to Hawaii after training in Yuma, Ariz.

The benefits of riding with the ARG were many, but the most noticeable was elimination of the maintenance involved in aircraft breakdown, build up and flight testing. The CH-53D, in order to squeeze into a C-5B, needs to have all protruding parts, and several large assemblies removed. Since the vessels in the ARG were built to support a MEU, none of that was necessary.

Not only was the breakdown, build up and flight test maintenance eliminated, the pilots and crews were able to fly during the eight-day trip to San Diego, and then continue on to MCAS Yuma.

Classes at WTI included three weeks of ground training followed by three weeks of flight training. The main mission for the squadron was to provide training for three MAG-24 pilots and three crew chiefs, according to Capt. Norbert Karczewski III, detachment officer in charge. The pilots and crew were trained in aerial gunnery, long-range raids, and rapid response planning, both during the day and at night.

"Rapid response planning is the most difficult," said Karczewski. "The mission involves all of the different Marine aviation platforms, and all forms of artillery and mortars."

The MAG-24 pilots trained to be pilot instructors for their squadrons, and the WTI curriculum makes them resident aviation experts once they return to their home station.

"The biggest challenge for the new graduates will be planning missions on a scale they're not usually training with, and integrating it into their scheme of maneuver," Karczewski explained.

When the Marines graduated April 12, and started their retrograde, they again received no Strategic Air Lift support, and had to get creative. The squadron enlisted the help of a Russian AN-124 Condor. The AN-124, the world's largest transport aircraft, and its crew, were contracted to carry the Marines and their aircraft back to Hawaii.

The Russian plane, although slightly larger than a C-5B, still couldn't fit an intact CH-53D, so the maintenance crews worked through their normal embarkation procedures.

The AN-124 allowed for easier loading since there was slightly more clearance, but limited space for passengers and other cargo make the C-5B the preferred form of transport.

Since the runway at MCB Hawaii, Kaneohe Bay, is not long enough to support a fully-loaded AN-124, the detachment had to do its build up and flight testing at Hickam Air Force Base before making the final flight home.

The Marines returned to K-Bay this week, and MAG-24 now has three new pilot instructors and three new crew chief instructors - one for each of the tactical squadrons.

26th MEU donates gear to Marine Corps museum

By Sgt. Michael Corcoran
26th MEU (SOC)

USS BATAAN — Everyone with the 26th Marine Expeditionary Unit (Special Operations Capable) can say that they contributed in some way or another to Marine Corps history during Operation Enduring Freedom and Operation Swift Freedom. But a few select Marines from the MEU will contribute in a more tangible way. They have been asked to donate gear and uniforms to an exhibit at the Marine Corps Air-Ground Museum in Quantico, Va.

"The museum's uniform collection is a compilation of the uniforms and uniform accessories worn by Marines from the Corps' first establishment to the present day," explained Jennifer M. Castro, History and Museums Division collections manager.

1st Lt. William M. Lennon, platoon commander for the MEU's Light Armored Reconnaissance Platoon, said he and the others selected would be giving anything they wore while patrolling or performing in other operations.

He said that would include his "war gear" — a tactical, bulletproof vest with attached nylon pouches for rifle magazines and grenades. He will also be giving the vehicle commander's helmet that he and his Marines wore while patrolling in light-armored vehicles. The special helmet offers them protection as well as communication with the crew and other vehicles. Specialty uniform items like these are what give each era's uniform its own flavor.

"Many of the museum's older uniform displays had to be put together from a variety of donors and Marines," said Castro. It is much easier and accurate when the museum can get a full uniform from one individual Marine. She said that the displays have inspired people to donate items and that they also inspire Marines who come to the museum and see their uniforms on display.

Marine Medium Helicopter Squadron-365 (Reinforced) commanding officer, Lt. Col. Kevin M. Devore, will also add his uniform to the collection.

Devore said he has been to museums before and looked at the uniforms, but never actually thought of the individuals who wore them, just the era that they stood for.

"I wouldn't say they are trying to capture the individual Marines who donate the uniforms," said Devore. "They want to capture a piece of Marine Corps history."

"We always want to put items on exhibit that were actually used in theater/ operations," said Castro. "It is important for people, when looking at a display or an exhibit, to see an actual item or uniform worn by an individual, in this case by a Marine who participated in operations in Afghanistan. It gives a different dimension, an emotional connection."

Why the museum wants the uniforms is common sense. "This is our era of war fighting," said Devore. "The uniforms will be a reminder of Marine Corps history."

Corporal Luis F. Vindell, a squad leader with India Company, Battalion Landing team 3/6, will also give the museum a reminder of Marine Corps history by donating his uniform and gear.

"I'm excited because several other people could be standing in my shoes right now," said Vindell, whose shoes will soon literally be standing in the Quantico museum.

It wasn't long ago that Vindell's boots were tramping around Afghanistan. "We were on the frontline with 2nd platoon, India Company," He said. "We were even in the lead helicopter in a TRAP [tactical recovery of aircraft and personnel] mission. Everyone there did his thing. I didn't do anything more than any other Marine out there."

Devore's squadron, which flew Vindell's platoon members in for their TRAP mission, also earned their place in history by doing "their thing."

Staff Sgt. Gregory L. Snyder, Light Armored Reconnaissance platoon sergeant, wears the protective vehicle commander's helmet.

Photo by Sgt Thomas Corcoran

"Our squadron has been the most active in Afghanistan up to this point," said Devore on April 12, just days before returning back to the United States from a seven-month deployment to the Arabian Sea.

Glad to be headed home but still not through with the expeditionary lifestyle, Vindell explained, "I'm sticking around the Marine Corps for now. I just reenlisted. But my uniforms and gear will be there long after I've done my time. And someday, I will take my grandchildren and nephews to the museum and show them my uniform. They'll read about Enduring Freedom, and I can tell them about it, but to be able to take them to a museum and show them will make it that much better."

"I think the display is a way for the Marine Corps to pass on its history," said Lennon. He said that in the near future he and his family might take a trip to Quantico to see the Enduring Freedom garb. "I know what I'll be thinking," he answered. "When I'm standing there looking at those uniforms, I'll remember the experiences that I was able to share with my platoon. I'll remember the operations we did and our ability to show our warfighting capabilities on the battlefield."

"Because of the donations of the 26th MEU, citizens and Marines for years to come will be able to see, first hand, items that help shape our powerful democracy as well as Marine Corps history," Castro said. "We were very fortunate that some of the members of the 26th MEU were willing to assist us in our efforts to collect uniforms."

Lennon concluded, "What we're donating is a symbol of what 26th MEU did.

Lance Cpls. Rondi Buzzard and Randy Hunt, move one piece of a medium girder bridge after it's been inspected for cracks and other possible metal damage.

(Above) Lance Cpl. Kevin Tietz, a certified forklift driver, moves one completed bridge to a staging area from which it can be fielded to operational forces.
(Right) Lance Cpl. Wesley "Smiley" Marohl, slides a 550-pound back seat beam into position for banding.

7th ESB

Story and photos by Rob L.
BARSTOW LOG staff

Thirty-five Marines converged on M
gistics Base Barstow in April, their pri
work hard, assist a sister unit and return

The Marines, assigned to 2nd Platoo
7th Engineer Support Battalion, from M
Camp Pendleton, arrived April 26 with
mind: assist Fleet Support Division in g
dium girder bridges operationally ready

"This bridge is a monster and versat
Jennifer Hackwith, the detachment offi
can be placed over a river, dry gaps and
blows up a bridge already in place, we
that."

Each bridge, according to Hackwith,
reinforcement set, an erection set and th
girder bridge components. When all th
together, the bridge is good to cross 70
approximately 10,000 crossings.

"It's sturdy enough to hold an M1A
said Hackwith.

The advance party arrived on Apri
Ryan Christian, the bridge master, accord
His objective upon arrival was to get the
cleared and ready for work when the m
on April 17.

"When we arrived, our plan was to ge
in other words, get all the link pins and
and the main components in another
for the main body once it arrived," said
year-old native of Corvallis, Mont.

By the time the main body arrived
crew completed two bridges and had t
moved to an area FSD designated for sta
ready for deployment.

This all may sound like a simple pr
not when considering the number of
MGB components the unit had to go t
sure it had all the right parts for each bri
each component had to be inspected
painted, serialized, weighed and banded
one completed bridge in Condition Co
for deployment.

"We set the unit up into five teams
Echo," said Hackwith, "with each tea
responsibilities."

For example, Teams Alpha and Bra
sible for inspecting the components m

restores bridges

Jackson

Marine Corps Lo-
mary objectives:
to home base.
on, Company A,
arine Corps Base
one purpose in
getting a few me-
for the field.
tile," said 2nd Lt.
cer in charge. "It
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1 Abrams Tank,"

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to make it easier
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Christian and his
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aging equipment

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for serviceability,
together to form
de "A" and ready

, Alpha through
m having certain

wo were respon-
aking sure there

were no cracks or other damages; Team Charlie's responsibilities were painting, weighting and staging the components; Teams Delta and Echo were responsible for banding, pin baskets and jacks. As each team completed its assigned tasks it assisted the other teams with their responsibilities.

"The Marines I have here have done a phenomenal job. They've worked hard and put in some long hours," Hackwith explained. "In one day they put together five bridges."

According to the detachment OIC, it got to a point were she nearly had to order them to stop working. But her Marines wanted to continue, working through days of rain, heat and sandstorms while putting in 12-hour days to complete their mission. At their current pace the ESB Marines are already ahead of their scheduled May 17 departure date.

The training opportunity combined with the number of bridges the detachment has put together and staged for operational readiness has saved the Marine Corps approximately $45 million dollars in material and more than $150,000 in labor, according to Hackwith. Instead of having to purchase new equipment, FSD has several completed medium girder bridges in operational condition and ready for deployment if needed because of the efforts of the detachment of Marines.

Hackwith couldn't praise FSD, Maintenance Center Barstow, and MCLB enough for the amount of support they have given her detachment, beginning with the request to bring the Marines in.

"Ruth Schmidt, Supply Team Management Center, also the item manager for the equipment, coordinates what happens to all of these assets and was part of the force behind getting the two of us linked together," explained Capt. Vincent Applewhite, project manager at FSD.

"She manages the items, and once these assets become Condition Code 'A,' she can start fielding them to operational forces," he said.

FSD has also provided all the heavy-lift support the detachment required for loading and moving the completed bridges to the staging area.

"This has been a total team effort," said Maj. Domingo Salazar, director of FSD. "This is not the first time we've teamed with the Marine forces. Another time was when we had a master gunnery sergeant here from LAR instructing our folks on how to drive the LAV."

"So this isn't the first time. We can get the guys in, get them trained, and the Marine Corps wins in the end." he said.

2nd Lt. Jennifer Hackwith, detachment OIC, points to a section of a beam that the ESB Marines will inspect for cracks and other possible damage.

(Above) Lance Cpl. Dennis Roofe and Cpl. Scott Renteria move a basket of bridge pins that have been inspected, and classified for different bridge configurations, to a place ready for use.
(Left) Marines from 2nd Plt, Co. A, 7th ESB, double-check the banding on all medium girder bridges prior to moving bridge pieces to the staging area.

MCCS MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Lunch menu

Today – Roast sirloin of beef, mashed potatoes and gravy.

Tomorrow – Breaded catfish, steamed rice and broccoli.

Monday – Veal parmesan and Italian vegetables.

Tuesday – Chicken teriyaki, steamed rice, green beans almondine.

Wednesday – Breaded pork chops, apple sauce, cut corn and mashed potatoes.

Thursday – Family Restaurant: baked potato and salad bar. Cactus Cafe: Meat loaf and cut corn.

Lunch is served Mondays through Fridays excluding holidays at the Family Restaurant from 10:30 a.m. to 12:30 p.m.

At the Cactus Cafe from 11:30 a.m. to 12 noon. Prices: $3.50 military, $4.50 civilian.

Family Night Dining

Tonight – Cinco de Mayo celebration! Beef fajitas, chicken mole, chili verde, Mexican rice, refried beans, tossed green salad and churros for desert.

May 9 – Pasta night. Spaghetti, angel-hair pasta with chicken alfredo sauce, garlic bread, tossed green salad and dessert.

Family Night Dinners are served at the Family Restaurant every Thursday from 4:30 p.m. to 7:30 p.m.

Prices: $5.50 adults, $3.50 children 5 to 11 years. Children under 5 years are free.

ITT trip to Temecula

ITT will be making a trip to "Old Town Temecula" May 18. Included on the trip is the Temecula Winery Tour.

If you haven't signed up yet call 577-6541.

SUPER 7 STORE
1st Anniversary Sale
ONLY THREE DAYS LEFT!

Our 1st Anniversary Sale ends Sunday! Come on over and check out our super specials and super savings, mystery $1 bags, free food and drinks, wine tasting, daily door prizes, and more.

AND DON'T FORGET TO SIGN UP!

Sign up for the Grand Prize Drawing on Sunday at 4 p.m. for a 20" Stereo Color TV & DVD Player (a $300 retail value).

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Mondays-Fridays 6:30 a.m.-9 p.m.
Saturdays 8 a.m.-9 p.m., Sundays 10 a.m.-6 p.m.

256-8974

Bulldogs win in blowout

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The MCLB Bulldogs triumphed over the Total Package 30-5 April 23 at Eva Dell Park in Victorville.

Pete Martinez went 4-for-4 with two doubles and a triple and four runs scored to anchor the Bulldogs.

The Bulldogs set the tone for the game in the first inning by scoring eight runs. Dennis Owen walked to begin the game. After Scott Hadeen flied out, Joshua Barnhardt doubled home Owen.

Anthony Slater then walked followed by a double by Peter Vegilante, which scored Barnhardt.

Jason Grimes drew a walk and David Meeden kept the rally going with a single, scoring Slater and Vegilante. Marco Catano got on base with a walk, and then Martinez doubled to clear the bases.

After the pitcher walked the bases loaded, Owen came up again and hit a sacrifice fly to left, which ended the scoring for the inning.

The Bulldogs were stifling on defense too. The Total Package went one-two-three in the first inning, and only managed three runs in the second and two runs in the third.

The Bulldogs added seven runs in the second, five runs in the third, and 10 runs in the fourth.

The game was called after four innings due to the slaughter rule. The Bulldogs are 2-2 on the year.

Their next game is Tuesday at 7:45 p.m. at Eva Dell Park in Victorville.

Photo by Cpl. Joshua Barnhardt

Pete Martinez steps into a pitch during a softball game April 23. Martinez was 4-for-4 in the game with two doubles and a triple.

Photo courtesy of UC San Bernardino

A Mojave Green rattlesnake is one of the most poisonous snakes in the world and lives in the high desert.

CRITTERS from Page 1

Although it is still early in the year and temperatures have been relatively cool, Pest Control at Installation Division has been receiving calls about snakes. According to Leroy Fearon, maintenance lead worker, they've snagged a few snakes at Yermo.

"But where there's one, there's bound to be more," he said.

If you have a problem with pests, particularly snakes, call the Help Desk immediately at 577-6220.

For first aid for snakebites, immediately call an ambulance or a local poison control center. If possible, identify the type of snake that made the bite.

Position the victim's body so that he or she is comfortable and can lie still. Try to keep the victim calm because activity can speed the spread of the venom.

If medical assistance will be delayed, tie a band of cloth above the bite. The band must fit snugly but should be loose enough for someone to slip a finger underneath it.

Do not loosen the band until medical care is obtained. The victim may drink water unless nausea develops. Do not give the victim any form of alcohol to drink, and do not give aspirin, any drug containing aspirin, or any aspirin substitute containing acetaminophen or ibuprofen. Do not give snakebite serum or attempt to cut the skin surrounding the bite without a physician's advice.

Managing stress with relaxation

Submitted by Jennifer Patterson
Health Promotions Coordinator

Stress is a natural part of life.

We need to have some stress in our lives to create challenges that we can overcome and feel better about ourselves. Too much stress on the other hand can cause serious health problems such as insomnia, backaches, headaches, high blood pressure, and heart disease.

If stress is something that one deals with or doesn't deal with very well, there's some help in finding a relaxation technique to manage stress better. The key is finding a technique that works and practicing it consistently, even when there is no stress.

Meditation

Follow these guidelines to help meditate and trigger the relaxation response.

Sit comfortably in a quiet place and close your eyes.

Relax your muscles and keep them relaxed, especially your jaw.

Breathe naturally through your nose. Silently repeat a mantra - a word, sound, or phrase - every time you exhale. "Om" is a common mantra, but you can choose anything, from a poem to a Bible verse to song lyrics.

Maintain a positive attitude. When distracting thoughts enter your mind, don't dwell on them. Let them go and return to your mantra. The more you practice the longer you will be able to stay focused, enhancing your ability to produce the relaxation response.

Continue for 10 to 20 minutes. After you finish, sit quietly with your eyes closed for a few minutes. Open your eyes and gradually stand up.

Meditate once in the morning and again later in the day.

Progressive Muscle Relaxation

Progressive Muscle Relaxation can be an effective therapy for stress symptoms such as migraine and tension headaches, high blood pressure, anxiety, and insomnia. The objective is to reduce the tension in your muscles.

Lie down in a quiet room with your arms at your sides.

Tighten your facial muscles for five seconds, then relax.

Tighten the muscles in your shoulders, your arms, your hands, then relax.

Continue doing this with all of the muscles in your body, from head to toe.

Finally, lie still and breathe slowly.

The benefits can be obtained in just 10 to 20 minutes.

Yoga

Yoga has been shown to help provide relief from stress-related diseases and conditions including heart attacks, high blood pressure, ulcers, and insomnia. There are several yoga disciplines, but yoga typically consists of various stretches and postures that involve sitting and standing, kneeling down, as well as lying down, along with controlled breathing. To learn yoga find a qualified teacher and start taking classes.

Classes are offered at the Base Gym Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m.

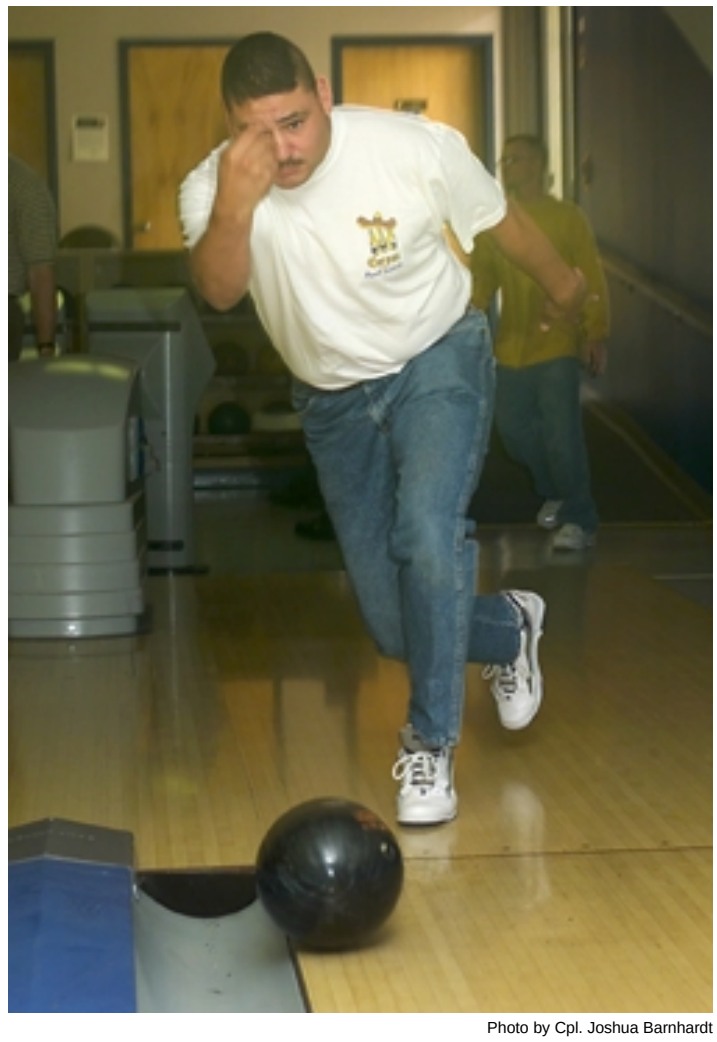

Photo by Cpl. Joshua Barnhardt

Sgt. Fabian Garcia throws his bowling ball down the lane at the Bowling Center on base during the Marine Corps Ball Bowling Tournament Friday. There were 11 teams that participated in the event.

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

2000 CORVETTE COUPE: 6 speed, Z-51 suspension, all available options including both doors, red with black interior, $6k in extras, 15 k miles, exlt. cond, factory warranty plus extended warranty, original owner, $39,500. Call 256-6912.

2000 OLDS ALERO: 4 door, GLS sedan, outstanding cond., 29,500 miles, silver loaded leather power moon roof, rear spoiler, $15,000, OBO. Call 252-8484.

1991 HONDA ACORD: 2 door, auto, 2.2 engine, 174k miles, let body and engine, needs transmission work, car located in Barstow, $3000, min bid/OBO. Call 256-7557 or cell phone (619) 300-4005.

1992 NISSAN 4 X 4: Pick-up, P/S, P/B, A/C, camper shell, just painted, new stereo, 130k miles, exlt. cond, $4,200. Call 255-1368.

1994 ISUZU TROOPER: 4x4, 5 Speed, loaded with P/W, door locks, CD, cassette mirrors, A/C, price reduced, $7,200. 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.

1997 HONDA CRV: 83K miles, 4X4, A/C, P/S, PB, and ABS, always run with synthetic oil, $12,500. Call 252-1368. Serious enquires only.

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.

MOTORCYCLES: 1999 Honda Shadow Ace Edition, 11k, black and chrome, exlt. Cond. Ask about accessories. Call 255-1275 AWH.

MOTORCYCLES: 2001 Yellow Kawasaki Ninja, ZX-7R, Babied, garage kept, only 1,900 miles, $7,400. Call 252-4616.

MISCELLANEOUS: 1999 Kasea Mighty Might 4 wheel quad, kick start and electric start, emergency kill switch, great kids first quad, 50cc motor, $1,200. Call 253-2858.

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 exlt. 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, exlt. cond, $250, OBO. Call 256-1430 AWH.

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, 37.5“ tall, black ash, 170W, one CCS center speaker, black ash, 125W, like new, $125 takes all three, for more information. Call 255-3009.

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

MISCELLANEOUS: Chain link fence approx. 75 feet with poles, $75. Call 253-2858.

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.

YARD SALE: Tools, electronics, furniture, lawn furniture, new/used clothes and more, something for everyone, including freebees, May 4/5, Sat./Sun., 34726 Birch Road, Barstow (cross street-Jasper & Birch, Grandview).

AD PLACEMENT

Non-business BARSTOW LOG Classified Ads are free for base employees and active or retired service members and their family members.Non-business ads may be submitted to:

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review
(661) 945-5634

BRIEFS from Page 3

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.

MBA Degree offered by MCSEN campuses

In an effort to increase educational opportunities for Marines, academic degree programs are now offered via Marine Corps Satellite Network that support more timely degree completion as well as degree programs that may not be locally accessible to Marines from their duty station.

These programs serve to encourage and enable the use of tuition assistance as well as make its use more cost-effective.

In January, the University of Oklahoma was awarded the MCSEN College/University contract to provide the Cameron University MBA to the Marine Corps. Both academic institutions are regionally accredited through the Central Association of Colleges and Schools.

MCSEN is a network of two-way interactive "real time" video-teleconferencing systems linking Marine Corps education centers around the world.

Through this linkage, MCSEN transforms Marine Corps educations centers into one worldwide college campus allowing military personnel and their family members to enroll in college classes and complete degree requirements regardless of duty station. MCLB Barstow is one of several Marine Corps installations that are currently part of the MCSEN worldwide college campus.

Marines, Sailors, or family members interested in attending OU or CU classes should contact the Lifelong Learning Education Center at 577-6118.

The Lifelong Learning Education Center has more information about the MCSEN courses and other available secondary education programs.

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.