

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 31

Marine Corps Logistics Base Barstow, California

June 13, 2002

Commentary

The sights and sounds of a cross country road trip.

Page 2

Heat flags

As the heat rises, so does the possibility of becoming a victim of the heat.

Page 5

Desert Challenge

Marines endure challenge number two.

Page 6

Friday

Flag Day. Learn how to properly display the American flag.

Page 7

Check out the Marine Corps Web site.

<http://www.usmc.mil>

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



Photo by Cpl. Cory Kelly

Cpl. Carlos E. Barrientos, Team 2, pushes his way up so-called Iron Mike during the second Desert Challenge here Friday. Followed by team member Edward M. Torres Osorio, Barrientos proved to be the strongest link for his team, which placed third in the challenge. See story and additional photos on Page 6.

DEFY Phase I to begin Monday

By Cpl. Cory Kelly
Editor

MCLB Barstow is scheduled to have the Drug Education For Youth program, more commonly known as DEFY, again this year and the first phase begins Monday.

This is the second year the program will be held on base.

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

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

Having served as last year's ring-leader for the DEFY program here and having participated as a men-

tor for two summer camps for the Tri-Command's DEFY program at MCRD Parris Island, S.C., she knows the DEFY summer camp, although having some of the same elements, is nothing like a traditional summer camp.

"[The DEFY program] is a lot of fun," Dennison said. Dennison explained that although some of the activities might be the same, the DEFY summer camp, which targets children 9 through 12, is a lot more for a lot less. "We take them rappelling and do a lot of games that involve teamwork... challenging games."

And unlike usual summer camps, DEFY is free. The program, normally restricted to the youth of military families, is open to all active duty, DOD, and local community children. Established in 1993 by the Navy's Drug

Demand Reduction Task Force, the program is funded by the Office of the Secretary of the Navy and the local command. Dennison and Gunnery Sgt. Bruce E. Raymond, base substance abuse control officer, are the first volunteers for MCLB Barstow's program and are specially trained and certified to run the program.

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

According to Dennison, the program focuses on building self-image, interpersonal relations, goal setting, leadership and team-building skills among children. On top

See DEFY Page 9

MCP altered

Selectees required to obtain degree before commissioning

By Cpl. Cory Kelly
Editor

The Meritorious Commissioning Program has officially taken change - and some say the colorful adaptations to the already brightened program will prove to be good for officers in the long run.

The reconstruction of MCP, one of a handful of programs that transform enlisted Marines into "mustang" officers, has given the program a new face, and across its forehead one now reads, "No longer will officers be commissioned without a bachelor's degree."

In a shift from the current practice, in which Marines with some college under their belts are selected and sent to Officer Candidate School, where they receive a commission and begin the career path of a second lieutenant, Marines will now take a different route to the officer ranks.

Instead of receiving their commission and continuing their careers, MCP Marines will have to complete their degrees before getting a commission. Beginning in January, the 30 or so Marines selected for MCP each year will be selected and sent to OCS but will not receive their commission until after they earn their degrees.

Under the existing plan, They must complete their degree at some point later, so long as it is done before they make captain. However, this task is becoming more and more difficult with officers pinning on captain's bars about five years after their commissioning; finding time to complete a degree can be tough.

According to a Marine Corps Times article by C. Mark Brinkley, MCP officers selected for the College Degree Program were given time off from the Corps to complete their degrees, but there were more interested officers than available spaces in that program. And Congress rejected a Corps request last year to waive the degree requirement for MCP captains, leaving the Marines with no choice but to change the commissioning program.

And now the program has changed. The Marines who will be selected later this fall and will enter MCP after Jan. 1 will need 75 hours of college credit and a letter from a Naval Reserve Officer Training Corps-affiliated college to get in. That letter must certify that the Marine can earn a bachelor's degree within an 18-month period.

Following the OCS class, the Marines will attend college full-time for up to 18 months, drawing pay and allowances at their enlisted rank until they earn their degrees, according to the Times article. Just like in the past, MCP Marines will be responsible for their own college expenses, but unlike the current plan,

See MCP Page 5

Roadkill, bug splatters and other highway adventures

By Staff Sgt. Stephen Gude
Camp Pendleton Public Affairs

With the arrival of spring break, I felt the need to go home and make sure my wife and son haven't Madonna-ized my new house in Atlanta. So I took 10 days of leave and put my trusty GTI on the road again.

People always act like they can't understand why I don't just fly; I can't help it - long-distance driving is in my blood. More than anything, it's an excuse to listen to Art Bell and debate with myself whether I should get satellite radio.

As a professional Marine Corps combat correspondent, I also took a notebook and some notes about the

drive. Next time, I promise to take some photos so you can actually see what I'm describing (though I'm a bit scared because the press chief, Staff Sgt. Bill Lisbon, is a photo god and might throw them back at me).

Anyway, here's a thorough brief about what I saw. Here goes:

Raving reviews

A brief sentence written during my journey through Texas: "I hate Texas. Not really. OK, I do." Despite the vagueness of that sentence, it describes exactly how I feel about the place. Why is the speed limit 65 mph at night, when there is no one else around, especially in western Texas? New Mexico and Arizona are 75, day and night, and all the states east are 70, day and night.

I'm only the Camp Pendleton Traffic Czar, so I can't make Texas stop the madness. All Marines from Texas should write their congressional representatives about the situation before my next trip.

Gnat a problem

Springtime! Flowers are blooming, love is in the air, weeds are choking my new lawn and all the giant bugs of the South are awake and buzzing around.

So when you drive, you get bug splatter.

When some of the bugs hit your car, it feels like some kid blasted your windshield with his BB gun.

What are these bugs, Teflon-coated or something? Is this a result of the thinning ozone layer?

Close calls

Speaking of bug splatter, I almost crashed into another car while looking at a colorful combination of yellow and red splatter, which was outlined by white. It was very pretty, and it made me think of a Rorschach test I took in the first grade when I determined the inkblot looked like a booger and OHMYGOD! I almost hit a white Escort! The driver looked like she had seen her life flash before her eyes. Eyes on the road, not on the bugs, eyes on the road, not on the bugs ...

Marine-union

Semper Fi! - Everyone recognizes the Eagle, Globe and Anchor. I have a small Eagle, Globe and Anchor sticker on the back of my car, and three times

at various gas stops, I was asked if I was a Marine. Only one of the people was a former Marine. The rest had relatives who were Marines. All of them said, "Kick butt in Afghanistan, man!" even after I told them I will be retiring in October. Still, it was cool that people recognize the emblem.

Lucky numbers

Nowadays, everywhere you go, there are lotteries and gambling. In Georgia, the Big Game was up to \$300 million. Of course, I imagined what I would do with that much cash ("Marine rents Vegas for retirement party!" the headlines would read), so I played a couple of bucks worth of tickets. The

See ROAD Page 12

What it means to be a fine father

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



This coming Sunday will be Father's Day. The book of Proverbs gives us wisdom on the qualities of a fine man.

The verses that I am addressing are found in

Proverbs 20:3-7.

A good dad must be a patient man.

A good dad cultivates a pleasant, patient, positive surrounding.

All of us growl every once and a while. But is it all the time? Make up your mind to be patient, and learn to make a strategic exit whenever you find yourself getting to the point of your growling turning into actions that are hurtful.

Ask God for help and learn to smile more at your children.

A good dad is a hard worker, doing the best that he can in the circumstances that he is in.

He is diligent whose schedule includes time for his wife and children.

A good dad is also a good listener.

Good conversations cannot be turned on or off at will; you have to let them bubble up.

The best conversations with children (especially teenagers) happen in relaxed settings, giving informal opportunities to open up.

A good dad is a faithful friend; friends spend time with each other meeting the emotional needs, being a companion, confiding one's thoughts and feelings.

A good dad shows that he is faithful to God in all that he does.

A good dad is a righteous man.

He tries to do the right thing.

He is committed to his faith, prayer and his place of worship.

He is honest, modeling integrity for his children.

The promise at the end of verse seven says that the children of such a man will be blessed.

Happy is the child whose dad is a patient man, a hard worker, a good listener, a faithful friend, and a righteous man.

Happy are the children of the dad whose God is the Lord.

Let us work to have a Happy Father's Day every day in our homes.

Blessings to all,

Chaplain Krupnik

Just doing my job ...



Photo by Gunnery Sgt. John Cordero

Gunnery Sgt. Joseph E. VanFonda, Mr. Vice at the MCLB Barstow Headquarters Battalion mess night Friday, directs an unofficial guest - a pizza deliveryman - to report to the head table. VanFonda, communications chief for the Telecommunications and Defense Messaging System Branch, Communications Division here, and 106 other mess members participated in the formal dinner, which is traditionally held to contribute to the unity and esprit of an organization.

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.

Hospital Corps Birthday

The Branch Medical Clinic will be closed all day Friday in lieu of the Hospital Corps Birthday. For more information see Page 4.

MC Ball Golf Tourney

The third Marine Corps Ball Scramble Golf Tournament is scheduled for Friday. Sign-in for four-person teams is from 6 to 6:30 a.m., and tee off is at 7 a.m. Burgers, hot dogs, chips and sodas will be served after the tourney. There will be a drawing.

Entry fees are as follows: privates through corporals, \$14; sergeants and staff sergeant, \$15; gunnery sergeants through first lieutenants, \$16; captains and above and civilians, \$17. Mulligans are \$1 a piece with a maximum of five.

For more information call Cpl. Cory Kelly, 577-6450.

TAVSC move

The Training Audio/Visual Service Center has moved to Building 204 across from the Base Exchange; phone numbers remain the same. Services will be limited during the next several weeks. For more information call 577-6261.

MSG Screening Team

The Marine Security Guard screening team is scheduled to be at MCAGTFTC Twentynine Palms, Calif, Aug. 16.

Due to security requirements the screening process has lengthened in time, Marines should be swift in their response. Marines interested can contact the career planner, Staff Sgt. Chris-

tian Galbraith, 577-6684, or visit him in Building 302.

Huck Finn Jubilee

The Mojave Narrows Regional Park is scheduled to have a Huck Finn Jubilee country and bluegrass special Father's Day weekend. Friday through Sunday the park will have a slew of live performances by country and bluegrass bands as well as special events including the California State Arm Wrestling Championships.

For more information visit www.huckfinn.com or call (909) 780-8810.

Open house

The West Victor Valley Shooting Club is scheduled to have an open house starting at 9 a.m. Sunday. The event is open to the public and is located at the club at 21992 Hwy. 395, Adelanto, Calif.

Sign-in begins at 8 a.m. for the day's events, which include pistol, shotgun, rifle and muzzle loader competitions. Food and refreshments will be available. There will be drawings. For more information call 948-2245 or 247-3951.

Volunteers for DEFY

The next Phase I of the Drug Education For Youth program is from Monday through June 28. DEFY coordinators are looking for Marines, sailors and DOD employees who are willing to work with children ages 9-12.

For more information on DEFY, or how to participate in either phase of the program, contact RP2 Julie Dennison, chaplain's assistant, 577-6849, or Gunnery Sgt. Bruce Raymond, 577-6364.

Tae Kwon Do

Tae Kwon Do Classes are scheduled to be offered at the Base Gym starting Monday. The instructor is Master Bruce McGhee.

The classes will be from noon to 1 p.m. for adults and 4 to 5 p.m. for children. The cost of the uniform is \$25 and the class will cost \$45 monthly.

For further information visit the Base Gym or call 577-6971.

Spirit of Service award

The deadline for nominations for the American Legion "Spirit of Service award is June 21. All packages must be received before that date to be eligible.

Each year the American Legion awards one enlisted individual from each of the armed services and Coast Guard the Spirit of Service award for outstanding community contributions.

The American Legion is looking for commanders to nominate enlisted members from E-1 to E-5 with outstanding records who perform exceptionally high levels of volunteer service

in their local communities.

Winners will be awarded Aug. 26-29 at the annual American Legion convention in Charlotte, N.C., at the expense of the American Legion. For more information contact Capt. Steve Butler, DSN 224-1054 or (703) 614-1054.

New hospital focus group

A focus group concerning plans to build and facilitate a new hospital in the area is open to the Barstow community Tuesday from 5:30 to 6:30 p.m. at the Norman Smith Center in Barstow Community Hospital.

For more information about participating in the focus group call John Rader at 256-3531 ext. 3265.

Juneteenth celebration

A celebration at Barstow's Sturnacle Park June 22 from 10 a.m. to 8 p.m. celebrating the emancipation proclamation of June 19 is scheduled. There will be softball and basketball tournaments as well as entertainment.

Donations will be accepted at the park in an effort to have the electricity turned on at the park. For more information or to find out how to help with either the park electricity or celebration preparations, call Regina Sims, 256-1686.

Optometrist visit

The optometrist is scheduled to be on board June 24 - 28 at the Yermo Annex clinic in Building 582.

To make an appointment call Hospitalman 3rd Class Jerry Ocampo, 577-7747.

MECEP/BOOST

The Adjutant's Office will be accepting packages for the Marine Corps Enlisted Commissioning Education and Broadened Opportunity for Officer Selection and Training programs until June 30. Refer to MARADMIN 154/02 (MECEP) and MARADMIN 155/20 (BOOST) for program and application information.

Any questions should be directed to the Base Adjutant, 1st Lt. Casey L. Taylor at 577-6155.

Relay For Life

The team event to fight cancer, Relay For Life, is scheduled for June 22 and 23 at Barstow High School.

Relay For Life raises money for the American Cancer Society in the Inland Valley and Fontana with teams of people taking turns running and walking around the track for 24 hours.

Team members each collect money for the cause.

Cancer survivors walk the first "honor lap" that opens the relay and are honored for their battles with cancer.

At 9 p.m. June 22 there will be a Luminara ceremony in honor of sur-



vivors and in remembrance of those who did not survive.

For more information call Cindy Ulibarri, 256-0935, or Annette Madero, 256-5691, Opt. 4.

DeCA Web site

The Defense Commissary Agency recently gave a facelift to their Web site, www.commissaries.com. Patrons of the MCLB Barstow Commissary can view local information about the commissary here by going to the DeCA homepage, clicking on "locations," going to "alphabetical listing," then clicking on "Barstow MCLB."

Once there patrons can view a wide variety of local commissary information including maps of the store, upcoming sales and event information.

Hunter's Safety Course

The Department of Fish and Game is scheduled to have a Hunter's Safety Course June 22 and 23 at the Barstow Fire Department on Barstow Road. Classes will be from noon to 5 p.m. both days. Children attending the classes must have parent or guardian consent. For more information call Gary Chinn, 255-3452.

Annual NRA dinner and auction

The High Desert Friends of the National Rifle Association is scheduled to have its 8th annual fund-raiser dinner and auction Aug. 17 at the Ramada Inn off of I-15 and Palmdale Road in Victorville, Calif. There will be live and silent auctions, special drawings and

door prizes.

For more information about the High Desert Friends of the NRA or for tickets to the event, call Dave Halbrook, 843-7358, Sue Kirst, 240-5418, or Janie Palubin, 948-2245.

All Marine Marathon Team

Semper Fit is accepting resumes for the All Marine Marathon Team to compete in the Armed Forces Marathon Championship that will be held in conjunction with the Marine Corps Marathon Oct. 27. Resumes for the team, to be comprised of five men and three women, are due no later than Aug. 1. Team members will also be the designated team for the Challenge Cup Competition against the British Royal Navy/Marine Corps. For more information refer to Marine Corps Order P1700.29 available at www.usmc-mcs.org or contact Semper Fit at the Base Gym, 577-6896.

Foreign exchange students

The U.S. State Department is offering all service and civil service families the opportunity to host an international exchange student.

The Council for Education Travel USA High School Exchange Student Program students, ages 15-18, arrive in August from various countries. Families without children are eligible to host.

For more information on hosting a student either as a short term "welcome" family or a full 10-month host family, contact Bobbi Britto, (619) 424-8874, or the CETUSA office, (888) 725-7747.

UNITED STATES POSTAL SERVICE

New Postage Rates

Effective June 30

NEW 37-cent stamps on sale now

First-Class Mail®	
Letters, Flats, and Parcels First Ounce	\$0.37
Additional Ounce	\$0.23
Card Rate	\$0.23
Stamped Card	\$0.25
Priority Mail®	
Up to 1 lb. & Flat Rate Envelope	\$3.85
Express Mail®	
Up to 1/2 lb. & Flat Rate Envelope	\$13.65
Over 1/2 lb. & up to 2lbs.	\$17.85
Special Services	
Certified Mail	\$2.30
Restricted Delivery	\$3.50
Money Order	
Domestic (\$0.01 - \$500)	\$0.90
Domestic (\$500.01 - \$1,000)	\$1.25
Return Receipt	\$1.75
Return Receipt for Merchandise	\$3.00
Delivery Confirmation™ (Retail Option)	
With Priority Mail	\$0.45
With First-Class Mail Parcels and Package Services	\$0.55
Signature Confirmation™ (Retail Option)	\$1.80
Insured Mail	
Up to \$50	\$1.30
\$50.01 to \$100	\$2.20
\$100.01 to \$5,000	\$2.20 plus \$1.00 per each \$100

Visit the United States Postal Service Web site at www.usps.com.

AROUND THE CORPS

Marine life found in high desert

Army Spc. Marc Loi
13th Public Affairs Detachment

FORT IRWIN, Calif. – U.S. Marines from 2nd Battalion, 25th Marines, out of Camp Lejeune, N.C., were at the U.S. Army National Training Center, Fort Irwin, Calif., May 5 - 24 as part of a cross-service training exercise aimed at giving U.S. service members a chance to learn realistic, desert combat training skills.

“Cross-service training allows service members to enhance their battle skills and develop leadership experience,” said Marine Staff Sgt. Rodger Hoke Jr., a machine section leader from Mechanicsburgh, Pa.

Another reason cross-service training is important, Hoke said, is that during war situations, there is no distinction as to which service a person is in.

The cross training helped most of the young Marines in his unit develop into better Marines, because before coming to NTC, they had no prior realistic battle experiences, Hoke added.

“Back at Lejeune, we didn’t get a chance to do these live and interactive training,” said Lance Cpl. Paul Monaco, an infantryman with the 2nd Bn., 25th Marines. “The training here was hands-

on, so I was able to learn a lot.”

Training the “Devil Dogs” received at Fort Irwin comprised of rough terrain warfare and interactive mock battles, in which they had to deal with a large mechanized force.

A less subtle but equally important training for the visiting Marines was the desert heat NTC soldiers often have to deal with. In late spring, the temperature can be as high as 97 degrees Fahrenheit with no humidity – a change for most of the Marines.

“I don’t think I got used to the air here. We used to sweat gallons [of sweat] back home, but we didn’t really sweat here. So we couldn’t really feel the immediate impact of the heat,” said Cpl. John O’Brien, an infantryman.

“The air was really thin here and the wind never stopped blowing,” said O’Brien, of Shwenksville, Pa. “It was also weird to be able to see at night when we were told there was zero visibility. Back home, zero visibility meant we couldn’t even see the guy in front.”

Another change the Marines had to deal with was the rank structure. At NTC, ranks on Army desert uni-

forms are worn on the right pocket, which made it difficult for the Marines to identify.

“I walked around and didn’t know who to salute because I couldn’t see the rank,” said Lance Cpl. Matthew Groh, a van driver. “That, and I didn’t know what to call people over staff sergeant rank. So I just called them ‘sergeant.’”

But amidst the confusion in rank, the blowing wind and the thin high desert air, the Marines also learned one of the most important skills of all – interacting with other service members.

“I don’t think any of us knew what to expect before we came here,” Monaco said. “But after spending two weeks here, we realized you soldiers aren’t any different than us. In the end, I think everyone was impressed with one another. You soldiers are ‘good to go.’”

Whether it’s the Marine Corps’ slang of ‘good to go’ or the Army’s slang of ‘squared away,’ one thing is for sure – the NTC experience will stay with the 2nd Bn., 25th Marines for years to come, as it does and will continue to do with the nearly 50,000 soldiers that come through NTC each year.

Corpsmen celebrate 104th birthday

By Master Chief Petty Officer Jackie Dirosa
Force Master Chief

It is with tremendous pride that I send my personal congratulations and birthday wishes to the men and women of the hospital corps.

For 104 years, Hospital corpsmen have served with honor and unrelenting dedication and commitment to the health and fitness of every sailor and Marine called to duty.

Always ready and, “steaming to assist,” you are first to be called upon in a time of need.

Whether you are the young corpsmen serving with the Marines, the experienced chief deployed at the “tip of the spear” or the highly skilled technician providing specialty care at the naval hospital, you play a crucial role in force health protection ensuring the operational readiness of today’s Navy.

Today’s hospital corpsmen carry on the legacy of service with honor.

From the deserts of Afghanistan to the Pentagon, your performance continues to exceed all expectations.

Each of you should be justifiably proud of your many accomplishments and the outstanding reputa-

tion you have earned.

As you celebrate your 104th birthday on Monday, take time to reflect on the sacrifices and actions of those who have gone before us and to “dedicate your heart, mind and strength to the work before you.”

Your values and high standards make our hospital corps what it is today.

I am honored and privileged to serve alongside the finest sailors in our Navy. Happy birthday.

Editor’s Note:

The hospital corpsmen of the Branch Medical Clinic will be celebrating their 104th birthday Friday at the Oasis Club Pool from 11 a.m. to 7 p.m.

There will be a cake cutting ceremony; stop by and wish the corpsmen happy birthday. The clinic will be closed all day.

In the event of a medical emergency, the Chief of the Day is available 24 hours a day, seven days a week at 272-8459.

Heat flags *indicate safety, not weather, temp*

By Cpl. Cory Kelly
Editor

The conflict of man against nature is the stuff great novels and motion pictures are made of; Titanic and Twister are only a couple examples.

In the Mojave, heat and the Santa Ana winds are the prime menaces. However, one probably shouldn't expect the release of a box office flick about the High Desert heat any time soon.

The winds and the heat together can turn what sometimes seems to be just another three-digit day into a heat casualty nightmare.

The silent killer that is the desert atmosphere wreaks its havoc almost

every year, claiming at least one into the heat casualty category.

Just in one month of the year 2000, more than 20 people fell victim to the heat, some of them members of a unit that conducted training here.

The almost nonexistent humidity levels that make MCLB Barstow perfect for its intended purpose of storage and maintenance also pose a very real threat to those here who don't understand the weather's effect on the body and their limitations given their daily dose of triple-digit heat and Santa Ana winds.

The lack of humidity and gusting winds can lead one to believe that it is cooler than it actually is. If you are not

dripping with sweat after a run, it's because it has already evaporated.

Hydrating and exercising caution are the best tools available to divert becoming a casualty in the conflict here in the desert. Whether walking,

working or exercising, one should respect the climate and be aware of the flag conditions.

Morning temperatures rapidly soar

See FLAG Page 12

Editor's Note:

As the temperature rises, the Base Safety Office monitors the Wet Bulb Global Temperature Index and when flag conditions are detected a notification is sent out via telephone and e-mail.

The appropriate Flags are raised at Building 15, tennis courts next to the Base Gym, Boll Field, and at Maintenance Center Barstow in Yermo.

In addition to the flags, the current

WBGTI can be found by calling one's department safety representative.

Representatives are as follows: Defense Logistics Agency, 577-6304; Defense Reutilization and Marketing Office, 577-6683; Headquarters Battalion, 577-6960; Fleet Support Division, 577-7481/7048; MCB, 577-7531; and Base Safety, 577-6266.



Green flag

(80 to 84.9 WBGTI). Heavy exercise for unacclimatized personnel will be conducted with caution and under constant supervision.



Yellow flag

(85 to 87.9 WBGTI). Strenuous exercise, such as marching at standard cadence, will be suspended for unacclimatized personnel in their first two or three weeks. Outdoor classes in the sun are to be avoided.



Red flag

(88 to 89.9 WBGTI). All physical training will be halted for those personnel who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Personnel who are thoroughly acclimatized may carry on limited activities not to exceed six hours per day.



Black flag

(90 WBGTI and above). All strenuous outdoor activity will be halted for all personnel.

MCP from Page 1

which allows Marines to attend any accredited college that fits their budget, now Marines must attend an NROTC-affiliated school.

In the event that Marines are taken off school rolls for failure to pay, those Marines will be required to complete their current enlistment obligation.

Less than 150 officers who were commissioned by MCP in recent years are still completing degrees and will have to alter their career plans, according to the article. Now, those MCP officers will be expected to begin a full-time degree-completion program after reaching two years on the job at their first duty station. Normally, those officers would rotate to a B-billet tour. Instead, they'll go to the college of their choice for up to 18 months, not necessarily an NROTC school.

Applications from qualified MCP first lieutenants and captains without college degrees are now being considered individually and will continue to be considered throughout the year.

Editor's Note:

For more information about the Meritorious Commissioning Program see MARADMIN 278/02 or call Staff Sgt. Christian Galbraith, 577-6684.

Information for this article was taken from MARADMIN 278/02 and a Marine Corps Times article by C. Mark Brinkley, Times staff writer.



Photo by Cpl. Cory Kelly

Capt. Bryan R. McClune, Team 3 member, pushes out the last few lengths of the 200-meter swim. The swim was the first portion of the Desert Challenge held Friday. McClune, who took second place in last year's individually ran challenge in the men's division, led his team to victory this year taking first place in the team-based challenge.

Desert Challenge

By Cpl. Cory Kelly
Editor

Six teams of daring Marines pushed their bodies to the limits during the second Desert Challenge Friday morning.

Twenty-four Marines in all took this year's challenge - twice as many as last year.

The challenge started with a 200-meter swim at the Family Pool at the Base Gym and took competitors on a roughly 3-mile Fartlek-style round trip run to the top of so-called hill/mountain "Iron Mike" and back to the Base Gym for a bench press competition.

Throughout the course of the run Marines stopped at stations for several mini challenges.

The first of the mini challenges was at the pull up bars at Sorensen Field. After completing the swim, Marines ran directly to the bars with their teams to pump out a maximum set of pull ups.

From there it was out the front gate and into the desert. On their way



Photo by Cpl. Cory Kelly

Sgt. Pete B. Martinez III, Team 3 member, cranks out 20 pull ups in the second portion of the Desert Challenge.

to and from the top of Iron Mike, competing Marines made a pit-stop at the Tees & Trees golf course for two more challenges.

On the way to the mountain, teams stopped at the golf course driving range for a maximum set of crunches. The challenge to this event

was that competitors were not allowed to rest. Once Marines slowed their motion to a point that judges could consider it an attempt to rest, they were done.

On the way back from Iron Mike,

See **DESERT** Page 9



Photo by Cpl. Cory Kelly

Sgt. Alma L. Fragoso, Team 6 member, shows a clean pair of heels with her team mates Lance Cpl. Matthew T. Kogut and Cpl. Gabriel A. Lopez right behind her as they ascend big Iron Mike.



When carried in a procession with another flag or flags, the Stars and Stripes should be either on the marching right, or when there is a line of other flags, in front of the center of that line.

When displayed over the middle of the street, the flag should be suspended vertically with the union to the north in an east and west street, or to the east in a north and south street.

When displayed with another flag from crossed staffs, the flag of the United States of America should be on the right (the flag's own right) and its staff should be in front of the staff of the other flag.

When it is to be flown at half-staff, the flag should be hoisted to the peak for an instant and then lowered to the half-staff position; but before lowering the flag for the day it should again be raised to the peak. On Memorial Day display at half-staff until noon only; then hoist to the top of the staff.

When flags of states or cities or pennants of societies are flown on the same halyard with the flag of the United States of America, the ladder should always be at the peak. When flown from adjacent staffs the Stars and Stripes should be hoisted first and lowered last.

When the flag is suspended over a sidewalk from a rope extending from house to pole at the edge of the sidewalk, the flag should be hoisted out from the building, toward the pole, union first.

When the flag is displayed from a staff projecting horizontally at any angle from the window sill, balcony or front of a building, the union of the flag should go to the peak of the staff (unless the flag is to be displayed at half-staff).

When the flag is displayed in a manner other than being flown from a staff, it should be displayed flat, whether indoors or out. When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right. When displayed in a window it should be displayed in the same way.

When a number of flags of states or cities or pennants of societies are grouped and displayed from staffs with the U.S. flag, the latter should be at the center and at the highest point of the group.

When flags of two or more nations are displayed they should be flown from separate staffs of the same height, and the flags should be of approximately equal size. International usage forbids the display of the flag of one nation above that of another nation in time of peace.

The Star-Spangled Banner

President's Flag Day speech sends eternal message

President Woodrow Wilson
Flag day, 1917

This flag, which we honor and under which we serve, is the emblem of our unity, our power, our thought and purpose as a nation. It has no other character than that which we give it from generation to generation. The choices are ours. It floats in majestic silence above the hosts that execute those choices,

whether in peace or in times of war. And yet, though silent, it speaks to us - speaks to us of the past, of the men and women who went before us, and of the records they wrote upon it. We celebrate the day of its birth; and from its birth until now it has witnessed a great history, has floated on high the symbol of great events, of a great plan of life worked out by a great people ... Woe be to the man or group of

men that seeks to stand in our way in this day of high resolution when every principle we hold dearest is to be vindicated and made secure for the salvation of the nation. We are ready to plead at the bar of history, and our flag shall wear a new luster. Once more shall we make good with our lives and fortunes the great faith to which we were born, and a new glory shall shine in the face of our people.

<p><i>Oh, say, can you see, by the dawn's early light, What so proudly we bailed at the twilight's last gleaming? Whose broad stripes and bright stars, thro' the perilous fight, O'er the ramparts we watched, were so gallantly streaming. And the rockets red glare, the bombs bursting in air, Gave proof through the night that our flag was still there. Oh, say, does that star spangled banner yet wave O'er the land of the free and the home of the brave?</i></p>	<p><i>On the shore dimly seen, thro' the mists of the deep, Where the foe's haughty host in dread silence reposes, What is it that which the breeze, o'er the towering steep, As it fitfully blows, half conceals, half discloses? Now it catches the gleam of the morning's first beam, In full glory reflected, now shines on the stream; 'Tis the star-spangled banner; oh, long may it wave O'er the land of the free and the home of the brave.</i></p>	<p><i>Oh, thus be it ever when freemen shall stand, Between their loved homes and the war's desolation; Blest with vict'ry and peace, may the heav'n-rescued land Praise the Power that has made and preserved us as a nation. Then conquer we must, when our case is this just, And this be our motto: "In God is our trust"; And the star-spangled banner in triumph shall wave O'er the land of the free and the home of the brave.</i></p>
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Morning and evening colors

Morning colors is performed at 8 a.m. here, and evening colors is performed at sunset. When morning and evening colors are performed it is appropriate to stop and face the flagpole, or the direction of the music if the flagpole is not visible, and render the proper salute if in uniform or stand at attention until the carry on command is given. If in a vehicle during these ceremonies, it is appropriate to stop the vehicle until the ceremony is complete.





By Jim Gaines
MCCS Publicity

Summer sale at MCX

Drop by the MCX Summer Sale and check out the big discounts available to you. Save big time on buys like these: 10 percent off Home Theater Systems, 10 percent off lawn mowers and grills (excluding Foreman Grills) and 20 percent off fragrances.

The Summer Sale will last through June 30 at both the Super 7 Store and the Railhead Exchange. Super 7 Store is open Mondays through Fridays, 6:30 a.m. to 9 p.m., Saturdays and Sundays, 10 a.m. to 6 p.m. For details call 256-8974.

The Railhead Exchange is open Mondays through Fridays, 8 a.m. to 3 p.m. During troop rotation, open Mondays through Fridays 8 a.m. to 8 p.m., Saturdays and Sundays, 10 a.m. to 5 p.m. For details call 577-7092.

Lunch menu

Today – Chicken cordon bleu.

Friday – Hoki fish.

Monday – Salisbury steak.

Tuesday – Lemon-honey chicken breast.

Wednesday – Prime rib.

June 20 – Family Restaurant: Baked potato and salad bar. Cactus Cafe: Three-piece fried chicken. Prices: \$3.50 military, \$4.50 civilian.

Family Night Dining

Tonight – Southern fried chicken, mashed potatoes, tossed green salad and dessert.

June 20 – Beef enchilada casserole, chicken fajitas, flour tortillas, mexican rice and beans, tossed green salad and dessert.

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

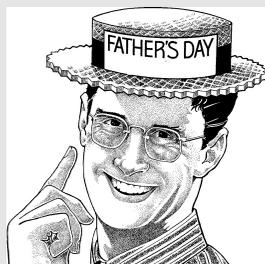
Everyone welcome. Prices \$5.50 adults, \$3.50 children 5 to 11 years. Children under 5 years are free.

Father's Day Brunch

at the Family Restaurant
Sunday from 9 a.m. to 1 p.m.

Menu

Baron of beef carved on line, hot au jus, baked chicken, corn on the cob, omelets made to order from these items: mushrooms, onions, bell peppers, tomatoes, diced ham, (all omelets made with mild cheddar cheese unless requested otherwise). Bacon, sausage, oven roasted potatoes, pancakes, french toast, assorted pastries, assorted fountain drinks.



All welcome
Adults \$8.95
Children 11 to 5 years \$5.95
Children 4 years and under are free



Photo by Cpl. Cory Kelly

Members of Team 3, (from left to right) Cpl. Justin B. Jones, Sgt. Chris Jurgensmeyer, Capt. Bryan R. McClune and Sgt. Pete B. Martinez III, accept the first place plaque for this year's Desert Challenge. Team 3 won over Team 6 for first place in the challenge by 15 points with a score of 859.



Photo by Cpl. Cory Kelly

Members of Team 5 (from front to rear) Gunnery Sgt.'s David S. Wersinger and John A. Cordero and Staff Sgt. Jeffrey D. Cox climb to the peak of big Iron Mike during the Desert Challenge Friday.

DESERT from Page 6

Marines stopped at the same place, only this time it was to pump out a maximum set of push ups. For this event competitors were allowed to rest, but only in the up position.

Once back at the Base Gym the clock stopped and Marines were im-

mediately weighed in for the last event - a maximum set of "bench your own weight" to complete the challenge.

Each event and competitor in the challenge was scored separately for each event except the run, then the individual scores were added up and combined with the team run score to get an overall score for each team.

Team 3 (Capt. Bryan R. McClune, Sgt.'s Pete B. Martinez and Chris

Jurgensmeyer, and Cpl. Justin B. Jones) won first place in the competition with 859 points.

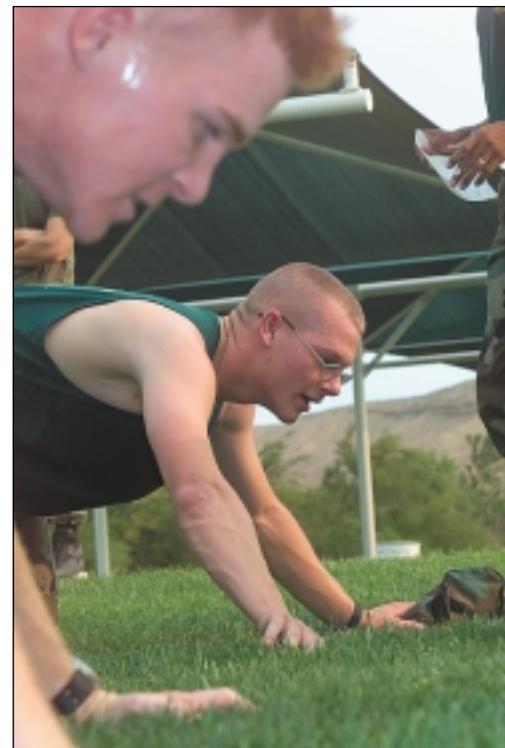
Team 6 (Sgt. Alma L. Fragoso, Cpl. Gabriel A. Lopez, Lance Cpl. Jason R. Fields and Pfc. Matthew T. Kogut) took second place just 15 points down from first with 844 points.

Team 2 (Cpl. Carlos E. Barrientos and Lance Cpl.'s Edward M. TorresOsorio, Marco A. Catanopena and Joshua J. Pascua) walked away with the third place title with 728 points.



Photo by Cpl. Cory Kelly

Cpl. Gabriel A. Lopez, Team 6, pushes his weight during the last portion of the challenge. Lopez benched his own weight nine times helping to bring his team to second place in the challenge Friday.



Members of Team 4, Lance Cpl.'s Anthony M. Spart and John D. Poniske, go for max sets of push ups after their return from the run up big Iron Mike.

Photo by Cpl. Cory Kelly

DEFY from Page 1

of that, the program curriculum reaches deep into skill building and positive experiences so the participants can choose healthy alternatives instead of substance abuse and gang involvement.

Dennison said mentoring the program definitely changes a person's perspective on the pressures children deal with.

"It's very impressive, because I've learned a lot from [the children] too. I love it. It's challenging on both sides ... not just for the children, but for the mentors. What you don't know, you learn from them. Because they are out there with everything in the environment." The two-week summer leadership

camp begins Monday and continues to June 28, from 8 a.m. to 4:30 p.m., Mondays through Fridays. Parents need not worry about much, as upon entering camp children are given three T-shirts, a ball cap, a DEFY workbook and a backpack, and two free meals and snacks a day.

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

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

development, decision-making and drug resistance.

But it doesn't stop there.

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

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

Dennison said they are trying to work it so that there is at least one mentor for every 10 children during Phase II of the program.

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

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

Lieutenant Cmdr. Elmon R. Krupnik, base chaplain, said, "Chap-

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

Editor's Note:

Volunteers and mentors are now needed for both phases of this year's Drug Education For Youth program. Positions are available to Marines, sailors, and DOD employees who are willing to work with children ages 9 - 12, during Phase I beginning Monday and continuing through June 28 as well as the yearlong Phase II. To volunteer or for more information about DEFY call Gunnery Sgt. Bruce E. Raymond, 577-6364, or Religious Program Specialist 2nd Class Julie Dennison, 577-6849.

2000 CORVETTE COUPE: 6 speed, Z-51 suspension, all available options including both roofs, red with black interior, \$6K in extras, 15K miles, xlt. cond., factory warranty plus extended warranty, original owner, \$37,500. Call 256-6912.

1999 GMC SONOMA EXTENDED CAB SLS: 4.3 eng. Loaded w/many extras. Under 34,000 miles. \$12,800, OBO. Call 252-3884.

1997 FORD F350 CREW CAB XLT: 7.3L Diesel w/ Banks pwr. pack. Also 1989 Alpinlite-5th Wheel. Great RV package. Shown by appointment. Reasonable offers considered. Call 252-2035.

1996 DODGE RAM 1500 PICK UP: V8, low mileage, good cond., \$12,000. Call 985-4473 or 252-2635.

1996 MERCURY MYSTIQUE: 76,156 miles, looks and runs excel-

lent. Teal/Gray pearl paint, a/c, p/s, p/w, p/locks, cruise, dual air bags. Must sell. \$5,000 OBO. Call (760) 257-3455 AWH.

1990 GEO PRISM: \$2,500. Call 985-4473 or 252-2635.

1988 TOYOTA CAMRY: xlt. running cond. Willing to trade for a pickup truck. Call 256-2390 or 221-8598.

1986 CAMARO: Newly rebuilt eng. Good running cond., \$2,100 OBO. Call 253-2133.

1983 CAMARO: Berlinetta, good running cond., \$1,000. Call 252-1160.

MOTORCYCLES: 2001 HONDA CBR 929 like new, \$8,000 OBO. Call 252-1502.

MISCELLANEOUS: Refrigerator. Works good, \$100. Call 254-1978.

MISCELLANEOUS: Nordic Trak exercise machine. Xlt. cond., \$600. International Time Share, \$12,000. Call 256-0293.

MISCELLANEOUS: 6-ft. Stockland camper shell with carpet kit. Good cond. Call 252-4369.

MISCELLANEOUS: 2 1997 Yamaha Wave Runners w/trailer and tool box in very good cond., \$8,000 OBO. Call 985-4473 or 252-2635.

MISCELLANEOUS: Sony external CD-ROM w/controller, cables and software, \$35. Mustek 800, 256 gray scale hand scanner w/scan align-

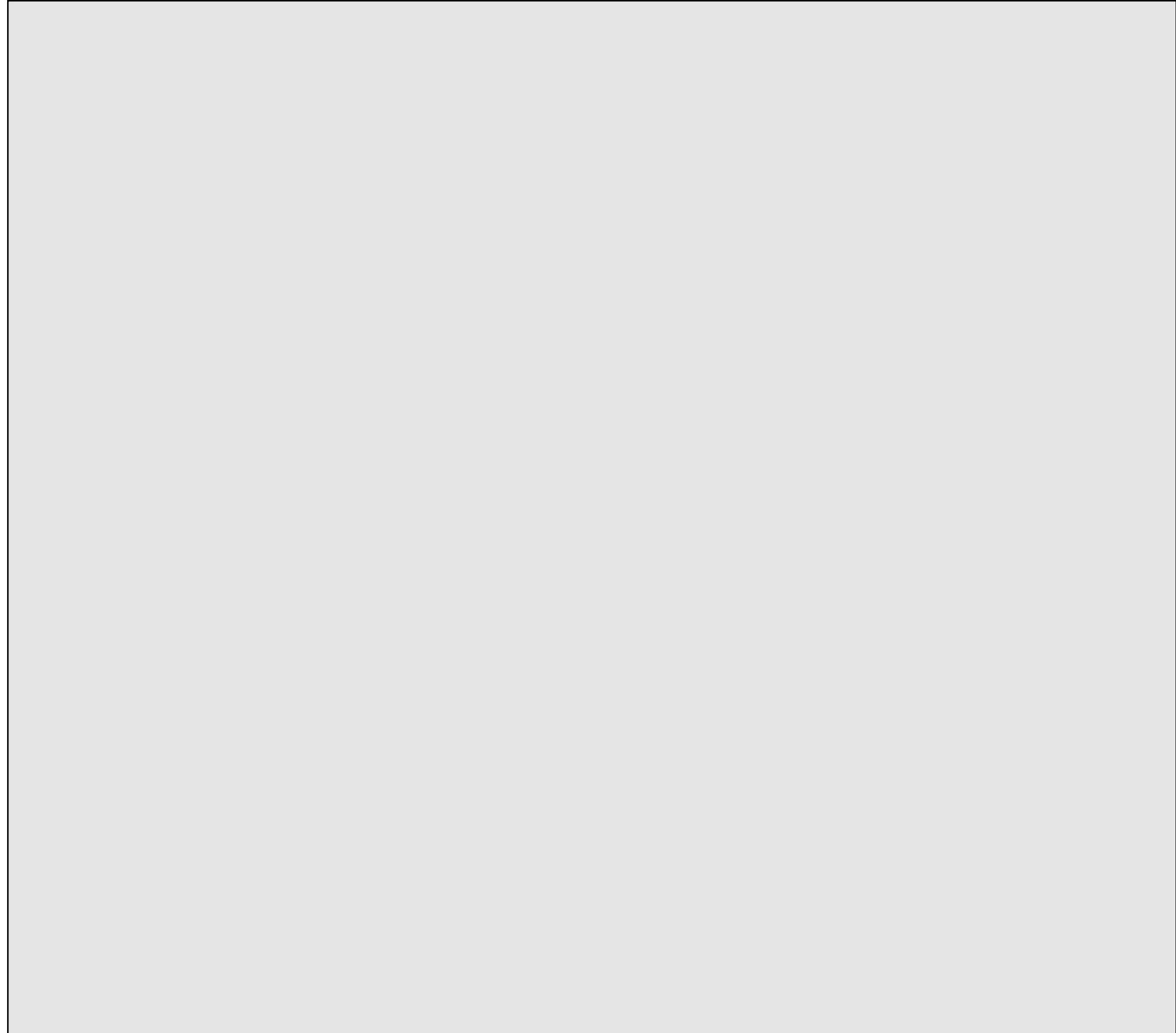
ment guide, \$25. Hitachi 4-bay CD-ROM rack w/cables, 12/F cord and drivers, \$90. Call 254-2295 and lv. msg.

MISCELLANEOUS: PC Paint Brush 5+ DOS/LAN version, Disk accel, Turbo EMS memory manager, software carousel and Geoworks Ensemble v2.0 software. \$5 each. Call 254-2295 and lv. msg.

MISCELLANEOUS: AST 6-pack, 1/0 mem. exp. Card w/ software, and QEMM 512 ROM (80286/8088) w/ manuals in orig. box, \$30. AST RAM Page 1/0 mem. exp. Card 8088/80286 w/ software and QEMM 512

RAM, \$30. Pentium AT main board w/ P100 CPU, \$25. Call 254-2295 and lv. msg.

MISCELLANEOUS: Solid oak twin water bed w/ bookself headboard, 6-drawer pedestal, liner, heater, and padded side rails, \$150. Rehab exercise bike, peddles lags and rotates arms when riding, w/ timer and extra wide gliding seat, \$75. Game table: includes pool table, shuffle board, fozz-ball, ping-pong, basketball and more. All stored within itself, \$60. Tool workbench, sturdy-built, in good cond., \$50. Wooden drafting table w/ one large drawer, \$50. Call 252-1160.



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, \$99 takes all three. For more information, call 255-3009.

YARD SALE: Toys, electronics, furniture, lawn furniture, new/used clothes, and much more. Something for everyone; including freebies. Saturday and Sunday. 34726 Birch Rd., Barstow.

AD PLACEMENT

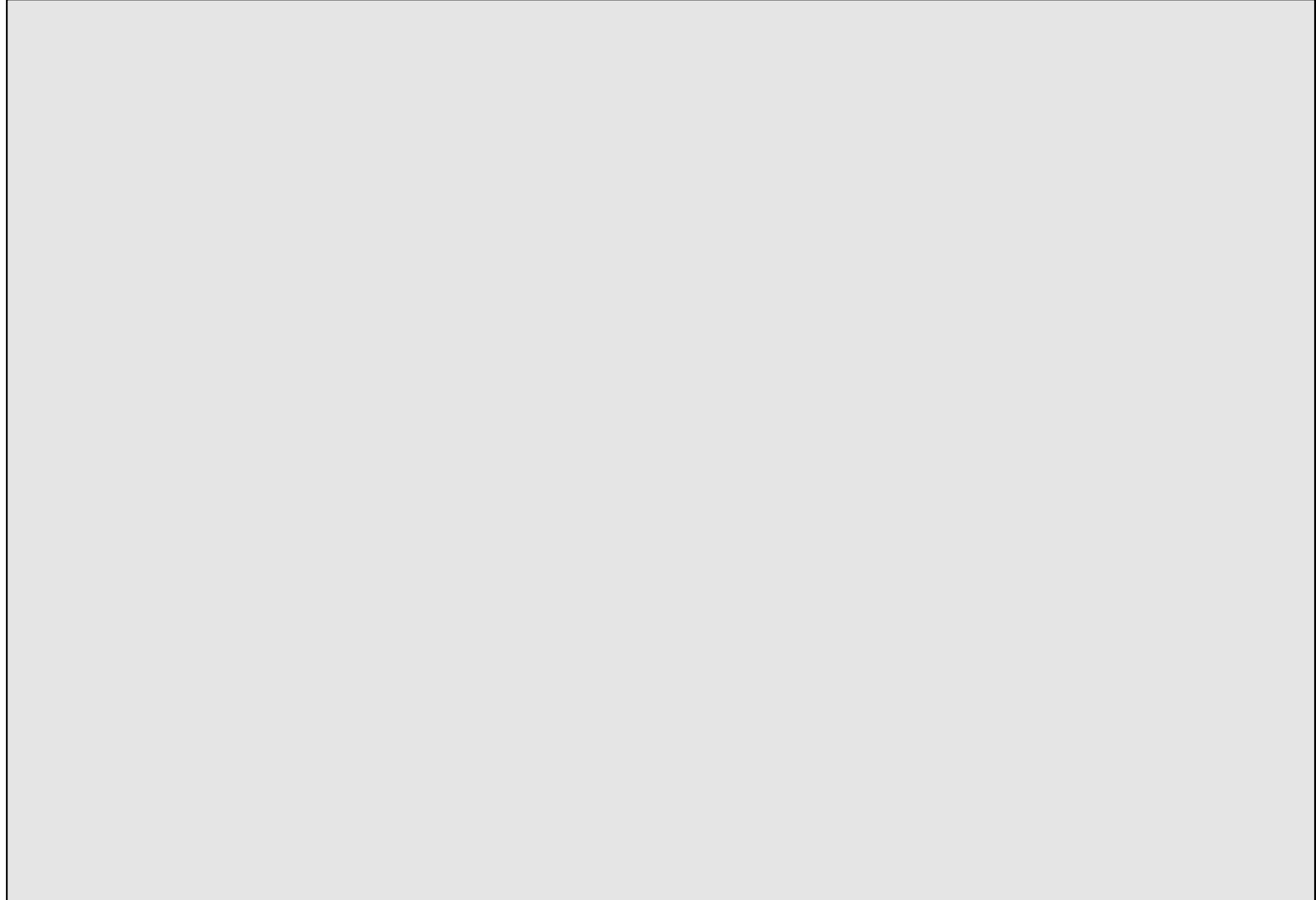
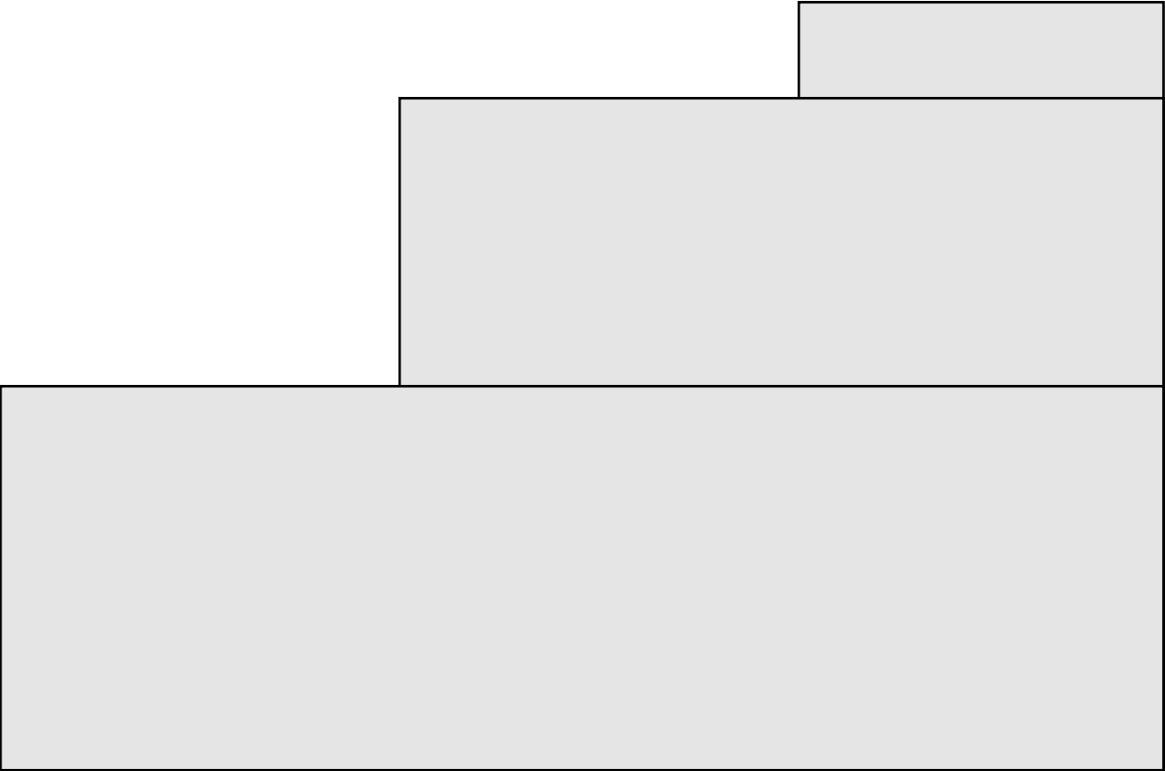
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ROAD from Page 2

fact that I'm writing this should tell you that I didn't win. And my retirement party will consist of some chicken wings and a couple of 2-liter Cokes.

Tuning out

Another sentence written in Texas: "I am sick of JaRule!" I think he even has a couple of country songs out, and Art Bell's playing his music, too. On a brighter note, if Warren G eliminated his cursing and use of the n-word, his new CD would be considered classic 1970s soul. And it doesn't get any better than Nate Dogg, Snoop Dogg and Warren G together on a cut.

Armadillo crossing

An unusual phenomenon occurred while coming through Mississippi (a perfect place for an unusual phenomenon) and Louisiana. It seemed as though all the roadkill this time was armadillos and opossums.

It put me in the middle of the show I saw on Animal Planet about the migrating crabs who walk across the road by the millions and get crunched by cars by the thousands.

Can you imagine that? Migrating opossums? Whoa, it was probably time for me to get some rest ...

Defying age

Now, radio stations are playing 1980s music and calling it "oldies." Pass the Geritol, please.

Southern ways

It was funny how quickly I lapsed back into being a Southerner. During a gas stop in Tuscaloosa, Ala-dang-bama, the gas station attendant was speaking in the sweetest Scarlett O'Hara drawl, and I immediately became more polite. When I got back into my car, I realized what I had done. Only in the South.

Now do you see why I don't fly? Too much good stuff happens on the road. But when you start to think about migrating opossum, pull over. It's time to get some rest.

Editor's Note:

Staff Sgt. Stephen Gude is the training chief for the Consolidated Public Affairs Office, Camp Pendleton, Calif.

FLAG from Page 5

from a cool 70 degrees to scorching-hot, black-flag conditions by noon.

A common myth is that the flag conditions are determined solely on the temperature. However, there are many more variables that go into establishing the flag conditions, including humidity levels and wind pressure.

The Wet Bulb Global Temperature Index indicates heat flag conditions.

The WBGTI is a combination of natural wet- and dry-bulb temperatures and a globe thermometer temperature.

So if the flag you're looking at is a black flag and it's not quite 90 degrees out, it would probably be best just to mind the flag because there are more than likely variables taken into account that you're not aware of.