

# BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 45

Marine Corps Logistics Base Barstow, California

September 19, 2002

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**Check out the Marine Corps Web site.**

<http://www.usmc.mil>

# I MEF CG nominated for CMC

**Compiled by**  
Public Affairs Office

President George W. Bush recently nominated the commanding general of the I Marine Expeditionary Force at Marine Corps Base Camp Pendleton, Calif., for appointment to the rank of general with the assignment as the 33rd commandant of the Marine Corps.

Lt. Gen. Michael W. Hagee, if confirmed by the U.S. Senate, will replace Gen. James L. Jones, who is leaving his post in Washington, D.C., to become the supreme allied commander, Europe, and whose nomination for commander of the U.S. European Command is pending U.S. Senate approval.

The commandant presides over Headquarters Marine Corps and is responsible for preparing, recruiting, organizing, supplying, equipping

(including research and development), training, servicing, mobilizing, demobilizing, administering and maintaining the Marine Corps.

"I'm honored by the nomination and if confirmed look forward to continuing to serve Corps and country," Hagee said in a statement released Sept. 6. "There is a process in place with these matters, which concludes after confirmation by the Senate. I'm focused on my job as the CG I MEF and reserve any further comment until after the Senate confirmation process is complete."

Hagee graduated with distinction from the U.S. Naval Academy in 1968 with a bachelor's degree in engineering. He also holds a master's degree in electrical engineering from the U.S. Naval Postgraduate School and a master's degree in national security and strategic studies from the Naval War College. He is a graduate

of the Command and Staff College and the U.S. Naval War College.

His command assignments include a platoon, two rifle companies and a headquarters and service company during tours on Okinawa and in Vietnam; commanding officer, Waikale-West Loch Guard Company (1974-1976); commanding officer, Pearl Harbor Guard Company (1976-1977); commanding officer, 1st Battalion, 8th Marines (1988-1990); commanding officer, 11th Marine Expeditionary Unit (Special Operations Capable) (1992-1993); and commanding general, 1st Marine Division.

His personal decorations include the Defense Distinguished Service Medal with palm, Defense Superior Service Medal, Legion of Merit with two gold stars, Bronze Star with combat "V," Defense Meritorious Service Medal, Meritorious Service Medal

with one gold star, Navy Achievement Medal with one gold star, the Combat Action Ribbon, and the National Intelligence Distinguished Service Medal.

In other news, Secretary of Defense Donald H. Rumsfeld recently announced that President Bush nominated Maj. Gen. Michael A. Hough for appointment to the grade of lieutenant general and assignment as the deputy commandant for Aviation, Headquarters Marine Corps. Hough is currently serving as the assistant deputy commandant for Aviation, Headquarters Marine Corps.

### Editor's Note:

Information from *Leatherneck Magazine* was used for this article.

## Mounted Color Guard honors Patriot Day

**By Sgt. Joseph Lee**  
BARSTOW LOG staff

In the darkness of the early morning, a crowd of local citizens is gathered in prayer.

Flashing lights from surrounding emergency vehicles randomly illuminate the faces of local service members dressed in their formal

uniforms, as well as police, fire and medical personnel.

There is a feeling of sorrow in the air. The rhythmic beat of bass drums commands attention from all.

The historical call for the presentation of colors has sounded. As the audience seeks the bearers of the nation's flag, they instead notice a lone Marine walking next to his horse—something is wrong.

The horse does not belong to the man who guides it, but rather a fallen hero.

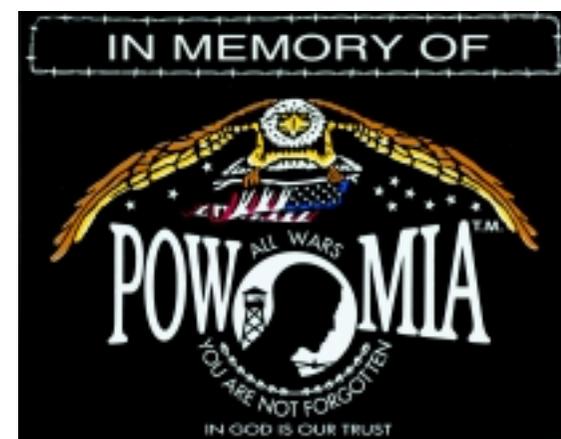
Perhaps one who gave his life while trying to save his fellow man one year prior amidst the fear and panic of those around him? Perhaps one who gave his life in an effort to rid the world of those who wish American citizens the same fate of those who died Sept. 11, 2001?

The Marine guides this riderless horse through the crowd, followed by four more Marines atop four palomino mustangs. Clenching colors and reigns, their faces remain stern and steady as the beat of the drum continues.



Photo by Sgt. Joseph Lee

The Marine Corps Mounted Color Guard salutes as the National Anthem is played during the opening of the Hemet, Calif., ceremonies. From left to right, Staff Sgt. Jimmy Hill, Master Gunnery Sgt. Kim Ortamond, Staff Sgt. Verliann K. Nuuhiwa, Lance Cpl. Jeremiah Russo.



## POW/MIA day to be observed at Vet's home

Sept. 20 is National Prisoner of War/Missing in Action Recognition Day.

Marine Corps Logistics Base Barstow is co-sponsoring a special ceremony with the Veterans Home of California-Barstow to celebrate the return of former POWs living in Barstow and neighboring communities, and remember those still missing.

Lt. Col. Scott Thomas from the National Training Center, Fort Irwin is the keynote speaker and will share his experiences as the director of operations for the Army's Central Identification Laboratory in Hawaii where he coordinated search and recovery missions for MIA personnel from World War II and the Korean and Vietnam wars.

He personally led missions into North Korea and Vietnam. The public is invited to attend for lunch, courtesy of the AMVETS, which starts at 11 a.m., with the ceremony following.

See MCG Page 6

**BARSTOW LOG**  
SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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

# Tips to avoid common telephone scams

## U.S. Naval Criminal Investigative Service Special analytic report

The more you know about the various telephone scams, the easier it is to protect yourself. Here are some tips that may help you identify and avoid telephone fraud.

**Revealing your calling-card number:** Your calling-card number is like money in the bank to scam artists who can use it to sell long-distance calls to locations around the world. Here is an example of a potential scam that may con you out of your calling-card number. The caller may tell you that your calling-card-number has been deactivated in error and that he needs you to "verify" your number so it can be reinstated in the system. Never give your calling-card number to anyone over the phone no

matter how convincing they sound. "Cramming" and "slamming": According to the National Fraud Information Center, "cramming" was the top telephone scam for 1998. Cramming occurs when telephone customers are charged for services they have never ordered or received. Close behind came "slamming" which occurs when customers have their telephone service switched without their permission.

You can guard against both cramming and slamming by —

- a. Reading your phone bill carefully each month. Watch for unfamiliar company names, logos or charges that you do not understand or do not remember ordering.
- b. When you receive a telephone offer to change telephone services, ask that all offers from

communications providers be sent to you in writing so that you may review them before making a decision. Read the offers carefully before signing them. Make a note of the name and telephone number of the marketing representative in case you need to reach the company in the future.

**Placing international calls without realizing it:** It is not always easy to tell if you are dialing an international telephone number. In most cases, you have to dial "011" to begin a call to a foreign country. However, there are locations outside the U.S. with telephone numbers that may look like domestic long-distance numbers but are actually international calls where international rates apply.

For example, 809, 284 and 876 are area codes in the Caribbean. Be cautious about area codes you do not recognize. Check your telephone directory

or call the operator to determine where the area code is before making your call. Of note, a block on calls to "900" services will not stop calls to "011" or "809" numbers. If you are sure you will not need to make international calls, call your long-distance carrier and ask them to put an international block on your telephone line.

**Call forwarding scam:** In another popular scam, you may receive an automated message on your telephone that says you have won a prize or money. The message directs you to dial a two-digit code preceded or followed by the \* or # key (such as \*79 or 72#), and then an 800 number to claim your prize. When you dial the number, you are not connected to anyone; instead, this procedure has pro-

See **SCAMS** Page 9

# It's going to be all right

By Lt. Cmdr. Elmon R. Krupnik  
Base Chaplain



My mom, no matter how bad the situation was or how terrible things appeared, would speak these words, "Everything is going to be all right."

The events that we have seen and experienced this year have caused concern, fear, and anxiety about the future.

We look for solutions, comfort, hope, and reassurance.

The future for us may seem uncertain, but what is certain is our relationship with GOD. In the book of Isaiah, we read in chapter 40, verse one, the following, "Comfort, comfort my people says your God." The words of the prophet Isaiah speak to us today that God does comfort his people.

The comfort from God gives us the confidence we need to go through the difficulties we face in life.

Spiritual comfort can come only after sin has been forgiven. We all have strayed from the relationship we have with God.

The further we have strayed, the more uncertain we are in our lives.

The more uncertain we are makes even the small problems seem like big ones. Why? Because we do not have the right relationship with God.

We lack the confidence and support we need to have and we try to do things all on our own without insight or help from God.

"Everything is going to be all right" are words of comfort only if we believe them. We can believe if we know that God has forgiven us of our sin.

The comfort of hope that we desire comes when we make that spiritual adjustment of reconciling ourselves to God.

The spiritual adjustment we make is a practical adjustment. Genuine repentance always finds its way into practical application. The practical application is who or what we put our complete trust in.

If our trust is in God, then spiritual words of comfort have meaning and purpose and we can share them with others, because the same words that comfort us can comfort others.

Let us comfort each other with "Everything is going to be all right."

Blessings to all,  
Chaplain Krupnik

## Just doing my job ...



Photo by Gunnery Sgt. John Cordero

From left to right: Pfc. Curtis White, Cpl. Ernest Jones, and Lance Cpl. Angel Jaquez prepare to perform morning colors during the Sept. 11 commemoration ceremony on base.

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

## Leave sharing

Lorenzo A. Duarte, Maintenance Center Barstow, has been affected by a medical emergency. People desiring to donate leave under the "Leaving Sharing Program" may obtain a leave donor application through their department administrative officer.

For more information call Patricia Snyder at 577-7284.

## Pass and ID

The Pass and ID section is accepting appointments for issuing ID cards at their new location in Building T-117 across from the Base Gym. Please call 577-6969 or 577-6371 to make an appointment.

Walk-ins will be assisted between appointments if time permits; however, appointments are encouraged.

## Let's Be Safe Fair

The City of Barstow is scheduled to host Child Safety Awareness training for children and parents at the Barstow College Gym Sept. 21 from 10 a.m. to 3 p.m.

A multitude of events are on tap for the training called "Amber Alert" to include game booths, safety scavenger hunt, Kidprint and digital photography, and a child's bicycle rodeo. For more information call Detective Tim Heiden at 256-3531.

## Marine Corps Softball Tournament

A Marine Corps Ball softball tournament is on tap for 8 a.m. Sept. 27 at Sorensen Field. Entry fee for the event is \$100 per team with a 10-member team set as the minimum roster and 13-member roster as the maximum. All team entries are due no later than Friday, with the entry fee.

Format for the tournament is slow pitch with a few modifications to the rules.

All games are set for five innings except the semi-finals and the final game, which will be six innings.

For more information contact Sgt. Maj. Tulago Tautua at 577-6238, or Lt. Col. Charles Hamilton, base executive officer, 577-6556.

## Swimming pool closures

The Oasis Club pool is closed for the season and the Family Pool located at the Base Gym is scheduled to close Sept. 28. The Family Pool is closed Mondays through Thursdays and open Fridays, Saturdays and Sundays from 11 a.m. to 1 p.m. for lap swimming and 1 to 7 p.m. for open swimming.

For more information call Semper Fit, 577-6971.

## Hispanic Heritage Month Luncheon

Tickets for the Oct. 3 Hispanic

Heritage Month Luncheon at the Oasis Club are on sale for \$7.50 until Sept. 24. Army Capt. Lorenzo Rios, Movement Control Center commander at MCLB Barstow, is the guest speaker for this year's observance, which is themed "Strength in Unity, Faith and Diversity."

The luncheon will begin at 11 a.m. and end at 12:30 p.m., and includes chile verde, beef enchilada casserole, rice and beans, chips and salsa, and tea.

For tickets or for more information contact one of the following Hispanic heritage committee members:

Marva Johnson	577-6965
David Mendez	577-7452
Ed Tintos	577-7193
Delane Gutierrez	577-7580
Gunnery Sgt. John Cordero	577-6449
Anita Lewis	577-6788

## Public Lands Day

In recognition of the Ninth Annual National Public Lands Day, the Bureau of Land Management is seeking 300 volunteers to participate in a variety of work projects in the Mitchel Range Area behind the Skyline Drive-In Theater Sept. 28.

This area supports a variety of outdoor activities including horseback riding, hiking, mountain biking and limited off-highway vehicle travel.

Registration begins at 6 a.m. and local sponsors will serve a barbecue lunch.

The first 300 volunteers will receive a free t-shirt and a free pass to the Skyline Drive-In Theater. For more information, call Rose Foster at 252-6011.

## Calico Days

Calico Days will be held Oct. 11, 12, and 13 at Calico Ghost Town. Calico Days will feature a gunfighting championship, a burro run and a wild west parade at high noon as some of the many events taking place.

Visitors can pan for gold, shop and dress in 1880's costumes as part of the fun as well. For more information, call 1-800-TO-CALICO or go to <http://www.calicotown.com>.

## Motorcycle Safety Training

There will be a motorcycle safety training class Oct. 11 at the Base Safety classroom in Building 236 from 7 a.m. to 3 p.m.

Participants will need a current motorcycle license or permit, a reflective vest, full fingered gloves, a helmet, long sleeves and long pants, over the ankle boots, and their own motorcycle.

For more information, call Steve Waugh, the base license examiner, at

577-6448.

## Tae kwon do

Tae kwon do classes are scheduled to be offered at the gym from 4:30 to 6 p.m. Tuesdays and Thursdays.

Uniforms for the class are \$25, and the class will cost \$45 monthly. For more information visit the Base Gym or call 577-6971.

## Environmental mailbox

The Environmental Department has established a new mailbox for reporting environmental observations and concerns. The new e-mail address is [smbbarstowenvironmentalreporting@barstow.usmc.mil](mailto:smbbarstowenvironmentalreporting@barstow.usmc.mil).

Employees who observe anything aboard base which they feel might have an adverse effect on the environment (i.e., illegal dumping of trash behind warehouses or other remote areas of the base, unlabeled or leaking drums, residue on the ground that could indicate a spill, or anything else which causes an employee concern) should send an e-mail to the mailbox.

If there is a concern that needs immediate attention contact the Environmental Department, 577-6173.

## Blue Cross of California

The Human Resources Office contacted Blue Cross of California concerning Blue Cross "California Care" enrollees currently signed up with Desert Valley Medical Group who have received a letter indicating that Desert Valley Hospital is no longer a participating contracted hospital with Blue Cross, effective July 26, 2002.

The Desert Valley Medical Group and all associated doctors are still participating members of Blue Cross. Enrollees do not have to change their groups or doctors.

If they have an emergency and are taken to Desert Valley Hospital Emergency Room, they will be treated and then transported to another contracting hospital.

For more information visit the Blue Cross California Care Web site at <http://www.bluecrossca.com>, or call (800) 235-8631.

## Aerobics classes

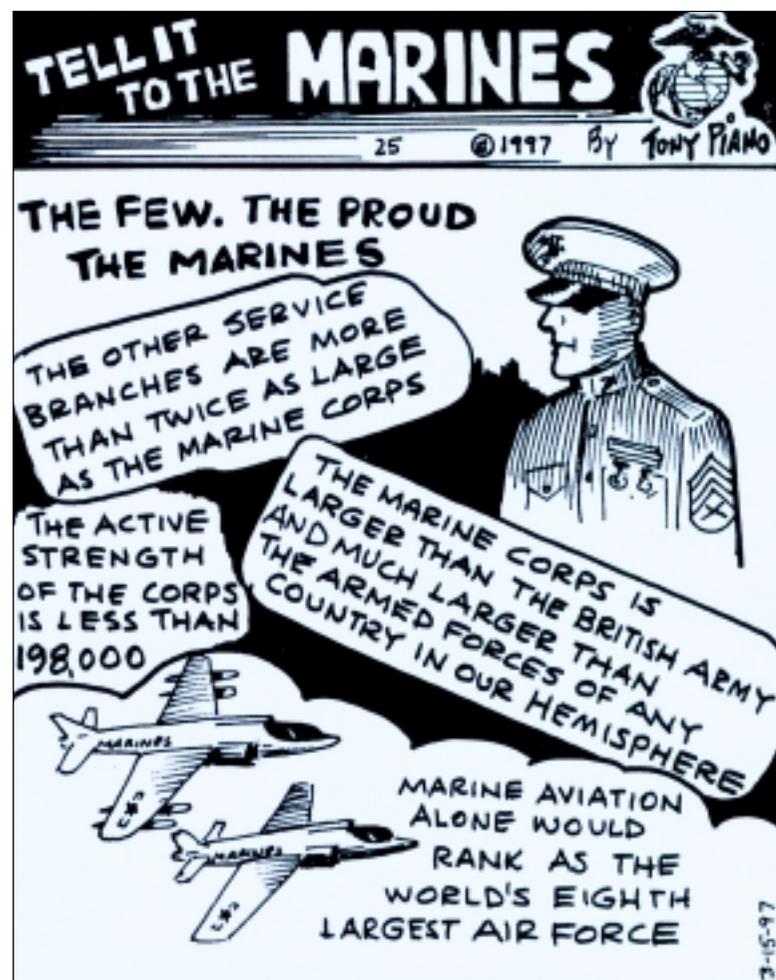
Aerobic classes have been temporarily cancelled through November 2nd. Call 577-6971 for details.

## Maintenance Complaint line

To report complaints about repair and maintenance work on real property, i.e., base buildings, excluding housing, call 577-5159.

## Yermo vehicle registration

People may register their vehicles



on the first and third Tuesdays each month from 7:30 to 9:30 a.m. at the security trailer next to the Cactus Cafe at the Yermo Annex.

Vehicle registration, proof of insurance, a valid driver's license and a current ID card are required. Call 577-6969/6371 for more information.

## Water quality line

Base personnel with water quality concerns or complaints should contact Pete Barela, water and sewage supervisor for the Installations Division, 577-7880.

## VITA volunteers wanted

The Volunteer Income Tax Assistance program is looking for a few dedicated volunteers to assist active-duty military, retired military and their respective dependents with the preparation of their 2002 income tax returns.

The VITA program allows armed forces personnel to avoid the sometimes-hefty processing fees, usually \$70 to \$90, that civilian agencies charge.

This program is sponsored by the Internal Revenue Service in cooperation with Headquarters Marine Corps through the Office of the Staff Judge Advocate.

All VITA volunteers must attend a two-week training program offered by the Internal Revenue Service and California Franchise Tax Board during January 2003.

Volunteers will become knowledgeable in federal and California tax

law.

In addition, volunteers will be trained to use tax wise computer software so that all tax returns they prepare may be electronically filed.

Each volunteer will be required to commit at least eight hours per week from Feb. 1 to April 15 at the Tax Center to provide tax assistance.

More intensive tax training could be offered through OSJA to a 10-week H&R Block Tax Training Course beginning Sept. 9 upon approval of management and individual supervisors. To find out how to participate in the VITA program or for further information, please contact Jacque Fadeley, 577-6874, or Barbara Kulseth, 577-6771.

## GEICO Military Service Award

Applications are being accepted for the 2002 Government Employees Insurance Company, GEICO, Military Service Awards. The deadline for nominations is Oct. 11.

One service member from each of the services is selected each year for awards for contributions in each of the following areas: drug and alcohol abuse prevention, fire safety and fire prevention, and traffic safety and accident prevention.

For nomination qualifications and package submission guidelines or more information, see MARADMIN 391/02 available online at [www.usmc.mil](http://www.usmc.mil) or contact Eleanor Kaufer, (703) 614-1202/3164.

# AROUND THE CORPS

## LAV recon scouts take part in Exercise Allied Saber

By Lance Cpl. Matthew Apprendi  
Marine Forces Reserve

WAINWRIGHT, Alberta - The Marines made their way through the woods swiftly and quietly. They came to a halt when they heard a faint sound of enemy voices through the dense brush.

The enemy, the Royal Quirkha Rifles, unaware that fate made an unexpected turn for the worse, didn't realize a section of scouts from Company D, 4th Light Armored Reconnaissance Battalion, 4th Marine Division was about to ruin their day.

The Marines, taking part in Exercise Allied Sabre Aug. 15-30, sprung out of the woods from all directions, turning into a vice that suffocated the enemy.

"We operate forward of enemy lines," said Lance Cpl. Timothy W. Donovan, scout team leader, 3rd platoon, Company D, 4th LAR. "That's why scouts have the capabilities to call for fire from mortars, fixed wing, artillery - you name it."

Engaging the enemy is usually not

in their job description though; they're a recon element for the LAVs. Scouts patrol and provide security for LAVs when a dangerous area confronts them, Donovan said.

"We're just an extension of the vehicle - the forward eyes and ears," said Staff Sgt. Benjamin Wright, scout platoon sergeant, Company D, 4th LAR.

Each LAV has four combat-loaded scouts. Their duties include clearing obstacles, identifying targets, and close and far recon, Wright said.

With the help of their recon element, the LAVs rumbled their way to the much-needed bridge secured by the scouts. The LAVs stopped for a split second — just enough time for the scouts to load up — and they were on their way ripping through the hilly terrain.

The scouts completed their mission; they provided a safe haven for the LAVs and also took out some of the RQR, Wright said.

"We did awesome out there," Wright said. "We weren't originally going to attack the enemy, but we quickly changed our mission and executed the new one."



Photo by: Lance Cpl. Matthew J. Apprendi

Scouts from Company B, 4th Light Armored Reconnaissance Battalion recon a forward point for their light armored vehicles during Exercise Allied Sabre '02.

# COMMANDER'S CORNER

Maintenance Center Barstow

## Rodney Oakes to retire from Maintenance Center

Rodney Oakes served in the Army from 1968 to 1971, and served one year in Vietnam. He arrived at the Maintenance Center in 1975 and was hired under the "helper program" in the power transmission shop.

He went to work in the engineering department in 1982 in the facilities section and then transferred to the production support section.

In 1995, under the new Maintenance Center Business

Plan the Production Support Section was combined with the Facilities Section. Oakes' considerable knowledge and experience operating computer aided design systems was instrumental in assisting the Maintenance Center and MCLB in renovating work spaces and constructing new facilities for the Maintenance Center.

During downsizing and reorganization efforts at the Maintenance Center, Oakes was de-

tailed to supervise the facilities section of the engineering department.

Oakes accomplished these duties in an outstanding manner as well as his normal project management duties. Oakes received a \$750 On-the-Spot Award for exemplary performance in managing the new paint and undercoat MILCON construction project at the Maintenance Center.

The Maintenance Center

wishes him well in his retirement.

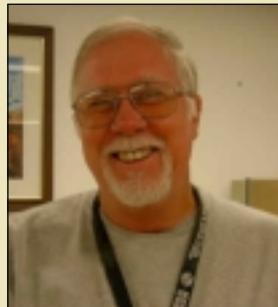


Photo by Ben Kump

## Win-Win Agreements

By Mike Burke

Production Management Department

As we strive to improve our communication and production efforts here at the Maintenance Center, the Elements of Win-Win Agreements from the 7 Habits of Highly Effective People course comes to mind. According to Stephen R. Covey, these elements "provide structure for employers and employees, between independent people working together on projects, between groups of people cooperatively focused on a common objective, between companies and suppliers – between any people who need to interact to accomplishment." These elements, when applied by everyone, create a clear and mutual understanding between all parties involved. The elements are as follows:

**Desired Results** (not methods) clarifies the end in mind, objectives and outcome.

**Guidelines** specify boundaries and deadlines for accomplishing the results.

**Resources** identify the human, financial, technical, or organizational resources available to help accomplish the results.

**Accountability** identifies the standards and methods of measurement for progress and accomplishment.

**Consequences** determine the result(s) of achieving or not achieving win-win.

By applying these elements, we provide a clear, up front understanding of expectations of the task to be accomplished and a standard by which people can measure their success. Traditional authoritarian behavior is a Win-Lose paradigm, many times moving to Lose-Lose, which is outdated and inefficient. If the Emotional Bank Account is overdrawn and we don't have trust or a clear vision of the end in mind, "you tend to hover over, check up on, and direct. Trust isn't there, so you feel as though you have to control people," says Covey. This applies to any type of relationship.

When there's high trust and people have a Win-Win Agreement that is up front and clearly communicated, step back and watch the results. They will become empowered, happier and motivated to higher efficiency, resulting in more effective and longer lasting relationships.

## Maintenance Center Barstow's 33<sup>rd</sup> Annual Picnic

**Obregon Park**

**October 19**

**10 a.m. to 3 p.m.**

**Free to all MCB employees and Families**

**Music**

**Children's Activities**

**Bounce House**

**Face Painting**

**Balloons**



**Fire Safety Demonstrations**

**Horseshoe Tournament**

**Supervisor/Employee Softball Game**

**Water Balloon Toss**

**Pie Eating Contest ... and more**

**Food will include**

**Hamburgers and Hot Dogs with Potato Salad and Macaroni Salad and all the fixings including soft drinks**

**Beer/wine will be sold by MCCS**



## Monthly Safety Tip ... Back care: you can make a difference

"Ouch! Why did I try to lift that much weight on my own?" Did you ever ponder those words after you hoisted something heavy, or lifted from an awkward position?

Several conditions influence your "back health." The cause of most back problems is poor posture, loss of flexibility, stressful living/working habits and, above all, a general decline in physical fitness. Surprised? You shouldn't be. When you "let yourself go," (and most of us do with age) the *first* thing to go can be back strength. Along with correct lifting techniques, we should also work on our overall physical condition.

**Nutrition** — is an important key to staying physically fit. As we grow older, our metabolism slows down. To counteract this natural event, we have to eat the right types of food - and not too much of it - or the pounds come on quickly.

Now, what does nutrition have to do with a healthy back? For one thing, a healthy back is correctly balanced on your spine. With a "sway" back, that balance is lost - and those darned potbellies cause sway backs. Carrying around excess weight puts tremendous strain on back tissues, so lifting even a small extra load may cause an injury.

**Exercise** — plays an important role as well. A form of exercise as simple as walking 30 minutes a day can raise your heart rate and

**Low back pain has been called "a tension headache that slipped."**

burn enough calories to help keep you lean. Flexibility is another condition that changes as we grow older if we don't work to retain it. It's true, as they say - "Use it or Lose it!" Without flexibility, we lose our body's full range of motion. Then, when a sudden physical demand takes a muscle or joint further than it's used to, the risk of injury is high.

You can do stretching exercises every morning to keep yourself flexible and ready for the physical demands of work. After all, don't athletes warm up before a game to prevent injury?

Fixed positions — not moving *enough* - can also cause back problems. Staying in a fixed position for too long can lead to muscle spasms. We feel it as stiffness, but by the time discomfort from "static" muscle contractions is experienced, low level tissue damage has begun.

Take stretch breaks between long standing or sitting periods to

improve circulation and prevent back strain.

Poor body mechanics and bad lifting habits usually "trigger" a back injury and are more likely to do so if overall physical condition is poor. Remember these techniques to help escape injury:

- *Avoid using fast, jerking motions when lifting.*
- *Avoid bending and twisting at the same time.*
- *Avoid handling a load too far away. Keep the load close to your body.*
- *Teamwork. If the load is too heavy, two people should carry the load.*

Emotional stress leads to mental distraction so that things other than proper body mechanics are on your mind. Stress and back pain seem to go together. Low back pain has been called "a tension headache that slipped." Solving personal problems isn't always easy to do, but it often takes away back pain and helps prevent repeated injuries.

**Remember:** *Improper lifting isn't the only thing that causes back injuries. People who do not stay in good physical and mental condition are also at high risk for back problems.*

**It's up to you. Take good care of your body and save your back.**



Photo by Sgt. Joseph Lee

American flags adorn the area, and emergency vehicles with their lights on circle the Roy Rogers museum in Victorville, Calif., for the remembrances.

MCG from

The crowd sta  
mustangs mar  
to the front of  
can be seen an  
anthem conclu  
the Marine C  
transmits to th  
hearts with lov  
can be seen str  
reflecting off th

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Sept. 11 wa  
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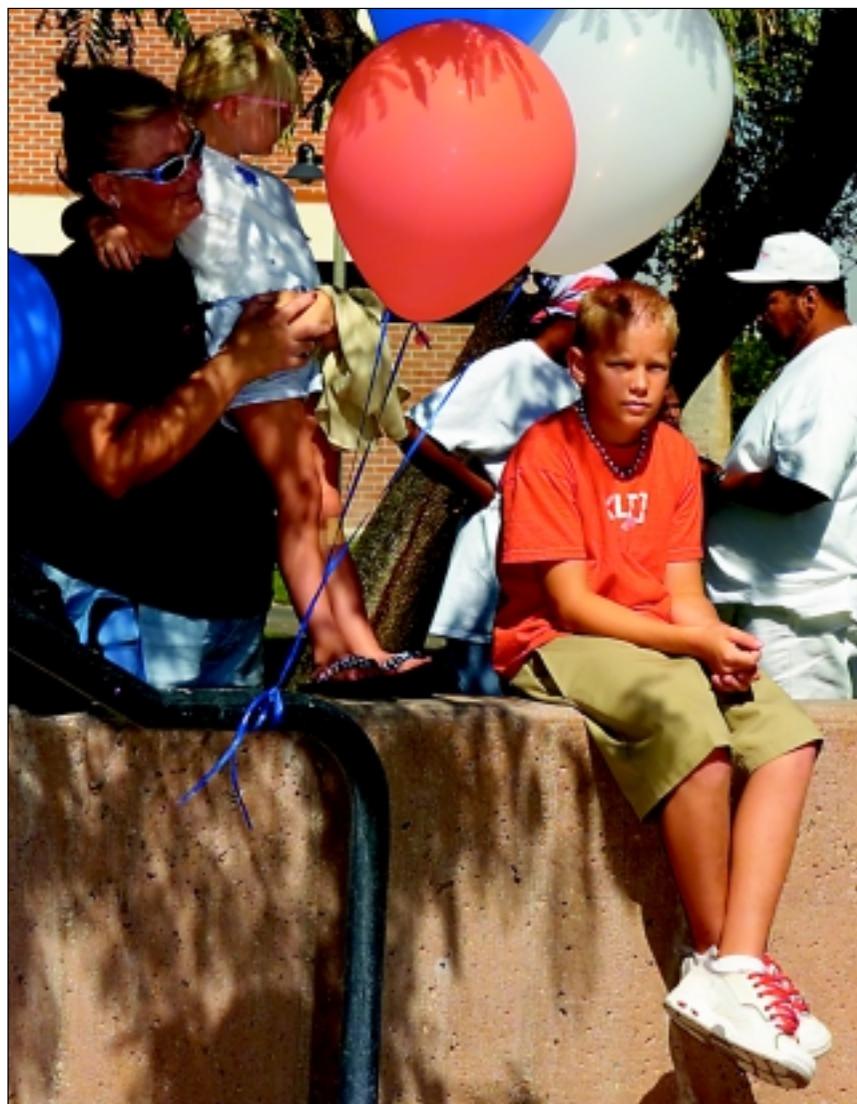
“When we  
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Photo by Curt Lambert

Barstow Mayor Lawrence Dale receives a flag flown over the Pentagon from Col. Liz Bergman, base commander, at the Sept. 11 anniversary commemoration ceremony at Barstow Community College.



The family of a Barstow police officer watches the ceremony at Barstow college.

Photo by Cpl. Joshua Barnhardt

...res up at the Marines as their...  
...ch in seemingly perfect unison...  
...the audience where the colors...  
...d appreciated. As the national...  
...ades, the pride and fidelity that...  
...rps Mounted Color Guard...  
...e local citizens squeezes their...  
...e and patriotism; a solitary tear...  
...eaming down random cheeks,...  
...e rising sun.

...embrance has begun.  
...as a day of remembrance, and...  
...ated color guard in the Marine...  
...at MCLB Barstow, was called...  
...ere asked to perform for audi-...  
...rville, Calif., during a sunrise...  
...ell as an evening remembrance...  
...lif.

...egan early for the members of...  
...o awoke at 2 a.m. to ready the...  
...in the drive to the Roy Rogers...  
...ictorville, where members of...  
...gathered in an effort to com-...  
...exact moments of tragedy in...  
...with the East Coast commemo-

...p this early is a regular part of...  
...s," said Master Gunnery Sgt...  
...nd, staff noncommissioned of-...  
...e of the base stables and the...  
...r guard. "What we do is so im-...  
...must that we get to the event...  
...ible to allow the team as much...  
...eed to set up."

...the museum at 4 a.m., the...  
...e color guard primped the...  
...mselves for performance, while...  
...chool choir sang hymns to a...  
...e.

...got to the museum I didn't...  
...o expect," said Lance Cpl...  
...so, member of the mounted...  
..."We had no idea how many...  
...be there. All we could hear was...  
...e children singing in the back-...  
...so filled with pride, I literally...  
...on my blues while getting...  
...urse I adapted to the situation,...  
...went on."

...ceremony, which paused for...  
...silence at the one-year-to-the-...  
...ersary of each of the horrible

tragedies, organizations and local politicians expressed their condolences and thanks for service to the emergency personnel and military present.

"As the speakers each took the lectern, I saw audience members occasionally turn and look our way with a brief smile, as if to thank us for our service," said Cpl. Eusebio Talamantez, who walked the riderless horse during the morning ceremony. "It felt like the community truly appreciated what we were there to do."

After the Victorville ceremony concluded, the team packed up its gear and drove back to Barstow to clean the horses before traveling two hours to the evening ceremony in Hemet.

Along the highway, patriots passing the trailers waved flags and cheered, recognizing the red and gold colors and the significance of the "United States Marine Corps Mounted Color Guard" logo painted on the rear of the trailers.

The Marines were proud to wave and cheer right back.

Arriving in Hemet in the early evening, they prepared their gear once more, this time for a significantly larger audience.

The horses had to be brushed, have their manes and tails conditioned, and hooves oiled before the Marines could even start to prepare themselves.

The mounted color guard members opened the ceremony to a roar of screaming and cheering from the patriotic crowd as they marched out to the center of the field, again to the sound of a rhythmic drum beat.

As the national anthem was sung and the Marines held their salutes, an aerial stunt team screamed overhead at low altitude trailing smoke that provoked a roar from the audience as the last note carried through the air.

After the conclusion of the opening ceremony, the color guard marched off the field and prepared for the long ride home, but not before handing out a few souvenir photographs to members of the audience.

"As I was passing through the audience," said Talamantez, "I noticed a man wearing a 'U.S. Marine' hat with a sergeant major chevron on it, so I passed the autographed photo up the bleachers to him. As he accepted the photo, a simple 'Semper Fi' from me lit his entire face up with happiness, and he returned



Photo by Sgt. Joseph Lee

Lance Cpl. Jeremiah Russo and Staff Sgt. Verliann K. Nuuhiwa control their horses during the Victorville Sept. 11 commemoration ceremonies.

with a 'Semper Fi' of his own. It was the most honorable feeling."

Feelings of honor and tradition are common feelings during every ceremony the guard performs, according to Russo. These feelings can be amplified by the size of the performance as well. The guard's next very large performance is an annual appearance at the Rose Bowl in Pasadena, Calif. Talamantez looks forward to attending his first Tournament of Roses Parade with the team.

"I just recently started working here with the mounted color guard," said Talamantez. "I am the biggest city boy you'll ever know, but I have had nothing but a good time working with these horses and being with the guard. I have learned a lot about horses, but even more about the honor and patriotism you feel to be a part of the only mounted color guard left in the Marine Corps."



Photo by Sgt. Joseph Lee

Cpl. Eusebio Talamantez leads a riderless mustang in front of the mounted color guard to signify the heroes that were lost during the Sept. 11 tragedies.



Photo by Sgt. Joseph Lee

Singer Tim Kepler unleashes his powerful voice across the high desert while singing "I'm Proud to be an American" during the closing of the Victorville, Calif., ceremonies.



By Jim Gaines  
MCCS Publicity

**A Bug's Land**

Information Travel and Tours would like to inform all its patrons that Disney's California Adventure will soon have a new land. A Bug's Land will be introduced in October, joining Hollywood Pictures Backlot, Paradise Pier and Golden State as the fourth land to grace the park.

A Bug's Land is a place where children and their families can experience a fun-filled world from a bug's point of view. This new land consists of three key areas: the all new *Flick's Fun Fair* and *It's Tough to be a Bug!*, both inspired by the Disney/Pixar film *A Bug's Life*, and *Bountiful Valley Farm*.

Flick's Fun Fair will consist of five attractions for children and their families:

Flick's Flyers - Soar through the air in a whimsical, hot-air balloon that Flick has fashioned out of leaves.

Francis' Ladybug Boogie - Hop aboard a ladybug, and dance and spin

to Francis' favorite boogie woogie tunes in this spin-em yourself adventure.

Heimlich's Chew Chew Train - Ride on the back of Heimlich, the ever hungry caterpillar, as he crawls along the miniature railroad track in search of tasty treats.

Tuck and Roll's Drive 'Em Buggies - Ride the bump as Tuck and Roll lead you on a crazy buggie ride beneath the big top of P.T. Flea's circus tent.

Princess Dot Puddle Park - Splish, splash and dance your way around the playful sprays of a giant sized water spigot, sprinkler nozzle and garden hose.

Outdoor vending carts themed as found items, such as a child's juice box and an oversized cereal box, will offer frozen beverages and churros while a Flick's Fun Fair cart will serve up snacks such as blue and green cotton candy, ice cream and beverages.

Outside Flick's Fun Fair, Bountiful Valley Farmer's Market will celebrate "A Bug's Picnic" with a bug's favorite food - picnic food.

Contact ITT for more details on the grand opening of A Bug's Land as well as other Disney attractions. Call 577-6541. ITT is open Mondays through Fridays from 8:30 a.m. to 4 p.m. Tickets are available after ITT business hours at the Bowling Center: Wednesdays through Fridays from 4 p.m. to 6:30 p.m., and Saturdays and Sundays from 10 a.m. to 5:30 p.m.

**Lunch menu**

Unless otherwise indicated the lunch menu for the Cactus Cafe is the same as the Family Restaurant.

*Today* - Virginia baked ham, mashed potatoes and cut corn.

*Friday* - Baked mahi mahi and rice pilaf.

*Monday* - Veal parmesan.

*Tuesday* - Roast sirloin of beef, whole green beans and potatoes au gratin.

*Wednesday* - Chicken curry, steamed jasmine rice plus an additional vegetable.

*Thursday* - Family Restaurant: Soup and salad bar. Cactus Cafe: Beef fajitas, Mexican rice, refried beans and flour tortillas.

Call in your Cactus Cafe lunch order to the Family Restaurant at 577-6428 or 577-6429 no later than 9:30 a.m.

Prices: \$3 military, \$4.50 civilian. Includes roll/butter, vegetable and drink of choice.

**Family Night Dining**

*Wednesday* - Chicken enchiladas,

**KEEP HEALTHY!**

**Yoga classes.** Every Tuesday and Thursday FREE yoga classes are offered in the Base Gym from 11:30 a.m. to 12:30 p.m.

**Screenings: Free blood pressure checks.** Every Wednesday from 11:30 a.m. to 12:30 p.m. at the Base Gym. There is no need for an appointment, just stop by the Base Gym.

**Health & Fitness Library** You can check out fitness videos and strength & conditioning journals in the Base Gym. Video and journals can be checked out for use while in the gym or to take home. Check out hours are 6:30 a.m. to 2 p.m. Mondays through Fridays.

**HEALTH PROMOTIONS  
577-6817  
SEMPER FIT**

beef tacos, Mexican rice, refried beans and dessert.

Family night dinners are served Wednesdays from 4:30 p.m. to 7:30 p.m. Everyone is welcome.

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

For full breakfast, lunch and dinner menus consult an MCCS Events Guide.

**Single Marine Program trip**

Pick up for the Semper Fit Single Marine Program's trip to the Rose Bowl Saturday will be at 7:30 a.m. in front of the Family Restaurant.

The game is the UCLA Bruins vs. the Colorado Buffaloes.

For more details contact Gunnery Sgt. Joseph Daquila at Semper Fit, 577-6543.

# Hypertension awareness

Submitted by **Jennifer Wales**  
Health Promotions Coordinator

Any blood pressure reading that consistently stays over 140/90 or higher is considered high blood pressure. Blood pressure is the pressure of the blood flowing through your blood vessels against the vessel walls. Blood pressure depends on your blood flow (how much blood is pumped by your heart) and the resistance of your blood vessels to blood flow. If the pressure is high your heart must work much harder to maintain adequate blood flow to your body.

There are several known factors that may contribute to high blood pressure and increase the risk for heart attack and stroke.

**Controllable risk factors:**

These factors you can change to alter your chances of getting high blood pressure or use to control your high blood pressure

**Obesity** - People with a Body Mass Index of 30 or higher are more likely to develop high blood pressure.

**Eating too much salt** - This increases blood pressure in some people.

**Alcohol** - Heavy and regular use of alcohol can increase blood pressure dramatically.

**Lack of Exercise** - An inactive lifestyle can lead to obesity, which can

raise blood pressure.

**Stress** - This is often mentioned as a risk factor. However, stress levels are hard to measure, and responses to stress vary from person to person.

**Uncontrollable risk factors:**

**Race** - African Americans develop high blood pressure more often than Caucasians, and it tends to occur earlier and be more severe.

**Heredity** - A tendency to have high blood pressure runs in families. If your parents or other close blood relatives have it, you're more likely to develop it.

**Age** - In general, the older people get, the greater their chance of developing high blood pressure. It occurs most often in people over the age of 35. Men seem to develop it most often between age 35 and 55. Women are more likely to develop it after menopause.

While hypertension cannot be cured, it can be controlled.

Once it has begun to be managed, and treatment is started, maintaining a lower blood pressure is easier. By controlling high blood pressure the risk of diseases like stroke, heart failure, and kidney disease is lowered.

For the entire month of September free blood pressure checks will be offered every Wednesday from 11:30 a.m. to 12:30 p.m. in the base gym.

This is a great place to start since hypertension has no signs or symptoms.

## SCAMS from Page 2

grammed your telephone to forward incoming calls to your number to a long distance operator. Con artists can then call your number to be forwarded to the long-distance operator, placing calls that are eventually billed to your home telephone number. If you receive this type of automated "prize" call, simply hang up.

If you are a victim or have encountered other types of phone fraud, a number of organizations and government agencies can provide you with additional information or assistance. They include but are not limited to:

National Fraud Information Center, 1-800-876-7060, <http://www.fraud.org>.

Federal Trade Commission - 6th and Pennsylvania Ave. N.W., Washington, D.C. 20580, <http://www.ftc.gov>, 202-276-2222.

United States Postal Service - Mail fraud complaints may be directed to the U.S. Postal Inspection Service at (800)372-8347 or, <http://www.usps.gov/websites/department/inspect>.

## GUNNY'S PICKS

Week 3



Congratulations to Stephen Waugh, license examiner at Public Works Division, winner of week two's Gunny's Picks. He went 12 - 2, picking Sunday's matchups.

Waugh, a Las Vegas resident, said his favorite team is the Philadelphia Eagles, or any team that covers the spread. After two weeks, this is turning into one of the most unpredictable seasons in the annals of the National Football League.

When the NFL commissioner said he wanted parity in the game, boy did he ever get it. Now it's getting harder to predict what teams are going to be victorious on any given Sunday. Here's a look at next week's matchups.

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

Carolina at Minnesota\*  
Cleveland at Tennessee\*  
Dallas at Philadelphia\*  
\*Indianapolis at Houston  
Kansas City at New England\*  
New Orleans at Chicago\*  
NY Jets at Miami\*

Buffalo at Denver\*  
\*San Diego at Arizona  
\*Green Bay at Detroit  
Seattle at NY Giants\*  
\*Washington at San Francisco  
Cincinnati at Atlanta\*

### Monday Night

St. Louis at Tampa Bay\*

Total points: \_\_\_\_\_

Name, work section and phone number: \_\_\_\_\_

Monday night's game is a tie-breaker and must include a total score.

1994 ISUZU TROOPER: Low Miles: 77K, 4x4, 5 speed, great interior, power mirrors, windows and door locks. CD and cassette player. \$6,800 OBO. Call 252-1908 for details.

1994 ASTRO VAN: Extended 8 passenger, loaded, \$6,000, OBO. Call 252-5181 AWH.

MOTORHOME: 1996 Challenger R.V. Motorhome, 33' long, fully self-contained, w/6.5 KW Onan Generator, 21K miles, xlt. shape and mechanical condition, lots of amenities, too much to list \$34,500 OBO. Call for details 252-1817.

MOTORHOME: 1978 motorhome, Dodge Winnebago, Minni Winni, stove, fridge, roof, A/C, generator, sleeps 6, runs good, needs some interior/exterior work, priced to sell \$1,800. Call Ron at 252-5365 AWH.

MISCELLANEOUS: 5 Aluminum rims 15" x 8". Call 254-3675 AWH.

MISCELLANEOUS: 1999 Honda CR80 dirt bike, bought in 2000, race ready, race tech suspension front and rear, recent top end overhaul, new clutch, renthal bars, lever guards, oversized chain, good tires, spare air filter, tires, plastic, etc. owners/service manual, very clean, \$2,300, OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 2000 Yamaha YZ 125, great shape, low hours driven, good tires, \$3,000. Call Ron 252-5365 AWH.

MISCELLANEOUS: 2000 Yamaha Blaster ATC, 200cc motor green sticker, \$2,300. Call 253-2858, ask for Domingo.

MISCELLANEOUS: 1997 Yamaha 350 Banshee, new rear tires, FMF pipes and silencers, pro flow intake, K & N air filter, good shape, \$4,500, OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 16 ft. car hauler trailer, extra wide with 4 ft. mesh ramp, diamond plate deck, elect. brakes good tires w/spare, heavy duty jack, good condition, used very little, \$1,000. Call Ron 252-5365 AWH.

MISCELLANEOUS: 315.75-R16 Tires (4) on 16x10 Eagle alloys 143, 8 lugs, \$1200, Call 253-2858 ask for Domingo.

MISCELLANEOUS: Michelin truck tires, LT 235 85 R16 good condition, \$30 each; waterbed w/simmons Beautyrest flotation mattress, headboard w/5 compartments and six drawers underneath, \$200. call for appointment. Call 256-6629.

MISCELLANEOUS: 2 MTX 12-inch subwoofers and Rockford Fosgate 700 watt amp \$600 OBO. Call 252-7375 ask for Steben.

MISCELLANEOUS: Weedeater electric trim and edge model XT10 xlt. cond., \$20. Truck Tire LT 215; 85-R16, good cond. \$20; Auto Tire P185-70-R14, \$15; P175-70-513, \$10, one each. Call 256-6629.

MISCELLANEOUS: Used windows, 8'x4', 6'x4', 4'x4', three each, 3'x3, 3'x2', bath \$35 for all; used RR ties twelve \$35, must take all. Call 243-1392.

MISCELLANEOUS: Wood microwave cart with 2 shelves, drawer, towel bar \$100; swivel rocker-recliner \$250. Call 254-2295 lv. msg.

MISCELLANEOUS: Computer operating system, Pent III, windows ME 700MHZ, includes Multi media, 20GB hard drive, DVD player-CD-Rom, 3.5 Floppy, 546 modem, video, 3P sound blaster, 17" monitor, printer-cannon, keyboard/mouse, speakers, \$400, OBO; Authentic Casino Slot from Trump Plaza, dollar, token or silver, xlt. cond., \$850 OBO. Call 256-7557.

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

To place business-related adds call:

**Aerotech News and Review**

**(661) 945-5634**

