

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 54

Marine Corps Logistics Base Barstow, California

November 21, 2002

Buckle up

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

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

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

Local girl donates birthday presents

Marine receives gifts for TFT

By Rob L. Jackson
BARSTOW LOG Staff

The annual Marine Corps Reserve Toys For Tots Program got a much-needed shot in the arm this past weekend when it received a donation from a very unique source.

Olivia Davis turned 6 years old this weekend, and what makes her different than the average girl her age is that every toy she received as a birthday gift she donated to Toys For Tots.

"How did that happen?" one might think.

Like any child her age, Olivia is at an age where it's "I want, I want," according to Barstow resident Lisa Davis, her mother.

"We had a discussion about that, and I told her that there are many other children out there whose families cannot afford toys for them or ... provide a good meal for them," said Davis.

Olivia wondered what could she do to help and, after discussing it with her mother, decided to donate all the toys she received to Toys For Tots. However, there was one stipulation to her wish; she wanted a Marine to come and pick them up.

Upon hearing of the donation and Olivia's request, MCLB Barstow dispatched Lance Cpl. Daniel Perez, its Marine of the Quarter, to make the pick up. When he arrived she presented him with a box of toys saying, "Thank you for com-

ing out and thank you Marine Corps for helping all the children."

Perez praised and thanked Olivia for the donation. Before leaving they hugged each other and then Perez thanked all the party attendees for their continued support of the Marine Corps Reserve Toys For Tots program.

Although locally the program is getting a slow start, Olivia's donation helps give the program a jolt and adds something special to it. Special in that it's donated by a child for other children less fortunate and will make this year's Toys For Tots Telethon, scheduled for Dec. 7 at the Elks Lodge in Barstow even more memorable.

For more information about the MCLB Barstow Toys For Tots drive, or how to become more involved, contact the MCLB Fire and Emergency Services Division at 577-6732/6866/6855.

Editor's Note:

Toys for Tots donation drop boxes can be found at the following locations: Nebo and Yermo Fire Departments, Maintenance Center lobby, Housing Office, Family Restaurant, Base Gym, Warehouses 3, 5, 7, 401 and 406, Buildings 15, 17, 129, 170, 198, 236, 302, 322, 614 and the Golf Course

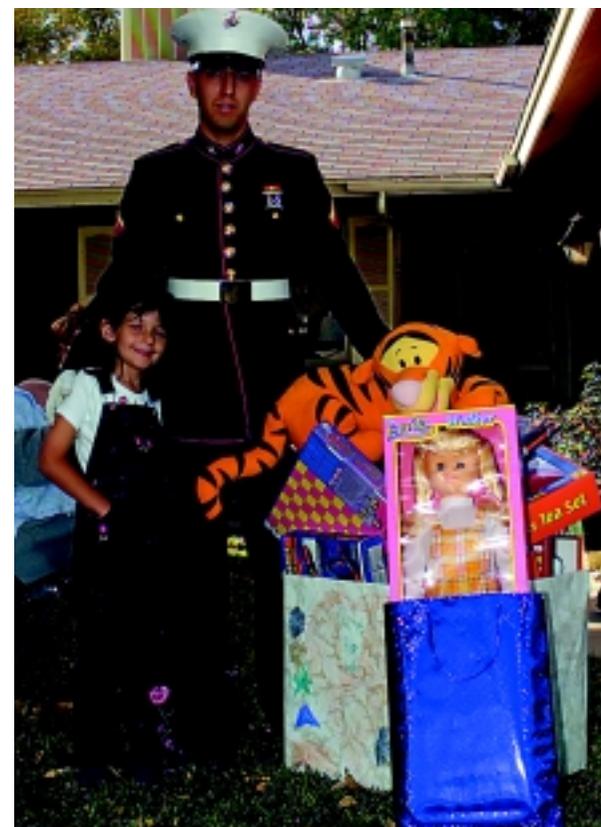


Photo by Rob Jackson

Olivia Davis is all smiles after donating toys to the Marine Corps Toys For Tots program. Accepting the gifts on behalf of the program is Lance Cpl Daniel Perez, MCLB Barstow's Marine of the Quarter.

Semper Fit holds Health and Safety Fair

By Cpl. Joshua Barnhardt
Editor

Semper Fit sponsored a Health and Safety Fair at the Base Gym Nov. 13.

Representatives from various organizations set up booths at the event to inform MCLB employees of the various health and safety issues.

"We had a good turn out," said Jen-

nifer Wales, Semper Fit health promotions coordinator. "We had 27 different booths set up offering the people different things."

Among the different things offered to the patrons of the fair were body fat checks, skin cancer screenings, blood pressure checks, free flu shots, and safety shoes, said Wales.

MCLB was represented by the Fire and Emergency Services Division, the Branch Medical Clinic, Occupational and Environmental Health, the Personal Services Division, Semper Fit, and the Provost Marshal's Office.

Fire and Emergency Services Division provided the Smoke Safety House to show people how to escape from a smoke-filled room.

The Branch Medical Clinic did skin cancer screenings, and Semper Fit did body

fat checks.

Occupational and Environmental Health provided flu shots to MCLB employees.

The Personal Services Division provided information on topics ranging from education to drug and alcohol prevention.

The Provost Marshal's Office did a working dog demonstration, showing the capabilities of its K-9 units.

Some of the most informative booths set up were of the different health plans available to government employees.

The Mail Handler's Benefit Plan, Blue Shield of California, Cigna, Kaiser Permanente, and PacificCare Health Plans all had booths containing information about their plan.

It is currently open season for government employees to switch health care providers.

For more information of health care plans, employees can go to www.opm.gov/insure/03/index.asp



Photo by Cpl. Joshua Barnhardt

Hospital Corpsman 2nd Class Marvin Alejo, corpsman at the Branch Medical Clinic, gives a flu shot to an employee of MCLB Barstow.

While driving, remember to buckle the safety belt

By Capt. Robert Crum
Public Affairs Director, Twentynine Palms

The truism that there are some things you just have to learn on your own has perplexed philosophers throughout history. Sooner or later it seems reasonable that humans would develop a penchant for learning from the mistakes of others. As we know, experience may indeed be the best teacher, but more often than not she's an unforgiving tutor. Sadly, to state the obvious, we can only learn from the experiences we survive.

Learning to drive on the winding country roads in the Ozarks years ago was exciting. Rural traffic at that time was quite sparse compared to what we find on today's congested roads, and most of us had a hard time "holding it down" to the speed

limit. Our young hearts were thrilled by the feel of the road beneath us. It's by the grace of God any of us survived.

Strangely enough, seatbelt usage wasn't even a topic for the average kid. It seemed no one really believed in them. Morbid jokes frequently circulated, questions and answers such as:

"Why do EMTs recommend the use of seatbelts?"

"So they don't have to look so hard for the bodies."

Such banter, while we thought it was funny, revealed not only our ignorance of the subject, but also our ignorance about the fragility of our lives. We occasionally saw tragedy around us, but boldly and naively thought, "It can't happen to me."

And then, though years later, it did. It happened

to me. And by divine providence I was wearing my seatbelt. I say "by divine providence" because I only wore my seatbelt when I felt like it.

I was taking my five miles per hour above the 65 mph Missouri speed limit when a Ford Torino I was meeting pulled out to pass in my face. I didn't have time to think – only react. Navigating to the shoulder, across a ditch and into a plowed field, I found myself surprised that I was somehow still "in control." The transition from road to ploughed earth was rough. The weight of my body pushed against the seatbelt, obliged by the law of inertia to continue in a straight line unless acted upon by an outside force.

The seatbelt was that outside force. Instead of becoming a passenger in my own driverless careening pickup truck, I was able to bring the vehicle

back under control and return it to the road without further difficulty. I honestly can't say that a seatbelt saved my life that day, or even spared me serious injury. But I can say that the seatbelt kept me behind the controls of my pickup when otherwise I would have been bounced around the cab. With my hands on the wheel and my feet on the pedals I remained in control, and I was acutely aware of where I was throughout the incident.

Experience was kind to me that day. For once I learned from her. Since then I've worn seatbelts religiously, and am an ardent supporter of their use. Law or no law, wearing your seatbelt is a wise choice. It's my hope that others won't have to have a "close call" – or worse, live through a catastrophe (if they live through it) – before they get the message. Buckle up: It's the smart thing to do.

Time of year to give thanks

By Lt. Cmdr. Randel Livingood
Base Chaplain



As the weather turns cooler and what leaves we have fall from the trees, we often find our thoughts turning toward the Thanksgiving holiday just around the corner.

Thanksgiving is a wonderful time of year because it sort of acts as the gateway to Christmas, a time of joy and sharing.

Thanksgiving has historically been a time when we pause from what we are doing to be near family and friends and celebrate the good things in our lives. I must admit that celebrating Thanksgiving is easy for me; I have much to be thankful for.

As I consider all that I have to be thankful for, I am reminded that for many the task is a bit more arduous.

Many find themselves facing tragedy, or estrangement, or homelessness, or hunger, or all of the above. Have you ever wondered how those people feel at Thanksgiving?

It is so easy for me to smile at the hand of

some glistening platitudes about the graciousness of God or the plenty of the world, but when I stop and remind myself of those who will be facing hard times this Thanksgiving it sort of makes all those pithy sayings a little bit trite.

With that in mind, I began to ponder what Thanksgiving means to those in need and how could someone celebrate Thanksgiving who has nothing? Tough question. So here are my thoughts.

Those who suffer from weakness, sickness, or some other malady are not really unlike the rest. Many have been the victim of circumstance; others are the victims of bad decisions.

Whatever the case, I think it would be easy to be angry about being in that state of life. Sometimes we are able to direct our anger at someone else, who may or may not be the cause of our current situation in life.

Other times we see that we ourselves are the culprits and we direct that anger inwardly. How do we respond to that?

How can we face those feelings and come away with anything but more anger? I think the only way to do that is by employing the gift of forgiveness.

See **CHAPLAIN** Page 8

Just did my job ...



1st Sgt. James Barsksdale, Headquarters Battalion first sergeant, speaks to the Marines in formation during his retirement ceremony Friday. Barsksdale retired after 22 years of service and is slated to become the Marine Corps JROTC director at Chester High School in Chester, Pa.

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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Public Affairs Specialist:
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Bill Bokholt
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Sgt. Cory Kelly
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Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. **BARSTOW LOG** is produced at Aerotech News and printed at Castle Printing in Bakersfield, Calif. Printed circulation is 3,500.

For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

NEWS BRIEFS

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

Leave Sharing Program

Bill Whyde, Public Works Division, has been affected by a medical emergency. Anyone desiring to donate leave under the leave sharing program may obtain a leave donor application through his or her division or center administrative officer. For more information, call Nova Jaleco at 577-6736, or David Unruh at 577-6004.

Flu Shots

Flu shots are now available to all eligible beneficiaries at the Branch Medical Clinic. Shots will be given at the Immunization Section from 8 to 10:30 a.m. and 1 to 3 p.m. daily except for Thursday afternoons. For more information, call 577-6491 ext. 114.

MMEA visit

Manpower Management Enlisted Assignments will be at MCLB Barstow Monday.

Their will be a first-term brief at the Base Chapel from 8:30 to 9:30 a.m., a career brief open to sergeants and above at the Oasis Club from 8:30 to 10:30 a.m., and monitor and counselor interviews at the Oasis Club from 10:30 a.m. to 2 p.m.

The purpose of the visit is to better support commanders and their Marines when making assignment and retention decisions and strengthen communication.

Career counselors will be on hand to provide individual counseling to any sergeant and above desiring it. Primary military occupational specialty monitors will be available to discuss career options and duty station assignments with individual Marines.

The following MOS's will have monitors available. 35XX, 58XX, 3044, 3051, 04XX, 34XX, 23XX, 55XX, 98XX, 0151, and 43XX.

Calico Heritage Fest

Calico Ghost Town will be having a Heritage Fest Nov. 29, 30 and Dec. 1. It will feature the Rifleman rifle on display, a barbecue and dance Nov. 30, four live bands and stunt gun-fights.

Prices are \$8 for adults and \$5 for children. Children under 5 years old are free. For more information, call 1-800-TO-CALICO.

CFC campaign underway

The annual Combined Federal Campaign kicked off Oct. 21 and will run through the end of November. This year's CFC coordinator, 1st Lt. Michael Smith, MCLB Finance Office, is looking toward a successful outing.

For this year's campaign, as in the past, the goal is make 100 percent contact with all MCLB Barstow civilian and military personnel. The following are the key personnel for the dif-

ferent cost work centers to contact for making a donation to any of the many organizations:

Communications Division
Ruby Adams 577-6751
Maintenance Center
Cindy Malloy 577-7146
Base Safety
Gunnery Sgt. Craig Stanley 577-6003

JSA/OGC
Barbara Kulseth 577-6771
Commissary
Robin Leeks-Ellis 577-6403
4th Platoon
Staff Sgt. James Daly 577-6062
Fleet Support Division
1st Lt. Jason Kut 577-7611
HRO
Meredith Taylor 577-6478
MCCS
Margie Bunt 577-6896
Building 15
Bertie Dailey 577-6350

CWRA Turkey Drawing

The Civilian Welfare and Recreation Committee will hold its annual Thanksgiving Drawing for four \$15 gift certificates to Stater Brothers, drawn each Thursday. The winner of the third drawing was Donnie Hulsey.

To participate, fill out a drawing slip and put it in a turkey can. To find turkey cans, or for more information, call Dan Keirn at 577-6614.

Commissary hours for the Thanksgiving holiday

The Commissary will be open Monday, and closed Nov. 28 and 29. This will allow store patrons an extra day before the holiday to shop. Commissary schedule for Sunday through Nov. 30 will be:

Sunday - Closed
Monday - 9:30 a.m. - 6 p.m.
Tuesday - 9:30 a.m. - 6 p.m.
Wednesday - 9:30 a.m. - 6 p.m.
Thursday - Closed
Friday - Closed
Saturday - 8:30 a.m. - 5 p.m.

For more information, call the MCLB Commissary at 577-6438.

Semper Fit seeks resumes for All-Marine Wrestling trials

The All-Marine Wrestling Trials will be held Feb. 10 through April 9, 2003, at MCB Quantico, Va. The Armed Forces Wrestling Championship will be held April 10-14, 2003 at Mountain Home Air Force Base, Ind.

Marines interested must submit resumes in accordance with figure 3-4 of MCO P1700.29 no later than Dec. 15, 2002. Resumes must include past wrestling experience, weight class, number of matches, and results in past two years.

MCO P1700.29 can be found at www.usmc-mccs.org under policy.

Resumes must contain command endorsement stating the Marine will be made available to attend all events if selected. Marines stationed at a command with a local MCCS Semper Fit must also send their resumes through the Semper Fit athletic director.

Veterans Home of California - Barstow events

On Nov. 28 Marines and their families are invited to enjoy Thanksgiving lunch with the Veterans Home residents, and the cost is \$4 per person. Also on Nov. 28, the residents are cordially inviting members of the Single Marine Program out to have lunch and enjoy televised football games.

There is no cost to the Marines and refreshments will be provided. For more information on any of the events, contact Amy Kenneally at 252-6288.

Semper fit seeks resumes for Army Invitational/CISM Taekwondo Trials

The Army Invitational/CISM Taekwondo Trials will be held May 9-12, 2003, at Fort Indiantown Gap, Pa. A 1st place finish in this event will qualify Marines for the National U.S. Taekwondo Union (USTU) Championship, June 11 - 15, 2003 in New Orleans, La.

Marines interested in competing must submit resumes in accordance with figure 3-4 of MCO P1700.29 no later than March 1, 2003. Resumes must include previous Taekwondo competition and results from the past two years. Resume must also include:

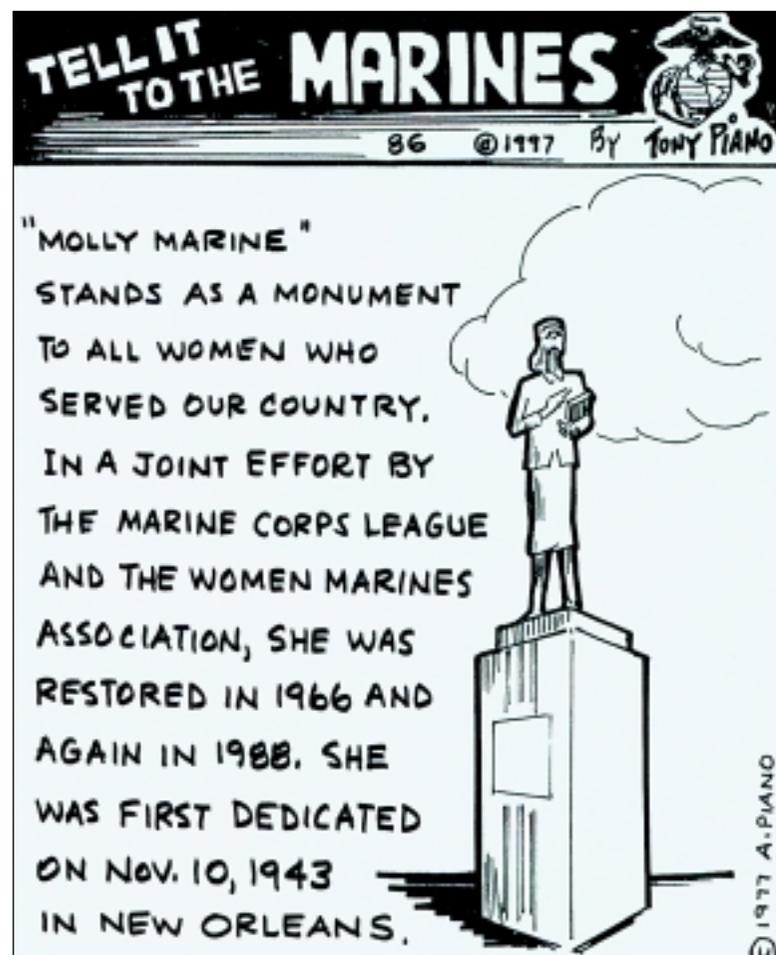
a. Kukkiwan Dan certification (black belt)
b. Current 2003 U.S. Taekwondo Union membership card number.

MCO P1700.29 can be found at www.usmc-mccs.org under policy. Resumes must contain command endorsement stating the Marine will be made available to attend all events if selected. Marines stationed at a command with a local MCCS Semper Fit must also send their resumes through the Semper Fit athletic director.

Semper Fit seeks resumes for All-Marine cross-country team

The Armed Forces Cross Country Championship will be held Feb. 13 - 17, 2003, in Houston. The All-Marine team will be composed of 10 men and five women.

Marines interested in competing must submit resumes to HQMC Semper Fit (MRS) in accordance with figure 3-4 of MCO P1700.29 no later than Dec. 9, 2002. Resumes must list dates, places, and finish times of 10k and 5k races ran in past two years. Marines must be registered with USA



Track and Field.

MCO P1700.29 can be found at www.usmc-mccs.org under policy. Resumes must contain command endorsement stating the Marine will be made available to attend all events if selected. Marines stationed at a command with a local MCCS Semper Fit must also send their resumes through the Semper Fit athletic director.

Knott's Berry Farm Salutes Armed Forces

Knott's Berry Theme Park presents its 13th Annual Salute to the Armed Forces from now until Nov 24. During this time all military personnel, past and present, will be admitted free. To take advantage of this special offer, personnel, whether retired or active duty, must show proof of service with a current military identification card, DD214, or a Veterans Administration hospital identification card. For more information call (714) 220-5200 or visit the Web site at www.knotts.com.

MCLB Basketball team seeks players

If anyone is interested in playing on the Base Basketball team, contact 1stLt Smith 577-6726 or Somer Meeden 577-6812. Practices will be held from 5:30 to 7 p.m. Monday, Wednesday, and Thursday, beginning Wednesday.

The team is slated to play college teams, other base teams, and in an intramural league at Fort Irwin that starts in January. Play and practice will continue through the month of

March.

Adopt-a-Vet

Once again the Chaplain's office will be sponsoring the Adopt-a-Vet Program. The Chaplain has received names and wish lists of vets from the Veteran Home of California - Barstow. If you would like to participate in this year's program, e-mail RP2 Dennison or Chaplain Livingood and request a name(s) and wish list of the person(s) you would like to sponsor. For more information on this program please call the Chaplain's Office at 577-6849.

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.

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 that 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.

Maintenance Complaint line

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

Marines and their books: train, fight, read?

By Sgt. Cory Kelly
Press Chief

Historically, Marines are known for many things - some good, some bad.

Some characteristics attributed to Marines are so outlandishly untruthful Marines themselves find the fact someone actually believes them rather asinine. Like the story developed after early '90s Middle-Eastern campaigns denoting natives flaunting stories of Marines having to actually kill their mothers to attain the title.

While no Marine had to kill another person, let alone his/her mother, to earn the title, Marines themselves boast of these fables as if they are a testament to their character - a braided example of what kind of person it takes to be Marine.

But there are other characteristics that aren't as shocking, but are more important to the survival of Marines today than the storybook characteristics that place them at the top of the corner-bar food chain.

These puzzling pages that make up the minds of Marines have nothing to do with innate abilities to kill, kill, and kill again.

They do, however, have a lot to do with stories and books themselves.

The program provides Marines with a wide variety of attainable knowledge introduced for education outside of the formal venues of instructional military schools

Like the concrete foundation of Barstow's historical district, a Marine's livelihood is cornered in his knowledge - the often unseen and attested platform upon which the puzzle is formed.

Embedding itself in the platform of Marine knowledge is the Marine Reading Program.

Just as those who walk the halls of Delaware College and brave the motto "scientia sol mentis," Latin for "Knowledge (is) the sun of the mind," Marines are driven to attain, retain and demonstrate knowledge as a constant in their careers.

Which is why senior leaders close to home and around the Corps put so much faith in the reading program. It would be almost sacrilegious for Marines to say in their presence that they didn't read.

Like with Chief Warrant Officer Joseph G. Charles, Administrative Support Division personnel officer, who attests that Marines who don't

read and fill their brains with the rich history and heritage of the Corps loose heavily in the long run.

"[It's important to] know the sacrifices of our predecessors and not let their efforts be in vain," Charles explained. "Knowing our past can help shape our future."

One could say his comments are demonstrative of why the Marine Reading Program is often referred to as the backbone of a Marine's education.

The program provides Marines with a wide variety of attainable knowledge introduced for education outside of the formal venues of instructional military schools and Marine Corps Institute self-study courses.

Formerly known as the "Commandant's Reading List," the reading program is also referred to as "Strength of the Pack - Strength of the Wolf" by Commandant Gen. James L. Jones, who changed the name of the program to its current

title in an effort to create a sense of personal ownership of the reading program by each Marine.

The program is outlined in two ways for easy access to different kinds of readers - books suggested by rank and books suggested by style of reading.

However, whether they are found in the "Leadership, Memoir and Biography Section" or the "Corporal and Sergeant Section," all 177 books contain valuable lessons catered toward building the knowledge and skills of growing leaders.

1st Lt. Casey Taylor, base adjutant, said he remembers vividly when he read "Colder Than Hell. A Marine Rifle Company at Chosin Reservoir" by Joseph R. Owen and the lifelong lesson in leadership he learned from it.

He read the book, which was being evaluated for its addition to the reading list, at The Basic School, Marine Corps Combat Development Center Quantico, Va.

Taylor recalled the account of a first lieutenant of a weapons company who would wear a day-glow, brightly colored vest when he would lead his troops into combat. Taylor admitted the vest wasn't very tactical, "but it wasn't about that, it was all about self-

sacrifice.

"He earned the respect of his troops by putting himself out in front. It was comforting to them because they could always see where he was and there wasn't any confusion about which direction he wanted them to move."

Taylor explained that although he doesn't see himself in that lieutenant's shoes any time soon, he often calls upon the message of self-sacrifice he learned from the book in the less life-threatening scenarios he deals with as the base adjutant.

All of the books suggested on the Marine Reading List are available at the Base Library, according to Francis Villeme, base education officer. "All of the books are sent out to us by Headquarters Marine Corps."

Villeme explained that even if for some reason one of the books on the list or virtually any book was not available for some reason, the library could get it.

The Base Library, along with the rest of the libraries in the Marine Corps, has joined an inter-library loan system with more than 70,000 libraries included. "So if there is a book or publication you want that we don't have, chances are we can get our hands on it."

NCO of Quarter sets standard for young leaders

By Sgt. Joseph Lee
BARSTOW LOG Staff

The words "honor," "courage," and "commitment" are symbolic of the Marine Corps' heritage.

Marines strive to exemplify these qualities daily, and once per quarter select enlisted Marines put their own characters to the test in front of a board of senior noncommissioned officers.

One Marine is selected from each board to be that shining example; a Marine for other Marines to emulate.

This quarter, the personnel chief of administrative support division became that example, outshining his peers to become the NCO of the Quarter.

Los Angeles native Cpl. Carlos E. Barrientos outperformed his peers with an exceptional demonstration of leadership, devotion to duty, comprehensive professional knowledge and outstanding military bearing.

"He's a Marine that is not afraid of hard work," said Chief Warrant Officer 2 Joseph G. Charles, personnel officer for HQBN. "He's a Marine who leads by example; always looking to help his fellow Marines succeed in every aspect

of their jobs."

"He says what's on his mind, and is not afraid to make corrections when they need to be made," said Lance Cpl. Rowson, diary clerk with HQBN administration. "He knows his job well, and when we make an error, he makes sure that we are taught the right way rather than just getting upset. I think that's what makes a good leader."

According to Charles, Barrientos was selected to compete on this board because of his ability to handle situations with the maturity of a Marine two to three pay grades above his actual rank.

"Being the personnel chief as a corporal can be very demanding," said Charles. "Especially because he must prioritize tasks requested by Marines of much higher rank."

The newly appointed personnel chief is all too familiar with those responsibilities accompanied with being a leader of Marines.

"Since I arrived here in March I have been selected to compete on two boards of this kind, which is a huge honor," said Barrientos. "Being the chief of a section entails a list of responsibilities, to include the responsibilities to my sub-

ordinates during off-duty hours."

Off-duty, Barrientos assists his fellow Marines with what they need to win boards of their own.

According to Charles, his personal contribution of time was instrumental in Lance Cpl. Jones' success on the meritorious lance corporal board in October. "She looks up to Barrientos for guidance, along with the rest of his subordinates."

"Receiving this honor is just one more indicator to me of the amount of responsibility laid in the hands of NCOs," said Barrientos. "It certifies within me that what I know, and what I am doing is correct, and knowing that allows me to pass my knowledge on to my subordinates with confidence. In future experiences, I can accurately advise my peers on what to expect."

After winning this competition, he has set goals to better himself and to improve the operations of his section.

"I am always looking for ways to make changes which may make things run smoother," he said. "I am a 'work smarter, not harder' type of Marine, and anything I can do to make things more efficient will help the next person who

fills my shoes."

In order to work smarter, Barrientos is enrolled in Barstow Community College, with plans to graduate with his associate's degree before he completes his four-year enlistment with the Marine Corps.

"We'll see what happens," said

Barrientos, "but my goal is to get my degree. After that, I'd like to see what I could offer to the drill field. I want to be a drill instructor."

"He's a good Marine," said Charles, "and I think he has a lot to offer the Marine Corps in and out of his occupational specialty."



COMMANDER'S CORNER

Maintenance Center Barstow

Monthly Safety Tip ... Shop hazards

It is safe to say that incidents or accidents do not usually just happen; they happen for a reason and are usually due to unsafe acts or conditions. The following is a list of incidents that have typically led to employee accidents.

This list focuses upon shop work, but of course there are many other unsafe acts, conditions, or work activities that give cause for concern. Which of these conditions have you perhaps worked under in your shop or maintenance area?

- Adjusting, or cleaning a machine while it is in operation.
- Removing a machine guard or tampering with its adjustment.
- Using compressed air over 30 psi to remove metal chips from work surfaces.
- Using compressed air over 30 psi to blow dust or dirt off clothing or out of hair.
- Working without safety glasses and/or a face shield in a designated eye-hazard area.
- Failing to use ear plugs in work areas with high noise levels.
- Wearing gloves, ties, rings, long sleeves, or loose clothing around machine tools.
- Using a grinder with no tongue guard or properly adjusted work rest (1/8 in. max. clearance).
- Lifting an object that you know is too heavy for one person to handle.
- Using an ungrounded or non-insulated portable electric hand

tool.

- Using frayed or poorly patched electrical cords.
- Smoking in areas where flammables or combustibles are used or stored.
- Storing spare oxygen and acetylene bottles near each other when not in use.
- Using cranes beyond their load limits or with a missing safety latch on the hook

Don't be another "typical" incident statistic. Work smarter! Work safely!

Now ask yourself:

1. Have you ever engaged in any of the above actions and suffered injuries? Was it worth it?
2. Have you ever worked under any of the above conditions—and NOT suffered an injury?
3. If you've been lucky so far, isn't it foolish to become complacent?

The above actions have caused many serious, sometimes fatal, injuries in shops and work places—and are just not worth the possible consequences.

MAC-2 a satisfied customer

By George H. Austin Jr.
Communications/Electronics/Metrology

Maintenance Center Barstow has a satisfied customer in the Marine Air Control Squadron 2 at Marine Corps Air Station Beaufort, S.C.

Staff Sgt. J. B. Thompson, radar maintenance chief at MACS-2 sent an e-mail thanking Barstow for an outstanding job.

"I would just like to take a few minutes to express all of our appreciation in your TPS-59 Team's support. The newly rebuilt antenna that went to Beaufort performed phenomenally for us. The overall cleanliness and neat appearance made it easy

to work on," Thompson said in his e-mail.

They did have failures but considering the time it was up they were minimal.

Thompson also added thanks to Maintenance Center Barstow for continued support and being a key factor to success.

"The continued support that you are all providing to us whether deployed or in garrison is greatly appreciated as well. You make our job easier and are key to our success in our missions. I know that I just work on the radar, but I have been praised on numerous occasions for the readiness of the gear. When this happens, have no doubt that you are mentioned as being a key factor to our success. Thanks again for all of the support. We couldn't do it without you," said Thompson.

Congratulations and thank you

By Carl Chisam
Production Management Department

I would like to personally thank all the members of the MC Picnic Committee and all the other volunteers who participated from early morning throughout the entire day in preparation, presentation, entertainment, and clean up of the 33rd Annual Maintenance Center Picnic held on Oct. 19 at Obregon Park.

In addition, I also would like to recognize the Fire Department for their excellent Safety House Display, the Military Police who provided the Guard Dog demonstration and the MPs controlling the Yermo gates. All these efforts made the picnic the "Fun Time" we had all hoped it would be.

More than 400 employees and their families attended this year's

event and celebrated yet another great picnic.



Photo by Jary Jarrett

Reminder ...

If you are looking for information about
Maintenance Center Barstow
go to the Web pages



Intranet

www.mclbonline.barstow.usmc.mil

then click on Organization
and
Maintenance Center Barstow

or



Internet

www.barstow.usmc.mil

then click on Organization
and
Maintenance Center Barstow

Farewell to Paul Willis

By Randy Spencer
Environmental and Safety

Most of you here know, or know of, Paul Willis. As a WG-6 Hazardous Waste Handler Paul has been the backbone of hazardous waste management for close to 10 years now.

He's well liked by those of you who know him, always motivated to give you a helping hand when needed and one of the hardest workers I know of.

Well, I have bad news and I have good news. The bad news is that Paul will be leaving us. The good news is that he has received a promotion to Environmental Protection Specialist, GS-7/9 at the Base Environmental Division. The rest of the good news is that you can count on seeing Paul often at the Maintenance Center since his new duties will consist of environmental inspections.

As sorry as I am to lose such a valuable employee, I'm overjoyed that Paul is receiving his just rewards. Congratulations Paul. Thanks for all your help and hard work.



1st Lt. Casey L. Taylor, base adjutant, counters a rear kick thrown by Capt. Prassereth Yang, Communications Division communications officer.

Art of survival

MARINE CORPS MARTIAL ARTS PROGRAM

By Sgt. Cory Kelly
Press Chief

Staggering toward the edge of Sorensen Field one by one, some gripping their aching backs and others massaging the day's pummeling from the base of their skulls, they seemed lost in a state of question – wondering if they had known of their impending discomfort would they still have shown up that morning.

The 10 students, both officer and enlisted, grouped together momentarily in the parking lot before driving off to the barracks or their homes in search of hot showers and buckets of Bengay. Grim-faced they told each other their most extreme moments of discomfort from the day and seemed sated by the knowledge that the Marines to their right and left struggled just as much as they had before they went their separate ways.

No one told them that the Marine Corps Martial Arts Program training day one would send their minds and bodies stumbling forward, backward, up then down, on the ground and through the air as chaotically as they had been for the last five hours.

Like clockwork, the battered procession of Marines ended the next two days of training the same way – in a pool of pain as they crumbled away from the face of the field.

But by training day four the mood changed. In groups of two, the students spend half the day testing for their tan belts. And when all was said and done the procession of Marines began to peel away from the field.

This time their sodden expressions and grim faces seemed replaced by the glow of accomplishment, having successfully completed the Marine Corps Martial Arts Pro-

gram tan belt training.

"It was a lot more difficult than I thought it was going to be," admitted 1st Lt. Casey Taylor, base adjutant, whose opinion was shared by the rest of the students.

Both MCLB instructors, Staff Sgt. John C. Green and Sgt. Anthony L. Slater just grinned and eyed at each other at the lieutenant's and other student's comments.

"What you guys went through was nothing compared to the instructors courses," Slater boasted while Green agreed.

Green said, "We tried to give you a compressed version of what [Slater] and I went through at the [Marine Corps Martial Arts Instructors' Course]."

He explained that it would be easy for him and his lead instructor to just go through the motions with the students and then test them on it. "but what have you really learned?" he asked rhetorically. "You're not going to learn anything unless you put something into it."

All the class members seemed to be in agreement as they stared around at the cuts, scrapes and bruises marking their bodies and those of the Marines around them, they were well earned warrior wounds of the first class of MCLB tan belt graduates.

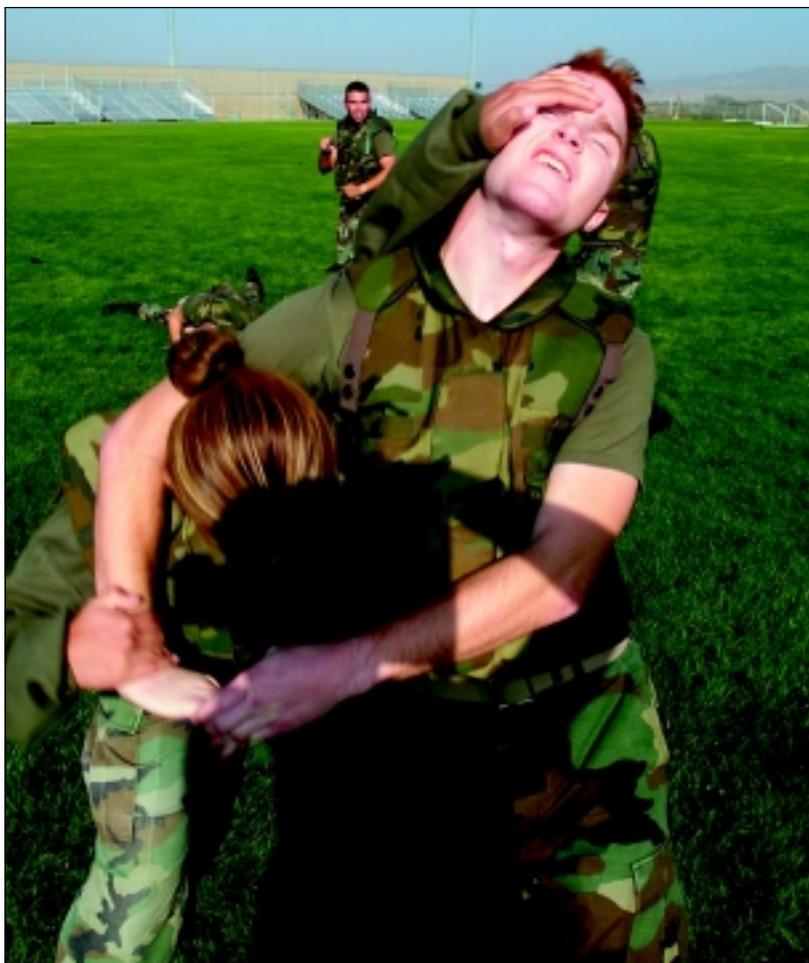
The next MCMAP tan belt training is tentatively scheduled to begin in early December. Interested Marines should contact the Headquarters Battalion S-3 Office for more information.

Editor's Note:

For more information about the Marine Corps Martial Arts Program or about upcoming tan belt classes call the Headquarters Battalion S-3 Office at 577-6502.



Lance Cpl. Steven E. White, calibration technician at Maintenance Center Barstow, chokes Capt. Prassereth Yang, Communications Division communications officer, blocking the blood flow to his head during a grappling session while Staff Sgt. John C. Green watches during Marine Corps Martial Arts tan belt training.



Sgt. Alma L. Fragoso, supply clerk, counters a rear headlock by Lance Cpl. Anthony M. Spart, communications center operator, during tan belt training.

Marine Corps October Safety Summary

Compiled by
BARSTOW LOG Staff

During the month of October 2002, six Marines died in on- and off-duty mishaps, three Marines died in apparent suicides, and 12 Marines and sailors suffered significant injuries. The following is a summary of our casualties for the month of October 2002:

A. Fatalities

One Marine died in an on-duty mishap this month. A lance corporal assigned to HQSPTBN drowned after falling in a lake during land navigation training.

Five Marines died in off-duty mishaps this month. Four Marines died in separate motor vehicle accidents. A corporal from I MHG, I MEF lost control of his vehicle during a turn and collided with on-coming traffic. Another corporal, from Weapons Company, 2d LARBn died after losing control of his vehicle and striking a utility pole. A lance corporal (USMCR on active duty) died as a passenger when the driver of the vehicle in which he was riding attempted to pass in a no-passing zone and struck oncoming traffic head-on. Another lance corporal, from MALS-31, was struck and killed by a vehicle while standing on the side of the road. A staff sergeant from MWSS-371 died as a result of a motorcycle mishap when his dirt bike went airborne and crash-landed, breaking his neck

B. Suicides

Three Marines died in apparent suicides this month. A lance corporal from HMMT-164

took his life by jumping from a 12-story building; a private first class from MWSS-271 was found unresponsive in his home; and a staff sergeant from 1st Bn., 8th Marines died from a self-inflicted gunshot wound to the head.

C. Injuries

Six Marines sustained serious on-duty injuries in October. A sergeant from HqSvcBn, 1st FSSG fractured his wrist and suffered a mild concussion after being thrown over the handlebars of his government motorcycle. Three lance corporals from Company D, 1st LAR were injured when ordnance exploded while setting up a quick kill range; fortunately, none of the injuries were life threatening. A recruit from MCRD Parris Island shot off the tip of his finger while adjusting his rifle sling during training. A gunnery sergeant from military free fall school suffered cracked ribs and possible fracture of the vertebra after falling 10 to 15 feet in a vertical wind tunnel.

Five Marines and one sailor were seriously injured in off-duty mishaps. Five of the injuries occurred in motor vehicles, and the sixth mishap was the result of a Marine being hit by a motor vehicle. An airman (ABFAN) from HqBn, MCB Hawaii suffered head and neck injuries in one accident. A private first class from 2/1 sustained neck, face and jaw injuries, as well as fractures to both arms, in another accident. A lance corporal from VMFA-321 sustained severe facial lacerations after he reportedly lost control of his vehicle while driving aggressively, causing it to flip several times. A sergeant from

I&I Staff, Eng. Maint. Company, was hit head on by a driver attempting to pass in the wrong lane; he suffered chest trauma, to include a collapsed lung. A corporal from 8th Comm. suffered a fractured vertebra and memory loss after she lost control of her vehicle, rolling it several times, and then being ejected. A private from 2d SupBn, 2d FSSG was struck by a vehicle while walking to work on base; he suffered a fracture to his lower leg and ankle.

D. Aviation - none.

E. Looking ahead

This time last fiscal year, four Marines had died in aviation, on-duty ground and off-duty mishaps. This fiscal year, six Marines have died in aviation, on-duty ground and off-duty mishaps.

Fiscal year 2002 was one of the worst for off-duty mishaps, and early indications for fiscal year 2003 give cause for concern. Now is the time to turn the tide as we rededicate ourselves to train harder, but smarter and live richly, but safely. Now, more than ever, the importance of practicing organization risk management should be reemphasized, as safety programs and new initiatives seek to take a more proactive approach to keeping our Marines alive. Let's not allow the number of senseless and preventable deaths last fiscal year to have been in vain. We must learn from our past, to ensure we do not repeat it.

Once again, I expect each and every Marine to make safety the foundation of all you do.

Semper fidelis, J. L. Jones, General, U.S. Marine Corps, Commandant of the Marine Corps.

CHAPLAIN from Page 2

Sometimes we need to forgive others, sometimes we need to forgive ourselves, and sometimes it feels as though we need to forgive God.

The hard part is forgiveness is not easy. Forgiveness brings joy and relief, but is very hard to do when you have nothing, you're sleeping in the cold weather that fall brings and you're hungry.

Yet without forgiveness we will not be able to celebrate Thanksgiving.

Forgiveness is a powerful gift that enables us to come to terms with others and ourselves.

It is a gift that grants us the ability to secure joy even in the most taxing situations. It is also a gift that sometimes seems out of our grasp.

We may need help to access forgiveness and we made also need help to maintain our commitment to forgive. That is where each of us must look for a power outside ourselves for assistance.

For me, that grace and power comes from my belief, as I envision God. Others may see that outside source of power in a different way.

However you see it, I think it is important to access that source and begin making forgiveness a part of life.

Peace,
Fr Randel Livingood

MCLB Marines take out aggression at Ft. Irwin smoker

By Sgt. Cory Kelly
Press Chief

Two MCLB Marines made their appearance known at a Fort Irwin boxing "smoker" Sept. 19.

Efren J. Rangel Jr. won by decision after a three-round onslaught against Julio Berroa while Daniel E. Perez, a lance corporal motor vehicle operator with the Fleet Support Division, lost his bout with Vincent Cousar, a ser-

geant infantryman with the 3rd Forward Support Battalion from Fort Stewart, Ga.

In the fifth bout of the evening, Rangel, a corporal with the base Communications Division here, and Berroa,

a specialist infantryman stationed at the National Training Center, Fort Irwin, won the judge's and the crowd's attention as being the most smartly fought battle.

From the first ring of the bell it was apparent both boxers knew their way around the ring. Rangel danced around Berroa like a Greatfull Dead follower serenading a camp fire, as Berroa attacked with the accuracy of an arcade junkie playing a Silent Scope 2 video game – it was all about the skill and determination, and they both had it.

Berroa lead the first round taking the aggressive stance with the most successful landings, but the second round was much more difficult to score as the boxers got a better feel for their opponent's strengths and weaknesses, according to one judge.

The third round closed the deal as Rangel showed superior stamina and closed the match landing blows. "If (Rangel) hadn't gotten more aggressive in the third round like he did he would have lost," a judge noted. "It was really close."

Perez, on the other hand, met his match. His match being the improperly fitted head gear that some say lost the first two rounds for him.

"He beats the guy he fought nine out of ten times when he spars him in

practice, tonight just happened to be one of those nights he lost," Rangel said shortly after the match.

Most spectators said Perez didn't go head-to-head with his opponent, he went head-to-head with his headgear.

Seconds into the first round Cousar caught the corner of Perez's headgear and it slipped over his eyes.

For the rest of the round Perez fought to keep Cousar away and his headgear in place.

After some quick adjustments Perez was back out in the second round, only this time Cousar caught him just right and there was no saving him.

Perez's headgear slipped up and a barrage of punches followed. It was a good time before the judge could see the problem and stop the fight to fix the gear. But by then it was too late. Perez had lost his bearing and, eventually, the match.

Perez switched out headgear for the third round, but couldn't get composure back in time to save the fight.

"He's a good boxer," Cousar, the 30-year-old amateur boxing veteran, said. "It was a good fight, but someone has to lose. Tonight it was him. Tomorrow it might be me."

For more information about the base boxing team contact the Base Gym, 577-6898.

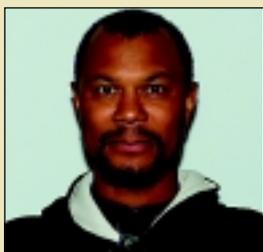


Photo by Sgt. Cory Kelly

Daniel E. Perez reflects seconds after his defeat by decision to Vincent Cousar at a smoker at Fort Irwin Nov. 19.

GUNNY'S PICKS

Week 12



Congratulations to Herman "Spike" Speights, with the motor pool at Installation and Logistics, this week's winner of the Gunny's Picks. Spike, a Redskins faithful, went 13-2 this week not including the Monday Night game between the Da Bears and Rams.

Seems like every week during this NFL season something weird has happened, and

the picks are getting harder by the week. After this past weekend the "Swami" was ready to quit losing an upset pick for the second consecutive week.

But going 8-2 overall on the upset picks so far, the Swami decided to try one more time. This week look for Tampa Bay, playing at home, to squeak by the Packers. Here's a look at the rest next week's match ups.

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.

- *Atlanta at Carolina
- *Buffalo at NY Jets
- *Cincinnati at Pittsburgh*
- *Cleveland at New Orleans*
- *Detroit at Chicago*
- *Green Bay at Tampa Bay*
- *Jacksonville at Dallas
- *Minnesota at New England*

- San Diego at Miami*
- Tennessee at Baltimore*
- *Kansas City at Seattle
- *Oakland at Arizona
- *NY Giants at Houston
- St. Louis at Washington*
- Indianapolis at Denver*

Monday Night

Philadelphia at San Francisco*

Total points: _____

Name, work section and phone number: _____

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



Photo by Sgt. Cory Kelly

Efren J Rangel Jr. throws a jab to his opponent Julio Berroa during a smoker at Fort Irwin Sept. 19. Rangel was one of two MCLB Marines to fight at the event. Rangel defeated Berroa by decision.



By Jim Gaines
MCCS Publicity

Thanksgiving sale in progress

The Thanksgiving sale running through the rest of this month offers great discounts - check these out: 10 percent off all TVs, 20 percent off Goldstar refrigerators, 30 percent off Waterford Crystal and 40 percent off red tag clothes.

Video rentals are now available at your Super Seven Store. In cooperation with Silver Screen Video we offer a wide selection of VHS, DVD and video game rentals.

New video arrivals - two day rental is \$2.75 (late fee each day \$2.75). Promotional videos - three day rental is \$.99 (late fee each day \$.99). Drop by and look over the selection.

The Super Seven Store is open Mondays through Fridays 6:30 a.m.

to 9 p.m., Saturdays 8 a.m. to 9 p.m. and Sundays 10 a.m. to 6 p.m. Call the Railhead Exchange at Yermo at 577-7092 for information and hours of operation.

Lunch menu

The lunch menu for the Family Restaurant and the Cactus Cafe this week are the same.

Today - Hawaiian baked ham.

Friday - Breaded Hoki fish or catfish.

Monday - Chili mac.

Tuesday - Chicken Alfredo.

Wednesday - Chicken cordon bleu.

Thursday - Thanksgiving brunch at Family Restaurant, 9 a.m. to 2 p.m. (See details in side bar at right)

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 are \$3 for military personnel and \$4.50 for civilian employees.

Family Night Dining

No Family Night dining on Wednesday. Family Night dining will be replaced by the Thanksgiving Brunch at the Family Restaurant Nov. 28.

Congratulations to golfers

Here are the winners of the Turkey Shoot Golf Tournament at Tees n' Trees Golf Course held Saturday.

1st Place - Mercer Lewing and Doug Johnson.

2nd Place - Ernie Martinez and Bobby Chacon.

3rd Place - Catherine Kirk and Ron Kelsey.

The tournament featured blind draw, two-person teams. Congratulations to all the winners in this competitive tournament.

GovArm offers vacation deals

Government and Armed Forces Travel Cooperative offers condominium stays from \$99 per week.

Book a condo vacation within seven days of check in for only \$99 per week with Trading Places Hot Deals.

Great condo bargains - GovArm members can pick their price on a vacation rental for travel within the next 30 days. Check it out, go to <http://www.govarm.com>, log-in, then click "Travel Offers". Or call ITT at 577-6541 for details.

THANKSGIVING BRUNCH

at the

FAMILY RESTAURANT

Thursday, 9 a.m. to 2 p.m.



All you can eat! Omelets made to order, pancakes, french toast, sliced turkey breast, baron of beef sliced on line, baked and fried chicken, mashed potatoes and gravy, turkey stuffing and gravy, cut corn, candied yams, cranberry sauce, apple cobbler pie, cherry cobbler pie, pumpkin pie with whipped cream and fresh cut fruit.

1986 FORD MUSTGANG: 3.8 Liter, t-top, hatch back, 120K, runs xlt., A/C, C/C, power \$1,500, OBO. Call 255-2115 Jim.

1994 T-BIRD: 73K miles, xlt cond; 97 Dodge 1500 Ram Club Cab, SLT Laramie, must sell both. Call 253-0067.

1994 WRANGLER: 2.5L, 6" lift, 33" M/T's, revolver shackles, Detroit locker, flowmaster exhaust, new soft top, front sliders, plus most factory parts, \$7,500. OBO. Call 256-9551 or (909) 584-1422.

1997 CHEVY ASTRO VAN: A/C, C/C, P/W and door locks, CD player, good tires, roof rack, factory tinted glass, runs great. \$8,000. Call 256-6103 AWH.

1997 ISUZU RODEO L5: 405, one owner fully loaded automatic, V-6, new tires, 12-disc CD changer and cassette, chrome rims. Asking \$8,400. Call 256-1364.

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

MISCELLANEOUS: New never used golf clubs, bag and shoes, size 10 1/2, \$120. Call 254-1913.

MISCELLANEOUS: Entertainment center, black with gold trim, has glass door with shelves, a cupboard and 2 drawers, fits a 27" TV, for only \$75. Call 252-8122 ask for Noreen Snyder.

MISCELLANEOUS: Firewood, you cut and haul, price determined on side; king and queen box spring beds, \$50 each. Call 253-3669.

WANTED: Exercise equipment:: Treadmill, exercise bike, and universal weight set; Honda and Acura car parts. Call 254-1913.

WANTED: Play Station, one or two games. Call 256-2434.

WANTED: Girl's 16-inch bicycle. Call 253-2394 AWH.

THANK YOU: John and Hedy Hines would like to thank those "special people" for their prayers, donations and hugs. All have been a "blessing" to our daughter's recovery and us. The strength of prayer is truly awesome. An extra thanks to the Fire Department of MCLB.

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