

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

December 19, 2002

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

Nebo Railhead up and running

By Rob L. Jackson
BARSTOW LOG Staff

Marine Corps Logistics Base Barstow has gone through quite a few changes during fiscal year 2002: Installations and Logistics Division designated a Most Efficient Organization, Pass and Identification relocated to the front gate in Bldg. T-117, the relocation of the Navy/Marine Corps Relief Society and Training and Audiovisual to a new facility in Bldg. 204.

The list of changes goes on. But perhaps the biggest change, or at least most audible, is the revamping and reopening of the Nebo Railhead. The additional rail compliments the Yermo Annex Railhead further expanding MCLB Barstow's prominence as the largest railhead in the Department of Defense.

With the exception of some sporadic use over the past 15 to 20 years this approximately 5,800-foot stretch of track, which runs along the backside of Nebo, has lain dormant until recently.

"The last time the tracks were used was during the mid-80s," said John Noxon, Transportation Contracting Officer's representative and quality assurance at Public Works. "It was used to bring in full box cars of rations/MREs at that time and they use to send them out the same way from Warehouse 14."

Since then, the increased Army unit

rotations and their frequency led to a problem with the Yermo railhead—congestion, according to Noxon.

"When we did the A-76 in 2000, we based it on about 16,000 car movements per year, that was the figure we put in our PWS (Performance Work Statement)," said Noxon. "Last year we moved about 46,000 cars."

Part of the reason for this increase, is that the prepositioned fleet at the National Training Center, Fort Irwin, went away, according to Noxon.

"They used to have two fleets of tracked vehicles for their rotational units to use. One was in the shop for maintenance after the rotation then they would use the other. They flip-flopped those back and forth then they did away with the fleet," he said. "So our rotations have doubled in size and car counts."

Noxon saw the problem and figured the best solution would be to start using the Nebo railhead to help alleviate the congestion problem at Yermo. But in order to accomplish this the Nebo railhead required a few things to become operational again.

Concrete ramps were built at warehouses 13 and 14 for loading and unloading equipment, a few of the switches behind Building 15 were replaced, and a few of the ties had to be replaced. All the work that was required to bring the tracks back up to the standards needed

for use was accomplished, along with various other projects for about \$1.2 million, according to Noxon.

"The first rotation that was here about two months ago we brought in one train, which is about 60 cars," said Noxon. "This last rotation with 1st Cavalry from Fort Hood, Texas, we brought in two trains, the next rotation that'll come in here—it should be February—we'll bring in four trains."

Noxon went on to describe how having more trains offload and upload on the Nebo railhead would help the Yermo side tremendously. He also re-

vealed that Army Captain Lorenzo Rios, the Movement Control Officer at Yermo, is very pleased with the additional railhead. Commander Jeff Johnston, Installation and Logistics director, voiced his satisfaction with the Nebo railhead.

"By going from one railhead to two we increase our ability to move large quantities of materials into and out of our base," said Johnston. "This input and output is an essential part of all our logistics missions (maintenance, storage distribution, etc.). The bottom line is

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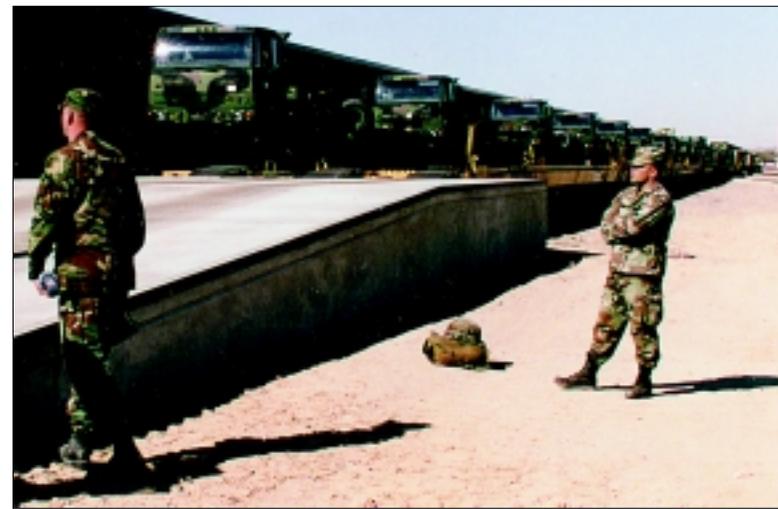


Photo by Curt Lambert

Vehicles prepare to roll off the one of the new ramps of the renovated railhead at the Nebo base. The project cost about \$1.2 million.

Junior Sailor of Quarter marches to different beat

By Cpl. Joshua Barnhardt
Editor

Trudging through the mountainous terrain at Bridgeport, Calif., Hospital Corpsman 3rd Class Philip Alexanian, treatment room corpsman at the Branch

Hospital Corpsman 3rd Class Philip Alexanian, treatment room corpsman, tends to a patient at sick call.



Photo by Cpl. Joshua Barnhardt

Medical Clinic, refused to take the easy way out and watch the service members going through the Mountain Leaders Course do all the obstacles while he sat out, eating the dessert from his MRE.

Alexanian received a Navy Achievement Medal for taking the initiative and

participating in the training as well as tend to his corpsman duties while on temporary additional duty in Bridgeport. It was a major reason why he was named Junior Sailor of the Quarter.

"On my last day there, they called me out of formation and surprised me with a NAM," said Alexanian.

While in Bridgeport, the instructors of the Mountain Leaders Course gave him the nickname, "Doc 8-Ball," because of Alexanian's tendency to stray from the norm.

Growing up in Whittier, Calif., Alexanian was turned on to punk music by his older brother. He was fully into the punk scene by the time he was 13 years old.

"The first concert I ever went to was a Bad Religion show when I was 13," said Alexanian. "I got one of my front teeth knocked out by a skinhead."

Since then, he has been hooked. His

favorite bands are Social Distortion, The Misfits, and The Clash. He is now into psychobilly punk, which has a bit of a country twang to the normal punk sound. He also has a soft spot for Elvis.

"You've got to love fat Elvis," said Alexanian. "70s Elvis was really cool."

As Alexanian got older, he became intrigued by tattoos.

"I got my first tattoo when I was 16," said Alexanian. "I went to this shady place because I knew the guy didn't card, but he did a really bad job."

Tattoos have now become a major hobby for Alexanian. He has both arms covered and is a few tattoos away from covering his legs too, while staying within Navy regulations.

"I lost count after about 40," said Alexanian. "The only places I don't have them is on my ribs, hands and neck."

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

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

Base CO's Christmas message

By Col. Liz Bergman
Base Commander

Season greetings to all the Marines, Sailors, civilian employees, and families aboard MCLB Barstow.

As we enter into this very special time of the year we pause to celebrate, in our own ways and with our family and friends, the true meaning of this season. It is a season of joy and happiness and, as Americans we are blessed to live in a land of freedom and choice.

During this time of special celebrations I hope you will also reflect on the past year. Through your team efforts and commitment to mission you have accomplished a great deal for the base, the Marine Corps, and your nation. You should be proud of these efforts. You continue to set an example for others to

follow.

The New Year certainly promises new opportunities and new challenges, which we will face with the same level of excellence that served us so well this past year. I know that together we are ready to meet the demands of the coming year and we will succeed.

On a more personal note, I hope you will all have fun during this season, take care of each other, as we are all part of the great Marine Corps family, and be safe. Whatever plans you have, please practice safety in all your endeavors – on the road or at home. Don't take chances. Looking out for each other and ourselves is the most important thing we do.

Joe and I wish each of you and your families a joyous holiday season and look forward to seeing you in the New Year. Happy holidays and Semper Fidelis!

MATCOM Christmas message

By Maj. Gen. Bradley Lott
MATCOM Commander

Christmas is a time for families, celebration, good will and sharing. That holds true this year, even though there are clouds on the horizon. We are at war on the broad front against terrorism and Marines may soon be called upon to battle other foes. MATCOM itself has been the focus of studies that may eventually reshape our command. Between new conflicts and possible restructuring, there naturally has been a great deal of unease about the future.

This Christmas, I would ask all of you not to worry about the state of MATCOM. In fact, my key message to all MATCOM is to never forget that we exist to serve the United States Marine Corps in every way we can. When Marines in the fleet go to war, I want everyone who works for me to be able to say,

"I did my best for the Corps." If an action is best for the Corps, then we should support it wholeheartedly. No one can go wrong with that attitude.

When I was here in Barstow, I was very impressed with the improvements I was shown. You have done a very good job for MATCOM and the Corps. I want you to understand that you are an integral part of the MATCOM family. I know there is a contentment between Barstow and MATCOM HQ in Albany, Georgia, but your work is extremely important to both MATCOM and the Marine Corps. I sincerely thank you for all your hard work.

My holiday wish is that you enjoy your families and remain safe. We've been through a lot to date, but I believe the New Year will bring us success on many different fronts.

Have a great holiday season.

Childhood memories

By Lt. Cmdr. Randel Livingood
Base Chaplain



At this time of year I cannot help but think about children.

Christmas was certainly my favorite holiday as a child and the children that I have seen seem to hold Christmas in high regard, so maybe our generations are not so far apart after all. I was thinking about all the gifts that have been given and received over the years and one particular Christmas stands out above the rest.

In my house, we always opened the bulk of our presents on Christmas Eve (don't get any funny ideas kids) and we always saved the most grand presents for Christmas morning.

I think that happened mostly because our parents were a soft touch and we were relentless, but it worked out anyway. I can recall opening up the gifts on Christmas eve with great joy and I knew that there was more to come in the morning. As

most children do, we arose early, before our parents, and there would be the presents under the tree.

This particular Christmas my brother and I opened a football and basketball on that early morning. It was the end all before us. We were both pretty certain that we had died and gone to heaven when we saw those gifts. I have often thought of that occasion over the years and wondered about how my parents came to select the "perfect" gift.

It was only after becoming an adult that I realized how small a monetary gift that was and how that there was another side to the whole gift giving process of which I was never aware. I like to think that in selecting just the right gifts my parents were more concerned about what we would learn from receiving them. I believe that they hoped we would see the joy on their faces at our excitement, the happiness that we experienced from knowing that what had been given had been offered from the heart, and realizing that having something wonderful also meant that both they and I could experience self-control in giving.

They had hopes that I would learn something valuable as we gave thanks for everything and that

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Just doing my job ...



Don Hamblet, retired Marine Master Sgt., alias Santa Claus, 1st Sleigh-led Reindeer Squadron, Camp North Pole, visits service members' children at the Oasis Club during the base Christmas Party Friday before departing on his annual December deployment to deliver presents to the boys and girls at Marine Corps bases.

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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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.

The last Barstow Log for the year

This is just a reminder to all our readers that due to the holiday schedule, and contractual agreement, this is the last edition of the Barstow Log for the year 2002. The next edition is scheduled to hit the streets Jan. 9, 2003.

Until then, from the staff of the Barstow Log, have a safe and enjoyable holiday.

Martin Luther King prayer breakfast

All military and civilian employees working aboard MCLB Barstow are invited to attend a Prayer Breakfast honoring Dr. Martin Luther King Jr., hosted by the Black Employment Program Committee, at the Oasis Club January 15 from 7 to 8:30 a.m. The scheduled guest speaker is Rev. Mary Louise Ruffner of the Riverside Church of Religious Science. Tickets are \$6.75 per person. For tickets or more information, contact Marva Johnson, Special Emphasis Program Manager at 577-6965.

Safety Shoes

Safety shoes are scheduled to be available for purchase on Jan. 7, 2003, at the following locations: Yermo - Parking lot in front of building 573 from 7 to 11 a.m. Nebo - Parking lot, east end of building 236 from noon to 2 p.m. For more information, contact the Base Safety Office at 577-6266.

Holiday Hours

Commissary
 Christmas Eve, Dec. 24 - 8 a.m. to 4:30 p.m.
 Christmas Day, Dec. 25 - Closed
 Dec. 26 - 9:30 a.m. to 6 p.m.
 New Year's Eve, Dec. 31 - 9:30 a.m. to 6 p.m.
 New Year's Day, Jan. 1 - Closed
 Jan. 2 - 9:30 a.m. to 6 p.m.

Super Seven Store

Christmas Day, Dec. 25 - Closed
 Dec. 26-29 - 10 a.m. to 6 p.m.
 Dec. 30 - 6:30 a.m. to 9 p.m.
 New Year's Eve, Dec. 31 - 6:30 a.m. to 6 p.m.
 New Year's Day, Jan. 1 - Closed

The Family Restaurant

Christmas Day, Dec. 25 - Closed
 Dec. 26 through Jan. 3 - 9 a.m. to 2 p.m.

Leave-sharing program

Ms Elizabeth (Liz) Gerdes, computer specialist and trainer at Communications Division, continues to be affected by a medical emergency and is in need of leave donations. Anyone desiring to donate leave under the leave-sharing program may obtain a leave donor application through his/her Department/Center Administrative Officer. For more information, contact Kimberly Pope at 577-6436.

Leave-sharing program

Mr. William F. Whyde, Engineering Technician, Installation and Logistics Department, Public Works Division has been affected by a medical emergency and is in need of leave donations. Anyone desiring to donate leave under the leave-sharing program may obtain a leave donor application through his/her Department/Center Administrative Officer. For more information, contact Johnnie M. Curtis at 577-6734.

Leave sharing

Preciliano Trujillo (Tru), computer specialist, Communications Division, has been affected by a medical emergency and is in need of leave donations. Anyone desiring to donate leave under the leave-sharing program may obtain a leave donor application through his or her division/center administrative officer. For more information contact Nancy J. Derryberry at 577-6396.

TRICARE updates handbook

A new handbook highlighting all three TRICARE options (Prime, Standard and Extra) is available for distribution to Marines. Electronic versions of the handbook are available for viewing or download at www.tricare.osd.mil/tricarehandbook.

Adopt-a-Vet

The Veterans Home of California - Barstow is in search of sponsors through the Chaplain's Office Adopt-a-Vet Program. The Chaplain has received names and wish lists of vets at the home. There is no limit to how many vets one can sponsor.

To participate in this year's program or for more information, contact Petty Officer 2nd Class Julie Dennison, Chaplain Randel Livingood or call the Chaplain's Office at 577-6849.

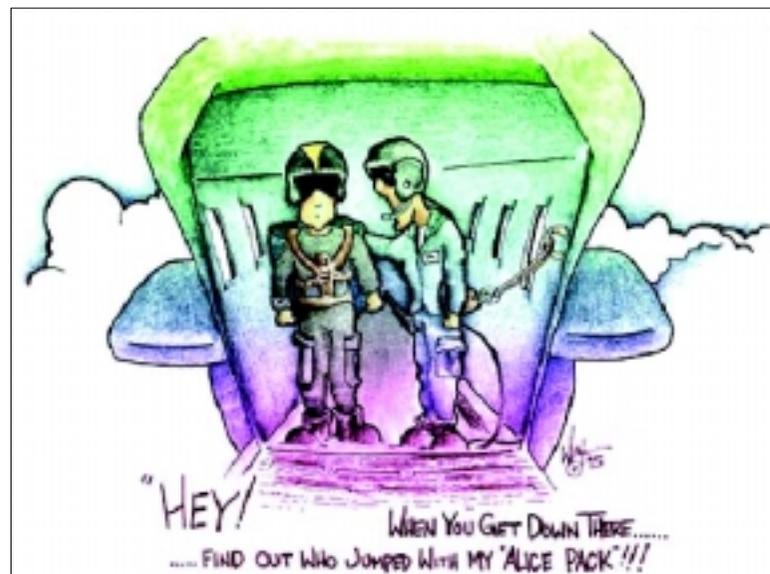
Inpatient rate increase

The daily cost of inpatient care in civilian hospitals for family members of active duty service members under TRICARE standard and extra increased from \$11.90 to \$12.72 per day or \$25, whichever is greater. For more information about these TRICARE subjects, visit www.usmc.mil and read MarAdmins 619 and 620/02, or visit www.tricare.osd.mil.

Gloria Shepard, health benefits advisor for the Branch Medical Clinic, can also be reached for questions at 577-6491 ext. 102.

New Year's Eve Party

Marine Corps Community Services is hosting a New Year's Eve Party Dec. 31 at the E-Club, and is open to all DOD ID cardholders. The party, which includes door prizes, music and food, will start at 6 p.m. and conclude at 1 a.m. For more information, contact MCCS at 577-6418/6733.



NROTC officer program

Enlisted Marines and sailors interested in becoming officers via the Naval Reserve Officers Training Corps, can complete an application package for a scholarship program by Jan 31, 2003. For more information, Marines and sailors can read MarAdmin message 649/02 by visiting www.usmc.mil.

Federal Employees' Light Duty Program

A new base order pertaining to Federal Employees' Light Duty Program has been approved and published at <http://mclbonline>. The order is 12800.1 in the Civilian Personnel section. The policy applies to a majority of MCLB Barstow employees. For more information, contact Maj. Antonio Martinez at 577-6440.

Super Star Student Program

Two \$1,000 U.S. Savings Bonds have yet to be awarded at MCLB Barstow in the Marine Corps Exchange Super Star Student Program.

Super Star students in grades 6th through 12th who maintain a "B" average or better for the grading period are eligible to win prizes such as: \$5 MCX gift certificates, disposable cameras, phone cards, gum machines, portfolios, dictionaries, clothing and savings bonds.

To be eligible, students must be authorized MCX patrons and must visit the MCX store manager within 30 days of receiving their report cards. Prizes must be claimed within 30 days. For more information, contact Staff Sgt. Cisneros at 577-6014 or visit the Super Seven store.

Experienced athletes

Resumes are being accepted for the following teams and events.

All-Marine Bowling trials

Semper Fit is accepting resumes until Feb. 14, 2003 for the All-Marine Bowling team. Trials will be held March 9-15, 2003 at Camp Pendleton. Resumes must be command endorsed and include proof of at least a 195 average for men and a 160 for women. Resumes can be obtained at www.usmc-mccs.org, under policy. Resumes must be submitted through the Semper Fit

Athletic Director.

Taekwondo Trials

Semper Fit is accepting applications until March 1 for the Army Invitational/CISM Taekwondo Trials, May 9-12, at Fort Indiantown, Gap, Pa.

Additional information about these teams and events as well as prerequisites and resume guidelines are available online at www.usmc-mccs.org.

For additional information contact Gunnery Sgt. Joseph Daquilla, Semper Fit, 577-6898.

MCCS Big Bear Cabins

Marines aboard MCLB Barstow can set priority reservations at any of eight cabins located at Big Bear Mountain throughout the year.

The cabins, which are owned by the Marine Corps, and cared for by Big Bear Resort personnel, are available for \$56 on weekdays and \$75 on Fridays and Saturdays for Marines who want to escape to the mountains for a weekend of skiing or snowboarding.

With the exception of personal hygiene items, towels and firewood, the cabins are well equipped for six people.

To make reservations, call MCAS Miramar MCCS ticket center at (858) 577-4141.

Prenatal Care Program

The Branch Medical Clinic is now able to provide prenatal care on base as an extension of the Mother Baby Unit of Weed Army Community Hospital of Fort Irwin.

This cooperative effort has been initiated to provide quality, convenient care to the expectant mothers of the U.S. military family in the Barstow area while eliminating frequent and routine drives to Fort Irwin.

Service members interested in continuing their prenatal care at the Branch Medical Clinic should notify their providers at Weed Army Community Hospital in the Mother Baby Unit.

For prenatal questions contact the Branch Medical Clinic, 577-6491; the Fort Irwin Women's Health Clinic, 380-4048; or the Fort Irwin Mother Baby Unit, 380-3199.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
4102	Paint Worker (Term) WG-4102-07 (Open to MLCB employees only)	12-06-02	12-20-02	N/A	MCLB Barstow
8255	Pneudraulic Systems Mech. Supv. WS-8255-10 (Open to permanent MCLB employees only)	12-06-02	12-32-02	N/A	MCLB Barstow
0028	Environmental Protection Specialist GS-0028-05/07/09 (Open to permanent MCLB employees only)	12-12-02	12-20-02	N/A	MCLB Barstow
3306	Optical Instrument Repairer Helper GS-0344-05 (Open to permanent and appointable MCLB employees only)	12-12-02	12-20-02	N/A	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their résumé to:

Human Resources Service Center, Southwest
 ATTN: Code 522 (announcement number)
 525 B Street, Suite 600
 San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service Center, Building 326, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

This is not an official list. Please see the Web sites listed for a complete list.

DOD seat belt safety campaign

Press Release by
American Forces Press Service

It is a tragic and chilling fact: the U.S. military loses the equivalent of a battalion of troops each year - not in combat, but in automobile accidents, transportation safety officials said at a news conference Nov. 25.

Jeffrey W. Runge, administrator for the National Highway Traffic Safety Administration said that this fact should "resonate with every American."

"The nation cannot afford to lose a battalion of our finest young people at this critical time in our nation's history when we need them the most," Runge said, speaking at the Marine Corps Barracks, here.

"With the nation's attention riveted on homeland security like never before, young service men and women who put their lives on line every day to protect our country and to protect our way of life must protect themselves by wearing their safety belt," he added.

Runge joined Marine Corps' Assistant Commandant Gen. William Nyland and a host of law enforce-

ment and transportation officials to kickoff DoD's plan to increase seatbelt use among military members.

Operation ABC Mobilization/Click It or Ticket is a partnership with the armed forces to step up awareness and enforcement of seatbelt laws on military installations around the country.

DoD statistics reveal that in fiscal year 2002, there were 310 fatalities among military personnel in motor vehicle crashes, compared with 237 fiscal year 2001.

Fiscal Year 2002 was the highest motor vehicle fatality rate for military personnel in at least four years, with the Marine Corps experiencing an especially high death rate compared to the other services.

There were 25 Marines killed in motor vehicle crashes in fiscal 2001 and 46 in fiscal 2002; of those, well over half were not wearing seat belts.

The issue of vehicle and seatbelt safety in the armed forces has reached the desk of Defense Secretary Donald Rumsfeld, who must submit a report to the congressional defense committees within 90 days. That report will

summarize personal motor vehicle safety statistics of each service for the last five fiscal years and outline plans of each service to increase efforts to reduce the level of deaths and injuries suffered by its personnel from motor vehicle accidents.

"We are losing more men and women to vehicle crashes than we are to combat and training combined. Now that's incredible when you think of the dangers they are exposed to on a daily basis," Nyland said, adding that the Marine Corps will "crack down" on those who fail to buckle up.

"We don't intend to leave our young men and women on any battlefields, similarly we don't intend to, or don't want to leave them on the highways of this great nation."

Nyland said the Marine Corps is working with the Airbag and Seatbelt Safety Campaign as well as the National Highway Traffic and Safety Administration to mobilize bases around the nation to participate in the Click it or Ticket campaign.

"What we know we can pinpoint is seatbelt usage," Nyland said. "That's what we are going after, to

make sure they wear them not only on the installations but when they leave the installation."

More than 12,000 law enforcement officers in 50 states have joined the national seatbelt safety program by stepping up the enforcement of seatbelt laws. Depending upon the jurisdiction, fines for not wearing seatbelts range from \$15 to \$86 plus court cost.

Chuck Hurley, vice president of transportation at the National Safety

Council and executive director of the Air Bag and Seat Belt Safety Campaign, said the strategy for the mobilization is to pass strong seat belt laws and to enforce them in a highly visible way.

Hurley said that recent mobilizations are credited with helping increase the national seatbelt use rate to 75 percent. Hurley added that translates into 39 million more Americans buckled up and 3,780 lives per year being saved.



Photo by Sgt. Joseph Lee

Wearing a seat belt in a crash like this could save a life.

Senior SOQ takes care of Marines

By Sgt. Joseph Lee
BARSTOW LOG staff

Throughout the year, sailors are selected from MCLB Barstow's Branch Medical Clinic to represent the Navy here as the Junior or Senior Sailor of the Quarter, and possibly continue on to compete for the title of Sailor of the Year for the Camp Pendleton Naval Hospital.

In the fourth quarter of 2002, a panel of senior enlisted sailors selected Hospital Corpsman 2nd Class Diana L. Corcoran, treatment room leading petty



Photo by Sgt. Joseph Lee

Hospital Corpsman 2nd Class Diana Corcoran, treatment room leading petty officer, draws serum for a flu shot.

officer, Branch Medical Clinic as the Senior Sailor of the Quarter.

After nearly 10 years of naval service, the Bell Aire, Ohio, native was chosen to represent the Barstow clinic at the Sailor of the Year board at Camp Pendleton scheduled for mid-January.

"It's an honor being selected to compete in Camp Pendleton, and it's been a while since [the Barstow branch] has brought home a win," said the enthusiastic corpsman of her opportunity to compete. "I really want to win!"

According to Corcoran, the preparation for the upcoming board has led her to discover new opportunities, inside and outside the command, to donate her time and provide as much support to her command and the local community as possible.

"Recently I started donating my free time at the Barstow Library as a literacy volunteer," she said. "The library allows me to donate an hour per week to help some illiterate adults develop their reading skills. It's much harder than it sounds, but the people you help are very appreciative."

According to Corcoran, the Barstow Library is always looking for people to volunteer their time to help out, and it is something that helps develop some of the basic character traits that junior sailors can admire and emulate.

"She leads by example," said Chief Petty Officer Stefan L. Ericksen, patient affairs representative, Branch Medi-

cal Clinic. "She has taken over as the base preventive medicine representative, which holds a lot of weight around the base. She inspects places like the Family Restaurant and the Child Development Center for proper sanitation. She alone wields the power to shut down any public establishment on base if there were to be a health concern."

As well as her duty as the base PMR, Corcoran is also responsible for Headquarters Battalion Marines' readiness, training and medical records maintenance, according to Ericksen.

"With just two corpsman beneath her, she manages to run morning sick call, provide corpsman coverage for training, and keep the approximately 200 Marines of HQBN up-to-date on shots and ready for deployment," said Ericksen. "I think she does an outstanding job maintaining multiple fields of responsibility."

According to Ericksen, some of Corcoran's future goals include a continuing Navy career, and attending Preventive Medicine Sea School.

"Whatever she decides to do, I'm sure she'll be successful. We're all expecting her to win the Camp Pendleton board and bring that title home to Barstow," said Ericksen.

"I suggest for anyone thinking of going on a board, to go ahead and do it," said Corcoran. "It will only make you a better sailor, person and a valuable asset to your unit."

RAILHEAD from Page 1

we become a more capable logistics base.

"The big impact, however, affects our role as a strategic railhead. We aren't the only ones who make our railhead a key element in operational plans. Units going into and out of Fort Irwin and 29 Palms need a place where they can quickly and safely get things off (and eventually back on) their railcars. The addition of the Nebo railhead means that we can accommodate more of these units without interfering with our operations."

According to Noxon, a lot of physical improvements have been made to the system to include things people haven't seen yet.

"I found three locomotives at Yorktown Shipyard that they weren't using anymore; they're on their way out here and we'll be able to take the three and build two," he said. "That will give us two 85-ton locomotives that we can use on this side (Nebo). The Army is looking to buy a couple of new General Motors EMD locomotives to place over here and those have a greatly increased capacity compared to what we have."

According to Noxon the current GP-9 locomotives that are being used here now were built in about 1957 and have been rehabbed many times over the years. They are about 1,500 hp, whereas the new EMDs that MCLB is looking at are rated about 3,800 hp. So what is being accomplished with two locomotives now will only take one to do later.

"These are our own in-house rail crew that work with the locomotives. They are Marine Corps employees and I'll guarantee you that they are the best crew in the Department of Defense," Noxon said. "They know their business."

Noxon also revealed that Lt. Col. Charles Bridgeman, director of Installations and Logistics at the time, had the insight to support his efforts to bring the tracks back up to standard and begin using the Nebo side.

Realizing the long-term benefits of having two railheads at MCLB Barstow, Lt. Col. Bridgeman added that with this move, "we become a more valuable and indispensable logistics link in the DOD transportation system."

Cmdr. Johnston, the current I&L director, expanded on this adding, "As W. P. Kinsella put it 'if you build it, they will come,' and we fully expect that the Nebo railhead will soon become almost as busy, if not quite as large, as the Yermo railhead."

"And that's a good deal for the base in a number of ways. It makes us a greater strategic asset to all of the Department of the Defense, and increases our joint operational capability; it increases our internal capabilities, and also pumps more money into the base."

Reactivating the railhead after all this time has been a real learning experience for Noxon and all those involved with the process.

"We're finally beginning to realize some of the returns on the investment we made," Noxon concluded.

Commander's Corner

Maintenance Center Barstow

MCB Safety Awards for Cost Work Centers in FY '02

By Col Robert E. Gerlaugh
Commander

As many of you know, we have re-established an annual Safety Award here at our Maintenance Center. To summarize my guidance on this award program:

The award will be \$100 per member of each Cost Work

Center that completes a full year without a lost-time mishap.

Each year the award period results will be tallied up in time to ensure that the award makes it into the pay period before the December holidays.

Because we move from CWC to CWC on occasion, members of a winning CWC at the end of the year who were not in that CWC for the full year will be awarded a share of the \$100

based on their length of time in that CWC.

Being a member of a "winning" CWC is not just luck. It takes each person's individual effort, each CWC's team effort, and attention to the Command Safety Policy we've all talked about over the last several months together.

This year's winning CWC Teams are listed below. "Bravo Zulu." Well done.

CWC 713
Frankie L. Baca
James L. Bengal
Jeff R. Berndt
Paul E. Biancotti
Ira J. Burd
Ronald R. Creamer
Alton Deshazor
Reynaldo Fernandez Jr.
John F. Ferretti
Toni M. Gentry-Irvin
Nicholas L. Gibson
Vaughn E. Gray Sr.
Authur A. Hall
Earnest J. Hawkins
Karel A. Hecker
Daniel J. Herman
John E. Hill
Donnie J. Hulsey
Alvin E. Jefferson
Michael N. Jennings
Marvin L. Kauth
Carl E. Kelley
Charles J. Lawler Jr.
Larry D. Lindley
Andrew R. Maestas
Marques R. Lupe
Antonio E. Martinez
David W. Mendez
Frank P. Montenegro
Leonard T. Moore
Michael K. Morris
Odell Mosely
Charles R. Noonan

William R. Perry
Arnold Robles
Eugene R. Sanchez
James S. Schooler
William R. Schooler
John H. Shropshire
Leroy Trujillo
Danny J. Wolf

CWC 723
John Alley
Kariam G. Arges
Steven Baca
Jackie Brumit
Ronald Fillingame
William Hillman
Robert Ince
Reymundo Rios
Paul Schaaf
Artis Seymore
Melvin Showers
Carl Soto
Donald Smith
Robin Trujillo

CWC 725
Patrick M. Avery
James D. Ervin
George A. Jaus

CWC 726
Joe J. Anguiano
Kathleen A. Boyd
Hector M. Caraballo

Carlos R. Chavira Jr.
Chadwick A. Divers
Lorenzo Durate
Wendell D. Grange
Robert C. Hiltbold
Fidel A. Jabines
Alfred P. Madrid
Joseph Pacheco
Rick J. Peralta
Hector G. Reyes
Anthony D. Sanchez
Andres M. Vallejo

CWC 728
James A. Ahlers
David G. Beare
Rodney A. Brand
Michael L. Dokie
Alfredo Escareno
Ruben M. Fabunan
Ronald L. Jamerson
Henry Manglona Jr.
Robert J. Relanzia
Craig W. Roberts

CWC 729
Johnny W. Abeyta
Roland J. Gonzales
Kenneth E. McConnell Jr.
Dennis Morrill
Rachael M. Rogers

CWC 734
Raymond C. Crawford

Norma G. Drummond
David L. Eckrote
Ronald Gaudette
Mentie Hazelett
Rudy M. Jaramillo
Jary S. Jarrett
Ricardo R. Martinez
John Mooers
Jackie Moore
Vera M. Mulkey
Randy C. Neukam
Theresa M. Phillips
Michael H. Presley
Delbert J. Ramon
Eric Rosado
Clarence Sanchez
Sampson C. Sanchez
David M. Stapp
Mark A. Streeton
Vaughn E. Thomas
Carolyn M. Wooten

CWC 735
Jack E. Aday
Michael B. Anderson
Louie L. Banworth
Danilo P. Bigornia
Charles E. Bohn
Leon L. Boyd
William Bryant
Lisa M. Burke
Timothy G. Deyarmie
Mary S. Dube
Jose Duran

George A. Gancel
Mario A. Hidalgo
Ronnie P. Kash
Robert O. Lanzer
Robert W. Manning
Robert J. Munroe
Robert S. Poole
Wilbert Richardson
John Self
Sheila D. Taulbee
Nicholas J. Timmons

CWC 742
Glenn D. Stoops
Robert T. Aguila
Alex J. Barkoci
Earl D. Bevans
Robert F. Corona
Gilbert R. Griego
Dennis D. Hill
William D. Linebaugh
Steven Mace
Michael L. Manness
Kevin Mintun
Thomas C. Mitchell
John T. Rapoza
Manual R. Sanchez
Thomas E. Schaus
Larry R. Todd
Gregory Wages

CWC 680
Harvey L. Brooks
Greg A. Patterson

Gary W. Rickerl
Joseph R. Moorman
Ronald M. Pitcher
Robert C. Schwartz
CWC 681
Alexander R. Caldwell
John K. Gilbert
Alexander J. Guza
Ray L. Jackson
Richard A. Lomell
Edward L. Mann
Federico E. Molino
Terry E. Niemeyer
Michael S. Random
Robert F. Waggener

CWC 684
Raymond A. Arroyo
Gerald R. Coddington
Donna Florez
William F. Hanify
Terry L. Harmel
Robert L. Hart
Wendy Jackson
Guillermo Tieto

CWC 687
Edward G. Ballard
Gerald A. Creason
Joe A. Florez
Terry I. Hauck
Kevin J. Peterson
James A. Sprayberry

What to do about negative people at work

By Mike Burke
Production Management Department

It suddenly occurred to me at work one day, I had fallen into the trap of being negative and passing it on to everyone who would listen. After a little reflection I discovered the reason.

I was allowing others to take the joy out of my sense of accomplishment, squelch what I thought was a good idea and it has definitely affected my morale.

Here are a few things to consider should you run into folks that tend to lean towards the negative side.

Ask the person to prove what they

had just said is true. That puts the negative person on the defense

and forces them – not you – to explain why something fell short or won't work.

Don't use "I" statements. They come across defensive or apologetic. *Examples:* Don't say, "I was sure it would work." Instead, say, "We won't know if it will work unless we try it." And try not to ever say, "I never said that." Instead, say, "You may have misunderstood me."

Try not to give a negative person the opportunity to ridicule you. *Examples:* "Was my idea really that terrible?"

Or, "What's wrong with doing it that way?" By doing this, we might as well draw a bull's eye on our foreheads.

Try to form an alliance with a negative person by asking the person to suggest ways to improve your idea. This allows them to become part of the solution, not the problem.

Keep listening to the negative per-

Try to form an alliance with a negative person by asking the person to suggest ways to improve your idea.

son. Use that "empathic listening" we've talked about in past articles. If you go for a win, instead of a win-win, the person may go away disgruntled, looking for any and every opportunity to get even with you in the future.

If you win, don't throw it back in their face by saying something like, "I knew you'd see it my way eventually."

Emphatically offer your understanding as to how they might have seen it that way, before talking out.

Never dismiss negative comments as trivial or just "sour grapes." Deal with the problem right away. Don't allow the situation to continue like a wound that soon festers if not take care of properly.

Most importantly, while first trying these alternatives, if you fail the first couple of times or it doesn't work out like you thought it would, don't beat yourself up and throw in the towel. The point is you're trying and by doing so, becoming a better person for it. I know we'll be successful if we persevere.

Around the Corps

Images of Kenya: Photo Essay

By Cpl. Jeff Sisto
24th MEU

MANDA BAY, Kenya — The 24th Marine Expeditionary Unit (Special Operations Capable) recently conducted Exercise Edged Mallet in the coastal regions of Kenya. The exercise provided bilateral training opportunities for U.S. Marines and units of

the Kenyan Department of Defense. It also consisted of several humanitarian assistance projects, during which local residents were provided medical and dental care.

“Exercises like this are a great way to maintain our operational readiness,” said Col Richard Mills, the unit’s commanding officer. “Beyond that, we’re communicating the message that

the U.S. is committed to its partners in the region. The Kenyans encountered two very different groups of people last week: terrorists who did not hesitate to kill them and American service members who remain committed to working hand-in-hand with them in a mutually beneficial relationship. That pretty much sums up the current situation, in my mind.”



Photo by Cpl. Jeff Sisto

A mother sits with her child during a Medical and Dental Civil Affairs Project conducted by Marines and Sailors of the 24th Marine Expeditionary Unit during Exercise Edged Mallet 2003.

(Right): Sailors from the 24th Marine Expeditionary Unit (Special Operations Capable) work alongside Kenyan medical personnel at a Medical and Dental Civil Affairs Project as part of Exercise Edged Mallet 2003 in Manda Bay, Kenya.



Photo by Cpl. Jeff Sisto

(Below): A group of baboons cross the road in front of a Kenyan military vehicle. The Kenyan Military and the 24th Marine Expeditionary Unit (Special Operations Capable) are participating in Exercise Edged Mallet 2003.



Photo by Cpl. Jeff Sisto



Photo by Cpl. Jeff Sisto

Sgt. Edward Leslie, squad leader, Golf Company, Battalion Landing Team, 2nd Bn., 2nd Marines, 24th Marine Expeditionary Unit (Special Operations Capable), kneels with a group of Kenyan soldiers while cross-training for a helicopter assault during Exercise Edged Mallet 2003 in Manda Bay, Kenya.



By Jim Gaines
MCCS Publicity

Two Brunches

You're invited to Christmas Brunch on Wednesday, and to New Year's Day Brunch on Jan. 1.

Both brunches are from 9 a.m. to 5 p.m. at the Enlisted Club. Everyone welcome - all ranks military, all base civilians, their families and guests.

Menu includes: Omelets made

to order, pancakes, french toast, ham, baked and fried chicken, mashed potatoes and gravy, cut corn, candied yams, cranberry sauce, apple cobbler, cherry cobbler, pumpkin pie with whipped cream and fresh cut fruit.

Prices are \$8.95 for adults, \$5.95 for children 11 to 5 years, children 4 years and under are free.

Reservations are recommended. Please call 577-6428 for reservations or more information.

MCCS Holiday Hours

The Oasis Club

Dec. 23 - Dec. 26, Closed
Dec. 27, 5 p.m.-10 p.m. (TGIF Fam. Nite)
Dec. 31, 6 p.m.-2 a.m.
Jan. 1-2, Closed
Jan 3, 5 p.m.-10 p.m. (TGIF Fam. Nite)

The Enlisted Club

Dec. 25, 9:30 a.m.-1:30 a.m.
(Christmas Brunch 9 a.m.-5 p.m.)
Dec. 31, 6 p.m.-2 a.m.
Jan. 1, 9:30 a.m.-1:30 a.m.
(New Year's Brunch 9 a.m.- 5 p.m.)

The Family Restaurant

Dec. 25, Closed (Enlisted Club brunch)
Dec. 26-Jan. 3, 9 a.m.-2 p.m. a la carte
Jan. 1, Closed (Enlisted Club brunch)

ITT, Bowling Center and Hobby Shops

Dec. 25, Closed
Jan. 1, Closed

Tees n' Trees Golf Course

Dec. 25, Closed
Jan. 1, 7 a.m.-5 p.m.

The Super 7 Store (Nebo)

Dec. 25, Closed
Dec. 26-29, 10 a.m.-6 p.m.
Dec. 30, 6:30 a.m.-9 p.m.
Dec. 31, 6:30 a.m.-6 p.m.
Jan. 1, Closed
*Normal hours resume Jan. 2.

Railhead Exchange (Yermo)

Dec. 25, Closed
Dec. 26-27, 10 a.m.-3 p.m.
Jan.1, Closed
*All other days normal hours.

Semper Fit/Gym

Dec. 24, 8 a.m.-3 p.m.
Dec. 25, Closed
Dec. 26-Dec. 31, 8 a.m.-3 p.m.
Jan. 1, Closed
*Normal hours resume Jan. 1.

Personal Services

Dec. 25, Closed
Jan. 1, Closed

CHAPLAIN from Page 2

we would somehow see ourselves as part of a greater whole that society made up. It is in being part of that "whole" that we begin to see how our behavior affects others for good or ill. Christmas is a time of reflection as much as gift giving. It is a time of plenty and a time of want, a time of joy and a time of stress. What do we hope to learn from Christmas this year?

I think St. Peter said it best when he penned these words. "...make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with endurance and mutual affection with love."

These are the gifts of Christmas that we can choose to pass on to our children wrapping each gift in the divine presence of our love for them. They, and we, can learn in the midst of the Christmas rush the things that are lasting and useful. So long after the toys have worn out and the clothing is out of style or out grown the lessons we pass on to our children will live in their hearts.

Merry Christmas,
Fr Randel

JSOQ from Page 1

Most of the tattoos he has were done by his friends, or his brother. Alexanian has also done a few tattoos himself.

"I have actually done three," said Alexanian. "The first one I did on my friend, and it looked horrible, but the other two I did on my brother, and with him coaching me, I did a pretty good job."

Alexanian likes to sketch also, and he draws a lot of tattoo designs.

"Usually my friends will ask me to draw something for them and then they get the drawing tattooed on," said Alexanian. "It is really cool to see my art on somebody's body."

Because of his odd hobbies, Alexanian has sometimes encountered trouble.

"One time, me and my friend were driving across country and we stopped in Oklahoma to get something to eat," said Alexanian. "We were looking pretty rugged since we had been on the road for two straight days, and I went to the bathroom and told my friend to order me some food. When I came out, my friend was making a scene because they refused to serve us. I guess they thought we looked like some hoodlums because we were a little dirty and had all our tattoos showing."

Even so, Alexanian likes the way he looks.

"I want to get laser surgery and get my tattoos removed," said Alexanian. "That way I can get more."

CFC comes to an end

The Combined Federal Campaign ended here Dec. 6 and from the results MCLB Barstow military and civilian employees' donations exceeded last year's collection by \$11,000.

According to 1st Lt. Michael Smith, CFC coordinator and MCLB Finance officer, donations for this year's campaign totaled \$28,217.00.

Ten Eagle Award donors were recognized this year. An Eagle Donor is an individual who contributes \$650 or more to CFC.

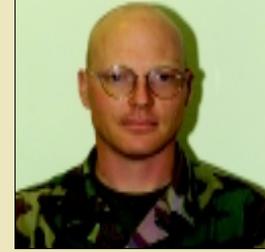
The goal of CFC is to give federal employees and service members an opportunity to make donations benefiting charity and non-profit organizations. The campaign is one of two charity drives held on base each year.

Smith also noted that key personnel handling CFC within their respective departments met another goal of making 100 percent contact with everyone within their sections.

"They did a really good job this year," said Smith "and I want to thank everyone who contributed the success of this year's campaign."

Gunny's Picks

Week 16



Congratulations to Staff Sgt. Jeff Skjelver, operations support chief, Communications Division, this week's winner of the Gunny's Picks and another repeat winner. Skjelver went 12-3 this week. The Vikings fan should be floating on Cloud 9 as his team won with 0:05 left in the game. The "Swami" stumbled again this week, picking Dallas to beat the Giants. Oh well,

things happen. This week, if history means anything, Jacksonville takes it to Tennessee. Here's a look at the rest of 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.

- *Miami at Minnesota
- *San Francisco at Arizona
- *Philadelphia at Dallas
- Buffalo at Green Bay*
- Chicago at Carolina*
- Detroit at Atlanta*
- Houston at Washington*
- *New Orleans at Cincinnati

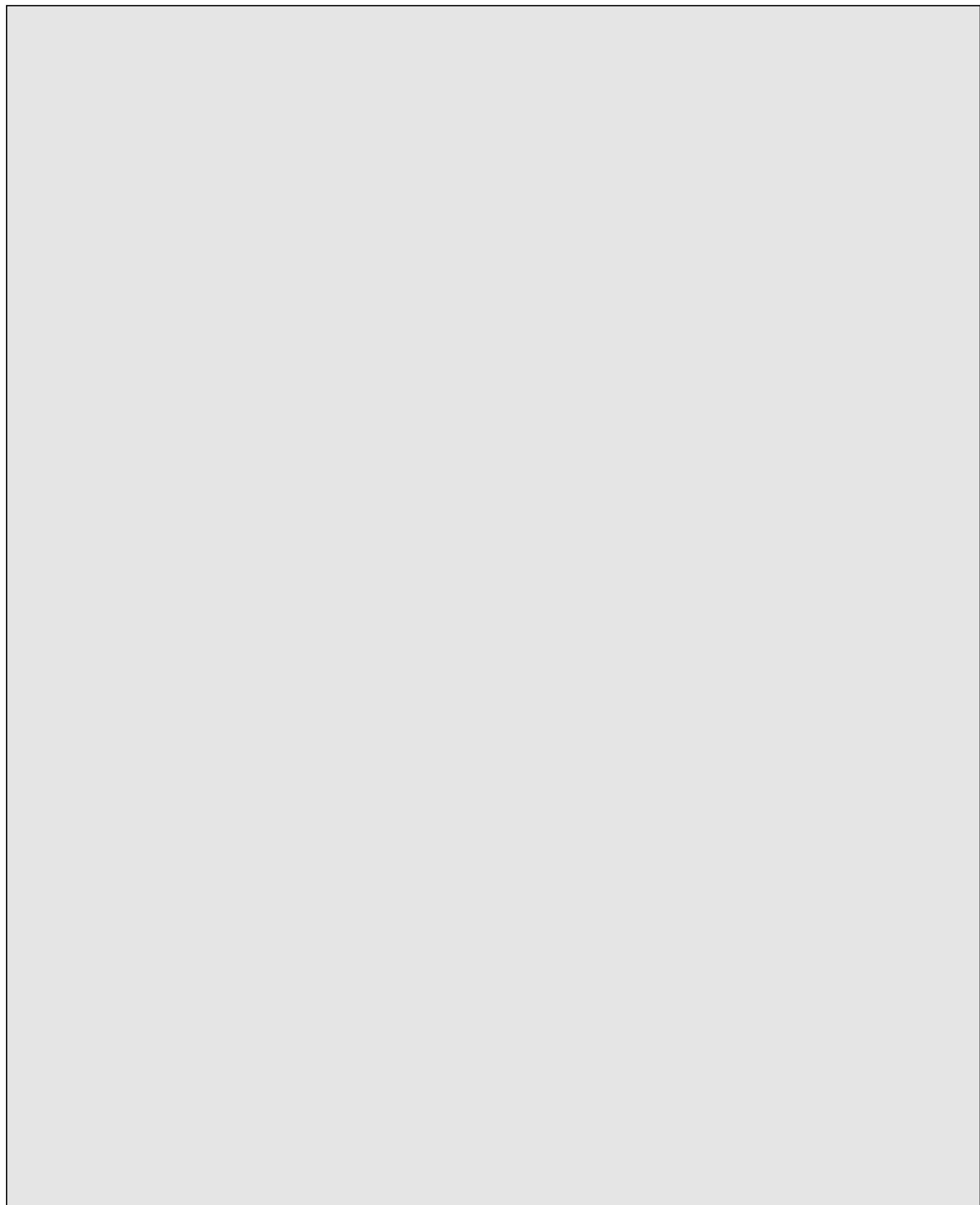
- *NY Giants at Indianapolis
- San Diego at Kansas City*
- Tennessee at Jacksonville*
- *St. Louis at Seattle
- Cleveland at Baltimore*
- Denver at Oakland*
- NY Jets at New England*

Monday Night

Philadelphia 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.



Ad Placement

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

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review

(661) 945-5634

2000 CHEVROLET BLAZER: 4 door; 4x4; 4-speed automatic with overdrive; A/C; power steering, windows and locks; anti-lock brakes; aluminum/ alloy wheels; CD player; with 47k miles, \$16,500 OBO. Call 253-2165.

1994 BOUNDER SPECIAL EDITION, Discal pusher, 32 1/2 ft. long, with all belts and toys, 50,000 miles, like new, \$45,000. Call 252-1834.

1981 DATSUN PICK-UP: Extended cab, 5-speed, A/C, new tires, new starter, runs good, smogged and regs exp June 2003, camper shell included, \$850. Call 252-0988.

1993 FORD RANGER PICK-UP: Long bed, xlt cond., low 54,000 miles, \$7,000; 1989 Jeep Wrangler 4J, 4 cylinder, radio, CB, big tires and wheels, xlt cond, \$6,000. Call 252-1834.

MISCELLANEOUS: Tires 35" x 16", less than 500 miles \$500; Aluminum rims 16 x 10, \$500. Call 253-2858.

MISCELLANEOUS: 1992 golf cart (Club Car Special), red, w/battery charger, new battery, xlt cond., \$2,500 (New=\$5,000). Call Jerry, 252-1834.

MISCELLANEOUS: 2000 Yamaha Blaster quad, 200cc motor, \$2,200; Kased Mighty Mile quad, 50 cc motor, \$1,200. Call 253-2858.

MISCELLANEOUS: Washer and Dryer, Model Roper, individually \$65 or set for \$100. Call 252-7072 or 447-5861.

PETS: Black Lab male and kennel for sale, free female mix breed puppy to good home. Call for info at 252-1686 ask for David or Donna.

