

# BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 8

Marine Corps Logistics Base Barstow, California

February 27, 2003

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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>

## Hazmat in housing becoming a concern

By Cpl. Joshua Barnhardt  
Editor

The proper disposal of hazardous materials is a big concern for the Family Housing Division.

Recently, there have been instances where hazardous waste was found in regular garbage cans, which is in violation of numerous environmental codes and can lead to penalties levied against the base.

Eliminating illegal dumping will help avoid these penalties. Illegal dumping is the disposal of any hazardous material like oil, gas, batteries, tires, antifreeze, some medicines, transmission fluid, freon, household cleaners, flammable aerosols, paint and solvent, according to Gunnery Sgt. Edward Jones, housing chief at the Family Housing Division.

Jones also added that abandonment or placement of any hazardous material in an inappropriate location, like a sewer or storm drain or on land or in water, is also considered illegal dumping.

The Family Housing Division and the Environmental Division are working hand in hand to take care of hazardous waste in the housing areas. To have any hazardous waste picked up, housing residents should call the Family Housing Division at 577-6758 or 577-6173 Mondays

through Fridays from 7 a.m. to 3:30 p.m. The Family Housing Division will contact the Environmental Division, which will send a representative to pick up the hazardous waste.

The reason the regulations governing hazardous waste are so strict is because of the potential effect hazardous waste can have on people and the environment. Hazardous materials such as oil seep into the water table over time and contaminate underground water in the aquifer, said Jones.

Hazardous waste is a big issue, but the proper disposal of regular trash and recyclable items is also a concern for the Family Housing Division. Trash and recyclable items should be placed in the appropriate curbside bins, said Jones. If the bins are full, the items should be placed in sealed plastic bags.

Cardboard boxes should be cut up or collapsed and placed in the recycling bin, or neatly bundled and placed at the curb, said Jones.

Items such as grass clippings, leaves, and tree and shrub trimmings should be put in plastic bags and placed at the curb. Anything too heavy for a plastic bag, such as wet grass, can not be placed by the curb, said Jones. Those items will be handled

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Photo by Curt Lambert

The Marine Corps Battle Color Detachment, composed of the Drum and Bugle Corps, the Silent Drill Team and Color Guard, is scheduled to perform for the public at Sorensen Field here at noon March 6. The three historic components of the Battle Color Detachment are based at the Marine Barracks in Washington, D.C., and travel all over the United States and the world for their performances. Visitors should come to the main gate at Nebo and follow the event signs. For more information, call the Public Affairs Office at 577-6430.

## Verified SSNs needed for ID cards

Compiled by  
BARSTOW LOG staff

In an effort to reduce the number of incorrect Social Security numbers being entered into the Defense Enrollment Eligibility Reporting System database, and to reduce the amount of time required to make corrections, the Defense Manpower Data Center has directed that all verifying officials physically view official government documentation to verify the beneficiary's Social Security number.

Customers' Social Security numbers are often reflected incorrectly in the system when they arrive at MCLB Barstow's Pass and Identification office to make a change in the DEERS database, according to Susan Durant, military personnel clerk.

To try and correct this situation all customers needing a new identification card or to update in-

formation other than a new address will need to provide government documentation, such as a Social Security card. Other official documents that reflect a beneficiary's Social Security number, such as a marriage license, birth certificate, driver's license or a letter from the Social Security Administration, can be used to verify a Social Security number.

Disabled Veterans must provide a copy of their DD 214 and a letter from the Veterans Affairs stating they are entitled to commissary and MCCS privileges; if they are married and/or have children, they must provide a marriage certificate, birth certificates and Social Security cards for each individual being added so we can put them in the DEERS system. Persons over 65 years of age will need to provide their Medicare card, Durant added.

This is especially important for retirees and ben-

eficiaries driving from Victorville or Hesperia to know, because without those documents they cannot be assisted.

"Proper government documents must be provided before we can make major corrections in DEERS. So it would be wise to bring all required documents each time you renew an ID card," she said.

The sponsor should carefully verify the information printed on the DD Form 1172 (Application for Uniformed Services Identification Card) to prevent any errors occurring in DEERS.

Doing this will greatly reduce the number of incorrectly keyed Social Security numbers and save time in future ID card processing.

For more information regarding this matter or to schedule an appointment to receive a Common Access Card, call 577-6969 or 577-6371.

## The Commander's Forum

**Q** "Hello, I am calling to see if something can be done about the Yermo gate situation. This is crazy, you get here 15 minutes early and you're still five minutes late for your job. I figured if you get enough calls maybe something will get done."

**A** Thank you for your concerns about our Yermo main gate. Please recognize that the base has to go through great lengths to plan the transition of the gates as smoothly as possible. We have consulted with the San Bernardino County Roads Division in all of our efforts. Post Sept. 11, 2001, we realized that the former main gate was poorly designed for security operations.

With limited security manpower we had to design a new gate which would allow security forces to be capable of screening the high volume of vehicles and personnel which transit on and off the Yermo Annex.

We have had several challenges in this transition, and the new Yermo main gate should be viewed as a work in progress.

We have incremental plans to add more lighting, and more signage, and when funding is available we will probably see that gate expanded to have two lanes in and out. We are working with the county to improve its roads and signage to support our needs to make this area as safe as possible.

Thank you for your concern. Your support of the base efforts is greatly appreciated.

## Helping future generations

By Lt. Cmdr. Randel Livingood  
Base Chaplain



I think every generation looks suspiciously at the upcoming generation. The new generation has the wrong music, hairstyles, clothing and attitude. You name it, the new generation does it wrong.

At least that's the way that it seems to each previous generation. I think that must be why people had to come up with all the names, baby boomers, baby busters, generation x, etc. They wanted to be able to identify those generations so that they could point out all the things they were doing wrong.

OK, maybe that is not the real reason, but sometimes that is how it seems. When I was growing up, our generation was known for the Beatles, rock and roll, free love, long hair and flower children just to name a few. I can still remember the previous generation going into long banter about the ills that the "new" generation was bringing upon society.

As I pondered all these deep thoughts,

much like you are doing right now, I began to ask myself how and why each new generation behaves as it does. What came to mind was that everyone learns by example. Yes, we are capable of independent thought; yet the bulk of what we do learn we learn from others.

The fact that we learn from others reminded me of something I had recently read that seemed to go along with this article. The writer said, "Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity." This sentence just seems to cry aloud that each generation seems to spend more time despising its youth than in building them up and setting an example for them.

It doesn't take long to figure out where the bad behavior is coming from. It is probably from us. I believe we probably ought to take a good look at ourselves and see if we are doing what the writer suggested.

Are we being an example of speech, conduct, love, faith, and purity or are we a people whose speech is peppered with invectives, and whose conduct looks for the easy way out instead of doing the right thing as long as it is convenient for us?

See CHAPLAIN Page 4

## Close calls are safety concerns

By Sgt. Joseph Lee  
BARSTOW LOG staff

The Base Safety Office's focus is on accident and mishap prevention, and the secret to controlling and preventing accidents may lie in controlling close call incidents, according to Stephen Locke, occupational safety and health specialist with the Base Safety Office.

Close calls or near misses are incidents that don't cause an injury or some other kind of property damage only because there was nothing in the way to be damaged, or no one close enough to be injured.

The sequence of events that lead up to an accident is like a series of errors that fall onto one another like dominoes. The close call incident is simply this same sequence of events

with one of the dominoes missing.

Close call incidents trigger the fact that something is seriously wrong, according to Locke.

"Close calls allow the opportunity to investigate and correct the situation before the same thing happens again and causes an injury or death," said Locke.

According to Locke, 300 narrow escapes occur before an actual mishap happens performing the very same act, and experience has proven that if the causes of accidents are not removed, the potential for an accident will occur again and again.

"Most mishaps are caused by human error," said Locke. "Statistically, 80 percent of accidents are the outcome of human error, while 15 percent are environmental and five percent are the

See SAFETY Page 9

## Just doing my job ...



Photo by Sgt. Joseph Lee

Daniel Hernandez, machinist for Cost Work Center 741 at Maintenance Center Barstow, uses a stream of water to cool the steel as he puts the finishing touch on a custom Navy engine part he is molding. CWC 741 is a machine shop that makes custom parts for military equipment that cannot be ordered or obtained through catalogue systems.

### 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 at 3 p.m. at the Base Chapel.

Call 577-6849 for more information.

### Morning Prayer

Mon.-Fri. at 8:30 a.m. at the ASD Conference Room, Building 15.

Call 577-6849 for more information.



**BARSTOW LOG**

Marine Corps Logistics Base Barstow, California  
Colonel Ingrid E. Bergman, Commanding Officer

Public Affairs Staff

Public Affairs Officer: Bill Bokholt  
Public Affairs Chief: Gunner Sgt. John Cordero  
Public Affairs Specialist: Rob L. Jackson  
Press Chief: Sgt. Cory Kelly

Editor: Cpl. Joshua Barnhardt  
Correspondent: Sgt. Joseph Lee  
Correspondent: Pfc. Andy J. Hurt  
Public Affairs Support Clerk: Bertie Dailey



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## News Briefs

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

### Leave Donation

Artis L. Seymore, Maintenance Center Barstow, 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 supervisor or administrative officer. For more information, call Pat Snyder at 577-7284.

### Meetings combined

The Parent Advisory Board, Mayor's Meeting and Town Hall Meeting have all been combined into one meeting. Anyone having questions, comments or concerns about a variety of issues, whether it is school bus stops, housing, MCCS related or anything else related to the local community or base that needs to be addressed, this is the forum for it. Initially, monthly meetings are planned until further notice.

The first "combined" Town Hall Meeting will be held at 6 p.m. tonight at the Youth Activity Center. The meetings will be held every third Wednesday of the month. Initial point of contact for this meeting is the base executive officer's secretary at 577-6556.

### Temporary on-ramp closures at Lenwood Road

The California Department of Transportation will temporarily close the Interstate 15 southbound Lenwood Road on-ramps in Barstow beginning Monday to facilitate the construction of new lanes on southbound I-15.

The southbound straight on-ramp (near the Rip Griffin Truck Stop) will close to traffic beginning Monday and will reopen Friday afternoon. The southbound loop on-ramp will close March 10 and reopen March 17. The detour for the ramps is as follows:

From Lenwood Road southbound, continue past the Factory Merchants and Tanger Outlet malls to Outlet Center Drive. Go west on Outlet Center Drive to the southbound I-15 entrance ramp.

The ramp modifications are part of the ongoing freeway-widening construction on I-15 from Victorville to Barstow. For more information, call Dennis

Green, Caltrans construction liaison, at (909) 383-6291.

### Ash Wednesday services offered

Ash Wednesday Mass will be held at the Base Chapel on Wednesday. The service will begin at 11 a.m. and will be celebrated by both Father Marion Coslowsky and Chaplain Randel Livingood. Additionally, an ecumenical Ash Wednesday service will be held at 12:30 p.m. in the commander's workshop, Building 573, at Yermo. Please call the Chapel at 577-6849 with any questions.

### Brown Bag Seminar

The Lifelong Learning Library/Research Center is kicking off a series of Brown Bag Seminars on financial planning March 13 with a presentation from Master Sgt. Allyson Hedrick, financial counselor for the Personal Services Division.

Bring a bag lunch and learn how to better handle the family finances.

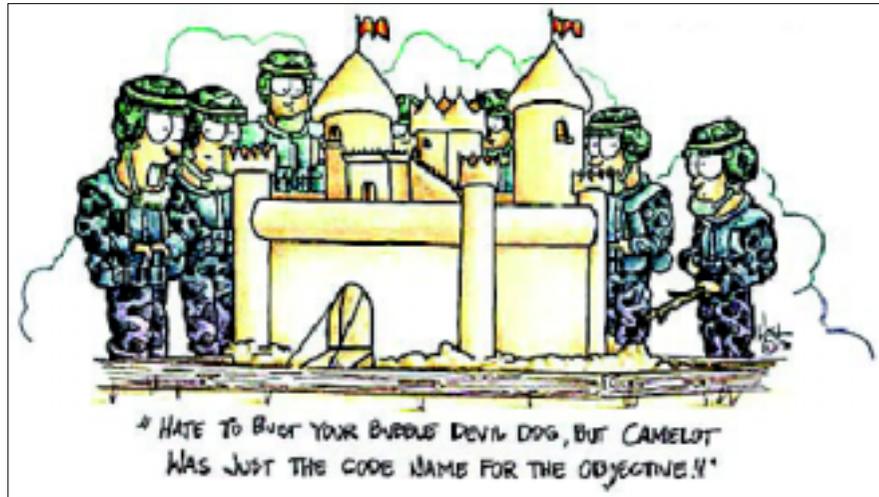
The seminar will meet from 11 a.m. until noon at the Building 218 Classroom. Seating is limited so call 577-6118 to reserve a spot.

### I-15 road construction

The California Department of Transportation has completed construction on a new segment of the North Victorville underpass railroad crossing that spans Interstate 15, between Stoddard Wells/Bell Mountain Wash and Dale Evans Parkway. To construct the other half of the underpass, traffic started being diverted Feb. 10 onto a 1.2-mile segment of the northbound roadbed.

The detour, which will last approximately three weeks, is necessary so construction crews can safely build the segment of the North Victorville underpass. This work follows a similar detour process that occurred to accommodate the construction of the northbound portion of the new underpass.

Caltrans on Feb. 7 also started to detour southbound I-15 traffic between Outlet Center Drive and Wild Wash



Road onto an 8-mile segment of the newly-constructed center median lanes to accommodate construction of an additional southbound mixed-flow lane.

The detour, which will be in effect approximately eight months, will extend the entire 28 miles of the project limits as additional segments of the temporary center median roadway are completed. This traffic diversion will allow construction crews to work unobstructed on new southbound lane construction.

### Base access policy

For visitors or contractors to gain access to enter MCLB Barstow, their sponsor must submit the following information to the Public Safety Office.

The visitors first, last and full middle name, birth date, drivers license or state identification card number and the state in which it was issued, social security number, and company name if applicable, must be submitted.

Their vehicle's year, make, model, color, and license plate number must be submitted as well. The information must be sent to [smbbarstowpba@barstow.usmc.mil](mailto:smbbarstowpba@barstow.usmc.mil).

Sponsors must also submit their full name, organization, and work phone

number, or if sponsors are residents of base housing, they need to submit their full name, rank, address and home phone number.

### Getty Museum Trip

The Civilian Welfare and Recreation Association has scheduled a trip to the Getty Museum March 22. Considered to be one of the best and most diverse in the world, the museum offers visitors an opportunity to view one of the largest collections of paintings, antiquities, bronze and marbles sculptures, photography and much more. The cost of the trip is \$10 and that covers transportation and entry into the museum. Transportation is scheduled to leave the parking lot of Building 319, on MCLB, at 6:30 a.m. and pick up passengers at 7:30 at the IHOP in Victorville. The bus will be returning to MCLB by 10:30 p.m. For more information or to reserve a seat on the bus, contact the following CWRA representatives:

Fred Molino	577-7210
Bruce Rowe	577-7207
Earnest Garrett	577-6940
Dan Keirn	577-6614
Barbara Kent	577-7786
Wrayanne Huddleston	577-6506
Cliff Ades	577-6431
Earnest Hawkins	577-7046
Rich Tusing	577-6492
Vince Chavez	577-7580
Barbara Kulseth	577-6771
Tangia Joseph	577-7230

### 40-mile racers sought

Break out the running shoes and get ready for the 8th Annual Veteran's Home Relay Run scheduled for March 22. The course is a grueling 40-mile stretch that starts at Fort Irwin's fitness center and ends at the Veterans Home of California-Barstow. The event is a team relay race where each team member will run a two-mile leg.

Whether using the run to represent MCLB Barstow, get in shape for the

PFT, support the local community, or just for the fun of it, all participants are welcome. Any MCLB Barstow employee is welcome to join. For more information, contact 1st Lt. Jason Kut, MCLB team coordinator at 577-7611.

### Blood Drive scheduled

A blood drive is scheduled to be held March 25 from 11:30 a.m. to 3 p.m. at the Base Gym, Building 44 on Nebo, and at Yermo from 11:30 a.m. to 3 p.m. at the Maintenance Center in Building T598. For more information or to sign up, contact your respective division administrative officer.

### Oklahoma University MBA Program

The Marine Corps and the University of Oklahoma have developed an agreement to provide a master of business administration degree through Cameron University to the Marine Corps. This agreement allows OU to use the Marine Corps Satellite Education Network to offer classes to Marines and DOD employees at MCLB Barstow.

A program brief concerning registration and course offerings will be presented on March 24 at the Building 218 Classroom at 9 a.m.

### Recruiters Assistance

Recruiting Station Louisville, Ky., is seeking Marines from Kentucky, southern Indiana and the greater Cincinnati, Ohio, area to participate in the Permissive TAD Program. The PTAD Program allows Marines to work in their hometowns for up to 30 days helping local recruiters in their efforts to fill the Marine Corps ranks.

Privates and privates first class can get promoted to the next rank, while lance corporals and corporals can earn up to 100 points toward promotion. Openings are available now. For more

See BRIEFS Page 9

## Job Watch

Ann. No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-144-03-NR	Management Assistant (OA) GS-0344-07	02-21-03	03-04-03	02-25-03	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.donbr.navy.mil>.

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

# Base inspector helps solve problems

By Sgt. Joseph Lee  
BARSTOW LOG staff

Avenues for problem solving are abundant in the government work environment.

There are hotlines to call, chains of command, and other resources available to forward problems or concerns that utilize both formal and informal forums to report issues or problems concerning base policy or simple workplace concerns.

Coincidentally, most of these formal and informal avenues all circle back to one individual on base who deals with the issue, problem, or concern directly – the base inspector.

“I’m the eyes and ears of the commander,” said Master Sgt. David W. VanHovel, base inspector, whose job includes the regular inspection of the base’s functional departments as well as investigation of issues concerning anyone who lives on, works on, or does business with MCLB Barstow. “My door is open to any sort of concern, be it a

housing issue, workplace issue, or just a general problem someone might have that needs to be addressed.”

The base inspector, located at the end of the red wing of Building 15, works to solve problems.

“You could consider me the base’s customer relations,” said VanHovel. “If there is any sort of concern on this base from military personnel or civilian employees, it is my job to find a solution as quickly as possible.”

As a problem solver, VanHovel takes external inquiries dealing with this base via Marine Corps Logistics Bases, Materiel Command, Headquarters Marine Corps, Department of the Navy and Congressional inquiries, and investigates the problem to find a solution.

According to VanHovel, with so many different channels available to request assistance through, oftentimes a time-sensitive complaint can end up being sent via external channels and take a much longer time to get solved than if it

had just come to him in the first place.

“They’re going to get the same answer,” said VanHovel. “We’re going to investigate it when it comes to my attention. If it’s a founded complaint, we are going to take whatever corrective action or disciplinary action is necessary to fix the problem.”

By reporting an issue directly to the base inspector, a situation can be addressed as quickly as possible while cutting out a majority of the middlemen, according to VanHovel.

“There is no problem too little and no problem too big,” said VanHovel. “I will never turn any problem away. If it is a military member dealing with an issue concerning his command, I will help that individual get in contact with the right person to help solve his problem. If it is a fraud, waste or abuse issue, then I will begin an investigation as quickly as possible.”

Anonymity can be an important issue for someone reporting a concern, and, according to VanHovel, a certain level of anonymity can be maintained when a problem is reported directly to him.

“It doesn’t do me much good to get a vague anonymous allegation left

on my (answering) machine, so when making a formal allegation there is information I need from the source so that I can investigate the problem deeper,” said VanHovel. “This does not mean that a person’s name will be released to anyone who wants to see it either, as certain things are not releasable under the Freedom of Information Act. In most cases, government personnel making a formal allegation are protected from reprisal or reprimand under the Whistleblower Protection program.”

According to VanHovel, all other available forums for complaints and suggestions are always open, and people are encouraged to use these avenues as they are designed. For the quickest resolution, however, he recommends bringing the issue directly to his attention.

### Editor’s Note:

*For more information about the base inspector office or its mission, or to bring a complaint, problem or recommendation to the base inspector’s attention, call 577-6373, or the information can be mailed via guard mail or standard mail to the base at: P.O. Box 110100, attn: base inspector.*

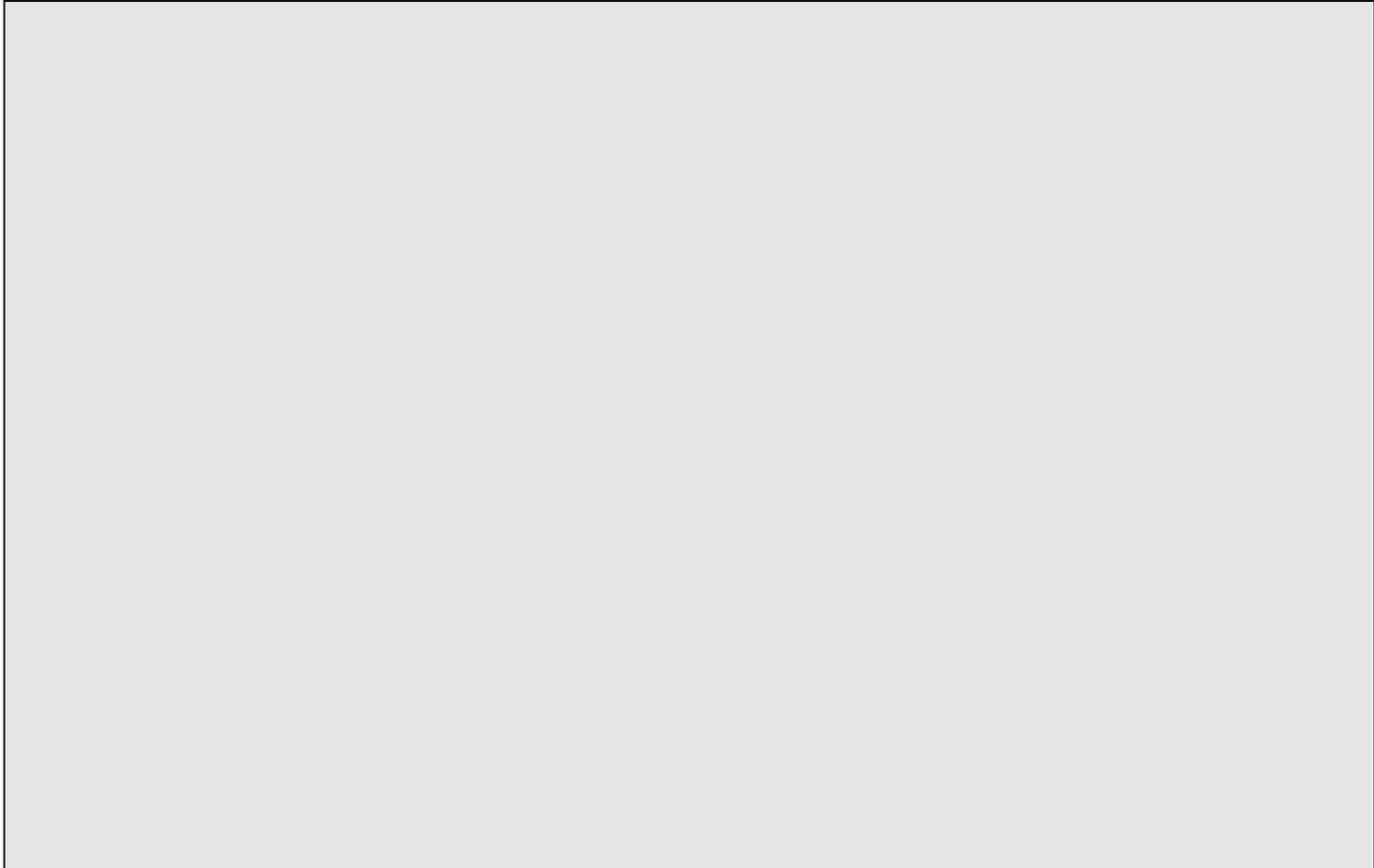
### CHAPLAIN from Page 2

What about love? Are we leading the way by treating others with love and care or are we treating others like something that is worthless, as objects to be used and then discarded? Do we act like people who have faith in others to succeed and excel or do we suggest that they are going fail at every turn and set them up for failure by imposing unrealistic expectations?

Do we set the example of purity of motivation and action to those younger than we or are those around us learning what the phrase “ulterior motive” means?

It is much easier to blame each generation for all of its ills than it is to accept our part of the responsibility. Note that I said “our part” of the responsibility. We all have a roll to play. The question is, are we doing our part to build the next generation?

Peace,  
Fr Randel



# 'Anymouse' used for ground safety *Antihistamines help curb allergy symptoms*

**By Rob L. Jackson**  
BARSTOW LOG staff

ALMAR 010/03 announced the implementation of the Ground Anonymouse Safety Reporting program, "Anymouse," a program that allows an individual Marine to voice valid safety concerns without fear of retribution.

According to the message, the Anymouse program has been around Marine Corps and Navy aviation since the early 1950s.

Since its inception, Marines and sailors of all ranks attached to aviation units have used the program to bring safety concerns to the command's attention.

The program is intended to encourage personnel to make voluntary reports of safety concerns that they are not comfortable reporting through the established chain of command or reporting channels.

According to Gunnery Sgt. Bruce Raymond, safety staff noncommissioned officer, Headquarters Battalion,

the battalion has taken steps to implement the program at MCLB Barstow well before the established Oct. 31 by-date.

"We've put together drop boxes for the program and will be placing them in battalion headquarters, barracks 176 and the base gym," he said.

The forms the Marines will be using to report safety concerns are to be posted near the box and seem very simple to fill out. It's a two-page document that asks for a description of the situation or event, what items may have contributed to the incident, and a list of recommendations that could prevent the incident reported from happening again.

Though based on the Marine Corps Safety Order, MCLB Barstow's safety program works in much the same manner as the AnyMouse program, the difference being that it was designed for Civilian Marines' use, according to Ray Aguilar, MCLB base safety manager.

The program has been in effect at

MCLB Barstow for about 12 years or more. The Anymouse program, basically the same as the current incident reporting program, incorporates the Marines into it, he said.

Another significant difference between the two is that MCLB Barstow's program gives an individual the option of reporting an incident to his or her supervisor either orally or in writing.

Any person desiring anonymity may submit an MCLBB 5100/26 Unsafe or Unhealthful Working Conditions form to the base safety manager. MCLB Barstow's report forms can be found posted on or near official bulletin boards within the workplace.

**Editor's Note:**

*For more information about the Anymouse safety program, see ALMAR 010/03 or check out the Web site at [www.hqmc.mil/safety.nsf](http://www.hqmc.mil/safety.nsf).*

**By Lt. j.g. Danny Nixon**  
Branch Medical Clinic

Being in the desert, allergies are a daily fact of life.

Antihistamines are an integral part of the treatment of these allergies.

**What are antihistamines?**

Antihistamines are medications that help stop or curb the symptoms caused by allergies.

These symptoms include a runny nose, itchy eyes and sneezing. Hives (an itchy rash) may also be treated by an antihistamine.

**Antihistamines that I purchase make me sleepy, is there another type of antihistamine?**

Yes, most antihistamines that are given by a health care provider are the non-sedating type.

This means that they probably won't make a patient sleepy. Non-sedating antihistamines are better for kids at school or adults who work with machinery or drive cars.

See a local health care provider for recommendations on non-sedating antihistamines.

**Can I take my antihistamine with another medication?**

Certain other medications should not be taken with antihistamines.

When a health care provider gives a patient a prescription, the patient should always ask if it's safe to use with other medications, specifically medications the patient may already be on.

The pharmacist can also notify the patient of medications he or she should not take in the future with an antihistamine.

If patients have any questions, they should ask the pharmacist or health care provider.

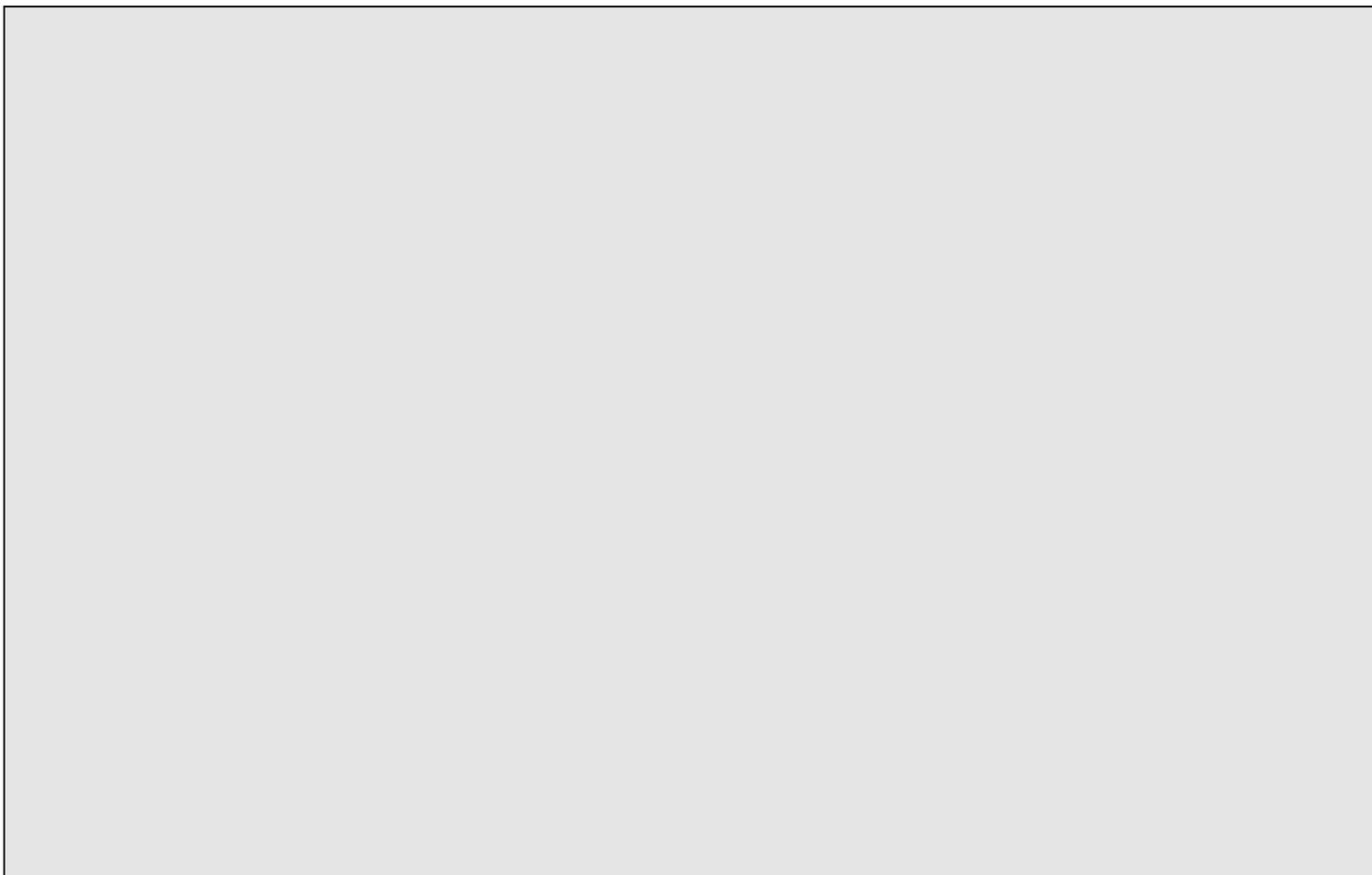
**Can I share my prescription antihistamines with friends who have allergies?**

No. Patients should never share any prescription medication with another person.

When health care providers examine patients, they choose a medication that is right for that particular problem.

Some antihistamines can cause serious side effects for patients who should not take them for some reason such as medication allergies.

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



# Around the Corp

## Water in the nose and survival on the mind during SWET

By Gunnery Sgt. Keith A. Milks  
22nd Marine Expeditionary Unit

The video is both absorbing and horrifying. Taken from aboard the USNS Pecos, the images show a CH-46E Sea Knight helicopter from the 15th Marine Expeditionary Unit become ensnarled in the Pecos' safety netting during a ship-board seizure exercise.

Aboard the stricken aircraft, five crewmen and 13 passengers fight for their lives as the helicopter suddenly rolls over and falls top-first into the blue, 3,900-foot-deep water off the California coast. It took less than 40 seconds from the start of the tragedy for tail number 154790 to completely disappear beneath the waves.

Six Marines and a Navy corpsman died in the Dec. 1999 accident. At the time, select Marines and aviators were subjected to the "helo dunker," but there was no standard program for providing individual aircraft passengers with the skills necessary to survive a helicopter crash.

The tragic accident galvanized the Marine Corps into action and in spring 2001, the Corps implemented a training regimen teaching helicopter passengers how to successfully egress from a sinking helicopter.

For nearly 18 months, Marine and Navy instructors taught the Interim Passenger Helicopter Aircrew Breathing Device Familiarization Course, but the Marine Corps turned to a civilian contracting company to standardize the training.

The contract was awarded to Survival Systems Inc., which began teaching the course in September 2002. Dual headquartered in Canada and the United States, SSI traces its origins to 1978 when it began teaching water survival techniques to offshore oil rig workers.

Recently, Marines and sailors from the 22nd Marine Expeditionary Unit underwent the training, and according to Capt. James R. Gibson, of Longbranch, N.J., the key benefits of the training lie in familiarizing the Marines with the survival equipment and procedures.

"The HABD/SWET (Shallow Water Egress Trainer) training prepares Marines to survive in the unlikely event that an aircraft must ditch at sea," said Gibson, a KC-130 Hercules pilot serving as the MEU's assistant air officer. "As with any piece of gear, familiarity with the proper operating procedures and prior exposure to the device will greatly improve a Marine's chances of survival."

For many Marines, the half-day course was their first exposure to advanced water survival training beyond annual water survival qualification.

"Some Marines come to us with apprehension, skepticism, and some even with fear in their eyes," said retired Navy

Lt. Cmdr. Edward E. Humphrey, SSI's chief water survival instructor aboard Camp Lejeune. "We work closely with each Marine and maintain a calm, non-threatening posture. At the end of the training, we give them a fighting chance to egress a helo should the unthinkable occur."

According to Humphrey, the training consists of a period of classroom instruction followed by training in the pool. The primary water training device is the "SWET chair," a mock helicopter seat attached to buoys manned by SSI instructors.

"All trainees first visit the SWET chair for three breath-holding exercises," said Humphrey.

Strapped into the seat wearing their utility uniform and helmet, the Marines are briefed on the best method to egress the seat. The Marines then adopt a crash position with their feet flat on the deck, hands grasping the seat, and bent at the waist. The instructor's call of "ditching, ditching, ditching" is their cue to gulp a final breath of air before they are spun

180 degrees until they are sitting upside down underwater.

The complete rotation is designed to simulate what would occur when a top-heavy helicopter strikes the water and turns over. The first dunking has the trainee remain underwater for five seconds to demonstrate he can retain his composure.

The second and third evolutions are a bit trickier. When he is placed underwater a second time, the trainee must find a reference point, unbuckle from the seat and then exit the SWET through a small opening resembling a helicopter window. The third evolution calls for a window to be placed over the opening that the student must open before swimming through.

This evolution complete, the trainees then practice using the IPHABD, a small tank of air strapped to the floatation devices required for helicopter passengers. They are taught to ensure it is functioning and practice breathing with the device when submerged, and to purge it should the device fill with water.

"The most difficult task for the trainees to perform is the wall hang," said Humphrey. "Here they hang completely upside down [underwater] with their sinus passages flooded while trying to clear water from the regulator unit."

Trainees, assisted by an instructor, are lowered into the water three times. The first time they hold their breath, the second time with the breathing device in place, and the third time requires they purge the device.

Upon completion of the wall training, the trainees return to the SWET chair where they repeat the earlier dunking evolutions, except now they do so with the use of the IPHABD. The culmination of the training is when the trainees are dunked, employ their IPHABD, and egress the SWET chair while wearing "black-out" goggles that simulate being submerged at night or in murky water.

At each stage of the training, the instructors, most of whom are retired or former Marines and sailors, critique the trainees on their performance and offer suggestions to increase their survivability.

Throughout the training, one of the instructors, a former firefighter and emergency medical technician is on hand.

"Everyone should go through this training," said Lance Cpl. Robert S. Hage, of Howard County, Md., an administrator assigned to the MEU Personnel Administrative Center. "It gave me first-hand insight on what happens in a helo crash and what steps I should take to survive."

Hage, who admits to harboring an apprehension about the water, said the training helped dispel long-standing fears of the water and gave him confidence in his abilities to survive in a helicopter mishap over the water.

In addition to Camp Lejeune, SSI has set up shop at Camp Pendleton, Marine Corps Air Station Kaneohe Bay, Hawaii, and in Okinawa, Japan. Marines designated as "frequent flyers" are required to undergo the training every four years.

For more information on the organization, mission and status of the 22nd MEU, visit the unit's Web site at [www.22meu.usmc.mil](http://www.22meu.usmc.mil).



Photo by Gunnery Sgt. Keith A. Milks

Marines from the 22nd Marine Expeditionary Unit prepare for the Shallow Water Egress Trainer aboard Camp Lejeune, N.C.



A Marine from the 22nd Marine Expeditionary Unit learns how to breath under water using a advanced water survival training is required for deploying Marines designated as frequent f

# round the Corps

## and during SWET

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Instructors from Survival System Inc. spin a trainee from the 22nd Marine Expeditionary Unit underwater in the Shallow Water Egress Trainer.



Photo by Lance Cpl. Jemssy Alvarez

Marine Expeditionary Unit learns how to breathe under water using a regulator during water survival training aboard Camp Lejeune, N.C. The training is required for deploying Marines designated as frequent flyers.

## Brig blues - Drudgery rules the day when you run into a 'wall in life'

By Lance Cpl. Matthew Richards  
THE SCOUT staff

**MARINE CORPS BASE CAMP PENDLETON, Calif.** - Steel bars slam shut, clanging "no way out" as pretrial detainees and convicts step into a world seemingly devoid of anything but dark white walls and the vacant stares of those forced to settle here. Guards' footsteps occasionally echo through an otherwise quiet hallway.

Even in the mess hall - where inmates get a respite from dreary cells, squad bays and the clasp of cold-steel doors - there's no break from general drabness and an utter lack of liberty. Marines toting trays amble from the serving line to elongated tables against a sterile backdrop of aluminum and linoleum. They sit anonymously under a giant painted eagle perched high on the wall. It stares menacingly, as though ready to pounce on the first breach of procedure.

One hundred and sixty-four Marines currently dwell inside the somber walls of Camp Pendleton's Brig.

All rights of privacy are impounded with the first strip search upon entering the brig. The Marines' phone calls, letters and visitations are all under careful supervision.

Freedoms are few, but lesser criminals are allowed broader latitude, said Chief Warrant Officer 3 Thomas P. Dooley, the brig officer for Brig Company, Security Battalion.

The prisoners are separated into minimum- and maximum-custody groups after the first three days of indoctrination. A board consisting of a chief warrant officer and two senior staff noncommissioned officers decides who goes where.

The prisoners just do as they're told.

Minimum-custody prisoners are given better jobs, and when they aren't working, they're allowed to play cards and board games, watch television or go get some exercise for an hour a day.

Even the promising bright sunlight hinting at an eventual release reflects harshly off the angular stone of the brig into the

rusty workout area, and the long laborious hours of distracting work bring bodies back tired to their quiet cold existence.

Minimum-custody prisoners serve as carpenters, cooks, groundskeepers and general laborers.

"Working definitely helps to pass the time. Anything that passes the time is welcome," one inmate said.

Maximum-custody prisoners are locked up in individual cells for about 23 1/2 hours a day. Some are there because they're being disciplined or have contagious medical conditions; others stay here because their sentences are long or their crimes severe, said Cpl. Malachi R. Ortega, a guard with Brig Company.

Patrolling guards' eyes dart to every door that opens or closes. They study every prisoner's step, movement and gesture.

"Minute by minute, the plan of the day for every prisoner or detainee is kept track of," added Dooley.

The prisoners are counted first thing in the morning and at least four more times during the day. Any aspect of privacy or personal rights is removed - almost like boot camp, but without the character-building encouragement, Dooley said.

"More than anything, life here is frustrating. It's like running into a wall in life," said another inmate.



Photo by Lance Cpl. Matthew S. Richards

Pretrial detainees, wearing blue, who just arrived at the brig are ushered into their new life.



By Jim Gaines  
MCCS Publicity

### March Sale at Super Seven Day Store

The Super Seven Day Store's March sale features 10 percent off Hoover vacuums, 20 percent off all watches in stock, 20 percent off back packs and luggage in stock, 30 percent off Moeshe long sleeve shirts and 50 percent off denim and flannel jackets.

The Super Seven Day Store is open Mondays through Fridays from 6:30 a.m. to 9 p.m., Saturdays from 8 a.m. to 9 p.m., and Sundays from 10 a.m. to 6 p.m.

### Lunch Menu

Unless otherwise indicated, the lunch menu for the Family Restaurant and Cactus Cafe are the same.

*Today* – Chicken cacciatore with steamed rice.

*Friday* – Hoki fish, macaroni and cheese.

*Monday* – Beef tips and noodles.

*Tuesday* – Rosemary chicken with potatoes au gratin.

*Wednesday* – Tuna casserole.

*Thursday* – Nebo: Soup and salad bar. Yermo: Meatloaf, mashed potatoes and gravy.

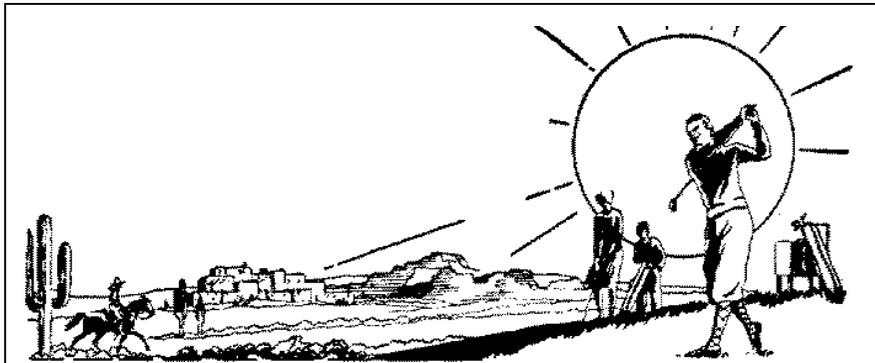
### Family Night Dining

*Tonight* – Salisbury steak, onion rings, mashed potatoes and gravy, vegetable, tossed green salad, fountain drink of your choice and dessert.

*March 6* – South of the border night: Beef chimichanga, chicken fajita, refried beans, Mexican rice, flour tortillas, tossed green salad and fountain drink of choice.

Price: Adults pay \$5.50 (Price is the same for military and civilian), children (5 to 11 years old) pay \$3.50. Children under 5 years old are free.

Everyone is welcome. Bring the family and friends and enjoy Family Night Dining. For more information, please call 577-6428.



Now is a great time to be out playing golf!  
It's all here for you - come on out and enjoy!

Want to establish your golfing handicap? Join the Southern California Golf Association for a \$25 annual fee.

*The Tees & Trees Golf Course is open Tuesdays through Sundays 7 a.m. to dusk and Mondays 11 a.m. to dusk.*

**577-6431**

# Preparedness measures Americans can take

Compiled by  
BARSTOW LOG staff

For only the second time since the Homeland Security Directive was adopted in March 2002, President George W. Bush raised the national terror threat level to Orange status Feb. 7 signifying a high risk of terrorist attacks.

As speculations swirl, many Americans are wondering what they can do prepare themselves and their families in the event of an attack. To assist, the American Red Cross developed specific disaster readiness guidelines for individuals, families, neighborhoods, schools and businesses.

"When we developed our recommendations, we started by providing the basic fundamental preparedness actions that should be taken to correlate with the lowest level green advisory, and then built upon them," said Carol Hall, manager of the American Red Cross weapons of mass destruction, terrorism program.

## Where to Start

The first basic steps that should be taken include obtaining a copy of the "Terrorism: Preparing for the Unexpected" brochure from a local Red Cross chapter, taking a first-aid/CPR class and developing a disaster plan and a disaster supplies kit.

When creating a disaster plan, families should identify an emergency contact and ensure that every family member has the number. After a disaster, it's often easier to call long distance, so the emergency contact should be

located out-of-state.

Individuals should also stock or check their disaster supplies kit, containing such items as water, a first-aid kit, non-prescription drugs, sanitation items, plastic sheeting and tape.

"Following a major disaster it may be impossible to acquire these items. It's critical they are in place beforehand," Hall said.

Next, individuals should follow the steps recommended for blue (guarded) and yellow (elevated) levels. Measures include developing an emergency communications plan with family, neighbors and friends. This step is in addition to establishing an out-of-town contact, and involves setting up a phone tree with loved ones and neighbors so, in case of evacuation, the people on your list can pass along information such as where you are evacuating to immediately following a disaster.

## Orange Level Specific Recommendations

Once all actions for each of the lower levels are completed, individuals should then take a few additional measures specific to the orange condition. If a need is announced, donate blood at designated blood collection centers. Individuals should also review their disaster plans and recheck their supplies kit.

At this heightened state of alert, individuals should also be ready to "shelter-in-place" if necessary and recommended by local authorities in the event that hazardous materials have been released into the atmosphere.

Shelter-in-place is a precaution aimed to keep you safe while remaining indoors, and means selecting a small, interior room, with no or few windows, and taking refuge there.

An important reminder is that shelter-in-place is not the same as seeking shelter from a disaster such as a hurricane. Should the measure be necessary local authorities will broadcast information on how to protect you and your family through television and radio stations. Because information will most likely be provided on television and radio, it is important to keep a television or radio on, even during the workday. The important thing is for you to follow instructions of local authorities and know what to do if they advise you to shelter-in-place.

- To shelter-in-place at home:
  - Close and lock all windows and exterior doors. If you are told there is danger of explosion, close the window shades, blinds or curtains.
  - Turn off all fans, heating and air conditioning systems.
  - Close the fireplace damper.
  - Get your family disaster supplies kit and make sure the radio is working.
  - Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed.
  - Bring your pets with you, and be sure to bring additional food and water supplies for them.
  - It is ideal to have a hard-wired

telephone in the room you select. Call your emergency contact and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.

- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.

- Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

Because disasters can occur any time, any place, the American Red Cross developed Homeland Security Advisory Recommendations for families, neighborhoods, businesses and schools.

"Disasters are unpredictable, so we have developed preparedness tips for several scenarios," said Hall. "The important thing to remember is not to panic and to be ready. Although these recommendations are particularly relevant in today's climate, they can always be used in the case of any disaster, from a fire to a hurricane."

## Editor's Note:

The preceding information was taken from the American Red Cross Web site ([www.redcross.org](http://www.redcross.org)). This information is one of a series of Provost Marshal's Office information briefs provided to all of the MCLB Barstow Family.

## BRIEFS from Page 3

information, please contact Sgt. Maj. Leon Jordan, at (502) 582-6612/6610 or via e-mail at [jordanl@4mcd.usmc.mil](mailto:jordanl@4mcd.usmc.mil).

## Care and control of minor children

Base employees and residents are reminded to comply with base policy regarding care and control of minor children aboard MCLB Barstow.

Infants, toddlers and preschool children under the age of 5 years who are not attending school or kindergarten shall never be left alone in housing areas or other base public areas in an unsupervised manner.

Children over the age of 5 years and under 12 must be supervised indirectly, meaning that a parent, guardian or baby sitter shall always be within the immediate vicinity and be aware of the activities of the children, although direct "eyes-on" supervision, at the discretion of the parent or guardian, may not be necessary.

Curfew is the time of day or night when children under 18 may not be in a public area without the supervision of a parent or guardian. Nighttime curfew aboard MCLB Barstow is from 10 p.m. until sunrise every day of the week. Exceptions include emergency errands for a parent or guardian; returning directly home from a public meeting, school entertainment or recreational activity; and a requirement to be in or at a public place incidental to lawful employment. Daytime curfew aboard MCLB Barstow is from 8:30 a.m. to 1:30 p.m. on days when a child's school is in session.



Photo by Curt Lambert

Wilbert Richardson, Cost Work Center 735, Radar Shop, Maintenance Center Barstow, gives Brig. Gen. Richard S. Kramlich, commander MARCORLOGBASES, a brief overview of the Avenger Missile System during his recent visit to MCLB Barstow.

## HAZMAT from Page 1

by the Family Housing Division.

The Family Housing Division will also assist in the removal of items like furniture, toys, household appliances, or anything that does not fit the description of trash or recyclable items, said Jones.

Call 577-6706 to take care of these items. Please do not put these items by the curb because they will not be picked up.

"The proper handling of all trash, recycling and hazardous material is good for the neighborhood," said Jones. "It is ultimately good for the environment."

## SAFETY from Page 2

fault of the material. This tells me that most accidents are widely preventable."

One survey of 300 companies discovered that for every 600 close call incidents, they had 30 property damages, 10 minor accidents and 1 very serious accident.

Four basic methods are available for preventing accidents and close calls, according to Locke. These are engineering revision, personnel adjustment, discipline, and persuasion and appeal.

"Most accidents aboard this base occur during the summer months, when the civilian workers tend to work more overtime hours," said Locke. "The combination of heat and long work hours is a dangerous combination when dealing with safety. Supervisors should take an extra close look at safety procedures during the summertime to reduce the chances of a mishap."

Although fatigue may increase during the summer months to add an increased risk for accidents, ignorance can also increase a person's risk of injury on the job.

"The guy who jumps off the top of an LAV may not be thinking of safety," said Locke. "He's just looking to get down, and the quickest way is to jump. If he has been trained on how to properly dismount the vehicle, he is being negligent, and there is no opportunity to reduce the risk of a mishap. On the other hand, if he is just ignorant of what he is doing, proper front line supervision and proper training can reduce the risk of a close call or mishap. That's why front line supervision is so key in reducing mishaps and close calls."

Reporting close call incidents is also a very valuable tool in managing an effective safety program, according to Locke. But the vital part is to apply corrective action immediately. The only way this can be done is if a close call is reported immediately after it has occurred. This way people can learn as much as possible - as soon as possible.

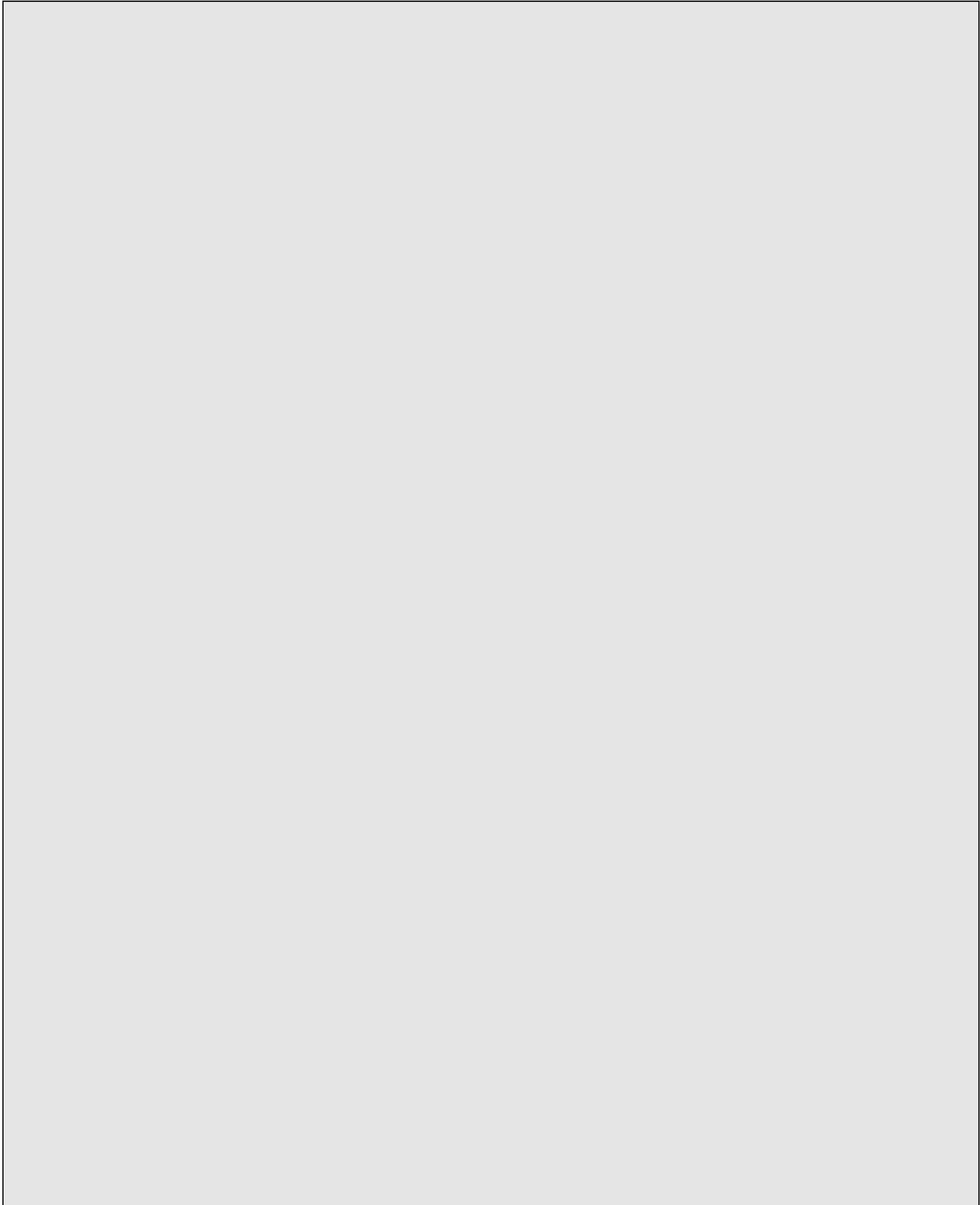
But why are close call incidents not reported?

Typical reasons are fear of reprimand or repercussions, red tape, not being aware of their importance in controlling future accidents, embarrassment, the spoiling of a safety or production record, or lack of feedback when similar issues have previously been raised.

"Keeping quiet about a close call may be a way of not having to deal with it, but the guilt of explaining to a co-worker who ends up in a wheelchair because of a known hazard may be too much to bear," said Locke.

## Editor's Note:

Information provided by the Base Safety Office in an article called "Close calls are wake up calls" was used in this article.



1990 VOLKSWAGEN CABRIOLET: 4-cyl.1.8 liter. 5-speed, a/c, p/s, p/w, needs transmission work, asking KBB or \$2,450, OBO. Call 252-2141.

1966 DODGE: Station Wagon, 383 engine, auto, air, runs, needs TLC, \$1,200 or trade. Call 254-1913.

1986 CAMARO: V6, recently rebuilt engine, CD player, 2 new front tires, \$1,800, OBO. Call 253-2133 AWH.

1981 FORD: F-150, xlt p/u short bed, rebuilt 302 engine, has AOD trans, custom wheels, fully loaded, new tires, carpet, dash mat, weather stripping, runs great, \$2,000. Call 256-2774 AWH.

1987 FORD: E-150 Club Wagon XLT, 8-passenger van, new timing chain and head job, fully loaded, dual a/c, runs great, \$3,000. Call 256-2774 AWH.

MISCELLANEOUS: 5-light brass arc floor lamp, \$25; pair of oak end tables with glass inserts \$30. Call 255-4339.

MISCELLANEOUS: Book, "Chicken Soup for the Woman's Soul," \$8. Call Jennifer, 447-8706.

MISCELLANEOUS: Baby stroller, \$125, OBO; baby high chair, \$50; baby entertainment \$50; baby swing \$45, OBO; baby rocking cradle w/ bedding, \$75, OBO; baby rocker cocoon, \$40, OBO. Call 252-4787.

MISCELLANEOUS: Sofa w/queen size bed \$200; swivel-rocker recliner \$100; wood microwave stand \$100. Call 254-2295, lv msg.

MISCELLANEOUS: Wheels, alum. for a 1999 Jeep Wrangler, 5 each, best offer. Call 254-3675 AWH.

MISCELLANEOUS: New golf clubs, bag and accessories, \$125, Corvair eng. \$125, Volkswagen, all 4 mag rims \$55, aluminum awning for carport or patio, \$110, Ford Ranger tailgate, \$55. Call 254-1913.

MISCELLANEOUS: Large dining room table with 6 chairs dark oak, good cond. \$150, OBO; misc. books, hard and soft cover, \$25 takes all; eleptical trainer \$50, OBO, needs bolt. Call 252-2205.

WANTED: Honda and Acura car parts. Call 254-1913.

WANTED: Motorcycle ramp and CD player for automobile. Call 447-8703, lv msg.

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