

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 15

Marine Corps Logistics Base Barstow, California

April 17, 2003

I&L Picnic

Installation Division celebrates MEO.

Page 2

Child Abuse Prevention

The base commander sends out her proclamation.

Page 3

Shotgun on Gates

New Marine Corps shotgun is being carried by military policemen.

Page 4

Fire Evacuation

Assistant fire chief lays out plan for evacuation in case of fire.

Page 10

Check out the Marine Corps Web site.

<http://www.usmc.mil>

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

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



Photo by Sgt. Joseph Lee

An employee of Stronghold Engineering cuts a piece of conduit in a ditch in front of Building 176 to install a slight bend to allow it to run evenly downhill. The conduit will soon house underground power lines to replace a portion of the aged above-ground grid.

MCLB power system goes underground

By Sgt. Joseph Lee
BARSTOW LOG staff

Stronghold Engineering began construction in January on a new electrical distribution system on base replacing the majority of aboveground power lines with lines running underground.

The contract, which was awarded last September, is similar to work accomplished by the same company last summer at the Yermo Annex.

According to Cmdr. Jeff Johnston, director of Installation and Logistics Department here, the Headquarters Marine Corps-funded, \$6.4 million distribution system is being installed to replace the out-dated system that was previously installed during the original build out of the base during World War II.

The old system "offers little room for expansion and is not fully compatible with the local utility grid," said Johnston. "It has reached the end of its service life."

The work, which is scheduled to

be complete in September 2004, will be accomplished primarily north of I-40 and Boll Avenue.

"The basic plan starts with trenching and installing conduit, which accounts for most of the work to date," said Johnston. "Transmission lines will then be pulled through the conduits and connected to transformers, switchgears and other features. Once the system has been fully installed and tested, power will be transferred from the old system to the new."

According to Johnston, whenever there is trenching involved, there is some risk of a power or water outage, but the risk is minimal. There may be more chance of power outage near the end of the project, when the power is being transferred from the old system to the new.

"The new system will not only provide additional capacity, but will be more reliable and easier to maintain," said Johnston. "Since most of the system will be underground, it will be protected from the sun and wind."

Marines recount rescue of POWs

By Sgt. Joseph Chenelly
I Marine Expeditionary Force

MARINE COMBAT HEADQUARTERS, Central Iraq - On a tip from an Iraqi official, Marines with D Company, 3rd Light Armored Reconnaissance Battalion, dashed through sniper fire on the streets of Samarra, Iraq.

They pushed on in the early morning of April 12 even as they felt the situation was eerily resembling the beginning of an infamous battle in Somalia which they had studied during training.

The streets and rooftops in the town square quickly began to fill as the Marines searched house-to-house for America's seven prisoners of war.

"I could see maybe 30 people just on one roof. They were everywhere," said Lance Cpl. Curney Russell Jr., an 18-year-old scout with 3rd Platoon. "I wondered if the tip was a setup."

"We didn't want another 'Blackhawk Down' scene having to fight our way out of a town," said Cpl. Christopher "Hollywood" Castro, referring to a deadly clash in Somalia where American soldiers were attacked in a densely populated

area.

Marines received the intelligence while in a blocking position outside Samarra. A local police officer advised the Marines to "look in Building 13 if you want to find the Americans."

The Marines were directed to go in "weapons tight," according to Castro, who is 3rd Platoon's chief scout. The team's leaders made everyone aware that friendly forces possibly were inside and deadly force should be used with extreme caution.

"We went in knowing they'd be armed," he said. "If they had their weapons holstered or even just not aimed at us, we wouldn't shoot. We didn't want any firing. We didn't want to hit the POWs."

Some Marines were on foot and others were in light armored vehicles. Foot-mobile teams spread out through the alleys and streets looking for Building 13.

After the locals began amassing, the Marines were preparing to pull out when Russell heard a voice coming from a window.

"We're Americans. My name is Chief Warrant Officer Williams," Russell recalled hearing. It was Building 13. He immediately notified his commander of the discovery.

The team of Marines raced through the streets to his position. After pounding the door three times, the Marine's officer gave the nod. Two powerful kicks later, the wooden door splintered and Marines rushed into the dimly lit room where Army CWO David Williams and the six other prisoners of war were being held.

"Speed, speed, speed," Russell said. "It's all about getting 'em and getting out as fast as possible."

With rifles pointing every direction and Marines screaming for everyone to get down, the Marines took control of the situation instantly. Three unarmed guards were laying facedown among the POWs.

Russell loudly announced, "If you're an American, stand up now!" The seven stood and were quickly ushered outside to a secure rally point.

As the American soldiers were being separated from their captors, they implored the Marines to be temperate with the Iraqi guards.

"Don't hurt them," Russell recalls CWO

See **RESCUE** Page 5

I&L takes moment to relax, reflect on MEO

By Rob L. Jackson
BARSTOW LOG staff

Installation Division held its second annual pre-air conditioning season picnic April 9 at the beer garden, but instead of just celebrating the coming season it was an opportunity to highlight past achievements of both the division and personnel.

"It was also a way to boost moral and to also pass on the status of where we are and how we're doing," said Steve Phalon, Installation Division head.

Last week's weather presented a perfect opportunity for Installation Division personnel to fire up the grill, take a break from their daily schedule and just relax. Phalon took that time to also inform his

people of how far the division has come in the 18 months since becoming a Most Efficient Organization.

Now in the second option year of the initial agreement, Phalon revealed to the group that they have done well overall in the past 18 months. But the MEO had no way to really gauge just how well it had performed until borrowing a point system developed by Marine Corps Air Station Yuma.

"With the MEO you have a base year with three option years," Phalon explained. "To get any of the options your performance has to be satisfactory. To get the three award term years your performance must be beyond satisfactory, and this is based on the Performance Requirements

Summary."

According to Phalon, there are 40 areas, and some sub areas, that must be satisfied under the PRS.

He revealed that the MEO borrowed Yuma's point system to do a self-assessment. Some of the self-assessments must be done monthly, and some must be done annually.

Based on Yuma's system, zero is used for not meeting the requirements, one is marked for just meeting the requirements, and two means that the unit exceeded the requirements.

"The maximum number of points you can get is 815, and that's over an 18-month period," said Phalon. "After performing our own self-assessment, we

scored 802 out of 815 points, which we thought was very good."

After passing on to the MEO "a job well done" Phalon and base commander Col. Liz Bergman took a few minutes to recognize personnel within the MEO by presenting years of service awards.

It was a time for the entire organization to receive kudos from other departments aboard the base for work the MEO has performed for them.

So the reasons behind the division's pre-air conditioning season picnic, according to Phalon, were to get the word out, award personnel for their efforts, pass on thanks from others who appreciate the work that the MEO has done, and, finally, to take a well-deserved break.

War leaves lasting impact

By Lt. Cmdr. Randel Livingood
Base Chaplain



As we have watched the war unfold over the past weeks I have been truly amazed at what I have seen. Not only have the televised scenes been remarkable, but also the emotive force with which those scenes impacted me.

As I watched and read about the prisons that were found and the areas that were used for torture I tried hard to put myself in the position of those who had suffered most, the people. It was noteworthy how different people responded to coalition forces, some weeping openly, others cheering ecstatically.

I noted how that people only days before had been completely absent from the streets of Baghdad and what those people must have been thinking during the bombing and the firefights that ensued. I don't think that they were plotting about how they were going to loot buildings and businesses, rather I suspect that they were very concerned about survival.

Having enough water, food, clothing, and

shelter for the days ahead since they did not know how things would go. It was then interesting to see how quickly the priorities changed when the people knew that the basic needs would be met. That is when the other less pleasant aspects of human nature began to be made manifest.

It seems that for a while, the people of Baghdad really had a great grasp of what was important in life. The simple things in life were what mattered until the threat was eliminated. I imagine that people had been holding each other in the days preceding the liberation of Baghdad and had been most elated to simply be alive and in the presence of family members. I don't think that they were particularly concerned about things like Internet access or missing their favorite television programming. I think that the people of Baghdad and the coalition forces both had stumbled onto knowing what the important things in life were. I watched as people gave simple gestures of thanksgiving to each other; a small flower, a cigarette, a portion of a military meal. Things that in the larger scheme of life seem almost redundant and petty, yet in this setting took on great meaning and significance.

See CHAPLAIN Page 5

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

1st Sgt. Joseph Vanfonda, Headquarters Battalion first sergeant, carries Maj. Clarence T. Guthrie III, Headquarters Battalion commanding officer, through some tanglefoot wire during Battle Skills Testing at Sorensen Field on Friday. For more on the BST, see pages 6 and 7.

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 Liz 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



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

This newspaper is an authorized publication for members of the Department of Defense. Contents of **BARSTOW LOG** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. **BARSTOW LOG** is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

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

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

News Briefs

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

Child Abuse Prevention Month

This year marks the 20th anniversary of National Child Abuse Prevention Month. As we launch our activities to support increased public awareness and community responsibility, let us remember that our children deserve the best we have within us. They look to us to be their protectors, role models, heroes and heroines.

Many children face a very different reality. Nationally, over three million children are reported abused and/or neglected each year. Every year over a thousand children die from their injuries.

Those who survive carry the scars of their maltreatment into adulthood with increased rates of substance abuse, depression, learning disabilities, school failure, emotional and behavioral disorders, criminal activity and an inability to foster healthy relationships.

For the past two decades the Marine Corps has sought to combat this national tragedy by increasing public awareness, promoting leadership and community responsibility for its eradication and supporting programs through our Personal Services Division that promote strong and healthy families.

Thanks to your efforts, our ac-

complishments aboard MCLB have been significant. During the past decade, the number of substantiated child abuse cases has steadily declined throughout the Navy and Marine Corps, with the smallest number of abuse cases occurring this past fiscal year.

I ask that you continue doing your part to insure that children are safe from abuse and neglect. Take an active role in helping families get the support and tools they need to provide safe and nurturing homes for their children.

It is in this nation's best interest to promote healthy families through responsible leadership. This is our opportunity as a community to promote a sense of security for our children by adding our strength to the Corps' objective of "Helping Children Feel Safe in Uncertain Times."

Therefore, I declare April 2003 as "Child Abuse and Neglect Prevention Month" across this installation. I call upon each member of our community to pledge to create a community that cares enough to protect our children.

I. E. Bergman
Colonel, U.S. Marine Corps
Commanding

Circus coming to MCLB

A public circus is scheduled to show two 90-minute performances on Sorensen Field here Tuesday at 5 p.m. and 7:30 p.m., plus a free endangered species presentation at 10 a.m.

The Culpepper & Merriweather Circus, sponsored by Marine Corps Community Services, will feature the two largest members of their circus family, African Elephants Barbara and Connie.

For ticket information, contact ITT at 577-6541. For more circus infor-

mation, contact MCCS at 577-6848 or the Culpepper & Merriweather Circus at 1-866-BIG-TOP6.

Base Easter Egg Hunt

The Base Easter Egg Hunt will be held Friday at 9 a.m. at the playground at the end of Cape Gloucester.

The age groups will be 1-4, 5-9, and 10-13. The Base Chapel, in conjunction with PMO and MCLB Fire and Emergency Services Division, sponsors this event.

For more information, contact Sgt.

David Meeden at 577-6514.

Car seat safety

All civilian and military personnel who work or reside on base may be eligible for free, new car seats Friday when the California Highway Patrol is scheduled to inspect car seats at Boll Field here from 11 a.m. to 3 p.m.

CHP officers will determine if car seats are properly installed and demonstrate how to properly install them.

If car seats are not appropriate for a child's safety, CHP will give a new car seat for free.

Drivers who want to get their car seats inspected should enter Boll Field from the Child Development Center side of the field and exit by the Base Commissary.

Contact Gunnery Sgt. David Paul at 577-6062 for more information.

Pendleton Mud Run

Camp Pendleton is holding the annual 10K (6.2 miles) Mud Run June 14. All interested personnel should forward their names to 1st Jason Lt. Kut by Monday. This is an individual and team event for Marines (2-5 people per team).

For more information or to sign up for the run, contact Kut at 577-7611.

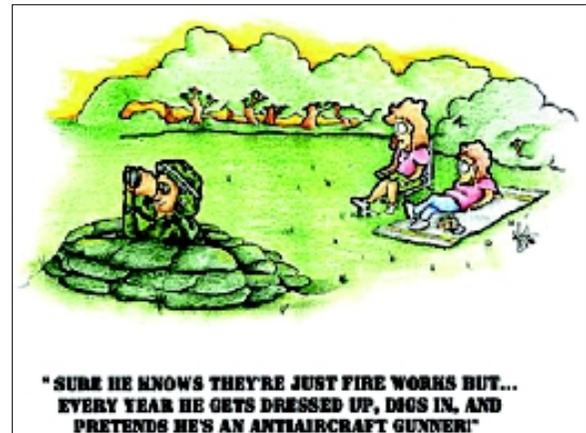
CWRA Old Town trip

The Civilian Welfare and Recreation Association is sponsoring a trip to San Diego Old Town May 3. The CWRA will depart from MCLB Barstow at 7 a.m. and depart from Old Town at 7 p.m. A 7:30 a.m. stop at the International House of Pancakes in Victorville is also scheduled.

For more information contact CWRA committee member Dan Keirn at 577-6614.

Family Assistance Hotlines

Recent deployments of military members to the Persian Gulf can have a tremendous effect on families. For support in dealing with deployment and other family issues, there are several hotlines available to family mem-



bers of each military service:

Army 1-800-833-6622
Air Force 1-800-435-9941
Navy 1-800-372-5463
Marine Corps (East of the Mississippi River minus Wisconsin) 1-800-336-4663
Marine Corps (West of the Mississippi River plus Wisconsin) 1-800-253-1624
Marine Corps MCCS One Source 1-800-433-6868
National Guard Bureau 1-888-777-7731
Defense Logistics Agency 1-800-222-0364
U.S. Coast Guard 1-800-872-4957 EXT 932
Deployment Health Support Hotline 1-800-497-6261
Marine Corps Iraqi Freedom hotline 1-866-227-2708.

Family Advocacy Programs

The New Parent Support Program will be having a baby boot camp April 29 from 1 to 4 p.m. at the McKinney Youth Activities Center Classroom. The program is for new parents.

Topics will include baby care, nutrition, safety, infant behavior and developmental stages, bonding and the importance of play. Child care will be provided on a space available basis. Call 577-6332 to register.

They will also have a class geared toward expectant parents April 29 from 8:30 a.m. until noon at the McKinney Youth Activities Center Classroom.

The class will contain information on prenatal issues, preparation for the new baby, stages of labor, what to expect during delivery and afterwards, and newborn care.

Call 577-6332 for more information or to register.

Sorensen Field

It has come to the attention of Semper Fit staff that individuals have been observed utilizing Sorensen Field as a driving range.

This activity is not authorized – safety being part of the issue for both patrons utilizing the field and machinery used for upkeep.

MCCS offers a quality golf course equipped with a practice range. Any questions can be directed to 577-6543.

Chapel Services

The Marine Memorial Chapel will be open for those who wish to support the troops and families with prayers from 11 a.m. to 1 p.m. Mondays through Fridays.

The chapel will also offer a 20-minute Episcopal Mass at 11:10 a.m. each Thursday at the Blessed Sacrament Chapel, located inside the Marine Memorial Chapel. At the Yermo Annex, Holy Communion services are scheduled to be held in Building 598 every Tuesday at 4 p.m.

For more information, contact the Base Chapel at 577-6849.

Universal Studios

Universal Studios Hollywood is offering free admission for active duty servicemembers, or spouses of deployed personnel, with the purchase of one full price adult admission until April 30.

To take advantage of this offer, present a military ID card at the box office.

Divers Wanted

A diver's club is being assembled on base to gather certified divers who are interested in going diving together.

All interested divers can submit their name, certification level and whether or not gear is owned to Michael Bonilla to receive e-mails covering a monthly calendar of dive events, when and where the group is meeting and, if need be, a carpool buddy.

Currently, the next beach dive is scheduled to be a boat dive at Catalina April 27. Contact Michael Bonilla at 577-6668 or bonillama@barstow.usmc.mil.

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
7009 Code 530-ABM	Equipment Cleaner WG-7009-05 (Temp NTE 1 Year)	04-03-03	04-17-03	N/A	MCLB Barstow
DEU-185-03-NR	Heavy Mobile Equipment Mechanic Leader WL-5803-10 (Permanent)	04-11-03	05-02-03	04-15-03	MCLB Barstow
DEU-190-03-NR	Equipment Cleaner WG-7009-05	04-11-03	04-25-03	04-15-03	MCLB Barstow

Applicants interested in the above positions should submit résumés online at the following Web sites:

www.donhr.navy.mil

www.usajobs.opm.gov

For more information concerning public job announcements visit the Self-Service Center, Building 236, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357, 577-6279, or 577-6481.

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

PMO employs new Benelli shotgun for security

By Pfc. Andy J. Hurt
BARSTOW LOG staff

Immediately after the war in Iraq kicked off, the base Provost Marshal's Office received word to implement the use of a relatively new weapon at the gate: the Benelli M1014 Joint Service Combat Action shotgun.

The M1014 replaced the Remington 870 Police Special in November 2001, according to <http://www.usmcweapons.com>.

"We started using the weapon because of the heightened security risk, not because of the threat level," said Sgt. John Williamson, a military policeman here.

In addition to the added intimidation factor, the M1014 introduced many tactical features, which make it the weapon of choice in special operations and security, said Williamson.

The biggest advantage is the telescopic butt stock, which allows for a wider range of use in close quarter fighting and added maneuverability. The option to shorten the length of the weapon can be effective in moving from room to room, over obstacles and through small openings when having a weapon in hand is necessary.

"It allows shooters to engage targets at a closer distance," Williamson added.

Another advantage of the M1014 is an accessory rail on the top of the receiver, said Williamson. The accessory rail adds

the option of mounting several night vision scopes, laser sights and flashlights the Marine Corps uses.

Instead of the classic pump action, the M1014 is a gas-operated semi-automatic weapon. "Without having to pump the weapon, staying on target is much easier," said Williamson.

According to <http://www.usmcweapon.com>, the failure rate on the M1014 semi-automatic cocking system was miniscule.

The M1014 is capable of firing seven different types of rounds. A rifled slug fired from the weapon has an effective range of over 100 yards, said Williamson. Dummy rounds, 00 buck-shot and bird shot are effective up to 40 yards.

For special operations, the weapon is also capable of firing an "Avon" lock-busting round, or the "Ferret" round which releases CS gas upon impact of a wall or breaking through a window.

The tubular magazine holds up to seven 2-3/4 inch 12-gauge rounds, plus one in the chamber or six 3-inch shells plus one chambered round.

Attached to the butt stock of the weapon is a five-round sleeve "bandolier," which makes access to extra rounds easier for re-loading.

With the added features and tactical advantages, the new Benelli Joint Service Combat Action M1014 is certainly "not your daddy's shotgun."



Lance Cpl. Michael Ojeda, a military policeman with the Provost Marshal's Office, wields the Benelli M1014 while on duty at MCLB's front gate. Marines tasked with carrying the semi-automatic weapon on duty usually do not approach vehicles.

Photo by Pfc. Andy J. Hurt

RESCUE from Page 1

Williams shouting. "They're our friends. They helped us out."

The Iraqis got rid of their weapons as they awaited the rescue siege. The freed soldiers later said these guards had pooled their own money together to buy medicine and food for the POWs. They had only been in this location a few days.

The Iraqis were cooperative and "did everything they were told to do," Castro said. They were taken as enemy prisoners of war and turned over to intelligence officers.

The Marines could hear sniper fire again while exiting the house, so the rescues were moved in a tactical formation. Marines marched shoulder-to-shoulder forming a 180-degree wall in front of the soldiers. Castro and Russell helped the wounded along while armored vehicles rolled closely behind them. Other vehicles blocked intersections and watched further ahead.

"There was no way the guys we just rescued were going to get shot now," Castro said. "That was the last thing we were going to let happen. They'd have to take us down first."

Within moments the Marines had the soldiers out of town. The whole operation took less than 30 minutes, according to Castro. An hour and half later they were airborne in CH-46 Sea Knight helicopters.

"They were shaken up. They kept hugging us and thanking us," Russell said. "They went from being real uptight and shaky at first to very excited and even relaxed."

The helicopters flew the ex-POWs, Castro and Russell to an airfield about 65 miles south of Baghdad. The two Marines were instructed by their commanding officer to accompany the soldiers out of Iraq to ensure their

comfort.

"We were the first Americans they'd seen since they were captured," Castro said. "They kind of clung to us from the start, so our CO figured they needed some familiar faces traveling with them."

As two CH-46 helicopters sand blasted an awaiting throng of Marines at the airfield, which is part of Logistical Support Area Chesty, one of the ex-POWs flashed the hand gesture "V" for victory through a porthole. The anxious crowd, which didn't know what condition the soldiers were in, responded with thankful cheers.

With the help of Castro and Russell, the soldiers debarked the helicopters one at a time. Most wore ragtag outfits fashioned from various uniform component and Iraqi garb. By military standards, they were in dire need of a shave and haircut.

After maneuvering through still photographers and a CNN crew, they climbed into military ambulances headed for a C-130 cargo plane.

Scores of Marines jumped from their vehicles as the ambulances passed by. They clapped and shouted encouragement.

Once the ambulances stopped, most of the soldiers literally bound out the ambulances' back doors and up the airplane's ramp. Those not capable of moving as fast limped up the ramp with help from their personal guards.

The inside of the plane turned into a spontaneous party. Hands were thrown in the air. Those capable jumped up and down. A few of the soldiers wrapped Marines in bear hugs. The Marines hugged right back. One shouted out, "I love you, man!"

The plane lifted off heading south.

See **RESCUE** Page 9



Photo by Rob Jackson

Beverly Kulju, Communications/Electronics and Metrology business center manager, CWC 730, gives Lt. Gen Richard L. Kelly, deputy commandant for Installations and Logistics, Headquarters Marine Corps, a demonstration for a communications check performed on the M9ACE. Kelly visited MCLB Barstow Friday and while here toured the base, Fleet Support Division and Maintenance Center Barstow.

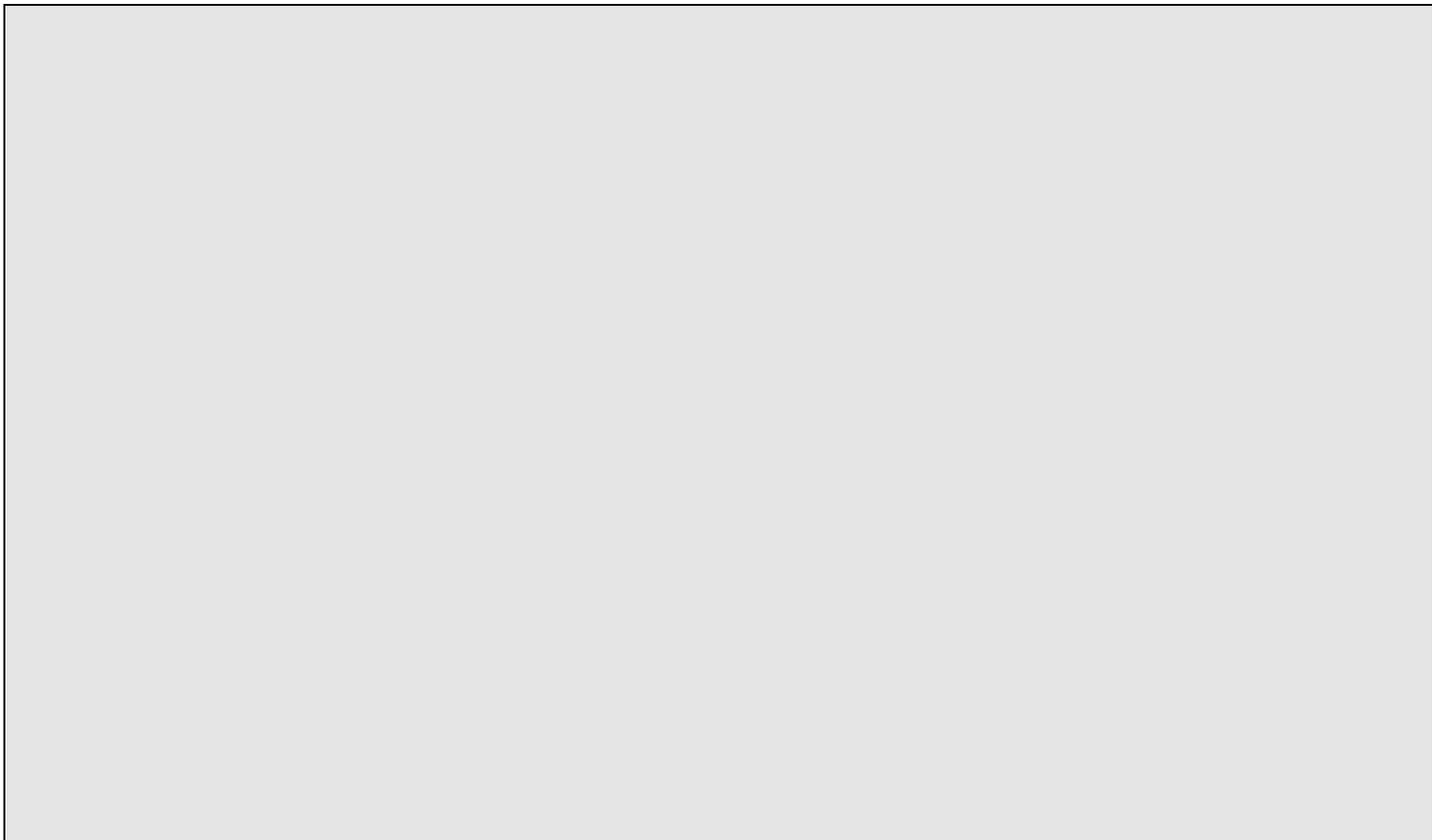
CHAPLAIN from Page 2

Do we need a crisis to see what really matters in this life? I hope not. I believe that what it takes is stopping the mad rush in which we often find ourselves to take a moment of peaceful time and carefully look over our lives.

When we do that I don't think it is hard to see what is important. Maybe then we will be able to stop focusing on how to get more "stuff" and will begin to place our efforts on learning to value each other. We can once again grasp how

special it is to simply hold the hand of the person we love. We can re-learn what it means to focus on things of permanence rather than on things that are consumable. This week as we watch the news; let's take a moment to be introspective, to see what it is in our lives that we really value and don't stop there. Learn to see those important things every day. The difference it will make in us will be remarkable.

Peace,
Fr Randel





(Above) Lance Cpl. James Hainer, DMS technician with the Communications Division, probes for mines in a sand pit. Dummy mines were placed in the sand so that Marines could detect them and mark them properly. Marking mines is important so that personnel who come to the same spot after the mine is detected will know where it is.

(Left) Lance Cpl. Michael Ojeda, military policeman with the Provost Marshal's Office, puts together an M-16A2 service rifle. Marines had to disassemble and assemble the rifle in two minutes and properly perform a function check to make sure the rifle was working properly.

Headquarters Battalion

MCLB Barstow Marines participate

Story and photos by Cpl. Joshua Barnhardt
Editor

Headquarters Battalion Marines tested their aptitude at combat related tasks while participating in Battle Skills Training Friday at Sorensen Field.

The training was designed to freshen up a Marine's skills for a possible combat situation.

"We had the BST because it is an annual training requirement for gunnery sergeants and below," said 1st Sgt. Joseph Vanfonda, Headquarters Battalion first sergeant. "We made it practical application because I wanted the troops to show me what they know instead of tell me what they know."

In one obstacle, the Marines had to navigate under wire by performing the high crawl, low crawl, and back crawl, and

had to climb over wire in a tanglefoot section as well.

To make matters more difficult, the instructors of the course declared a Marine dead halfway through the course and the other two Marines had to carry their dead fire team member through.

Marines also had to demonstrate hand and arm signals, which are used on patrols by squads, where audible commands may give their position away.

Then Marines were taught how to probe for mines without setting them off. They also learned how to set up a claymore mine while keeping cover and concealment.

Marines had to demonstrate proper grenade throwing techniques, by throwing practice grenades from the prone, kneeling, and standing positions.



Quarters Battalion prepares for battle

Barstow Marines participate in Battle Skills Training

Cpl. Joshua Barnhardt had to climb over wire in a tanglefoot section as well.

To make matters more difficult, the instructors of the course declared a Marine dead halfway through the course and the other two Marines had to carry their dead fire team member through.

Marines also had to demonstrate hand and arm signals, which are used on patrols by squads, where audible commands may give their position away.

Then Marines were taught how to probe for mines without setting them off. They also learned how to set up a claymore mine while keeping cover and concealment.

Marines had to demonstrate proper grenade throwing techniques, by throwing practice grenades from the prone, kneeling, and standing positions.

Marines were tested on their skills at drill, disassembling and assembling an M-16 A2 service rifle, the Uniform Code of Military Justice, and the Code of Conduct.

Fleet Support Division provided a High-Mobility Multi-Wheel Vehicle for the BST so Marines could get a familiarization class on how to start it and drive it if they were ever put in a situation where they needed to.

"When I went to the Gulf the first time, I didn't have a HMMWV license," said Vanfonda at the BST. "You know what I ended up doing? Driving a HMMWV."

They were also trained on first aid techniques like how to treat a sucking chest wound, and how to apply a tourniquet by Hospital Corpsman 3rd Class Juan Ayon of the Branch Medical Clinic.

The training is designed to brush up on basic combat skills. As the current situa-

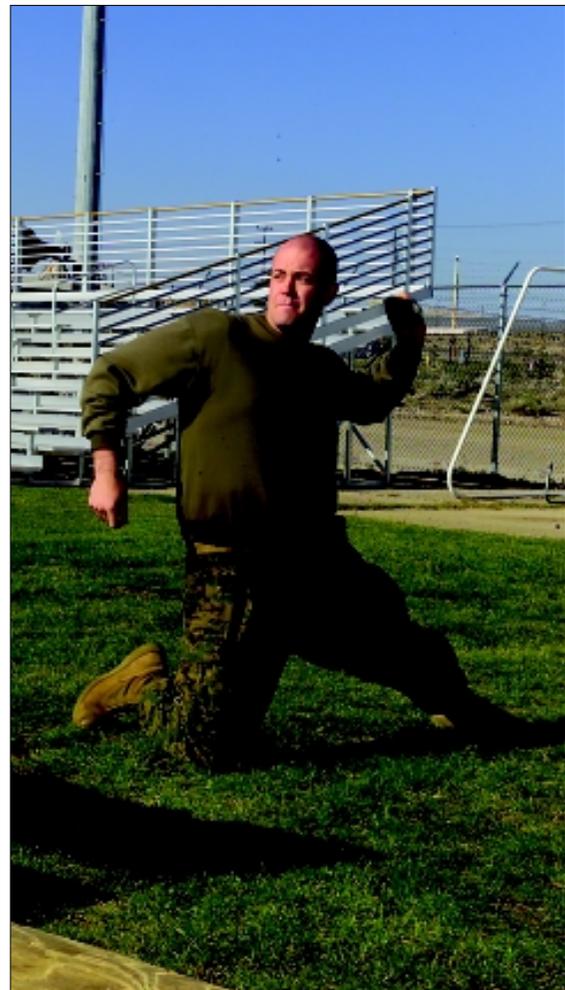
tion in Iraq unfolds, it is becoming clear to Marines at MCLB Barstow that if they ever end up deploying overseas, they could be thrust into a combat situation very easily.

"If I'm ever in a combat situation, I definitely want to know what I am doing so I don't get killed or get other Marines killed," said Sgt. Stanley Rawles, postal chief at the Base Post Office.

As an added morale booster, the staff noncommissioned officers who were instructors at the stations went through the combat crawl course and the tanglefoot course while being drenched with a water hose.

Then Maj. Clarence T. Guthrie III, and Vanfonda joined in the fun and got wet and dirty with the rest of the Marines.

"It was motivating for me and I'm sure it was motivating for the troops," said Vanfonda.



Pfc. Keith Walter-Cummings, promotions clerk for the Military Personnel Division, throws a dummy grenade from the kneeling position. Marines were trained how to throw grenades from the prone, kneeling, and standing positions.



(Above) Lance Cpl. Daniel Humble and Lance Cpl. Joshua Pascua, finance clerks in the Base Finance Office, demonstrate how to apply a tourniquet. Marines were taught how to treat a sucking chest wound, apply pressure to a wound and other first aid techniques by Hospital Corpsman 3rd Class Juan Ayon, sick call corpsman at the Branch Medical Clinic.

(Left) From left to right: Sgt. Stanley Rawles, postal chief at the Base Post Office, Cpl. Diane Jones, travel, separations, and PCS noncommissioned officer for the Military Personnel Division, and Lance Cpl. Curtis White, legal clerk at the Base Adjutant Office back crawl underneath wire. Marines had to high crawl, low crawl and back crawl underneath wire, while dragging a wounded Marine.



From left to right: Lance Cpl. John Rios, supply clerk at the Base Supply Office, and Lance Cpl. Israel Moreno, finance clerk at the Base Finance Office, set up a claymore mine. Marines were taught how to keep a low profile, crawl out to a certain point, and set up the mine, which is detonated by a blasting cap attached to a long wire. The claymore mine has a range of 250 meters at a 180 degree radius.



By Jim Gaines
MCCS Publicity

Electronic sale at MCX

This is a one-of-a-kind sale, with 50 percent off last marked prices. Choose from VCRs, DVDs, TVs and many other one-of-a-kind items. These items sold as-is, no refunds. First come, first served.

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. For more informa-

tion call 256-8974.

Lunch Menu

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

Lunch menus subject to change.

Today – Yaki Soba.

Friday – Breaded Hoki fish.

Monday – Beef tips and noodles.

Tuesday – Chicken Curry.

Wednesday – Meat Loaf.

Thursday – Family Restaurant: Baked potato and salad bar. Cactus Cafe: Three-piece fish.

The circus is coming!

Sorensen Field

Tuesday, April 22



Tent Raising Ceremony at 9 a.m.

Endangered Species Show at 10 a.m.

Two Circus Shows: First at 5 p.m. and second at 7:30 p.m.

TICKETS AVAILABLE AT ITT AND CDC.

Brought to you by Marine Corps Community Services, Barstow

Proper disposal of hazardous waste

Submitted by
Environmental Division

To prepare for Earth Day on April 22, there have been numerous events that have been building up to that special day.

During the week of April 21 through April 25, there will be a turn-in of hazardous waste.

The first step is to identify which is hazardous material and which is hazardous waste.

Normally, hazardous waste is items that have been used for their intended purpose and can no longer be used for any other purpose. Just because grease can't be used on a military vehicle anymore, it may be able to be used for another purpose. Check all avenues prior to calling it waste. This is part of pollution prevention.

The first thing to do with material is go through the above steps. When it is determined that it is hazardous waste, contact a Process Generation Point Coordinator and turn it in to him or her for disposal. They will then enter the information into the Hazardous Material Management

System for turn-in to the less than 90-day facility located on either the Nebo base or the Yermo Annex. After the information is entered into HMMS, they will then put a label on the container to start the time the container may be kept on base. Containers may be kept at the PGP for up to 270 days.

When they are full they will then be sent to the less than 90-day facility for disposal. The containers arrive at the less than 90-day facility and they may be kept there for 90 days.

The total time the containers may stay on base will be one year, from the first drop put into them, until the day they leave for the disposal facility.

Section heads can call 577-7442 to arrange for pickup or drop off of containers.

Base housing residents can get rid of their household waste by calling 577-7442 to arrange for pickup.

By doing all of this, waste will keep from going into the landfill or being dumped into the desert.

Call Dave Tousseau at 577-6758 in the Environmental Division for more information.

RESCUE from Page 5

"When the C-130 was landing, one of the soldiers asked me if we were still in Iraq," Russell said. "He seemed relieved when I told him we were in Kuwait. I could tell he was just happy to be out (of) Iraq."

The two Marines accompanied the freed POWs all the way to Camp Doha, Kuwait. Castro said the Army personnel treated them like "someone special" there. They had a warm meal, slept in an actual bed and enjoyed a hot shower all for the first time in about a month.

Both Marines were permitted to call home. Russell, a native of Manchester, N.H., found out he was expecting a baby girl. Castro discovered his image was plastered on television, Web sites and newspapers everywhere. Reporters had contacted both Marines' families already.

The next morning they asked to be returned to Iraq as soon as possible.

"We have to get to our unit," said Castro, who claims to have shot at least two Iraqi soldiers in the war. "There is still fighting. We can't miss that."

They returned to Iraq the next day stopping at I Marine Expeditionary Force's command element. The I MEF commanding

general, Lt. Gen. James T. Conway, gave Castro and Russell unit coins and told them they have "made the Corps proud."

Castro was quick to point out, "All the scouts who went in on the rescue did great. They showed great speed and aggressiveness. They knew what to do and they did it. We were just the two lucky enough to go with them."

His battalion spent 45 days at sea transiting from San Diego to Kuwait. Much of the time was spent holding classes and training sessions on tactics including moving through built up areas like the town square in Samarra.

Much of 3rd Platoon is new to the military. Russell spent just six days in the Fleet Marine Corps before deploying.

"If you train right, you can rely on it no matter what happens," Castro said. "We trained so much for situations like this, I didn't have to give any direction. Everyone knew just what needed to be done, and they did it."

The seven soldiers rescued were Army CWO Williams, CWO Ronald Young, Sgt. James Riley, Spcs. Edgar Hernandez, Joseph Hudson and Shoshana Johnson, and Pfc. Patrick Miller.

The five enlisted soldiers were assigned to the Army's 507th

Maintenance Battalion out of Fort Hood, Texas. Their convoy was ambushed March 23. The two warrant officers were captured after their AH-64A Apache helicopter was shot down March 24.

While no reunion between the ex-POWs and their rescuers has been planned, both Castro and Russell agreed they hope to see them again.

"We gave them our phone numbers," said Castro, who calls San Antonio home. "Most of them are stationed in Texas, and I'm from Texas. I'd be more than happy to drive up and see them. They told us they want us to meet their kids."

Marines were also involved in the successful rescue of another ex-POW. Army Pfc. Jessica Lynch, who was also assigned to the 507th Maintenance Battalion, was brought to safety after an undisclosed team of American troops conducted an extract operation April 1 in An Nasryah.

Marines received at least one tip from an Iraqi man that led to Lynch's rescue. She has since returned to the United States.

The seven Americans rescued April 13 have been treated and released from a medical facility in Kuwait. There are no other known coalition prisoners of war as part of Operation Iraqi Freedom.

Evacuation: Key to survival

By Terry Jenkins
Fire and Emergency
Services Division

Imagine now that you start to smell something burning other than the morning cobwebs in your head as you start work; or you hear loud piercing sounds and see flashing strobe lights start for no apparent reason. Or worse yet, flames shoot out from the microwave oven where you are popping your popcorn, and the fire is now spreading to the contents of the room. Do you know how to react properly to the smoke or fire that is getting worse? Has the fire alarm been activated? In a real situation, if you have to think about what needs to be done now, it may be too late for you and others to escape safely from your office or area.

One of best rules in fire/life safety is to plan ahead before something happens. Do you know right now where your two fire escape routes are out of your building or area? Humans are creatures of habit so we tend to come and go through the same door or pathway day in and day out. During the recent nightclub fire in Connecticut, the establishment had four exits that were more than adequate for the number of people

inside. However, most of the people tried to escape from the building through the main exit. Because of their delay in reacting to the fire and the fact that everyone was trying to leave through the same exit, many people were killed while three other exits were hardly used. One woman who was interviewed the next day told the reporter that she always looks for the exits in the clubs in order to be able to get out quickly in an emergency. Because she took the time to find all of the exits, she was able to grab her sister and get out safely through a closer exit way. Look at your building evacuation plan. Every plan should show you where your exits are located, where the fire alarm pull stations are located, and where the central meeting point is located for your building.

Once you are aware of the escape routes, you need to know whether or not your building has a fire alarm system. If it does, do you know where the fire alarm pull stations are located, and how to activate the pull station? By activating the fire alarm pull station, most of the time you accomplish two major life/fire safety procedures. First, you activate the fire alarm system for the building so a signal will be sent to the Emergency Dispatch

Center. They in turn will dispatch the Fire and Emergency Services personnel to the site. Secondly, most of the buildings have evacuation horns and strobe lights so people can react quickly and exit from the building. Again, look at your building's evacuation plan. Also, do you know what the fire alarm sounds like, or what the flashing lights look like when they are activated? If you don't have the evacuation horns or a fire alarm system in your building, you need to first get everyone out of the building. This may mean yelling "Fire, everyone get out!" You should get out of the building and go to the nearest fire alarm push box or telephone to call 911. When 911 is called, all of the base's telephones will go directly to the Emergency Dispatch Center. If you use a cell phone, you must tell the 911 dispatcher that you are on the Marine Base in Barstow. They will switch your call to the Emergency Dispatch Center. It is imperative that the fire alarm system be activated or the 911 call be made right away, instead of trying to find the cause of the smoke or fight the fire. A hard lesson was learned when a delay for calling the fire department happened at the DuPont Hotel fire in Puerto Rico. Over 90 people died because the

employees tried to fight an arson-started rubbish fire with fire extinguishers and no one bothered to call the fire department right away. By the time the fire department was called, the fire and smoke had traveled throughout the entire building, which probably contributed to the large loss of life and numerous injuries. Most of the buildings aboard the base that have a fire alarm system have both a sounding device and some type of flashing lights or strobe lights. Once the fire alarm has been activated and you have used one of the escape routes to exit the building, you need to go to the central meeting point. Know where your central meeting point is located because everyone needs to be accounted for so the firefighters do not have to initiate a rescue for someone who is just walking around some place else. Understand that with the size of some of the structures aboard Nebo and the Yermo Annex, there may be several meeting points for different sections. Last point is once you get out of the building stay out of it until you are cleared to go back in by the Fire and Emergency Services personnel.

In review, you must plan ahead before a fire occurs. You need to

know what to do if you smell smoke or see a fire. Look at your building's evacuation plan.

1. Know where your two different paths of escape are located.

2. Know where the fire alarm pull stations are located at if your building has them and how to activate them.

3. Know what your building's fire alarm system sounds and looks like when activated.

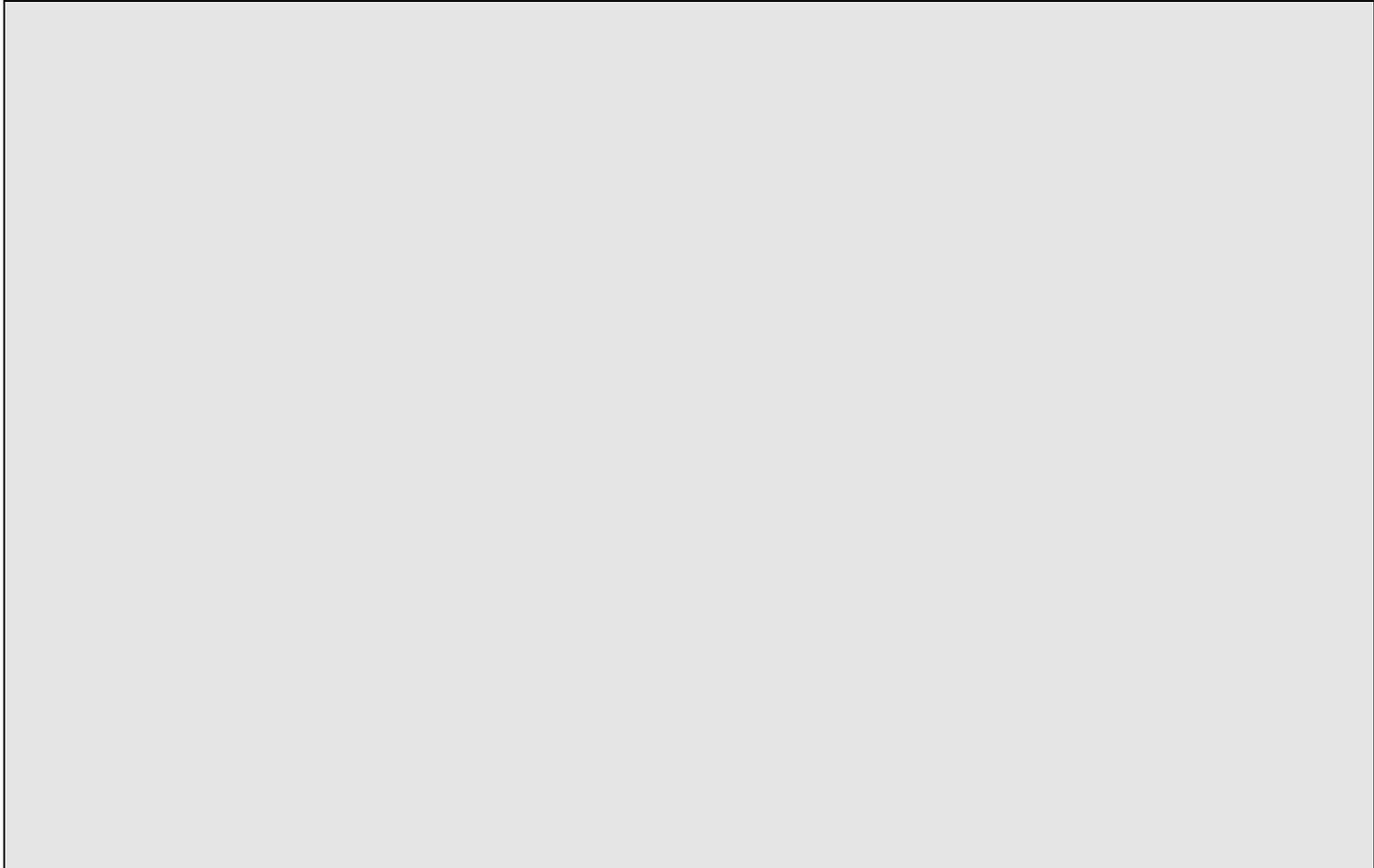
4. Know how you are going to notify your co-workers and the public if your building doesn't have a fire alarm evacuation system.

5. Know how to activate the 911 system via telephone. This is not joke! People have really forgotten how to dial 911 because they have panicked. Take a second to calm down or get someone else to do the calling if you don't think you can do it.

6. Know where your central meeting point is and go there so your fellow employees can count you.

7. Get out and stay out. Do not go back in for any reason.

Remember, all large fires start as small ones first! The loss of life and property may be reduced dramatically in a fire, because you planned and reacted properly from the start.



1999 FORD MUSTANG: 35TH anniversary Automatic, V6, all power, AM/FM cassette with CD player, c/c, keyless entry, xlt. cond., asking \$10,000 OBO, 71K miles. Call 253-3237, ask for Jr.

1987 FORD E-150 CLUB WAGON XLT: Van, seats 8, 302 V-8, AOD, dual a/c, p/s, p/b., c/c, t/whl, p/w, p/d, AM/FM, cassette, cloth seats, new tire, valve job, t/chain, w/pump, runs great, \$3000. Call Roger at 256-2774.

1986 FORD F-250 SLT LARIAT SUPER CAB: P/U, needs some body work and paint, 460 eng, new cam, liters, t/chain and alum, intake, now smog required, a/t, p/s, p/b, a/c, t/whi, p/w, p/dl, AM/FM cassette, new tires and steering box, towing package, w/hitch and brake controller, heavy duty susp, runs xlt, \$3500 OBO. Call Roger at 256-2774.

MISCELLANEOUS: Full size stroller with removable carrier, like new, \$50; Play and Go playpen, \$15. Call 256-4873 (8-5 Lynda) or 253-2677 AWH.

MISCELLANEOUS: New, top-of-the-line car stereo system, 8100D MTX, 2 solar barics L5.15, paid \$1,700, asking \$1,000. Call 252-0399, ask for Jason.

MISCELLANEOUS: 19" RCA color television, \$50 OBO; large bird cage, \$40 OBO; 20" lawn mower w/bag, \$60 OBO; 6-ton jack stand set, \$15 OBO; mechanic's creeper, \$12 OBO; Yamaha porta-sound keyboard, \$45 OBO. Call 252-4787 or 447-2771.

MISCELLANEOUS: Baby items, entertainment center, \$35 OBO; intercom set, \$20 OBO; rocking cradle w/bedding, \$65 OBO; large stroller \$80, OBO; small stroller, \$35 OBO; swing set, \$35 OBO; blues blue blanket (twin size) w/drapes and sheets, \$45 OBO. Call 252-4787 or 447-2771.

MISCELLANEOUS: EZ Up Dome Tent 8x12 nearly new, \$100; Mizuno baseball glove MPM 1251, 12 1/2 inches, xlt. cond., \$35; tires LT 215-85-R16, \$20, P185-70-R14, \$15, and P175-70-R13, \$10. Call 252-6629.

MISCELLANEOUS: Children's computer desk with file cabinet and chair, \$40 OBO. Call 256-1914.

MISCELLANEOUS: Truck cap for full size truck, white with windows has lock and key, \$150 OBO. Call 252-2205.

MISCELLANEOUS: Day bed, white, brand new mattress, all decorative bedding included, \$125. Call 256-4873 (8-5).

MISCELLANEOUS: Oak single bed frames (2) xlt. cond., 1950's poster style, \$175; slot machine (silver dollars or tokens) xlt. cond., \$650; TV, 32 inch, dual tuners (pic-n-pic) Sony, \$850. Call 256-7557.

MISCELLANEOUS: Bowflex XTL machine, 210 lbs. of res., lat. bar/leg ext., acc. incl., nearly new, os. cond., manual included, \$1000, will accept payments. Call (760) 220-6252.

MISCELLANEOUS: Proform ESP 10 extended stride treadmill, 10 mph programmable speed, power incline, 1.5 HP DC motor, adjustable

suspension deck, xlt. cond., \$125. Call 253-2394 AWH.

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

