

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 32

Marine Corps Logistics Base Barstow, California

August 14, 2003

Parking Privilege

Proper use and potential abuse of handicap parking spaces prompt responses.

Pages 2, 5

Why Hurry?

Tempering the tyranny of the urgent by practicing patience.

Page 2

Around the Corps

Riverine phase of Uritas begins in Paraguay.

Page 7

Snagging Snacks

Healthful snacking can refuel bodies in between meals.

Page 8

Check out the Marine Corps Web site.

<http://www.usmc.mil>

BARSTOW LOG

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

MCLB Barstow: proven value

Past, present show base's worth as it prepares for future

By Rob L. Jackson
BARSTOW LOG staff

Located in the Mojave Desert, approximately 145 miles north of Marine Corps Base Camp Pendleton and 147 miles west of Marine Corps Air Ground Combat Center 29 Palms sits another one of the Corps' major players on the West Coast, Marine Corps Logistics Base Barstow, Calif.

Presently the second largest employer in the Barstow area, MCLB Barstow was established as the Marine Corps Depot of Supplies in December 1942 when the Navy turned it over to the Marine Corps as a storage site for supplies and equipment needed for fleet Marine forces in the Pacific theater during World War II.

Today MCLB Barstow's mission has grown from that of a storage facility during WWII to providing infrastructure, services and support to Marine Corps forces, tenant activities, and other customers.

As one of three major components under the Marine Corps Logistics Command, which stood up earlier this year, MCLB Barstow supports Marine Forces west of the Mississippi, the Far East and Asia. The other commands are Marine Corps Logistics Base Albany, Ga., and Blount Island Command, Jacksonville, Fla.

The base has been through several changes since its beginnings in the 1940s, and it hasn't stopped. In March 1961 the importance of MCLB Barstow changed dramatically with the establishment of the Depot Maintenance Activity, now known as Maintenance Center Barstow. In November 1978, the base was designated to its present title of Marine Corps Logistics Base to emphasize its broad logistics support mission.

Presently commanded by Col. Liz Bergman,

MCLB Barstow is comprised of three principal sites: Nebo, which encompasses 1,879 acres; the Yermo Annex encompassing 1,859 acres; and the third site, 2,438 acres, serves as the rifle and pistol ranges.

Nebo houses the base headquarters and is the main facility for administration, storage, recreational activities, shopping and housing. The Yermo Annex is primarily a storage and industrial complex, for both Fleet Support Division and Maintenance Center Barstow, two of 10 major tenant commands located here. MCLB Barstow also houses the Defense Distribution Depot Barstow and the Defense Reutilization and Marketing Office here.

MCLB Barstow is a vital link in the logistics complex that provides the weapons systems, equipment and special logistics essential to support the assigned missions of the fleet Marine forces. To accomplish this Barstow is positioned in a strategic geographical location.

See MCLB Page 10

Air defense system shop one of a kind

By Lance Cpl. Andy J. Hurt
BARSTOW LOG staff

If an enemy fighter plane is traveling from point A toward point B at 400 miles per hour, and a Patriot Missile is traveling toward an enemy

plane, locked on target utilizing heat-seeking technology, which will arrive at its destination first?

Answer: Patriot Missile.

It's these kind of modern warfare dilemmas the crew of Maintenance Center Barstow Cost Work Center

735's crew face every day, with the addition of some slightly more high-tech engineering and tactical solutions thrown in.

For example, a Marine Corps battlefield radar crew sits in a virtual steel box, reading radar sent out over

miles of enemy territory. The AN/TPS-63 radar system they are manning detects enemy aircraft 15 miles due south approaching a perimeter.

The crew radios in exact coordinates to an Avenger missile system, a glorified transformer-robot-looking device mounted on the rear of a Humvee, packed to the gills with anti-aircraft missiles. The Avenger sets its sights on the coordinates utilizing an infrared flare on the enemy plane. The problem is the plane is traveling so fast that drawing a steady bead on the "bogey" is nearly impossible. The crew fires anyway, and in a split second, the Avenger corrects itself, fires the missile and lets technology do the rest. Enemy aircraft down, democracy wins once again.

This kind of technology would not be feasible if it weren't for CWC 735 continually maintaining the technology that makes these missions possible.

Bob Monroe, Avenger Missile Systems specialist at MCB CWC 735, said that when even a small circuit board in the system is down, the machine improperly responds.

Monroe receives parts from these unique systems year-round. Maintenance

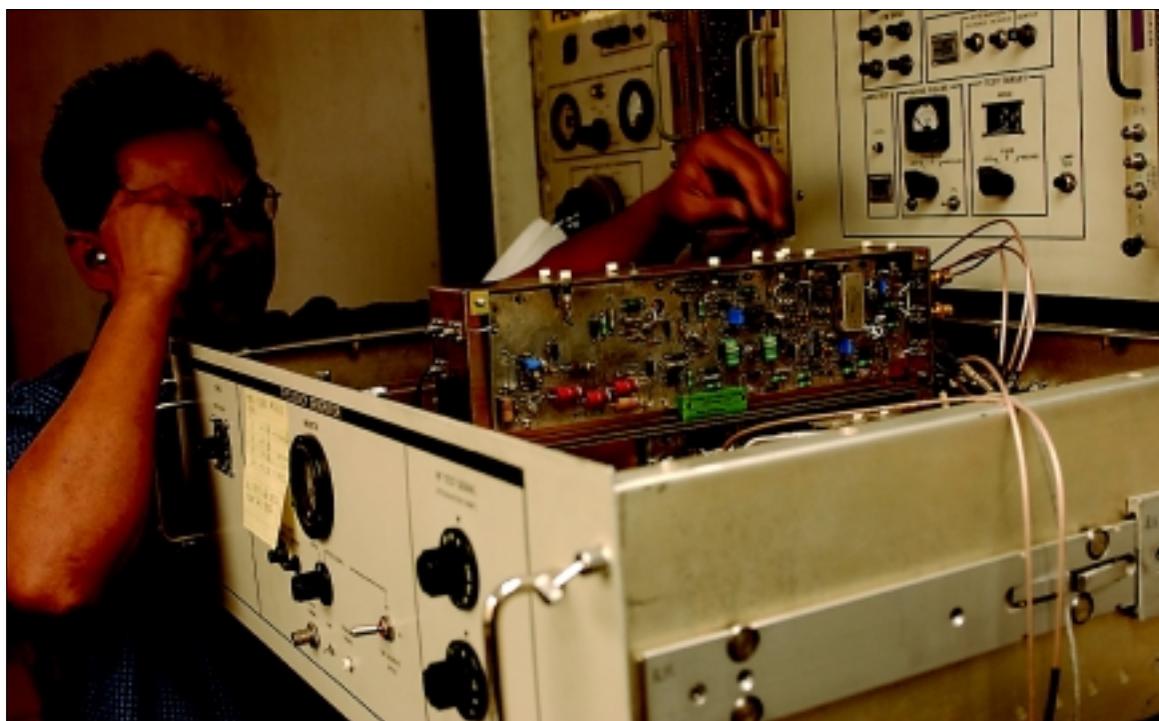
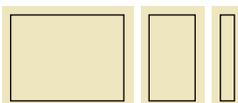


Photo by Lance Cpl. Andy J. Hurt

CWC 735 employee Danny Bigorno installs and maintains circuitry on the AN/TPS-59 far-field radar system test cell. The radar system is used to detect enemy aircraft in the skies around a perimeter.

See CWC 735 Page 6

The Commander's Forum



The "Commander's Forum" is a tool of the base commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to Forumc@barstow.usmc.mil.

Q "I'm calling about the disabled parking over at (Maintenance Center Barstow). I was wondering if you could investigate the possibility of maybe some of the people over there parking illegally as well as running a scam on the Marine Corps Base because I believe some of those people that park over there are not really handi-

capped and if they are they look in pretty good shape to me. I have observed on several occasions people getting out of their vehicles, jumping out and getting out and they really don't look that handicapped to me. So, I was wondering if maybe you could investigate this and see if people are really that handicapped or are they just using the parking spaces for their own

convenience. This is going on at (MCB), though I am not (employed at MCB), but I've observed this on different occasions here. So if you could look into this I would really appreciate it. Thank you." "I was calling back in response to the handicapped parking at (MCB). I just think the MPs should

patrol around there to see who is illegally parked over there using a handicapped parking sign and as well as you can appoint someone to check into the handicapped sign to see who is legitimate and who is illegitimate as far as the abuse of parking at the handicapped spaces at (MCB). Sorry to bring you this issue but it's been a concern of mine for a long time. Thank you and I hope you look into this matter."

A A three-day survey of all the vehicles parked in the handicapped parking stalls adjacent to the Maintenance Center was con-

ducted. During this survey, 45 separate vehicles were identified. Since this amounts to more vehicles than total available spaces, this would indicate there is an apparent need for additional parking stalls. Three citations were issued for expired and/or missing placards. Aside from the three citations, and after an analysis of the handicapped placards and a cross check of all the vehicle registrations, it was determined that all the vehicles parked in the handicapped areas were parked legitimately and were active Maintenance Center, MCLB, employees.

Patience is a virtue

By Lt. Cmdr. Randel Livingood
Base Chaplain



Why is it that waiting is so difficult? You hear quite often about fast food, 30-minute television programming, and even drive through weddings. If you are brave enough to get on Interstate 15 on a Friday or Sunday evening, you will

discover that many people have a really hard time waiting. If you are driving the speed limit, be certain to be in the left lane, otherwise you will be passed on the right at the earliest opportunity by someone gesturing at you in a most unseemly fashion. Yes, before you ask I do tend to drive the speed limit and have been duly chastised by many people for doing so. Are they all in that big a hurry? So what is it that drives us to be in a hurry so often? I think maybe a better question is "Is there anything for which we would be willing to wait?" Sometimes I wonder. I have had people come to me in the morning saying that they wanted me to perform

a wedding in the afternoon and more often than not is was with a person they had met over the weekend. I think that sometimes it is because we are like little children, thinking that we are going to miss something. I know that Jesus told us that unless we become like children we could not inherit the Kingdom of God, but I really don't think that was the intended message. I believe that this practice of always pushing the limits and always being in a hurry adds to our stress levels and builds impatience within each of us. Is it that we don't believe the office can function without us? Do we honestly believe that we need to oversee everything in which we are involved? I had one person tell me that if I believed myself to be irreplaceable that I should put my index finger into a glass of water, pull it out, if there was hole where my finger used to be then I really was indispensable, otherwise I could be replaced. I think part of the problem may be illustrated by something I recently read in Scripture (Mark 8:11-21). Some people came to Jesus and began to argue with him. They were saying that they wanted a "sign" before they would believe his messianic claims. I think they were in a hurry. They did not wish to wait and see what was about to happen, they did

See CHAPLAIN Page 10

Just doing my job ...



Photo by Cpl. Joshua Barnhardt

Lance Cpl. Douglas O. Yates, mechanic with the 2nd Organic Maintenance Platoon, Fleet Support Division, squints in pain after coming out of the gas chamber, where he and other Marines were subjected to CS gas during Nuclear, Biological and Chemical Warfare training Aug. 7. CS gas is used mainly as a riot control device and causes a burning sensation of the skin and irritation to the eyes and sinuses.

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the Base Chapel.
For more info call 577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.
At the Chapel Office.
For more info call 577-6849.



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

Public Affairs Staff
Public Affairs Officer: Bill Bokholt
Public Affairs Chief: Gunnery Sgt. John Cordero
Public Affairs Specialist: Rob L. Jackson
Editor: Cpl. Joshua Barnhardt
Correspondent: Lance Cpl. 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.

Lunch menu

Unless otherwise indicated, lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Family Restaurant: fruit and salad bar
Cactus Cafe: baked chicken, steamed rice

Friday – Tuna casserole

Monday – Chicken fried steak

Tuesday – Hot ham and cheese sandwiches

Wednesday – Beef stir fry

Active duty military \$3.25, all others, including civilians, \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Lunch is served at the Family Restaurant from 10:30 a.m. to 1 p.m. At the Cactus Cafe from 11 a.m. to noon. Cactus Cafe serves hamburgers, subs, salads and other line items available for walk-in lunch – for other Family Restaurant lunch menu items, call in orders before 9:30 a.m. to the Family Restaurant at 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 8 a.m., and at the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Family night dining

Tonight – Southern night. Fried chicken, collard greens, and corn bread. Adults are \$6, children 5-11 are \$4, and children under 5 eat free.

Correction

The article regarding MARADMIN 225 referencing changes to the Marine Corps Order on traffic safety in last week's Barstow

Log incorrectly stated the base policy. The correct local policy is that drivers on base caught not wearing a seatbelt will lose points and receive an automatic 15-day suspension of on-base driving privileges. The Barstow Log staff apologizes for any misunderstandings this may have caused.

Drover Car Days

Every weekend in August the Mojave River Valley Museum will have a cowboy drover car open for public viewing. The history of the drover car spans a wide swath of American history, from Wild West cattle drives to the Cold War. Docents will be on duty during the regular museum hours of 11 a.m. to 4 p.m. to take visitors through the car and talk of plans to refurbish the drover car. The museum is located at 270 E. Virginia Way, at the corner of Barstow Road and Virginia Way. Call Steve Smith at (760) 256-5452 for more information.

Power outages

Due to an upgrade of the Nebo electrical system, there will be power outages on the dates, times, and locations listed below.

Aug. 16 from 6:30 to 4 p.m., the following buildings or locations will be affected: Building 374 and the Air Quality Monitoring Station.

Aug. 18 from 6:30 to 4 p.m., the following buildings or locations will be affected: Buildings 375, 368 and 300. Building 300 has a back up generator.

For more information, call Joseph Lloren at the Public Works Division, 577-6911.

Leadership seminar

A free Spouses' Leadership Seminar is scheduled to be held Sept. 16 and 17 from 8:30 a.m. to 2:30 p.m. each day at the San Luis Rey Officers' Club, Marine Corps Base Camp Pendleton. The Spouses' Leadership Seminar is one of the five official Marine Corps Family Team Building programs. The seminar's goals are to equip participants with the techniques,



insights, and skills that will help them be more effective and successful in their role as a volunteer and a leader. Spouses interested in attending or who want more information should contact Maj. Clarence T. Guthrie at 577-6073 by Friday.

Town hall meeting

A town hall meeting is scheduled to start at the Youth Activities Center at 6 p.m. Aug. 20.

Desert Challenge

The Desert Challenge, open to all active-duty service members, will start at 6 a.m. Aug. 15 at the Family Pool. Teams are encouraged to sign up by 1 p.m. Aug. 14 but may sign up the morning of the event. Teams of four will compete against the clock in six areas for points toward the 101 Days of Summer Challenge. The Desert Challenge will begin with a 200-yard

swim. As soon as a team begins the swim, the clock starts. From the pool, the team will proceed to Sorensen Field for pull-ups, then to the Tees and Trees Golf Course for crunches, and then up Iron Mike. On the way back to the Family Pool, the team will stop by Sorensen Field again for pushups. Once the entire team has returned to the Family Pool, the clock will stop. From there the team will move inside, get weighed, and do a maximum set of repetitions of their weight on a bench press. The pull-ups, crunches, pushups, and bench presses will be counted point for point. Teams are given 70 minutes from entering the pool to return back to the pool. Any time under 70 minutes will be awarded a point for each minute under, and anything over will be deducted a point for any minute over 70 minutes. The team with the most points wins.

Summer Challenge

Other than the Desert Challenge, the following two events remain in the 101 Days of Summer Challenge:
Aug. 19 — Alcohol and Drug Awareness Class
Aug. 28 — Barracks Bash

People who participate in the events earn points toward possibly winning a 27-inch television, \$50 gift certificate and more. The challenge is sponsored by Marine Corps Community Services, the Single Marine Program and the Substance Abuse Counseling Center.

Acting auditions

Barstow College will hold audi-

tions for its fall production of "Little Women" on Aug. 25 at 6 p.m. on the stage in the college's Norman Smith Center.

The auditions are open to the public and children and adults of all ages are encouraged to audition. Those auditioning will "cold read" from the script.

The production is an adaptation of the Louisa May Alcott classic novel by California playwright, Sands Hall. It will be directed by Amy Ross, Barstow College theatre arts instructor.

Rehearsals for "Little Women" will begin Sept. 1, and performances are scheduled for Nov. 14, 15, 16, 21, and 22.

For more information, call 252-2411, ext. 7243.

Thrift Shop closed

The Navy/Marine Corps Relief Society Thrift Shop will be closed from Aug. 19 through Sept. 11. The volunteers operating the store are scheduled to be on vacation. The Thrift Shop will reopen for regular business on Sept. 16, during its normal operating hours of 10 a.m. to 2 p.m. For more information about the closure, or about volunteering, call Maj. Antonio Martinez at 577-6440.

Classic cars

The 5th Annual Main Street USA Run is scheduled for Sept. 13 from 10 a.m. to 3 p.m. in downtown Barstow off the Historic Route 66 (from First to Seventh Streets).

The event supports the Boys and

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-279-03-NR	Materials Handler (FLO) WG-6907 (Permanent)	08-06-03	08-15-03	08-08-03	MCLB Barstow
DEU-281-03-NR	Secretary (OA) GS-0318-05 (Permanent)	08-06-03	08-15-03	08-06-03	MCLB Barstow
DEU-287-03-NR	Sandblaster WG-5423-07 (Term NTE 366 Days)	08-07-03	09-08-03	08-11-03	MCLB Barstow

Applicants interested in the above positions should submit résumés online at the following Web sites: <http://www.donhr.navy.mil> and/or <http://www.usajobs.opm.gov>.

For information regarding open continuous announcements go to <http://www.donhr.navy.mil>

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.

Career planner takes NCO board

By Cpl. Joshua Barnhardt
Editor

The Headquarters Battalion career planner recently won the Noncommissioned Officer of the Quarter board.

Sgt. Joseph Janez won the board with his superior Marine Corps knowledge and Esprit de Corps.

Janez said he joined the Marine Corps so, "my mother wouldn't have to worry about her baby boy anymore."

As an antitank assault man, Janez operated the TOW missile system while stationed at Marine Corps Base Hawaii. He was part of a rapidly deployable unit that had to be ready to go at a moment's notice.

"We did a lot of drills where we had four hours to be ready to go and on the flight line, but it was never the real thing," said Janez.

Janez went on a couple of deployments while stationed in Hawaii, including trips to Australia and Japan.

"We went to Australia and all the islands on the Pacific Rim on one pump," said Janez. "On the other, we went to mainland Japan and got to go to Mount Fuji."



Sgt. Joseph Janez

One of Janez's favorite stories from his days as a TOW gunner is when he was in a HMMWV that flipped on a dirt road in the hills of Hawaii.

"We were going up this steep hill, and I don't know what the driver was thinking, but he thought he could make it," said Janez. "I was sitting in the TOW turret and we got up on our side so I crouched down in the turret as the gun collapsed down on me."

"The driver got out and was mad because he cracked the missile system, and even though I

was alright, I was mad because he didn't care if I got crushed in there or not."

After getting surgery on his wrist, Janez was no longer medically qualified to keep his military occupational specialty and had to do a lateral move to stay in the Marine Corps.

"The doctors told me I could no longer be a TOW gunner, so I later moved to career planner," said Janez.

After finishing career planner school, Janez was sent to MCLB Barstow. Here, he was recommended for the NCO of the Quarter board by Gunnery Sgt. Tad Snidecor, the company gunnery sergeant for Headquarters Battalion.

"I nominated him because I think too many times senior sergeants are overlooked for these awards," said Snidecor. "I wanted him to go up on the board because I think he sets a good example for younger troops to follow."

Janez said he likes his new job and sees it as a way to get in touch with Marines.

"I like talking to people," said Janez. "My job requires me to do that all day."



Photo by Rob Jackson

Michelle Bledsoe, fire inspector with the MCLB Barstow Fire and Emergency Services Division, sprays a solution on a smoke detector to see if it is functioning, while housing residents Army Staff Sergeant Mark Reynolds and wife, Autumn, look on. Fire inspectors will be making house calls from Sept. 9 through Dec. 18 to conduct mandatory fire safety inspections of all occupied base-housing units. If residents are not home for the initial inspection and receive a notice on their door, they should schedule an appointment for their inspection by calling 577-6093.

Handicapped parking designed specifically for physically disabled

On-base drivers given until Aug. 29 to renew their placards

By Rob L. Jackson
BARSTOW LOG Staff

Seems like with the number of automobiles seen at the work place, shopping malls, and grocery stores today there is never a parking space close to the entrance, that is unless you're physically disabled.

There always seems to be an empty handicap parking space available. However, these spaces were designated for physically disabled persons and disabled veterans in accordance with the Americans with Disabilities Act of 1990.

The regulation states that, "accessible parking will be located on the shortest accessible route of travel from adjacent parking to an accessible entrance."

The spaces are a convenience for those with handicaps and not for people without.

People who are physically disabled either have designated license plates with the well-recognized wheelchair, a placard displayed in

the windshield, or both. It is the same marking seen painted in spaces that are designated for the disabled.

There are times when people without a handicap may feel they can use the space for just a minute to run into the store, but their feelings don't negate the fact that it's still illegal to park in those spaces. If caught a person can be fined heavily and could have the vehicle towed away at their expense, according to the California Vehicle Code, section 22507.8.

One of the major violations is people displaying in a vehicle a handicap placard that may belong to a relative, according to Master Sgt. Richard N. Holman, provost sergeant, Provost Marshals Office. They may feel that even though they're not disabled they can take advantage of the parking because of the placard.

Another violation is when an individual is legally disabled but just simply forgot to renew the tag, said Holman.

In cases such as this the Provost Marshals

Office is giving those with an expired placard until Aug. 29 to get it renewed.

If caught on base parking illegally or displaying the placard illegally or expired, the violator will be issued a citation.

"Folks need to know that if they are caught off-base trying to do the same thing they will be looking at a substantial fine, which is \$300," said Holman.

To obtain or renew a parking placard, people may visit their local DMV office or do the following:

1. Complete the applicable sections on an Application for Disabled Person Parking Placard or Plates (REG 195), available online at <http://www.dmv.ca.gov/forms/reg/reg195.pdf>.
2. Obtain their doctor's certification on the form.
3. Mail form to: DMV PLACARD, P. O. Box 942869, Sacramento, CA 94269-0001.

The California Department of Motor Vehicles reminds people that it is illegal to do

any of the following:

- Lend your placard to another.
- Provide false information to obtain a placard.
- Alter a placard or placard identification card.
- Use another person's placard.

The only legal use of a placard is its display by the person to whom it is issued. The disabled person does not have to own or drive the vehicle to use the placard.

Placard abuse or misuse can result in the cancellation and revocation of the placard and loss of the privileges it provides. Placard abuse is a misdemeanor punishable by a fine of not less than \$250, not more than \$1,000, or by imprisonment in a county jail for not more than 6 months, or by both fine and imprisonment.

Editor's Note:

Information from the California Department of Motor Vehicles Web site was used for this article. For more information, visit www.dmv.ca.gov.

CWC 735 from Page 1

nance is performed by placing a malfunctioning part into MCB's Integrated Family of Test Equipment, or IFTE, locating the problem and making the repairs.

"It's one of a kind," said Monroe.

Literally, this system is the only type of its kind in existence and it takes a highly trained crew to operate.

The IFTE is based on a fully functional Avenger system loaded with dummy missiles and diagnostic circuits. A malfunctioning part can be installed anywhere in the system to replace a functioning part. The crew then executes a complete launch sequence and evaluates the performance to determine why and where the malfunction is.

This is the exact same equipment, manned by Marines, that forms a perimeter around Washington, D.C., 24 hours a day, seven days a week, said Monroe.

According to Monroe, "They're not going to trust just anybody to guard the president."

But air defense systems have to detect a target before they have anything to fire at. Enter the AN/TPS-59 radar system.

The radar sends a powerful signal

across enemy territory, and if there is something approaching, it will find it, said Danny Bigorno, a radar specialist at CWC 735.

The systems are so effective that they are sold to foreign military around the world. Most recently, systems were sold to allies in Bahrain, according to Larry Russell, Integrated Systems Supervisor at CWC 735.

Radar equipment and Avenger anti-aircraft weapons are so high-tech it takes specialized Marines working with specialized civilians to operate.

The crew at CWC 735 works

consistently to maintain these systems day after day in support of global military operations, a work ethic that is often overlooked due to the secrecy surrounding the weapons.

Without the air defense systems shop civilian Marines' knowledge and expertise, the precision weapons systems and radar could not maintain combat-effectiveness.

"These are the very same weapons made famous during the first Gulf War," said Monroe. "You've probably seen them through night-vision on CNN."

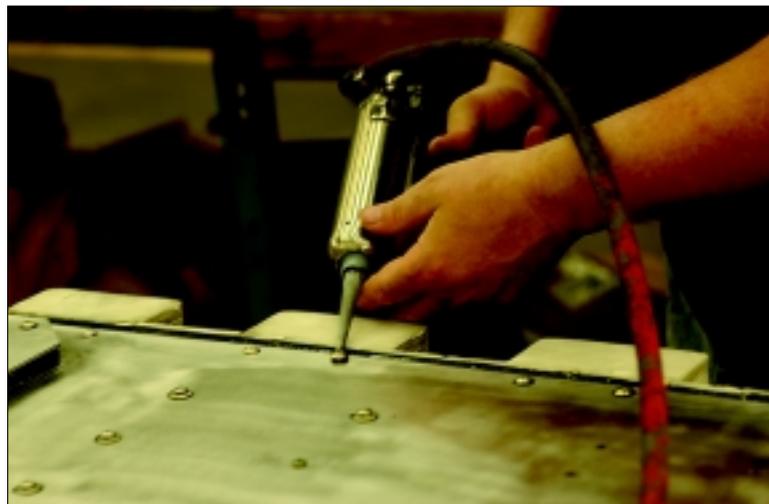


Photo by Lance Cpl. Andy J. Hurt

Hundreds of tiny screws are carefully driven into radar cells to precise specifications.



Photo by Lance Cpl. Andy J. Hurt

CWC 735 employee Will Bryant performs maintenance and repair on an Avenger Anti-Aircraft Missile System launcher. Bryant said he has been working at MCB for about 28 years.



Photo by Lance Cpl. Andy J. Hurt

Bob Monroe, a civilian Marine at MCB's CWC 735, operates a test firing of the Avenger Anti-Aircraft Missile system. Mounted on the back of a Hummer, several Avenger Systems are deployed around Washington, D.C.

Around the Corps

Riverine phase of Unitas begins in Paraguay

Story and photos by Staff Sgt. Matthew A. Butler
Riverine Phase Public Affairs Chief

PUERTO ROSARIO, Paraguay – An armada of ships from Paraguay and Bolivia and five United States Marine Rigid Raider Craft made a 90-mile voyage up the River Paraguay from the capital city of Asuncion, June 29, marking the first day of the Riverine Phase of Unitas 44-03.

Sixty-nine Marines and sailors from Small Craft Company, Headquarters Battalion, 2nd Marine Division, Camp Lejeune, along with 100 Riverine Marines and sailors from Paraguay and 64 from Bolivia began training together to improve the operational readiness and interoperability of the United States Marines and Marines and naval forces from Bolivia and Paraguay.

Promptly after arrival the three countries

established a Multi-national Command Element and base camp at a Paraguayan Marine Commando Base here. The U.S. Marines provided most of the instruction. However, operations were overseen by a commanding officer from the host nation, who shares the responsibility for Unitas Riverine Phase.

For Capt. John E. Bilas, commanding officer of the Small Craft Company, he planned to hone his Marines waterborne skill in an unfamiliar environment while training and learning from the Combine Multi-national Riverine Task Force.

Along with the five RRC or Raiders, the Marines brought eight zodiacs, which give a combatant commander the ability to conduct conventional infantry operations in a riverine environment.

“We can insert and extract Marine units up to the size of an infantry battalion. Other missions include logistical and medical support along with fire support and a command control platform for a MAGTF commander,” said the 38-year-old Youngstown, Ohio, native about his unit’s capabilities.

Along with those capabilities, Small Craft Company’s responsibilities here included training to enhance the skills of the multi-national forces and their interoperability amongst each other.

Another goal of Bilas was to better his Marines’ war fighting ability through the new Marine Corps Enhanced Marksmanship Program. The program is designed to better an individual Marine’s marksmanship on targets less than 50 meters from the objective. The Marines also trained the Paraguayans and Bolivians in the initial phase of EMP.

The U.S. Marines’ EMP skills were sharpened and sustained through the courses of live fire during Unitas here.

On the first day of training the U.S. Marines established a firing range and conducted weapons handling and safety procedures classes and helped the multi-national forces battle sight zero the Paraguayan’s Chinese-made M-16A1 and A2 service rifles and the Bolivian’s Israeli Galil rifles.

According to Sgt. James A. Cascio, a primary EMP instructor and a Riverine Assault Craft section leader with Small Craft Company, the individual Marine’s war fighting capabilities remarkably improved with the new training.

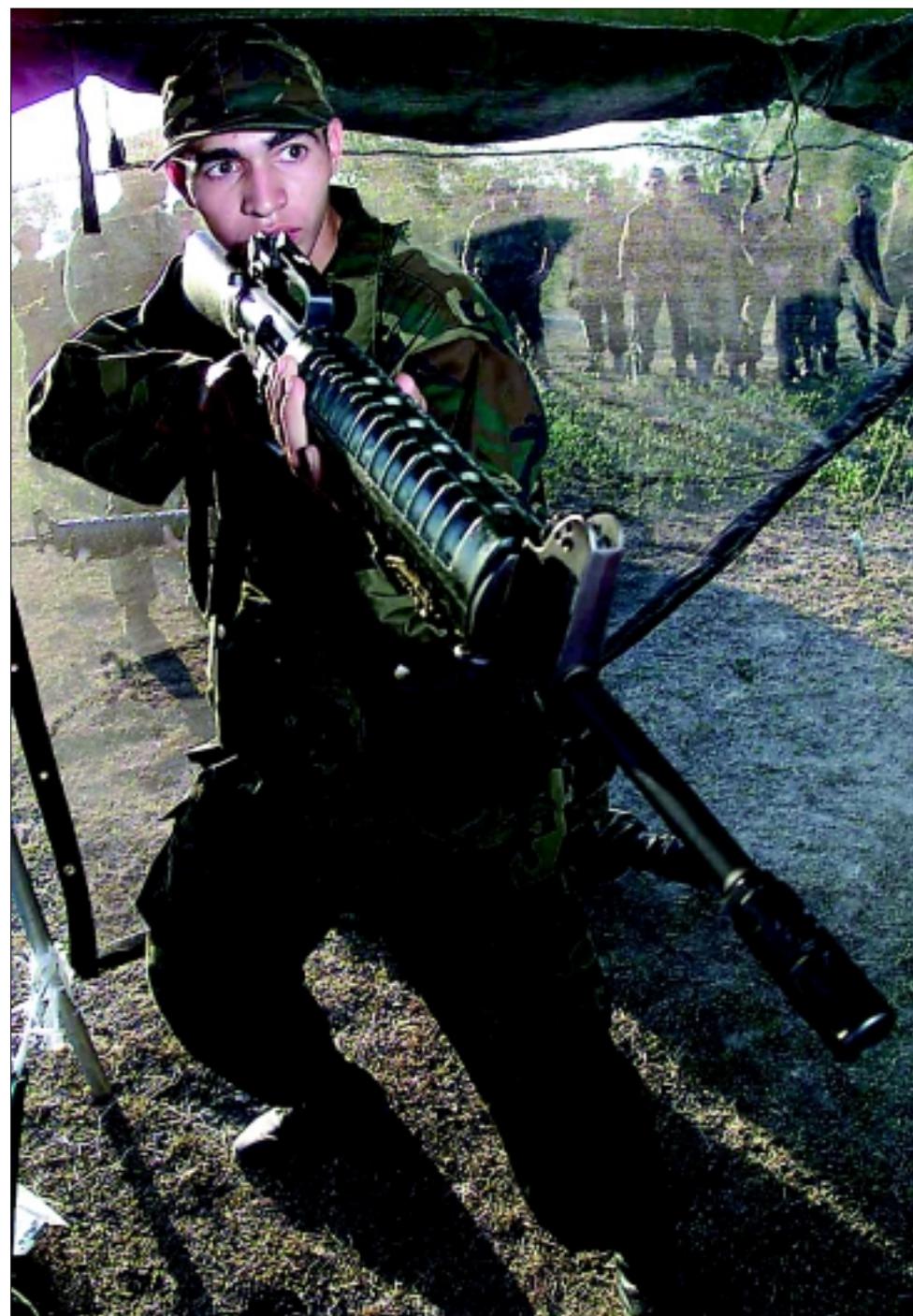
“It’s like night and day. They got better pretty quick, their guys learned it very rapidly,” said Cascio 25, a Mastic Beach, N.Y. native.

The long-term reward of the advanced learning curve of the multi-national forces is a partner that shares a common bond of friendship, cooperation and shared responsibility of peace and security for the region. “The long-term byproduct of this is not just (that) we’ve made better war fighters out of everybody,” said Lt. Col. Clayton Fisher, Marine Corps exchange officer to Argentina and a Unitas exercise director. “Given the world today, with the new threats, which are transnational, global and regional, there are no longer select individual private threats. So through our interoperability there is a collective security that is share security,” said the 37-year-old, Elburn, Ill., native.

“If there is a problem in South America or a regional problem, hopefully we have bettered some of the regional forces so they can work together and handle South American problems with South American solutions.

But if it does require our presence to help with a problem we’re interoperable and we can work together, we know each other’s doctrine, and you don’t have to go through those painful learning curves in times of crisis, because we’ve worked all those things out in times of peace and you have a capability that (is) ready when the time arises.

The multi-national forces began tactical waterborne riverine training and navigation on the July 4 followed by a final battle problem and exercise demonstration for dignitaries and VIP’s from the participating coalition nations.



Bolivian Marines storm a room during practices of military operations in an urban terrain during the riverine phase of Unitas 44-03 at Puerto Rosario, Paraguay, June 30. U.S. Marines from Small Craft Company, Headquarters Battalion, 2nd Marine Division, provided the period of instruction for the MOUT training.

Snag some healthy snacks at commissary

By Carrie Williams
Defense Commissary Agency

FORT LEE, Va. – Snacking sometimes gets a bad rap. Our “junk food” culture instills in many people the idea that snacking is bad. In fact, if done wisely, snacking is the opportunity for our bodies to refuel in between meals.

A snack-savvy consumer will fill the pantry and refrigerator with these items from the commissary: cheese, nuts, cereal and granola, milk and yogurt, peanut butter and jelly, fresh fruits and vegetables, bread products including English muffins, frozen biscuits and bagels, and boxed gelatin.

For children, snacking can be not only nutritionally sound, but necessary.

Children need to refuel their growing, active bodies many times throughout the day, and their small stomachs are suited for frequent, small portions.

Involve the children in the search for healthy items at the commissary. Let them help pick out ingredients. Engage them in assisting with snack preparation in the kitchen.

Plan snacks as part of the daily food plan. Snacks should be mini-meals. They should be small, but satisfying. Serve small portions and provide more if they ask. Dole out snacks at the same time each day, but not too close to meal times. Use a clock or timer with your child to determine snack times; the benefit is twofold: the child learns to tell time and becomes mindful of the regularity of snack



Photo by Lance Cpl. Andy J. Hurt

The Base Commissary offers a wide selection of healthful snacks at its various departments, such as the produce section above.

times.

Midmorning and midafternoon are appropriate snack times.

Prepare extra servings at meal times to be saved for snacks later. Set aside a “snack spot” in the refrigerator and cupboard and keep it stocked with nutritious, ready-to-eat snacks.

Remember your food habits set the example for your children. Make healthy snack choices for yourself as well as for your children. Don't let children nibble all day long and never offer food as a reward for good

behavior. Limit intake of sweet beverages and avoid caffeine-containing beverages such as coffee, tea and some sodas.

The healthiest snacks do not include a lot of refined sugars or carbohydrates such as chips, cookies and crackers, which are high in fat and low in protein. When using yogurt or other dairy ingredients in snack preparation, opt for the nonfat or low-fat versions.

Here are some fun, healthy and quick snack ideas for the young or young at heart:

Ants on a log: Wash and cut two celery

stalks into pieces (about 5 inches long). Spread peanut butter in u-shaped part of the celery, from one end to the other. Press raisins into the peanut butter.

Healthy “ice cream” sandwich: Spread yogurt between graham crackers, then wrap and freeze.

Breakfast banana split: Top a split banana with yogurt or cottage cheese and sprinkle with toppings such as fresh berries and crunchy cereal.

Tuna boat: Hollow out a peeled cucumber and fill with tuna salad. Hoist the sails using triangles of cheese on toothpicks.

Sandwich shapes: Use a cookie cutter to make interesting shapes out of an ordinary sandwich, no matter the filling.

Pizza faces: Spread a little prepared sauce on an English muffin and let children use toppings to make the faces. Bake for 8-10 minutes.

Fruit shakes: Blend ½ cup yogurt with ½ cup fresh fruit juice.

Banana yogi-sicles: Peel a banana and stick a Popsicle stick in one end. Dip the banana in yogurt and roll in crushed breakfast cereal.

Bunny bag: Slice and dice fresh fruit and vegetables such as carrots, apples, oranges and cauliflower. Put them in a ziplock bag. The oranges will give everything a nice flavor and the citric acid prevents the apple slices from turning brown.

Plain old summer fruit: Watermelon, strawberries, kiwi, pineapple. Wash it, slice it and serve.

MCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

August Super Sale in progress

The August Super Sale is in progress at your Super Seven Store and the Railhead Exchange.

Lots of bargains in glassware, rice cookers, CD/AM-FM boomboxes and DVD/CD players - plus a Clearance Rack Sale with apparel at 50 percent off last marked price.

Like coupon shopping? Drop by the Super Seven Store or Railhead Exchange and pick up your Super Coupons. Good throughout the month of August, these coupons entitle you to up to 40 percent off selected merchandise. Pick up your coupons today. Coupons may also be obtained in the August issue of the MCCS Events Guide.

All sales are in progress now

and will continue through the end of August.

For more information call the Super 7 Store at 256-8974. The Super Seven Store is open Mondays through Fridays from 6:30 a.m. to 9 p.m., Saturday from 8 a.m. to 6 p.m.

The Railhead Exchange is open Mondays through Fridays from 8 a.m. to 3 p.m. Call for hours during troop rotation. For more information, call 577-7782.

It's free!

Many active duty military personnel are still unaware of the military appreciation free admission offered by the following three attractions listed below. Take advantage of these free offers and reduced prices for family and friends.

Universal Studios Hollywood

offers all active duty military members free unlimited admission all the days between now through Dec. 19 of this year. Five family members or friends of each service person will be able to purchase tickets for \$39 for the same unlimited admission all the days between now and Dec. 19.

Disneyland and California Adventure offer active duty military members a free three-day ticket valid for both Disneyland and California Adventure through Dec. 19. Each service person may purchase a companion ticket for up to five family members or friends for \$39 each.

Seaworld offers a free single day admission to all active duty military members including four of their direct dependents. This offer is good through Nov. 11. ITT has the form required for Seaworld.

Universal Studios Hollywood and Disneyland/California Adventure require only to show up at gate with military ID. To purchase tickets for family members or friends, contact ITT or the individual attraction.

For more information, call the attraction listed above or contact ITT at 577-6541. ITT is open Mondays through Fridays from 8:30 a.m. to 4 p.m.

MBA



Program

The Marine Corps Cameron University MBA Program is open for enrollment for courses starting Sept. 8 at MCLB Barstow. This program is open registration and is not a military-only program.

Master of business administration is a 33-semester-hour MBA degree with individual area of interest such as economics, human/organizational administration or international business management.

MCLB Barstow is yet another expansion site for the program, which is scheduled to be worldwide and located at all Marine Corps bases.

This will enable students to attend classes even when in TAD status at other sites or tailored to fit their timetable. This program is administered by the University of Oklahoma and is currently available at the following Marine Corps locations: Albany, Ga., Beaufort, S.C.; Camp Lejeune, N.C.; Cherry Point, N.C.; Henderson Hall, Va.; Parris Island, S.C.; and Quantico, Va.

For additional information, contact Ms. Mahoney, College of Continuing Education, University of Oklahoma, at 405-325-9143, e-mail dmahoney@ou.edu.

Or contact MCLB Lifelong Learning at Building 218 (Library and Enlisted Club), 577-6118.

CHAPLAIN from Page 2

not like the idea of having to employ faith.

I think that is not totally unlike many of us. We are the "prove-it" generation, and we want that proof right now. Give us something verifiable and repeatable then we will believe.

Maybe a loss of faith is part of the reason that waiting is so hard. Maybe we really do not believe we will get what we need. Maybe we are afraid of coming in last. Whatever it is, we must start to identify our need for patience and work to develop it.

Had the people questioning Jesus been able to wait they would have seen great things happen which would have emboldened their ability to believe. They would have been part of a great plan. Instead they chose a different path and ended up releasing a murderer and killing an innocent man all because they were in a hurry. Now, tell me again why we are in a hurry?

Peace,
Fr Randel

BRIEFS from Page 3

Girls Club of Barstow and is open to all years of classic cars, trucks, corvettes, low riders, foreign/imports, and PT Cruisers. Pre-registration is \$20 until Aug. 29, after which it will be \$25. New for 2003: Battle of Bands, valve cover races and children's model car contest. "Meet and greet" will be held Sept. 12 at Foster's Freeze (located on Main Street near H St.).

For more information, call (760) 255-1691.

Blood drive

A blood drive is scheduled to be held Sept. 4 from 11:30 a.m. to 3 p.m. at the base gym, Building 44, and at the Maintenance Center, Building T598. All departments should submit a list of voluntary donors to the Human Resources Office no later than Aug. 29. Fleet Support Division and Installation and Logistics Department should submit a list of donors to the Maintenance Center. For further details, contact your organization's administrative office.

Enlisted Club events

Today - Darts, pool, TV, CD music.

Friday - TGIFriday. Kick back, the week is over - enjoy games and TV.

Monday - Bar and grill, darts, pool and TV.

Tuesday - Bar and Grill Night. Wednesday - Midweek Relaxation Hour, 6:30 p.m. to 7:30 p.m.

The Enlisted Club is open Monday through Friday, from 6:30 p.m. For more information call 577-6495.

Oasis Club events

Today - Happy Hour 3:30 to 6 p.m.

Friday - TGIFamily Night. Tuesday - Bar and Grill Night. Wednesday - Movie Night.

The Oais Club is open Tuesday through Friday, 3:30 p.m. to 10 p.m. For more information call 577-6432.

SATO special airfares

Special airfares are available on Continental, Delta, United, and US Airways. Special sale fares require only a three-day advance purchase and are available for travel through Feb. 12, 2004.

These special military fares are not available via the Internet. Contact SATO at 577-6135 or (800) 827-7777 for more information.

MCLB from Page 1

It lies at the junction to three major highway systems of Interstates 15 and 40, and Highway 58. It's the hub of all West Coast rail traffic for the three major railroad companies. It's in the immediate proximity to the Daggett Airport, and is approximately 40 miles northeast of the Southern California Logistics Airport, and the base is within 150 miles of the major seaports of Los Angeles and San Diego.

Housing the largest railhead in the Department of Defense, MCLB Barstow recently upgraded the roughly 5,800-foot stretch of track that runs through the Nebo side of the base, adding new switches, replacing rails, ties and ramps. The base also added three engines to increase MCLB Barstow's ability to move large quantities of materials on and off base, which is an essential part of its logistics mission.

Couple Nebo's railhead with the Yermo Annex and this gives the base the flexibility and ability to better support the U.S. Army's annual unit rotations in and out of the National Training Center, Fort Irwin, as well as Marine Corps units training in the Southern California desert.

To better serve its 1,334 civilian

Marine workforce, 267 active duty Marines and its customers, MCLB Barstow has been busy replacing its overhead, WWII-era power system with a more technologically advanced system buried underground.

With having the first Marine Corps organization to compete and win an A-76 cost caparison competition in 2000, and maintain its certification as a Most Efficient Organization, MCLB Barstow's Installation and Logistics Department assists the base in providing exceptional service by maintaining the base's real property, utilities and ground transportation equipment, to include the railhead.

MCLB Barstow's other claim to fame is that it is home to the Marine Corps' only mounted color guard, which supports the Corps recruiting mission with performances at such prestigious events as the annual Tournament of Roses Parade. It also performs for many Professional Rodeo events and participates in parades along the West Coast, Arizona and New Mexico, to name a few.

Finally, MCLB Barstow's arid climate makes it ideal for storing equipment outdoors at reduced costs and minimal maintenance requirements.