

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 36

Marine Corps Logistics Base Barstow, California

September 11, 2003

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<http://www.usmc.mil>

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

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

MCB earns ISO 9001:2000 registration

By Rob L. Jackson
BARSTOW LOG staff

Maintenance Center Barstow recently became the latest member of the Marine Corps Logistics Command to be added to a growing list of organizations recognized as registered International Organization for Standardization businesses.

That list includes more than 400,000 organizations worldwide that are ISO certified, according to the ISO Web site.

In August, Maintenance Center Barstow earned its ISO 9001:2000 registration, joining Maintenance Center Albany and Fleet Support Division Barstow. Fleet Support Division Barstow received its certification in April of this year.

"Our initial assessment audit was conducted Nov. 15, 2002 by EAQA-USA," said Fred Alley, head, Quality Department at MCB. "This audit identified processes in our Quality Management System that were compliant

and those that needed improvement."

EAQA-USA is out of Huntington Beach, Calif., and is the same registrar that conducted certification audits on Maintenance Center Albany and FSDB, according to Alley.

The registration audit was originally scheduled for April however, due to MCB's realignment initiative implemented by Col. Rob Gerlaugh, MCB commander, the audit was rescheduled for August, said Alley.

MCB's first involvement with an outside agency reviewing its Quality Management System for compliance was in March 2001. The Defense Contract Management Agency performed the audit and found the Maintenance Center compliant for "qualification" in accordance with the ISO 9002:1994 standard, according to Alley.

Qualification in this instance meant that MCB met the minimum standard requirements but

not the stringent requirements needed for registration.

Unlike the 9002:1994 standard which is organized as a functional point of view, the ISO 9001:2000 is a quality management system that is geared more toward the customer and emphasizes the need for continual improvements in the system, according to Alley.

There's also less documentation required under the 9001:2000 standard.

"There are six critical elements that have to be implemented. Those are control of documents, control of records, control of nonconforming product, internal auditing, corrective action, and preventive action," Alley explained. "There are several elements within the ISO standard that encompass the entire organization, but without meeting those six you will not pass your registration audit."

The 9001:2000 standard emphasizes communication with the customer which Dean Knutson, MCB's customer service represen-

tative, said he feels MCB is doing more of at all levels.

"Not just with the customer service reps but with the people that work directly with the customer, which are a lot of our production controllers," said Knutson. "We do that by a lot of different means."

Much of this is done during upfront planning prior to bringing work into the Maintenance Center, said Alley.

"We're contacting the customer making sure we have the facilities, the equipment and the personnel to do the work," he said.

The Statement of Work actually is the beginning of the communication process. It is the customer's requirements, what the customer wants MCB to work toward and what both entities agree on, both Alley and Knutson acknowledged.

"If there are any ambiguities on the Statement of Work, then we'll talk to the program manager and

See ISO Page 4

CDC raises prices for daily child care

By Rob L. Jackson
BARSTOW LOG staff

Beginning Oct. 1 parents can expect to see a slight price increase in fees for MCLB Barstow's Child Development Center.

This is the first increase the CDC will have since fiscal year 2000, according to Theresa K. Meugniot, administrator, Youth and Teen Programs, MCLB Barstow.

According to Department of Defense Instruction 6060.2, each year the Department of Defense establishes sliding fee ranges based upon total family income for use at all Child Development facility-based programs.

Within the scale there are set fees with low and high options designated for installations in different cost of living areas, according to Meugniot.

"Because the command has asked us to keep the fees affordable for the lower ranks, we use the lower options,"

she said. "So the increase would be no more than a couple of dollars per month."

This is based upon a formula the administrator uses to keep the prices affordable for Levels I through Level VI. For example, based on the formula a parent who is at the Level VI scale (\$70,000 plus) the increase would only amount to roughly \$45 extra per year.

Keep in mind that parent fees pay non-appropriated fund staff's (direct care givers) salaries as well, and as their salaries go up so do the fees, said Meugniot. The fee also covers meals and snacks for the children.

"That plus the DOD fee structure is what the increase is based on," she said.

Editor's Note:

Information regarding the School Age Children program, which started here on Aug. 27, will be addressed in a future article.

CDC price increase chart

Income Level	Full Day 6 Hrs.	3 Hrs.	2nd Child Discount
Level I 0-28,000	\$206.00	\$145.00	\$83.00 \$175.00
Level II 28,001-34,000	\$255.00	\$178.00	\$102.00 \$216.00
Level III 34,001-44,000	\$337.00	\$236.00	\$135.00 \$303.30
Level IV 44,001-55,000	\$391.00	\$274.00	\$156.00 \$351.90
Level V 55,001-69,999	\$446.00	\$312.00	\$178.00 \$401.40
Level VI 70,000 plus	\$500.00	\$350.00	\$200.00 \$450.00
Hourly	\$3.00 per hour for one child \$5.50 per hour for two children		

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.

Submission guidelines

The Commander's Forum is used to keep the work force informed, to explain why things are the way they are or appear to be, and, when possible, to correct situations or make improvements.

Every Commander's Forum call or e-mail is researched, even if it is not published in the Barstow Log. If "callers" identify themselves, they will receive a response.

It is a valuable two-way communication channel through which people may address concerns they're not able to resolve through the normal chain of command.

The key to having a question and its response published in the BARSTOW LOG is that the it be specific and address things that may impact a significant amount of the base employees or tenants.

Q I am calling about the article on Philippino food in the Barstow Log on May 1st.

The reply stated it was a potluck but also stated to contribute to the potluck, pay for the groceries. That's not a potluck; it's more of a catered affair. A potluck is each individual brings a separate dish.

I can remember MC³ getting in trouble for having a catered Christ-

mas Party one year because the club would not accommodate us. How could this be clarified a little bit better. Thank you.

A Thank you for contacting the Commander's Forum about your concern on the article in the Barstow Log on May 1st, about Philippino food. Although, I could not find the article in question, it is

not the policy of the Marine Corps Community Services (MCCS) Department to hold potluck functions. The Family Restaurant, Oasis Club and Enlisted Club charge for food items on their menus and also perform catering at the requesting facility or department/section locations.

Potlucks are normally organized by a department/section or individuals for birthdays and farewells. As for having a function catered by an off base ven-

dor, this is permissible when the MCCS cannot accommodate the request.

This procedure is accomplished in

writing from the requesting individual or department/section to the director, MCCS Department. I hope this clarifies your question.

Wisdom becoming lost trait

By Lt. Cmdr. **Randel Livingood**
Base Chaplain



Wisdom is something that most people would like to have more of.

That is because when we act wisely we expect life will work out just a little bit better than if we acted otherwise.

There are some traits that wise people have that are also valued in society by many people. For instance, people who are wise are also often very humble. They see the value in not bragging about their accomplishments and seem to always build others' sense of self-esteem rather than their own.

They are not boastful, rather they are gentle and full of what some would call grace. I realize that many people believe that "nice people finish last," but I would submit that it depends on the contest.

If a person with selfish ambition is willing to do anything to gain monetarily or as one bumper sticker noted, "the one with the most stuff at the end wins," then maybe nice people don't have all the material wealth.

What they do have is worth far more than that. Wisdom is a grace and a gift that is first

pure, then peaceable, also gentle and willing to be flexible. It is also a grace that fills persons with mercy and kindness and eradicates hypocrisy and envy.

How can all that come from wisdom? It comes with the territory because those who are wise do not have to encounter a tragedy to begin to see what is important and valuable in their lives.

They already know that relationships are special and to be valued. They are already aware that kindness can mend the broken hearted, that love can act as the Balm of Gilead for the wounded soul.

They have discerned that purity is a rare and valued commodity that brings clarity to moral questions otherwise hindered by questionable personal agendas. They have discovered the pearl of great price. That wisdom seeks not its own lofty goals, but seeks to help others in need.

I suppose that you could say there are two kinds of wisdom. One about which I have just written and the other that reflects one's ability to ruthlessly accomplish gain and get ahead in the world.

This kind of wisdom I can do without because of the fruits of that approach to life. Allow me to discuss a few of those.

Have you ever wondered where conflict and

See **CHAPLAIN** Page 9

Just doing my job ...



Photo by Lance Cpl. Andy J. Hurt

Sgt. Juan Calderon, supply clerk for the Base Supply Office, gets one of the new Marine Corps pop-up tents off a shelf in Warehouse 8. Some of the pop-up tents from MCLB Barstow were used by 2nd Battalion, 5th Marines in Operation Iraqi Freedom.

Chapel Services

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

Morning Prayer in the Building 15 Administration Office Tuesday at 8:30 a.m.

Catholic Rosary

First Saturday of every month.

3 p.m. at the Base Chapel. For more info call 577-6849.

Episcopal Mass

Tuesday at 4 p.m. at Building 406 in Yermo.
Thursday at 11 a.m. at the Base Chapel.

For more info call 577-6849.



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

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

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon 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: sliced roast sirloin

Friday – Fish croquettes

Monday – Stuffed bell peppers

Tuesday – Turkey sandwich

Wednesday – Yaki soba

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. At the Cactus Cafe from 5:30 to 6:30 a.m.

Family Night Dining

Tonight – Meatloaf night. Meatloaf, mashed potatoes and gravy, vegetable, roll and dessert, plus a fountain drink of choice.

The Family Restaurant is open Mondays through Wednesdays and Fridays from 4:30 to 6 p.m. for dinner. They offer a dinner menu as well as regular menu service.

Military Spouses Tour

Active duty Marine Corps, Navy and Army spouses are invited to attend the free Quarterly Spouses Tour of Fort Irwin and Barstow on Sept. 16, 17, and 18.

The first two days of the tour will be held at Fort Irwin. Informational meetings and tours will be held to introduce spouses to services available at the Fort and military life in general.

The third day, hosted by the Military Affairs Committee of the Barstow Area Chamber of Commerce, will begin at the Veterans Home on Barstow Road at 9 a.m. with a free continental breakfast.

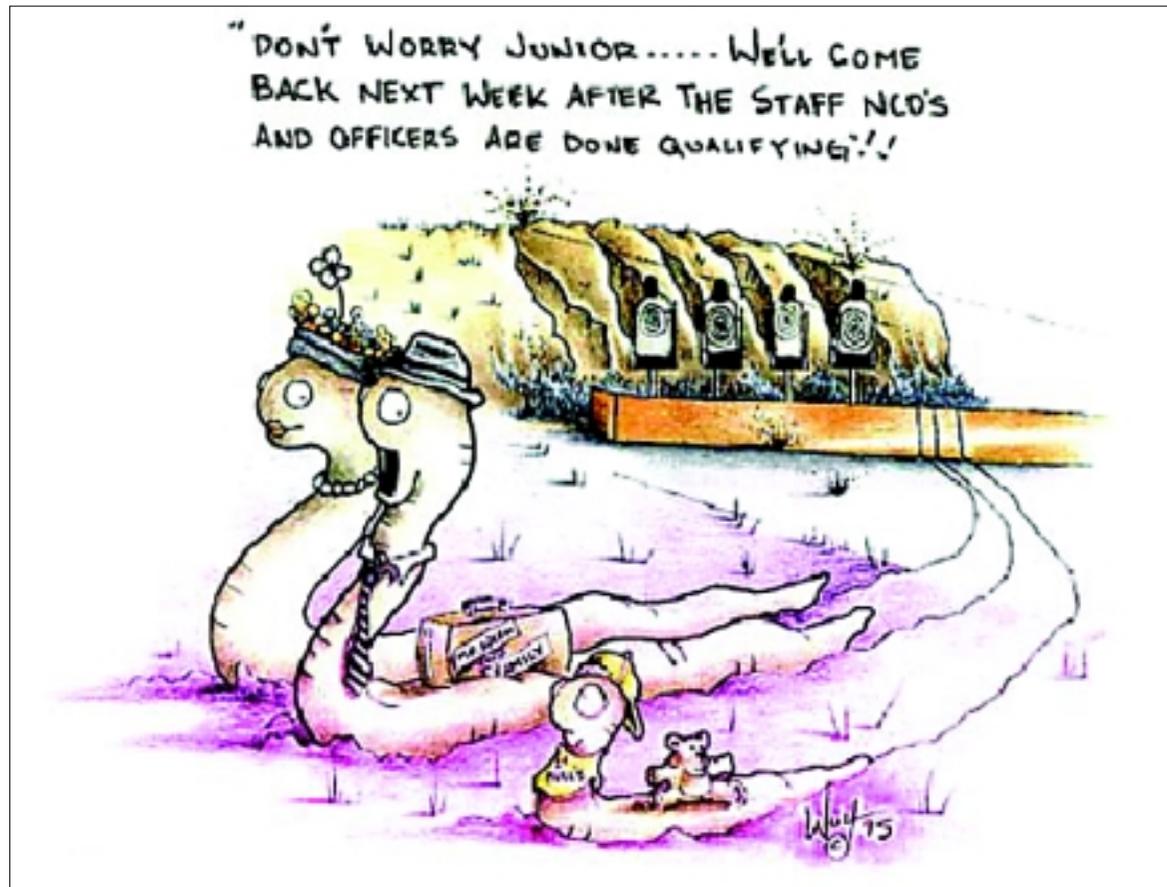
After presentations by the Veterans Home Public Relations Department and the Barstow Police Department guests will have a tour of Calico Ghost Town, receive discount coupons for selected shops at the Factory Outlet and Tanger Malls. A free lunch is provided for all participants at the Los Domingos Restaurant. The tour is slated to end at 3:30 p.m.

Participants should dress for the weather, wear comfortable walking shoes and bring water to drink while at Calico. Space is limited so registration is required. For more information call Christina Tonseth at the Army Outreach Center, 256-1735, or Ruth Cox at the National Training Center, Fort Irwin, 380-3776.

NASA Scientist at Barstow College

Barstow College will host a presentation about the Mars Exploration Rover Mission by NASA scientist, Steven Squyres, Ph.D. on Sept. 17 at 7 p.m. in the college's Norman Smith Center. This event is free and open to the public.

Earlier this summer, as part of its Mars Exploration Rover Mission, NASA launched two rovers toward Mars to search for evidence of liquid water that may have been present in the red planet's past. Squyres leads an international science team that devel-



oped and operates a suite of science instruments used by the Mars rovers to collect data.

During his presentation, Squyres will describe the purpose of the Mars Exploration Rover Mission, the information the rovers are collecting, and what to expect when the rovers reach Mars.

Following Squyres' presentation, the public will be invited to view Mars through a telescope with the assistance of Barstow College Astronomy Instructor Scott Bulkley, if weather permits. For more information, contact Sue Jones at (760) 252-2411, ext. 7350.

Pass and ID closed for lunch

Beginning Monday the Pass and Identification section will be closed for lunch from 10:30 to 11:30 a.m. Mondays through Fridays. Normal hours

of operation are now from 7 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. daily. Call 577-6969 or 577-6371 to schedule an appointment.

Safety Shoes available

Safety shoes will be available for purchase on Sept. 17 at Yermo, in the parking lot in front of Building

573 from 7 to 11 a.m., and at Nebo, in the parking lot at the east end of Building 236 from noon to 1 p.m.

Hospice Golf Scramble

The Mojave Valley Volunteer Hospice will host its 11th annual Golf

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Occupational Health move

Occupational Health is in the process of moving its office from Yermo Annex to the Barstow Branch Medical Clinic at Nebo.

The move is to help improve the efficiency and employees' time lost from work by providing a building in which all labs, x-rays, audios and Pulmonary Function Tests are accomplished during the same visit.

Prior to the move patients were heading to three different areas to complete this.

The move will be completed by Sept. 8 and the new process will begin at that time.

All employees scheduled for audio, PFTs, Labs, or CXR should be at the Branch Medical Clinic at Nebo by 6:25 a.m. to begin processing.

They will then head to work after their medical evaluations are complete. Each employee will be responsible for checking in with the receptionist and before leaving checking out with the receptionist to make sure his or her medical evaluation is complete.

The Occupational Health team is very excited about this move, according to Lt. Kelly Leigh Horn, general medical officer at the Branch Medical Clinic.

Once the move is complete the Yermo employees will spend one morning conducting Phase One of their physicals, which includes x-rays, audio, PFTs and labs, at Nebo.

After completion of Phase One they will report to the dispensary at the Maintenance Center for Phase Two, which is a physical by the doctor, on Wednesday morning.

These appointments will be scheduled approximately one month after the Phase One process to allow sufficient time to gather all the results for the day of their physical.

Nebo employees will report on Tuesday mornings to the Nebo clinic for scheduled appointments approximately one month after their Phase One is complete.

The employees will be contacted and scheduled by the Occupational Health receptionist.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-306-03-NR	Pneudraulic Systems Mechanic WG-8255-10 (Term NTE 2 Years)	08-29-03	09-15-03	09-03-03	MCLB Barstow
DEU-307-03-NR	Pneudraulic Systems Worker WG-8255-07 (Term NTE 2 Years)	08-29-03	09-15-03	09-03-03	MCLB Barstow
DEU-308-03-NR	Optical Instrument Worker WG-8255-07 (Term NTE 2 Years)	08-29-03	09-15-03	09-03-03	MCLB Barstow
DEU-309-03-NR	Artillery Repairer WG-6605-07 (Term NTE 2 Years)	08-29-03	09-15-03	09-04-03	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.

ISO from Page 1

say, 'We really don't quite understand this' or 'What it is you're needing?'" said Knutson. "So we communicate with the customer to ensure we understand precisely what's in that statement of work."

During the registration audit, the auditors asked various personnel throughout MCB questions regarding the use of Level III work instructions, the process for controlling documents and records, and how they perform upfront planning prior to starting new work, according to Alley. The auditors also reviewed the Maintenance Center's internal audit program.

"The auditors were very impressed with the workforce," said Alley. "The auditors said that all personnel they talked to were very knowledgeable about the work processes they perform and proud of the work they did," he said. "The whole Maintenance Center is involved with this (ISO) process, everybody to include the workers on the shop floor."

"You can take 'quality' out of Quality Management System, but it's a management system that causes all of our processes to work together," he emphasized.

According to Knutson, when EAQA-USA came in to do the audit they had no idea what the

auditors were going to look at.

"We could suggest but basically when it came down to it they mentioned that they wanted to look at the M1A1 line from start to finish," he said using this as an example. "They said they wanted to look at the TPS-59 radar process. So we had no idea."

When the auditors return to do the surveillance audit in six months they will be doing the same thing, said Alley.

"We will not be able to direct them; they will tell us where they want to look," he said. "It might be the artisan on the shop floor, it could be a person up in one of the overhead areas somewhere that they want to look at, (or) records and documents. So it's not just isolated areas. It's everybody's responsibility to maintain our registration certification."

The auditors also noted that the lean effort – lean thinking – was evident compared to the assessment audit performed in November. From that date to the present things for the Maintenance Center had really turned around, according to Alley.

"The realignment initiatives that have come about under Col. Gerlaugh's direction have made a significant impact on the difference from our initial review to now; the cleanup of the facility, upfront

planning processes, all those things have made a real difference," he said.

Alley also noted the Theory of Constraints and Manufacturing Resource Planning (MRP-II) initiatives have also made a significant impact on the Maintenance Center and are the keys to the success of the ISO 9001:2000 certification.

"Really, Theory of Constraints actually ties into Maintenance Center Barstow's Quality Policy," Knutson added. "That policy is Cost, Schedule and Performance. When those are met they equate to customer satisfaction. That's the trust of our quality policy."

Overall, according to Alley, all Maintenance Center Barstow personnel worked closely as a team to achieve this effort.

"Although we are now ISO 9001:2000 registered, this is only the beginning of the journey," he stated. "The auditors will return every six months to perform surveillance audits to ensure we are sustaining our Quality Management System and continuing to improve our performance."

They may be also looking to interview those folks who worked so hard toward the certification but were disappointed when they weren't interviewed during this registration audit.

BRIEFS from Page 3

Scramble honoring the men and women of the Armed Forces at the Tees and Trees Golf Course on Sept. 20. Check-in time is 7 a.m., and Tee Off will begin at 8 a.m. A Continental Breakfast will be offered to participants.

Entry Fee is \$40 and will include closest to pins on Par 3s, team buy-in, lunch, and Mulligans will be offered for \$1 with a maximum of five. Fee does not include greens fees or carts. Participants can make their own teams. However, the competition is limited to 15 5-person teams. For more information contact Howard Hedberg at 252-5943, or the MCLB Tees and Trees Golf Course at 577-6431. Cutoff date for registration is Sept. 18.

Hispanic Heritage Month luncheon

Tickets for the Sept. 30 Hispanic Heritage Month Luncheon at the Oasis Club are on sale for \$7.50 until Sept. 19. Carlos Conejo, an author, instructor and expert on the growing multicultural marketplace, is the scheduled guest speaker for this year's observance.

The luncheon goes from 11 a.m. until 12:30 p.m., and includes chili verde, beef enchilada casserole and iced tea. For tickets or more information contact one of the following Hispanic Heritage committee members:

Marva Johnson	577-6965
David Mendez	577-7068
Gunnery Sgt. Cordero	577-6449
Delane Romero	577-7580
Ed Tintos	577-7193
Anita Lewis	577-6788
Barbara Rodriguez	577-6247

Military Mixer

The annual community-wide Military Mixer will be held at the Veterans Home of California-Barstow, Sept. 24 at 6:30 p.m.

This is the 13th year individuals of all military ranks and civilian walks of life will gather to become better acquainted and strengthen relationships in a friendly and social atmosphere for the betterment of local military and civilian communities.

Advance tickets, which include an ample array of delicious hors d'oeuvres, are \$15 for military officers, enlisted personnel E-6 and above, and civilian leadership. Cost for military personnel E-1 through E-5 is \$10. Tickets are \$17 at the door except for "will call."

A no-host bar will also be available.

Tickets are available at the MCLB Public Affairs Office, Building 15, the NTC/Fort Irwin Public Affairs Office, Building 983, the Chamber of Commerce, 409 E. Fredericks, and the Veterans Home of California-Barstow, 100 E. Veterans Parkway. For food preparation purposes attendees are requested to purchase tickets by Sept. 17.

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

Cost of living a factor in yearly monetary earnings

By Cpl. Joshua Barnhardt
Editor

The cost of living in a certain area can determine if a \$50,000 dollar income is considered upper middle class or barely scraping by.

Just by considering the location of

where people might be living when they get out of the Marine Corps can tell if that job they think pays really well is worth taking.

The Cost of Living Index determines how much people would need to make in a certain area of the United States to equal what they make now, said Master Sgt. Allyson Hedrick, financial counselor at the Financial Management Office for the Personal Services Division.

The Financial Management Office offers the service of looking up the COLI

and determining how much a person would need to make to live how he does right now after he moves home, said Hedrick.

The index works as a math problem. Each city in America is given a number. That number is put into an equation with the number for another

city along with the annual income of the person looking it up and it produces the amount of income a person would need to equal his income in the present city he is liv-

ing in.

"My wife and I went and got a cost of living analysis done," said Sgt. Scott Hadeen, military policeman for the Provost Marshal's Office. "It showed us if we moved to Connecticut, where she is from, it would cost us \$18,000 dollars more per year to live the same way we do now in Barstow."

This can be an important step for people transitioning out of the Marine Corps because it can provide an expectation of what a good salary would be in a civilian job should they go job searching in a different area than they are in now, said Hedrick.

The index shows that some of the most expensive places to live are the San Francisco and Oakland areas, Los Angeles, New York, and Boston, and some of the cheapest places to live are Little Rock, Ark., Memphis, and mainly the southeastern region of the United States.

Reasons for cost of living differences would be housing costs, land costs, grocery and gas costs, and mainly how much everyday expenses cost over a yearly period, said Hedrick. If taxes are higher in certain states, it contributes to a higher COLI rating, said Hedrick.

The ideal situation is to find a job in the area a person is looking in with a salary that fits in to the COLI analysis figured out at the Financial Management Office, said Hedrick.

"The important thing is to land on your feet when you make a move and settle down," said Hedrick. "This is one way to help you do that."

The Cost of Living Index determines how much a person would need to make in a certain area of the United States to equal what they make now

Master Sgt. Allyson Hedrick



Photo by Lance Cpl. Andy J. Hurt

Shelton Lawson jukes past Jeremiah Russo during a flag football tournament presented by the Marine Corps Ball Committee Friday morning at Sorenson Field here. Webb's Warriors took first place in the tournament, defeating MCLB's Staff NCO and Officer team 35-7.

Around the Corps

22nd MEU completes first MEU-wide exercise

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

The 22nd Marine Expeditionary Unit (MEU) recently wrapped up its first major field exercise after nearly a month of training at Fort A.P. Hill, Va.

The primary purpose of the 20-day training exercise was to begin forging a cohesive unit among the forces which come from throughout the II Marine Expeditionary Force to make up the 22nd MEU. For most of these platoons and detachments, their time at A.P. Hill was their first opportunity to serve along the other Marines and sailors with whom they will deploy next year.

"The month of training at Fort A.P. Hill provided us with an opportunity to focus on the 'TEAM' of the battalion landing team," said Lt. Col. Asad A. Khan, commanding officer of the 1st Battalion, 6th Marines, whose unit makes up the bulk of the 22nd MEU.

Khan's normal force of approximately 800 Marines and sailors has been reinforced by upward of 400 additional and collectively the unit is referred to as a "Battalion Landing Team."

"The Marines from all units within the BLT performed superbly," said Khan, elaborating on the training. "We qualified all our crew-served weapons, did squad, platoon, and company-level

live fire maneuver ranges, and began doing live fire at night."

In addition to live fire and maneuver training, BLT 1/6 and MEU Service Support Group 22, the MEU's combat service support element, undertook a variety of training scenarios. Among these exercises was a mechanized raid, tactical recovery of aircraft and personnel (TRAP), non-combatant evacuation operation (NEO), multiple mass casualty drills, and helicopter raid, among others.

"This training allowed all the BLT units to establish a solid foundation and SOP so that we can better integrate with the 22nd MEU and the entire MAGTF (Marine Air-Ground Task Force)."

Working with the other major subordinate elements (MSEs) of the 22nd MEU was a key element of the training at Fort A.P. Hill, and this occasion marked the first time all four elements of the MEU worked together in a field environment.

"During the field exercises we used some of the command element's intelligence assets to develop a better picture of the battle space," said Khan, commenting on the interaction between his and the other major elements of the MEU. "In terms of logistics, the interaction and dependence we had with MSSG-22 was awesome.

"Normally, an infantry unit does not receive

the type of direct combat service support that the Marines of MSSG-22 provided us. Likewise, the opportunity to fly missions with the MEU's aviation combat element (Marine Medium Helicopter Squadron 266 (Reinforced)) has set us further in training than I expected."

At the grass roots level, the Marines and sailors from the different MSEs supported one another in a variety of ways. For example, during the mass casualty drills undertaken by both BLT 1/6 and MSSG-22, the units traded off the roles of security and caregivers, and during the NEO exercise, BLT 1/6 provided security while the MSSG-22 processed "evacuees."

The training at A.P. Hill will serve as a foundation for future success in the 22nd MEU's upcoming pre-deployment training. This includes four sea-based exercises involving multiple field training scenarios, urban combat training in Columbia, S.C., and numerous other training evolutions on and around Camp Lejeune that will prepare the unit for any contingency when it is forward-deployed.

The 22nd MEU is scheduled to deploy early next year aboard the USS Wasp, Shreveport, and Whidbey Island as part of the Wasp Expeditionary Strike Group/22nd MEU.

For more information on the organization, mission and status of the 22nd MEU, visit the unit's Web site at www.22meu.usmc.mil.



Photo by Sgt. Matt C. Preston

Weapons at the ready, Marines from Battalion Landing Team 1st Battalion, 6th Marines, the ground combat element of the 22nd Marine Expeditionary Unit, rapidly approach a building in an urban combat training facility aboard Fort A.P. Hill, Va.



Photo by Cpl. Robert A. Sturkie

A Marine from Alpha Company, Battalion Landing Team 1st Battalion, 6th Marines, the ground combat element of the 22nd Marine Expeditionary Unit, scans the surrounding countryside from behind his squad automatic weapon as his assault amphibian vehicle-mounted company moves toward its objective. The Marines were at Fort A.P. Hill, Va. undergoing a wide range of field combat exercises.



Photo by Sgt. Matt C. Preston

A helicopter from Marine Medium Helicopter Squadron 266 (Reinforced), the aviation combat element of the 22nd Marine Expeditionary Unit, settles in for a landing aboard Fort A.P. Hill, Va., among swirling clouds of yellow smoke. The helicopter participated in a tactical recovery of aircraft and personnel (TRAP) exercise alongside the Marines of Battalion Landing Team 1st Battalion, 6th Marines.

Around the Corps

I MEF transfers southern Iraq to Polish-led division

By Sgt. Colin Wyers
I Marine Expeditionary Force

CAMP BABYLON, Iraq - The First Marine Expeditionary Force transferred authority for five provinces in southern Iraq to the Polish-led Multinational Division Central-South, in a ceremony Sept. 3 at Camp Babylon, Iraq.

In the amphitheater on Camp Babylon, former headquarters for I MEF, representatives of the 21 nations that make up MND-CS, Iraqi sheiks and leaders, and Marines, sailors and soldiers from I MEF participated in the ceremony.

Speaking to those assembled, Lt. Gen. Ricardo Sanchez, Combined Joint Task Force 7 commanding general, thanked the outgoing Marines for their efforts in rebuilding Iraq.

"The MEF has accomplished so much in the past 5 months that it's hard to quantify everything that they have done," Sanchez said. "Your incredible victories spearheading the coalition attack to

Baghdad, in the most successful military operation in history, will long be studied.

"You have been equally successful in winning the peace here in this region. You have given hope to the hundred of thousands of people in this area. The environment you have worked so hard to establish, you will now hand off to Multinational Division Central-South. You have definitely set the conditions for them to succeed."

Lieutenant Gen. James T. Conway, I MEF commanding general, spoke of the Marines' accomplishments in rebuilding Iraq, which was a new role for the Marine Corps.

"Over five months ago, as we headed south out of Baghdad for these provinces, we did so with a certain amount of trepidation," said Conway. "Marines don't traditionally do nation-building or security operations. We have no doctrine for it. We weren't sure

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Photo by Sgt. Colin Wyers

Lt. Gen. James T. Conway, First Marine Expeditionary Force commanding general, shakes hands with Polish Army Maj. Gen. Andrzej Tyszkiewicz, Multinational Division Central-South, upon transfer of authority from I MEF to the MND-CS Sept. 3, at Camp Babylon, Iraq. The division is now responsible for five southern Iraqi provinces.

Former Marine sets pull-up record for good cause

By Gunnery Sgt. Tim McGough
New York Public Affairs

When it comes to pull-ups, most Marines knock out as many as they can and move on to other exercises, but Alan Sharkany Jr. goes a lot further for a better cause.

Sharkany, a former Marine, was out to set the record of the most pull-ups done in one hour and get the word out about the Marine Corps Scholarship Foundation. Since it has never been done, he set the precedent. He took on this challenge, doing it in front of FOX News Channel while New Yorkers, tourists and the entire country was watching.

"I had a mission in front of me," said Sharkany. "I gave it all I had until I couldn't give anymore." After his hour was up, Sharkany set the record at 239 pull-ups.

The Norwalk, Conn., native may have not known it, but he gave more than just physical excursion. Sharkany got the word out about how the MCSF, a non-profit, tax exempt corporation, provides financial assistance for higher education to deserving sons and daughters of U. S. Marines and children of former Marines, with particular attention being given to children whose parent was killed or wounded in action.

"I am proud to help the foundation," said Sharkany. "It's a great cause, but doing this helps teach my children about goal setting. How to start something and follow it through to accomplishment." Setting goals has been a standard bearer for Sharkany.

On Oct. 26 2002, the former infantry Marine took up the challenge of doing pull-ups for 24 hours for Easter Seals. As he was working on hour 13 his

left bicep ripped and he had to stop at 2,101 pull-ups.

"Although his heart and mind were still excited and alert, his body gave way," said Bianca Wren, Sharkany's publicist. "Alan did not reach his personal goal of 4,000 pull-ups in this attempt, but that number set a world precedent to date."

Helping Sharkany to stay motivated during his challenge was Marine Master Sgt. Jimmy Vargas and Staff Sgt. O.A. Grizzle from Recruiting Station Springfield, Conn. "Alan is awesome," said Vargas. "He has been working with our recruits for a long time. He comes out and helps them with their physical training before they go to boot camp."

The recruiters kept count and gave Sharkany the motivation to go on. "It was a pleasure," said Vargas. "He always pushes the Marine Corps' image and our poolees love him."

Before, during and after each set on the bar, Sharkany kept his motivation up by thinking of all the Marines serving in Afghanistan, Iraq and the MCSF. "They all inspire me," he said. "The Marines are out there in harm's way and the scholarship foundation helps the children of fallen Marines. I am proud of what I am doing for all of them."

This year the MCSF was able to award more than \$1.5 million in scholarships to 981 students for the 2003-2004 academic year. For more information on the Marine Corps Scholarship Foundation go to www.marine-scholars.org or call (800) 292-7777.

Now that the one-hour pull-up record has been set, Sharkany is setting his sites on breaking his 24-hour record in November of this year.



Photo by Gunnery Sgt. Tim McGough

Alan Sharkany Jr. pumps out his last pull-up during his hour long challenge in New York City. Sharkany completed 239 pull-ups in one hour on FOX News Channel's morning show Fox & Friends.



By Jim Gaines
MCCS Publicity

Fragrance Sale Monday

The Super Seven Day Store's Fragrance Sale starts Sept. 15 and will run through Oct. 12.

Among the many bargains in this sale, here is just a sample: Spark fragrance and cologne by Liz Claiborne, Celine Dion fragrance by Cody, Breathless fragrance by Victoria's Secret, and Colorglow fragrance by J.Lo.

The Super Seven Day Store's Anniversary Sale is still in progress and will continue through Sunday.

For more information call the Super Seven Day Store at 256-8974.

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.

CG's & CO's Golf Tournament

If you are a golfer, you have less than two weeks to sign up for the first NTC Commanding General's and MCLB Commanding Officer's Golf Tournament. You must sign up by Sept. 24.

The tournament will be held on Sept. 26 at Tees and Trees Golf Course at MCLB Barstow. Tournament format will include four-person scramble with a shotgun start.

Drop by Tees and Trees to sign up as a single player or with a team. Join the fun for your chance to win closest to the pin, hole in one, high score and 1st, 2nd and 3rd Place Teams as well as door prizes.

A continental breakfast and lunch are included. All this for a \$20 entry fee (cart not included).

Call 577-6431 for more information on this special event. Or drop by and sign up today.

Playmornings

Bring your children, 5 years and younger, and come to playmornings.

Playmornings are fun filled mornings with crafts, music and toys.

Playmornings are held every Wednesday morning from 9:30 to 11 a.m.

Call the New Parent Support Program at 577-6332 to register and for location information.

Playmornings are free!
Join us!

A second view on the NFL in '03

By Cpl. Joshua Barnhardt
Editor

Last week, columnist Rob Jackson gave us what he thought was going to happen for the 2003 NFL season.

Now I am going to tell you how the season will really unfold.

Sure, I may have an advantage of seeing the first week of regular season games in the NFL, but I can tell you one thing about the season I knew before the first preseason game ever kicked off. Tampa Bay is not going to repeat as Super Bowl champions.

Sure they have a good team and I think they'll make the playoffs, but they are not going to win it all again. Name the last team to repeat as Super Bowl champs before the Denver Broncos did it in the 1997 and '98 seasons. I stumped you didn't I?

The fact is, a chain of things have to go right for a team to repeat. The most important is key injuries. The Buccaneers already have Shelton Quarles, one of their top defenders, out for the season. A couple more things like that and the Bucs are doomed.

I thought I would do my season-opening article a little different than most. I'll call it the Gambler's Guide to the 2003 NFL Season. I'm not a betting man by nature, so this article is my way of putting my money where my mouth is.

My first list will be the top five quarterbacks I would start if I had to lose one game because the mob was going to send me the way of Jimmy Hoffa if I didn't throw the game. Since I wouldn't want to make it too obvious, I would give one of these five guys the ball and let him lose the game for me.

Kordell Stewart tops the list. Put a defense that ranks in the top 25 of the 32 teams and he is going to choke. The guy has been trying to play quarterback in this league for the past few years, and keeps proving that it can't be done when both hands are placed firmly around your neck.

The others on my list are Jake

Plummer, Quincy Carter, Vinny Testeverde, and last, but certainly not least, Kurt Warner. I don't see how Broncos management could give the football team over to a quarterback who is proven to make big mistakes at crucial times. The Dallas quarterback situation is hopeless. Testeverde turns 40 this year and will soon start collecting his social security checks along with his Jets pay stub. Warner has just lost it. Six fumbles in the preseason opener? Can anyone say "make room for Marc Bulger?"

Now here are my top five guys to give the ball to if I needed to win one game and my life depended on it. Well now that I think about it, there is only one guy I want with the ball. That is Steve McNair. The day of the big name, crunch time quarterback is gone. Think of one off the top of your head. If you think Brett Favre, your definitely still stuck in the late '90s. He is losing more games for his team these days because he can't do things he used to be able to do, but still tries to do them. See his performance against the Minnesota Vikings last week. Make sure you don't miss the four interceptions he threw.

Back to McNair. He beats teams because he understands that he is not the only player on the field. If he has to run, he can and he has a cannon for an arm.

The league is filled with impact running backs this year. If you had the chance to draft any of these guys in your fantasy draft and you didn't, well I hope you like losing money because you just handed over your share of the pot.

Priest Holmes proved to everyone last week that he is healthy and has returned back to form as a touchdown machine. Shaun Alexander will carry much of the load for the Seattle Seahawks, who look much improved this year.

Deuce McAllister of the New Orleans Saints will prove once again this season that he is a formidable ground threat to compliment the Saints' air attack. He should definitely cause problems for

opposing teams. LaDanian Tomlinson is probably the best young runner in the game. He terrorizes defenses with his combination of speed and power. And by looking at the Chargers pass offense against the Chiefs last week, he'll be a big chunk of San Diego's offense.

These runners, however, are over the hill. Eddie George is a good back and will do his part for a successful Tennessee season, but he isn't doing much for the fantasy fan with 2.5 yards per carry. Marshall Faulk is getting old. He will be good, but I predict he won't put up near the numbers he has in the past. And please don't put any hopes in getting a good season out of Emmitt Smith. Yes, he is a sentimental favorite, but how many more seasons can he average 60 yards a game and still be given a chance to play.

Reading through the picks of all the so called "experts" from sources such as ESPN and Sports Illustrated, it is obvious they have one thing in common. They can expertly pick the results of the upcoming season by picking the same teams that won the year before. All their picks look the same. Tennessee or Oakland in the Super Bowl for the AFC against Tampa Bay for the NFC. I see these picks as not only gutless, but as history has proven, completely backwards thinking. So here are my picks by division.

In the NFC East, the New York Giants will finish first, followed by Washington, Philadelphia and Dallas.

Minnesota will win the NFC North followed by Green Bay, Detroit and Chicago.

Tampa Bay will win the NFC South, followed by Atlanta, New Orleans and Carolina.

In the NFC West, San Francisco will win the division, followed by Seattle, St. Louis and Arizona.

In the AFC East, Buffalo will take first place, followed by New England, Miami and the New York Jets.

Pittsburgh will win the AFC North, followed by Baltimore,

Marines and civilian Marines.

KVN Survey

The Marine Corps is conducting a study of the Key Volunteer Network Program. The study seeks to determine the effectiveness of this program.

It is requested that all married service members and spouses participate in the Key Volunteer Network Internet Survey no later than Sept. 12 by using the below information:

Service Member Survey at www.kvnsurvey.com. The username is marine1 and the password is usmc1.

Spouse Survey at www.kvnsurvey.com. The username is spouse1 and the password is usmc1.

If you have any questions on this survey, please contact Nancy Gutierrez at 577-6556.

Gunny's Picks

Week 2



Congratulations to Kay Lundin, Management Analyst with the Defense Logistics Agency, the winner of this week's Gunny's Picks. Lundin went 11 - 4 overall to include the Monday Night game. Originally from Maryland her favorite team is a toss up between the Indianapolis Colts, one-time Baltimore Colts, and the current Baltimore Ravens. When asked about her prediction for this weekend's games

she said, "I think (Baltimore) will redeem themselves and pull out a victory." This first week of the NFL season is over and boy did it raise a few eyebrows, especially with Houston knocking off Miami. In Week 2 of this young NFL season look for a few more surprises.

To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Green Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.

*Washington at Atlanta
Detroit at Green Bay*
*Tennessee at Indianapolis
Pittsburgh at Kansas City*
*San Francisco at St. Louis
Houston at New Orleans*
*Miami at NY Jets
*Buffalo at Jacksonville

Cleveland at Baltimore*
*Seattle at Arizona
Carolina at Tampa Bay*
*Denver at San Diego
New England at Philadelphia*
Cincinnati at Oakland*
Chicago at Minnesota*

Monday Night

Dallas at NY Giants*

Total points: _____

Name, work section and phone number: _____

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

Cleveland and Cincinnati.

Tennessee will win the AFC South, followed by Indianapolis, Houston and Jacksonville.

In the AFC West, Kansas City will take first, followed by Oakland, San Diego and Denver.

My prediction is six teams who didn't make the playoffs last year, will make it this year. They are Seattle, Buffalo, Washington, Baltimore, Kansas City and New England.

Take these predictions to the bank. Arizona will have the fewest wins in the NFL. Kurt Warner and Mike Martz will be out in St. Louis. The Detroit Lions are better than everybody thinks. The Green Bay Packers are worse than everybody thinks. Mike Vick, while still fun to watch, will not be as big a factor as everybody thinks. Watch out for the

Vikings.

So, since everybody else does it, I'll make Super Bowl predictions, although I probably have a better shot at winning the California Lottery.

In the AFC Championship game, it will be Kansas City over Tennessee. In the NFC Championship Game, it will be San Francisco over Minnesota. I'll give Kansas City the edge over San Francisco based solely on the teams' history. Especially if Joe Montana comes out of retirement to stick it to the Niners for letting him go to the Chiefs.

So there are my predictions. Clip it, save it, and when it blows up in my face, make sure to come by my office and let me know about it. But I can't be wrong about everything, can I?

CHAPLAIN from Page 2

argument come from? Probably the from personal desires that are not being met.

In other words, from our desire to want more and to have more. Having just one thing is not enough. When something new comes out we simply must have it or we feel somehow deprived. These may be objects that we simply cannot afford yet our desire to have them causes some to do things or to find ways to

get these objects that jeopardize their moral integrity. Instead of asking for more "things" we should be asking for more wisdom so that we can understand the value of what we have.

When we begin to understand the value of purity, love, care and grace has to impact our lives and the lives of those around us we will then have the beginning of wisdom.

Peace,
Fr Randel

BRIEFS from Page 4

For more information or to order "Will Call" tickets contact the Chamber of Commerce at 256-8617.

CFC kicks off Monday

The annual Combined Federal Campaign kicks off Monday and is scheduled to run through Oct 17. This year's coordinator, 1st Lt. Michael Smith, of MCLB Barstow's Finance Office, is looking forward to another successful campaign.

To find out the key person for a particular department or to contribute to this year's campaign contact 1st Lt. Michael Smith at 577-6726 or e-mail him at smithmr@barstow.usmc.mil. The goal again this year is to make 100 percent contacts with all of MCLB Barstow's

POLISH from Page 7

where the resources would come from. And we weren't sure how we would be received by the people of southern Iraq, who had seen American forces attack up through their governates. Well, in some regards, a negative can become a positive.

"A lack of doctrine allowed us to pass some very simple rules to our Marines and soldiers. They were, treat others as you would like to be treated.

"Deal with the people with fairness and firmness and dignity. And among other things, we emphasized the children. They are the future of this country. It's hard to be angry with someone when he's doing good things for your children."

Upon arriving in southern Iraq, the Marines set to work, seizing funds from former Iraqi dictator Saddam Hussein's government to rebuild the country.

"We discovered the regime had large bank accounts, in virtually every major city in the south," said Conway, "and we used the monies not to build gregarious palaces that spot the horizon, but to refurbish hospitals, and rebuild the schools, and put in place bridges that the

people needed."

Over \$40 million dollars, from both seized funds and the Coalition Provisional Authority, were spent in addressing the needs of the Iraqi people.

"When we met the people of southern Iraq, we found them to be an industrious, intelligent society, very much aware of current events, and very much interested in the future of their country," said Conway. "Together we went forward and made great progress."

Surrounded by flags from the 21 nations of MND-CS, Conway spoke about their shared history in fighting for freedom against tyranny.

"Over 225 years ago, the country of Poland assisted the United States in achieving its freedom," said Conway. "I look at the flags ... and see many other countries the United States assisted in achieving freedom and democracy, from the reaches of the Third Reich, or the Japanese Empire, or even the Soviet Union. It's entirely appropriate that we all come together now to help the people of Iraq enjoy freedom and democracy."

Polish Army Maj. Gen. Andrzej Tyszkiewicz, MND-CS commanding general, spoke about

the role of Poland, and the other nations of the division, in the global war on terrorism.

"As a result of the events of Sept. 11, we have become soldiers in the war on terrorism," said Tyszkiewicz. "We generals, officers and soldiers of the Multinational division Central-South are honored that we are taking over the responsibility for five Iraqi provinces."

Tyszkiewicz spoke to the Iraqi guests about the experience of the division's countries in throwing off the shackles of dictatorship.

"Our division is formed by countries which passed through the same difficult road towards freedom and democracy," he said. "We know the price that was paid. We definitely appreciate its value."

With the division now responsible for stability and security in southern Iraq, the Marines of I MEF are preparing to return to Camp Pendleton, Calif.

Most of the forces have now returned to Kuwait to begin preparing to return home.

A small contingent of 1st Battalion 7th Marine Regiment will remain in place to oversee the remaining security oversight around the city of Najaf and soon follow the rest of I MEF home.



Photo by Cpl. James C. Horn

Polish Defense Minister Jerzy Szmajdzinski, flanked by Army Lt. Gen. Ricardo Sanchez and Ukrainian Defense Minister Evhen Marchuk, speaks about Poland's role in the coalition at a transfer of authority ceremony Sept. 3 at Camp Babylon, Iraq. The ceremony transferred authority for five Iraqi provinces from the First Marine Expeditionary Force to the Multinational Division Central-South, which is led by Polish Army forces.