

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

October 16, 2003

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

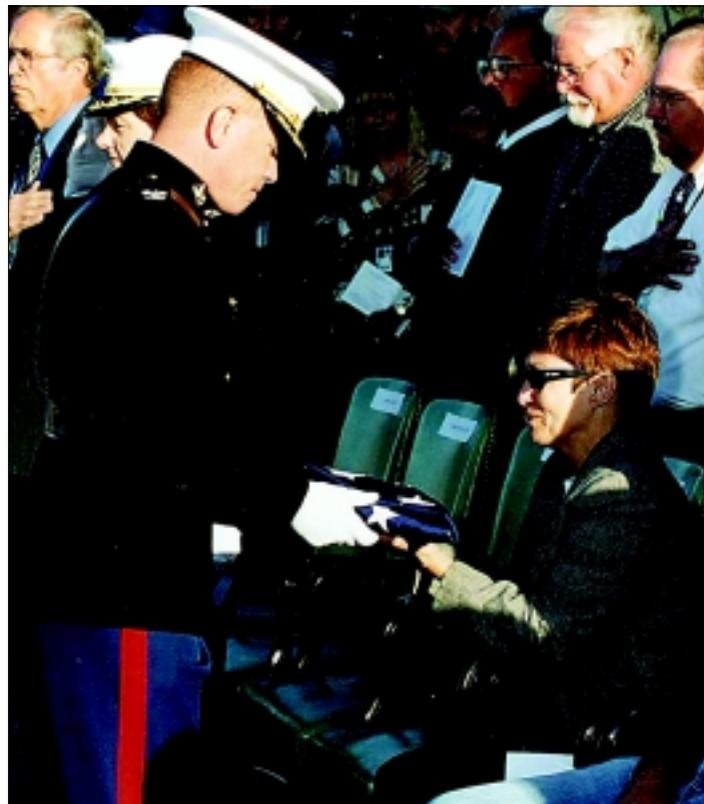


Photo by Curt Lambert

Col. Rob Gerlaugh, commander of Maintenance Center Barstow, presents a U.S. flag to Michelle Lanzer, wife of Robert O. Lanzer, who was killed in an accident at the Maintenance Center Oct. 3. The flag was presented at a memorial service for Lanzer at the Maintenance Center Monday. In Gerlaugh's message to the workforce of Maintenance Center Barstow and to the family of Lanzer, he wrote, "(Oct. 3) we lost Bob Lanzer in a tragic accident in our Radar Shop. I know I speak for all of us in the Maintenance Center in expressing our sorrow and condolences to Bob's wife, Michelle, and to the Lanzer family."



Photo by Cpl. Joshua Bamhardt

Hospitalman Apprentice Ruben Guebarra, 19 years old, and Art Sobery, World War II veteran, who claims he is "over 40," represented the youngest and oldest sailor cutting the birthday cake for the Navy's 228th birthday celebration Friday at the Veterans Home of California - Barstow. From 1940 to 1946, Sobery was a SeaBee and saw action at Wake Island, Guadalcanal, Cameroon and New Guinea.

Rumsfeld: Reagan legacy present in Iraq today

By John D. Banusiewicz
American Forces Press Service

WASHINGTON – Former President Ronald Reagan's legacy is present in Iraq today, as many nations freed from the grasp of tyranny now are helping the coalition bring freedom to the Iraqi people, Defense Secretary Donald H. Rumsfeld said Friday.

Speaking at the Ronald Reagan Library and Museum in Simi Valley, Calif., Rumsfeld named 19 of the 32 countries that now have military forces in Iraq — Albania, Azerbaijan, Bulgaria, the Czech Republic, El Salvador, Estonia, Georgia, Hungary, Kazakhstan, Latvia, Lithuania, Macedonia, Moldova, Mongolia, Nicaragua, Poland, Romania, Slovakia and Ukraine — and noted they're all nations Reagan

helped to make free.

"Why are so many of these nations — many small, most not very wealthy — sending their forces, their young men and women put at risk halfway around the world, to help bring freedom to the Iraqi people?" the secretary asked. "I suspect it's because so many of them have just recovered their own freedom, and they're eager, they're proud, to help the Iraqi people recover theirs."

Rumsfeld said the participation of these nations demonstrates that "the seeds of freedom, when planted, can do more than simply take root where they're sown. They can have the power to spread freedom across the globe to other countries."

The secretary quoted from a reply Reagan wrote by hand to Leonid Brezhnev after the Soviet leader

wrote to him, accusing the United States of destabilizing the world with its "territorial ambitions and imperialistic designs."

Reagan noted that after World War II, the United States had the only undamaged industrial power in the world, a military force at its peak, and a monopoly on the nuclear bomb and the ability to deliver it anywhere in the world.

Reagan wrote that no one could have stopped the United States at that time if world domination was on the nation's agenda. Instead, he wrote, "we used our power and wealth to rebuild the war-ravaged economies of the world, including those nations that had been our enemies."

Freedom took root in Japan, Germany, Italy and across Europe, Rumsfeld said, because of U.S. ef-

forts after the war, and the liberated nations of Europe joined with the United States to form the NATO.

"Together, we stood up to the forces of communist tyranny, and by the end of the 20th century, liberty had spread across the entire continent of Europe and beyond," Rumsfeld said.

He noted remarks President Bush had made at the Reagan library, pointing out that in 1941 the world had only about a dozen democracies, and by the end of the 20th century, more than 120 democracies were in place.

"Many of those recently liberated nations are now at the forefront of the effort to help Iraq and Afghan peoples recover their freedoms and

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

CNO sends birthday message to Navy

By Adm. Vern Clark
Chief of Naval Operations

WASHINGTON (NNS) - As we celebrate the Navy's 228th birthday, our mission remains clear: we must protect our homeland, our freedom, and our way of life by stopping the forces of terrorism wherever they may hide.

The global war on terrorism puts every one of us on the front lines. Continued success demands our fullest measure of honor, courage, and commitment - the very same qualities that have defined our institution for more than two and a quarter centuries.

You have performed superbly in Operations Iraqi Freedom and Enduring Freedom this year.

Our Navy brought speed, agility and persistence to the joint fight: speed in launching a joint decapitation strike at the onset of combat operations in Iraq; agility as our Navy operated in unison as a distributed force from three separate axes of attack; and persistence as aircraft, ships and submarines provided seamless combat capability to joint forces ashore for days on end.

Our Navy has never been more ready than it is right now, and our performance in Iraq and Afghanistan has shown how superior readiness and capability translates

into decisive force.

We are the greatest Navy in the world because of you. Your willingness to challenge assumptions and embrace the changes that enhance our capability is helping chart a course to the future.

It will ensure this institution, the United States Navy, remains the greatest Navy to ever set sail. I could not be more proud of you.

You can justly take pride in this great Navy and nation in which you serve.

Your service is helping to keep America a lighthouse of hope and a beacon of freedom. I am honored to serve with you. Happy birthday, Shipmates.

ID card deadline

The deadline for CAC Id Cards has been extended to April 1, 2004.

All military and civilian employees (to include eligible contractors) need to have their CAC ID Cards in hand by the deadline.

Please call 577-6969/6371 for an appointment.

Pass & ID is located in T-117, on the Nebo side. The hours of operation are 7 a.m. to 3:30 p.m. Mondays through Fridays, closed for lunch from 1030 to 11:30 a.m.

For more information or to make an appointment, contact Susan Durant at 577-6969 or Peggy Moitoso at 577-6371.

Faith is believing in unseen

By Lt. Cmdr. Randel Livingood
Base Chaplain



It has been a wild week for the chaplain. I have been attending a Marine Corps Martial Arts class.

No, I am not intending to begin applying any of my newfound knowledge to family, friends, or neighbors so you can all rest easy.

What was so wild about the week was the idea of doing things that were very different than my normal activities.

In fact, the class was very different in that I spent more time being launched unceremoniously through the air and on to my back, side, or head as the case may be that my body did not quite know how to react.

I am still arguing with my body at this point about what to do about the merits of the reverse wristlock.

What was good about this week was that there was something more involved than just learning techniques found in the martial way.

There was actually a good deal of faith involved. I saw people doing things that they

never believed they could really do. It was wonderful to see the look of delight on their faces as they, under proper instruction, accurately executed techniques of varying difficulty.

It was marvelous to hear people say, "I just never thought I could ever do that" and know that not only had they learned how to execute the move, but had overcome fear at the same time and had actually come to believe in themselves a little more that when they started.

Faith is a wonderful thing. It is the thing that encourages us to try one more time when we have been less than successful. It is the thing that moves us to try new things believing that we will become better for having tried.

Sometimes we have faith for ourselves, like so many of us in the class this week. Other times we believe for those family or friends who are near to us.

It is amazing what inspires us to faith. Sometimes it is seeing other people, who are very much like us, accomplish what we wish to accomplish that helps us to believe in ourselves.

Other times, we can simply believe that the other person has the ability to take care of us and that stimulates us to believe in

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Just doing my job ...



Photo by Lance Cpl. Andy J. Hurt

John Hines and Pete Barela of MCLB Barstow's Installation & Logistics Department take a step back from the fire at the Base Fire and Emergency Services Division/I&L picnic. The purpose of the event was to inform base personnel of National Fire Prevention Week, along with I&L's end-of-summer barbeque. Approximately 200 Marines and civilian Marines turned out for the lunchtime fellowship.

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.



Marine Corps Logistics Base Barstow, California
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News Briefs

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

Lunch Menu

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

Today: Hawaiian baked ham.

Friday: Breaded catfish.

Monday: Honey-stung fried chicken.

Tuesday: Pork stir-fry.

Wednesday: Prime rib.

Active duty military \$3.25, all others, \$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— Octoberfest night. Corn beef and cabbage, baked/fried chicken, corn on the cob, tossed green salad, dessert, plus a fountain drink of your 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.

Marine Corps Ball tickets on sale

The 228th Marine Corps Birthday Ball will be celebrated by MCLB Barstow Nov. 7 at the Flamingo in Laughlin, Nev.

Tickets are now on sale and can be bought until Nov. 1.

Cocktail hour will start at 6 p.m., the ceremony will begin at 7 p.m. and dinner will be served at 8 p.m.

The prices for tickets are:

Civilians and officers, \$25; staff non-commissioned officers, \$20; non-commissioned officers, \$15; and lance corporals and below are free. It will cost \$15 for lance corporals to bring a date.

Tickets can be purchased in the Green Wing of Building 15 from Danielle Heinze. Her phone number is 577-6307.

Anyone interested in child care for the night can contact Gunnery Sgt. Nohelia Fritz at 577-6459.

For room reservations, call the Flamingo in Laughlin at 1-800-662-5825. The code for the special room rate is SLBMA03. Let them know you are with the Barstow Marines.

Room rates are \$49 for a regular room, \$150 for a junior suite and \$350 for a two bedroom suite.

Trick or Treat hours

Family members living on base will be allowed to "trick or treat" Oct. 30 from 6 to 8 p.m. in base housing. The reason it is on Oct. 30 is because the city of Barstow holds its annual Mardi Gras Parade Oct. 31. Since the city of Barstow will be "trick or treating" on Oct. 30, MCLB Barstow has elected to follow the city and encourage participation by base residents of the community events.

Tae Kwon Do classes

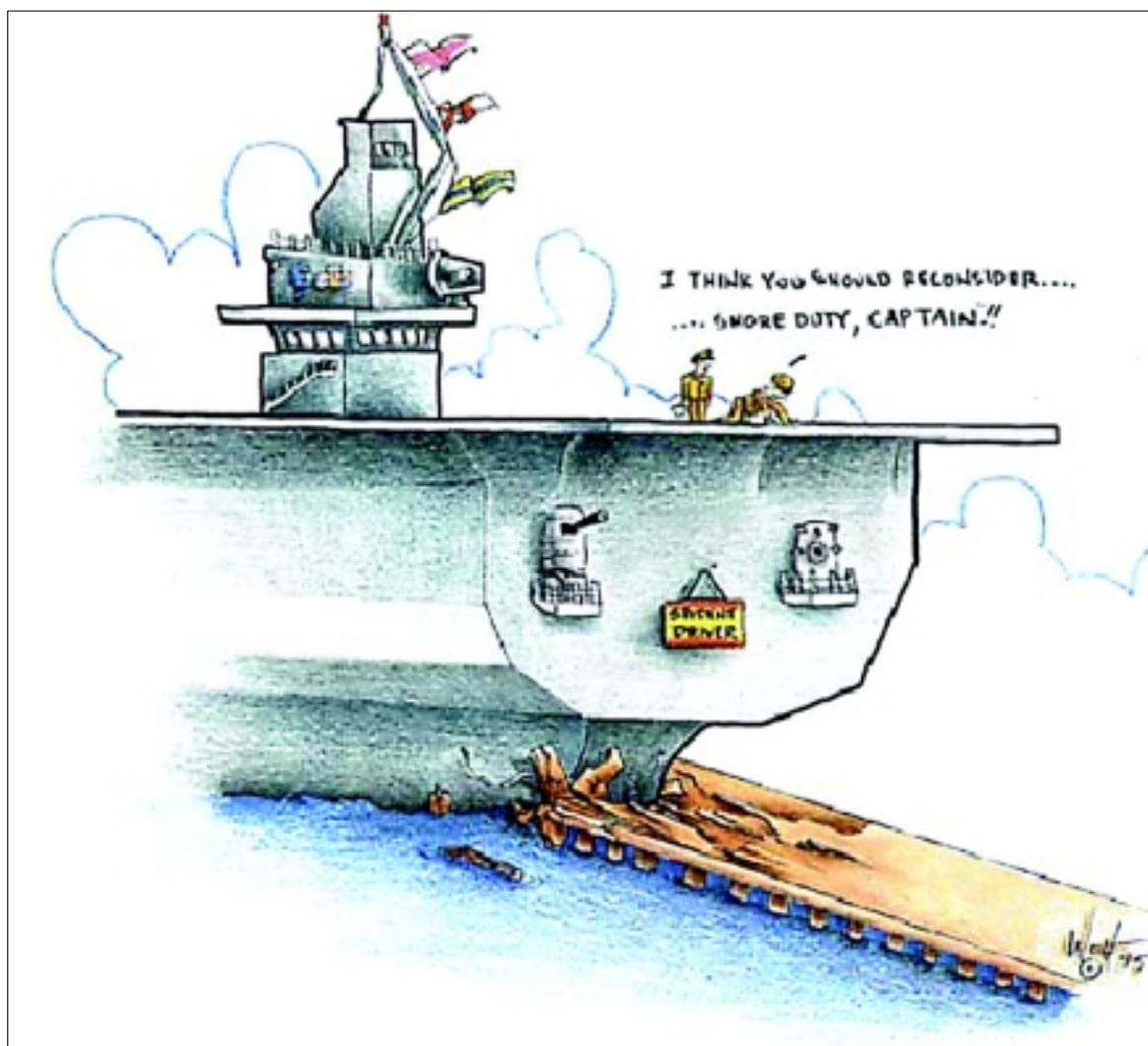
Tae Kwon Do classes will be starting at the Base Gym Tuesdays through Thursdays from 5 to 6 p.m.

The classes are available for all base employees and military family members age 6 years old and up.

For more information, call Semper Fit at 577-6812.

DEAP luncheon

The Disabled Employee Awareness Program Luncheon is scheduled to be held Oct. 30 from 11 a.m. to 12:30 p.m. at the Oasis Club. The guest speaker will be Elisa Sedlacek, with the Community Advocate Center on Deafness



High Desert (CODHD). Tickets cost \$7.50. Lunch will include grilled chicken salad and roll or Salisbury steak with mashed potatoes and gravy.

Everyone is invited to attend, with supervisors approval. For tickets, contact one of the following by Monday.

Marva Johnson, HRO 577-6965

Richard Kastner, MC 577-7037

Jack Stormo, I&L 577-6937

Ed Tintos, MC 577-7193

Michael Olguin, FSD,

e-mail: olguinmf@barstow.usmc.mil

Michelle Noice, Comm Div,

e-mail: noicemr@barstow.usmc.mil

Misleading Web sites

Some Web sites use names that may mislead people to think they offer free services but only exist to take visitors' money or gather personal information.

One Web site that people may think

is an official DOD Web site is www.mypay.com, which is really a commercial Web site.

The actual Defense Accounting Service Web site where people can get official pay-related information is <https://mypay.dfas.mil/mypay.asp>.

911 system upgraded

The base 911 systems are currently being replaced and updated. All of the dispatchers have been certified as Emergency Medical Dispatchers. There are two dispatchers on duty 24 hours a day, seven days a week.

The goal is to improve the medical as well as police services to all of the personnel who work and live on the Marine base. Emergency services personnel are currently operating on older 911-trunking systems. This system does work. However, it is slower than the new systems available.

If you dial 911 to report an emergency, there will be a short delay of about 8-10 seconds before you hear the phone ring.

Yermo personnel will have a few seconds longer. Be patient, seconds feel like hours during an emergency. Personnel can give you instructions for medical and other types of emergencies.

It is imperative that everyone on the Marine base knows that in any emergency you must dial 911 first; life saving time can be wasted when you try to contact the fire stations or military police directly. If you use a cellular tele-

phone on base and you have an emergency, dial 911.

The California Highway Patrol in Barstow will answer your call. Tell them you are calling from the Barstow Marine base and which part of the base you are calling from, either the Yermo Annex or Barstow (Nebo). They will transfer your call to the MCLB Public Safety Dispatch Center, who will then dispatch the help you are requesting.

If "911" is not working, you may dial the center's 7-digit emergency 911 phone number, 577-6322.

The non-emergency phone number for the Public Safety Dispatch Center is 577-6666. If you have any questions or concerns with the current dispatch center or personnel, you may contact Thomas Stickley, lead dispatcher, at 577-6666.

Freeway improvements

The California Department of Transportation on Oct. 7 started to reconstruct the Main Street interchange at Interstate 15 in the city of Hesperia.

The \$9.5 million interchange reconstruction project is slated to be complete in winter 2005.

The city of Hesperia in partnership with Caltrans will hold Public Awareness Campaign (PAC) meetings throughout the life of the interchange reconstruction project.

The meetings will be held the last Wednesday of each month at the Bob's Big Boy Restaurant at 12728 Main Street, Hesperia.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-320-03-NR	Heavy Mobile Equipment Repairer WG-5803-08 (Term NTE 4 years)	09-18-03	10-29-03	09-22-03	MCLB Barstow

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

For information regarding open continuous announcements go to <http://www.donbr.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.

Earthquake safety serious for Californians

By Lance Cpl. Andy J. Hurt
BARSTOW LOG staff

Each year in the Southern California area, there are an estimated 10,000 earthquakes. During the week of Sept. 7-13 in the California/ Nevada region, there were over 252 earthquakes. Within a 100-mile radius of MCLB Barstow, there were at least 37 quakes.

Although only about one-fifth of these earthquakes were heavy enough to feel, hear or claim any extensive property damage, scientists believe that Southern California is vulnerable to a massive quake in the not-so-distant future. It is even fabled that this giant earthquake will shake Los Angeles into the Pacific Ocean.

As interesting as that sounds, it is physically impossible, according to quake.wr.usgs.gov/recenteqs, though the risk for preventable injuries is great in such an event. In fact, instead of Los Angeles "falling off" of California, in approximately 15 million years it will be a suburb of San Francisco. This is because Los Angeles sits on the Pacific plate (which moves slowly northward) and San Francisco sits on the North American plate, which is relatively stationary.

Earthquakes occur because of the tectonic plates of the Earth are be-

ing deformed by stresses from deep within the Earth. The ground first bends, then, upon reaching a certain limit, breaks and "snaps" to a new position. In the process of breaking or "faulting," vibrations are set up that are the earthquakes. Some of the vibrations are of very low frequency, with many seconds between waves, whereas other vibrations are of high enough frequency to be in the audible range.

There are two different types of vibrations, compression, or "P" waves, and transverse, or "S" waves. In an earthquake, people may notice a sharp thud or blast-like shock, marking the arrival of the P wave. A few seconds later, they may feel a swaying or rolling motion that marks the arrival of the S wave.

The deadliest earthquake recorded in the last 20 years was in Tangshan, China, killing over 250,000 people.

MCLB Barstow is located near a particularly vulnerable area, the San Andreas Fault. The San Andreas Fault is a massive concentration of faults that run 800 miles down the coast of California, starting near San Francisco. The San Andreas Fault passes directly through the Cajon Pass, and in the event of a massive earthquake, shockwaves could easily be experienced in Barstow, as well

as around the world.

In the event of any earthquake large enough to feel, there are several guidelines and safety precautions that individuals and families can follow in order to help prevent tragedy.

The most difficult aspect of earthquake safety is unpredictability. Though scientists can measure seismographic activity, it is uncertain when an earthquake may strike. In order to help prevent mishaps or fatalities, preparedness is key.

Before a quake strikes, it is important to have a kit for any sort of emergency. An earthquake kit is no different. Items like a flashlight, battery-operated radio (with extra batteries), non-perishable food items, drinking water to last a household for at least five days, matches, blankets, sturdy shoes and detailed written instructions on how to turn off gas lines and power supplies can go far in emergency situations.

Identifying unsafe and safe areas in a household or business is important before a quake strikes to prevent confusion and chaos. Consultants can be sought to detect these areas and provide further guidance on measures that can be taken to make homes even safer. Bookcases and shelves can be securely fastened to walls and homes can be bolted to

their foundations.

First Aid training can be taken through local Red Cross chapters and should be kept current.

When a massive ground-shaking earthquake strikes, families may be sleeping, working or playing, and can easily be caught off guard. The American Red Cross has released several safety suggestions to help prevent serious injury to unsuspecting earthquake victims when the ground starts shaking. First, drop to the floor or the lowest ground possible as quickly as possible. The Red Cross recommends not taking more than a few steps when seeking cover during an earthquake. Covering your head and body is also important to avoid head trauma. If you are sleeping, grab a pillow or get under the blankets. Stay away from windows and objects that could easily topple over, like bookshelves or grandfather clocks.

If you are outside when an earthquake strikes, find a clear spot away from buildings, trees and power lines. Drivers are encouraged to slow down and drive to a clear spot, staying in the vehicle until shaking stops.

It is also important to practice proper safety precautions when the shaking stops. Check yourself and others for injuries and protect your-

self from further injuries by wearing long pants and long-sleeve shirts, as well as sturdy shoes and work gloves. If any serious injuries have occurred, apply proper first aid. Small fires should be extinguished, and gas lines should be shut off if leaks are suspected. Tune in to your battery-operated radio for further earthquake guidance.

Aftershocks of earthquakes are all too common. When you feel an aftershock, apply immediate earthquake safety tactics.

If unsafe conditions occur in the home during or after an earthquake, the building should be evacuated, keeping accountability for all who dwell within. Telephones should be used only to report life-threatening emergencies or conditions.

Given these safety steps and a little old-fashioned American "elbow grease," families can possibly prevent the horrific nightmares that a massive earthquake can sometimes cause.

Editor's Note:

Information for this article was taken from <http://redcross.org> and <http://quake.wr.usgs.gov/recenteqs>. For more information about disaster safety, contact the Base Safety Office at (760) 577-6001.

Desert View Housing August Quarters of the Month



Photo by Curt Lambert

Hospital Corpsman 2nd Class Terry Morocco receives the Enlisted Quarters of the Month Award for August.



Photo by Curt Lambert

Lt. Col. Charles Hamilton presents Army Sgt. 1st Class James V. Weiland with the Staff Noncommissioned Officer Quarters of the Month for August.



Photo by Curt Lambert

Sgt. Maj. Taulago Niusulu gives Betty Couch, wife of Army CWO3 Jerry R. Couch, a potted plant for winning Officers Quarters of the Month in August.

Military Police K-9 unit 'takes a bite out of crime'

By Lance Cpl. Andy J. Hurt
BARSTOW LOG Staff

With cherries flashing and sirens screaming, a police unit races downtown where a shootout has just occurred.

Two rival narcotics factions caught in a bad deal. Tempers escalated, shots were fired and three young men went down. For the local police department, this is the opportunity of a lifetime. Bringing down two narcotics rings in one bust would surely put the city on the map.

Two German Shepherds spring from the back of a unit vehicle with their handlers at bay. Almost immediately the dogs can smell the dope in the pockets of the shootout victims, but their handlers lead them into a large abandoned warehouse where illegal activity has been suspected for the last few weeks. Searching along walls, floorboards and ventilation shafts, the dogs work their magic, and soon signal upon two large crates. Nearly 300 pounds of marijuana and 50 kilos of cocaine later, a day in life of a K-9 unit is over.

It's the kind of excitement that drives MCLB Barstow's Provost Marshal's Office K-9 unit through hours of rigorous training every day.

Cpl. Jason M. Dorman, dog handler with MCLB's PMO, said a training day usually starts with explosives training. The dogs are carefully trained to detect chemicals used in making explosives during vehicle or proximity searches. The dog uses a non-aggressive signal, usually sitting down, to let handlers and authorities know where explosives may be located. The same tactic is used in narcotics searches. Dorman said the response was a safety measure, due to the delicate imbalance of explosives.

"We don't want the dog to blow himself up," he said.

Narcotic training is also done during the morning. A multi-colored galaxy of dope samples is hidden throughout the training area. Dogs have a sense of smell 1,000 times greater than humans and a "sixth sense" capability that allows them to separate a mixture of smells that humans cannot detect, said Dorman.

Lance Cpl. Quyen Au, dog handler with the K-9 unit said, "We smell a hamburger, and that's it. A dog can smell the lettuce, tomato, beef and everything else."

It is the keen sense of smell that has proven working dogs so successful in the past. During the Vietnam War, said Dorman, working dogs were taken on patrols to detect booby traps and enemy ambushes.

"In Vietnam, no unit with a dog was ever ambushed," he said.

More recently, however, MCLB's K-9 unit has been successful in assisting the California Highway Patrol and Barstow Police Department in drug raids. Last year a dog and handler from MCLB Barstow were assisting customs officers near the U.S. and Mexican borders when Cpl. Kevin Hying's dog signaled a vehicle resulting in the seizure of more than 1,000 pounds of illegal narcotics. Hying and his dog recently worked security at the United Nations building in New York, said Dorman.

Au's dog, Renzo, a 9-year-old Belgian Malinois, has also assisted in local dope raids in the past few months, capturing an undisclosed amount of drugs while working with the Barstow Police Department. The K-9 unit here often trains with local forces.

"(The California Highway Patrol or Barstow Police Department) will just call us up sometimes if they suspect something and give us the opportunity to train our dogs in a real-world operation," said Dorman.

In order for the dogs to keep their senses in tune, they train daily, including six drug source searches at least 10 times per month, said Au.

Finding spots to train is also paramount, said Dorman. Oftentimes the unit will train in warehouses, open fields, or even the base chapel. Dogs have to get used to all different types of environment.

The daily training also calls for basic and advanced aggressor training, said Dorman. The classic attack dog training goes through five different phases that must be mastered for the animals to be field effective, added Au.

The five different phases of attack training begin with a standoff. After suiting up in a protective coat, a handler will act out a scenario as the dog's handler shouts a mandatory "disclaimer" before releasing the dog to bring the "suspect" down. Immediately before the dog attacks, the handler gives a loud command, and the dog backs off. There is also a basic attack, involving the simplicity of the animal's viciousness. Escorting training, scouting and building searches are also stressed, said Dorman.

The K-9 handlers are not on temporary duty by any means. Before being assigned to a unit, MPs must graduate a course at Lackland Air Force Base in San Antonio. There they practice different commands, tactics and maneuvers exclusive to working dogs.

"We had to practice commanding buckets," Au said.

Afternoon brings obedience training for the units. Dogs are run



Photo by Lance Cpl. Andy J. Hurt

Cpl. Jason Dorman, dog handler with MCLB Barstow's Provost Marshal's Office, feels the wrath of Renzo's jaws during a basic attack exercise. Although Renzo is nearly 9 years old, his jaws still can pack a force that can puncture the skin and sever arteries.

through hoops as high as 3 feet or more off the ground, jumping over fences, climbing stairs and over seesaws. Au's dog, Renzo, is said to be one of two dogs on the force that can negotiate the difficult seesaw, he said.

The handler's specialties go far beyond following a dog with a leash, said Dorman. The handlers are given a crash course in animal first aid, as well as detecting symptoms of illnesses.

"We're mini-vets," said Dorman.

And any animal that runs 32 miles-per-hour, and has the jaw force of 1,100 pounds per square inch needs maintenance. The dogs consume approximately 28 pounds of food per week, and need daily grooming and sanitary maintenance. The constant attention is credited to building a special bond between the handler and dog, said Au.

"I love working with (Renzo)," said Au, adding that he plans to continue training dogs after his Marine Corps career.

Dorman said that the main mission of the MCLB K-9 unit was deterring crime through intimidation and providing perimeter security.

On a final note about a day in the life of the K-9 unit, Au simply stated, "It's awesome."



Photo by Lance Cpl. Andy J. Hurt

Lance Cpl. Quyen Au, handler for the MCLB Barstow Provost Marshal's Office K-9 unit, runs his dog, Renzo, through a narcotics training operation in the base chapel.

MCLB civilian Marine fourth quarter awards

Time off award

Wilfred Abeyta
Narcisco Alonzo
Joe Anguiano
David Anilao (2)
Marcelino Aviles
Kathleen Boyd
Howard Brannon
Robert Buehler
Michael Burke
Matthew E. Bryd
Hector Caraballo
Kirk C. Carron
John Carter
Gerald Chavez
David Cordova
Birdenne Delaney
Pedro Delgado
Chadwick Divers
James Dodd
Richard Domingues
Colleen Donnelley
Wesley Donnelley
Lorenzo Duarte
Michelle Eichler
Josh D. Estes
Mike Fernandez
Aaron Frisbie
John Garcia
Lisa Garcia
Brenda German
Roger Gordon
Gilbert Griego
Mitchell D. Guzman
Cheryl Haines
Labert Harden
Earnest Hawkins
Edward Hayes
Randy Heald
John Hill
William Hillion
Robert Hiltbolt
Richard Holt

Gloria Islas
Joe Jimenez
Guyla Jones
Jacqueline Jones
Marvin Kauth
Linda Kelsey
Denis Kepley (2)
Frances Kingsford
Joseph Lacanlale
Gregory Langston
Charles Lawler
Lawrence William
Resty Layon
Michael Leach
Ca Lente (2)
Larry Lindley
Kenneth Luedke
Andrew Maestas
Johnny Manes
Joey Marin
Paul Marquez
Antonio Martinez
Constance L. McGowan
Brain McLaran
Rudy Mendoza
Theodora Millis
Roger Moncada
Monica L. Moorman
Ceferino L. Morable, Jr
Philip Nugent
Michael R. Okeson
Raymond Olivera
Danny Ortiz (2)
Craig Osborne
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Ricardo Perez
Frank E. Peters
Kenny Phillips
Jerry Piper
Joyce Richardson
Albert A. Rickwalt
Reymundo Rio (2)
Gilbert Sais
Robin San Nicholas
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Eugene Sanchez
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Patricia Snyder
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Thomas A. Stickley
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Larry Todd (2)
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Raymond Thorn
Janet Towery (2)
Joann Troup
Charisma Turner
Andres Vallejos
Ricardo Vallejos
Sammy Velasquez (2)
Kim B. Whaley
Tryone White
Naydean Williams
John Wilson
Lani M. Yates

Letter of appreciation

Raymond V. Aguilar
Laura A. Bulluck
Napoleon H. Dumo
Jacqueline L. Fadeley
William T. Frye
Troy M. Livingston
Stephen B. Locke
Dianne M. Langevin
Ceferino L. Morable, Jr
Frank E. Peters
Michael J. Valenzuela

Maintenance Center Eagle awards

Frank Aleman Jr.

Francisco Alvarez
Joseph Anguiano
Felix Baca
Richard Baca
Paul Biancotti
Charles Blakely
Jackie Bolton
Steve Bourbin
Fred Bullion
Vincent Bustamante
Tommy Byrd
Ricardo Cervantes
Leroy Clark
Paul Clemmons
Donald Dailey
Paul Dees
Pedro Delgado
Frank Dill
James Dodd
Raul Escobedo
John Espinoza
Ernest Flanders
Salvador Flores
Lisa Garcia
Ronald Halliday
Charles Hargon
Jeff Hattendorf
Randy Hazelett
Gary Heard
Gary Heidorn
Robert Hetticher
James Higgerson
Donnie Hulsey
Patrick Humphreys
Robert Hungate
Michael Jackson
Joe Jimenez
Carl Kelly
Edward Kenworthy
Patrick Knox
Steve Langevin
Fidel Limon
Larry Lindley
Floyd Lopez
Nobie Luna

James Luse
Kirk Luse
Dennis Lyon
Johnny Manes
Alma May Jr.
David Mendez
David Merica
Paul Merica
Gerald Miles
Bradley Minneman
James Mintz
Frank Montano
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Karl Padilla
Tom Pitard
Paul Quick
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Gilbert Sais
Bob Sangster
Robert Schneider
Katherine Schwahn
Thomas Schwahn
Leslie Serafin
Leon Shute
Jackie Sickler
Robert Sloan
Betty Sluder
Daniel Songer
Philip Soto
Fred Steens Jr.
Jeremy Thomas
Arthur Torres
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Leann Whitlock
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Thomas Yagla
Lionel Yochum

How to talk with someone who is being abused

Submitted by Family and Marine Corps Services

"I think my co-worker is experiencing domestic violence . . . What should I do?"

Many people hesitate to speak with someone they think is being abused because they don't know what to say or how to say it.

They hesitate to get involved because they see domestic violence as a personal matter or they may believe that what goes on away from work isn't their business.

They are aware of the potential danger this situations present to both the victims and those who try to help.

For similarly reasons, many individuals in violent relationships find it hard to ask for help.

So if you know someone who is being abused what can you do that will make a difference? How can you lend a hand? Here are some useful suggestions:

*Establish a rapport so that she or he feels comfortable talking with you and does not feel put on the spot.

*Listen without judging. Often a battered person believes her or his abuser's negative messages about her or him. The person may feel responsible, ashamed, inadequate, and afraid that you may judge them negatively.

*Let her/him know that you care and are concerned. Be supportive and communicate that she or he is not responsible for the abuse.

*Explain that physical violence in a relationship is never acceptable. There is no excuse for it, not alcohol or drugs, financial pressure, depression, jealousy, or any behavior that the abuser may be accusing her or him of.

* Explain that domestic violence is a crime and that help and protection are available from the police and courts.

* Suggest she or he tell a doctor or nurse about the violence so that the abuse can be

documented in the medical record.

*Encourage her or him to call a domestic violence hotline or the Family Advocacy Program at MCLB (577-6533) to get help and develop a safety plan.

What if the individual decides to remain in the relationship?

Many victims of abuse remain in the abusive relationship.

They stay in hopes of getting help for their abusers. It helps to remember that for many victims separating from an abusive partner is a process and not an event. It takes time.

It is necessary to understand that the most dangerous time for victim-survivors is when they threaten the batterer's control by attempting to leave.

In these situations it is imperative to respect the employee's boundaries and privacy.

Most victim-survivors make numerous attempts to leave their abusive relationship.

As they work through this process, they need your support, patience and understanding.

What if the individual decides to leave?

The most important thing you can do is to refer her or him for help so that a safe departure and a safety plan can be implemented.

In addition to setting aside money, important documents, and securing a safe place to stay, the safety plan should also address legal safeguards through the courts and suggest safeguards in the workplace that may include security escorts to her or his car, priority parking near the buildings, temporary assignments in other locations not know to the abuser or time off from work.

If she or he wants to talk with someone, or if you need advice on how to handle a specific situation, help is available through the Family Advocacy Program at Marine and Family Services, Building 129, 577-6533.



By Jim Gaines
MCCS Publicity

Fall Family Fiesta

Come out this afternoon and enjoy the Family Fall Fiesta at Sorensen Field. The event starts at 4 p.m. and continues to 8 p.m.

The event's purpose is to welcome home the troops that were deployed to Iraq.

There will be many attractions for the whole family to enjoy, and food will be available

Everyone is welcome. For more information call 577-6968.

Oasis Club membership drive

The Oasis Club is seeking new members. Join the club now and save: With discounts at Tees and Trees Golf Course, and two-for-one meals at the Oasis Cub and Family Restaurant.

Now through December, any current club member that refers a new member to join will receive: A free meal at the Oasis Club or the Family Restaurant, additional chances to win in the December Members Only Giveaway and additional entries in the Football Bash Contest (Members Super Bowl Giveaway).

Welcome home our troops
 at the
Fall Family Fiesta
 at Sorensen Field
Today from 4 to 8 p.m.

Enjoy these free fun attractions

Kids Fire Safety House
 Bounce House
 Obstacle Course
 Kiddie Train
 Rock Wall,
 Space Ball



Lazer Tag
 Free Sno-Cones
 Free Cotton Candy
 Free face-painting
 for the children
 All provided by YAC

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maintain them,” Rumsfeld said. “And if we are steadfast, free societies can take root in those countries, and we will have still new allies in the battle for freedom and moderation in the Middle East.”

Rumsfeld noted that the post-World War II Marshall Plan that Reagan referred to in Brezhnev letter cost about \$90 billion in today’s dollars.

“That \$90 billion investment helped transform a region that had been a source of violent war and instability for centuries and turn it into a place of peace and posterity and, I would add, mutually beneficial trade,” Rumsfeld said.

He said some American taxpay-

ers might understandably ask why the United States should spend \$20 billion to help bring stability, democracy and self-government to Iraq.

“The reason, I would submit, is because it’s in our interest, and the interest of the Free World,” Rumsfeld said. “And I also suspect that that’s what Ronald Reagan would say.

“Today, America carries on the mission that animated President Reagan’s life and his presidency — very simply, the defense of human freedom,” Rumsfeld continued. “And looking at what has been accomplished in the past two years — tyrannies defeated, nations rescued, millions of people liberated ... I suspect he would approve.”

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them. There are numerous examples of the use and employment of faith in everyday life and in Scripture.

All these stories remind us of how much a little bit of faith in ourselves or in those around us can change our world.

Sometimes I believe that we have to do things a little outside

what we are comfortable with in order to employ our faith. Yes, it is an exercise, but it has rewards.

So, don’t sell yourself short by saying “I can’t do that.” Instead, realize that you are just like everyone else and with practice you can achieve anything.

Peace,
Fr Randel

Gunny’s Picks

Week 7



Congratulations to the first two-time winner of this week’s Gunny’s Pick, Kay Lundin, management analyst for Distribution Depot Barstow. Lundin, a Baltimore Ravens fan, was a little disappointed when the Colts lost but still managed to win the Monday Night tie-breaker and go 12-2 overall. Sports fans Bo is not the only one who knows football. So do the MCLB



women. Lundin’s win makes it 4-2 for the women. A couple of key games to watch this week include Tennessee and Carolina, and Minnesota taking on Denver. Are the Panthers really that good? And can the Vikings stay undefeated? Here are the rest of pairings for Week 7.

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.

- *New Orleans at Atlanta
- *Washington at Buffalo
- *Baltimore at Cincinnati
- San Diego at Cleveland*
- *Dallas at Detroit
- *Green Bay at St. Louis
- New England at Miami*

- Denver at Minnesota*
- *Philadelphia at NY Giants
- Tennessee at Carolina*
- *NY Jets at Houston
- *Tampa Bay at San Francisco
- Chicago at Seattle*

Monday Night

*Kansas City at Oakland
Total points: _____

Name, work section and phone number: _____
Monday night’s game is a tie-breaker and must include a total score.

After further review:

In Week 5 of the Gunny’s Picks we inadvertently overlooked a second winner. Sonny Bernal, customer service representative with EDS, NMCI was also a winner. Bernal, who is a big-time Texas sports fan went 12-2 that week but we managed to miss him. Sorry about that. A native of Sugar Land, Texas, Bernal wants everyone to know that even computer geeks can win in football too. His Texans have a chance at beating the Jets this weekend, but based on what the Jets did to Buffalo it could go either way. Bernal’s Cowboys, on the other hand can put another tick in the win column by pounding Detroit.