

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 7, No. 45

Marine Corps Logistics Base Barstow, California

November 14, 2003

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

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



Photo by Cpl. Joshua Barnhardt

The color guard presented the colors at the 228th Marine Corps Ball in Laughlin, Nev., Friday. (Left to right) Cpl. Erik Dortch, Sgt. Alejandro Arrieta, Sgt. Carlos Barrientos, and Lance Cpl. Matthew Kogut.

'Hands Across the Desert' reaches out

By Donna S. Fowler
NTC Public Affairs

Barstow residents are reaching across the desert to soldiers of Fort Irwin and Marines and sailors of MCLB Barstow in support of the "Hands Across The Desert" program sponsored by the Association of the United States Army.

The program is designed as a fun day for soldiers, sailors and Marines to spend the Thanksgiving holiday with local families, according to Liz Mauk, Barstow coordinator.

Mauk said she currently has families in Barstow and Apple Valley calling to sign up to invite up to six military personnel to their homes for the holiday. In the past, soldiers, sailors, and Marines have been shy about participating, but if they use the buddy system, they can bring a friend and have a great holiday. They may even make

new friends, she explained.

"Soldiers can participate in the program by signing up with their unit first sergeants," said NTC Garrison Master Sergeant Anthony Cordova. "Participating will allow soldiers who are away from their homes and not on leave to share a Thanksgiving meal with a local family and allow the local family the opportunity to host the soldiers who are defending our country," he said. "It is important to participate in order to show the local community that we appreciate their concern and kindness by allowing our soldiers to share in their Thanksgiving traditions," he added.

Soldiers interested in participating in the "Hands Across the Desert" program should contact their first sergeant to sign up. MCLB Barstow Marines and sailors wishing to participate should contact the Single Marine Program president, Sgt. Christopher Garcia at 577-6197.

Iraqi War Vets still want to serve

By Sgt. 1st Class Doug Sample
American Forces Press Service

Among the many veterans who came to see President Bush pay tribute to the nation's veterans on the 50th anniversary of Veterans Day here Tuesday, three said they still are willing to serve their country, ready to go back to war and rejoin America's latest battle in Iraq.

They belie the traditional image of countless older veterans of bygone wars who packed the amphitheater at Arlington National Cemetery to hear the president speak. These three veterans are young and eager. And they all said they would rejoin their buddies back in Iraq tomorrow if it weren't for the fact that they are all paralyzed.

Army Spc. Johnnie Williams, 20, Army Sgt. Ken Dixon, 35, and Marine Sgt. Jason Wittling, 29, all served in Iraq and suffered their life-changing injuries after tragic accidents. Both Williams and Dixon have received medical discharges from their service; Wittling's is still in the process.

Williams, of Tampa, Fla., was in a humvee accident May 5 in Baghdad. He said his convoy was sideswiped by a civilian vehicle. He was ejected from his humvee, which then rolled over him. He said his faith in God tells him that one day he will walk again. Meanwhile, Williams said, he plans to go back to school and get his college degree, and he hopes he will start a family.

He said he tries not to let his injury get in his way or dampen his outlook on life. "I'm just trying to go about life the same way I did before," he noted.

Although he is glad to be back home, Williams said, "truthfully, I would rather be over there fighting next to my fellow soldiers. Every day I'm just wishing I could be there with them. They all have my blessing."

Dixon, of Hinesville, Ga., was a passenger in a vehicle that rolled over March 28 during a night mission about 20 kilometers from Baghdad. At the time, his wife,

Allesais, was an Army sergeant stationed in Pakistan.

"My vehicle rolled over into a ravine, upside down," he said. "There were about six soldiers with me in the back. It was dark, visibility wasn't that good."

Dixon said he suffered a broken spinal cord in the accident. Four other soldiers suffered injuries too, and one of Dixon's buddies did not survive. "That was rough," he said somberly. "The way the accident happened, we were all stacked on top of one another. He pretty much died on top of me, and there was nothing that I could do because I was injured also."

Dixon said he has no regrets about serving in Iraq because he felt that "America needed to be there."

"I would go back if I could," he said. "The people need us there. We're trying to give them freedom."

Dixon said his injury was "just an unfortunate accident."

"Life goes on," he said. "You go through things, but you just have to learn how to deal with it."

Wittling, of Oceanside Calif., is married with two children: Cody, 6, and Emily 3. He broke bones in his back and neck when his humvee rolled over Sept. 17. He is paralyzed from the neck down. He said that while in Iraq he heard of people back home saying U.S. soldiers did not belong in Iraq.

"I've heard people say that we shouldn't be there," he said, but he doesn't agree. Toppling Saddam Hussein's regime "was a long time coming — we needed to do it," he said. "I don't regret going over there. I regret getting hurt, but I don't regret going over there."

But despite their injuries, all three said they were pleased to be among the many who have served their country and were able to be at Ar-

See VETS Page 4

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.

position on a temporary or permanent basis; however, employees can be prepared for vacancies by submitting their resume to the Human Resources Service Center-SW using the Civilian Hiring and

Recruitment Tool (CHART) process. Log into www.donhr.navy.mil/jobs/default.asp to submit a resume at any time. For additional information on applying for jobs, contact the HRO at 577-6487

Q "I work over here at the Welding Shop, CWC743, here at Repair and presently we have two leaders, one permanent and one temporary. Now the temporary position has been filled in by the same individual for over two years now and it was under my understanding through HRO that this can't be done. Now nobody else seems to be allowed to be detailed into this position and when I have asked management in our section, they can't

give me an answer on this as to when the job is going to be put out for a bid, so other individuals like myself with over 20 years of experience, can bid in for this job. If you could please check into this I would appreciate it."

A There is an employee who competed for the position of Welder Leader and was selected. He received the temporary promotion in

November 2001, with an extension in November 2002, for one year. Information from MCB indicates they will be submitting an extension for an additional year. Temporary promotions can be up to five years. Some temporary promotions may be converted to permanent without further competition based on factors like how it was recruited, management's decision, placement programs, etc. It is true that management decides when and if it needs to fill the

Telling the truth sets us free

By Lt. Cmdr. Randel Livingood
Base Chaplain



Recently, I read an article about a young football player who really demonstrated some superior integrity. He stood up and told the truth about his achievement in a football game that he believed he had not

earned. Apparently there was some question in his mind about the legitimacy of his achievement and so he publicly announced that he would not take credit for it. I read that with amazement and said to my wife what a wonderful example that is of having integrity. I am certain that he was not very popular with the coaches who had worked together to enable the so called achievement, but he knew that he had to do the right thing regardless of the costs. It is interesting how that sometimes the truth can really cause trouble. When the truth is presented to some people it is hidden so that it will not have an effect. For others, such as in the devotional reading Matthew 14:1-12, it caused such a stir that it cost the life of the

truth teller. Sometimes it is difficult for us to know exactly how to tell the truth. It is easy to be brash and bold and tell the truth without diplomacy or love. Certainly, you have had the opportunity to comment on someone's new hair style or outfit when they asked "How do I look?" You may have considered exactly what to say at that moment and may have chosen to show some personal grace and your love for that person and found a way to say the hairstyle showed "flair." That way you did not have to say it looked bad, or that you did not like it, and you were still truthful. I think that there are some things in life that allow us to make decisions like that. Then there are other times when we need to be a little more bold about telling the truth. For example, John the Baptist had been telling King Herod that he should not be sleeping with his brother's wife. A pretty bold statement about what John considered obvious, but apparently Herod did not see anything wrong with it. See, you thought we invented that kind of behavior in the 21st century! After hearing John tell the truth enough, Herodias, the wife of Philip, began looking for a way to silence the truth. Eventually her opportunity arrived in the form of her daughter dancing for King Herod. Herod was so smitten by this

See **CHAPLAIN** Page 4

Just doing my job ...



Photo by Pfc. Jenna Lassandrello

Pfc. Devin Cantrell stands duty in one of the few rainy days at MCLB Barstow. "I never expected to see much rain when I got stationed in the desert," said Cantrell.

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.



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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

Lunch menus are subject to change.

Today: Beef stir fry.

Friday: Mahi-mahi.

Monday: Veal parmesan.

Tuesday: Chicken salad sandwiches.

Wednesday: Beef lasagna

Thursday: Breaded pork chops.

Lunch is served Monday through Friday excluding holidays. At the Family Restaurant from 10:30 a.m. to 12:30 p.m. and at the Cactus Cafe from 11:30 a.m. to 12 noon.

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

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 - Barbecue ribs. Barbecue pork ribs, collard greens, black-eyed peas, corn bread, tossed green salad, dessert, plus fountain drink.

Family night dinners are served at the Family Restaurant every Thursday from 4:30 p.m. to 7:30 p.m. Prices are \$6 for adults and \$4 for children 5 to 11 years old.

ening project. Traffic fines may be doubled through the construction zone.

For more information, contact Holly Cress, CalTrans Public Information Officer at (909) 383-4631

Toys for Tots

This year Santa needs more help than ever in the High Desert. Many children face the prospect of finding nothing under the tree this year. Your donation of a new, unwrapped toy can bring a more joyful Christmas to an underprivileged child. Collection points aboard MCLB Barstow are as follows.

- Environmental Division
- Headquarters Battalion
- Headquarters Administration
- Housing Office
- Family Services Division
- Human Resources Office
- Public Safety Division
- Maintenance Center Lobby
- Branch Medical/Dental Clinics
- Tees n Trees Golf Course
- Warehouse 401
- Family Restaurant
- Communications Division
- Base Maintenance
- Fleet Support Division Lobby
- Nebo Fire Dept.
- Yermo Fire Dept.
- Navy/Marine Corps Relief Society
- Training Audio/Visual Support Center
- MCCS Fitness Center

Toys for Tots locally is a Barstow community program that MCLB Barstow supports. On base collections are starting early again this year so the toys collected can be presented on the local telethon on Time Warner Cable channel six on Dec. 6.

For more information call the Nebo Fire Dept. at 577-6732/6866/6865

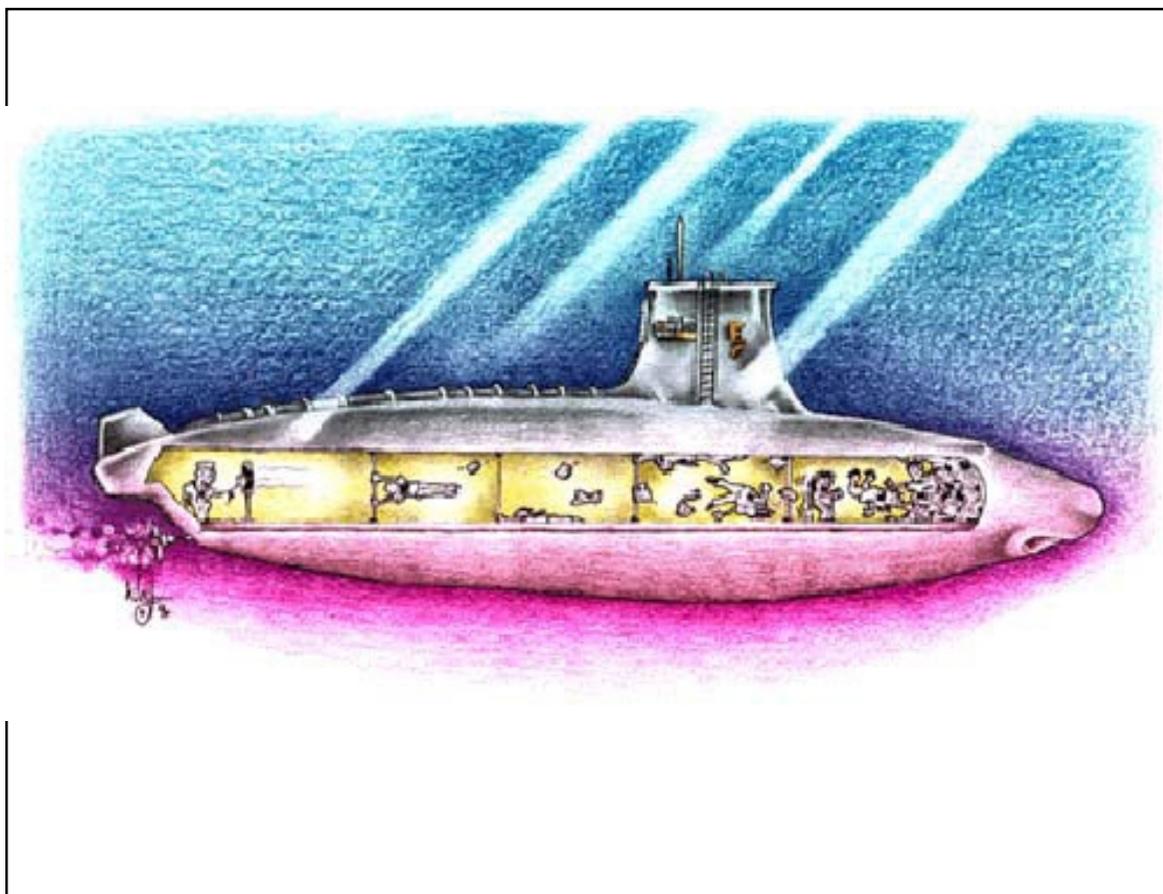
CWRA Turkey Giveaway

The CWRA Committee is sponsoring another turkey giveaway. There will be a drawing for eight \$15.00 gift certificates, two at each drawing, at Stater Brothers to purchase anything desired, "a turkey," on the following dates: Oct. 30, Nov. 6, Nov. 13, and Nov. 20.

Winner's need not be present to win. The CWRA Committee members will circulate cans with the survey slips to be filled out.

There is no cost to the individual. Please include first name and last name printed clearly and work phone number. The following CWRA Committee members and volunteers will have slips and cans available to fill out and participate in.

- Dan Keirn 577-6614
- Fred Molino 577-7210
- Barbara Kent 577-7330
- Barbara Kulseth 577-6771
- Cliff Aces 577-6968
- Bruce Rowe 577-7346
- Wrayanne Huddleston 577-7346



- Richard Tusing 577-6523
- Vince Chavez 577-7580
- Tangia Joseph 577-7230

Leave Transfer Program

Mr. John W. Alley, badge #6874, Maintenance Center Barstow, has been affected by a medical emergency.

Anyone desiring to donate leave under the Leave Transfer Program may obtain a leave donor application through his or her division administrative officer.

For more information, contact Pat Snyder, admin advisor, at 577-7138

Baker construction delays

The California Department of Transportation is paving a 6-mile segment of north and southbound Interstate 15 from Halloran Summit to Cima Road which started Monday, weather permitting, with an anticipated completion date of late November 2003.

Travelers may experience delays of up to 45 minutes during the hours from 6 a.m. to 6 p.m. Monday through Thursday.

Lane closures will be approximately 1.5 miles in length during paving operations. With cooler weather approaching, paving must be restricted to the warmest part of the day to facilitate the asphalt curing process.

Traffic is separated by concrete barrier with reduced lane widths for 20 miles just south of the paving project for the remainder of the construction.

Once complete in summer of 2004, the project will have constructed an 18-mile southbound truck-descending lane, re-paved all southbound mainline lanes as well as reconstruct the 18-mile northbound Baker Grade with long last-

ing concrete.

The speed limit is reduced to 55-mph throughout the 25-mile project limits from Baker north to Cima Road with a recommended speed of 45-mph through the detour. The CHP can and will issue double fines for traffic violations through the construction zone.

In addition to construction activity, truck traffic has increased 30 percent along the I-15 corridor compared to last summer combined with a 4 percent increase in passenger vehicle traffic over the same time period.

Motorists are advised to stay alert for slow moving truck traffic and congestion as a result of construction. If possible, plan travel during the hours after 6 p.m. and before 6 a.m.

Merging late into highway work zones may seem like a quick way to save some time, but the results can last a lifetime, or end one. Your patience is appreciated during this freeway improvement project.

For more information, contact Holly Cress, CalTrans Liaison, at (909) 383-4631

Recycling can inventory

Please place all 95-gallon blue recycling containers at the designated dumping location no later than 7:30 a.m. Nov. 18 for inspection and reconciliation.

All containers, regardless if they need to be emptied, are requested to be placed outside so an accurate count can be made.

Containers will also be inspected to determine whether they need repair or replacement. Please do not remove the containers before 3 p.m. to allow time for the inspection to be com-

pleted.

For more information, contact Carmela Gonzales at 577-3105.

FEHB Open Season

Federal employees will have an opportunity to elect a new health plan beginning Monday.

All information concerning health care providers can be viewed and/or downloaded by accessing the Office of Personnel Management, at www.opm.gov/insure/health to include health plan brochures, FEHB guides and the FEHB handbook.

Once an employee has made a decision on a particular health plan, changes must be made using the Employee Benefits Information System (EBIS) via the Internet or through the Benefits Line. The EBIS can be accessed at www.donhr.navy.mil or www.civilianbenefits.broc.navy.mil. The Benefits Line phone number is 1-888-320-2917.

Both applications are available 24 hours per day, 7 days per week. All changes must be completed by midnight (PST) 8 December 2003.

For more information, contact the Human Resources Office at 577-6918.

DANTES presentation

Master Gunnery Sgt. James P. O'Keefe Jr., special enlisted advisor to the director of the Defense Activity for Non-Traditional Education Support, is scheduled to give a presentation during Enlisted PME at Oasis Club Nov. 21.

The DANTES presentation will be held from 10 to 11 a.m. and will give the Marines an opportunity to ask and find out more information about DANTES education programs.

Comm division Devil Dog wins Marine of the Quarter honors

By Lance Cpl. Andy J. Hurt
BARSTOW LOG staff

Four times per year, a young Marine has a chance to prove he stands out from his peers. Through a series of competitions on a sunny California morning, Lance Cpl. Ryan Simmons recently proved himself to worthy be called Marine of the Quarter.

Born in Kailua, Oahu, Simmons is the son of a former (not "ex") Marine. Simmons said when he graduated from Kaleheo High School in 2002 in a class of approximately 500, he had no plans of attending college.

Simmons was an All-State football player and also participated in weight lifting, a sport that has followed him into his Marine days, he said.

Simmons sightings are not uncommon at the fitness center here, and he said he has a goal of bench-pressing 400 pounds by the time he is promoted to corporal; he currently "puts up" over 315.

Simmons attended boot camp at Marine Corps Recruit Depot San

Diego. He graduated from boot camp as a series honor man, winning his first board ever. After Marine combat training, Simmons traveled to Marine Corps Air Ground Training Center 29 Palms, Calif., for military occupational specialty school, in the field of operational communications. It was at MOS school where Simmons received the "Warrior Award," though he said he's not sure why.

"I guess I got it for being motivated," he said.

Like many other Marines, Simmons was informed that he was nominated for and would be competing on the Oct. 3 board on very short notice. He added that it didn't affect him, though, because he had been preparing for the board since the last Marine of Quarter board.

"I was prepared. I've been studying my "knowledge," and my uniform was ready since last time," he said arrogantly.



There are some Marines who might go so far as it say that one should not have to prepare for a board, but always be prepared for a board.

1st Sgt. Donald George, Headquarters Battalion first sergeant, said Simmons' superiors

most importantly recognized Simmons as a Marine who comes into work and demonstrates extra effort constantly, thus earning him a board nomination.

"(Simmons) came and showed maturity, motivation and pretty much out-shined the other Marine on the board," said the first sergeant.

He emphasized his point by adding that Simmons won the board by basically doing what was expected of him as a Marine. "I think he deserved it," said Sgt. Christopher Garcia, MCLB Barstow's latest NCO of the Quarter, also Simmons' NCOIC.

"He's an extremely motivated hard worker with a good attitude. It came as no surprise."

CHAPLAIN from Page 2

young woman's dance that he offered her whatever she wanted up to half his kingdom. Upon advice from her mother, Herodias, the young lady asked for the head of John the Baptist on a platter. The king honored the request. Did that silence the truth? No, it only silenced the truth teller. The truth actually cried out louder than ever before. Scripture does not say how Herod lived with himself after this event but it does say that "he was grieved." The lesson here is that sometimes the truth needs to be spoken in powerful ways, and that sometimes there is a cost associated with the telling. John thought it was important enough to speak plainly about the sin he saw being committed. In the end it cost him his life. For the young football hero the cost was a high school record. Was telling the truth worth it? Only those who are willing to tell the truth can answer that question. I suspect if you were able to ask John and this young football player they would answer yes because they know the secret that the truth will set you free, and freedom is the thing we as Americans value most.

Peace,

Fr Randel

VETS from Page 1

lington to hear the president express his gratitude.

The three men came to the event as guests of the Paralyzed Veterans of America, which has more than 20,000 members.

The organization has its headquarters in Washington and has chapters in 34 states and Puerto Rico.

"It shows that people care," Dixon said.

"Over there (in Iraq), you hear so many different stories. Some people don't want you there, but to come here and see this gathering it makes you feel good."

Overwhelmed by all the patriotism being displayed, Wittling said he enjoyed talking with country music star Arron Tippin, who was seated next to him.

Williams, who joined the military in June 2001, said, "I just finished telling my mom that it almost brings a tear to my eye just to see how many people actually come out to these sorts of ceremonies. This gives me a good feeling."

Library sponsors Newspaper Holiday Greetings Program

By **Brian Driver**
Public Affairs Specialist

Marine Corps Community Services Libraries have partnered with the Army and Air Force Hometown News Service to allow Marine Corps personnel and their families to take part in the annual Newspaper Holiday Greetings program, which began on Oct. 1 and will run until Nov. 25.

The Newspaper Holiday Greetings program uses computer technology to allow participants to submit personalized holiday greetings to more than 1,000 hometown newspaper editors for publication.

The entire process is automated from the moment the person filling out the online form clicks the "send"

button, to the final step when Hometown News e-mails the greetings to newspaper editors. The greeting is composed from the information supplied on the electronic newspaper holiday greetings form. Hometown News does not edit the greeting.

According to Gerry Proctor, Army and Air Force Hometown News Service chief of marketing, "the system uses the zip code to e-mail the holiday greeting to every newspaper covering that area, so correct information is vital. Submissions without a ZIP code or with an incorrect ZIP code go nowhere."

In addition to having the holiday greeting delivered to several different newspapers, participants can submit multiple greetings across America.

"Each person can submit as many greetings as they want," Proctor said.

A big change in the program this year will allow participants to submit greeting from any computers on the .mil or the MCCS .org network systems.

In previous years, participants could only submit greetings from specific computers located in MCCS Libraries.

This change increases the number of locations where Marines and their families can take part in the program.

For more information, contact Robin Cross-Walker, MCLB Barstow librarian, at 577-6395, or go to the web site at hn.afnews.af.mil and click the link for the Print Holiday Greetings Program to submit a greeting.

MCX awards bonds to students

Marine Corps Community Services
Press Release

Two lucky students are the most recent winners of U.S. Savings Bonds in the Marine Corps Exchange Super Star Student Program.

Theresa Hauser, of MCAS Cherry Point, won a \$500 U.S. Savings Bond, and Marguerite De La Ossa, of MCRD Parris Island, is the lucky winner of a \$1,000 U.S. Savings Bond.

Each of the 16 Marine Corps Exchanges are rewarding patrons in grades 6 through 12 who maintain a B average or better for the grading period.

Super Star Students receive one scratch-off card per grading period with the chance to win prizes such as MCX gift certificates, gum machines, and more. There are three grand prizes per Main Exchange to include a \$1,000 U.S. Savings Bond and two \$500 Savings bonds.

To be eligible, students must be authorized MCX patrons and visit their local MCX store manager within 30 days of receiving their report card. Prizes must be claimed within 30 days. For more information, local students should contact Staff Sgt. Anthony Cisneros at the MCLB MCX at 577-6014.

MCLB Volunteer Income Tax Assistance Program kicks off

Legal Assistance Office is gearing up for tax season, seeking volunteers for VITA program

Submitted by
Staff Judge Advocate

The MCLB Barstow Legal Assistance Office is once again gearing up for tax season and looking for some dedicated military and civilian volunteers for the Volunteer Income Tax Assistance Program.

Volunteers will provide free income tax assistance and electronic filing to active duty military, retired military and their respective dependents for their 2003 income tax re-

turns.

This program is sponsored by the Internal Revenue Service in cooperation with Headquarters Marine Corps through the Office of the Staff Judge Advocate and provides a major quality of life benefit to our military community.

VITA Volunteers will attend a two-week training program from January 5, 2004 through January 16, 2004 at Building 236.

Volunteers will become knowledgeable in federal and California income tax law.

In addition, volunteers will be trained to use tax computer software so that tax returns may be electronically filed.

Each volunteer will be required to commit at least eight hours per week from January 27, 2004 to April 15, 2004 at the Tax Center to provide tax assistance.

If you are interested in helping the military community by participating as a VITA Volunteer or would like more information, contact Jacque Fadeley at 577-6874.

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



Photo by Pfc. Jenna Lassandrello

Gunner Sgt. Ronald Cherry, Headquarters Battalion substance abuse counseling officer, took Marines and their families on a "musical journey" at the 228th Marine Corps Ball celebration in Laughlin, Nev., Friday, utilizing two turntables and a microphone. Cherry specialized in funk, r&b, and even spun a little country upon request.

READY, FRONT

Courts Martial

A Marine was tried at MCLB Barstow and found guilty on two charges of article 111 and one charge of article 134. The Marine was sentenced 45 days restriction, reduction to E-2, and forfeiture of \$500 pay per month for one month.

Another Marine is pending trial, charged with three counts of article 86.

Appeals Non-judicial punishment

Two Marines appealed Battalion-level Non-Judicial Punishment.

One Marine was charged with one count of article 91, and was sentenced to reduction to E-2, 45 days of restriction, and forfeiture of one half of one month's pay for two months. Charged with one count of article 92, another Marine was reduced to E-4 and a forfeiture of one half of one

month's pay for two months.

Non-Judicial Punishment

One Marine recieved Battalion-level non-judicial punishment on one count of article 91.

The NJP was appealed and punishment is pending.

Administrative separations

One Marine was administratively separated recently on account weight control failure.

Rifle Range scores

Capt. Yang, P.
47 *Expert*

1st Lt. Taylor, C.
40 *Expert*

Staff Sgt. Sikes, P.

50 *Expert*

Sgt. Dowie, R.W.
27 *Marksman*

Sgt. Parker, P.
36 *Sharpshooter*

Sgt. Peters, D.L.
39 *Sharpshooter*

Cpl. Dortch, E.M.
20 *Unq. 25 2nd Attempt*

Lance Cpl. Bannister, B.D.
41 *Expert*

Lance Cpl. Hainer, J.
36 *Sharpshooter*

Lance Cpl. Jordan, J.E.
41 *Expert*

Lance Cpl. McKenzie, R.
41 *Expert*

Lance Cpl. Rowson, W.S.
33 *Marksman*

Lance Cpl. Wavle, R.
26 *Marksman*

Lance Cpl. Hart, D.A.
42 *Expert*

Pfc. Lassandrello, J.D.
25 *Marksman*

Promotions

The following Marines were promoted in the months of October and November:

Parker, P.A. Sergeant

Tumpis, J.A. Corporal

Dortch, E.M. Corporal

Mercado, F. Corporal

Jordan, J.E. Lance Cpl.

Ojeda, M.A. Corporal

Spart, A.M. Corporal

Evans, J.E. Sergeant

Pittman, J.A. Lance Cpl.

Graham, T.J. Corporal

Schneidt, B.L. Lance Cpl.

Hart, D.A. Lance Cpl.

Marines celebrate 228th Birthday



Photo by Rob Jackson

Col. Liz Bergman, commanding officer, MCLB Barstow, hands a piece of cake to the oldest Marine present, Sgt. Edwin Silvey, during the Marine Corps Birthday cake-cutting ceremony at the Veterans Home of California-Barstow Nov. 6. Sgt. Silvey was born July 28, 1909, and entered the Marine Corps on Nov. 6, 1943.



Photo by Curt Lambert

Master Sgt. Richard N. Holman, base provost sergeant and oldest Marine during the Marine Corps Birthday cake-cutting ceremony here Nov. 6, hands a piece of cake to the youngest Marine present, Pfc. Jenna Lassandrello. Holman was born April 4, 1958, and Lassandrello was born Jan. 25, 1985.



(Front row)
Lance Cpl.
Flamingo

Lance Cpl.
Ellis and
Ashley, en
around th
floor after
emony and

Photo by Pfc. Jen



Photo by Cpl. Joshua Barnhardt

(left) Cpl. Douglas Hawks (left), Cpl. Daniel Humble (right) and (back row) Lance Cpl. Ryan Simmons (left) and Lance Cpl. Joshua Pascua (right) march the cake into position during the ceremony at the 228th Marine Corps Ball at the Flamingo Hotel in Laughlin, Nev., Nov. 7.



Photo by Cpl. Joshua Barnhardt

Retired Col. Gilbert Diaz, the guest speaker at the 228th Marine Corps Ball, talked about his experiences in more than 30 years of being a Marine.



Photo by Cpl. Joshua Barnhardt

Col. Liz Bergman, base commander, cuts the Marine Corps birthday cake, while Sgt. Maj. Taulago Niusulu, base sergeant major, looks on during the 228th Marine Corps Ball at the Flamingo Hotel in Laughlin, Nev., Nov. 7.



Photo by Pfc. Jenna Lassandrello

(Left to right) Michelle Cisneros, Staff Sgt. Anthony Cisneros, Master Sgt. Richard Wilkinson (retired), and Sgt. Rebecca Wilkinson, enjoy a meal at the Ball. Staff Sgt. Cisneros and Sgt. Wilkinson are both veterans of Operation Iraqi Freedom.

Friday
his wife,
enjoy a spin
the dance
the cer-
dinner.

na Lassandrello

Suicide awareness begins with seeing warning signs

By Pfc. Jenna Lassandro
BARSTOW LOG staff

Many people have been faced with suicide at some point in their lives.

And 80 percent of suicide victims display warning signals before attempting to commit suicide according to suicidology.com. But still in 2000, suicide was the 11th leading cause of death in the United States among all age groups.

The total number of suicides in 2000 was 29,350.

There are many suicidal tendencies that can be detected.

According to a Seton Hall University study there are four main principle-warning signs to look for.

LOSS

- Loss of parent, close relative or

friend

- Loss of job or money
- Loss of physical health
- Loss of social status

DEPRESSION

- Drop in performance
- Appearing sad or guilty
- Withdrawing from friends or activities

- Increase drug or alcohol use
- Rebellion or hostility

VERBAL CLUES

- Talk of death
- Speaking hypothetically about committing suicide

BEHAVIOR CHANGES

- Previous suicide attempts
- Getting affairs in order
- Changes in sleeping or eating pat-

terns

- Problems concentrating
- Neglect of personal appearance
- Self-mutilation

If you recognize one or many of these signs, it is important not to ignore them.

Most suicidal people try to reach out for help.

People who need help may contact the Intervention and Treatment Branch here at 577-6533.

Editor's Note: Information used in this article was taken from www.suicidology.com and www.shu.edu. This article is the first in a three-part series.

Gunny's Picks

Week 11



Congratulations to David Unruh, Public Works, Installation and Logistics, winner of this week's Gunny's Picks. Unruh went 9-4, not including the Monday Night game, to take this week's top slot. A die-hard Dallas Cowboys fan, Unruh is a first-time winner this year and his victory evens the tally between the MCLB men and women at 5-5. Originally from southeast Texas, he expects a Cowboys' win this week

and the Houston Texans to make some noise as well. There are some tough games to pick this week and getting harder with the playoffs fast approaching. Here are the rest of the pairings for Week 11. 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.

Houston at Buffalo*

*St. Louis at Chicago

*Kansas City at Cincinnati

Arizona at Cleveland*

Jacksonville at Tennessee*

Baltimore at Miami*

Atlanta at New Orleans*

NY Giants at Philadelphia*

Washington at Carolina*

NY Jets at Indianapolis*

San Diego at Denver*

*Minnesota at Oakland

Detroit at Seattle*

*Green Bay at Tampa Bay

Dallas at New England*

Monday Night

Pittsburgh at San Francisco*

Total points: _____

Name, work section and phone number: _____

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

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

