

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

February 12, 2004

Safety Tips

A simple jog in the wee hours of the morning can be safer by following a few simple rules.

Page 2

KVN Survey

People are encouraged to take the KVN Survey by Feb. 29.

Page 3

Sailor of the Year

MCLB Barstow Branch Medical Clinic announced and celebrated its most outstanding leader.

Page 8

Platoon of the Quarter

2nd Platoon commander accepts award and talks a little jive.

Page 9

Check out the Marine Corps Web site.

<http://www.usmc.mil>

Marines ready for another Iraqi endeavor

By Jim Garamone
American Forces Press Service

WASHINGTON – Marines are getting ready to deploy again into Iraq, Commandant of the Marine Corps Gen. Michael Hagee told the House Armed Services Committee Jan. 28.

Hagee stressed to the congressmen that the Marine Corps is heavily committed to the war on terror. He said in the past year, Marines have been engaged in operations from Afghanistan to the Arabian Gulf. Marines have also been deployed to the Horn of Africa, Liberia, the Republic of Georgia, Colombia, Guantanamo Bay and the Philippines.

He said the Marine participation in Operation Iraqi Freedom last year was the best example of what the Marines bring to

battle. "The 1st Marine Expeditionary Force deployed 70,000 Marines and sailors in less than 60 days," the commandant said. "Exploiting the operational speed, reach and inherent flexibility of sea power, the Navy and Marine Corps – closely integrated with joint and coalition, and special operations – engaged in 26 days of sustained combat operations, fought 10 major engagements, destroyed eight Iraqi divisions before stopping in Tikrit almost 500 miles inland."

The 1st MEF then participated in security and stability operations in five Iraqi provinces. The Multinational Division Central/South relieved the last Marine unit in Hillah in September 2003.

The Marines are preparing a return to Iraq, and many of the members of the 1st MEF will have personal experiences they

can bring to the new deployment. "The Marine Corps is currently preparing to deploy forces to relieve the 3rd Armored Cavalry Regiment and the 82nd Airborne Division in western Iraq in support of Operation Iraqi Freedom 2," Hagee said. The Marines will deploy in two rotations of about seven months each.

The commandant noted that in preparation for the operation, 1st MEF has analyzed lessons learned from their own experiences in conducting security and stability operations and recent Army lessons learned. "As they did last year, 1st MEF is already working closely with U.S. Army forces in Iraq," he said.

The Marines have visited Army units, and, he said, they "have drawn from

See ENDEAVOR Page 6

Silent Thunder



Photo by Cpl. Joshua Barnhardt

The Marine Corps Silent Drill Platoon effortlessly flip 10-pound M1 Garand rifles during a previous Battle Colors Ceremony. This year's ceremony is scheduled for Mar. 3 at noon at Sorensen Field. See Page 4 for more information.

VITA program offers free service

By Lance Cpl. Andy Hurt
Barstow Log Editor

In the dregs of the tax season, gloomy winter weather coupled with paperwork, basic math and the IRS can make anyone's outlook on life, well, somewhat bleak.

Then comes salvation in volunteer form.

The Volunteer Income Tax Assistance program, a free and speedy tax assistance service, is nothing less than a lumbering dinosaur of relief from common April 15 worries.

Anyone from young devil dogs who have never even seen a W-2 to seasoned service members who file taxes standing on their heads can benefit from the service, offered at the Office of the Staff Judge Advocate here.

An easy way to understand the VITA concept is to break it down word for word.

Volunteer

"It's truly voluntary," said Jacque Fadeley, a paralegal specialist at SJA.

Fadeley is the MCLB Barstow VITA program coordinator, annually overseeing volunteers trained in

military-specific income tax situations.

Income Tax

It is not uncommon for service members to have to file returns in two or three states, she said, and civilian income tax firms may not be up to speed on working such challenging cases.

"You may be entitled to a larger refund than you are getting," she said.

Fadeley said that the amount of money service members and their families save through VITA annually is pre-calculated.

"Each year the military comes up with a price list, based on the national average of costs for tax firms to process different forms," she said.

An average 1040 preparation may go for up to \$146.

"Last year, (VITA) saved service members \$40,000 in tax preparation costs," said Fadeley.

"We saw a total of \$380,324 in tax refunds," said Fadeley, adding that those figures do not count what people paid back to Uncle Sam.

See VITA Page 6

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

Tips to enhance safety on the road

By Pfc. Jenna Lassandrello
Barstow Log Staff

The Marine Corps provides an adequate number of sidewalks, bicycle paths, pedestrian crosswalks and other safety measures to ensure there is safety on the roads. But there are some policies and precautions that can be observed to further increase protection on the streets.

In accordance with MCLB Barstow's Base Policy Statement 02-03, the wearing of headphones, earphones or other listening devices while operating a motor vehicle, jogging, walking, skating, skateboarding or bicycling is prohibited.

"Wearing headphones during PT or any other physical activity outdoors or near the roadways is inherently dangerous because it does not allow the user to hear

approaching vehicles, warning sirens from emergency vehicles or human speech. Even if the volume is very low, the sound may be muffled and you cannot determine which way the sound is coming from. This policy is in place to save lives and prevent injuries or fatalities," said Gunnery Sgt. Michael Parker, a safety specialist with the Base Safety Office.

This prohibition does not apply to hearing aids, nor does it negate the requirement for hearing protective equipment where conditions dictate their use or the use of communications type equipment for official Marine Corps business.

While walking or jogging on roadways, personnel should jog in patrolled areas and wear light colored clothing.

"Joggers should jog in areas that are commonly used

(such as) roadways (or) jogging paths. Jogging in remote areas such as the perimeter fence line may be dangerous due to the fact that it is not a smooth road and is often not patrolled on a regular basis. If a jogger were alone and got injured, it would be difficult to get help," said Parker.

During periods of reduced visibility, before morning colors and after evening colors, joggers and walkers shall wear retro-reflective clothing, reflective vest or reflective belt.

Personnel shall jog facing traffic and obey traffic rules and regulations.

The use of bicycle helmets approved by the American National Standard Institute (ANSI) or Snell Memorial Foundation (SNELL) is mandatory for riders on the

See SAFETY Page 10

We all may struggle sometimes

By Lt. Cmdr. Randel Livingood
Base Chaplain



Can you recall a time when you found yourself struggling to accomplish even the most basic tasks in life? I think most of us can remember times in our lives when we have had a hard time getting things

done and even when those things were jobs that we have done many times before.

It is like sometimes our bodies or our minds sort of go on vacation and we just can't seem to coordinate everything anymore. Sometimes I wonder if it is just not old age creeping up on me, but then I remember the words of President Regan when he remarked that he was "older not old."

Other times in our lives we may find ourselves struggling with issues that are different from our normal tasks.

Things that I am thinking of are situations like extended illness or learning that you have contracted a

disease.

It could be something like a marital relationship problem that seems to be overwhelming or possibly difficult children who are hard to manage. Maybe you have other issues that you feel strongly about and have for years.

Issues like homelessness, poverty, or drug abuse. It could be even other things like politics or religion where you are convinced about ideas or themes that you believe others should be informed about. In all of these points it seems as though we struggle.

At times, it may even seem as though the struggle has already gone on forever.

Time has a way of stretching out when we are having difficulty and as the saying goes, "time flies when you are having fun."

What is important to remember is that while the struggle continues it does not have to get the better of us.

During my reading this week I read a passage from Saint Paul's letter to the Hebrews in which he reminded his readers that they have not struggled to the point of shedding blood.

It made me think of people in other

See CHAPLAIN Page 11

Just doing my job ...



Photo by Rob Jackson

Bryan Ruble, heavy mobile equipment mechanic, Paxman engine shop, Maintenance Center Barstow, installs a main bearing cap on a Paxman engine block for measurements before installing the crankshaft. Ruble has been employed at MCB for about 10 years.

Chapel Services

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

Confession services
before Mass

Catholic Rosary

First Saturday of
every month.

3 p.m. at the Base Chapel.

For more info call
577-6849.

Nebo Bible Study

Wednesday Noon-1:30p.m.

At the Chapel Office.

For more info call
577-6849.



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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 – Nebo: Baked potato and salad bar. Yermo: Baked chicken and rice pilaf.

Friday – Hoki fish/macaroni and cheese.

Monday – Holiday hours, 9 a.m. to 2 p.m.

Tuesday – Teriyaki beef and vegetables.

Wednesday – Chicken enchilada casserole and spanish rice.

Active duty military \$3.25, all others, \$4.75.

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 7:30 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Family Night Dining

Tonight – Fried chicken, potato salad, cole slaw, tossed green salad, dessert plus fountain drink.

KVN Survey

It is requested that all married

service members and spouses who have not yet participated in the Key Volunteer Network Internet Survey do so by Feb. 29 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.

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

If you have any questions, contact Nancy Gutierrez at 577-6556.

Science Fair Judges Needed

Headquarters Battalion is looking for both Marines and civilians to volunteer as science fair judges for the Barstow Unified School District Science Fairs. The remaining judging dates of the science fair are as follows:

Feb. 17 from 9:30 a.m. to 1 p.m.

Feb. 18 from 10 a.m. to 1:30 p.m.

Feb. 19 from 10 a.m. to 1 p.m.

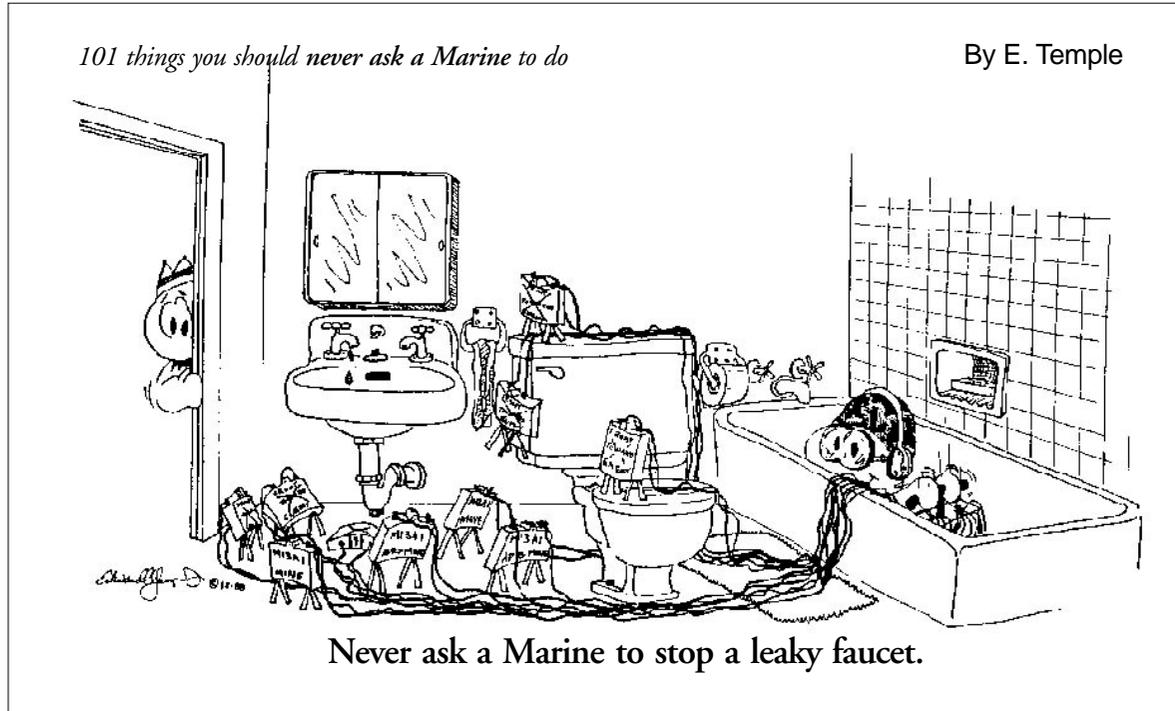
Feb. 26 from 10 a.m. to 1 p.m.

Due to the short notice, volunteers will be briefed on their duties prior to judging by 1st Lt. Aniela K. Szymanski or Gunnery Sgt. Tad C. Snidecor.

People who would like to volunteer should send an e-mail to Szymanski at szymanskiak@barstow.usmc.mil letting her know when they would like to volunteer.

Fighting Cancer with Flower Power

The local chapter of the American Cancer Society will accept orders until Feb. 20 for Daffodil Days, an annual fundraiser that allows residents to support cancer programs.



By E. Temple

Residents can order daffodils for themselves or arrange to have volunteers leave them at the resting site of a deceased loved one at the Mountain View Memorial Park. Daffodil purchasers can choose from a range of options, from \$10 bouquets to a \$75 Friendship Bouquet — a large vase with 40 daffodils.

The yellow flowers will make their first appearance March 13, when volunteers place them at the cemetery. The rest of the community will get them March 15. Last year's event raised more than \$20,000. The money goes toward cancer research, assistance for patients and other cancer-related programs and services.

Residents can place orders through Barstow Flower and Bridal Boutique (1248 E. Main St., 256-8408), Rainbow Florist (Rainbow Florist, 1303A E. Main St., 256-7175), or any of numerous volunteers in the community.

Government Vehicle Gas Station Closure

The government vehicle gas station is closed until further notice due to an electrical

problem. Customers requiring fuel for their government vehicles should come to Building 322, Dispatch Office, and get a Voyager Credit Card to be able to go to authorized gas stations in Barstow. For more information contact John Hines, transportation supervisor, at 577-6296.

Barstow College to Debut on National TV

Tune into the Discovery Channel Network on Feb. 17 at 7 a.m. and see Barstow College's national television debut. The college will be featured in a national broadcast of "The Education Station," a paid program by Pat Summerall Productions. The 30-minute segment profiling Barstow College and its unique strengths and attributes.

The Barstow College segment will also air as part of the local television program, "Main Street" on Time Warner Cable channel 6 at various times during the week of Feb. 17.

The following service members from MCLB Barstow participated in the filming of the video:

- Cpl. Jonathan Henderson
- Sgt. Carlos Barrientos
- Hospitalman Joseph Bindert
- Hospital Corpsman 3rd Class Corey Key

Civilian LESs

Effective the pay period ending Jan 24, 2004, only the final 4-positions of the SSN will be displayed on the hard-copy LESs mailed to civilian employees' home address on record. This change will not impact the electronic LES available on

MyPay, which will continue to display the entire 9-position SSN. For more information, call Rose Vargas at 577-6528.

Veterans Home Volunteers Needed

There are opportunities for community involvement at the Veterans Home of California-Barstow. The Veterans Home is always looking for volunteers to help in a variety of areas such as office work, ground maintenance, and the library. Volunteers may help during the weekdays or the weekends. Marines interested in volunteering should contact Sgt. Christopher Garcia (577-6197, garciaac@barstow.usmc.mil). Civilians who want to volunteer should contact Denise Hall, Veterans Home volunteer coordinator, at (760) 252-6288.

Online Training

Online training is available to you through Army, Navy, and other Web sites. Class categories such as environmental and safety, Microsoft application software, administrative support, communication curriculum, customer service, finance, team building, safety and health, strategic planning and management are just a few.

MCLB Barstow Online Training
<http://www.mclbtraining.com/>
Navy Knowledge Online
www.nko.navy.mil

Gov Online Learning Center
<http://www.golearn.gov>
Graduate School USDA
<http://grad.usda.gov>
Marine Corps Institute (MCI) Online

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
SW0610-DH	Nurse GS-610-09	10-01-2003	Open cont.	N/A	MCLB Barstow
SW3858- CE-03-137683-FL	Metal tank and radiator repairer WG-3858-08 (Term NTE two years)	02-02-2004	02-15-2004	N/A	MCLB Barstow

Applicants interested in the above positions should submit resumes, online at the following Web sites: <http://www.donhr.navy.mil> or <http://www.usajobs.opm.gov>. For information regarding Open Continuous announcements point your browser to <http://www.donhr.navy.mil>. For more information concerning 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 at 577-6357/6279/6481. This is not an official list. Please see the Web sites listed for a complete list.

Scholarships for Military Children applications deadline Wednesday

By Carrie Williams
Defense Commissary Agency

FORT LEE, Va. - Didn't find any "college cash" in your stocking? Don't worry.

There's still time to apply for Scholarships for Military Children money.

Applications for the \$1,500 scholarships are due at the nearest commissary by close of business Feb. 18.

At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link on the front page of <http://www.commissaries.com> or downloaded directly from <http://www.militaryscholar.org> and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide.

Students should put on their thinking caps and give it their best shot when it comes to writing the scholarship essay.

"In past years the essay has been a key factor in deciding among the many outstanding applicants," said program liaison Edna Hoogewind, Defense Commissary Agency.

This year's topic is "What aspect of military life has had the

greatest influence on you?"

Applications must be in the store by

close of business on Feb. 18, and students who are not hand-delivering applications are advised to use a delivery method that supplies a return receipt.

After March 29, applicants may visit <http://www.militaryscholar.org> and click on the "Verification of Receipt" section.

Scholarship managers will respond to "Verification of Receipt" e-mails until June 15.

Applicants should check all materials carefully for simple things, like making sure the application is signed or that

it's the 2004 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of

See CHILDREN Page 11

Battle Color Ceremony slated for March 3

The free and open to the public 2004 U.S. Marine Corps Battle Color Detachment Ceremony is scheduled to be performed on Sorensen Field here at noon March 3.

The U.S. Marine Drum and Bugle Corps, the Silent Drill Platoon and the Marine Corps Color Guard are known across the country and abroad for their precision drill and exciting musical arrangements.

The Drum and Bugle Corps, dressed in brilliant red and white uniforms, open 60 minutes of pageantry playing contemporary songs and uniquely choreographed drill movements in a program entitled "Music in Motion."

Dressed in ceremonial blue and white uniforms, the 24-member Silent Drill Platoon then takes the spotlight performing an intricate series of calculated drill movements and precise rifle handling with bayoneted 10-pound M-1 rifles without verbal commands.

Following the drill, the Color Sergeant of the Marine Corps presents the national flag and the official colors of the Marine Corps, know as The Battle Color.

The Marine Corps Battle Color, with its many multicolored streamers, represents the battles, campaigns, and expeditions Marines participated in during the past 229 years.

Following the presentation of the colors and national anthem, Base Commander, Col. Liz Bergman will be the reviewing officer when the units pass in review playing the Marines' Hymn and concluding the ceremony.

The ceremonial Marines are stationed at Marine Barracks, Washington, D.C., which is known as the "Oldest Post of the Corps."

"What aspect of military life has had the greatest influence on you?"

Healthwatch: Colds, flu require rest, drinking fluids

By Lt. Benjamin Schwartz
U.S. Naval Hospital Yokosuna

YOKOSUKA, Japan (NNS) — The season for runny noses and aching bodies is here.

To help cope, there are many over-the-counter products to treat nagging cold and flu symptoms.

Many pharmaceutical companies market OTC products to be new and better than any of the other products available to treat a certain list of symptoms.

The interesting part about these “new” products is that when you flip the package over and read the label, the products are basically the same or very similar to medications that have been available for years.

On the package there will be a general statement about what the medication does, what it may interact with, and who should and should not take it.

Ask a physician or pharmacist if you are unclear if the product will negatively

interact with an existing medical condition, or medications and herbal remedies you may be taking.

Many OTC products contain more than one active ingredient.

The active ingredient is the component that reduces the symptom(s) you are experiencing.

For instance, ibuprofen reduces pain, fever and inflammation, and pseudoephedrine alleviates a stuffy nose.

Steer clear of OTC products that contain unnecessary active ingredients.

Take products containing ibuprofen with food or milk to help prevent stomach discomfort.

Pseudoephedrine is stimulating in adults and may affect sleeping patterns if

taken close to bedtime.

Children may feel the opposite effect from pseudoephedrine and become sleepy. Diphenhydramine, chlorpheniramine, clemastine and

loratadine are antihistamines.

Antihistamines are the type of medication to look for to treat a runny nose.

All have

the potential to make adults sleepy.

Loratadine is the least sedating OTC antihistamine in adults.

Children, on the other hand, may be “wired” from taking antihistamines.

Guaifenesin is an expectorant and dextromethorphan is a cough suppressant.

For a productive cough (one that produces phlegm), guaifenesin is the mildly effective OTC product that can loosen mucus in the chest and help expel it.

Increase clear fluid intake when taking guaifenesin.

Dextromethorphan is the OTC medication that minimizes a dry, hacking cough or a productive one at night when sleep is a goal.

OTC medications are not a cure for the common cold.

OTC medications are products that have the potential to minimize irritating symptoms.

See your health care provider if your symptoms persist or worsen within 48 hours of starting an OTC product.

For further information about medication, contact your pharmacist at the nearest Military Treatment Facility.

For related news, visit the Naval Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.

For a productive cough (one that produces phlegm), guaifenesin is the mildly effective OTC product that can loosen mucus in the chest and help expel it.

“Four score and seven years ago ...”

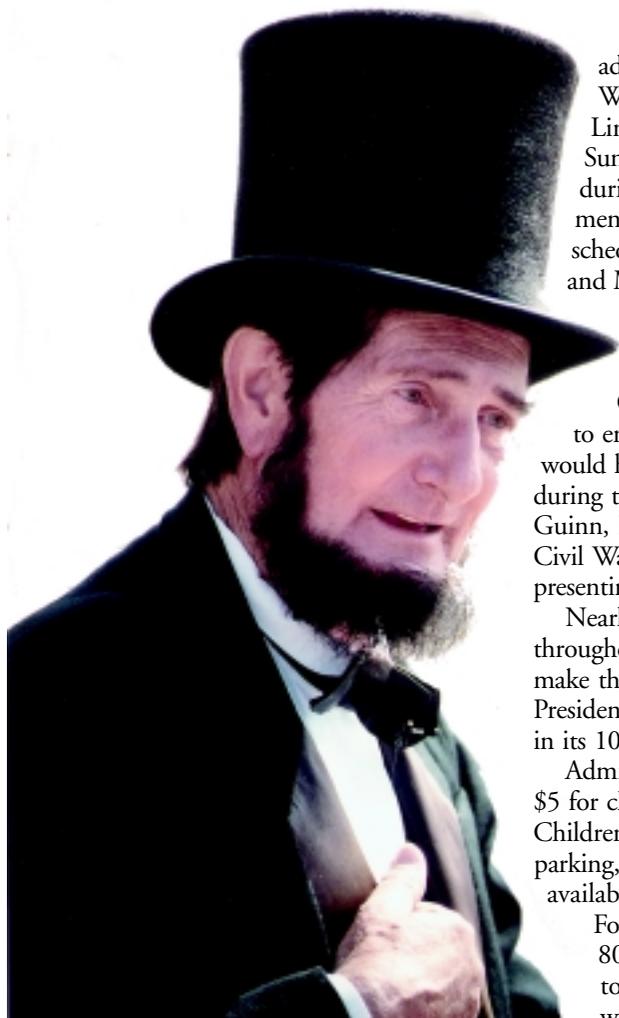


Photo illustration by Lance Cpl. Andy Hurt

The infamous Gettysburg address, performed by William Peck as Abe Lincoln, is scheduled for Sunday at Calico Ghost Town during a Civil War reenactment. The reenactment is scheduled for Saturday, Sunday and Monday of the upcoming Presidents Day weekend.

“We want to present folks a real sense of the Civil War by allowing them to enter an occupied town that would have been under attack during the Civil War,” said Ken Guinn, President of the American Civil War Society, who will be presenting all reenactments.

Nearly 250 troops from throughout southern California will make the trek to Calico, a Presidents Day Weekend tradition in its 10th year.

Admission is \$8 for adults and \$5 for children ages 6 through 15. Children under 6, as well as parking, are free. Camping is available.

For more information, call 1-800 CALICO or check the town’s Web site at www.calicotown.com.

ENDEAVOR from Page 1

procedures used by the Los Angeles Police Department for neighborhood patrolling in gang-dominated areas, the tactics of the British in Iraq which reflect years of experience in low intensity conflicts and peace-keeping operations, as well as our own extensive small-war knowledge.”

These lessons have allowed the Marines to build and conduct a comprehensive training package that includes tactics, techniques and procedures for stability and counterinsurgency operations, Hagee said. The units have conducted rigorous urban combat training, and more than 400 Marines have received Arabic language immersion.

Most of the deployment will occur over the next two months. An Army 1st Infantry Division brigade, already in place in Iraq, will work with the Marines to ensure continuity of mission, officials said.

VITA from Page 1

Volunteers from around MCLB Barstow come out of the woodwork in December. They undergo about month of VITA training during January. On Feb. 1, the volunteers, Marines and civilians, hit the books hard until April 15, said Fadeley.

History indicates that young enlisted service members are eerily drawn to one simple word: “free.” “I’ve heard of Marines going out in town and paying up to \$150,” said Staff Sgt. John C. Sweredoski, legal chief in the MCLB Barstow SJA, adding sarcastically, “just so they could get that ‘instant rebate.’”

Assistance

According to the VITA program overview, published annually, volunteers may take part in various VITA activities, from directly preparing tax returns, teaching taxpayers to prepare their own returns, managing a VITA locale or arranging publicity.

“People can learn about filing taxes themselves,” said Staff Sgt. Laura Sikes, a VITA volunteer from the Communications Division. Sikes said the fact that the service is strictly volunteer can make some taxpayers apprehensive about the free service, when in fact, she said, the qualifying exam VITA volunteers take is more difficult than a major civilian tax firm’s exam. Fadeley concurred.

Another downfall of paying big dollars to civilian firms is the fact that most of the employees are paid on commission, said Sikes. Overall, said Fadeley, “We feel this is a major quality of life program. ... We feel this is very positive.”

“Come on in,” added Sikes. “It’s free.” The SJA would like to add if you are going to miss your appointment, call ahead so others may take advantage of VITA.

Corps looks at warmer option for recruiters

By Sgt. John Neal
1st Marine Corps District

GARDEN CITY, N.Y. — As temperatures in the northern parts of the country hover around single digits and blasts of wind plunge them well below zero, Marine recruiters patrol the streets prospecting for the Corps' future in blue sweaters and thin tanker jackets.

It's been five years in the making, but a warmer option for Marines on recruiting duty could be coming down the pike. Marines at Recruiting Stations Buffalo, N.Y., and Fargo, N.D., are testing three new coats and jackets for possible wear in the future.

Two items are already familiar to Marines - the tanker jacket and the all-weather coat - but with some upgrades to make them more durable in the cold. The tanker jacket and the all-weather coat undergoing testing by recruiters feature quilted liners that add more warmth than the current models being used. The item that is turning heads and winning the favor of Marine recruiters, though, is the blue overcoat, also known as the horse blanket.

RS Buffalo received 12 sets of the three coats for testing in November. The coats were distributed to the sergeant major, recruiter instructor, and 10 Marines at RSS Tonawanda and RSS West Seneca. In an area that averages 80 inches of snowfall annually and where temperatures fall to 25 degrees below zero, the blue overcoats have been a welcome change to current uniform options.

"Up until late December, the tanker jackets were getting the most wear, but

with the frigid weather that has hit us over the past five weeks, the horse blankets have been a godsend for the 12 recruiters that are trying them out," said Capt. Daniel Colvin, RS Buffalo's executive officer.

"I think they're awesome," said Staff Sgt. William Buckwalter, a recruiter at RSS West Seneca who is participating in the test. "They are the best things ever done for us out here."

The navy blue coats are made of 100 percent wool, have a permanent inner liner, and wear like the all-weather coat. Gold buttons with the Marine emblem like those on the Blue Dress jacket decorate the double-breasted coat. The material and the weight of the coat keeps Marines warm by stopping the wind from cutting through, and the length keeps their legs warm. The coat also complements the Blue Dress uniforms and Marines like the professional look.

Buckwalter says civilians often approach him on the street to compliment him about the blue overcoat.

"It's a kind of conversation starter," he said. While the majority of Marines going through the testing favor the overcoat, Staff Sgt. Jeremy Rodgers, SNCOIC of RSS Tonawanda, says he's more partial to the reinforced tanker jacket because the overcoat is cumbersome getting in and out of vehicles. Rodgers finds the tanker



Photo by: Sgt Chad Simon

Sgts. Maj. Craig Brown (left) and Fenton Reese wear the blue overcoat and reinforced tanker jacket currently undergoing testing by Marine recruiters in Buffalo, N.Y. and Fargo, N.D.

jacket with the quilted liner provides sufficient warmth when outside and, yet, is still comfortable when worn indoors.

"It's not so big and bulky so when you go to someone's house you don't have to take it off and look for some place to lay it down." Though the overcoat is "very warm," Rodgers says the wool material is also a magnet for lint and hair.

"If you go into somebody's house and they have a pet, God help you."

Sgt. Maj. Craig Brown, sergeant major of the 1st Marine Corps District, has been lobbying for new coats for recruiters in the northeast since 1999. "You wouldn't send a Marine into combat without proper equipment. Some recruiters are working in extreme weather conditions. It's not uncommon to see recruiters in frigid temperatures

wearing only a tanker jacket and sweater."

Tests will last for three months with surveys issued at 20-, 60- and 90-day marks. After testing is complete, the data will be sent to Marine Corps Recruiting Command for selection and approval.

"We need to push out the type of gear Marines need to do their mission in adverse weather conditions."

BMC 'backbone' wins Sailor of the Year award

By Pfc. Jenna Lassandrello
Barstow Log Staff

MCLB Barstow is often referred to as a base with non-deployable units, but that does not mean the people in those units don't deploy.

During 2003, 50 percent of the BMC staff deployed in support of Operation Iraqi Freedom, leaving the clinic severely understaffed.

Throughout the entire struggle to keep the BMC's services available and proficient, one sailor stood out above all the rest.

Hospital Corpsman 1st Class Dezeree-Francine Thomas, the leading petty officer of the Primary Care Department, was recently awarded with the Sailor of the Year title for her ability to take charge in the challenging situation and overcome all of the obstacles that she was faced with while left behind in an understaffed and inexperienced clinic.

"I was all of a sudden the senior enlisted leader on deck, and although leadership is not new to me, it was unusual not to have an enlisted person to

go to if there was a problem," said Thomas.

Even in the face of adversity, the clinic pressed on with its mission, and impressively suffered very little.

"There was only one day when the clinic was closed, and we were actually seeing more patients while the corpsman were deployed than before they left," exclaimed Thomas.

"It was through the hard work and long hours of my enlisted staff that made the clinic run," said Thomas. "The new corpsman were quick learners and the all the corpsman were very supportive of each other and worked as a team."

Some might say this is being modest.

"HM1 Thomas has been the backbone of the (BMC) for the past 12 months," said Lt. Cmdr. Donna Jeffcoat, the officer in charge of the Branch Medical Clinic.

"HM1 Thomas was responsible for assuring that (the departing) sailors were physically and mentally prepared to deploy. Faced with a myriad of demands and severe personnel shortages, HM1 Thomas provided the leadership



HM1 Dezeree-Francine Thomas

necessary for the clinic to successfully sustain operations," said Jeffcoat.

Thomas joined the Navy in 1986 and attended recruit training at the Naval Training Center in Orlando, Fla.

She became a corpsman at the Naval

Hospital Corps School in Great Lakes, Ill.

Her duty stations include a tour at the Naval Hospital in Guam, a tour at the Branch Medical Clinic at Barbers Point, Hawaii, a tour at the Branch Medical Clinic in Concord, Calif., a second tour in Guam, and Thomas has been at MCLB Barstow since 1999.

Thomas plans on retiring from the Navy in 2006 and moving to the Las Vegas area and spending more time with her family.

Thomas has four children, Justina, Jessica, Shay and Trey and is married to Richard Thomas.

Thomas's military decorations include a Navy and Marine Corps Achievement Medal, an Army Achievement Medal, a Navy Meritorious Unit Commendation Medal with two bronze stars, a Navy Good Conduct Medal with three bronze stars, a National Defense Service Medal with one bronze star, a Humanitarian Service Medal with two bronze stars and a Navy and Marine Corps Overseas Service Ribbon with three bronze stars.

AROUND THE CORPS

NAPRA keeps HMM-163 fighting while deployed

By Sgt. Mark P. Ledesma
13th MEU

ABOARD USS PELELIU — Aircraft maintenance is a major element of a Marine Expeditionary Unit.

When Marines and sailors operating in the Western Pacific or Arabian Gulf cannot repair a damaged aircraft because of structural damaged, a group of civilian aircraft mechanic experts from the Naval Air Pacific Repair Activity are flown in from Okinawa, Japan, to assist in the job.

During the 13th Marine Expeditionary Unit's Western Pacific deployment, NAPRA's depot level support of aircraft maintenance was crucial to the long and constant flight operations the MEU conducted under the guidance of the U.S. Navy Fifth Fleet.

Since the Fighting 13th's deployment last summer, NAPRA technicians have been dispatched to assist the MEU on several occasions to repair structural damages on an AV-8B Harrier, a UH-1N Huey, a CH-53E Super Stallion and two CH-46E Sea Knights.

According to 1st Lt. Lou H. Royer, maintenance material control officer, Marine Medium Helicopter 163 (Reinforced), there are three levels of maintenance when dealing with Marine Corps aircraft, and each level is a specialized level of technical experience with depot level being the highest.

The first level is organizational level, which can be completed by Marine technicians.

Technicians deal with inspections and removal and replacement of major aircraft components such as engines, propellers and rotor heads.

The next echelon of maintenance is intermediate level. Marine technicians can also complete intermediate-level tasks. It deals with limited repair of major components.

According to Dennis Helms, NAPRA planner and

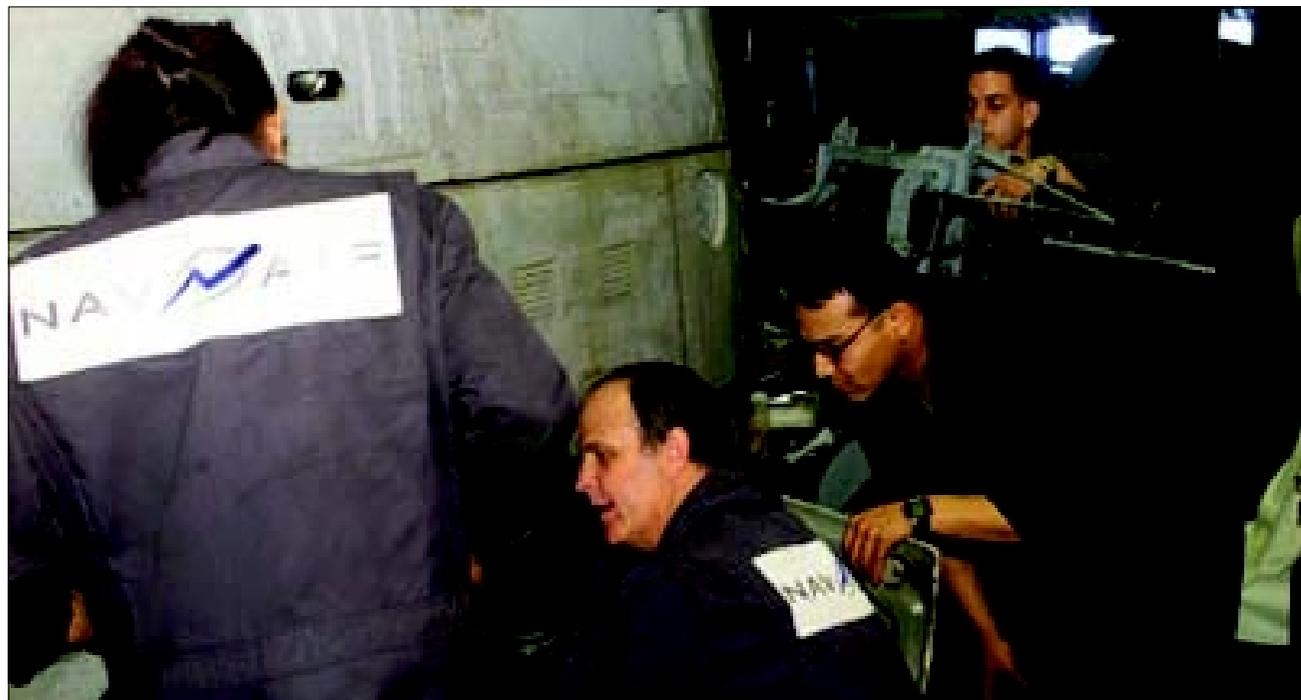


Photo by Sgt. Mark P. Ledesma

Naval Air Pacific Repair Activity Mechanics repair a damaged UH-1N Huey Jan. 16 aboard the USS Peleliu. During the 13th Marine Expeditionary Unit's Western Pacific deployment, NAPRA's depot level support of aircraft maintenance was crucial to the long and constant flight operations the MEU conducted under the guidance of the U.S. Navy Fifth Fleet.

estimator, the biggest satisfaction he gets from repairing a damaged aircraft is watching it fly back into action.

"We get such a high level of satisfaction because we're also out here working in the tip of the spear," said Helms.

According to its Web site, NAPRA's has been supporting the Navy and Marine Corps team in operations and conflicts since the mid 50's, including Vietnam and the Gulf wars.

Its current personnel located in Atsugi, Okinawa, Korea, Australia, and Singapore continue to provide essential aviation depot level repair services to the fleet from the Northern Pacific to Antarctica, from Hawaii to the Persian Gulf, and in Europe. "These guys are true professionals," said Royer. "The jobs they perform are indispensable. We could not continue to do our mission without their support."

New competition planned to increase morale, participation during battalion physical training

2nd Platoon announced as first winners of quarterly award

By Pfc. Jenna Lassandrello
Barstow Log Staff

Iron Platoon Winners

The points have been totaled, and one platoon came out above all the rest. 2nd Platoon beat out its competition and took home the newly implemented "Iron Platoon" award for the final quarter of 2003.

Throughout each quarter, platoon competitions will give the platoons a chance to gain points, and at the end of each quarter the points will be tallied and a winner will be awarded the "Iron Platoon" plaque.

"The plaque will be a rotating award that displays the winning platoon, the platoon commander, the platoon sergeant, and the past winners," said Gunnery Sgt. Tad Snidecor, a supply officer with the Headquarters

Battalion.

"We are hoping that the competitions will bring more participation and higher morale to the battalion events," said Snidecor.

2nd Platoon's high motivation, camaraderie within the platoon and naturally gifted athletes is what 1st Lt. Michael Smith, the platoon commander of 2nd Platoon, accredits the platoon's success to.



The Iron Platoon award

"Their warrior spirit and never-give-up attitude helped them succeed in the competition," said Smith.

Looking forward

Looking forward to 2004, 4th Platoon is in the lead for the first quarter so far.

Two events have allowed the platoons to gain points for this quarter, the football game on Jan. 16 and the field meet following battalion PT on Jan. 30.

Standings

The current standings are 4th Platoon in the lead with 30 points, 1st and 2nd Platoons tied with 25 points, and 3rd Platoon trailing with 15 points. It is still early to predict the winner for the first quarter of 2004, but the leaders from 2nd Platoon claim that they are not planning to let the plaque go any time soon.

"2nd Platoon always supports the battalion with a good turnout at the events," said Staff Sgt. Laura Sikes, the platoon sergeant for 2nd Platoon who predicts that the platoon members' motivation in 2nd Platoon will help them succeed in the future competitions.

Jive talk

Smith had only one thing to say about the future competitions, "1st Platoon and (1st) Lt. Taylor, where you at?"



Photo by Pfc. Jenna Lassandrello

(Back row from left to right) Staff Sgt. John Kenney, Lance Cpl. Friday Ellis, LCpl. Jason Jordan, Cpl. Douglas Hawks, Pfc. Lauren Johnson, Lance Cpl. Rebekah Wavle, Cpl. Timothy Graham, Lance Cpl. Randol McKenzie, (middle row) Sgt. Juan Chavez, Lance Cpl. Kathleen Gilliam, Lance Cpl. Ryan Simmons, Sgt. Christopher Garcia, Lance Cpl. Christopher Moore, (Front row from left to right) Lance Cpl. Brian Bannister, Cpl. Gregory Horn, Cpl. Daniel Humble, Staff Sgt. Laura Sikes, 1st. Lt. Michael Smith, Lance Cpl. Joshua Pascua, Cpl. Anthony Spart, Lance Cpl. Britney Schneidt, Gunnery Sgt. Edward Jones.

BRIEFS from Page 3

Type link: <http://www.mci.usmc.mil>
 Chief of Naval Education & Training
 Type link: <https://cnet.navy.mil>
 Army Correspondence Course Program
<http://www.atsc.army.mil/accp/aipdnew.asp>
 Advanced Learning Technology Resource Center
<http://www.altrc.gov/>
 Air Force Institute for Advanced Distributed Learning
<http://www.maxwell.af.mil/au/afiadl>
 Research Web sites to locate desired course, check for fees associated with the class. Courses requiring fees will need to be requested through the usual channels. For convenience, courses may be taken at home independently or at work with approval of the employee's supervisor. For more information,

contact Norma Watson at 577-6252.

Water Outages

Due to the ongoing upgrade of the Nebo backflow devices, the following water outages are scheduled for the listed dates and locations. Call 577-6911 for additional information.

Feb. 12 thru 16 at Building 325 from 7 a.m. to 3:30 p.m.

Feb. 17 at Building 187 from 7 a.m. to 4:30 p.m.

Feb. 18 at Building 114 from 7 a.m. to 4:30 p.m.

Feb. 26 at Building 176 from 7 a.m. to 4:30 p.m.

March 1 at Building 177 from 7 a.m. to 4:30 p.m.

Power Outages

Due to the ongoing upgrade of the Nebo electrical distribution system, the following outages are scheduled for the listed dates and locations. Call 577-6911 for additional information.

Feb. 14 at the CNG station, Street Light Regulator at the Beer Garden and Building 342 from 7 to 9 a.m.

Feb. 14 at Buildings 204 and 218 from 7 a.m. to 4 p.m.

Feb. 15 at Building 321 (Post Office)

Feb. 16 at Building 196 (CNG station), Street Light Regulator at the Beer Garden from 7 a.m. to 4 p.m.

Feb. 16 at Warehouses 5, 7, 9, 11, 13; Buildings 18, 143, 144, 232, 233, 325, 326, and 343 from 7 a.m. to 6 p.m.

Feb. 17 at Building 342 (Bowling Alley) from 7 a.m. to 4 p.m.

Feb. 21 at Quarters 9 and 13, pump house at Quarters 9, Warehouses 8, 10, 12 and 14, Buildings 146, 147, 165, 170, 236, 237, 290, S-41, S-48, DRMO truck scale and the east gate guard shack from 7 a.m. to 7 p.m.

Feb. 22 at Buildings 301

(Family Restaurant) and 302 from 7 a.m. to 4 p.m.

Feb. 28 at Warehouses 2, 3, 4 and 15, Buildings 27, 36, 44 and racquetball court, 143, S-184, T-100 (Golf Club House), filtration plant, and Sorensen Field from 7 a.m. to 7 p.m.

SAFETY from Page 2

installation streets and roadways, regardless of the age of the rider. Bicycles must be equipped with a white headlight or reflector highly visible from the front and at least one red reflector visible from the rear when being operated in between the times of sunset and sunrise. Bicycles shall be equipped with spoke/wheel-mounted reflectors for increased visibility from the side. To enhance visibility, bicycle riders should wear light colored clothing during the day, and during periods of reduced visibility, bicyclists shall wear retro-reflective clothing, reflective vest or reflective belt.

"Retro-reflective gear is simply a reflective road guard vest or vest with reflective features, not just an orange vest. Reflective gear is required to ensure all PT formations and individual runners are seen by oncoming vehicles. A jogger may see an approaching vehicle, but that does not mean the vehicle can see the jogger. A reflective vest or belt is just another safety precaution that is necessary to prevent injury to everyone aboard MCLB," said Parker. To get more information about base safety policy, contact the base safety manager at 577-6001. People who have access to the base intranet may view Base Policy Statements by visiting <http://mclbonline> and clicking "Policies & Directives" then "Base Policies."

Reflective vests can be obtained by contacting HQBN S-3 or can be ordered through the supply system with the following NSN's: High Visibility Vest, NSN 8415-00-177-4974, or Belt, High Visibility, Yellow, NSN 8465-01-225-4657



By Jim Gaines
MCCS Publicity

Roses for her

Pick up a dozen or a half dozen pre-wrapped roses for her for Valentine's Day. They're on sale now through Saturday. Also check out our boxed candy, another perfect gift for Valentine's Day.

Our Home Electronics Sale, which begins Monday and runs through Feb. 22, will feature 15 percent off all home and car audio and video equipment.

For more information call the Super Seven Store at 256-8974. The Super Seven Store/Gas Station are open Mondays through Fridays, 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m. and Sundays 10 a.m. to 6 p.m. 24/7 credit card for gas.

Club activities

At the Oasis Club this week: Tonight is Happy Hour from 3:30

to 6 p.m. Tomorrow is TGIFamily Night. Tuesday is Burn Your Own Steak Night and Wednesday is Movie Night. Feb. 19 is Bosses Night at the Enlisted Club.

At the Enlisted Club this week: Darts, pool, TV and CD music every night. TGIFriday! every Friday. Saturdays, Sundays, Mondays and Tuesdays are Bar and Grill Nights, and Wednesday is Midweek Relaxation Hour from 6:30 to 7:30 p.m.

Sunday, be sure to catch the NBA game at the club.

Again, next Thursday is Bosses Night. Bring your boss and come on down.

For more information call Tammy at 577-6418.

Baby sitter training

The American Red Cross will present a baby sitting class Friday at the Child Development Center.

The cost is \$18 which includes a

book, training and certification card. Bring a bag lunch.

Entrants must be 12 years or older.

Register today at the Child Development Center, Building 372 to reserve your spot.

Semper Fit sports resumes

Semper Fit is seeking resumes from Marines interested in competing in the following sports:

All-Marine Women's Basketball Team. Resume must be submitted not later than Feb 21.

All-Marine Women's Volleyball Team. Resume must be submitted not later than Mar. 19.

All-Marine Women's Soccer Team. Resume must be submitted not later than Mar. 21.

All-Marine Men's and Women's Triathlon.

Resume must be submitted not later than April 1.

Marines interested in competing must submit a resume through the Semper Fit Athletic Director for endorsement located in Building 44, telephone 577-6817.

All who are interested are encouraged to submit a resume and participate.

Let's have some great MCLB teams this year.

Resumes can be found at <http://www.usmc.org/semperfit/sports/sports-main.asp>.

Attention Students!
You + good grades = Great Rewards



Who: Students in grades 6 through 12 who attain an overall B average at the end of the grading period.

How: Visit your Super Seven Store within 30 days of receiving your report card.

Win: Eligible students receive a scratch-off card with a guaranteed prize! Each student is a winner! Grand prize winners will receive a \$1,000. U.S. Savings Bond.

Your Marine Corps Exchange congratulates you on a job well done! Prize must be claimed within 30 days of receiving your report card. Eligible students receive only one scratch-off per grading period. Winners must be eligible patrons of the Marine Corps Exchange (whose parents or guardians live and/or work on MCLB Barstow). For more information call the Super Seven Store at 256-8974.

I believe that we need to be aware of the role that we play in the struggle for freedom.

CHAPLAIN from Page 2

places in our world who are shedding blood for a cause.

Sometimes the cause is political other times it is religious.

We do not have to look very far to find places where people are killed for their religious beliefs or for their political stances.

We are already very aware of people who are shedding blood in far away lands for the purpose and idea of freedom.

This is the freedom that we enjoy right here in Barstow.

The fact that this country allows us to have and hold different beliefs without having to shed blood appears to be a major accomplishment when measured against the actions of many places across the globe. This freedom makes the

transition from being an idea to becoming a reality.

The fact is that we do struggle for many reasons.

We struggle on personal issues and we struggle on national and international issues. We struggle daily with finding ways to bring freedom and peace to places torn with strife.

We look diligently for opportunities to turn war torn places impacted by poverty and disease into places of refuge and care.

Frankly, sometimes we get tired of the struggle.

As we sit here in America, in front of our TV sets watching the events of the world unfold before us as though it were happening right in our communities we grow tired of the struggle.

I believe that we need to be aware of the role that we play in the struggle for freedom.

We enjoy freedom and many even take it for granted mostly because we are far

removed from those who did struggle to the point of bloodshed in order for us to have freedom.

Now it is our turn to support others who are struggling just as hard.

It is our time to look back on our own history and see that we are not all that much different from all those other places where freedom is not yet a reality and instead of finding ways to condemn actions meant to bring liberty and peace, we should look for ways to support the outcome of those actions.

Peace,

Fr Randel

CHILDREN from Page 4

active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database.

Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card. The applicant must be

planning to attend, or already attending, an accredited college or university full-time in the fall term of 2004, or enrolled in a program of studies designed to transfer directly into a four-year program.

Additional instructions can be found on the application or at <http://www.militaryscholar.org>.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the Scholarships for Military Children program.

Fisher House Foundation uses the services of Scholarship Managers, a professional firm that has handled more

than 400 programs, to screen applicants and award scholarships. Neither Fisher House nor DeCA are involved in the decision process.

The Scholarships for Military Children program has awarded nearly 1,500 scholarships and nearly \$2 million since the first awards in 2001. Scholarships are funded through the voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries. For more information contact Bill McCroy, the MCLB Barstow Commissary manager at 577-6403, or drop by and pick up an application

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

1985 NISSAN MAXIAMA: Not running, needs new transmission, \$500. E-mail olguinmf@barstow.usmc.mil or call 577-7767.

1998 PLYMOUTH BREEZE: Runs good, \$2500 OBO. E-mail olguinmf@barstow.usmc.mil or call 577-7767.

1997 FORD EXPEDITION SPORT UTILITY: Silver, V8, 4.6 liter, automatic, 4 wheel drive, fully loaded with multi compact disc charger, (81,000 miles), \$14,000. Call 252-1160.

1999 CHEVY, S-10, gold, 55k miles, many extras, \$8,000, Call 255-2771 to see the vehicle.

MISCELLANEOUS: 5 alum. wheels for 1999 Jeep Wrangler, 8 x 15, best offer. Call 254-3675 AWH.

MISCELLANEOUS: Stove, gas, apartment size, Good Condition. Call 256-9813.

MISCELLANEOUS: Canoe, 17 foot aluminum gruman, xlt shape, no dings, used approximately 4 times, \$400. Call Naydean Williams 252-3456.

MISCELLANEOUS: Washer/dryer for \$75; futon, black, \$50; miscellaneous items from \$10 - \$100. E-mail olguinmf@barstow.usmc.mil or call 577-7767

MISCELLANEOUS: Heritage sofa, light green velour, xlt cond, \$150, OBO; computer desk, Oak/black finish, xlt cond, \$40 OBO. Call 252-4996.

MISCELLANEOUS: Electric dryer, works good, \$50. Call 760 486-6270.

MISCELLANEOUS: Camper shell utility type, Color white, fits Ford Ranger and has ladder rack on top, make offer. Call 252-7503 for further details.

MISCELLANEOUS: Kitchen table, seats 4, good condition, solid wood, \$100. Call GySgt. Parker at 255-2771.

THANK YOU: I would like to thank all of you for the cards, prayers, well wishes and donated leave that was given in my behalf during my time of convalesces, Charles (Chuck) C. Ashbrook III.