

# BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 8, No. 35

Marine Corps Logistics Base Barstow, California

September 2, 2004

## School Bus Safety

Tips to help students get to school safely this year.

Page 2

## Junk Food

How Marines can eat healthier by dumping the junk.

Page 6

## M198's wrath

Fox 2/11 test fires with workers from CWC 729.

Page 8

## Around the Corps

Marines in Fallujah conduct Operation Clean Sweep.

Pages 9

## Check out the Marine Corps Web site.

<http://www.usmc.mil>

**BARSTOW LOG**

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

# Maintenance Center Barstow bids farewell to Col. Gerlaugh, welcomes Col. Sass

By Rob L. Jackson  
BARSTOW LOG staff

Maintenance Center Barstow received its newest commander Aug. 26 during a change of command and retirement ceremony in the Commander's Conference Room at Building 573 at the Yermo Annex.

Col. Rob Gerlaugh passed Maintenance Center's helm to Col. Arthur H. Sass in front of an audience that included friends, family, special guests, managers, and trades department supervisors.

Gerlaugh, who has served as the MCB commander since August 2002, is also retiring after nearly 30 years of active service and moving on to Northern Virginia where he plans to relax and spend time with his family before beginning a new career.

Sass takes over after serving as chief of staff for the Marine Corps Logistics Command, Albany, Ga.

Upon accepting the commander's position Sass thanked Gerlaugh for the magnificent job he's done while serving as MCB's commander.

He revealed that in his position as chief of staff for LOGCOM he spoke with Gerlaugh regularly and witnessed his accomplishments as the Maintenance Center Barstow commander for the last two years.

"This day is not mine, it's Col.

Gerlaugh's. I'll get my chance two years from now," he said jokingly. "It's very easy for one who is going to move into retirement to start a month, maybe even six months, to start to get ready for retirement.

"... you're my hero because up until 30 minutes ago you were still doing your job and that's admirable and I appreciate that because that's the type of man you are. You came in here and did some wonderful things because of who you are and I thank you for that example," he said.

Gerlaugh took the floor and thanked all in attendance for helping him to make the Maintenance Center the success it is today.

"I know I haven't been the easiest guy to work for but you stood by me and worked with me and for that I thank you all," he said emotionally.

During the retirement portion of the ceremony Col. Larry Brown, assistant chief of staff, G-3, I Marine Expeditionary Force, a long-time friend, and presiding officer over the ceremony, briefly highlighted portions Gerlaugh's career and talked about their long-time relationship.

Brown first expressed his appreciation for the work that the Maintenance

See COMMAND Page 10



Photo by Rob Jackson

Col. Arthur H. Sass, Maintenance Center Barstow's new commander, addresses a small audience by first thanking everyone for attending and giving him the opportunity to be their new commander and then Col. Rob Gerlaugh for the work he has done during his tenure as MCB's leader for the past two years.

# Col. Gerlaugh highlights tour as MCB commander and U.S. Marine

By Rob L. Jackson  
BARSTOW LOG staff

On August 26, Col. Rob Gerlaugh passed the reins of Maintenance Center Barstow to Col. Arthur Sass and at the same time, retired from active duty after nearly 30 years of service to the Corps.

During those 30 years Gerlaugh served as an infantry officer in units ashore and afloat, as a logistics officer, has commanded at the company and battalion levels, and has held staff assignments from battalion through joint, sub-unified command and service levels.

In August 2002 he took command

of Maintenance Center Barstow, which turned out to be the most challenging of his career.

"I came straight from logistics; nothing to do with depot maintenance other than being a customer," said Gerlaugh. "But I've had some great opportunities and some really neat jobs and assignments... but nothing that would have prepared me for the specifics of being a depot commander."

According to the colonel he had never heard of the Theory of Constraints, never heard of Working Capital Fund and never saw a financial spreadsheet.

"I learned Operations and Maintenance, I know O&M very well and working capital fund is way different," he emphasized.

Working capital fund and the realization that costs really mean something because for every dollar that's spent, that's one more dollar the depot has to make in revenue, he elaborated.

After settling into his new assignment, he confirmed that some things needed to change within the walls of Building 573 if it were to proceed into the future.

One of the first changes to the Maintenance Center began in late 2002 with a major realignment of MCB's operations, which was actually implemented in the spring of 2003.

"We were having to rework our processes, from planning all the way through to close-outs of the jobs, using Theory of Constraints and MRP2 as our main tools of production – or at least our adaptation of 'TOC and MRP,'" he said. "(TOC and MRP) will fundamentally change the way this place does business. It will practically be a cultural change, the way we do business; we are not there yet."

However, according to Gerlaugh, MCB wouldn't be where it is now under the old business center model that was in place when he arrived.

See GERLAUGH Page 9

# Safety tips: keeping children safe on the way to school

Compiled by  
Barstow Log Staff

With summer over and the school year kicking off, children should be reminded of the hazards that are present around school buses.

School buses can be dangerous if the children are not aware of the risks and the safety tips that can keep them safe.

### Before boarding the bus:

- Have a safe place to wait for your bus, away from traffic and the street. Parents should scout out a good loca-

tion where children can be easily seen, especially in the early morning light, but that is far from the road and traffic.

- When the bus is approaching, do not go out to meet it. Wait until the bus comes to a complete stop and the bus driver signals riders to approach the bus.

- Watch for traffic. If bus riders must cross the street to board the bus, make sure that the street is clear. Never assume that all cars wait behind the buses while they make their stops.

### While riding the bus:

- After entering the bus find a seat

and sit down. Loud talking and horse play distract the driver from the road.

- Never put head, arms, hands or legs out the windows.

- Keep the aisles clear. The aisle is the way out in case of an emergency.

- Prepare belongings to exit before the bus gets to the stop, but wait until the bus has come to a complete stop before standing up and approaching the exit.

### When exiting the bus:

- Children should exit the bus and walk 10 big steps away from the bus. Keeping distance from the bus can pro-

vide the bus driver and other cars better visibility of the pedestrians.

- Never walk behind the bus. The bus drivers cannot see behind the bus.

- Always use handrails when entering and exiting the bus.

- Always be aware of the traffic around the bus and watch for sudden changes.

- Wait for the driver to signal before crossing the street.

Walking and biking to school can also provide dangers that children need to be aware of and protect themselves from.

See SAFETY Page 5

## Team players are winners

By Lt. Cmdr. Randel Livingood  
Base Chaplain



When the Olympics are in progress it is always a special time.

It seems to be a time when people do their best to put aside politics and malice and

attempt to focus solely on sport.

Of course there are a variety of sports that cover just about any athletic endeavor you could imagine.

People train for years to get the opportunity to go to the Olympic Games and watching them compete is a wonderful event.

You can see every emotion on the human scale.

There is intensity, happiness, sorrow, and elation.

You can watch the face of the competitors as they concentrate on what they are about to do whether it is lifting an enormous weight or running a very fast race.

There are two types of competitions overall, team competition and individual competition.

Individual competitors are people like gymnasts or swimmers, pole-vaulters or high jumpers, karateka or judoka.

All of these people go out and compete on their own against others and they either win or lose depending on their training and the quality of the competitors.

The team competitors are people who are supposed to work together

See CHAPLAIN Page 11

## Just doing my job ...



Photo by Lance Cpl. Ashley Warden

Lance Cpl. Jason Jordan, currently working as a stableman at MCLB Barstow's base stables, ties Rookie to a hitching post before grooming and saddling the horse to practice riding. Jordan, who had never had experience with horses before working at the stables, said there is always a sense of gratification after putting in a hard day's work.

### Chapel Services

Protestant Sunday 8:30 a.m.

For more information, call 577-6849.

### Religious Events

Morning prayer, Building 15 ASD 8:30 a.m. Tuesdays.

Seekers Bible Study, Building 126, Religious Ministries Center 5 p.m. Wednesdays.

Lunch time episcopal mass, Building 128, Blessed Sacrament Chapel 11 a.m. Thursdays.

### Religious Services off base

#### Catholic Mass:

St. Joseph's Catholic Church  
505 E. Mt. View  
Barstow  
Sundays, 7:30 a.m. Misa En Espanol  
9:30, 10:30 a.m. English

#### or:

St. Philip Neri Catholic Church  
25333 Third Street  
Lenwood  
Sundays, 9:30 a.m. English

#### Jewish Services

Congregation Bamidar  
Shel Ha-Am  
130 Eastgate Road  
Barstow  
Saturdays 10 a.m.



Marine Corps Logistics Base Barstow, California  
Colonel Steven J. Thompson, Commanding Officer

#### Public Affairs Staff

Public Affairs Officer: Bill Bokholt  
Public Affairs Chief: Gunnery Sgt. Lashanda Richardson  
Public Affairs Specialist: Rob L. Jackson  
Editor: Cpl. Andy J. Hurt  
Correspondent: Lance Cpl. Jenna Lassandrello  
Correspondent: Lance Cpl. Ashley Warden  
Correspondent: Lance Cpl. Nich R. Babb  
Public Affairs Support Clerk: Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282. This newspaper is an authorized publication for members of the Department of Defense. Contents of **BARSTOW LOG** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. **BARSTOW LOG** is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything

# 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](mailto:editor@barstow.usmc.mil).

## Blood Drive

A blood drive is scheduled to be held on Sept. 9 from 11:30 a.m. to 3 p.m. at the base gym, Building 44 and at the Maintenance Center, Building T598. All departments should submit a list of voluntary donors to the Human Resources Office no later than Friday.

Fleet Support Division and Installation and Logistics Department are to submit a list of donors to the Maintenance Center. Volunteers should come at their scheduled time to ensure a smooth-flowing blood drive.

For more information, contact your organization's administrative office.

## Leave Transfer Program

Charisma Turner, badge #9226, 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.

## Community-Military Mixer

The annual Community - Military Mixer will be held at MCLB Barstow's Oasis Club starting at 6:30 p.m., Sept. 22.

This is the 14<sup>th</sup> year that local civilian communities and military personnel of all ranks from MCLB Barstow and Fort Irwin National Training Center gather to establish and renew relationships in a friendly and social atmosphere.

Advance tickets are \$15 for military officers, enlisted personnel E-6 and above and civilians. Cost for military personnel E-1 through E-5 is \$10. Tickets are \$17 at the door except for "will call."

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

For more information contact the MCLB Barstow Public Affairs Office at 577-6430 or to purchase "will call" tickets contact the Chamber of Commerce at 256-8617.

## Hispanic Heritage Luncheon

The Hispanic Employment Program Committee is sponsoring the Hispanic Heritage Luncheon on Sept. 30 from 11 a.m. to 12:30 p.m. at the Oasis Club.

Former Korean War prisoner of war, David Villafana will be the guest speaker. Everyone is encouraged to attend. Tickets must be purchased by

Sept. 23. For more information or tickets, contact Marva Johnson 577-6965, Davis Mendez 577-7173, Ed Tintos 577-7193, Philip Peralta 577-7127, Delane Romero 577-7312, Anita Lewis 577-6788, Barbara Rodriguez 577-6247, Stanley Padilla 577-7127.

## Watering Policy Changed

The base policy on lawn watering has been changed. Residents may now water their lawn between the hours of 6 and 8 a.m. and 6 and 9 p.m. For more information on the watering policy call GySgt. Edward Jones, the base housing chief at 577-6871.

## Maintenance Complaint Line

To report complaints about repair and maintenance work on real property (base structures excluding base housing), call 577-5159.

## Free Concert

Barstow College is scheduled to host a free public performance of the U.S. Air Force premiere musical troop, Tops in Blue, Tuesday at 7 p.m. in the college gymnasium.

Tops in Blue is comprised of 35 vocalists, musicians and dancers from the U.S. Air Force. This specialty unit performs for military personnel and their families worldwide.

The Holiday Inn Express Hotel and Suites at the Outlet Center has joined Barstow College as co-sponsors of the event.

Barstow College is located at 2700 Barstow Road in Barstow, Calif.

For more information, contact Sue Jones at 252-2411 ext. 7350.

## Volunteers Needed

In recognition of the 11<sup>th</sup> annual National Public Lands Day, the Bureau of Land Management is seeking 100 volunteers to participate in a variety of work projects at the Desert Discovery Center Sept. 18.

The 7,000 square foot environmental education center is located at 831 Barstow Road.

Volunteers will work on various projects such as garden and grounds cleanup, drip irrigation repair, information kiosk repair, demonstration garden work, trail work, painting, wood sealing and general housecleaning.

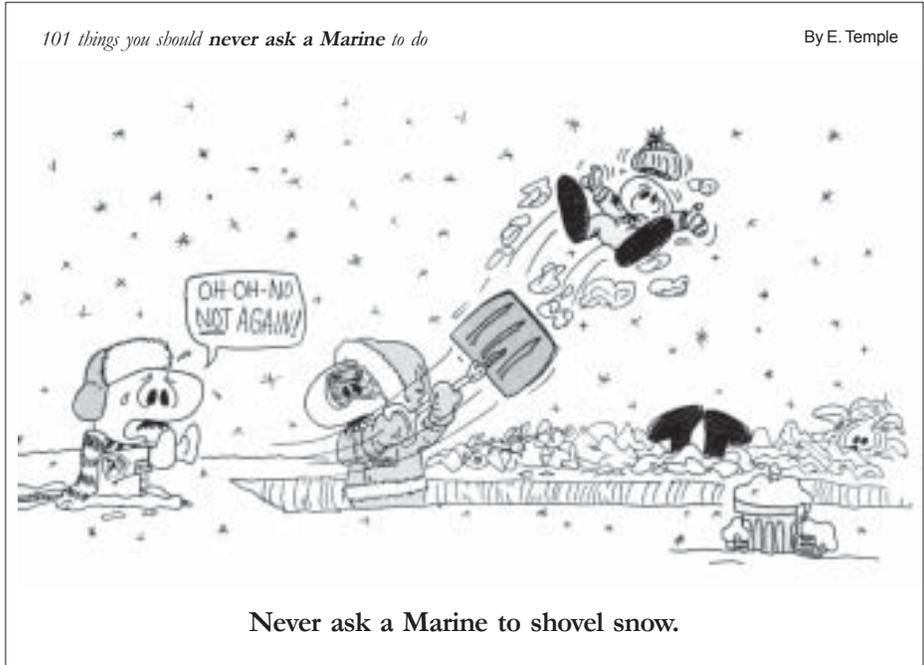
Registration begins at 7 a.m. with work activities starting at 8 a.m., continuing until lunch time. Interpretive programs and volunteer recognition are scheduled for the afternoon.

The BLM will provide a barbecue lunch and the first 50 volunteers will receive a t-shirt.

For more information, call Rose Foster-Bearsheard at 252-6011.

## Case Lot Sale

MCLB Barstow's Commissary is scheduled to hold a Case Lot Sale Sept. 18 from 9:30 a.m. to 6 p.m. and Sept.



Never ask a Marine to shovel snow.

18 from 8:30 a.m. to 5 p.m.

Shopping the case lot sale can save big bucks. Approximately 30 percent of the items will have coupons to further reduce the cost.

Contact the Commissary at 577-6406/6439, for more information.

## Cell Phone Alert

Watch out for people with cell phones in hand standing near you in the checkout line at retail stores, restaurants, grocery stores, etc.

With the new camera cell phones, they can take a picture of your credit card, which gives them your name, number and expiration date.

Identification theft is one of the fastest growing crimes today and this is just another example of the means that are being used. Be aware of your surroundings to ensure that you do not allow others to view or photograph your identity information.

## Ramp Closures

The California Department of Transportation will continue the construction project on Interstate 15 from

Victorville to Barstow, which will result in the closure of the northbound on and off-ramp at Wild Wash Road.

The 60-day closure began Aug. 22.

For more information, contact Terri Kasinga at (909) 383-6290 or (909) 383-4631.

## Rumble Strips

The California Department of Transportation began a project to install rumble strips in the center median on State Route 58 from the Los Angeles County line to approximately six miles east of Kramer Junction.

The project began Aug. 23 and continues through the beginning of September.

Lane closures will take place from 7 a.m. to 4 p.m., however one lane will remain open during construction hours.

Rumble strips are grooves in the asphalt, which alert motorists that their vehicle is leaving the lane.

These strips will reduce passing related accidents along the stretch of SR 58.

The California Highway Patrol, pi-

lot cars and flagging will be used to direct and monitor traffic during construction and to assist in the passing operation.

For more information, contact Terri Kasinga at (909) 383-6290 or (909) 383-4631.

## School Night Activities

Schools in the Barstow Unified School District invite parents to attend "Back to School Night" activities. The following are schedules for each school:

Barstow High School: Sept. 21, 6-8 p.m.

Barstow Intermediate: Sept. 23, 6-8 p.m.

Barstow Junior High: Sept. 16, 6-8 p.m.

Cameron: Sept. 9, K-2 6 p.m., 3-4 6:30 p.m.

Crestline: Sept. 14, 6-7:30 p.m.

Henderson: Sept. 15, 6:30 p.m.

Hinkley: Sept. 22, 6-7:30 p.m.

Lenwood: Sept. 9, 6:30-7:30 p.m.

Montara: Sept. 13, 6:30 p.m.

Skyline North: Sept. 9, 6:30-7:30 p.m.

Thomson: Sept. 9, 6-7:30 p.m.

# Job Watch

Ann. No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
SW6605-04-198319-DE	Artillery Repair WG-6605-09	08-25-04	09-08-04	08-27-04	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.

# Commandant of the Marine Corps' Labor Day safety message

ALMAR 045/04  
Headquarters Marine Corps

This Labor Day we have thousands of Marines deployed in support of the global war on terror.

These Marines

are doing a superb job of looking after each other on the battlefield.

For those Marines fortunate enough to spend this Labor

Day with friends and family, it is important that you maintain the same focus and sense of responsibility taking care of yourself, your fellow Marines,

## Labor Day

and your family throughout your Labor Day activities.

Our enemies seek to do us harm - do not do their job for them.

Semper Fidelis,

M. W. Hagee, General, U.S. Marine Corps, Commandant of The Marine Corps.



Photo by Lance Cpl. Nich R. Babb

Sgt. Maj. Francis X. Donahue, Sergeant Major of Marine Corps Logistics Command, visited Marine Corps Logistics Base Barstow Aug. 23-26. During his time here he held several Professional Military Education sessions, which were attended by the Marines of MCLB. In a PME for sergeants and below, Donahue addressed such issues as the Marine Corps always changing, troop rotations to hot spots around the world, personal relationships that are affected during a deployment, getting a college education while in the Marine Corps and put extra emphasis on individual safety in the Marine Corps. Donahue's prediction for the future of the Marine Corps is that there are going to be, "Two kinds of Marines, those who are in Iraq and those who are going."

**SAFETY** from Page 2

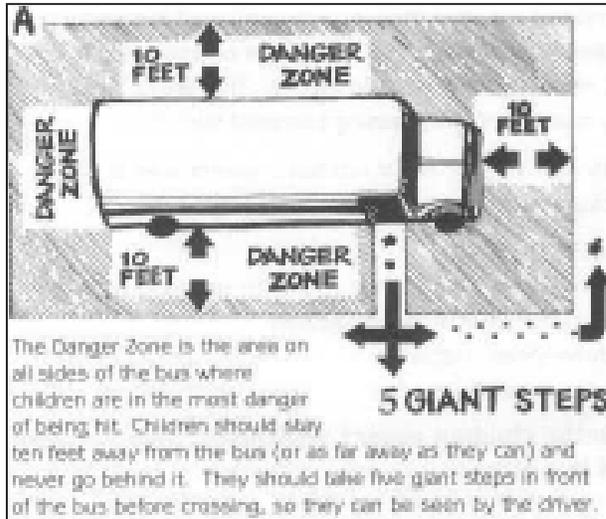
**While walking/biking to school:**

- Be aware and obey all traffic signals. Never cross the street against the light, even if there is no traffic.
- Walk bicycles through intersections.
- Always wear bicycle helmets and safety gear when riding to school.
- Walk or bike on a pre-set route and do not stray off the path.
- Use the buddy system, don't

- walk alone to school.
- Walk in well lit areas during early morning darkness.
- Wear reflective material to become more visible to traffic.
- No matter how children get to school, safety should be kept in mind so everyone can have a safe school year.

**Editor's Note:**

*Information from this article was taken from [www.nsc.org/mem/youth/8\\_school.htm](http://www.nsc.org/mem/youth/8_school.htm).*



## Commissary Scholarship winner



Photo by Lance Cpl. Nich R. Babb

Jennifer A. Herren accepts a scholarship, presented to her by Bill McCroy, the Store Director of the MCLB Barstow Commissary, for being the most qualified high school student who applied for it. The 18-year-old Victorville native is going to be starting college this fall at the University of California, Riverside, and plans to major in biological sciences.

# Dump the junk, opt for healthy foods

By Lance Cpl. Ashley Warden  
Combat Correspondent

Vending machines containing wide varieties of junk foods line the halls of most schools across the nation. Work places sell fast food to hungry workers. Grocery stores have more shelves packed with junk food than healthy foods. Is it no wonder that average Americans are becoming more obese in the past decade than ever before?

One third of the average American diet comes from junk foods and alcoholic beverages, according to a recent National Health and Nutrition Examination Survey. These foods are high in fat, sugars, salts and calories and have the tendency to replace foods from the major food groups.

Any item that is high in sugar, salt and fat is considered a junk food. It is assumed that these foods are unhealthy, but in reality, all foods contain some sort of nutrients. If junk foods regularly replace other types of food in a daily diet, however, obesity, vitamin and mineral deficiencies and other health problems can occur.

"There are no good or bad foods," said Army Capt. John Stunja, the chief of nutrition care at National Training Center, Fort Irwin, Calif. "It's the amount or frequency we eat them at. There is really no junk food; we all like those types of foods.

I would never tell someone to stop eating those foods but rather adjust the amount."

The major food groups include breads and grains, vegetables, fruits, dairy and meat and beans.

Foods that do not belong to a major food group include visible fats (butter, margarine, oils, dressings and gravies), sweeteners (sugar, syrup, candy and sweetened beverages), desserts (cookies, cakes, pastries, ice cream and pudding), salty snacks (potato chips, corn chips and tortilla chips) and various other items such as coffee and tea.

"These foods are what (dietitians) like to call empty calorie foods," said Stunja. "This is because they provide a whole lot of calories and (virtually) no nutrients."

The higher the intake of these foods the less likely someone will have an adequate intake of essential vitamins and minerals.

"Portion size is very important," said Stunja.

If portion sizes are kept reasonable, it is easier to eat desired foods and stay healthy.

On a day-to-day basis, no more than 5 percent of a daily caloric intake should come from junk foods, the equivalent of one cream filled cupcake, said Stunja.

Dietitians recommend no more than 35 percent of calories come from fat and that



Photo by Lance Cpl. Ashley Warden

Although no food is considered a bad food, regular consumption of high in calorie, low in nutrition foods should be kept to a minimum.

no more than 7 percent of those calories come from saturated fat.

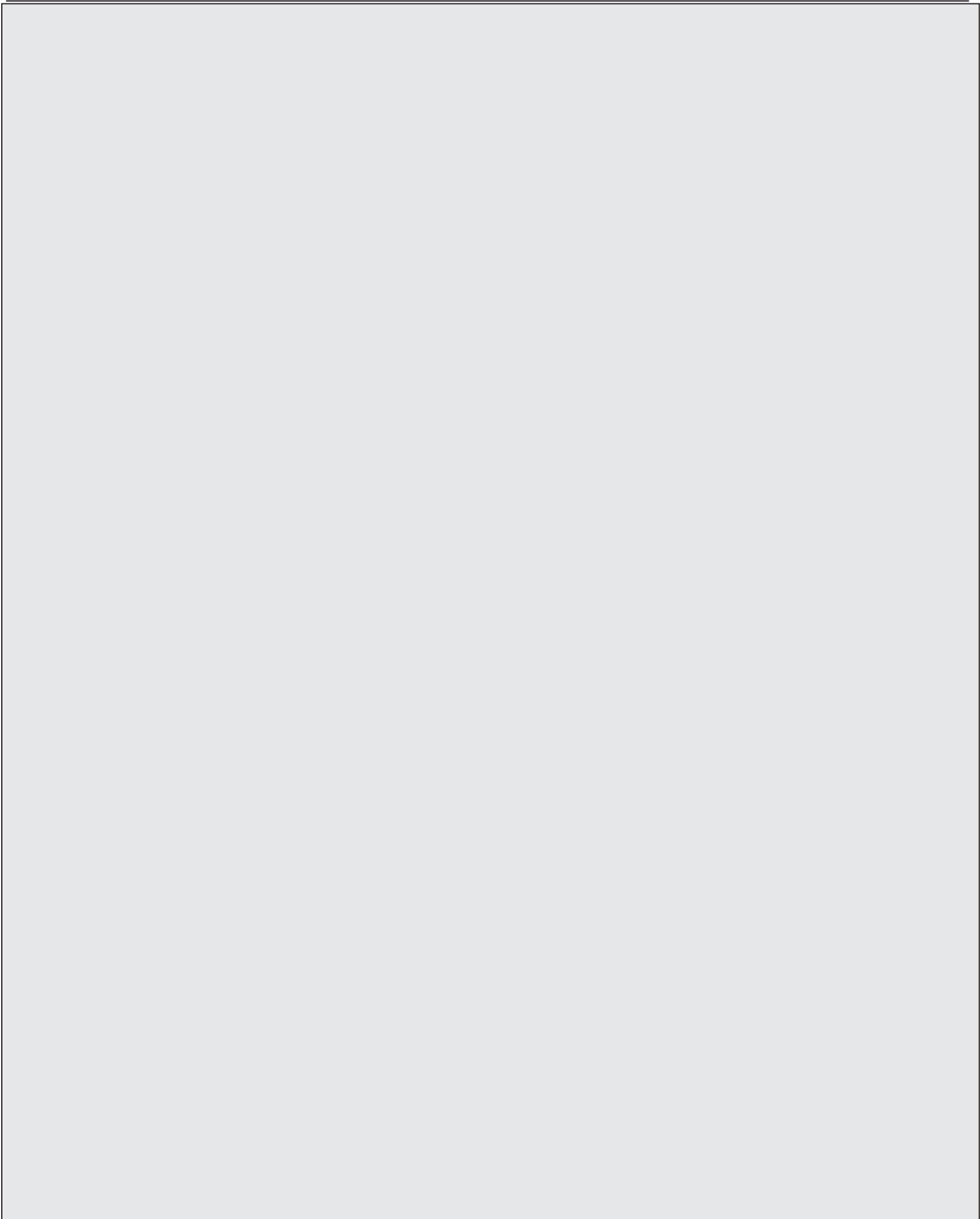
Saturated fat is preferred in the food industry because it is cheap and can withstand high cooking temperatures. More than 50 percent of a person's daily fat allowance and almost 100 percent of daily saturated fat allowance can be taken by

one fast food meal.

The risk of heart disease is increased with the intake of saturated fats because they cause blood cholesterol levels to rise.

Fat causes weight gain because it is energy dense. This means that it contains

See **FOOD** Page 10



# Enemies beware of M198's wrath

## Fox 2/11 test fires CWC 729's Howitzers

Story and photos by Lance Cpl. Nich R. Babb  
Combat Correspondent

After being in Iraq for the first months of Operation Iraqi Freedom, the Marines of Fox Battery, 2<sup>nd</sup> Battalion, 11<sup>th</sup> Marine Regiment, stationed at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., tested 19, M198 Howitzers at the Prospect Range Aug 27, that were rebuilt by Maintenance Center Barstow's Cost Work Center 729 at the Prospect Range.

The battery was attached to the 31<sup>st</sup> Marine Expeditionary Unit, and fired the first combat artillery round in Operation Iraqi Freedom, said Lance Cpl. Matthew Mulvane, a Milan, Ohio native who works as a gunner for one of the battery's crews.

CWC 729 is responsible for rebuilding, test firing and road testing the howitzers that come into its shop, said Doug Van Dyke, the supervisor for CWC 729.

The M198s have a caliber of 155 millimeters, and are towed pieces of artillery, which are used by Marine Air Ground Task Forces for

direct and indirect artillery support. CWC 729 is also in the process of restoring World War II era M101 Howitzer Cannons, which are 105 mm and are to be sold and used for Avalanche control, Van Dyke said.

Just like M16A2 Service Rifles, the M198s have different types of rounds that can be used to accomplish different jobs, said Mulvane. Such rounds include rocket-assisted rounds, which can reach a distance of 18 miles and have a kill radius of 50 meters. Another round is capable of ejecting mines to the ground, which will not detonate until set off by the enemy, said Mulvane.

The most appreciated round in OIF was a round, which dispelled grenades, known as bouncing betties, said Mulvane. The ground troops told the battery that those rounds did the most damage to insurgents when they were used.

Van Dyke said that even though CWC 729 is responsible for getting the M198s out to the troops in superior working order, it is the Marines of the artillery batteries who do all of the real work.



A crew of Marines from Fox 2/11 set up one of the 19, M198 Howitzers, which were brought to the Prospect Range on MCAGCC Twentynine Palms, Calif. Some things that the Marines have to remember when setting up the weapon, is to make sure the base of it is dug into the ground, and all of the components are in working order.

Before one of the M198 Howitzers, that were being tested by the Marines of Fox 2/11 was fired, the Marine pulling the lanyard had to receive the command to pull. The command is given by the Crew Chief who double checks everything before he shouts out in a commanding voice, "FIRE!"



This Marine from the Fox 2/11 fires an M198 Howitzer on the Prospect Range at MCAGCC Twentynine Palms, Calif. The key to an efficient firing, is getting rid of the slack in the lanyard, said Lance Cpl. Matthew Mulvane.

Right: The "#1 Man" was firing this weapon for testing purposes, and standing next to the gunner, who put the sights on the target. According to members of Fox 2/11, the location that is least affected by the shockwave from the discharge, is the area directly behind the cannon. The further you get to being on-line with the howitzer the more intense the shockwave is.



Left: Marines from Fox 2/11 make up a loading crew for one M198 Howitzer, which was being test fired at the Prospect Range on MCAGCC Twentynine Palms, Calif. The loading crew consists of Marines who load the round, a powder man, a gunner who puts the sights on the target and a "#1 man" who opens and closes the breach.

# AROUND THE CORPS

## Thundering Third conducts 'Clean Sweep' near Fallujah

By Sgt. Jose E. Guillen  
Combat Correspondent

CAMP FALLUJAH, Iraq — The battalion known as the Thundering Third came down hard on enemy safehavens around Fallujah in their to-date largest operation alongside Iraqi forces recently.

3rd Battalion, 1st Marine Regiment, alongside Iraqi Specialized Special Forces, conducted Operation Clean Sweep Aug. 23-24 in areas east of Fallujah.

The operation was designed to hinder enemy movement to and from the city and eliminate any possible safe havens in the vicinity.

"We're basically sweeping rural open areas because we're suspecting terrorists are transporting and selling weapons, shooting mortars and attacking our firm bases," explained Sgt. Edgar O. Payan, a platoon guide with Company K.

"Terrorists are moving through areas like crop fields as they come and go out of Fallujah, so we're hoping we nab some suspects and find their weapons," added Payan, a 25-year-old from Pomona, Calif.

The 48-hour operation kicked off in the early hours of Aug. 23. By the end of the first day, Marines had arrested two suspects for stowing munitions in their homes.

Clean Sweep not only called for Marines to

search homes for weapons, but to walk the land around the target areas, looking for anything out of the ordinary. The Marines were especially on the lookout for materials used to create improvised explosive devices.

"We found five caches of significance, which contained IED-making materials, propaganda material, many types of small arms, and even several sets of SCUBA gear buried in the ground," said Lt. Col. Willard A. Buhl, the battalion's commanding officer. "We also detained a number of suspected terrorists."

Payan gives much credit for the battalion's success to the younger Marines, who have proved effective and eager.

"I'm glad we're doing this mission because I want to get these bastards," said Lance Cpl. Ryan M. Voeller, a 20-year-old rifleman with Company K.

"We've been doing really good because so far we've found a bunch of weapons the enemy can't use anymore," added Voeller, from Sinclair, Minn.

Buhl noted the teamwork between his troops and the Iraqi forces conducting Operation Clean Sweep.

"Our Iraqi partners were up front developing the tactical situation for their Marine counterparts," explained Buhl. "Their ability to gain intelligence on suspected enemy caches was invaluable and continued to build trust between our two fighting

organizations - I expect our capabilities to increase commensurately," Buhl added.

Buhl, along with Sgt. Maj. Edward T. Sax, battalion sergeant major, took time after the operation to praise the Marines for a job well done.

"Our Marines and Sailors performed at the 'Three-One Standard,' accomplishing the mission

above expectations," said Buhl, 41, of Los Gratos, Calif.

"Sergeant Major Sax and I couldn't be more proud of them, as should our families and friends back home - we're doing great things for our nation, the Marine Corps and the Iraqi people," said Buhl.



Photo by Sgt. Jose E. Guillen

Cpl. Richard Gonzalez, an assaultman with Company K, 3rd Battalion, 1st Marine Regiment, makes his way through a corn field east of Fallujah, in search for hidden enemy munitions. The largest combined operations was conducted Aug. 23-24, dubbed Operation Clean Sweep.

### GERLAUGH from Page 1

In that model, there were discreet business centers that all had their own methods, budgets, number of hours required to hit, all the methods by which you plan and execute depot maintenance, he revealed.

"The Theory of Constraints, building your schedule using critical chains and staggered inductions of assets and back shop routing - because we're a multi-commodity maintenance center not just stamping out Buicks - forces you to work horizontally across the entire organization, you can't work in a stove pipe," he said. "You can't make it work and we weren't making it work and that's why."

Realigning the organization was really the second step in the process, the first step was mapping out all the processes down to the about the second or third order of processes needed to accomplish this using TOC methodologies, MRP2 and different tools, he explained.

"After we laid all that out we said 'fine build an organization that can do that,'" he said. "Not surprisingly, we ended up with an organization that very much looks like the organization at the Albany Maintenance Center.

"It's an organization that allows you to work horizontally."

Making all the changes needed to put the Maintenance Center on the path to success didn't happen overnight and not without a price.

For Gerlaugh it meant putting in long hours daily. His average workday began between 6 or 6:30 a.m. and would end between 7 and 7:30 p.m., Monday through Saturday. There were also a few nights where he would spend the night sleep-

ing on the sofa in his office.

"Believe me there are a hell of a lot more colonels today working a lot worse hours, under a lot worse conditions than I am," he admitted. "This has been a huge challenge for me but also in terms of what I've learned and what I've achieved."

Realigning the organization utilizing the tools mentioned earlier has been slow to mature for obvious reasons. It is a big change that was hung up for a while with all the manpower problems, according to Gerlaugh.

This whole process involved moving some personnel, changing position descriptions, finding whether the move is lateral, does the individual have to compete for this new position, or whether it can be temporary non-competitive and can a person compete for a position in six months, required massive amounts of time and energy from both the Maintenance Center's leadership and Human Resources.

"It's all those rules and it's a very unyielding system (manpower) but still for managing personnel it's a very stove pipe organization," he said. "It was a tremendous amount of work to do in that it took much longer than any of us thought it would before it became more or less settled.

"All of that takes a lot, but these were changes we had to make if we were going to have any hope of implementing 'Theory of Constraints'."

Speaking of personnel, Gerlaugh felt the most significant change of all the moves that were made during his tenure as MCB's commander, in terms of its affect on the whole organization, was establishing and putting the senior managers and mid-level managers in a position of accountability for what goes on within the organization.

"The thing is new programs, new methods,

equipment; you can change the organization in a lot of different ways," he said. "But you can not change the effectiveness of the organization unless the senior most people in that organization not only get it, but are also put in a position of accountability with the appropriate amount of authority to get it done."

Now that Gerlaugh is at the end of his two-year stint as the Maintenance Center commander and is about to retire, when asked about the state of the organization as he is about to leave he responded with: "The place is cleaner and it's materially better organized, and improving in that regards; we have a ways to go yet before this place looks like a military depot should.

"But we've made a lot of strides and are continuing to do that. I think we're taking better care of each other than we used to and that's not a manager/worker relationship. That has to flow both ways."

He referred to the old saying 'you take care of your troops, they'll take care of the mission,' when talking about how much better the organization is doing in the area of leadership, and how it can get better.

The colonel revealed how the organization is improving in the areas of civilian leadership and how, when he and his deputy commander, Gary Baker, spoke about the changes that have been made, the visible changes that have been made, they have gained the attention of the workforce.

He put it best by quoting what Winston Churchill said after the battle of Britain to characterize the current state of the Maintenance Center saying, "this is not the end, this is not even the beginning of the end, but perhaps it is the end of the beginning."

Now that he has given up the helm of the Maintenance Center and retiring, Gerlaugh plans to head back to Northern Virginia to spend time with his family, friends and relax but not for long.

"I'm not a guy who can sit around for very long so as soon as I'm settled back there, I will be engaging in a second career," he said. "I want a full second career, not a part-time consultant, I want to be a chief a chief operating officer of a company. I still want to grow, still want to progress; I have to have something that jazzes me to get up in the morning."

That may be in the Continental U.S. or overseas, he has been offered both. Finally there is one real important message the colonel wanted to leave with the younger Marines as he completes his illustrious 30-year career and that is: "If God could grant me one wish I would ask him to let me start over tomorrow. I never met a better class of people. I've never had more fun. I've never felt more fulfilled at the end of each day, whenever the end of that day occurred, and if I could go back and do it again, like all of us, I would've done some things differently, but not very many. The bumps were well worth taking because I came out a better guy on the other end of it I think and a lot of the books you read about starting a career or a second career says find something you love, now it's time to go find your dream job. Try to figure out what your dream job is.

"I finally realized half way through the transition course in Quantico, the reason I was having so much trouble doing that. I had my dream job; I've lived my dream. There may be another one out there. I've been very honored to be given a chance to do that," he concluded emotionally.

### FOOD from Page 6

twice the amount of energy kilojoules per gram than protein or carbohydrates. Regularly eating more kilojoules of energy than the body needs leads to weight gain.

Junk foods also generally contain high salt levels. Some salt is necessary in the daily diet for various metabolic reasons, however, too much has been associated with increased risk of high blood pressure, which is one of the risk factors of heart disease.

A maximum salt intake of 2,500 milligrams per day is suggested for adults with normal blood pressure.

Some ideas to keep people from turning their food into junk include:

- Choose lean cuts of meat, fish and poultry without the skin.
- Prepare foods broiled, boiled or baked not fried.
- Try cooking with canola, sunflower or olive oil instead of lard, vegetable shortening, butter or margarine.
- Use non-salt seasonings on vegetables
- Switch to low-fat or nonfat dairy products.
- Drink water instead of soda, tea or fruit juice drinks.
- Eat desserts in moderation and go for a healthier dessert such as opting for frozen yogurt instead of ice cream.
- Buy processed foods that are lower in calories, fats, cholesterol, sodium and sweeteners.
- Switch to whole grain breads and

cereals.

- Substitute two egg whites for one whole egg.
- Serve fruits without whipped toppings or glazes.
- Try a new health food each month.
- Try one new vegetable each week.

It is also important to maintain a healthy weight. There are several factors that contribute to the right weight for different people, to include sex, height, age and heredity. Being overweight increases the chance of high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses, while being too thin can increase the risk of osteoporosis and other illnesses.

To counter this effect, have a regular exercise schedule. Stunja recommends a minimum of at least 150 minutes of exercise a week.

For someone who normally doesn't exercise, start low, around 15 minutes of exercise twice a week, and slowly increase the frequency and time of workouts, suggests Stunja.

"There is no alternative to junk foods," said Stunja.

"If you try to replace them it is not going to be an equal switch. It's the percentage of which we eat them."

"All foods can fit," he said.

Information used in this article was from Health Plus, Vanderbilt Faculty and Staff Wellness Program, the Better Health Channel at [www.betterhealth.vic.gov](http://www.betterhealth.vic.gov) and the American Dietetic Association.

### COMMAND from Page 1

Center performs and stressed how important their work is to the fleet Marine forces. He also said that the Maintenance Center was very lucky to have a commander such as Gerlaugh.

"There's an old saying that goes 'amateurs talk tactics, and professionals talk logistics' and that could not be more true today because Col. Gerlaugh's hallmark has always been outstanding professionalism," said Brown. "Whether it was teaching young officers, building the MPF program, supporting a deployed MEU or representing our nation to our allies overseas, he's never ceased to provide the finest work and the best example to our Corps. He's always taken care of his Marines and, it's dear to me today, his civilian Marines. He's always put the Corps first, he's always put mission first, and he's given his best every time."

He then presented Gerlaugh with the Legion of Merit, letters from the Commandant of the Marine Corps, Gen. Michael Hagee, and Maj. Gen. Harold Mashburn, commanding general of Marine Corps Logistics Command and finally his retirement papers which states that Gerlaugh will be officially retired from active service on Sept. 1, 2004.

Sass, a native of Charleston, S.C., was commissioned a second lieutenant in May 1976. After completing the Basic School and Supply Officer's Course he was given his first assignment as the battalion supply officer for 1st Battalion, 9th Marines, 3rd Marine Division, on Okinawa, Japan in May 1977. Since that time he has served in a variety of supply officer billets, at the battalion, regimental and division levels. After his promotion the major, in August 1988 with the 8th Engineer Support Battalion, Camp Lejeune, N.C., he

was first assigned as the Battalion S-4 Officer and later has the battalion executive officer. He also deployed to Southwest Asia and served as the operations officer for Direct Support Group-2 in the Persian Gulf in support of Operations Desert Storm/Desert Shield.

Sass has also served as the Director, Fleet Support Division, Albany, Ga.; commander Defense Distribution Depot, Defense Logistics Agency, Albany; and has served as the Head of the Analysis and Performance Section in the Installation and Logistics Department at Headquarters Marine Corps.

In February 1999 he was selected for the Top Level School, then subsequently nominated and accepted as a Secretary of Defense Fellow. He was promoted to colonel in July 1999 and in August the same year reported to the Federal Express Corporation in Memphis, Tenn. to assume duties as a Secretary of Defense Fellow on the FedEx's Strategy Core Team.

In August 2000 Sass was assigned duties as the assistant chief of staff, G-4, 3rd Force Service Support Group, III Marine Expeditionary Force, Okinawa, Japan, and in July 2001 he assumed the duties of chief of staff Marine Corps Logistics Command, Albany, Ga., where he served until his reassignment to his present duty as the Commander of Maintenance Center Barstow.

Sass has also attended the Logistics Executive Development Course at Fort Lee, Va., and the Marine Corps Command and Staff College at Quantico, Va. He holds a Bachelor's and Master's Degree in Business Administration.

His personal decorations include the Defense Meritorious Service Medal, Meritorious Service Medal (two awards) and the Navy and Marine Corps Commendation Medal.

## Quarters of the Month of July



Photo by Curt Lambert

MCLB Barstow base commander, Col. Steven Thompson, presents Gunnery Sgt. Mark N. Stoddard, of Fleet Support Division here, with the the Staff Noncommissioned Officer Quarters of the Month.

### CHAPLAIN from Page 2

to win.

Team competition is very interesting because it means that people have to subordinate themselves and their individual identities in order to help the team win.

The reading for today (St. John 14-18) talks about people who are only out for their own glory.

The passage paraphrased says that people will say anything if they are seeking their own glory and honor.

It also says that they are easy to identify because they are very likely to say something false in order to be honored by others.

You can also see this easily when it is manifested on a sports team.

I think it is easy to tell when people are playing for the honor of their country and not their own personal pride and glory.

It seems that people who are team players understand the honor of simply being asked to participate in the Olympic Games.

The idea of turning down the chance to go and repre-

sent your country is almost unfathomable to me.

So when you see people on sports teams who are not displaying teamwork it is easy to see.

It is also easy to see in daily life.

You already know who is only out for themselves; you don't have to be a genius to see that.

You also can easily identify those people whose lives are molded and guided by the desire to help others achieve and do well because they believe that if we don't all do well, none of us are doing well.

As we have seen while watching the Olympics this year, one person on a team can be wonderful, even spectacular.

But it is not enough to allow the team to win unless that person learns to incorporate others into the game plan.

The question is can we learn to be team players in our own lives?

Peace,

Fr Randel

# MCCS



## MARINE CORPS

Community Services  
Barstow

By Jim Gaines  
MCCS Publicity

### Multiple Sales At MCX

**The Anniversary Celebration Sale:** Today through Sept. 12 check out the great bargains in electronics, telephones, vacuum cleaners, dishware, glassware and more.

**The Labor Day Weekend Sale:** Friday through Monday the MCX has all of your party needs for the "Last Weekend" of the summer. Save on selected items throughout the store, including beverages ranging from soda to beer.

**The Beat The Monday Blues Sale:** Turn Monday into your favorite day to shop! Look for the "Happy Face" balloons for super savings on a wide assortment of selected items every Monday in September.

**Always available at your MCX:** Check Cashing \$200 maximum for personal checks! \$50 maximum for two-party checks! Coffee Club: buy 5 cups, get 1 free! Fountain Soda Club: buy 5 drinks, get 1 free! Dry Cleaning at discount prices! Special Orders. Video/DVD Rentals! Teleflora! Western Union Money Orders! Storage Space Rentals! Super Star Student Program!

Your MCX - Super Seven Store, is open Mondays through Fridays from 6:30 a.m. to 9 p.m., Saturdays from 8 a.m. to 9 p.m. and Sundays from 10 a.m. to 6 p.m.

For more information, call 256-8974.

### Club Activities

At the Oasis Club this week: Tonight is Social Hour starting at 4 p.m. Tomorrow is TGIFriday starting at 6 p.m. Next Tuesday is Burn Your Own Steak Night, starting at 5 p.m. Next Wednesday is Movie Night starting at 6:30 p.m.

At the Enlisted Club this week: Tonight is Darts, Pool and TV. Friday is TGIFriday Family Night. Saturday, Sunday and Monday ... football! Catch all your favorite teams on TV. Saturday is College Football. Sunday is NFL Football 10 a.m. to 8 p.m. with a free BBQ at 2 p.m. (first come, first serve). Monday is Monday Night Football with free popcorn, chips and dip. Tuesday is Karaoke Night, starting at 6 p.m. Wednesday features Mid-week Relaxation Hour from 6:30 to 7:30 p.m.

For more information and details on games, call 577-6418.

### NFL Kick-Off Bash

Monday Night Football special kick-off opener (Colts vs. Patriots) at the Enlisted Club, Sept. 9 starting at 6 p.m. Pregame starts at 5 p.m. Hors d'oeuvres will be served. Join us!

### Lunch Menus

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

**Today** - Terryaki chicken breast with Rice Pilaf.

**Friday** - Breaded Hoki fish, macaroni and cheese.

**Monday** - Labor Day Holiday.

A La Carte menu service at Family Restaurant 9 a.m. to 2 p.m. Cactus Cafe closed.

**Tuesday** - Chicken tenders, seasoned fries and cole slaw.

**Wednesday** - Open faced turkey sandwich, stuffing and cranberry sauce.

**Thursday** - Sliced pork roast with mashed potatoes and gravy.

**Lanzer's Lounge**

**Today** - Country fried breaded pork with potato salad.

**Friday** - Catfish sandwich with cole slaw.

**Monday** - Labor Day Holiday. Closed.

**Tuesday** - Pork chops with cole slaw.

**Wednesday** - French Dip sandwiches with coleslaw.

### Prices and Lunch Hours

Family Restaurant and Cactus Cafe: Active duty military \$3.25, all others, including civilians \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink. Lanzer's Lounge: \$4.75 for both military and civilian. Lunch menus include a fruit cup.

Weekday lunch hours: Family Restaurant: 10:30 a.m. to 1 p.m. Cactus Cafe: 11:30 a.m. to 12 p.m. Lanzer's Lounge: 11:30 a.m. to 12 p.m.

**Family Night Dining** - Tonight: Prime Rib Night. The first serving is \$6, after that, fifty cents a serving. Dinner comes with baked or mashed potatoes, vegetable, tossed green salad, dessert and fountain drink of your choice.

Family Night Dinners served from 4:30 to 7:30 p.m. at the Family Restaurant. Adults \$6, Children (5 to 11 years) \$4. Children under 5 years dine free.

### School Age Care Available

For children five (kindergarten) to 12 years of age.

Before school - Mondays through Fridays 6 to 9 a.m.

After school - Mondays through Fridays 12:30 to 6 p.m.

Fun Camp (for minimum days and teachers-in-service) is available for \$5 per day without contract. Contracts available.

For more information, call SAC 577-6499 or CY & TP 577-6287. This service is available to all active duty, retirees, DOD employees and MCLB personnel.

### Education And Job Fair

M&FSD Career Resources Program and Lifelong Learning Program have joined forces to provide an Education and Job Fair on Sept. 15 from 10 a.m. to 2 p.m. at the Base Gym. Numerous Colleges and Universities will be represented as well as many employers from various companies and agencies.

For more information, call 577-6118.

### New YAC Club Programs

Youth Activities Center has new open recreation hours for teens 13 to 18 years old. The new hours are Mondays through Fridays from 2:30 to 7 p.m. featuring the New Boys and Girls Clubs of America Programs: Money Matters!, Street Smart!, Project Learn!, and Job Ready!

This service is available to all active duty, retirees, DOD employees and MCLB personnel.

For more information, call 577-6499.

### YAC Summits

Youth Summit (ages 9 to 12) on Sept. 17 at 4 p.m. Teen Summit (ages 13 to 18) on Sept. 24 at 4 p.m. at the Youth Activities Center.

A day of Substance Abuse Prevention at both summits. The de-glamorization of substance use and abuse (i.e. tobacco, alcohol, illegal drugs). The development of refusal/avoidance skills and peer pressure resistance and recognizing commercial, social and peer pressure that encourages substance abuse.

Win T-Shirts and Fanny Packs! Snacks will be provided for all participants.

For more information, please call 577-6851.

### SACC Class

The Substance Abuse Counseling Center will host a class on hypertension (high blood pressure) and high cholesterol on Sept. 15 at 3 p.m.

These are important health conditions that can lead to heart disease. The purpose of this class is to give you a greater understanding of these health threats and to provide tools to keep you and your heart healthy.

# MCCS LABOR DAY HOLIDAY HOURS

MCCS facilities open  
Sept. 6:

Semper Fit: 8 a.m.-3 p.m.

Super Seven Store & Gas Station: 10 a.m.-6 p.m.

Tees & Trees Golf Course: 7 a.m.-Dusk

Holiday menu service (A La Carte)

at Family Restaurant 9 a.m.-2 p.m.

All other MCCS Facilities will be closed.

## Additional closures:

Hobby Shops & Bowling Center will also be closed  
Sunday, 5 September

**HAVE A SAFE HOLIDAY!**

For more information, call 577-6851.

### The Hobby Shops' New Hours

For your convenience the Hobby Shops will have standardized hours beginning Sunday. All three shops, Auto, Ceramic and Wood/Rock, will be open noon to 7 p.m. Wednesdays through Fridays, and 10 a.m. to 5 p.m. Saturday and Sundays. They will be closed Mondays and Tuesdays.

Auto Hobby - Come in and check your tires, rotate and balance them - all of the equipment needed is available for your use. Call us at 577-6441.

Ceramic Hobby - Halloween is coming, time to get those Halloween ceramic pieces started. A variety of molds, pieces and decorations are available for your project. Drop by the shop and see what we have to offer. Call us at 577-6228.

Wood/Rock - Build bookcases, bird houses, furniture or whatever you desire. Cut stones for belt buckles, pendants or any form of jewelry.

Tools and step-by-step help available at the Wood and the Rock Hobby Shops. Call us at 577-6692.

### USS Midway Museum

A museum has been established aboard the USS Midway at the San Diego Aircraft Carrier Museum.

The USS Midway is the longest serving aircraft carrier (47 years) from WWII through Desert Storm. Tickets are available at ITT for \$8.75 adults, \$5.25 children (6 to 17 years).

Universal Studios season passes now available at ITT. These passes are good for one year from date of purchase. Some blackout days apply. \$55.50 adult or child.

For more information, call Information Tickets and Tours (ITT) at 577-6541. ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Tickets are available after hours

and weekends at the Bowling Center. The Bowling Center phone number is 577-6264.

### Playmornings and NPS Classes

Playmornings are now held at a new location - the Youth Activities Center. every Wednesday from 9:30 to 11 a.m. Playmornings are for children 0 to 5 years of age and their parents. Play, crafts, outside play (in the shade), picnics, water play, story time and more. Pick up a registration packet at Marine and Family Services, Building 129. Children must have current immunization records to attend.

New Parent Support classes: Expectant Parents Basic Training Tuesday from 12:30 to 4 p.m. Solutions for cranky babies, a *HOT TOPICS!* class will be held on Sept. 21 from 1 to 2 p.m.

Classes are free and held in the FAP classroom, at the Marine and Family Services, Building 129.

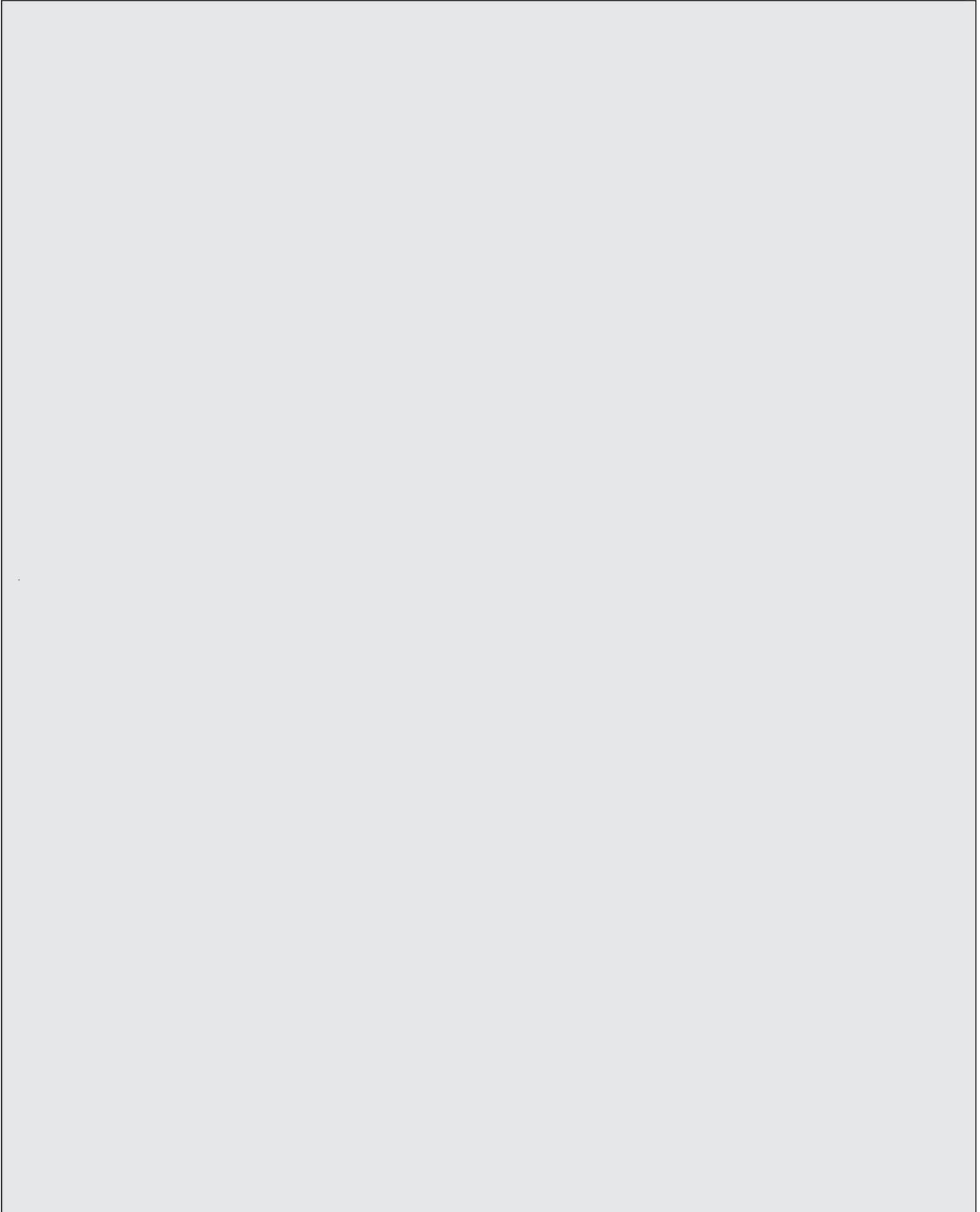
For more information, call Robin Lindsay at 577-6332.

### Semper Fit

Aerobics is a great way to workout and burn away those calories. Stephanie Jeffery's Aerobic Class is held Mondays, Wednesdays and Thursdays from 6:30 to 9:30 p.m. at the gym. The cost is \$20 per month or \$2 per session. Call 577-6971, for more information.

No pain, no gain! The Gym Weight Room has state of the art equipment for your body building. Open Mondays through Fridays from 5 a.m. to 9 p.m. Saturdays and Sundays from 8 a.m. to 3 p.m. Call 577-6898 for more information.

Enjoy a relaxing Swedish or Deep Tissue Massage at the Gym. \$40 per hour. For an appointment call Linda Harper, RN, MSN at 760-257-1207. Linda Harper will be out for vacation Wed. through Sept 18.



2000 JEEP WRANGLER SPORT:  
Black, 6 cyl, 4WD, 31 in. tires, 62k  
miles, hood kit, comes with 2 in.  
susp kit, \$10,500. OBO. Call Jason  
267-6316.

2000 TOYOTASIENNA, LE: 4 Capt.  
Seats, 5 door, great shape, cruise,  
running boards, roof rack, tow  
package, \$10,500. OBO. Call 253-  
4979/267-6530.

1993 FORD: F-250, ext cab, 4x4,  
diesel, xlt, great shape with canopy,  
automatic, \$4,700.OBO. Call 253-  
4979/267-6530.

MOTORCYCLES: 2003 Yamaha V-  
star classic, 7k miles, many dealer  
installed extras, chrome, etc. below  
bluebook at \$5,400. Call 254-2295  
Lv msg.

MISCELLANEOUS: Child's/  
teenager's oak bedroom set,  
complete with pier wall unit, twin  
bed, dresser with mirror and  
computer desk, \$55 OBO. Call 252-  
2850.

MISCELLANEOUS: Flexsteel  
recliner, couch and chair, xlt. cond,  
suitable for family room and rental.  
Call 256-6955.

MISCELLANEOUS: Patio chairs  
(stackable plastic) green, blue and  
white, \$1 each, total of 8 chairs;  
garage work station with vice, black  
and red, has 5 drawers and wooden  
tabletop \$50; tether ball and pole,  
\$5; several twin bedding items \$1;  
basketball and baseball travel  
games \$3. each; football and  
baseball Nike cleats, \$5. each;  
Excelsior Nursing State Board  
manuals \$100. Call 252-1160.

THANK YOU: I would like to thank  
the individuals who donated leave  
to me and also for the prayers for  
my husbands recovery. Purification  
"Vee" Pasco.

