

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 35

Marine Corps Logistics Base Barstow, California

July 13, 2000

**Religious
Ministries Center**
Open for business,
Chaplain has new
office
Page 3

Briefs
Job Watch, 101
Things
Page 4

Better Safe
Safety tips and
mishaps
Page 8

Ready, Front
Battalion happenings
and information
Page 6



The current copy of the
Marine Corps News
Weekly is now available
online at
<http://www.usmc.mil>

Firefighters represent MCLB at Challenge

Story and photos
by LCpl. Cory Kelly
BARSTOW LOG staff

A few good men from the base fire department represented MCLB at the 12th annual Firefighter's Combat Challenge in the Irvine Spectrum Mall in Orange County Saturday.

Paul Purdy, Dale Peabody, Bill Caswell, Raul Gill, and Dell Warfield made up this year's five-man team in a competition of just fewer than 100 firefighters from all over the country, including one team from as far north as Canada.

Among the firefighters there were a few of the top teams and the fastest men in the world.

"It's like using about six hours worth of energy in two and a half minutes."

Onsight reporter

"This year we're going up against a lot of professional teams ... the top five teams in the world will be there - now that will be something to see," Gill said.

Matthew Byrd, an MCLB firefighter not competing as part of the MCLB team, came out to the Combat Challenge for his first time and showed some of America's finest firefighters what Barstow was made of. He trudged through the course in an astonishing

3 minutes, 12 seconds and locked himself in 73rd place overall.

Everyone out on the course did his personal best, and it showed in the end. MCLB's team walked away in 13th place with an overall time of 7 minutes, 49 seconds. Last year they finished in 14th place in 7 minutes, 51 seconds.

Two seconds faster, and one place closer, yet still 49 seconds shy of qualifying for the national competitions. No one was hurt by the fact that they weren't going to the finals in Las Vegas.

"We're not here to win it, we're here to participate ... and let everyone know we're here.

"This is only our second year doing this ... some teams have been out here doing this for eight, nine years." Gill said. "At full force we should have about 53 firefighters [at the base fire department], right now we are running at 48 strong.

All of the men competing are full-time firefighters. A lot of other teams have the advantage there.

"Where we only have so many people [to choose from] to compete, some other teams, like from around LA, have thousands of people to choose from, and the professional teams, the sponsored teams go out and recruit people just to go out and do these kind of competitions."

Wearing "full bunker gear" and breathing through air tanks they fought physical exer-

See FIRE on Page 7



Dell Warfield gets ready to drag the Rescue Randy dummy the remaining 100-feet of the grueling Firefighter's Combat Challenge obstacle course. A Rescue Randy in full gear weighs 175 pounds.

Safe cyclin'

Three of four motorcycle enthusiasts who took part in the base's motorcycle safety program line up to complete the safety obstacle course. Nelson's Motorcycle Training Center, Rosamond, Calif., conducted the safety training. The course tests a rider's skills and teaches them to maneuver through potentially dangerous situations. This was the first course given aboard MCLB in three years.



Photo by Sgt. Mike McQuillan

The Commander's Forum

The "Commander's Forum" is a tool of the Base Commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to SMB Barstow Commanders Forum.

Q: I read the June 8 edition of the Barstow Log and am concerned over the penalties issued for various offenses.

I have always felt that the Marine Corps concerned about the safety of their military and civilian employees. Why would a Magistrate Court fine an individual \$210.00 for disturbing the peace, \$110.00 for an open container, and a mere \$30.00 for not using a seat belt? It appears to me that the Magistrate is sending a signal that it is less of an offense to drink and drive or drive without using a seat belt than it is to disturb a neighbor.

A: Thank you for your interest, your questions give me an opportunity to explain the situation.

The Magistrate Court exercises judicial authority over all those who commit offenses aboard the base who do not fall under the Uniform Code of Military Justice, as well as active-duty personnel for certain offenses.

The court consists of a Federal Magistrate, and is supported by an appointed Federal Public Defender and a Special Assistant U.S. Attorney who is the prosecutor.

It operates separate and independent from the base; however, the base

provides a courtroom in which to conduct the proceedings and our Staff Judge Advocate usually functions as the Special Assistant U.S. Attorney.

The Federal Magistrate has judicial discretion to adjudge punishment in accordance with what he sees as most fitting to the crime.

The Magistrate has the legal authority to tailor punishments based on the particular facts and circumstances unique to each case.

We have no influence whatsoever in the decisions the Magistrate makes as far as guilt or innocence or as to what punishments he imposes.

The Federal Magistrate is required

to operate within designated punishment guidelines, for each offense a maximum punishment cannot be exceeded.

These maximum punishments are set by law. Lower maximum punishments are established for infractions, such as traffic-type offenses, which cover the "open container" and "no seat belt" offenses you referred to.

Higher levels of maximum punishment would cover more serious misdemeanor offenses, such as the "disturbing the peace" offense which you referred to. As the severity of the crime increases, so do the maximum punishments.

The maximum punishments for the offenses you referred to are: a \$400.00 fine and 90 days in jail for disturbing the peace; a \$140.00 fine for an open container; and a \$30.00 fine for driving without a seat belt.

Thank you for your interest in the safety of Marines and Civilian Marines aboard the base.

I hope you understand a bit more about the Magistrate Court and the rules that govern it.

For further information concerning these matters, please contact the Office of the Staff Judge Advocate at 577-6874.

The mother's heart was broken

By Lt. Michael Michener
Base Chaplain



A few days ago a little boy and his mother were visiting. The boy played with my son for several hours while the mother visited with Jennifer.

Later that evening the mother called and asked if they could return because the son had taken one of Zack's toys without anyone's permission.

It was refreshing to see parents who cared about their child's integrity enough to offer him the opportunity to experience true repentance. The mother could have scolded the child and said she would return the toy later.

But that would have cheated the child out of a chance to face the consequences of his mistakes and learn the value of forgiveness.

The mother and son came to the door and we invited them in. The mother prompted the boy and said, "Don't you have something you want to say to Zack?"

The little boy spoke to Zack and confessed he had taken a toy that didn't belong to him. With great contrition, the soft spoken little boy said, "I'm sorry I took your Lego man. Will you forgive me?"

And Zack responded in a very un-pompous

sort of way, "Sure!"

Throughout the ordeal it was evident the mother's heart was broken. She wasn't embarrassed because her son did something she and her husband did not approve of. All kids do those things.

She wasn't saddened because of the punishment or scolding that she would have to administer to him. Her eyes welled up with tears and her heart was broken because she felt the pain her little boy felt. She knew her son was genuinely contrite and it pained him to have brought shame on himself.

His mother would have done anything to have prevented him from that pain. But after the fact, she could only empathize with him.

We do not serve a God who is distant and uninvolved. Some have the erroneous idea that God created the world and set everything on its course and then stepped back and let the chips fall where they may.

The idea that creation is like some sort of wound up clock and God simply watches as the hands move is called deism. It is also poor theology. The reality is that God is all powerful, omnipresent, and all knowing.

At the same time He is intimately involved in every area of our lives. When we blow it and sin, He is not only saddened by our failure, He feels the pain of our failure.

His heart is broken when we have to

See **CHAPLAIN** Page 12

Just doing my job ...



Photo by Cpl. Brian Davidson

Juanito Stodomingo, an Installation and Logistics Dept. maintenance worker, changes an oil filter on a 4,000-pound forklift during routine maintenance and care. A native of the Philippines, Juanito has kept his ability to communicate in some of his native dialects sharp. His name denotes that he was named after a close relative. It means little Juan.

Chapel Hours

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

**Confession services
before Mass**

Yermo Bible Study

Wednesday 11 - 11:30 a.m.
At the **Colonel's Workshop**

For more info call
Don Brooks at 577-7165.



BARSTOW LOG
SERVING A MARINE CORPS REINVENTION LAD



Marine Corps Logistics Base Barstow, California
Colonel Mark A. Costa, Commanding Officer

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



Photo by Cpl. Brian Davidson

A native vegetation garden provides a serene atmosphere for parishioners in front of the new ministries center.

Religious Ministries Center opens doors

By Cpl. Brian Davidson
BARSTOW LOG staff

The Religious Ministries Center at the Base Chapel is complete and open for fellowship.

The Center provides the Command Religious Program with much needed space for religious education, after service fellowship and office space for the Chaplain and Chaplain's Assistant.

Late August was the tentative construction completion date for the 1,800 square-foot building; however, contractors had the center up to occupancy standards by June 19. Construction cost was \$365,711.

Lt. Michael Michener, command chaplain, said he believes that the facility will greatly benefit the servicemembers and parishioners on base.

"Before we didn't have an environment other than my office for coun-

seling and advising," said Michener. "There were quite a few doubting Thomases' who didn't believe that we would even be able to have the Religious Ministries Center built in the beginning. It was a long process."

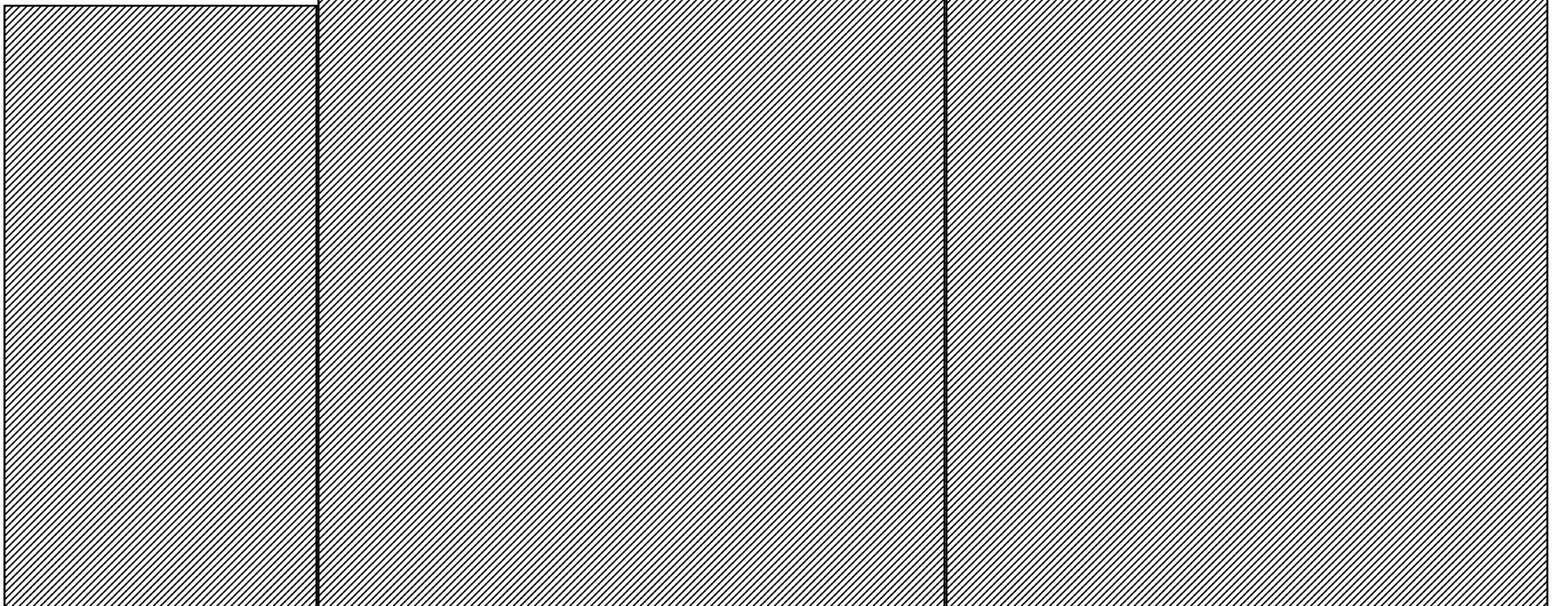
The initial request for a similar facility was submitted July 10, 1968.

The building was to have classrooms, an assembly room, toilets and

office space, similar to the current facility, but without the kitchen.

"We have a versatile building. It can be partitioned into as many as three rooms and all of the tables are collapsible," noted Michener.

A grand opening and dedication ceremony for the center is anticipated for September 17.



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, Friday for the next issue. Submit news briefs via e-mail to daileyb@barstow.usmc.mil.

New Parent Support Program

The next playmorning is Monday from 10-11:30 a.m. at the McKinney Center.

All parents with children under six are welcome to attend. For more info call Sandra Casey at 380-4021 or 256-5751.

Christmas in July

The 5th Annual Toys for Tots Poker Run is coming up July 22.

Start and finish line of the 100-mile loop is at the Moose Lodge #1330, 560 Victor Ave., in Barstow. Sign-in goes from 8 to 11 a.m.

Biscuits and gravy with coffee will be served for breakfast during sign-in, and a barbecue lunch for those with paid donations starts at noon.

A \$15 donation is asked for one person or \$20 for two.

Donators are also asked to give a new, unwrapped toy or an additional \$5.

The run is open to all street-legal vehicles. For more info, call the Moose Lodge at 252-3810.

Street Fair

The 2000 Route 66 Street Fair continues until August 29. Tuesday's theme is Sports and Fitness Night.

The fair is in Old Town Barstow, between Barstow Road and Second Avenue from 6-10 p.m.

Craft and produce vendors are scheduled. There's entertainment and a bounce house, swing ride, kiddie train and pony rides for children, in addition to carnival games and a rock-climbing wall.

For more info call Susan Sorensen, Barstow Chamber of Commerce, 256-8617.

Pre-retirement Seminar

To all civilian employees with at least five years of Federal service:

Mark July 26 and 27 on your calendar, and sign up for the next pre-retirement seminar. Detailed information will be presented on the retirement system, the Thrift Savings Plan, NARFE, Social Security and estate and financial planning.

For more info call Donna Coppi at 577-6279, or contact your supervisor or department training coordinator.

CWRA Getty Museum Trip

The CWRA is sponsoring a trip to the Getty Museum in Los Angeles August 12. The trip costs \$10 per person and covers transportation and the museum entrance fee.

Bus leaves Building 44 at 6:30 a.m. and stops in Victorville 7:30 a.m. for pick-up at the IHOP. Return to Building 44 by 10:30 p.m.

For reservations or more info call

Dan Keirn at 577-6614 or Ernie Hawkins at 577-7046.

Head Start Preschool

The San Bernardino County Head Start program is now accepting registrations for the 2000-01 school year at its Barstow (Grandview), Newberry Springs and Fort Irwin locations.

The Head Start pre-school is open to three and four-year-old children.

Sessions run five days a week from 8-11:30 a.m., with afternoon sessions available in Grandview.

The school costs nothing and is available to families who qualify based on income. Priority is given based on age and family size.



Bonds are indexed to inflation, so they earn at fixed rates of interest above inflation.

If you would like more information on purchasing a new Savings Bond or increasing the contribution to a current Savings Bond, contact one of the following:

Name	Org.	Phone #
CySgt. David Watson	ISO	6857
Sgt. Nicholas Alderete	HqBn	6841
Cpl. Mohammed Huda	FSC	7051
Meredith Taylor	HRO	6478
Marlo Koceski	Comptroller	6620
Patricia Biles	Fire Dept.	6732
Dennis Chapman	I&L	6399
Alejo Estampador	MC3	6336
Bella Nies	Base Admin.	6145

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to design new weapons.

Job Watch

Annc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-294	Electronics Worker WG-2604-08 GS-2005-04 (Temp NTE 1 year)	06/15/00	07/14/00	06/29/00	MCLB Barstow
DEA-366-00	Firefighter GS-0081-06	07/05/00	08/02/00	07/19/00	MCLB Barstow
OTR-083	Machinist Helper WG-3414-05 (Temp NTE 1 year)	06/15/00	07/13/00	06/29/00	MCLB Barstow

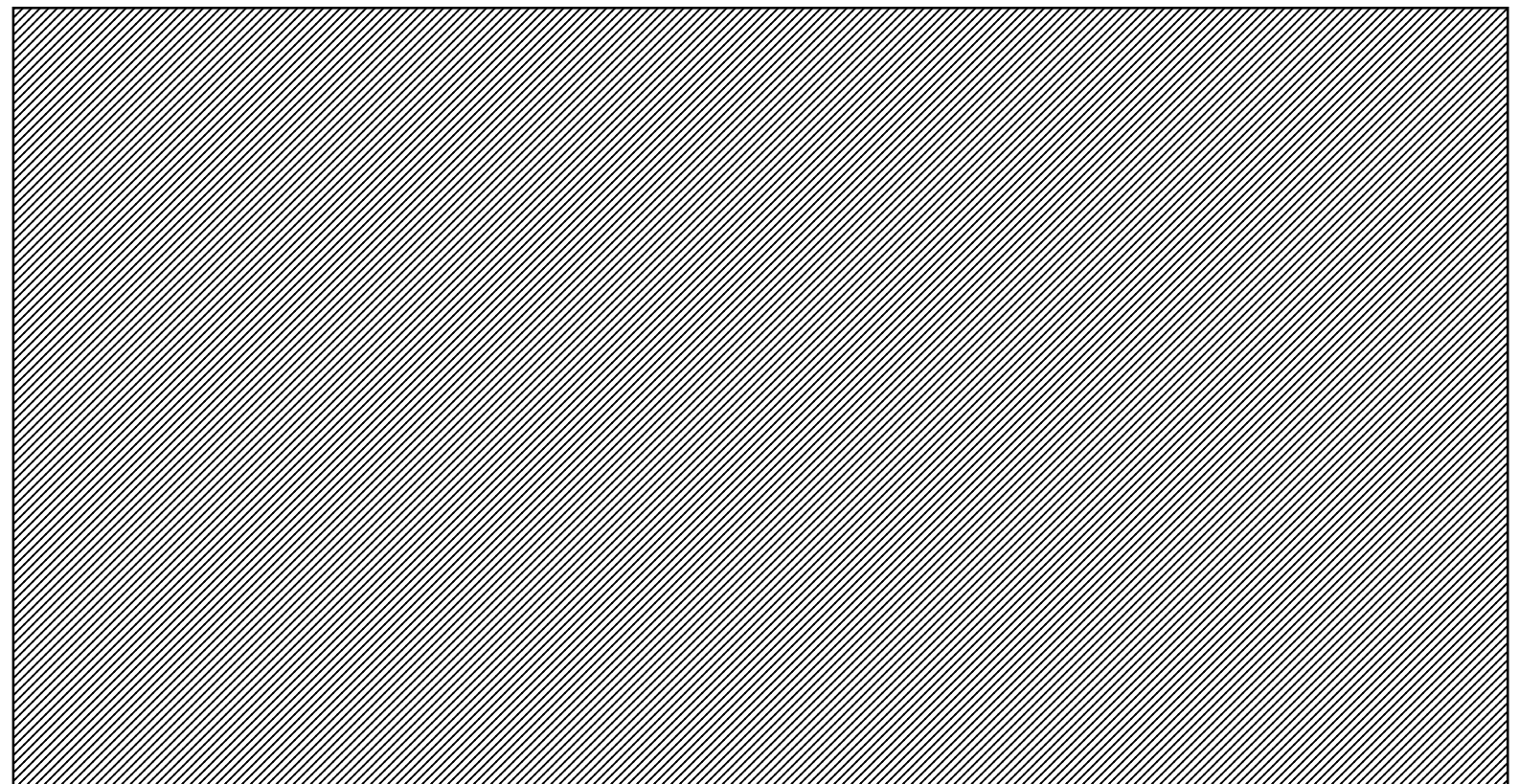
Applicants interested in announcements beginning with DEA or OTR should submit their resume to:
Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)

525 B Street, Suite 600
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.



Just the FAQs on Best Value Items: *Answers to some of the frequently asked questions about DECA's new program*

Contributed by
James Meugniot, DECA

Q: What Does BVI stand for?
A: Best Value Item.

Q: What does BVI mean to me?
A: BVIs will make shopping easier by pointing out lower-priced, quality alternatives on some of the products you buy.

BVIs will be the lowest price found on DeCA shelves for a particular item and the lowest price (for the same size item) at grocery stores off the installation. Look for Best Value Item shelf signs

Q: What exactly do you mean by same size?

A: If you normally buy a 30-count size of garbage bags, the one marked with a BVI shelf sign at the commissary will be the lowest price in any grocery store locally for that same exact item in either a comparable national brand or store brand.

Q: What is a store brand?

A: Store brands are generally grocery items, such as canned foods, that are found only in that particular chain of grocery store.

The Defense Commissary Agency

(DeCA) currently carries only nationally known or nationally available brands. (i.e. there is no "DeCA brand" of green beans or cereal).

Q: Is the commissary "guaranteeing" the price to be the lowest?

A: Yes, although this is not a money-back guarantee.

The commissaries are working to ensure our prices are the best for a particular type, size and quality of product, but our customers are our partners in this effort.

If you spot the same size and quality item for less at a retail grocery store locally please let your commissary store director know immediately.

Q: What kinds of stores are included in price comparisons?

A: We are not doing comparisons

with exchanges, drugstores, convenience stores, etc.

Just as we are comparing like products to like products, the commissary will use full-service grocery stores and supermarkets as a comparison.

Q: What if I find the item for less now, or a week later, at an off-installation grocery store?

A: This is not a money-back guarantee, but we will all benefit by obtaining

the best price possible on products if customers take an interest in the program.

Your commissary is committed to getting the best prices for quality products, but the item may also have been reduced at a retail store after it became

a commissary BVI.

If the item is lower at another grocery store - let us know! If DeCA is not getting the best prices then we need to know "why not?"

Q: Are you giving cash refunds on the difference if I find the same item for less at another store?

A: This is not a "we beat all" pricing program found in the private sector.

Exchanges and private sector stores fall under different rules and regulations.

It is a retail business practice to sell some popular products at a loss to get customers in the store to shop, but commissaries are funded by taxpayers as a benefit for military members - we cannot incur an actual loss at government expense.

As usual, we can only refund the original purchase price if you wish to return an item.

Q: What if the "unit" price is less at another store?

A: This is not a unit price comparison.

This program compares only same-

size items. (i.e. 30-count garbage bags compared to 30-count garbage bags).

Q: Will the same items be BVIs all the time and how many are there?

A: Some items may be the lowest price you find all the time, in the commissary or elsewhere, but in general, new BVIs could be added or removed as prices change.

Every time you shop you should look for new items!

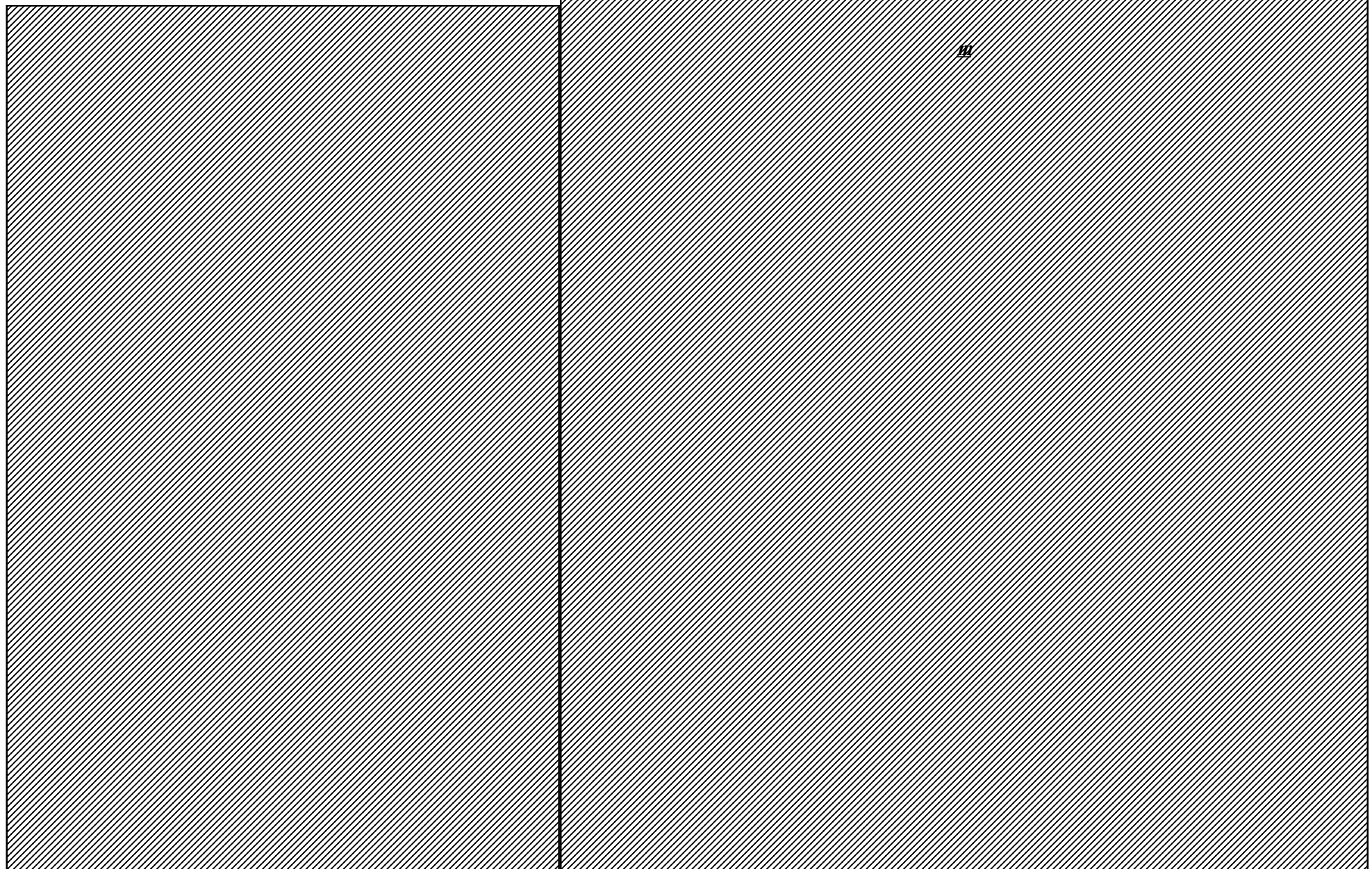
We are starting with about 100 items. You can expect to see the number of items increase.

Q: Can we still use coupons on BVIs?

A: We welcome coupons! Remember they are only a "bonus savings" and not part of the pricing of a product.

Your commissary encourages you to use coupons to increase your savings whenever possible!

Please feel free to talk to your Store Director if you have more questions about BVI. Call James Meugniot at 577-6438 or visit the DECA website at: <http://www.commissaries.com>.



FIRE

from Page 1

tion in a five-stage obstacle course.

"It's like using about six hours worth of energy in two and a half minutes," one reporter said.

Starting the course is a trip up six flights of stairs carrying a 45-pound hose. Once at the top of the tower, the competitors must hoist another hose, attached to a rope, from the ground to the top of the structure.

Firefighters must then make their way back down the tower, touching every step on the way down, and attack a Kaiser sled waiting for them at the bottom. The objective is to hammer a 165-pound weight about 6 feet using a 9-pound mallet. Next the individual runs a slalom course of fire hydrants to retrieve a fire hose, then drag it 100 feet and spray a target. Last, but definitely not least, the firefighter must carry a 175-pound Rescue Randy 100 feet to the finish line.

The top three times from each team are added to make the team score.

Paul Purdy led the MCLB quintet again this year finishing in 50th place overall with a time of 2 minutes, 20 seconds - five seconds faster than he finished during last year's events.

The rest of the finishing times and places are:

- Dale Peabody, 2:35, 59th place
- Bill Caswell, 2:53, 69th place
- Raul Gill, 2:58, 72nd place
- Dell Warfield, 3:13, 74th place

"[The MCLB team has] gotten a lot of support from the command, from the community, from everybody ... I think that helps," Gill said.

The Combat Challenge at the Irvine Spectrum was just one of the 27 county sites across the United States and Canada leading to its last stop in Las Vegas for the national competition.

Encompassing the whole feeling and energy behind the days events, one Orange County firefighter said it best, "we do this to get together and have fun ... it's the camaraderie. That, and we like to show the public a little bit of what we do."



Matthew Byrd takes shot at a target after dragging the fire hose 100 feet (dragging a fully extended fire hose is the equivalent of dragging 200 pounds behind you.)



Matthew Byrd at the starting line picking up the 45-pound pack of hose and getting ready to head up six flights of stairs to the top of the tower.



Dale Peabody puts pain and hurt aside to drag Rescue Randy to the finish line.



In an act of intestinal fortitude that would put most men to shame, Dell Warfield pulls Rescue Randy the remaining 50 feet to his destination.

Better safe than sorry...

True accounts of mishaps at MCLB Barstow

- Using a sledgehammer to remove parts from a vehicle, an employee missed his target and received a muscle strain to his back and shoulders and lost 10 working days.

Recommendation: Use extreme caution whenever using a sledgehammer.

- In an office setting, an employee was picking up a report from a desk and turned to return to her workplace when she walked into an open bookcase door that someone had left open. A bruise to her thigh kept her off the job for two days.

Recommendation: Never leave bookcase doors or cabinet doors open.

- An employee, while preparing to clean equipment, turned on a high-pressure hose (which was turned away from his body.) The force of the water hitting the floor drain caused water and corrosion to splash back into his eye causing him to lose three days. Had he been wearing his safety goggles rather than having them sit on top of his head, this mishap wouldn't have happened.

Recommendation: Always wear your protective equipment.

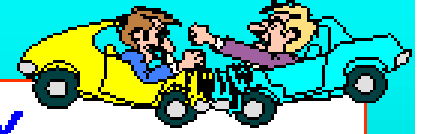
- Employee was lifting a turbo charger (weighing approximately 40 pounds) when he experienced pain in his groin area. He lost ten working days as a result.

Recommendation : Always ask for assistance when lifting heavy objects or use proper material handling equipment.

Summer Safety



Unsafe Acts

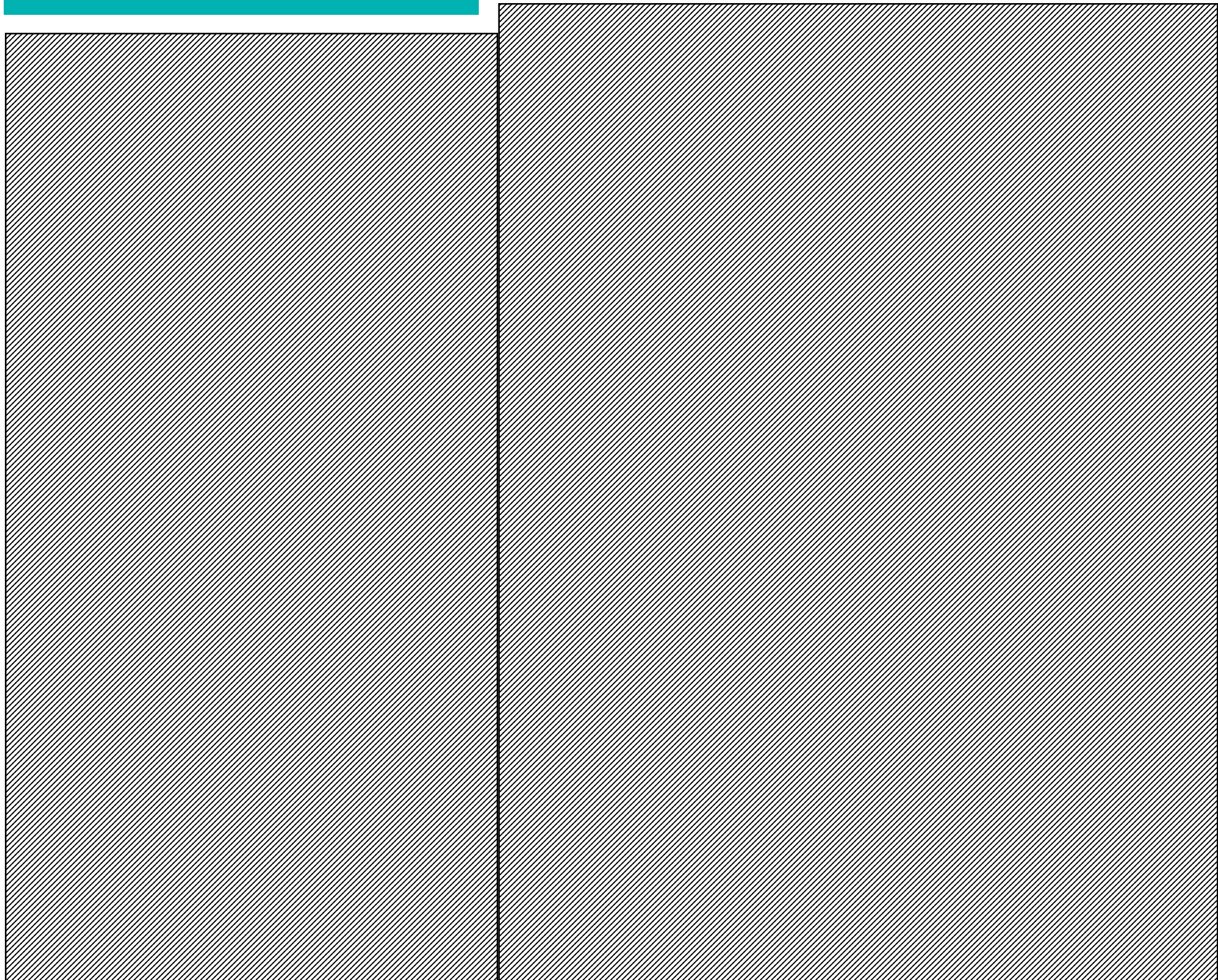


POV SAFETY

Factors that influence our risk:

- Age
- Fatigue
- Seatbelts
- Location
- Alcohol
- Speed

Vehicle accidents are #1 killer of Marines!





By Jim Gaines
MCCS Publicity

Lunch menu for this week

This week's lunch menu at the Family Restaurant & Cactus Cafe:

Today - Sirloin tips with mushroom sauce.

Friday - Hoki fish

Monday - Swiss beef steak in sour cream gravy

Tuesday - Rib steaks with wine gravy

Wednesday - Mushroom stuffed chicken

Thursday - Pork in mushroom sauce

All above meals are served with coffee, tea or soft drink. Vegetables, roll and butter are included also.

Lunch is served Monday through Friday at the Family Restaurant from 10:30 a.m. to 12:30 p.m.

Lunch is served Monday through Friday at the Cactus Cafe from 11:30 a.m. to 12 p.m. Price is \$3 for mili-

tary, and for \$4.50 civilians.

The Family Restaurant also offers an A La Carte menu as well as a Sub Sandwich menu for lunch.

The Cactus Cafe offers a limited A La Carte and Sub Sandwich Menu for lunch. For more info call 577-6428 for both the Family Restaurant and the Cactus Cafe.

Family Night Dinner menu

Tonight - Stuffed Hamloaf

Next week - Mongolian Beef

Family Night dinners are served Thursday evenings from 4:30 p.m. to 7:30 p.m. at the Family Restaurant.

Prices: \$4.50 adults, \$2.50 children (5 to 11 years), children 4 and under are free.

Everyone is welcome. Bring the

whole family and enjoy a delicious dinner at an affordable price.

ITT has tickets to SeaWorld's Military Fest 2000

SeaWorld celebrates its Military Fest 2000 on Saturday, August 5th.

It's a month away, but plan now to attend this special event.

Tickets cost - Adults \$37.50, Children \$29. Your ticket includes admission, food and parking.

Enjoy SeaWorld's shows, attractions and Rockin' Summer Nights from 9 a.m. to 11 p.m.

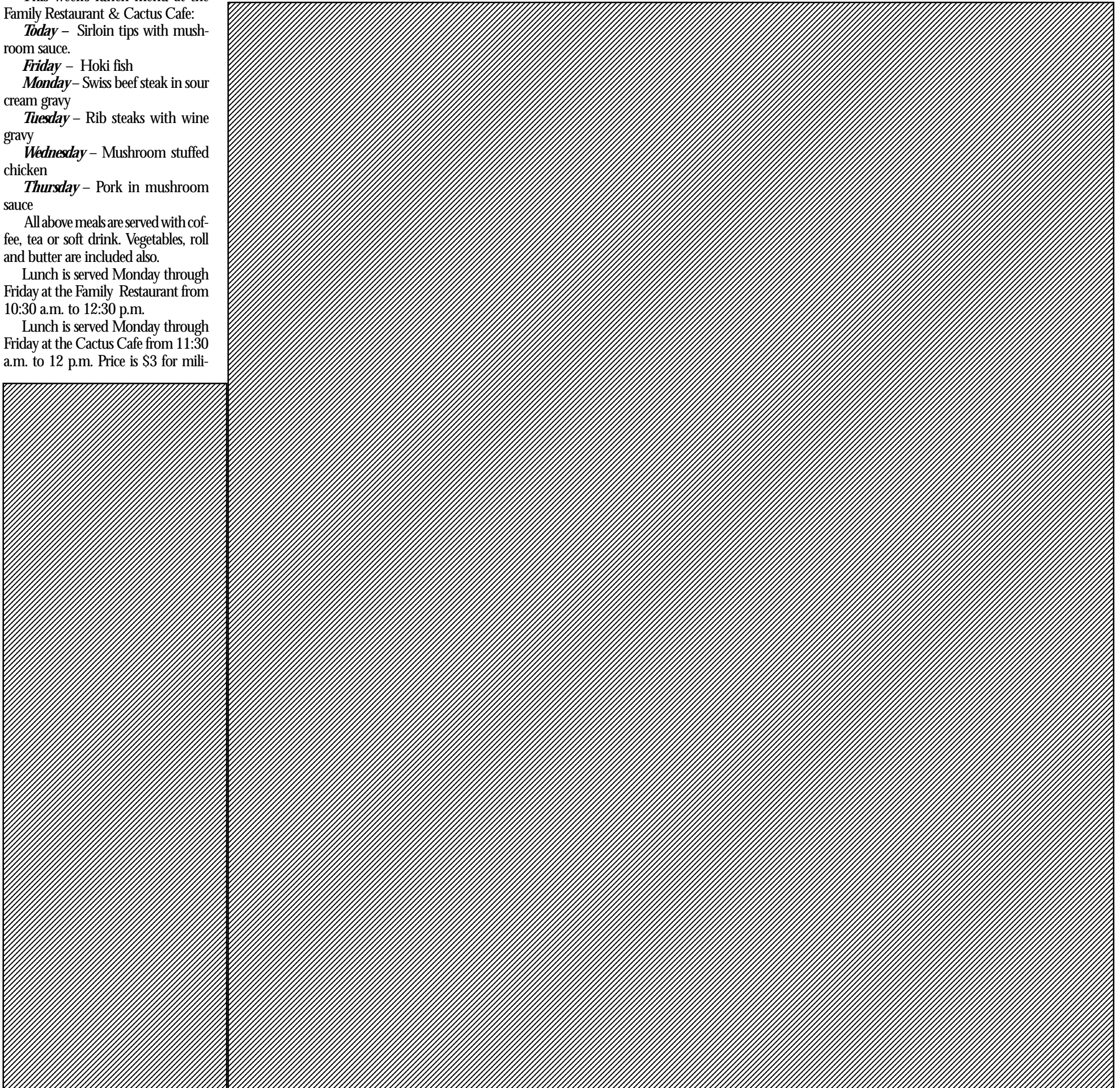
Picnic Area & Nautilus Pavilion is

open from 11 a.m. to 3 p.m.

Enjoy a Hamburger Buffet with homemade salad, ranch style beans and cake for desert served from 12 p.m. to 1:30 p.m. Soft drinks served from 11 a.m. to 1:30 p.m.

Buy your tickets early, ITT's tickets will sell out fast for this special event.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Closed Saturday and Sunday. You can purchase your tickets after ITT business hours at the Bowling Center from 4 p.m. to 8:30 p.m. Wednesday through Friday. Saturday & Sunday from 10 a.m. to 5:30 p.m. Call 577-6541 for details.



SPORTS

Swimming *Lessons sponsored by MCCS take youngsters to the next level*

By Cpl. Brian Davidson
BARSTOW LOG staff

Children as young as four years old can learn to swim through swimming classes held at the Oasis Club Swimming Pool sponsored by MCCS beginning July 24 and August 7.

Summertime for many means cooling off in a swimming pool on lazy days. MCCS is offering free classes to make fun days at the pool safer.

Children of active duty and retired servicemembers and members of the Oasis Club may enroll.

"We have five sessions. Each session is ten days long and each class provides one half hour of instruction," said Marisa Klavon, health promotion coordinator.

Sessions 1 and two are currently being held. Session 3 starts July 24. Session 4 is scheduled to begin August 7.

All classes are conducted between the hours of 9:30 and 10:45 a.m.

Daily attendance is very important for learning swimmers, according to Klavon.

"Missing a day can really put them behind their peers," she said.

Four levels of instruction are being offered this year.

"The minimum requirement to enroll in level I is that the child has to be four years old, said Klavon.

"In Level I kids basically learn water exploration — being comfortable with the water, bobbing their head under the water and some water safety skills. It's also an entry point for them if they haven't swam since last summer."

In Level II children will perform tasks like swimming 18 feet with the elementary backstroke and the front crawl. Level III is for novices and Level IV is for the more advanced.

"In the learn to swim program there are seven levels, including the junior lifeguard levels. We hope to progress to higher levels next year," said Klavon.

Participation in this year's program may determine if higher levels are offered in the future.



Photo by Cpl. Brian Davidson

Tyler Grant learns the elementary backstroke from instructor Cora Wais.

Session 3

Level I 9:30 – 10 a.m.

Level II 10 – 10:45 a.m.

Session 4

Level III 9:30 – 10 a.m.

Level IV 10 – 10:45 a.m.

For enrollment info call
MCCS at 577-6817.

Please submit all Trader Ads to
daileyb@barstow.usmc.mil.

1983 CHEVY PICK-UP: 4 WD, 1/2-ton w/ shell, diesel, drive, \$4,000. Call 252-4847.

1983 DODGE VAN: Conversion, ice box, hide-a-bed, new parts: tires, radiator, water and fuel pumps, belts, hoses, air compressor, Runs good. \$3,000. Call 252-9199. Lv msg.

1965 FORD MUSTANG: Must sell, 289 V-8, black w/ red interior, mint condition, collector's dream. Must see to appreciate. Call 256-0146. Ask for Jim.

1964 BAJA: No smog req'd, 1835 cc engine and transmission rebuilt Oct '99, dual-port headers w/heater boxes, roll cage, custom front end, off-road ready, \$1,500. Call 252-4352 after 4:30 p.m.

FOR SALE: Rims, VW and Mustang. Trade, OBO. Call 252-9199. Lv msg.

WANTED: Winch for 4WD. Call 252-9199. Lv msg.

MISCELLANEOUS: Kenmore gas dryer, white, like new, \$100; Kenmore range hood, 30" wide, almond, clean, \$35; Natural wood futon, twin-size w/mattress, \$75. Call 255-3045.

STOVE: Hot Point, electric, like new, four burners and oven. \$100 OBO. Call 252-5229.

VIDEO CAMERA: Pro Edit, VHS, full-size, 12X zoom, hard case, all accessories, excellent condition, \$200. Call 252-4352 after 4:30 p.m.

DRYER: Electric, \$25. Call 252-9199. Lv msg.

SCROLL SAW: Cast iron base, bench top model, works great, \$45. Call 252-4352 after 4:30 p.m.

CHAPLAIN from Page 2

experience emotional afflictions because of bad choices we make.

That is why He is so receptive to our contrition. There may well be merit in the concept of penance - not for regaining favor with God, but for community restoration.

God knows that our penance

cannot restore us to Him. That is why He sent His Son.

What God wants from us is a genuine attitude of being sorry. King David learned quickly that external sacrifices were inadequate. He recorded, *"The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise"* (Psalm 51:17).

Yes, that mother was a little disappointed that her son took the toy. And yes, her heart ached as he had to go through the act of contrition and confession. But, through her tears, it was easy to see that she was so proud of her son for facing up to his actions.

As humans, we are usually quite ready to forgive repentant souls.

Because God's love for us is so much greater and purer than even a mother's, He is much more readily available to forgive.

His only request is that we in fact have a contrite heart, that we are genuinely sorry for our wrongdoing.

We are reminded, *"If we confess our sins, He is faithful and just and will forgive us our sins and purify us*

from all unrighteousness" (1 John 1:9).

God's heart breaks when we blow it. I believe His heart rejoices when we admit that and ask His forgiveness.

Blessings,
Chaplain Michener

DoD task force looks at domestic violence

American Forces Information Service

Over the next three years, members of the DoD Task Force on Domestic Violence will visit bases and nearby civilian communities throughout the military.

The 24 appointed members - half military and half civilian - held their first meeting in June to launch the project.

"Domestic violence is contrary to our core values and it's something that we ought not tolerate," said Lt. Gen. Jack W. Klimp, the Marine Corps' deputy commandant for manpower and reserve affairs.

Klimp and Deborah D. Tucker, executive director of the National Training Center on Domestic and Sexual Violence, Austin, Texas, are the panel's co-chairs.

Women's health needs more attention

American Forces Information Service

Women's health is a major concern, but it hasn't received the attention in clinical trials that it deserves, according to U.S. Surgeon General Dr. David Satcher.

That's especially true for military women, whom the government sends into harm's way, he said.

"We want them to be at their best and have the best ability to respond to different challenges to their health - environmental or otherwise."

The surgeon general pointed out that women are stationed in some countries where diseases such as tuberculosis, malaria and AIDS, or acquired immune deficiency syndrome, are more widespread than in the United States.

