

# BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 44

Marine Corps Logistics Base Barstow, California

September 14, 2000

## Lest we forget

POW/MIA  
Recognition Day  
Sept. 15, 2000

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## Great Escape

The world's largest  
fire drill is set for  
October 18.

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## National Hispanic Heritage Month

September 15  
to  
October 15

## Sports

Gunny's Picks winner  
calls all 14 games right.

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<http://www.usmc.mil>



<http://www.bam.usmc.mil>

## CRAB saves base money

By Cpl. Brian Davidson

BARSTOW LOG staff

Saving money is paramount for all government agencies as shrinking budgets have made doing more with less the way Uncle Sam does business. MCLB Barstow's Cost Reduction Advisory Board was chartered in January 1999 to aid the command in saving funds.

CRAB's mission is to solicit, evaluate for implementation proposals for cost savings on a base-wide or specific organizational level.

So far the board has been successful.

Through brainstorming, CRAB has made numerous recommendations to the command resulting in a projected savings of \$138,800.

"We want to identify cost reduction opportunities for base operations. The board was created by direction of Base Commander to do just that," said Kim Whaley, CRAB chairman. "Initially CRAB looked at three proposals for cost reduction."

Shortening the hours of operation for the Family Restaurant, reducing the number of cellular phones and pagers, leasing copy machines instead of purchasing them and revising the base's janitorial

contract are some of the suggestions that are producing the estimated cost savings, according to a Completed Projects release from CRAB.

All proposals must receive approval from the Executive Steering Committee and Col. Mark A. Costa, base commander, before implementation, according to Whaley.

On-going CRAB projects include a possible revision of the Base Grounds Maintenance Contract, whether employees will attend remote viewed training beamed in by satellite instead of going on Temporarily Assigned Duty when the remote training is available and implementing a Federal Employee's Leave Bank Program.

According to Doug Sandford, Base energy engineer and CRAB member, ways to reduce the command's energy consumption is also being considered by the board. Taking a closer look at the assumptions about electrical conservation is important. Things like do we really need the air conditioning on when the buildings are empty, and making sure the lights are on the automatic switch are questions the board brought up, according to

[See CRAB Page 6](#)

## MC AAV The Clydesdales are coming! comm test successful

HEADQUARTERS, U.S. MARINE CORPS, Washington D.C.

- The vision of future Marine Corps combat operations centers is at the doorstep.

Engineers at the Advanced Amphibious Assault Vehicle Technology Center in Woodbridge, Va., have completed testing of the first AAV Command Variant Communications Suite.

For the first time, the USMC's Marine Air Ground Task Force Software Baseline (Tactical Combat Operations, Intelligence Analysis System, Command and Control Personal Computer) and the Advanced Field Artillery Tactical Data System were integrated to enable simultaneous access to all these applications from a single workstation.

The ability to connect six workstations, all of which can simultaneously access this capability, is a tremendous step forward for the AAV program and Marine Corps command and control systems.

[See AAV Page 5](#)

## Hazardous Recall



DALLAS - The Army and Air Force Exchange Service recently announced a hazardous recall of the Sunbeam Grillmaster gas grill model 560.

Concerns about a potential safety hazard with the gas rubber fuel supply hose caused Sunbeam Corporation to issue the recall.

Customers should discontinue use of the grill and return it to their nearest AAFES exchange for a full refund.

The Marine Corps Exchange is not a part of AAFES exchange system, according to Maj. Brian T. Ballard, Director, Marine Corps Community Services. Personnel will have to take their grill to the Fort Irwin AAFES exchange to get a refund.



Photo courtesy of Anheuser-Busch, Inc.

**GENTLE GIANT** - The world-famous Budweiser Clydesdale eight-horse hitch is coming to Barstow September 19-24. The six-foot horses weigh between 1,800 and 2,300 pounds. They will participate in the Main Street Barstow parade September 21 at 7 p.m., be available for viewing in front of Building 573 at Marine Corps Base Yermo Annex from 11:30 a.m. to noon September 22 and again from 2-5 p.m. at the base stables, and participate in the rodeo September 23 and 24. The team coming to Barstow is one of five hitches that travel around the world logging more than 100,000 miles annually. [See Page 3 News Brief](#) for more on the Barstow Rodeo Stampede.

## THE CO'S CORNER

The "CO/XO's Corner" is a tool the Base Commander and Executive Officer use to open the lines of communication from the command deck to all personnel and to disseminate essential information as rapidly as possible.

**MEMBERS OF THE LOGISTICS BASE COMMUNITY**, this week is marked with three events that bring those of us who live and work aboard the base closer to the Barstow and High Desert Community. We are challenged to serve not only our nation but also serve the community in which we live. These three events cover the spectrum of service and interaction we have with the residents, businesses and service organizations that make Barstow and the local area what it is.

On Monday we kicked off this year's Combined Federal Campaign (CFC). This annual event is the Federal Government's affiliation with the nation-wide United Way campaign. Most of the local service organizations are registered with the United Way not only for the sharing of the contributions during the annual drives, but to increase their exposure to the community and hopefully encourage both use and support of their programs. I encourage you to take the time when you are approached by your "key person" and look at the booklet of organizations and activities registered with the CFC. Look for a service organization that has touched your life, the lives of one of your family or friends, and made a

difference. This is a great way of saying thank you to the local, state and national service activities that are there when we need them. We who are in service to our nation and its people so often look for the vote of confidence and word of thanks for what we do, now its our turn to give the same vote of confidence and word of thanks. Let's especially thank those activities that serve our local community by contributing to the CFC and acknowledging their service.

On Thursday evening, the city, business and military communities will join together in the annual Military Mixer. This year, in the annual rotation of this activity, the Barstow Area Chamber of Commerce is sponsoring the activity as the Veterans Home of California Barstow acts as host. This event provides the opportunity for the local government, business, citizens and military leaders of the greater Barstow area to join together in an evening of social interaction. The interdependence of the military and local communities has long been recognized as a mutually beneficial relationship. To

See **CO** page 8

## Adversity: Finding God in crucible of imprisonment

Author Unknown

When they were on the march they blanketed the hills as far as the eye could see, creeping like a thorny, gold, dusty slug.

The armies of Babylon crawled across the land toward Jerusalem destroying everything in their path.

The difference between the destruction of Jerusalem in 597 B.C. and the destruction of Hiroshima, Japan, in 1945 was the amount of time it took.

In the case of the bomb it took a second, in the case of Jerusalem, it took five months.

When the Babylonians broke through the city walls they burned or stole everything,

wading through blood, slipping on the dead and dying as they went about their business.

King Zedekiah of Judah was captured and brought to King Nebuchadnezzar of Babylon. Nebuchadnezzar had Zedekiah's children hacked to death. It was the last sight he saw before his eyes were gouged out. The cream of the population of Judah was then taken prisoner. It was a standard punishment for rebellion in those days.

The fall of Jerusalem and the exile were the worst disasters to befall ancient Israel. Yet out of them came some of the most valuable legacies of all time.

It was during the exile that the prophets

See **CHAPLAIN** page 8

New Life Fellowship Church presents

## Heaven's Gates and Hell's Flames

"Heaven's Gates and Hell's Flames" is a high-impact drama designed to make people aware of Jesus Christ, Heaven, Hell and Eternity according to the Bible.

A cast of approximately 50 people act out a series of vignettes about people who die and find themselves faced with where they will spend eternity.

An elaborate backdrop of light and sound along with appropriate costumes and props supports the production.

Since the first presentation in 1979, the drama has been viewed by millions of people across the world.

There will be three performances: Sept 24, 25 and 26 at 7

p.m.

Admission is free and childcare for children from nursery to age 7 is provided.

The New Life Fellowship Church is at 134 West Main Street, Barstow. Seating is limited so early arrival is encouraged.

For more info call the New Life Fellowship church office at 256-6076.

*EDITOR'S NOTE: This production is (1) endorsed by the Command Religious Program and (2) a free event, therefore, it can be advertised in the base newspaper without violating our contract with our publisher, Aerotech News.*

Still  
Just doing my job ...



Department of Defense photo

Twelve yellow roses are placed at the base of the empty Vietnam Unknown Crypt where the inscription now reads "Honoring and Keeping Faith with America's Servicemen 1958-1975." The new inscription was dedicated during National POW/MIA Recognition Day at Arlington National Cemetery, Washington D.C. on Sept. 17, 1999. Nearly 100,000 Americans from World War I through Vietnam are still Prisoners of War or missing in action. September 15 is National POW/MIA Recognition Day. It is a time to celebrate the return of those who finally came home, mourn those who are still gone, and thank them all for their ultimate devotion to duty. Semper Fidelis to all who still serve, even though the wars are ended. You are not forgotten.



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

### Public Affairs Staff

Public Affairs Officer/Executive Editor:  
Public Affairs Chief/Managing Editor:  
Press Chief/Editor:  
Correspondent:  
PA Support Clerk:

Bill Bokholt  
GySgt. Frank Patterson  
Cpl. Brian Davidson  
LCpl. Cory Kelly  
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.

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# NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to [daileyb@barstow.usmc.mil](mailto:daileyb@barstow.usmc.mil).

## Marine Corps Ball

Tickets for the 225th Marine Corps Birthday Ball are on sale now until October 15. The Ball is taking place at the Primmadonna Resort and Hotel in Primm, Nevada. Cocktails are at 6 p.m. followed by the ceremony at 7 and dinner at 8.

Colonel Mark A. Costa, base commander, is the featured speaker this year.

Prices this year are \$120 per couple with hotel room, \$85 per individual with hotel room, or \$40 per individual without hotel room. Hotel room packages include breakfast on November 12.

Ball tickets must be purchased by October 15, and Marine Corps Ball Committee personnel handle the reservations.

For more info, or to purchase tickets, contact one of the following:

Name	Phone
1stSgt. C.J. Allen III	577-6700
SSgt. J.L. Daly, Jr.	577-6062
SSgt. G.S. Duplechain	577-6708
SSgt. D.M. Knolle	577-7353

## Medical Emergency

Both Paula Hazlett and Shannon McLean of the Production Management Department, Maintenance

Center, have been affected by medical emergencies.

Anyone desiring to donate leave under the leave sharing program may obtain a leave donor application through their division administrative officer. For more info call Pat Snyder, 577-7284.

## Barstow Stampede

All right all you cowboys and cowgirls, git yer duds on and head on down to the Barstow Rodeo Stampede September 22-24 at the Base Stables. And don't forget the Rodeo Parade September 21 featuring the world-famous Budweiser Clydesdales. It starts at 7 p.m. with Barstow's own Marine Corps Mounted Color Guard leading the way, and an old-time cattle drive will go right down the center of Main Street in Barstow starting at 7 p.m. By the way, parade organizers are looking for more entries, so call Sandy Farley, 252-3531, or Connie Wessel, 252-3093, if you have a horse or your band or float wants to be in this parade.

The festivities don't stop there though. On September 22 from 2-5 p.m. there's an open house at the Base Stables, and then a barbecue starts at 5 p.m. followed by military bullriding, mutton-bustin' for the kiddies, and a two-step dance contest. Barbecue tick-



Never ask a Marine to put on tattoos.

ets are only \$6.50 a person.

Then, on September 23 and 24, prepare yourself for some real wild West action as Professional Rodeo Cowboy Association cowboys compete daily in seven different events including bullriding, saddle bronc, bareback bronc, and roping events. Local barrel racers will speed through their paces

demonstrating there is more to a cowgirl than pretty clothes and hair.

Rodeo tickets are \$10 for singles (\$11 at the gate), \$15 for VIP seating, and \$42.50 for groups of five.

Barbecue and rodeo tickets are available at ITT, 577-6541, or call Brenda German, 577-7139.

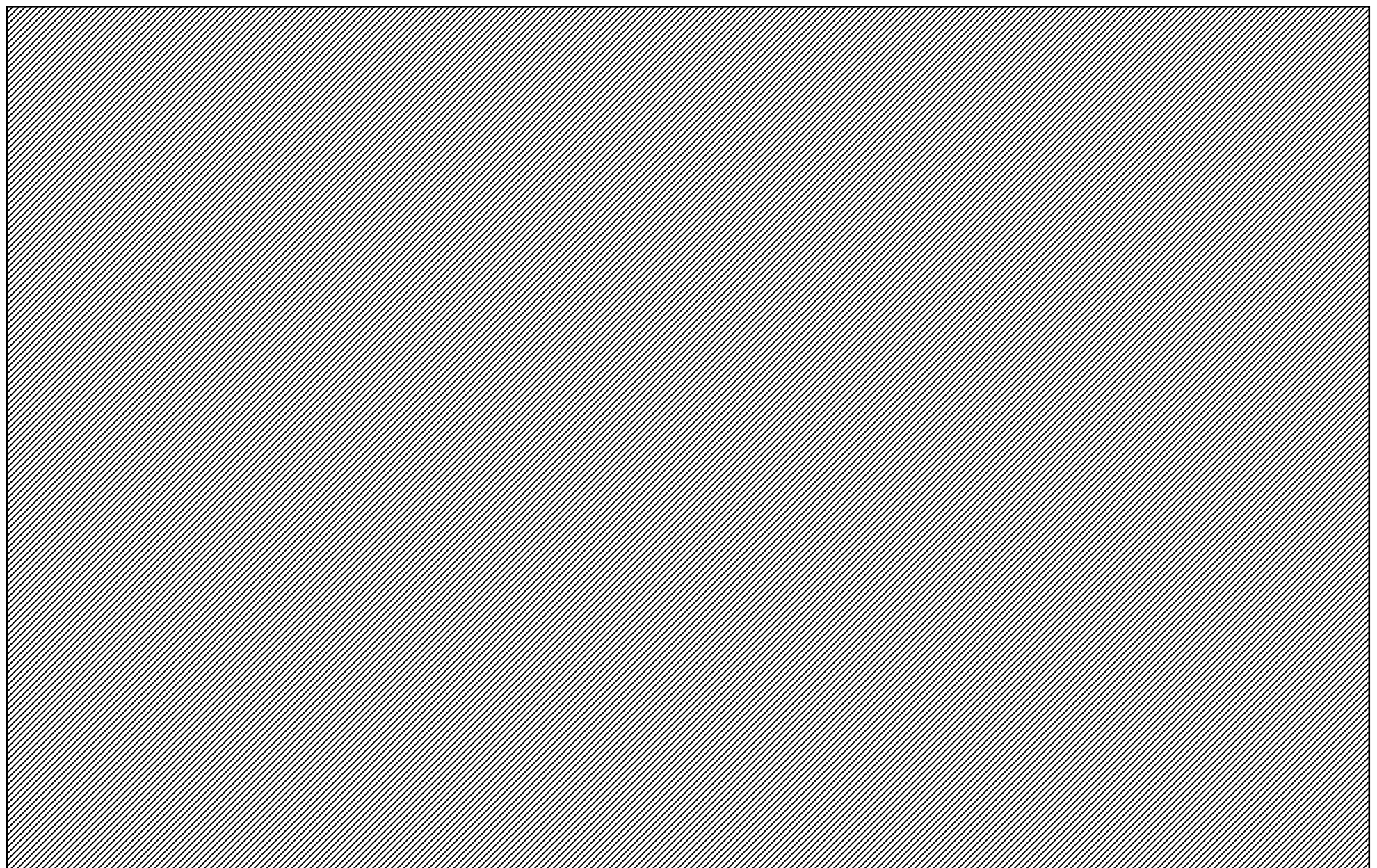
For more info about the rodeo call

the Barstow Rodeo Group at 252-3093.

## Spouse's Tour

Active duty Marine Corps, Navy and Army spouses are invited to attend the free quarterly Spouse's Tour

See **BRIEFS** Page 12



# Date set for Great Escape

Compiled by  
BARSTOW LOG staff

"The Great Escape," also known as the World's Largest Fire Drill, is scheduled for October 11 at 7 p.m. in base housing on the third day of Fire Prevention Week.

The Great Escape is a fun-filled, family oriented activity that gets the public actively involved in home fire planning and practice.

Too few people develop and practice home fire escape plans, and this lack of planning can prove deadly in a home fire.

In 1998, the National Fire Protection Agency launched The Great Escape as a three-year public safety campaign to increase the number of North Americans who have developed and practice a home fire escape plan. Throughout the last two years, the NFPA has documented 58 lives saved

as a direct result of this campaign. The campaign encourages people to develop home fire escape plans and, most importantly, to practice them. Last year, more than half a million households participated in the second annual Unified North American Fire Drill.



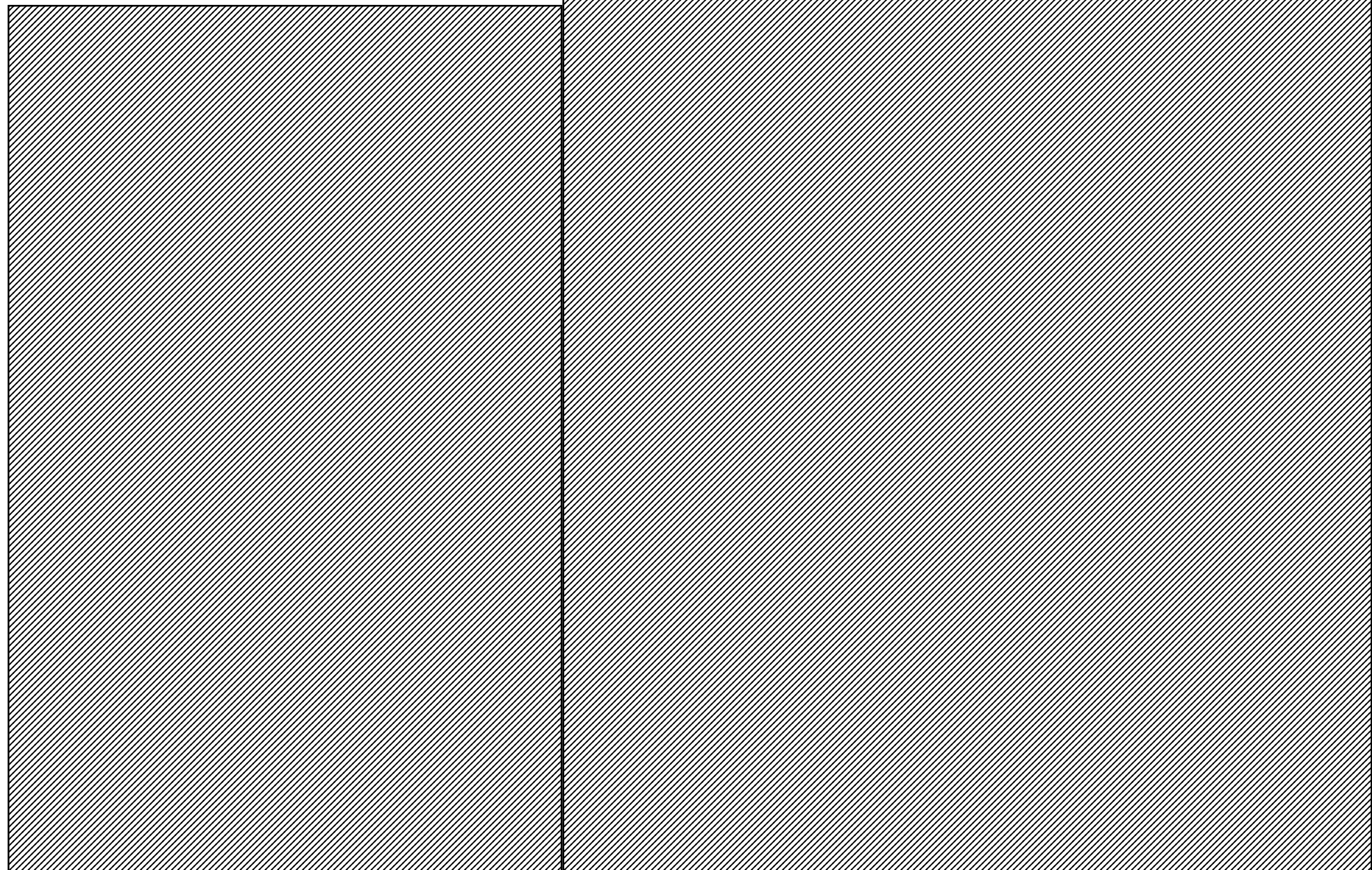
As part of the contest, children through age 17 are encouraged to design and submit a fire escape plan for their home. A first- and second-place winner will be selected from two different ages groups. The first group is for preschool-aged children between 3 and five. The second group is for children from 6 to 17.

The first-place winner from each category will be sent to NFPA for a national competition.

For more info call Mary Jane Ackley at the Base Fire Department, 577-6966.

## JOB WATCH

<u>Ann No.</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
DEA-411-00	Equipment Cleaner WG-7009-05 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Painter Helper WG4102-05 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Motor Vehicle Operator WG-5703-08 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Heavy Mobile Equipment Repair/Mechanic WG-5803-5/8/10 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Instrument Mechanic WG-3359-11 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Preservation Servicer WG-7006-07 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEA-411-00	Materials Handler WG-6907-5/6 (Term NTE 366 days)	08-24-00	11-30-00	09-14-00	MCLB Barstow
DEU-444-00	Pneudraulics SystemWorker WG-8255-07 (Term NTE 366 days)	09-05-00	10-03-00	09-19-00	MCLB Barstow
DEU-449-00	Family Services Counselor GS-0101-11	09-08-00	10-06-00	09-22-00	MCLB Barstow
OTR-109-00	Equipment Cleaner WG-7009-05 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Preservation Servicer WG-7006-07 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Motor Vehicle Operator WG-7503-08 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Heavy Mobile Equipment Repair/Mechanic WG-5803-5/8/10 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Painter Helper WG4102-05 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Instrument Mechanic WG-3359-11 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-109-00	Material Handler WG-6907-5/6 (Temp NTE one year)	08-24-00	10-30-00	09-22-00	MCLB Barstow
OTR-117-00	Cable Splicer WG-2504-08 (Temp NTE one year)	08-30-00	09-27-00	09-13-00	MCLB Barstow
OTR-120-00	Maintenance Worker WG-4749-08 (Temp NTE one year)	09-08-00	10-06-00	09-22-00	MCLB Barstow



# Why is treating high blood pressure so important?

By Lt. Cmdr. Edna C. Whitmore  
Branch Medical Clinic



High blood pressure is a leading killer in America and with good reason.

High blood pressure usually doesn't cause any obvious problems, but it does cause damage to the

small arteries of the body (the arterioles). Over a few to several years, this damage becomes permanent, making control of blood pressure harder, and increasing the risk of stroke, heart attack, and kidney failure.

One of the main things this damage does is increase the formation of cholesterol plaques in the arteries. People with high blood pressure have worse atherosclerosis than those without high blood pressure (naturally or because their blood pressure is controlled with medications). These cholesterol plaques occur throughout the body, but the effects are most dangerous to the brain, heart and kidneys.

Cholesterol plaques narrow the opening of

the artery, making it harder for blood to pass through. This can cause chronic "starvation" to the organs, leading to heart failure, recurrent non-heart attack chest pains (angina pectoris), decreased brain function and decreased kidney function. If these small arteries are blocked completely, the results are either a stroke (in the brain) or a heart attack.

High blood pressure is very common (one in five Americans has high blood pressure). Because of the damage uncontrolled high blood pressure causes, all these people are at higher risk of stroke and heart attack – the two biggest killers in our country.

Since 1900, stroke and heart attack have been the biggest killers of both men and women, far exceeding deaths from all cancers. Forty-one percent of all deaths occurring in the United States are because of cardiovascular diseases such as stroke and heart attack, and a majority of all hospital and doctor visits and medical expenditures are also because of these diseases.

There are many risk factors to developing cardiovascular disease: diabetes mellitus, high blood cholesterol levels and high blood

pressure are the three most common and the three that are easiest to control or prevent. Of these three, high blood pressure is the most common, almost twice as common as the other two.

Control of high blood pressure – getting the numbers below 140/90 and keeping them there – can prevent this damage. Once the damage has occurred, treatment won't fix it, but treatment will still keep it from getting worse, and some of the damage will reverse after time.

Next week, I'll discuss the best ways to treat high blood pressure.

*EDITOR'S NOTE:  
Lt. Cmdr. Edna C. Whitmore is the Senior Medical Officer at BMC. Her byline accompanies informative articles addressing major health concerns and preventative care issues.*



## AAAV from Page 1

The testing success was the result of teamwork within the AAAV(C) Integrated Product Team.

Representatives from Marine Corps Combat Development Command and Marine Corps Systems Command will soon be invited to a demonstration of this capability.

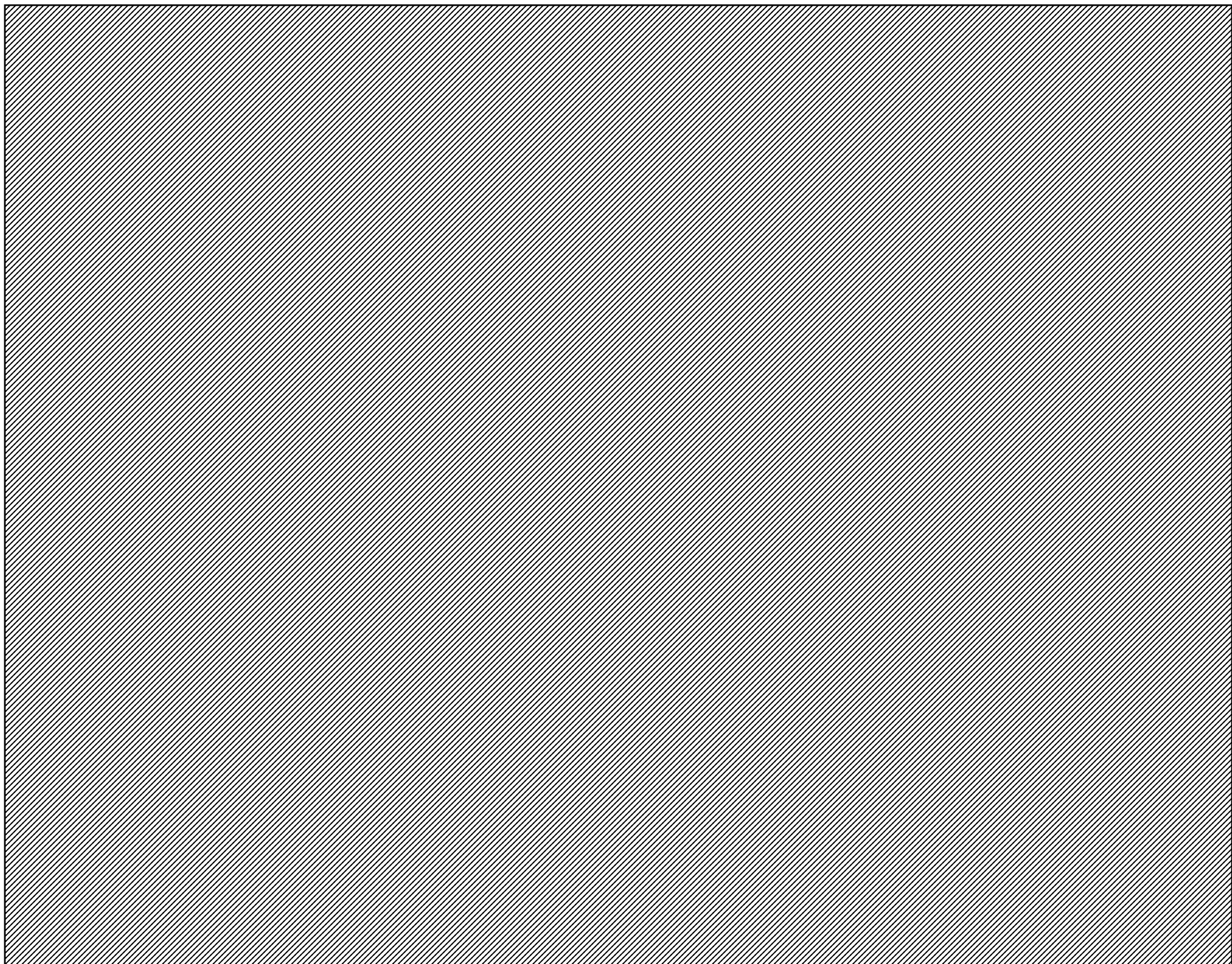
That demonstration is planned for the next Command and Control Commonality Working Group.

The Marine Corps is currently developing and testing various new integrated systems for incorporation with its newest tactical amphibious transport vehicle under development – the AAAV.

The AAAV moves three times faster and with greater firepower than Marines could have aboard the last generation of amphibious troop carriers.

Its development completion and delivery to Fleet Marine Forces is scheduled for Fiscal Year 2006.

The Marine Corps intends to equip a Marine Expeditionary Unit with the new vehicles soon thereafter.



# Carter family's next tour: MDA's National Ambassadors



Photo courtesy of MDA

Master Sgt. Ken Carter and his 8-year-old daughter, Lauren, are helping the Muscular Dystrophy Association fight neuromuscular diseases. The Carter family are touring the nation as MDA's National goodwill Ambassadors. MDA participates in the Combined Federal Campaign as a member of the Community Health Charities Foundation.



**From**  
American Forces Press Service

**MARINE CORPS BASE CAMP PENDLETON, Calif.** – As a master sergeant in the U.S. Marine Corps, Ken Carter is used to traveling to faraway places to take on challenging missions

But this year, he and his family are undertaking a new type of assignment. The Carters – Ken and Traci, and their children, Lauren and Dalton – are touring the nation as Muscular Dystrophy Association's National Goodwill Ambassador family.

The Carters, who live at Camp Pendleton in Oceanside, Calif., became involved with MDA not long after they learned that Lauren has spinal muscular atrophy, a progressive motor neuron disease that causes weakness in the arms, legs and torso.

Lauren was just a toddler at the time, and Ken, a Marine for 19 years, was stationed in Japan when he received the news. The Carters were devastated, but found vital information and reassurance from MDA, and plenty of support from within their military "family."

The Carters have networked with other military families with children who have disabilities. The Marines' Exceptional Family Member program ensures that, while Ken can be sent anywhere, the rest of the family will stay where their medical needs can be met.

Today, Lauren is a delightful 8-year-old who enjoys reading, drawing, playing with Barbie dolls and listening to CDs. She uses a bright pink power wheelchair to get around, participates in Brownies and enjoys playing with friends and her younger brother, 5-year-old Dalton. Lauren holds the official title of MDA National Goodwill Ambassador.

The Carters are also traveling to MDA-sponsored events around the nation, and appeared on the Jerry Lewis MDA Telethon on Labor Day weekend.

Lauren will save a week for MDA summer camp, a popular program for kids with neuromuscular diseases. MDA also helps

families purchase and repair wheelchairs and leg braces, and conducts support groups. The Association maintains some 230 hospital-affiliated clinics, and a world-wide research program searching for treatments and cures.

For more information on MDA, call 1-800-572-1717, or visit their Web site at <http://www.mdausa.org>.

The Muscular Dystrophy Association participates in the Combined Federal Campaign as a member of the Community Health Charities federation.

*EDITOR'S NOTE: It seems that too often people give their money to causes, but never really hear anything about what happens to their donations. To help correct this oversight, the BARSTOW LOG is publishing stories about different Combined Federal Campaign member organizations. This should not be misconstrued as supporting one organization over another.*

Contact one of the below listed CFC Key Volunteers today to make your contribution to the organization(s) of your choice:

Division	Name	Phone
Maintenance Center	Brenda German	577-7139
	Alex Estampador	577-7337
	SSgt. Michael Kancilja	577-7147
Fleet Support Division	Celia Enriquez	577-7511
	SSgt. Donna M. Knolle	577-7181
Headquarters Battalion	Sgt. Giovanni E. Valladares	577-6960
Public Safety Division	1stLt. Daniel J. Morfitt	577-6667
	SSgt. James L. Daly, Jr.	577-6062
I&L	CWO2 Jeffrey L. Clawson	577-6994
MCCS	SSgt. Dennis W. Owen	577-6899
Comptroller	PFC Israel G. Moreno	577-6720
Special Staff	Bertie Dailey	577-6430
ISC/DLA	SSgt. Keith S. Brotherson	577-6197
Defense Distribution	LtCol. James A. Kessler	577-6434
HRO	Meredith Taylor	577-6478
Branch Clinics	HN Juancarlo Samaniego	577-7803
Commissary	Charisma Turner	577-6404

## Religious Ministries Center officially opens doors

By LCpl. Cory Kelly  
BARSTOW LOG staff

Thirty-two years and two months after an initial request was submitted for a similar facility, the new Religious Ministries Center officially opened to the public Sunday morning.

Sunday morning's grand opening marked a soft spot in the hearts of many Barstowians as the center was, by all definitions of the word,

'dedicated' in a ribbon cutting ceremony.

The center has provided the Command Religious Program with much needed space for religious education, after service fellowship and offices for the Chaplain and his assistant since it was completed to occupancy standards in mid-June.

The 1,800 square-foot building is equipped with everything from classrooms with collapsible tables to a fully serviceable kitchen.



Photo by LCpl. Cory Kelly

Colonel Mark A. Costa, base commander (hidden) cuts the ribbon at the new Religious Ministries Center as Chaplain Michael Michener (center) watches.

Navy Lt. Michael Michener, base chaplain, took a second to remember the day they received the funds to begin the construction of the new religious focal point for the base, "It was a happy, happy day. I danced; nobody saw me, but I danced."

He made sure to give thanks where thanks was due after he poked and prodded at the contractor's work. "Not only did they do the job quickly, they did it well. They really did an outstanding job. They were the best group of people I have ever met. And the quality is there."

Colonel Mark A. Costa, base commander, deemed the building to be yet another stepping stone for the base and a sort of commitment to the growth of the command, "This building is a testament to the belief of the Marine Corps and to the Navy that Barstow is having a rebirth. This is the first in a series of new buildings."

"It is fitting that it is not the mission of logistics that this first creation comes from, but it is the mission of taking care of our people. We have centers for our youth. We have centers for child development. And now we have a focal point for ministry for all of our people... our extended family included."

Navy Captain George Paul, director of religious ministries at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., said, "The finished structure that we see and are a part of today completes the vision of [MCLB Barstow] to make religion an integral component of the mission of the [command]. This facility brings a sense of wholeness and completeness to the Command Religious Program."

## CRAB from Page 1

Stanford.

"We're always looking for ways to reduce cost and implement new technology that will save in the long run," said Whaley.

The board even reduces the amount of waste it produces by circulating minutes and project proposals by computer, a paperless process that they hope will become more prevalent in the office environments around base.

The MCLB Fire Department is considering hiring intermittent firefighters versus paying overtime, which could yield potential yearly savings of \$65,000 to the command.

"It's been approved by the local union and position descriptions are being written," said Whaley. "But that idea belongs to the MCLB Fire Department, and we're just tracking the savings there."

CRAB is even looking into ways to use the Internet to make long distance phone calls and using personal cellular phones vice government furnished cellular phones.

CRAB has permanent members representing the Comptroller Department, MCCS, Installation and Logistics, Headquarters Battalion, Quality Management Office and the Local American Federation of Government Employees Union.

Subject matter experts also take part in the proposal evaluations when the need arises, according to Whaley.

Though not everyone can vote on the proposals at a CRAB meeting, anyone can bring ideas that could save money to the table.

To make your idea known or for more information about the Cost Reduction Advisory Board call Kim Whaley at 577-6508.

# MCCS: Making difference for base residents, employees

Story and photos by Cpl. Brian Davidson  
BARSTOW LOG staff

Marine Corps Community Services, Barstow has the mission of making a difference in the quality of life for MCLB Barstow Marines, DOD civilians, retirees and all of their families.

Business Operations, Semper Fit, Personal Services Division and Family Housing are the divisions that comprise MCCS and work collectively to accomplish its mission.

"MCLB Barstow's Marine Corps Community Services provides a quality of life here in a remote and isolated setting and it provides it at a price that is easily affordable, said Maj. Brian T. Ballard, MCCS director.

"[MCCS] is no longer in the business of giving everything away for free, so we have to educate our public that we are trying to provide the best services at the most economical prices. We have to be market driven," noted Ballard, "but we

certainly try to beat every competitor."

There are core programs and leisure activities provided by MCCS at every installation throughout the Marine Corps. MCLB Barstow is no exception, according to Ballard, even if some of them are operated at a loss.

MCLB Barstow is considered a remote and isolated installation. Add to that the small number of service members stationed here, and you have a dynamic situation, according to Ballard.

"The biggest difficulty we face is having enough population to keep the doors open in every recreational area. Our hobby shops don't necessarily have the best hours because we are only one person deep in Hobby Shops," said Ballard. "The only places that we have more than one deep on staff are the golf course and the gym."

The number of people using a facility determines how it is supported.

"It's our patron count that drives what we do. If we don't have enough patrons, it's really hard to offer more, quality services," noted Ballard. "If we don't use it, we could lose it."

Still, there are very bright spots.

"The base is doing well in retail and rated fourth overall in the Marine Corps for customer satisfaction in a recent survey index, second for net operating profit at

See MCCS Page 8



Gloria Buckles, Ellah Covert and Jenny Dettery, Temporary Lodging Facility hostesses, prepare a room for occupancy. TLF is a vital MCCS business operation and often plays host to service members, retirees and their families who are either in transition or moving.



Carol A. Lockett, MCCS cashier, provides fast and friendly service at the Marine Corps Exchange.



Jim Gaines, MCCS publicity, designs the October MCCS Events Guide. The guide details all the events and activities available to the base community through MCCS as well as contact numbers for all operations and services.



Lance Cpl. Tyrell A. Dykes pumps out an extra set in the weight room at the Base Fitness Center. Fitness Center patrons can look forward to seeing new equipment in the gym in the near future.

CO from Page 2

strengthen those bonds, they must go beyond business to a personal relationship among the leaders and key people of the communities. An evening of networking and interaction such as this provides the opportunity, for those who attend, to get to know each other better and see one another as more than what we do, and see who we really are.

The week ends with the Marine Corps Logistics Base conducting the annual recognition of our nations former prisoners of war and missing in action (POW/MIA). Since 1988, the base has conducted the annual ceremony, calling together former POWs from the Barstow and High Desert area. For a second year, the Veteran's Home will host the ceremony, and many of the veteran's organizations, as well as local government officials, will join the joint service ceremony. There is no greater way a community can show its support to those who have served and served so proudly as joining us

in recognizing those who, in the fight for freedom of others, for a period of time lost their own freedom. At this ceremony, we will also remember those who have yet to be accounted for, those still missing in action. A community and a nation cannot and should not rest, until all its sons and daughters are accounted for and eventually brought home.

Yes, Marines, Sailors, Civilian Marines and Family Members of the Logistics Base Community, this week is one of those that should remind each and everyone of us, that we are not alone. We are part of many different levels of community life and for each of us there is a place and a time in which we can make an impact. And when we need support our community will be there, because others have taken the time to be part of that community and make their contribution. Take time this week to recommit yourself to the community you are part of. As always, I ask that you stay informed and stay involved.

THE C.O. SENDS.

CHAPLAIN from Page 2

spoke and the Old Testament was born. Disaster strengthened and deepened faith in a way that prosperity had never done.

Vice Admiral James Stockdale, recalling his years as a [prisoner of war], wrote that he came to believe that the soul, when subjected to pressure can "undergo ... a metamorphosis of the spirit in which the ordinary stuff of humanity could turn into something precious."

POWs have experienced the pressure of the soul that can forge diamonds of spirit in the shock and outrage of enforced helplessness, loss of identity, being made to do things you do not want to do, knowing that things will get worse before they get better, and, perhaps worst of all, not knowing how much worse they will get, or how long they will last.

In that crucible of the soul, many POWs come to value again their religious training which deals, after all, with questions of ultimate meaning and survival.

Most people lose their religious faith, not because it's tested, but because it isn't, and they can afford the luxury of skepticism or atheism.

Perhaps the most famous of

Stockdale's writings is "The World of Epictetus."

Epictetus was a stoic philosopher, reported to have been a crippled slave, who wrote "The Manual."

His most famous observation is,

**"I believe in the sun, even when it is not shining. I believe in love, even when not feeling it. I believe in God, even when He seems silent."**

– scratched on the wall of a Nazi concentration camp

"It is not things that disturb us, but the view we take of them." He also said, "Ask not that events should

happen as you will, but will that events should happen as they do, and you shall have peace." and, my own personal favorite, "If God does not will it, I do not want it."

In this month when we remember POWs and MIAs, perhaps the best example of a spiritual gem was this inscription scratched on the wall of a Nazi concentration camp:

**"I believe in the sun, even when it is not shining.**

**I believe in love, even when not feeling it. I believe in God, even when He seems silent."**

MCCS from Page 7

just 0.6 percent over budget and 0.9 percent ahead of the rest of the Marine Corps. Even the associates who staff the MCCS facilities were rated as the best in the Corps," said Ballard.

MCCS isn't making a lot of money, but it is recognizing the needs of the customer and capitalizing on them.

"We've tripled our retail space by constructing a new post exchange in Yermo to better cater to the 1,200 Army troops that come through the Yermo Annex, and we have done it all on our own without help from Headquarters Marine Corps," said Ballard. "We couldn't have done it if we weren't being successful.

"If the Marines, soldiers and Sailors have a choice – and they do in their leisure activities – patronizing the MCCS establishments and facilities will come back to the community," remarked Ballard, who cited the Fitness Center as a prime example.

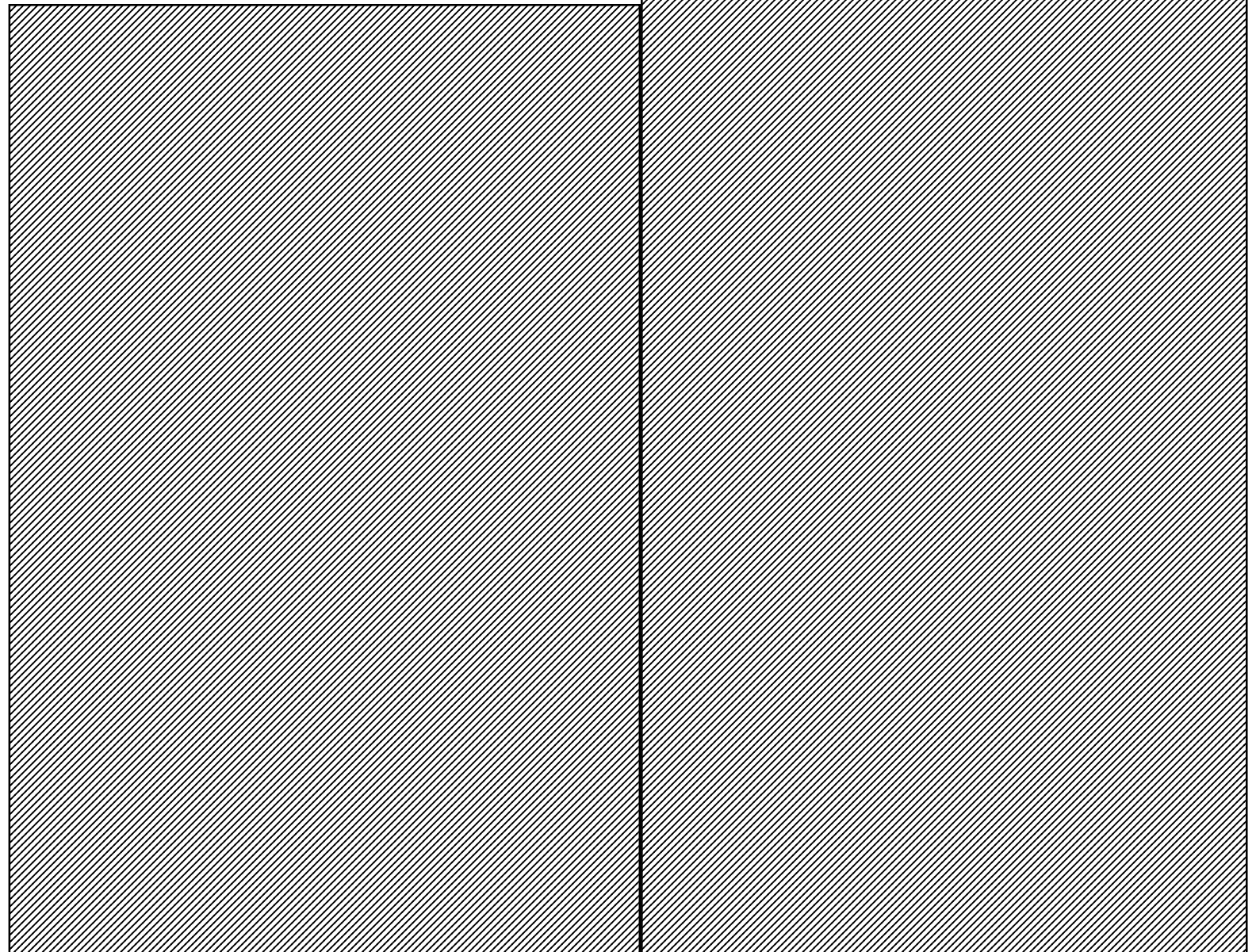
"Our gym is the most trafficked facility and as such I am looking at leasing, instead of buying, new gym equipment and furniture so that we will have newer furniture more often, said Ballard. "I'm accepting bids for leased furniture this week, and I have the validation to do so because the gym has such high patronage."

Like everything else the MCCS does, it's only to benefit the base community.

MCCS sponsors numerous events and activities that affect the base community through Semper Fit, Personal Services Division, Business Operations and Family Housing and is constantly seeking new avenues to improve the quality of life and services it provides on

base. Ideas, suggestions and input are a vital part in accomplishing MCCS's mission and are always welcome.

Learn more about how MCCS works to improve the quality of life for members of the base community in future editions of the BARSTOW LOG.





# MCCS



## MARINE CORPS

Community Services Barstow

By Jim Gaines  
MCCS Publicity

**Labor Day Sale at MCX**

The Marine Corps Exchange's 103rd Anniversary Sale is September 25-30 with a Carnival of Savings.

There will be a big Sidewalk Sale September 30 with door prizes, food and manager's specials throughout the day. Come in and check out the great buys, the fun and excitement of this special sale.

The Exchange/7-Day Store is open Monday through Saturday from 8 a.m. to 9 p.m. and Sunday from 10 a.m. to

6 p.m. Call 256-8974 for details.

**Lunch menu for this week**

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

**Today** - Prime Rib.

**Friday** - Hoki fish.

**Monday** - Beef stir fry.

**Tuesday** - Baked cod fish.

**Wednesday** - Pork roast.

**Thursday** - Mushroom stuffed chicken.

**Friday** - Hoki fish.

All above meals served with coffee, tea or soft drink.

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 noon. Price is \$3 military, \$4.50 civilian.

The Family Restaurant offers a la carte and sub sandwich menus for lunch.

The Cactus Cafe offers a limited a la carte and sub sandwich menus for lunch. Call 577-6428 for info.

**Family Restaurant full service**

The Family Restaurant offers breakfast, lunch and dinner service with following weekly schedule:

**Weekdays**

Breakfast is served from 5:30 a.m. to 7:30 a.m. Price: \$1.50 military, \$3 civilian.

Lunch is served from 10:30 a.m. to 12:30 p.m. Price: \$3 military, \$4.50 civilian.

Dinner is served from 4:30-6 p.m. Price: \$3 military, \$4.50 civilian.

**Weekends and Holidays**

Menu service for breakfast, lunch and dinner: 9 a.m.-2 p.m. Price varies per menu selection.

**Family Night Dinner menu**

**Tonight** - Baked/BBQ chicken.

**Next week** - Roast beef.

Family Night dinners are served Thursday evenings at the Family Res-

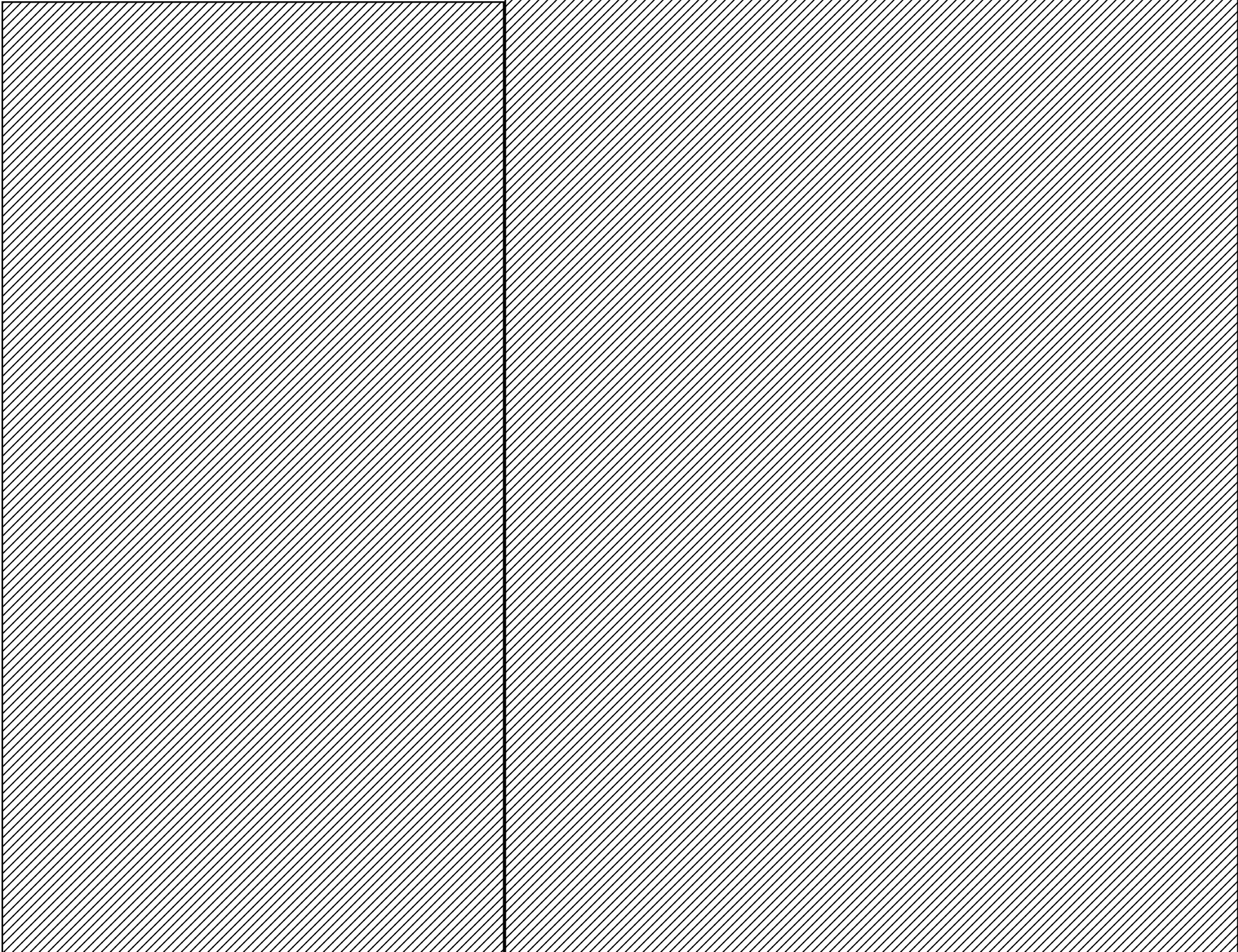
taurant from 4:30-7:30 p.m.

Prices: (military & civilian) \$4.50 adults, \$2.50 children (5 to 11 years), children 4 years and under are free. Everyone is welcome.

**Water Parks to close this month**

The water parks will close for the season September 30th. Enjoy them while you can. ITT has tickets to Raging Waters, Wet n' Wild and Hurricane Harbor.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. ITT tickets are available at the Bowling Center Wednesday through Friday from 4-8:30 p.m. Saturday and Sunday from 10 a.m. to 5:30 p.m. For more information call ITT at 577-6541.



# SPORTS

## PMO, Comm take hard hits Monday night

By LCpl. Cory Kelly  
BARSTOW LOG staff

Comm shut down the No Names



Photo by LCpl. Cory Kelly

Joseph Hood, I&L, takes it to the hole with no one to stop him as he tried to close the gap and pull ahead in Monday night's game which ended as a loss against PMO, 56-50.

who tried to stop time for a glimpse of victory during the base's 2000 intramural basketball league Monday evening at the base gym.

Bryce Catlett, coached Comm to a 52-48 victory over Giovanni Valladares' No Names. The game was tight from the onset, but Comm led the way as the No Names trailed closely behind.

It wasn't until the fourth quarter clock read two minutes and counting that Valladares and his boys realized they really needed to work the clock if they were going to pull ahead from their ten-point deficit. Just as the No Names could taste victory, Elder Reyes, Comm's killer forward, sank a field goal with tens seconds on the clock to secure the win for Comm.

Reyes was a vital artery to Comm's success, marking 20 points during the game. Valladares led the No

Names' scorers with 16 points – and a pulled hamstring. Ernie Mena followed closely behind with 14.

In the second game of the evening PMO and I&L went head to head, stretching time, in a battle that ended 56-50 in PMO's favor.

Joseph Hood coached I&L as they fought like warrior poets to stay in the game, but it seemed every time they pulled ahead PMO would dish out another ego-blasting blow of a field goal.

Although PMO's coach Manuel Almaraz did not make it to the game, David Pooler did an outstanding job of filling in, with his shouting of tactics from the benches. So good, in fact, the referee almost made him leave the courts, because his tactical outcries were interfering with the integrity of the game.

Monte Matthews led PMO with 25 of the team's 56 points on the board.

I&L's man on fire Monday night was Derrell Givens with 22 points – twelve of which were field goals.

Givens admits lack of defense was their fatal fault for the evening. "It was all lack of defense. We gave Matthews too many open shots. But that's alright. We'll play them again, and it will be a different story next time."

## GUNNY'S PICKS

Week 3



Photo by Cpl. Brian Davidson

Juan Rivera, Network Systems Branch, scored a perfect 10 this week. He won the Gunny's Picks with 13 of 13 games, but, just to cap it, he also called Monday's tie-breaker right.

"This win is dedicated to all Dallas pig farmers," said Rivera. Watch out, New York is back."

Just a quick reminder: You can send your picks via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil) or drop them off by our office in Building 15.

Pittsburg at Cleveland\*  
Tampa Bay at Detroit\*  
Philadelphia at Green Bay\*  
San Francisco at St. Louis\*  
\*Buffalo at NY Jets  
Atlanta at Carolina\*

Cincinnati at Jacksonville\*  
San Diego at Kansas City\*  
\*Denver at Oakland  
\*NY Giants at Chicago  
Minnesota at New England\*  
New Orleans at Seattle\*

\*Baltimore at Miami

### Monday Night

Dallas at Washington\* (38)

Total points: \_\_\_\_\_

Name, work section and phone number: \_\_\_\_\_

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



Please submit all Trader Ads to  
[editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil)

**1987 OLDS CUTLASS SUPREME:**

New paint and trans., clean interior, A/C, P/S, P/B, \$1,900. Call 243-2080 AWH. Ask for Otis.

**1995 KIT ROAD RANGER:** 5th wheel, 20 ft, super slide, awning, electric jacks, two-door refrig/freezer, microwave, ducted A/C, floor ducted heating, other extras. Blue Book is \$13,250-\$16,625. Call 256-3489.

**1993 HONDA CIVIC:** Coupe, A/C, P/S, P/D, P/W, sunroof, well maintained, spotless interior and engine, new tires and timing belt, plum color. Call 252-7357.

**1954 CHEVY BELAIR:** 2 Door, 210 model, needs paint and interior, 6 cyc/auto, \$1,500 OBO. See at 1260 Monterey. Call 252-3802.

**MOTORCYCLE:** 1993 Katana 750cc, low mileage, includes two helmets, self-maintenance manual, \$4,000. Call David, 219-0219.

**CAMPER SHELL:** Leer camper shell (white for small pickup (fits Toyota, etc.) with carpet kit (light blue), mounting clamps, and window seal, sliding side windows w/screens, stepped-up rear, with full-glass liftgate and new openers, \$275. Call 253-4242.

**FURNITURE:** Waterbed, full-size w/ headboard and storage drawers, xlt cond., \$50 OBO. Call 241-9668.

**FURNITURE:** Sofa/loveseat set, good condition, \$250. Call 243-1392.

**MISCELLANEOUS:** Bose subwoofer, \$150; patio table, white, plastic, \$15; dining table, solid oak, seats 6-10 people, \$550, will accept payments; Kenmore range hood, 30", almond color, like new, \$30; kids playhouse, large, \$25; barbecue grill, charcoal, \$10. Call 255-3045.

**MISCELLANEOUS:** Exercise equipment, Health Rider, xlt cond. \$25; Perfect Abs ab roller, good cond. \$15. Call 241-9668.

**MISCELLANEOUS:** Complete front end for '86 Toyota 4WD pickup, includes front differential, A-frames, axles, wheels, calipers, rotors, some brakelines and locking hubs, \$325.

**CAR POOL:** Car pool opening, driver wanted for established car pool, Mon-Fri 7 a.m. - 3:30 p.m. Nebo. Call 951-2060 to sign up.

**BRIEFS from page 3**

of Fort Irwin and the City of Barstow Tuesday through Thursday.

The first two days of the tour are at Fort Irwin. Informational meetings and tours introduce spouses to services available at the fort and to military life in general.

The third day, which is hosted by the Military Affairs Committee of the Barstow Area Chamber of Commerce, begins at the Veterans Home on Barstow Road at 9 a.m. with a free continental breakfast.

After presentations by the Veterans Home Public Relations Department and the Barstow Police Department, guests will tour Calico Ghost Town and receive coupons for selected shops at the Factory Outlet and Tanger malls.

Participants should dress for the weather, wear comfortable walking shoes, and bring water to drink.

For more info call Becky Echols at the Army Outreach Center, 256-1735, or Pamela Butolph at the National Training Center, Fort Irwin, 380-4991.

**Military Mixer**

The Veterans Home of California – Barstow is holding the annual Military Mixer tonight at 6:30 p.m.

MCLB Barstow, the Military Affairs Committee of the Barstow Area Chamber of Commerce, and the National Training at Fort Irwin have co-hosted the mixer for more than 10 years.

The Military Mixer presents the opportunity for all military ranks and civilians from all walks of life to get better acquainted in a

friendly social setting.

Advance sale tickets are \$12 for officer, enlisted (E-6 and above), and civilians. Junior enlisted (E-1 through E-5) tickets are \$7. All other tickets, excluding “will call” are \$15 at the door.

Purchased tickets at Veterans Home, 252-6288; Chamber of

Commerce, 256-8617; Fort Irwin Public Affairs, 380-4511; or MCLB Barstow Public Affairs, 577-6430. Arrange for “will call” tickets at 256-8617.

Meet new people, make new friends, strengthen community relationships. Attend the Military Mixer – you’ll be glad you did.

**New Parent Support Program**

There are two different support programs on base – one for the Marine Corps and one for the Army.

The Marine New Parent Support Program for mothers meets every Monday, Tuesday and

Wednesday at 9 a.m. outside the McKinney Center. Call 577-6332/6533 for more info.

Fort Irwin hosts Playmorning Monday from 10-11:30 a.m. at the McKinney Center. All parents with children under age six are welcome to attend. For more info call Sandra Casey at 380-4021 or 256-5751.

