

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

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Marine Corps Logistics Base Barstow, California

October 26, 2000

Fall, back

No, it's not a sound for retreat – just a reminder to set your clocks back Sunday morning for the end of Daylight Savings Time.

Health Fair

The 8th Annual Health, Safety Fair signals start of Employee Health Benefit Open Season.

Page 3

Trick-or-Treat

Halloween is a fun time of year to be a child. However, a fun night can turn deadly. Follow these simple safety tips.

Page 7

Gunny's Picks

Repeat winner pulls no punches when talking about "da Boys from Dallas" and their fans.

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<http://www.usmc.mil>



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

Commandant's guidance update stresses safety

By Gen. James Jones
Commandant

A year ago, I issued the Commandant's Guidance as an expression of my personal philosophy concerning our Corps. As a broad statement that is descriptive, rather than prescriptive, the document is true to its title: it provides guidance from the Commandant regarding subjects that are of interest and concern to Marines.

These subjects were carefully chosen, but at the conclusion of my first year in office, I directed my staff to assist me in reviewing the Commandant's Guidance to determine whether there were any areas in need of refinement or any important issues that had been overlooked. The resounding and unanimous answer echoed the conclusion I had already reached: **SAFETY**.

In the one-year period following publication of the Commandant's Guidance on 1 July 1999, accidents resulted in the deaths of 112 of our Marines and Sailors, and injuries to 775 others. These statistics include both training and off-duty mishaps. The numbers are alarming. Sadly, in many cases, deaths and injuries could

easily have been prevented. For example, 50 percent of the Marines killed off-duty in motor vehicle collisions were not wearing seat belts. Such losses are as senseless and inexcusable as they are tragic.

The record would appear to indicate that the Marine Corps has become complacent about safety, but let me assure you that this is not the case. In fact, safety is one of our highest priorities and is of such importance that the Assistant Commandant personally heads our efforts in that area, chairing an Executive Safety Board that directly engages the senior leadership of the Corps in addressing and resolving issues. Safety is a subject that has held my own close attention throughout the past year, and I am convinced that we have a problem. However, it is a problem that we can correct through the concerted application of leadership, common sense, and discipline: resources that are available to the Corps in abundance.

With these things in mind, I have issued an update to the Commandant's Guidance addressing this most important subject. As safety is an inherent function of leadership, this new material should be considered an integral part of the section in

the Guidance entitled "Leading Marines." Like the original document of which it now forms a part, this addendum is intended to establish "Commandant's intent" with regard to one of the most pressing challenges facing us today. Marine leaders at all levels must translate this intent into action by implementing appropriate measures to attack and defeat the unsafe acts and conditions that are robbing us of our most precious asset: our Marines.

The situation is clear. The mission: eliminate avoidable accidents. *H-Hour: NOW*.

Safety, both operational and personal, is the responsibility of every Marine. It begins with leadership. The message is simple, and as old as the Corps itself: leaders take care of their Marines. That duty is all encompassing, touching almost every aspect of our personal and professional lives. Marine leaders take responsibility for the actions and omissions of the men and women they lead, on duty and off, to an extent that is unique to military culture, with no counterpart in the civilian world. They actively concern themselves with their Marines' welfare and combat preparedness, including their physical and mental well being, training,

personal readiness, and family readiness. It is evident, then, that conditions, practices, and habits posing a threat to the safety of Marines must be sought out, attacked and eliminated by leaders.

A leader's responsibility for safety includes three broad functions. First, leaders establish an organizational culture emphasizing the importance of safety. This requires more than perfunctory safe driving lectures. It is, instead, a continuing educational process that seeks to stimulate an attitude of true safety consciousness in every member of the unit. A leader's second function with regard to safety is supervision. Inherent to authority is the obligation to issue and enforce policy. Too frequently, accident investigations reveal a fateful deviation from regulations. Supervision and enforcement can prevent many such occurrences.

Finally, leaders seek balance. The Marine Corps is a combat organization, and combat is an extraordinarily dangerous activity in which success often entails risk. Accordingly, we value leaders who are prudent risk-takers. This is a critical element of the Corps' reputation for success in

See **GUIDANCE** Page 8

Commander awards newest Marine, NCO of Quarter

By GySgt. Frank Patterson
Public Affairs Chief

What is it that makes a Marine? Is it background? Education? Training?

The current Marine and Noncommissioned Officer of the Quarter are living proof there is no "cookie cutter" for making Marines in today's Corps. About the only thing they have in common is the fact they are both Marines with the dedication and desire to excel in the Corps.

Diversity of interests and backgrounds are key when comparing these Marines. Corporal Brian K. Davidson, NCO of the Quarter for fourth quarter, is a family man with a wife and two kids. Lance Cpl. Jason R. Fields, Marine of the Quarter for fourth quarter, is single. Davidson received his basic Marine training at Marine Corps Recruit Depot Parris Island, S.C., and Fields received his at MCRD San Diego.

Davidson has recently earned a bachelor's degree and is working towards a

master's; Fields plans to start college soon. Davidson entered the Marines at age 24 from Spartanburg, S.C.; Fields came in at age 18 right after graduating from high school in South Dakota.

One thing that these Marines do have in common is that their superiors thought enough of them to put them up for their respective boards.

"Typically quiet and unobtrusive, Davidson leads by example," said Bill Bokholt, Public Affairs Officer and Davidson's officer in charge. "His dedication to the Corps doesn't end when the whistle blows; he constantly sacrifices off-duty time to attend events important to the Marines and the command."

"[Fields] stands head and shoulders above his peers in everything he does. He is a sincerely dedicated Marine," said Fields' SNCOIC, SSgt. John C. Green, drafting and surveying chief, here.

Davidson is determined to show that

See **AWARDS** Page 12



Photo by GySgt. Frank Patterson

Lance Cpl. Jason R. Fields (left), Marine of the Quarter, and Cpl. Brian K. Davidson, Noncommissioned Officer of the Quarter, discuss their ideas about improving this little corner of the Marine Corps shortly before the presentation ceremony October 12.

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.

MCB buyouts causing work force questions

Q Yes, I'm an employee out at 573 over in Yermo and I'm calling in regards to the buyouts that we keep hearing about. There are rumors that they are going to have 49 buyouts over here. Col Rivers - we'd heard that he had indicated that they want some people out of here by mid-October, end of October, now we hear different things. We heard that it is going to be postponed, maybe next year. Someone needs to come on line and get to the people and tell them the scoop - tell them heads up of what's really going on. Thank you.

A Thank you for raising this question, I know you speak for other employees. The Commander of the Maintenance Center has provided the following information:

The Maintenance Center has budgeted for and received approval for 49 Voluntary Early Retirement Authority (VERA) and Voluntary Incentive Separation Program (VISP) releases for FY-01 (Buy Outs). These releases are based on the reduction of workload, mainly in the heavy mobile equipment area. In an attempt to

avoid the possibility of a Reduction in Force (RIF), we have decided to offer volunteer releases through these programs. Specific grades and series have been selected for these reductions to match low workload areas, they are:

- WG-5803-10 Hvy. Mobile Equip. Mechs.
- WL-5803-10 Hvy. Mobile Equip. Mech Ldr.
- WS-5803-11 Hvy. Mobile Equip. Supv.
- WS-5803-10 Hvy. Mobile Equip. Supv.
- WD-5803-06 Hvy. Mobile Equip. Production Shop Planners
- GS-1152-09 Production Controllers
- GS-0818-07 Draftsman
- GS-0818-06 Draftsman
- GS-0830-11 Mechanical Engineer
- GS-0802-11 Mechanical Engineering Tech.
- GS-0856-11 Electrical Engineering Tech.

The letters offering the initial "buy outs" were distributed by HRO October 2. The letters contain specific separation information and were issued based on seniority determined by service computation dates. Once the offers have been accepted and signed, processing and release of these individuals will take place as soon as possible. When offers are declined, a follow-up offer is made to the next senior

individual until all planned offers are exhausted.

I hope this addresses your immediate question. Similar buyout offers are planned for the Fleet Support Division and Installation and Logistics Department here. The same procedures will be followed for the grades and series to be reduced. The "buy outs" are being used to only address downsizing where either workload reductions or the results of the A-76 study will impact. Again, thank you for your interest.

Idling buses spark base employee concerns

Q I am writing to voice my concern about a situation I see almost daily - there are a group of passenger buses that park adjacent to the gym/post office area and each day from about 1745 to about 1830, these buses sit - with driver inside - in an operational mode - engine running, lights on - and no meaningful use of expensive fuel or reason to pollute the air with diesel fumes.

Please check into the reason for up to two or three buses each day sitting - while engines are idling - wasting fuel and polluting the air. If there is no reason for this - it should be stopped.

Thank you for your assistance. Concerned

base employee.

A Thank you for raising this issue, it gives us the opportunity to explain what you observed. The NTC Express Buses park at MCLB at the end of the day. By doing so they save fuel and wear and tear on the vehicles by avoiding the drive back to Ft. Irwin empty at night and back to Barstow empty in the morning (40 miles - 50 minutes each way)

At the end of each operational day there are certain procedures that must be followed to ensure operability of diesel-powered buses and to ensure appropriate documentation is completed. These checks/documentation take from 20-40 minutes to complete.

Bus drivers allow the buses to idle for approximately 15 minutes to rebuild turbo components and to allow systems (air conditioning, etc.) to cycle through and to ensure the battery fully charges prior to shut down - this reduces wear and tear on components and the requirements for frequent repairs. During this time, the bus driver also performs a complete bus check prior to shutting down.

Additionally, the bus driver must fill out appropriate trip reports. There is no lighting in

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The violence we face

By Lt. Elmon R. Krupnik
Base Chaplain



The terrorist attack that took place against the USS Cole on October 12 is a stark reminder to us of the violence that is present in our world.

When violence occurs, we look for who is responsible. We demand and want justice. There is a difference between justice and revenge. The government authority that is appointed over us is responsible for carrying out that justice, not for taking revenge.

The Scriptures remind us that we should not seek revenge for the acts of others. Rather, God will deal with their acts of violence in His time.

Romans 12:19 states, "Do not take revenge, my friends, but leave room for God's wrath, for it is written: It is mine to avenge; I will repay, says the Lord."

Those that live by violence will reap their own consequences. Psalm 7:14-16 states, "He who is pregnant with evil and conceives trouble gives birth to disillusionment. He who digs a hole and scoops it out falls into the pit he has made. The trouble he causes recoils on himself; his violence comes down on his own head."

In our society, we should do all that is possible to prevent violence. When violence does occur, however, we should do all the good that we can for the victims of violence and seek justice, not revenge. Let us do all that we can to help the victims of violence and support the governmental authority as it pursues justice when violence takes place in our community.

Blessings to all,
Chaplain Krupnik

Just doing my job ...



Staff Sgt. John C. Green (standing) and Sgt. Eric C. Behar, draftsmen/surveyors, mark off yardage lines on Sorensen Field for the flag football field. The first football game of the season was Wednesday. Behar commented that laying out a football field was much different than doing the airfields and runways that he is used to surveying.

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.



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

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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 editor@barstow.usmc.mil.

T4T Poker Run

An off-road poker run to benefit Toys for Tots is planned Saturday and Sunday.

The route has two loops, approximately 25 miles each. One route is for four-wheel drive vehicles and the other is for motorcycles and ATVs. Both routes begin and end at the Slash X Cafe, 28040 Barstow Road.

A dinner is planned for Saturday at 5 p.m. at the Slash X, and breakfast is at 7 a.m. on Sunday.

For more info call Mal or Connie Wessel, 252-3093, or the Slash X Cafe, 252-1197.

Tortoise and Hare Fun Run/Walk

The Barstow Boys and Girls Club presents the 2nd Annual Tortoise and Hare Fun Run/Walk November 4 starting at the Barstow Mall on East Main Street, at 8 a.m.

The events are broken into 5K, 10K, and 15K walks/runs.

Registration forms are available at the Barstow Boys and Girls Club, Foster Freeze, the Barstow Area Chamber of Commerce, and the Barstow Mall. Registration forms are also available on the Internet at <http://www.homestead.com/tortoiseandhare/index.html>.

For more info call the Barstow Boys and Girls Club, 255-2422, or Mike Lewis, 256-2648.

Calico Ghost Haunt

It's the time of year that kids overdose on sweets and start bouncing off the walls in sugar-fueled frenzy of hyperactivity.

If your kids are driving you crazy, why not use up some of that extra energy at Calico Ghost Town.

Friday, Saturday and Sunday, Calico's batwing doors swing open wide to welcome one and all to their "Dare to be Scared" Halloween hauntfest.

Maggie's Mine comes "alive" with ghostly spirits, and your little spook

might take home a prize in the Costume Contest.

Wayne Damage wails outsome bone-chilling music and some "body" will read Edgar Allan Poe's "The Raven" in the spooky schoolhouse and ghost stories are told in the cemetery.

Much more is planned, so look up <http://www.calicotown.com> on the "Web" for more information or call 1-800-TO-CALICO.

Blood Drive

The next blood drive is November 2, from 11:30 a.m.-2:30 p.m. in Building 44's Aerobics Room and from 11:30 a.m.-3 p.m. at the Maintenance Center.

Contact your Department Administrative Officer to volunteer for the blood drive. Volunteer lists must be in by October 27.

MUC Awarded

Attention to all civilian employees: The Marine Corps Logistics Base Barstow was awarded a Meritorious Unit Citation for the period July 1, 1996, to December 31, 1998.

If you worked here during that period you are eligible to wear the MUC civilian pin.

Beginning Monday the pins were made available through each administrative office.

For your info, the pin is triangle-shaped and is worn with the point down.

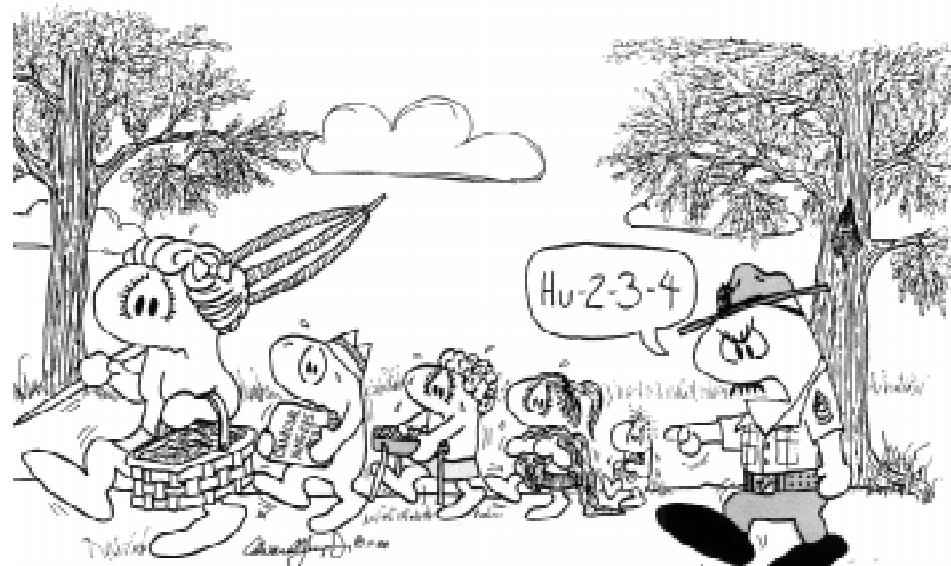
Health, Safety Fair Scheduled

A Health and Safety Fair combined with the 8th Annual Federal Employees and Retirees Health Fair will be held at the base gymnasium, Building 44, November 16 from 2 to 7 p.m.

The health fair provides residents and their family members the opportunity to get a preventive check-up. Scheduled health screenings include blood pressure and cholesterol checks, body-fat analysis and a pulmonary

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to go on a family picnic.

function test, which measures vital lung capacity.

The fair coincides with the Federal Employee Health Benefit open season from November 13 to December 11. During the open season eligible employees who are not currently registered with a health plan may enroll. Eligible members already enrolled may change from one plan to another during this

time. All federal employees and retirees – including the U.S. Postal Service, Bureau of Land Management, Federal Bureau of Investigation and the Department of Social Security Administration – and their family members are encouraged to take advantage of the Health Fair.

Numerous Preferred Provider Or-

ganization and Health Management Organization representatives are invited to present the benefits of their plans. There will also be safety shoe companies in attendance.

Military equipment, fire, police and ambulance service and safety displays will complement the fair.

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Marines lead Mardi Gras Parade

The Marine Corps Logistics Base will lead the 68th Annual Kiwanis Halloween Mardi Gras parade from Barstow Road east on Main Street to Mt. View Street starting at 7 p.m. on Tuesday.

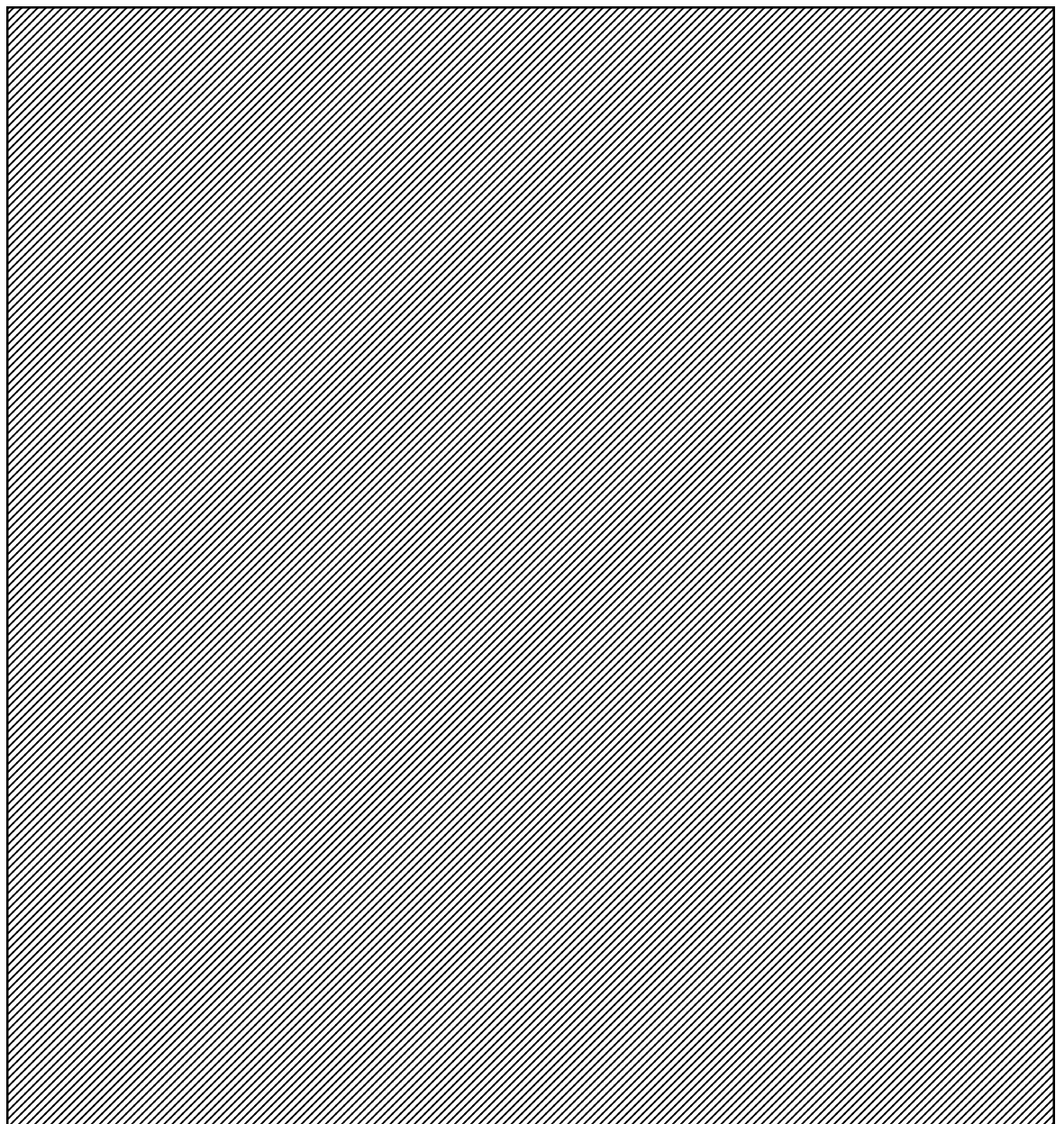
Base Commander, Colonel Mark Costa, will lead the base contingent on horseback. Riding with the colonel will be Master Gunnery Sergeant Kim Ortamond who is the new Staff Noncommissioned officer-in-charge of the Marine Corps Mounted Color Guard.

Marine Corps Mounted Color Guard riders under the command of Staff Sergeant Michael Kancilja are: Corporal Michael McGee, Corporal Spencer Denbo and Lance Corporal Scott Placko.

Riding in Fleet Support Division HMMWVs are: Colonel Costa's wife, Kathy; the base sergeant major, Sergeant Major John Hathaway and his wife, Sandy; the Marine of the Year, Sergeant Omar Ebanks and his wife, Anjulia; NCO of the Quarter, Corporal Brian Davidson and his wife, Robin; the Marine of the Quarter, Lance Corporal Jason Fields and the Sailor of the Quarter, Hospitalman Eddie DeLaPena.

Base Fire Department vehicles and McGruff the Crime Prevention Dog from the Public Safety Department are also parade entries.

This year's parade theme is "REMEMBERING THE 50's special emphasis on American Veterans of the Korean War."



Carbon monoxide hazard management concerns FES

By Cpl. Brian Davidson
BARSTOW LOG staff

During the 1999 annual Fire Safety Inspection MCLB Fire and Emergency Services installed carbon monoxide alarms in all base housing units here. Since the new installations F&Es inspectors have found many of the alarms missing or disconnected.

Headquarters Marine Corps mandated that Marine Corps Family Housing units be equipped with the alarms by the end of 1999 and fully funded the cost of the project. David Madrid, Base Housing manager, entrusted F&ES with the alarms for installation and distribution.

Nearly a year later, many of the alarms are missing while some families who still have their alarms have them unplugged, according to Mary Jane Ackley, F&ES assistant fire prevention chief.

The alarm is designed to emit a high-

pitched chirping sound when it detects carbon monoxide levels in excess of 99 parts per million for more than 90 minutes or before 35 minutes of exposure to 200 ppm, according to the manufacturer.

With the onset of winter, many people will soon be switching on heating systems. An act that can be fatal if the heating equipment has not been properly maintained, noted Ackley.

Carbon monoxide is a colorless, odorless and poisonous gas that results from incomplete combustion of fuels like natural gas, propane and oil. According to the Consumer Products Safety Commission, carbon monoxide poisoning associated with fuel-burning appliances kills more than 200 people each year.

Service members are not immune, according to a Department of the Navy hazard alert. One Sailor and his four family members and a Marine died as a result of carbon monoxide poisoning during fiscal year

1998. The Sailor and his family died after turning on their gas furnace the first time temperatures dropped.

Contrary to what some people might think, there are several sources capable of producing carbon monoxide in housing.

"The water heaters, gas ranges and the heating units all exhaust carbon monoxide," said Ackley. "Some housing areas have fireplaces that also can produce high levels of the gas."

Lastly, Ackley named garages as being a major risk area for the hazard.

The lone Marine death resulting from carbon monoxide poisoning in fiscal year 1998 occurred here. The Marine died of CO poisoning while sitting in a car with the engine running.

Carbon monoxide is dangerous and managing the risk should not be taken for granted, according to the alert.

There have been times when residents have unplugged their alarms because they were making a chirping noise," said Ackley. "It's because the batteries were low and needed to be replaced. Residents don't have to go out and purchase their own batteries, just stop by the Housing Office where they'll be supplied with them."

"We stress the importance of ensuring the alarms are in a receptacle that fits the plug properly and to watch their children around the units because it doesn't take much for the plug to be loosened," noted Ackley. "If that

Managing CO risk

- Identify hazards; inspect heating systems, ventilation and chimneys.

- Assess risk; carbon monoxide is more likely to cause death as exposure, time and concentration increases.

- Make risk decisions; have a technician inspect your heating system, hot water heater, stoves, vents and piping.

- Implement controls; replace filters regularly, don't let furniture block air registers.

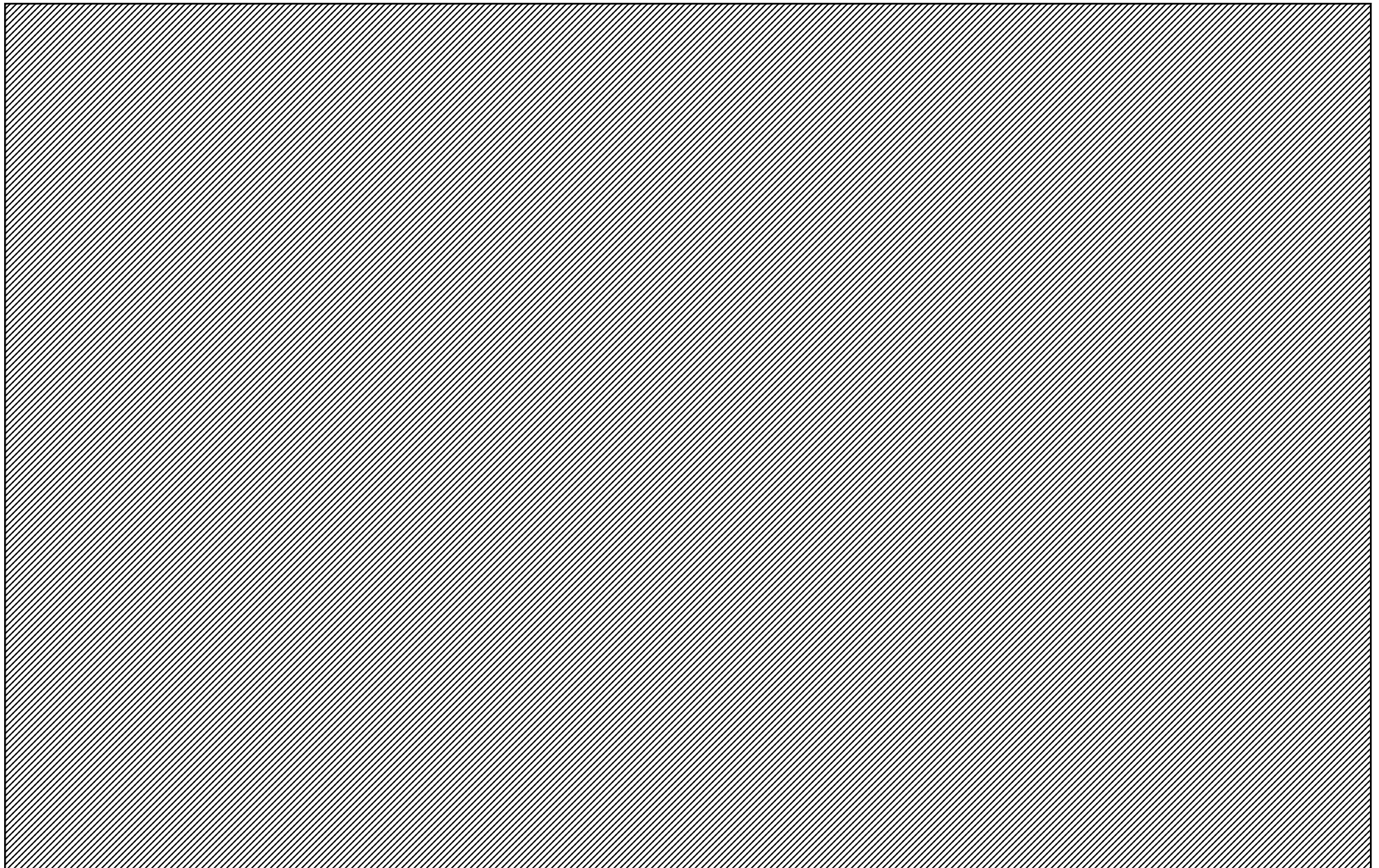
- Supervise; be sensitive to health changes, headaches, fatigue and nausea.

happens the alarm will use its backup battery to operate, which wears the battery down."

Housing residents with damaged units or in need of a replacement are advised to contact the Housing Office as soon as possible.

Effects of CO poisoning

PPM	Effects and symptoms	Time
200	Slight headaches, discomfort	3 hours
400	Headache, discomfort	2 hours
600	Headache, discomfort	1 hour
1,000- 2,000	Confusion, nausea, staggering, heart palpitations	30 minutes to 2 hours
2,000-2,500	Unconsciousness	30 minutes
4,000	Fatal	less than an hour



Immunizations keep diseases at bay Why chronic dieting doesn't work

By Lt. Cmdr. Scott Clements
Naval Hospital Pensacola

PENSACOLA, Fla. – Increasing concerns have been raised about the safety and need for vaccinations to control infectious diseases.

Primarily, modern medicine relies on antibiotics and vaccines to combat infections from bacteria and viruses.

Vaccines prime the immune system to respond quickly to invading bacteria or viruses. It's used to halt infection before symptoms occur.

Antibiotics work by killing bacteria already infecting the body and causing symptoms.

Antibiotics are not effective against viral diseases. A single antibiotic may work against many kinds of bacteria, while vaccines are designed against a specific disease.

In America, many once-feared childhood diseases are becoming rare. Some people have suggested that vaccination is no longer necessary.

Despite the decrease in North America, vaccine-preventable diseases such as measles, polio and whooping cough continue to effect

and kill children throughout the world.

Only by continuing to actively immunize children will these scourges be kept at bay. Other parents worry when multiple vaccinations are given at one time, fearing an increased risk of severe reactions to the vaccines, or that they may not be as effective when combined.

Routine childhood vaccines are given according to a schedule. Sometimes the question arises about whether to give an immunization when the child is ill. The experts do not recommend delaying vaccinations due to mild illnesses such as colds, ear infections or mild diarrheal disease.

Vaccinations should also proceed if the child has been exposed to an infection or is taking antibiotics for an illness. The American Academy of Pediatrics considers immunizations a priority in children's health and more information about specific vaccines is available on the Internet at <http://www.aap.org>. For more information on pediatrics and immunizations, go to the Naval Hospital Web site <http://psaweb.med.navy.mil/pted/pediatrics.htm> or call the Branch Medical Clinic at 577-7763.

From Bureau of Medicine and Surgery

WASHINGTON – Only five percent of dieters will have maintained their weight loss at the end of one year. That's not too encouraging considering the average American diets three to four times annually.

Why are so many people involved in this self-defeating act? An obsession with thinness and the limited view that dieting will help you lose weight has Americans running to buy diet aids. But the bottom line is that diets don't work.

The common phrase "going on a diet" gives you the feeling that it is something you start but are able to quit. The thought of dieting makes you hungry for foods you had even forgotten about.

People who diet can often lower their metabolisms enough to decrease their caloric need. This can be done in two ways: first, a diet of less than 1,000-1,200 calories can actually cause a starvation-like state and force your body to conserve calories. The body will cut back its caloric needs to survive. Therefore, you won't

lose more in the long run on a 500-calorie diet. This starvation state can lower the metabolism for as much as one year.

Secondly, crash dieting can change the body's composition. Let's say you lost 10 pounds in two weeks. Five pounds of that is water, three pounds was fat and the other two pounds was muscle. When the water weight is regained, it comes back in the form of fat and water.

Every future diet can perpetuate this downward cycle of muscle loss; the chronic dieter may change their percentage of body fat over time from 25 to 40 percent. Surprisingly, the scale may not show large amounts of weight change.

Muscles burn up more calories than fat and chronic dieting makes you lose a large percentage of what helps you keep trim. This yo-yo effect of losing and regaining can be hard on the body. It is better to never start dieting than

See DIETING Page 12

Enhanced retiree dental plan coming soon

From TRICARE Management Activity

WASHINGTON – The TRICARE Management Activity and the selected contractor for its retiree dental program, Delta Dental Plan of California, announced the rollout of an enhanced dental program for uniformed services retirees and their family members beginning October 1.

The TRICARE Retiree Dental Program is already the nation's largest voluntary retiree dental program with nearly 525,000 enrollees. TMA and Delta officials aim to increase enrollment significantly through an expansion of coverage that is designed to appeal to an estimated 4.2 million eligible

retirees and family members.

"This is a dramatic benefit expansion that responds directly to input received from uniformed services retirees on what dental benefits they want and are willing to

pay for," said Navy Capt. Lawrence McKinley, TMA's senior consultant for dentistry. "The program remains voluntary with no government subsidy, so consideration for developing a comprehensive benefits package that is affordable and viable were paramount in the

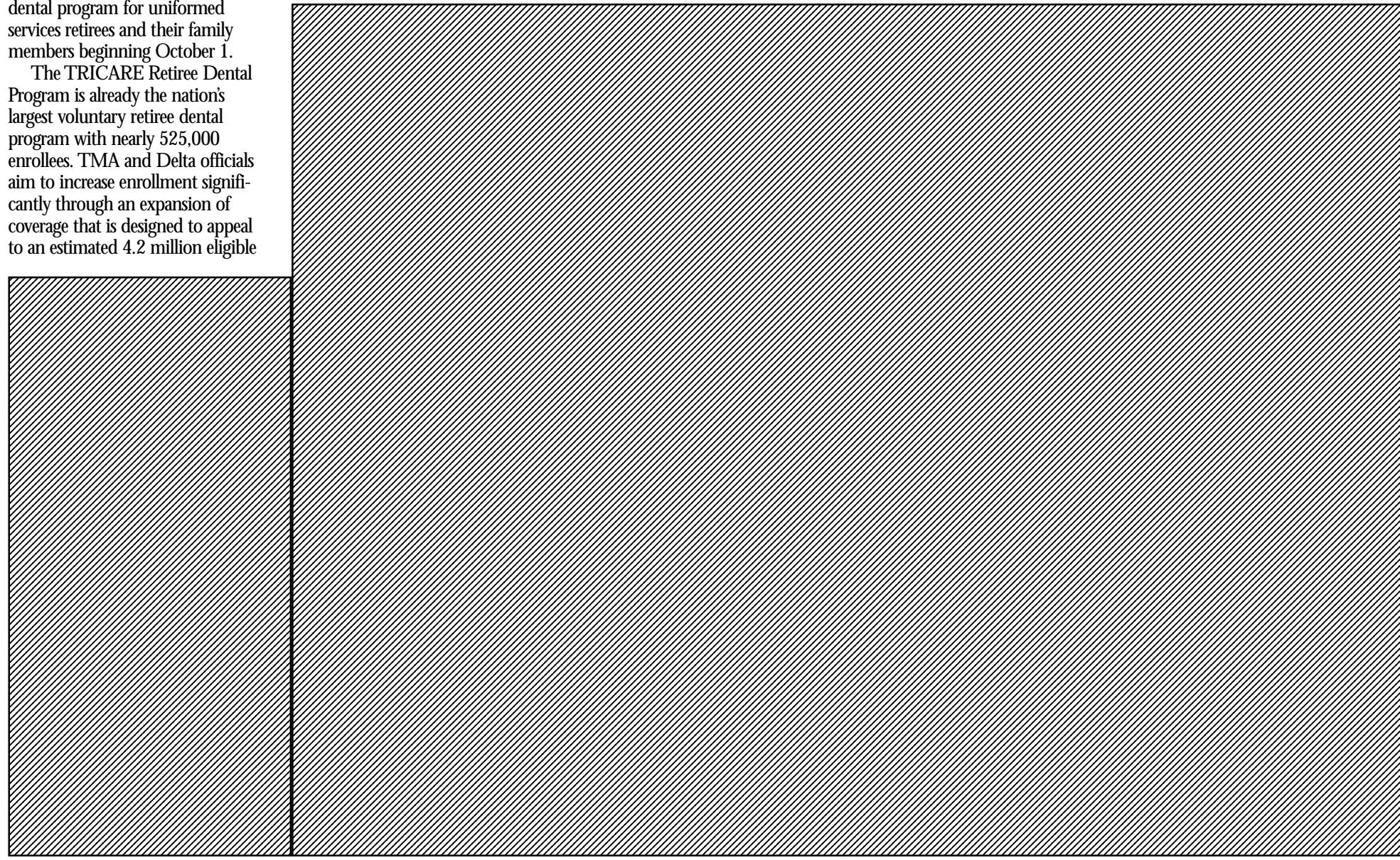
design."

The enhanced program includes all the basic benefits offered in the current basic retiree program launched two years ago, plus coverage for cast crowns, onlays, bridges, partials/dentures and orthodontics along with several

additional diagnostic and preventive services.

Additionally, it includes immediate coverage for additional diagnostic and preventive services, coverage for dental accidents and

See PLAN Page 12





Pushball is not quite basketball and not quite football, but it does combine many elements of the two sports. Friday was the first time pushball was played at a field meet here.

HoBn Field Meet

Story and photos by Cpl. Brian Davidson

BARSTOW LOG staff

Finding their way in the darkness, scrabbling down the hillside and through the gate, base Marines made their way to the would-be stomping grounds of Sorensen field.

They came for the challenge, camaraderie and bragging rights that could only be found at the battalion's semi-annual field meet.

The Marines divided into five platoons and began their warm-up, a five-mile hike up, over and around Radio Hill and back to Sorensen field.

Charged with enthusiasm, platoons paired off for the day's first event, pushball. Few of the Marines had ever seen a pushball, even less had ever played it.

Still, the teams attacked the big blue ball, and each other, with an intensity seldom seen outside of a boot camp pugil sticks match at Leatherneck Square.

After the platoons bounced their way into their positions, the staff noncommissioned officers and officers converged on the field to do battle. Once the roughhousing ended and the dust settled, SNCOs emerged victorious.

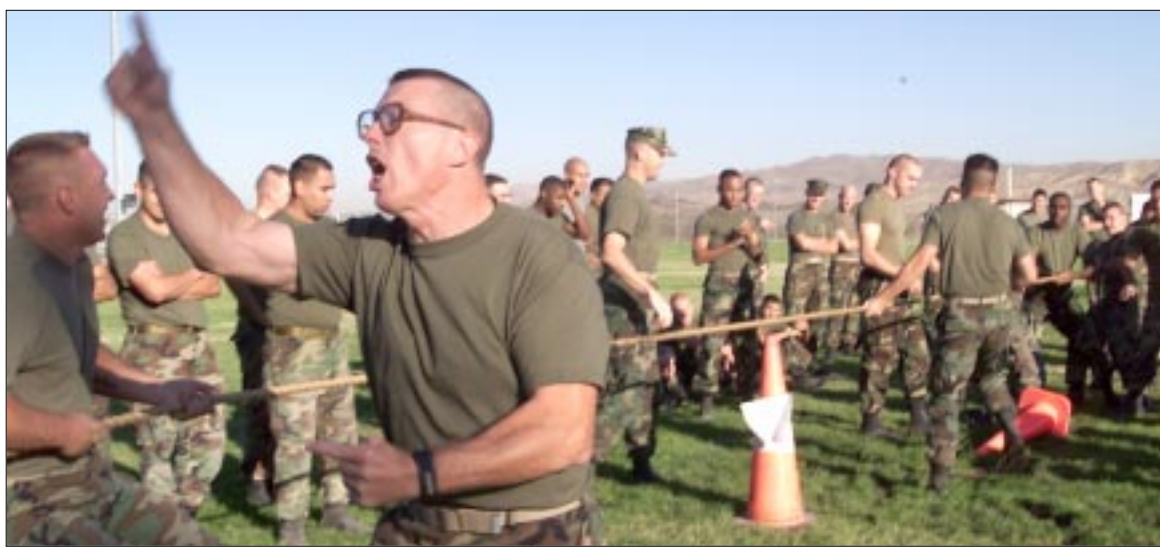
As with most of the field meet events, like the tug o' war and dizzy izzy, it isn't about winning. It's all about camaraderie.

However, there is an exception to almost every rule. Sometimes winning is all that matters. Many a bulkhead and fixture in bachelor enlisted quarters here around the Corps, have been damaged by a favorite Marine pastime – rassling.

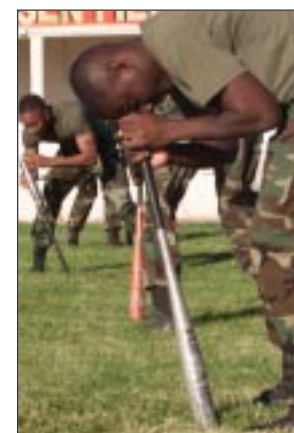
Bull-in-the-ring gives Marines the opportunity to showcase the skills they learn in the barracks, plus earn bragging rights for their prowess at the same time.

"Who wins bull-in-the-ring is all that really matters," said Sgt. Melvin D. Miller, military policeman. "It doesn't mean as much if your team wins the field meet, but loses in the ring."

After the best of the best in the ring was decided and the hooting and hollering quieted to a hush, the distant, muffled grunt of one word echoed from Marine to Marine – CHOWTIME. Marines fell in rank and file from junior to senior for burgers and hot dogs followed by the awards ceremony.



GySgt. David A. Pooler cheers his team, PMO, on to victory during the tug o' war. PMO won the field meet.



No field meet is complete without the dizzy izzy. The dizzy izzy tests the Marines' speed and balance. Many fell.

(LEFT) Lance Cpl. Eduardo Nuno, one of the last bulls in the ring, fights for bragging rights. I&L and PSD joined forces to win.

Study provides Halloween safety tips **Make sure your night of fun isn't a night of horror.**

By GySgt. Frank Patterson
Public Affairs Chief

Halloween is a fun time for kids and parents alike.

Children enjoy dressing up as scary characters, movie stars or favorite super heroes. Halloween is a magical time in which people can dress up and pretend to be anyone they want. However, carelessness can make the pretend horrors of a scary night all too real in less time than it takes for a person to say "Boo!"

A study conducted by the Center for Disease Control and Prevention showed that between 1975-1996, the number of deaths among young pedestrians was four times higher on Halloween evening than on any other evening of the year.

The study went on to say the reasons for this are varied, but the main one is that parents overestimate the street-crossing skills of their children.

The pedestrian skills of children are limited by several factors related to their physical size and developmental stage, said the study. For instance, young children may lack the physical ability to cross a street quickly, and their small size limits their visibility to drivers. Children are also likely to choose the shortest route across the street rather than the safest and often dart out from between parked cars. Additionally, young children do not evaluate potential traffic threats effectively, cannot anticipate driver behavior, and process sensory information more slowly than adults.

All this adds up to injury and death rates for children between four and 15 which quadruple that of any other evening of the year.

The National Safety Council, Center for Disease Control and Prevention, and the American Academy of Pediatrics provided a number of safety tips (see sidebars) to keep those cries of childish joy from becoming cries of pain or sorrow.

Children Beware

Children should:

- Go only to well-lit houses.
- Remain on porches rather than entering houses.
- Travel in small groups
- Be accompanied by an adult.
- Know their phone number and carry extra coins for emergency telephone calls.
- Have their names and addresses attached to their costume.
- Bring treats home before eating them so parents can inspect them.
- Use costume knives and swords that are flexible, not rigid or sharp.

When walking in neighborhoods:

- Use flashlights.
- Stay on sidewalks; avoid crossing yards.
- Cross streets at the corner
- Use crosswalks (where they exist).
- Never cross between parked cars.
- Stop at all corners.
- Stay together in a group before crossing streets.
- Wear clothing that is bright, reflective and flame-retardant.
- Consider using face paint instead of masks. Masks can obstruct a child's vision.
- Avoid wearing hats that will slide down over their eyes.
- Avoid wearing long, baggy or loose costumes or oversized shoes to prevent tripping.
- Be reminded to look left, right, then left again before crossing the street.

Parent/Adult Alert

Parents and adults should:

- Supervise the outing for children under 12.
- Establish a curfew (return time) for older children.
- Prepare homes for trick-or-treaters by clearing porches, lawns and sidewalks, and placing jack-o-lanterns away from doorways and landings.
- Avoid giving choking hazards such as gum, peanuts, hard candies or small toys at treats to young children.
- Inspect all candy for safety before children eat it.

Ensure the safety of pedestrians:

- Make sure children under age 10 are supervised as they cross the street.
- Drive slowly.
- Watch for children on the street and in medians.
- Exit driveways and alleyways carefully.
- Have children get out of the car on curbside, not on the driver's side.

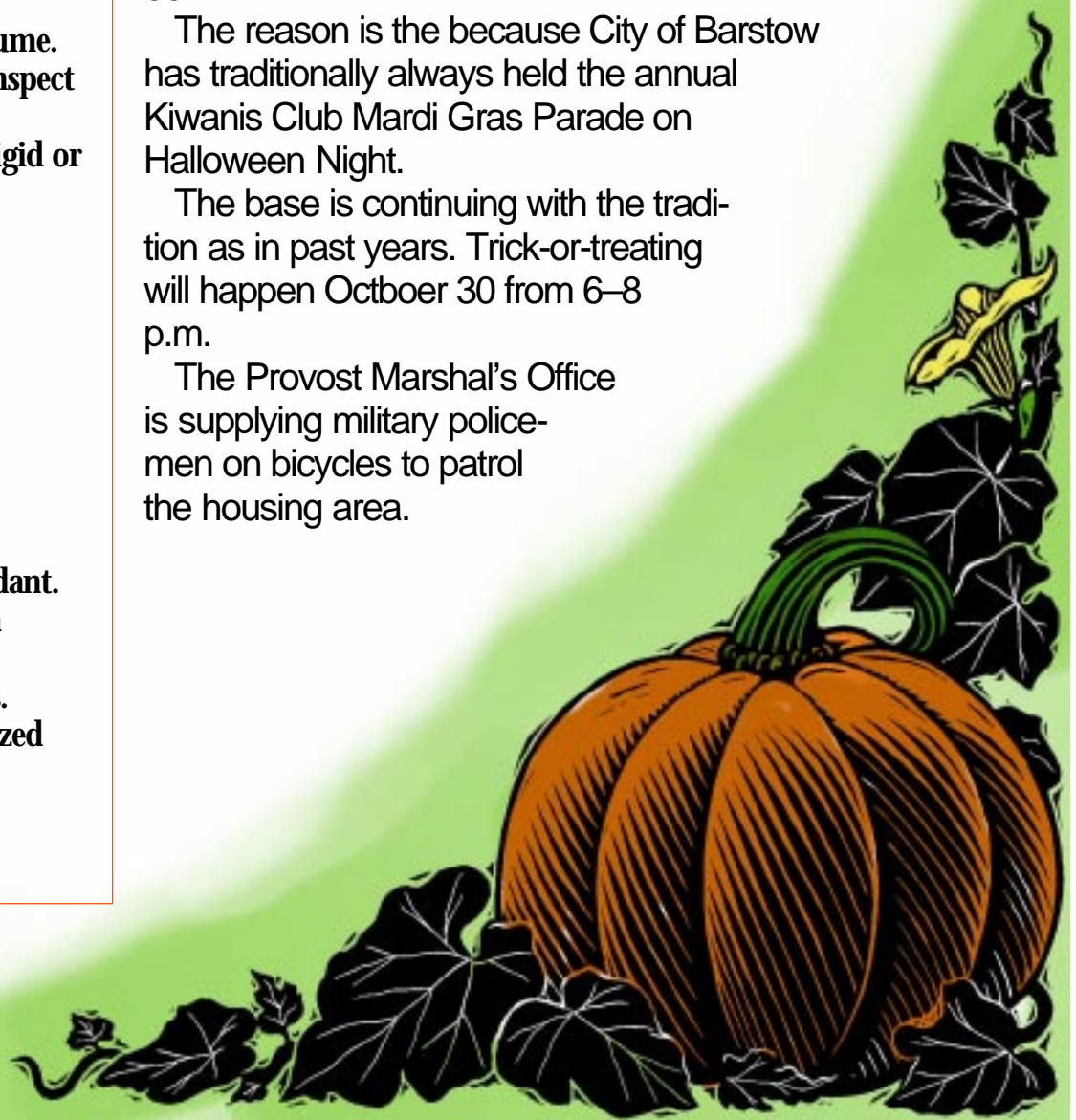
The trick is treats are given out October 30

This year, as in the past, Barstow trick-or-treaters will be ringing doors the day before Halloween.

The reason is the because City of Barstow has traditionally always held the annual Kiwanis Club Mardi Gras Parade on Halloween Night.

The base is continuing with the tradition as in past years. Trick-or-treating will happen Octboer 30 from 6-8 p.m.

The Provost Marshal's Office is supplying military policemen on bicycles to patrol the housing area.



GUIDANCE from Page 1

combat and it is essential that it be preserved. In combat, leaders constantly assess risk, seeking to accomplish the mission while protecting their Marines. When the risk is too high, we seek other means of approaching the mission. We must translate this habit to the training environment.

Our goal is to train realistically, but safely, recognizing and assessing risk, just as we do in combat.

Responsibility for safety does not end with leaders. To reinforce the actions of leaders, all hands, regardless of grade or billet, must be mindful of safety concerns and watchful of their fellow Marines. There is an old and well-known saying that tells us, "Marines take care of their own." These words express in simple and direct terms the very powerful idea that each of us bears responsibility for our shipmates. It is a concept that has given rise to countless acts of heroism in combat and elsewhere, as Marines and Sailors have selflessly striven to preserve the lives of stricken comrades, facing danger and even sacrificing their own lives in the process. This is the epitome of physical courage, and the spirit to perform such acts of heroism is present in the heart of every Marine. But in the realm of

safety, it is often moral courage that is required: the fortitude to step forward and speak up when an unsafe act or condition threatens harm. Such moral courage is an essential element of the character of the U.S. Marine. It is a part of our institutional identity. We will use it liberally in our assault on preventable mishaps.

The final responsibility for safety rests with the individual Marine. Leaders set the conditions in which safety matters receive the proper emphasis, and all Marines strive to "take care of their own," but the power to act wisely frequently rests in the hands of the individual. For example, a Marine on liberty usually decides alone whether to fasten a seatbelt or wear a motorcycle helmet. In keeping with my philosophy that Marines always try to do the right thing, I expect and require all Marines to act appropriately in exercising their individual safety responsibilities.

Clearly, safety affects almost every activity in which Marines engage: training, recreation, and the basic daily routine. As such, we will afford it the attention it warrants, with the goal of eliminating preventable mishaps. Through responsible risk management and safety awareness we will accomplish this mission. As Marines, we can settle for nothing less.

FORUM from Page 2

the area other than in the bus. In order to have the lights on to see the paperwork, the bus must be running. Bus drivers are instructed to turn off headlights/external lights after performing their checks, however, interior lights will still be on until all paperwork is completed and the bus is

shut down for the night.

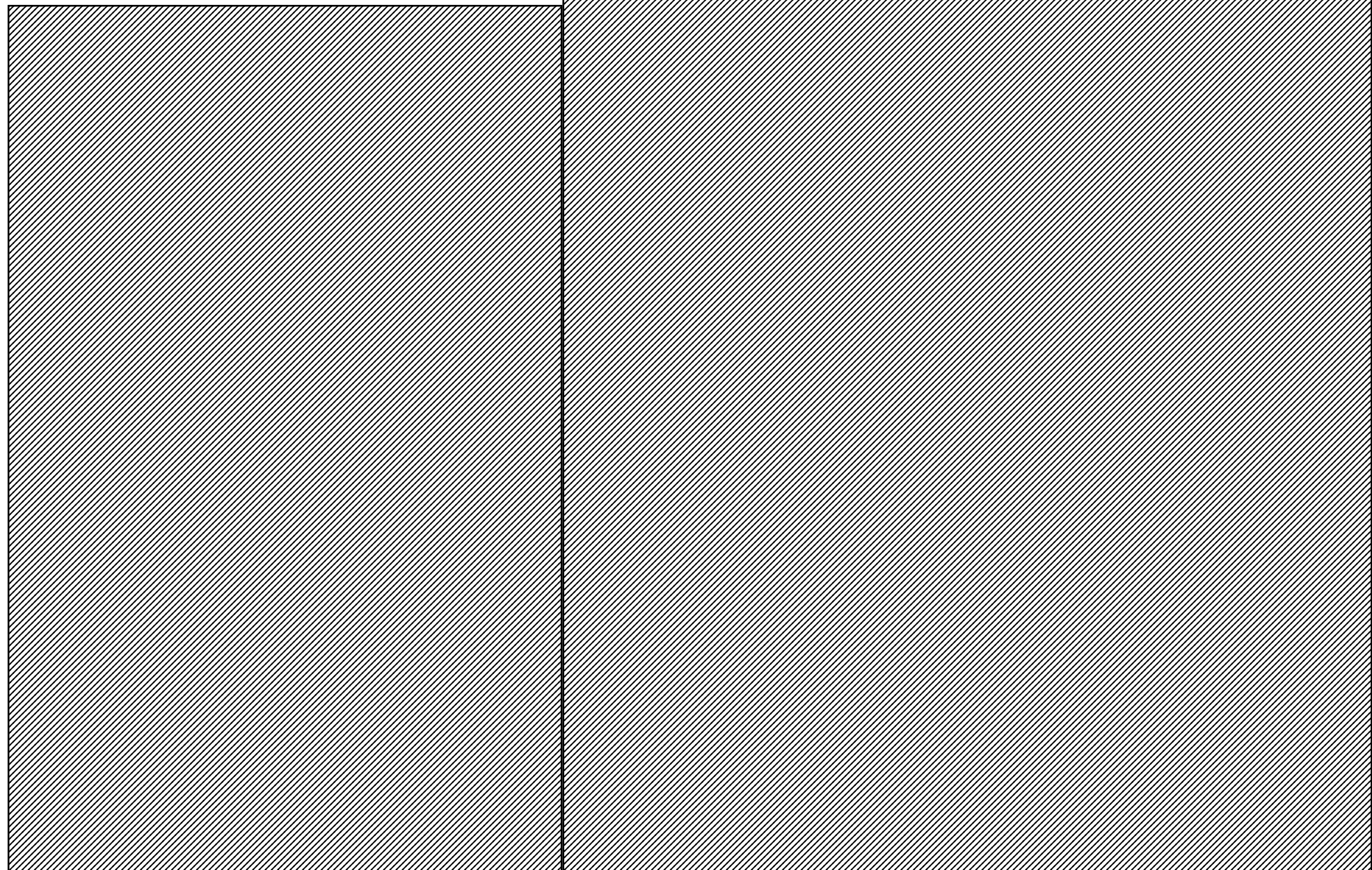
Hopefully this explains what you observe and why - sometimes appearances can be misconstrued. What appears to be unproductive is actually effective and efficient. Thank you for your awareness and concern for our environment and preservation of our resources.

McGruff taking a bite outta crime



Photo by Cpl. Brian Davidson

McGruff the Crime Dog and Sgt. Melvin D. Miller, military policeman, assisted the Barstow Police Department in spreading the word about drugs and crime to children at Cameron Elementary School in support of Nation Red Ribbon Week Friday. According to Miller the best time to prevent the problems associated with drugs and crime for America and tomorrow's teens is by educating today's children.



MCCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Last Days of the October Sale

The October Sale is coming to an end at the Exchange. There is still time to catch some of those great bargains. Here are some of the great buys awaiting you. George Foreman grills at the low price of just \$44.99, all electronics are 5 percent off, RCA Web TVs are 10 percent off, RCA MP3 LYRA 15 percent off, JVC DVD 3-disc player now at only \$279.99, JVC DVD (3-D Phonic) sale price just \$219.99, plus the fall and winter men's and women's line of clothing has arrived, and the exchange is offering a low early season price on all items. New designs by famous designers - DADA, No Limit, ECKO and PhatFarm.

Come in and check out these great buys while it lasts. Also check out the exchange's everyday low prices on non-sale items too.

The Exchange/7-Day Store is open Monday-Saturday, from 8 a.m.-9 p.m. and Sunday from 10 a.m.-6 p.m. Call 256-8974 for details.

Lunch Menu for This Week

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

Today - Mushroom stuffed chicken.

Friday - Fish sticks and shrimp.

Monday - Pot roast.

Tuesday - Chicken stir fry.

Wednesday - Chicken and rice.

Thursday - Beef Stroganoff.

Friday - Lemon-pepper cod fillets.

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

Lunch is served Monday-Friday at the Family Restaurant from 10:30

a.m.-12:30 p.m. Lunch is served Monday-Friday at the Cactus Cafe from 11:30 a.m.-noon. Price is \$3 military, \$4.50 civilian.

The Family Restaurant also 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.

Weekdays

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

Lunch is served from 10:30 a.m.-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 & Holidays

Menu service for breakfast, lunch and dinner: 9 a.m.-2 p.m.

Family Night Dinner Menu

Tonight - Chicken Dinner.

Next week - Tamale Pie.

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

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

Everyone is welcome. Bring your family and friends and enjoy a delicious meal.

Health Promotion Classes

A Smoking Education/Cessation class will be held November 6 at noon (1 hour class) in the Aerobics Room at the Gym/Fitness Center, Bldg 44.

A Nutrition for the Holidays class will be held November 7 at noon (1 hour class) in the Aerobics Room at the Gym/Fitness Center, Bldg 44.

For more information about either of the above classes call 577-6817.

Oasis Club Social Night

November 3 is the Oasis Club members' monthly Social Night. Activities start at 4 p.m. The bar opens at 3:30 p.m. All club members are invited. For details call 577-6432.

MCCS Veterans Day Holiday Schedule

Because the Veterans Day Holiday is on Saturday this year, the following is the holiday schedule.

Facilities open November 10: The Main Exchange-Nebo, from 10 a.m.-6 p.m., the Family Restaurant from 9 a.m.-2 p.m. with menu service, Tees & Trees Golf Course from 7 a.m.-5

p.m., the Bowling Center from 1-9 p.m., the Auto Hobby Shop from 1-9 p.m., the Ceramic Hobby Shop from 11 a.m.-7 p.m., the Wood/Rock Hobby Shop from 1-9 p.m., the Oasis Club from 4-6 p.m. for Oasis Club Social Hour, the NCO/Enlisted Club from 6:30 p.m.-1 a.m. for TGIF Variety Night, Youth Activities Center from 10 a.m.-6 p.m. All other MCCS facilities are closed.

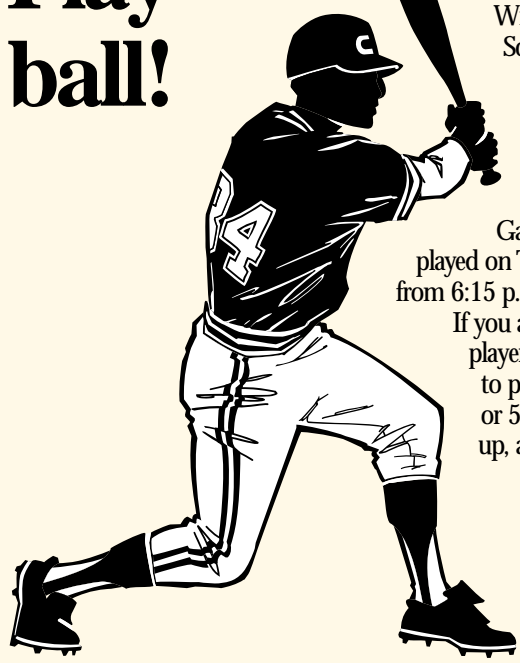
Facilities open November 11: the

Main Exchange-Nebo from 10 a.m.-6 p.m., the Family Restaurant from 9 a.m.-2 p.m. with menu service, the Gym/Fitness Center from 8 a.m.-3 p.m. All other MCCS facilities are closed.

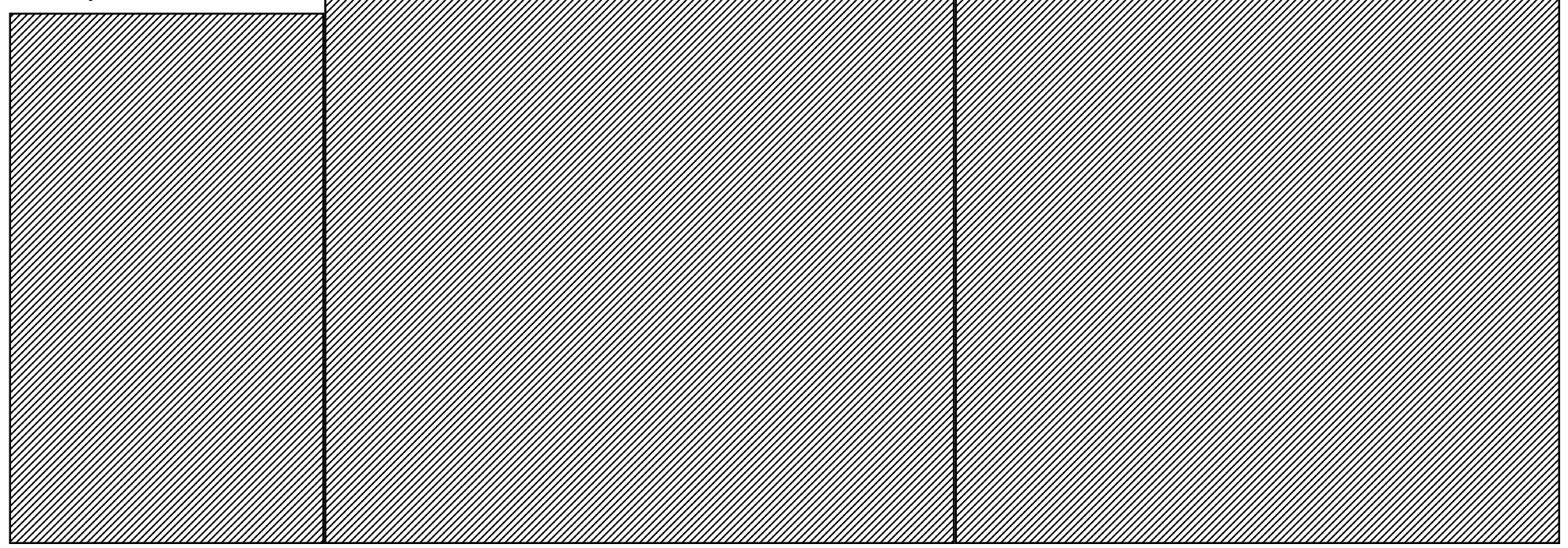
YAC in the Mardi Gras Parade

Youth Activities Center will have a float in the Barstow Mardi Gras Parade, Halloween Night (October 31).

Play ball!



November marks the start of the Winter League Softball season. The base team is always looking for players to participate in the league. Games are usually played on Thursday nights from 6:15 p.m.-8:45 p.m. If you are a softball player or want to learn to play, call 577-6899 or 577-6971 to sign up, and join the team.



SPORTS



Photo by Cpl. Brian Davidson

PSD (Jerseys) and I&L went head to head in a scrimmage October 18 to prepare for the flag football season.

Flag football season kicks off

By Cpl. Brian Davidson
BARSTOW LOG staff

A new day is dawning for base Marines desiring to add a dose of action to their lives.

The base's Intramural Flag Football League's season is underway, giving Marines the opportunity to match mettle and ability.

This year's league has five teams scheduled to compete over a 10-week season leading up to the playoffs. According to SSgt. Dennis W. Owen, Semper Fit athletic director, the excitement

surrounding the league has spawned some serious-minded competitors.

"These guys are already talking trash," said Owen. "Some would like to play padded football, but they are very excited about it. They just want to get out there and show their stuff."

"Some of them are really wanting to win it," he noted. "A couple of the teams practice on the field in the dark. Some have practiced almost everyday, even on Sundays."

Work ethic may be a deciding factor in what team prevails on the grid-

iron, as Owen judged the level of talent among the teams to be "pretty close."

"They have all scrimmaged each other," Owen remarked, "except for maybe one team. There are a number of talented players in the league; even the colonel is playing. It'll be interesting to see who comes out on top."

The only set back that could slow the league's momentum is its shortage of officials. Most local officials are involved in officiating events in the city on the nights that the league is scheduled to play. Volunteers familiar with the game and equipped will rule books will fill the niche, according to Owen.

Owen hopes the enthusiasm and participation in the league will carry over to other activities he has planned for the coming year.

"We are applying the Marine Corps Orders. Under Marine Corps guidance each command is supposed to support at least four intramural programs during the fiscal year," he said. "When I first came [here] I didn't see much for the Marines to get involved in."

"We did a questionnaire in May on the Marine and the civilian work force to find out what kind of sports programs they would like to see on base because we want to improve the quality of life and get our Marines off the couch and out of their rooms. Flag football is doing that."

"There are a number of sports leagues coming in the future. We're looking at a bowling league, golf, two basketball seasons - there will be sports to take part in continually throughout the year," said Owen.

"Eventually, we're looking to get the Marines out there and get them involved so that we can compete with the other commands like Pendleton, Twentynine Palms and Miramar at the one-week regional tournaments and actually come back with something," he said. "We just have to get them out there."

SPORTS BRIEFS

All-Marine Bowling

Semper Fit is accepting resumes for the All-Marine Bowling Trials February 18-24 at Camp Lejeune, N.C.

The top six men and women will attend the Armed Forces Championship February 25-March 1 at Na-

val Air Base Little Creek, Va. The top male and female bowlers from this event will represent the Marine Corps at the Team USA Bowling Championships in Reno, Nev., Dec. 10-14.

Call CWO William Bradshaw, 577-6543, for details.

GUNNY'S PICKS

Week 9



Well, there are gracious winners, and there are gracious losers; however, Juan Rivera, information systems office and this week's Picks winner is neither.

"Again this win is dedicated to those Dallas pig-farmers," gloats the first two-time Gunny's Picks winner this season. "Just want to say thanks for that Giants win. Evidently you just don't get tired of New York winning. Just look who's in the World series. Can you say, 'I love New York!'"

- *Carolina at Atlanta
- *NY Jets at Buffalo
- *Cincinnati at Cleveland*
- *Detroit at Indianapolis
- *Green Bay at Miami*
- *Minnesota at Tampa Bay*

- Pittsburgh at Baltimore*
- Philadelphia at NY Giants*
- *New Orleans at Arizona
- St. Louis at San Francisco*
- *Jacksonville at Dallas
- *Kansas City at Seattle

*Oakland at San Diego

Monday Night

*Tennessee at Washington (57)

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.

MISCELLANEOUS: Ford F150-F350, 1997-2000 factory sliding rear window, one for extra duty cab, one for standard cab, new, \$250 and \$200. Call 243-1392.

MISCELLANEOUS: Chevy 454 crankshaft, fresh, 10/10, \$125; Pinto 2.3, 4-cyl. head, bare, no cracks, \$100; crankshaft 10/10, \$100. Call 243-1392.

MISCELLANEOUS: Healthrider elliptical crosstrainer, incline adjustment, six workout programs, console displays time, distance, speed and calories burned, rarely used, \$300 OBO. Call 252-7126.

MISCELLANEOUS: Wall unit, walnut with overhead lights, like new condition, \$600. Call 951-4548.

MISCELLANEOUS: Kenwood CD player, 5-CD, carousel type, \$50. Call 252-3638.

MISCELLANEOUS: Antique Dynaphone parlor radio with phonograph on top, works, \$100. Call 252-4352.

MISCELLANEOUS: Bose subwoofer, \$150; dining table, solid Oak, seats 6-10 people, \$500, will take payments; Kenmore range hood, 30", almond color, like new, \$30; barbecue grill, charcoal, \$10. Call 255-3045.

MISCELLANEOUS: Grass trimmer, cordless, battery rechargeable, \$25; Health Rider abdominal roller, \$10; 22-piece screwdriver, Phillips and Torx (new set), \$15. Call 242-8839.

MISCELLANEOUS: AM/FM radio/tape cassette recorder/player, with 10 1/2"x14 1/2" detachable speakers, \$25. Call 242-8839.

MISCELLANEOUS: Washer/dryer, stackable, apt size, 110v, like new, \$500. Call (909) 446-0754 after 5:30 p.m.

PETS: Bare-eyed Cockatoo, large vocabulary, w/large cage and accessories and 50 lbs. seed, health certificate, \$1,800. Call 253-5926.

PETS: Patagonian Conure w/large cage and accessories, talks, includes 50 lbs. seed, health certificate, \$900. Call 253-5926.

GARAGE SALE: Saturday. Lots of furniture, microwave, VCR, Dinette set, beds and other little goodies, 37334 Flower Street, Hinkley (2nd house from Fire Station, cross street is Acacia) 7 a.m.-2 p.m., 256-8250.

MULTI-FAMILY YARD SALE: 1104 Chosin Avenue October 28 and 29, from 8 a.m.-noon, complete living room set, queen-sized bed and mattress, gym equipment, bikes (new), toys, holiday items, children's items and much, much more. Come and join the fun and take advantage of all the great items at really great prices.

DIETING from Page 5

to keep losing and regaining the same 10-20 pounds of fat.

What helps lose and maintain weight is healthy eating and a more active lifestyle.

Take a fresh look at your daily diet and exercise. Get rid of the idea that a diet is something to endure for a month after which you can go back to your old habits. Make short- and long-term goals to slowly change your lifestyle to include healthier food choices and to be more active at work and play.

You will be healthier and happier when you give up dieting and will be closer to achieving a permanent weight change by focusing on the quality of your diet and exercise habits.

AWARDS from Page 1

winning NCO of the Quarter was not a fluke. He plans to nail down the title of Marine of the Year, then pick up meritorious sergeant.

"This is a good thing, and good things don't come to those who wait," said Davidson. "They go with the people who come and get them."

The future looks promising for these two young devildogs. Fields says he will enroll in college next semester and has set his sights on the Meritorious Corporal Board in February. Each of those honors requires hard work and an intense drive to succeed. With their current awards as stepping stones, these Marines have proven they possess the dedication and desire to succeed in whatever they do.

BRIEFS from Page 3

For more info contact Chief Warrant Officer William Bradshaw, 577-6543, or Janice Neukam, 577-6722.

CWRA Turkey giveaway

The Civilian Welfare and Recreation Association is holding a free turkey certificate giveaway at 11 a.m. every Thursday at the Oasis Club until November 16 starting today.

Everyone is allowed to put in an entry for the drawing, but the catch is they must fill out the CWRA survey which is on the entry form.

The CWRA members felt this was the best way to reach people and find out what events, i.e., sporting events, concerts, trips, they would like the CWRA to sponsor in the future.

Once a person receives a certificate, they take it to Stater Brothers and redeem it for a turkey.

Forms are available from any CWRA representative or at the Public Affairs Office at Building 15.

Call Dan Keirn, 577-6614, for more information on this free drawing.

PLAN from Page 5

allowance toward a non-covered procedure – tooth-colored fillings in the back teeth, also called posterior composites. Coverage for some major restorative services takes effect after a one-year waiting period for some enrollees, depending on the procedure and which enrollment

status they fall under.

The enhanced program provides a 30-day grace period during which an enrollee can terminate their enrollment if dissatisfied with anything about the program, providing they have not filed a claim.

If current enrollees of the basic program don't want to upgrade to the enhanced program, they can still

choose to remain in the basic program on a month-to-month basis after completing their initial 24-month enrollment period.

Eligible retirees and their family members can find answers to their questions about the enhanced program as well as enroll online, 24 hours a day, using Delta's dedicated TRDP Web site at <http://www.ddp>

delta.org. In addition, Delta is mailing an upgrade package to all current enrollees.

Those interested in upgrading from the basic program can also visit the TRDP Web site for detailed information. To upgrade or enroll in the new enhanced program by phone, the toll-free number is 1-888-838-8737.

