

# BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 1

Marine Corps Logistics Base Barstow, California

November 2, 2000

## Promotions

A promotion is not just a reward; it's a privilege and a trust from the Corps for greater responsibility.

Page 2

## The Flu

It's a word every parent and child dread hearing. Well, maybe not the children quite as much as the parents.

Page 5

## CWC 743

This ain't your mommy's sewing machine. But, then again, this isn't your mommy either.

Page 7

## 26.2 Miles

Four base Marines take on one of the toughest race categories in the world ... and excel.

Page 10



<http://www.usmc.mil>



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

## ABC in final phase

By Cpl. Brian Davidson  
BARSTOW LOG staff

A year after Activity Based Costing and Management implementation began, MCLB Barstow is transitioning into the sustainment stage of the Better Business Practice.

The goals of implementing the practices include transforming how the Marine Corps does business and meeting near-term cost goals.

The Marine Corps' targeted savings for October 1 was \$32 million and \$425 million by October 1, 2004.

More than a thousand Marines targeted to return to the Fleet Marine Forces in support roles may be doing so as a direct result of the data gathered during the first year of implementation. One of the Corps' ABC/M goals is to free up personnel for operating forces.

Activity Based Costing and Management is widely used in commercial industry and is in implementation throughout the Marine Corps by direction of the Gen. James L. Jones, Commandant of the Marine Corps, at the request of base commanders around the Corps.

Key personnel from all departments of the command initially attended an executive overview of the business practices in September 1999.

Since then, management and ABC key personnel have been trained, and the information is filtering down. Headquarters Marine Corps' corporate plan for ABC/M has been integrated with other budgeting and management programs already in use.

Activity Based Costing is a method that focuses on measuring cost and performance to improve the visibility of the performance and cost of the work being done to supply comprehensive data about the activities and their cost.

Activity Based Management equips managers and key decision makers with the tools they need to use ABC data to make sound, effective decisions that reduce cost and improve performance and planning. The data also helps predict future budgeting concerns.

The Sustainment Stage of ABC/M imple-

**"ABC is an effective tool of management that can be used to break down a workday into every task an employee does, or it can be much broader based on the needs of an individual manager."**

— LtCol. Mark Maloney

mentation which starts a year after initial implementation and beyond, is perhaps the most important for the Marine Corps. According to a HQMC release on ABC/M, the success rate of implementing ABC/M in a large organization like the Marine Corps is estimated at 40-50 percent. Unflinching leadership is a decisive factor in other organizations.

See ABC Page 8

## CFC Campaign closes out, achieves goal

The 2000 Combined Federal Campaign ended October 20. During the six-week campaign, the Federal employees here contributed \$30,898 to the various charities supported by CFC.



"The Key Workers indicated to me that we reached our goal of 100 percent contact," said 1stLt. Bryan R. McClune, CFC coordinator. "They worked hard, and I'd like to thank them for their efforts."

## SCAM Alert

Released by I MEF Disbursing Officer

It has come to our attention that a company called "OMNI Military Loans" has been getting access to Marine's personal identification numbers for the E/MSS system and are using that information to start allotments - in some instances for more than the Marine agrees to. OMNI has evidently accomplished this feat by convincing the Marine to give them either the PIN or a copy of their Identification Card so OMNI can request it for them and get their allotment started.

Defense Finance Accounting Service - Kansas City has stopped issuing PINs to OMNI now that the scam has been identified; however, it is imperative that we reiterate the importance of Marines NOT sharing their E/MSS PINs with anyone.

Look who's here in the "St. Nick" of time, with the longest list ever... and asking for volunteers to help!

**TOYS for TOTS**

This year Santa needs our help more than ever in the High Desert. Many children face the prospect of finding nothing under the tree this year. Your donation of an **UNWRAPPED**, new toy, can bring a more joyful Christmas to an underprivileged child.

**COLLECTION POINTS**

Environmental - Warehouse 3	Fleet Support - Whse 406
Battalion Lobby - Building 302	GMD Lobby - Bldgs 322, 614
Base HQ/AFGE - Building 15	Housing Office - Bldg 588
SJA/OGC, DLA, C&P - Building 238	Base Safety - Bldg 43
Maintenance - Bldgs 196, 197, 198	Exchange - Bldg 342
Personal Services - Building 129	Warehouses 401, 402, 403
DRMO Lobby - Bldg 226	All gates
Branch Medical Clinic - Bldg 582	MCCS - Building 44
DLA Warehouses 5, 7, 10	
PMO/HRO/TAVSC - Building 37	
Nebo/Yermo Fire Depts - Bldgs 18, 437	

Sponsored by the Barstow communities  
Coordinated at MCLB by the  
MCLB Fire Department

For more information call:  
Nebo Fire Department -577-6732/6866/6865

## Toys for Tots

The following events are planned to promote the annual Barstow Toys for Tots toy drive.

November 12  
November 17  
December 2  
Date TBD  
Date TBD  
Date TBD

Car show at Walmart  
Turkey Shoot at Slash-X Cafe  
Telethon  
Golf Tournament  
Bowling at Paradise Lanes  
Cook-off at Hoos on First

# Promotions are earned, not given

By **SgtMaj. Robert W. Holub**  
Marine Forces Pacific

"Hey, Sergeant Major, I got shafted."  
"Really? What happened?"  
"I had the cutting score for promotion to (the next rank), and I didn't get it."  
"Why do you think you got shafted?"  
"I just told you. I had the cutting score."  
"Marine, there is a lot more to getting promoted in this man's Marine Corps than just a cutting score. You've got to be ready for it, and you've got to be recommended for promotion by your commanding officer. Are you ready? And were you recommended?"  
"Ah, well ... ah ... gee. Wow. Sergeant Major, that's messed up."

Is it?  
You know I have had this conversation many times over the years. Yet as many times as I explain what the two most important parts of the promotion process are, I always get the same reactions - "It's messed up," "That sucks," or, ... well, you get my point.

Having made the "magic" cutting score in your military occupational specialty may get your foot in the door for consideration with your peers for promotion, but it will always be your ability to assume the rank and responsibilities of the next higher grade and your leader's recommendation - that will, in fact, get you promoted.

While other services have changed the way they select people for advancement over the years, the Marine Corps has pretty much remained the same. To that end, I have always thought our system was the fairest. Why? Well in the first place, we promote "leaders" in the Marine Corps, not technicians. You might have all the skills in the world in your MOS, but if you can't lead thirsty men to water, you're not going to get promoted. You might be the greatest shot since Carlos Hathcock, but if you are a slob in uniform, spend more time in the first sergeant's office than the commanding officer, or haven't seen your shoes since you were a private first class, guess what? Yep, you're not getting promoted.

What a lot of people tend to forget when the topic of advancement comes up is that promotion is not a reward for past performance, although certainly your past performance is considered when you come up for promotion. Rewards for past performance come by way of Meritorious Masts, Commanding General Certificates of Commendation and other personal awards.

Promotion, on the other hand, is a way for the Marine Corps leadership to recognize that you could better serve the needs of this organization by increasing your responsibility. That increase in responsibility comes with a promotion. Because we expect to get more out of you, you are compensated financially in the form of a pay raise and possibly an increase in benefits to go along with your increased responsibility and promotion. None of the above comes to you because you are a great person. It is the Marine Corps

recognizing that the organization should run more efficiently if you were promoted to the next higher grade.

Having said all that though, if the Marine Corps makes a mistake in that assumption, and you do not perform up to the expectations of the new grade, it can be taken away. Say, for example, you are a sergeant who gets drunk, steals a car, and runs it into a ditch. Not something we would expect a sergeant of Marines to do, is it? OK, so say you run afoul of the Uniform Code of Military Justice and are found guilty of a crime that requires some form of discipline. A non-judicial punishment or court-martial will take away that promotion and put you back into a grade in which you are better suited as evidenced by your performance. (In the case of the wayward sergeant, possibly to private.) If you don't run afoul of the law, but are clearly not performing at the level you are expected to, you can be reduced in grade another way: by an Administrative Reduction Board. At an Administrative Reduction Board, your command must prove that you are not performing to the expectations the Marine Corps has for your particular grade, and you must prove that you are.

While a Navy Achievement Medal that has been awarded or a Meritorious Mast that has been delivered is yours to keep, come hell or high water, a promotion is not. A promotion still belongs to the Marine Corps. You just hold it temporarily until you prove you are ready to assume even more responsibility, or you prove that you are not. In reality, moving up or down the rank structure is in your hands and yours alone. It is your actions both on and off duty and your performance that determine your rank. Your rifle score, physical fitness test, time in service, time in grade, and other

See **PROMOTIONS** Page 12

## Faith, community, accountability

By **Lt. Elmon R. Krupnik**  
Base Chaplain



Driving down the interstate, I noticed a semi-trailer that had printed on the rear of the trailer, "Faith, Community, Accountability." I want to focus on the last

word of the three: "accountability". To have accountability, one is responsible and answerable for one's actions. The accountability that we should have in our personal lives is not only for things that are seen, but unseen as well. Psalm 44:21 states, "Would not God have discovered it, since He knows the secrets of the heart?" If we had to answer to someone for all of our actions, seen and unseen, would it or would it not make us a better person, spouse, parent, employee, employer, and citizen?

We often hold others accountable to a higher

standard than we personally practice. If we practiced accountability daily in our lives, what a positive impact that would have on all of our relationships.

The idea of accountability includes discipline. Discipline has a positive and essential place in our lives. Deuteronomy 8:5 states, "Know then in your heart that as a man disciplines his son, so the Lord your God disciplines you." Discipline helps us to grow, and to be more accountable for the consequences of our actions.

Hebrews 12:11 states, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it." The harvest of righteousness is the consequence of our accountability. There is a peace and contentment that accompanies accountability, knowing in our heart and mind that we have done the right thing. Let us help each other be accountable for our actions in all that we do.

Blessings to all,  
Chaplain Krupnik

## Just doing my job ...



Paul Biancotti, a Maintenance Center Barstow heavy mobile equipment repairman, brushes a coat of rust and corrosion preventative on each of the lug bolts of an AAV/P7. It's just one of the many small measures taken to provide a quality product Marines in the Fleet Marine Forces can depend on, according to Biancotti.

Photo by Cpl. Brian Davidson

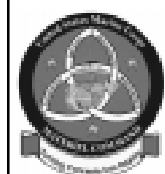
### Chapel Hours

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

#### 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.

This newspaper is an authorized publication for members of the Department of Defense. Contents of **BARSTOW LOG** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. **BARSTOW LOG** is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

**BARSTOW LOG** is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. **BARSTOW LOG** is produced at Aerotech News and printed at Antelope Valley Press in Palmdale, Calif. Printed circulation is 3,500.

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

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

## Tortoise and Hare Fun Run/Walk

The Barstow Boys and Girls Club presents the 2nd Annual Tortoise and Hare Fun Run/Walk Saturday 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.

## Health, Safety Fair Scheduled

A Health and Safety Fair combined with the 8<sup>th</sup> 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 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 Organization 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.

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

## CWRA Turkey Giveaway

Congratulations go out to James Brandon of the Installation and Logistics Department. He won the first \$15 turkey giveaway certificate in the weekly drawing October 26.

Be sure to get your entry in for the free turkey giveaway the Civilian Welfare and Recreation Association sponsors annually. The drawing goes at 11 a.m. every Thursday at the Oasis Club until November 16.

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.

## Thanksgiving Certificates

November 13 is the deadline for nominations for Thanksgiving certificates. Turn in your nominations at the Religious Ministry Center.

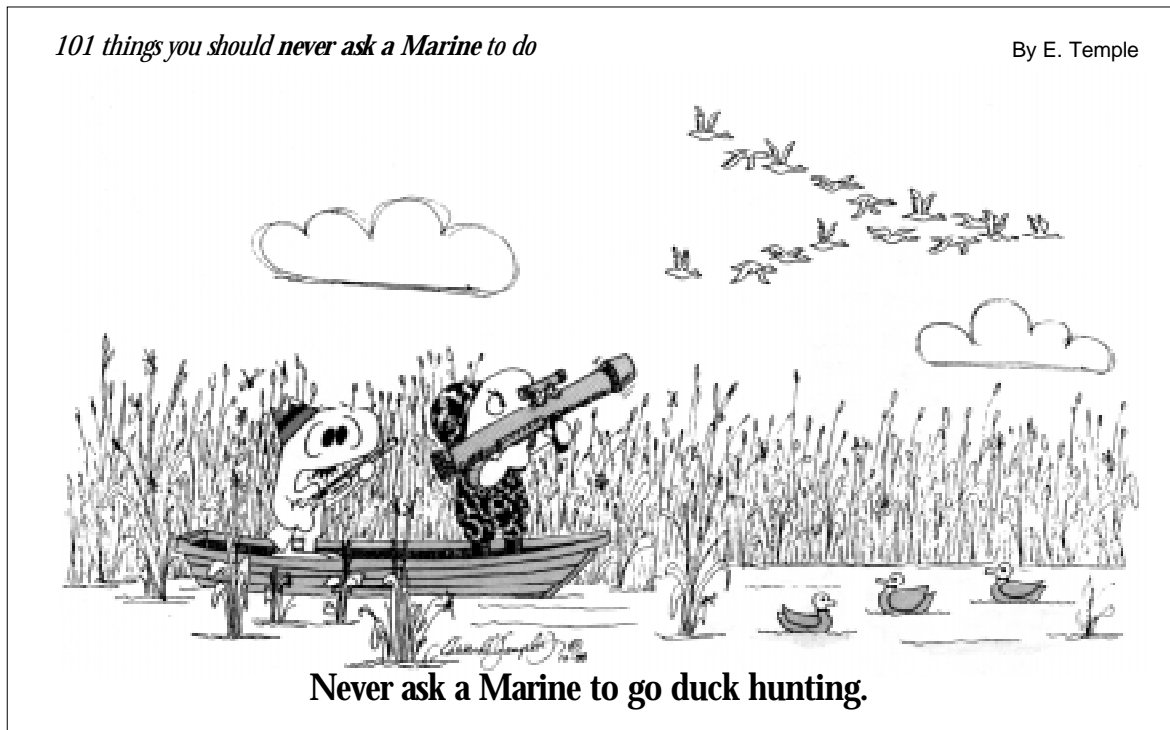
Nominees may also pick up their certificates at the Religious Ministry Center November 16 during normal working hours.

## Veterans Day Events

– Major Lawrence Casserly, Public Safety Department, is the keynote speaker at the Barstow Elks BPOE Lodge 1920 Veterans Day program on November 8.

*101 things you should never ask a Marine to do*

By E. Temple



– Colonel Mark A. Costa, base commander, speaks at 11 a.m. at the Veterans' Day ceremony at Barstow's Mt. View Memorial Park November 11. The base color guard will also be there.

– Costa also speaks at the Veterans Home on November 11 at 12:30 p.m.

## Christmas Craft Fair

The Hinkley School Parent-Teacher Organization is holding a Christmas Craft Fair at the Barstow Mall December 1-3.

Santa will be available for pictures, as well as craft vendors, food, baked goods, raffles, children's games and fun for the whole family.

For more info call 253-4646.

## Marine Corps Birthday Events

The base is holding four separate cake cutting ceremonies to celebrate the 225<sup>th</sup> birthday of the Marine Corps.

The first cake cutting is at the flagpole on Yermo in front of Building

573 at 9:30 a.m. on November 8.

The second cake cutting is at the flagpole on Nebo in front of Building 15 at 8 a.m. on November 9.

The third cake cutting is at the Veterans Home of California – Barstow November 9 at 10 a.m. Everyone is invited to attend to come and celebrate with the Marines who have gone before.

The final cake cutting is at the

Primmadonna Resort and Casino in Primm, Nevada, November 11 at 6 p.m. Reservations are required for this event.

## Commissary Closure

The Commissary is closed November 11 in observance of Veterans Day. They will re-open November 12.

See BRIEFS Page 5

## Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
OTR-132-00	Laborer	10-20-00	11-03-00	10-27-00	MCLB Barstow
	WG-3502-02 (Temp NTE one year)				
OTR-133-00	Firefighter	10-24-00	11-07-00	10-31-00	MCLB Barstow
	GS-0081-05 (Temp/On Call NTE one year)				

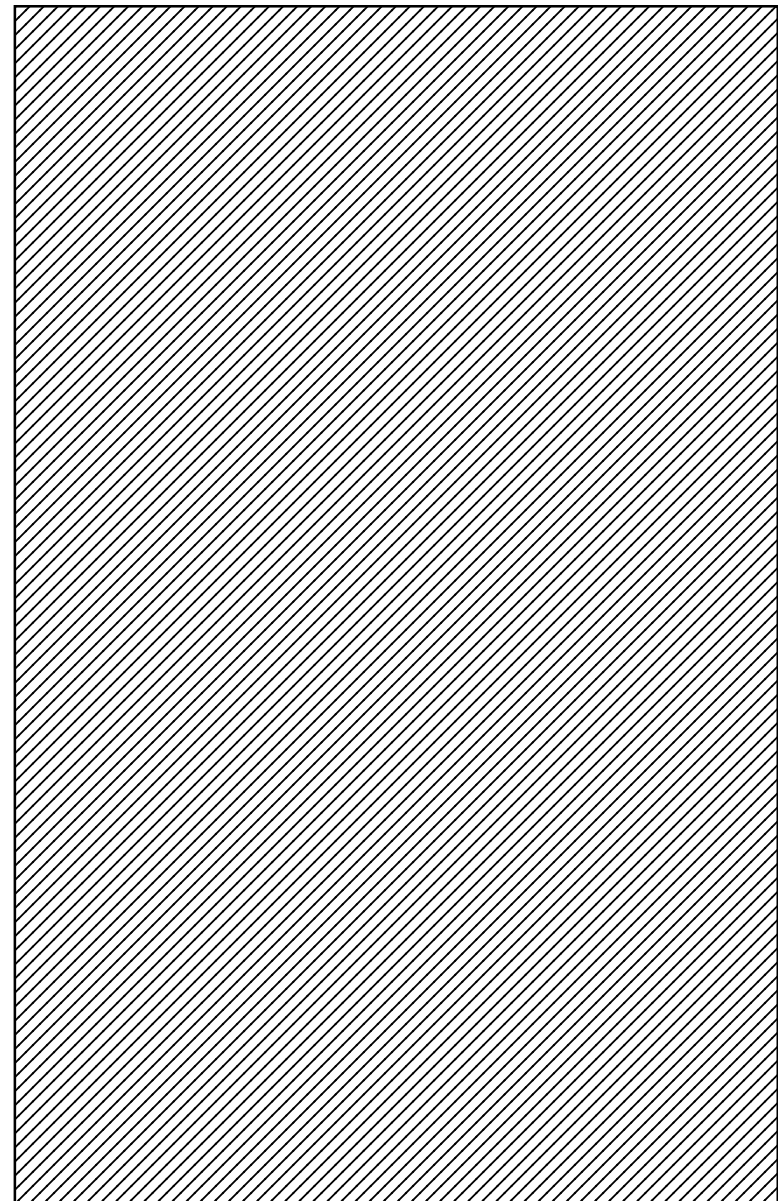
Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

**Human Resources Service Center, Southwest**  
**ATTN: Code 522 (announcement number)**  
**525 B Street, Suite 600**  
**San Diego, CA 92101-4418**

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

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

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



# 'Point-click' civilian personnel data system wave of the future

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON - Sometime next year Defense Department civilian personnel specialists and managers will be able to perform employee actions, gather information and assemble reports with the click of a mouse.

The mouse will access the new Defense Civilian Personnel Data System, "the largest human resource data system in the world," according to Diane M. Disney, deputy assistant secretary of defense for civilian personnel policy. DCPDS, she said, is the result of five years of collaboration by DoD, the components and civilian contractors.

"It will be the first fully integrated data system that works in 'real time,'" she said. "In other words, you could find out 'right-this-minute' anything you want to know about your personnel record or about the records of the people you're managing.

DoD's old civilian personnel data "system" consisted of 10 separate systems that couldn't talk to each other, Disney said. Over the past few years, the old 10 were integrated into one database she called the "legacy system," "because that is our inheritance from the past." She said that information is being used to create the DCPDS, which should be implemented within a year.

"From a departmental perspective, we will be able to tell exactly where we are in terms of all kinds of personnel variables, today, with total accuracy. The improvement is extraordinary," she said.

Managers, too, will benefit from DCPDS, Disney said. The vast DoD-wide database is designed to support more than 800,000 employee records and is capable of processing 1.75 mil-

lion different pay and benefit combinations for each employee.

"Managers and supervisors will be able to create reports - the range of awards they've given, for example - and almost any other factor they want to look at that they were unable to get in the past," she said.

DCPDS test sites have been operating since October 1999 at Fort Richardson, Alaska; Naval Submarine Base Bangor, Wash.; and San Antonio. Disney said she is impressed by what she has seen during visits.

"It is a 'point-and-click' environment. It is so user-friendly," she said. "People who knew nothing about the system have become proficient in a week. It is incredibly fast to learn."

Disney said DCPDS will "move things swiftly along" in the personnel

realm, saving time and reducing errors, redundancy and lost actions. Through an "auto-populate forms" feature, the system will automatically enter standard information such as names, addresses and other data onto electronic forms on the computer screen.

"Personnel offices won't have to key in data all over every time a new action occurs. That reduces the likelihood of errors," she said. "If it reduces errors on the personnel side, it does the same thing with the payroll side."

Most DCPDS transactions will be electronic, Disney said, and the system features a tracking device that should prevent lost paperwork.

"There is always a tracking device within the system," she said. "That will eliminate a lot of anxiety on the part of the employees and personnel managers. We should be able to keep processes moving in a way we've never been able to do in the past."

To safeguard personal information, Disney said, authorized users access the system with special passwords.

The harnessing of DCPDS

**"Personnel offices won't have to key in data all over every time a new action occurs. That reduces the likelihood of errors."**

- Diane M. Disney

See **SYSTEM** Page 8

## Federal Magistrate Court

October 20

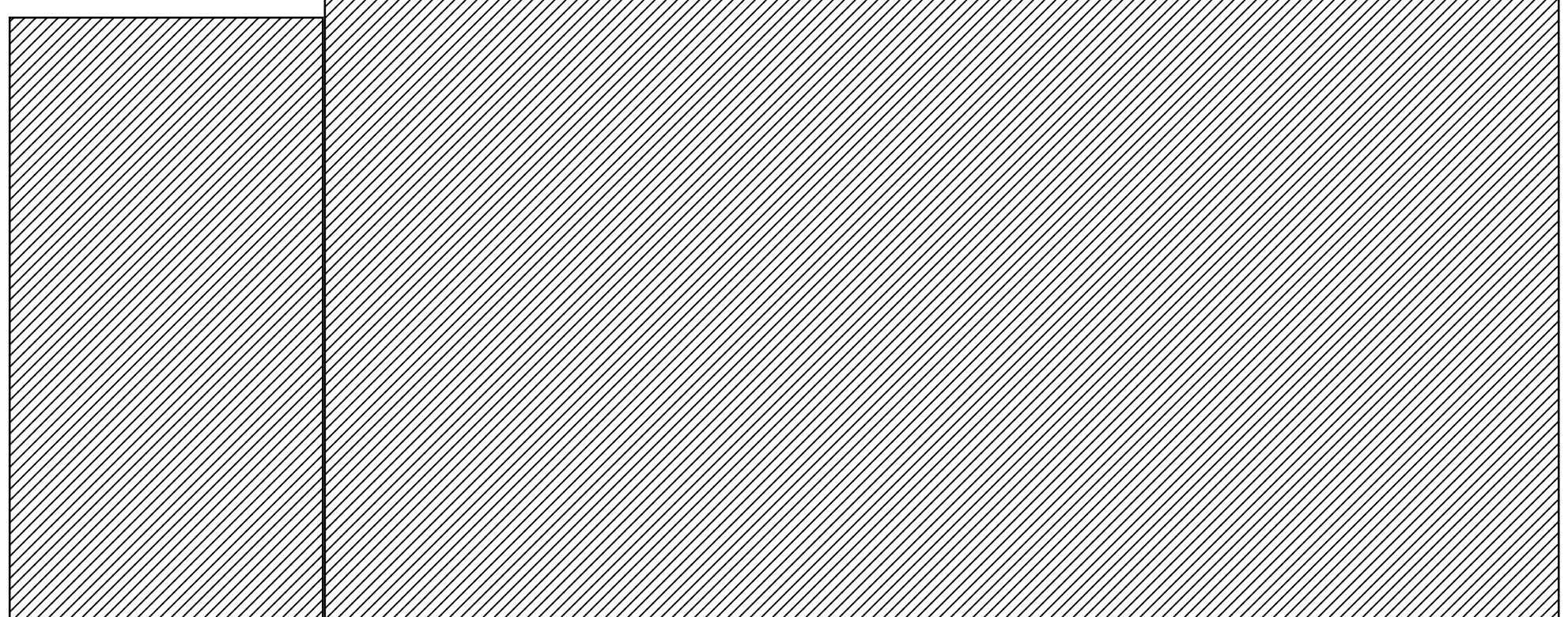
Passing in Double Yellow Zone,  
Speeding, 100 mph in 55 mph zone,  
Evading Officer, Speed Too Great  
for Conditions - \$2,000 fine.  
Driving on Suspended License  
- \$310 fine.  
Vandalism of Government  
Property, Closure Violation  
- \$650 fine.



## Traffic Court

October 19

Failure to Stop at Posted Stop Sign - Failure to appear, 4 points.  
No State Registration - Failure to appear, Vehicle not allowed on base.  
Failure to Wear Seat Belt - 2 points.  
Speeding, 55 in a 35 mph - 6 points.  
Expired Driver's License - Failure to appear, License held.  
Expired Vehicle Registration - Failure to appear, License held.  
Possession of Cannabis - Failure to appear, Warrant issued.  
Provided Someone Else's ID - Failure to appear, Warrant issued.  
Driving on Suspended License - Failure to appear, Warrant issued.  
Providing False Information to Officer - Failure to appear, Warrant issued.  
Driving Under the Influence/Drugs - Failure to appear, Warrant issued.  
No Proof of Insurance - Failure to appear, License held.



# Influenza virus: Vaccinations tame lethal killer

By Ensign Randy K. Choi  
Branch Medical Clinic

Influenza – or simply “the flu” – is a disease that occurs in both humans and animals. For example birds, pigs, and humans can get influenza. In 1930, Richard Slope, a researcher at Rockefeller University in New York, was investigating symptoms of the virus in pigs; he became the first person to isolate the influenza virus.

Viruses sometimes change and undergo genetic changes known as a viral drift. Sometimes a change in the virus is so great that previously developed antibodies are unable to fight the new virus. Today, the “flu” is believed to progress from birds to pigs and then to humans. Until 1998, humans could only get the “flu” virus from pigs and other humans. Except in experiments, with extremely high doses of the bird flu virus. Before the 20<sup>th</sup> century, humans were unable to get the flu from pigs and birds.

An “epidemic” is an outbreak of disease over a large area, and a “pandemic” is a worldwide epidemic. A “pandemic” occurred in 1919 and killed 20–40 million people worldwide, including more than 600,000 in the United

States alone. The first reported case happened in March 1918 at Camp Funston, Kansas. The first outbreak of the disease was not lethal, although it made millions ill. With World War I raging, news of the disease received very little attention.

In August 1918 the virus changed. In New York City, from September 1918 to March 1919, the virus killed 33,387 people – one percent of the city’s population. It reportedly went across the globe in only 4 short months. One possible

reason that the “flu” of 1918 spread so quickly was the increase in travel brought on by World War I. In the city of Teller Mission, Alaska. Eighty-five percent of the residents were dead in one week when maritime quarantine imposed by the governor failed. The typical “flu” virus kills the very old, and people who can’t fight infections well.

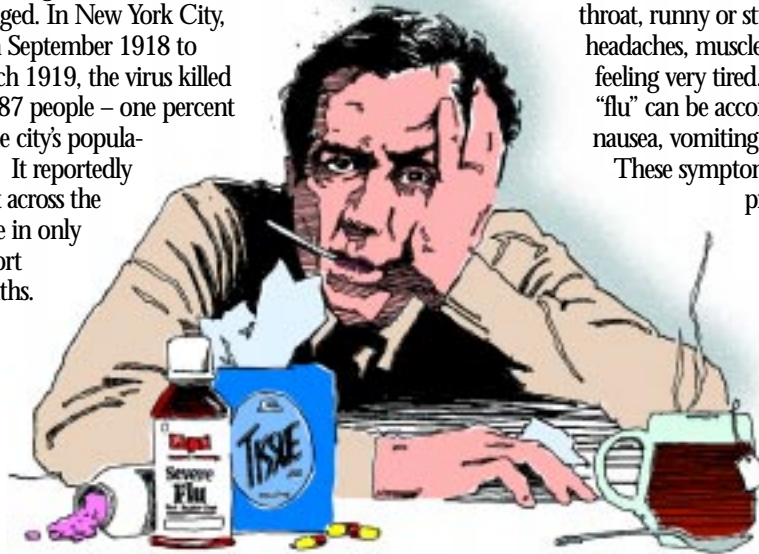
Those who were expected to recover died along with those that were expected to die. Because influenza is so widespread and can be life threatening to all people around the world everyone should be familiar with facts about the “flu.” Symptoms of the “flu” include fever, coughing, sore throat, runny or stuffy nose, headaches, muscle aches and feeling very tired. Sometimes the “flu” can be accompanied with nausea, vomiting and diarrhea. These symptoms are rarely prominent.

Most people who get the “flu” recover fully in one or two weeks. Incidence is highest in infants and

in the elderly (older than 75 years) and in people who have other serious illnesses.

In the United States, the flu season usually lasts from October to April. Because the influenza virus changes every year, the “flu shot” is updated to work against those changes. According to the Center for Disease Control, the influenza vaccine is 70–90 percent effective in preventing flu in healthy adults.

- Who are the candidates for flu vaccination?
- Active duty military.
  - Health care providers.
  - Homeless people.
  - People at high risk of severe problems from getting influenza.
  - People more than 65 years old.
  - Pregnant women in the second or third trimester.
  - Public-safety workers.
  - Staff and residents of nursing homes and residential facilities, such as dormitories and prisons.
  - Travelers to foreign countries, depending



See FLU page 12

*Editor's Note: The Branch Medical Clinic is not giving the annual flu vaccinations for another three to four weeks.*



reason that the “flu” of 1918 spread so quickly was the increase in travel brought on by World War I. In the city of Teller Mission, Alaska. Eighty-five percent of the residents were dead in one week when maritime quarantine imposed by the governor failed. The typical “flu” virus kills the very old, and people who can’t fight infections well.

The 1918 “flu” frightened public health professionals by killing the young and healthy

school-age children (three months to 16 years old) and through the late teenage years into early adulthood (16–34 years). The highest rate of death occurs

## BRIEFS from Page 3

ber 14 at regular posted hours.

### New Parent Support Program

The New Parent Support Program’s Playmorning meets Tuesday from 10–11:30 a.m. at the McKinney Center. This is a great chance to meet other moms and kids. There is no charge to attend, and it is open to anyone with children age six or younger.

For more info call 380-4021 or 256-5751.

### Infant Care Class

“If Babies Could Talk” – an Infant Care Class – is being held at the Life Ministry Building on Fort Irwin Tuesday from 3–5 p.m. and continues to meet November, 14, 21 and 28 and December 5.

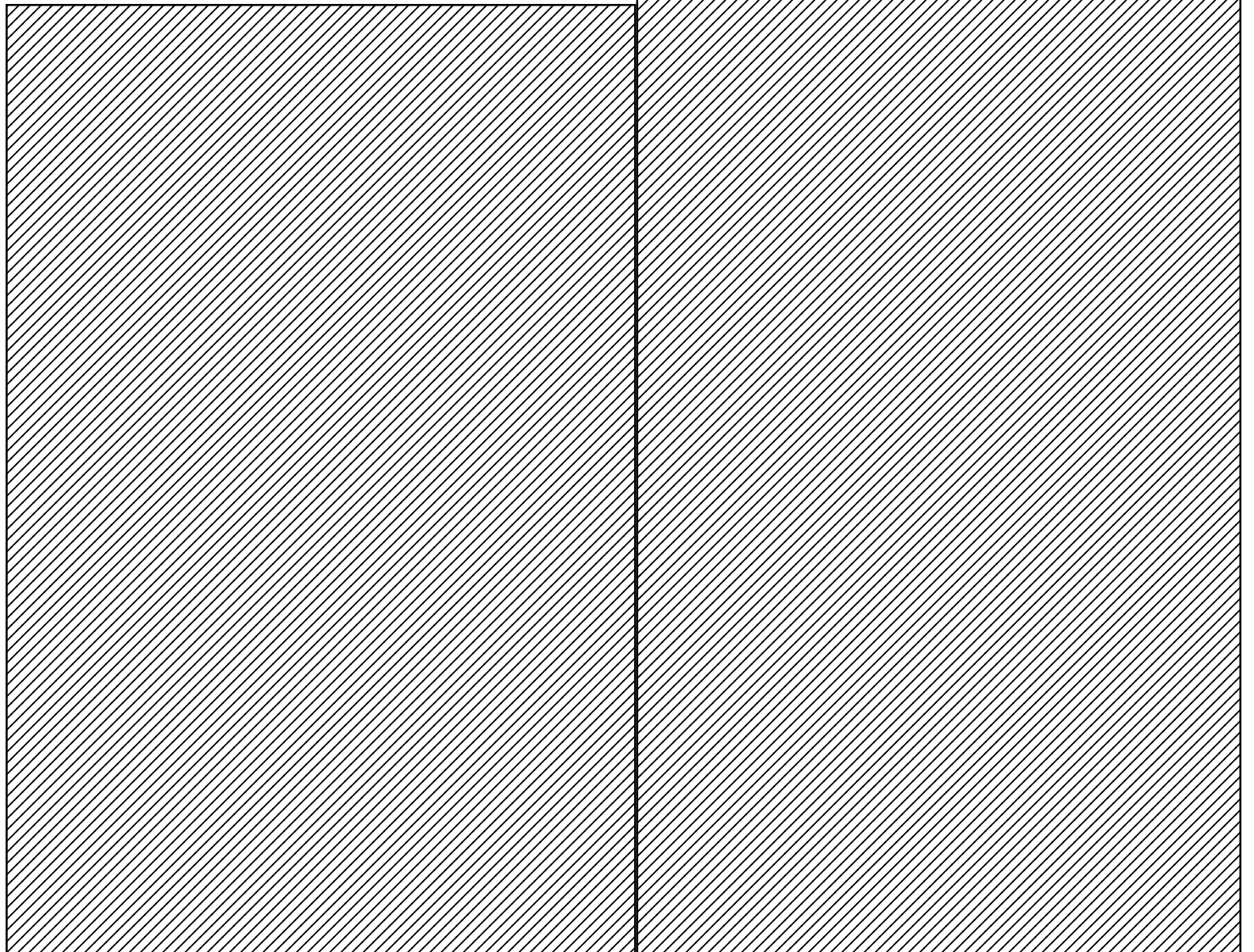
The class is open to expectant parents and parents with children up to age one.

For more info call 380-4021.

### PMO Closures

The Provost Marshal says the rear gates at the Nebo and Yermo annexes are closing November 9 at noon and will remain closed until November 13 at 5 a.m.

Also, Vehicle Pass and Registration is closing November 9 at noon and will re-open November 13 at noon.



# DoD, Marine Corps declare war on tobacco

From MARADMIN 529/00  
Headquarters Marine Corps

The 1998 Department of Defense survey of health-related behaviors among military personnel indicates that, although the prevalence of actual cigarette smoking by Marines has declined since 1980, the rate remains high, at almost 35 percent. The rate of cigar and pipe smoking among Marines has increased to 42 percent, and the Marine Corps has the highest rate of smokeless tobacco use of all the Armed Services, to include 22 percent of 18-24 year olds using smokeless tobacco. These statistics would indicate that there remains a great need for the continued education of tobacco avoidance and cessation programs in the Marine Corps.

Smoking is the most preventable cause of death in our society. Nearly one in five deaths result from the use of tobacco. Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS combined. To put this in perspective, each year deaths resulting from the use of tobacco (450,000) nearly total the amount of people who were killed.

According to the DoD Alcohol Abuse and Tobacco Use Reduction Committee, tobacco use costs \$584 million in direct medical expenses, and \$385 million in productivity loss throughout the entire DoD. To reduce these unnecessary deaths and expenses, the DoD has established a goal of reducing smoking rates by five percent per year, and smokeless tobacco use by 15 percent by the year 2001. DoD's long-term goal is a smoke-free military by the year 2010.

All tobacco products contain nicotine, which is extremely addictive. Approximately 4,000 chemical compounds are generated by the chemical reactions that occur in the intense heat of a burning cigarette. In addition, of these chemical compounds, 43 of them are cancer-causing agents. Therefore, the use of tobacco products is linked to various cancers throughout the body, including but not limited to: cancer of the mouth, throat, voice box (larynx), lungs, stomach, pancreas, liver, kidneys, bladder, cervix and bone.

The risks associated with the use of cigarettes are well documented. However, there are misconceptions about the safety of the use of

smokeless tobacco. Smokeless tobacco is not a safe alternative to smoking and simply moves health problems from the lungs to the mouth and throat.

- 22 million Americans use smokeless tobacco regularly and the number is increasing in our adolescent population.

- 30.6 percent of male Marines age 18-24 use smokeless tobacco.

- Holding an average-sized dip or chew in the mouth for 30 minutes gives as much nicotine as four cigarettes.

- Smokeless tobacco users have a fiftyfold increased risk of oral cancer and account for 90 percent of cases of oral cancer.

- More than half of smokeless tobacco users develop mucosal abnormalities with 3.3 years of continual use, and cancer can develop from just six or seven years of use.

In addition to the oral cancer risk, smokeless tobacco can also be associated with gum recession (peeling back of the gums), bone loss around the teeth, and abrasion around the teeth.

When users of any tobacco products try to quit, the absence of nicotine leads to physical and psychological withdrawal. These withdrawal

symptoms must be addressed for cessation to be successful.

There are various ways to give up tobacco usage: cold turkey (abrupt abstinence), gradual withdrawal, nicotine replacement therapy and zyban (an oral medication) are the most common methods. The Food and Drug Administration has approved nicotine gum, nasal spray, inhalers and patches to help users quit smoking. All physical methods of quitting tobacco products should be combined with consultation of professionals from your local medical treatment facility and/or Semper Fit health promotion office. Whatever method or methods are used, the first step is the conscious decision to quit.

The Navy/Marine Corps Health Promotion programs are sponsoring the Great American Navy/Marine Corps Smokeout Day on November 16.

Enhancing our readiness for the challenges of the 21<sup>st</sup> Century requires that all Marines, male and female, from our youngest private to our senior commanders, be proactive in enhancing healthy lifestyles and reducing health detractors for a fit and ready force.



Photo by Curt Lambert

Brigadier Gen. Richard Kramlich, Marine Corps Logistics Bases commander, (center) discusses a TOW weapons system mount with Winifred Good, an electronic measurement equipment mechanic, during his tour here October 24. It was the general's second visit here since assuming command of MARCORLOGBASES, but he promised it won't be his last.

## Services consolidate exchange charge cards

By Gerry J. Gilmore  
American Forces Press Service

WASHINGTON – Life is simpler for military exchange customers: Now there's just one charge card instead of two.

The Department of Defense mandated the consolidation of the Delayed Payment Plan charge card issued by Army and Air Force Exchange Service and the NEXCARD used in Navy and Marine exchanges, said Connie Gordon, general manager of the AAFES facilities at Fort Belvoir, Va. The Military Star Card is the

result, she said.

The Star Card will be accepted at most of the AAFES, Navy, Marine Corps and Coast Guard Exchange activities, to include catalog and military clothing stores operated by AAFES and Marine Corps exchanges, Gordon said. Previously, the only exchange-issued cards that stores honored were their own commands.

"We expect the Marine Corps and Coast Guard to be opening up more sites to accept the Military Star Card very soon," she said.

## Letter-writing contest aimed at overseas troops

By SSGT Kathleen Rhem, US Army  
American Forces Press Service

WASHINGTON – The Defense Commissary Agency is once again teaming with the producers of a popular show touring U.S. military bases to ramp up support for a holiday letter writing campaign.

Producers of the show "Letters from the Front: World War II," which has been touring overseas military bases for three years, came up with the idea of a letter-writing contest after their contact with American troops. Organizers said they were "struck by the feeling of loneliness and estrangement expressed by many of those we met during our travels."

The contest runs through Nov. 11. Letters must be between 100 and 150 words long and begin with, "Dear Service Member, I just want to say thanks for \_\_\_." Official entry forms can be picked up from displays in commissary stores, and letters can be mailed or returned to the commissary displays. Visit the contest Web site at <http://www.letters-from-the-front.com/contest2.htm> for information, complete rules and downloadable entry forms.

For people lacking Internet access, the local commissary also has the required materials.

"The Commissary has entry forms and a foam board display piece in the front lobby in support of the Letters to the Front promotion/contest," said Jim Meugniot, commissary director.

Prizes are awarded in three age groups: under 12, 12-18 and over 19. The two grand-prize winners under 19 receive \$3,000 scholarships; the adult grand-prize winner receives a \$3,000 computer system. Local prizes will be awarded for winning entries returned through the commissaries.

After the contest ends, the letters are forwarded to U.S. service members serving overseas.

Last year American troops received thousands of letters through this contest, organizers said. "My entire platoon ... read your letter," wrote back one soldier from Camp

See CHARGE IT Page 8

See LETTERS Page 8



Anthony Lente, helper, cuts holes in a styrofoam pad for a tool box.

# CANVAS AND UPHOLSTERY

*Small crew tailored to fit the custom needs of MCB*

Story and photos by Cpl. Brian Davidson  
BARSTOW LOG staff

Literally surrounded by her work, Linda tugs her way from beneath a canvas canopy, stands up on her table, bunches the mass of fabric with care, and slides back beneath it. Little more than her blond ponytail and painted fingernails are visible as the singsong of her sewing machine resumes.

It is not typically what one envisions when they hear the chatter of a sewing machine.

However, Linda isn't a homemaker, and she isn't sewing. She's a journeyman, and she's fabricating a custom cover for a radar antenna.

Linda Merrifield works in the smallest cost work center of all at Maintenance Center Barstow. Cost Work Center 743, the Canvas and Upholstery Shop, is located in the rearmost corner of Building 573.

The shop employs a skeleton staff of three; a foreman, a journeyman and a helper.

Still, they manage to cover all of the maintenance center's needs from seats to canvas covers and custom fabric fittings to the straps, snaps and webbing

that hold them in place.

"We do a lot of things in the shop that I was surprised about when I first came over," said helper Anthony Lente. "We make tarps, water cooler covers, web straps and even rubber gaskets for the AAV line, the Paxman shop and others if they don't have the gaskets that they need in stock.

"We do everything that we possibly can to help contribute to the mission."

Improvisation and adaptability are two of the characteristics of the three-man shop's ideas, according to Sherman Mitchell, shop foreman.

"Sometimes all they have when they come to us is just a little drawing or sketch, especially if it is a unique gasket or part," noted Lente.

The drawings they receive might not be to the exacting standards of a pattern, but it is a starting point and that's better than beginning from scratch, according to Merrifield.

"Starting from scratch is one of the more difficult aspects of the job," remarked Merrifield.

"Fabricating some of the covers



Years of experience have made guiding the way through tight spots second nature for journeyman Linda Merrifield.

See **CANVAS** Page 12



Linda Merrifield, journeyman, assembles a cover for a radar system.

### ABC from Page 1

Doing more with less is a hallmark of the Corps and is fast becoming a necessity in the Department of Defense. Being faced with the challenge of doing even more with even less means better understanding what is being done and exactly how much it costs to do it, according to Col. Dave Clifton, HQMC Director of Installations and Reform.

"ABC is the primary means MCCS is using to find the savings we need across the Marine Corps to fit the wedge," said Maj. Brian T. Ballard, MCLB Barstow MCCS director. "We are still at the grass roots level, building and populating our model with data. Once that stage is completed, I foresee ABC will help us reach our projected savings."

There are other benefits to using the business practices besides saving money, according to Maj. Kathy J. Maloney, commanding officer, Headquarters Battalion. Maloney anticipates the training she is receiving in the sustainment stage of implementation will improve training rotations and manpower use for Marines.

"Sometimes we don't do things as efficiently as we could, and we find ourselves recreating the wheel," said Maj. Maloney. "We can plan more constructive training by using ABC practices and put our Marines to work on tasks that yield benefits equal to the cost associated with them."

**"The real benefits of Activity Based Costing and Management become clear when the individual manager begins to make choices."**

— LtCol. Mark Maloney

"Activity Based Costing and Management can permanently change the way we do business by producing better, faster, cheaper results," said Clifton. "It will also be an explicit signal that the U.S. Marine Corps is committed, more than ever, to producing results that count and to being a world-class steward of American resources."

But the only way to reap the long-term benefits of ABC/M is to ensure the Sustainment phase continues. Sustaining the effort requires decision-makers to place an emphasis on education.

MCLB's commissioned and staff noncommissioned officers can look forward to learning more about the business practices in the future. Primary Military Education periods are one of the means of supporting the sustainment effort Maloney says she may use.

"ABC is an effective tool of management that can be used to break down a workday into every task an employee does, or it can be much broader based on the needs of an individual manager," said LtCol. Mark M. Maloney, base executive officer. "Our base model is coming into its own and is an example for others around the Corps thanks to some very hard work and the high level of support the implementation has received from the commanding officer."

"The real benefits of Activity Based Costing and Management become clear when the individual manager begins to make choices," said LtCol. Maloney.

### CHARGE IT from Page 6

AAFES, the Naval Exchange Service Command, the Marine Corps Exchange Service and the Coast Guard have approved the new card for use, she said. The official implementation date was Sept. 3, she added, but DPP cardholders in good credit standing began receiving their Star Cards in the mail weeks ago.

Customers are asked to destroy their old DPP and NEXCARD cards upon receipt of their new Star Card, according to exchange officials.

Customers may still use old cards until Dec. 31; only the Star Card will be accepted after that. The Star Card cannot be used at Class VI package stores or exchange theaters. They also cannot be used at food courts, which usually are operated by contractors.

Authorized customers who haven't received their new Star Cards by the end of October should call the following numbers starting November 1:

— 1-877-891-STAR United States (Toll-free).

— 00531-114239 Okinawa, Japan (Toll-free).

Gordon said the new card features redesigned balance statements designed to help customers better manage their accounts. The Star Card carries a 14.25 interest rate, the same rate as the cards it supercedes, said AAFES customer service agent Stacy Martinez. That rate, she said, is competitive with similar store credit cards.

Use of the Star Cards benefits the entire military, Gordon said. "The earnings that come from this card are plowed back into the military community in the form of morale, welfare and recreation dividends," she said. "It is a special benefit for customers (and) a win-win [situation]."

The Military Star Card Program is available at the Marine Corps Exchange here. Call 252-8974 for more information or visit the Marine Corps Electronic Shopping Mall at <http://www.usmc-mccs.org>, the Naval Exchange service Web site at <http://www.navy-nex.com>, or the AAFES Web site at <http://www/aafes.com>.

### LETTERS from Page 6

Bondsteel, Kosovo. "It changed our outlook and brightened our day."

A noncommissioned officer stationed on Korea's demilitarized zone wrote to the organizers and called the contest a good idea because "not only does it lift a soldier's spirits ... so far from home, but it gets the next generation to take an interest in the people defending their country."

"General Mills, Betty Crocker, Best Foods and M&M/Mars companies sponsor this

contest," added Meugniot. "This is a good program. It not only provides prizes to selected entries, but more importantly it provides great moral support to our troops in field no matter where they are deployed."

"These letters are well worth the time it takes to write them, even if there were no 'prizes' involved. The real value to these letters is the connection to home which they provide our service members and the knowledge that they are appreciated and valued by those they have sworn to defend," finished Meugniot.

### SYSTEM from Page 4

technology and consolidation of the services' 10 separate data systems is half of ongoing modernization, she said. The other half is the regionalization of the services' various personnel offices — at the end, about 300 customer support units stateside and overseas will support 22 regional personnel support centers, she added.

"The combination of activities should result in substantial savings," Disney said. "We estimate DoD will save \$223 million a year. It is an enormous efficiency."

DCPDS was created by massive collaboration, Disney said.

"We've had private sector, off-the-shelf computer products, data coders from the Air Force and my staff, and contractors — a mixed workforce," she said. "We've had all the service and agency components involved at every

step of the way in terms of helping to design it and test it.

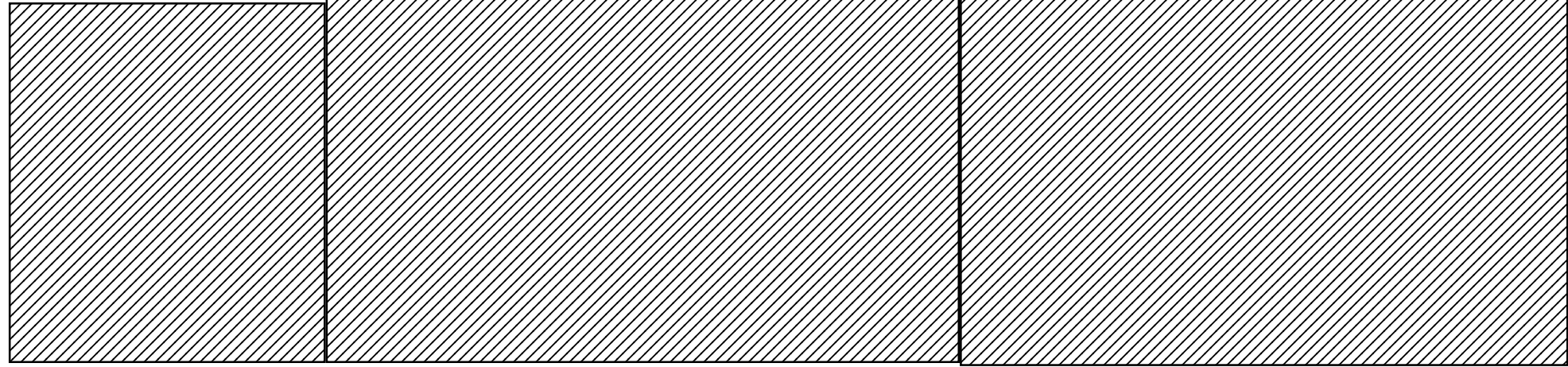
"In fact, for the past five years we've been training people to operate the new system and its components. Our personnel offices now have computer-literate workforces, and we didn't really have them when we started out five years ago."

Word of DCPDS has spread, Disney said, and human resource managers around the globe want to see what

it is all about.

"We've had people from about a dozen different countries come in and take a look at what we're doing," she said. "We've had people from federal and state agencies looking at this."

Disney said DCPDS will evolve as newer technology becomes available. "There will never be a time when we'll say 'the system is perfect and done,' because there is always another idea, another option," she said.







**By Jim Gaines**  
MCCS Publicity

**November Sale at MCX**

The November Sale is under way with specials like these: Quasar VHQ 400 VCR only \$69.99; Apex DVD player AD 500 for \$139.99; RCA 4-head x 4-head, dual-deck VCR on sale at \$179.99. The sale runs through November. Come in and check out the great buys. 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.

**Weekly Lunch Menu**

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

**Today** - Beef Stroganoff.

**Friday** - Lemon-peppered cod filets.

**Monday** - Sweet and sour pork chops.

**Tuesday** - Swedish meatballs.

**Wednesday** - Tostadas.

**Thursday** - Caribbean chicken. 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 offers a la carte and sub sandwich menus for lunch.

The Cactus Cafe offers 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 and Holidays**

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

**Family Night Dinner Menu**

**Tonight** - Tamale pie.

**Next week** - Italian veal steak.

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

Prices: (military & 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.

**Knott's Veterans Day Special**

ITT has received the following information on Knott's Berry Farm's Veterans Day Special. This special applies to active duty military, military retirees and military veterans only.

Saturday and Sunday and weekend and November 11 and 12 admission is \$10 with one guest free.

All next week, Monday-Friday, admission is \$10 with one guest and up to two children (age 3-11) free.

Call ITT at 577-6541 for more information.

**MCCS Veterans Day Holiday Schedule**

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

**November 10**

Main Exchange-Nebo	10 a.m.-6 p.m.
Family Restaurant with menu service	9 a.m.-2 p.m.
Gym/Fitness Center	8 a.m.-3 p.m.
Tees & Trees Golf Course	7 a.m.-5 p.m.
Bowling Center	1-9 p.m.
Auto Hobby Shop	1-9 p.m.
Ceramic Hobby Shop	11 a.m.-7 p.m.
Wood/Rock Hobby Shop	1-9 p.m.
Oasis Club for Social Hour	5-6 p.m.
NCO/Enlisted Club TGIF Variety Night	6:30 p.m.-1 a.m.
Youth Activities Center	10 a.m.-6 p.m.
All other MCCS facilities are closed.	

**November 11**

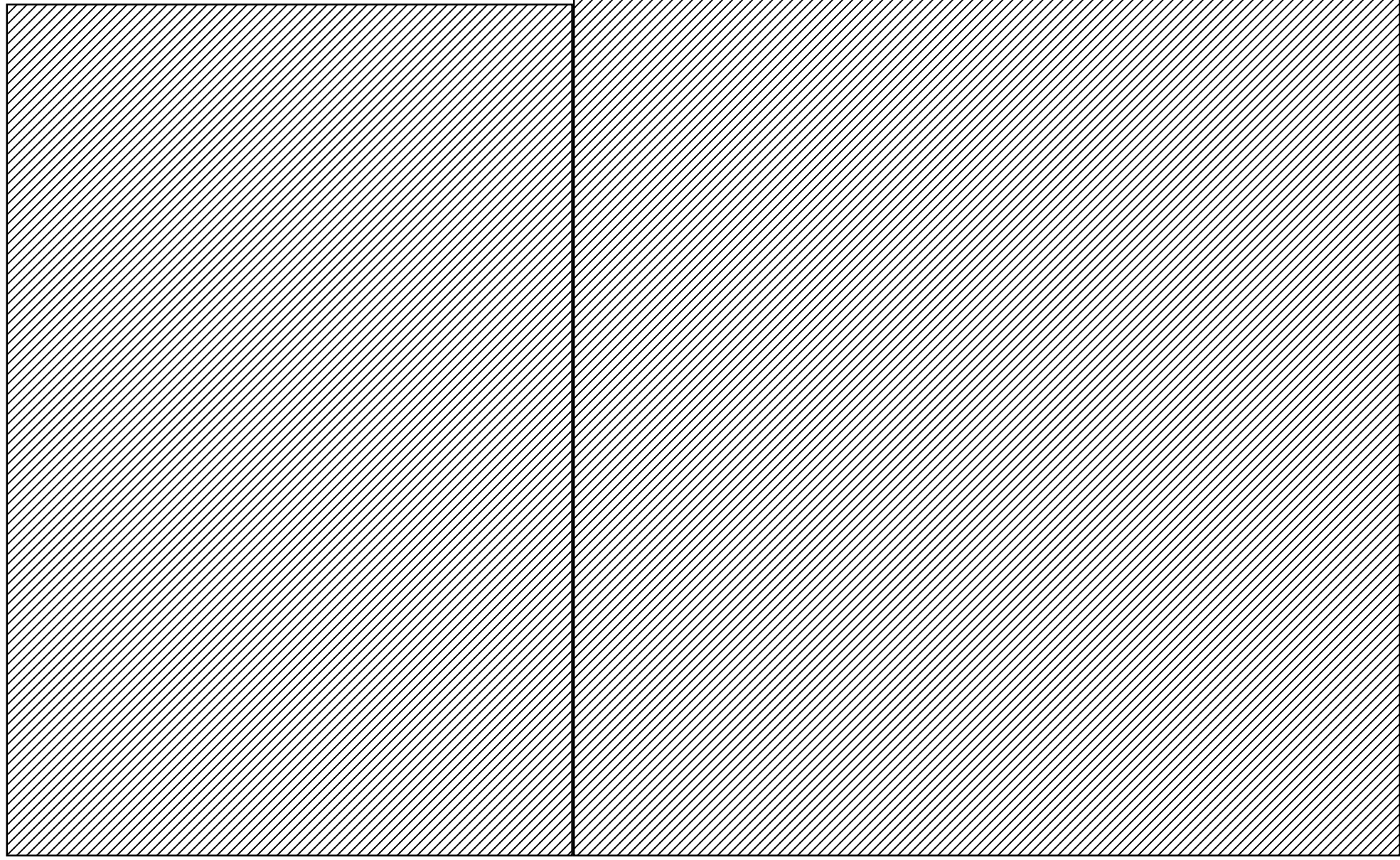
Main Exchange-Nebo	10 a.m.-6 p.m.
Family Restaurant with menu service	9 a.m.-2 p.m.
All other MCCS facilities are closed.	

**November 12**

Gym/Fitness Center	8 a.m.-3 p.m.
--------------------	---------------

**November 13**

Gym/Fitness Center	5 a.m.-9 p.m.
--------------------	---------------



# SPORTS

## GUNNY'S PICKS

Week 10



Ok, we got a real trash-talkin' Gunny's Picks winner this week. Richard Pina, CWC 726 - Hydraulics, talked so much garbage I had to redesign this page to fit it all in:

"For those Minnesota fans who think they are going to the Superbowl: The Rams will take care of that come December 10, because Minnesota plays like they're on drugs - they get drug from one end of the field to the other," claims Pina. "And NY and Buffalo: if you're dreaming of a sub-way football series the Rams will have something to say about that. Rams and Oakland in the Superbowl? Rams:45, Oakland: -10."

Are the rest of you die-hard football fans going to take this? Get your picks in so you can talk trash too.

- \*Tampa Bay at Atlanta
- \*Indianapolis at Chicago
- \*Baltimore at Cincinnati
- \*NY Giants at Cleveland
- Miami at Detroit\*
- Pittsburgh at Tennessee\*
- \*Buffalo at New England

- \*San Francisco at New Orleans
- Dallas at Philadelphia\*
- \*Washington at Arizona
- Kansas City at Oakland\*
- \*Denver at NY Jets
- \*San Diego at Seattle
- Carolina at St. Louis\*

### Monday Night

\*Minnesota at Green Bay (44)

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

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

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

## Base Marines conquer People's Marathon

By GySgt. Frank Patterson  
Public Affairs Chief

Four base Marines recently took on the grueling challenge of running non-stop for 26.2 miles.

On October 22, Capt. Sean T. Dugan, 1stLt. Bryan R. McClune, GySgt. Michael Claudio and SSgt. G. Scott Duplechain, sponsored by the base Semper Fit program, ran in the Silver Anniversary of the Marine Corps Marathon in Washington, D.C.

McClune ran the course in 3:29:34 and was the 860th person to cross the finish line.

Claudio came across the line as number 1,319 in 3:38:33 followed by Duplechain at 3:54:56 - a personal record.

Dugan, running in his first

marathon, came in the last of the four with a 5:14:57 as runner 12,533.

More than 25,000 runners signed up for the marathon - known as "The People's Marathon" because anyone is allowed to run in it. More than 18,000 people actually crossed the starting line, and exactly 17,186 of those crossed

the finish line.

According to Claudio, more than 900 runners became "Marathon Road Kill" failing to complete the course in the allotted time.

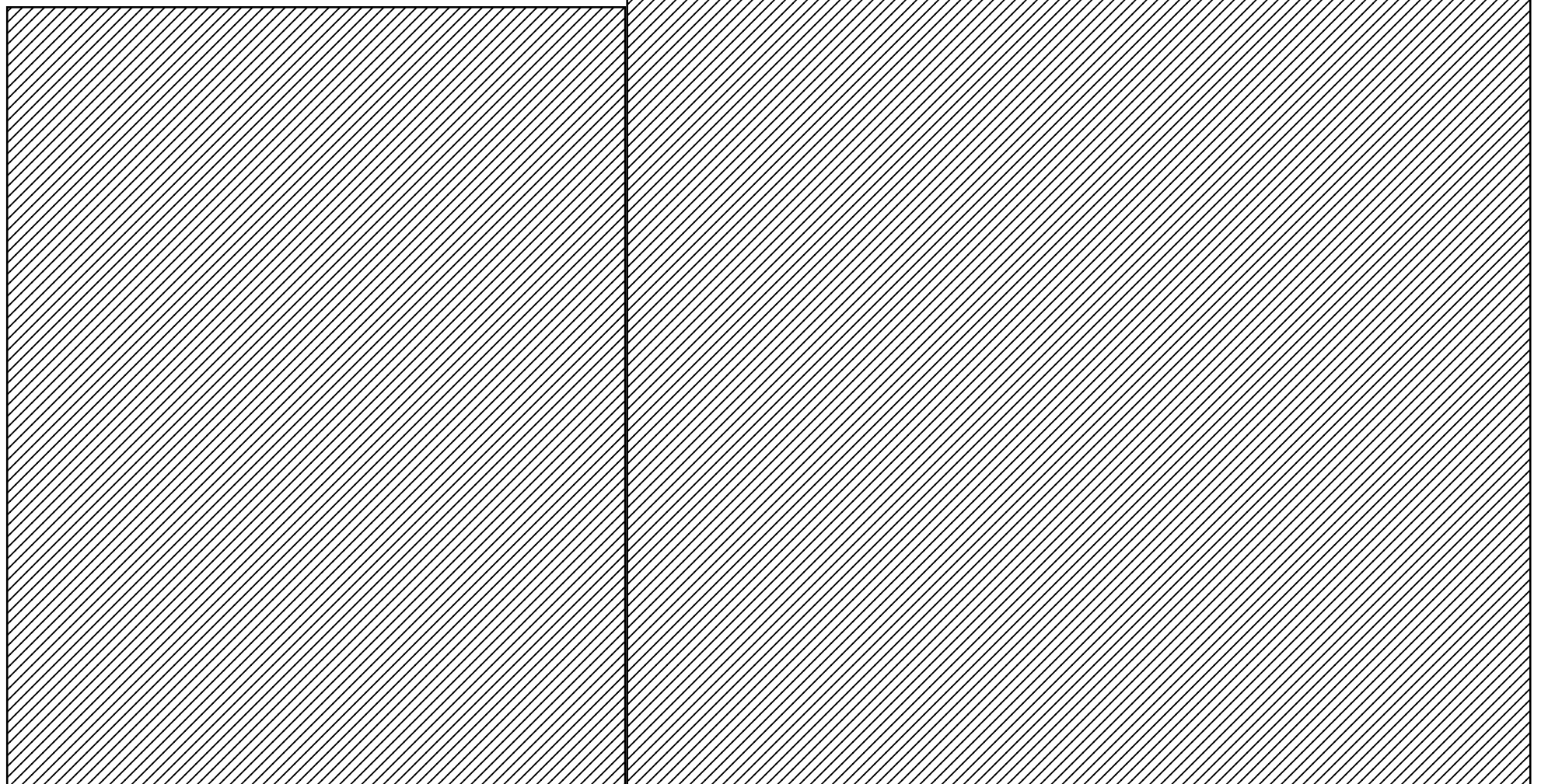
"My next marathon is the Rock and Roll Marathon in San Diego in July," said Claudio. "Anyone interested in joining me for 26.2 miles next year?"

## SPORTS BRIEFS

### Semper Fit closures

The basketball court and the aerobics room close November 16 for the annual Health and Safety Fair. The weight room remains open.

November 10, 12 the gym is open from 8 a.m.-3 p.m and November 13 from 5 a.m.-9 p.m. Closed November 12.



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

1989 NISSAN 4X4 PICK-UP: 5-spd, A/C, 89K miles, A/T tires, custom rims, tint, custom bumpers w/hitch, runs excellent, \$3,750 OBO. Call 252-0039.

1991 HONDA CIVIC: 5-spd, motorswap, Wings West body kit, fresh silver paint, roll cage, NOS, full sway and strut bars, custom interior, 18" Niche 3-pc whls, coilover susp., complete trophy car – nothing left to do. Make offer. Call 252-0039.

1965 FORD 1/2-TON PICK-UP: Less than 200 miles on tires and shocks, needs a little body work, \$700. Call 253-3056.

MISCELLANEOUS: Large swamp cooler, side draft \$100; Complete toddler bed with side guard \$50; Solid wood twin bed frame with head and foot boards \$50. Call 255-3056 AWH.

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: Exercise equipment: Nordic Rider, \$100; Ab machine, \$15; Fitness Flyer, \$75; Exercise Blade, \$25; Twist and Spin, \$10 or trade for ? Suze Orman's "Financial Freedom" series of CDs and books, new \$50 or trade for ? Call 253-5926.

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

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

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

MISCELLANEOUS: AM/FM radio/tape cassette recorder/player, with 10½"x14½" detachable speakers, \$25. Call 242-8839.

MISCELLANEOUS: Brown and beige high/low carpet, approx. 50 yards \$50. Call 253-5926.

## PROMOTIONS from Page 2

factors may get you considered for promotion, but the cold, hard fact of life is that your proven performance of duty, most importantly, is what gets you promoted.

My advice to you is simple. If you are a lance corporal and want to be a corporal, act like one. Don't just pile up time in grade and

think that just because you have a good PFT score, you will automatically be promoted. Behave like a corporal. Enforce rules and regulations. Keep yourself and your gear squared away and combat-ready at all times.

Show your leaders that you are ready to assume the rank and responsibility of the next higher grade. Not because you think you've got it coming to you or because you have reached some magic numerical score,

but because you are ready for it.

If you do these things at any grade, you really will be ready to be promoted to the next pay grade and both you and the Marine Corps will get something out of it. You will get the rank and prestige of the next higher grade, and the Marine Corps will benefit by having a better leader to look after her Marines and ensure no matter what the mission is we will always be victorious. That's

what promotions are really all about – taking care of your Marines and succeeding on the battlefield or in any mission assigned to you. Semper Fi.

*Editor's Note: Next week, Enlisted Career Force Controls – the governing body for staff noncommissioned officer promotions – and how that system works will be addressed on the Ready, Front Page.*

---

---

## FLU from Page 5

on season and destination.

- Others who have close contact with persons at high risk of contracting the flu.

- Presence of chronic health conditions that decrease the ability to fight infection.

Some basic steps of preventing “flu” outbreaks are good hand washing, covering the nose and mouth when sneezing or coughing (when ill), cleaning and disinfecting surfaces, and using medications appropriately and safely.

---

---

## CANVAS from Page 7

and tarps that we have to make can be a challenge because we have no patterns, originals or schematics to work from,” she said.

“You have to take measurements by hand, cut the materials for it, and put it together. Then, you try it on for fit. If it fits that's fine, but if it doesn't that's when the work really begins.

“I had to build an accordion cover for a World War II-era tank restoration a while ago,” she recalled. “The only thing we had to reference was a photograph from a book. That project required the type of trial and error process that we have to go through with many of the items we fabricate or modify,” said Merrifield.

That same challenge is what makes the job so interesting and enjoyable, according to Merrifield, because you see the product evolve from start to finish.

“It takes a lot of skill and there are errors along the way when you're getting started,” said Lente, who has been working in the shop since May. “But you have a greater appreciation for what goes into producing some of the things that we make, whether it's a seat or a tarp,” said Lente.

“If you have an interest in sewing then it's a great job to have. But if you don't like it, it could be a real nightmare,” said Merrifield.

“When I first came to the maintenance center I didn't ever think that I'd be doing this type of work,” said Lente, who started as a painter's helper. “But I do enjoy it.”

The shop is currently fine tuning its documentation to achieve its ISO-9000 certification.

The certification formally denotes that the work center operates at or above current industry standards of operation.

