PROSPECTOR

Marine Corps Logistics Base Barstow

Semper Fidelis

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Photo by Cpl. Thomas A. Bricker

Marines with the Silent Drill Platoon, 8th & I, Marine Barracks, Washington D.C., demonstrate their precision and professionalism during the 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

On The Cover:

Marines with the Silent Drill Platoon, 8th & I, Marine Barracks, Washington D.C., demonstrate calculated and precise handling of their M1 Garand rifles with fixed bayonets. The Silent Drill Platoon performed at Sorensen Field aboard Marine Corps Logistics Base Barstow March 5, as part of their 2012 "Music in Motion" tour.

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THE PROSPECTOR

Marine Corps Logistics Base Barstow, California
Colonel Daniel P. Ermer, Commanding Officer
Sgt. Maj. Richard Charron, Base Sergeant Major

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On the web

Website:

http://www.marines.mil/unit/mclbbarstow/pages/default.aspx

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http://www.twitter.com/#!/MCLB_Barstow

Photo by Pfc. Victoria Fairchild

Marines and a sailor receive backpacks that they were given to them during the Welcome Home Heroes event at the Maj. Gen. James L. Day Conference Center aboard Marine Corps Logistics Base Barstow, March 1. The Welcome Home Heroes event is held to honor returning service members from deployments and thank them for a job well done.

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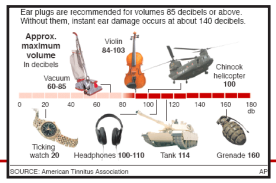

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Teen Tech Week

Listen up, local teens! The MCLB Barstow library will celebrate the annual Teen Tech Week March 5-10, 2012. The base library will join thousands of other libraries and schools across the country who are celebrating this year's theme, "Geek Out @ your library®." Teen Tech Week is a national initiative of the Young Adult Library Services Association (YALSA) aimed at teens, their parents, educators and other concerned adults. The purpose of the initiative is to ensure that teens are competent and ethical users of technology, especially the types offered through libraries. Teen Tech Week encourages teens to take advantage of the technology at libraries for education and recreation, and to recognize that librarians are qualified, trusted professionals who can help them achieve greater digital literacy.

For more information contact the library at (760) 577-6395 or email: librarybarstow@usmc-mccs.org.

Department of State Travel Warning for Mexico

The rising number of kidnappings and disappearances throughout Mexico is of particular concern. U.S. citizens have fallen victim to TCO activity, including homicide, gun battles, kidnapping, carjacking and highway robbery. Carjacking and highway robbery are serious problems in many parts of the border region and U.S. citizens have been murdered in such incidents. U.S. government personnel and their families are prohibited from personal travel to all areas described as "defer non-essential travel" and when travel for official purposes is essental it is conducted with extensive secururity precautions.

Going Green

Recycling isn't limited to cans and newspapers; even your eyeglasses can be recycled. Donate your old glasses to an organization that redistributes them to people who can't afford a new pair. You'll improve someone's quality of life and extend the life of those old frames you were going to throw out. For more information about living a greener lifestyle, go online at http://www.sierraclub.org.

Energy Tip

Carpooling 5 days a week with a friend can save enough energy to recharge your laptop 602 times in one year and take 5 vehicles off the road for one year. Check out http://www.willyoujoinus.com/usingenergywisely/energygenerator/ for more ideas. This is another Green Energy Tip from your MCLB energy team.

Today in U.S.M.C. history

March 8, 1965: The first U.S. combat troops arrive in Vietnam as 3,500 Marines land at China Beach to defend the American air base at Da Nang. They join 23,000 American military advisors already in Vietnam.

Married and Loving It

A new series called "Married and Loving It" continues through March with Class 3, March 13 "Finances: Freedom or Fiasco"; Class 4, March 20 "Conflict: For Better or For Worse?" and wrapping up with Class 5, March 27 "Marriage…A Daily Affair." All classes are held at the Marine Corps Logistics Base Barstow Chapel fellowship hall from 4:15 to 6:15 p.m. For more information, call 577-6533.

Desert Lanes Bowling Center

Ninety…yes ninety days of bowling! January 1 through March 30, all youth bowlers 14 and younger get one free game per day/ per youth Wednesday-Friday. Customer Appreciation Day Friday and Saturday: 50/50 special 50-cent hotdogs, 50-cent soda, 50-cent game per person per game and 50-cent shoe rentals. Beat the clock Sundays: come in with your family or friends on Sunday before 1 p.m. and pay $1 a game per person. Don't forget lunchtime specials every day from 11 a.m. to 1 p.m. bowl as many games as you can for only $4. Crazy Wednesdays: come in and bowl three games all day long for $5 (shoe rental included). Party packages are also available. For more information, call 577-6264.

Massage Therapy is back

Massage therapy is back at Semper Fit Gym Bldg.44. Swedish, trigger point, injury, Russian sports, structural integration, cranial sacral, reflexology, shiatsu or mix/blend, by appointment only. Call Paul Ruvalcaba at 477-7183 for pricing and more information.

Victim Advocate Program

A presentation on victim advocacy services offered by Marine and Family Services takes place March 20, at 10:30 a.m. in the McTureous Hall classroom, Bldg. 218. The discussion will show how VAs represent the interests of all victims of domestic abuse and sexual assault. Emphasis is on VA information and services. Contact Michelle Lawing, Victim Advocate, for more information at Marine and Family Programs Division at 577-6533 or stop by Bldg 129.

MCLB Barstow Military Family Scholarship.

Military spouses and dependents at MCLB Barstow who have applied to Park University within the last year can apply for this scholarship for 15 free credit hours. Applicants will need three letters of recommendation and official transcripts. Stop by the Park University office in Bldg. 218 for a complete list of requirements and an application packet. Deadline is April 1. For more information contact, (760) 256-8811.

STAY IN THE LOOP!

Visit www.mccsbarstow.com or pick up a Quarterly Connection Magazine at any of your MCCS facilities.

Marine Corps Community Services Barstow
www.mccsBarstow.com

Daylight saving time and Marine Corps uniform change

This Sunday morning, March 11, daylight saving time begins at 2 a.m. Set all clocks forward by one hour before going to bed Saturday night to gain an hour of daylight in the morning!

Marines: Don't forget that with the time change also comes the change to the Desert MARPAT uniform.

DOD observance of Women's History Month

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DoD observance of 2012 Women's History Month

1. The month of March will commemorate the beginning of a month dedicated to celebrating women's history and the contributions of women to our great nation. This year's theme is "Women's Education-Women's Empowerment."

2. March 8 marks the 101st anniversary of international women's day. Originating in Europe, America has turned one day of observance into an entire month celebrating the accomplishments of women.

3. The purpose of Women's History Month is to increase consciousness and knowledge of women's contributions to society and our Corps. During the 1970's, schools began hosting "women's week" to coincide with international women's day. The response was overwhelmingly positive and it soon gained enough momentum to obtain national recognition from Congress, which passed a resolution to anually observe Women's History Month.

4. Education is paramount because it aids in the professional development of all and it is a key component for success. By educating our Marines we empower them and arm them with advantages both on and off the battlefield.

5. Today, over 13,000 female Marines serve on active duty and more than 5,000 female Marines serve in the Marine Corps reserve. They are deployed around the globe and continue to make history in female engagment teams in Afganistan.

6. Women in the Corps have continued to answer the call to serve and protect our nation. As opportunities to serve have increased, each subsequent generation of female Marines has stepped up to the challenge and paved new roads for future generations. Since the first woman donned a Marine Corps uniform, female Marines have enriched our Corps' history and enhanced our combat capability.

7. All Marines are encouraged to seek out female Marines past and present to learn of their accomplishments and contributions to our Corps. Commanders are further encouraged to take time to recognize and celebrate the contributions women have made to our Corps by conducting programs and promoting participation in observance events.

Battle Color Detachment visits Marine Corps

Photo by Gunnery Sgt. Reina Barnett

Marines with the Silent Drill Platoon, 8th & I, Marine Barracks, Washington D.C., demonstrate their precision and professionalism during the 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Marines with "*The Commandant's Own*" stands in forma
Motion" tour aboard Marine Corps Logistics Base Barsto

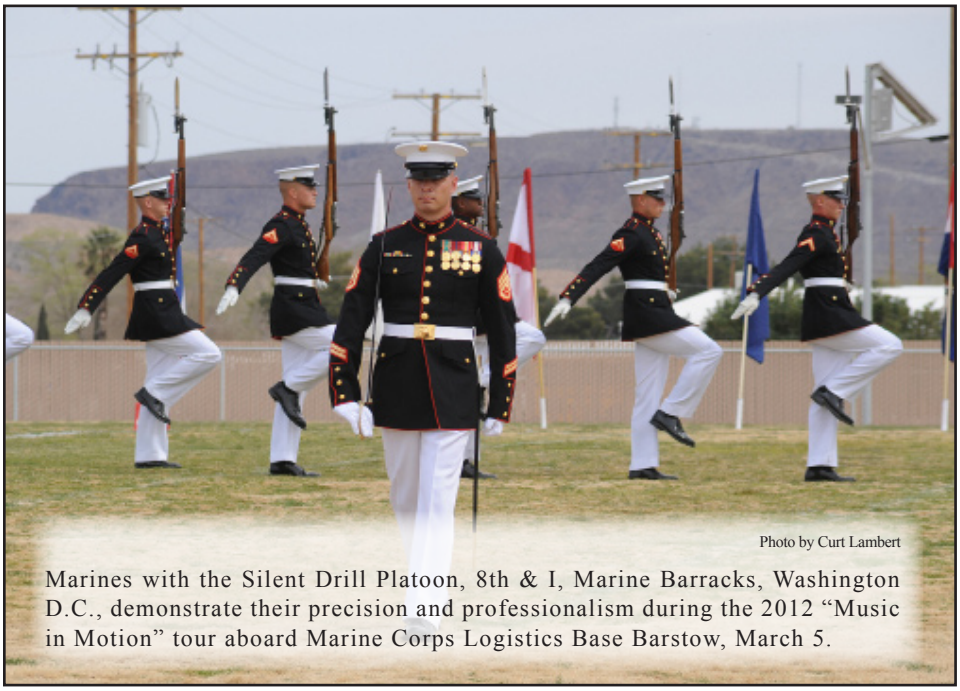

Photo by Curt Lambert

Marines with the Silent Drill Platoon, 8th & I, Marine Barracks, Washington D.C., demonstrate their precision and professionalism during the 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Photo by Curt Lambert

Gunnery Sgt. Keith Martinez directs the Marines during their 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Photo by Lance Cpl. Dominic A. Smarra

Marines with "*The Commandant's Own*" stands in line as they prepare to play for approximately 1,500 people during their 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Photo by Curt Lambert

Marines with the Drum & Bugle Corps play for approximately 1,500 people during their 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Logisitcs Base Barstow

Photo by Cpl. Thomas A. Bricker

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Photo by Cpl. Thomas A. Bricker

Marines with the Silent Drill Platoon, 8th & I, Marine Barracks, Washington D.C., march in sync with bayonets attached to their M1 Garand rifles during the 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Photo by Gunnery Sgt. Reina Barnett

Marines with the Silent Drill Platoon, 8th & I, Marine Barracks, Washington D.C., show off their unique method for conducting a weapons inspection and exchange, during the 2012 "Music in Motion" tour aboard Marine Corps Logistics Base Barstow, March 5.

Revised Marine Corps Order tests hearing

By Pfc. Victoria Fairchild
Combat Correspondent

Having to repeat yourself often? Worried about loss of hearing? The Marine Corps has redefined its needs for Marines to get their hearing checked annually and become more involved with the overall care of their hearing.

The revised Marine Corps order 6260.1E, states Marines need to use the tools offered as part of the Hearing Conservation Program, as hearing loss throughout the Corps has become a significant problem. The program will provide Marines with information on how to protect their ears from sustaining permanent hearing loss.

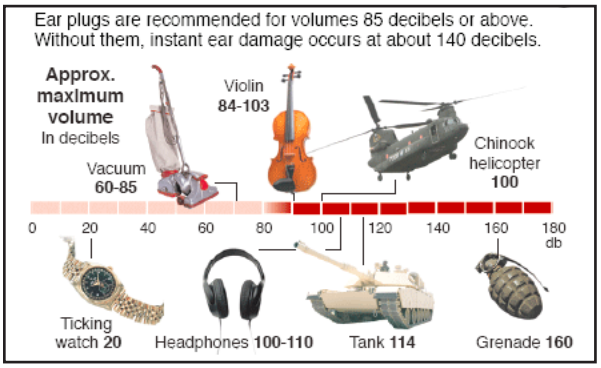
In the past decade, the Department of Veterans Affairs has been inundated with service members who have complained or experienced hearing loss.

"On average, 49 percent of Marines get out with hearing loss," said Mike Tianen, industrial hygienist aboard Marine Corps Base Camp Pendleton. "They offer 10 percent benefits for each ear damaged," he said, speaking of the VA.

The HCP is not a new concept, but has been reinforced as a result of a Government Accountability Office report published in January that stated the cost to the VA in 2009 for hearing loss and injury compensation exceeded $1 billion paid to more than a million claimants from all services, according to an article in the Marine Corps Times.

"It's been changed because the Marine Corps is now taking a hard look at why this has been happening and how to prevent it in the future," said Gunnery Sgt. Dustin Hamilton, ground safety officer, MCLB Barstow. "When Marines transition to the civilian world, the Department of Veterans Affairs gets hit the most on hearing loss."

As part of the HCP, all Marines must receive a class on how to properly wear and when to use hearing protection. During the class, Marines learn how to detect signs of hearing loss, why it happens and how permanent damage can occur.



"Typically there are signs as to when a person may be experiencing hearing loss," said Hamilton, a Painesville, Ohio native. "Something to watch out for is when you're turning your head to the side to hear more clearly with only one ear or if you are finding yourself in a conversation not being able to understand what is being said, and just nodding in agreement."

It's no surprise being at war for the last decade, that the opportunity for Marines to lose their hearing has increased. Loud noises from missiles, rockets, gunfire, IED and other loud weaponry are just some of the causes for increased hearing loss.

"I've definitely lost some hearing," said Sgt. Jacey Marks, a 26-year-old rifleman and fleet manager aboard MCLB Barstow. "With my job you didn't always have time (for ear protection). You're around tanks and loud weapons often. They had to make a new baseline for me when I got my hearing checked last."

Due to service members increased presence in combat zones and exposure to loud noises, it's more important than ever to be diligent about one's own health, especially when it comes to one of your five main senses.

Marines are encouraged to get their hearing checked more frequently if hearing loss is suspected. "If they are concerned that something may have happened and they can't hear as well, they should go get things checked at medical," said Marks, a Lewiston, Idaho native.

Although the order does not apply specifically to civilians, civilian employees aboard MCLB Barstow are encouraged to have their hearing tested as well.

"The reason everyone is included in the HCP is because much of their noise exposure is very hard to quantify, especially for those who deploy," said Tianen. "Therefore, they play it safe and place everyone in the HCP."

For more information on the HCP contact the safety office at (760) 577-6509 or the industrial hygienists office at (760) 577-6316.

New ALMAR emphasizes putting a stop to hazing

By Lance Cpl. Dominic A. Smarra
Combat Correspondent

In the past, it may not have been uncommon to see a group of Marines engaged in a ritual or rite of passage that could have been perceived as cruel, abusive or humiliating. But as today's Marines are learning, an uncorrected pattern of misconduct does not qualify as tradition.

With the recent ALMAR 005/12, the Marine Corps is re-emphasizing its commitment to ensure Marines are treated fairly.

"Every Marine should be able to go into a work environment and be treated with dignity and respect," explained Master Sgt. Matthew Blais, operations chief and equal employment opportunity advisor aboard Marine Corps Logistics Base Barstow.

As hazing rituals are becoming more commonly identified, Marines are being held accountable for what they think may be harmless fun.

Marine Corps Order 1700.28A, defines hazing as, "any conduct whereby one military member, regardless of service or rank, causes another military member, regardless of service or rank, to suffer or be exposed to an activity which is cruel, abusive, humiliating, or oppressive."

One past ritual, known as "the gauntlet," may have been conducted among Marine noncommissioned officers as a Marine entered the NCO ranks. This painful process involved the newly promoted Marine getting kneed in the thigh by his fellow Marines, in an effort to leave a continuous bruise running up and down each leg to create a literal "blood stripe."

"There is no other rite of passage, we all were on that same bus, all stood on those yellow footprints together, and we all earned the title," explained Sgt. Maj. Richard Charron, base sergeant major aboard MCLB Barstow.

Not all rituals of hazing are so blatant and obvious. Patting a newly promoted Marine's collar chevrons may be a congratulatory gesture, but the perception could be that there are no backings on the chevron and the intent is to pierce the Marine's skin.

"The only rite of passage from one rank to the next is the cutting score or selection board," said Charron.

"Communication is vital in stopping [hazing]," explained Blais. "With the technology age we are too dependent on emails. We need to utilize actual communication, and hold discussions or professional military education to let everyone know what is and is not acceptable. The leadership also needs to stay engaged and teach the upcoming Marines to do the right things," he said.

According to the hazing order, hazing is prohibited and any violation, attempted violation, or solicitation of another to violate this order, subjects involved members to disciplinary action under Article 92 of the Uniform Code of Military Justice.

As the order states, "Marines do not go into harm's way, make the sacrifices they always have, or give up their precious lives because they have been hazed or initiated into some self-defined, 'elite' sub-culture. They perform these heroic acts of selflessness because they are United States Marines and because they refuse to let their fellow Marines down."

"These games degrade and humiliate a person instead of teaching them a lesson," explained Charron. "Marines lose valuable time that could be spent focusing on proper procedures that are supposed to occur in the workplace," "We won't allow it to happen. All Marines are equal and we will work as a team to educate and ensure that we police our own," he concluded.

MCLB CPR and first aid class can save lives

Story and photo by
Keith Hayes
Public Affairs Specialist

You're in an elevator, or on the street, or in an office setting and suddenly a person complaining of chest, jaw or neck pain collapses right in front of you. Knowing what to do and when to do it could mean the difference between life and death for the victim of a heart attack.

If you had taken the CPR class taught several times a year by Firefighter Lt. Dale Warfield with the Marine Corps Logistics Base Barstow Fire Department, you would immediately check the victim's pulse in one of several places, check the airway for any blockages and begin chest compressions to get the oxygenated blood flowing to the brain until help arrives.

That help should ideally arrive within the "magic window" of 4 to 6 minutes, Warfield said.

The native of Canandaigua, N.Y., has been a firefighter for 15 years aboard MCLB Barstow, before that 10 years as a firefighter with the Navy and civilian departments and six years as a voluntary CPR instructor.

"It's good to have CPR knowledge not just at work but at your house because you never know what's going to happen, Warfield said. "At least you can start doing something after you call 911 and before the first responders arrive instead of just panicking."

About a dozen people gathered at the Desert Valley Housing Community Center Feb. 23 to avail themselves of the First Aid and CPR training as well as the proper use of the Automatic External Defibrillator used to shock a stalled heart back into proper rhythm.

Warfield said CPR training now stresses giving the victim a couple of breaths and then using several chest compressions to get the blood flowing to the brain to keep it alive until help arrives.

The validity of the training was dramatically demonstrated recently when three colleagues of a base worker began CPR techniques on the man after he collapsed on the Tees and Tree Golf Course earlier this year.

That immediate CPR response probably saved the victim's life, said Warfield.

"The golf course is a long way out for the fire department … so, it's important to start the CPR as soon as possible because the window of opportunity to keep the brain from dying is only 4 to 6 minutes," he said.

"Two of those men had taken my CPR class, and I believe even the victim had also had the training," Warfield said.

Firefighter Lt. Dale Warfield guides his CPR/first aid class through the process of finding the pulse on an infant prior to administering CPR. Adult size CPR mannequin torsos were also used during the class at the Desert View Housing Community Center Feb. 23. Warfield has been teaching CPR for six years with the Marine Corps Logistics Base Barstow fire department.

"It makes me feel good that they could put in to practice the skills I taught them. I enjoy teaching the class and interacting with people."

Melanie Morales with Marine Corps Family Team Building aboard MCLB Barstow works with children quite a bit and felt it would be a useful skill to learn.

"I do play groups and I do activities with the spouses and their children are there and it's a good thing to have that knowledge," the native of Pomona, Calif., said.

Adult size state-of-the-art resuscitation mannequins gave responsive feedback to the student by indicating if the pressure of the chest compressions was hard enough, not hard enough or if the victim was "dying."

Janet DeGraff has a summer job that requires constant training in life-saving techniques.

"I needed to renew my CPR certification for my job, which is a lifeguard at the Oasis Pool on base.

It is a lot simpler and easier doing CPR and using the (Automatic External Defibrillator) than it used to be," she said.

Manny Llanura, of Baguio City, Philippines, is the substance abuse counselor aboard the base, and as such, is required to be trained in CPR and First Aid.

"The biggest change to CPR training is the simplification of everything. It's good to be prepared to help people in times of need, and knowing that you are capable of giving this help is a good feeling," Llanura said.

Danicca Tadena, a San Juan City, Philippines, native and the wife of Maj. Phillip Tadena, director of base operations, said she likes to be prepared.

"Emergencies happen and I just want to be prepared for whatever may happen," Tadena said, "and I also want to be certified to teach group exercise and I need (CPR training) to qualify for that."

The AED has also become even simpler to use by simply placing two self-adhesive electrodes on the chest and stomach of an adult or the chest and back of an infant and pressing one button at the direction of the built in voice.

"We thought we'd get the AEDs out to several places around the base to give people a better chance of survival. I know (the fire department) is only about ten minutes from any place on base, but it gives the victim a better chance of survival to get someone working the CPR process on them as soon as possible before we arrive," Warfield noted.

For information on when the next CPR and first aid classes are being held, call 577-6731/6867.

The cycle of violence: Why do women stay in violent relationships?

Submitted by
Marine and Family Programs Division

The question "Why do women stay in violent relationships?" is secondary to "Why do men batter?" a question which places the blame with the abuser, instead of with the victim. It is easy to blame the victims in violent relationships. Often, we hear people say 'If he ever did that to me, I'd leave.' It is an assertion that lacks understanding of the forces at play. 'Where would you go?' If you had to leave your home tonight, with your children, where *would* you go? And then what? What choices does a woman have when she is financially dependent on her abuser, when income support levels mean total poverty for her and her children?

What choices does a woman have in a community of people, when to leave an abusive marriage may very well mean leaving her community *forever*? Abuse is never the victim's fault, and there are often many psychological issues affecting abused women and their ability to leave an abusive relationship. Self esteem levels in abused women are often so low that the idea of changing her life entirely may seem truly impossible. Many reasons exist for why women stay. These include:

Financial dependency – Women financially dependent upon their abusers may be reluctant to leave when income support levels mean utter poverty for her and her children. Most women have at least one dependent child.

Some women lack access to cash or bank accounts, even money management skills – Control is a major factor in violent relationships and it is therefore not unusual for a woman to be given an 'allowance' each day, even in cases where the woman is earning an income. Never having had the opportunity to manage money, women in such a situation may be feeling intimidated at the thought of taking on this task.

Leaving a violent relationship often means leaving the community where one grew up, which can be devastating for women, children, and their families. This is a reality for women living in small communities throughout the province. Children miss school in this case, and lose connection with friends.

Leaving a violent relationship could, and often does, escalate the violence if the abuser finds her. Separation panics the abuser, as does it often embarrass the abuser, as the community has 'found out what was going on' in the process. What few abusers and abused realize, is that the community is often aware of the violence going on.

Many women are socialized to believe that they are responsible for making their marriage work. Failure to maintain the marriage equals failure as a woman.

Many women rationalize their abuser's behavior by blaming stress, alcohol, problems at work, unemployment or other factors.

Hope and love often keep women in violent relationships.

After all, abusers rarely beat their partners all the time. Rather, family violence occurs in a cycle.

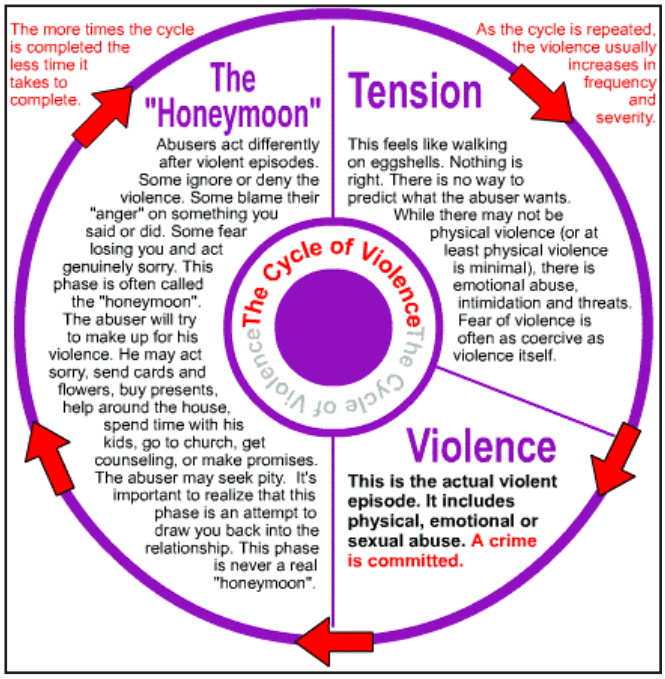
The length of each phase varies between and within couples. Slowly, the honeymoon phase fades and the couple moves once again into the tension building. The cycle repeats itself, and overtime, the honeymoon phase usually shortens, while the tension building and outright violence phases lengthen. Some people refer to it as a spiral of violence.

When a victim is caught in the cycle or spiral of violence, she is experiencing many emotions. During the violent stage, she is often afraid of her partner. She knows better than anyone else what that person will do to her or her children if she tries to leave. Once the violence is over and the couple is in that honeymoon phase, the victim may feel renewed love toward the batterer. The batterer is on his best behavior and the victim is reminded of all the qualities in him that she loves. During the tension building stage, the victim often grasps on to a sense of hope. More than anything, she wants things to change. She wants him to mean what he says – this time. Adding to the love, hope and fear, battered women often experience shame, embarrassment and isolation.

To say that domestic violence is a family matter is to underestimate its impact on our community. Shrouded in notions of privacy and secrecy, oftentimes, the community will accommodate the behavior – if only by *not* speaking of it. Unspoken, yet acknowledged by family and friends, no one wants to get involved.

Children of family violence have not just witnessed the systematic humiliation and degradation of one parent by another, they have internalized it. They have normalized it. So too has the abused parent. Is it any wonder that domestic violence is still a major social ill?

For more information on this and other domestic violence related topics to online at http://www.coalitionagainstviolence.ca and visit the Family Advocacy Program at Marine and Family Programs Division in Bldg. 129 or contact Michelle Lawing, Victim Advocate at 577-6533.



Chaplain's Corner

The games do matter...sort of

By Lt. Benjamin Warner
Base Chaplain

This weekend a friend of mind was posting on Facebook about his own disillusionment with his reaction to sports. He was thoroughly upset by his team's loss in a college basketball game. He took to the Internet to talk about how silly he was for being so upset when the plight of women in the third world is so much worse. I agree, the plight of women in the Third World is a much more pressing and significant issue than whether or not my team wins a game. Now, I don't want to minimize that, ever, but I do want to consider that maybe we do have to ask why it is that sports get us so wound up, and is it acceptable in light of other problems in the world?

I want to suggest that our struggle with sports outcomes can come from one of two places: either our own ethnocentrism, or our sense of justice. "Ethnocentrism" may be your new word of the day—what it basically means is that we all tend to view the world from our limited experience and preferences. It's not a bad thing, but it's something we all have to recognize about ourselves. To bring it to sports, I realize that because of where I grew up, I believe that God loves the St. Louis Cardinals more than any other team, and that God particularly dislikes the Chicago Cubs. Not really, but you see the implication. To bring it away from sports, my ethnocentrism causes me to put a high value on individual achievement, the free market, and the suburbs. Again, none of those things are bad, but that does not mean I should reject everyone or everything else without hearing them out first.

Now, ethnocentrism is the typical way we respond to sports: I'm mad because my team lost and my team is obviously better than your team. However, there are times when we get upset about sports because someone breaks the rules (written or unwritten). Note the enormous change of attitude towards the New England Patriots after the Spygate controversy. They went from America's team winning the season after 9/11 to being dirty jerks that corrupted the game (in the most extreme views). Anyone who violates the rules or spirit of the game suddenly moves into the realm of heinous criminality.

A proverb in Scripture helps us make sense of our reaction to "cheaters." *Differing weights and differing measures, both of them are abominable to the LORD* (Proverbs 20:10). We believe that everyone should play by the same set of rules, not that someone has an unfair advantage. This is true beyond sports, it's part of our human call for justice. After all, true justice is the idea that we are held accountable to the same standard, namely the laws of these United States. When someone is "privileged," they are literally held to a "private law" (the Latin for law being the "leg" in privilege). Maybe sports and our reaction to the plight of the disenfranchised start in the same place. Obviously they are of differing levels of importance. Just administration of the laws for all citizens outranks fair dealings in sports any day. Yet, we see why part of sports is so much more than "just" a game. It speaks to our need to be treated fairly and justly.

Cardiovascular disease causes one in three deaths in the United States, equal to 2,200 deaths per day. These conditions are also leading causes of disability. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than $444 billion in health care expenses and lost productivity. By themselves, any one sign of heart failure may not be cause for alarm. But if you have more than one of the symptoms listed below even if you haven't been diagnosed with any heart problems, report them to a healthcare professional and ask for an evaluation of your heart.

Sign or symptom	People with heart failure may experience...	Why it happens
Shortness of breath (also called dyspnea)	...breathlessness while at rest or sleeping that may wake you up. You may need to prop up the upper body and head on two pillows. You often complain of waking up.	Blood "backs up" in the pulmonary veins (the vessels that return blood from the lungs to the heart) because the heart can't keep up with the supply. This causes fluid to leak into the lungs.
Persistent coughing or wheezing	...coughing that produces white or pink blood-tinged mucus.	Fluid builds up in the lungs (see above).
Buildup of excess fluid in body tissues (edema)	...swelling in the feet, ankles, legs or abdomen or weight gain. You may find that your shoes feel tight.	The heart slows and backs up blood returning to the heart through the veins, causing fluid to build up in the tissues. Fluid retention overloads the ability of the kidneys to dispose of sodium and water.
Tiredness, fatigue	...a tired feeling all the time and difficulty with everyday activities.	The heart can't pump enough blood to meet the needs of body tissues. The body diverts blood away from the extremities and sends it to the heart and brain.
Lack of appetite, nausea	...a feeling of being full or sick to your stomach.	The digestive system receives less blood, causing problems with digestion.
Confusion, impaired thinking	...memory loss and feelings of disorientation. A caregiver or relative may notice this first.	Changing levels of certain substances in the blood, such as sodium, can cause confusion.
Increased heart rate	...heart palpitations, which feel like your heart is racing or throbbing.	To "make up for" the loss in pumping capacity, the heart beats faster.

Go online at www.heart.org for more information.

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