



Students from the Apple Valley School District graduated a 10-week program called SHOCK at Vista Campana Middle School in Apple Valley, Nov. 18. Marines aboard Marine Corps Logistics Base Barstow and the Apple Valley Police Activities League participated in the program to help troubled teenagers.

Marines motivate troubled students through SHOCK

Photo and story by Pfc. Victoria Fairchild
Combat Correspondent

MARINE CORPS LOGISTICS BASE, Barstow – Marines aboard Marine Corps Logistics Base Barstow and the Apple Valley Police Activities League worked with 18 students from the Apple Valley School District in a 10-week program called SHOCK, the acronym for self-discipline, honor, obedience, character and knowledge. The program is designed to help direct troubled teenagers ages 13 to 17 in the

right direction to a brighter future.

The students graduated the physically demanding and emotionally challenging class on Nov. 18, at Vista Campana Middle School in Apple Valley.

“I got involved in the program when my parents recommended it to me through the school,” said David Caldera, 16, a student at Granit Hills High School in Apple Valley. “At first I thought I didn’t need (the program), that it was a waste of time.”

Before the program, Caldera was involved

with gangs and drugs and because of SHOCK, he re-evaluated his choice of friends and changed the group he hung out with, he explained.

During the 10-week program, Apple Valley Police Department officials and MCLB Barstow Marines conducted three classes a week for the participants. The classes incorporated one hour of physical training and one hour of classes ranging in topics from teen pregnancy

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Sgt. Cerna

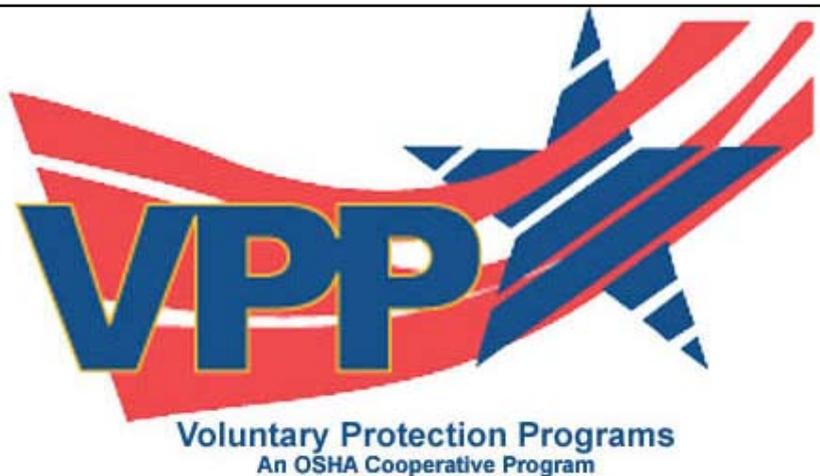


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Top's Picks



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It's winter time and bad weather is no stranger to the mountains surrounding the high desert. Here are a few winter driving safety tips to keep you safe on the road this season. Stay aware of the weather and traffic by listening to forecasts, road reports and storm warnings. Be sure to dress appropriately and pack extra scarves and mittens in your vehicle. Allow yourself extra time for trips in severe weather. Keep your gas tank at least one-half full. Keep your vehicle's windows, mirrors, lights and reflectors free of frost and snow so that

you can see and be seen by other drivers. Equip your car with good wiper blades and keep an ample supply of windshield washer fluid on hand. If visibility is poor, use headlamps. Driving on frozen roads requires a gentle touch on the accelerator and brakes. Make turns slowly and gradually and increase your following distance to give yourself more time to stop. Make a simple plan before you travel to save you trouble and maybe even your life. Make certain your vehicle is in the proper condition for winter driving.

Chaplain's Corner

Punishing succes, or keeping it fair

By Lt. Benjamin Warner
Base Chaplain



starters during a youth soccer game that I swear we won 30-0 (I stopped keeping score after 10). The one thing I drilled into my players was that sports teaches character. Winning and losing matter, sometimes, but they are secondary to how you play the game. Our motto was "work hard and have fun." Now, let's forget about the 100-2 basketball game. I don't have enough information to know the coach's motivation or to know why in the world a perennial basketball powerhouse was playing a team that may or may not have known how to play very well. I'm unqualified to comment

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Chapel Services

Catholic Mass
St. Joseph's Catholic Church
505 E. Mt. View Barstow
Sundays, 7:30 a.m. Misa En Espanol
9:30 - 11:30 a.m. English

Protestant Services
Sunday 9 a.m.
Jewish Congregation
Call 253-3532
for more information

Los Domingos Restaurant
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**Marine Corps Reserves
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With each flyer presented on MCR Toys for Tots Night, Los Domingos Restaurant will donate a percentage of the sales you bring in to your organization. Let us do the cooking and support your MCR Toys for Tots at the same time!

MCR Toys for Tots Night is:
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from 4 to 10 p.m.

Only at:
Los Domingos Restaurant
1520 East Main Street
Barstow, CA

For more information, contact Toys for Tots Coordinator
Gunnery Sgt. Michael Bate at (760) 514-6324

Barstow Log

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News Briefs

Aspiring Leadership Program

The Lejeune Leadership Institute (LLI) is soliciting Civilian Marine nominations for the Aspiring Leadership Program (ALP) 2012-1. Full time permanent status GS-4 through GS-6 grade level non-appropriated employees can prepare for positions of greater responsibility and career development.

The ALP is a two-month program structured around classroom learning and self-study assignments which allow participants to tailor the program to specifically fit their developmental needs.

Contact Chad Trusty, Employee Development Officer at 577-6298 or chad.trusty@usmc.mil for applications or any questions.

Executive Leadership Program

The Lejeune Leadership Institute (LLI) is soliciting Civilian Marine nominations for participa-

tion in the Executive Leadership Program (ELP) 2013-1. This program is open to full time permanent status GS-11 through GS-13 grade level or equivalents to include non-appropriated employees.

The ELP seminars are tailored to the federal work environment and focus on leadership skills and experience to help participants move to higher levels of leadership responsibilities.

Contact Chad Trusty, Employee Development Officer, at chad.trusty@usmc.mil for applications or 577-6298 for any questions.

Leave share requests

The following is a comprehensive list of individuals currently affected by medical emergencies and who are in need of your leave donations: Patricia Benavidez, Katrina Sanchez, Anthony Santillanes, Amanda Zamora, Barbara Holt, David Nieman, Daisy Morales, and Alma Rodriguez.

Anyone desiring to donate annual leave under the Leave Sharing Program may do so by obtaining a leave donor application form from the Human Resources Office. Ensure completed forms are turned into HRO as well. For more information, contact Michelle Eichler at 577-6915.

Thrift Shop

The Thrift Shop aboard base is open weekly, Mondays and Wednesdays from 10 a.m. to 12 p.m. The shop is located in Warehouse #3 aboard the Yermo annex. The Thrift Shop offers active duty and retired servicemembers, their families and Civillian Marines with DOD ID cards a place to purchase clothing, small household items, toys and books at nominal prices.

For more information, including information on volunteering, contact Mrs Miriam White, Chair of Volunteers and Manager of the Thrift Shop at 760-256-0444.

Toys for Tots Tuesdays

Every Tuesday morning from 5:45 to 7:30, running through Dec. 20, Marine Corps Logistics Base Fire Department personnel will be collecting toys at the front gates of the Nebo facility and the Yermo Annex. Bring a new, UNWRAPPED toy and help more than ever in the High Desert! Many children face the prospect of finding nothing under the tree this year. Your donation of a new toy can bring a joyful Christmas to an underprivileged child.

**Going Green**

According to the Underwriters Laboratories website safetyathome.com, use reusable coffee mugs instead of Styrofoam and cloth towels and napkins instead of paper to reduce the amount of waste going into landfills.

Energy Tip

Replace and recycle your old refrigerator and purchase energy-efficient models according to the website pge.com. Units only 10 years old can use twice as much electricity as a new ENERGY STAR® labeled model. This is another Green Energy Tip from your MCLB Energy Team.

Welcome Home Heroes

Celebrate the return of your fellow Marines at a Welcome Home Heroes Celebration. Hosted by Marine Corps Family Team Building, the event takes place at the Major General James L. Day Conference Center, bldg. 38, Dec. 1, from 11 a.m. to 12 p.m. Open to all Marine Corps Logistics Base Barstow patrons and their sponsored guests; light hors d'oeuvres will be served. For more information, contact Erin Swann at 577-6408.

Trees for Troops

Come pick up your Christmas tree Friday, Dec. 9 beginning at 9 a.m. This is for military members only, one tree per military family. Pick up your tree at Desert View Housing Community Center. For more information, call MCCA Marketing at 577-5893/6968.

TGIFY! TGIFY!

Every Wednesday in December is TGIF! TGIFY! Thank Goodness It's Friday (on Wednesday) – Thank Goodness for You! The month of December is "Handling the Holidays", classes include Dec. 14—Holiday Stress, Dec. 21—Where do I fit In and Dec. 28—Goal setting for The New Year. Classes are held at Desert View Housing Community Center from 1 to 2 p.m. For more information, Betty Murphy, Licensed Marriage and Family Therapist, General Counseling, Marine and Family Programs Division at 577-6533.

SMP BIG MARINE, little Marine Relay

Join us for our Second annual Single Marine Program BIG MARINE, little Marine Relay Friday, Dec. 2 from 4:30 to 7:30 p.m. at the Semper Fit Gym, Building 44.. Lots of competition with one little Marine and one Big Marine paired up to challenge all in sack, spoon egg run and balloon head races and other relay type games. There are lots of prizes and awards to be handed out so come join the fun. For more information call 577-5889.

Base Christmas Party

Base Christmas Party, Thursday, December 15, from 5-9 p.m. in the Major General James L. Day Conference Center, bldg. 38. Christmas crafts and puppet show for the kids will be in Santa's Candy land! (Tennis court area) Make sure your little ones bundle up. There will be live music, dinner, Santa Claus, and crafts. For more information, contact MCCA Marketing at 577-6968.

ZUMBA classes now at Semper Fit Gym

Zumba is an exercise routine with easy to follow dance steps to the tune of Latin and International music. ZUMBA classes are now available through Semper Fit. The classes are Mondays from 11:30 a.m. to 12:30 p.m. or Thursdays from 9 to 10 a.m. Call Semper Fit at 577-6817 with any questions. Let's ZUMBA!

Burn Your Own Steak and Family Dining Nights

Effective Immediately, Burn Your Own Steak Night and Family Dining Nights return to the Major General James L. Day Conference Center and Sugar Loaf Hill Bar. Burn You Own Steak and Family Dining Nights start at 4:30 and run until 8pm. The Sugar Loaf Hill Bar will be open as well but only on Tuesday and Thursday evenings. Burn Your Own Steak Night on Tuesdays- Pricing: Active Duty \$10.95 Civilian \$12.95 Family Dining on Thursdays-Pricing: Military \$6.50, Children ages 5-12 \$6.50, Civilian \$7.25, (children under five are free). For questions or comments, call 577-6296.

SMP Poinsettia fundraiser

Support the Single Marine Program, be a secret Santa and purchase a beautiful Christmas Poinsettia for co-workers, family or friends, Monday through Friday, Dec. 5 through 9 while supplies last. For more information, contact SMP coordinator A.J. Jacobs at 577-5889.

STAY IN THE LOOP!

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

Departing Marine proves to be jack of all trades

Story and photo by Cpl. Thomas A. Bricker
Combat Correspondent

During their time at Marine Corps Logistics Base Barstow, Marines stationed here will perform duties assigned to them including their military occupational specialty (MOS), training and qualifications, and perhaps a few additional duties along the way. One Marine, stationed at MCLB Barstow, has done almost everything he could before moving on in the next chapter of his military career.

Sgt. Juan Cerna, a postal clerk by trade, has spent more than four years on station at MCLB Barstow and has dabbled in many different occupations.

Cerna, 26, a native to Merkel, Texas, enlisted in the Marine Corps after an unexpected event.

"I was just about burnt out on college, not wanting to even really finish because I was tired of it," Cerna explained. "I was sitting in my car debating whether I should cut class or not when I got a phone call from a Marine Corps recruiter."

After a few minutes on the phone with the recruiter, whom he had never met in his life, Cerna and the recruiter met. During the meeting the recruiter realized he mistook Cerna's phone number for a high school senior's number but by this time, things were cleared up and Cerna was convinced what he wanted to do next in life.

After his time in Recruit Training and Marine Combat Training, Cerna attended his MOS school in Ft. Jackson, S.C. Upon graduation, he received his orders to MCLB Barstow.

"I wanted to be somewhere in California so I requested the West Coast. When I received my orders to Barstow though, I was confused. An [Army] classmate knew about [National Training Center] Fort Irwin and suggested I was going there because of its location near Barstow," Cerna said. He didn't know MCLB Barstow existed, Cerna explained.

Cerna caught his first break to try something other than performing his duties as a postal clerk after almost a year on station

"The [Marine Corps] Mounted Color Guard was in need of Marines to ride [horses] for their. So from June 2008 to Jan 2009, I worked with them and went to events to ride with them," he explained.

After Cerna's stint with the MCG and a shorter time back at the base post office, he was selected to be the base commanding officer's driver. This would be Cerna's last job at MCLB Barstow before his move into a new MOS, location, and overall chapter in his Marine Corps career.

"I became the CO's driver last year and it was a big change of environment from my last job. I went from dealing with lower ranks to working with the upper half of the totem pole every day," he said. "I liked it a lot though. I met people from the commanding general of [Marine Corps Installations] West and now Commandant of the Marine Corps General Amos," he added.

Cerna left a lasting impression during his time as driver for the commanding officer.

Cerna is a stellar noncommissioned officer. He's very mature, has sound character, professional at all times, and fully understands his duties and responsibilities, explained Col. Daniel P. Ermer, Commanding Officer of MCLB Barstow. He's one of the best NCO's I've worked with. He's one of those fire-and-forget NCOs, someone you can task to do something and not worry about their progress, he continued.

Ermer took in life lessons from Cerna while working with him just as Cerna did, working with the CO.

"We often talked to one another about different situations we've both been through in life. I learned a lot from our conversations with him," Ermer added.

Cerna will depart the Barstow desert sands for his next step in the Marine Corps, attending Naval

School Explosive Ordnance Disposal aboard Eglin Air Force Base, Fl.

"I've wanted to do EOD or intelligence for a long time. When I started applying for both, I knew which one I wanted more and focused on that one. I was relieved to find out I was accepted after my screening for the EOD field."

Cerna leaves Barstow knowing he did what he was asked and more while working here.

"I know the cliché is 'Barstow is what you make it,' but I think it's actually true. I think I've done everything I could while here at Barstow. I took everything I could and ran with it," he concluded.



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to everyday leadership skills. This is where the Marines came in and shared their knowledge and personal experiences.

"These kids come from all different kinds of homes," said Staff Sgt. Ruben Garcia Jr., the company gunnery sergeant for Headquarters Battalion aboard MCLB Barstow. "We teach them that what they're doing with gangs and drugs are wrong. We're here to guide them to a better future."

SHOCK is broken down into three phases. The first phase, when students first encounter their instructors, lasts for three weeks. The students are "shocked" by facing the reality of the consequences of their past choices and subsequent actions. What follows is an awareness of how to make better decisions.

"During the first phase, we shock the stu-

dents by basically telling them that they're wrong with what they've been doing," said Garcia. "At first it's hard for them to understand, but there's a reason for everything we do in this program."

Ultimately, the Marines help the students to realize they are responsible for their choices, good and bad.

In phase two, the Marines teach the students more in-depth about the dangers of doing drugs, teen pregnancy and becoming involved with gangs. Volunteers come in and speak with the students about bullying, peer pressure and job opportunities after completing high school, said Garcia.

In the third and final phase, the students are encouraged to put their new-found knowledge to use. Marines and officers still correct the students, but do so in a more individualized manner.

At graduation, parents filled the audience and the students made a military style formation to receive their awards and certificates for successfully completing the course. During the ceremony, the audience viewed a slide show that showed the strenuous and challenging experiences the students endured throughout the course. After the certificates were given out, students were reunited with their families to celebrate with cake and refreshments.

After the refreshments were served, families were introduced to other students in the program and the Marines and officers who helped guide them in the positive direction for the grueling 10-week program.

"Their lives right now might not be that bright," said Garcia. "(But) we're teaching them that they can have bright futures by teaching them better values."

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on their situation. What I feel only slightly qualified to comment on is the nature of success and fairness.

In writing to the Colossians, the apostle Paul says, "Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward" (Colossians 3:23-24). So, the first priority is to have the right motivation when it comes to our work/labor. In another passage, Paul points out that sometimes our labor will have varying levels of success: "For consider your calling, brothers: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth" (1 Corinthians 1:26). Work will have different results—that's a fact of life. Unfortunately, we're taught

that fairness is the same as everything being equal. That is, it's only fair if we all have the same level of success. But, that's actually *not* fair. Fairness is if we all have the same *opportunity* for success.

Here's where the rubber is meeting the road in our culture. Things aren't always fair. Yes, some people have opportunity for success and they do well. Others have opportunity for success and they lack the capacity of the first person. Still others don't have opportunity for success due to a myriad of different factors. The question I have for you is "what kind of character do you have in the middle of this situation?" Do you demand that others give up their success? Do you hold them accountable to having character? First and foremost—who are you with regard to that same character? Do you see success as something that

is only for you, and does not require you to be a steward of a successful life? All of these are the difficult questions our world is requiring us to ask ourselves. My suggestion is that before you demand anything of anyone else, start with your own life: show the character necessary that your successes and failures will become secondary to your moral strength.



ARTICLES SUBMITTED FOR PUBLISHING IN THE BARSTOW LOG MUST BE RECEIVED BY THE MCLB PUBLIC AFFAIRS OFFICE (BUILDING 204) NO LATER THAN THE THURSDAY PRIOR TO THE DESIRED PUBLICATION DATE.

Today in U.S.M.C. history

Dec. 1, 1947: The Corps' first helicopter squadron, HMX-1 was commissioned at Quantico. Today, HMX-1 is responsible for the transportation of the [President of the United States](#), [Vice President](#), [Cabinet members](#) and other [VIPs](#). A Marine helicopter which has the President aboard uses the call sign "[Marine One](#)."

Top's Picks

With roughly four weeks of the regular season left we pretty much know who is in and who is definitely out of playoff contention. For the NFC, Green Bay is definitely in and looks to be unstoppable, and unless the NY Giants can put a halt to this freight train, the Pack will remain undefeated after this weekend. At 9-2 the 49ers are in and they play the lowly Rams; count on the Niners to be 10-2. For the AFC, New England facing the Colts is in; the Texans, without the services of Matt Schaub or Matt Lienert may find themselves limping into the playoffs. Here are the remaining match ups for Week 13.

Sunday

Oakland @ Miami*

*Tennessee @ Buffalo

Kansas City @ Chicago*

*Denver @ Minnesota

*NY Jets @ Washington

Cincinnati @ Pittsburgh*

*Atlanta @ Houston

Carolina @ Tampa Bay*

Indianapolis @ New England*

*Baltimore @ Cleveland

*Dallas @ Arizona

*Green Bay @ NY Giants

St. Louis @ San Francisco*

Detroit @ New Orleans*

Monday Night

*San Diego @ Jacksonville

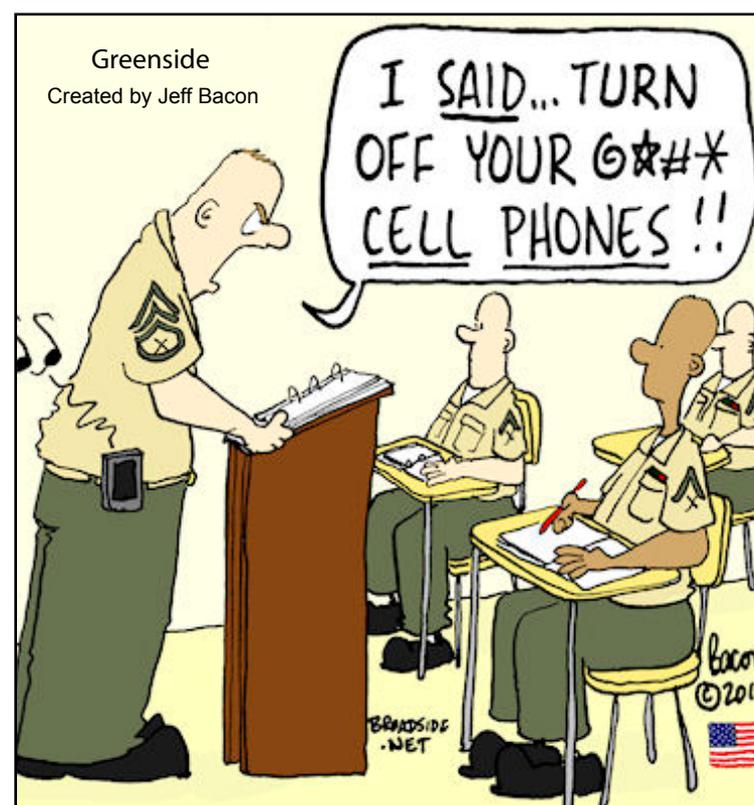
Security tip of the week



TAKE A BITE OUT OF
CRIME

The best rule to follow when dealing with unsolicited "you are a winner" type email scams is if the news appears too good to be true, it probably is. The experts at www.scambusters.org warn potential victims to be cautious when dealing with individuals outside of your own country. Be leery if you do

not remember entering a lottery or contest or if you get an email asking for money before you can claim your prize. Be wary of demands to send additional money to be eligible for future winnings. It is a violation of federal law to play a foreign lottery via mail or phone. One particular email scam is known as the Nigerian Letter, which asks for personal banking information so that a wealthy foreigner can move millions of dollars from his homeland in exchange for giving a share of the money to the email recipient. Be wary of individuals representing themselves as foreign government officials. Beware when asked to assist in placing large sums of money in overseas bank accounts. Do not believe the promise of large sums of money for your cooperation. Guard your account information carefully.



Remember to drop your selections off at the Public Affairs Office, Bldg. 204 on Nebo, or submit by e-mail to BSTW_PAO@usmc.mil, by close of business Friday. Good luck!