

# QUARTERLY CONNECTION



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FROM ONE MARINE  
TO ANOTHER  
SEMPER PARATI

January - March 2012 Edition

Volume 7 • Issue 24



Marine Corps  
Community Services  
MCLB Barstow, CA



**Cover:** These cover photos represent our Trees For Troops Christmas Tree Giveaway held Friday, December 9th, 2011 sponsored by the Christmas Spirit Foundation, Kluck Nursery and the FEDEX Corporation. Please see the small article on page 14-15 for more information on the giveaway.

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Customer  
Evaluation

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QUARTERLY CONNECTION

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Barstow, CA

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LAS VEGAS VISITORS BUREAU



# BASE CHRISTMAS PARTY



December 15, 2011



# 8th Annual Fall Family Festival



October 13, 2011

## Employees of the Quarter

Each of the Division Heads selected an employee as their respective Employee of the Quarter. The following employees have been selected:

- Business Operations - **Ponciano Sanchez**
- General Support - **Theresa Odom**
- Semper Fit Gym - **Reece Dillingham**
- M&FPD/MCFTB - **Manny Llanrua**

Congratulations to each of these employees for their outstanding service. In recognition, Mr. Fulham (MCCS Director) treated them to lunch at Idle Spurs.

# Hearing Loss In Children

Hearing loss can happen when any part of the ear is not working in the usual way. This includes the outer ear, middle ear, inner ear, hearing (acoustic) nerve, and auditory system. Hearing loss can vary greatly among people and can be due to any of a number of causes.

## Signs and Symptoms

The signs and symptoms of hearing loss are different for each child. If you think that a child might have hearing loss, ask the child's doctor for a hearing screening as soon as possible. Don't wait!

Even if a child has passed a hearing screening before, it is important to look out for the following signs.

## Signs in Babies

- Does not startle at loud noises.
- Does not turn to the source of a sound from birth to 3 or 4 months of age.
- Does not say single words, such as "dada" or "mama" by 1 year of age.
- Turns head when he or she sees you but not if you only call out his or her name. This sometimes is mistaken for not paying attention or just ignoring, but could be the result of a partial or complete hearing loss.
- Seems to hear some sounds but not others.

## Signs in Children

- Speech is delayed.
- Speech is not clear.
- Does not follow directions. This sometimes is mistaken for not paying attention or just ignoring, but could be the result of a partial or complete hearing loss.
- Often says, "Huh?"
- Turns the TV volume up too high.

Babies and children should reach milestones in how they play, learn, communicate and act. A delay in any of these milestones could be a sign of hearing loss or other developmental problem.

Visit our web page to see milestones that children should reach from 3 months to 5 years of age.

## Screening and Diagnosis

Hearing screening is a test to tell if a child might have hearing loss. Hearing screening is easy and isn't painful. In fact, babies are often asleep while being screened. It takes a very short time — usually only a few minutes.

## Babies

All babies should have a hearing screening no later than 1 month of age. Most babies have their hearing screened while still in the hospital. If a baby does not pass a

hearing screening, it's very important to get a full hearing test as soon as possible, but no later than 3 months of age.

## Children

Children should have their hearing tested before they enter school or any time there is a concern about the child's hearing. Children who do not pass the hearing screening need to get a full hearing test as soon as possible.

## Treatments and Intervention Services

No single treatment or intervention is the answer for every person or family. Good treatment plans will include close monitoring, follow-ups and any changes needed along the way. There are many different types of communication options for people with hearing loss and for their families. Some of these options include:

- Learning other ways to communicate, such as sign language
- Technology to help with communication, such as hearing aids and cochlear implants
- Medicine and surgery to correct some types of hearing loss
- Family support services

## Causes and Risk Factors

Hearing loss can happen any time during life – from before birth to adulthood.

Following are some of the things that can increase the chance that a child will have hearing loss:

- There is a family history of childhood hearing loss. 50% to 60% of hearing loss in babies is due to genetic causes. So some babies with hearing loss might have family members who also have a hearing loss. About 30% of babies with genetic hearing loss have a "syndrome." This means they have other conditions in addition to the hearing loss, such as Down syndrome or Usher syndrome. Learn more about the genetics of hearing loss.
- 25% or more of hearing loss in babies is due to maternal infections during pregnancy, complications after birth, and head trauma. For example, the child:
  - Was exposed to infection, such as cytomegalovirus (CMV) infection, before birth
  - Spent 5 days or more in a hospital neonatal intensive care unit (NICU) or had complications while in the NICU
  - Needed a special procedure like a blood transfusion to treat bad jaundice
- Has head, face or ears shaped or formed in a different way than usual
- Has a condition like a neurological

disorder that may be associated with hearing loss

- Had an infection around the brain and spinal cord called meningitis
- Received a bad injury to the head that required a hospital stay
- For about 25% of babies born with hearing loss, the cause is unknown.

## Prevention

Following are tips for parents to help prevent hearing loss in their children:

- Have a healthy pregnancy.
- Learn how to prevent CMV infection during pregnancy.
- Before you leave the hospital after your baby's birth ask your baby's doctor or nurse about a jaundice bilirubin test for your baby. It's the only way to know for sure if your baby has jaundice that needs to be treated.
- Make sure your child gets all the regular childhood vaccines.
- Keep your child away from high noise levels, such as from very loud toys. Visit the National Institutes of Health's website to learn more about preventing noise-induced hearing loss.

## Get Help!

- If you think that your child might have hearing loss, ask the child's doctor for a hearing screening as soon as possible. Don't wait!
- If your child does not pass a hearing screening, ask the child's doctor for a full hearing test as soon as possible.
- If your child has hearing loss, talk to the child's doctor about treatment and intervention services.

Hearing loss can affect a child's ability to develop speech, language, and social skills. The earlier children with hearing loss start getting services, the more likely they are to reach their full potential. If you are a parent and you suspect your child has hearing loss, trust your instincts and speak with your child's doctor.

Services for children with hearing loss are available through a local early intervention agency or public school. To find the contact for your state, call the National Dissemination Center for Children with Disabilities (NICHCY) at 1-800-695-0285.

Source: Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities

<http://www.cdc.gov/ncbddd/hearingloss/facts.html>

Have questions or need assistance with resources, contact the Exceptional Family Member Program (EFMP) Bldg. 103 (760) 577-6287





A do-it-yourself facility, stop by and explore the many ways to save money on car care costs! Tool usage: Standard (SAE) and metric – at no cost!

Tune-up's... Oil Changes... Rotate Tires... Is your vehicle making a strange noise or sensation? Check it out using one of the lifts at the Auto Skills Shop!

**Now Open 7 Days a Week**

**Winter Hours**

**Monday - Friday 10am - 6pm**

**Saturday & Sunday 8am - 4pm**

**Holidays Closed**

Sunday, January 1st  
Sunday, January 15th  
Sunday & Monday,  
February 19th & 20th

**DATES TO REMEMBER:**

**JANUARY**

Every Saturday - Tire Safety & Awareness Presentation  
– 2pm (Brochure available, anytime... just ask!)

**FEBRUARY**

Sunday, February 12th - Bring your sweetheart's vehicle to the shop for servicing & get the tires rotated at no charge!

**MARCH**

Saturday, March 17th - Customer Appreciation Day is a St. Patrick's Day Special with Free lift use!

Is your vehicle making a strange noise or sensation? Check it out using one of the three lifts at the shop!

**General Shop Services Price List**

Bay/Stall Use (Without Lift)	\$3.00/hour
Lift Use	\$5.00/hour
Tire Change/Mount	\$4.00 each
Tire Balance (Including Weight)	\$4.00 each
Tire Repair (Including Plug)	\$5.00 each
Tire Disposal Fee	\$2.00 each
Battery Charge	\$5.00/day
Brake Lathe Machine Front or Rear Drum	\$8.00 each
Rotors Turned	\$8.00 each
Vehicle Inspection Checklist	Free



**For questions call the Auto Skills Center  
(760) 577-6441**



**The Power Of Goal Setting**

A great starting point for achieving financial success is setting your goals. Where do you want to be in one year? What do you want your retirement to look like?

The New Year is a great time to sit down, think about the answers to these questions, and put your thoughts down on paper or on your computer. It's time to think about personal goals, too. Your personal goals may impact your financial goals.

**Setting Goals:**

1. Make sure your goals are as specific as possible. "I want to be in better financial shape" is not as clear as "I want to be out of credit card debt by next year."
2. Set priorities for your goals. Start with the one that's most important to you.
3. Set a reasonable time for achieving your goals. It will keep you moving toward the goal and you can tell if you've made progress.
4. Break your goals into manageable steps. That's how you eat an elephant—one bite at a time. If it looks too big to tackle, cut a smaller slice.
5. Celebrate your successes. Reminding yourself when you win one will keep you motivated.

If you need help setting or achieving financial goals, see Lynda Schmidt at Bldg. 129 or call her at 577-6533.



# Military Tuition Assistance

By Francis Villeme, Education Services Officer, Marine Corps Logistics Base Barstow, CA

Tuition Assistance (TA) offers financial assistance to service members who elect to pursue Off-Duty or Voluntary Education. TA funds 100% of tuition costs for high school completion up to a fiscal year TA cap of \$4,500.

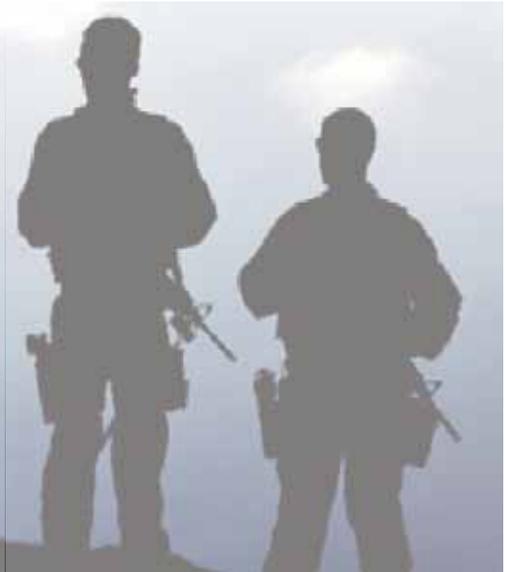
Effective 01 October 2011, postsecondary education, from vocational certification through graduate study, TA will fund up to 100% of institution charges for tuition, instructional fees, laboratory fees, computer fees and mandatory enrollment fees combined. Funding will not exceed \$250 per semester hour equivalent and \$4,500 per individual per fiscal year. Combinations of the different educational levels will not exceed the fiscal cap.

TA is not authorized for books or for lower or lateral degrees. Officers using TA agree to remain on active duty for two (2) years following the completion of the TA funded course. First-time students must complete a TA Orientation Class PRIOR to using TA. For assistance in using TA, proceed to your local base Lifelong Learning or Education Office.

If you have questions call (760) 577-6118 or visit M&FP, P&PD, Education Services, McTureous Hall, Bldg. 218.

Visit our website at

<http://www.mccsbarstow.com/education/index.html>



## 2011 HALLOWEEN HAUNT



0-2



3-5



6-11



12-17



18 +



Couple

## Costume Winners

# Technology Changes The Face Of Domestic Violence

Of people over the age of 18, 3.4 million are stalked each year in the United States, and persons aged 18-24 years experience the highest rate of stalking according to the National Center for Victims of Crime. Technology gives abusers a new way to reach their victims, but their motives remain the same; to intimidate and harass their partner.

One in four victims report being stalked though the use of some form of technology according to the Colorado Coalition Against Domestic Violence. This is why it's not surprising that stalking is most prevalent on college campuses because students have access to a lots of technology.

Look around any large college lecture hall and you'll see students taking notes on their computer. But that's probably not all their doing. Social networking sites like Facebook, Twitter and MySpace give students the ability to acquire personal information about their friends, classmates and co-workers. These sites, along with texting and Blackberry messaging (BBMing) allow for rapid communication, even when the technology is being abused.

"You don't have to do it [stalking] face to face. It's different than standing outside someone's window. You can do it pretty much anywhere, whether you're in class or at home or at the library you can stalk somebody without actually having to follow somebody around," said Davian Gagne, Director of Victim's Assistance at University of Colorado, Boulder.

The biggest misconception about domestic violence is that only a certain type of person is involved in it. More often than not, it happens in young couples who are becoming involved in their first serious relationship and don't know how to be intimate.

January is National Stalking Awareness Month. To find out more about stalking check out the National Center for Victims of Crime fact sheet on stalking.

Electronic Frontier Foundation's tips for keeping your personal information, private:

- Check your settings on your social networking site page and make sure only people you have confirmed can see your page.
- Do not reply to spammers.
- Be wary of sites that offer a reward or prize in exchange for your contact information or other personal details.
- Realize your computer may be monitored at work.
- Use a separate e-mail address when blogging, posting to news groups, participating in chat rooms and participating in other public spheres on the Internet.
- Remember that you decide what information to reveal and to whom.

For information on resources available to domestic violence victims contact, Michelle Lawing, Victim Advocate at the Marine & Family Programs Division office in Bldg. 129 at (760) 577-6533.



Article Source: [www.newsteamboulder.org](http://www.newsteamboulder.org)



## Comedy Night



October 20, 2011



# What's New in the Child Development Center Preschool Program

The Child Development Center's Preschool Program (CDC) has many opportunities available for your children. Recently, the CDC has installed a new Smart Board and children's computers from Hatch. This is state of the art technology with several programs for student interactions. The Smart Board is a large screen mounted on the wall that allows for interactive age-appropriate activities on a computer screen. This will promote knowledge of technology and computers for Kindergarten readiness. Whether you need your child to spend full days of hands-on, creative learning or just three hours a day; there are many options available to meet the needs of you and your child. Each day is filled with well planned activities designed to prepare your child for Kindergarten. The curriculum is planned to allow the child to become aware of and recognize the alphabet and numbers while having fun and working at their own pace. The children have a consistent routine that includes outside play time, whole group activities, and rotating centers in all areas of development. Social and emotional development is just as important to the children preparing for Kindergarten. Children are encouraged to be self sufficient and take charge of their own emotions. This is taught through role modeling and guidance from highly trained teachers. The CDC has a full time Trainer and Curriculum Specialist that works with the teaching staff on a daily basis to ensure that every child receives a high quality learning experience and that the curriculum is up to date with current research on the most effective teaching methods. The CDC is nationally accredited by the National Association for the Education of Young Children (NAEYC). Many resources are available to the children that attend the CDC as well as small class sizes. The CDC provides cooked meals for breakfast and lunch and two snacks each day. The CDC Preschool Program provides an enriching environment for children that encourages growth and self expression and a great opportunity to meet new friends and have a great time. The most important thing is that children develop a love of learning that will stay with them through Kindergarten and the rest of their education. At the CDC, we develop life long learners. Hope to see you soon!

Eligible patrons include children of active duty military, active duty reservists, retired military, civilian employees and contractors that work aboard the installation. Fees are determined on a sliding scale based on income. The CDC also has hourly care available. Come get your registration packet at the CDC building 372.

The Child Development Center also provides Active Duty Child Care on every other Saturday each month. Active Duty Child Care is free child care from 9am - 3pm for children of active duty military parents only. Children must be registered at the Child Development Center to participate in this program.

**Active Duty Child Care Dates:** January, 14th & 28th  
February, 11th & 25th | March 10 & 24th

Child Development Center: 577-6287 | Hours of Operation: 5:45am - 5:45pm



# SINGLE MARINE PROGRAM



## MOVIE NIGHT

Wednesdays | January 11th  
& 25th, February 8th & 22nd,  
March 7th & 21st

5pm - 9pm SMP Rec. Center at Pettit  
Hall! Free Food & Fun!



## MOUNTAIN HIGH SNOWBOARD TRIP

Saturday, January 27th  
8am - 4pm

## LINGERIE FOOTBALL GAME

Sunday, January 29th | 12pm  
Citizens Business Bank  
Arena



## NEW YEARS RESOLUTION GYM TOWEL FUNDRAISER

Date to be announced



## AMA SUPERCROSS

Saturday, February 4th  
7pm - 10pm



## T-BALL CLINIC

Saturday, January 28th  
10am - 12pm | Children  
under the age of 7



## DR. SEUSS BIRTHDAY KIDS BASH

Friday, March 2nd  
11am - 1pm  
McTureous Hall Bldg. 218

## SUPER BOWL BBQ

Sunday, February 5th  
Time to be announced  
BEQ



## GREEN EGGS & HAM FUNDRAISER

Friday, March 16th  
7am - 9am



## MAGIC MOUNTAIN TRIP

Thursday, March 24th  
7am - 10pm



Questions, more information or to pre-register for SMP trips,  
call AJ Jacobs, SMP Coordinator, at 577-5889.

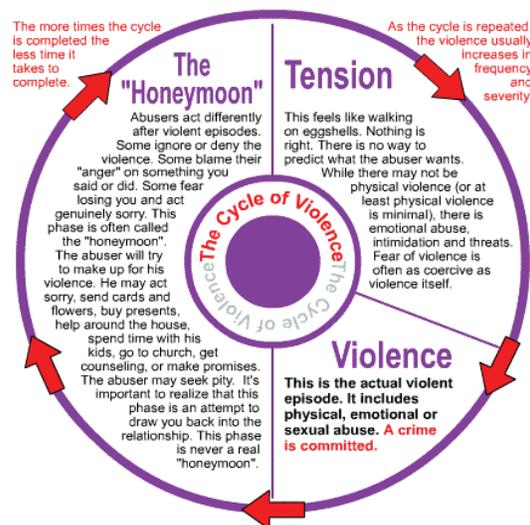
# The Cycle Of Violence: Why Do Women Stay In Violent Relationships?

By: Marine & Family Programs Division

The question “Why do people stay in violent relationships?” is secondary to “Why do people 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 they 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 victim have when the victim is financially dependent on the abuser, when income support levels mean total poverty for the victim and their children?

What choices does an abused victim have in a community of people, when to leave an abusive marriage may very well mean leaving the 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. 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 the victim. Separation panics and embarrasses the abuser, as the community has ‘found out what was going on’ in the process. What few abusers and the 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 victims 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, they are experiencing many emotions. During the violent stage, they are often afraid of their partner. The victim knows better than anyone else what that person will do to them or their children if they try 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 their best behavior and the victim is reminded of all the qualities in them that they loved. During the tension building stage, the victim often grasps on to a sense of hope. More than anything, the victim wants things to change. The victim wants the batterer to mean what they say – this time. Adding to the love,

hope and fear, battered victims 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 please visit the FAP Program at Marine & Family Programs Division in Bldg. 129 or contact Michelle Lawing, Victim Advocate at 577-6533.



# Marine Corps Family Team Building

## Spouse Social - Meet & Greet

Major General James L. Day Conference Center Bldg. 38 | Tuesdays | 9:30am - 11:30am  
February 14th - **What's LOVE got to do with it?**  
March 13th - **Dance the day away!**

## Play Mornings

Desert View Housing Community Center  
Every Other Friday | 9am - 11am  
Starting Friday, January 13th

## Girls Night In

Desert View Housing Community Center  
Thursdays | 7pm - 9pm

January 26th | February 23rd | March 29th

Come join us for a night without the guys and the kids! Spouses are encouraged to come play games, watch movies or just hang out! Different spouses can be the host for each month. Call to reserve your month.

Childcare is not being provided for this event.

## Holiday Light Display



1st Place Winner  
Crystal &  
Sgt Fischer



2nd Place Winner  
Janet &  
Sgt DeGraff

Friday, December 16, 2011

## Family Readiness Volunteer Class

Desert View Housing Community Center  
Friday, February 17th | 9am - 12pm

This short class is designed to inform you all about the Marine Corps new Family Readiness Program. Completing this is the first step in becoming part of the volunteer action. Call (760) 577-6675 to enroll.

## Welcome Home Heroes

Major General James L. Day Conference Center  
Thursday, March 1st | 4:30pm

## L.I.N.K.S for Couples

8:30am - 12:30pm  
Tuesday & Wednesday,  
March 20th & 21st



## Crafting/Sewing

Multipurpose Room Bldg. 375 | Tuesdays | 9am - 11am  
Starting January 24th through February 28th

## CPR/First Aid

Thursday, February 23rd. Call MCFTB to register, for time and location. Open to all MCLB Patrons.

## Welcome Home Heroes



Thursday, December 1, 2011

For more information on the above events/programs call MCFTB at 577-6675 or 577-6408. Events/programs are subject to change without prior notice. Childcare provided for active duty at the CDC, unless otherwise stated. Please call 577-6287 to reserve your spot today, children must be registered at the CDC to qualify.



# SEMPER FIT SPORTS

## BIG MARINE little marine



**Friday, December 2, 2011**

### **All Marine Indoor/Outdoor Flag Football**

January | Mondays - Wednesdays | 4:30pm - 7pm

### **Army vs Marine Flag Football Scrimmage**

Saturday, January 21st | 11:30am - 1pm

### **T-Ball Clinic**

Saturday, January 28th | 10am - 12pm | Children under the age of 7

### **All Marine Basketball Pick-Up Game**

February & March | Mondays - Fridays | 11:30am - 1pm | Semper Fit Gym Bldg. 44

### **3 v 3 Basketball Tournament**

Saturday, February 25th | Time to be announced

### **Marine vs Army Basketball Friendly**

Saturday, March 31st | MCLB Barstow | Time to be announced

For sports details please look for our event flyers.



# What Does Love Have to Do with Domestic Abuse?



When we enter into a serious relationship with someone, none of us expects to be treated badly. We are attracted to the positive qualities in a potential partner, we feel passionately towards them, we often ignore or fail to see any negative attributes, and we fall in love. But there is something else that influences our attraction to a prospective mate: our need to love and be loved. Each of us longs for a special closeness to one other person. We may be pulled into a relationship by an intense physical attraction, but we also want to be intimately connected to someone who shares our values, who understands us, who treats us with kindness, and who will offer compassion and emotional support. And don't we also want someone with whom we can share our dreams for the future, someone we think of as our closest friend? Perhaps these are the things you wanted when you initially got together with your partner.

But is the close connection that you wanted still possible if your partner abuses you? If he or she verbally, emotionally, or physically hurts you, can you still hope to have a good relationship? For many, this question is not so easy to answer. I think it may be helpful if you can imagine yourself stirring a pot in your kitchen. Into this pot, you have put all the positive qualities your partner possesses, or once possessed. Perhaps generosity, passion, and a great sense of humor are the positive traits. Maybe it is the way your partner used to make you feel when you first got together: loved, valued, respected. Now, add into the pot the way your partner treats you when he or she gets angry: the violent threats, the disrespectful name-calling and abusive language, the slaps or punches. Stirring those things into the pot is like stirring poison into an appetizing meal. Even if the ingredients are healthy and delicious to begin with, once the poison has been added, this poison-the abuse, the violence, and the hurt-has spoiled everything else in the pot. If you partake of what is now in the pot, it will harm you.

Learning to turn away from an abusive relationship is not always easy. Many survivors of domestic violence have told me that one of the most difficult obstacles to leaving an abusive relationship is confusion over what constitutes abusive behavior. They say that while it should be simple to tell when you're being abused, sometimes it's not. If someone hits you, that's interpreted by most people as abusive. But what about the love between you and your partner, which you may feel is still there? The shared history, which makes it hard to imagine a future without this person? Or the promises he or she makes to change their behavior? How do you weigh such factors that seem to modify or cancel out a partner's violent episodes?

An abusive partner may promise to change or give you reasons to justify the violent or intimidating behavior, and at times those promises and reasons may seem to make sense. Which is why you may need a strong support system, including a counselor who specializes in domestic abuse, to help you draw the line between acceptable and abusive behavior-and to help you make decisions about how to live an abuse-free life.

Domestic abuse can never be part of a good relationship. When fear, intimidation, and cruelty are present in a relationship, can you really call that love?

If you would like more information, visit the Marine & Family Programs in Bldg. 129 or contact Michelle Lawing, Victim Advocate at 577-6533.



Article Source: Certain parts of this article submission were provided by Dr. Ana Nogales, Clinical Director at Casa de la Familia.

AU-1918

## DUTY. HONOR. EDUCATION.

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# S e m p e r F i t

## Massage Therapist

Call Paul Ruvalcaba at (760) 447-7183 for an appointment.

Appointments are available Mondays, Tuesdays, Thursdays, Fridays and Saturdays. Sessions are available for 30 minutes (\$30), 60 minutes (\$60) and 90 minutes (\$90). Types of massages offered will include Swedish, trigger point, injury, Russian sports, structural integration, cranial sacral, reflexology, shiatsu and more.



## BLOOD PRESSURE CHECKS

Get your blood pressure checked anytime on our Blood Pressure Monitor

located at the front desk or schedule an appointment. Pick up informational handouts to help lower your blood pressure.

## MCLB WELLNESS PROGRAM

Authorized civilian Marines can now take administrative leave to participate in the Civilian Wellness Program (based on mission demands with supervisor approval). All civilian wellness participants can get a fitness and health assessment, exercise prescription, nutritional guidance, wellness classes and injury prevention/health improvement training. The Wellness Program Packet contains required medical, supervisory and release forms.



## HEALTH EDUCATION SEMINARS

Available 30-60 minutes to educate you on various topics:

- Physical fitness
- Nutrition
- Stress management
- Injury prevention
- Hypertension education and control
- Alcohol and substance abuse prevention and control
- Tobacco use and cessation
- Suicide awareness
- HIV and STD transmission prevention

## Group Classes

Time	Monday	Tuesday	Wednesday	Thursday
9am -10am		Core Training Combo		Zumba
11:30am - 12:30pm	Zumba	Spin/Cycle & Abs	Yoga	
5pm - 6pm	Zumba	Spin/Cycle	Zumba	Spin/Cycle



**Spin/Cycle & Abs:** Burn calories with fun intervals of bike drills. Sweat to motivational music and achieve great results at your personal level. Spin/Cycle portion ends with abs/core and flexibility session.

**Core Training Combo:** Get Ripped! This class is a muscle definition program that is effective in improving muscular strength and endurance through the use of hand weights, barbell equipment, strength drills, and a variety of tools that will sculpt and define your entire body. The class ends with abs and flexibility stretching. All levels welcome!

**Yoga:** Enjoy full body relaxation with an emphasis on developing body consciousness and increasing flexibility. This class will help you release tension physically, emotionally, and mentally. You will finish feeling strong, stretched and centered.

**Zumba:** Merengue, Salsa, Cumbia and Reggaeton dance movements creating a dynamic, exciting and effective fitness system. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals and the most important muscle in the body, the heart.

**\*FEES FOR SEMPER FIT GROUP CLASSES WILL BE IN EFFECT FEBRUARY 1st, 2012\***

**\$25.00 per individual paid monthly by the 3rd of the month or \$3.00 drop-in fee per class per individual, please bring exact payment. See announcement for more details.**



## Trees For Troops

Each year, for the past seven years, Marine Corps Community Services (MCCS), has partnered with the Christmas Spirit Foundation and the FEDEX Corporation to give away free Christmas Trees to Marine Corps Logistics Base Active Duty families. Each family aboard MCLB is eligible to receive one, regardless of rank. The Christmas Spirit Foundation partners with Christmas tree farms across the nation to provide the trees free of charge to military installations across the country. This year our trees were provided to us by Kluck Nursery in Michigan. As a unique treat, the trees came to us with special notes of thanks and gratitude from the families that donated them. The FEDEX Corporation also surprised the children and families that came out to get a tree with Santa. We would like to express our gratitude to the Christmas Spirit Foundation, (the Trees For Troops program), FEDEX Corporation, Kluck Nursery, and especially the families in Michigan who donated the trees. You have truly made a difference in the quality of life for those Marines and Sailors aboard MCLB Barstow – Thank You.





# Gym

## Zumba Classes



Mondays 11:30 am - 12:30 pm  
& 5 pm - 6 pm | Wednesdays  
5 pm - 6 pm | Thursdays  
9 am - 10 am | The Zumba  
class is a Latin-inspired,  
dance-fitness class that

incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. The Zumba class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. The Zumba class integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals and the most important muscle in the body, the heart.

## Weight Management

January 1st-31st | New Year, New You! Living a healthy life isn't something that you do today, but something you do for the rest of your life and the Semper Fit Gym wants to help you with that New Years Resolution! Come join us for one of our exciting and energetic group fitness classes or let us devise a health and fitness workout regimen that fits your needs! We have state-of-the-art equipment and facilities including a weight/cardio room, group fitness room, racquet ball courts, basketball courts, and combat conditioning room.



## SCHEDULE GROUP PT SESSIONS

Unit PT, Combat fitness training (CFT), Remedial PT and Progressive Functional training programs are available to Marines, MCPD and DOD Fire Dept.

- Progressive combat fitness test preparation & 100% success
- Schedule group training any time of day
- Learn prehab programs to prevent injury
- Core Strength and Balance
- Functional Dynamic Flexibility
- Circuit training including skill enhancements
- Nutrition guidance within training class

For more information on any of the programs, call Semper Fit at 577-6898.  
Hours of operation: Monday-Friday 5am - 9pm, Saturday and Sunday 8am - 3pm.

## Walking Challenge for Heart Health

February 1st - 29th | Enter the Walking Challenge and improve your health and fitness! Use our pedometers to track your steps, along with log books to help you stay fit and accountable. Team up with your coworkers and win prizes while staying fit. This program will help burn calories and get you out and moving!



## American Heart

February 1st - 29th | A healthy heart is a happy heart! Join Semper fit in helping to raise heart health awareness! Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. About every 25 seconds, an American will have a coronary event and about every minute will die from one. Come in for information on ways to improve your heart health for a lifetime of wellness! For more information on the American Heart Association, visit [www.americanheart.org](http://www.americanheart.org) or contact them at (800) AHA-USA1.

## National Nutrition

March 1st - 31st | Eating right and being physically active are the key components to living a healthy life. With healthy eating patterns, it's possible to reduce your risk of many chronic diseases such as heart disease, diabetes and osteoporosis. Come into the Gym to receive information to help you make health-conscious and nutritional choices to improve your quality of life!



# library services

## toddler story time

Tuesdays | January 10 & 24th | February 7th & 21st | March 6th & 20th | 9:30am - 10am

## crafting for a cause

Thursdays | January 5th & 19th | February 2nd & 16th | March 1st & 15th  
10:30am - 11:30am

## book club

Wednesdays | January 18th, February 15th & March 21st | 4:30pm - 5:30pm

## teen club

Fridays | January 6th, February 3rd & March 2nd | 4:30pm - 5:30pm

## marine study program

Every Saturday | January, February & March | 10am - 2pm | Marines have priority usage of computers and study carrels.

## family game night

Wednesdays | January 25th, February 29th & March 28th | 4pm - 6pm | Bring your family in for a night of gaming.

## martin luther king jr. birthday

Observed Monday, January 16th Base Library Closed

## president's day

Monday, February 20th Base Library Closed

## green eggs and ham with the single marine program

Friday, March 2nd

## teen tech week

March 4th - 10th | All programming is designed for teens, registration is required. This program is free.

- **Sunday** - RSS Feeds: Learn how to make your favorite online content come to you by subscribing to RSS feeds.
- **Monday** - E-Reading: Learn how to download an audio book or ebook.
- **Tuesday** - Online Tutoring: Learn how to access help online in any subject. Available to active duty, national guard and their dependents ONLY.
- **Wednesday** - Game Night: Play video games, online games and electronic games.
- **Thursday** - Transparent Languages: Studying a foreign language? Like to travel? Learn how to access this free resource and kick your foreign language into high gear!
- **Friday** - Technology Review: Need a new cell phone? Want to buy a computer? Learn what to look for when purchasing technology.
- **Saturday** - Game Day: All day epic dance contest and rock band battle of the bands! Who will get the high score?

## freedom of information day

Friday, March 16th

For more information, contact P&PD Library Services at 577-6395

or e-mail [LibraryBarstow@usmc-mccs.org](mailto:LibraryBarstow@usmc-mccs.org)

Visit our website at <http://www.mccsbarstow.com/library/index.html>

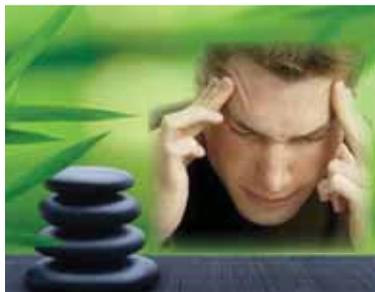
Library



**TGIF ... THANK GOODNESS  
IT'S FRIDAY ...  
ON WEDNESDAYS  
TGIF ... THANK GOODNESS  
FOR YOU!**

Wednesdays | 1pm - 2pm  
Desert View Housing Community Center

**Learning About  
Anger and What You  
Can Do About It... 4  
Part Series**  
January 4th, 18th, 25th  
and February 1st



**Learning To "Listen"  
And How It Will Benefit  
You...**  
February 15th

For further information, contact Betty Murphy, LMFT at 577-6533  
Classes are subject to change without prior notice.

**MARRIED AND LOVING IT...**

Class given by Betty Murphy & Manny Llanura  
Tuesdays | 4:30pm - 6:30pm



February 28th  
March 6th, 13th, 20th and 27th



Pot luck so bring your favorite food. Child  
Care is available for children already enrolled  
at the Child Development Center.



**Victim Advocate Program Presentations**

**Cyber Stalking Awareness**



**Wednesday, January 18th | 10am - 11am | McTureous Hall Classroom, Bldg. 218**  
Marine and Family Programs would like to invite you to a presentation addressing cyber stalking. Instruction will focus on the dynamics, characteristics, effects and typology of cyber stalking and what to do if you become a victim.

**The Cycle of Violence**



**Thursday, February 9th | 2pm | McTureous Hall Classroom, Bldg. 218**  
Domestic violence is a pattern of abuse in an intimate relationship that escalates over time. The cycle of violence depicts a pattern often experienced in abusive relationships that consists of three phases that repeat over and over. Join the Family Advocacy Program as we discuss these three phases, how they can take anywhere from a few hours to a year or more to complete, how not all domestic violence relationships fit the cycle, and how to break the cycle of violence.

**Victim Advocacy Services**



**Tuesday, March 20th | 10:30am | McTureous Hall Classroom, Bldg. 218**  
Marine and Family Programs Division would like to invite you to a presentation on Victim Advocacy Services. Discussion will show how VA's represent the interests of all victims of domestic abuse & sexual assault. Emphasis is on VA information and services.

Contact Michelle Lawing, Victim Advocate for more information at Marine & Family Programs Division (760-577-6533) or stop by our office in Bldg. 129.



**SNACKS!**

**PRICES!**



**Prices**

- Active Duty- \$1.50
- All others- \$1.75
- Children- \$1.50
- Shoe Rental- \$1.00

**Snack Bar Prices**

- Popcorn \$0.50 | Candy \$0.75
- Chips \$1.00 | Hotdog \$1.00
- Hotdog w/cheese \$1.50
- Nachos \$1.50 | Pizza \$1.25
- Bud & Bud Light \$1.50
- Heineken & Corona \$2.00

**90 Days of Winter**

January 1st - March 30th. All youth bowlers (14 and under) get one FREE game per day per youth on Wednesday-Friday.

**Customer Appreciation Day**

50/50 Special (Friday & Saturday) January 13th & 14th, February 17th & 18th, March 17th & 18th. \$0.50 per game per person, \$0.50 shoe rental. \$0.50 hotdog and \$0.50 soda. Thank you for supporting Desert Lanes Bowling Center!

**Colorama**

Throw a strike, when the red pin is in position 1 and win a FREE game for your next visit.

**Lunch Time Special**

11am-1pm | Bowl as many games as you can for only \$4.00.

**Must Be Crazy Wednesday**

Come in and enjoy some bowling fun! Bowl three games for just \$5.00 all day long (shoe rental included).

**Beat the clock! Sunday**

Come in with your family and friends on Sunday. The earlier you come in, the less it costs to play! Beat the clock before 1pm and pay \$1.00 per game per person.



**Party Packages Available Call 577-6264**



**D**o-it Yourself Project Center. "...Give me a dream that allows me to fly - and a place to create it, with all the tools, nearby!"

Do you have a household item or furniture piece that needs repair? Or a special project you would like to make, completely from scratch? Do you realize what treasures can be created from rocks found in the Mojave Desert? Visit the Wood/Rock Hobby Shop for tools and assistance with wood and lapidary projects.

**Hours Of Operation**

**Wednesday - Friday 10am - 6pm**  
**Saturday & Sunday 8am - 4pm**

**Holidays Closed**

Sunday, January 1st  
Sunday, January 15th  
Sunday, February 19th

**Machinery/Tools Available:** table saw, scroll saw, compound miter-slider saw, (3) band saws, wood lathe, jointer, bench oscillating spindle sander, power door sander, wood shaper, planer, drill press, hollow chisel mortise, trim/slab saw, rotating lap, rock tumbler, polishing wheels, rock cutting/slicing saws and a wide assortment of small hand/power tools.



**Dates to Remember:**

**January:**

- Saturday, 14th - Carving Tools
- Thursday, 19th - Tool of the month ~ small tools 4pm

**February:**

- Saturday, 4th - Polishing Rocks 101
- Thursday, 16th - Tool of the month ~ wood lathe 4pm

**March:**

- Saturday, 10th - Customer Appreciation Day ~ "Free Use Day" (No shop fees)
- Thursday, 22nd - Tool of the month ~ Lapidary 4pm

\*All wood, rocks and other project materials must be supplied by the customer, unless otherwise specified. Price list is available at the shop Bldg. 375.

**Orientation & Safety Training is available daily as needed... just ask! (760) 577-6692**

# Job Search Techniques

Provided by Patrick Rewerts, Career Resources Specialist, Marine Corps Logistics Base, Barstow, CA



According to the Department of Labor it takes upwards of 39.7 weeks for an employment eligible adult to acquire a job. Finding a job can take an enormous amount of time and energy. One can reduce the process of securing a job by using numerous job search methods. One should not restrict themselves to using only one method of job searching. The following list provides the most common job search methods.

**Personal contacts** - Many jobs are never advertised. People get them by talking to friends, family, neighbors, acquaintances, teachers, former coworkers, and others who know of an opening. Be sure to tell people

that you are looking for a job because the people you know may be some of the most effective resources for your search. To develop new contacts, join student, community, or professional organizations.

**School career planning and placement offices** - High school and college placement services help their students and alumni find jobs. Some invite recruiters to use their facilities for interviews or career fairs. They also may have lists of open jobs. Most also offer career counseling, career testing, and job search advice. Some have career resource libraries; host workshops on job search strategy, resume writing, letter writing, and effective interviewing; critique drafts of resumes; conduct mock interviews; and sponsor job fairs.

**Employers** - Directly contacting employers is one of the most successful means of job hunting. Through library and Internet research, develop a list of potential employers in your desired career field. Then call these employers and check their Web sites for job openings. Web sites and business directories can tell you how to apply for a position or whom to contact. Even if no open positions are posted, do not hesitate to contact the employer.

**Classified ads** - The “Help Wanted” ads in newspapers and the Internet list numerous jobs, and many people find work by responding to these ads. But when using classified ads, keep the following in mind:

- Follow all leads to find a job; do not rely solely on the classifieds.
- Answer ads promptly, because openings may be filled quickly, even before the ad stops appearing in the paper.
- Read the ads every day, particularly the Sunday edition, which usually includes the most listings.
- Keep a record of all ads to which you have responded, including the specific skills, educational background, and personal qualifications required for the position. You may want to follow up on your initial inquiry.

**Internet resources** - The Internet includes many job hunting Web sites with job listings. Some job boards provide national listings of all kinds; others are local. Some relate to a specific type of work; others are general. To find good prospects, begin with an Internet search using keywords related to the job you want. Also look for the Web sites of related professional associations.

Also consider checking Internet forums, also called message boards. These are online discussion groups where anyone may post and read messages. Use forums specific to your profession or to career-related topics to post questions or messages and to read about the job searches or career experiences of other people.

**Professional associations** - Many professions have associations that offer employment information, including career planning, educational programs, job listings, and job placement. Information can be obtained directly from most professional associations through the Internet, by telephone, or by mail. Associations usually require that you be a member to use these services.

**Labor unions** - Labor unions provide various employment services to members and potential members, including apprenticeship programs that teach a specific trade or skill. Contact the appropriate labor union or State apprenticeship council for more information.

**State employment service offices** - The State employment service, sometimes called the Job Service, operates in coordination with the U.S. Department of Labor's Employment and Training Administration. Local offices, found nationwide, help job seekers to find jobs and help employers to find qualified workers at no cost to either. To find the office nearest you, look in the State government telephone listings under "Job Service" or "Employment."

**Job matching and referral** - At the State employment service office, an interviewer will determine if you are "job ready" or if you need help from counseling and testing services to assess your occupational aptitudes and interests and to help you choose and prepare for a career. After you are job ready, you may examine available job listings and select openings that interest you. A staff member can then describe the job openings in detail and arrange for interviews with prospective employers.

- Services for special groups. By law, veterans are entitled to priority job placement at State employment service centers. If you are a veteran, a veterans' employment representative can inform you of available assistance and help you to deal with problems.
- State employment service offices also refer people to opportunities available under the Workforce Investment Act (WIA) of 1998. Educational and career services and referrals are provided to employers and job seekers, including adults, dislocated workers, and youth. These programs help to prepare people to participate in the State's workforce, increase their employment and earnings potential, improve their educational and occupational skills, and reduce their dependency on welfare.

**Federal Government** - Information on obtaining a position with the Federal Government is available from the U.S. Office of Personnel Management (OPM) through USAJOBS, the Federal Government's official employment information system. This resource for locating and applying for job opportunities can be accessed through the Internet at <http://www.usajobs.gov> or through an interactive voice response telephone system at (703) 724-1850, (866) 204-2858, or TDD (978) 461-8404. These numbers are not all toll free, and telephone charges may result.

**Community agencies** - Many nonprofit organizations, including religious institutions and vocational rehabilitation agencies, offer counseling, career development, and job placement services, generally targeted to a particular group, such as women, youths, minorities, ex-offenders, or older workers.

**Private employment agencies and career consultants** - Private agencies can save you time and they will contact employers who otherwise might be difficult to locate. Such agencies may be called recruiters, head hunters, or employment placement agencies. These agencies may charge for their services. Most operate on a commission basis, charging a percentage of the first-year salary paid to a successful applicant. You or the hiring company will pay the fee. Find out the exact cost and who is responsible for paying associated fees before using the service. When determining if the service is worth the cost, consider any guarantees that the agency offers.

**Internships** - Many people find jobs with business and organizations with whom they have interned or volunteered. Look for internships and volunteer opportunities on job boards, school career centers, and company and association Web sites, but also check community service organizations and volunteer opportunity databases. Some internships and long-term volunteer positions come with stipends and all provide experience and the chance to meet employers and other good networking contacts.

If you need assistance in preparing for, finding or getting a job, call (760) 577-6533 or visit the Career Resource Center (CRC) office located in Building 129.



Marine and Family Program Division, Personal and Professional Development, Career Resources Program.



# *It's a New Year!! New Prices & More Fun!!*

## **Big Bear Mountain & Snow Summit**

1 day lift vouchers available now - March 11, 2012  
Each voucher can be used the same day at either place Big Bear Mountain or Snow Summit. Prices listed below.

	Off Peak	Peak
Adults	\$45.25	\$60.75
Young Adults (Ages 13-21)	\$35.50	\$52.00
Children (Ages 7-12)	\$20.00	\$27.75

## **Military Armed Forces Disneyland**

3-day hopper pass now - September 27, 2012  
Available for active duty, retired and spouses; must present ID cards. May purchase up to 6 tickets per ID card.

## **Disney Tickets** (including annual passes)

- \* **Premium** - all year long including free parking  
\$485.05
- \* **Deluxe** - 315 days of admission  
\$369.05
- \* **SoCal** - 215 days of admission  
\$261.55
- \* **Select** - 170 days of admission  
\$194.05



Come by ITT and pick up a list for blackout calendar dates.

February take your Valentine on a romantic **Hornblower Cruise** surrounding the beautiful ocean in San Diego. Or go see the Blue Man Group in Las Vegas located at the Venetian.

## **Holiday Dates Office Closed**

In Observance of;  
New Year's Day - January 2, 2012  
Martin Luther King's Day - January 16, 2012  
President's Day - February 20, 2012

ITT Office (Bldg. 342) has a lot more to offer, visit us and pick up a price list, or us at call 577-6541.



# Developmental Disabilities Intellectual Disability



Intellectual disability is characterized both by a significantly below-average score on a test of mental ability or intelligence and by limitations in the ability to function in areas of daily life, such as communication, self-care, and getting along in social situations and school activities. Intellectual disability is sometimes referred to as a cognitive disability or mental retardation.

Children with intellectual disability can and do learn new skills, but they develop more slowly than children with average intelligence and adaptive skills. There are different degrees of intellectual disability, ranging from mild to profound. A person's level of intellectual disability can be defined by their intelligence quotient (IQ), or by the types and amount of support they need.

People with intellectual disability may have other disabilities as well. Examples of these coexisting conditions include cerebral palsy, seizure disorders, vision impairment, hearing loss, and attention-deficit/hyperactivity disorder (ADHD). Children with severe intellectual disability are more likely to have additional disabilities than are children with mild intellectual disability.

If you have questions or need assistance with resources, please do not hesitate to contact the Exceptional Family Member Program/Bldg. 103 (760) 577-6287.

Content source: National Center on Birth Defects and Developmental Disabilities



# Cyber Stalking And Domestic Violence: How Technology Makes It Even Harder To Escape Domestic Abuse

By: Marine & Family Programs Division

Cyber-stalking is nothing new. Troll the web for information on domestic violence, and you'll notice something: Many sites contain cautions like WARNING and IMPORTANT PRIVACY NOTICE. These flashing messages alert victims to a terrifying reality: Technology makes it even harder to escape domestic abuse.

Technology is being used more to track the victim and stalk them and monitor anywhere that they go. For example: your own cell phone can be used to help someone stalk you. As an advocate for survivors of domestic violence and sexual assault, I thought I was familiar with the many ways victims can be stalked. But I have learned about disturbing ways that computers and cell phones can deliver potentially dangerous details about our whereabouts.

The information will be especially timely in October for that month is Domestic Violence Awareness Month. Cell phones with GPS "locator service" are a key culprit. If activated, anyone with the account information can see where a cell phone is located and, by extension, where its owner likely is.

Abusers have been known to give such devices as gifts, especially to children. Tragically, battered women have already been found and harmed in shelters this way.

Another safety concern is information provided unwittingly by the at-risk individual through social networking sites, such as Facebook. A recent "upgrade" in the Facebook system makes phone numbers available – but they can be protected by adjusting privacy settings.

At-risk individuals and others concerned about their privacy should follow these steps to restrict access to their phone number: Select "Account" at the top of your Facebook page. Next, click on "Privacy settings." Select "Custom," then "Customize Settings." Next, click on "Contact Info." You can then customize your phone numbers for "only me" or whatever level you want.



For more information, contact, Michelle Lawing, Victim Advocate at the Marine & Family Programs Division office in Bldg. 129 at 577-6533 and/or visit the Stalking Resource Center at the National Center for Victims of Crime and Safety Net Project of the National Network to End Domestic Violence.



## 7th Annual Retiree Open HOUSE



November 15, 2011

# Marine Corps Community Services Directory

## MCCS FACILITIES

(#) INDICATES LOCATION ON MAP

### MCCS ADMINISTRATION

#### MCCS Director's Office (1)

..... 577-6733

Bldg. 319

Mon-Fri ..... 7:00 am - 3:30 pm

#### NAF Personnel/Training

..... 577-6140

Mon-Fri ..... 7:00 am - 3:30 pm

#### Financial Management

..... 577-6391

Mon-Fri ..... 7:00 am - 3:30 pm

#### Marketing Office ..... 577-6968

..... 577-5893

Mon-Fri ..... 7:00 am - 3:30 pm

## RETAIL SERVICES

### MCX Community Store (1)

..... 256-8974

S. Iwo Jima Ave., Bldg. 319

Mon-Fri ..... 6:30 am - 7:00 pm

Sat & Sun ..... 10:00 am - 5:00 pm

Holiday ..... 10:00 am - 5:00 pm

Gas Pumps ..... 24/7 Credit Card Access

### Yermo MCX (13) ..... 577-7092

Yermo, Bldg. 596

Mon-Fri ..... 8:00 am - 2:00 pm

#### During Rotation

Sun-Sat ..... 8:00 am - 5:00 pm

### Vehicle & RV Storage

..... 256-8974

24 Hour Access

### Barber Shop ..... 577-6688

Mon, Tue, Sat, Thur .... 9:00 am - 5:00 pm

Fri ..... 9:00 am - 2:00 pm

## FOOD & HOSPITALITY

### Family Restaurant (2)

..... 577-6428

O'Bannon Ave., Bldg. 301

#### Breakfast

Mon-Fri ..... 5:30 am - 8:00 am

#### Lunch

Mon-Fri ..... 10:30 am - 1:30 pm

### Major General James L. Day

#### Conference Center (3)

..... 577-6429

### Sugar Loaf Hill Bar (3)

..... 577-6432

James L. Day St., Bldg. 38

### Oasis Temporary Lodging

#### Facility & RV Park (4)

..... 577-6418

Bldg. 185A

7 days a week ..... 8:00 am - 10:00 pm

## GOLF COURSE

### Tees & Trees (12) ..... 577-6431

Mon-Sun ..... Sunrise-Sunset

## MARINE CORPS FAMILY

### TEAM BUILDING

7th St., Bldg. 15

### MCFTB Office (16)

..... 577-6675/6408

Fax ..... 577-6414

Mon-Fri ..... 7:30 am - 4:00 pm

## MARINE & FAMILY

### PROGRAMS

M&FP Office (5) ..... 577-6533

Wake Ave. Bldg. 129

Mon-Fri ..... 7:00 am - 3:30 pm

#### General Counseling

Civilian Employee Assistance Program (CEAP)

Substance Abuse Counseling

Family Advocacy Program (FAP)

Victim Advocacy Program (VAP)

New Parent Support Program

Warrior Strengthening Program

Personal & Professional Development Program

Financial Counseling

Transitional Assistance Management Program

(TAMP)

Relocation Assistance Program (RAP)

Family Member Employment Assistance Program

(FMEAP)

Career Resource Management Center (CRMC)

Retired Activities Office

Education Services

Library Services

O'Bannon Ave., Bldg. 218

### Library Services Center (8)

..... 577-6395

7 days a week ..... 10:00 am - 6:00 pm

### Education Services Center

..... 577-6118/6018

Mon-Thur ..... 6:30 am - 4:30 pm

Friday ..... 8:45 am - 4:30 pm

## READINESS & COMMUNITY

### SUPPORT

#### Child Development Center (6)

..... 577-6287

Wake Ave., Bldg. 372

Mon-Fri ..... 5:45 am - 5:45 pm

#### Youth Activities Center (7)

..... 577-6499

Cape Gloucester Ave., Bldg. B-62

Mon-Fri ..... 2:30 pm - 6:00 pm

#### School Age Care (7)

..... 577-6617

Cape Gloucester Ave., Bldg. B-63

Mon, Tues, Thrs, Fri ... 5:45 am - 8:30 am

& 3:00 pm - 5:45 pm

Wed ..... 5:45 am - 8:30 am

& 1:00 pm - 5:45 pm

#### Exceptional Family Member

#### Program (EFMP) & School

Liaison Program ..... 577-6287

G st, Bldg. 103

Mon-Fri ..... 8:00 am - 3:30 pm

## SEMPER FIT GYM

Fitness Center (9) ..... 577-6898

15th St., Bldg. 44

Mon-Fri ..... 5:00 am - 9:00 pm

Sat & Sun ..... 8:00 am - 3:00 pm

## RECREATION BRANCH

### Recreation Program Mgr (9)

..... 577-6971

15th St., Bldg. 44

Mon-Fri ..... 7:00 am - 3:30 pm

### Desert Lanes (10) ..... 577-6264

Bldg. 342

Wed & Thurs ..... 11:00 am - 7:00 pm

Friday & Sat ..... 1:00 pm - 9:00 pm

Sun ..... 10:00 am - 6:00 pm

## Information, Tickets & Travel

(10) ..... 577-6541

Bldg. 342

Mon & Tues ..... 8:30 am - 3:30 pm

Wed, Thurs, & Fri ..... 8:30 am - 6:00 pm

Sat & Sun ..... 10:30 am - 5:00 pm

## Auto Skills Center (11)

..... 577-6441

## Wood/Rock Hobby Shop (11)

..... 577-6692

S. Iwo Jima Ave., Bldg. 375

Wed-Fri ..... 12:00 pm - 8:00 pm

Sat & Sun ..... 8:00 am - 4:00 pm

## OTHER FACILITIES

### Base Head Quarters (16)

7th St., Bldg. 15

C.O.'s Office ..... 577-6555

X.O.'s Office ..... 577-6556

Sergeant Major ..... 577-6238

Base Duty Officer ..... 577-6961

Business Performance Office

..... 577-6618

### Base Inspector's Office

..... 577-6373

Adjutant Division ..... 577-6145

Military Personnel Division

..... 577-6727

### Civilian Mgmt. Support Div.

..... 577-6638

Human Resources ..... 577-6479

## BUILDING 236 (17)

Joseph L. Boll Ave.

Base Safety ..... 577-6001

Office of General Counsel

..... 577-6249

Staff Judge Advocate

..... 577-6771

Defense Logistics Agency

..... 577-6434

AFGE (15) ..... 577-6010

'C' Street, Bldg. 33

CHAPEL (18) ..... 577-6849

Wake Ave., Bldg. 128

### COMMISSARY (19)

..... 577-6403

Bldg. 364

## COMMUNICATIONS

### DIVISION (20)

..... 577-6751

Bldg. 170

## CONTRACTING &

## PURCHASING (21)

..... 577-6931

Warehouse #8

## FIRE STATION (23)

..... 577-6731

7th Street, Bldg. 18

## MOUNTED COLOR GUARD

(29) ..... 577-7302

Stables, Yermo

PAO (25) ..... 577-6430

'H' Street, Bldg. 204

PASS & I.D. (26) ..... 577-6969

Joseph L. Boll Ave., Bldg. 101

PMO (27) ..... 577-6669

PMO Dispatch ..... 577-6666

'C' Street, Bldg. 167

POST OFFICE (28) ..... 577-6297

Bldg. 321

PAO GRAPHICS & PHOTO (25)

..... 577-6034

'H' Street, Bldg. 204

## THRIFT STORE (30)

..... 256-0444

Warehouse #3

## BEQ - PETTIT HALL

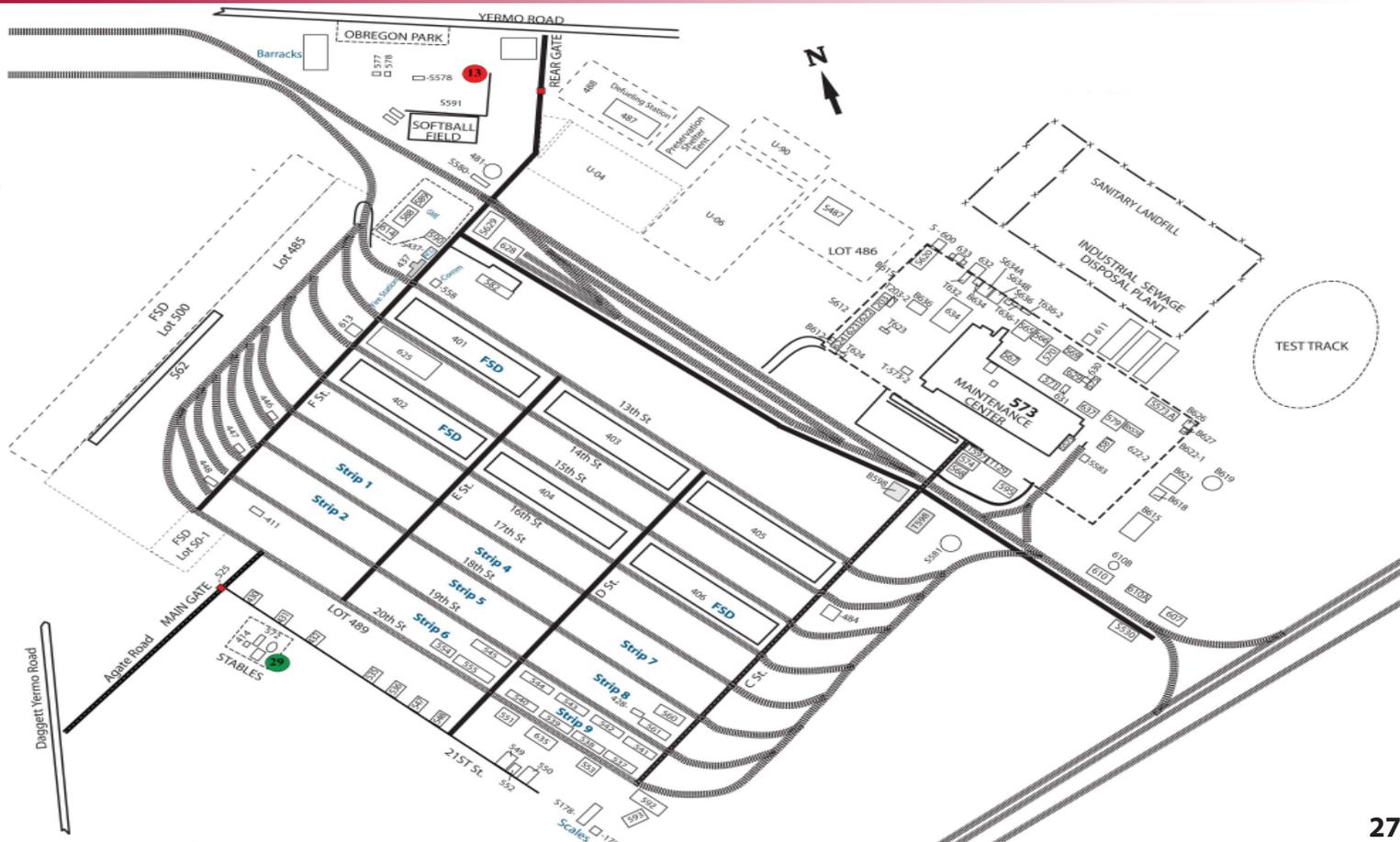
..... 577-6611

Bldg. 175

# Marine Corps Logistics Base Barstow (NEBO)



# Marine Corps Logistics Base Yermo (ANNEX)



Quarterly Connection  
Commanding Officer  
Attn: Marketing - MCCS  
Box 110600  
Barstow, CA 92311-5050



# Family Night Dining

Tuesdays & Thursdays

4:30 pm - 8 pm

\$4.55 Military, \$7.75 Civilian & \$4.40 Kids

# Sunday Brunch 9am - 1pm

# A la Carte'

Saturdays

9 am - 1 pm

Regular Breakfast Menu  
Prices marked on menu

For menu options call 577-6800

\$4.55 Military, \$7.75 Civilian

Major General James L. Day Conference Center

Bldg. 38