

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 8

Marine Corps Logistics Base Barstow, California

January 6, 2000

Millennium Bash rings in new year



Photo by Sgt. Mike McQuillan

Jeremy Clarke, 7, scales the rock-climbing wall at Friday's Millennium Bash. The wall was just one of many events that gave Barstow residents an incentive not to fight highway traffic on New Year's Eve. Also included in the day's recreation were golf, basketball, bowling and horseshoes.

The celebration carried on through the night, with a dinner/dance that was kicked off by stand-up comedians Michael Burton (right) and Don Barnhardt Jr.



Peace march revives history

Edging out Michael Jackson's "Thriller" on BET's millennium video countdown was an old black and white piece of footage from Aug. 28, 1963. In it, Dr. Martin Luther King Jr. professed to the world his "dream" for a world that judges people "not by the color of their skin, but by the content of their character."

When King was assassinated in 1968, the world united to strive for peace in honor of the late civil rights leader. His birthday was declared by President Ronald Reagan as a national holiday.

MCLB hosts a Martin Luther King prayer breakfast Jan. 13 at the Oasis Club (see news brief page 3).

The community will gather for a peace march Jan. 15 at 10 a.m. It will begin at the old J.C. Penny parking lot and end at the Cora Harper Community Center. For more information about the march, call Clara Jefferson at 256-6314.

This year's theme is "Remember! Celebrate! Act! A day on, not a day off." Join the Black Employment Program and reflect together.



1999 In our hearts, in our minds

Compiled by
BARSTOW LOG staff

Another chapter has been written into the history of this base. Some things were once-in-a-lifetime happenings, like the crash of the Perseus B on Interstate 40. Other things like the Barstow Rodeo Stampede will continue to go on forever, always creating new memories as they happen.

Memories are like the drops of water that join together forming a great river in our minds. They are always with us but they are not always in order.

At the BARSTOW LOG, we try to capture those memories in black and white. Although the details of the story get a little foggy in our minds, the events are preserved forever in newsprint.

The Commandant, Gen. James L. Jones, said the Marines and the Civilian Marines here are a family, this newspaper is here to support this extended family. If you think something is worth reading about or noteworthy then give us a call - make it a memory that will last forever.

Relive some of MCLB Barstow's memories in our year-end wrapup on pages 6 and 7.

The Commander's Forum

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535. Send your concerns via LAN to COMMANDERS FORUM@HQTRS1 or SMB Barstow Commanders Forum if you have migrated.

MCLB continues to support community Provides bleachers for high school championship

This is for the Commander's Forum. Barstow has always supported Toys for Tots and everything else the Marine Base has had and I think you should really provide the bleachers for free for the football game on Friday night. I mean, if you want us to support you then you ought to support us.

Thank you for addressing the issue of base

support to the community. We were happy to donate the bleachers so the Division VIII championship football game could be played in Barstow. This continued a long standing tradition of the base and community working together.

Unfortunately, it should never have been questioned whether the bleachers would be provided at no cost. I must comply with the policy of charging profit-generating organizations a fee for

use of our bleachers, however, Barstow High School falls into a different category we can support without charge.

The misunderstanding resulted from honest miscommunications between sincere individuals coordinating a major community event in a very short period of time immediately after the Barstow football team won the opportunity to host the game.

The base has been an integral part of the community for more than half a century and we have followed a good neighbor policy of supporting community events when we can.

As you know, numerous Marines, Sailors and Civilian Marines voluntarily support the community's Toys for Tots Program, local

churches, fraternal and service clubs, school PTAs and other activities. Annually we support area schools with judges for science fairs, color guards for sporting and musical events, and graduation and promotion ceremonies.

A saying used by many people locally is "Barstow is MCLB and MCLB is Barstow." We will continue to honor that tradition and commitment when we can.

Again, thank you for highlighting the issue and providing me an opportunity to expound on the extraordinary relations we have with the Barstow community.

As I've encouraged everyone since assuming command here, stay informed and stay involved."

I am pressing toward the mark

By Lt. Michael Michener
Base Chaplain



Each new year I make resolutions to be better than I was last year. Some of those resolutions I fulfill. There are some resolutions that I fail to complete. For example, I

think I am more attentive to my wife and children than I used to be. On the other hand, I know that I do not weigh less than last year. I used to beat myself up about those failures but I am learning to move on. It doesn't mean that losing weight is a goal that should be abandoned. It just means that I must strengthen my resolve.

There are several reasons why I think it is appropriate to make those resolutions. I believe that God does want us to grow. That growth comes as we set objectives and then initiate a plan to achieve those goals.

When I go hunting, I intentionally practice weeks before to be sure I hit the mark at which I aim. Resolutions should be approached with the same mentality. I honestly don't expect to hit the bull's-eye the first time I put a new sight on my bow. Consequently, I shoot a few arrows at the target and then adjust my sight until I get dialed in to hitting consistent bull's-eyes.

With my new resolutions, I am learning to get "dialed in." I make a plan and attempt to fulfill it. When I fail, or miss the mark, (and I

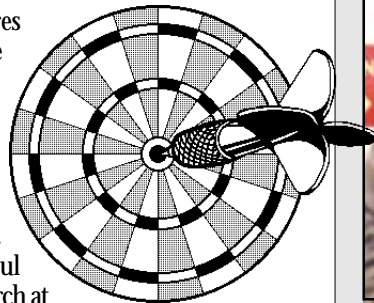
will), I don't quit because the mark was unrealistic. I keep trying and make adjustments in the plan in order to meet the objective.

Someone recently said to me her new year's resolution was to simply not be an "all or nothing person." In other words, it might be okay to just clean the bathroom on Mondays and not feel like we have to get the whole house cleaned that day.

Or perhaps we can plan to lose 5 lbs. in a two months timeframe instead of 25 lbs. Another plan might be to read one page of your Bible a day instead of a whole chapter or whole book. Sometimes we put too much pressure on ourselves and our perfectionist mentalities set us up for failures.

God doesn't expect perfection from us right out of the chute. He wants us to be working toward that perfection but because we fail, that does not give us license to quit. I have always believed that we are only true failures when we become quitters.

As you may have guessed, I think God's word has some guidance for us. The Apostle Paul wrote to the church at Philippi a note of encouragement for those "perfectionists" there. Paul acknowledged that he



See CHAPLAIN Page 8

Gunny's Picks Playoffs, Round One



Let's walk through the rules step by step. There are four games this weekend. Pick a winner all four. Chances are there will be a tiebreaker. So then what?

Pick the total points for any game you'd like. Freedom of choice is a good thing, is it not?

And for all you wise-crackers out there, anybody who picks Denver will be immediately disqualified.

Few have earned the distinction of winning Gunny's Picks this season.

Robert Montano of the 3P Maintenance Shop has done it twice and expects a threeppeat. Spike finished off the last millennium with a double, but Robert is planning to rule the year 2000 by clinching his spot as leader in play-offs. The smug look on his face says it all.

Miami at Seattle*

Buffalo at Tennessee*

Dallas at Minnesota*

Detroit* at Washington

Total points (Any game): _____

Name, work section and phone number: _____

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

Chapel Hours

Protestant Sun. 8:30 a.m.

There will be no Catholic Mass until March 5.

Yermo Bible Study

Wednesday 11 - 11:30 a.m.

At the Colonel's Workshop

For more info call Don Brooks at 577-7165.



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

Public Affairs Staff

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PA Support Clerk:

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Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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

News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone number, and be received by noon, Friday for the next issue. Submit news briefs via email at daileyb@barstow.usmc.mil.

Bible study

Have you ever been curious about the book of Revelation? Do you wonder what it says about end times? Have you avoided studying Revelation because it seemed too obscure? Now is your chance to answer some of your curiosities with the new Bible study in the book of Revelation, beginning Jan. 11th at the chapel at 7 p.m. Bring your Bible, bring your questions and plan for a great study.

Martin Luther King Jr. prayer breakfast

A Prayer Breakfast honoring Dr. Martin Luther King will be held on 13 January from 7- 8:30 a.m. at the Oasis Club. The cost of the breakfast is \$6.50. The menu will consist of the following:

- Scrambled Eggs
- Sausage or Bacon
- Biscuits/Butter
- Hash Browns
- Coffee or Hot Tea

For tickets or more info, call Robin Cross-Walker at 577-6395.

Afton Canyon restoration project

The Bureau of Land Management needs volunteers for a restoration project at Afton Canyon on Monday. Volunteers will work with the California Conservation Corps in planting native cottonwood/willow poles in an effort to restore and revegetate the de-

graded habitat.

Afton Canyon is one of three places along the Mojave River to flow year-round. It has been designated as a watchable wildlife area and supports a variety of outdoor activities.

For more info, call Rose Foster-Villegas at 252-6011.

Chub Club

Moms – do you want to lose a few pounds or just regain control of your eating habits after all of the holiday goodies? If so, come join the "Chub Club," a nutrition information and support group for mothers.

Each meeting starts with a walk, followed by classes and discussion about nutrition and healthy eating habits. For more info, call Personal Services Division at 577-6533.

ROTC instructors

The 12th Marine Corps Recruiting District is looking for retiring or retired officers and Staff NCOs to serve as Junior ROTC instructors. Entitlements include active duty pay and allowances.

Current openings are in San Jose, Calif. and Kearny, Ariz. For more info, call the 12th district JROTC office at (619) 542-5547/5548.

Recruiter assistance

Interested in earning extra points for promotion? If you are from the greater New York City or Long Island

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to get a driver's license.

area and would like to come out on recruiter's assistance call SgtMaj. Craig Brown at (516) 228-3685 ext. 13.

Korean War vets sought

The 50th Anniversaries of the Korean War will begin in June and continue through July 27, 2003. In preparation for commemorative activities in the United States and abroad Korean War veterans are encouraged to register with the U.S.-Korea 2000 Federa-

tion. The Federation seeks anyone who served in the military, including the Coast Guard and Merchant Marine, during the Korean War. Service in the Korean Theater is not a requirement.

According to the Department of Veterans' Affairs, less than 20 percent of Korean War Veterans belong to a national veterans' organization. For more info, contact:

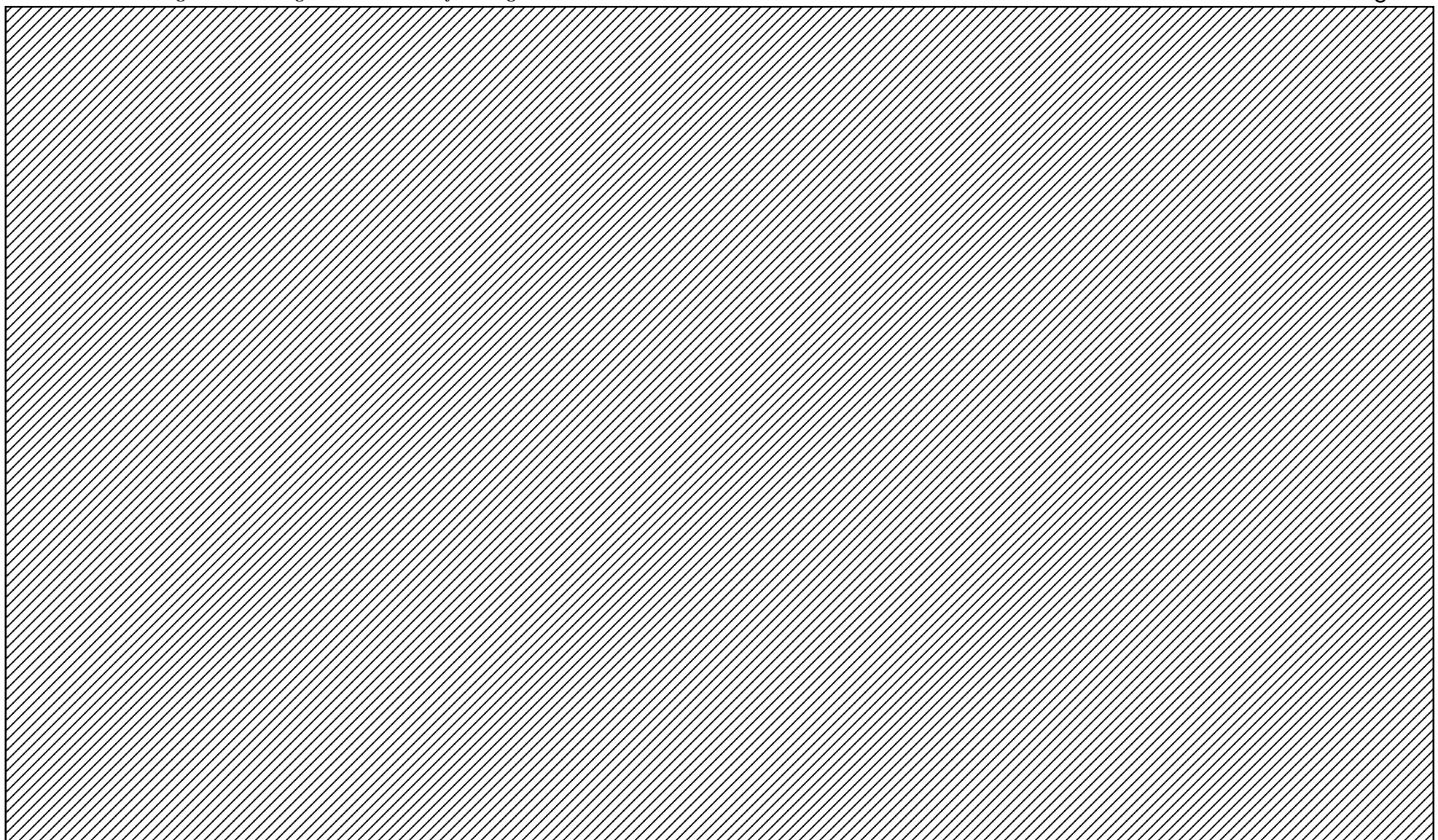
U.S.-Korea 2000 Foundation, Inc.
4600 Duke St, Suite 416

Alexandria, VA 22304-2517
(703) 212-8128
E-mail: Info@USKorea2000.org
<http://www.uskorea2000.org>

Baseball teams forming

The High Desert Adult Baseball Association is looking for men 30 years or older to play on its Barstow-based teams. Games are played on Sundays.

See BRIEFS Page 12



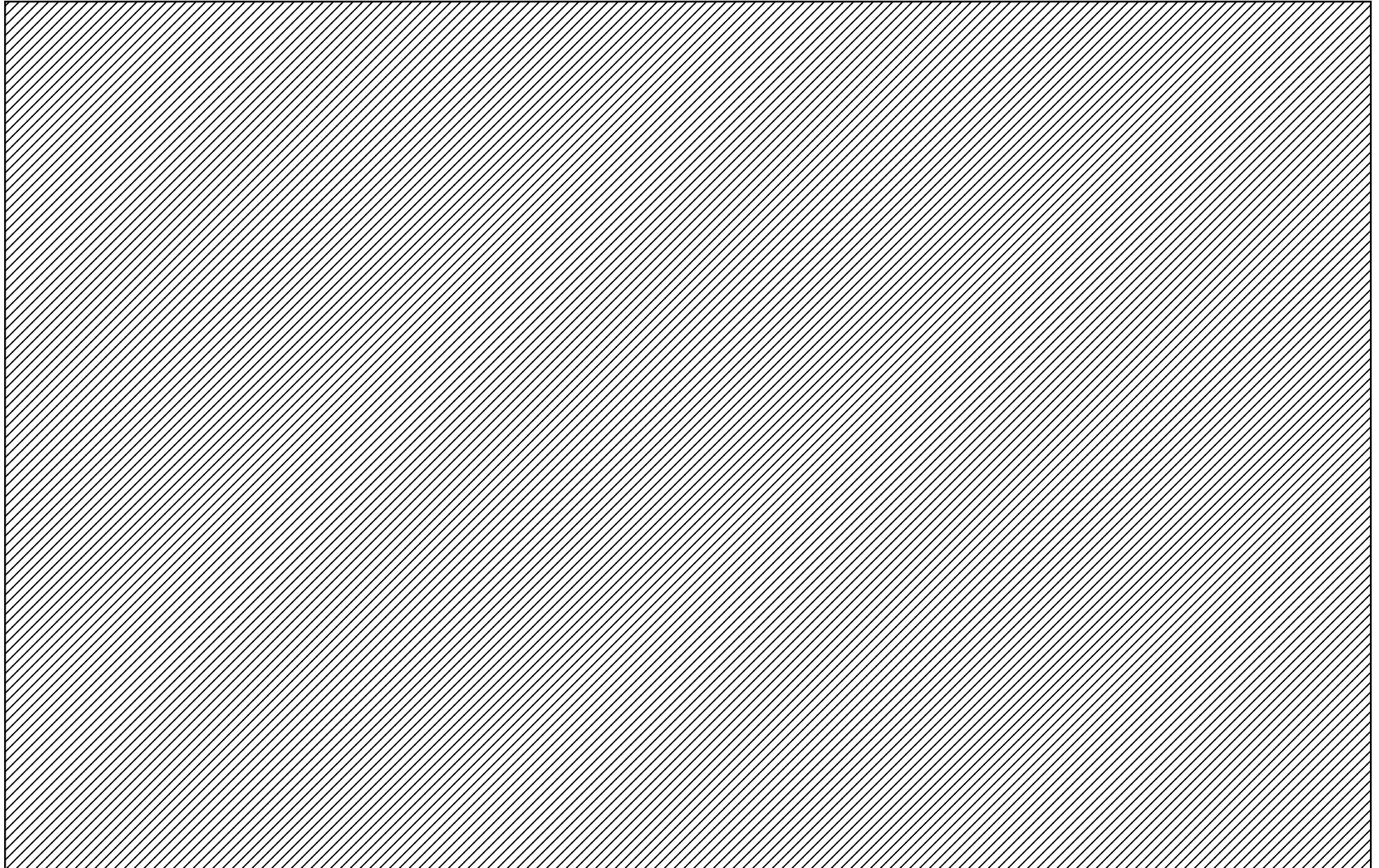
WG, WL, WS, WD, WN pay scales released

WG	WG-Rates					WL-Rates					WS-WD-WN Rates					WD-WN
WL-WS	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Pay
Grade																Level
1	8.27	8.61	8.95	9.30	9.64	9.09	9.47	9.85	10.23	10.61	13.46	14.02	14.58	15.14	15.70	
2	9.27	9.66	10.05	10.43	10.82	10.20	10.63	11.06	11.48	11.91	14.47	15.07	15.67	16.28	16.88	
3	10.27	10.70	11.13	11.56	11.98	11.30	11.77	12.24	12.71	13.18	15.47	16.11	16.75	17.40	18.04	1
4	11.28	11.75	12.22	12.69	13.16	12.41	12.93	13.45	13.96	14.48	16.47	17.16	17.85	18.53	19.22	2
5	12.28	12.79	13.30	13.81	14.32	13.51	14.07	14.63	15.20	15.76	17.47	18.20	18.93	19.66	20.38	3
6	13.29	13.84	14.39	14.95	15.50	14.61	15.22	15.83	16.44	17.05	18.48	19.25	20.02	20.79	21.56	4
7	14.28	14.88	15.48	16.07	16.67	15.72	16.37	17.02	17.68	18.33	19.48	20.29	21.10	21.91	22.72	5 1
8	15.29	15.93	16.57	17.20	17.84	16.82	17.52	18.22	18.92	19.62	20.49	21.34	22.19	23.05	23.90	6 2
9	16.29	16.97	17.65	18.33	19.01	17.92	18.67	19.42	20.16	20.91	21.48	22.38	23.28	24.17	25.07	7 3
10	17.30	18.02	18.74	19.46	20.18	19.03	19.82	20.61	21.41	22.20	22.49	23.43	24.37	25.30	26.24	8 4
11	18.25	19.02	19.76	20.52	21.30	20.08	20.92	21.78	22.62	23.44	22.92	23.88	24.84	25.79	26.75	9 5
12	18.95	19.74	20.51	21.30	22.10	20.86	21.73	22.60	23.49	24.33	23.49	24.47	25.45	26.43	27.41	10 6
13	19.64	20.50	21.30	22.12	22.94	21.64	22.54	23.44	24.34	25.26	24.20	25.21	26.22	27.23	28.24	11 7
14	20.33	21.18	22.02	22.87	23.73	22.32	23.27	24.20	25.15	26.09	25.04	26.08	27.12	28.17	29.21	8
15	21.05	21.89	22.78	23.71	24.56	23.13	24.11	25.05	26.05	27.00	26.00	27.08	28.16	29.25	30.33	9

WS-16	27.09	28.22	29.35	30.48	31.61
WS-17	28.33	29.51	30.69	31.87	33.05
WS-18	29.69	30.93	32.17	33.40	34.64
WS-19	31.19	32.49	33.79	35.09	36.39

The schedules shown above have been established under authority of DoD Directive 5120.39, dated April 24, 1980, subject to the limitations contained in OPM notice 99-55, dated Dec. 21, 1999, and are applied in accordance with the provisions of 5 CFR Part 532 to all employees whose official duty station is located within the geographic boundary of the Los Angeles wage area.

The General Schedule pay scale will appear in next week's Barstow Log.



Cross-connection control protects water supply

By Doug Sandford
Base Utilities Manager

One of the most important advances in medicine was made not by doctors and scientists but by engineers, technicians and plumbers – the development of our modern water systems.

One of the more recent improvements (since World War II) has been the invention of backflow prevention valves, or “assemblies,” and subsequent development of Cross-Connection Control Programs. These developments will keep contaminants out of the base’s drinking water supply and safeguard the health of those who use it.

Cross-connection is “an unprotected connection between a potable water system and any source or system containing unapproved water or a substance not approved as safe, wholesome, and potable.”

Water is used for a lot more than just drinking. Some of the other uses might contaminate the water. Consider, for example, water used at the photo lab in Building 37, in the boilers for heating various buildings, or the dip tanks in Building 573. Once used in these processes the water is no longer potable or “fit for human consumption.”

In the event of a backflow, where water in the system flows backwards, some of the contaminated water could move into the potable water supply. Possible illness and even death can result if anyone then drinks the contaminated water. Backflow prevention assemblies are installed at these and many other sites to provide the “protection” against backflow and prevent the contaminated water from moving into the potable system.

Backflow occurs in two ways – “backpressure” and “backsiphonage.”

Normally, water flows from our reservoirs and pumping stations to supply all water on base. The water sys-

tem is designed in loops to ensure water keeps flowing, and laterals from the main lines tee off to supply each user.

Consider a situation where the Fire Department responds to a burning building. The sudden increase in demand from fire hydrants can cause a decrease in system pressure, and a consequent reversal of water flow towards the hydrants. That means a reversal of flow away from the users, possibly bringing some of that contaminated water with it. This is called

backsiphonage, and is caused by the decrease in water pressure in the system mains. A similar problem occurs when a water main break occurs. This is much less frequent than a few years ago when the mains were replaced. But in either case, a backflow prevention assembly is installed that will not allow water flow to be reversed due to backsiphonage.

Now, consider, for example, the water that feeds the heating boilers at the base gymnasium (Bldg 44). These

normally operate at about 50 pounds per square inch. If the pressure in the water system should drop, the higher pressure in the boiler would try to force the contaminated boiler water back into the potable system. This is called “backpressure.” Again, a backflow prevention assembly is installed so that the water flow cannot be reversed.

The base’s Cross-Connection Program ensures backflow preventer assemblies are provided where required, and they are properly installed, main-

tained and tested. MCLB recently completed a Cross-Connection survey to identify areas where backflow protection may be inadequate. These surveys are conducted about once every five years. This most recent survey determined several areas which require additional backflow protection, and a contract to install the additional assemblies is now underway. Additionally, a project is underway inside Building

See WATER Page 12



'99 Remembered



Photo by Curt Lambert

The Marine Corps Mounted Color Guard continued to amaze and delight crowds at more than 70 outings.



Photo by Cpl. Brian Davidson

The Perseus B was an uncommon sight during rush hour on Oct. 1, pieced across two lanes of Interstate 40. The unmanned jet from Edwards Air Force Base crashed at 8:45 a.m., less than a mile away from MCLB.



The Maintenance Center presented the first Amphibious Assault Vehicles to be rebuilt here through t

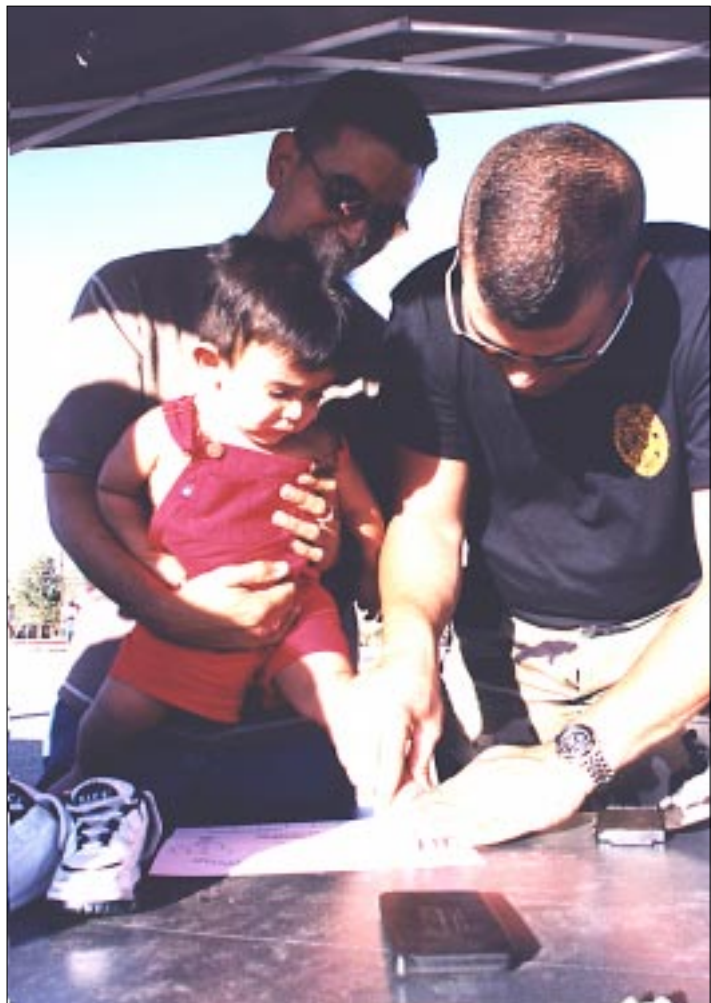


Photo by Cpl. Mike McQuillan

Sgt. Mario Rivas holds his son, Mario Jr., as LCpl. Monte Mathews takes footprints of Rivas Jr. at National Night Out Aug. 3. NNO is used across America as a tool to promote awareness for crime prevention.



Photo by Cpl. Brian Davidson

Jolene Farley watches the rodeo queen ride by from behind the area fence. The 12th annual Barstow Rodeo Stampede was the largest ever with crowds estimated at 6,000 people.

Another cha

The world is celebrating the hype of a new millennium, while some believe that it doesn't begin until 2001. One thing we can agree on is the coming of a new year.

These two pages are but a snapshot of the past 525,600 minutes, capturing the odd, the extraordinary and the traditions of the Marine Corps, MCLB and the Barstow community.



The Marine Corps Silent Drill Platoon captivates a Barstow a



Photo by Curt Lambert

the AAV RAM/RS program May 6 at a rollout ceremony.

Chapter written

In some cases, history will repeat itself again this year. Sometimes, we'll learn to expect the unexpected.

Use this to remember and reflect on the past as you begin the new year, refreshed and recharged, bringing new personal and professional positive experiences to the next chapter in history.



Photo by Cpl. Mike McQuillan

An old chapter in the book was closed in September, when Building 30 (Above) was brought down. The building served MCLB Barstow since the base opened in 1943.

Many things are written into the history books every year. MCLB Barstow wrote a new chapter in its history when the new Commandant, Gen. James L. Jones (left), made his first visit here Aug. 30.



Photo by SSgt. Matt Olivolo

audience during their visit in March.



Photo by Curt Lambert

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-506-99	Administrative Support Clerk (OA)	12-10-99	01-07-00	12-24-99	MCLB Barstow
GS-0303-05	(Term NTE 18 months)				
DEA-540-99	Artillery Repairer	12-14-99	01-11-00	12-28-99	MCLB Barstow
	WG-6605-07 (Term NTE 366 days)				
DEA-541-99	Equipment Cleaner	12-14-99	01-12-00	12-27-99	MCLB Barstow
	WG-7009-05				
OTR-172-99	Equipment Cleaner	12-14-99	01-12-99	12-17-99	MCLB Barstow
	WG-7009-06 (Temp NTE 1 Year)				
OTR-171-99	Laborer	12-14-99	01-10-00	12-27-99	MCLB Barstow
	WG-3502-03 (Temp NTE 1 Year)				
OTR-180-99	Materials Handler	12-23-99	01-20-00	01-06-00	MCLB Barstow
	WG-6907-06 (Temp NTE 1 Year)				
OTR-182-99	Firefighter	12-29-99	01-26-00	01-12-00	MCLB Barstow
	GS-0081-04/05 (Temp NTE 1 Year)				

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

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

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

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

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

CHAPLAIN from Page 2

too was "on the way." He said, "Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward" (Phil. 3:12-14).

We are now already at least one week into the new year. Some of you may already be becoming discouraged with your resolutions.

The year 2000 offers a great opportunity to start fresh. Don't give up. Reformulate the plan. Press on toward the mark. Allow God to give you the strength and courage to be better than you were last year.

Blessings,
 Chaplain Michener

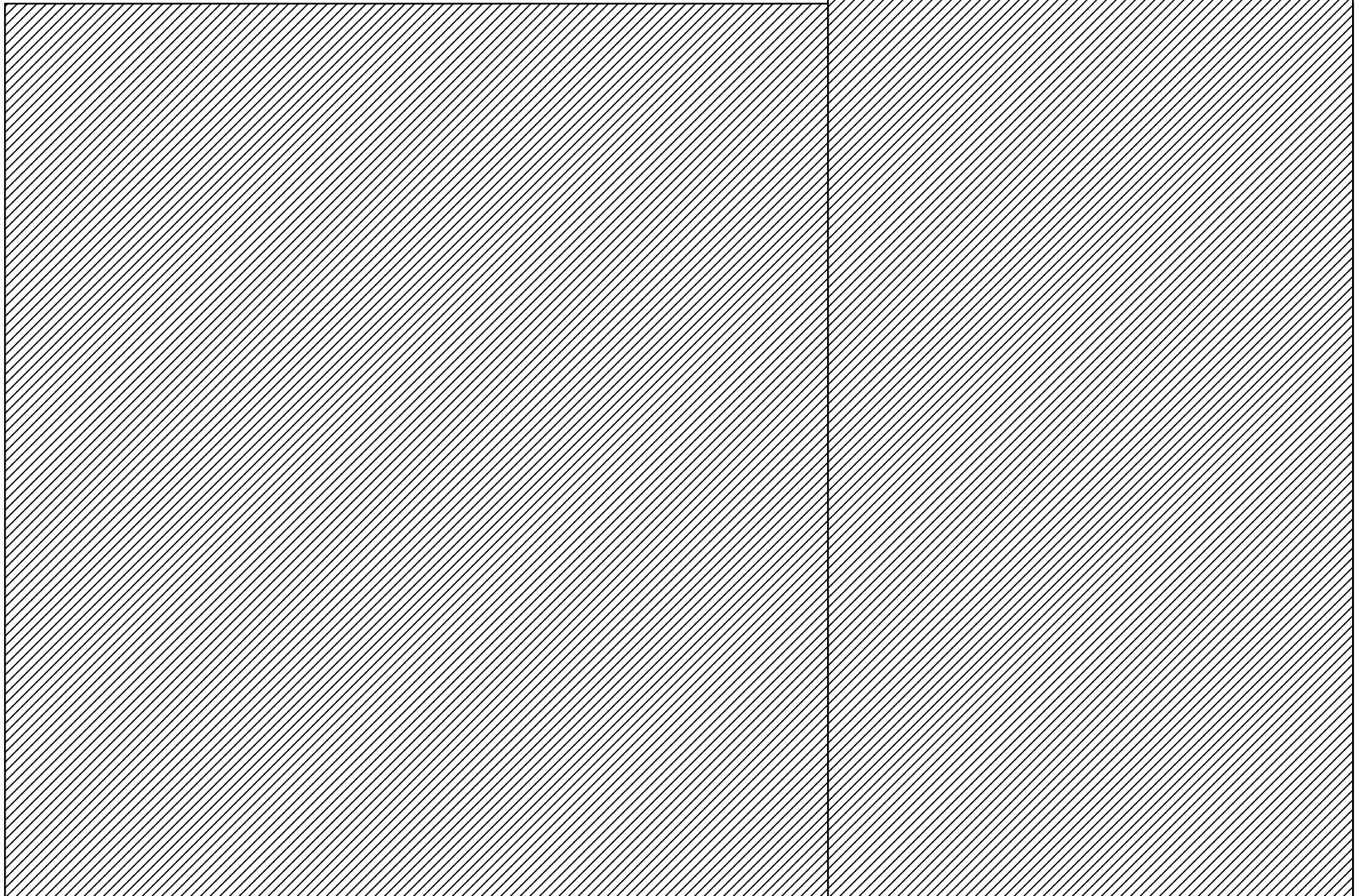
Are your children getting legal care?

MCLB Family Child Care (FCC), a subdivision of Children and Youth Services, needs certified home childcare providers aboard base.

Providing childcare for more than 10 hours per week on a regular basis without MCLB Children and Youth Services certification is unauthorized (one childcare hour equals care for one child for one hour). In addition, "individuals providing unauthorized care in government quarters are subject to loss of housing privileges." The primary reason for this policy is the safety and welfare of the children.

If you are interested in becoming a certified Family Child Care provider, please call the FCC office at 577-6049.

If you know that child care is being provided in a home that does not display the blue Family Child Care sign, call the Base Inspector's office at (760) 577-6725. The Base Inspector will investigate all reports.





By Jim Gaines
MCCS Publicity

Shop the Base Exchange

The Base Exchange is now having their January Price Blowout Sale! Televisions from \$199.99 for a 20" to \$499.99 for a 32"
20 percent off select stereos
50 percent off all Hallmark Christmas items
10 percent off all toys
50 percent off all jewelry
15 percent off Kodak Advantax Cameras

Before you shop anywhere else, check out your MCX for quality products and merchandise at the prices you want.

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

Lunch menu for this week

This week's lunch menu at the Family Restaurant and Cactus Cafe offers a savory variety:

Today - Chuckwagon Roast, vegetable, roll/butter
Friday, Jan. 7 - Hoki fish, rice,

vegetable, roll/butter.

Monday, Jan. 10 - Salisbury Steak, mashed potatoes, vegetable, roll/butter.

Tuesday, Jan. 11 - Baked Ham, mashed potatoes, vegetable, roll/butter.

Wednesday, Jan. 12 - Lasagna, garlic bread, vegetable.

Thursday, Jan. 13 - Chicken Ham Supreme, egg noodles, vegetable, roll/butter.

All above meals served with coffee, tea or soft drink. Lunch is served Monday through Friday at the Family Restaurant from 10:30 a.m. to 12:30 p.m.

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

The Family Restaurant also offers an a la carte as well as a Sub Sandwich menu for lunch. The Cactus Cafe offers a limited a la carte and Sub Sandwich menu for lunch.

For more info on the a la carte and Sub Sandwich menus call 577-6428.

Family Night Dinner Menu

Tonight - Chicken Pot Pie, vegetable and dessert.

Thursday, Jan. 13 - Western Chili, cornbread, vegetable and dessert.

Family Night dinners are served Thursday evenings from 4:30 p.m. to 7:30 p.m.

Prices: (All you can eat) \$4.50 adults, \$2.50 children (5 to 11 years), children 4 years and younger are free. Price is the same for military and civilian personnel.

Football Playoff Games at the NCO/Enlisted Club

The NCO/Enlisted Club will be showing selected playoff football games on the following dates:

Jan. 9 - Wildcard Playoff Games

Jan. 16 - Division Playoff Games

Jan. 23 - Conference Championship Game

Jan. 30 - Super Bowl

If you have questions, please call 577-6418.

How about a break after the holidays?

January 22 - eight hours at Primm Nevada for only \$10 (Round Trip). If you do not want to gamble, then spend your money at the Outlet Mall. Don't worry about I-15 traffic - our DRIVER will!

For more information, contact Betty Green at 577-6541.

Ceramic Show Field Trip

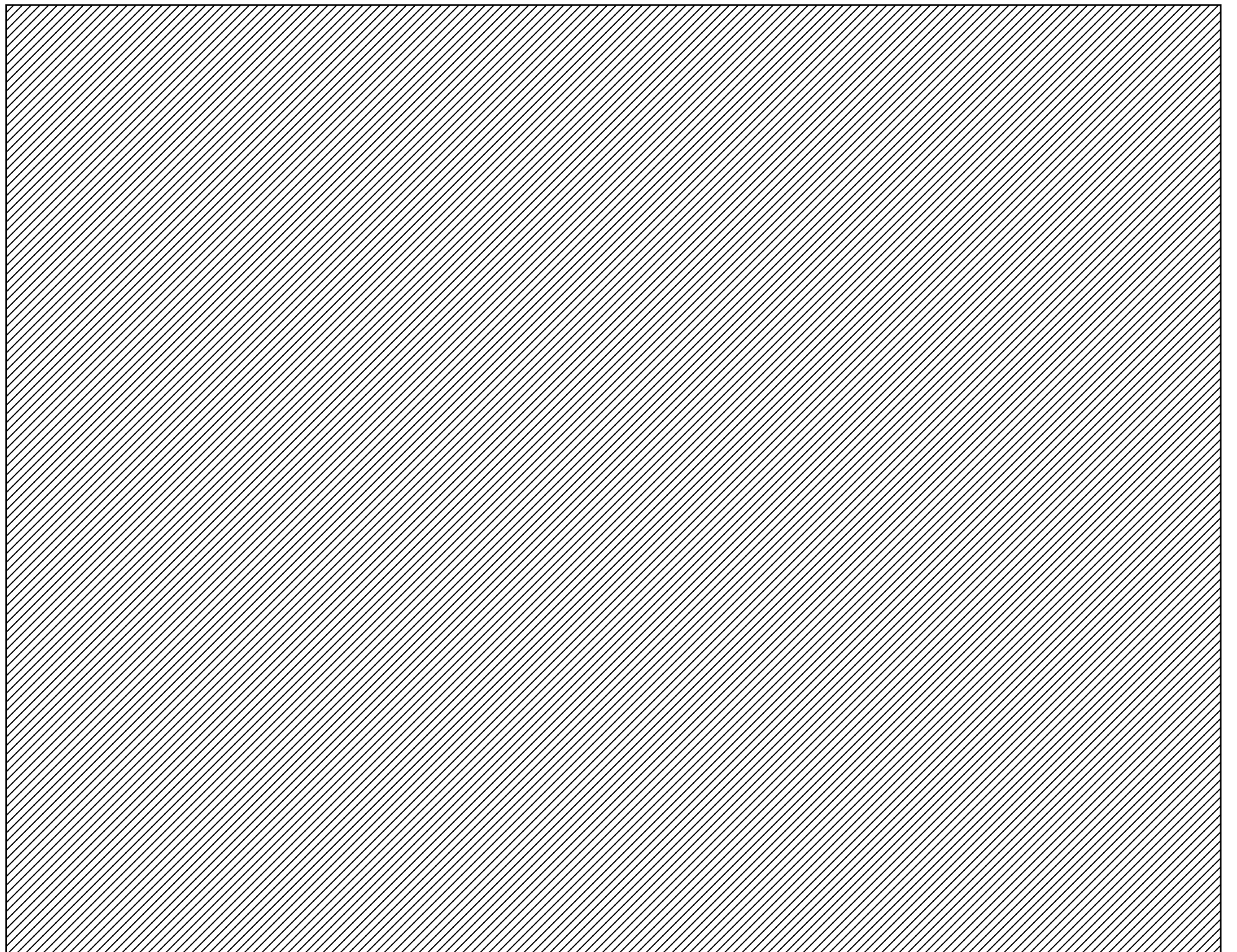
The Ceramic Hobby Shop is organizing a field trip to the San Bernardino Ceramic Show on January 15th. Ticket fee is \$5 and \$5 for the trip. Space is limited so sign up now!

For more information, contact Marke Hutchens at 577-6228.

Aerobics

Semper Fit Division offers Aerobics with Stephanie Monday- Thursday from 4:30 p.m. to 5:30 p.m. Kick boxing on Monday and Wednesday and Aerobics on Tuesday and Thursday.

For more information, contact Brenda at 577-6971.



PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

Holidays are over -- time to pay the bills

By GySgt. Michael Claudio
MCCS Financial Counselor

Did the holidays take a bite out of your wallet? If you're feeling the strain of post-holiday time-to-pay-up-for-what-you-spent-at-Christmas, take heart! The following plan found on the MCCS Financial Fitness website www.usmc-mccs.org/FinFit is practical and, yes, possible!

GETTING OUT OF DEBT: STEP-BY-STEP

Step 1: Admit the Problem Exists

Admit to yourself that there is a problem.

Believe that the problem can be fixed. No matter how bad your situation might seem, remember that your creditors want to work with you and there is assistance available.

Make a personal commitment to take action and stick to it! Face your financial problems head-on, and you'll probably find that your debt is way more manageable than you thought.

Step 2: Figure Out Where You Stand

You may have lost sight of what you really owe. To figure out where you stand:

- Go through your bills.
- Get rid of the duplicates.
- Figure out exactly what you owe and how late each bill is.

Figuring out where you really are instead of guessing will give you a sense of control. Even if the reality is worse than you imagined, at least you know where you must begin.

Step 3: Set Up a Payment Plan

A plan is necessary! See below for sample payment chart

Prioritize your bills. First priority should go to bills that directly affect your health and welfare, like rent or mortgage, food expenses and car insurance. Next, plan your car loan, credit cards, and consumer loans.

Set aside money for debt reduction. Increase your income, sell something, or decrease your spending. Take a look at your budget and decide how much of your cash flow you can use to reduce your debt.

Step 4: Work With Creditors

Creditors can be very helpful when it comes to working out ways to repay your debt. After you know how much you can pay:

- Call each of your creditors.
- Explain your situation, describe your plan, and discuss how much you can pay.

Ask if the creditor agrees to those terms. Some creditors may accept your offer outright while others may want to negotiate.

Send a letter describing what you agreed to. Having the agreement in writing helps both you and the creditor remember what it was.

Then, stick to the agreement. Don't miss a payment.

No matter what happens, always keep the lines of communication open with your creditors. You may be surprised by the creditor's willingness to work with you.

If you would like help managing your debt, call 577-6533 and ask for GySgt Claudio.

MCCS donates food baskets to Marine families

By Stephanie Wilson
Public Affairs Technician

Personal Services Division would like to sincerely thank everyone who participated in the Christmas Food Basket program. Your generosity and dedication to our Marines continues the proud tradition of "taking care of our own." We were thrilled to receive the bags and bags of food, including several hams and turkeys, that appeared in our collection boxes.

Special thanks also goes to the students and staff of Silver Valley High School, who once again donated their time and energy to collect an abundance of food, even before we asked for it.

On the Tuesday before Christmas, the food was sorted and grouped into complete meals which included either a whole ham or turkey, rolls, vegetables and assorted trimmings. The baskets weighed in at a total of 30 pounds each and were given to nine Marine families.

Get on-line certified

By Charles Ashbrook
CRMC

Communications Workers of America (CWA) has developed a pilot on-line computer technology and internetworking training program. Classes are on-line, self-paced, and accredited and proctored by Arizona State University.

The pilot program offers two certifications. One semester covers basic computer technology and leads to A+ certification. The second and third semesters focus on internetworking and train the student to become a Cisco Certified Network Associate.

Certification classes teach the student how individual computers work together through networks, routers, concentrators, and other related equipment. Both certifications are recognized industry-wide.

The pilot program is currently available only to active duty personnel, veterans, members of CWA, and participants in the Transition Assistance Program (TAP). Civilians are not presently eligible to participate in the program. Candidates must have Internet access and be able to complete an average of 16 hours of associated lab work per semester. Actual lab time will vary depending on the student's knowledge and capability. Computer lab sites are located in San Diego, Los Angeles and Fremont, California, and at 20th and K Streets in Washington, DC. CWA expects to add more lab sites in the year 2000.

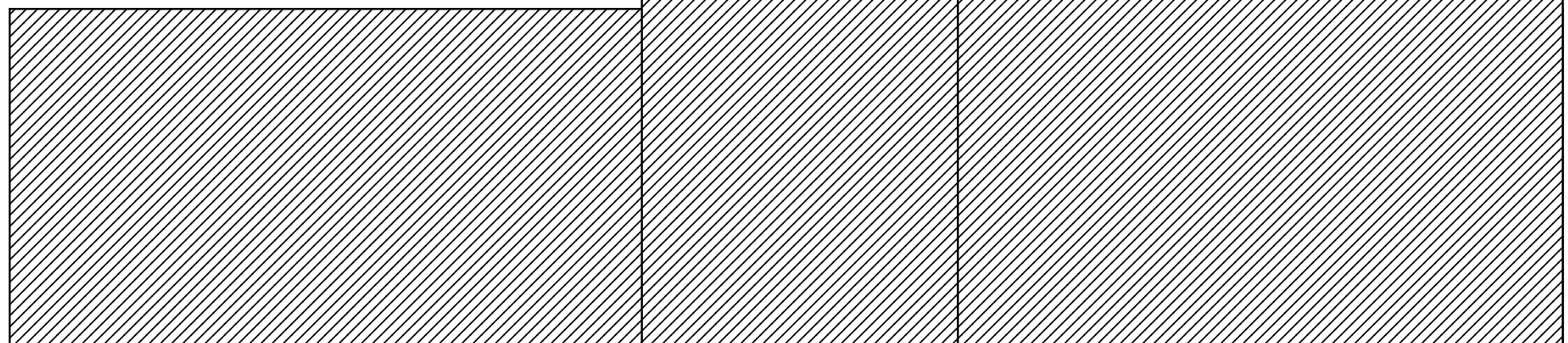
To keep travelling to a minimum, lab work may be done in all-day weekend sessions if students make prior arrangements with lab proctors. Students may expect each regular lab session to run a minimum of four hours.

Prior to enrollment, candidates take an on-line skills assessment test. An ASU proctor then determines the level at which the student will begin the program. Prior training or experience may equal some of the course work.

This program provides an excellent opportunity for active duty personnel to continue their education. It also offers veterans valuable training to be more competitive in or re-enter the workforce. Transition Assistance Program participants can also benefit as they prepare to leave the military and enter the civilian job market.

Debt Repayment Plan					
Priority	Debt to Pay	Balance	Payment	Date	Paid
2	Credit Card	\$1,300	\$250	Feb 15	X
3	Bank Loan	\$750	\$75	Apr 1	

Personal Services Director: William Boxx
Program Director: Dr. David Nieman
Bulletin Editor: Stephanie Wilson Phone Number: 577-6533



1970 OLDS CUTLASS: 2-door, V-8, auto, air, smog-free car, \$2,000. Or trade for 4x4 running or not. Call 252-9199.

1931 MODEL A FORD: Leather back, needs full restoration, \$3,000. OBO. Call 254-2077.

1964 VW BEETLE: 1641 cc engine, new interior, brakes, rims, tires and w/seals, \$2,000 OBO. Call 253-3573.

1994 FORD F-150XL: Pick-up, AT, overdrive, custom CD, diamond plate bed box, 74.5 K miles, moving must sell, asking \$6,800 OBO. Call 252-1337.

1979 MONTE CARLO LANDAU: two door, custom paint, new engine and transmission, three pumps, eight battery, 10 switches, needs interior work, only \$3,000. OBO See at 1260 Monterey Ave. Call 252-3802.

FOR SALE: 18' Larso runabout boat with trailer, fair condition, asking \$700. OBO. Call 252-1337.

FOR SALE: 3,000 lb. weight set (Olympic) and Legend II multi-bench by power zone, almost brand new. \$150. for both. Call 957-1812.

FOR SALE: 27 ft. Catalina sail boat, located at Camp Pendleton with a military slip that transfers with the boat. Way too many upgrades to list, call for details and pictures. \$12,000. Call (760) 957-1812.

FOR SALE: Raptor Extreme paintball gun, \$200. Call 256-6103.

FOR SALE: Snow board, 149 Nale w/Preston bindings, \$300. Call 256-6103.

FOR SALE: Computer 486, 13" color monitor, 2 hard drives, Win 3.1, disk drive 3.25, CD rom, internal modem, HP540 printer. \$200. Call 252-3510.

FOR SALE: Large doll house, 4 ft. tall, new \$199. asking \$75; Fish, fancy fan-tail guppies, bright yellow, purple and red, \$1.75 each, warranty. Walmart sells for over \$2. each ; Coffee-maker by Proctor-Silex only \$9. Call 255-3045

FOR SALE: Electric stove/oven, over 40 years old and looks brand new, extra xlt cond., collectable? See to appreciate. Call 252-7198.

FOR SALE: Battery illuminated magnifier, glass, new, still in the box \$8; pet carrier, kennel 21" long, 18" wide, 16" high, \$20. Call 242-8839.

FOR SALE: 28 - 2" and 32 - 3" rigid conduits. Make offer. Call 254-2077.

FOR SALE: Two 1979 Ford Broncos, make one from two \$1,500. Call 256-6103

FOR SALE: Life Gear treadmill (manual), purchased at J.C. Penney, mid-Nov. 99, used twice, physical condition limits usage. \$100. Call 252-8911 or 252-3309.

FOR SALE: Weight bench and weights, \$85 OBO. Call 253-1200.

FOR SALE: Will trade 96 Wave Runner for ATV or 4 X4. Call 252-9199.

FOR SALE: Aiwa stereo shelf system. Digital, 5-speaker, 3-disc changer, never used. Paid \$400, asking \$300. Call 957-1709.

WANTED: Older 4x4 running or not. Call 252-9199.

PETS: Free to good home, large red dog, female, spayed, all shots and licensed, very friendly, good with children. Call 253-2579.

WATER from Page 1

573 and adjacent hardstand areas to completely isolate the "potable" and "industrial" water systems with backflow protection between the two.

The findings of the recent survey do not indicate the base has been delinquent in backflow protection, but rather that the State of California is becoming more rigid in their require-

ments for backflow protection.

In the past, MCLB has concentrated on "internal protection" - protecting against hazards and potential cross-connections inside buildings or shops.

The newer state requirements additionally call for "premises isolation" - installing backflow preventers on the water supply line to a particular build-

ing or shop, so the entire location will be isolated from the water supply in case backflow occurs.

Each backflow prevention assembly on base is tested at least once each calendar year to ensure proper operation. Assemblies that do not pass are repaired or replaced. MCLB Maintenance Division employs a Backflow Assembly Tester, who is trained and then

certified by the County of San Bernardino. Only county-certified backflow testers are allowed to inspect/test backflow prevention assemblies.

Finally, MCLB's Cross-Connection Program Specialist, also in Maintenance Division, manages the cross-connection program, assists in directing the placement and installation of new backflow assemblies, and coordi-

nates with MCLB's Environmental Division and State/County Health Agencies. That is MCLB's Cross-Connection program, working to protect our water systems.

If you have questions or comments about backflow prevention at MCLB, contact Doug Sandford, MCLB's Cross-Connection Program Manager, at 577-6909.

Federal Magistrates Court Results



Evading Traffic Officer -
\$500 Fine and \$25 Court costs.

Entering a Restricted/Closed Area -
\$100 Fine and \$25 Court costs.

Entering a Restricted/Closed Area -
\$100 Fine and \$25 Court costs.

Operating Motor Vehicle, Suspended License -
\$300 Fine and \$10 Court costs.

Failure to Appear -
Federal Bench Warrant Issued.

Failure to Appear -
Federal Bench Warrant Issued.

Failure to Appear -
Federal Bench Warrant Issued.

BRIEFS from Page 3

For an information packet, write
HDABA
14720 Wilson Pl.
Hesperia, CA 92345

YAC Meeting

The Youth Activities Center will be having a parent and youth town meeting Jan. 13, from 5 to 6 p.m. at the Youth Activities Center.

Manager of the Year Awards Luncheon

The Installation of Officers and Manager of the year Awards Luncheon will be held Jan. 19, at the Oasis Club.

The menu will be choice of chicken and broccoli - \$5.50 or chef's salad - \$5.

Membership in the FMA is not required. Reservations must be made no later than 11 a.m. Jan. 14.

