

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 12

Marine Corps Logistics Base Barstow, California

February 3, 2000

I&L employees surveyed regarding VERA/VSIP

By GySgt. Frank Patterson
Public Affairs Chief

It's no secret the Installation and Logistics Department here is currently undergoing an A-76 Commercial Activities study which will eventually allow private sector interests to compete to provide base functions. The Defense Distribution Depot here recently completed a similar competition, and it was tentatively decided their functions could be more economically and effectively performed by the private sector.

Base personnel are working diligently to put together a winning proposal for the I&L Department functions under study, but even a winning proposal will certainly mean a reduction in work force size.

"Half of the current positions [DDBC has] in their current organization would have been eliminated even if they had won the competition," said Col. Mark A. Costa, base commander, during Monday morning's quarterly update with I&L employees. "So regardless of the outcome,

whether we win or lose our competition, there will be a significant reduction from the initial announcement strength."

To the I&L work force this all boils down to not everyone will have a position in the future organization.

In an attempt to assess the intent of the work force and to help plan the future work force, Costa authorized a survey to help management and the A-76 study consultants determine how many people would be interested in separating from government service

under an executive program and forego remaining here regardless of the outcome of the future competition.

"A lot of people have been anxious; wanting to know 'are we going to offer buyouts and those type of things,'" said Costa. "Well, the first thing I have to do is get a sensing what those inclinations are - what your intentions might be at this point in time.

"And also, begin the education process so you can make a decision that's well informed."

As he said this, a survey for the Voluntary Early Retirement Authority/Voluntary Separation Incentive Program was distributed to I&L employees.

"This does not make a commitment that if you say 'I'm interested' you have to execute one of the incentive programs, Costa explained. "But it is getting a sensing of what you feel today you might be interested in based upon the information of the different programs."

"So regardless of the outcome, whether we win or lose our competition, there will be a significant reduction from the initial announcement strength."

See **SURVEY** Page 5

February is Black History Month



Colonel Mark A. Kelly will be the guest speaker at the Black history Month Luncheon February 17. Ticket prices are \$7.25 and include fried chicken, black-eyed peas, greens, cornbread and choice of coffee or tea. For tickets contact:

Otis Gentry 577-6002
Ed Virgil 577-7134
Shirley Sherrod 577-6873
Annie Minter 577-7531
Robin Cross-Walker 577-6395

Colonel Mark A. Kelly was commissioned in the Regular Army in May 1975 upon completion of ROTC at Hampton (Virginia) University where he earned a Bachelor of Science Degree in Food, Nutrition and Institutional Management.

After attending the Infantry Officer Basic Course, Kelly was assigned as a military rifle and platoon leader with the 1st Bn., 4th Support (MECH), 3rd Infantry Div. in the Federal Republic of Germany. He served as a Class III platoon leader with the 3rd Supply and Transportation Bn. and then as a Class-IX Platoon leader with the 703rd Maintenance Bn., also with the 3rd Infantry Div.

After his tour of duty in Germany, Kelly attended the Quartermaster Officer Advanced Course, the Parachute Packing and Maintenance Course and the General Troop Support Materiel Management Course at Fort Lee, Va.

From there, he was assigned to the 82nd Airborne Div. at Fort Bragg, N.C., where he served in various duty positions, including Assistant Division Parachute Officer and Company Commander (Riggers) in the 407th Supply and Service Bn. and Assistant Chief of Staff G-4 Plans and Operations Officer.

Next Kelly attended the Systems Automation Management Course and was assigned to the Computer Systems Command, Fort Belvoir, Va., serving in the Financial Systems Directorate. He was subsequently assigned to the Republic of Korea where he served as a Class IX Accountable Officer with the 2nd Infantry Div.

Upon returning to CONUS, he served as a Logistics Projects Officer with the U.S. Army Special Projects Support Activity, Army Materiel Command, Alexandria, Va.

Following completion of the Command and General Staff College at Fort Leavenworth, Kan., Kelly reported to the 24th Infantry Div. (MECH) at Fort Stewart, Ga., where he deployed to Saudi Arabia with the 224th Support Bn. as a Support Op-

See **KELLY** Page 5

Wellness pilot hailed, supervisors see impact

By Cpl. Brian Davidson
BARSTOW LOG staff

The Civilian Wellness Program pilot has proven to benefit employees who took part; more notably, some supervisors have backed predicted claims of increased productivity in the workplace.

According to Helen Sampilo, worksite wellness coordinator, a fit employee experiences less stress and is overall more productive in the working environment. Supervisors have backed her claim.

"The program definitely had a positive impact on the job performance of all my employees," said Linda Lingren, base quality manager.

Tim Hutzley, motor pool section leader who took part in the program with four of his employees, said he noticed an overall improvement in spirit and dedication in his section because of the pilot.

"The time employees spent away from the worksite didn't affect our bottom line at all," said Hutzley. At least not negatively."

A major concern was how the 78 hours spent on exercise and improving personal fitness would balance with productivity levels - would the bottom line suffer at the cost of healthier, leaner employees?

No, according to Lingren.

Hutzley, affirmed, "the mission was always first. If the workload was very heavy, they didn't get upset because we needed them on the worksite.

Instead, they dug in and worked harder because they saw the opportunity to participate in the wellness program as a great privilege."

"I gave employees the opportunity to participate on the condition that they coordinated their schedules with one another to

See **WELLNESS** Page 5

Set goals, then go for them

By SgtMaj. Robert W. Holub
Sergeant Major, MARFORPAC

Lieutenant Gen. T. J. "Stonewall" Jackson once said, "You may be whatever you endeavor to be." I have always been fond of that quote and have carried those words along with some others in my little green notebook for many years as a Marine.

Lieutenant General Jackson's words have been a reminder to me in my own career that no one can hold you back from doing whatever you desire to do or be as long as you are willing to put out the effort to attain your goals. As we begin this new year and begin to set goals for the upcoming year, I would like to talk to you about setting some goals that you might not have thought of before.

In my 29 years of being a Marine, I have never seen a Marine who, if he or she was determined enough to reach a specific goal in the Corps, was ever denied that goal. I believe that in this Marine Corps you can do whatever you desire as long as you are willing to work for it. I see examples of it every day.

For some Marines, setting the goal of attending Jump School might be a short-term goal, while being a master gunnery sergeant is their long-range ambition. For others, their goals in the Corps might be a change of military occupational specialty to another occupational field or a tour on the drill field as a drill instructor.

Regardless of what goal you set, if you want

it badly enough and are willing to work and sacrifice to reach that goal and have the patience to apply (and yes, sometimes reapply), the Marine Corps and your leadership are also standing by to help you fulfill those dreams.

How many of you are aware of the many different officer commissioning programs that are available to enlisted Marines? There are several programs enlisted Marines can take advantage of. One program is the Enlisted Commissioning Program, another is the Meritorious Commissioning Program. A third is the Marine Corps Enlisted Commissioning Education Program. Thousands of enlisted Marines over the years have turned to these programs for reaching their personal goals of becoming Marine officers. This is but one story, but it can easily be you if you put your mind to it.

Lieutenant Col. Mark H. Bean is the current commanding officer of 3rd Battalion, 3rd Marines, but back in 1972 Lt. Col. Bean was Private Bean, United States Marine Corps Recruit, standing on yellow footprints at the Marine Corps Recruit Depot at Parris Island, S.C. The son of parents who were both Marines, and the sibling of both a brother and sister who had also proudly worn the eagle, globe, and anchor of our Corps, you might say it was preordained he would enlist in the Corps – and Lt. Col. Bean would probably tell you you were right. It, however, is not the fact that

See GOALS Page 12

It's your right; exercise it

By Capt. Sean Dugan
Base Voting Officer

The Presidential Primary season has begun. This Fall we will elect one-third of the Senate, all of the House of Representatives, the President of the United States and – depending on the state you call home – the Governor, State Senate and State House of Representatives.

This is a very important election year because the President will appoint three to five members of the Supreme Court and approximately half of all Federal judges. The President will also deal with important domestic and international issues, and will craft policies to guide the Nation through the next four years.

I realize many of you may not have voted for some time, and for the younger Marines, may have never voted at all. It is difficult to know the issues in your local elections; how your Representatives have voted in Congress; or make heads or tails of the positions and beliefs of the many candidates running for the Presidency.

Thankfully, there are Web sites that can help you make wise, informed choices.

It is time to register all Marines and their family members who wish to vote in the election this Fall.

Call me at 577-6712 today to get registered. Or log on to <http://www.govote.com> or <http://www.selectsmart.com/president> if you have access to the Internet.

God will not accept second place

By Lt. Benjamin Moreland

FROM TRI-COMMAND TRIBUNE

Some years ago I worked in the medical profession and was assigned to the emergency room. Many times I witnessed a sick child being brought to the emergency room by a young, concerned parent.

Most of the cases involved non-emergency medical care for a cold or the flu, with or without runny nose, coughing and fever. During the usually long wait, the child would invariably whine for a snack. "Later" the parents would normally reply. "Now!" the child would scream and wail, accompanied with big crocodile tears, pouting or a temper tantrum.

Mom or Dad would give in, snatch the child up in a fit of rage and anger, and head for the snack bar. The child would return smiling happily and munching on a candy bar and quite often sipping a carbonated soda with caffeine. In the majority of cases the happy child even forgot how ill he or she was for a time.

Then, cranky and tired of doing nothing, there would be more whining, and Mom or Dad would pull out another candy bar to quiet the child. Well, the kid won again. I'd say to myself. Unfortunately, the kid almost always won.

A few whines and tears, a strong will, an

embarrassed mom or dad too tired to fight, a sleepy child, and the "sick" one got to eat lots of junk. Of course, the hospital snack bar had some nutritious snacks to choose from but the kids got what they wanted. What they were used to having all along, junk food and their way; And the parents wondered why their kids were always sick.

Sometimes we feed on the wrong stuff when the right choices are within our grasp. Sin-sick and sick-of-sin in our lives, we settle for quick (and often junky) fixes for what really ails us. One of those spiritual junk food fixes that I often hear is, "Well, I think as long as I have God in my heart He understands that I can't always have worship or go to church." But rarely, or almost never?

If we treated our spouses or significant others in the very same manner we treat God, we would very soon lose that treasured relationship. The same thing pertains to our relationship with God.

God will not accept second place in your life for anything or anyone. The reason is because He is the one who died in order that you might live, not just in the hereafter but now. And like those beleaguered parents of the sick child, we often wonder why we can't shake what's wrong with us. If we would open our

See SECOND page 12

Just doing my job...



Photo by Cpl. Matthew R. Weir

Jim Carter, Heavy Equipment Mechanic grinds out some rough edges on an LAV during disassembly. Carter, a Barstow native, has been working at the Maintenance Center since 1997.

"I like working here," he said. "It's one of the few good jobs in the area and I get to work on equipment that can help save lives around the world."

Chapel Hours

Protestant Sun. 8:30 a.m.

Catholic services will not be available until April 2.

Yermo Bible Study

Wednesday 11 - 11:30 a.m.

At the Colonel's Workshop

For more info call Don Brooks at 577-7165.

BARSTOW LOG

SEVEN A MARINE CORPS REINVENTION LAB

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

Public Affairs Staff

Public Affairs Officer/Executive Editor:
Public Affairs Chief/Managing Editor:
Press Chief:
Editor:
Correspondent:
PA Support Clerk:

Bill Bokholt
GySgt. Frank Patterson
Sgt. Mike McQuillan
Cpl. Matthew Weir
Cpl. Brian Davidson
Bertie Dailey

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

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

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

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

News Briefs

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

Tax season cometh, VITA stands ready

According to Benjamin Franklin, only two things in life are inevitable: death and taxes. While you are on your own concerning the former, we can help you out in the case of the latter, because the only thing worse than having to pay money back to the government is trying to decipher the tax forms and legal mumbo-jumbo.

The good news is base personnel have knowledgeable, trained individuals standing by to help them wrestle with tax laws and perform timely electronic filing.

Armed with sharp pencils and hours of intensive tax-law training, VITA volunteers stand ready to tackle your income tax problems.

The following is a list of VITA reps and their phone numbers. Call today; don't wait until April 13.

Name	Phone
U.S. Marines	
GySgt. Michael Claudio	577-6533
SSgt. Robert J. Munroe	577-6684
Sgt. Mario Rivas	577-6871
LCpl. Kyran Ramcharan	577-6623
LCpl. William J. Sierra	577-6784
LCpl. Patrick J. Snyder	577-6784

U.S. Navy	
HM1 George W. Mosier	577-6081

Civilian Marines	
Vincent Chavez	577-7098
Jacqueline L. Fadely	577-6874
Barbara J. Holt	577-7480
Barbara Kulseth	577-6771
Terri T. Lloyd	577-7378
Cheryl A. Mitchell	577-7479
Tom Quenga	577-7440

Cupid's Quest returns

The Navy is again sponsoring the annual Cupid's Quest Sweetheart Dinner Dance and Scavenger Hunt.

The event starts Feb. 11 at the Oasis Club with a cocktail hour at 6 p.m. The dinner, a choice of either prime rib or chicken breast, starts at 7 p.m.

The cost is only \$12.50 per adult and it is open to all Oasis Club members, their guests and those personnel who are eligible for membership.

Reservations are required. Call 577-6575 to make yours today.

Iwo Jima, we remember

The Iwo Jima Commemorative Committee at Camp Pendleton, Calif., is holding a two-day event in remembrance of the Iwo Jima landing 55 years ago.

A series of planned activities on Feb. 18 precedes a banquet and service at the South Mesa Staff NCO Club at Camp Pendleton Feb. 19.

The men, wives and friends of the Third, Fourth and Fifth Marine Divisions and supporting units, as well as the general public, are invited to participate.

For more info contact:
Jim Weiry
308 Aqueduct Court
Placentia, CA 92870-5469

Laughlin Sweetheart Trip

The Civilian Welfare and Recreation Association is planning a day trip to Laughlin, Nev., Feb. 12. The bus leaves from Bldg. 44 at 8 a.m. and returns from Laughlin at 7 p.m. Trip highlights include sightseeing and a buffet at the River Palms Hotel. The price is \$15, which includes a \$10 deposit to be returned in Laughlin. For more info, call Dan Keim at 577-6614 or your CWRA representative.

Warrant Officer

The Adjutant's Office is accepting applications for the Warrant Officer Program. MARADMIN 008/00 out-

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to drop by for the weekend.

lines all information and qualifications needed to apply. Applications will be accepted until Feb. 4. For more info, call 1stLt. Leah Conley at 577-6155

Optometry appointments

The Branch Medical Clinic will have an optometrist aboard base Feb. 8-10. Civilian personnel requesting safety glasses should contact their supervisors to submit a safety eyewear request. For military appointments, call 577-6575.

Scholarship, loan program

The Navy/Marine Corps Relief Society is offering the Vice Adm. E.P. Travers Scholarship and Loan Program that either grants up to \$2,000 per year or gives a \$3,000 per year interest-free loan. Application deadline is March 1. For more info, call NMCRS at 577-

6627 or 256-1378, or stop by their office.

Pre-retirement planning seminar

The Human Resources Office is offering a seminar Feb. 16-17 from 8 a.m. to 3:30 p.m. to all base employees with at least five years of retirement coverage. Agency representatives will provide information on military deposits, Social Security, financial planning, estate planning, the Thrift Savings plans and the National Association of Retired Federal Employees. The course will also be offered in April and July. For more info, call Marva Johnson at 577-6965.

Military-Only scholarship web site

A new web site has been established for servicemembers to maximize their veteran's benefits at <http://www.gibillexpress.com>. The free Internet site has a list of more than \$300 million in scholarships targeted toward the military community. Also provided is federal and state GI Bill benefit information and a report card section that informs users about the benefits of individual colleges and uni-

versities. The site is not affiliated with the Department of Defense or the Veterans Association.

ASMC/FMA Luncheon

The American Society of Military Comptrollers and the Federal Managers Association have scheduled a luncheon Feb. 16 at 11 a.m. at the Oasis Club. The guest speaker will be Col. Mark A. Costa, Base Commander, who will present a view of the successes of 1999 and the challenges of 2000. The ticket price for the luncheon is \$5. For more info, call Lou Ann Presley at 577-6636 or contact your ASMC/FMA representative.

National Dental Health Month contest

United Concordia, the TRICARE family member dental plan, is sponsoring two contests for TRICARE dental patients. The first is a literary contest for ages 8-12. Contestants must write a story (fictional or non-fictional) no longer than one side of an 8 1/2"x11" piece of paper about the dentist. The

See BRIEFS Page 8

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
OTR-010-00	Laborer WG-3502-04 (Temp NTE 1 year)	01-13-00	02-14-00	01-27-00	MCLB Barstow
OTR-014-00	Supply Clerk GS-2005-04 (Temp NTE 1 year)	01-17-00	02-08-00	01-31-0	MCLB Barstow

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.dasnbroc.navy.mil>.

Annual notification for

Right to Representation

Pursuant to Section 7114(a)(2)(b) of Title V, U.S. Code, as amended by the Civil Service Reform Act (PL-95-454) annual notification of the right to representation is required. AFGE Local 1482 shall be given the opportunity to be represented at any examination of a bargaining unit employee by a management representative in connection with an investigation if: (a) the employee reasonably believes that the examination may result in disciplinary action against the employee; and (b) the employee requests representation.





By Jim Gaines
MCCS Publicity

Shop the Base Exchange

Shop at your Base Exchange; great bargains and everyday low prices. Check out these specials: 20 percent off perfume and cologne sets and singles. Up to 30 percent off Enesco figurines. 40 percent off Waterford crystal. 15 percent off all cameras. 10 percent off all camcorders. 10 percent off all plush toys.

Come in and browse, before you shop anywhere else.

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— Beef tips and noodles, vegetable, roll/butter.

Friday, Feb. 4 — Hoki fish, macaroni and cheese, roll/butter.

Monday, Feb. 7 - Mushroom

stuffed chicken, mashed potatoes, chicken gravy, roll/butter.

Tuesday, Feb. 8— Chili Mac, grilled cheese sandwiches.

Wednesday, Feb. 9— Lasagna, vegetable, roll/butter.

Thursday, Feb. 10 — Meatloaf, mashed potatoes, beef gravy, 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 call 577-6428.

Family Night Dinner Menu

Tonight — Fried chicken dinner, vegetable and dessert.

Thursday, Feb. 10 — Mexican Night — all you can eat!

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

Prices: \$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.

Join the Aerobics or Kick Boxing class and feel better

Stephanie Jefferies invites all MCLB Military and Civilians to join her Aerobics class, or her Kick Boxing class or both.

The Aerobics class is on Tuesday and Thursday from 4:30 to 5:30 p.m.

The Kick Boxing class is on Monday and Wednesday from 4:30 to 5:30 p.m.

The fee is \$15 per month — Military and Civilian. There is a \$2 walk-in fee. For more info call 577-6898

Sweetheart dinner dance & scavenger hunt

The MCLB Navy sponsored Sweetheart dinner dance and scavenger hunt will be held at the Oasis Club on Friday, Feb. 11.

A no host cocktail hour begins at 6 p.m. and dinner at 7 p.m.

The menu includes: Prime rib or chicken breast, baked potato with sour cream, butter & chives, green beans Almondine, roll/butter, tossed salad with dressing, and apple pie with whipped cream for dessert.

The cost is \$12.50 adults (no children). Open to all Oasis Club members, their guests and those eligible for membership.

Reservations are strongly suggested — please call 577-6575, and call as soon as possible.

ITT ticket prices much lower than gate prices

Save big bucks with ITT's tickets to popular Southern California attractions.

Here are just a few of the tickets we have.

Disneyland:

(1 day) \$28.50, (5 days) \$54.50

Knott's Berry Farm:

Adult \$32.50, Child \$25.00

Sea World

Adult \$32.50, Child \$25.00

Universal Studios:

Adult \$29.50, Child \$24.00

Magic Mountain:

Adult \$24.00, Child \$20.50

Wild Animal Park:

Adult \$18.00, Child \$13.00

San Diego Zoo:

Adult \$21.00, Child \$11.00

Long Beach Aquarium:

Adult \$24.00, Child \$13.00

Call ITT for more info on these and other tickets or for trips planned - 577-6541.

MCLB Sports

The Basketball League is set to conclude on Monday.

After a two day break, a Double Elimination Tournament will be held

to determine the Champions. The Double Elimination Tournament will start on Wednesday and conclude Feb. 11. All game dates will be posted in the Gym, the BARSTOW LOG and by e-mail.

The Base Volleyball League is set to begin in mid Feb. All authorized patrons can participate. Anyone interested in participating should attend our first League meeting on Wednesday, Feb. 2 at 4 p.m. in the Gym, building 44.

A Base Racquetball Tournament is scheduled for Monday, Feb. 7 through Thursday, Feb. 10. All proceeds will be in support of the Marine Corps Ball.

Following the tournament, if interest allows, a base league will be formed. Classifications will be novice/beginners, intermediate, advanced and open.

For details on any of the above topics, or any sports related info call Semper Fit at 577-6898 or 577-6899.

Bowling bargains

Bowl the month of February for only \$1 per game adults, \$.50 per game child, with a \$.50 shoe rental.

Saturday and Sunday Family Special adults bowl for only \$.75 per game, children \$1 for 3 games, with a \$.50 shoe rental.

Don't forget, free bowling for all couples Feb. 13. Call the Bowling Center for more info at 577-6264.



These are the results of the Jan. 21 Magistrate Court:

Disobeying a traffic officer – Guilty, \$75 fine.

Providing false information to a peace officer – Guilty, \$100 fine.

Open container – Guilty, \$120 fine.

Driving without a license – Guilty, \$50 fine.

Trespassing – Guilty, \$500 fine, one year summary probation.

Creating a hazard by evading a peace officer and Violating land closure – Guilty, \$500 fine.



SURVEY from Page 1

Another benefit of the survey is it can ultimately lessen the impact on the work force by determining what reductions are possible without resorting to Reduction in Force actions. Although initially distributed to employees in I&L in the A-76 study function areas, all base employees will eventually be offered the survey. Fleet Support Center and the Maintenance Center may conduct similar surveys in conjunction with the base.

However, the survey does not guarantee that VERA/VSIP will be offered in the future, Costa said.

VSIP/VERA allows employees to retire with incentive pay up to \$25,000 based upon the employee's age and

years of service. VERA requires an employee have a minimum of 25 years of Federal Service or be at least 50 years old with 20 years of Federal Service.

Esther Gonzales, Human Resource Office manager here, added the HRO will try to accommodate individual appointments for those needing further information about VSIP/VERA during the survey period, "... but if it becomes too voluminous maybe we can have some group meetings ... then everyone can hear some of the same general information."

KELLY from Page 1

erations Officer. He later served as the Executive Officer for the 224th Support Bn. and as the Deputy Assistant Chief of Staff, G-4, 24th Infantry Div.

Kelly went on to activate and command the 526th Support Bn. with the 101st Airborne Div., Fort Campbell, Ky. Following battalion command, Kelly was assigned the Joint Readiness

Training Center (JRTC) at Fort Polk, La., where he attended the U.S. Naval War college obtaining a Master of the Arts degree in National Security and Strategic Studies. Kelly was subsequently assigned to the faculty of the Naval War College in the Department of Joint Military Operations

His awards and decorations include the Bronze Star Medal, the Meritorious Service Medal, the Army Achieve-

ment Medal, the National Defense Service Medal, the Army Service Ribbon, the Overseas Service Ribbon, the Southwest Asia Service Medal and the Kuwaiti Liberation Medal. Colonel Kelly also wears Senior Parachutist, Rigger and Air Assault badges.

Colonel Kelly and his wife, the former Valerie A. Hunter of Washington, D.C., have two daughters Antoinette, 14 and Ashley, 11.

WELLNESS from Page 1

ensure someone was always in the office and that our mission is being accomplished," said Lingren.

Both, Lingren and Hutzley indicated that the opportunity to promote health through the program yielded numerous tangible and intangible benefits. Those involved saw that the command is responsive to the workforce.

"By providing the Civilian Wellness Program, said Lingren, my employees know that the command cares about them and their health."

Accountability for the time to engage in the program, which is official duty time, is a capital issue. Supervisors trusting their employees strengthens loyalties between the two, according to Sampilo.

"The program was greatly appreciated. I believe [employees] worked harder to show their appreciation," Hutzley observed.

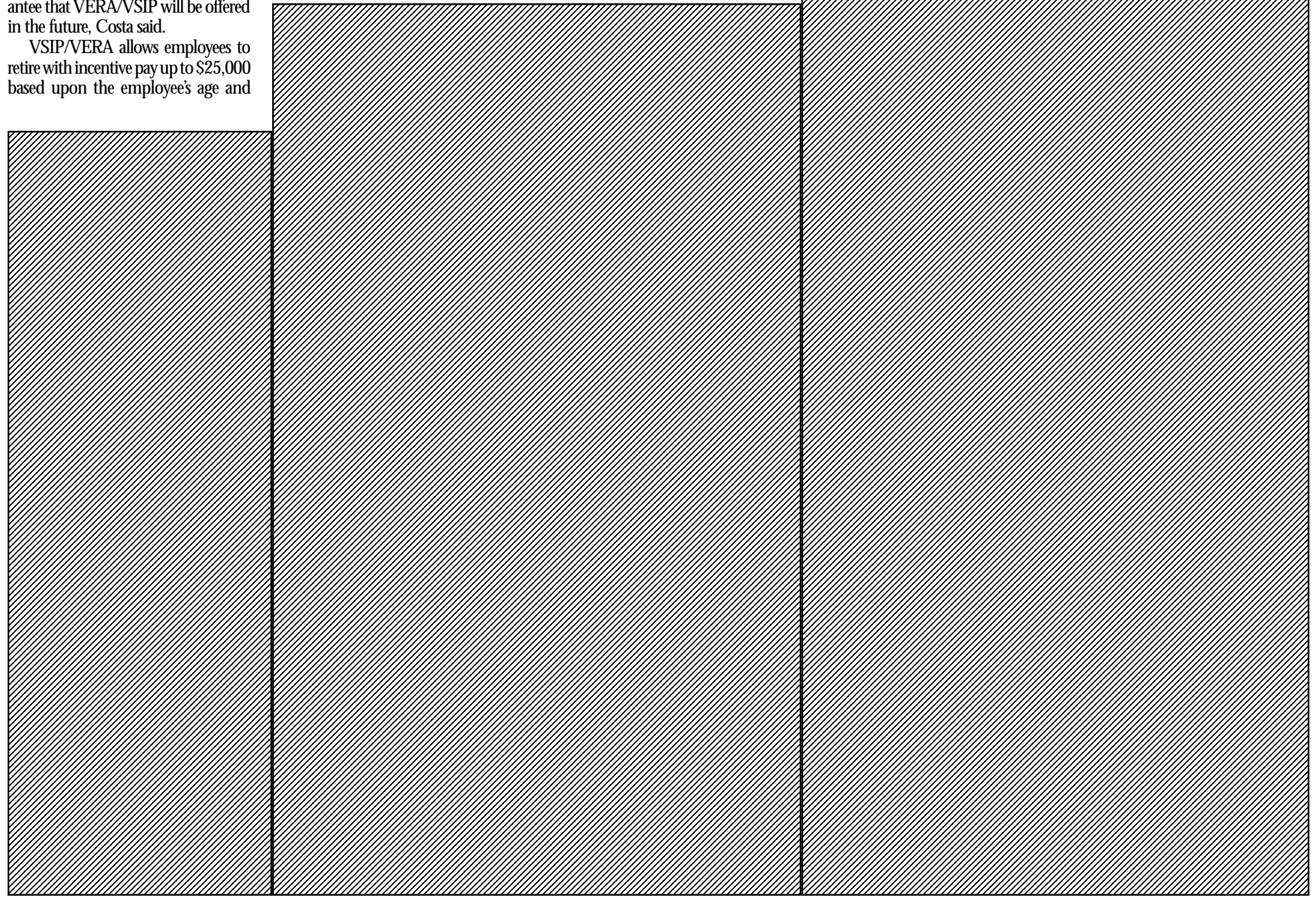
Boosted energy levels and commitment to job priorities were contagious. Supervisors reported more enthusiasm from staff about their jobs, which spread throughout the work place.

"Employees would come back from the gym worked up and energized," remembered Hutzley. "Their attitudes seemed infectious. Even those who weren't in the program seemed to have higher spirits. Some of them

weren't interested in the program but were glad that it gave those participating such delight."

In most instances the energy that program participants felt spilled over into their work environments. Many hold onto the habits that they formed while in the program – one of the Wellness Worksite Coordinator's end goals. Their self-maintenance is a hallmark of the program's success.

Lingren's employees keep her posted on their continued wellness efforts and remind her of the high levels of satisfaction they experienced.



PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

When bringing up children consistency can be magical*

By Ben McCart
Personal Services Division

Virtually every parent I have worked with knows what makes discipline work; surprisingly few fully understand how to make it work successfully – even though almost every one can tell you their primary discipline problem. With few exceptions, serious parents always say their main problem is “Consistency.”

Consistency is not a basis for success in discipline – it is the basis. Discipline comes from the root word “disciple” which means “to learn” and refers to training or education which develops character and self-control. Our children are given to us for basic training, and they will learn from us whatever we consistently teach them. Therefore, it is extremely important that we be consistent, and that our consistency teaches the right lesson.

If we teach them we will tolerate poor behavior, they will learn to behave poorly. If we

teach them they can ignore our rules, they will ignore our rules. If we teach them we say one thing and do another, then they will learn to ignore what we say. And if we say much and do little they will probably ignore us completely.

Conversely, if we teach them we expect responsible behavior, they will learn to be responsible. If we teach them they must pay attention to our rules, they will learn to live by the rules. If we teach them we will back up what we say with action, they will listen to what we say because it is useful information. And, if we do more and say less, they will pay more attention to us.

If I were allowed to share only one idea with parents, I would skip talking about what to do and spend all my time discussing how to do it successfully. Be Consistent!

Our children will consistently learn from what we consistently do.

*Taken from the *Raising Adults® Behavior Adjustment Workbook*.

Child Behavior Solutions

Are you spending more time on discipline and enjoying it less?

Then join us for “Raising Adults®”, humorous and practical Parent Roundtables on effective discipline starting Feb 8 at 3:45 p.m. in Room 10 of the McKinney Complex.

The roundtables continue for four consecutive Tuesdays. Feel free to attend one or all sessions. Come with specific questions, leave with specific answers.

Host Ben McCart leads each of the roundtable discussion on teaching your children desirable behavior, the values you believe in, and the personality traits of responsibility, self-discipline and self-reliance.

Ben is a licensed Marriage and Family Therapist, the father of five and a Vietnam veteran who learned his parenting skills while serving as a Naval flight officer in the 60s and 70s. His traditional approach to discipline comes from years of experience, not from books.

Each Parent Roundtable is free and open to all military personnel and military spouses. Seating is limited, so call Personal Services at 577-6533 to reserve a space.

Help, I'm a Parent!



If Child Behavior is the Problem...

Raising Adults® is the Solution!

A humorous and common sense approach to successful child discipline.

Raising Adults®

PARENT ROUNDTABLE

FEBRUARY 8, 15, 22 & 29, 2000

3:45-5:15 P.M.

PSD TRAINING ROOM (ROOM 10), MCKINNEY COMPLEX

Come with specific questions, leave with specific answers.

All military personnel and their spouses are invited to attend.
For more information call (760) 577-6533

Parents, children can come out winners with counseling



Ben McCart Marriage and Family Therapist

By Sgt. Mike McQuillan
BARSTOW LOG staff

Parents often raise the white flag and surrender before seeking advice on raising their children. As parents declare they “can’t win,” family counselor Ben McCart reminds them that parents and children are on the same team.

McCart brings 22 years of counseling experience to MCCS as the newest Marriage and Family Therapist on board, along with an internationally recognized group instruction program for MCLB families. He is offering a class, based on his copyrighted video series “Raising Adults” entitled “Help, I’m a Parent!”

Each one-day class will allow parents to gather at a round table and discuss parenting issues. McCart guides each discussion by promoting the

fundamentals of what he calls old-fashioned parenting. He expressed the advantages of an interactive forum over a classroom setting.

“They don’t come in to hear a lecture about things they don’t care about,” said McCart. “It will be the same class each time, but you’ll have different parents, different questions, different answers and different issues.”

All forums will emphasize rules, limits, consequences and consistency in being an effective parent.

“[The class] teaches the traditional parenting that our grandparents used and their grandparents used on them. They just used common

sense,” said McCart. “Strangely, it works. Common sense and human nature are the basics in raising a family.”

The class, much like most of McCart’s teaching, puts a new spin on a familiar word.

“It’s strictly about discipline,” said McCart, a retired Navy pilot. “If you get discipline straight, you’ll have time for all

the good things about being a parent. You spend less time parenting and more time being a mom and dad.”

Unlike old images of Robert Duvall calling

See PARENTS Page 8

PSD Briefs

Tax guide on Internet

The Retired Officers Association’s annual income tax guide is on the Internet at <http://www.troa.org/taxguide.asp>.

The guide provides current information on how federal and state tax laws affect military retired pay, the Survivor Benefit Program and disability compensation.

For more info call Personal Services Division at 577-6533.

Anger Management Workshop open

Are you experiencing increased annoyance, irritability or tendency to become negatively critical?

If so, the Marine Corps Community Services Department – Personal Services Division is standing by to help.

PSD is sponsoring an Anger Management Workshop Feb. 15 from 1 to 3:30 p.m. at Bldg. 129.

This workshop teaches participants how to evaluate, understand and control anger.

Reserve your space today. Call Personal Service Division at 577-6533.

Facts about Sexual Assault

The Personal Services Division is sponsoring a rape awareness workshop Feb. 23 from 4 to 6 p.m. in the training room at Bldg. 129.

Why should you consider going?

Fact: Sexual assault continues to be the most rapidly growing

violent crime in America.

Fact: More than 700,000 women a year are sexually assaulted.

Fact: It is estimated less than 50 percent of rapes are reported.

Fact: Approximately 20 percent of sexual assaults against women are perpetrated by assailants unknown to the victim. The remainder are committed by friends, acquaintances, intimates and family members. Acquaintance rape is particularly common among adolescent victims.

Fact: Males are the victim in five percent of reported sexual assaults.

Fact: 61 percent of female victims are under age 18.

Fact: At least 20 percent of adult women, 15 percent of college women and 12 percent of adolescent women have experienced some form of sexual abuse or assault in their lifetime.

To register call Personal Services Division at 577-6533.

Personal Services Director: William Boxx
Program Director: Dr. David Nieman

Personal Services Bulletin Editor: Stephanie Wilson
Phone Number: 577-6533

Strip 8

We can do this with our eyes shut

Story and photos by
Cpl. Brian Davidson

BARSTOW LOG staff

Whether fine-tuning generators for shipment to the Fleet Marine Force or taking time out to help community relations, Strip 8 Marines do much more than turn wrenches.

Sliding from beneath his most recently completed task, a newly refurbished equipment trailer, a slim, dusty Marine nudges his glasses back and wipes his grease smudged forehead with his coverall sleeve.

"We've prepared so many of these trailers we can do them with our eyes closed," he said, scribbling on clipboard.

LCpl. Joseph Sher is one of the Strip 8 Marines and civilian Marines working to make certain the equipment and machinery needed by Marines in the fleet get there in working condition.

"We have a balance between three classifications of equipment here," said LtCol. Mark Maloney, Fleet Support Center Barstow. "Items that are ready for issue to the fleet is what the Marines at Strip 8 spend the majority of their time working on. Whether it's prepping for shipment, minor repairs or actual modifications, we have to ensure that when the item gets to the fleet it's in the configuration that it needs to be in to work."

This week Strip 8 Marines prepared 10 HMMWVs for transport to Marine Corps Base Camp Pendleton in two and a half days.

The combination of civilians and Marines proves to be a great team. Their 1999 complaint rate was .042 percent. Noteworthy, according to Maloney.

"Last year we shipped over 14,000 items from the Fleet Support Center," said Maloney. "We received three reports of discrepancy back, only three of our customers notified us of any problems with our shipments."

In the new era of the Corps some new initiatives directed by HQMC may affect the way logistics is structured and ultimately impact how the Marines on Strip 8 function, according to Maloney.

LCpl. Thomas Walsh, a machinist by MOS who has gained the necessary wrench-turning skills of a mechanic through on the job training, finds the daily challenges of his job to be a departure from repetition.

"Day to day the work changes; something different all of the time. Before I arrived I didn't know anything about being a mechanic," said Walsh. "Yeah, we get a little grimy, but at the end of the day I always feel like I got something done or at least figured out something new."

Whatever the task at hand is, MSgt. Donald Johnson, section staff noncommissioned officer-in-charge, feels that his Marines are up to the task.

"We are often charged accomplish a mission on short notice," he said. "This week we received nine generators that

See **STRIP8** Page 8



Above: LCpl. Thomas Walsh sets about the tedious task of inventorying his toolbox. Each Marine is accountable for the equipment they use to accomplish their mission.

Right: Cpl. Adam Knotz uses his expertise to fine tune one of nine generators being shipped to MCB Camp Butler. One of Knotz's duties includes management of the hazardous materials associated with equipment and vehicles Strip 8 repairs.

Left: Marines and civilian Marines both work at Strip 8. Greg Johson (left) and Judith Wong, two civilian Marines from Strip 8 dismantle a HMMWV prior to storage on Yermo Surplus Lot 500.



BRIEFS from page 3

other contest is for ages 3-7. The entry form includes a drawing that must be colored. Winners of each contest will receive a \$100 savings bond. For more info, call Gloria Sheppard at 577-6593.

YMCA art and essay contests

The Armed Services YMCA is sponsoring an essay contest to youth of military families in four age categories ranging from pre-school to high school. The subject must focus on the importance of reading. Poetic entries are acceptable. Winning entries can win up to \$1,000 in U.S. Savings Bonds.

The ASYMCA is also sponsoring an art contest for military children from Kindergarten through 6th grade. The theme is "My Military Family." The top prize is a \$500 savings bond and selection as the Millennium 2000 poster for Military Family week in November.

For more information about either contest, call Andree Swanson at (703) 866-1260 or log on to <http://www.asymca.org>.

Parent Support Playmorning

The New Parent Support Program invites parents of children ages six and under to the playmorning at the McKinney Center Wednesdays from 10-11:30 a.m. There is no cost. For more info, call Sandra Casey at 380-4021.

STRIP8 from Page 7

needed to be shipped to Okinawa immediately. They immediately went to work, the job is done and we're ready for what comes next."

On and off-duty, they represent the Corps.

"Our Marines are active, even off-duty. We do every static display that goes anywhere in the High Desert, take time out to help with base tours, and many of the Marines are on the Mounted and walking color guard details in addition to regular duty," said Maloney.

Representing the command, doing static displays in off-duty time and wearing the uniform in the community, for me is great. Part of being a Marine is wearing the uniform. People like to see us in uniform and I like the appreciation the public shows us," said Sher.

Strip 8 Marines may be busy, but Sgt. Simei Rosario, section noncommissioned officer-in-charge, makes time to help them better themselves.

"Some of my major goals for this year are to make sure the Marines increase their knowledge of their MOS, obtain licenses to drive more vehicles, and maintain their overall fitness levels," said Rosario. "The better the Marines are trained, the more we will be able to accomplish."

PARENTS from Page 6

himself "The Great Santini" and gathering his "sports fans" to take orders from their "commanding officer," McCart uses a compassionate approach to problem solving.

"Parenting, if you do it right, is a short term job," said McCart. "Being a mom and dad is forever."

McCart's four pillars of parenting are rules, limits, consequences and consistency, with consistency being the most important.

"You don't need harsh consequences to get your point across," said McCart.

"Inconsistent parents have trouble, because kids will test the limits each time to see how far they can go."

Communication, according to McCart, is the best way to establish rules, limits, consequences and consistency. He refers to the obstacles to understanding as the "seven deadly sins" of communication.

McCart lists them in his workbook "The Family Relationship Handbook" - Nagging, arguing, lecturing, pleading, criticizing, threatening and yelling. Though "deadly" to communication, some families base most of their interaction on them.

While the sins interfere with child rearing, McCart also refers to them in marriage counseling. "Most of the time, you're dealing with both issues," said McCart of the people he counsels. "People don't understand how to communicate."

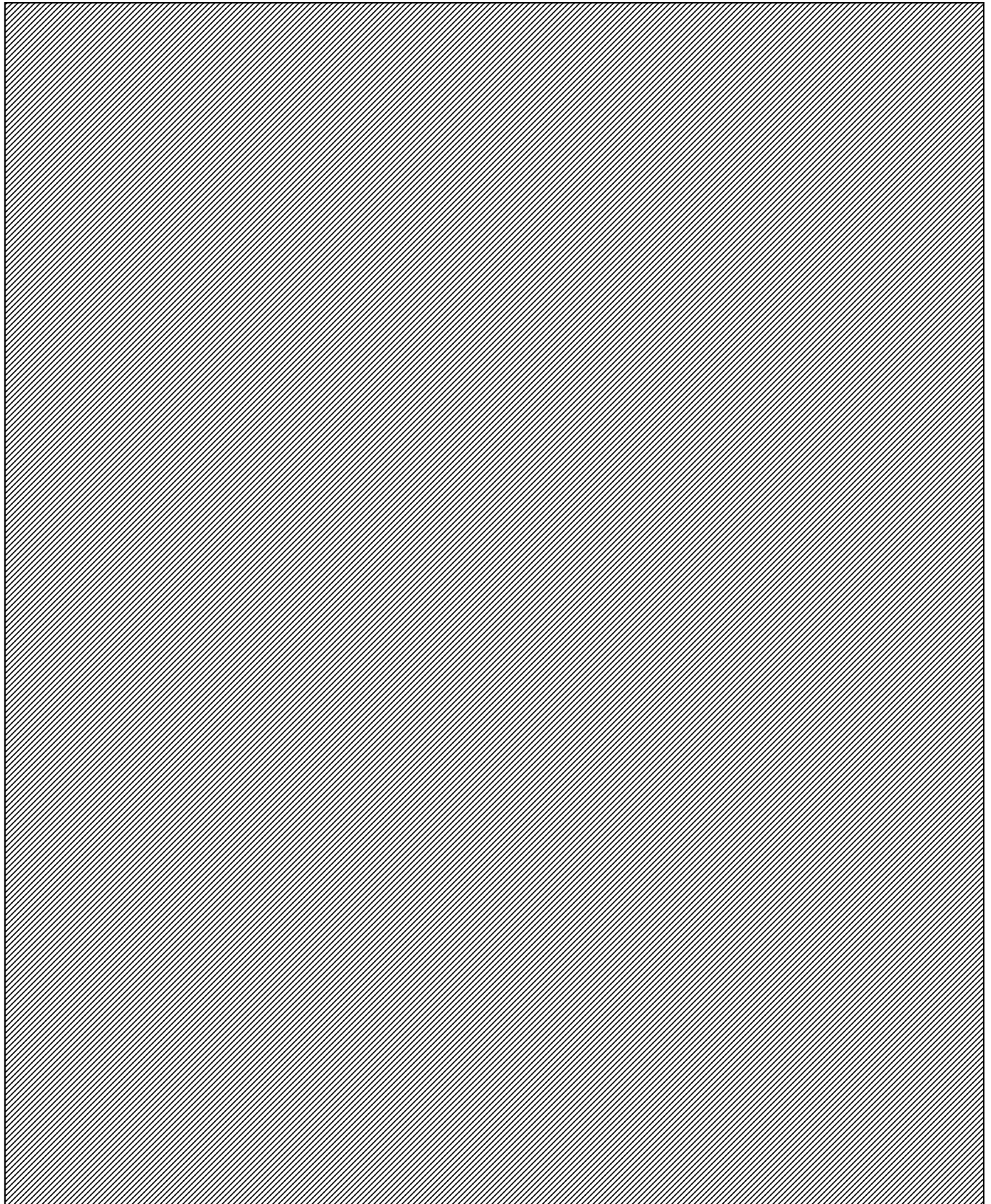
McCart has personal experience to back his claim.

"My kids didn't argue with me, because I didn't bother to argue with them," said the father of five children.

"I learned everything I knew about parenting in the trenches," he said. "I learned my skills by trial and error like [my patients] are doing now."

McCart, a resident of San Diego, works here Monday through Wednesday to compliment his evening schedule in Apple Valley, where he works on a charter school project. He has published four workbooks and 10 videos, and is currently writing a full-length book. He is available by appointment for marriage, family and individual counseling.

McCart and Personal Services Division are sponsoring a four-week workshop for parents every Tuesday in February. For more information or to reserve your spot at the roundtable call 577-6533.



SPORTS

Puckhogs' season cut short

By Sgt. Mike McQuillan

BARSTOW LOG staff

Puck Hogs' coach Jay Hunsaker gathered his men in the corner of the Fort Irwin athletic center to rouse them from a "here we go again" mindset to gear up for a second game of their hockey doubleheader.

Their 11-3 loss just minutes earlier to 2/11 prompted a second game in the double-elimination playoff tournament. A 45-minute desert drive to the fort and three periods of hockey had only culminated in defeat for the Hogs. Now they faced elimination from the league whose championship they claimed just two years earlier.

The Hogs had been held scoreless for more than 25 minutes in the first game, as weeks without a game or a practice rink had taken their toll.

The players glared up at Hunsaker, shielding the ceiling lights from their sweat-soaked eyes, with new life. They had only ten minutes to recuperate from their loss and face off against league rival "A" Company Ops Group, who sat patiently watching the Hogs fall in defeat. Hunsaker spoke to his

players with a championship still on his mind.

"It's double elimination," said Hunsaker. "You get to lose once. It's just that you guys used that loss up way too soon."

The well-rested Ops Group opened with an early goal, to which Mike Pugliese responded and tied the score at one each.

Ops countered and pulled ahead, ending the first period with a score of 2-1.

Pugliese once again nudged into striking distance and fired a shot to tie the game early in the second. Sadly, it would be the last time the Puck Hogs didn't trail.

Goaltender Matt Weir backstroked in front of the goal, saving 10 in the second period while allowing three into the net. The Hogs still had their best play of the night ahead of them.

An offensive Puck Hog surge produced their finest play of the evening. No puck handler approached the net alone, as shot after shot wore the opposing goaltender into inviting a center court slap shot from Mike Pugliese Jr. between the posts. It was the first of

two identical goals for Pugliese Jr. and the opening of a barrage of shots on goal. As a testament to "A" Company's tenacity, they held the Puck Hogs off long enough to retaliate with their own

offense. They went up 8-4 with just five minutes left. Joey Rancourt shoveled a Puck Hog goal with 3:30 left in the game, and Pugliese Sr. followed 30 seconds later.

Hesitantly entertaining the idea of defeat, the Puck Hogs expended all that was left in their heavily padded bodies

for the last three minutes of the season.

The Puck Hogs, who finished third place in the league during the regular season, fell to their opponents 8-6.

"I'm proud of you guys," said Hunsaker to his fallen players. "We're a still a team no matter who wins."



Photo by Sgt. Mike McQuillan

Puck Hogs defenseman Jeff Donovan (center) squares off against Paul Whitmore of 2/11.



Scoreboard

The top two teams in the intramural league showcased themselves and scouted one another Jan. 27 at the gym. Playoff favorites the Business and NTC turned to late season mode for their latest match-ups, where competition refused to give in.

NTC smashes CLINIC 91-50

In MCLB's own version of the Army-Navy game, the feisty Branch Medical Clinic fell gallantly to the NTC Fort Irwin team.

The game opened with hesitant shooting as Medical stuffed NTC on three consecutive lay-ups on their first run to the hoop. NTC hit the first field goal 2:20 into the first period and followed it up with a quick three-pointer to take a 5-0 lead. The Clinic sank their first points soon after the five-minute mark.

NTC fired up their engines and opened with a barrage of fast breaks. Some were met with stubborn Clinic defense, while other passes down court went untouched. Guards became free safeties as the ball frequently changed hands in the scoreless last minute of the first half. NTC brought a 48-18 lead into halftime.

The scoreboard see-sawed in the opening of the second half. The Clinic outscored NTC by a basket in the next ten minutes.

Then came the three-point show, as NTC hoopsters hit point after point from beyond the arc. NTC moved closer to a league title with a score of 91-50. Floyd Little from NTC led all scoring with 22 points. Matt Weir led the Clinic with 15.

BUSINESS defeats ROCK BOTTOM 72-37

The game centered on the theme "Improvement Counts" Rock Bottom, who looked the Business in the face and flaunted every bad pun from "hostile takeover" to "401 kick your butt."

The game surrounded by sportsmanship yielded no more than three fouls from any player.

Teamwork and overall size served the Business well. "[Rock Bottom] has gotten a lot better since the last time we played them," said Joseph Hood, Business assistant coach. "You wouldn't shoot well with these guys in your face. It's like shooting against Mutombo."

Rock Bottom forwards drove to the net often in the early stages but was denied by menacing defense. William Washington led the Business by varying three-point swishes with rim-shaking slam dunk action. At halftime, the Business led 40-13.

The Business kept their momentum with two field goals in the next minute of play, but soon hit a wall of Rock Bottom defense and went scoreless for four minutes. During that time, William Scruggs sank a basket, stole the inbound pass and relayed to William Sierra for another hoop.

The Business regained momentum and sent Rock Bottom home to watch wrestling with a lopsided 72-37 score. Washington chalked up 27 points, ousting three-point shooter Ernie Mena, who led Rock Bottom with 11 points.



Photos by Sgt. Mike McQuillan

See ya! William Washington, Business, with a huge jam.



Photos by Sgt. Mike McQuillan

Rock Bottom's Derrick Christoff hops, dribbles to the well.



Photos by GySgt. Frank Patterson

Mike McGee attempts to break through the defense for a score, but a vigilant Phillip Lamb stops him in his tracks. Tim Bartling rushes in to assist.

Mojave Mud Ballers debut

By GySgt. Frank Patterson

Public Affairs Chief

Ahhh, springtime! And a young man's fancies turn to thoughts of ... football?

Well, it's not spring just yet, but a spring shower in late winter turned these Marines' thoughts to an impromptu game of football in the Mojave Riverbed.

It was mud, sweat and cheers, as six base Marines decided the soft, sandy bottom of the riverbed was perfect for a good, old-fashioned game of knock-down tackle football.

Even though the actual mud content wasn't as high as hoped for, the thick sand kept injuries to a minimum (there were none). And trying to run in the stuff made for a great workout as the Marines created their own mud with moisture courtesy of their own sweat.

Although the field may have been shorter than a regulation field, everyone had a great time and *esprit de Corps* remained high throughout the late-evening game.

Final score? Who cares?

Sports Briefs

Volleyball league

Semper Fit is exploring the idea of having a volleyball league this year.

Teams must consist of eight to 12 people. At least four teams must play for a competitive season. The coaches meeting is Feb. 16 at 1 p.m. in Bldg. 44.

Although the first meeting was Wednesday, anyone interested is encouraged to contact SSgt. Dennis Owen or Gary Anderson at 577-6899.

Racquetball tourney

Semper Fit is hosting a racquetball tournament Feb. 7-10. It costs \$10 to play, and all the money goes to the Marine Corps Ball fund.

For more info call SSgt. Dennis Owen at 577-6899.

Officials needed

Basketball and volleyball officials are needed for the upcoming sports seasons.

If you're currently CIF/NCAA certified and interested contact Gary Anderson at 577-6899.

5th Annual 40-mile Relay

The base needs runners for the annual Fort Irwin to Veteran's Home 40-mile Relay Race on April 29.

The race is open to all military and civilian runners from the base. Up to 20 people - each running a two-mile leg of the relay - may be on a team. Last year, as in years past, two people ran the entire 40 miles.

The race begins on Fort Irwin at the Fitness Connection at 6 a.m. for individual runners and 6:30 for teams.

The race ends at the California Veteran's Home on Barstow Road followed by a cookout and awards ceremony.

The race entry fee is \$12 per person and includes a race T-shirt. Semper Fit is funding the MCLB Running Team entries.

The cookout afterward costs \$3 per person.

For more information call CWO William Bradshaw at 577-6971/6543.

TRADER ADS: Please submit all Trader Ads to daileyb@barstow.usmc.mil by noon Friday.

1988 FORD BRONCO: Eddie Bower edition. Blue/Tan, tan interior. 108k miles. PW/PL. EFI 351, auto, four-inch professional Rancho lift w/dual RS-5000 all around, new BF Goodrich 33 inch tires. \$7,500. 252-4634

ENTERTAINERS WANTED: The Marine Corps Logistics Base Barstow Multi-Cultural Day Committee is seeking entertainers for May 17 from 10 a.m. to 2 p.m. If interested, respond by Feb. 12. Call Kim Whaley at 577-6508.

1995 THUNDERBIRD: Low miles, great shape, V-8, all power, asking \$8,900. Blue Book \$12,000. Call 255-6320 Lv msg.

1992 FORD F150: 4x4, automatic with overdrive, trailer brakes with two package, AM/FM cassette and many other options \$8,000. OBO. Call 253-3237 ask for Nikki or JR.

1992 FORD RANGER XLT: Ext. Cab, 4x4, auto trans, \$7,500. Call 252-9053.

1992 DODGE CARAVAN: V-6 eng., (3.0) auto trans, A/C, CD player, tinted windows, roof rack, red w/gray interior 136k miles, well maintained and in good condition. \$5,200. Call 253-5397.

1992 TOYOTA PREVIA MINIVAN: White, 7-8 passengers, auto, cruise, power windows, power locks, dual A/C, clean, 90k miles, like new, book value \$10,650. Discuss finance options with owner. Call 255-3045.

FOR SALE: AIWA stereo system. 200w, five speakers, 3-disc changer, dual cassette, AM/FM radio, electronic graphic equalizer, 3-D sound, multi-jog dialer, full-function remote. Unused, still in box. \$350. OBO. Call 957-1622.

FOR SALE: DJ equipment; Two BST turntables w/needles, Numark Cut Master mixer, mic headphones and three crates of vinyl records. \$325 OBO takes all. Call 252-9146.

FOR SALE: Panasonic VHS VCR (up to 6-hour) older model, needs minor alignment of loader \$40; Radio Shack TRC-457 40 ch CB base radio, mic and Pwr cords \$20. Call 254-2295 Lv msg.

FOR SALE: Amateur radio, Heathkit RF osc, .03-110 MHz, \$10.; Cushcraft 3-element 2M beam \$15; Alinco ACR206T 2M Synth radio w/accessories, xlt for packet, \$80. Call 254-2295 Lv msg.

FOR SALE: Amateur radio, Realistic Pro2005, 400 ch scanner w/800 MHz Rx \$100; Two GE porta-mobile II radios (8-ch), VHF Hi-band w/accessories, \$15 each. Call 254-2295 Lv msg.

FOR SALE: Sofa, love seat, coffee table, two end tables. \$250. Call 252-2511.

FOR SALE: Sofa set, extra wide 7' and 4', light beige with classy design, neutral tones, paid over \$1,000. Will sell both for \$595. Will accept payments. Call 255-3045.

FOR SALE: Sectional, blue, 2 recliners love seat with small storage area, queen size sofa sleeper, also a rocker/recliner, must see to appreciate. \$1,500 OBO. Call 256-6632 Lv msg.

FOR SALE: Hutch, glass shelves, interior lighting, excellent condition, must see to appreciate. \$300. Call 256-1430.

FOR SALE: Playset & Swing, good condition, includes swing set, slide pole and slide, cost \$1,100 new. Sacrifice for \$350 or reasonable offer.

FOR SALE: 411 Posi GM rear end; 455 Olds Engine; 400 Olds trans. \$350 for all. Call 252-9199.

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

FOR SALE: Registered thoroughbred broodmare, 15 yrs, 15.2 hds, English reigner, dark bay. \$1,000. (negot.) Call 952-1934

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

DOG FOUND: Pit/Staff Terrier, brown/white, 70 plus pounds, owner information request after 4 p.m. Call 253-0067.

GOALS from Page 2

he joined the Marine Corps that is so significant. It's what he did once he was a Marine and the goals he set, that I think are so spectacular.

After Recruit Training, Pvt. Bean was assigned to 2nd Bn., 2nd Marines, where he worked hard and eventually reached the rank of sergeant. After reaching that short-term goal, he set his sights on another; he asked for and received orders back to Parris Island – this time as a drill instructor. It was during this tour he reached the goal of being promoted to staff sergeant.

Even with the great demands on his time as a drill instructor, Lt. Col. Bean pursued his off duty education. He juggled the demands of being an outstanding drill instructor and an outstanding student. Was it easy? Hell no, it wasn't easy, but as Lt. Col. Bean will tell you, nothing in life worth having ever is. Submitting his package for both the ECP and the MECEP programs, he was selected for the first program, as an alternate. He was also selected for the MECEP program, which he accepted because it was a "full-ride degree and regular commission." He withdrew his name from the ECP program and off he went to the University of Washington in Seattle to earn his degree. He received his commission from the Officer Candidate School at Quantico, Va. in 1982.

Since becoming an officer, he has served in a number of billets including the Royal Marine Exchange Program and as the logistics officer and training officer of a battalion during the Gulf War. All in all, if you look at Lt. Col. Bean's career, you see a Marine who, because he set goals for himself and was not afraid of putting forth some effort, made his way through the ranks from a boot private to being the commanding officer of one of only a few Marine Infantry Battalions. Not bad by anyone's score sheet, is it?

The bottom line to this story is that you, too, can be the next Lt. Col. Bean of our Corps if you really want to. Or, for that matter, the next Gen. Al Gray, former Commandant of the Marine Corps; Col. Jim Fulks, commanding officer of Task Force Grizzly; Col. Tim Conway, former commanding officer of the Recruit Training Regiment in San Diego and

current G-3 for Marine Forces Pacific; or Sgt. Ismael Alcala — all of whom became or will become Marine officers through enlisted commissioning programs.

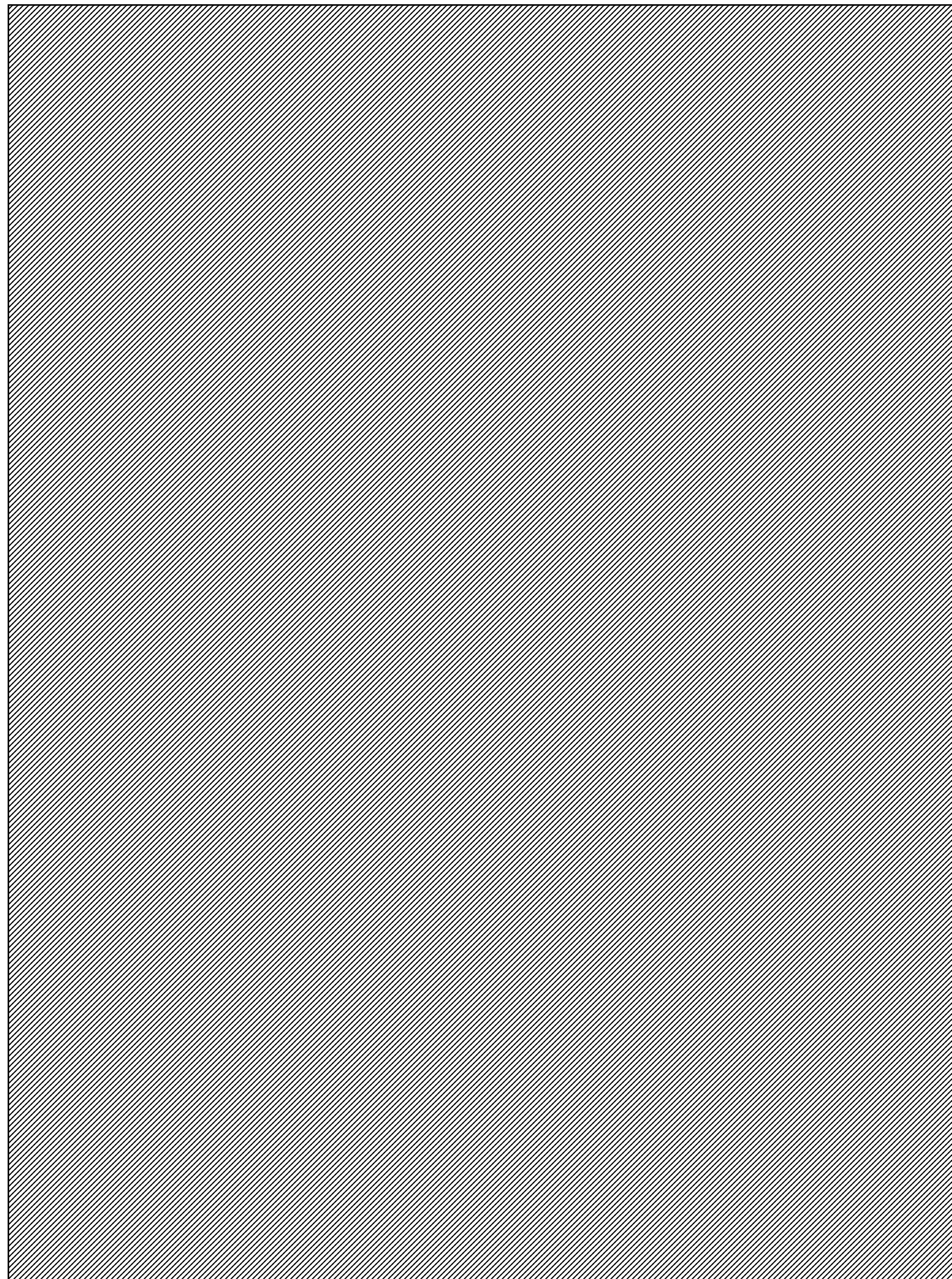
What do you need to do so? First, you've got to want it bad. It will take hard work, but you can do it if you really want to. Second, you need to speak to your commanding officer

and ask his or her advice. And third, you need to speak to your career planner. By doing those three things and with your desire to succeed, you can't go wrong.

You can add your name to those who reached the goals that these Marines did if you set goals for yourself and then do everything in your power to attain them. Will

there be set backs? You bet your bun there will be, but if you want something bad enough in this life, nothing can or will stop you. Set some goals in 2000, Marines. Life is too short not to take care of each other and as always, Semper Fi.

My thanks to Lt. Col. Bean for allowing me to use his career in the writing of this article.



SECOND from Page 2

hearts, minds and souls we could be filled with Jesus Christ, our Lord and Savior. We must because it's an emergency. Jesus is coming again, he says so in John 14:1-3 *"Let not your heart be troubled: ye believe in God believe also in me. In my Father's house are many mansions: if it were not so I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am there ye may be also."*

God says what He means and He means what He says. Today grab the nutritious spiritual food that your body's craving. Spend some time with Jesus reading His word and this weekend visit Him at His house (church). He's always visited you at your home.