

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 2

Marine Corps Logistics Base Barstow, California

November 9, 2000

Happy Birthday Marines!!

Base commander, MARCORLOGBASES commander send birthday greetings.

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Sacagawea

Remarkable Native American is finally recognized through Golden Dollar.

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Ready, Front

Promotions may be the stuff dreams are made of, but getting there can be a nightmare.

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Sports

Base archers take home experience and three animals during hunting expedition.

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<http://www.usmc.mil>



<http://www.bam.usmc.mil>

VITA

SJA Office prepares to ease upcoming Y2K tax season woes

By Cpl. Brian Davidson
BARSTOW LOG staff

With the end of the year fast approaching, the Staff Judge Advocate's Office is preparing to assist the MCLB Barstow community through the drudgery of the 2000 tax season with the Volunteer Income Tax Assistance program.

SJA Marines and staff are now taking part in intensive tax training programs conducted by the Internal Revenue Service and H&R Block that will enable them to obtain certification as expert tax preparers.

"The reason our staff is attending the training is to ensure that we have a core group that is knowledgeable and capable of solving the complexities that the average VITA volunteer might encounter, but not have had the training to solve," said Maj. Brent C. Cherry, staff judge advocate.

The VITA program provides unit

See VITA Page 5



Photo by GySgt. Frank Patterson

Marine Corps Mounted Color Guard members (Left to Right) Cpl. Spencer E. Denbo, SSgt. Michael Kancilija, Cpl. Michael G. McGee and LCpl. Scott R. Placko parade their mounts down Main Street, Barstow, during the 68th Annual Mardi Gras Parade Tuesday night. See Page 7 for more parade coverage.

Annual Health, Safety Fair scheduled

By Bill Bokholt
Public Affairs Officer

The 8th Annual Federal Employees and Retirees Health Fair combined with a base Health and Safety Fair is being held here at the gymnasium, Building 44, November 16 from 2 to 7 p.m.

The health fair provides federal employees and retirees, base residents and their family members the opportunity to get a preventive check-up. Scheduled health screenings include blood pressure and cholesterol checks, body-fat analysis and a pulmonary function test, which measures vital lung capacity.

The fair coincides with the Federal Employee Health Benefit open season from November 13–December 11. During the open season eligible individuals who are not currently registered with a health plan may enroll. Eligible members already enrolled can change from

one plan to another.

All federal employees and retirees – including the U.S. Postal Service, Bureau of Land Management, Federal Bureau of Investigation and Department of Social Security Administration – and their family members are encouraged to take advantage of the fair.

Health Management Organizations (HMOs) scheduled to attend include: Aetna, Cigna, Health Net, PacifiCare, Blue Cross of CA California Care, Blue Shield of California; Universal Care, First Health, Maxicare and Kaiser.

Confirmed Preferred Provider Organizations (PPOs) include: Blue Cross/Blue Shield, Mailhandlers and EyeMed.

Other attendees are: TRICARE, Breast Education Center, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., Barstow Dental Center, Victor Valley IPA Medical Group (information about allergies, asthma and

eating for healthy hearts), Veterans Home of California-Barstow, National Association of Retired Federal Employees (NARFE) Chapter 1564, Relive Products (nutrition), American Red Cross-

High Desert Chapter and the San Bernardino County Blood Bank.

A large array of safety displays and

See HEALTH Page 5

Commissary can help in smoking battle

By Bonnie Powell
DeCA Business Unit

FORT LEE, Va. – If you miss "The Great American Smokeout" November 16, that's still no excuse not to quit.

The Department of Defense is encouraging all personnel who use tobacco products to "commit to quit" for at least one day on November 16. But, if the "world's biggest support group" method

doesn't work for you: Do it at your own pace. The most popular self-help methods available over the counter are carried in most commissaries at cost. It's no secret. "Buying it at the commissary will save you at least 20 percent or more," said Marye Carr, a buyer for the Defense Commissary Agency (DeCA). "So use your benefit to help you save money -

See HELP Page 12



A birthday message from the Commanding Officer

Celebration of our Corps' 225th Anniversary is special and personal. It's special, as are all our birthdays, because no matter where Marines are, they pause in varied ways to commemorate the Corps' universal reputation as the finest in the profession of arms. It's personal because after nearly three decades of proudly serving... this will be my last as an active duty Marine and your Commanding Officer.

Marines are a proud lot. From Tun Tavern, two World Wars, Korea, Vietnam, Desert Storm and countless insurrections, Marines have served our great nation with distinction. But ours is not only a proud history of combat successes, it's also one of compassion for the innocent victims of war, and it's a chronicle of humanitarian assistance. Our missions and accomplishments are as diverse as the races and cultures of the Marines that fill our ranks.

Marines are special. The expression "Once a Marine always Marine" epitomizes our special fraternity that links those of us today with the Marines of the past. This is a very special and often envied, bond of brotherhood and camaraderie.

Marines are a family. Marines may "take the point" but they do not succeed without support from their Marine family. Our loved ones and friends, our Navy brothers and sisters, our professional civilian Marines and the American public are who enable us to be America's "911 Force in Readiness."

Marines accept their heritage. Those who preceded us can be assured that today's Marines, and those in the future, will carry on the legacy of defending freedom and serving mankind with honor, courage and commitment.

This is our Birthday! Celebrate it knowing you share an illustrious history. Celebrate it knowing it's your opportunity to make history. Recognize it, respect it and above all else, honor it!

So to each of you, your family and friends, Kathy and I wish you a happy and safe 225th Birthday.
Semper Fidelis!

MARK A. COSTA
Colonel, U.S. Marine Corps
Commanding

A birthday message from MARCORLOGBASES CG

On 10 November 1775, our founding fathers established a unique military organization whose tradition achieved prominence in the archives of American warfare.

Since that day, Marines have continued to protect and cherish the ideals of those founding fathers and have successfully defended our nation's interests at home and abroad.

Today, as we pause to celebrate the 225th birthday of our Corps, I hope that each of you will take a moment from the festivities to reflect upon these touchstones, and pay tribute to the indomitable will and selflessness of the men and women who paved the way for us to enjoy the freedoms we relish today.

Let us not forget our fallen heroes, returned Prisoners of War and those still missing in action who have defended our freedom at all costs and have sacrificed blood, sweat, tears, life and limb, to give us the identity we have today as the world's premier fighting force.

On this day, each of us can justifiably feel the

pride that has been built over two centuries of valor, in places that stir the hearts of Americans... places like Belleau Wood, Edson's Ridge, Peleliu, Inchon and Hue City.

The characteristics of the Marines that won the day at these hallowed places must be studied and emulated by those of us who wear the eagle, globe and anchor today.

Few military organizations have been held in such high esteem as the United States Marine Corps. This is ultimately your day Marines - celebrate with pride and share that pride with family and friends.

You have 225 years of the richest history of any group of warriors on earth.

Happy birthday Marines, and may God continue to bless you and yours.

Semper Fidelis
Richard S. Kramlich
Brigadier General,
Marine Corps Logistics Bases Commander



Helping those in need

By Lt. Elmon R. Krupnik
Base Chaplain



This past week I attended two events that reminded me that throughout our lives we should help those around us that are in need. The Mojave Valley

Volunteer Hospice sponsored one event, and the Disabled Employee Awareness Program at MCLB sponsored the second event. Both events dealt with awareness of a need: one with cancer and the second with disability. Each need required a human factor to help improve the quality of life of the individuals in our community.

What factors do we allow to influence us when it comes to helping others? Do we allow the spiritual factor, including the Greatest Commandment, to influence us? Matthew 22:36-40 asks, "Teacher, which is the greatest commandment in the Law? Jesus replied, 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the prophets hang on these two

commandments'"

When we allow the spiritual factor in our life to be a part of us, a transformation process begins, and our God begins to mold us spiritually.

A liturgical poet from the 10th Century, expanding on Jeremiah's imagery of God being the potter wrote these words:

As clay are we, as soft and yielding clay
That lies between the fingers of the potter.
At his will he moulds it thick or thin,
And forms its shape according to his fancy.
So are we in Thy hand, God of love;
Thy covenant recall and show Thy mercy.

As stone are we, inert, resistless stone
That lies within the fingers of the mason.
At his will he keeps it firm and whole,
Or at his pleasure hews it into fragments.
So are we in Thy hand, God of life;
Thy covenant recall and show Thy mercy.

The benefit we receive from helping others is a peace, a contentment, a satisfaction that wealth or position cannot provide. Let us endeavor to put into practice the spiritual factor in our lives as God continues the process of molding us and making us according to His will.

Blessings to all,
Chaplain Krupnik

Chapel Hours

Protestant Sun. 8:30 a.m.
Catholic Mass Sun. 10:30 a.m.

Confession services
before Mass

Yermo Bible Study

Wednesday 11 - 11:30 a.m.
At the Colonel's Workshop
For more info call
Don Brooks at 577-7165.



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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 and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

CWRA Turkey giveaway

Congratulations go out to Glenn Stoops, CWC-742 Repair Division. He won the second \$15 turkey giveaway certificate in the weekly drawing November 2.

Be sure to get your entry in for the free turkey giveaway the Civilian Welfare and Recreation Association sponsors annually. The drawing goes at 11 a.m. every Thursday at the Oasis Club until November 16.

Once a person receives a certificate, they take it to Stater Brothers and redeem it for a turkey.

Forms are available from any CWRA representative or at the Public Affairs Office at Building 15.

Call Dan Keirn, 577-6614, for more information on this free drawing.

Thanksgiving Certificates

Monday is the deadline for nominations for Thanksgiving certificates. Turn in your nominations at the Religious Ministry Center.

Nominees may also pick up their certificates at the Religious Ministry Center November 16 during normal working hours.

Veterans Day Events

- Colonel Mark A. Costa, base commander, speaks at 11 a.m. at the Veterans' Day ceremony at Barstow's Mt. View Memorial Park Saturday. The base color guard will also be there.

- Costa also speaks at the Veterans Home Saturday at 12:30 p.m.

High Desert Stitches

The next meeting of the High Desert Stitches Quilt Guild is at 6:30 p.m. on Tuesday at the Ingalls Recreation Center at Fort Irwin.

Bring your sewing supplies to start on a baby quilt. For details call 386-0216 or 256-2362.

Christmas Craft Fair

The Hinkley School Parent-

Teacher Organization is holding a Christmas Craft Fair at the Barstow Mall December 1-3.

Santa is available for pictures, as well as craft vendors, food, baked goods, raffles, children's games and fun for the whole family.

For more info call 253-4646.

Marine Corps Birthday Events

The base is holding four separate cake cutting ceremonies to celebrate the 225th birthday of the Marine Corps.

The first cutting was held Wednesday at Building 573.

The second cake cutting is today at the flagpole on Nebo in front of Building 15 at 8 a.m.

The third cake cutting is also today at the Veterans Home of California - Barstow at 10 a.m. Everyone is invited to attend to come and celebrate with the Marines who have gone before.

The final cake cutting is at the Primmadonna Resort and Casino in Primm, Nevada, Saturday at 6 p.m. Reservations are required for this event.

Commissary Closure

The Commissary is closed Saturday in observance of Veterans Day. They will re-open Tuesday at regular posted hours.

PMO Closures

The Provost Marshal says the rear gates at the Nebo and Yermo annexes are closing today at noon and will remain closed until Monday at 5 a.m.

Also, Vehicle Pass and Registration closes today at noon and re-opens Monday at noon.

Gym Closures

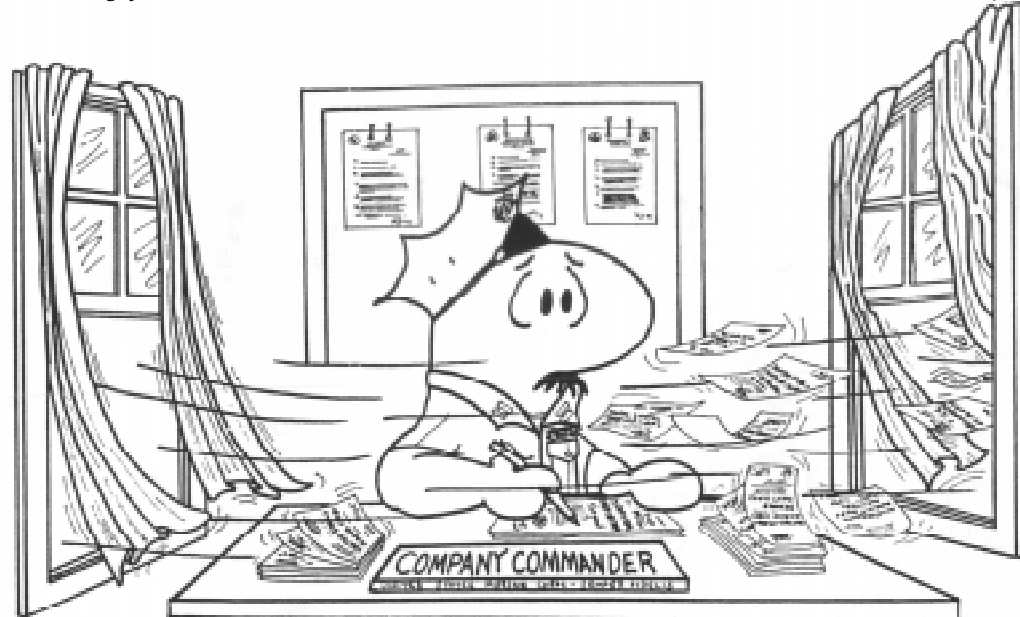
The base gym is closed November 16 for the Health and Safety Fair; however, the weight room will remain open.

The scheduled gym hours for Veterans Day are:

Friday 8 a.m.-3 p.m.
Saturday Closed

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine why promotions are so slow.

Sunday 8 a.m.-3 p.m.
Monday 5 a.m.-9p.m.

Also, the scheduled gym hours for Thanksgiving weekend are:

November 23 Closed
November 24 8a.m.-3p.m.
November 25 8a.m.-3p.m.
November 26 8a.m.-3p.m.

For more info call GySgt. David Wersinger at 577-6899.

Family Restaurant/Cactus Club Closures

Family Restaurant (Nebo)
Today Closed at 12:30 p.m.
Nov. 10-12 9 a.m.-2 p.m.
Cactus Club (Yermo)
Nov. 9-12 Closed

Carbon Monoxide Alert

Carbon Monoxide (CO) is a colorless, odorless, invisible gas that kills between 560 and 700 people annually. In the military in the last year, seven off-duty Sailors and three Marines died from CO poisoning.

CO kills by literally suffocating the brain and body as it replaces oxygen in

See BRIEFS Page 12

Look who's here in the "St. Nick" of time, with the longest list ever... and asking for volunteers to help!

TOYS for TOTS

This year Santa needs our help more than ever in the High Desert. Many children face the prospect of finding nothing under the tree this year. Your donation of an **UNWRAPPED**, new toy, can bring a more joyful Christmas to an underprivileged child.

Environmental - Warehouse 3	Fleet Support - Whse 406
Battalion Lobby - Building 302	GMD Lobby - Bldgs 322, 614
Base HQ/AFGE - Building 15	Housing Office - Bldg 588
SJA/OGC, DLA, C&P - Building 238	Base Safety - Bldg 43
Maintenance - Bldgs 196, 197, 198	Exchange - Bldg 342
Personal Services - Building 129	Warehouses 401, 402, 403
DRMD Lobby - Bldg 226	All gates
Branch Medical Clinic - Bldg 582	MCCS - Building 44
DLA Warehouses 5, 7, 10	
PMO/HRC/TAVSC - Building 37	
Nebo/Yermo Fire Depts - Bldgs 18, 437	

Sponsored by the Barstow communities
Coordinated at MCLB by the
MCLB Fire Department

For more information call:
Nebo Fire Department -577-6732/6866/6865

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
OTR-139-00	Computer Specialist GS-0334-09 (Temp NTE one year)	11-02-00	12-04-00	11-20-00	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.donhr.navy.mil>.

Toys for Tots

The following events are planned to promote the annual Barstow Toys for Tots toy drive:

- | | |
|--------------------|---|
| November 12 | Car show at WAL-MART |
| November 24 | District 37 Dual-sport L.A. to Las Vegas Motorcycle Run |
| November 25 | Golf Tournament |
| December 1 | Turkey Shoot at Slash-X Cafe |
| December 2 | Telethon |
| December 2 | Cook-off at Hooz on 1st |
| December 2 | On-road motorcycle poker run |

For more info on these events, call 252-3093.

Sacagawea: The Saga of a Shoshone

By Jim Garamone
American Forces Press Service

WASHINGTON — She was a slave, a woman and an Indian. And America might not be what it is today without Sacagawea.

She was probably born in 1790 in what is now Idaho. A member of the Shoshone tribe, she was kidnapped as a child by the Hidatsa tribe. The Hidatsas sold her as a slave to the Mandan Sioux of modern-day North Dakota.

There are conflicting stories, but Sacagawea ended up with a Canadian trapper named Toussaint Charbonneau. One story says he won her and another Indian woman in a bet. Others say Charbonneau bought the women. Whatever the truth, by the winter of 1805, the two were a couple, and Sacagawea was pregnant and near term. That sets the stage.

Two years earlier, President Thomas Jefferson had sent emissaries to France to buy New Orleans. He believed U.S. interests mandated that the city, near the mouth of the Mississippi River, be part of the country. Alternatively, the emissaries were to negotiate free navigation of the river.

But Napoleon had another idea. He needed money and offered a deal: France's entire Louisiana Territory for a then-kingly \$15 million. Jefferson jumped at it.

So what was out there? Before the Louisiana Purchase, the United States of America ended at the Mississippi. The fact is, white Easterners at the time knew more about the face of the moon than the interior of the North American continent — and the U.S. government had just bought 800,000 square miles of it sight unseen.

Jefferson sent his private secretary, Army Capt. Meriwether Lewis, to explore. Lewis recruited Lt. William Clark and the Corps of Discovery and in 1804 set off up the Missouri River into terra incognita. The all-male, all-single, mostly soldier group was to map, observe and record everything and to find a navigable water route to the Pacific.

Lewis and Clark realized they would need interpreters to speak with the Indian tribes they expected to meet. In 1805, they wintered at the Mandan village along the Missouri. There, they hired Charbonneau as an interpreter and guide.

Along with Charbonneau came Sacagawea. The thinking was she could help translate when the expedition reached her native area. The Indian teen-ager gave birth to a son, Jean Baptiste Charbonneau, on Feb. 12, 1805, in the Mandan village. The baby was strapped to his mother's back when the

expedition left the Mandans that April.

The expedition continued up the Missouri River. Stories told over the years have Sacagawea guiding Lewis and Clark through the wilderness, interpreting for them and keeping them out of harm's way more than a few times. There are contrarians.

Historian Stephen Ambrose, in "Undaunted Courage," his book about the Lewis and Clark expedition, contends Sacagawea was not a guide and that neither Lewis nor Clark thought of consulting her even when she clearly could have helped. The two seem to have asked for her advice only once — for a route when they entered her people's hunting grounds. She pointed them up a tributary of the Beaverhead River.

What is not disputed are the events following Sacagawea's reunion with her tribe on Aug. 15, 1805. If what happened had been part of a Hollywood movie, critics probably would have panned it as unrealistic. Lewis met with the chief of the Shoshones. Sacagawea listened to the parlay and then recognized the chief was her brother, Cameahwait.

Her relationship to the chief cemented the expedition's standing with the tribe. It also may have been the critical breakthrough Lewis and Clark needed to reach

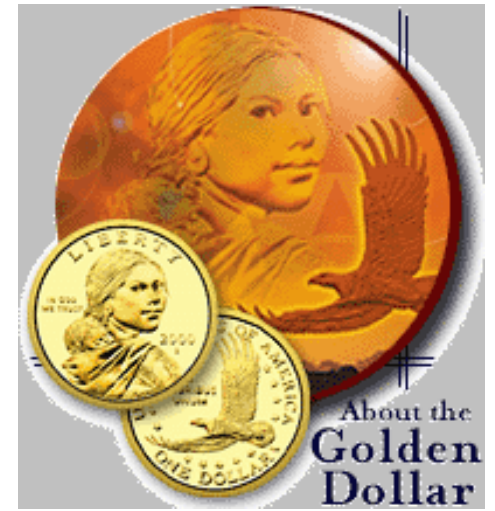
the Pacific and return. They desperately needed Indian help to get over the Bitterroot Mountains of Montana and Idaho.

Cameahwait sold horses to the travelers and provided a guide to lead them across the Bitterroots. Even with Shoshone help, the expedition suffered many hardships going over the mountains. Had Sacagawea not helped them establish a rapport with Cameahwait, the explorers would certainly have fared far worse.

Eventually, Lewis and Clark met up with the Nez Perce tribe and made their way to the Columbia River and to the Pacific Ocean. They wintered over at the mouth of the Columbia and started home in the spring. When the party reached the Mandan village, Charbonneau and Sacagawea stayed behind.

Following the expedition, Clark offered to school Jean Baptiste. Charbonneau and Sacagawea accepted the offer and moved to the St. Louis area. They had a

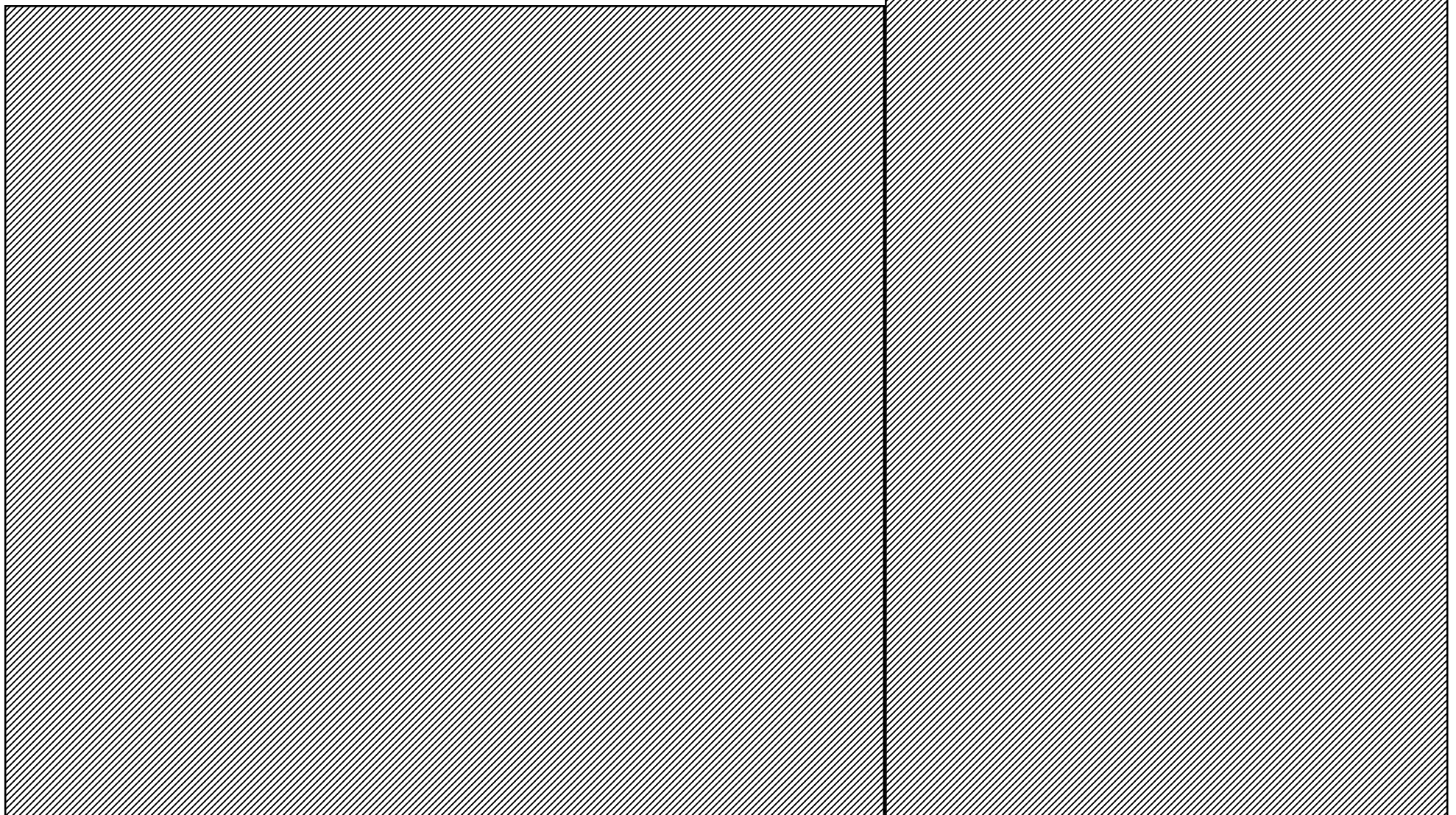
In honor of Native American Heritage Month, November 1–30.



daughter named Lizette and then moved back to the Mandan village in 1811.

Sacagawea died of "putrid fever" on Dec. 20, 1812, or maybe not. Shoshone oral tradition says she returned to the Shoshones and settled at the Wind River reservation in modern-day Wyoming. Tribal tradition says she died on April 9, 1884, and is buried there.

A slave, an Indian and a woman, Sacagawea received little respect during her lifetime. Today, the United States recognizes her and her place in American history through its new Golden Dollar coin. The front features a portrait of her and a bundled Jean Baptiste.



Semper Fit, PSD seek smokeout participants

By Marisa Klavon
Health Promotion Coordinator

Since the Health Promotion message for November addresses tobacco avoidance/cessation, the Navy and Marine Corps will participate in the "The Great American Smoke Out" on November 16.

The Health Promotions Department at Semper Fit and Personal Services Division are teaming up and calling on participants for this important one-day event. This is a huge day for those who are contemplating quitting the use of tobacco.

To participate in this event, come by the Health Promotions Office at Building 44 or PSD, Building 129, and pick up a button that represents a 24-hour tobacco abstinence achievement. Upon the 24-hour completion of abstinence, you will be awarded a certificate.

We at MCLB Barstow want to participate in

DoD's long-term goal, which is to be a smoke-free military installation by 2010.

Join our efforts and be a part of "The Great American Smoke Out" and for one day, cease smoking cigarettes, cigars, pipes or chewing tobacco. Semper Fit's and PSD's combined goal is to reach all users of tobacco for at least one day.



The physiological effects for one day of abstinence are quite astonishing.

For example, according to the American Lung Association, after 20 minutes of quitting the use of tobacco, your blood pressure decreases, pulse rate drops, and body temperature of hands and feet increases. And, after 8 hours

of abstinence, carbon monoxide levels in blood drop to normal, and oxygen levels in blood increase to normal. Moreover, after 24 hours of quitting, your chance of a heart attack decreases.

For more information, contact MSgt. Wanda Collins at 577-6851 or Marisa Klavon at 577-6817.

To get to MCLB Barstow, follow Interstate 40 east. Exit at the Marine Corps Logistics Base off ramp and follow the road to the front gate. Military policemen will direct attendees to parking areas.

For more information call CWO William Bradshaw, 577-6543, or Janice Neukam, 577-6722.

HEALTH from Page 1

demonstrations complement the fair. Marine Corps Base, Camp Pendleton, Calif., is providing the "Convincer" - a device designed to simulate the effect of a vehicle crash between 5-10 miles per hour with a seat belt.

The California Highway Patrol is also demonstrating its "Rollover Cage" which shows what happens to a "dummy" in a vehicle rollover with and without a seatbelt. The Barstow Police Department is bringing a display and their Emergency Response Vehicles. The base fire department is showcasing its new portable smokehouse that will be used for fire prevention training throughout the community. Sparky the Fire dog complements the smokehouse and other displays.

Safety shoe vendors participating are: Industrial Safety Shoes, Lehigh Safety Shoes and D Footwear for Red Wing shoes.

The base's Military Working Dog Section will conduct a 30-minute K-9 demonstration at 4 p.m.

VITA from Page 1

volunteers with tax preparation training. In turn, the volunteers donate their time and newly gained expertise to help the base community. Volunteers complete the tax forms for patrons, who can then take their prepared taxes to the SJA for electronic filing.

Last year, most of the taxes prepared by volunteers were electronically filed with an error rate of less than one percent.

Soon, the call for volunteers will be sounded for this tax season's program.

Because volunteers are the heart of the program, Cherry noted that it's imperative that units send bright and capable people for the task. Providing a high quality of service is key.

Lance Cpl. Michael T. Pirozzi, legal clerk, noted, "The classes are not easy and there is some homework."

But there are definite rewards for being a part of the program.

"I didn't have the opportunity to do it at my last duty station. This is my first time, so I didn't know much about the relationship between earnings and taxes, what you can do, what you can't do. A lot of people don't understand those things," said Pirozzi. "I didn't and my dad recently retired from the IRS. Now, I do and it will be a great benefit to me in my personal life."

"The Commandant of the Marine Corps will definitely have goals for the program this year, and we want to expand on those," remarked Cherry, who has high expectations for this year's program. "We are not only aiming to take care of Marines, but all service members and dependents, retirees and the civilians that work aboard base."

According to a Headquarters Marine Corps news release, worldwide, Marine Corps volunteers assisted more than 125,000 taxpayers including members of all service branches, retirees, and their family members in 1997 and saved Marines more than \$4.7 million, and last year more than \$6 million.

A steep increase in the figures is anticipated for the 2000 tax season as awareness of the program has increased throughout the Corps.

"I hope that when the tax season opens, people take advantage of the program. It's free and speedy; returns are received within two weeks of electronic filing. It's convenient, we're close and the service is friendly."

Since the program's inception in 1994, the VITA program has developed into a significant and recognizable quality of life improvement for Marines and their families.

Why use VITA?

- **It's free**

Using the service saves the \$50 to \$200 it would cost to have taxes completed by a commercial tax preparer.

- **Prompt refunds**

E-filed returns are normally directly deposited into a bank account within 10 days of filing.

- **Speedy service**

An E-file trained volunteer can file a typical return within 30 minutes.

- **Accuracy**

The accuracy rate for E-file returns is 99.5 percent, compared to an error rate as high as 20 percent for paper returns.

READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

Why can't I get promoted? *There is 'almost' an answer to the widely asked question*

By GySgt. Frank Patterson
Public Affairs Chief

"Why can't I get promoted?" It's a phrase that nearly every Marine has uttered at one time or another in their career. Not being promoted is not a sign a Marine has been bad. More often than not it is a sign that their occupational field is full. In 1985, in an effort to curb an escalating enlisted career force growth, the Marine Corps began a comprehensive management strategy called Enlisted Career Force Controls. ECFC has two goals: to actively shape the inventory of Marines by grade and military occupational specialty to the requirements of the Marine Corps, and to control retention in order to standardize the promotion tempo across all MOSs to meet a specific time-in-service promotion model. "Contrary to popular belief, the ECFC was never intended as a force drawdown program or as a reduction-in-force tactic," said SSgt. Christian D. Galbraith, career planner, Headquarters Battalion. "It is, rather, an overall approach to balance the inventory of Marines by grade and MOS to meet the career force requirement." Nine different policies fall under the ECFC program. Each of these policies has a specific method with which it supports the ECFC goals. The first policy is Promotion by MOS. Marines are promoted to the grades of corporal and above by MOS, based on the needs of the Corps. This ensures the skills of the individual Marines selected for promotion are consistent with vacancies in the force. It changes a bit with promotion to the staff noncommissioned officer ranks. Marines are considered for promotion to staff sergeant and above based on the primary MOS held the day

the promotion board convenes, unless they are assigned an intended MOS in which case they will be considered for promotion based on that MOS. As of January 1996, an additional requirement was added requiring appropriate level professional military training courses - including non-resident (by mail) courses - be completed before a Marine will be considered for promotion. The second policy, Variable First-Time In-Zone Selection Opportunity, is possibly the most complicated of all the ECFC policies. It has to do with how many people are predicted to be promoted in a field, how many are estimated to get out of the Corps, how many are needed in the field, and how many are already of a certain grade in the field and are non-promotable simply because their field is already full at the higher rank levels. Promotion selection opportunities are defined in terms of percentages. These percentages fall into one of three categories: minimum, standard and maximum opportunity for promotion. The standard promotion opportunity is the norm by which all promotion opportunities are judged. The standards are determined by time in service which are currently as follows: sergeant - 4.5 years, staff sergeant - 8 years, gunnery sergeant - 12 years, 1st sergeant/master sergeant - 17 years, sergeant major/master gunnery sergeant - 22 years. Variable selection opportunity is applied to standardize promotion tempo based on the degree of promotion stagnation. MOSs that are promoting within one year of the average TIS to promotion to that grade receive the standard opportunity. MOSs promoting slower than one year of the average TIS receive the minimum opportunity. Likewise, those promoting faster than one



Photo by Curt Lambert

Even the sun doesn't outshine the smile on the face of MGySgt. Antonio Benavides, Communications Branch, as his wife, Arviella, pins on his newly acquired rank during a ceremony here November 1.

year of the average TIS receive the maximum opportunity. Applying the minimum selection opportunity increases the number of Marines placed in the promotion zone for the first time to compete for a given number of promotion allocations. This speeds up the rate at which the Marines in the slower promoting MOSs are considered for promotion. For example, if 100 allocations are available

for promotion from sergeant to staff sergeant, then 111 sergeants would be in zone in the maximum selection opportunity; whereas 143 sergeants would be in zone in the minimum selection opportunity. The third policy, Enlisted Grade Shaping, ensures each MOS maintains a pyramid-shaped

See **PROMOTED** Page 8

PROMOTIONS AND AWARDS

Promotions

MGySgt. Antonio Benavides
Sgt. David J. Meeden
Cpl. Adam M. Lannon
Cpl. Joseph N. Pavia
Cpl. Yuhsien Hsieh
LCpl. Jeffrey S. Frydrych
LCpl. Peter S. Vegliante

Reenlistments

SSgt. Mark N. Stoddard
4 years
Sgt. Simei Rosario
4 Years
Sgt. Luke R. Ratcliff
4 Years

Awards

Sgt. Shannon R. Nash - Navy/Marine Corps Achievement Medal

BATTALION BRIEFS

2001 USNA Applications

Headquarters Marine Corps is soliciting applications to the U.S. Naval Academy from enlisted active duty and reserve Marines.

Basic admission requirements are: the applicant must be a United States citizen, have good moral character, be at least 17 and not have reached 23 years of age on July 1 of the year they would enter the academy, unmarried, not pregnant, and have no dependents.

Submission deadline is January 31.

Contact the Headquarters Battalion adjutant at 577-6662 for more info.

Marine Corps Scholarships

The Marine Corps Scholarship Foundation is seeking to award scholarships to a few good students.

An applicant must be the son/daughter of an active duty/Reserve Marine, or of a former Marine who has received either an honorable or medical discharge, or was killed while serving.

An applicant must also be a high school senior or graduate, currently enrolled as an undergraduate in an accredited college/university, or post-high school accredited vocational/technical school, and family income must be \$47,000 or less.

To apply, write Marine Corps Scholarship Foundation, PO Box 3008, Princeton, NJ 08543-3008.



Colonel Mark A. Costa, base commander, and MGySgt. Kim Ortamond, Mounted Color Guard SNCOIC lead the way down Main Street, Barstow, during the Mardi Gras parade.



(ABOVE) Sergeant Maj. John D. Hathaway, and Kathy Costa, wife of Col. Costa, ride behind the base commander in a HUMVEE and greet the crowd.

The Marines have landed

Photos by GySgt. Frank Patterson
Public Affairs Chief



(ABOVE) Sergeant Omar Ebanks, Marine of the Year, and his wife, Anjulia.

(BELOW) Corporal Brian Davidson, NCO of the Quarter, and his wife, Robin.



HN Eddie Q. Delapena, Sailor of the Quarter, and LCpl. Jason R. Fields, Marine of the Quarter, wave to the crowds.

(BELOW) MCLB Barstow Fire Department's Sparky the Firedog, steals the show in a customized mini fire engine.



PROMOTED from Page 6

rank structure by supporting Marines being promoted at the TIS targets for each grade.

Prior to the policy of enlisted grade shaping, many MOSs had more gunnery sergeant billets than staff sergeant billets, which meant that staff sergeants in these MOSs were quickly promoted to gunnery sergeant. However, other MOSs had a requirement for a large number of staff sergeants but only a few gunnery sergeants. Marines in these latter MOSs had very little opportunity for promotion.

Military Occupational Specialty and Total Force Structure Division specialists and occupational field sponsors are now charged with ensuring that Table of Organization changes do not adversely affect the grade shape of their MOSs.

One of the least-known and understood policies in the ECFC places restrictions on prior-service accessions.

This policy ensures prior-service Marines are not brought back into over-strength MOSs, thereby slowing down promotion opportunities for Marines who remained on active duty.

"Marines have the misconception that the PSEP Program is a 'sure thing' for coming back into the Marine Corps," said Galbraith. "But reenlistments under PSEP are only

considered on a case-by-case basis."

Another of the nine policies, Controlling Meritorious Promotions, supports promoting exceptional performers ahead of contemporaries, but remains balanced with the need to promote Marines in MOSs with vacancies.

Meritorious promotions to corporal and sergeant are allocated to major commands. Meritorious promotions to staff and gunnery sergeant are restricted to Marines in special duty assignments, i.e., drill instructor, Marine security guard and recruiter.

The First-Term Alignment Plan has recently been in the limelight in the Corps.

Most Marines have heard of this policy. It identifies the number of first-term Marines by primary MOS that the Corps must reenlist to meet the requirements of the career force.

Boatspaces – certain MOSs with available reenlistment opportunities – are based on career force structure requirements and projected inventory.

This ensures the reenlistment of first-term Marines is controlled and does not cause further promotion stagnation in over-strength MOSs.

The FTAP also assists in alleviating shortages in under-strength MOSs since some first-term Marines in over-strength MOSs are required to laterally move to an MOS for which there is a boatspace.

Some Marines in selected grades and MOSs can elect for Voluntary Early Transfer to the Fleet Marine Corps Reserve/Enlisted Selective Retirement Early Retirement Board.

Through waivers of various service obligations, Marines in over-strength grades and MOSs can request transfer to the FMCR.

Additionally, to control the number of FMCR-eligible Marines, enlistments after 20 years are limited to three-year terms.

And speaking of Service

Limits, this control ensures Marines who have reached a certain year of service in their current grade without being selected for promotion are either separated or transferred to the FMCR.

This improves promotion opportunities for Marines in junior grades. The current service limits are: corporal – 8 years, sergeant – 13 years,

staff sergeant – 20 years, gunnery sergeant – 22 years, 1st sergeant/master sergeant – 27 years and sergeant major/master gunnery sergeant – 30 years.

It should be noted that for the purposes of service limits, Marines fail selection from the promotion and

above zones only – Marines in the below zone are considered but not selected for promotion and are not regarded as having been passed over for promotion.

Every rank has at

least one exception to the service limits rules. For instance staff and gunnery sergeants that have twice failed selection to gunnery or master sergeant are required to transfer to the FMCR at 20 years. Staff sergeants used to be required to separate at their end of active duty services date if they were passed over twice, but now they may remain in until 20 years of service

provided they maintain the Corps' high standards of performance and personal conduct.

Other programs also support the ECFC even though they are not part of the ECFC program. The Selective Reenlistment Bonus program uses monetary incentives to encourage Marines in certain MOSs to reenlist.

Another program is the Front-End Analysis. The FEA clusters sufficiently related, smaller population MOSs which historically have had a slower promotion tempo than the larger population MOSs.

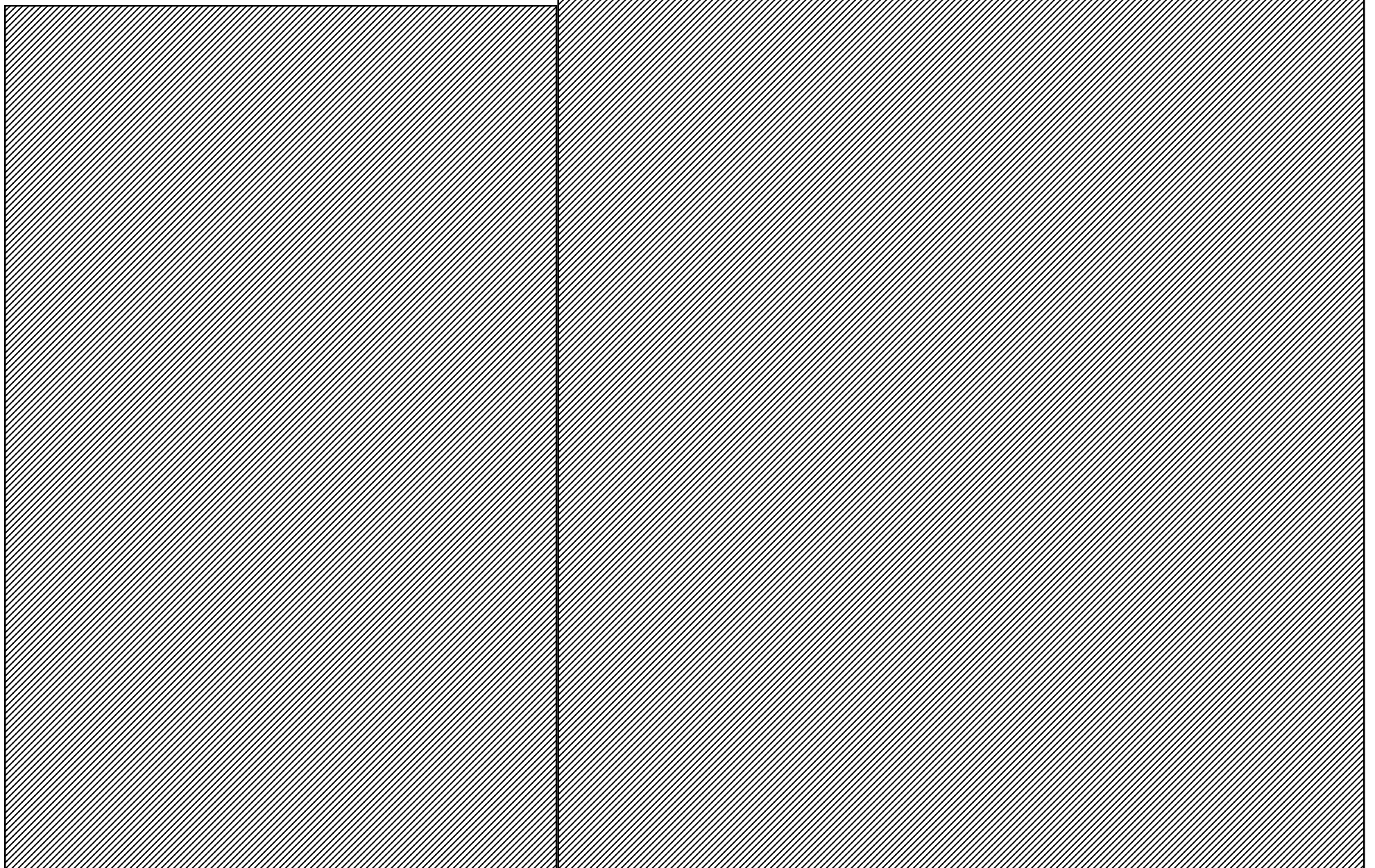
Separations Pay helps Marines that have been denied reenlistment transition into civilian life. Separations Pay does not apply to Marines who voluntarily separate.

The Broken Service Selective Reenlistment Bonus program provides monetary incentives for Marines who are out of the Corps to come back in from 91 to 365 days of their separation. These Marines are eligible for up to 60 percent of the offered reenlistment bonus at the time of reenlisting.

"All Marines need to familiarize themselves with Marine Corps Bulletin 5314, which has been published as MARADMIN 514/00," added Galbraith "This document is the guidance currently in place that governs enlisted career force controls."

"All Marines need to familiarize themselves with Marine Corps Bulletin 5314, which has been published as MARADMIN 514/00. This document is the guidance currently in place that governs enlisted career force controls."

– SSgt. Galbraith, Career Planner





By Jim Gaines
MCCS Publicity

Great Sale buys at the MCX

Check out the November Sale now under way with specials like these: Quasar VHQ 400 VCR only \$69.99, Apex AD 500 DVD player just \$139.99, RCA 4-head x 4-head, dual deck VCR at \$179.99. RCA Web TVs are 40 percent off, plus 6 months free service (offer made by Microsoft, limitations apply. Good only for new subscribers for E-mail and Internet access. This offer is good until December 31).

This sale runs through November 30.

The Exchange/7-Day Store is open

Monday-Saturday, 8 a.m.-9 p.m. and Sunday, 10 a.m.-6 p.m. Call 256-8974 for details.

Lunch menu for this week

This week's lunch menu at the Family Restaurant & Cactus Cafe:

- Today** - Caribbean chicken.
- Friday** - Prime rib and lobster tail.
- Monday** - Beef stew.
- Tuesday** - Teriyaki steak.
- Wednesday** - Beef and corn pie.
- Thursday** - Mushroom stuffed chicken breast.

All above meals served with coffee, tea or soft drink.

Lunch is served Monday-Friday, 10:30 a.m.-12:30 p.m. at the Family Res-

taurant. Lunch is served Monday-Friday, 11:30 a.m.-noon at the Cactus Cafe. Price is \$3 military, \$4.50 civilian.

Sub sandwiches available for lunch, either hot or cold. Hot subs - Philly steak & cheese, Italian meatball, ham & cheese melt, turkey & cheese melt and pizza. Cold subs - roast beef, sub club, turkey, turkey & ham, cold cuts, BLT, tuna and veggie. All subs are on freshly baked white or wheat sub rolls. Double meat on cold subs is only \$1 extra.

The Family Restaurant offers an a la carte menu for lunch, which includes hamburgers, cheeseburgers and french fries.

The Cactus Cafe offers a limited a la carte and sub sandwich menus for lunch. Call 577-6428 for info.

Family Restaurant Full Service

The Family Restaurant offers breakfast, lunch and dinner service.

Weekdays

Breakfast is served 5:30-7:30 a.m. Price: \$1.50 military, \$3 civilian.

Lunch is served 10:30 a.m.-12:30 p.m. Price: \$3 military, \$4.50 civilian.

Dinner is served 4:30-6 p.m. Price: \$3 military, \$4.50 civilian.

MCCS Veterans Day Holiday Schedule

Because Veterans Day is on Saturday this year, the following is the holiday schedule.

November 10

Main Exchange-Nebo	10 a.m.-6 p.m.
Family Restaurant with menu service	9 a.m.-2 p.m.
Gym/Fitness Center	8 a.m.-3 p.m.
Tees & Trees Golf Course	7 a.m.-5 p.m.
Bowling Center	11 a.m.-7 p.m.
Auto Hobby Shop	1 p.m.-9 p.m.
Ceramic Hobby Shop	11 a.m.-7 p.m.
Wood/Rock Hobby Shop	1-9 p.m.
Oasis Club for Social Hour	5-6 p.m.
NCO/Enlisted Club TGIF Variety Night	6:30 p.m.-1 a.m.
Youth Activities Center	10 a.m.-6 p.m.
All other MCCS facilities are closed.	

November 11

Main Exchange-Nebo	10 a.m.-6 p.m.
Family Restaurant with menu service	9 a.m.-2 p.m.
All other MCCS facilities are closed.	

November 12

Gym/Fitness Center	8 a.m.-3 p.m.
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November 13

Gym/Fitness Center	5 a.m.-9 p.m.
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Weekends & Holidays

Menu service for breakfast, lunch and dinner: 9 a.m.-2 p.m.

Thursday, 4:30-7:30 p.m. at the Family Restaurant.

Prices: (military & civilian) \$4.50 adults, \$2.50 children (5-11 years), children 4 years and under are free.

Everyone is welcome. Bring your family and friends and enjoy a delicious meal.

Thursday Family Night Dinner

Tonight - Italian veal steak.
Next week - Chicken Cacciatore.
Family Night dinners are served

New Railhead Exchange Grand Opening

Everyone is invited to the Grand Opening of the Marine Corps Exchange in Yermo. The new exchange facility has been renamed the Marine Corps Railhead Exchange with the theme of "Partners in Freedom, Strength through Training." This theme symbolizes the partnership of sharing the new Marine Corps Railhead Exchange with Army personnel ro-

tating through for training at Fort Irwin.

The Grand Opening begins Monday, 10 a.m. with a ribbon cutting ceremony performed by the Commanding General of Fort Irwin, BGen. James Thurman, Col. Mark A. Costa, base commander, and Col. Ervin Rivers, Maintenance Center commander.



SPORTS



Photo by Jeffrey Goldsworthy

(L to R) Lawrence A. Casserly, Tom Melton and Leonard Moore display the fruits of their labors.

Base archers test skills under natural conditions

By Cpl. Brian Davidson
BARSTOW LOG staff

Members of the base Archery Club recently took to the field to test their skills in a more natural environment.

Lawrence Casserly, Jeffrey Goldsworthy, Leonard Moore and Tom Melton packed their bows, arrows and essential gear and made their way to the High Country Exotic Ranch, a commercial hunting preserve encompassing more than 1,000 acres of rugged, mountainous terrain.

"We have been practicing a lot over the past weeks and we basically decided to go and give bow hunting a try. The whole idea was to test our skill and we found that - yes, it really does work" said Casserly.

The ranch boasts a hunting stock of nearly 20 species of game and regular patrons like the Los Angeles Lakers' Shaquille O'neil.

"Some hunting ranches you basically wait for the animal to come and eat at a feeding area and you kill it. This was not the case," said Casserly. "It definitely put hunting in a different perspective for all of us."

Stalking the animals meant tackling steep uphill climbs and vegetation and finding the strength and composure to draw a 70-pound bow and place a well-aimed shot at ranges up to 60 yards.

"There wasn't a single flat space in the whole area. With the bow, I'm not that good so I wasn't going to take any shots from any more than 40 yards," said Casserly.

Despite their inexperience in bow hunting, three of archers obtained kills during the expedition. The archer who didn't, Goldsworthy, chose not to take a trophy because he didn't quite encounter a specimen that fit his selective taste.

Still, the hunt is only one part of the activities the nucleus of the Archery Club is aiming to make available to base Marines and civilian Marines who have an interest in the sport.

"We're doing some tournament shooting each Thursday night for friendly competition and practice,"

noted Casserly. "There are even a few extra bows and some arrows at the range for anyone who shows up and wants to give it a try."

"We're trying to attract a larger group of people to the club," added Melton. "I come because I enjoy the camaraderie of the club, and I get to sharpen my skills... archery is a skill sport. The more people we get involved, the more hunts and trips we can organize."

Arrow fishing, boar hunting and archery competitions are only a few of the activities the club is trying to organize.

"There aren't many other productive things for Marines and Sailors aboard base to do in the evenings," said Melton. "That's one of the reasons why we are trying to spread the word about the club. I didn't know that the club existed until about a year ago myself."

Soon the Archery Club will be moving from the indoor range at Building 204 to Building 327. Instead of shooting at 30 yards indoors, the new range will accommodate a 40-yard range, plus tree stand level shooting and an outdoor range. The move is scheduled to be complete in three months.

Football League Standings

Team	Wins	Losses
Fire	2	0
Headquarters	1	0
O-Club	1	0
PSD	0	2
I&L	0	2

GUNNY'S PICKS

Week 11



This week Gunny's Picks winner is Rick Wiley of Public Works.

A man of few words, Wiley issued only a concise prediction of the season's outcome saying, "Watch out; Oakland is back. We have a three-game cushion and the rest is history. Tennessee fans, we'll meet you at the championship game. It'll be a good game."

Chicago at Buffalo*
*New England at Cleveland
Cincinnati at Dallas*
Atlanta at Detroit*
Baltimore at Tennessee*
Arizona at Minnesota*
Philadelphia at Pittsburgh*

*New Orleans at Carolina
Seattle at Jacksonville*
*Miami at San Diego
*Kansas City at San Francisco
*St. Louis at NY Giants
Green Bay at Tampa Bay*
NY Jets at Indianapolis*

Monday Night

*Oakland at Denver (55)

Total points: _____

Name, work section and phone number: _____
Monday night's game is a tie-breaker and must include a total score.

Please submit all Trader Ads to editor@barstow.usmc.mil.

1989 NISSAN 4X4 PICK-UP: 5 speed, A/C, 89K miles, A/T tires, custom rims, tint, custom bumpers w/hitch, runs excellent, \$3,750 OBO. Call 252-0039.

1994 DODGE CARAVAN: Power steering/brakes/W/DL ABS, new tires, smog cert., Retail \$6,600 asking \$5,800. Call 252-2656. Lv. msg.

1991 HONDA CIVIC: 5-speed, motorswap, Wings West body kit, fresh silver paint, roll cage, NOS, full sway bars and strut bars, custom interior, 18" niche 3-pc wheels, coilover susp., complete trophy car - nothing left to do. Make offer. Call 252-0039.

1965 FORD 1/2-TON PICK-UP: Less than 200 miles on tires and shocks, needs a little body work, \$700. Call 253-3056

MISCELLANEOUS: Large swamp cooler, side draft, \$100; complete toddler bed with side guard, \$50; Solid wood twin bed frame with head and foot boards, \$50. Call 255-3056 AWH.

MISCELLANEOUS: Ford F150-F350, 1997-2000 factory sliding rear window, one for extra duty cab, one for standard cab, new, \$250 and \$200. Call 243-1392.

MISCELLANEOUS: Exercise equipment, Nordic Rider \$100; AB Machine \$15; Fitness Flyer \$75; Exercise Blade \$25; Twist and Spin \$10 or trade for ? Suze Orman's "Financial Freedom" series of CD's and books, new \$50 or trade for ? Call 253-5926.

MISCELLANEOUS: Chevy 454 Crankshaft fresh, 10/10, \$125; Pinto 2.3, 4 cyl. Head, bare no cracks, \$100; Crankshaft 10/10, \$100. Call 243-1392.

MISCELLANEOUS: Wall unit, walnut w/overhead lights, like new condition, \$600. Call 951-4548

MISCELLANEOUS: Kenwood 5-CD, carousel-type, CD player, \$50. Call 252-3638.

MISCELLANEOUS: Queen waterbed, \$35; Super single waterbed, 12-drawer pedestal (1 drawer missing), \$20; sheet sets for both, like new, \$5 each; older Zig Zag sewing machine, \$10. Call 252-3824.

MISCELLANEOUS: Bose subwoofer, \$150; dining table, solid Oak, seats 6-10 people, \$500 will take payments; Kenmore range hood, 30", almond color, like new, \$30; barbecue grill, charcoal, \$10. Call 255-3045.

MISCELLANEOUS: AM/FM radio/tape cassette recorder/player, with 10 1/2"x14 1/2" detachable speakers, \$25. Call 242-8839.

MISCELLANEOUS: Brown and beige high/low carpet, approx. 50 yards \$50. Call 253-5926.

MISCELLANEOUS: Two pieces of beige carpet in excellent condition, one piece 10'X7'; one piece 10' X11', \$25 each. Call 252-2059. Lv. msg.

MISCELLANEOUS: Portable electric range with a one quart size non-

stick pot , \$15; grass trimmer, cordless battery, rechargeable \$20. Call 242-8839.

MISCELLANEOUS: Sofa and loveseat w/matching coffee table and 2 end tables, \$150; treadmill 0-6 mph, \$75 OBO; men's and women's 26", 21-speed mountain bikes, \$150 for both. Call 252-3023.

THANK YOU: Many, many thanks to all of you who turned out for our retirement luncheon at Rosita's. It was so wonderful to see the faces of so many people whom we have known for so many years, and who in some way affected our lives over the years. We will miss all of you, it has been wonderful working with you and for you. Again, thank you. Roger Spotswood and Dottie Krelovich.

HELP from Page 1

and quit smoking.”

Commissary shoppers spent more than \$6.5 million last year on nicotine replacement therapy in the form of gum or “the patch.”

Both methods have been available over the counter in the United States for several years now. The treatments are still expensive, though not nearly as much in the long term as smoking, and not nearly as costly as the loss of health or life.

According to Ron Beeman, Military Division manager for Smith-Kline Beecham, “Fifty percent of the sales of smoking cessation products happen around Great American Smokeout and New Years.” Beeman says gum outsells patches by about 20 percent and, in general, someone who smokes more than one pack a day tends to use gum.

According to the American Cancer Society, smoking claims more than 400,000 lives each year in the United States.

Cigarette smoking among adults over 18 declined 40 percent between 1965 and 1990, down to 25 percent, but overall smoking prevalence was virtually unchanged between 1990 and 1995.

A 1998 DoD survey revealed that military smoking stood at about 30 percent.

Smoking affects approximately one out of three active duty personnel, and smokeless tobacco use affects about one out of five under the age of 25, according to DoD figures.

“Smoking is an issue that affects the health of everyone in the family, not just the smoker,” said Acting Assistant Secretary of Defense for Health Affairs, Dr. J. Jarrett Clinton.

“Often, it is the family of the smoker that suffers the effects of second-hand smoke,” said Clinton. “Lung and nasal sinus cancer, heart disease, and sudden infant death syndrome (SIDS) have all been linked to the effects of second-hand smoke.”

If scare tactics, willpower or the patch aren't enough to convince

military members to quit smoking, consider this: DoD plans to completely phase out smoking in all of its facilities, including clubs, by 2002. Right now looks like a good time to start kicking the habit.

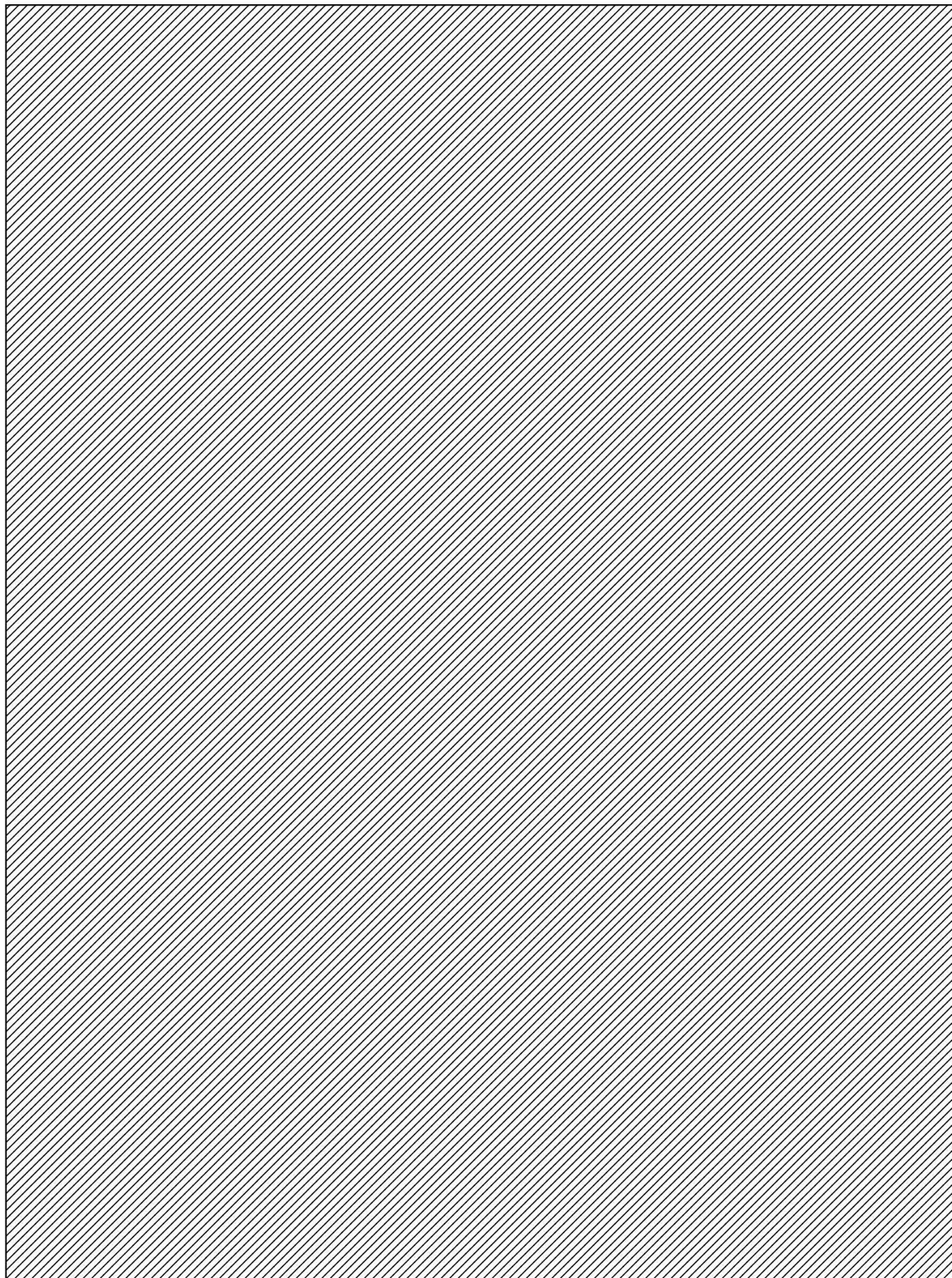
According to Carr, even if people don't like the taste of nicotine gum or the “fashion problems” associated with visible patch treatments, those

two excuses won't hold up much longer. “We're expecting most commissaries to have orange-flavored gum and invisible patches,” she said, “if not already, then very shortly.”

Almost nothing is a sure thing in the fight against smoking. FDA reports on over-the-counter nicotine replacements indicate almost half of those who use them to stop smoking

succeed for at least a few days, but most try several times before they stop completely.

“We enthusiastically support this program and all the others that promote healthy lifestyles,” said Jim Meugniot, MCLB Commissary Director. “We have nicotine replacement and patch therapy in our store.”



BRIEFS from Page 3

the bloodstream. Symptoms include mild headaches at low exposure levels to nausea, dizziness, loss of consciousness, and death as exposure time and concentration increase.

The Naval Safety Center recommends the following steps to ensure the safety of your home:

- Have a qualified technician inspect your heating system and hot water heater before the heating season begins.
- Buy heating or cooking equipment approved by an independent testing laboratory.
- If you use supplemental heaters, ensure they are properly ventilated as per the manufacturer's instructions.
- Never use a hibachi or barbecue grill inside a home or garage.
- Ensure the flue is open and unobstructed before using the fireplace.
- Never leave a vehicle running in the garage.
- Install a CO detector inside your home. Test the device monthly.