

BARSTOW LOG

Vol. 3, No. 12

Marine Corps Logistics Base Barstow, California

February 4, 1999

*Black
History
Month
Feb. 1-28*

"The legacy of African-American leadership for the present and future."

See related article on Page 2

ASMC Barstow elects 1999 officers



Photo by Cpl. Mike McQuillan

By Randy Meyer
Comptroller Department

The new 1999 officers of the American Society of Military Comptrollers MCLB Barstow Chapter were installed by Col. Mark A. Costa, base commander, on Jan. 13.

"I'm honored to be asked to install your new officers," said Col. Costa. "With all the new financial strategies being implemented in the Marine Corps, it's important for our personnel to take advantage of all opportunities to further their professional development."

See ASMC Page 4

Pictured are the 1999 ASMC officers for the MCLB Barstow Chapter. From left to right: Sophia Cisneros, 2nd Vice President; Randy Meyer, President; Tito Escobido, 1st Vice President; Billie Reed, Secretary; Connie Lewellyn, Treasurer; and Lou Ann Presley, 3rd Vice President.

Electronic tax filing; Another QOL program

By Gen. Charles C. Krulak
Commandant

HQMC, Washington D.C. -- The Marine Corps Electronic Tax Filing (E-file) Program is a Quality of Life Program that supports the readiness of our Marines and their families.

This program, sponsored by your installation's legal assistance offices, saved our Marines and their families more than \$6 million in tax preparation and electronic filing fees last year.

E-file is an outstanding example of the type of personal and family readiness programs we want in our Corps and has the support of all our leaders.

Small unit level leaders should encourage their Marines to have their taxes prepared and E-filed. This program is a free service for single and married Marines. Moreover, Marines who use this service will save between \$50 and \$200 in commercial preparation fees and normally receive refunds within 10 days. Trained preparers and lawyers are available to assist Marines who owe taxes.

The program offers many other benefits:

A. **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.

B. **Fast:** An E-file trained volunteer can complete a typical return in 15 - 30 minutes.

C. **Prompt refunds:** E-filed returns are normally directly deposited into a Marine's bank account within 10 days. By contrast, paper returns routinely take six to eight weeks and longer.

The Marine Corps' goal this year is to have 50 percent of the active force E-file at each installation offering this service (or last year's 50 percent goal), and to ensure no one has to pay for commercial tax preparation to prepare and file an electronic tax return.

Each installation's legal assistance office is responsible for the operation of your tax center. Make use of this program. It will save you and your Marines time and money.

For more information about taxes call Sgt. Scott Clift at 577-6874.

E-file available at OSJA

By Sgt. Scott Clift
OSJA

The Office of the Staff Judge Advocate's Tax Center began its tax season Monday.

The OSJA will prepare and E-file tax returns free of charge.

This year's goal is to E-file 50 percent of all military tax returns through OSJA.

This service is offered to active duty and retired military personnel from any branch of the service and their dependents.

Federal and state tax forms and booklets will not be in the library this year; the forms and booklets are located at OSJA, Bldg. 30.

Feel free to stop by and pick them up, Monday through Wednesday, 7 to 11:30 a.m. and 1 to 5:30 p.m. and Thursday and Friday until 4:30 p.m.

See the list at the right for your Volunteer Income Tax Assistance representative (VITA). Contact them for tax preparation before coming to the OSJA.

For more info or to schedule an appointment, call 577-6874.

Name	Organization	Phone
Maj. Cody Wall	OSJA	577-6874
1stLt. Kenneth Lee	OSJA	577-6874
LCpl. William Sierra	OSJA	577-6874
LCpl. Patrick Snyder	OSJA	577-6874
LCpl. Krylan Ramcharan	Comptroller	577-6623
SSgt. Larry Lewis	HqBn	577-6364
HM1 George Mosier	Branch Medical	577-6083
Sgt. Melvin Miller	Public Safety	577-6514
Sgt. Mario Rivas	Base Housing	577-6871
Sgt. Scott Clift	OSJA	577-6874
Jaqueline Fadeley	OSJA	577-6874
Carlos Janeway	FSC	577-7333
Gary Lengkeek	I&L Dept.	577-6179
Edward Guz	I&L Dept.	577-6183
Thomas Quenga	FSC	577-7333
Wilhelmine Kraus	I&L Dept.	577-6321
Barbara Holt	FSC	577-7480



Photo by Cpl. Mike McQuillan

LCpls. William Sierra (left) and Patrick Snyder, OSJA, can file your taxes free. The base's VITA program rated second of 161 Southern California tax preparation sites in 1998.

In My Opinion... 'How much is enough to succeed?'

By Col. Joseph Martin Jr.
Maintenance Center Director

The Public Affairs Office will, for the month of February, bring to its readers stories of past and present Black Americans in recognition of Black History Month.

This message is not to be perceived as only for Black Americans because civil rights is an issue that affects everyone.

Col. Joseph Martin Jr., Director, Maintenance Center Barstow, spoke at an engagement last month honoring the birthday of Dr. Martin Luther King, Jr. and comparing his success, or the success of anyone, to that of Jesus Christ.

The following are excerpts from his speech:

I see that you have selected as your theme for today's gathering a question; that is, "How Much is Enough to Succeed?"

I think that I will be correct to say that success is something every parent or guardian wants for his or her child. No one, I believe, wants their loved one to be a failure in life. We all want our children to succeed in whatever endeavor they embark upon. But I will not attempt to answer the question because the true answer to this question lies with each and every individual who wants to do or be something in life, and who wants to make a positive contribution to his/her family, neighborhood community, state, and/or country.

This is a hard question because success means so many different things to each and every one of us. Webster's Dictionary defines success as "a favorable or desired outcome; the gaining of wealth and fame; one that succeeds." Some people feel they have succeeded if they do nothing more than just exist. I often look at homeless individuals, some who

appear to me to have all their mental faculties and good health and wonder why they elect to stay in that homeless condition. To them, they have succeeded in life. Others feel to be successful they must be on the top of the world both in fame and fortune.

To be successful in life we must all set goals and work hard to accomplish those goals.

Being in the military and having traveled to many places within the United States and abroad, I must admit that I find it appalling at the lost opportunities I see in young Americans. Many of these lost opportunities are simply because they fail to set goals and are not willing to work hard to accomplish the goals that are set. It appears that the youth of America are willing to become second-rate rather than first-rate citizens.

If you are a young person (I define young as anyone less than 80 years old) and if you

take nothing else from this gathering please take this away: "in order for you to succeed in life you must set goals and then work hard to accomplish those goals. It takes no work at all to be a failure and most of you have seen or know many who have failed. A noted author Kurt Lewin once said, "A successful individual typically sets his next goal somewhat — but not too much above — his last achievement. In this way he steadily raises his level of aspiration."

"The Seven Laws of Success."

1. Fix the right goal — not just any goal.

Making money, gaining status in the eyes of people, enjoying the passing pleasures of the five senses, have literally strewn the pathways of history with fear, worry, heartache, troubled conscience, sorrow, frustration,

See **SUCCESS** Page 7

Change can bend or break you

By Jennifer Michener
Base Chaplain's Wife

My son had a hard time adjusting to California and the desert when we moved here a year-and-a-half ago. Just a first grader, it was the first time he had made such a major change in his life. We had moved several times before, three times in his short life, but this was not like the other moves. Before we had looked out at similar Ohio landscapes and had always been within driving distance of family. Everything about California and Barstow was foreign to Zack and he was very unhappy about it. Every day at school his entries in his journal went like this: "I hate Kalifroynia. I miss Ohio. I want to go home. I don't like it here." We as his parents were at a loss to help him. Only time and an adjustment on Zack's part could make a difference.

Zack is in for a lot of changes in his life. It is a fact of living that

change is inevitable. Change, the cycle of life, is all around us. Day changes to night, then to day again. Winter turns to spring which turns to summer, then to fall and winter again. It is a fundamental part of our human journey. We change locations or jobs, friends move, businesses are taken over by other companies. Family dynamics change every time there is a birth or a marriage or a death or a divorce.

What can we do with all these changes? Paul says in Philippians 4:12-13, "I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether living in plenty or in want. I can do everything through him who gives me strength."

We need to be flexible, to take the changes as they come. We can allow them to bend us or to break us. The way we think things should be or want them to is not always the best in the end. We need to be fear-

less, to take every situation as an adventure. A different job or place to live is not bad, just different. We need to remember to have fun, to find the good in every circumstance. And we need to know that Jesus is there with us, walking us through every place, whether it be an easy way or a difficult way. That is the secret to living through changes, to be content knowing God is always there to follow.

Zack has learned all this during the last year. It took a long time and there were many tears and unhappy days. But last week, having been assigned to write a story in his second grade class about peace, he wrote about peace in the desert. According to Zack, the wind and the sunsets in the desert are pretty cool. He said the desert is a fun place to play and explore. He has learned to find the adventure in life and to find the good in what seemed like a desolate, unhappy place. He has made peace with "Kalifroynia." I pray that you, too, can find peace and contentment with the changes in your life.

Gunny's Picks

Super Bowl - Final



So let's get this straight — some of you actually picked Atlanta? Well anyway, here are two sports fans who not only knew better, they came within one point of the game total. Helen Trujillo (left) of Base Maintenance and Colleen Donnelley of Maintenance Center Barstow close out this year's competition, which was stiffer this week than the snoozer we had to sit through on Sunday.

The Public Affairs Office would like to thank all those who participated in the Gunny's Picks this year. We had fun putting it on, and judging by the responses we received each week, you had fun playing.

Join us again this Fall for the 1999 Gunny's Picks.

We hope to see YOUR pic in our Picks.

Chapel hours

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

Confession services before Mass

Yermo Bible Study

Tue. & Thu. 11 - 11:30 a.m.
At the Colonel's Workshop

For more info, call Chris Moya at 577-7268.

BARSTOW LOG

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

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 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 LAN to PAO@PSD.

MWR Patron Appreciation drawing

The 2nd Annual MWR Patron Appreciation Drawing will be held tomorrow in the Marine Corps Exchange at noon.

One prize is a 32" color television set. Stop by the MCX to see all the items being given away.

The drawing is open to all authorized MCX patrons. Entry in the drawing is free, and you may enter as often as you like.

The drawing, originally scheduled for Jan. 29, was rescheduled for Friday, Feb. 5.

Base library

The Base Library will have a Grand Opening Wednesday, Feb. 10 at 11 a.m.

Join the Base Commander for the ribbon-cutting ceremony and enjoy refreshments afterward as you tour the new facility.

The library boasts a new media room and updated research materials, including computers with internet access.

Marriage seminar

The Chaplain's office will be conducting a seminar on Feb. 13 at the Family Restaurant for anyone interested in strengthening their marriage.

Gary Smalley's "Love is a Decision" video series will be used.

Some topics include: "The Incredible Worth of a Woman," "The Incredible Worth of a Man," and "How to Energize Your Mate in 60 Seconds."

The seminar begins promptly at 9 a.m. and should finish around 4 p.m. There is no cost except for lunch, and it is open to anyone who works at MCLB.

For more info or to reserve a spot, call the Chaplain's office at 577-6849.

Cupid's Quest

The 5th Annual Cupid's Quest Sweetheart Dinner Dance and Scavenger Hunt, sponsored by the MCLB Navy starts tomorrow at the Oasis Club at 6 p.m. with a no-host cocktail hour followed by dinner and dancing.

Dinner includes a choice of Baron of Beef (carved on line) or Teriyaki Chicken Breast, then dance to the latest tunes spun by popular disc jockey Ray Arroyo.

Cost is \$12.50/adult. Children are not allowed.

The event is open to all Oasis Club members, their guests and those persons eligible for member-

ship. For reservations please call 577-6575.

Laughlin trip

The Civilian Welfare and Recreation Association is sponsoring a Sweetheart bus trip to Laughlin, Nev. on Valentine's Day, Feb. 13. The trip costs \$15 and includes the bus fare and a free buffet at the River Palms.

Reservation deadline is close of business tomorrow. All attendees receive a \$10 refund upon arrival in Laughlin.

Pick-up points are at the Holiday Inn in Victorville and at the Burger King on Main Street in Barstow. The bus departs from Victorville at 7:15 a.m. and returns at 10 p.m.

For reservations, contact:

Fred Molina	7210
Sixto Granados	7424
Dan Keirn	6614
Barbara Kulseth	6771

Leave donors needed

Richard A. Fork, Heavy Mobile Equipment Business Center, Maintenance Center, has been affected by a medical emergency.

All federal agencies have a Donor Leave Program that helps employees who don't have enough annual or sick leave to cover long absences such as medical or family emergency, surgical recovery, illness, a death in the family, or birth of a child. The worker's personnel shop verifies eligibility — one general measure is whether the absence would cause an employee to go without pay for at least 80 hours.

Normally, federal employees can't carry more than 240 hours of annual leave into the new leave year, which began Jan. 2. They forfeit excesses without any form of credit — Department of Defense employees gave up 473,578 hours in 1997, according to the Office of Personnel Management. At middle-GS-7 pay of \$15 per hour, that lost leave would have been worth more than \$7.1 million in donations.

So, an alternative to forfeiting leave is to give it to a co-worker or someone else in need. DoD employees can donate leave to a beneficiary by name or to an agency pool which portions the gifts to other eligible employees.

To make a donation, fill out a Leave Recipient Application and give it to your supervisor.

Call or visit your division administrative officer for general and agency donation rules.

Racquetball league

The racquetball league is setting up now. Schedule differences dictate the following league rules:

* Each week every player will have a game or a bye.

* Game week starts Sunday and ends Saturday.

* There will be no scheduled times to play the game. Players must figure out their own times to play. This way all the players can work around their personal schedule.

For more info or for suggestions, call LCpl. Jonathan Conrad or SSgt. James Bell at 577-6898 or 577-6899.

Base Property move

The Base Property office has relocated from Bldg. 30 to Whse 8.

For more info contact MSgt. Joseph Hood at 577-6894.

TAP classes

Attention all separating/retiring military personnel:

Run don't walk, to the next transition assistance program pre-separation briefings and workshop. Information given on:

- * Job Search Skills
- * Interview Questions/Answers Skills
- * Pay/Benefits Negotiation Skills
- * Veteran's Benefits
- * Financial information
- * Defense Outplacement Referral Program
- * Transition bulletin board
- * America's Job Bank
- * On-line resume submissions
- * Resume and cover letters
- * Job applications
- * Medical records screening (by DAV)
- * Transition services
- * Unemployment information
- * Labor market information

* Training programs

Attendance is mandatory for all personnel whose EAS is within 180 days from January 1999. Attendance is voluntary for all others.

For more info, please call Leo at Family Service Center 577-6533.

Iwo Jima video

The American Legion Post 751 of Newberry Springs is showing video taped footage of the Battle of Iwo Jima, Saturday, Feb. 20 from 1 to five p.m.

Footage includes excerpts from the actual battle.

Everyone is invited.

Recruiter assistance

Marines from Western New York who are interested in returning home on permissive TAD orders now have the opportunity to do so.

Qualified Marines may return home for up to 30 days to help out local recruiters, visit their families, and earn bonus points toward promotion.

Marines from nearly any area of Western New York may participate in this program. Besides Buffalo, areas include Auburn, Batavia, Canadaigua, Horseheads, Hamburg, Jamestown, Niagara Falls, Olean, Rochester, Syracuse, and northern Pennsylvania.

For more info, call Sgt. Fair at (716) 551-4919, or contact your hometown recruiter.

'Desert Strike' Golf Tournament

Preparations for the 2nd Annual "Desert Strike" International Golf Tournament are now getting underway with an expanded \$49 Best-Ball

Scramble format.

The \$49 per player fee includes golf, cart and a one-night stay at the Indian Wells Resort Hotel. Proceeds benefit the Navy-Marine Corps Relief Society.

All Marine Corps, Navy, Army, Air Force and Coast Guard active duty, reserve duty and veterans are welcome.

A 144-player field is expected; 72 of which will be active duty service members.

Team play of command two- and four-some flights is provided in addition to individual play.

Qualifying rounds will occur sometime in June, July and August. Championship "T-Day" will be August 28.

Player packets are available at (800) 419-1533 Code 01 or via e-mail at pdisports@hotmail.com.

Family Service Center

The Family Service Center extension is 577-6533. Please discontinue using 577-6149.

Dental Health Month

A contest is being held for children ages three to 12 in honor of National Children's Dental Health Month.

Applications for the contest may be picked up at the Branch Medical Clinic at the front desk and in the office. Applications are also available in the waiting area of the Branch Dental clinic.

The deadline for mailing in entries is Feb. 28, 1999.

For more info contact Gloria Sheppard at 577-6593; Monday through Thursday.

Jobs

<u>Annc.#</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>Cutoff</u>
DEA-24-99	Pneudraulic Systems Worker, WG-8255-07	01-22-99	02-22-99	02-05-99
DEA-25-99	Family Childcare/Training and Curriculum Director, GS-1701-09	01-27-99	02-26-99	02-10-99
DEA-28-99	Civilian Pay Clerk (Office Automation), GS-503-05	01-26-99	02-23-99	02-09-99
DEA-29-99	Computer Specialist (Y2K), GS-334-07/09	01-26-99	02-23-99	02-09-99
DEA-31-99	Heavy Mobile Equipment Repairer, WG-5803-08	01-27-99	02-10-99	N/A
OTR-01-99	Materials Handler (Forklift Operator), WG-6907-05	01-11-99	02-11-99	01-19-99
OTR-02-99	Materials Handler (Forklift Operator), WG-6907-05 (Term)	01-11-99	02-11-99	01-19-99
BA2777	Instrument Mechanic, WG-3359-11	01-15-99	02-15-99	N/A
BA2825	Electronics Measurement Equipment Mechanic, WG-2602-11	01-15-99	02-15-99	N/A

All appointable employees to include career, career-conditional, transfer, reinstatement, eligible Nonappropriated Fund employees, Veterans Readjustment Authority (VRA) eligibles; 30 percent Disabled Veterans, applicants appointable under the Severely Disabled criteria, or preference eligible or veterans who have been separated from the armed forces under honorable conditions after three years or more of continuous active service may apply. For more information contact Lucianna at the Human Resources Office at 577-6484.

I&L - What does it do?

By Cpl. Kevin Dolloson
BARSTOW LOG staff

Since the realignment of departments and divisions on base, names have changed, offices have moved, and job descriptions may be different.

In an effort to smooth out the transition, the Public Affairs Office is compiling articles about each department, whether there has been major changes within it or not.

The Installation & Logistics Department (I&L), formerly known as Facilities and Services Division (FSD), consists of an Administrative Division; Material Management Support Division; Contracting and Purchasing Division; Public Works Division; Maintenance Division; Transportation Management Division; and an Environmental Division.

According to Carl Fillingame, I&L deputy director, I&L lost the Fire Department to the new Public Safety Department and the Housing Office to Personnel Support Department but gained Contracting and Purchasing, Material Management and Traffic Management as three separate divisions within I&LDept.

From the last article written regarding the base realignment, Maj. Deane Corbett, Director, Personnel Support Department, reported that the base operational functions fall under the Installations and Logistics Department.

What exactly does "installation and logistics" stand for? To understand fully what I&L does, one must know what each division does to make up the department.

The Contracting and Purchasing Division (C&P) provides contracting support to all activities and tenants aboard the base. What this means is when an office, branch or division aboard the base needs some supplies, repairs or construction done and it can't be handled by the base's workforce, C&P finds and provides a supplier or contractor to get the job done in an efficient, timely and inexpensive manner.

The Material Management Support Division (MMSD) is comprised of four branches, which are intended to provide a centralization of material support for all departments and tenant activities aboard the base.

The Hazardous Material Control Branch is responsible for all matters concerning hazardous material, recycling and hazardous waste.

The Inventory Management Branch is responsible for management of all materials held in MMSD inventory.

The Material Distribution Branch handles receipt of all department operations, to include inspecting and delivering, stowing and issuing of materials from inventory, bench stocking replenishments, operating the base fuel and CNG stations and operating the shop stores.

The Base Property Control Office is responsible for control of all base property, performs annual valuations, processes all requisitions for property, maintains 782-gear inventory and performs inventory inspections when necessary.

Even with four branches already, MMSD is in the process of expanding its operations to include more support for base and tenant activities to streamline the supply chain and assist in reducing costs of operations associated with material management.

The Public Works Division (PWD) plans, designs, constructs, demolishes and maintains records of our public works on base and has several projects currently underway.

In addition to the visible work being done on major structures, Public Works is also responsible for underground work for utilities and oversees many service contracts for maintenance and repair.

PWD also has four branches which assist in its mission; The Facilities Planning Branch, The Engineering Design Branch, The Drafting and Surveying Branch and The Contracts Support Branch.

See I&L Page 8

ASMC from Page 1

The new ASMC officers are: President, Randy Meyer, Comptroller Department; 1st Vice President, Tito Escobedo, Installation and Logistics Department; 2nd Vice President, Sophia Cisneros, Personnel Support Department; 3rd Vice President, Lou Ann Presley, Personnel Support Department; Secretary, Billie Reed, Fleet Support Division; and Treasurer, Connie Lewellyn, Comptroller Department.

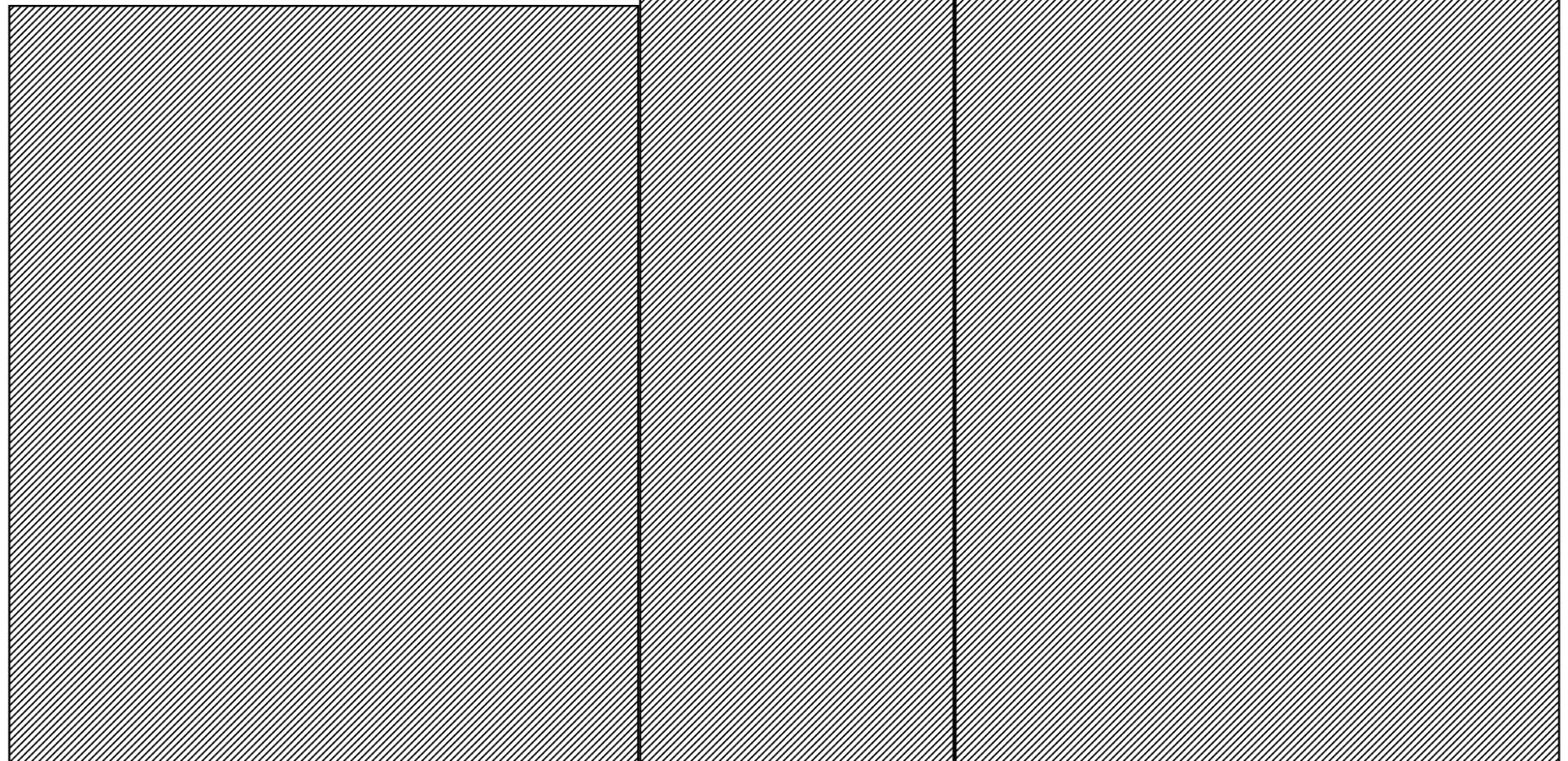
ASMC is a non-profit educational and professional organization for persons, military and civilian, involved in the overall field of military comptrollership - financial management. ASMC membership includes the full range of military financial management organizational levels, from enlisted to officer, from computer specialties to administrative positions, and from budget to auditing.

Members are located throughout the world in 142 chapter locations.

The purpose of ASMC is to promote the education and training of its members. This includes hosting professional development events, sponsoring research, and providing opportunities for networking and leadership positions at the national and local chapter levels. The Armed Forces Comptroller magazine provides members with articles on hot topics to the professional current in military comptrollership. ASMC provides scholarships to high school students and members at the local chapter level and national level.

ASMC also offers the opportunity for personnel to come together and share their expertise in ensuring precious resources are being used to the best interest of the base.

For more info about ASMC, contact any of the new officers or come to the yet-to-be announced February meeting.



MWR Update ...

By James H. Gaines
MWR Publicity

Shop at the Marine Corps Exchange

Stop in and check out our specially priced assorted housewares, stationery and toys.

The Base Exchange is open Monday through Saturday, 9 a.m. to 6 p.m. and Sunday, 10 a.m. to 6 p.m. For more info call 256-8974.

Family Restaurant & Cactus Cafe weekly lunch menu

Today - Breaded pork chops mashed potatoes, vegetable, roll/butter, coffee, tea or soft drink.

Friday - Catfish filet, french fries, vegetable, roll/butter, coffee, tea/ soft drink. Cactus Cafe closed today.

Monday - Baked chicken, oven brown potatoes, vegetable, roll/butter, coffee, tea or soft drink.

Tuesday - Beef stir fry, rice, roll/butter, coffee, tea or soft drink.

Wednesday - Spaghetti & meat sauce, vegetable, garlic toast, coffee, tea or soft drink.

Lunch is served from 10:30 a.m. to 12:30 p.m. at the Family Restaurant, and from 11 a.m. to noon at the Cactus Cafe (Yermo).

Family Night Dinner Menu

Tonight: All you can eat: Barbe-

cue ribs, french fries, vegetable, salad bar, roll/butter, dessert, coffee, tea or soft drink. \$4.50 adults, \$2.50 children five to 11 years.

Next Thursday: Prime Rib \$.50 per ounce. Baked potato, vegetable, roll/butter, salad, bar, dessert, coffee, tea or soft drink.

Children four years and younger always eat free at the Family Restaurant. Bring the entire family and enjoy a delicious meal at common

sense prices. Everyone welcome.

The Hobby Shop

Easter is just around the corner; make this a special Easter with a gift you made at the Ceramic Hobby Shop. We have a wide selection of greenware for your projects - Easter eggs, bunnies, baskets and so much more. Call Marke for more details at 577-6228. The Ceramic Hobby Shop is open Wednesday through Friday, 11 a.m. to 7 p.m., and Saturday and Sunday, 10 a.m. to 6 p.m.

Woodworking is great fun and

productive. Instruction is available. Learn how to use table saws and routers; build all kinds of small items for your home.

Bob Izumi can also teach you Lapidary - learn how to mark, cut, shape and final polish stones for pendants, earrings, buckles and dozens of other uses. All stones are furnished.

For more info, call Bob at 577-6692. The Wood/Rock Hobby Shop is open Wednesday through Friday, 1 p.m. to 9 p.m. and Saturday and Sunday, 10 a.m. to 6 p.m.

Auto Hobby Shop convenience

The Auto Hobby Shop offers convenience, low cost, and the knowledge and skills to handle all your automotive needs -- from tire rotation or repair to tune-ups and brake work; Do it all right here.

The Auto Hobby Shop is open Wednesday through Friday, 11 a.m. to 7 p.m. Sat. & Sun. 10 a.m. to 6 p.m.

There are chalet trailers for rent to all military, military retirees and base DoD employees.

For details call Dan at 577-6441.



FSC ... FYI

Family Service Center

Marriage maintenance: the 'how-to's of marriage

By Paul Schoenfeld, PhD.

Submitted by FSC

Do you change the oil in your car at regular intervals? Do you clean your house weekly? Do you tend your yard and garden regularly?

It's amazing how much time you can spend keeping your buildings and belongings in shape. Without this consistent attention, your car begins to rattle and shake. Your roof starts to leak. Your garden goes to weeds.

Now, how much time do you spend maintaining your marriage? When was the last time you had a romantic dinner together without the kids? How often do you hug or kiss your spouse without being reminded? When was the last time you really talked without the TV blaring in the background?

A marriage is like a garden. At first, its soil is rich and fertile. It can go a long time without attention, and it will still yield fruit. But neglect it for too long, forget to water, weed and nurture your plot, and it will wither and die. It is no wonder that so many marriages end in divorce.

Mary and Bob are a good example of what can lead to that bitter end. Married for seven years, they went out dancing almost every Saturday night before their son, Adam, was born. On Sundays, they loved to go kayaking or hiking in the Cascades. They had talked about how the baby would change their marriage. But Mary and Bob were ready for the

work and the enjoyment of having children in their lives. Now Adam is 4 years old. They can't remember the last time they went dancing. Their kayak hasn't touched the water in years, and they can't even find their hiking boots. Mary can't remember the last time she and her husband spontaneously made love without making a reservation.

Like many couples, Bob and Mary were busy keeping their lives, cars, jobs, home and especially, their young child going. Meanwhile their marriage is sputtering along on empty—their garden is going to pot.

The truth is, most of us are like Mary and Bob. We take each other for granted. After the honeymoon is over, we get lost in our busy day-to-day lives. We overlook how important our spouse is to us. While we're pursuing family and/or career, we put our marriage on cruise control. None of us likes to be forgotten, yet it is easy to forget that about our life partner. Forgetting to care and nurture your spouse can lead to disappointment, resentment and ultimately divorce when marriage dissatisfaction and resentments go unaddressed and unresolved. Marriage is one of the most demanding commitments that men and women make in their adult lives. Initially, committed relationships arise out of passion and "good chemistry." Intense feeling is the fuel of the marital machine during the first years. But as time passes, marriages demand more. They require generosity, patience and maturity. They

take constant upkeep and maintenance. Many adults are unprepared for such rigors. Often, they lack the daily tools of a committed relationship — realistic expectations, communication skills and the ability to resolve conflicts. When it comes to basic marital maintenance, the following tools and routines are vital.

Schedule regular "dates" at least monthly or more.

Don't wait for your children to go to kindergarten before you go out for a romantic dinner. Remember, first comes love, then marriage, and then the baby carriage. Find a regular baby-sitter and make those dates a number-one priority throughout your children's early years.

Be patient and generous.

Marriage has its ups and downs. Over the long run, most couples go through difficult times that seem to last forever. Illness, financial hardships, job changes, problems with children, mid-life crises and geographic moves as the bonds of goodwill and mutual support. During troubled times both partners feel in need,

but have little to give. Patience is required. But so is a generous spirit. All too often in our culture, the needs of the individual come before all else. Men and women ask themselves, "What do I need? What do I want? Is my spouse meeting my needs?"

(These questions are important. However, it is also vital to ask, "Am I giving as much as I can?")

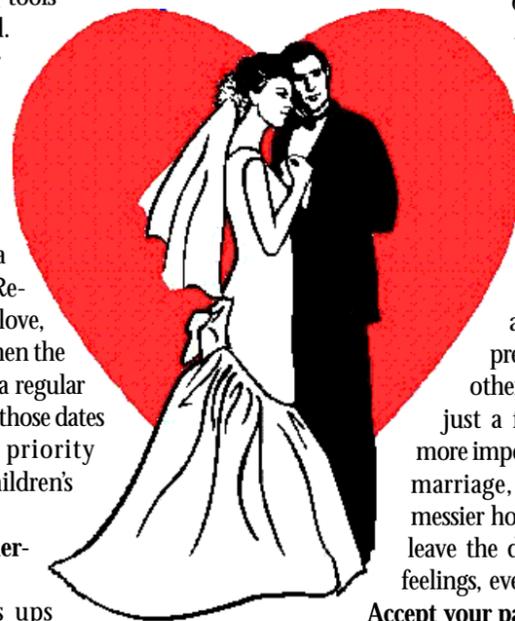
Communicate, communicate, communicate.

Express your love with daily hugs and expressions of appreciation. Talk to each other every night, even for just a few minutes. Isn't it more important to have a strong marriage, even if it means a messier house? Turn off the TV, leave the dishes and talk about feelings, events and thoughts.

Accept your partner.

In marriage, as in other close relationships, what you see is what you get. It is true that opposites attract. It is also true that many partners spend the first ten years of their married life trying to change each other.

See MARRIAGE Page 9



Don't let your kid child get all choked up

By Lisa E. Stafford

American Forces Press Service

A parent's worst nightmare is not knowing what to do if an infant or toddler starts choking and turning blue.

Parents of young children can arm themselves against this kind of unexpected trouble by enrolling in a pediatric first aid course available at many military clinics. The classes teach service members and their spouses what to do for children who need immediate medical help.

"The main choking threats to children under age 4 are improper feeding techniques, dangerous foods, toys, and access to small, swallowable household objects," said Army Dr. (Lt. Col.)

Barbara Harper, chief of the Pediatric Ambulatory Clinic at Walter Reed Army Medical Center, Washington.

"Chewing and swallowing food don't come naturally to infants. They must learn to coordinate these actions and breathe, too," said Harper. "For example, a child who runs while eating and either falls or becomes distracted might accidentally inhale food and start to choke. Prevent such accidents by making mealtimes quiet and still."

According to the 1997 U.S. Consumer Product Safety Com-

See KIDS Page 9

Healing by helping others heal

Submitted by

Family Services Center

Grief is a normal and natural response to loss. This could be the death of a loved person, a serious illness, the death of a pet, or even losing a job or material possessions. The grief can be over a real or a felt loss.

When someone we care about dies, it is a painful experience. If we know what to expect emotionally as we go through a loss we are better able to cope.

Dr. Kubler Ross, a grief expert, says there are five stages to grief:

1. Denial - This can't be happening. It's just a dream.
2. Anger - How could this happen? Why God? Why didn't someone do something!
3. Bargaining - We promise to do anything for God, if He will only

take the problem away.

4. Depression - Feelings of hopelessness. Life isn't fair.

5. Acceptance - Coming to terms with the loss.

How long does it take to grieve?

As long as necessary. Everyone grieves differently. The first three months seem to be the most difficult. During this time you may experience; unexpected crying, angry outbursts, brief periods when you just can't function as well as you usually do, isolation, rethinking what should have been done, emotional numbing and anxiety. You may even find yourself expecting a call from the deceased, go to their office expecting to see them, or think you saw them when it was only someone built similarly. Then there are certain times of the day when you would normally see the person such

as; roll call, PT, formations, chow, coffee breaks and social occasions which can be a painful reminder they are gone. Special days or events like holidays, birthdays and promotions may bring the person to mind. These situations are positive because they give you an opportunity to feel your loss and continue the grieving process.

Grief can take a year or even longer.

It will take longer to recover from your grief if you do not admit your sadness, anger and loss. Grief will proceed uninterrupted if you can talk about your feelings, write them in a journal and allow feelings to surface. Avoiding your feelings prolongs grief.

A word about crying:

Sometimes we have a difficult

See GRIEF Page 8

SUCCESS from Page 2

empty lives and death. These things may be had and enjoyed along with true success, but they alone do not bring success. The right goal includes something more. The very first law of success is to be able to define success.

2. Education and preparation.

Successful people have an overall purpose of acquiring possessions, attaining status, and enjoying the passing of moments. As a means to this objective, they had specialized goals of succeeding in banking, industry, politics, military, acting, writing, ministering, or whatever. They all educated themselves for their particular profession or calling. They were broad enough to realize that education included not only book learning, but personality development, leadership, experience, knowledge from contacts and associations, and from observation. To succeed you must be educated.

3. Good Health.

We are physical beings. But man (referring to this body of ours) is made of matter. We are made of 16 elements of organic, chemically functioning existence. We live by the breath of air (which is the breath of life itself) and must be supported by food and water. Stop to think, we are only one heartbeat away from death! As the lungs pump air in and out, so the heart pumps blood through an intricate system of veins and arteries. These must be supported by food and water.

So, we are just what we eat.

Of course there are other laws and rules of health that cannot be overlooked — sufficient sleep, exercise, plenty of fresh air, cleanliness, and proper elimination, right thinking, and clean living. One cannot pollute his/her body with nicotine or excessive alcohol and expect the body to live a long disease-free life. We must exercise (in moderation) to keep our bodies in good physical condition. This exercise is good for both the body and mind. I have

found that a physically fit body lends itself well with a strong mental attitude. And a strong mental attitude does have considerable influence on physical condition. Most “successful” people (as the world evaluates success) do think constructively, positively, in a mental attitude of confidence.

4. Drive/Motivation.

You will always find that the executive head of any growing, successful organization employs drive! He puts a constant prod on himself. He not only drives himself, he drives those under him, else they might lag, let down and stagnate.

Without energy, drive, constant propulsion, a person need never expect to become truly successful.

5. Resourcefulness.

Life constantly encounters hazards, obstacles, unexpected problems or setbacks. You may be proceeding along right on schedule, when BANG! — out of nowhere comes an unexpected complication. When complications, obstacles, unexpected circumstances appear to block your path, you must be equipped with resourcefulness to

that most people face, but I venture to say that most of you are aware of the situations that Dr Martin Luther King, Jr., faced as he went about to accomplish the goal of equal rights, freedom and liberty for all Americans.

While on our journey to success we may make a mistake and if this happens, pull yourself up by your bootstraps and continue on your successful journey. Don't blame someone else for your mistakes. Some people blame their parents; some blame other races of people; and some blame society for their mistakes.

We will make mistakes; some intentionally and some unintentionally. When we make mistakes, we should have the intestinal fortitude to take responsibility for our actions and the perseverance to press on with life.

7. Seek Guidance and continuous Help of God.

As you see, I have reserved this all-important law for last, but far from being least, it is first in vital importance! I held it till now because (1) it is the very last one that people

things of life — freedom from fears and worries, peace of mind, security, protection, happiness, abundant well being — the very source of their supply is the Great God I serve. Since all comes from Him anyway, why not tap the source from the very beginning.

As we reflect over the successful life of the man whose birthday we celebrate today, Dr. Martin Luther King, Jr., I feel that we all can come to one conclusion; that is, he was a very successful man.

Even though Dr. King died at a young age by an assassin's bullet, I would say (and I am sure you will agree with me) that he was a very successful man and is now resting in the bosom of God. And the key element of his success is that his goal and dream is still alive today.

Now I have provided you with my road map to success in life in the form of seven laws of success. But this still does not answer the question of the hour — “How Much is Enough to Succeed?” When trying to come to grips with this question with regards to natural man, this is a very difficult question to answer.

in the temple sitting in the midst of the doctors, both hearing them and asking them questions. And all that heard him were astonished at His understanding and answers.

— His HEALTH was said to have been the best, and He went about healing those who were sick of disease, and He raised some that were dead.

— His DRIVE came from God the Father. Even though He was a man and had feeling like a man, He knew that in order to save mankind from their sins He had to die on the cross.

— His RESOURCEFULNESS was beyond measure. For He was denied by His closest friends. He was stripped of His clothing and beaten. He was mocked and spit upon. He was led up Golgotha Hill to be crucified where He was nailed to a cross through His hands and feet.

— He PERSEVERED despite all the things He went through so that you and I could have a right to the tree of life and because He knew that after being put to death He would rise again just like God the Father had said.

When trying to answer the question of the hour — “How Much is Enough to Succeed?,” I tell you that this is a difficult question to answer when it comes to the natural man. But I come to tell you this morning that when this question is applied to The One the answer is much clearer.

The One is no one other than Jesus. And His death on the cross was enough to succeed. It was through His death that mankind can live without the penalty of sin. Jesus is The One.

He is The One who, in my estimation, did enough to succeed when He died to save mankind from their sins.

If you are here today and don't know The One, I recommend that you get acquainted with Him and ask Him into your life.

With Jesus in your life, you too can be a Success.

“The key element of his success is that his goal and dream is still alive today.”

solve the problem, overcome the obstacle, and continue on your course.

To succeed, you need to cultivate the ability and the habit of remaining unexcited, yet leaping to action on high tension, reaching the right decision, then acting on it!

6. Perseverance/Stick-to-Itiveness.

Resourcefulness and perseverance go hand in hand. When we set our goals and are met with the constant changing situations, conditions and setbacks to accomplish those goals we must persevere. You may not be aware of the constant changing and difficult situations

will acknowledge and apply; and (2) being first in making possible our success, I want to state it last so it will remain stamped in the minds of my listeners today.

People will ignore all their lives any idea of divine guidance and help. Yet if one should find himself or herself on a foodless and waterless raft after a shipwreck in mid-ocean, it is remarkable how quickly he/she would begin to believe there really is living God! In last-resort desperation most people will cry out to Him whom they have ignored, disobeyed and set at naught all their lives. Yet, if we are to enjoy the good

However, when it comes to answering this question with regards to my Lord and Savior, the answer becomes very clear. Because He did everything required to save mankind from their sins, He is The One who did enough to succeed.

So when we stop to consider “How Much is Enough to Succeed?,” let's consider Jesus' life:

— He was born in a manger, wrapped in swaddling clothing.

— His GOAL in life was to save mankind from their sins.

— He began His EDUCATION early in life, but there was a difference in His education. We find Him

Plan ahead for a merrier Christmas - Only 295 joyous shopping days until Santa arrives!

By GySgt. Michael Claudio
Family Service Center

Do you find yourself becoming creative with your spending during Christmas?

Do you wish to hit the Lotto to help you during Christmas?

Well, here are two easy options to help alleviate financial problems during the Christmas season.

Option One:

Establish a Christmas budget.

This is easily accomplished. Just sit down and establish a maximum price per

gift.

Then multiply that predetermined dollar amount by the number of gifts you buy and add \$50 for mailing. This is now your Christmas budget.

Immediately start a Christmas Club account at your financial institution.

These accounts are very simple to establish. Just go to your financial institution and let them know that you want to open a Christmas Club account.

The financial institution will automatically deduct the predetermined amount from your checking or savings account.

The money is received about one month prior to Christmas.

Now think about it, in November you receive a check for \$500 or more to spend during the holidays. That's a great way to start the Christmas season.

Here's food for thought: if you have money left over, buy as many Christmas gifts in the weeks following Christmas for next year's Christmas.

Many department stores have huge sales after Christmas to get rid of any excesses they may have; take advantage of their generosity.

Option Two:

Divide the number of gifts you buy by 11.

Then begin buying presents each month until December. In December mail out all the gifts, and be thankful you don't have to go Christmas shopping.

I must warn you though, if you decide to follow one of these options, your Christmas will be merrier.

Note: Family Services offers financial counseling to answer any questions about budgeting, Christmas season or not.

GRIEF from Page 6

time expressing emotions and we do not want anyone to see our sadness.

One of my heroes is General Schwarzkoph, who -- when interviewed by Barbara Walters and asked about the possible loss of his troops in combat -- became tearful.

Barbara Walters asked "How, as a General he could be so moved. He responded, "I would never trust anyone who can't cry."

It is all right to express your sadness.

How do we support others through the grief process?

Offer your quiet, supportive presence.

Listening is important.

If you don't know what to say, that's all right. Don't say anything. Just be there. Encourage the grieving person to talk about the loss. Invite the individual to share memories, whether happy or sad.

Generally listen more than you talk. Listen non-judgmentally. Don't be shocked by anything the individual shares, even anger or guilt.

Don't say things like, "You shouldn't say that" or "You shouldn't feel that way." Encourage the individual to maintain healthy routines and functioning: friendships, activities, spiritual pursuits.

You are often only part of a team of people who support someone.

Don't feel you have to do everything, but don't just rely on others to do things that are difficult for anyone to do.

Be there for your friend or family member over the long haul, not just during the first few days or weeks.

Many grieving people hear the words, "If you need anything, just call me." But people who are grieving won't call you. You need to call them.

Be proactive in meeting the needs of people who are grieving.

If you want to share something it is helpful to do so in writing. This way the person can consider your thoughts in privacy and in their own timing.

With few exceptions what you say should be encouraging and it should always be honest.

When is grief a problem?

When you are so sad you are unable to do your job. You become so sad you think of harming yourself. You begin to drink more than usual or take medications to control your sadness.

Help is available at the Family Service Center at 577-6533 or from the Chaplain at 577-6849.

I&L from Page 4

The Maintenance Division handles all base and tenant activities support for work requests; facilitates maintenance and repair to base structures, roads, alarms, swimming pools and minor construction incidents; provides maintenance for utility operations such as Steam & Hot-water generation, water wells, reservoirs and sewage collection and treatment; and houses short- and long-term maintenance plans.

The Environmental Division is responsible for ensuring and maintaining compliance with federal, state and local regulations for all base and tenant activities.

With two branches -- Compliance Branch and Engineering and Planning Branch -- the Environmental Division maintains air quality management, air compliance permits, regulatory and internal inspections, solid waste management, pollution prevention initiatives, compliance with the National Environmental Policy Act (NEPA), environ-

mental project review, stormwater pollution prevention and numerous other environmentally conscious programs.

The Transportation Management Division consists of four branches -- Operation Branch, Automotive Maintenance Branch (NEBO), Automotive Maintenance and Rail Operation Branch and Traffic Management Branch.

The Operation Branch provides operational equipment to base and tenant activities; the Automotive Maintenance Branch (NEBO) schedules and performs preventive maintenance, repairs and overhauls for Garrison Mobile Equipment (GME) and General Service Administrative (GSA) vehicles; the Automotive Maintenance and Rail Operation Branch covers the same task as the Automotive Maintenance Branch (NEBO) with an additional duty of providing base railroad support for the Marine Corps and Army rotations; the Traffic Management Branch provides counseling on personal property shipments, claims,

travel requirements, inspection and passports and gives the Air Clearance Authority for any material being shipped on Military Air Lift Command (MAC) flights.

The Administrative Division provides guidance on personnel matters, coordinates training needs, administers the incentive awards program and coordinates and monitors management control reviews for all I&L Dept divisions and branches.

"I'm excited about the October 1998 base realignment," said LtCol. Mark L. Haskett, director, I&L. "It corrected certain organizational deficiencies that existed in the old Facilities and Services Division, and created a solid foundation from which the new Installations and Logistics Department can continue its organizational and process improvements.

"We are in a position to support the Commander's intent to compete and win in the upcoming commercial activities studies."

For more info about base operations or I&L, call 577-6753.

KIDS from page 6

mission annual study of children under age 9, one child chokes on food and dies in the United States every five days. The majority of victims are under age 5.

Harper suggested these tips: Always watch what and how your child eats. Cut or break food into small pieces that aren't round. Encourage your child to chew slowly and thoroughly.

Food that's too large or too hard can cause a child to gag or choke. Popcorn, whole grapes, peas, peanuts (until about age 7), some hard candies, raisins and other small, roundish foods can be dangerous if children accidentally swallow them down "the wrong pipe."

"These foods are dangerous not just because they are round, but because they have smooth surfaces and can slide down into the airway very easily," said Harper. "I advise parents of children under 4 to steer clear of them." Other dangerous foods include raw vegetables such as carrots, celery and peppers; hot dogs; gum, large pieces of meat and spoonfuls of peanut butter.

On the other hand, she said, safe foods for young children include crackers and small pieces of soft fruits such as banana, orange and ripe pear. "But young children can choke on any type of food, so parents should always keep a close eye on them during meal and snack times," she said.

The Consumer Product Safety Commission reports about 110 children choked on toy balloons and died annually between 1973 and 1988; the death toll from swallowing small balls was 40 a year between 1974 and 1987.

"All balloons — unused, inflated or broken — should be kept out of children's reach. Balloons are a major choking hazard for young children. Other toys to keep out of reach are marbles, small balls and toys with small parts that can break off," the safety commission report stated.

Young children's favorite way to discover something new is to put it in their mouths and taste it. Parents should frequently scan the floor and low surfaces for any object an infant could easily pop into their mouths.

Potential household hazards include buttons, button-shaped batteries, coins, earrings, marbles, small balls and toy parts, paper clips, rings, safety and straight pens, screws and snaps.

"Never leave anything smaller than an infant's mouth lying around," Harper said. "Be firm in teaching our child not to hold objects in his mouth, and be especially

vigilant in watching what the child is playing with. Little hands are fast as lightning and very indiscriminating."

For more information concerning first aid courses, contact your local military clinic or the American Red Cross on their web site at www.redcross.org.

When a child chokes, according to the American Red Cross, take the following measures when an infant up to 12 months old is choking:

- Do not interfere if the infant can still breathe, cough or cry on its own. Do not initiate first aid until you are certain the infant is actually choking. Perform first aid if the child can't cough or cry or if the coughing and crying are very weak.

- If others are around, get someone to call for medical help while you begin first aid. If you are alone, shout for help and then begin first aid immediately.

- Do not search for an object if it is not visible; you might accidentally push it farther down the infant's throat.

- If breathing has stopped, clear the child's airway before starting

CPR.

- 1) Lay the infant face down along your forearm with the infant's chest in your palm and the jaw between your thumb and index finger. Use your thigh or lap for support. Keep the infant's head lower than the body.

- 2) Give five quick forceful blows between the infant's shoulder blades with the palm of your free hand.

- 3) Turn over the infant onto your other arm, face up, again using your thigh or lap for support and keeping the head lower than the body.

- 4) Place two fingers on the middle of the breastbone just below the nipples. Give five quick downward thrusts toward the throat, depressing the breast a half-inch to an inch each time. Each thrust is a separate attempt to clear the infant's airway by forcing air out through the windpipe.

- 5) Continue this series of five back blows and five chest thrusts until the object is dislodged or the infant loses consciousness.

If the infant loses consciousness or stops breathing:

- 1) Lay the child on its back on a

firm, flat surface and tilt its head back.

- 2) Seal your lips tightly around the child's open mouth and nose.

- 3) Give two slow breaths into the child's mouth, this will get oxygen into the child's lungs. Then give two more slow breaths. If the child begins breathing, continue to monitor the child until medical help arrives.

- 4) If the child still doesn't breathe on its own, continue the back blows, chest thrusts and check for the object until the child coughs it up or starts to breathe. Seek medical attention even if you successfully dislodge the obstruction and the infant seems fine. Complications can arise not only from the incident itself but also from the first aid measures.

Occasionally, an object will enter the lung instead of being completely expelled.

The infant may appear to improve and breathe normally, but in a few days may start wheezing, coughing persistently or showing signs of pneumonia.

If this happens, seek medical attention immediately.

MARRIAGE from Page 6

Husbands and wives do not appreciate unsolicited comments on their faults, especially from each other. Adults can't expect their spouse to meet all of their needs.

Mary and Bob realized their need to make the marriage relationship a central priority, a valued anchor of their family. As a result, they recently went kayaking together for the first time in years, and were amazed to remember how much fun they have as a couple. Now they both seek out opportunities for quality time together and with Adam.

The bottom line in the marriage body shop is this: While love ignites the family fire, acceptance, generosity of spirit and mutual support are the fuel that keeps the fire burning.

February 14 is Valentine's Day; a day to remember the romance in any relationship. Do something positive for your marriage.

Marital counseling is not just for those having problems, it can enrich any marriage.

To make an appointment, call the FSC at 577-6533.

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SPORTS



Photo by Cpl. Mike McQuillan

Heath Totsch volleys with a forehand smash during recent racquetball action at the base courts.

Racquetball takes Barstow by storm

By Cpl. Mike McQuillan
BARSTOW LOG staff

Just a few months ago, racquetball enthusiasts volleyed on an old court in an abandoned, condemned warehouse on base.

Nowadays, new faces flood the gym daily, anticipating their turn to labor amidst the thunderous echoes of the new racquetball court.

Since it's inaugural "King of the Court" tournament, the court has attracted nearly 50 players for league play and countless others who stop by from time to time.

According to SSgt. James Bell, gym SNCOIC, three leagues were established so everybody could play.

The three leagues range in diffi-

culty. The most competitive is the Open League followed by the United and American leagues. Players must coordinate with each other to play the scheduled games.

"They have until March 1 to play all games on the schedule," said Bell. "We don't care when they play, as long as all the games are played on time."

Along with league play is the high-profile challenge ladder where the top 10 players on base flaunt their supremacy and invite others to challenge their ranking.

To get onto the ladder, one must beat the ninth or tenth person. Once on the ladder, a player can challenge one or two slots higher to upgrade their standings.

On Monday night, newcomer Allen Drew romped Joseph Hood to enter the chart at number ten.

"It's okay," joked Hood. "Bohica needs me for the (basketball) playoffs anyway."

Drew also edged third-ranked Fred Waddell immediately afterward.

"He's no joke," said LCpl. John Conrad, league coordinator. "I'd be surprised if anybody beats him at all."

The gym staff is always looking for new ways to enhance play at the courts. Bell suggested that it's possible to start a women's league if enough women show interest.

For more info call the base gym at 577-6898.