

BARSTOW LOG

Vol. 3, No. 23

Marine Corps Logistics Base Barstow, California

April 22, 1999

Reservists need commissary cards for extra shopping

By Bonnie Powell

Special to the American Forces Press Service

FORT LEE, Va. – Reservists, National Guard and gray-area retirees who don't have their Commissary Privilege Card yet may be spending up to 30 percent too much for their groceries.

Last fall, Congress voted to double to 24 the number of commissary visits reserve component members and "gray-area" retirees could make each year. But the Commissary Privilege Card is still required to get in the door. Guard and Reserve units issue the cards to their members.

Gray-area reserve retirees are those under age 60 who will be eligible for retired pay when they hit that magic number. The shopping

privilege also applies to the dependents of reserve component and Retired Reserve personnel.

"Service in the National Guard and Reserve is now more challenging and more difficult than ever before," said Charles L. Cragin, acting assistant secretary of defense for reserve affairs. "Doubling the commissary access for reservists and their families helps to level the playing field and improve their quality of life."

According to Col. James Scott of the Office of the Assistant Secretary of Defense for Reserve Affairs, many reservists feel it's a significant entitlement. The problem is lack of awareness — the reservists don't always know

about the benefit or take advantage of it."

John Gannon, a retired sergeant major who is a key volunteer with reserve and family support groups, agrees. During his travels, he talks to thousands of reservists and many of them don't understand the significant money they can save at the commissary.

"How do you know you can't save money if you don't go?" he asks them. "It's a major benefit to reservists. They might not see it now, but if they don't start using it now, one day they will wake up and their biggest benefit will be gone!"

"We encourage all Guard and Reserve personnel to use their shopping privilege," said Bill Ritz, a commissary management specialist who oversees the Defense Commissary

Agency's Guard and Reserve shopping policy. "They will enjoy shopping for groceries in modern stores and get great value in the bargain."

According to Judy Mendez, MCLB Barstow Commissary Manager, this could add valuable savings to the reservists' monthly shopping.

"We really hope our reservists will take advantage of the extra shopping privilege by buying more perishables like milk," said Mendez. "With two visits per month [reservists] can get the savings right here."

For calendar 1999, the services indicate they will issue two 12-visit cards to authorized

See CARDS Page 8

Federal Employees Group Life Insurance (FEGLI) open season begins Saturday

Submitted by
MCCHRO-W, BSO

A Federal Employees' Group Life Insurance (FEGLI) open season is April 24 through June 30.

In a few weeks, the FEGLI Booklet and the FEGLI 99 Open Enrollment Period Pamphlet will be available at the Marine Corps Civilian Human Resources Office - Barstow Satellite Office.

If, after reviewing the material, a person decides not change their current coverage then do not do anything. If a change in coverage is wanted complete the FEGLI 99 Open Enrollment Election Form (RI 76-27) which may be obtained at MCCHRO-BSO in Building 37. The SF 2817 cannot be used to make FEGLI 99 open season elections. Complete the form indicating all coverage desired – not just new coverage. Any coverage not shown on the RI 76-27 will be considered waived. Once the special election form is completed forward it to:

Human Resources Service Center, Southwest (HRSC-SW)
525 B Street Suite 600,

Attention: Code 516
San Diego, CA 92101-4418

The Open Enrollment Election Form must be received by the HRSC-SW or postmarked by June 3. Once the form is received, the HRSC-SW will confirm receipt by mailing a receipt copy to the sender. The sender should keep the receipt copy for their records. Remember the election will not be effective until the first pay period on or after April 23, 2000.

For further information about the FEGLI 99 Open Season, contact the Benefits and Performance Branch, HRSC-SW at (619) 615-5554 or 1-800-831-0622 ext. 5554. The Internet is another information source at <http://www.opm.gov/insure/life>.

Questions and Answers

Q. What kinds of elections can I make during the Open Enrollment Period?

A. During the FEGLI 99 open enrollment period you can elect any life insurance that you don't currently have.

See FEGLI Page 8

See Earthquake Emergency Supply Checklist, page 5



MCLB Barstow Marines volunteer for Earth day



Photo by Cpl. Mike McQuillan

LCpl. Kyran Ramcharan, Cpl. Julia Guadalupe, and LCpl. Rebecca Jasper evaluate a Barstow College science project at the Desert Discovery Center during its grand opening Saturday. The science projects were part of the Together for Earth Fair, sponsored by The Bureau of Land Management, Barstow Community College and the Barstow Unified School District. All projects had environmental themes focusing on Earth Day.

The Commander's Forum

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535 or send your concerns via LAN to COMMANDER'S FORUM@HQTRS1.

Is a fire an emergency?

Q: Good morning, I'm just now reading the February 25th issue of the Barstow Log, and I actually have to laugh. There is an article in there on the '911 System Costly When Misused' and they list on page 4 what the uses are. I think the Fire Department really missed

the boat when a fire is not listed as a 911 emergency. I think they need to rethink this and reproof these articles before they put them in the paper, Thank you.

A: Thank you for your interest in the safety and welfare of our residents and employees. Let me clarify

that the thrust of the article was to address a recent increase in non-emergency ambulance 911 calls. Misuse of the 911 ambulance service has two negative affects. First, if the unit is responding to a non-emergency we are delayed in responding to real emergencies. Second, non-emergency calls must be

paid for and this use of funds may reduce other available services or cost the caller. As an education piece, attention was focused on emergencies other than common sense situations. You should rest assured that fires, deaths, shootings, rescues, hazardous material incidents, and a host of other bona fide emergencies were

omitted from the article but are emergencies we always respond to. Judicial use of 911 will help ensure the best emergency service to the most people. Our fire, medical, military police and safety personnel are dedicated to professionally providing this service. Let's call them when truly needed.

Kindness, from which belief does it derive?

Lt. Mark Spaulding, USNR
3rd Battalion, 7th Marines

Buddhism

Getting along with each other.

Udanavarga

Hurt not others in ways that you yourself would find hurtful.

Christianity

So always treat others as you would like them to treat you.

Matthew 7:12.

Confucianism

Is there one maxim which ought to be acted upon throughout one's whole life? Surely, it is the maxim of loving kindness: do not do unto others that which you would not have done unto you.

Annalects 15:23.

Hinduism

This is the sum of duty: Do naught unto others which would cause you pain if done to you.

Mahabharata 5:1017.

Islam

No one of you is a believer until he desires for his brother that which he desires for himself.

Funan

Judaism

What is hateful to you, do not to your fellow man - that is the entire law; all the rest is commentary.

Talmud Shabbat 31a

Be nice. Play fair! This is the central mes-

sage of most of the world's religions. It makes sense. Getting along in this world does not require a Rhodes scholar. This is not brain surgery. Be nice. Play fair. Simple. Try it and notice how more wondrous and delightful the world becomes around you.

Clearly, not everyone in this world is reading from the same sheet of music - be nice. Sometimes people are inconsiderate, rude and self-absorbed. When this happens we are faced with two possibilities: meet their rudeness with rudeness or meet their rudeness with courtesy and kindness. Most of us, including me, will choose the former from time to time. We are tired, we got up on the wrong side of the bed, or generally we had a bad day. It happens. And I bet you have met folks that seem like they get up on the wrong side of the bed everyday! What to do!? Smother them with niceness! Really. You have heard the old adage, when the world serves you lemons, make lemonade! Be the one that chooses to be nice, even with insurmountable odds against you, and watch the world change around you!

Being nice and playing fair is not only a good thing to do for others, it is a great thing to do for you. When we are nice and smile a lot, we stimulate the thymus gland in our neck (or is it the face), anyway, when we smile we stimulate our immune system, hence we live longer and better the more we smile!

I have found another benefit from maintaining an attitude of be nice. Play fair. People like to make things happen for you. It is easier to catch flies with honey than with a hammer. Most people will go out of their way to help you out if you approach them with an atti-

See CHAP Page 8

Correction: In last week's issue Kathy Petermann was incorrectly identified as being a Comtroller employee. She actually works for Fleet Support Center Barstow. The BARSTOW LOG staff regrets the error.



Daily scans recommended to eliminate viruses

Ref: USMC NOC QUANTICO VA
MSG 0 2708002 MAR 99

Per the reference all commands must ensure that computer virus awareness be heightened and emphasized. Specifically the proper procedures to scan computers

to eliminate viruses (such as MELISSA) are conducted on a routine basis. It is recommended that daily scans be conducted. Without optimum user participation, viruses will continue to propagate.

Roughly 4,000 new viruses are identified each year, therefore you must update the virus-definition file on all versions of Norton AntiVirus software periodically.

To update the Norton virus-definition file the following instructions apply:

***Computers with WINDOWS 3.X must first disable Norton Autodetect prior to running the Update. To disable Norton Autodetect; within Windows click on the Norton Autodetect icon and click disable.

A. Updating Norton Definition Files:

Log into Local Area Network
Windows 3.X Customers: Click File Run
Win9X or NT Customers: Click Start Run
Type: X:\avnorton\update\0402x86.exe
Click OK

Update will ask you if you want to update, the answer is YES.

B. Checking File Definition File Date:

Open Norton
Click on HELP
Click on ABOUT

The Norton Definition file date should be 04/02/99 (Note: some versions of Norton have the file date on the opening screen)

NOTE: If the Norton Definition File date is incorrect, please notify the Information Systems Office HELPDESK at 577-6780 and provide the system number, point of contact, location, extension, and a brief synopsis of the problem. A trouble ticket will be created for the system.

See Y2K Page 8

Chapel Hours

Protestant 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

Public Affairs Staff

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

Bill Bokholt
GySgt. Frank Patterson
SSgt. Matt Olivolo
Cpl. Kevin Dolloson
Cpl. Mike McQuillan
LCpl. Brian Davidson
Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 33. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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

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

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

Anger Management Workshop

Experiencing increased annoyance, irritability or a tendency of being negatively critical? MCCA Personal Services Division is offering an Anger Management Workshop May 12 from 1 p.m. to 3 p.m. in Bldg. 129 to help participants evaluate and understand the causes of their anger and teach them techniques for controlling anger.

For more info, or reservations call 577-6533.

New gym hours

Effective April 19 base gym hours are Monday through Friday from 5 a.m. to 9 p.m. and 8 a.m. to 3 p.m. on weekends and holidays. For more info, call 577-6543.

March of Dimes WalkAmerica

Barstow's annual March of Dimes WalkAmerica for healthier babies will be Saturday at 8 a.m. starting at Kmart, 510 E. Virginia Way. This year's theme is "Saving Babies Together." Registration begins at 7 a.m. Walkers, strollers and runners may choose either a one-and-a-half, three- or nine-mile route. For more info on participating, forming teams, pledge sheets, etc., contact Corky Nottingham at 252-5023 or Donna Siegle at 242-9784.

Family barbecue

The Child Development Center is hosting a family barbecue for patrons Friday at 4 p.m. at the CDC to celebrate the Month of the Military Child. The menu includes hamburgers, hot dogs, potato salad, baked beans and more.

For more info, or reservations call 577-6287.

Leave share

Joseph Trad, Defense Distribution Depot Barstow, and Micki Evans, Customer Support Coordinator, Packing Division, have been affected by medical emergencies.

Anyone desiring to donate leave may submit a leave donor application through his or her Division Administrative Officer. For more info, call Debbie Ulibarri at 577-6434.

Free health screening

The Barstow Masonic Temple at 221 Avenue J is offering a free medical screening for children 18 and under for treatment at Shriners' Hospital for Children May 8 from 10 a.m. to 3 p.m.

Local doctors will screen for treatable orthopedic problems, residual burns, scoliosis, club foot, cerebral palsy, muscular dystrophy and many other ailments. Parents should bring

a copy of the child's birth certificate, immunization records, guardianship papers and W-2 or 1040 forms for 1999.

No appointment is necessary.

For more info, call 252-5800 between 9 a.m. and 8 p.m.

ASMC luncheon

The next American Society of Military Comptrollers luncheon is scheduled for Tuesday at 11 a.m. at the Oasis Club.

Doris Lowe and Capers Hamilton of the National Association of Retired Federal Employees will give a presentation on the topic "Are you Ready for Retirement?" The menu is either beef stir-fry with steamed rice, vegetables, roll and beverage or Chef salad. Tickets are \$5.00 and should be purchased by the close of business tomorrow.

For tickets or more info, call:

Billie Reed	577-7875
Lou Ann Presley	577-6636
Conni Lewellyn	577-6596
Tito Escobedo	577-6369
Randy Meyer	577-6366
Sophia Cisneros	577-5140

Mother's Day Brunch

A Mother's Day Brunch will be held May 9 from 10 a.m. 1 p.m. at the Oasis Club. Everyone is invited to enjoy a menu of Eggs Benedict, scrambled eggs, bacons, sausage,

potatoes lyonnaise, crepes suzette, french toast, mashed potatoes, quiche Lorraine, roast turkey, mashed potatoes and more.

Cost for mothers is \$4.50, \$4.95 for children and \$8.95 for adults. For reservations call 577-6110 or 577-6418.

Asian Pacific celebration

Join members of the base community as they celebrate Asian-Pacific Heritage Month.

Festivities will take place in the beer garden May 15 from 10 a.m. to 5 p.m. A lunch of multi-cultural dishes will be served and family entertainment will be provided. Tickets are \$7 per person. For tickets or more info, call:

Daniel Keirn, Jr.	577-6614
Tulu Nisulu	577-7104
Brett Wong	577-6578
Vee Pasco	577-6391
Carina Bonner	577-6619
Sam Callego	577-6632
Ernesto Glina	577-6757
Vince Chavez	577-7386
Fred Molino	577-7210
Heggi King	577-6244
Sharon Lange	577-6599

Law Enforcement breakfast

This year's Law Enforcement Weekend begins Friday, May 21, with a breakfast at the Oasis Club.

The MCLB Provost Marshal's Office invited Bernard Parks, Chief of Police, Los Angeles Police Department, to be the guest speaker.

The buffet-style breakfast starts at 7 a.m., and tickets cost \$7 each.

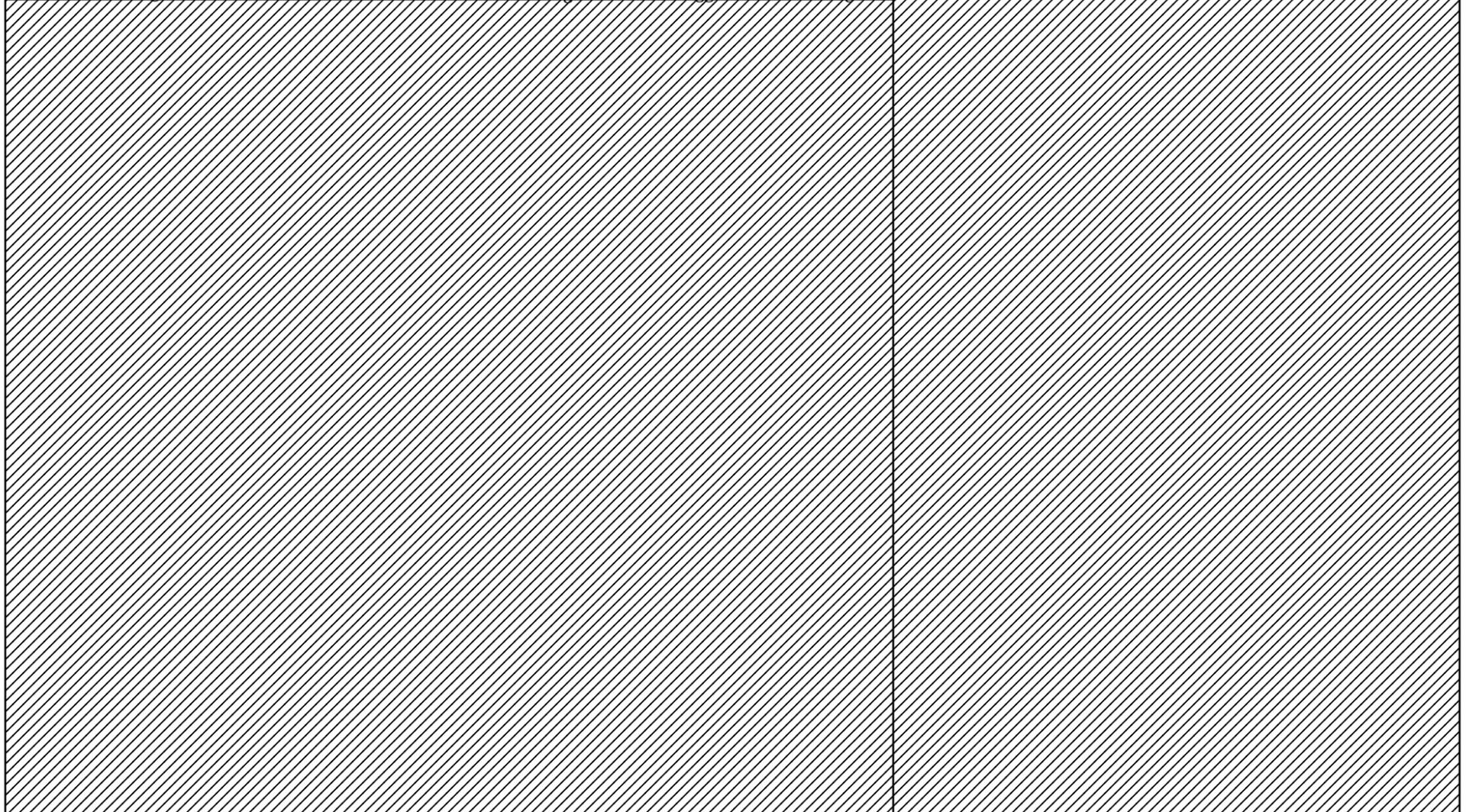
For more info, or to purchase tickets, call GySgt. Joe Daquila at 577-6062, or visit the website at <http://members.tripod.com/BMLEA>.

Poster contest

Your elementary age child could win \$500 and have their artwork published on the Internet by winning the 1999 Armed Forces YMCA Poster Contest. The theme of this year's contest is "My Military Family." First-place finishers will receive a \$500 U.S. Savings Bond, second-place finishers will win a \$100 U.S. Savings Bond, runners-up will also receive prizes.

The contest is open to all elementary school children of active duty

See BRIEFS Page 9



Information, tips on protecting your back

By LCpl. Brian Davidson
BARSTOW LOG staff

In the first five months of FY99 back injuries at MCLB Barstow have risen 27 percent and lost time back injuries have doubled over last years figures for this time frame, according to Richard Johnson, base safety officer.

"Most back injuries occur while lifting heavy or awkward objects incorrectly and without assistance or mechanical means," said to Johnson.

The number one cause of on-the-job injuries is physical overload—lifting too much or improperly, straining, overreaching, bending or twisting.

Several things can be done to avoid on-the-job injuries beginning with taking the safety of yourself and your co-workers seriously.

Safetech Journal offers the following tips for maintaining a healthy back in a work environment that requires repetitive lifting.

- Assess the object before lifting it.
- Get help or use a mechanical aid if necessary.
- Bend at the knees.
- Use your leg muscles, not your back.

“Most back injuries occur while lifting heavy or awkward objects incorrectly and without assistance or mechanical means ...”

— Rich Johnson, Base Safety Manager

- Hold the object close to the body.
- Know where you will place the load.
- Make sure your walkway is clear.
- Avoid twisting your body.
- Take the time to stretch.

For office workers, it may seem that sitting behind a computer all day would protect your back and neck from strain or injury; however, it won't.

Many office workers also experience pain and work related injuries

caused by poor posture, back support or organization of their workstations.

Business & Legal Reports, Inc. recommends the follow tips in their publication *Video Display Terminal Safety*.

- Organize your workstation so that everything is easy to reach.
- Allow enough room under your desk to move your legs.

·Position screen 18 to 24 inches away from your face.

·Your keyboard should be easy to reach with wrist supports.

·Use a chair with an adjustable backrest.

·Sit with back straight, head level and feet flat on floor.

·Shift positions regularly.

According to the Impacc USA website — an on-line information

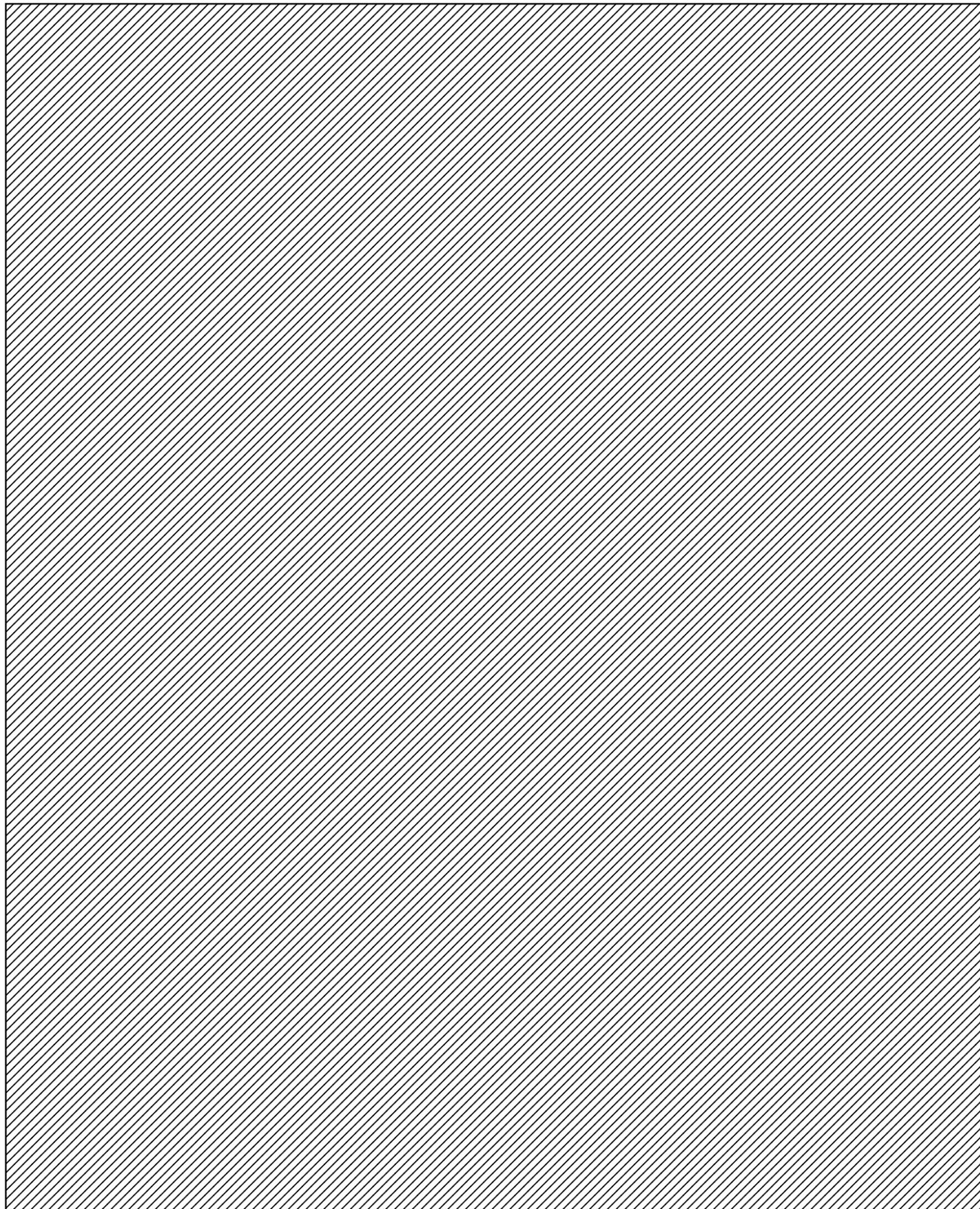
source about back injuries for caregivers — back injuries are the most common reason for lost work days and cost \$60 to \$80 billion annually in lost productivity, legal and medical costs.

Impacc USA advises that if a back injury occurs, common applications are rest, ice or heat, and if necessary, over-the-counter pain medication. If the pain persists, medical treatment

is recommended.

Caution is a highly recommended form of prevention. As the age-old adage goes, “an ounce of prevention is worth a pound of cure.”

To learn more about back injury prevention or to arrange a Back Injury Prevention Class for your work section call Janice Neukam at 577-6722.



MCLB Barstow receives another environmental award



Photo courtesy of Environmental Department

Manuel "Manny" Joia Jr. (left) receives the Secretary of the Navy's Environmental Award for MCLB Barstow from the Under the Secretary of the Navy, the Honorable Jerry MacArthur Hultin in Denver, Colo., on March 29.

MCLB won the award for Environmental Quality in the Industrial Installation category. Barstow's most challenging accomplishments include maintaining compliance with California's stringent air pollution regulations, hazardous waste disposal regulations, and industrial/domestic wastewater treatment requirements, while conducting large amounts of stripping, degreasing and painting.

Additional achievements include: sustained hazardous waste compliance, successful performance of asbestos and lead paint management plans, and increased comprehensive environmental training and education for all base employees.

Emergency Supply Checklist

Stocking up now on emergency supplies can add to your safety and comfort during and after an earthquake. Store enough supplies for at least 72 hours.

Survival

- Water - 2 quarts to 1 gallon per person per day
- First aid kit - freshly stocked
- First aid book
- Food (packaged, canned, no-cook, baby food, special diets)
- Can opener (nonelectric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medication and glasses
- Fire extinguisher - A-B-C type
- Food and water for pets
- Money

Sanitation supplies

- Large plastic bags for trash, waste and water protection
- Large trash cans
- Bar soap and liquid detergents
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach
- Newspaper - to wrap garbage and waste

Safety and comfort

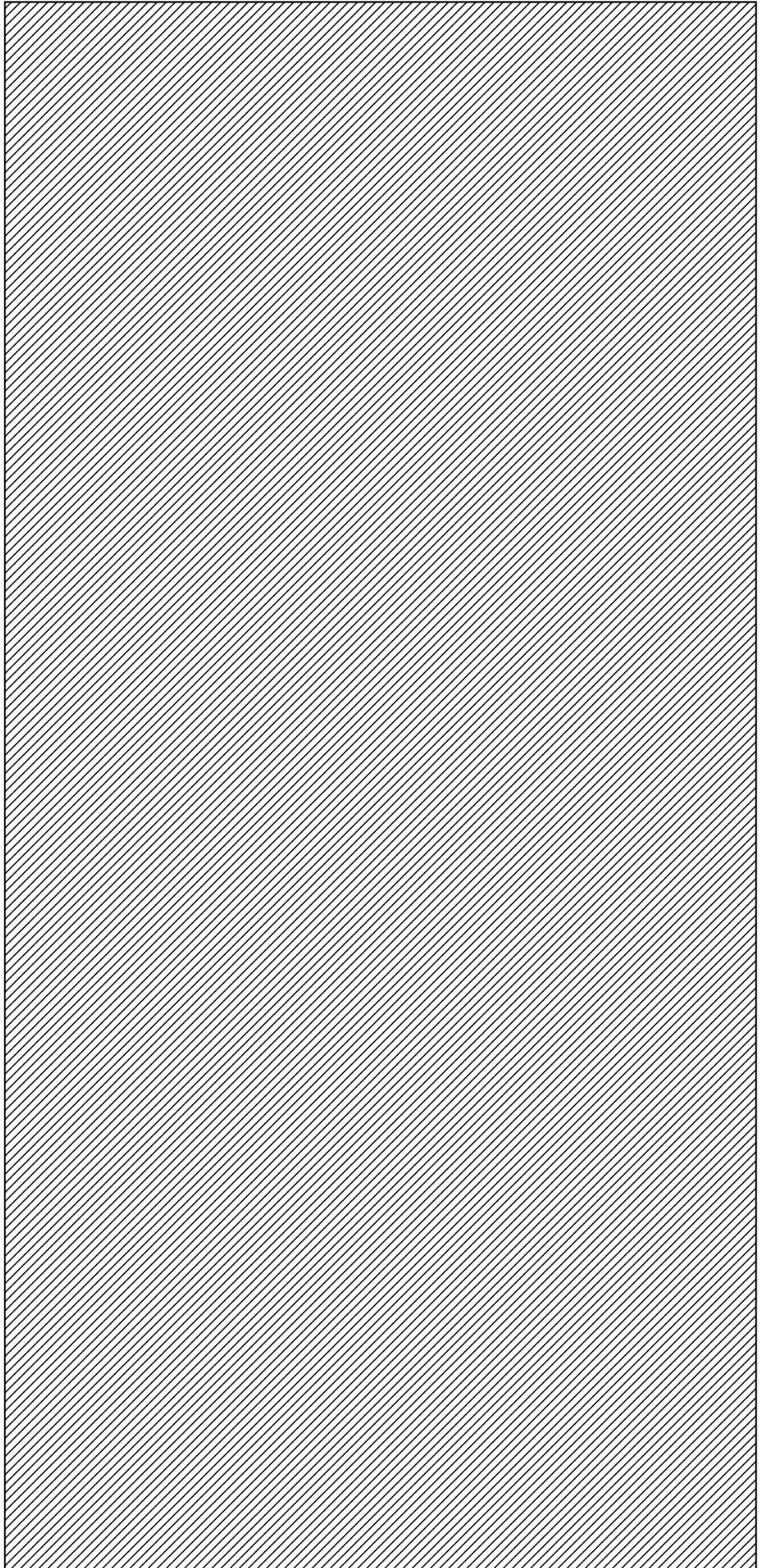
- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Change of clothing
- Knife or razor blades
- Garden hose - for siphoning and firefighting
- Tent

Cooking

- Barbecue, camp stove and chafing dish
- Fuel for cooking (charcoal, camp stove fuel, etc.)
- Plastic knives, forks and spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

Tools and supplies

- Axe, shovel and broom
- Crescent wrench for turning off gas
- Screwdriver, pliers and hammer
- Coil of 1/2" rope
- Plastic tape and sheeting



MCLB Barstow does its part for Earth Day

By Cpl. Mike McQuillan

BARSTOW LOG staff

Today, the world celebrates Earth Day for the last time this millennium. It sets the stage for not only a new age of technology, but a heightened awareness of the natural world around us.

Earth Day was created in 1970, after writer/activist John McConnell introduced the idea at the United Nations Educational, Scientific and Cultural Organization convention in San Francisco in 1969.

Later that year, he proposed the

annual event to the San Francisco Board of Supervisors. McConnell thought the city named for St. Francis, patron saint of ecology, was the ideal place to celebrate the "wonder of life on our planet."

"We have an amazing planet with raw materials and natural resources," said McConnell in his article *Do Your Part*. "But human folly and greed have hindered efforts to foster commitment to the stewardship of Earth. We must now win global support for a moral equivalent of World War II – an all-out effort for

peace, justice and the care for Earth – the only way to a viable future."

McConnell has spent much of his 84-year life spearheading projects in religion, science and humanitarian aid. His passion for the environment led him to introduce the idea of Earth Day and write the proclamation read by the mayor of San Francisco on the first Earth Day March 21, 1970.

"As inhabitants of this Earth – Earthians, we need a day to celebrate our global unity and destiny ... " the proclamation reads.

MCLB and the city of Barstow celebrate Earth Day together. This past weekend, four Marines and one Sailor from MCLB were judges at a poster symposium during the grand opening of the Desert Discovery Center on Barstow Rd. The posters, created by Scott Bulkley's Physical Geology class at Barstow College, featured environmental themes relating to the High Desert.

"This begins a partnership with the college and the discovery center," said Bulkley. "The students all researched an area in the desert and presented it to the class."

Judging the projects were: CWO Bill Bradshaw, Cpl. Julia Guadalupe, LCpl. Rebecca Jasper, LCpl. Kyran Ramcharan and HM1 George Mosier.

The winners were Julie Rotte and Olivia Tuers for their research of



Joshua Tree National Park, and the trio of Mendi Rourke, Shelly Mendez and Marilyn Maestas for their Pisgah Crater project.

"Those two projects stood out the most," said Jasper. "You can tell they really went out to the site and did hands-on research."

The winners received \$25 gift certificates to Diamond Pacific.

"The discovery center is purely an education center for all individuals," said Bulkley. "Hopefully the students will leave their projects here [at the discovery center] to put on display."

Earth saving tips from Earth Share

The X-Files – From the Spring 1999 issue

Xeriscaping is a way to garden using minimum amounts of water and energy. The following techniques are a must in dry-weather climates, but also provide useful guidelines for environmentally conscious gardeners everywhere.

- Group plants by their water needs. When possible, put high-need plants in naturally wetter areas of your property.
- Test your soil. Add organic matter when necessary – maybe from your own compost pile – to increase your soil's water holding capacity.
- Limit your lawn. Grass is a water hog. Limit the size of your lawn. For those plots that remain, try varieties of grass that don't use much water.
- Mulch. Cover plant beds with composted leaves or grass to help retain moisture.
- Plant native species. Plants that have evolved in your area's climate are better adapted to its water conditions.

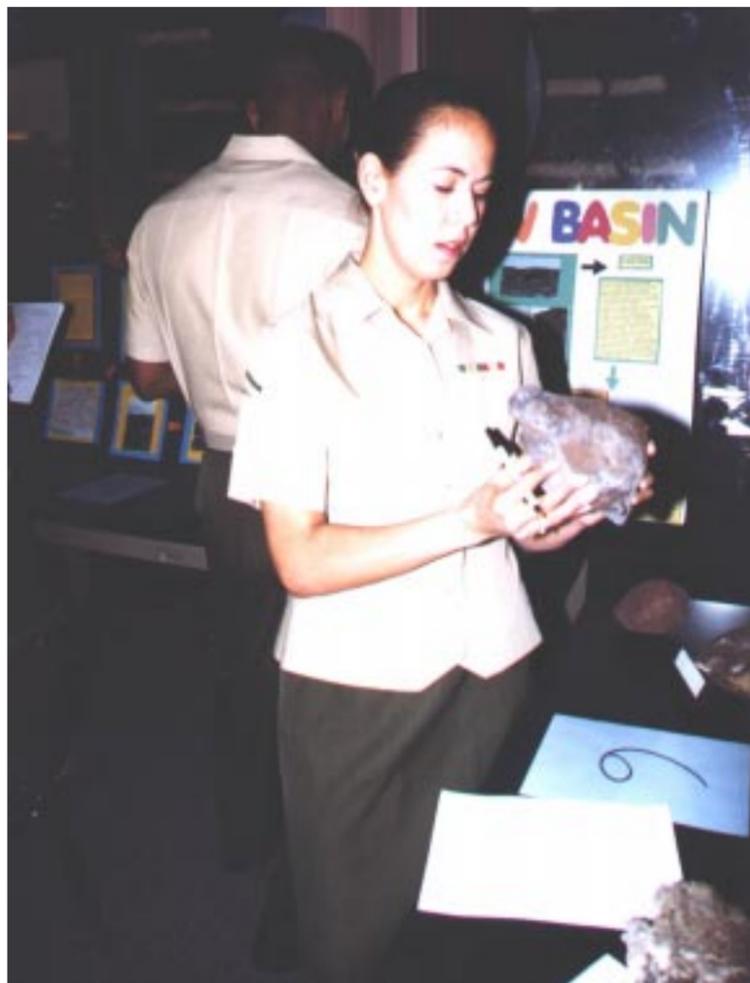


Photo by Cpl. Mike McQuillan

Earth Day / Earth Trustees

Make your neighborhood an earth care center

For Earth Care:

- Move thoughtfully and protect the web of life that surrounds our globe and is our life-support system.
- Know that the air and water that circulates around the planet circulates through us.
- Study advertisements and reject products that waste or pollute.
- Share cars, newspapers, whatever you can.
- Recycle paper, metals, glass and plastics.
- Repair and give away what you no longer need.
- Conserve, insulate your home and build for good ventilation.
- Use your hands.
- Learn how a person treats the earth before you vote for him or her.
- Rejoice in human energy.
- Use your legs.
- Grow some of your own food.
- Inherit the earth, it belongs to each of us. Its health, wealth and beauty is our health, wealth and beauty.

(Left) LCpl. Rebecca Jasper examines a rock sample from the Pisgah Crater, part of the "Blast from the Past" exhibit, presented at the Desert Discovery Center in Barstow. This was one of two winning projects selected by the Marines who judged at the poster symposium Saturday. "I could tell they put a lot of work into it," said Jasper. "The display and samples were excellent."

The crater, also known as the Mojave Desert Devil's Playground, is located along historic Route 66, east of Barstow. Other places studied in the class were Joshua Tree National Park, the Calico Mountains, the Rainbow Basin and others.

Scott Bulkley, course instructor, said these projects would help students understand the terrain before taking class field trips later in the course.

Base Adjutant's Office provides Marine of the Quarter again

By Cpl. Mike McQuillan
BARSTOW LOG Staff

People often measure experience by the successes people enjoy. Often overlooked are the setbacks and the adversity people endure en route to prestige.

Cpl. James Hettinger, administrative clerk for the base adjutant's office and latest Marine of the Quarter, has blended his many accomplishments with the obstacles he's overcome on the way.

Hettinger was born June 23, 1974, in Moweaqua, Ill., a farming community in central Illinois. At Moweaqua High School, Hettinger was an all-conference lineman and captain of the varsity football team.

After high school, Hettinger tried to join the Navy, but was medically disqualified.

"They rejected me because my arms won't lock all the way out," he said.

He said the next three-year period was the least stable time of his life. He attended Richland College in Decatur, Ill., for a semester, followed by a series of jobs in the Decatur area. While working in the automotive section of Wal-Mart, Hettinger met the man responsible for changing the lives of thousands each year, the Marine recruiter.

"My boss and I went down to Wal-Mart pretending we needed an oil change," recalls SSgt. Rex Decker, Hettinger's recruiter. "There was Hettinger and his friend Tim Thrasher. First we asked some stupid questions about oil. Eventually we asked them both to come down to the office."

Hettinger explained to Decker about his attempt to join the Navy, expecting little reaction.

"Being the recruiter that he was, he said he could get me into the

Marine Corps," said Hettinger.

"There was no doubt in his mind that he could make it," said Decker. "He's the type who, if he sets his mind to something, he'll do it. No one can change his mind."

"When they sent me to the civilian doctor for my physical, I got down and started doing push-ups

Hettinger headed to boot camp at MCRD San Diego in October of 1995. "I was hoping to be the guide or a squad leader, but instead they made me the 'knowledge recruit,'" laughed Hettinger.

The knowledge recruit, according to Hettinger, is responsible for drilling the platoon on academic

for about a month while I was over there. My friend, Cpl. Kenny Allison, had a car and showed us all around Okinawa. Now she'd like to go back there."

Hettinger arrived at MCLB Barstow in June 1997. With the experience of duty overseas behind him and a Navy-Achievement Medal for his efforts, Hettinger wasted no time and attempted to win the next Marine of the Quarter board.

"I knew nothing about the boards, but I felt confident anyway," said Hettinger.

"I didn't win, but at least I learned the dimensions of a straddle trench," he joked.

Hettinger pressed on to win the Marine of the Quarter board in June of 1998. "The experience of standing boards in the past gave me the edge," he said.

He went on to Corporal's Course at Camp Pendleton, finishing 15th in his class. He claims that drill and the Techniques of Military Instruction events were his strongest.

"Those are events that you can practice," said Hettinger. "If you know how you're going to perform, you really don't get nervous."

In July of 1998, with only four months time in grade, he stood the meritorious sergeant board.

"I was confident I would win, even though I hadn't been a corporal very long," said Hettinger. "I don't know the final tally, but I heard I came in a tie for second."

Hettinger balances his Marine Corps life with community service by volunteering with the Young Marines of Victorville; teaching drill, customs and courtesies and military subjects to children ages 6-18.

"Some of them go to boot camp, but most of them just like the pro-

gram and use it to stay out of trouble," said Hettinger.

Though it didn't push him into military service, Hettinger has a family history of military service. His twin brother, Joe, serves in the Navy.

"They used to play games with me," recalls Decker. "Joe used to come into the office to sit down and talk pretending to be his brother. Then Hettinger would walk in laughing. They were both good guys."

Hettinger spent summers working on the farm of his grandfather, Marvin Jordan. Jordan served in the Marine Corps in the years following World War II.

"He went to my graduation from boot camp," said Hettinger. "After the colonel gave his speech, he said he was ready to re-enlist."

Hettinger's father served in the Army during the Vietnam War.

"He teases me because he left the Army as a sergeant," said Hettinger. "He thinks he still outranks me."

Hettinger plans to re-enlist in October, and either go back to Okinawa, stay in Barstow, or serve Inspector-Instructor duty at Rock Island, Ill.

"I'm not sure how long I want to stay in," said Hettinger. "At least until somebody calls me 'Gunny'."

"If all Marines were like Hettinger," said Decker, "the Marine Corps would take a turn for the better."

In recognition of his accomplishments, Hettinger will receive: a 96-hour liberty pass from the base commander; a \$25 check from the Officer's Spouses' Club; a copy of the NCO Handbook; a Staff NCO plaque; a plaque from the Chamber of Commerce, a \$200 Savings Bond and his name added to the USPA/IRA Perpetual plaque, which is mounted in Building 15.



Cpl. James Hettinger

right there in his office. Apparently he was satisfied."

"He was more mature than a lot of the poolees, since he didn't come straight out of high school," said Decker.

subjects taught in boot camp.

While on boot leave, he married his college sweetheart, Amy Shuffit.

"I left for Okinawa a few months later without her, so that was pretty rough," said Hettinger. "She visited

'New' Assault Amphibious Vehicles save Corps big money

By Sgt. C.D. Hale
MCLB Albany, Ga.

Here's something everyone likes to hear no matter how far up or down the chain of command they happen to be: the Marine Corps is saving money.

In ceremonies at Marine Corps logistics bases, Albany, Ga., and Barstow, Calif., the first of the Marine Corps' "new" Amphibious Assault Vehicles will be unveiled. The modified AAVs are parts of Marine Corps Systems Command's Reliability, Availability and Maintainability/



See AAV Page 9

CARDS from Page 1

reserve component and Retired Reserve members. The calendar 2000 card will contain 24 blocks.

To shop the commissary, reservists (or immediate family) need a valid ID card and a current Commissary Privilege Card that entitles them to 24 shopping days. Cards, usually obtained from the Reserve or Guard unit administrator, are stamped or initialed at each store visit. Reserve and Guard personnel on active duty are entitled to unlimited commissary visits and do not have to present their cards.

Gray-area reserve retirees usually get their cards by mail, but "judging from some of the phone calls I've gotten, it's not automatic," said reserve affairs spokesman Lt. Col. Terry Jones. "Often when they were processed out, no one told them about the benefit."

Scott said retirees who want "into the system" should obtain a card by mail by contacting their regional personnel support team. Reservists needing a privilege card should contact their unit administrator or call: Army Reserve, 1-800-325-1869; Navy Reserve, 1-800-535-2699 ext. 5500 or (504) 678-5500; Marine Corps Reserve, (703) 784-9317; or Air Force Reserve, 1-800-525-0102, ext. 227.

The new DoD policy also allows National Guard members on state active duty for federally declared disaster operations (and their depen-

dents) to use commissary stores during the period of their active service. The required documentation is a military order stating that the National Guard member is serving in support of a federally declared disaster.

Internet-connected reservists can obtain information on commissary shopping and the privilege card at <http://www.army.mil/usar/arperscom/pasd.htm#anchor000008> or <http://www.arpc.org/director/dr/cards.htm>.

For more information, call the base commissary at 577-6438.

CHAP from Page 2

tude of kindness and gentleness, try it. The next time you are in the bank line, or in the commissary on a busy day, try the nice approach. I bet you will be surprised by how good you feel and how much easier the task has become!

Finally, I would like to end with one of my favorite quotes when I consider "how to get along." The following is from the back cover of Robert Fulghum's book "All I really need to know I learned in Kindergarten." This sage advice does not come from the ivory towers of

graduate school, but rather from the sandbox. Like me, I bet when you were young you learned to ...

Share everything.
Play fair.
Don't hit people.
Put things back where you found them.

Clean up your own mess.
Don't take things that aren't yours.

Say you're sorry when you hurt somebody.

Wash your hands before you eat.
Flush.

Warm cookies and cold milk are good for you.

Live a balanced life - learn some and think some and draw, and paint, and sing and dance and play and work some every day.

Take a nap every afternoon.

When you go out into the world, watch out for traffic, hold hands and stick together.

Be aware of wonder.

Y2K from Page 2

C. Checking Exclusion Files:
Open Norton AntiVirus icon
Open Options
Open Exclusions
Remove all files (except *.VI?)

Click OK
Scan all hard drives
D. DAILY:

Scan all Hard drives
** Report all viruses found: Print the scan report, add system number, name and extension, and send it to Security Manager, ISD Building 170.

4. Scan all floppy and/or zip disk media prior to opening any files. For more information, call Susan Snow - Head of the Information Systems Branch, Information systems Office MCLB at DSN: 282-6993; Fax, 282-6090. COM: (760) 577-6993; Fax, 577-6090.

E-mail: snowsg@barstow.usmc.mil

FEGLI from Page 1

Q. Is there anything new available during the Open Enrollment Period?

A. Yes. Until now, Option C coverage, which is coverage on your eligible family members, was limited to \$5,000 for your spouse and \$2,500 for each eligible child. You can now elect up to five multiples of those amounts, making the maxi-

mum amounts available \$25,000 for your spouse and \$12,500 for each eligible child. You have to elect the same number of multiples for each family member.

Q. When will my new coverage go into effect?

A. Coverage elected during the open enrollment period will become effective the first pay period beginning on or after April 23, 2000. You have to be in pay and duty status during the pay period before the coverage becomes effective. For full-time employees, the amount of pay and duty status required is 32 hours. Employees who are not full-time should check with the Benefits and Performance Branch, HRSC-SW.

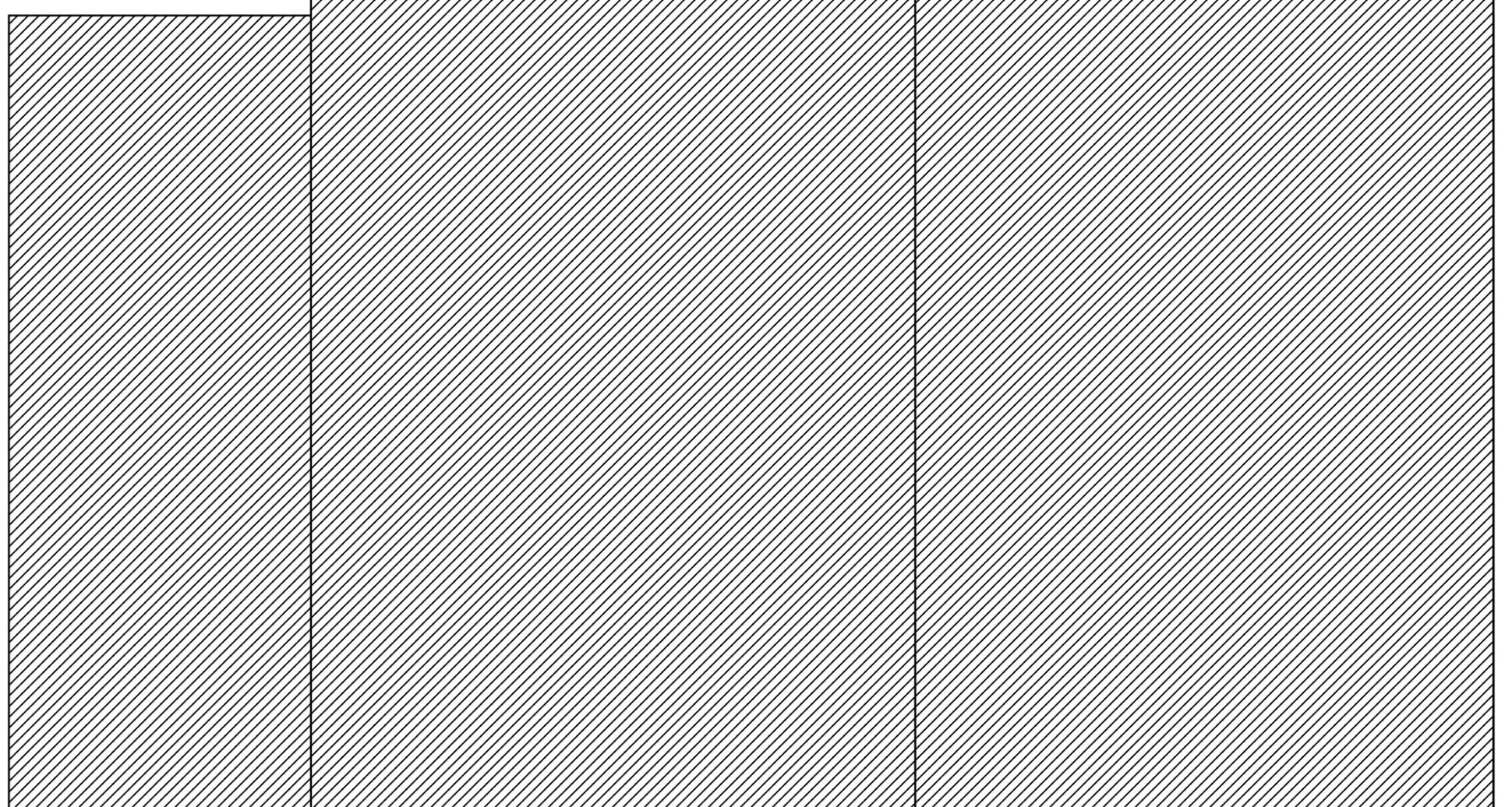
Q. Will I have to start paying the premiums for my new coverage right away?

A. No. You don't have to start paying the premiums for your new coverage until it goes into effect in 2000.

Q. What if I don't want to change my coverage? Do I have to do anything?

A. No. If you don't want to make

See FEGLI Page 9



FEGLI from Page 8

any changes, you don't have to do anything. You will keep exactly what you have now. Please be aware that you may see a change in your FEGLI code on your Notification of Personnel Action, SF-50 and your Leave and Earnings Statement (LES) due to the addition of new codes during this open season. This change alone will not increase your life insurance coverage.

Q. What do I have to do if I want to elect more coverage?

A. A revised FEGLI Booklet and a special FEGLI 99 Open Enrollment Period Pamphlet (FE 74 A) are available through your servicing Human Resources Office (HRO). If, after reviewing the material, you decide you want to elect more coverage, you must complete a special FEGLI 99 Open Enrollment Election Form (RI 76-27), which you can get from your local HRO, from the FEGLI website at the address shown below, or from the Benefits and Performance Branch, HRSC-SW. You must fill out the form showing all coverage that you want, not just the new coverage.

Q. What do I have to do if I want to elect less coverage?

A. You are able to reduce your coverage at any time. If you wish to reduce your coverage, please contact the Benefits and Performance Branch, HRSC-SW at (619) 615-5554 or 1-800-831-0622 ext. 5554 for information.

Q. Will I be able to continue this new coverage if I retire?

A. In order to continue FEGLI coverage when you retire, you must retire on an immediate annuity and you just have had the coverage for the five years of service right before you retire. If you don't have the coverage or five years, you can continue it if you've had it since your first opportunity to elect it. For instance, if you elect Option B during the open enrollment period, you will have to have it for five years before

you retire in order to continue it. This is because the open enrollment period wouldn't be your first opportunity to elect Option B; you could have elected it when you first became eligible for it. However, since two to five multiples of Option C coverage were never available before, this open enrollment period is your first opportunity to elect them. If you do retire any time after these additional multiples go into effect in 2000, you will be eligible to continue the coverage when you retire, as long as you meet the five-year requirement for your previous Option C coverage.

Q. Where do I turn in my election form?

A. Open Enrollment Election Forms must be mailed to the HRSC-SW, Benefits and Performance Branch, Code 516, 525 B Street, Suite 600, San Diego, CA 92101-4418. To be considered timely, the form must be received at the HRSC SW or postmarked no later than June 30.

Q. Who do I call if I have questions about life insurance and the open season?

A. If you need further information or assistance, contact the Benefits and Performance Branch, HRSC-SW, phone (619) 615-5554 or 1-800-831-0622 ext. 5554. You can also obtain information from the Office of Personnel Management's FEGLI website at <http://www.opm.gov/insure/life>.

BRIEFS from Page 3

and reserve families. Entries should be on unlined, white, letter-sized paper. Entries are unlimited. Each entry should have the child's name, age, grade level, home address, parents' full names, and military unit and phone number. Mail entries to: Armed Services YMCA National Headquarters, 6225 Brandon Ave., Suite 215, Springfield, VA 22150-2510.

For more info, call Mary Page at (703) 784-9526.

National "Turn off TV Week"

Saturday begins National "Turn Off Your TV Week." The base Chaplain's Office challenges everyone to turn off their TV for one week and spend time reading, walking or playing board games with their family.

The Chaplain would like to hear how one week without TV impacted your family.

For more info, or to give results, call 577-6849.

AAV from Page 7

Rebuild to Standard (RAM/RS) program.

The RAM/RS program was designed and implemented with the goal of maintaining the Corps' current fleet of AAVs in the most cost-effective manner possible while their replacement — the AAV — undergoes development, testing and production.

While the "new" AAVs are not actually new vehicles, they incorporate an improved suspension and engine; both derived from similar components of the U.S. Army Bradley Fighting Vehicle.

The Cummins 903 525-horsepower engine is an increase of 125 hp over the old engine. The more powerful engine increases the operational capabilities of the vehicle and better equips it to handle the added weight of years of various modifications.

The stronger suspension brings the AAV's ground clearance back up to its original 12 to 16 inches instead of the eight inches it had sunk to over the years. This prevents the

vehicle from getting bogged down in deep sand and allows for a smoother, more comfortable ride.

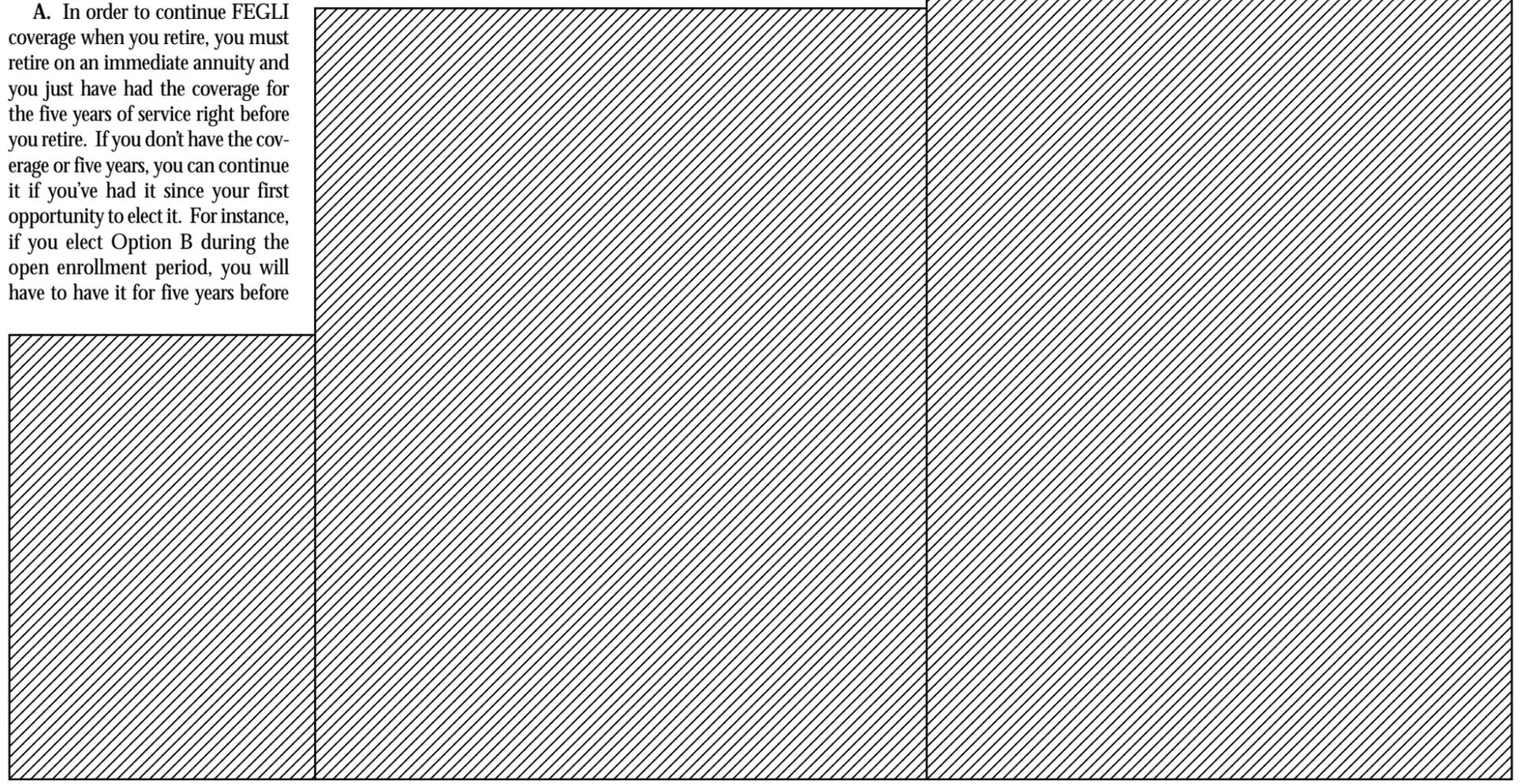
The hull of the AAV is also being modified to accommodate the new suspension.

The RAM/RS program is expected to save money in a number of different areas. The main area is the integration of the Bradley parts into the AAV. This reduces maintenance costs significantly because parts being used are already readily available. Each new component also has a longer life cycle further reducing the overall replacement cost over time.

Maintenance costs for the Corps' entire fleet of AAVs over the next 10 years are expected to be about half of what it would be under the old Inspect and Repair Only As Necessary (IROAN) program.

The RAM/RS program is planned to run four years, modifying 170 AAVs annually. All 680 AAVs will be modified by the year 2002.

Don't forget to tell a friend ... "You saw it in the BARSTOW LOG!"



Changes to travel, military pay everyone should know about

By LCpl. Brian Davidson

BARSTOW LOG staff

There are several recent changes in policy and procedure in the Travel and Military Pay Sections of the Finance Office.

There are two changes in the Military Pay Section.

·Basic Allowance for Housing will be listed differently on Leave and Earnings Statements for personnel living in family-type government quarters. The BAH will no longer be listed on the LES; instead \$0.00 will be listed under government quarters.

·Marines separating from service will receive direct deposits on payday until their last payday, making the process more efficient.

Changes in the Travel Section include new per diem and TAD

mileage rates and a standardized means of determining distance.

·Personnel attending any type of formal training or coursework while TAD must complete a DD Form 1556 to cover the cost prior to going TAD or pay for it with a CitiBank (IMPAC) card.

·Meetings and professional functions may be paid for with a NationsBank VISA government charge card.

·Effective April 1, based on IRS determination of operational cost for vehicles, mileage rates for temporary duty travel will be reduced from 32.5 to 31 cents and should be taken into consideration when writing orders.

Effective as of January 1, travel distances for TAD destinations will come from the Defense Table of Official Distances only.

Per Diem allowances for lodging taxes are now paid as a reimbursable expense, which must be claimed on the travel claim. As a result of this revision, many lodging rates have changed. Travelers should know rates before their TAD begins.

Travel in certain cities may affect per diem entitlements.

When traveling in the following cities personnel must specify which county their lodging and TAD site is located in because per diem entitlements may vary depending on the area.

- Los Angeles
- Denver
- Washington, D.C.
- Palm Beach City, Fla.
- Atlanta
- Chicago
- Kansas City, Kan.

- Kansas City, Mo.
- New Orleans
- Newark, NJ
- Tulsa, Okla.
- Richmond, Va.

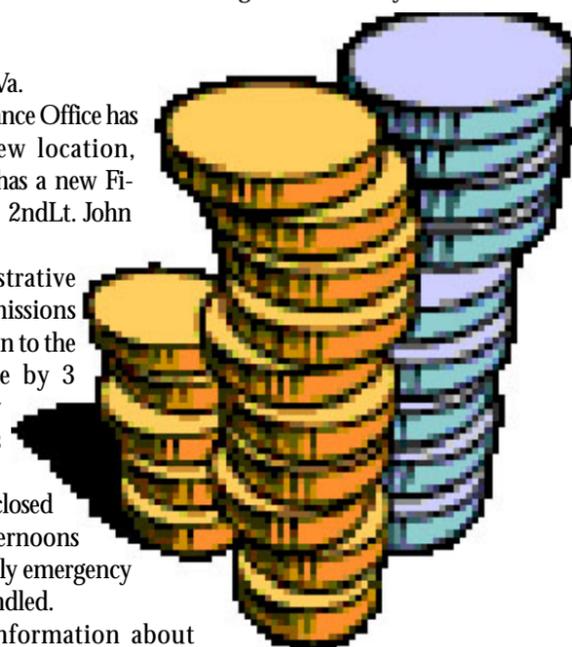
Also, the Finance Office has moved to a new location, Bldg. 236 and has a new Finance Officer – 2ndLt. John Norris Jr.

For administrative clerks, all submissions must be turned in to the Finance Office by 3 p.m. to allow time to process the claims.

The office is closed Wednesday afternoons for training. Only emergency cases will be handled.

For more information about

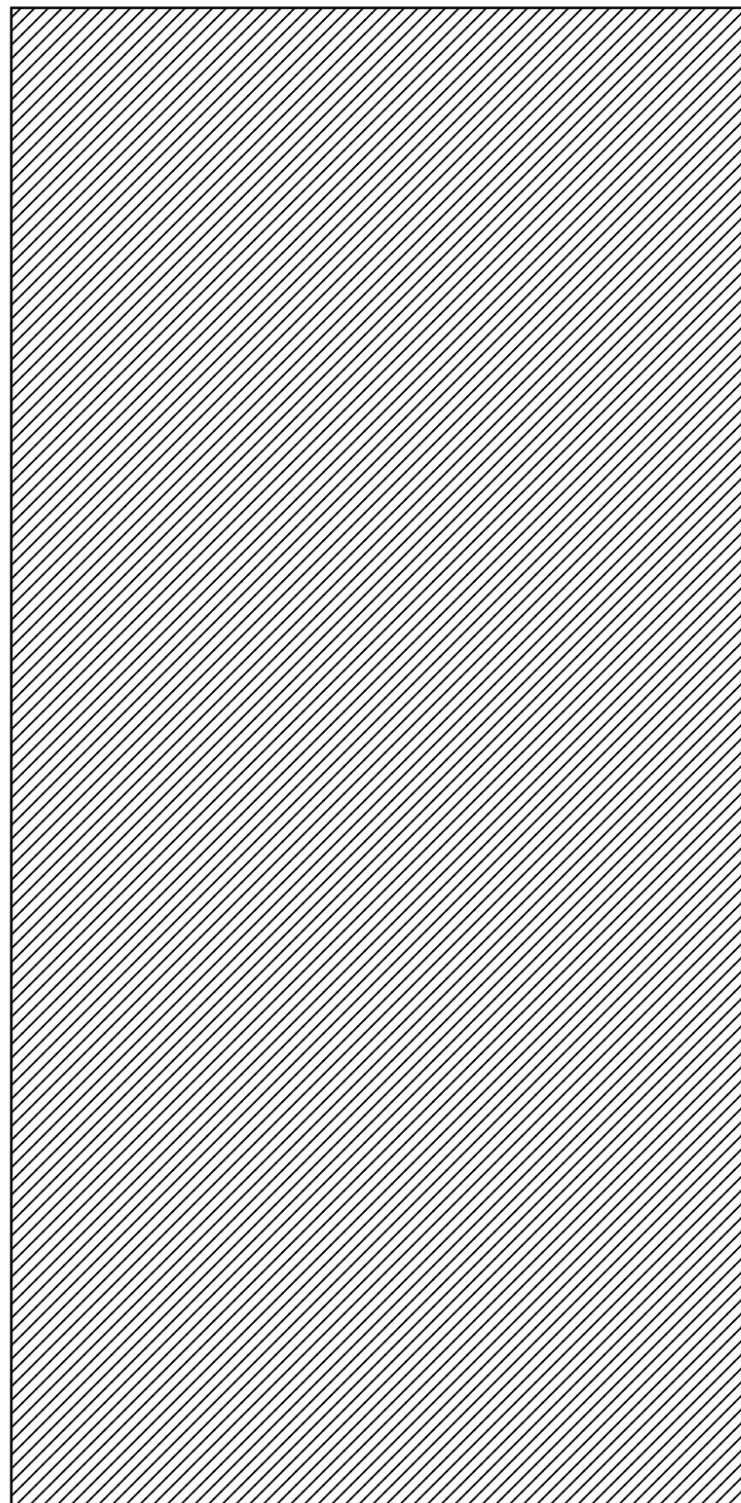
changes at the Finance Office call Sgt. John Kenney at 577-6855.



Jobs

<u>Annc.#</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.
DEA-118-99	Library Technician GS-1411-06/07	03-22-99	06-19-99	04-02-99	Calif., Ariz.
DEA-125-99	Computer Specialist GS-334-12	03-29-99	05-07-99	04-19-99	San Diego
DEA-126-99	Family Services Counselor GS-101-11 (part-time)	03-25-99	04-23-99	04-08-99	Barstow
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme
DEA-142-99	Chemist GS-1320-11/12	04-07-99	05-06-99	04-15-99	San Diego
DEA-146-99	Mechanical Engineering Technician GS-802-11	04-08-99	05-07-99	04-22-99	Calif., Ariz.
DEA-149-99	Voucher Examiner (OA) GS-540-04 (Term NTE 366 days)	04-07-99	05-07-99	04-21-99	Calif., Ariz.
DEA-151-99	Recreation Assistant GS-0189-04	04-12-99	04-26-99	04-19-99	Calif., Ariz.
DEA-155-99	Occupational Health Nurse GS-610-11	04-12-99	05-12-99	04-26-99	Calif., Ariz.
DEA-157-99	Sandblaster WG-5423-07(Term NTE 13 months)	04-13-99	06-15-99	04-23-99	Barstow
DEA-27-99	Motor Vehicle Operator WG-5703-08 (Temp NTE one year)	03-24-99	09-30-99	04-07-99	Calif., Ariz.
OTR-31-99	Heavy Mobile Equipment WG-5803-10 (Temp NTE one year)	03-25-99	04-23-99	04-01-99	Calif., Ariz.
OTR-35-99	Computer Specialist GS-334-11 (Temp NTE one year)	04-06-99	09-30-99	04-20-99	Calif., Ariz.
OTR-36-99	Material Handler WG-6907-07 (Temp NTE one year)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
OTR-38-99	Material Handler WG-6907-05 (Temp NTE one year)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
OTR-39-99	Ordnance Equipment Repairer WG-6641-08 (Temp NTE one year)	04-09-99	09-30-99	04-19-99	Seal Beach, Fallbrook
OTR-42-99	Supervisory Computer Specialist GS-0334-12 (Temp NTE one year)	04-20-99	05-18-99	05-04-99	Barstow
9CP1414	Supervisory Computer Specialist GS-0334-12 (Temp NTE one year)	04-15-99	04-30-99	N/A	Barstow
9CP1416	Heavy Mobile Equipment Repairer Inspector WG-580-09 (Temp NTE one year)	04-15-99	04-30-99	N/A	Barstow

For more information contact the Human Resources Office at 577-6484.



1970 OLDS CUTLASS: 2 door, 350 engine, auto, A/C, mags, runs good. \$2,100 or trade for older Dodge, Plymouth, Chrysler or truck. Call 252-9199.

1979 MOTORHOME: 25 ft., class A, roof/dash air, generator, sleeps 8. As is or trade for older Dodge, Plymouth, Chrysler car or truck. \$1,500 OBO. Call 252-9199.

1988 HONDA CIVIC WAGON: Economy, blue, A/C, AM/FM cassette, 4 door, clean interior, runs great. \$3,500 OBO. Call 252-3741.

TRAILER: Komfort, 22 ft., good cond., new tires, sleeps 6, self contained, bath and shower, perfect for family camping trips. \$3,500 OBO Call 252-3011 lv msg.

TELEPHONE: Cellular, Motorola Microtac/325, w/flip design, large-colored LED display, 22 memory locations, includes Airtouch Cellular service plan and AC and car adapters. \$75. OBO. Call 641-1657.

FOR SALE: Hardwood dinette set (4 chairs/1 bench) by Cargo \$200, OBO; Swing set \$15; Little Tyke play equipment, make offer. Call 252-3653 lv msg.

FOR SALE: Whirlpool refrigerator, 2 years old, 20 cubic ft., xlt cond. Call 247-1155 after 6 pm lv msg for Steve.

MISC. FOR SALE: Electric blower/vacuum mulcher, Sears, 2HP, less than 2 years old \$50. Call 242-8839

MISC. FOR SALE: Navy Pea Coat, used, good cond., size 38. \$25. Call 242-8839.

MISC. FOR SALE: Microwave, Wards. \$50; Kirby vacuum cleaner \$100; Couch \$100; 2 matching chairs \$50 each; 4 adding machines \$10 each; 486 DX2/66 computer, Windows 95, monitor, keyboard, printer \$300. Call 252-7789.

MISC. FOR SALE: Air-conditioner. \$125; Camper shell for small short-bed pick-up \$175; Children's bicycle, (Barbie), pink w/training wheels \$30; Baby stroller \$20.

MOVING SALE: Saturday, April 24 and Sunday, April 25, everything must go, 1200 Munda. Call 252-4524.

PETS: Australian Shepherd puppy for sale \$150. Call 252-4524.

GARAGE SALE: Antiques, furniture, household items, some auto (V.W.) parts, dishes, etc. 281712 Windy Pass. 252-4352.

YARD SALE: Minneola Road about 1/2 mile north of Valley Center Road. Items; wheels, table

saws, tires, camper shell and pipe.

WANTED: Driver needed to bring boat eastward for \$1,000. Call collect (706) 867-8723.

WANTED: 1966 Dodge Dart car or car parts. Call 252-9199.

MCCS Update ...

By James H. Gaines
MCCS Publicity

TV Sale at MCX

Great Sharp TV buys still going on this month: 13-inch color \$89.99, 19-inch color \$159.99, 27-inch color (with Stereo) \$269.99.

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

Family Restaurant & Cactus Cafe weekly lunch menu April 22 through April 29.

Today - Sweet & sour pork.

Friday, April 23 - Hoki fish.

Monday, April 26 - BBQ sandwiches.

Tuesday, April 27 - Beef stir fry.

Wednesday, April 28 - Chili Mac casserole.

Thursday, April 29 - Baked chicken.

Family Night Dinner Menu at Family Restaurant

Tonight. All you can eat: BBQ beef ribs, potato wedges, vegetable, roll/butter, desert and beverage.

Thursday, April 29 - All you can eat: Roast beef, mashed potatoes, gravy,

vegetable, roll/butter, dessert & beverage.

Family Night dinners are served from 4:30 p.m. to 7 p.m. every Thursday. All you can eat \$4.50 adults, \$2.50 children five to 11 years, children four years and under are free. Enjoy a great dinner, at very economical prices. Call 577-6428.

Tae-Bo classes offered

Stephanie Jefferies is now offering Tae-Bo classes instead of aerobics classes. These new classes are presently on a first come, first serve bases, with a maximum class of 30 participants. For more details on this new class and prices call Stephanie at 252-2213.

Aerobics class still offered

Gina Galbraith's aerobics class is still offered Monday through Thursday from 4:30 p.m. to 5:30 p.m. These classes emphasize steps, high and low circuits as well as strength/resistance training. Price is \$25/month for military, \$30/month for civilians, with a \$2 walk-in one-session fee. For more details call Gina at 252-2213.

Mother's Day Brunch

It's not too early to plan to take mom to Mother's Day Brunch at the Oasis Club. Reservations are requested, so plan now to attend. The numbers to call for reservations are 577-6418 or 577-6110.

Mother's Day Brunch will be served from 10 a.m. to 1 p.m., Sunday, May 9 (Mother's Day).

The menu includes: Eggs Benedict, scrambled eggs, bacon, sausage, Lyonnaise potatoes, crepe suzette, french toast, quiche Lorraine, carved "Steamship" round of beef, carved baked ham, carved roast turkey, mashed potatoes and gravy, french cut green beans Almandine, and seasonal fresh fruit.

The delicious dessert menu includes: Fresh strawberry tarts, double dutch chocolate cake, french apple pie, chocolate mousse, flan and jello.

Beverages include: Orange juice, grapefruit juice, Cranberry juice,

coffee, tea or milk.

Prices are: \$4.50 all mothers, \$8.95 adults, \$4.95 children five to 12 years of age, children four years and under are free.

Bowling Center Specials

Teen Special: Every Friday and Saturday from 2 p.m. to 6 p.m. with special price of fifty cents per game and fifty cents shoe rental.

Family Special: All day every Sunday with special price of seventy-five cents per game for adults and fifty cents per game for children with a fifty cents shoe rental for everyone.

Cold drinks and snacks available. We also have a free pool table for your enjoyment.

The Bowling Center is open Wednesday through Friday from 11 a.m. to 7 p.m.; Saturday and Sunday from 10 a.m. to 6 p.m. For more info call 577-6264.

Tees & Trees Golf Special

A Prime Green Fee special is now being offered at the golf course. You can now sign up for a half yearly rate. The six-month period is from May through Oct. 1999. Call Larry for all the details on this special offer at 577-6431. With wonderful weather, a great golf course, and now this special half-year green fee - golfing couldn't be better.

Tees & Trees golf course is open Monday from 11 a.m. to 7 p.m.; Tuesday through Sunday 7 a.m. to 7 p.m.

Renaissance Faire tickets

ITT has tickets to the upcoming Renaissance Faire which starts May 1 and runs through June 26. ITT is open Monday through Friday, 8:30 a.m. to 4 p.m. Call Betty at 577-6541 for details on this or other tickets and trips planned for April and May.

