BARSTOW LOG

Vol. 3, No. 30 | Marine Corps Logistics Base Barstow, California | June 10, 1999

14th Sergeant Major of the Marine Corps announced

Submitted by
Marine Corps News

Sergeant Major Alford L. McMichael was named as the 14th Sergeant Major of the Marine Corps June 4.

A posting and relief ceremony with retiring Sergeant Major of the Marine Corps Lewis G. Lee is scheduled for June 28 at Marine Barracks Washington, D.C.

McMichael was born in Hot Springs, Ark. He enlisted in the Marine Corps on Aug. 27, 1970, and attended boot camp at Marine Corps Recruit Depot, San Diego, Calif.

After completing Infantry Training School and Basic Infantry Training at Camp Pendleton, Calif., McMichael was assigned to Marine Barracks Pearl Harbor. Upon completion of his tour, he transferred to 2nd Battalion, 5th Marines.

In 1974, McMichael returned to MCRD San Diego as a drill instructor, series gunnery sergeant and battalion drill master.

His next assignment was with 1st Battalion, 7th Marines, 1st Marine Division.

Transferred to the 3rd Marine Division in 1978, he served as a shore party chief with 3rd Division Support Group.

In January 1979, McMichael received orders to Marine Security Guard School after which he reported to the American Embassy in Copenhagen, Denmark.

In 1983, McMichael was assigned to the University of Minnesota where he served as the Assistant Marine Officer Instructor for the Navy Reserve Officer Training Corps Program. Upon completion of this asignment, he reported to Officer Candidates School, Quantico, Va., as a company first sergerant.

After completing the Staff Noncommissioned Officer Academy Advanced Course, McMichael was assigned to Okinawa, Japan, as the first sergeant of Company C, 3rd Reconnaissance Battalion. In 1986, he was ordered to Marine Barracks, Roosevelt Roads, Puerto Rico, as the barracks' first sergeant.

From August 1988 to May 1988, he served as the deputy director of the Staff NCO Academy, Marine Corps Air Station El Toro, Calif., and then as its director until May 1991, when he was assigned as the Sergeant Major of the officer Candidate School.

Returning to Okinawa in 1994, McMichael served as the Sergeant Major of the 31st Marine Expeditionary Unit. In July 1995, he was assigned as the 1st Marine Aircraft Wing Sergeant Major.

In January 1997, McMichael was assigned to his current post as the Manpower and Reserve Affairs Sergeant Major, Headquarters, Marine Corps.

McMichael's personal decorations include the Legion of Merit, Meritorious Service Medal with gold star, the Navy and Marine Corps Commendation Medal with gold star, and the Navy and Marine Corps Achievement Medal with gold star.

A brief history

By Cpl. Jerry Pierce
Marine Corps News

Thirteen Marines have held the coveted title of Sergeant Major of the Marine Corps. It is a post surrounded with the mystique and grandeur of decades of Marine Corps history and lore — the apex of success for enlisted Marines.

Sergeant Major of the Marine Corps is a position that commands respect and requires extreme dedication to duty. The Marines who have held the post averaged 30 years of active duty service. Each had their own distinct leadership style, personal and professional goals, and career accomplishments. Most were seasoned combat veterans, but all of them were leaders who accepted the challenge of keeping the traditions, leadership, and training of the enlisted force intact to preserve the Marine Corps of their day for generations to come.

The position is more than a job; it is a lifestyle that serves as the ultimate example of what every Marine should strive to be.

While all Marines know who holds the Corps' senior

See **SGTMAJ** Page 8

Environmental Division ensures tap water 'safe'

Submitted by
Environmental Division

The Environmental Protection Agency (EPA) has set drinking water standards for health and safety.

These drinking water standards are based upon the maximum levels of what you can consume in an entire lifetime without having adverse health effects.

Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and household plumbing. These materials include lead-based solder used to join copper pipe, brass and chrome-plated brass faucets.

When water stands for several hours in plumbing systems containing lead, the lead may leach into the drinking water. This means the first water drawn from the tap in the morning or later in the afternoon after returning from work can contain elevated levels of lead.

Most homes and work sites have very low levels of lead in their drinking water, however, some homes and work sites in the community might have lead levels above the Environmental Protection Agency (EPA) recommended action levels of 15 parts per billion. Under Federal law a program to minimize lead in drinking water is required. This program includes corrosion control treatment, source water treatment, public education, and removal of sources of lead.

Recently, water samples were taken from all existing drinking water fountains aboard the base. Of 180 drinking water fountains, eight had lead and copper levels above the EPA action level. In the past, many drinking water fountains have been replaced as they aged.

Most of the eight drinking water fountains will be replaced with new fountains and some will be removed completely because of their remote location and lack of use.

Photo by LCpl. Brian Davidson

Liz Sena, Environmental Division, takes a sample of water from a drinking fountain. Routine testing of water fountains is part of a Federal program to minimize lead in drinking water.

Reducing exposure to lead in drinking water

As a corrective and preventative measure to ensure the quality of the drinking water, residents and employees should follow this EPA recommendation:

Anytime the water in a particular faucet has not been used for six hours or longer "flush" the cold-water pipes by running the water until it becomes as cold as it will get.

This could take between five to 30 seconds if there has been recent heavy water usage such as showering or toilet flushing or two minutes or longer.

The longer the water has been sitting in the pipes, the more lead and copper it might contain.

Use only water from the cold-water tap for drinking and cooking.

Do not use hot water as a drinking or cooking source because it could contain higher levels of lead and copper since water sits in the tank and piping for long periods.

For additional information call the Environmental Division at 577-6839.

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 COMMANDERS FORUM@HQTRS1.

Is computer game proper training?

Q: Yes, I have a concern about the Computer Security class that I attended. The computer security person was telling us about what's allowed, what's not allowed, etc. What was very interesting to me was that Marines that have access to computers are allowed to play two video games – Doom and Doom II.

We know that there are no games allowed and if we have a game on there we are supposed to delete it. But, in the case where Marines have access to a computer, they can play Doom and Doom II. I found this very interesting in light of the Littleton, Colo., shooting where these two children who committed the crimes against their classmates—it was found out afterwards that they were big fans of Doom and Doom II.

I was absolutely astounded to find out that we allow our Marines to play the video games Doom and Doom II. But now I'm led to believe they watch Doom and Doom II but children aren't supposed to watch Doom and Doom II. I find this very hard to understand."

A: This is in reply to your Commander's Forum call concerning the playing of the computer video games of Doom and Doom II by Marines. Your are correct that during the public law mandated computer security class you were told that the Marine Corps policy of "no games" on the computer systems has one exception. The specific games that are authorized on Marine Corps computers for use by Marines are the two modified versions of Doom. These versions were developed for the specific purpose of improving the combat condition decision-making skills of our Marines. Unlike other commercial versions of Doom, these games use tactics and weapons similar to those employed by Marines in combat situations. The exception to the "no game" policy is to make available to all Marines the opportunity to take advantage of these training aids. I am also appalled at the barrage of violence displayed in our society and in many cases the distortion of reality in many of the forms of entertainment. However, our mission to prepare Marines to conduct combat operations demands that we give our Marines every opportunity to learn and know their trade. Each must be an expert in making decisions on how and when to use "deadly force." That is the specific purpose of the games we allow our Marines to use and why we want them to use those specific video games for training. These programs relate to real life situations and are not fantasy. I cannot agree with your linkage of the use of these games by our Marines for training with the use of other video games by youth to satisfy their fantasies.

Thank you for voicing your concern. I hope you understand the intent in the exception to the "no game" policy that the Marine Corps allows. Marines will continue to train and prepare for combat using the best means available. Proficiency in the military sciences and discipline are hallmarks of your Marine Corps.

I trust you will have confidence that all Marines will exercise both when needed.

God does not sound false alarms

By Chaplain Gary P. Weeden
MCB Camp Lejeune

On April 24, 1999, a British Airways 747 departed San Francisco headed for London. Three hours following takeoff, long after passengers had settled into the long flight, a 15-second pre-recorded message was inadvertently played over the intercom. The message announced that the plane was about to crash into the sea and passengers were instructed to take several precautions.

Terror immediately erupted among the passengers. Realizing that this was an error, flight attendants tried to calm down the passengers, some of whom were greatly distressed and needed medical assistance.

Passenger Lloyd Pople said, "To be told you're about to die is not a pleasant experience. Everyone looked up for the stewardess, but they looked shocked."

Then everyone turned to their neighbor as the full horror of the announcement sank in.

Sounding the false alarm is costly, both financially and emotionally. Just ask any Coast Guard Unit or fire station. Some believe that a false alarm has been sounded with all the doom related to the Y2K. Is destruction ahead, or will there just be some minor inconvenience? Sometimes the warning comes also to make a response, as many that live in tornado alley have experienced.

Fortunately, in a world where we can not always count on the right message being sent, God has shown himself faithful from the beginning in helping us avoid danger.

First, God warns us through our conscience. It has been stated that the conscience is the sentinel which guards the soul; the granite column which supports the fabric of self and society; the chamber of justice; God's voice in the soul; God's monitor which approves right and condemns wrong.

Peter Toon states, "To reject continually the voice of conscience is, in the language of the Bible to harden the heart," (Romans 1 1:7; Ephesians 4: 18).

Secondly, God has given us clear boundaries to live within from the Bible. Proverbs 3:5-6 says, *"Trust in: the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight."*

Conversely, God warns, *he who trusts in his riches will fall* (Proverbs 11:28). *He who guards his lips guards his life, but he who speaks rashly will come to ruin* (Proverbs 14:3). *Pride goes before destruction and a haughty spirit before a fall* (Proverbs 16:18). Scripture gives us both prescriptive truths and descriptive insight into ways we can avoid dangerous traps.

Finally, God sometimes warns us through others. The recent televised rendition of Noah's Ark was anything but the biblical account.

What Noah, Lot and a band of pirates had in common was beyond the limits of biblical interpretation! What Genesis 6-9 records is the portrait of a man God chose to warn others of the opportunity to be saved. Though the end didn't

See **CHAPLAIN** Page 9

Chapel Hours

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

Confession services before Mass

Yermo Bible Study

Wednesday 11 - 11:30 a.m.
At the Colonel's Workshop

For more info call
Don Brooks at 577-7165.

Watch for other Y2K dates

Submitted by
Office of the Secretary of the Navy

January 1, 2000 is not the only date of concern. Especially for embedded systems, other dates can impact when a unit might fail. Some computer programs have used special codes to communicate with host computers. Codes such as 9999 often mean the end of a file or data transfer. The date September 9, 1999 could show up as 9/9/99, and be read as 9999 by some older systems. However, April 9 was the 99th day of 1999, and could have been coded as 9999. The following dates are significant to all systems potentially affected by Y2K:

1999-10-01 Federal FY2000 begins.
2000-01-10 Overflows 2-digit years.
2000-10-10 First 10-character date.
2000-02-29 Leap year.
2001-01-01 Start of the new millennium.
2019-12-31 Microsoft Excel 95 expires.
2049-12-49 Date limit of Microsoft 95.

The Associated Press recently reported on a con artist who persuade their people to withdraw money from banks to avoid computer glitches and invest the money with them.

Another common scam is unsolicited email encouraging people to invest in companies or products billed as miracle fixes to the Y2K problem.

A credit card scam recently surfaced in which "credit card insurance" or "Y2K-compliant magnetic strips" for credit cards are offered to victims via telephone solicitation. The caller offers to make the victim's credit card Y2K-compliant and immune to potential millennium problems by mailing a new magnetic strip the victim can affix to the card. The caller then requests the victim's credit card number.

Other related scams include offering "credit card insurance" to protect cardholders. Two fraudulent companies associated with this scam are Credit Card Securities and National Credit Card Protection. There are also scams that claim to protect banking and other investment accounts.

Financial or personal information should never be given over the phone, especially to unsolicited callers. Anyone receiving such solicitations should contact NCIS, a local law enforcement agency, or the National Fraud Information Center at (800) 876-7060.

Panic, greed and ignorance can all lead people to make mistakes – something con artists know all to well.

The nations bankers recently told Americans not to panic over the Y2K date change, promising that ATM machines, credit cards, checks and banking services will be functioning normally; however, it's always a good idea to maintain copies of all financial statements and accounting records.

According to John Hamre, Deputy Defense Secretary, the Y2K problem that DoD might have will be more of a nuisance than a crisis

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

Public Affairs Staff

Public Affairs Officer/Executive Editor:	Bill Bokholt
Public Affairs Chief/Managing Editor:	GySgt. Frank Patterson
Editor:	Cpl. Mike McQuillan
Correspondent:	Cpl. Matt Weir
Correspondent:	LCpl. Brian Davidson
PA Support Clerk:	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.

Spotlight on volunteerism

Photo by LCpl. Brian Davidson

Devil Dog no match for military working dog: Sgt. Jeramy Brady (left) and LCpl. Edward Vaughn (right) are dog handlers for the military police. On May 22 they demonstrated for a group of Junior Reserve Officer Training Corps cadets how Daks, a military working dog, apprehends a suspect.

Editor's note: The Barstow Log staff is seeking stories about base personnel who are active volunteers in the local community. If you, or someone you know, works in the community as a coach for a Little League team, volunteers time at the the Barstow Community Hospital or Veterans Home of California – Barstow, or volunteers for any other activity in the community, then we want hear your story.
Call at 577-6450 to get your unsung story in the Barstow Log.

MCLB Barstow reunion

A reunion in Barstow is being planned for June 19 for all active duty and retired Marines who served at the Marine Corps Logistics Base (Marine Corps Supply Center at that time) Barstow, Calif., during the late 1960s through the '70s. Contact Susan Moretz (503) 745-7456 or e-mail *moretzsa@open.org* for more information.

Optometrist available at clinic

Optometrist visits for active duty servicemembers only are available June 8 and 9.

For more info or to arrange an appointment call Mary at 577-6592/-6575.

Civilian Wellness Program

The new Civilian Wellness Program allows employees to participate in formal physical exercise training for an excused three hours per week for six months. Program enrollment is open through June and wellness packets may be obtained from the Occupational Health Clinic, Bldg. 149 from 8 to 11 a.m. and from 1 to 3:30 p.m.

Participants will receive pre and post program evaluations, continuous monitoring during the program, exercise and nutritional education in coordination with Semper Fit Training.

The Civilian Wellness Program is a part of the Marine Corps and Navy goals to improve health, fitness, longevity and the quality of life of the armed forces family.

For more info, call the Occupational Health Office at 577-6285/6588.

Semper Fit SNCOIC

Semper Fit needs a new recreation staff non-commissioned officer-in-charge. The current SNCOIC retires July 15. The position is voluntary and requires a one-year commitment. Applicants must be a Marine staff NCO or higher.

If interested, call CWO Bill Bradshaw at 577-6543.

Weather spotters

The Radio Amateur Civil Emergenc Service is hosting a free Weather Spotters Program June 17 from 6:30 to 8:30 p.m.

Persons attending this program will assist the National Weather Service with up-to-date weather information.

Participants must be at least 14 years old.

The program will be held in the Emergency Operations Center on Ave H or in the City Council Chambers depending on how many people register.

For more info or to register call Bobbie Garner or Cheryl Harrison at 256-3531 ext. 3231 by close of business today.

Share Time

It's time to stretch that food dollar again – it's SHARE time.

Sign up at the First Baptist Church, corner of Rimrock and Barstow roads, on Saturday, June 12, from 9 a.m. to noon.

Food pickup is at the same location on Saturday, June 26, from 10 a.m. to noon.

For a nominal fee of $15 (or $14 by debit card and $1 cash) participants can receive meat, fruit, vegetables, rice, pasta and a few specialty items. Food stamps are also accepted, but participants must still pay the $1 in cash.

Four SHARE packages are available. Buy one type or mix them up.

The SHARE Program is not income-based and is available to all.

For those who have participated in the program before, get the word out that this is a super way to make hard-earned dollars stretch a little further.

For more info call the Barstow SHARE Program at 252-2949.

Office moves

PAO is moving to Bldg. 15 today.

The new office spaces are located in the former Office of the General Counsel spaces.

The OGC will join the Staff Judge Advocate at Bldg. 236.

Bring news briefs and Trader Ads to the new PAO office in Red Wing, Bldg. 15.

Navy Relief Society hours changed

The new Navy/Marine Corps Relief Society hours are Monday, Tuesday and Thursday from 9 a.m. to 1 p.m. and Friday from 9 a.m. to noon. They are closed Wednesday.

Navy Relief has layettes for expecting Navy and Marine families. Just come in, do a budget for your baby and be on your way with a bag full of goodies for the new addition in your life.

The Society is also here for any of your essential needs and unexpected crises.

Please do not hesitate to contact us in your time of need.

We are here for you.

Call us at 577-6627 or 256-1378.

Active duty aerobics

Aerobics for all active duty personnel is Tuesday and Thursday from

See **BRIEFS** Page 9

Notice to Youth Activity Center Patrons

In order to provide the best possible services to your children at your Youth Activity Center (YAC) all children must be covered by a valid registration and either pay a daily fee or a monthly fee. Based on parent meetings and command direction, effective 1 July 1999, the following monthly fee schedule will be in effect:

Rate	1st Child	2nd	3rd	4th+
Summer				
15 June-31Aug.	$26.00/mo	$13.00/mo	$9.00/mo	$6.00/mo
Winter				
1 Sept. - 14 June	$15.00/mo	$8.00/mo	$4.00/mo	$2.50/mo

For example, a family with 3 children, the summer monthly cost would be $48.00, $26.00 for the 1st child + $13.00 for the 2nd child + $9.00 for the 3rd child. This would be a cost of 27.8 cents per hour for 3 children or 9.2 cents per child. For the winter schedule the cost would be $27.00 or $15.00 + $8.00 + $4.00. The 4th child rate will apply to any additional children over 4. this fee covers cost of summer classes (fees and materials) but does not cover the cost of field trips. Monthly fee patrons will have priority for all summer field trips.

For children who registered, but are not paying by the month, there will be a $3.00 per day usage fee. This fee does not cover the cost of individual summer classes or cost associated with summer field trips.

Trip reservations will be on a space-available basis after monthly fee patrons.

As in all Children and Youth Programs, patrons of the YAC with a financial hardship may apply for reconsideration of enrollment fees. Please address any questions to Ms. Young at ext. 6499 or Ms. Hamilton at ext. 6287.

Huck Finn Jubilee

One way for dad to briefly run away with the family and enjoy a bit of summer fun is by attending the Huck Finn Jubilee.

The jubilee is from June 18 - 20 in Victorville, Calif., at the Mojave Narrows Regional Park.

This year features country-western recording artist Marty Stuart at 6 p.m. Sunday on the main stage.

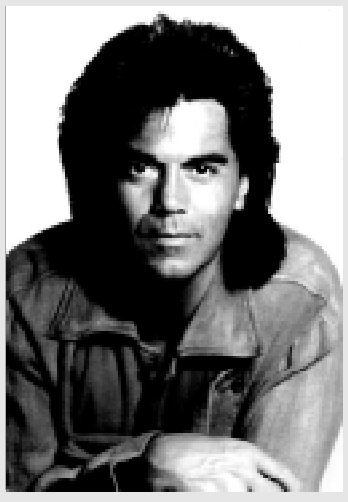
Other events include bluegrass and country bands, the California State Arm Wrestling Championships; Route 66 car show and the Injun Joe's Treasure Hunt on Sunday.

To reach Mojave Narrows, exit I-15 just south of Victorville. Take Bear Valley Rd. east toward Apple Valley and turn north on Ridgecrest Ave. to the park.

Daily admission is $10 for adults and $5 for kids six through 11 years. Under six is free.

Two nights camping and three days admission run $40 for adults and $15 for juniors six through 11 years.

For more info call (909) 780-8810, or check the web site at *http://huckfinn.com*.



Country-western star Marty Stuart anchors more than 30 hours of entertainment at the Huck Finn Jubilee June 18-20.

New web site helps military families move

By Linda D. Kozaryn
American Forces Press Service

Packing up and moving the spouse, kids, pets and everyone's stuff every couple of years is an inherent part of military life.

The Department of Defense has created a financial planning tool to help make moving easier.

A new Internet web site is designed to help active duty service members prepare for their next move whether they're moving across town or around the world, or making their final permanent change of station back to civilian life.

The web site projects moving expenses and forecasts the cost of living at the new station, according to Iris Bulls, a family policy specialist at DoD's Office of Family Policy in Washington, D.C.

Right now, the site offers information on 225 military bases in the continental United States, Bulls said. By the end of the year, it will also feature 75 overseas locations where U.S. service members are routinely stationed.

A 1996 Air Force survey, she noted, found service members spent about $930 in out-of-pocket expenses during each move. This includes such expenses as cleaning and painting, meals, gas and oil, temporary lodging, and damaged or lost household goods.

These costs can mean money trouble, particularly for junior-grade service members with children, Bulls said. "$10 here, $20 there – adds up quickly," she said. "In the midst of a move, it's hard to step back and see it as a continuum from first getting your orders until you're finally settled in".

"You may find yourself at the end of the move with bills much higher than anticipated," she said. "It can put you in arrears, especially when you move into a rental and have to pay a security deposit, the first month's rent and, in some cases, the last month's rent."

Service members who fail to prepare adequately for their move often end up turning to the Army Emergency Relief, the Air Force Aid Society or Navy and Marine Corps Relief Society for financial assistance, Bulls said.

"You really have to plan," she advised. "You have to know where you're going, how much it's going to cost, and where you're going to stay and for how long."

Military Acclimate helps estimate the move costs based on personal requirements and military allowances.

It also compares service members' current financial standard of living to communities in and around the new duty station.

The web site provides a "best-fit analysis" listing important neighborhood demographics, along with a ranking of the communities around a selected military installation.

"We've had the program tailored to specifically address the needs of our military personnel and to make it user-friendly."

Using Military Acclimate coupled with a visit to the installation Family Center Relocation Assistance Manager can greatly assist first-time movers, Bulls said.

"Only 30 percent of our people live on base," she said. "The rest are going to be in the civilian community, so there's a big demand to know that kind of information."

"Let's say a soldier and his family are transferring from Fort Bragg, N.C., to Fort Hood, Texas, for example," Bulls said. "They can compare the cost to rent or to buy a home in Fort Bragg to Fort Hood as well as what the schools are like in the area. It even gives them the SAT scores, the student-teacher ratio – an entire 'market basket' look at the community."

Users fill out a worksheet and the software program does the math and tells users their entitled allowances, based on rank or grade, when they move.

"It will even estimate how much furniture you have, so that you know how much you'll be allowed to ship," Bulls said.

Military Acclimate also provides links to other DoD web sites featuring specific information on the military community at the new location, Bulls noted.

Relocation assistance managers at every major installation for example, run the Standard Installation Topic Exchange Service, known as SITES. SITES provides a wealth of information on military housing, child care and other base facilities and services.

When used together, SITES and Military Acclimate provide the member and family a good idea of the resources and costs in their next community, Bulls said.

Military Acclimate is similar to programs used by realtors in the corporate relocation industry, Bulls said.

"We've had the program tailored to specifically address the needs of our military personnel and to make it user-friendly," Bulls said. Because it's web-based, the program can be easily updated to reflect up-to-date information. "When we get comments from people using the program, the contractor can revise the program to make it more responsive to the needs of our members."

DoD's Office of Family Policy and the Military Personnel Policy office recently surveyed 20,000 service members who permanently changed stations last summer, she noted.

Family policy officials expect to announce the results by the end of July. DoD plans to use the results of the study to better meet the relocation needs of members and families, Bulls said.

The Military Acclimate web site is *http://www.militaryacclimate.com/ktnmil2/ome.asp*.

The SITES web site is *http://www.dmd.osd.mil/sites*.

Remaining cool prevents heat injuries, casualties

By LtCdr. William J. Upham
MCB Camp S.D. Butler

Heat stress may be encountered wherever heat is a factor. By definition, heat stress is the combination of air temperature, thermal radiation, humidity, airflow and workload that may adversely affect the body's ability to regulate temperature.

Problems arise when the body is unable to dissipate extra heat generated internally.

The most common types of heat related disorders include heat rash, heat cramps, heat exhaustion and heat-stroke. The first two disorders may cause deterioration of mental alertness and physical performance.

Heat exhaustion and heat stroke, being the more serious of heat disorders, can incapacitate or result in a person's death. By the time someone starts experiencing symptoms, he or she is already dehydrated. Drinking water before becoming thirsty is paramount.

Heat exhaustion is a common heat-related disorder also caused by loss of body fluids and salts. Symptoms include profuse sweating, rapid pulse, dizziness and severe headache. In worst-case situations, the victim may go into shock and lose consciousness. Prompt liquid and salt replenishment is essential for recovery.

Heat stroke is a condition requiring immediate emergency action, since the body's ability to regulate heat through sweating has failed. This condition, if untreated, may raise the body temperature to 108 F, resulting in brain damage or death. Symptoms of heat stroke include hot, dry, flushed skin with little or no perspiration, mental confusion, incoherent speech, convulsions and unconsciousness. It is essential that the person be promptly cooled. Spray or soak the victim with cold water and try to move the person away from the heat source. If the casualty is conscious, give fluids and seek immediate medical assistance.

Heat rash generally occurs under more mild conditions such as when hiking on a warm afternoon. Skin may appear splotchy red and the individual may feel fatigued. Anyone experiencing any of these symptoms needs to immediately seek shade and drink water.

Heat cramps are painful and uncontrollable contractions of voluntary muscles such as legs, arms or the ab-

See **HEAT** Page 8

READY, FRONT

Headquarters Battalion

Fighting the rumor mill

Submitted by
1stSgt. C.J. Allen III

One of the most destructive devices ever inflicted on unit cohesion and morale is the "rumor."

There is no such thing as a good rumor.

For instance, if the rumor of the day is that the company is getting a "96" this weekend, and the company commander announces on Friday that they are working the weekend, morale just took a severe blow.

If a rumor is too good to be true, it probably isn't.

Another type of rumor that causes hate and discontent is the malicious one. "Man, I heard that Sergeant Jones' wife got so drunk at the club that she stripped on the pool table."

Sergeant Jones is not going to be a happy camper when he hears that one.

The only way to deal with a rumor is to kill it and kill it quick. Never repeat a rumor other than to inform your Marines of the fact that it is a rumor.

When one is brought to your attention ask hard questions:

- Where did you hear that?
- Who told you that?
- Do you think it is true?
- Who have you repeated this to? Go tell them it is only a rumor.
- Do you have any proof?

As Sergeant Joe Friday, of the old Dragnet TV series once said, "Just the facts, ma'am."

Photo by Curt Lambert

Picture-perfect yard: Sgt. Christopher Galbraith, Fleet Support Center, (center) and his wife, Gina, are congratulated by Col Mark A. Costa, base commander on their outstanding quarters. The Galbraiths are the first winners of the Enlisted Quarters of the Month for 1999.

NCO Mess Night: Another time-honored tradition

By Cpl. Mike McQuillan
BARSTOW LOG staff

During the 1920s, Capt. Lemuel Shepherd was stationed in Shanghai with the Fourth Marine Regiment when he was invited to the Mess of the Second Battalion, Scots Guards. He was so impressed with the tradition and pageantry of the evening that he implemented mess night within his unit.

Years later, Shepherd was appointed Commandant of the Marine Corps and began the tradition of mess night throughout the Corps.

On July 21, the non-commissioned officers of MCLB Barstow will uphold the traditions of our seagoing forefathers with an NCO Mess Night at the Oasis Club, time to be announced. Marines are required to wear their senior uniform (Dress Blues or Service "A.")

The President of the Mess will be Sgt. Brett Hohmann, the senior NCO on base. The co-vice presidents will be Cpl. Adam Knotz and Cpl. Mohammed Huda, the junior NCOs at the time the Mess Night was scheduled.

Mess Night Protocol is in the Marine Corps Institute Military Studies Course (8003) or from the words and stories of those who have steeped themselves in the rich history of Mess Night.

Further information about mess night will be published in future editions of the Barstow Log.

Officer Selection opportunities available now

Marine Corps Enlisted Commissioned Education Program (MECEP)

This program allows a Marine to use tution assistance while going to college full time, receiving full pay and allowances.

A MECEP selection board is held once a year. An applicant must be at least 20 years old but younger than 26 by July 1, 2000. Applicants must have a qualifying score on either the SAT, ACT or the EL section of the ASVAB. Qualifying scores are: SAT – 1,000 combined, verbal 400; ACT – 45; EL – 115.

Graphic courtesy of Sgt. Angela DuBois, 12th Marine Corps Recruiting District

Broadened Opportunity for Officer Selection and Training (BOOST)

The BOOST program provides educational enhancement opportunity for all enlisted Marines who seek a college education and selection for a commissioning program. BOOST is designed to improve a Marine's chances to qualify for a commissioning program. Applicants must be at least 19 years old but younger than 25 years old by July 1, 2000.

To be eligible, applicants must meet one of the following qualifying scores: SAT – 900; ACT – 41; EL – 110. Applicants must also run a first class PFT.

The Adjutant's office will accept applications until July 15. Boards will convene in December, and applicants who are selected will be notified in early 2000.

For more information, call 2ndLt. Leah Conley,, base adjutant, at 577-6155.

Promotions & Awards

The following Marines were recently promoted to their present rank:

MSgt. Carlos Saucedo
MSgt. Donald Johnson
MSgt. Wanda Collins
Sgt. Kevin Dolloson
Sgt. Omar EbanksRivera
Sgt. Randy Foley
Sgt. Robin O'Neil
Cpl. Tammy Bardon
Cpl. Michael Cantelon
Cpl. David Hausman
Cpl. Mohammed Huda
Cpl. Adam Knotz
Cpl. Jeff Osborne
Cpl. Nathan Preston
Cpl. William Scruggs III
Cpl. Rhett Skeel
Cpl. Charlyn Yarbrough

The following Marines recently received the following awards:

Meritorious Service Medal

CWO3 James L. Landry
CWO2 Kirkland P. Martin, Jr.
MSgt. Antonio V. Soares
MSgt. Henry A. Passmore

Navy Commendation Medal

GySgt. Tony Rodriguez
GySgt. George A. Pearson

Navy/Marine Corps Achievement Medal

SSgt. Matthew T. Olivolo
Sgt. James S. Clift
Sgt. Kevin L. Dolloson

READY, FRONT is published the second week of the month to convey news from Headquarters Battalion, MCLB Barstow.

Battalion Commander: Maj. Kathy J. Maloney
Battalion First Sergeant: 1stSgt. C. J. Allen III

The Flag - Our Flag

By LCpl. Brian Davidson
BARSTOW LOG staff

She was conceived on the East Coast, but has come a long way since then. She's been to every state in the union, traveled the world extensively and frequents the White House like royalty.

Her glorious beauty has been the inspiration for many writers and poets. We know it'll never fade. Of course she's had her appearance altered quite a bit, but who hasn't?

She's represented the purity, valor and vigilance that epitomizes the true color of the American spirit for almost as long as the union has existed. Now, Old Glory will celebrate her 222nd birthday Monday.

The first flag, the Grand Union flag, was displayed January 1, 1776. It had 13 red and white stripes and a British Union Jack, the ensign of Great Britain, in the upper left-hand corner or canton, as vexillologist would say – not at all similar to the first American flag Betsy Ross sewed.

On June 14, 1777, the Continental Congress resolved that the flag of the United States be 13 stripes, alternate red and white and that the then thirteen states in the union be represented by white stars in a field of blue – as to symbolize a new constellation in the words of George Washington.

Old Glory made her first trip around the world in 1787 with Robert Gray. During that tour he discovered and named the Columbia River, which led to America's claim on the Oregon Territory.

An omen of greatness?

In 1814, Francis Scott Key was inspired to pen the lyrics to the song "The Star Spangled Banner." It became the national anthem 117 years later in 1931 by an act of Congress.

The union continued to grow. By 1818 the flag had 20 stars.

The Act of April 4, 1818 deemed that Old Glory would have 13 stripes and on star for each state; to be added to the flag on the Independence Day after the state was admitted into the union.

Twenty-three stars were added to the flag over a period of 72 years, spanning from 1819 to 1891— a grand total of 44 stars.

According to *http://www.geocities.com*, the "Pledge of Allegiance" written by James Upham and Francis Bellamy was first published in a magazine called "The Youth's Companion" in 1892. The words "under God" would later be added in 1954 by an act of Congress.

By 1912, 48 states were represented on the star spangled banner.

Subsequently, several Executive Orders in relation to the flag came about.

Most notably, President Harry Truman signed a bill in 1945 requesting the president call for a Flag Day observance each year by proclamation.

President William Howard Taft was the first to establish the proportions of the flag and the arrangement of the stars by direction of executive order in 1912.

The proportions would be changed by President Dwight Eisenhower in 1959 after the addition of the 49th state, the Last Frontier – Alaska.

The last addition to the union, Hawaii, was inducted the following year.

Photo by LCpl. Brian Davidson

Photo by LCpl. Brian Davidson

Morning colors: Every morning, rain or shine, the base military policemen raise the colors and lower them at sunset. Here, the colors detail commanded by Sgt. Scott Bush (center) raise the colors. Sgt. James Soules (right) and LCpl. Herbie Flatt (behind pole) assist.

Since adding the last jewel in her crown, "Old Glory" has been to the top of the world's highest mountain and done the moonwalk,

See **FLAG** Page 9

Jobs

Annc.#	Title/Series/Grade	Open	Close	1st Cutoff	Location
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-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme
DEA-157-99	Sandblaster WG-5423-07	04-13-99	06-15-99	04-23-99	Barstow
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton
DEA-202-99	Computer Specialist GS-334-12	05-17-99	06-14-99	05-28-99	San Diego
DEA-204-99	Clinical Nurse GS-610-05/07/09	05-21-99	06-25-99	06-11-99	Lemoore, CA
DEA-208-99	Electrical Engineer GS-850-11/12	05-25-99	06-14-99	06-04-99	SW Division San Diego
DEA-227-99	Civil Engineer GS-810-07/09/11	06-01-99	07-30-99	06-15-99	Naval Air Facility El Centro, Calif.
OTR-27-99	Motor Vehicle Operator WG-5703-08 (Temp NTE one year)	03-24-99	09-30-99	04-07-99	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	Materials Handler WG-6907-07 (Temp NTE one year)	04-07-99	09-30-99	N/A	NavWpnsStas Seal Beach and Fallbrook
OTR-38-99	Materials Handler WG-6907-05 (Temp NTE one year)	04-09-99	09-30-99	N/A	NavWpnsStas Seal Beach andFallbrook
OTR-39-99	Ordnance Equip. Repair WG-6641-08 (Temp NTE one year)	04-09-99	06-14-99	04-19-99	NavWpnsSta Seal Beach
OTR-44-99	Heavy Mobile Equipment Repairer,WG-5803-08	05-04-99	07-09-99	05-18-99	Barstow
OTR-49-99	Electrical Worker WG-2805-08	05-03-99	07-06-99	06-17-99	29 Palms
OTR-50-99	Electrician WG-2805-10 (Temp NTE one year)	05-05-99	07-02-99	06-16-99	29 Palms
OTR-53-99	Computer Operator GS-332-05 (Temp NTE one year)	05-11-99	06-25-99	06-11-99	Naval Postgraduate School Monterrey, Calif.
OTR-57-99	Hazardous Material Handler WG-6901-05 (Temp NTE one year)	05-24-99	06-21-99	06-07-99	Barstow
OTR-60-99	Office Automation Clerk GS-326-04 (Temp NTE 09-30-99)	05-28-99	06-25-99	06-11-99	NAS North Island, San Diego, Calif.
9CP1912	Pers. Management Spec. GS-201-11	05-14-99	06-14-99	N/A	Barstow

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

SGTMAJ from Page 1

enlisted post, many don't know what the job entails or how the post even came to be.

The Congressional Act of July 11, 1798, created the rank of Sergeant Major in the Marine Corps.

On Jan. 1, 1801, Archibald Summers was appointed by the Commandant of the Marine Corps as the first Marine to hold the rank of sergeant major. He was succeeded by Alexander Forrest in 1803, who held the rank until his death in 1832. The rank underwent numerous changes and was even abolished during the following 120 years.

During that time, Marines like Dan Daly and John Quick, both Medal of Honor recipients, wore the rank of sergeant major and helped sculpt the history and wartime victories of the 20th-century Marine Corps.

It was not until 1957 that the official title of Sergeant Major of the Marine Corps was instituted by then-Commandant of the Marine Corps Gen. Randolph Pate.

The idea was to create an unobstructed flow of information to and from the enlisted Marines to the commandant.

An historic first in American military history, the decision was made to place the new sergeant major in the Office of the Chief of Staff to serve as the principle advisor on all issues affecting the enlisted force of the Marine Corps.

With that decision made, the search was on to find the right Marine for the job.

From 240 sergeants major on active duty at the time, the selection came from a suggestion made to the commandant by Secretary of the General Staff Col. DeWolf Schatzel.

On May 23, 1957, Sgt. Maj. Wilbur Bestwick took his post as the first Sergeant Major of the Marine Corps.

Since that day, there have been only a dozen more faces and personalities that have served in the Corps' top enlisted post, but their legacies have been invaluable to the shaping, honing, and successes of the Marine Corps during the last 42 years.

HEAT from Page 5

dominal area. Cramps may occur during or following heavy work accompanied by profuse sweating. Replenishment of liquids and salts lost through sweating is essential.

Reports of an increased number of heat stress related casualties presented to the U.S. Naval Hospital over the past few months indicate there is mounting evidence that numerous bodybuilding/energy enhancing dietary supplements may be a factor in heat-related injuries. Many of the products claim to increase energy and stimulate weight loss.

Some contain Ephedra, also known as "Ma Huang," a powerful stimulant that can adversely affect the central nervous system. Other potentially dangerous side affects associated with Ephedra may include increased blood pressure, irregular heartbeat and stroke. Ephedra, combined with cold remedies, alcohol or caffeine may seriously impair the body's ability to dissipate heat during strenuous physical activity. It is equally important to remember that beverages or products containing caffeine and alcohol also act as diuretics, causing fluid loss.

See "Preventing Heat Injuries" page 9 for additional tips on heat casualties.

Preventing heat injuries

Following these basic rules can significantly reduce the risk of becoming a heat casualty:

Drink plenty of water. Avoid alcohol- and caffeine-containing beverages when participating in outdoors physical fitness activities.

Avoid dietary/energy supplements containing Ephedra and caffeine, especially while exercising outdoors and when participating in sports events.

Limit exposure time to prevent overheating. Sunscreen is strongly advised.

Dress appropriately for the temperature, i.e., light clothing.

For more information regarding the prevention of heat casualties and heat injuries call the Branch Medical Clinic at 577-6052.

CHAPLAIN from Page 2

come immediately, God wasn't signaling a false alarm. In the community of faith we read in Titus 3: 10, warn a divisive person once and then warn him a second time. After that have nothing to do with him.

God will never signal danger where there is none, nor will he not define the boundaries where blessings are found.

Proverbs 3:25-26 says, "*Have no fear of sudden disaster or of ruin that overtakes the wicked, for the Lord will be your confidence and will keep your foot from being snared.*"

BRIEFS From Page 3

11:30 a.m. to 12:30 p.m. at the Fitness Center.

For more info call 577-6543.

Hospital Corps' 101st Birthday

The Branch Medical Clinic will close at 8:15 on Friday, June 18, in observance of the Hospital Corps' 101st Birthday celebration.

There will be a formation at the Oasis Club at 10 a.m.

The formation will include comments from the senior medical officer and the reading of the birthday messages from the Secretary of the Navy, Chief of Naval Operations and the Commandant of the Marine Corps.

The formation concludes with a cake-cutting and the swearing of the Corpsmen's Pledge.

All are invited to attend.

For more info call Chief Petty Officer S. L. Ericksen at 577-6052

Border Patrol seeking qualified applicants

Attention transitioning personnel:

The U.S Border Patrol – the U.S. Immigration and Naturalization Service – is hiring 2,300 people.

The annual starting salary is mid-20s to mid-30s with an excellent Federal government benefits package.

Applicants must meet the following six qualifications:

– Must be a U.S. citizen.

– Must pass a background investigation.

– Must pass a drug and medical exam.

– Must hold a valid driver's license.

– Must not have reached their 37th birthday at time of appointment.

– Must have either one year of qualifying experience OR

– Must possess a Bachelor's degree.

For more info call Leo Dumo, Transition Counselor, at 577-6265.

Or visit the Community Services Center, Bldg. 129.

From FLAG Page 7

too. She's also been desecrated and burned.

In her more recent history, Dec. 12, 1995 marked the day the Flag Desecration Constitutional Amendment was defeated in the Senate. Had it been passed, burning "Old Glory" would be a punishable crime.

Monday is Flag Day. If you got 'em – fly 'em.

Interesting flag facts from the Internet

From *http://www.ushistory.org/betsy/index.html*

– A "vexillologist" is an expert in flags and ensigns.

– The nickname "Old Glory" was given to Capt. William Driver's personal flag that was presented to him by his crew in 1831. It would later fly over the Tennessee capital.

– Francis Hopkins designed the first flag.

– Robert Peary placed a flag his wife sewed atop the North Pole in 1909.

– The flag that flew over Pearl Harbor Dec. 7, 1941 was flown over the White House Aug. 14, 1945, when the Japanese surrendered.

– Barry Bishop placed the flag atop Mount Everest in 1963.

– Astronaut Neil Armstrong placed "Old Glory" on the moon in 1969.

SPORTS

The little white ball goes into the little round hole....

Photo by LCpl. Brian Davidson

SSGT. Harold Henderson, USA (ret) drives for the pin on the 9th hole at Tees & Trees Golf Course. He says golf is his favorite way to pass time and get some fresh air.

Tees and trees are the order of the day each Tuesday evening as members of the Twilight Golf League whack 'em down range at the Tees and Trees golf course.

There are 48 golfers participating on six teams making it one of the league's largest fields to compete in recently.

"I'd say the league is very successful," said Suzanne Packer, league organizer. "This is a big league and everyone has been showing up to play."

Many of the members joined the league for leisure, but the spirit of competition is alive and well.

The teams compete over a span of 15 weeks.

An awards ceremony and barbecue will conclude the league's play.

The course is closed to open play from 4 p.m. to 7 p.m. during league play.

Future leagues include the Commanding Officer's Golf Tournament on July 10. Also, more Marine Corps Ball tournaments are planned for summer and fall.

For more info on the Commanding officer's Tournament call 577-6431.

Current Standings

Team	Wins	Losses	Ties	Point Totals	Place
1	5	2	0	67.5	1
2	1	5	1	36.5	4
3	1	6	0	42	5
4	4	2	1	61	2
5	5	2	0	57	1
6	4	3	0	60	3

1990 FORD TEMPO: Good condition, good gas mileage, A/C, AM/FM cassette radio, well taken car of. $1,700 OBO. Call 252-7165.

1979 MOTORHOME: 25ft., class A, roof/dash air, generator, sleeps 8. As-is or trade. Call 252-9199.

1970 OLDS CUTLASS: 2 door, 350 engine, auto, A/C, mags, runs good; also 455 engine and 400 auto trans. Trade OBO. Call 252-9199.

MOTORCYCLE: 1996 Honda CBR 900 RR, red, 18k mi., Erion Racing Cams, pipe and jet kit, smoke windscreen, hidden turn signals, Kevlar brake lines, work prof. done, xlt cond. Sacrifice for $6,200. Call 252-2510.

FOR SALE: Ford campershell, longbed, F-150 only, xlt cond., white slider window. $500. OBO.

FOR SALE: 4 Eagle alloy rims with tires, great condition, tire size P195X70X14, 5 lug, what a steal, $400. Cal 243-3492. Ask for Mike.

FOR SALE: Parts car, 1984 LeBaron convertible. Call 252-9199.

MISC FOR SALE: Used black pipe, great for fences, all sizes. Call 257-3455 for more info. Lv msg.

MISC FOR SALE: Kenmore washing machine, $100; GE electric dryer, $75; two answering machines, $10. and $15. Call 952-1137 after 6 pm.

THANK YOU: I would like to thank my co-workers and friends for donating leave to me so that I might recuperate following my most recent surgery, with gratitude and appreciation, Donna Butler. BSO.

MCCS Update ...

By James H. Gaines
MCCS Publicity

Gas pumps being installed

Soon, you'll be able to drive your car up and purchase gasoline at the 7-Day store. Pump installation is now under way.

However, this installation requires temporarily closing the entrance to the 7-Day Store. You can access the 7-Day Store through the main entrance to the Exchange.

We apologize for any inconvenience this may cause.

Ten days until Father's Day

Haven't got dad that Father's Day gift yet? You only have ten days left. Better hurry!

Here's an idea – the Base Exchange has many great gift selections to choose from at good prices. Here's some examples: Cologne sets; Drakkar and Polo. Electric razors, Marine Corps memorabilia, Antigua men's golf shirts, mechanic's tool sets, assorted Katz knives, assorted Fubu collection, JVC VCRs and TVs at special prices, and much more. Drop by and browse, and find just the right gift.

The Base Exchange accepts Visa, Mastercard, Discover, American Express, and Deferred Payment Plan.

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 call 256-8974.

Father's Day brunch

Take dad and the whole family to a delightful brunch on Father's Day, Sunday, June 20.

The menu includes french toast, scrambled eggs, sausage, bacon, ham, oven brown potatoes, fresh fruit, roast chicken, vegetable, dessert and choice of coffee, tea, milk or juice – all for only $5.95 adults, $2.95 children.

Brunch will be served from 10 a.m. to 1 p.m.

Call 577-6428 for more details.

Just the ticket!

Attention Yermo personnel: Don't want to drive all the way over to the Nebo side to get your ITT tickets?

No problem.

You may now purchase ITT tickets at the Cactus Cafe between 11 a.m. to noon on Thursdays. To ensure the tickets you want are available, please call ITT in advance any time Monday through Friday.

You can call up to 10 a.m. on Thursday, for tickets to be delivered at the Cactus Cafe that same day.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. For more details or for a ticket list call 577-6541.

This week's lunch menu

Today – Pork stir-fry and steamed rice.

Friday, June 11 – Baked cod filets, oven brown potatoes and vegetable.

Monday, June 14 – Open-face turkey, mashed potatoes and vegetable.

Tuesday, June 15 – Meatloaf and mashed potatoes.

Wednesday, June 16 – Chicken Cordon Bleu, steamed rice pilaf and vegetable.

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

Lunch is served at the Cactus Cafe from 11 a.m. to noon. Monday through Friday. Price is $3 military, $4.50 civilian.

The Cactus Cafe will be closed tomorrow.

For further info call 577-6428.

Family Night dinner menu

Tonight – All you can eat: Carved roast beef, mashed potatoes, vegetable, roll and butter, dessert and beverage.

Thursday, June 17 – Beef tips, buttered noodles, vegetable, roll and butter, dessert and beverage.

Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday at the Family Restaurant. All you can eat $4.50 adults, $2.50 children 5 to 11 years, children 4 years and under are free.

or more info call 577-6428.

Golf course specials

All military personnel are invited to participate in our military special this month and next month. Play three 18 whole rounds of golf and get the fourth round free. You must present military ID for this special.

Don't forget our Twilight Rates are in effect (half price) everyday after 1:30 p.m.

Golf lessons for juniors (ages five through 18) offered by Tees & Trees Golf Course's teaching pro Oscar Valenzuela. Sign up now for classes beginning Saturday, June 26.

Classes will continue through Saturday, July 31. There will be an end of lessons barbecue and putting contest on the last day.

The 1999 Commanding Officer's Golf Tournament is set for Saturday, July 10.

Sign up now. Entry fee of $30 per team. Fee paid on day of tournament. Green fees and golf cart rental are extra.

Showtime is 8 a.m. – shotgun! Trophies, door prizes, refreshments and lunch for players after the tournament.

Call Tees & Trees Golf Course for more info on the above specials and the Commanding Officer's Tournament at 577-6431.

Tees & Trees Golf Course is open from 11 a.m. to 7 p.m. Monday, from 7 a.m. to 7 p.m. Tuesday through Sunday.

Story Time for the kids

Bring the kids and hear a tale told by Helen Riley at the Base Library Tuesday, June 15, starting at 10:30 a.m.

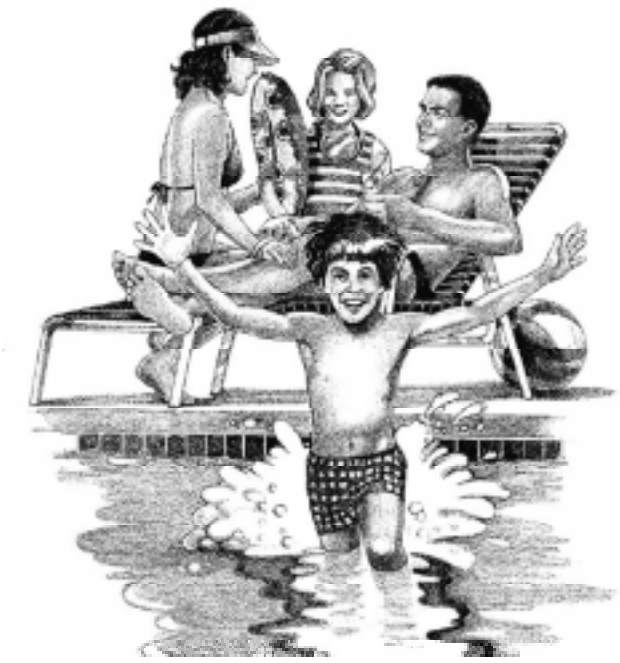
Helen Riley has done many story telling sessions at the Base Library. This is a wonderful experience for all young children. For more info call 577-6395.

The Base Library is open Monday through Friday from 10 a.m. to 6 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m.

Base pools now open

Beat the heat this summer and cool off at the base swimming pools.

The pools are open Tuesday through Sunday, 11 a.m. to 7 p.m. Lap-swimming is from 11 a.m. to 1 p.m.

Civilians participating in the base civilian physical training program may use the Family Pool for lap swimming only

For more info call 577-6543.