

# BARSTOW LOG

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Marine Corps Logistics Base Barstow, California

August 5, 1999

## Barstow reviewed to ensure high standards

By LCpl. Brian Davidson

BARSTOW LOG staff

MCLB Barstow is undergoing a Human Resources Management review as part of a three pronged Department of the Navy Agency Focused Review to ensure high standards are maintained.

Some goals are to assess HRM in the midst of deregulation, increase awareness of the Merit System Principles and Prohibited Personnel Practices and promote good management practices, according to Carol Chostner, Marine Corps Civilian Human Resources director for the Southwest region.

MCLB Barstow is not the only base undergoing the review.

"All Human Resource Management offices throughout the Department of the Navy are taking part in the review, including all Marine Corps bases," said Chostner.

Merit Systems Principles and Prohibited Per-

sonnel Practices are the guiding basis for operations of HRM agencies.

"Merit System Principles are very similar to the Marine Corps' core values and whether we are military or civilian, we are all federal employees," said Chostner. "We have to live by these

"The Office of Merit System Oversight, a component of OPM, is doing this review because there has been a lot of decentralization of authority," said Chostner. "By and large, this is to help us see how well we are handling it."

OPM has given agencies the authority to do

***"We need to assure accountability in our day-to-day operations and see how well we are monitoring and assessing ourselves."***

principles in all dealings with our work force."

The Office of Personnel Management oversees the civil service workforce and HRM and ensures the implementation of regulations as put forth by Congress. Federal benefits packages, how jobs are filled and other standards for all federal agencies are under the umbrella of OPM administration.

their own hiring and ensuring that quality is perpetuated is a priority.

"We need to assure accountability in our day-to-day operations and see how well we are monitoring and assessing ourselves," said Chostner. "Also, to take a closer look at how management and the workforce are interacting to ensure that our mission is being accomplished for the bases."

The review also affords HRM offices a chance to examine themselves.

"This gives us an opportunity to take a closer look at how we do business and staff jobs," noted Chostner. "Our employment practices are a major concern to us because we want to be sure that we're putting the right people in the right jobs," she added.

According to Chostner, some of HRM's special family-oriented programs are being examined to see if they're being properly implemented and if they're serving the intended purposes they were created for.

About thirty MCLB Barstow employees gave feedback and input for the review by completing random sample questionnaires in February. Meetings with union leadership and employees were also held for more input.

"Many things are taken into consideration in gathering data," said Chostner. "The grade

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## E-File: Barstow beats tax goal, looks toward next year

By Sgt. Matthew R. Weir

BARSTOW LOG staff

During the last tax season, the Marine Corps processed more than 65,600 tax returns with the Electronic Filing System. This was a 20 percent increase from the previous year, and a 66 percent increase from two years ago.

Marines from Barstow accounted for 181 of those returns, representing 74 percent of the Marines stationed here – the fifth highest percentage in the Corps.

The Commandant set a goal of 50 percent use of the E-file program for Marines for this year, but the Staff Judge Advocate's Office here exceeded their own goals.

"74 percent is more than we expected," said GySgt. Greg Putnam, SJA legal chief. "Our goal was to have at least 66 percent of the Marines filing with this system, but as word of mouth

spread around about how good the program was, a lot more Marines started showing up."

Filing returns with the Electronic Filing Program saved Marines almost \$6 million in commercial preparation and filing fees. This created an average saving of more than \$80 per return, according to MARADMIN 318/99.

People using E-file were able to see that money within 5 to 7 days when receiving their returns by direct deposit, according to Putnam. "The average turnaround time on a tax return not E-filed is three to six weeks depending on when you send it in," he said.

Most of the savings came from the Marines and civilians implementing the program, according to Putnam.

"We are trained just as well as the average tax preparation specialist you would pay for out in town," he said. "Consequently, this helps save Marines and retirees hundreds of thousands of dollars every year."

Filing via E-mail also cut down on the amount of errors made on returns. According to the message, electronic returns had an error rate of less than one percent compared to the 18 percent error rate held by paper filings.

"The less chance of an error on your first filing means quicker returns and no chance of penalties," said Putnam. "I believe there are two reasons for our low error rate. First, the professionals in the SJA office are very thorough. Secondly, the smallish size on the installation helps because

### Know the plan

Gen. James L. Jones tells his plans for the Corps in this week's center suplement:  
*Commandants Planning Guidance*



See TAX Page 9

## L.A. paramedics train aboard MCLB



Photo by Cpl. Mike McQuillan

Paramedics from the Los Angeles Fire Department rescue a simulated victim from the fire tunnel at the base fire training facility during a rapid intervention team drill. The class of paramedics is training to become firefighters and came to Barstow July 27 to use the facility here.

## 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.

### 'Save pay; an earned benefit'

**Q** It is very frustrating for a lot of workers when we see individuals on save pay collecting large pay checks without having to do the work of their grade.

We have seen a lot of these employees on save pay doing the same job as us but making a lot more money.

We all know that everyone will eventually come under the privatization study and we need to be as competitive as possible.

Don't we need to end the save pay situations whenever possible?

We have seen this type of thing happen on several occasions, and we feel it needs to stop.

Doesn't HRO study these situations?

A couple of our spouses work in ILD and they are now under the study.

Doesn't it hurt their chances of survival when they have to pay these high overhead costs to employees sitting in positions of lower grade and pay?

Don't we have to find every opportunity to improve our chances against privatization?

**A** Thank you for bringing your concerns to my attention. I can certainly understand your frustration and your concern for being as competitive as possible now that

we are undergoing study under A-76.

Yes, I agree, we must find every opportunity to improve the way we do business and to lower costs associated with functions under study. However, the issue of whether an individual is on "saved pay" has no direct impact on the costs used to calculate our bid. Our bid to retain the function in house will be based on the Most Efficient Organization (MEO). The cost of the MEO will be based on the number and grades of the positions required to perform the functions identified in the Performance Work Statement. It will not include the labor costs of our current work force.

Yes, there are individuals who are on saved pay, who work in lower graded positions. These individuals are entitled to indefinite pay retention (saved pay) under provisions of public law. In such cases pay retention is authorized for an employee who is placed in a lower grade as a result of a reduction in force procedure, or whose job was reduced in grade as a result of reclassification of duties.

I can assure you that HRO must comply with all personnel regulations as to the criteria and conditions for applying grade and pay retention provisions.

Thank you for allowing me to clarify this important issue.

## It deserves our best

By MGen. C. L. Stanley

Commanding General 29 Palms

In today's world, a lance corporal's split-second decision impacts national security in ways not thought about much a few years ago. CNN and other cable news networks broadcast our every move. The capture of one American service member tugs at our Nation's heartstrings. These examples were not necessarily the kinds of scenarios discussed in military circles a few years ago, but they're discussed today.

The threats that face our Nation and our allies are real. Preparation for war has always been serious business. It's no different today. If anything, it's getting tougher to prepare for war.

While we have always been taught to focus on the Marine rifleman, that rifleman today will be challenged in ways that were unimaginable during World War II, or even Vietnam. Increased sensitivity regarding American casualties in war could lead us to re-think national policy or re-evaluate military strategy, or at the very least, call for a cease-fire, with the death of one Marine.

These examples aren't that far-fetched, and they highlight the absolute necessity for individual discipline and professionalism by those of us in uniform. Our Nation is counting on us.

To ensure all of us, especially the young riflemen away from home for the first time, make the right decisions in a split-second, we must be excruciatingly deliberate, mature and focused in our every action, especially during peacetime. We can't be part-time professionals. The American

people demand, and deserve, our best.

Read the papers. Look at your television or web site. The American public — indeed the world — makes no distinctions about working hours. Only the undisciplined and selfish service member allows himself the luxury of thinking no one really cares about his actions on what he views as "his time."

Sadly, as alluded to above, our less-than-disciplined charges will carry that same poor discipline to the battlefield. Some of their actions will be reported in the international tabloids. Hopefully, their stupidity and selfishness won't irreparably tarnish our Nation.

Remember the Okinawa rape a few years ago? Don't think for a minute that rape incident didn't have an impact on our Nation. The actions of a couple of Marines and a Sailor almost led to our forward-deployed forces being sent to other bases, bases probably not as ideally suited to support American interests. Protecting vital national interests might have been compromised. Troop discipline is still a sensitive subject in the Ryukyu... it probably will be for quite a while.

The tarnishing of our professional image is a matter that should be of deep personal concern. It's so easy to view the rape of any citizen, foreign or domestic, as the act of deranged people or social deviants, while overlooking the many minor infractions that occur around us daily: bounced checks, spousal abuse, driving under the influence, sexual harassment, stealing, selling drugs,

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## Even when you don't see him, his eyes are on you

By Lt. Michael Michener

Base Chaplain



I attended a band concert my daughter was in this past school year. She was a little nervous as anyone is when performing in front of audiences. But she knew dad was going to be there to encourage her. I had seated myself in the audience a half hour before the concert was to begin. When the kids came out

to take their places, each one looked intently for their parents and hoped for that glance of affirmation or a friendly wave from Mom or Dad. I could see that Annie was scanning for me as well. She couldn't find me, but she knew I was there, somewhere.

Throughout the concert there were breaks where she was not playing. She continued to search for me. I saw her the whole time. I felt proud of her. She could have known that by the countenance on my face.

I can only imagine that her confidence was beginning to wane. I suppose she may have felt slightly disappointed thinking I was paged and had to leave.

Whatever her emotions were, I could see that her eyes continued to search the audience for her Dad. I too continued to hope that she would make eye contact with me to receive that affirming smile I was waiting to offer her.

Finally, near the end of the concert, she was able to locate me and notice I had an approving smile on my face that communicated love and pride. She broke into a huge smile and seemed to be comforted by my presence.

I was relieved that she did not give up looking for me because I never stopped searching for her. She knew ahead of time that I was supposed to be there. After all, I had driven her to the concert. But because she couldn't see me, she was beginning to wonder if I could see her. But I was there all along.

Some folks have similar thoughts about God. It may be that faith came easy when they were young. But as they grew older and were placed in those concerts of life, it became more difficult to see God. Even though the scripture says, *"For You created my inmost being. You knit me together in my mother's womb."* (Ps. 139:13), people begin to doubt that God knows about them or cares for them. Like Annie, they may initially search for God looking for His approval, but it becomes easy to doubt His presence when His face is not obvious.

Yet He is always there. In fact, not only is God present, He is hoping to make eye contact with His children.

2 Chronicles 16:19 records for us, *"For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to Him."* Just as I looked intently to make eye contact with Annie, God wants to reveal Himself to each of us. He wants us to be strengthened and encouraged and know how proud He is of us. He most certainly has His eye on you and He wants you to notice His approving love. There may be times when it seems as though He is not there. But He is always there, watching, hoping you will catch His gaze and receive His love. As the song goes, "His eye is on the sparrow, and I know He is watching me." He's watching you, with love.

Blessings,  
Chaplain Michener

### Chapel Hours

Protestant  
Catholic Mass

Confession services  
before Mass

### Yermo Bible Study

Sun. 8:30 a.m.  
Sun. 10:30 a.m.

Wednesday

11 - 11:30 a.m.

At the Colonel's Workshop

For more info call  
Don Brooks at 577-7165.



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

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For information on advertising in BARSTOW LOG, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

# News Briefs

## Aerobics classes

The aerobics classes held Monday-Thursday afternoons, 4:30 to 5:30 and the lunchtime classes from 11:30-12:30, Tuesdays and Thursdays are canceled until further notice.

Kick boxing classes are still being held Monday, Tuesday and Thursday evenings from 5:30 to 6:30 with Stephanie Jefferies.

Kathrine Stearns will hold a new aerobics class Monday-Thursday evenings from 6:30 to 7:30 with a beginners class on Sunday afternoons from 2:00 to 3:00.

For more info contact Brenda at 577-6971.

## Volunteers needed for Lands Day

The Bureau of Land Management is looking for 150 volunteers to participate in a restoration project at the Odessa and Mule Canyon areas on Sept. 25.

The area is a scenic mining district that supports a variety of outdoor activities.

Volunteers will begin at sunrise and continue through the late afternoon.

Local sponsors will provide a barbecue lunch, and the first 100 volunteers to check in will receive a free T-shirt and a free pass to Lake Delores.

"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 by hand to the PAO in Bldg. 15.

For more info on the National Public Lands Days restoration project contact Rose Foster-Villegas at 252-6011 or on the web at <http://www.blm.gov/whb>

## Special Alert – Area Code 809 Scam

Don't respond to E-mails, phone calls, or pages telling you to call an "809" number.

The "809" area code is located in the Virgin Islands and is similar to our "900" numbers except it can cost the caller up to \$25 per minute in connection fees.

Avoid "809," avoid paying the price.

## Getty Museum trip

The MCLB Barstow CWRA is sponsoring a trip to the Getty Museum in Los Angeles August 28 at 6:30 a.m.

You'll enjoy this exceptional opportunity to see one of the world's largest collections of paintings, classical antiquities, bronze and marble sculptures, photography, and much, much more.

The collection includes works of art dating back from ancient history through the more contemporary times and is considered to be one of the best and most diverse in the world.

A bus will leave Bldg. 44 at 6:30

a.m., stops in Victorville at the International House of Pancakes parking lot at 7:30 and returns to Barstow by 10:30 p.m.

The cost per person is \$10 to cover the price of gas.

Contact the following CWRA committee members for reservations:

Name	Phone
Dan Keirn	577-6614
Frederico Molino	577-7210
Ed Guz	577-6183
Vince Chavez	577-7076
Barbara Kulseth	577-6771
Kay Servais	577-6233
Wrayanne Huddleston	577-6714
Barbara Kent	577-7382
Tangia Joseph	577-7230
Bruce Rowe	577-7207
Cliff Acles	577-7092
Ed Frey	577-6940
Richard Tusing	577-6492
Sixto Granados	577-7424

## Route 66 Market Festivals

The Barstow Area Chamber of Commerce is sponsoring the Fifth Annual Market Festivals Tuesday evenings from 6-10 p.m. at the Barstow Mall until Sept. 28. This year's theme is the Route 66 Market Festival.

The annual event features a variety of craft, food and produce vendors,

## And the winner is ...



Photo by Sgt. Matthew R. Weir

Sgt. James Hettinger drills his platoon during Barstow's Annual Meritorious Sergeants Board. Hettinger was promoted on August 2 after taking first out of three competitors this year. "This year's board was tough, but he beat out his competition," said 1stSgt. C. J. Allen. "I hope to see more Marines try and win this board next year."

Date	Event
Aug. 10	Health Night
Aug. 17	Youth Night
Aug. 24	Military Apprec. Night
Sept. 7	Community Night
Sept. 14	Country Night
Sept. 21	Health & Fitness Night

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# Job Watch

<u>Annc No.</u>	<u>Title/Series/Grade</u>	<u>Open</u>	<u>Close</u>	<u>1st Cutoff</u>	<u>Location</u>	<u>Annc No.</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-314-99	Boiler Plant Operator WG-5402-08/10	07-26-99	12-31-99	08-09-99	China Lake
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme	OTR-27-99	Motor Vehicle Operator WG-5703-08 (Temp NTE 1 yr.)	03-24-99	09-30-99	04-07-99	Calif, Arizona
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton	OTR-35-99	Computer Specialist GS-334-11(Temp NTE 1yr.)	04-06-99	09-30-99	04-20-99	Calif, Arizona
DEA-270-99	Environmental Engineer GS-0819-09/11 (Term NTE 4 yrs.)	07-19-99	08-23-99	08-02-99	Point Mugu	OTR-36-99	Materials Handler WG-6907-07 (Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
DEA-272-99	Cable Splicer WG-2504-08 (Term NTE 366 days)	07-13-99	08-10-99	07-27-99	MCLB Barstow	OTR-38-99	Materials Handler WG-6907-05(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach, Fallbrook
DEA-273-99	Environmental Protection Specialist GS-0028-11(Temp NTE 4 yrs.)	07-19-99	08-23-99	08-02-99	Pt. Mugu	OTR-39-99	Ordnance Equipment Repairer WG-6641-08 (Temp NTE 1 yr.)	04-09-99	09-30-99	04-19-99	Seal Beach
DEA-274-99	Environmental Protection Specialist GS-0028-11(Temp NTE 4 yrs.)	07-14-99	08-11-99	07-28-99	Pt. Mugu	OTR-41-99	Painter WG-4102-07 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-278-99	Electrical Equipment Repairer WG-2854-10 (Term NTE 366 days)	07-13-99	08-10-99	07-27-99	MCLB Barstow		Heavy Mobile Equip Repair/Oper. WG-5803-08/10/11(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-286-99	Computer Specialist GS-334-9 (Term NTE 366 days)	07-16-99	08-13-99	07-30-99	MCLB Barstow		Artillery Repairer WG-6605-07 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-297-99	Equipment Cleaner WG--7009-04(Term NTE 366 days)	07-22-99	08-19-99	08-05-99	MCLB Barstow		Pneudraulic Systems Worker WG-8255-08 (Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	MCLB Barstow
DEA-298-99	Computer Specialist GS-334-11/12	07-22-99	10-18-99	08-05-99	San Diego	OTR-71-99	Supply Clerk GS-2005-04 (Temp. NTE 1 yr.)	07-01-99	08-13-99	07-15-99	Barstow
DEA-301-99	Occupational Health Nurse GS-610-11	07-26-99	08-23-99	08-09-99	Lemoore	OTR-79-99	Laborer WG-7502-02/03/04(Temp NTE 1 yr.)	07-21-99	08-18-99	08-04-99	MCLB Barstow
DEA-308-99	Pipefitter WG-4204-08/10	07-27-99	12-31-99	08-10-99	China Lake	OTR-80-99	Educational Technician GS-1702-04 (Temp NTE 1 yr.)	07-20-99	08-17-99	08-03-99	MCLB Barstow
DEA-309-99	Electrician WG-2805-08/10	07-26-99	12-30-99	08-09-99	China Lake	OTR-82-99	Equipment Cleaner WG-7009-05 (Temp. NTE 1 yr.)	07-22-99	08-19-99	08-05-99	Barstow
DEA-313-99	Heavy Mobile Equipment Repairer WG-5803-08 (Term. NTE 366 days)	07-26-99	09-20-99	09-09-99	Barstow						

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

# MCCS Update ...

**By James H. Gaines**

MCCS Publicity

## Shop the Base Exchange

Check out these great buys in clothing: save 50 percent off black Levis, save 10 percent off all men's jeans, save 10 percent off Haggar golf pants, and save 10 percent off all women's summer dresses.

The Exchange has all your back to school supplies at low prices; pencils, pens, erasers, notebooks and more.

The Main Exchange/7-Day Store is open Monday through Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 6 p.m. Call 256-8974 for more information.

## Lunch menu for this week

This week's lunch menu at the Family Restaurant and Cactus Cafe offers a delicious variety:

**Today** – Chicken Parmesan, rice, vegetable, roll/butter.

**Friday, Aug. 6** – Hoki fish or catfish, roll/butter.

**Monday, Aug. 9** – Taco salad, rice, vegetable, roll/butter.

**Tuesday, Aug. 10** – Meatloaf, mashed potatoes, gravy, vegetable, garlic bread.

**Wednesday, Aug. 11** – Teriyaki beef, rice, vegetable, roll/butter.

**Thursday, Aug. 12** – Scalloped potatoes with diced ham, vegetable, roll/butter.

All above meals served with 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.

## Family Night Dinner Menu

**Tonight** - Prime Rib (\$.50 per oz.), potatoes, vegetable, roll/butter, dessert and beverage (coffee, tea or soft drink).

**Thursday, Aug. 12** - Fried chicken, collard greens, gumbo, pork ribs, corn bread, dessert and beverage (coffee, tea or soft drink).

Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday. All you can eat \$4.50 adults, \$2.50 children 5 to 11 years, children 4 years and under are free. Call 577-6428.

## A new aerobic class

Kathrine Stearns will host beginning aerobic and regular aerobic (step, floor and circuit). The beginning aerobics class is on Sunday from 2 p.m. to 3 p.m. The regular aerobics class is Monday through Thursday from 6:30 p.m. to 7:30 p.m. For more info call 577-6971

## Kick boxing class

A kick boxing class is held Monday, Tuesday and Thursday from 5:30 p.m. to 6:30 p.m. Stephanie Jefferies is the instructor. For more info call 252-2213.

## Swimming Lessons

Swimming lessons will be held at the Oasis Club pool Tuesday through Friday from 8 to 9:15 a.m. beginning

August 3.

Lessons from 8 to 8:30 a.m. for children ages 2 to 5 years. (Note: For children ages 3 and younger, parents will be required to be in the pool with their children).

Lessons from 8:30 to 9:15 a.m. for children ages 6 to 13 years.

The swimming lessons are free. Come to the Semper Fit office in Bldg. 44 to register your children prior to beginning of lessons. Classes will be ten days in length.

For more info call 577-6971 or 577-6543.

## Big Bear Mountain Chalets

You can rent mountain cabins at Big Bear through MCAS Miramar. The number to call is 619-577-4141 or 619-577-4126. MCCS/MCLB Barstow does not handle mountain cabin rentals, you must call the numbers listed above.

## ITT tickets

ITT has tickets to all the fun places in Southern California:

**Disneyland** 1-day pass \$32.50 adults, \$25.50 children (3-11 yrs.) with a \$7 parking fee.

**Knott's Berry Farm** \$20 adults, \$13.50 children (3-11 yrs.) with a \$7 parking fee.

**Magic Mountain** \$23 adults, \$9.50 children (under 48") with an \$8 parking fee.

**Universal Studios** \$29.50 adults, \$24 children (3-11 yrs.) with a \$7 parking fee, \$10 RV parking.

**Sea World** \$31.50 adults, \$24.25 children (3-11 yrs.) with a \$6 parking fee.

We also have ticket vouchers for the **Catalina Express**, shipboard transits to

Catalina Island. Prices are \$33 for adults, \$27 for children (3-11 yrs.) with 28 daily departures from 3 terminals - San Pedro, Long Beach and Dana Point. Tickets are good any day of the week, but reservations are a must. Children two years and younger are \$2 at the terminal.

ITT is open Monday through Friday from 8:30 a.m. to 4 p.m. Call 577-6541 for more info.

## Gas Pumps are operational

Hours of operation are Monday through Friday 6:30 a.m. to 6 p.m. Saturday 9 a.m. to 6 p.m. Closed Sunday.

The gas pumps are self-service, you must pay in advance at the cashier's booth. Cash, checks and all major credit cards accepted. At the present, debit and ATM cards are not accepted; however, we are working to obtain the necessary equipment to make this possible.

Our gas prices are super low to welcome everyone back after a long absence. Please understand that we were only able to receive a limited number of gallons at these low, low prices. Once all our volume has been dispensed, we will have to raise prices due to the current cost of gasoline. The management at the Marine Corps Exchange continually searches for the best quality gasoline for the lowest price per gallon for you, our valued customer. For more info call 256-8974

## Oasis Club Social Hour

Friday, August 6, the first Friday of the month, the Oasis Club membership is having their Social Hour and Karaoke Night from 3:30 p.m.

to 12:30 a.m. For more details call 577-6418.

## Golf championships

Saturday, August 21 the Base Golf Championships will be held at Tees and Trees Golf Course. This is a two-day event with food, prizes and lots of fun. For more info call 577-6431

Tees and Trees Golf Course is open Monday, 11 a.m. to 7 p.m. and Tuesday through Friday, 7 a.m. to 7 p.m.

## Back-to-School special at Bowling Center

This back-to-school special is good throughout the month of August. All school age children can bowl three games for a dollar (\$1), with shoe rental at \$.50 and, as an added special, adults can bowl this month at the same price.

Sunday is Family Day at the Bowling Center. Adults bowl for \$.75, children \$.50 and \$.50 shoe rentals for adults and children.

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. Call 577-6264 for more info.

## Marine Appreciation at NCO/Enlisted Club

Wednesday, August 18 beginning at 3:30 p.m. at the NCO/Enlisted Club there will be a special Marine Appreciation event. You are encouraged to attend.

Participate and enjoy the NCO/Enlisted Club activities and events.

The NCO/Enlisted Club is open Tuesday through Saturday from 6:30 p.m. to 1:30 a.m. Closed Sunday and Monday. For more info call 577-6495 or 577-6432.

# PERSONAL SERVICES BULLETIN

Marine Corps Community Services Department

## *What women should know about depression*

### Who is at risk for depression?

In a sense, all women are at risk for depression. Depression cuts across all class, race and social lines. Women are at higher risk than men for major depression (although some researchers maintain that depression is underdiagnosed in men.) One in four women are likely to experience severe depression. Yet of all women who suffer from depression, only about one-fifth will get the treatment they need.

### What are the risk factors for depression?

**Reproductive issues:** Menstruation and pregnancy generally do not lead to depression. Infertility, however, can be a source of depression for women who want children. Miscarriages and surgical menopause can also cause depressive symptoms.

**Personality styles:** Women who are more passive, dependent, pessimistic, or negative in their attitudes are more likely to become depressed, particularly if they dwell on their bad feelings.

**Sexual and Physical abuse:** At least 37 percent of women have had a significant experience of sexual or physical abuse by the age of 21; some experts actually believe that the rate may be closer to 50 percent. Violent episodes such as battering and rape may leave women with Post-Traumatic Stress Disorder. Also, undiagnosed head trauma from battering can cause depressive symptoms.

**Marriage and children:** Marriage protects men against depression much more than it does women. Mothers of young children are very vulnerable to depression, and the more children a woman has, the more likely it is that she'll be depressed.

**Poverty and minority status:** Poverty is a pathway to depression. 75 percent of people living in poverty in the U.S. are women and children. Women who are minorities experience great stress from discrimination. In addition, poor women or minority women often do not have access to basic mental health care.

**Other high-risk groups:** lesbians, adolescents, and women who are alcoholics or drug abusers are all at high risk for depression.

In short, almost all women are vulnerable to depression, regardless of their circumstances.

### Why are women more likely to experience depression?

The APA's Task Force Report on Women and Depression found that women truly are more depressed than men, not primarily due to biological causes, as was once believed, but to a variety of biological, social, and psychological causes, such as those discussed above.

One reason that men may suffer less from depression has to do with different coping styles. Men are more likely to employ action and mastery strategies, that is, to involve themselves in activities (work, sports, going out with friends) that both distract them from their worries and, perhaps more importantly, give them a sense of power and control. Women, on the other hand, tend to 'brood' and dwell on their problems, often with other women. This is one reason why many therapists prescribe exercise (especially aerobic exercise) as a partial antidote for depression; it gives women an increased sense of self-discipline, control, and mastery.

This is also why women who have multiple roles (e.g., a job, children, a marriage, volunteer work, all at once) may suffer from much less depression. This is because these women have many different support sources and lots of outlets for their competence: if things aren't going well in one area, they can compensate by feeling satisfied with their successes in other areas.

### When should I seek therapy?

We all get 'the blues' now and then. This kind of mild, infrequent depressive mood often passes quickly, particularly if you employ some reliable strategies to get through them (going out with friends, settling down into a good book, whatever works for you).

Sometimes, however, depression can be severe, and stronger measures may be called for. If you are experiencing any symptoms that last more than 2-3 days or if they are interfering with your normal life and your professional help.

In its most extreme form, depression can lead to suicide. If you have any thoughts connected to suicide, you should get therapy at once.

### How can I find a therapist?

Getting a recommendation for a therapist is not difficult, but finding a good therapist might take a little more work. The recommendations should be from someone you trust. The following people can probably can probably help:

A friend or relative who has been in therapy

Your doctor

Your priest, rabbi or pastor

A guidance counselor at your school or at a nearby college or university

You can also call 800-964-2000 to be connected with your state psychological association referral network or contact your local community mental health clinic.

### How do I know if the therapist is any good?

The best indicator of successful therapy is you sense of comfort with the therapist. You should feel at ease with the person, at the same time understanding that therapy will often require you to talk about painful or uncomfortable subjects.

If you are going to a psychologist, he or she should have the proper credentials (Ph.D., Psy.D., Ed.D.) and also be state-licensed. Most insurance companies, in fact, will only pay for therapy from a licensed practitioner. You have a right to ask your therapist about his or her credentials, therapeutic orientation and any other questions that come to mind.

After your initial consultation, you can decide whether or not you want to see this particular therapist on a regular basis, or whether you'd go talk to some others. You are completely entitled to do this 'shopping around' until you find someone with whom you want to work.

### What Types of Therapy are Available?

There are as many 'styles' of therapy as there are therapists. You therapist can give you more detailed information about the type he or she is using. The basic kinds are:

**Behavior therapy:** seeks to change behavior rather than underlying personality, teaches new 'coping' techniques. **Interpersonal psychotherapy:** focuses on interpersonal relationships and coping with conflicts in relationships. **Feminist therapy:** views symptoms as the response to cultural oppression, focuses on 'empowering the client'. **Cognitive-behavioral therapy:** in addition to correcting the behavior, seeks to correct negative thinking patterns.

**Psychodynamic therapy:** focuses on underlying drives and desires that determine behavior.

In addition, there is group therapy, led by a psychotherapist,

which provides the additional support of a group that some people may find especially helpful, and there are support groups, led either by a therapist or by group members who take turns as leaders.

The best short-term therapy for depression is action-oriented.

Therapy should be focused and concrete; you need to know two things

What is making you unhappy and what can you do about it? When the therapy includes a clear action plan (for example, homework assignments such as journal writing or brief art therapy sessions, the success rate with depression can go up as much as 80-90 percent.

### How long will therapy take?

The good news is that therapy for depression can show results quickly, usually in a matter of weeks. You may opt for brief therapy, to help you get through a rough period and learn skills for coping in the future, or you may choose to stay in therapy as a means of continued personal growth.

### What about drug therapy?

Pharmacotherapy can be useful for people suffering from severe depression (it may even be necessary in some cases). Caution is needed, however, since drugs are often over prescribed for women. Women who are drug or alcohol abusers are at risk for harmful drug interactions, as are the millions of women who take diet pills. In addition, many of the psychotropic drugs can have serious side effects, particularly if the patient is taking other prescription medications. Finally, the rate of noncompliance (patients not taking their medication) is pretty high—about 60-70 percent.

On the other hand, for people who are so depressed that they cannot function, or are suicidal, antidepressant drugs can literally be a lifesaver. It is extremely important that the prescribing doctor be very well trained in psychopharmacology and fully understand the proper dosages, possible side effects, and interaction with other drugs, and that he or she explain all of this very clearly to you.

### Warning signs of depression

**Depressive mood** – feelings of helplessness and pessimism

**Sleep disturbances** – inability to sleep, or sleeping too much; irregular sleep patterns **Appetite disturbance**, eating far less or far more than usual.

**Social withdrawal** – refusal to go out, to see friends Blaming yourself for your problems, or feeling that you're worthless.

**Inability to concentrate** – even on routine tasks.

**Substance abuse** – alcohol or drugs.

Symptoms of Post-Traumatic Stress Disorder (PTSD), which sometimes occurs after exposure to violence, are similar to those for depression and can also include:

Nightmares or flashbacks of the terrifying past events

Increased aggression, and feelings of uncontrollable anger

Emotional numbing

Avoidance of the outside world, especially of anything that reminds you of past traumas.

For more information or to contact a counselor, call MCCS at 577-6533.

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## The grieving process

By Cindy Martinez

Community Services MFCC Intern

As the nation grieves the loss of one of its favorite sons, John F. Kennedy Jr., it calls to mind the grief that we all at sometime in our lives experience – the death of a family member, a divorce, a debilitating illness, loss of material possessions or even a child heading off to college.

Grief means a loss. It creates emotions and/or feelings in us that permits a person to cope gradually.

The characteristics of grief are initially a reaction of shock and disbelief. There are feelings of sadness and emptiness. These feelings may be accompanied by crying, tightness in the chest, sighing and difficulty breathing. There is an overwhelming preoccupation with the image of the person or possession lost. Feelings of guilt, something you could have done to change the outcome, may invade your thoughts. Finally feelings of anger, resentment and irritable behavior overflow into the other areas of your life.

Dr. Helen Kubler-Ross identified five stages when studying terminal cancer patients and the process of grieving that they go through after diagnosis of their illness. These stages also are experienced when a person is or has faced a loss. These stages are denial, anger, bargaining, depression and acceptance. These are separate emotional stages, but they can overlap or be repeated in the grieving process.

The first stage, denial, is the stage of nonacceptance or disbelief. The person is not ready to deal with the loss.

Anger, the second stage, the person is angry that this thing has happened to them. This anger may even be directed at the person or possession that now is gone.

Bargaining, the third stage is learned in childhood, you may say "I'll do anything to change this" or you might bargain with God to take the pain away.

Depression, the fourth stage is where a person may withdraw and reject their family and friends. Depression in counseling circles is described as anger turned inward.

Acceptance, the final stage gradually develops as the person comes to terms with the circumstances of the loss.

We all must face grief at one time or another in our lives. Whatever the case, grieving is a process that we must go through and not around. To avoid grief is to avoid a life process, that is neither healthy nor productive.

If you are suffering a loss or having difficulty grieving, help is available. For more information or to make an appointment, please call Community Services at 577-6533.

## Women, alcohol hidden dangers

Submitted by

MCCS – Personal Services Division

When it comes to alcohol, women pay a higher price. They get drunk faster than men on the same amount of alcohol, may develop alcohol-related problems more quickly, and may die younger than men with similar drinking problems. Researchers at the National Center On Addiction and Substance Abuse found that women who regularly have two drinks a day face a significant risk of liver damage. Women also become addicted more easily, and the result can be fatal. Female alcoholics are twice as likely to die of alcohol-related diseases. Unfortunately, family doctors often miss signs of abuse in women because their symptoms are usually more subtle than men's.

At equal weight and age and the same amount of alcohol, blood alcohol in women is higher than in men. The enzyme implicated in the degradation of alcohol has a lower activity in women. In addition, the tissues and blood alcohol concentration increased faster in women than in men because of their lower amount of body water. Also, oral contraception and menopause increase susceptibility to alcohol.

Cirrhosis appears more quickly in women than in men having the same daily consumption of alcohol. A larger number of alcoholic women die from cirrhosis of the liver than alcoholic men.

Heavy alcohol consumption has been linked to osteoporosis and reproductive difficulties. Chronic consumption of alcohol in women increases the risk of breast cancer.

## Making it bloom in the desert

Col. Mark A. Costa, commanding officer, MCLB Barstow, makes it his duty to personally congratulate the winners of the yards of the month.

Along with his congratulations, winner can receive a certificate of appreciation, plants, supplements for their yards and valuable coupons.

Yards are judged by a staff of Barstow's top enlisted service members by how green and lush it is, maintenance, and landscaping. But it is not just the front that counts, according to MSgt. David W. VanHovel. Many yards are very nice in the front but lagging in the back, he said.

Just as the colonel makes it his duty to congratulate the winners, you should make it your duty to be one of the winners.

"The appearance of the base is very important to those of us who work at MCLB Barstow," said Costa.



Photo by Curt Lambert

(Above) Col. Costa presents the Staff NCO Quarters of the Month award to the family of Sgt. 1st Class Paul Moropoulos, U.S. Army.



Photo by Curt Lambert

(Left) Col. Costa presents the Eniwetok Quarters of the Month award to Lenora Heywood, wife of GySgt. Clint Heywood.

## BPO's new system gets rid of the glitches

By LCpl. Brian Davidson

BARSTOW LOG staff

The Marine Corps is updating the way it tracks its beans, bullets and bandages and MCLB Barstow is leading the way.

In an age of advanced technologies, the Corps is making every effort to benefit from emerging trends. Adopting the Defense Property Accountability System allows all Marine Corps Installations on-line with the new system to track property, review records and request property by computer from anywhere in the world.

The Defense Property Accountability System was adopted from the Army by Headquarters Marine Corps to replace the Atlas system still in use on most bases.

MCLB Barstow is one of the first bases in the Marine Corps to have the program up and running. Plans are underway to implement the program at Camp Pendleton, MCRD San Diego, Camp Butler Okinawa and other bases on the West Coast by the end of the fiscal year.

"We received the new software package about three months ago and we're still familiarizing ourselves with it," said Sgt. Omar Ebanks-Rivera, Base Property Operations Chief. "So far, I can see that there are several advantages to the new system."

According to Ebanks, the major differences between the programs are D-PAS's ability to electronically link all Marine Corps Installations with the program and its improved information management utilities.

"Our old system limited us to entering six fields of information about an item or product. D-PAS has 30 fields of information which allows us to better classify our stock," said Ebanks.

"Keeping track of property like computers, vehicles and even the ammunition used on the

rifle range is a large part of what we do here," said LCpl. Ignacio Melgoza-Alvarez, a Supply Administration Clerk. "Having this software will help us do it better because not only can we track vehicles, but also their depreciation, mileage, service records and schedule them for preventative maintenance."

The D-PAS program is expected to reduce the amount of paper needed in property management transactions, in-line with Secretary of Defense William Cohen's effort to make the DoD paper-free.

Base Property Control Officer MSgt. Joseph Hood said the program is still unfamiliar to his Marines, but once all the bugs are worked out and they realize its full capabilities, there will be positive benefits.



Photo by LCpl. Brian Davidson

LCpl. Ignacio Melgoza-Alvarez and Jim Lowe inspect and load 782 gear for storage at a Base Property warehouse. Base Property recently updated their computer software to make keeping track of gear easier.

# Bad checks; how MCCS gets money back

**By Cpl. Mike McQuillan**

BARSTOW LOG staff

Somewhere in a military exchange at a base somewhere around the world, a service member is unknowingly signing the overdrawn check that will cost him more money than his own autograph can generate.

Marine Corps Community Services is hot on the heels of those who bounce checks on military installations, recovering payments and helping first time offenders get out of debt early.

"We'll get our money one way or another," said Vickie McDougal, MCCS admin support clerk. "We're not out to get anybody, but bouncing a check is like stealing from the exchange."

Bouncing a check puts a customer on a list that prevents them from writing or cashing checks or using their Deferred Payment Plan.

"As soon as we get a bad check we send the first letter," said McDougal. "It includes a statement of their rights. If they pay the balance within seven days, we take their name off the list."

If the balance is not paid within 30 days, MCCS will process a pay deduction form (DD 139) to deduct the money from the service member's paycheck and the offender remains on the list for two years.

Even if you pay off your bad checks, multiple bad checks can still do damage. Two bad checks result in placement on the list for six months. Three checks equal one year, and four checks will leave the perpetrator on the list for two years.

"[The list] follows you around the world," said McDougal. "If you go overseas or to another base, you still won't be able to cash a check or use your DPP. That includes your Uniform Clothing DPP. Also, AAFES

(Army/Air Force Exchange Services) will get your name. All military exchanges will have your name on record."

MCCS encourages people to come forward if they anticipate a problem with paying their credit card debt. They can help set up a payment plan

still forward your name to the IRS. When you think you have a tax return coming, the IRS will send the money you owe straight to us."

Once the IRS intervenes, the person's name never comes off of the list and check cashing and DPP privileges at military exchanges are revoked

## *Many of the offenders are the younger enlisted. They get married, buy a car and then they're in over their heads.*

to prevent further actions from being taken.

"We are willing to work with anyone," said McDougal. "If they make arrangements to pay their debts early, our director can make the decision to take their name off the list. We do work with people, especially if it is the first time."

Then there are some who learn the hard way.

The Internal Revenue Service Offset Program, activated in 1995, allows the IRS to allocate tax returns to bill collectors.

"You can't run away from your social security number," said McDougal. "If you're out of the military, we can

forever.

"You would be surprised at how many people don't realize what can happen," said McDougal. "Many of the offenders are the younger enlisted. They get married, buy a car and then they're in over their heads. Some people think 'well, I still have checks in my checkbook, I must have money.' These are the people who need counseling."

After contacting the delinquent check writer, MCCS forwards a letter to the command for disciplinary actions.

"If it's the first time, we usually send the Marine for counseling," said 1st Sgt. C. J. Allen, headquarters battalion first sergeant. "If it happens again, we do

something more official. It might be a Page 11, it might be written counseling. There's no set standard. Each case is individual. It could result in a Marine going up for NJP [non-judicial punishment]."

Allen said that he has counseled Marines ranking from private first class through master sergeant.

"It's non-discriminatory, I have to say that much," said Allen.

"Some people are just not planning properly," said Gunnery Sgt. Michael Claudio, financial counselor. "I can't give advice until I see a budget. Some people are robbing Peter to pay Paul. They'll write a check to pay back money they borrowed and not have the money to cover that check."

Money recovered from bounced checks total more than thousands each year, according to McDougal. Although MCCS sees no means of ending the problem entirely, revenue that once seemed lost is now going back to the exchange and other entities designed to enhance the quality of life for military service members.

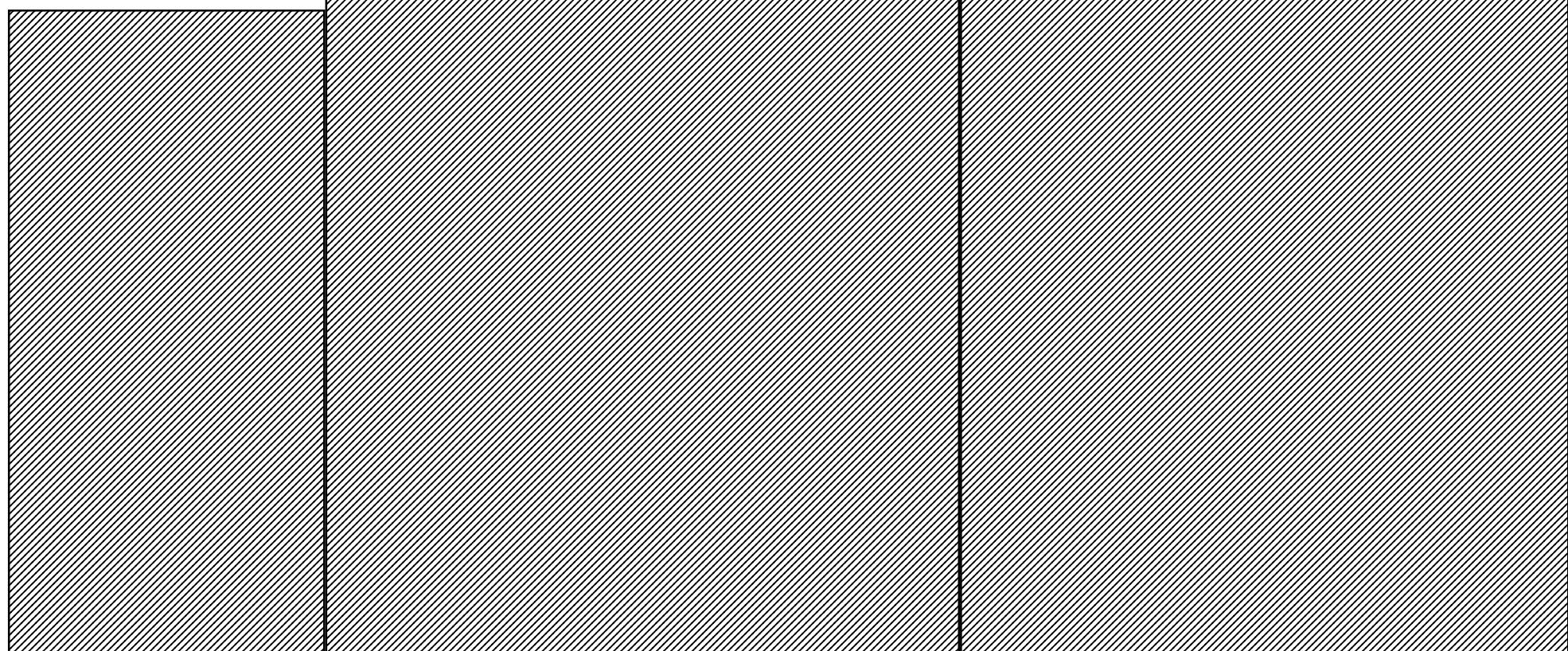
## NATION From Page 2

racial intolerance, throwing trash anywhere but in a trash can ... to name a few.

Some may not care; but I can assure you the people who count do care. They hold us to the highest of standards, as well they should. I have no intention of dying or witnessing the death of one of our precious Marines or Sailors because of the disgusting and very obvious selfish behavior of a few who just don't get it.

In case you haven't figured it out, I feel strongly about this. My instincts tell me most Americans feel as I do. They're counting on people like us to not only win when we go to war, but to do our best to take care of their sons and daughters. Most anticipate some of us might die in war. No one expects to lose a loved one during peacetime because of stupidity, greed or avarice. Being a part-time professional starts that slippery slope of not being prepared to do our duty when we're called to perform.

America expects and deserves our very best!



**REVIEW** From Page 1

structure of employees, a general breakdown of the work force, promotions and the number of veterans hired versus the number of non veterans were all factors taken into consideration for the review."

MCLB Barstow's review will be completed before September, and all regions are projected to be complete by the end of the fiscal year.

**Merit System Principles**

- Use fair, open and competitive recruitment methods.
- Be fair and equitable
- Classify jobs properly and recognize excellence.
- Maintain high standards of integrity, conduct and concern for the public interest.
- Use human resources efficiently and effectively.
- Correct or separate poor performers.
- Effectively train and educate employees.
- Protect employees from improper political influence.
- Protect employees against reprisals for their lawful actions.

**Prohibited Personnel Practices**

- Illegally discriminate for or against

**TAX** From Page 1

the fewer tax returns you prepare and file the lesser the chance of mistakes."

The main goal of the program is to get tax services to Marines and ensure Marines, Sailors, retirees and their families can receive free tax assistance and electronic filing.

No matter how taxes are filed, Putnam offered a few words of advice.

"Do not wait until the last minute to file your taxes, and keep your receipts," he said. "As more and more families continue to use this program it will take longer to process returns. We are here to help"

If you have comments and suggestions contact the Judge Advocate Division, Headquarters, Marines Corps.

**BRIEFS** From Page 3

For more info, call Tera Moore at 256-8400 or the Chamber of Commerce at 256-8617.

**U.S. Naval Academy**

The admissions board at the U.S. Naval Academy is accepting nominations for the academy or for the Naval Academy Preparatory School.

Applicants must be between ages at least 17 and younger than 23 by July 1 of the year they would enter the academy.

Potential Midshipmen must also be

U.S. citizens, have good moral character, be unmarried, not pregnant and have no dependents.

Transfer orders will be issued on or about May 1, 2000. For more info, call the career planner at 577-6684.

**Did you know ...**

Junior seabags were provided to the parents of 15,000 new infants during 1992?

Items included receiving blankets, sheets, terry sleepers, handmade sweatshirts and afghans – even a pacifier.

Prepared by volunteers, these layettes cost you a mere visit to your local Navy-Marine Corps Relief Office.

You get two services in one: a budget to help you understand the sometimes hidden cost associated with a growing family, and a layette for E-5s and below (also available to more senior personnel with a documented financial need).

Let the Society help you welcome the newest member of your family by contacting the local NMCRS at 256-1378 or 577-6627.

# SPORTS



Mette Conrad explains one of the fundamentals of swimming – proper form, as she shows her swimmers how to improve their turns.

## Bulldogs return from softball triumph at regionals

**By Cpl. Mike McQuillan**

BARSTOW LOG staff

The MCLB Bulldogs placed fourth at the Southwest Regional Softball Tournament at MCAGCC Twentynine Palms last week, finishing with a record of 2-2.

"The level of intensity and competition was incredible," said Rolando Sotolongo, team captain. "The league out in town was great for building unity and camaraderie, but the teams here are out for blood."

The Bulldogs opened the tournament by playing their first game against 1<sup>st</sup> Force Service Support Group from Camp Pendleton.

"We wanted to play hard and give them a run for their money," said Sotolongo. "We didn't want to go back to the hotel after the game and hear it from the other teams. That night they were talking about how they couldn't believe that Barstow could be competitive."

The Bulldogs opened with an 8-1 lead against FSSG before surrendering to an offensive charge, 19-13.

"Once we were up 8-1, I knew we were going to be trouble for other teams," said Sotolongo. "We definitely earned respect in that game. FSSG has 15 teams in their intramural league and choose their best players. We didn't even have an intramural league in Barstow and we almost beat them."

"People would come up to us and say how impressed they were," said Sotolongo. "In my first year here, we didn't even win a game at the regionals. This year we were fourth."

A good night's sleep and a pep talk after their first loss, the Bulldogs took the field against MCRD San Diego in a do-or-die consolation match-up.

"We were fired up for that game," said Sotolongo. "I told the guys, 'If you don't pick up the pace, you'll get left behind.' They came through just fine."

It took the Bulldogs only five innings to send their opponents packing, shutting them down 15-3.

Next on the schedule was MCAS Miramar. "Last month at Pendleton they had a tourna-



Photo by LCpl. Brian Davidson

Christina Anosike practices the breaststroke that will help her blaze past the competition at her next swim meet.

## Sea Serpents make a splash

**By LCpl. Brian Davidson**

BARSTOW LOG staff

The Barstow Sea Serpents swim team opened their season with a splash at the Yucaipa Opening Season Swim Meet Saturday and Sunday.

The swim team, open to military family members ages seven to 12, held tryouts in May and have practiced two hours a day Monday through Friday ever since.

The Serpents took top slots in the four events at the swim meet. Brothers, Ekene and Otito Anosike, placed second and fourth respectively in the boy's 25-meter freestyle race. They also took honors in the boy's 25-meter backstroke. Otito took third while Ekene finished fifth in the competition.

The girl's relay team made their mark twice at

the swim meet earning two third-place finishes; one in the girl's 200-meter freestyle relay, the other in the girl's 200-meter individual medley.

"We did very well overall," said Mette Conrad, Serpent's head coach. "Everyone on the team beat their personal best by an average of five seconds."

Participating on the swim team is a positive way to pass the summer, according to Karen Anosike, a team mother.

"I have three kids on the team, all in their first year of competition," said Anosike. "Competing with the team teaches kids dedication, it's good exercise and they think it's fun. They don't care much for getting out of bed to get here, but once they're here they're ready to swim," she added.

The Sea Serpents are turning up the heat at practice preparing for the Desert Splash Championships in Apple Valley August 14.

game. The score was tied, 7-7 when league MVP Ronald Webb belted a three-run homer to win the game for FSSG.

"It was the first homer [Reggie] Harris gave up in the whole tournament," said Sotolongo. "It's a bad way to go out for a pitcher who did so well. He kept throwing strikes and made the other teams swing the bat."

Waddell earned two votes for tournament MVP and finished second in the rankings.

Dominic Williams was third in the running for MVP, batting 12-for-14 finishing with a tournament-high .857 batting average.

He also won the home run challenge and earned a tryout with the All-Marine Softball team in Wilmington, N.C. He is in the midst of a ten-day mini-camp in Wilmington to determine if he'll give up the cammies for a softball uniform.

"I think he'll make it," said Sotolongo. "He's one of the best players in the whole Southwest Region."

"Four people were considered for MVP, and two of them were from Barstow," said Sotolongo. "Not bad for a little base."

**1992 TOYOTA PREVIA MINIVAN:**  
White, dual A/C, cruise control, tilt wheel, power everything, central lock, blue book \$11,900 will take \$10,900., owner may finance if needed. Call 252-1766.

**1993 NISSAN SENTRA:** Maroon, 2 door, A/C. \$4,000. Call 252-2926 or 252-5614.

**1993 JEEP GRAND CHEROKEE:**  
Limited Edition, white with gold trim, 318V-8, auto overdrive, rebuilt eng. and trans., loaded, tow package, CD/Primo sound system, tan leather interior; wholesale \$11,150. Retail \$16,205. Sell for \$12,000 OBO. Call 241-8967.

**1985 NISSAN MAXIMA:** Non-working transmission, needs to be rebuilt. \$1,000. Call 240-5101, relay number 888-877-5379.

**FOR SALE:** 1997-99 Ford, F-150 F250 factory rear sliding window, take out \$250; 1990-91 Honda, front and rear bumper cover dark blue, \$125.; '92 front bumper cover \$90.  
Call 243-1392 AWH.

**FOR SALE:** Lawn mowers, one gas and one electric, \$100 each; Basketball hoop, new. \$10; Patio table and 2 chairs, Rattan, 3' round glass top. \$40. Call 252-1766.

**FOR SALE:** Couch, Lazy Boy, hide-a-bed, queen size, good condition, good mattress, mauve and blue. \$240. Call 247-3871.

**FOR SALE:** Tunnel Ram, single carb, for Chrysler 361, 383 and 400. \$65. Call 243-1392 AWH.

**WANTED:** 8 ft. camper shell for Fleetside Chevy pick-up. \$50 or less. Call 243-1392 AWH.

**WANTED:** Sewing machine, baby walker and high chair. Call 252-9146.

**THANK YOU:** A sincere thank you to all friends and co-workers for your prayers, cards and support during the recent loss of my mother. Gloria Powlow and family.

