BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

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Happy Thanksgiving

Photo by Cpl. Mike McQuillan

Sgt. Karl Garrison (left), Chaplain's assistant, hands a Thanksgiving turkey to Sgt. Omar EbanksRivera. The Chaplain's office gave 200 turkeys a home for the holiday feast.

Members of the Logistics Base Family. As we celebrate a national day of thanksgiving let us all take time to stop and reflect, individually and collectively on the opportunities, gifts and blessings we have received this past year. As we gather with our families and friends and enjoy the fraternity of their company and share traditions of food and fellowship let us add a thought of thanksgiving for all those we serve and those who serve us. America and the world have been well served by our nation's armed forces, and those men and women in uniform have been well served by people such as you. A free nation and peaceful world can more easily reflect on the beauty and bounty that we share and should be thankful for. I ask that you add a note of thanks during your celebrations for all who serve our nation's needs, whether they are in uniform or serve out of uniform. Please thank each other for your service and sacrifice and the blessings and accomplishments they have brought. And on behalf of all Marines, Sailors and civilian Marines that you support in the operating forces and elsewhere in the Marine Corps I extend a hearty and well deserved thank you.

My wife Kathy, daughter Carrie and I extend a special warm holiday wish to all of you and your families as you celebrate Thanksgiving Day. May your journeys to and from your celebrations be safe and may your time together be memorable. May God continue to bless you and your families in the year to come.

Happy Thanksgiving,

Col. Mark A. Costa
MCLB Barstow Commanding Officer

MCLB preparing for Toys for Tots telethon

By Bill Bokholt
Public Affairs Officer

The MCLB Barstow Fire Dept. is picking up donated toys from individuals, sections, branches, divisions, associations, etc. in preparation for the base's presentation at the Barstow communities 20th Annual Toys for Tots telethon Dec. 4.

The telethon airs live on Time Warner cable channel 6 and Elephant Mountain channel 17 from 10 a.m. to 4 p.m. from the Elk's Lodge, 1501 W. Main St., Barstow. The telethon features live music, local personalities and an auction.

The auction has gained popularity over the years because bidders have found it to be a good source for Christmas gifts. The feature item is a car from Soutar's in Barstow. Other auction items include appliances, tires, furniture, jewelry boxes, clothing and a variety of miscellaneous items.

Connie Wessel, Barstow's Toys for Tots committee co-chairperson said, "People in the community always donate lots of nice and useful auction items, but we're hopeful there will be more different items this year so we can expand the variety."

Fleet Support Center Barstow jumped in early to support Toys for Tots by partnering with radio stations KDUC, KDUQ and KXXZ by having two HMWWVs at the Barstow Wal-Mart from 9 a.m. to 5 p.m. Nov. 27. Radio personalities from all three radio stations will be broadcasting live with appeals to the public to fill the HMMWVs with toys.

Fire Chief Bob Wyman, the base Toys for Tots Coordinator said, "1999 is shaping up to be a banner year for our support of the local program. I hope people keep donating so when we make our presentation at the telethon it will reflect that we are truly an integral part of the Barstow community."

Toys donation boxes are located on base at: Environmental-Warehouse 3, Headquarters Battalion Lobby-Bldg. 302, Base Headquarters-Bldg. 15, SATO/C&P/Legal/Finance-Bldg. 236, the Housing Office, Community Services Dept.-Bldg. 129, DRMO Lobby-Bldgs. 226 & 553, Maintenance Center Barstow Lobby-Bldg. 573, DDBC Office-Bldg. 236, DDBC Warehouses 5,7 & 10, Warehouse 401, Family Restaurant-Bldg. 301, Information systems Office-Bldg. 170, Maintenance Division-Bldgs. 196, 197 & 198, Transportation Management Division-Bldgs. 322 & 614, Fleet Support Center Barstow Admin Lobby-Warehouse 406, Fire and Emergency Services Division-Bldgs. 18 & 437, PMO/HRO & TAVSC-Bldg. 37, MCCS's Business Operations Division & Gym-Bldg. 44 and all Nebo and Yermo Annex gates.

People who would rather make a monetary donation than give a toy can make out a check or money order to Toys for Tots and mail or take it to 420 Broadway, Barstow, CA 92311. This is the address of the Treasurer of the Barstow Chapter of the Marine Corps League which helps coordinate the local Toys for Tots effort with community volunteers.

For more info or get involved with Toys for Tots contact Bob Wyman at 577-6732 or GySgt. Pete Errigo at 577-6192.

Native-American Heritage Month
Nov. 1 - 30
See articles on Page 7-8

DDBC, BAX Global team up for holidays

By GySgt. Frank Patterson
Public Affairs Chief

No, Hollywood isn't making the sequel to "Power Rangers" here. Miniature martial arts superheroes in pastel-colored suits aren't invading the base either.

What is happening, is the Defense Distribution Center Barstow received a donation of a large number of excess toys back in February and had nowhere to keep them.

The toys came from a shipment BAX Global was to deliver to a customer in Canada. The customer cancelled the shipment, and U.S. Customs determined that because of regulations and the length of time that had passed, this shipment would be destroyed.

Realizing that sometimes "regulations are regulations," BAX Global suggested to the shipper that these toys be put to "proper use." After conferring with the shipper, consignee and U.S. Customs, BAX Global was given the shipment to pass to a charitable organization.

Betty Mitchell, transportation officer, DDBC, was working at her office when in came a driver for BAX Global. "He said he had a problem. He had some toys to get rid of, and was wondering if I had any ideas," said Mitchell. "I was thinking in terms of a couple cases of toys. The next morning he pulled up with a 20-foot trailer loaded with toys – 6,150 Power Rangers action figures which we offloaded into a warehouse."

Now that DDBC had all these toys lying around, the question was what were they going to do with them?

"My first thought was the Toys for Tots program, so I called Fire Chief Bob Wyman, base Toys for Tots coordinator," said Mitchell.

Wyman arrived the next day with several Marines and firemen and loaded up 4,000 of the toys for the Toys for Tots program.

"We had a flatbed trailer full, and firemen were loading up their fire engines too. There were toys everywhere, " said Mitchell.

"This really kicked off our part of the Toys for Tots program this year," said Wyman. "DDBC's generosity has given us a substantial head start in making this the best year ever for Toys for Tots."

"But that doesn't mean we still don't need to collect toys. Remember, this is for the underprivileged children for the High Desert communities," Wyman added.

In 1998, the base Toys for Tots program here collected approximately 1,300 toys, which were donated to the community Toys for Tots program.

"But there are a lot of other organizations out there as well. I also called the Mojave Valley

See **DDBC** Page 10

MATCOM commander's Thanksgiving reflections

As we reflect on this Thanksgiving holiday, we are reminded of the bounty and blessings bestowed upon this great nation and each of us. The most precious gift we enjoy is freedom. Legions of military people have sacrificed to ensure our freedom and the freedom of people around the world. It is their contribution of hard work, selflessness, and commitment to human dignity that allows us today to celebrate and give thanks in our individual way.

This is the last Thanksgiving of this millennium. We have the unique opportunity to set the course for future generations through continued commitment and perseverance that was underscored by past generations of Americans. The evolving world order and the new threats to regional stability place new demands upon us, but also offer opportunities for those with courage, commitment, and honor. This history of America is distinct among great powers and yet reflective of the common experiences of people from around the globe who brought to these shores the profound richness and character for which we give thanks on 25 November.

All of us have a great deal for which to be thankful. Take the time to remember and to renew yourselves and your personal dedication to what this great nation upholds. May we continue the legacy inherited in this good land and preserve the freedom handed to us by past generations of Americans.

Dorothy and I extend our personal best wishes to all and our sincere hope that your Thanksgiving holiday is blest and safe.

Semper fi,
MGen. Paul M. Lee, Jr.

E-mail can't replace face time

By MSgt. Christopher Grey
Quantico Public Affairs Chief

Electronic Mail. Great technology, but this new method of communicating is seriously downloading my morale and hacking into my Esprit de Corps.

Granted, this computer-generated info highway is very efficient (when there isn't a crash), and equally amazing, But I see it sometimes infecting, via virus, that personal, face-to-face camaraderie and brotherhood that sets us, the Marines, apart. Mr. Einstein had a point when he said technology is destroying our humanity.

It's not "Mother Corps" anymore, it's "Mother Board." What's that leadership trait? Oh yeah know your people. Well I'm afraid some Marines are letting technology distance them from their fellow Marines and are practically becoming computer hermits.

"No Marine, I don't have time to talk to you about mentoring and developing leadership in subordinates right now. I'm busy creating a data base to study the lack of communication between Marines. Send me an e-mail on that and I'll get back to you."

We just don't interface anymore. Like Dr. Ruth says, "communication is paramount in all good relationships." It's certainly not the computer's fault; it's ours.

Computer hermits huddle in their workspaces, lights low, doors closed, and eyes firmly glued to that tiny illuminated, all-knowing screen. Their hands are joined at the keyboard almost like the umbilical cord. And don't try to use any of that antiquated, human interaction with them. They'll quickly halt any conversation with "Well, I didn't get an e-mail on that," or "I sent you an e-mail. Did you certify it?"

Is it something I said? Can't we just talk - I'm right here!

Our paperless society is quickly becoming a faceless society. Even the good ol' phone is obsolete. Where would we be if Alexander Graham Bell's assistant said, "I didn't get an e-mail on that, so it really didn't happen," when he heard Bell on the line.

It's not that I'm anti-computer. Rather it's that software spot in my heart that longs for a handshake, that slap on the back while telling a young Marine that he or she is doing a great job. You know, the old "how's the chow; getting your mail" kind of interaction that's so important when building morale and developing unit integrity and camaraderie.

Exaggeration? I don't think so. Has this ever happened to you? You're face to face with a computer hermit and locked into a very important conversation; let's say national security for example. Then it happens. Suddenly, without warning, but with unbelievable timing, that little devil in the computer sends out a little beep alerting the computer hermit that someone is trying to communicate.

Computer translation: "Ignore that simple human who's warming the seat in front of you - I have spoken." As much as the hermit tries to focus on the topic at hand, his computer compulsion takes hold and his head suddenly buries itself in the screen, manning the keyboard with fingers at the ready, completely severing all human

See **E-MAIL** Page 5

Thanksgiving, a Christian history

By Lt. Michael Michener
Base Chaplain

George Washington's Thanksgiving Proclamation– Oct. 3, 1789:

The first electoral college unanimously elected George Washington as President of the United States.

He was inaugurated April 30, 1789, in New York City.

Washington's very first proclamation, issued on Oct. 3, 1789, declared a national Thanksgiving Day.

He said, "Whereas it is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly to implore His protection and favor; and

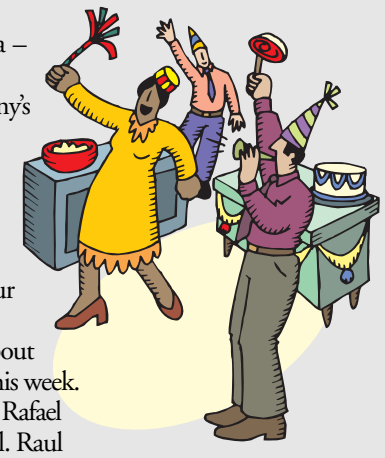
Whereas both Houses of Congress have, by their joint committee, requested me "to recommend to the people of the United States a day of public thanksgiving and prayer, to be observed by acknowledging with grateful hearts the many and signal favors of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness:

Now , therefore, I do recommend and assign Thursday, the 26th day of November next, to be devoted by the people of these States to the service of that great and glorious Being who is the

See **CHAPLAIN** Page 5

Gunny's Picks

Week 12



It's a party at the Picks ...

This week, because of an early deadline, we had a – believe it or not – five-way tie.

Now, sometimes two people tie for the ol' Gunny's Picks, and we let them duke it out via the tie-breaker to determine a winner.

I can't tell who the Monday night winner is because my powers of clairvoyancy aren't what they used to be – and the Marine Corps won't pay $5 a minute to call Psychic Friends hotline – we decided to let our winners slug it out for the overall win.

But Safety frowned on that idea – something about insurance – so our five winners get to split the glory this week.

A really great job of pick-picking to Harry Legendre, Rafael Langston, Richard Baldonado, Althea Kojder and Cpl. Raul Valdez. They all picked 12 winning teams.

*Chicago at Detroit
*Miami at Dallas
*Arizona at New York Giants
*Cincinnati at Pittsburgh
*Jacksonville at Baltimore
*New England at Buffalo
New Orleans at St. Louis*
Philadelphia at Washington*
San Diego at Minnesota*
*Tennessee at Cleveland
Tampa Bay at Seattle*
Kansas City at Oakland*
New York Jets at Indianapolis*
Atlanta at Carolina*

Monday night
*Green Bay at San Francisco (35)
Total points:_____

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

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.

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

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 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 *daileyb@barstow.usmc.mil*.

TRICARE rates increased

The daily amount active duty family members pay for inpatient care in civilian hospitals under TRICARE Standard and TRICARE Extra increased Oct. 1 from $10.45 to $10.85 per day or a flat fee of $25 whichever total is greater. The $25 rate also applies to ambulatory (same-day) surgery.

The rate increase doesn't apply to any other category of TRICARE-eligible patients. Inpatient care under TRICARE Prime for active duty family members admitted to a civilian hospital remains at $11 per day with a minimum $25 co-payment.

Inpatient mental health care at civilian facilities costs $20 per day for active duty under all TRICARE plans.

E-mail your TRICARE questions to *questions@tma.osd.mil* or call 1-800-242-6788 and ask for the Barstow Benefits Adviser.

ASMC Scholarships

The American Society of Military Comptrollers is shoring up their scholarship fund with tote bags.

The zipper bag is black with two handles and has a Marine Corps emblem in gold.

For info on the tote bags or the scholarship program, contact Connie Lewellyn at 577-6596, Lou Ann Presley at 577-6636, Billie Reed at 577-7875 or Sophia Cisneros at 577-6140.

Career Resource Center hours expand

Beginning Nov. 29, the Career Resource Management Center (CRMC) will be open from 7 a.m. to 6 p.m., Monday through Thursday, and Fridays from 7 a.m. to 3 p.m.

The new hours better reflects customer needs.

The CRMC is located in Bldg. 129 and is part of Marine Corps Community Services, Personal Services Division.

For more info about how the CRMC can help you call 577-6169 or 577-6265.

Federal Health Benefit Open Season underway

The Federal Employee Health Benefit Open Season began Nov. 8 and continues until Dec. 13.

During this time eligible employees who are not currently registered with a health plan may enroll in one. Eligible members already enrolled can switch from one plan to another.

See **BRIEFS** Page 10

101 things you should ***never ask a Marine*** *to do*

By E. Temple

Never ask a Marine to lift weights.

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEA-308-99	Pipefitter WG-4204-08/10	07-27-99	12-31-99	08-10-99	China Lake
DEA-309-99	Electrician WG-2805-08/10	07-26-99	12-30-99	08-09-99	China Lake
DEA-314-99	Boiler Plant Operator WG-5402-08/10	07-26-99	12-31-99	08-09-99	China Lake
DEA-389-99	Pipefitter WG-4204-10 (Term NTE 2 yrs.)	08-27-99	11-30-99	09-10-99	San Diego
DEA-469-99	Program Support Clerk (OA) GS-0303-05 (Term NTE 366 days)	11-01-99	11-29-99	11-15-99	MCLB Barstow
DEA-470-99	Equipment Cleaner WG-7009-04 (Term NTE 366 DAYS)	11-08-99	12-20-99	11-22-99	MCLB Barstow
DEA-496-99	Computer Specialist GS-0334-09 (Term NTE 366 DAYS)	11-17-99	12-08-99	11-24-99	MCLB Barstow
OTR-145-99	Preservation Servicer WG-7006-07 (Tterm NTE 1 YEAR)	11-12-99	12-10-99	11-26-99	MCLB Barstow
9-NH-4892	Artillery Repairer Inspector WG-6605-11	11-10-99	12-08-99	N/A	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resume to:

Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)
525 B Street, Suite 600
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919. If you have internet access, browse to *http://www.usajobs.opm.gov*. For information regarding Open Continuous Merit Promotion announcements point your browser to *http://www.dasnhroc.navy.mil*.

MCCS MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Shop the Base Exchange

Do your holiday shopping at the Base Exchange. Come in and browse our super gift ideas and Christmas card selection.

Starting Dec. 1 – 20 percent off all Hallmark tree ornaments, gift wrap and other items.

The Base Exchange/7-Day Store is open Monday through Saturday 8 a.m. to 9 p.m. and Sunday 10 a.m. to 6 p.m. Call 256-8974 for details.

The MCX Self Service Gas Station is open Monday through Friday from 6:30 a.m. to 6 p.m. and Saturday from 8 a.m. to 6 p.m. Closed Sunday for cash purchases. (Credit card sales available 24 hours a day, seven days a week).

The Yermo Exchange is open Monday through Friday from 9 a.m. to 3:30 p.m. Closed Saturday and Sunday.

When troops rotate through Yermo, the Yermo Exchange is also open weekends from 10 a.m. to 5 p.m. Call 577-7092 for details.

Lunch menu for this week

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

Today – Chicken Cordon Bleu, mashed potatoes, vegetable, roll/butter.

Thursday, Nov. 25 – No lunch menu today. Family Restaurant open from 9 a.m. to 2 p.m. with breakfast and dinner menu service. Cactus Cafe closed today.

Friday, Nov. 26 – Hoki fish, rice, vegetable, roll/butter.

Monday, Nov. 29 – Baked pork ribs, mashed potatoes, vegetable, roll/butter.

Tuesday, Nov. 30 – Enchilada, Spanish rice, vegetable, roll/butter.

Wednesday, Dec. 1 – Moo Goo Gai Pan with rice, roll/butter.

Thursday, Dec. 2 – Beef stew and dumplings, egg noodles, vegetable, cheese bread.

All above meals served with coffee, tea or soft drink. Lunch is served Monday through Friday at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is served Monday through Friday at the Cactus Cafe from 11:30 a.m. to 12 p.m. Price is $3 military, $4.50 civilian.

The Family Restaurant also offers an a la carte and sub sandwich menu for lunch. The Cactus Cafe offers a limited a la carte and sub menu for lunch.

For more info on the a la carte and Sub Sandwich menus call 577-6428.

Family Night Dinner Menu

Thursday, Nov. 25 – No Family Night dinner tonight. Thanksgiving Holiday. Family Restaurant open 9 a.m. to 2 p.m. with breakfast and dinner menu service.

Thursday, Dec. 2 – Fried chicken, mashed potatoes, vegetable and dessert.

Family Night dinners are served Thursday evenings from 4:30 p.m. to 7:30 p.m.

Prices: (All you can eat) $4.50 adults, $2.50 children (5 to 11 years), children 4 years and younger are free. Price is the same for military and civilian personnel.

ITT tickets

Magic Mountain tickets are now $19 adults, $9.50 children under 48". Tickets are on sale through Tuesday. Plan ahead now. Magic Mountain will be open only on Saturday and Sunday during the fall and winter; the exception being the Thanksgiving holidays – open Nov. 25 through Nov. 28, and the Christmas holidays – open Dec. 18 through Jan. 2.

Call 577-6541 for more info on these tickets or any other tickets or trips.

ITT is in the Bowling Center and is open Monday through Friday from 8:30 a.m. to 4 p.m.

Giant New Years Eve party

Come join MCCS at our giant Millennium Bash, New Year's Eve.

This will be an all day event starting at 9 a.m. with games, prizes and awards, featuring bowling, golf putting, basketball, racquetball, horseshoes, climbing walls and much more.

Later, enjoy a delicious dinner, a great comedy show, and then the big Millennium Bash New Year's Eve party. Even a Blue Light service after the festivities.

But best of all – everything is free.

For all parents registered with Child Care Services – we have a special surprise – free child care. You must sign up for this special by Dec. 22.

Call Child Care Services at 577-6287 for details.

Come join the party – everyone is invited, all ranks, base civilian employees, singles, couples, families and guests of any of the above.

Why drive off base, do the traffic tango, and pay the big bucks, when you can stay right here and bring in the new year with family and friends – and it's free.

For more details call 577-6543.

Win $100 in the Millennium Bash Logo Contest

Design a logo for the Millennium Bash and win a $100 Savings Bond. Closing date is Friday, Nov. 26.

The P.O.C. is CWO W. E. Bradshaw at Semper Fit/Base Gym. Call 577-6543 for more info. The Logo Design Contest is open to all military, their family members and base civilian employees.

MCCS Thanksgiving holiday closures

The following MCCS facilities will be closed Thanksgiving, Thursday, Nov. 25:

The Main Exchange will be open from 10 a.m. to 6 p.m.

The Family Restaurant will be open from 9 a.m. to 2 p.m. with menu service.

The Gas Station will be closed. However, credit cards sales are available 24 hours.

All other MCCS facilities will be closed for the holiday.

CHAPLAIN from Page 2

beneficent author of all the good that was, that is, or that will be; that we may then all unite in rendering unto Him our sincere and humble thanks for His kind care and protection of the people of this country previous to their becoming a nation; for the signal and manifold mercies and the favorable interpositions of His providence in the course and conclusion of the late war; for the great degree of tranquillity, union and plenty which we have since enjoyed; for the peaceable and rational manner in which we have been enabled to establish constitutions of government for our safety and happiness, and particularly the national one now lately instituted; for the civil and religious liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge; and, in general, for all the great and various favors which He has been pleased to confer upon us.

"And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations, and beseech Him to pardon our national and other transgressions; to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually; to render our National Government a blessing to all the people by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed; to protect and guide all sovereigns and nations (especially such as have shown kindness to us), and to bless them with good governments, peace and concord; to promote the knowledge and practice of true religion and virtue, and the increase of science among them and us; and, generally, to grant unto all mankind such a degree of temporal prosperity as He alone knows to be best."

I am thankful this Thanksgiving for forefathers who understood that all we have and all we are is a direct result of God's gracious blessing on us as individuals and as a Nation.

May you be filled with His richest blessings as you pause to give thanks.

Blessings,
Chaplain Michener

E-MAIL from Page 5

communication with you. It's like someone tugged on a leash attached to his choker collar.

The machine has "punked you" and has taken a megabite out of your important conversation. And rightfully so. There's an urgent message on that annoying plastic box announcing that my hardware store is moving their lawnmowers three months from now. It's impersonal and as irritating as fingernails across a chalk board. Talk to the person, the message will be there later.

Another thing. Half the stuff people hammer out on their keyboards would never be said to a person face-to-face because ... ooops, gotta go. I just got an e-mail from my broker - it could be important if I ever get any extra money.

THE HUMAN SIDE

Civilian Human Resources Office, Southwest – Barstow Satellite Office

Meeting the Challenge of Change

Holiday season signals investment open season

By Douglas J. Gillert
American Forces Press Service

Federal employees can begin their holiday gift giving early with a gift to themselves in the form of Thrift Savings Plan investments.

Open season for the government's retirement savings and investment plan began Nov. 15 and continues through Jan. 31, 2000. During this period, civilian employees with at least six months' continuous federal service may enroll in the TSP. Current participants can change their future contributions or the way they are invested.

The plan offers three investment funds. The G Fund invests in short-term U.S. Treasury securities specifically issued to the Thrift Savings Plan. Investments earn fixed interest at a rate equal to average market securities with four or more years of maturity. The U.S. government-backed securities guarantee G Fund investments and earnings against loss.

The F Fund invests in public-sector and commercial notes, bonds and other obligations and offers potentially higher returns than G Fund securities. The C Fund diversifies investments in the stock market and is the riskiest fund, but potentially the highest yielding one. Neither contributions nor earnings in these two funds are guaranteed or insured against loss.

There was talk last year of the plan adding two new investment funds, for international and small-business stocks, but nothing's been done on that so far and just three funds are available to investors.

Each of the funds has had varying degrees of success during the past 12 months. A healthy stock market has kept the C Fund atop the performance charts, yielding a 25.56 percent investment growth for the past 12 months ending Oct. 31. During the same period, the F Fund posted a .47 percent gain and G Fund investments grew by 5.78 percent.

All contributions to the plan are made through payroll deductions. The amount employees can invest depends on their employment status. Civil Service Retirement System employees may contribute up to the lesser of 5 percent of their basic pay or $10,500 in 2000. Federal Employee Retirement System employees may contribute up to 10 percent of their basic pay or $10,500 in 2000, and their agencies match the first 5 percent they invest.

The Thrift Savings Plan also allows participants to apply for low-interest loans, based on the current G Fund rate of return, including loans to purchase homes.

Program details are contained in Thrift Savings Plan brochures and forms available at the Human Resources Office and at *http://www.tsp.gov/* on the Internet.

The next open season runs May 15 - July 31, 2000.

STAIRS: new software matches resume skills to job duties

By Luci Wais
Employee Relations Specialist

The base is using an automated system to handle applications for vacancies here. The software selected to implement STAIRS (Standard Automated Inventory and Referral System) is called Resumix.

Resumix extracts the skills reflected in an applicant's resume and matches them to the duties required for the specific job opening.

The applicant must specify at least one series in which they are interested. You will apply by series, and not by a particular announcement number.

Civilian Career Flyers are currently published and distributed through the local Human Resources Office and Departments. These flyers identify the series serviced by the Human Resources Service Center, Southwest (HRSC-SW), San Diego.

Applicants can also visit the HRSC-SW web page at *http://www.donhr.navy.mil* or *http://www.usajobs.opm.gov.* When visiting these web sites, positions will be listed by series for each search capability, or you can get copies of the flyers by automated fax by calling 1-800-831-0622 and selecting option #7.

The HRSC-SW is accepting resumes now. Don't wait until you hear that a vacancy may be filled, as it could be too late. Vacancies will generally not be individually announced.

You can also visit the Self Service Center at the Civilian Human Resources Office-Southwest, Barstow Satellite Office, Building 37 for job flyers or an Applicant Kit. The kit provides specific information about how to apply under this new process. Employees can also receive this information from the administrative officers within their departments.

Resumes and the additional data sheet may be mailed to:
HRSC-SW
Attn: Code 53 (RB)
525 B Street, Suite 600
San Diego, CA 92101-4418

What you should know about benefits

By Donna Coppi
Employee Relations Specialist

Where do I send my forms? Who do I call for an estimate? What about my TSP?

The "benefits" function was transferred to the HRSC-SW on Nov. 22, 1998.

During the past year, a lot of confusion has taken place regarding who sends what where and when and who to talk to regarding benefits. To ensure prompt and effective delivery of your benefit forms to the HRSC-SW, please observe the following:

All correspondence and forms connected with: the Federal Employees' Health Benefit (FEHB); Federal Employees' Group Life Insurance (FEGLI); CSRS and FERS Retirement applications; Thrift Savings Plan (TSP); and Designation of Beneficiary forms for TSP, FEGLI, Unpaid Compensation, and FERS are mailed to:

Human Resources Service Center
Attn: Code 516*
525 B Street, Suite 600
San Diego, CA 92101-4418

* If your documents are being directed to a specific HRSC employee, please include that person's first and last name on the attention line next to Code 516.

If you would like to request a retirement estimate or you have questions regarding your health or life insurance benefits, please call the HRSC-SW at (800) 831-0622, extention 5554; DSN 245-5554 or Commercial (619) 615-5554. Benefits counselors are available to assist you from 8 a.m. to 4 p.m. Monday through Wednesday and Friday.

When forwarding SF-2809s, TSP-1s, retirement applications or designation of beneficiary forms, do not depend upon anyone else to mail your documents to the HRSC-SW. You are the one held responsible for ensuring your document is received by the HRSC-SW.

Applications for TSP Loans and TSP-3s (Designation of Beneficiary) are mailed directly to:

TSP Service Office, National Finance Center
P.O. Box 61500
New Orleans, LA 70161-1500

Twenty-four information regarding your TSP is provided by the TSP Thriftline (504) 255-8777 and the TSP Web site at *http://www.tsp.gov.*

If you have questions which cannot be answered by contacting the above, the operating hours of the TSP Service Office are Monday through Friday, 7:45 a.m. to 4:15 p.m., central time and may be reached by calling: (504) 255-6000 or TDD (504) 255-5113.

From everyone at the Civilian Human Resouces Office ...

Happy Thanksgiving

Human Resources Office Manager: Esther Gonzales, 577-6479
Management Support Assistant: Meredith Taylor, 577-6478
Staffing/Classification: Lucy Wais, 577-6487
Patricia Reeder, 577-6252
Employment Assistance and Awards Information: Kathleen Dunham, 577-6357
Training Information: Marva Johnson, 577-6965
Worker's Compensation: Donna Coppi, 577-6279
Josie Marquez, 577-6481
EEO: Sharon Lange, 577-6599
Yolanda Ojeda, 577-6022
Labor and Employee Relations: Shaunna Arguelles, 577-6914

Volunteers: Showing the way for the future of America

By Cpl. Brian Davidson
BARSTOW LOG staff

Volunteerism is a hallmark of the Marine Corps and a basis for the success of American society at large.

November 10, 1775, the Continental Congress resolved to form two battalions of Marines. At Tun Tavern in Philadelphia, Capt. Samuel Nicholas recruited his Marines from volunteers – the first in a long line of United States Marines.

The title Marine is synonymous with excellence and tenacity; traits that are visible in everything a Marine does.

Today's youth are in need of role models with such watchwords, who strive for a higher level of success in their endeavors. Several organizations, including local schools have requested assistance from the base to help guide the community's youth into beneficial activities that improve self-esteem and physical and mental development.

Learning and physical fitness are two activities closely associated with the Corps' way of life, and essential to children. Both are basic building blocks of every Marine's military career. Earning college credits during off-time education and completing Marine Corps Institute Correspondence Courses are a means of earning bonus points towards promotions, and every Marine is required to perform three hours of rigorous physical activities per week.

Mary Gil, Montara Elementary School principal, is seeking to establish a partnership that could benefit Montara's students and the Marines who participate.

"We have a lot of [educational] challenges ahead of us this year and we want as much help as we can get. I would love to see the presence of Marines here at Montara; spending a little time with a class," said Gil. "Coming in to read them a book or even leading them in exercises out on the playground now and again."

Gil issued an open challenge to base Marines to share one of the most abundant commodities that the Corps has to offer—positive role models.

Students from the Mojave Academy made a special request when they toured the base in June. They wanted to PT side by side with Marines. A number of Marines showed up bright and early to grant their wish.

Sgt. Omar Ebanks-Rivera, base property, was there.

"I was surprised and very motivated by some of the things I saw that morning," Ebanks-Rivera said referring to the "pint-sized" motivators. "It became clear to me that there are a lot of kids out there that have drive and want to advance themselves. They've seen something in [Marines] that they know would serve them well in life and are trying to emulate it to help themselves succeed," he concluded.

Sharing the Corps' traits with local youth could have far reaching effects as they have greatly influenced the lives of many men who've borne the title Marine. Georgia Gov. Zell Miller, a former Marine, summarized the value of a every Marine's knowledge and training in his appropriately titled book "Core Values: Everything you need to know I learned in the Marines."

Those seeking to influence the community through 'greener' endeavors can volunteer with organizations in the High Desert that place an emphasis on molding youth using time-tested, military means.The Young Marines and the Positive Force Drill Team are longing for help from anyone who'll make the commitment.

"Getting the community involved in boosting the program's potential is the focus of our latest efforts," said Ray Phillips, Positive Force commander. "Members of the base community are the best volunteers the program could hope for."

Community relations is every Marine's job. Guidelines for proper civilian attire ensure the image presented is in keeping with the Marine Corps' self-imposed high standards, which Americans have come to expect.

In little known history, the Marine Corps created the Military Occupational Field 4300, Public Affairs, to ensure that the Corps could weather any internal threats that might arise from time to time; threats like past attempts by politicians in unison with the U.S. Army to disband the band of brothers and absorb Marines into the ranks of the Army. It's true.

In the words of BGen. Robert Denig, first director of Public Affairs during World War II, "When the public becomes apathetic about the Marine Corps, the Marine Corps will cease to exist."

Positive community relations are a means of ensuring the American people will never become apathetic about the Marine Corps.

Community relations refers to an array of activities that places Marines and hardware in direct contact with the public, according to the Secretary of the Navy's Public Affairs Guidance Manual.

In effect, any interaction that takes place between a Marine and a civilian outside of the front gate – from buying a burger to holding the door open for someone else is community relations, but Marines with the means to do so should take an active role.

Single or married, volunteer opportunities are out there. Like many Marines, GySgt. Michael Claudio is a husband and a father. He took advantage of a volunteer opportunity and is reaping a priceless reward.

"I wanted to get my son involved in soccer like other parents, but there was no coach," said Claudio so he took the helm and formed a team.

Now, he not only enjoys spending quality time with his son and the satisfaction of teaching kids a sport; coaching also affords a casual opportunity for meeting people and making new contacts, according to Claudio.

"I would recommend taking on a similar task to anyone," noted Claudio.

"All of us have been affected by others who have volunteered, be it the Red Cross, Navy relief or others," said Sgt. Maj. John D. Hathaway, base sergeant major. "I believe in it. We should all do our part to give back. The world would be a much different place without it," he added.

At the recruit depots where Marines are made, the act of volunteering becomes second nature— regardless of how unpleasant the task at hand may be. Marines are reminded to never lose sight of their beginnings because the Corps is steeped in traditions. Volunteering is one of them.

"Famous Americans" by Theresa Potter
Theresa Potter was the official artist of the Navajo Code Talkers Association. This was her salute to the Navajo Code Talkers of World War II.

Navajo Marine Code Talkers

Reference Section
History and Museums Division, HQMC

The Marine Corps' Navajo Code Talker Program was established in September 1942 as the result of a recommendation made the previous February by Mr. Philip Johnston to Major General Clayton B. Vogel, USMC, Commanding General, Amphibious Corps, Pacific Fleet, whose headquarters was at Camp Elliott, California.

Mr. Johnston, the son of a missionary to the Navajo tribe, was fluent in the language, having lived among the Navajos for 24 years. He believed that the use by the Marine Corps of Navajo as a code language in voice (radio and wire) transmission could guarantee communications security.

Mr. Johnston's rationale for this belief was that Navajo is an unwritten language and completely unintelligible to anyone except another

See **NAVAJO** Page 8

Shattering the myths, fears about civilian contractors

By Cpl. Mike McQuillan
BARSTOW LOG staff

An independent contractor at Maintenance Center, Barstow has recently opened 13 new job positions in order to maintain their operation.

Applied Techno-Management Systems, Inc., a consulting firm based in Indianapolis, was hired in May of 1998 to oversee the AN/TPQ-46A Firefinder project. Since then, project manager Rich Nicholls and staff have expanded their areas of expertise to half a dozen entities in the Maintenance Center.

"Even though I'm a contractor, my loyalty is to the Marine Corps and Maintenance Center Barstow," said Nicholls, a retired Marine chief warrant officer. "Many people in key positions are former Marines and retired Marines. They have many points of contact in the Marine Corps. Those kind of relationships still exist."

ATMS is supporting the Material Control Center in Warehouses 403 and 405, to expedite storage and reissue of Amphibious Assault Vehicle parts. It complies with the wishes of LtGen. Gary S. McKissock, former commander of MARCORLOG bases, and the better business practice of Supply Chain Management.

"We need to force a paradigm shift," said Nicholls about the MCC.

The new, more efficient supply system brings kits to the AAV production line as the hull arrives, speeding production on the floor of the Maintenance Center. To make it work, the Maintenance Center needed to hire ten warehousemen and three data entry clerks.

Because of the long lead time for recruiting positions through Human Resources Service Center Southwest, San Diego, ATMS employees are filling the void. Hiring contractors to do labor may scare some employees, according to the Engineering Department.

"We have a lot of people who think that they're going to lose their jobs," said Jack Kulju, Supervisor Industrial Engineer Technician at the Maintenance Center's Engineering Department. "The contractors are not taking jobs away. They accommodate the existing workload."

"It's a stopgap measure," said Nicholls. "There's an immediate need for people, so the contract provides those people."

Nicholls added that the new warehousemen signed letters of understanding that their jobs would terminate when the Human Resources Office establishes wage-grade positions at the MCC. He said the contracted employees may be eligible as any other outside peson would by applying to HRSC-SW, San Diego, for the same positions when handed to the government.

"We didn't bring in people from Indiana," emphasized Nicholls. "We hired people from Barstow. They're the neighbors and friends of our workers."

In addition to the warehousemen, the MCC also employs three new data entry clerks, who bring

See **CONTRACTORS** Page 8

NAVAJO from Page 7

Navajo and that it is a rich, fluent language for which code words, in Navajo, could be devised for specialized military terms, such as the Navajo word for "turtle" to represent a tank.

With the cooperation of four Navajos residing in the Los Angeles area, and another who was already on active naval service in San Diego, Mr. Johnston presented a demonstration of his theory to General Vogel and his staff at Camp Elliott on February 28, 1942.

Marine staff officers composed simulated field combat messages which were handed to a Navajo who then translated it into tribal dialect and transmitted it to another Navajo, on the other end of the line. The second Indian then translated it back into perfect English and in the same form which had been provided originally.

The demonstration proved entirely successful and as a result, Gen. Vogel recommended the recruitment into the Marine Corps of at least 200 Navajos for the code talker program. (As a footnote, tests in the Pacific under combat conditions proved that classified messages could be translated into Navajo, transmitted, received and translated back into English quicker than messages which were encoded, transmitted and decoded employing conventional cryptographic facilities and techniques.)

With the Commandant's approval, recruitment began in May 1942. Each Navajo recruit underwent basic boot camp training at the Marine Corps Recruit Depot, San Diego, before assignment to the Field Signal Battalion, Training Center at Camp Pendleton.

It should be noted that, at the outset, the entire Navajo code talker project was highly classified and there is no indication that any message trafffic in the Navajo language – while undoubtedly intercepted – was ever deciphered.

Initially, the course at Camp Pendleton consisted of training in basic communications procedures and equipment.

At the same time, the 29 Navajos comprising the first group recruited devised Navajo words for military terms which were not part of their language. Alternate terms were provided in the code for letters frequently repeated in the English language.

To compound the difficulty of the program, all code talkers had to memorize both the primary and alternate code terms, for while much of the basic material was printed for use in training, the utmost observance of security precautions curtailed the use of the printed material in a combat situation.

Once the code talkers completed training in the States, they were sent to the Pacific for assignment to the Marine combat divisions.

In May 1943, in response to a request for a report on the subject, the various division commanders reported to the Commandant that excellent results had been achieved to date in the employment of Navajo code talkers in training and combat situations, and that they had performed in a highly commendable fashion.

This high degree of praise concerning the Navajos' performances prevailed throughout the war and came from commanders at all levels.

Although recruitment of the Navajos was comparatively slow at the time the program was first established, Marine recruiting teams were sent to the Navajo territory and a central recruitment office was set up at Fort Wingate.

By August 1943 a total of 191 Navajos had joined the Marine Corps for this specific program. Estimates have placed the total number of Navajos in the code talker program variously between 375 and 420 individuals. It is known that many more Navajos volunteered to become code talkers than could be accepted; however, an undetermined number of other Navajos served as Marines, in the war, but not as code talkers.

In recognition of their dedicated service to America during World War II, the Navajo Code Talkers were awarded a Certificate of Appreciation from the President of the United States in December 1981.

Their unique achievements constitute a proud chapter in the history of the United States Marine Corps. Their patriotism, resourcefulness, and courage have also earned them the gratitude of all Americans.

This is the first medal commissioned by the Navajo to be issued to Navajo Veterans during Navajo Veterans Week, 1982.
The ribbon of red, gold and turquoise depicts the rainbow colors of the Navajo Flag.
Below the ribbon stands the outstretched wings of the Navajo Eagle, a symbol of courage and strength.
The Great Seal of the Navajo Nation lies in the center of the medal surrounded by the six points representing the six Sacred Mountains (Mount Blanca, Mount Taylor, San Francisco Peaks, Mount Hesperus, El Huerfano Mountain, and Gober-nador Knob).
The arrows around the seal represent the major battles fought by Navajo warriors.
The Horned Toad symbolizes protection for the bearer.
Special bars are designed for the combat serviceman that served overseas and for those who saw combat action. These are attached to the ribbon where appropriate.
Navajo men and women who serve in the Army, Navy, Air Force, Marine Corps, Coast Guard, National Guard or Reserves or who were active personnel in the Armed Services, were entitled to received this medal in 1982.

CONTRACTORS from Page 7

the operation into compliance with Manufacturing Resource Planning, another better business practice endorsed by the Maintenance Center.

"We have set up a Logistics Base Inventory Visibility, so all of our excess parts are broadcast on the Internet," said Cathy Ashbrook, manager of the MCC. "When General McKissock examined the Log Bases supply operation, he was concerned that supplies were held in five different inventories crating a high level of excess material."

The MRP II system assures that Maintenance Center personnel can track job status at the detail level and in summary format.

The Maintenance Center hired ATMS in mid-1997 to develop and update technical manuals for workers on the Firefinder System. They also convert written instructions to electronic and CD-ROM format.

"They provide services we don't organically have," said Kulju. "They're cost-effective for the time period needed. That makes us more attractive to our customer and keeps the work coming in."

According to Joanna Spencer, contracting specialist, ATMS won a contract extension lasting until September 2000.

SPORTS

Puck Hogs rally for first season win, 9-6

By Cpl. Mike McQuillan
BARSTOW LOG staff

The Puck Hogs shrugged a case of pre-game cobwebs and claimed their first victory of the roller hockey season, disengaging "A" Company Ops Group, 9-6.

Ops Group struck first, tearing down court on a breakaway just after the five-minute mark. Puck Hogs ace right wing Mike Pugliese tied the game minutes later with an assist from his son, Mike Jr., to tie the game at one apiece. Still, coach Jay Hunsaker felt uneasy about his team's performance.

"We're off our game tonight," said the three-year veteran skipper. "If we were playing like we did last week, we would be killing these guys."

Ops Group shuffled a wrist shot past goaltender Matt Weir with 35 seconds left in the first, taking a one-point lead.

Pugliese Jr. opened the second period with a vengeance, advancing the puck from half court to send a five-hole shot through the legs of the opposing goaltender.

Pugliese added another goal one minute later, giving the Puck Hogs their first lead of the season.

"We need to shoot more if we want to win," said Pugliese. "We've been trying to make too many beautiful passes, and that's costing us."

Pugliese shared the wealth by assisting Pugliese Sr. on another goal. John Miller stormed the net late in the second period, adding two more goals for the Puck Hogs and bringing the total to 7-3.

"That's what hockey is supposed to be like," boasted Hunsaker. "We're keeping three up front on offense and hanging one back on defense. That helps us be more aggressive and score more goals."

Pugliese Jr. netted two more goals for the Puck Hogs, totaling five for the day and closing out the scoring at 9-6. Weir fell on the puck with 20 seconds left to secure the victory.

"We have no Gretzkys on the team," said Hunsaker. "We need to keep the pressure on and keep up the teamwork."

"I think we'll take it all the way this year," said Pugliese Jr. "We lost to the two best teams in the league, but I know we can take them in the playoffs."

"With the rest of the teams we're playing this season, we'll turn up the offense," said Hunsaker. "We'll start putting a lot more goals on the board."

Photo by Cpl. Mike McQuillan

An Ops Group defenseman tries to get the puck out of scoring range.

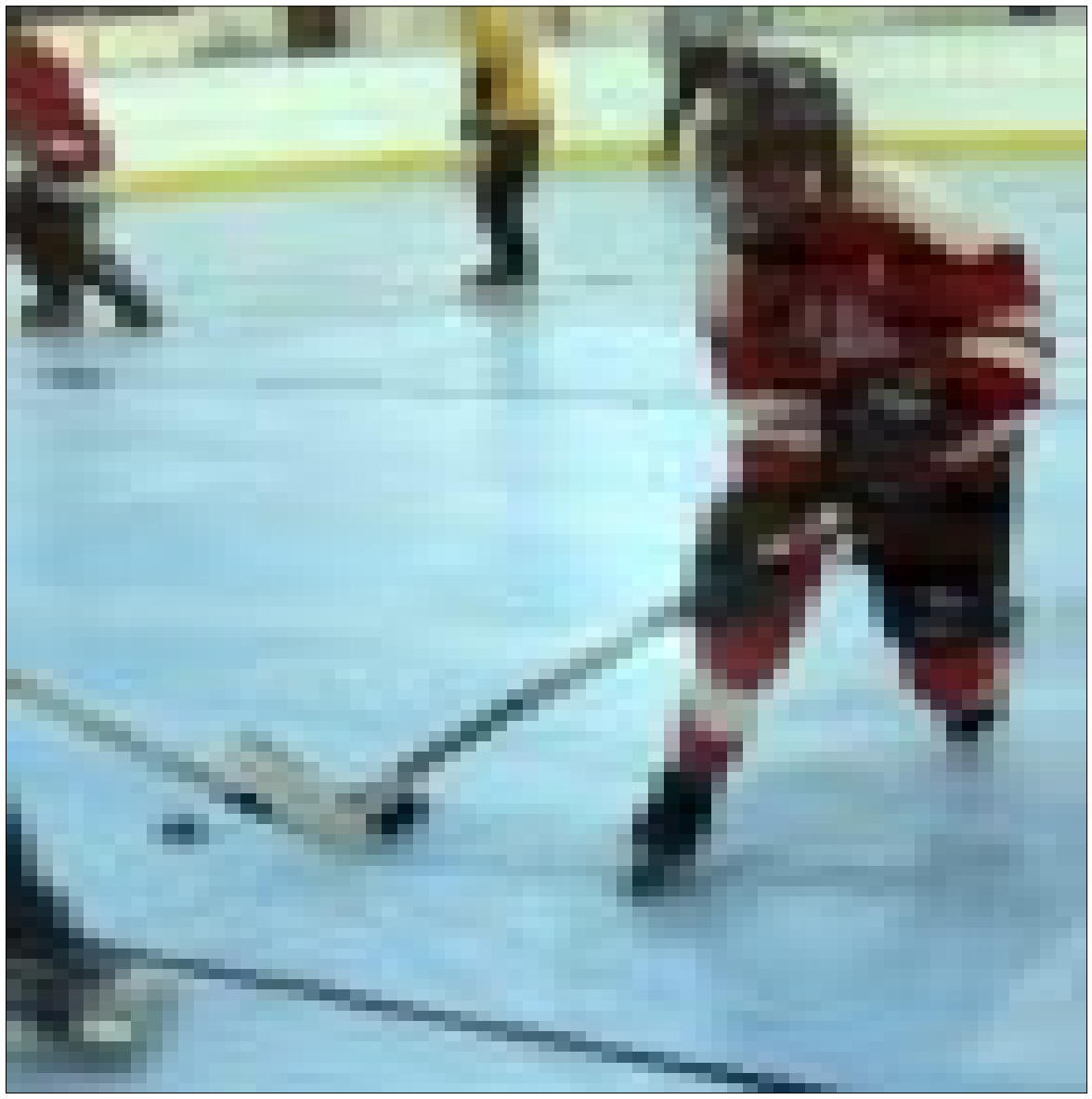

Photo by Cpl. Mike McQuillan

Mike Pugliese (right) swipes the puck from an Ops Group opponent to set up a fast break.

Photo courtesy of Betty Mitchell, DDBC

LtCol. James A. Kessler, Commanding Officer, Defense Distribution Depot Barstow, hands a box of toys to Officer Timothy Heiden, School Resource Officer, Police Activities League, Barstow.

DDBC from Page 1

Coordinating Council," added Mitchell.

MMVC has assisted the needy of the Barstow community since it began in 1957. They picked up 1,234 toys for distribution to abused and neglected children in the High Desert area.

DDBC also donated another 1,000 toys to the California Police Activities League, Barstow. Those toys are for the Cops for Tots program. Cops for Tots differs from Toys for Tots because police officers give the toys out when visiting youth from ages one to 18; Toys for Tots is for ages one to 10, according to Officer Timothy Heiden, School Resource Officer, Barstow Police Activities League.

Leo Geballa, BAX Global government account manager, mentioned BAX Global was particularly pleased with DDBC's response.

"Things like this happen all time in this business," said Geballa, adding that DDBC may expect future shipments like this one. "We hope our efforts, coupled with the generous donation of the toys by Bandai, can make a few children happy."

"It gives me great pleasure that the Defense Distribution Depot Barstow was able to play a small role in making sure that needy children in the local area have a better chance at having a merry Christmas by handing over these toys to worthy programs," added LtCol. James A. Kessler, Commanding Officer, DDBC.

BRIEFS from Page 3

All federal employees and retirees – including the U.S. Postal Service, Bureau of Land Management and the Department of Social Security Administration are considered eligible employees.

If base employees wish to make changes to their FEHB, they must contact their administrative office for the current Standard Form (SF) 2809 and submit it to:

Director, HRSC-SW
Attention: Code 516
525 B Street, Suite 600
San Diego, CA 92101-4418

'Christmas Alive'

The First Baptist Church of Barstow invites you to share in their annual Christmas Alive musical.

This year's musical is "I'll be home for Christmas", a musical about family and home in the Golden Days of radio.

The program is presented Dec 9-12 at 7 p.m. with an extra program Dec. 11 at 1 p.m. A special sign language program will be on Dec.10.

Call 252-2949 for moreinfo.

CWRA turkey winners

The Civilian Welfare & Recreation Association for MCLB Barstow held their annual drawing for four free turkeys.

The winners of the turkey certificates were:
Carol Christian, Fleet Support Center and Marion Hudson, Kevin Minton, and Jerry Piper from the Maintenance Center

The CWRA is a non-appropriated fund activity authorized to conduct approved recreational and leisure time programs and events that will promote the morale and well-being of employees aboard this base.

New toilets

The housing contracter begins installing new toilets in all Desert View Housing Dec. 1.

This contract applies only to toilets. Floor tile and other problems will be addressed at a later time.

To schedule a date and time for installation call William Earl or Janet Wilson at 577-6012.

1997 HONDA CIVIC DX: Silver with black LaHabra bra, really cute, four door, auto, AC, PS, PB, AM/FM radio, new tires, tinted windows, front and rear deck cover, tilt wheel, xlt cond., clean, runs great, 32K miles. Book $12,800. Asking $11,800. Call 843-9498 after 5 p.m. Lv msg.

1997 FORD F350 XLT: 4X4, crew cab, 40K mostly highway miles, step bars, grille guard, bed liner, camper shell, AM/FM cassette, automatic, $22,000 firm. Call 252-1287. Lv msg.

1978 MONTE CARLO LANDAU: Two door, custom paint, new engine and transmission, three pumps, eight battery, 10 switches, needs interior work only, $4,000 OBO. See at 1260 Monterey Ave or call 252-3802.

DUNE BUGGY: Super reliable, ready to go, $2,800 OBO. Call 252-7017

FOR SALE: 10X54 mobile home with pop-out and attached enclosed porches, furnished, $4,900 OBO. See at North Star Park, 342 Petrol, Bakersfield, Calif. Call 253-5926.

FOR SALE: Schwinn mountain bike, aluminum frame, Rock Shox front suspension, 21-speed grip shift. $400. OBO. Call 256-3465. Lv msg.

FOR SALE: Realistic Optimus full-size floor speakers, $100 for the pair. Call 254-2295 AWH.

FOR SALE: Guitar, Ovation, custom legend 12-string, black w/mother-of-pearl inlays, acoustic/electric, mint cond, $500 firm. Call 256-0994.

FOR SALE: Sofa and loveseat, lamp and rocking chair, all xlt cond. Must see to appreciate. Call 256-6186.

FOR SALE: Sofa w/queen-size sleeper, loveseat and chair. All overstuffed, good cond. Paid $2,400, sell for $450. Call 957-1007. Lv msg.

FOR SALE: 80 feet of 1¼-inch black pipe. Call 256-6186.

FOR SALE: Pro Model Nordic Track ski machine w/heart monitor, xtl cond. Paid $600, sell for $250. Call 253-4242.

FOR SALE: Larso 18' runabout boat with trailer, fair cond, $700 OBO. Call 252-1337.

FOR SALE: 1979 Sunliner 17' boat. Moving, must sell. $2,000 OBO. Call 252-7017. Pgr (916) 369-9540.

FOR SALE: Weight bench and weights, $85 OBO. Call 253-1200.

FOR SALE: Beautiful china hutch, must see to appreciate, $380. Call 252-8442 daytime or 256-0986 AWH.

FOR SALE: Digitech desktop calculator, new, 8" x 6", $10; Big League handheld baseball game, new, $10; VCR, RCA, good cond, $40; pet carrier, kennel, 21"X16"X16", good cond, $20. Call 242-8839.

FOR SALE: Three-piece sofa set, blue w/wood trim, one year old and in very good cond. Paid $1,500, asking $500. Call 252-0052.

Going home for the holidays: NHTSA warns about driving too fast, driving tired during holidays

Compiled by
Public Affairs Office

No matter where you are going for the holidays, as long as you plan to leave Barstow, you have a long drive ahead.

If you are flying, you still have to take a 90-mile cruise just to get to the nearest airport.

No matter where you go or what you do, staying safe and making it back is the most important aspect of the trip.

Slow down – Speed kills.

According to the National Highway Traffic Safety Administration speed is one of biggest factors in automobile accidents. The chances of death or serious injury double for every 10 miles per hour over 50 mph a vehicle travels. Speed reduces the driver's ability to maneuver safely around curves and objects in the road, but according to NHTSA, many drivers do not seem to view speeding as a risk to their personal safety.

Whatever the driving conditions, drivers are safest when obeying posted speed limits. Crash involvement rates are lowest for those within 10 mph of the average speed, according to NHTSA. The accident rate was six times greater for drivers travelling 10 mph above or below the posted speed limit.

Now that we have made the change back to standard time, the problem is even worse, according to Kenneth Wykle, federal highway administrator.

"Half of all fatal crashes occur at night, but only a quarter of the travel. Which means each mile driven at night is twice as dangerous as a mile driven during daylight," said Wykle. "The transition from daylight savings time means it will be darker during peak home-bound travel."

It's hard to see the roads **through your eyelids.**

When you start nodding off it is time to pull over and take a break. Seeing your family and friends 30 minutes later is far better than never seeing them again.

The NHTSA advises any of the following if you feel like falling asleep:

– Take a break for a short nap (about 15 to 20 minutes). Napping has shown to improve subsequent performance, however nappers are often groggy for about 15 minutes upon awakening from naps longer than 20 minutes.

– Caffeine, even in low doses, significantly improves alertness in sleepy people. The minimum dose needed can be obtained in about two cups of percolated coffee, although the caffeine content of coffee varies widely.

In addition, limited evidence suggests physical discomfort (such as sitting in an uncomfortable seat or position and shivering or sweating) may also keep sleepy drivers awake.

According to NHTSA, commonly accepted remedial approaches such as brief exercise, listening to the car radio, or opening the car windows are not proven to work.

Even with these steps the wake-up effects from sleepiness do not last long. At best they can help sleepy drivers stay awake and alert long enough to find a motel, call for a ride, or stop driving and sleep. They're not a substitute for good sleep habits and should not be viewed as a "driving strategy" for getting drowsy drivers safely to their destination. Nothing beats getting a good night's sleep before setting out on the road.

No matter where you go or what you do, staying safe and making it back is the most important aspect of the trip.