

# BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 16

Marine Corps Logistics Base Barstow, California

March 2, 2000

## Strike up the band



Official file photo from HQMC

MCLB Barstow is once again honored to host the U.S. Marine Corps Battle Color Ceremony at Sorensen Field March 9 at noon.

Watch in awe and admiration as the Silent Drill Platoon flawlessly executes a precision drill program without verbal commands.

Listen as "The President's Own" marching drum and bugle corps entertains and delights with contemporary and traditional music while executing their own drill program.

These are the best the Marine Corps has to offer. And you are invited to watch them perform in this free traditional ceremony. This is the same parade performed every Friday night at Marine Barracks at 8th and I streets in Washington, D.C., for dignitaries from the four corners of the world.

Call 577-6430 for more info.

## Don't ... ask, tell, harass

By Jim Garamone

American Forces Press Service

The Department of Defense has approved service plans to train military personnel in the intricacies of the "don't ask, don't tell, don't harass" homosexual policy.

Service members will receive training in the policy at all levels of professional military training. They will also receive periodic "refresher" training at their units.

The top civilians and uniformed members of each service have also issued strong statements highlighting Defense Secretary William Cohen's addition of "don't harass" to the policy.

The statements also stress the need for commanders to apply the policy fairly.

DoD spokesman Ken Bacon also announced the number of discharges under the "don't ask, don't tell, don't harass" policy dropped in fiscal 1999. A total of 1,034 service members were discharged in fiscal 1999 down from 1,145 in fiscal 1998. Bacon said about 83.5 percent of the discharges were statement cases - those where service members went to their commanders and declared their homosexuality.

Defense officials said the training is standard throughout the services. There are "cultural" differences in the way the services present the training, but the main points are the same, said RAdm. Craig Quigley, deputy assistant secretary of defense for public affairs.

The training will continue at recruit training and in officer entry training. It will expand to all levels of NCO and officer professional military education. For Army enlisted personnel, for example, this means the "don't ask, don't tell, don't harass" policy will be covered at basic training, at the Primary Leadership Development Course, and at the basic, advanced and Senior NCO academies.

Air Force officers, for example, already receive training prior to commissioning. Now they will also receive "don't ask, don't tell, don't harass" training at Squadron Officer School, Air Command and Staff College and the Air War College.

In addition, service members selected as commanders will receive specialized training, as will judge advocate general personnel.

Finally, all personnel in all services will receive yearly

"refresher" training in the policy, Bacon said.

"The idea here is to make the training more uniform, to make sure that it's uniform, and to first stress that this policy is part of a nondiscrimination policy in the military," Bacon said. "It's to make sure that everybody understands exactly what the policy is and what it isn't, what it allows and doesn't allow, and to make sure that this is being communicated uniformly throughout every service."

In some cases, the training requirement tells commanders how much time to spend on each section of the policy, Bacon said.

The "don't harass" portion of the training will be stressed at first. "If a service member comes to the commander and says, 'I'm being threatened or harassed be-

cause people suspect or allege that I am gay,' ... the commander's responsibility is to investigate the threat," said Frank Rush, deputy undersecretary of defense for planning.

If there has been a threat or harassment, the commander must take appropriate action against those who threaten or harass. "Because [the harassment] not only

violates the specific direction from the Department of Defense and from the services, it's not conducive to good order and discipline for any service member for any reason not to treat other service members with dignity and respect," Rush said.

In December Cohen asked the DoD Inspector General to examine the climate at installations regarding the "don't ask, don't tell, don't harass" policy. Bacon said DoD IG teams are making progress in their review.

"The IG's people are currently surveying 38 bases at home and abroad," Bacon said. "They've created a very long questionnaire, which they are then giving to a random bunch of people. The first base they went to, the random bunch of people included a four-star general, so they are getting a sampling of people from all ranks."

"They are asking questions about how well the policy is understood at all levels in the military, from E-1 up to O-10," he continued. "They are also asking how well the policy is implemented and trying to get a sense of the general climate under the 'don't ask, don't tell, don't harass' policy throughout the military."

The IG report is due out this month.

*"The idea here is to make the training more uniform."*

**We Can Do It!**  
**March is Women's History Month.**

**Ash Wednesday services at the Base Chapel are cancelled.**  
Catholic services expected to resume Apr. 2

**GTCC:**  
DoD says 'start using that charge card.'  
See Page 5

**Personal Services Division**  
Teaching online is new experience for base education officer  
See Page 6

**Sports**  
Harlem Clowns school Barstow's best in comedy of errors at Sportspark.  
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# Life's experiences shaped by attitudes about life

By MajGen. C.L. Stanley

Commanding General, MCAGCC 29 Palms

My world is one of putting others first. When I meet you, you're the most important person. When we greet each other, I greet you like you are special and important. If I worked in a service station, which I once did, I'd want my customers to know that for the few minutes they're in my presence, they will experience a level of service and commitment that is tantamount to "TLC" (Tender Loving Care).

Attitudes ... the kind that will strengthen your marriage, because you put your mate first. A concern for the feelings of others that will keep you from doing anything to hurt your friends and loved ones. And, even if you did, out of "sheer human stupidity," you seem to be possessed with the ability to feel their pain and express your remorse and compassion, sometimes without using words. Once again strengthening your relationship with them.

When I get letters from people who are asking for my assistance after experiencing problems, their letters come to life when I read them. I can feel their essence. Admittedly, I'm often amazed at how insensitive some people are about other people's problems ... almost as if they've never experienced problems themselves. Maybe they've forgotten.

Our experiences in life are shaped so much by our attitudes about life; some people can't wait to get out of something, to move on. They can't wait to get out of a particular circumstance ... be it school, the military, a certain location, a marriage, or as more aptly stated ... move on to greener grass, because the grass is always greener on the other side. So, they'll miss today, thinking about tomorrow. They'll be blind to obvious opportunities, because they're wallowing in egregious self-absorption. The rainbow will be right in front of them, but they won't be able to see it.

Speaking, like you mean it; greeting others like you'd want to be greeted; respecting the opinions of others, and even trying to understand their opinions is a starting point down a slippery slope of loving others like you'd want to be loved, assuming of course that you've experienced love.

Life gets pretty simple when you care more about others than you care about yourself. We have a choice.

You may have read this short story before. In this tour of duty alone, it has been shared with me by several people at different times. Each time I read it, I see something else. I hope you like it as much as I do.

Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say: When someone would ask him how he was doing, he would reply, "if I were any better, I would be twins!" He was a natural motivator.

If an employee was having a bad day, Michael was there,

telling the employee how to look at the positive side of the situation. Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Michael replied, "Each morning I wake up and say to myself, 'You have two choices today. You can choose to be in a good mood, or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens I can choose to be a victim, or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life.

"Yeah, right, it's not that easy," I protested.

"Yes it is," Michael said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or a bad mood. The bottom line: It's your choice how you live life."

I reflected on what Michael said. Soon thereafter, I left the Towe Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back.

I saw Michael about six months after the accident. When I

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*"Our experiences in life are shaped so much by our attitudes about life; some people can't wait to get out of something, to move on."*

## What people remember

By Cdr. Richard C. Butler

Command Chaplain, Henderson Hall

The story of Judas' life and betrayal at the Passover meal, full of historical symbolism and messianic anticipation, produces a wealth of lessons in life to teach us valuable insights about ourselves. Among other things, what we learn from Judas' story, a sad thing, an unjust thing, perhaps, is this: people remember only the endings of stories, and all that has gone before, they forget.

Here's a story of one well-known American military man, as an example. At age 14 he ran away from home and joined the American Army fighting the French. A few years later he raised a thousand men from Connecticut to fight for their country, and he led them into battle. His leg was broken, but he fought on, and was made a general because of his leadership and his courage. He was wounded again fighting the Indians, and

Congress issued him a special medal for bravery. Then he became Commander of West Point and served well there. Who was this American hero? It was Benedict Arnold, and all this he did has been forgotten because of a final act of treachery against his country. We remember only the way the stories end!

So with Judas. Tell me, do you ever think of Judas healing someone who was sick? Do you ever picture Judas preaching, telling about God's love? Do you ever imagine him kneeling in long hours of hard prayer? He did all these things, you know. For three years he did all this and more, and yet it is only the final scene of Judas' life we remember. All the good that went before was effectively erased by his final act of disloyalty.

The message to us is clear: in our role as husband or wife, in our professional lives, in our

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## Just doing my job ...



Photo by Cpl. Matthew R. Weir

Corporal Joseph B. Jensen, cable splicer, Base Telephone Exchange, climbs out of a manhole on Yermo after surveying underground cables.

According to Jensen, being stationed in Barstow for the past year has afforded him the opportunity to develop an understanding of how military and civilian employees can work together for the same mission.

"I want to learn as much as I can while I'm here," he said.

When his tour here is complete, Jensen said he hopes to go on Marine Security Guard duty or to the drill field.

### Chapel Hours

Protestant Sun. 8:30 a.m.  
Catholic services will not be available until April 2. Ash Wednesday services will not be available on base.

### Yermo Bible Study

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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# 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 email at [daileyb@barstow.usmc.mil](mailto:daileyb@barstow.usmc.mil).

## Military Spouses Tour

Active duty Marine Corps, Navy and Army spouses new to the area are invited to attend the free Quarterly Spouses Tour of Fort Irwin and Barstow on Mar. 7-9.

The first two days will be held at Fort Irwin. Informational meetings and tours will introduce spouses to services available at the Fort and military life in general.

The third day, hosted by the Military Affairs Committee of the Barstow Area Chamber of Commerce, will begin at the Veterans Home on Barstow Road at 9 a.m. with a free continental breakfast.

After presentations by the Veterans Home Public Relations Department and the Barstow Police Department, guests will take a tour of Calico Ghost Town and receive discount coupons for selected shops at the Factory Outlet and Tanger Malls. A free lunch is included for all participants. The tour will end at the Veterans Home about 3 p.m.

Participants should dress for the weather, wear comfortable walking shoes and bring water to drink while at Calico. Space is limited so registration is required. For more info, call Peggy Teal at the Fort Irwin Outreach Center at 256-1735, or Pamela Butolph at Fort Irwin at 380-4991.

## Tax season cometh, VITA stands ready

According to Benjamin Franklin, only two things in life are inevitable: death and taxes. While you are on your own concerning the former, we can help you out in the case of the latter, because the only thing worse than having to pay money back to the government is trying to decipher the tax forms and legal mumbo-jumbo.

The good news is base personnel have knowledgeable, trained individu-

als standing by to help them wrestle with tax laws and perform timely electronic filing.

Armed with sharp pencils and hours of intensive tax-law training, VITA volunteers stand ready to tackle your income tax problems.

Marines and their families normally receive their refunds via electronic deposit within 10 days and save from \$50 to \$200 in commercial preparation fees.

The following is a list of VITA reps and their phone numbers. Call today; don't wait until April 13.

Name	Phone
<b>U.S. Marines</b>	
GySgt. Michael Claudio	577-6533
SSgt. Robert J. Munroe	577-6684
Sgt. Mario Rivas	577-6871
LCpl. Kyran Ramcharan	577-6623
LCpl. William J. Sierra	577-6784
LCpl. Patrick J. Snyder	577-6784
<b>U.S. Navy</b>	
HM1 George W. Mosier	577-6081
<b>Civilian Marines</b>	
Vincent Chavez	577-7098
Jacqueline L. Fadely	577-6874
Barbara J. Holt	577-7480
Barbara Kulseth	577-6771
Terri T. Lloyd	577-7378
Cheryl A. Mitchell	577-7479
Tom Quenga	577-7440

## Daffodil days

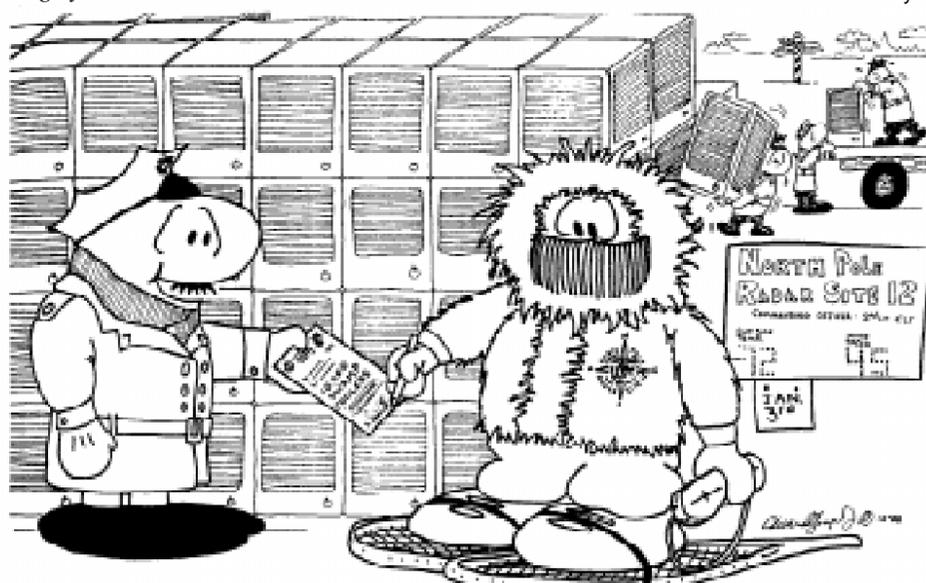


The American Cancer Society Barstow Unit is taking orders for its annual Daffodil Days Campaign in support of the society's cancer research, education and patient services programs. Flower orders take place from now through March 3.

The American Cancer Society Barstow Unit is taking orders for its annual Daffodil Days Campaign in support of the society's cancer research, education and patient services programs. Flower orders take place from now through March 3.

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to tell you about mistakes.

Sponsored in the Barstow area by Barstow Community Hospital and Highway Stations, the yearly event will sell freshly cut daffodils, the first flowers of spring and a symbol of hope for cancer patients.

Community members can order their flowers or volunteer to support the program by calling John Rader at 256-1761, extension 340.

## Barracks magazine sales scam

Recently, several women were found in the barracks area of several southern California Marine bases selling magazine subscriptions door-to-door.

Marines are warned that this is a scam. These subscriptions ultimately end up costing thousands of dollars.

A new twist on the scenario is one of the girls selling magazines is rumored to be HIV-positive and is soliciting sex with Marines.

Marines are advised to notify the Provost Marshal's Office if contacted by these women.

## Advisers needed

The Positive Force Precision Drill Team of Barstow needs adult advisers. The team performs fancy and regulation military-style drills.

Members meet Tuesday and Thursday evenings from 6 to 8 p.m. and Saturdays from 10 to 12:30 p.m.

Contact Posi-

tive Force at 256-0030 or visit their Web site at <http://www.positiveforce.com>.

## Navy Relief Drive

The annual Navy/Marine Corps Relief Society Fund Drive is March 10 through April 14.

Tickets go on sale March 9. The ticket drawings at Camp Pendleton will be held March 24 and 31 and April 7 and 14. Twenty-four prizes will be awarded throughout the drive.

Drawings for MCLB Barstow and Camp Pendleton door prizes will be held on the same days.

"Remember, these are door prizes and not lotteries," said 2ndLt. Daniel J. Morfitt, drive co-coordinator. "Once someone buys a ticket, it stays in the bin the entire time of the fund drive."

Anyone who buys their ticket before the first drawing has a chance to win in all of the drawings, according to Morfitt.

Morfitt has also put out a basewide call for volunteers to assist in the drive.

"I want to make it clear that any fundraising events for the charity be approved in advance by myself or [co-coordinator] Ed Guz."

Morfitt emphasized they are not going to micro-manage these events, but they do need to have prior knowledge, adding that any help would be greatly appreciated.

If interested, e-mail the coordinators at [morfitt@barstow.usmc.mil](mailto:morfitt@barstow.usmc.mil) or [guzeb@barstow.usmc.mil](mailto:guzeb@barstow.usmc.mil) or call Morfitt at 577-6777.

## Citizenship workshop offered

Barstow has scheduled an immigration information workshop where questions about immigration, obtaining residency, work permits, family reunification, citizenship and outreach programs is offered.

The free workshop is from 10 to 2

p.m. today in the Council Chambers at City Hall, 220 E. Mountain View Blvd.

For more info call City Clerk JoAnne Cousino at 256-3531, ext. 3253.

## March of Dimes WalkAmerica

Barstow's 24th annual March of Dimes WalkAmerica starts at K-mart, 510 E. Virginia Way, April 29 at 8 a.m.

This year's theme is "Don't think you're a hero?" Registration begins at 7 a.m. Walkers, strollers and runners may choose between one-and-a-half, three or nine-mile routes.

To volunteer to help local organizers or for more info about participating, forming teams, pledge sheets, etc., contact Nancy Nelson at 252-3149 or Donna Siegel at 242-9784.

## Sonic Booms?

Base residents may experience occasional sudden loud noises from sophisticated aircraft flown by military pilots training for combat. High-speed training is done in a neighboring airspace complex used by Edwards Air Force Base, the National Training Center, Fort Irwin and the Naval Air Warfare Center, China Lake, and in a high altitude supersonic corridor north of Barstow.

Although the pilots fly according to strict regulations and approved procedures, personally witnessed questionable incidents should be immediately reported to the Edwards Air Force Base Chief of Community Relations, Mr. Dennis Shoffner.

Call him at (661) 277-3517 or through e-mail at [dennis.shoffner@edwards.af.mil](mailto:dennis.shoffner@edwards.af.mil).

## Tax forms

State and federal income tax forms are available at the Office of the Staff Judge Advocate, Building 236. The OSJA is open from 7 a.m. to 3:30 p.m. For more info, call 577-6874.

## Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
OTR-030-00	Materials Expediter WG-6910-07 (Temp NTE one year)	02-15-00	03-15-00	02-29-00	MCLB Barstow
OTR-031-00	Cable Splicer WG-2504-8 (Temp NTE one year)	02-16-00	03-22-00	03-01-00	MCLB Barstow
DEA-051-00	Painting Worker WG-4102-79 (Term NTE 366 days)	02-07-00	03-06-00	02-22-00	MCLB Barstow
DEA-064-00	Cable Splicer WG-2504-08	02-16-00	03-22-00	03-01-00	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.donhr.navy.mil>.



By Jim Gaines  
MCCS Publicity

**Shop MCX and save!**

The St. Patrick's Day Sale is in progress right now and will continue through Mar. 17.

Here are just some of the great buys you'll find in this sale: Panasonic microwave oven, 1100 watt - just \$99.99, Quasar 4-head VCR - just \$69.99. Both the microwave oven and the VCR are available while supplies last - so hurry on over to your MCX today. Also 50 percent off all figurines in stock during this St. Patrick's Day Sale.

Our Spring Sale is coming up Mar. 18.

Shop at your Base Exchange: great bargains and everyday low prices.

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.

**Lunch menu for this week**

This week's lunch menu at the Fam-

ily Restaurant and Cactus Cafe offers a savory variety:

**Today** - Chicken cacciatore, vegetable, roll/butter.

**Friday, Mar. 3** - Hoki fish, rice, roll/butter.

**Monday, Mar. 6** - Mexican fajitas, rice, roll/butter.

**Tuesday, Mar. 7** - Beef stir-fry, rice, roll/butter.

**Wednesday, Mar. 8** - Salisbury steak, mashed potatoes, vegetable, roll/butter.

**Thursday, Mar. 9** - Chicken cacciatore, vegetable, roll/butter.

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 as well as a sub sandwich menu for lunch. The Cactus Cafe offers a limited a la carte and sub sandwich menu for lunch.

For more info call 577-6428.

**Family Night Dinner Menu**

**Tonight** - Sliced roast chicken, mashed potatoes, vegetable and dessert.

**Thursday, Mar. 9** - Spaghetti and meatballs, vegetable and dessert.

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

Prices: \$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.

**Wear the green and save**

Just wear something green on Friday, Mar. 17 and get half off regular price at the Bowling Center. And don't forget about the Bowling Center's weekend Family Special - adults bowl for just \$0.75 per game, children bowl three games for only \$1, all with shoe rentals of \$0.50 for everyone.

The Bowling Center has cold drinks and snacks for your enjoyment. The Bowling Center hours of operation are Wednesday to Friday from 1 p.m. to 9 p.m., Saturday and Sunday from 10 a.m. to 6 p.m. Call 577-6264 for more info.

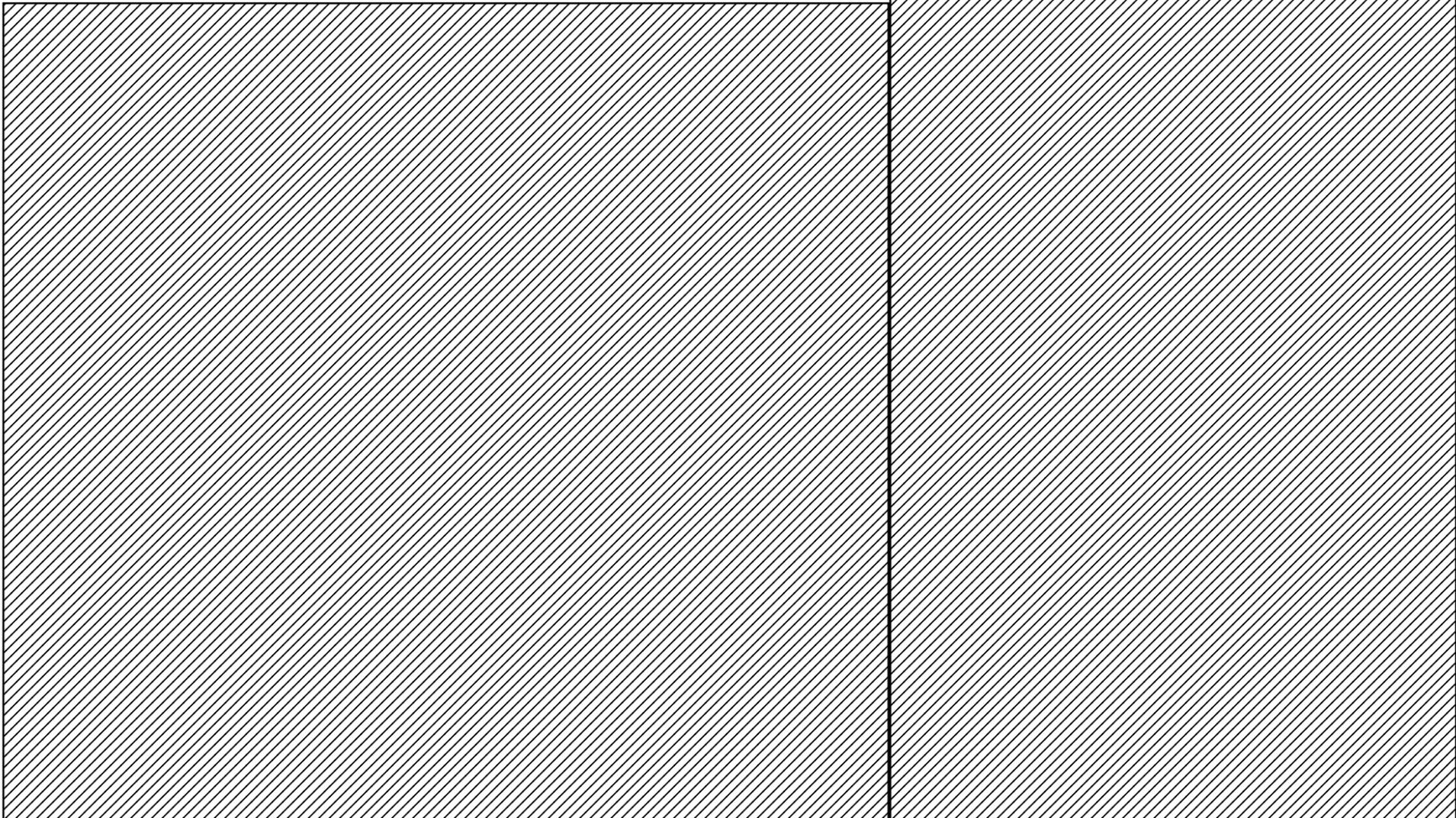
**Get that old swing back**

The softball season is almost here - are you ready?

Want to get that old swing back? Well, you can.

Semper Fit has a Batting Cage that will bring back that winning swing in no time.

The use of the Batting Cage is free. To schedule the use of the Batting Cage call the base gym at 577-6898.



# Public law mandates use of government charge cards

By Sgt. Mike McQuillan  
BARSTOW LOG staff

Military personnel and civilian employees who travel for official government purposes are now required by public law to pay all expenses with a government travel charge card.

MARADMIN message 094/00 complies with the Travel and Transportation Reform Act of 1998, eliminating the issue of advance travel payments and limiting the amount of public funds held outside the U.S. Treasury.

According to 1stLt. John K. Norris, base finance officer, the government card is charged to an individual account with Bank of America. The individual pays the bill using the travel settlement issued at the end of the travel/TAD period.

A card is normally issued 10 days after the application is sent, providing the person is scheduled for TAD. Card users have 30 days to pay their bill after using the card. If the person is on extended travel, he/she may set up a partial payment plan with the bank until the activity is complete and the final claim is paid.

Bank of America has replaced American Express as the supplier of government cards, meaning that accounts can be resolved locally. The base has the option of restricting the card, meaning they can deactivate it whenever the cardholder is not travelling. This prevents unauthorized use while the cardholder is not travelling.

"That's not meant to insult anybody," said Norris, "but it protects that one percent who might misuse it. Negative paperwork these days can ruin your Marine Corps career."

The mandatory use of the card has exceptions. Meals, parking and other expenses that can't be paid with a charge card are exempt, as are any expenses incurred at a vendor that doesn't accept the card.

Some personnel are exempt under

all conditions. Those people are: Military personnel prior to reporting to their first duty station; personnel who have applied but have not yet received the card; prisoners; personnel in a foreign country where infrastructure doesn't support the use of a travel charge card; those who must maintain security requirements; and separating personnel.

The card can be used for Permanent Change of Station expenses, but it's not included in the message.

Although the government never receives the charge card bill, the finance office gets activity and delinquency reports from the bank. The MARADMIN doesn't cover the enforcement of card misuse, said Norris, but the bank will charge a \$20 late fee for each month a payment is overdue.

If a payment is 126 days overdue, it will reflect on the cardholder's credit report. Headquarters Marine Corps seeks to minimize the delinquency rate throughout the Marine Corps, which is currently at five percent.

Those who opt not to use the card while traveling are entitled to reim-

bursement, but are also subject to disciplinary action.

The law doesn't cover members of union bargaining units. The MARADMIN states that the Department of Defense will issue its final guidance when bargaining obligations have been satisfied.

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*"That's not meant to insult anybody, but it protects that one percent who might misuse it. Negative paperwork these days can ruin your Marine Corps career."*

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# PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

## From 'bah humbug' to 'wow'

By Rich Johnston  
Base Education Officer

After 20 years of teaching in the traditional college classroom format, I decided to "teach" over the Internet. It was the wave of the future, and the term "online" stirred intrigue and mystery within.

In the "normal" classroom setting, the instructor is the focal point of instruction. There is eye contact, discussion, visual cueing, group interaction and immediate feedback. For the student it is a social experience. Strokes, status, support, sharing experiences and validation are accepted and expected. After several years in this setting it had become a very familiar and comfortable pattern for both the students and me.

Subsequently, my journey into the unknown of Internet teaching led to a tremendous learning experience and a major internal conflict. I had no experience or knowledge of how to prepare material for Internet learning. So, I signed up for a course called "Instructional Design for Distance Education" which was presented over the Internet, a plus since I would be able to simultaneously take my course and experience Internet learning from a student's point of view.

I jumped in with high expectations and an inflated sense of readiness. I had prepared many syllabi and was good in the classroom, so how different could this be? It was not the "how-to" manual I expected. I wanted "Internet Course Development for Dummies", a simple guide to developing online courses. Instead, the text discussed various aspects of how the subject, setting and student interacted to produce learning. I was not interested in all this theory. I just wanted someone to tell me how to put a course online. You



know, "Just do it."

The next assignments were about teaching strategies; a great review and interesting reading, but I was still looking for the "how-tos" of online course development. I was discouraged and losing interest.

To stay motivated, I approached two colleges about developing and teaching an Internet course for their distance learning departments. Both accepted. Now I was getting somewhere!

This was going to be great. I had taught both of these courses in the regular classroom setting and had my syllabi, objectives, methods, examinations, and quizzes and could visualize a script for the lectures. "I am ready," or so I thought!

As I tried to develop an online syllabus I would start and stop, start and stop, delete the material and start again. Nothing I had done in course development had prepared me for this. I was lost, frustrated, and ready to quit, thinking, "Bah, Humbug!"

At this point I put off writing the syllabus until I could approach it from a different perspective. Then it dawned on me that when things aren't working it's time for "change". I realized that the only thing that I had not tried to change in this process was my point of view. "How dare it require that," I thought.

This time I approached the material with a different outlook, an "almost" open mind. The



Photo by Cpl. Matthew R. Weir

Rich Johnston, base education officer, at the head of the Internet "classroom"

students and I will be able to communicate via e-mail, telephone, course conference area, and U.S. postal service: we will not be isolated. I had been holding on tight to the tradition of eye contact and verbal exchange. Also, writing has never been a problem for me, so I reasoned, "I can adjust my communication methods."

Further, it is an interesting subject, the text is very readable, and there are enough sites on the web to substitute for videos and transparencies. The written word can substitute for lectures, discussion questions are easy enough to formulate, and there is a wealth of easily accessible material for research or further inquiry. This line of thinking had possibilities.

The students will be motivated, needing the course to complete a major requirement. Most will be more than 25 years old and affiliated with the military. They will have completed other courses prior to this one; failure and poor work

will be unacceptable. They will keep me on my toes, and I will learn from them. This could be fun!

I knew somewhere in my course material was an article about training faculty. I found it and the insight I needed to change my frame of reference. Dr. Angie Parker stated, "Retraining should focus on moving the teacher from the podium to the sideline, from teacher-centered to student-centered instruction." BINGO!

I could now visualize almost an entire syllabus and returned to the task. It seemed easy now, the elements falling into place. I was no longer a teacher in a teacher-centered environment, I was a facilitator in a student-centered learning process.

I have since facilitated this course online four times and have gone from the "Bah, Humbug!" of change to the "WOW" of accomplishment and a wonderful experience.

## PSD Briefs

### Maintain your checkbook

If you would like to take control of your checkbook, come to the Checkbook Maintenance class given by Financial Fitness Coordinator, GySgt. Michael Claudio.

You will learn how to balance your accounts and organize and manage your bills.

The class will be held Monday, March 6, from 3 to 4 p.m. in the Personal Services Training Room at the Clara McKinney Center.

Call 577-6533 now to reserve a space.

### Tax guide on Internet

The Retired Officers Association's annual income tax guide is on the Internet at <http://www.troa.org/taxguide.asp>.

The guide provides current information on how federal and state tax laws affect military retired pay, the Survivor Benefit Program and disability compensation.

For more info call Personal Services Division at 577-6533.

## Holding our children accountable

By Ben McCart  
PSD Counselor

If our goal is to raise our children to be adults, then the sooner we begin treating them as adults and letting them practice, the sooner they will learn how. Treating our kids as adults does not mean giving them responsibility they can't or won't handle. Nor does it mean giving them authority without responsibility and letting them run wild and out of control.

It does mean treating them with respect and holding them to the same basic rules we require of any other responsible person, i.e. holding them accountable. For ourselves that can mean we are expected to be at work on time and pay our bills when they are due. For our kids it can mean getting to school on time, keeping their things picked up, or doing their school work without being reminded.

Transferring responsibility and accountability is a gradual continuous process in which we hold our children accountable for their actions based upon their emotional and psychological age rather than their chronological age. This means ignoring their chronological age and giving them the respect they deserve for the level of maturity and responsibility they are ready and willing to accept. It also means not forcing them to accept more responsibility than

they are able to handle. And it means maintaining control over any area of their life where they are not ready or not willing to take responsibility.

To do this within the context of discipline so that our children can understand and learn what we are trying to teach them, we need to communicate the following message clearly and consistently.

"I will turn over responsibility and hold you accountable for specific areas of your life. If you meet those responsibilities, I will respect your right to run those areas of your life without interference from me. And I will continue to do so as long you continue to be responsible to yourself ... and accountable to me."

If we don't hold our kids accountable for the responsibilities appropriate to their age, we are not treating them as adults "in training". There is nothing wrong or unreasonable about expecting a four-year-old child to pick up his or her toys before going out to play with friends. But there is something very unhealthy about letting our children go out to play time after time while the toys lay scattered where they dropped them. Our children learn to be responsible by being given limited authority and being held accountable for it. This gradual transfer of control to our children is the key to successfully training them to become responsible adults.

We teach responsibility by holding our kids accountable.

# Final Paint: Adding the finishing touch

By Cpl. Brian Davidson  
BARSTOW LOG staff

When someone says they are going to have their car painted, most people immediately ask, "What color?"

The artisans in the Final Paint Shop at Maintenance Center specialize in painting everything from HMMWVs to M198 Howitzers 'Marine Corps green.' Their desert camouflage paint jobs are also in demand.

Final Paint's mission is to camouflage by painting automotive, tactical vehicles and equipment, according to Paul Clemmons, Final Paint Shop work leader.

"Currently, the shop is in the process of interservicing 2,000 vehicles with desert camouflage for Fort Irwin, and implementing a tactical vehicle corrosion control program called C-3 for MCB Camp Pendleton," said Clemmons.

"We're giving them a facelift," he said of the project. "The work that we are doing for Fort Irwin is basically a standardization of the fort's outer appearance in terms of its vehicles," remarked Clemmons.

"Many people wrongly assume that the work done here in the paint shop is fairly easy," said Clemmons. "It's not as simple as you'd assume. There are numerous steps involved in the painting process and each one builds on another."

Once a vehicle has undergone the necessary repair needed to make it operationally serviceable, it's up to the paint shop to add the finishing touch.

The shop's journeymen and painters take the equipment through as many as nine stages.

The first step is the most basic, according to Ken McConnell, paint inspector.

"Vehicles go through the steam shop before they get to us. Sometimes they are blasted several times to eliminate the dirt and grease they bring in with them from the field," said McConnell.

The steam shop uses high-pressure

steam to do the job. Afterwards, the equipment is 'blown down' with pressurized sand to remove any loose paint or rust and to give attention to areas in need of bodywork.

Next, it is masked and prepared for priming.

"We try to prep the vehicles for priming as soon as possible because it is bare to the world after it's been blasted," said Clemmons. "We can't see it with our own eyes, but if we had a microscope we could see that the corrosion process has already begun because of the humidity and particles in the air."

A wash primer that acid etches the bare metal of the equipment is used to help the primer adhere to the vehicle.

Once the equipment is etched and primed, a base coat of paint is added before sending the item to the Striping Camel, a machine that applies the boundaries of the camouflage pattern uniformly.

Finally, the equipment is painted camouflage - also known as Marine Corps green.

Still, one step remains.

Lorenzo Begay works in the detailing section where the finishing touches are added.

"A vehicle isn't complete until it's touched up, said Begay, because no matter how thorough everyone is in doing their job, there will be small areas that need touching up. It takes quite a bit of time to cover all of the necessary areas."

McConnell, a 23-year veteran of the paint shop has witnessed the shop's transition from alkaline, to CARC to water borne paint and, most noteworthy, the Strategic Environmental Research and Development Project.

The SERDP uses ultraviolet light to destroy the paint booth emissions created by the painting process.

It is the first one ever constructed and was developed to overcome the 'production-crippling restrictions in California, surrounding volatile or-

ganic emissions from paint,' according to an information release on the project.

Volatile organic emissions are main ingredients in ground level ozone or smog.

More than \$6 million in funding for the SERDP was raised and construction was completed in 1996.

Successfully eliminating the emissions with the SERDP has enabled the Final Paint Shop to continue doing what they do best ... make the Corps look good.



Photo by Cpl. Brian Davidson



Photo by Cpl. Brian Davidson

(ABOVE) Betty Sluder, a painter in the detail section of the paint shop adds the final touches to a HMMWV.

(LEFT) The Strategic Environmental Research Demonstration Project at Final Paint eliminates harmful paint booth emissions.



Photo by Cpl. Brian Davidson

(ABOVE) Jackie Bolton masks lighting fixtures while Joseph Atkins(hooded) sands rust from a tactical vehicle in preparation for the next step, wash priming.

(LEFT) Rudy Tafoya and Rick Pallejos remove the doors from a HMMWV and inspect the vehicle for bodywork problems in need of repair.



Photo by Cpl. Brian Davidson

# Enhancing your shopping experience

Compiled by  
BARSTOW LOG staff

Every time you use the commissary, a five-percent surcharge is added to your bill. Where does the money go?

In the year 2000, the surcharge will be used for much needed repairs to the 16-year-old commissary facility.

According to Judy Mendez, commissary officer, work has already started "behind the scenes" on the heating, ventilation and air conditioning systems.

Patrons will see the difference once work on the refrigerated display cases begins later this month and slip-proof tiling for the sales floor is

installed in late May.

The new refrigerated display cases are more energy efficient and have more room for popular commodities like frozen foods and chill items, said Mendez.

"We also expect the new cases to reduce the number of breakdowns and emergencies," she said.

The commissary is also replacing the electronic entry/exit doors because the old doors were too much of a struggle to keep operational.

"We all feel our patrons deserve to shop in a modern facility," said Mendez. "Although we cannot change the small size of our commissary, we can strive to make it a modern, clean and friendly place to shop."



Photo by Cpl. Matthew R. Weir

Mark Barnard, Action Door Company, is replacing the entry doors to the Base Commissary. Other repairs and upgrades include new refrigerated display case, slip-proof tiling on the sales floor and a new heating, ventilation and air conditioning systems.



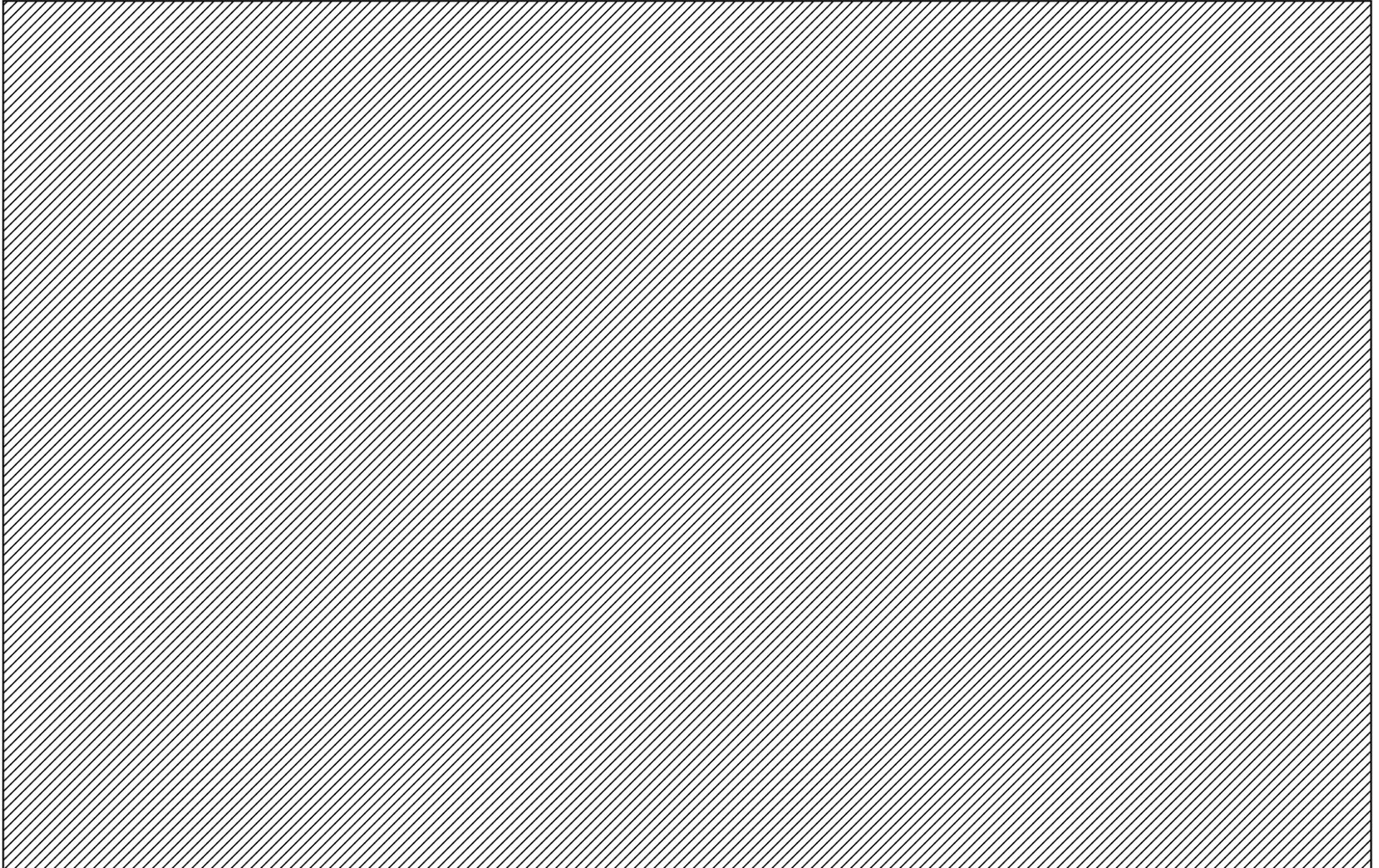
Photo by Sgt. Mike McQuillan

## Spreading the message of dental health

Petty Officer 3rd Class Raigel Manigat, dental technician, demonstrates proper brushing techniques to Sarah Reed's first grade class at Crestline Elementary School, Friday. The Branch Dental Clinic visited Kindergarten through 2nd grade to spread the message of National Children's Dental Health Month.

The Dental clinic also visited the base Child Development Center Wednesday. According to LtCmdr. Peter Kremp, it is important to implant the idea of good dental hygiene into children's heads while they are young so they can enjoy a lifetime of good dental health.

"Speaking to the children is also a nice change of pace from the clinic," he said. "You never know what type of questions they are going to come up with."



# SPORTS

## Sports Briefs



Photo by Sgt. Mike McQuillan

A typical scene at Saturday's game: Harlem Clowns and Barstow Backboards jockey for position in a circus of a basketball game.

### Send in the Clowns

By Sgt. Mike McQuillan  
BARSTOW LOG staff

Watching the home team lose isn't fun, but the Harlem Clowns' antics made it a joy to behold.

The Harlem Clowns travelling basketball team visited the Barstow SportsPark Saturday for a showdown with the Barstow Backboards, a provisional squad of local players. MCLB's contributions to the Backboards were Fred Waddell and Monte (playing under the alias Leroy) Matthews, two intramural league hot shots.

The Backboards had only one team practice before lining up against the 'court jesters.'

"I didn't expect to do as well as we did" said Waddell. "Now I know how PMO feels when they play the Business."

"I don't know what [Waddell] is talking about," said Matthews, who scored 10 points in limited court time.

Through mysterious circumstances, Barstow rallied for 30 points in the last minute, ending with a 99-90 loss.

#### Record close

The Marine Corps Marathon set a closeout record when their field closed just four days after opening the registration process. The 25<sup>th</sup> Marine Corps Marathon began taking applications on Feb. 15 and reached their maximum capacity of 22,500 by Feb. 18.

Many anxious runners stayed awake until midnight, Feb. 15 to ensure themselves a bib number for the Silver Anniversary. Within the first nine hours of on-line registration, the Internet processed more than 2,000 applications. By mid-morning the Internet at times was processing 20 applications per minute.

"On-line registration has really caught on," Race Director, Rick Nealis said. "Due to the overwhelming on-line traffic, postal mail and walk-ins the Marathon staff found themselves in uncharted waters as the popularity for 'The People's Marathon' was overwhelming."

In 1999 the Marine Corps Marathon on an average week processed 500 applications. On Feb. 16, the MCM was processing 500 applications an hour. By mid-afternoon Feb. 17, on-line registration closed after receiving a total of 9,000 applications by the on-line system.

The Marines assured all runners that all entries received by the MCM with a postmark of Feb. 18 would be honored.

"Runners used every method pos-

sible to get registered. They used prior year Marine Corps Marathon applications, other races' applications - even plain paper," said Nealis.

"There are many major races in the fall time frame: New York, Chicago, Detroit and Philadelphia to name a few, but the runners are choosing us," he said. "They want the proud honor of saying they ran 26.2 miles with the Marines at the beginning of our new millennium, and the year of our silver anniversary."

#### Triathletes needed

Five men and three women are needed for the All-Marine Triathlon Team.

The first competition is the Armed Forces Triathlon Championship at Fort Eustis, Va., from May 31 - June 4. This event will be used to select the U.S. Armed Forces Team for the CISM Triathlon Championship in Italy June 10-15.

Events are the Olympic distance 1,500-meter swim, 40-kilometer bike ride and 10-kilometer run.

Interested Marines must submit their resume to Headquarters Man-

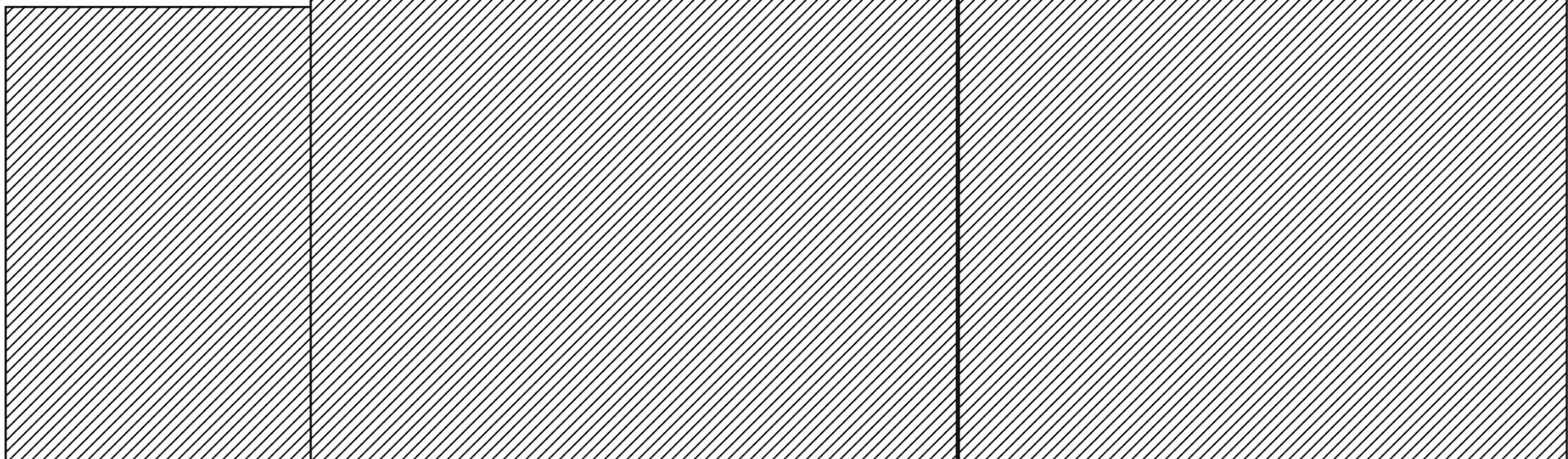
power and Reserve Affairs no later than Mar. 10. Resumes must include a command endorsement stating the Marine will be available to attend both events if selected. MARADMIN 63/00 and Marine Corps Order P1700.29, Figure 3-4 have more information.

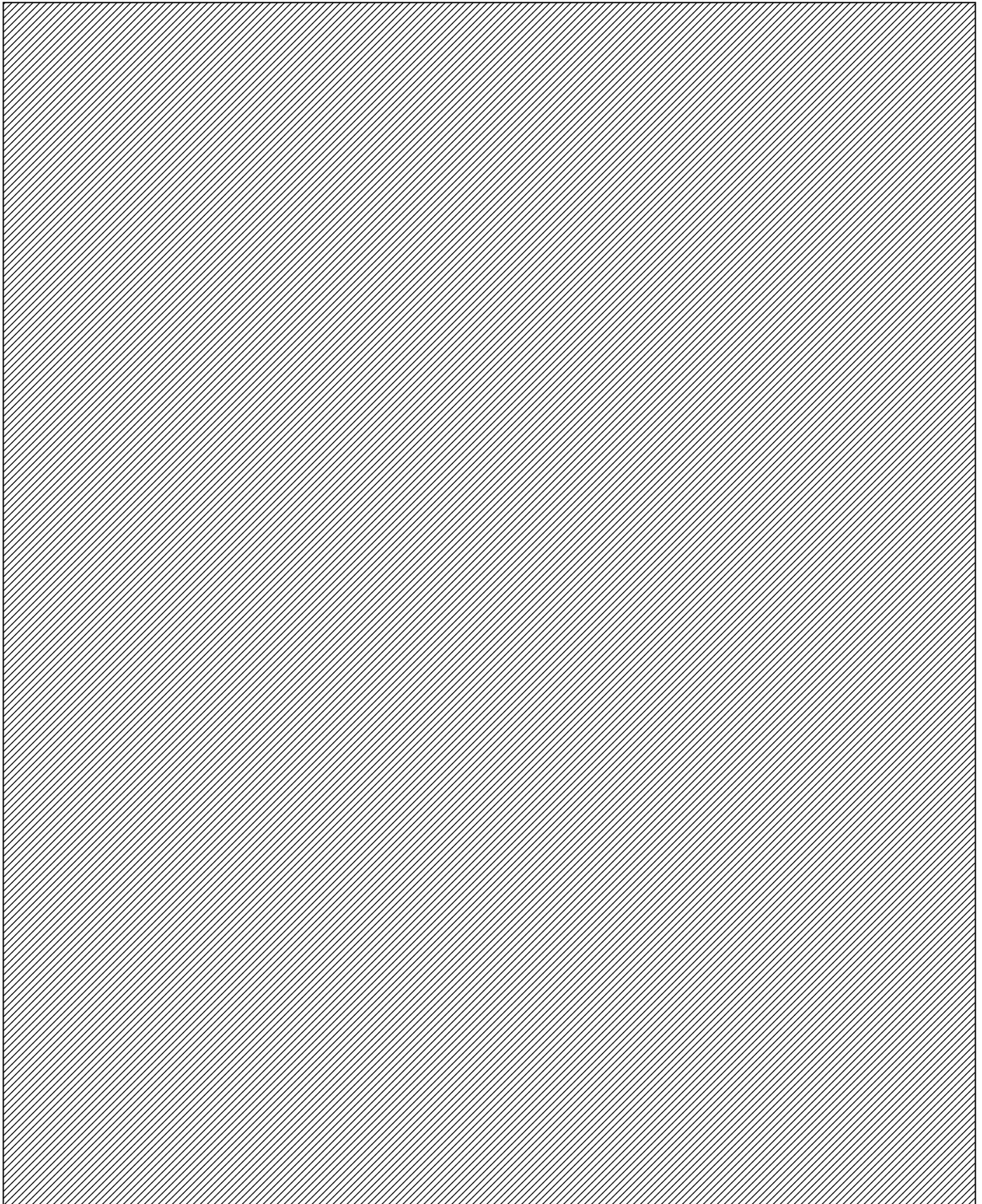
#### Semper Fit seeking bowlers

Semper Fit is funding four men and four women Marine bowlers to participate in the Army Invitational Bowling Championships Apr. 13-17 at Fort Jackson, S.C.

Men must have a minimum 195 average, and women a minimum 175 average to be considered for the team. Interested Marines must submit their resume to Headquarters Manpower and Reserve Affairs no later than Mar. 13. Resumes must include proof of current average and a command endorsement stating the Marine will be available to attend. MARADMIN 88/00 and Marine Corps Order P1700.29, Figure 3-4 have more information.

The top male and female finisher will represent the Marine Corps at the USA Bowling Championship National Finals in Reno, Nv.





**TRADER ADS:** Please submit all Trader Ads to [daileyb@barstow.usmc.mil](mailto:daileyb@barstow.usmc.mil) by noon Friday.

**1997 GRAND MARQUIS:** Fully loaded with 47,000 miles., xlt cond., \$15,000. Call after 4:30 weekdays or all day on weekends 252-5911.

**1997 FORD RANGER:** Black., 4cyl 2.3 eng., w/4speed manual trans and overdrive, A/C, AM/FM, cassette with CD player, sliding rear window, custom paint. \$10,500 or take over payments. Call 252-3355 after working hours and Lv msg.

**1992 HONDA ACCORD DX:** White 4 door sedan, automatic, 120k, runs great, velour seats, tint, rims, \$6,000. Call 252-7126.

**1969 Lincoln Continental:** 2 door, engine needs head gasket, great classic restorable car. \$350 OBO. Call 252-9199.

**FOR SALE:** 2 Mountain bikes NISHIKI 26, - 27 inch, silver -18 speed, Teal - 21 speed, xlt cond., must see. \$175. Each. Call 253-4263.

**FOR SALE:** AIWA stereo system, 200w, five speakers, 3-disc changer, dual cassette, AM/FM radio, electronic graphic equalizer, 3-D sound, multi-jog dialer, full-function remote. Unused, still in box. \$350 OBO. Call 957-1622.

**FOR SALE:** Cell phone, N.E.C., Digital talk 2000 leather case, extra battery and car charger, perfect shape. \$75. Cal 253-4263.

**FOR SALE:** Oak end tables set both for \$75; Oak entertainment center, \$100; Set of couches, 7' and love seat 5', like new, paid \$1,000. Sell for \$550. Owner will accept payments. Call 255-3045.

**FOR SALE:** Desk, Oak, roll top \$300; Stove/range, electric, \$150; Word Processor, Brother, \$50. All in xlt Cond. Call 252-7198.

**FOR SALE:** Audio Books \$15. Each; Air Frame by Crichton, The Laws of our Fathers by Turow, Executive Orders and Rainbow Six by Clancy. Call 252-7387 after 4:30.

**FOR SALE:** 411 Posi GM rear end; 455 Olds Engine; 400 olds trans; \$350. For all. Call 252-9199.

**FOR SALE:** Two swivel/rocker/recliners \$150. Each or \$250. For both; Singer tiny Serger machine \$25; Microwave Cart \$100; Breadmaker \$25. Call 254-2295 Lv msg.

**FOR SALE:** Double papasan with footstool \$100; Men's mummy bag (-20 degrees) \$100; Vegetable slicer \$10. Call 254-2295 Lv msg.

**FOR SALE:** Commodore VIC20/C64 12V DC power supply \$15; Craig 5 inch B&W portable TV/AM/FM radio \$5; Four antenna VHF stack frame w/ harness \$90. Call 254-2295 Lv msg.

**FOR SALE:** Sectional, blue, 2 recliners love seat with small storage area, queen-size sofa sleeper, also a rocker/recliner, must see to appreciate, \$1,000. Call 256-6632. Lv msg.

**FOR SALE:** 27-foot Catalina sailboat, located at Camp Pendleton with a military slip that transfers with the boat. Way too many upgrades to list. \$10,500. Call 957-1812 for details and pictures.

**FOR SALE:** Electric Mobility, Rascal, model R200, 3 wheel scooter with instructions and walker holder, never used, stored inside. Purchased 12-10-98, for \$1,688. Asking \$1,300 OBO. Call 256-6117.

**WANTED:** 1965 or 1966 Dart, car or parts, running or not. Call 252-9199.

**FOR SALE:** 18 cu. ft. G.E. refrigerator, Almond, \$200; Bassest sleeper sofa and loveseat, earthtones, set \$275; black wood folding end leaves, \$75; Stereo cabinet with tape storage, black wood, \$75. Call 252-4072

**THANK YOU:** Wilhelmine Kraus and family would like to thank everyone who donated blood and designated it for her grandson, Antonio Calavitta.

**GARAGE SALE:** Furniture, Beanie Babies, clothes; Mar. 4,5. 1221 Carson Dr., Barstow.

**ATTITUDES** from Page 2

asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds but did ask him what had gone through his mind as the accident took place. "The first thing that went through my mind was the well-

being of my soon-to-be-born daughter," Michael replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live." "Weren't you scared? Did you lose consciousness?" I asked. Michael continued, "... the

paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER, and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man.' I knew I needed to take action." "What did you do?" I asked. "Well, there was a big burly

nurse shouting questions at me," said Michael. "She asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Gravity!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I am alive, not dead.'"

Michael lived, thanks to the skill of his doctors but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. We can all learn from Michael. It is our choice how we live our lives. The attitude I choose allows me to see how green the grass is where I am today.

**REMEMBER** from Page 2

worship center relationship, it is quite possible to wipe our years of devoted service by one final act of betrayal. It is unjust, isn't it, but the fellow who served loyally for forty years as a bank officer is remembered in his community only as the who in his 41st year was guilty of embezzling. The husband who was faithful for twenty years of marriage finds those years forgotten because of an act of unfaithfulness in the 21st year.

One final act can destroy so much that has been built up over the years of work. Character has an element of persistence about it, and unjust as it may seem, when we remember Judas today, it isn't his years of service that we remember but his one final act of turning away, for people remember the endings, and much of what has gone before, they forget.

There is power working among us that can make a young man attempt to assassinate the president. That same power can make a young person imprison himself in alcohol or drugs, or make a husband forget his promises of faithfulness to his wife, or make a mother forget her obligations to her children, or make a person pass on malicious gossip, or harbor racial prejudice, or explode in anger, and turn against the best friend he knows.

In real life, some stories end that way. What a strange and frightening power God had given us! Once we have made up our minds to betray in our own special way, even Jesus himself cannot talk us out of it. He couldn't with Judas, when Luke says, "Satan entered Judas' soul."

Then isn't it wise to prepare for that? None of us is safe from it, even those of us who are always in the midst of our faith. Evil seems to search out the weakest spot in our lives, and force its way in. Then know yourself! Be aware of the weak spots in your own spirit — whether it is personal pride, or a short temper, or selfishness, or an unbridled tongue, or desire for vengeance, or a nagging doubt, or whatever.

Know yourself, and guard those poorly defended places, for that is most surely where evil will seek to break in, and something good will die because of it.

But because all Jesus' encounters with Judas ended in failure, it is wise for us today in the post-resurrection era to ask carefully, after all these years of being committed to God, family, Corps, and country how will our story end?

