

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

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Marine Corps Logistics Base Barstow, California

March 9, 2000

SJA offers guidance on political activities

By 1stLt. Rolando Sanchez
Office of the Staff Judge Advocate

Sgt. Eager, an active duty Marine, pulls up in front of the Victorville Democratic Party headquarters and offers to volunteer his services to help elect Al Gore as president. Thirty-five miles away, Captain Askntell places a bumper sticker on his car which says "SAY NO TO PROP 22." His friend, Mr Clark, is a GS-10 and likes to wear a button that says BUSH 2000 on it – he even wears it to work.

Is there anything wrong with these scenarios? It depends on whom you ask. The normal everyday person on the street may take such exercises in the political process for granted. That person may think, "Of course it's O.K." After all, why shouldn't all Americans be free to partici-

pate in politics – particularly if you are the defenders of that freedom. Perhaps that is why no one saw a problem with a Marine color guard standing in the background during a Senator McCain speech. Why shouldn't the military be allowed to support one of its heroes?

The answer lies in the ethics of the circumstances. Through its many years of experience and observing the military of other countries, the Department of Defense has devised a set of rules which work to preserve the public confidence in the impartiality of public servants. These rules work to restrict the type of political activities that a government employee may engage in while at the same time preserving each individual's basic right to express his/her interests. For civilian DoD employees, the Hatch Act is the point of reference and is very lenient. For military personnel,

DoD Directive 1344.10 is the reference.

The following is a short synopsis of what you, as a DoD employee, can and cannot do. As you read it, determine whether Sgt. Eager, Capt. Askntell, Mr. Clark, and the Marine Color Guard at Senator McCain's speech violated any rules. Also remember this, partisan means belonging to a political party (e.g. Democrat, Republican, Independent, Reform). Nonpartisan means neutral.

All DoD employees, during off-duty hours, may 1) register, vote, sign petitions, and express political opinions (in person, in writing, or on a bumper sticker) as long as it is not done as a government or military representative capacity; 2) promote voter registration or serve as a nonpartisan election official; 3) join political clubs, attend party meetings (not in uniform), and make po-

litical contributions; 4) participate in nonpartisan activities of a civic, community, social, labor or professional organization (for example, a PTA or labor union).

DoD employees may NOT 1) use his/her authority or influence to interfere with an election; 2) solicit votes or contributions for a particular candidate; 3) become a partisan candidate for civil office; 4) serve in an official capacity in political clubs or attend meetings when in uniform; 5) sell tickets or conduct fundraising for political dinners or events; 6) display large political banners, signs or posters on a private vehicle; 7) distribute partisan political literature at work; or 8) conduct any form of political activity that interferes with official duties of others.

See **POLITICS** Page 9



Photo by Cpl. Matthew R. Weir

SOME WILL WIN, MORE WILL BENEFIT (Left to Right) Ed Guz, Co-Chairman, Navy-Marine Corps Relief Society Fund Drive 2000, LtCol. Donald W. Zautcke, base executive officer, Kathy Petermann, Fleet Support Center and last years winner of a Ford Mustang from a Camp Pendleton drawing, CWO William Bradshaw, drive treasurer and Kimberly Babeu, NMCRS volunteer, go over this year's fund drive plan. The drive kicks off tomorrow. The first drawing for prizes here and at Camp Pendleton will be March 24. For prize information see page 12.

Commissary seeks Golden Penguin Award

March is National Frozen Food Month throughout the Defense Commissary Agency. The MCLB commissary commemorates the occasion by seeking the highest merchandising prize in the game - the Golden Penguin Award during the current competition for Best Small Commissary CONUS. The commissary staff invites all patrons and visiting inspectors to join them Tuesday, March 14 for a special ceremony when the Marine Corps Mounted Color Guard presents the colors at 9 a.m., and remain for photo opportunities. Bring your camera. There will be a "fill your freezer" sale and drawings for door prizes available to authorized patrons.



Photo by Sgt. Mike McQuillan

We Can Do It!
Women's History Month
An exceptional century for women ... Now imagine the future
Page 8

Fire Prevention
Keep your home and family safe
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CREDO
Retreat at Sequoia National Park soothes marriages
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Headquarters Bn. news, info and more
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Remodel
Contractors remove asbestos, revamp warehouses
See Page 7

Exercise your rights, leave your influence on the future

By SgtMaj. Robert W. Holub
Marine Forces Pacific

All of us are faced with choices every day of our lives. Should you buy a new car or try to fix up your old one? Is this the right time to think about getting married or should you wait a little longer? Do you get out at your EAS or ship over? These questions are just the tip of the iceberg.

But one decision this year, aside from all the personal choices you will be faced with, is very important for the future of our nation. Every four years, the opportunity to make this choice comes to us – every Marine and Sailor in the Force. It is one of the most important choices any of us will make this year. Why is this choice important? Because how you choose will affect not only you, but also the lives of millions of Americans across

the country.

I am, of course, speaking about the upcoming November presidential elections. These elections and the right to vote are what I would like to talk to you about this week.

Let me say up front that the decision to vote is entirely up to you. Your right to vote for the candidate of your choice is guaranteed by the Constitution. It is one of the most sacred freedoms we have in this country. What I would like to add here is to remind you to exercise that right.

Every day, as a member of the Armed Forces of the United States of America, you protect the right to vote for yourself and for every other American.

Since the very founding of our country, millions of Americans have given their lives protecting the right of every American to freely choose

the leaders of our country. We don't have a king and we don't have a queen. No one takes control of our country with the power of the gun. We as Americans elect our leaders. Good, bad or indifferent, whether your candidate gets elected or not, our system of government is still the best system of government in the world today.

From the snowy fields of Valley Forge, where our country's independence was first won, to the bloody battlefields of the Civil War, where it was tested, Americans have always fiercely protected their right to choose how they should live and who should govern them.

Yet as important as this sacred freedom of choice we have is, it is a fact that very few Americans actually exercise their right to vote. Statistically, members of the Armed Forces are even less likely to vote, and that puzzles me to no end.

I as many of you have, traveled to many other countries in my service as a Marine – several where the most basic rights that we as Americans take for granted have been restricted.

As recently as last year, Force Marines have seen firsthand the people of East Timor struggle and die in their quest for freedom.

Many East Timorese were killed for just having the dream of freedom. Yet we often take this precious freedom for granted. Believe me when I tell you, many people around the world would cut off their right arm just to have a small percent of the freedoms we as Americans enjoy in this country. In my opinion, the most important freedom is having the freedom of choice.

To cast your vote for the candidate of your choice is an opportunity for you to have a say on how this country is run. If you think the military is over worked, vote for the candidate that runs on a platform built on strengthening the military. If health care is important to you, read a newspaper and find out where the candidates stand on the issue, and then make your choice.

Watch TV, read a newspaper, and use your brain housing unit to make an educated choice for yourself, and encourage your friends and family to do the same. We live in the greatest country in the world. It is defended by the greatest citizens that we have – the men and women of the Armed Forces. Voting is one of our greatest gifts

See VOTING Page 12

Don't compromise your integrity

By Lt. Michael Michener
Base Chaplain



One thing I enjoy most about serving Marines and Sailors is the core values that are part of their training from the day they arrive at boot camp.

While Honor, Courage, and Commitment are often part of a young recruit's upbringing, they become more clearly defined as an integral part of that person's character once they enter the military. These values translate into a high level of trust for our service members.

There are those who feel it's unfair to expect so much from military members. I disagree. We share a high level of responsibility to our superiors and to our nation. Consequently, it is appropriate we are held to a higher standard. Honor is a value we hold in high esteem. It is something we work continually toward. Each of us has room to grow in this area as we attempt to reach that higher standard.

I believe honor is a value we can grow in concerning our spiritual lives as well. It is interesting to me that a Marine will tell me he or she will be somewhere at a certain time, and they will never fail to meet that obligation. I admire that; yet some of us have difficulty meeting our obligations to God.

Personally, I know God desires that I read the scriptures daily and spend time in meditation on His word. I'm not there yet; I'm still growing in that area. When Marines or Sailors check in, I always ask, "What is your faith background?" This allows me to facilitate for their religious needs. When people tell me they are Christians, I often ask, "Are you practicing your faith?" If the answer is no, I ask, "What will it take to get you to attend worship services?" Most of them indicate they will be either at Chapel services or go to a church in town. Unfortunately, most of them never follow through. This then becomes an issue of integrity. I would rather not have their lip service than have them compromise their integrity. Christ shared a similar desire, "Simply, Let your 'Yes' be 'Yes' and your 'No' be 'No,' anything beyond this comes from the evil one." (Matthew 5:37)

It is interesting the number of folks who claim to have faith and cannot find time to worship together with other Christians but can find time to go to the club regularly for a few beers.

I know God expects more of us than that, and I am convinced people are able to reach that higher level of integrity. I believe we can all grow (myself included) in the area of being honorable believers. I believe we can bring honor to ourselves and to God when we simply let our "yes" be "yes."

See you in church soon.

Blessings,
Chaplain Michener

Chapel Hours

Protestant Sun. 8:30 a.m.

Catholic services will not be available until April 2.

Yermo Bible Study

Wednesday 11 - 11:30 a.m.

At the Colonel's Workshop

For more info call
Don Brooks at 577-7165.

'Because I've been through the desert on a horse with no name'

The contest to name the newest mount at the base stables comes to a close this week.

Please submit your suggestions to the Gunny's Picks box during working hours at the Public Affairs Office at Building 15. All names will be compiled and forwarded to a committee chaired by the Base Commander for final selection. Include your full name, department or division, and work extension with your submission.

The winner will be announced in a future edition of the BARSTOW LOG.



Photo by GySgt. Frank Patterson

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 email at daileyb@barstow.usmc.mil.

Social Security news-letter

As of March 1, the Social Security Administration will send Social Security news as it happens to individuals and organizations across America who request it. Social Security E-News is an electronic newsletter available free to subscribers through the agency's Internet site. To subscribe to the newsletter, visit <http://www.ssa.gov/eneews/>

NMCRS Bake Sale

The Budget Office at Building 15 hosts a bake sale March 20 at 7:30 a.m. until all goods are sold. Proceeds will benefit the ongoing Navy/Marine Corps Relief Society fund drive. For more info, call Cpl. Kyran Ramcharan at 577-6623.

New Parent Support Group

The New Parent Support Program Playmorning will be held on March 15 from 10-11:30 a.m. at the McKinney Youth Center. Anyone with children under the age of six is welcome to attend. For more info, call Sandra Casey 256-5751 or 380-4021.

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.

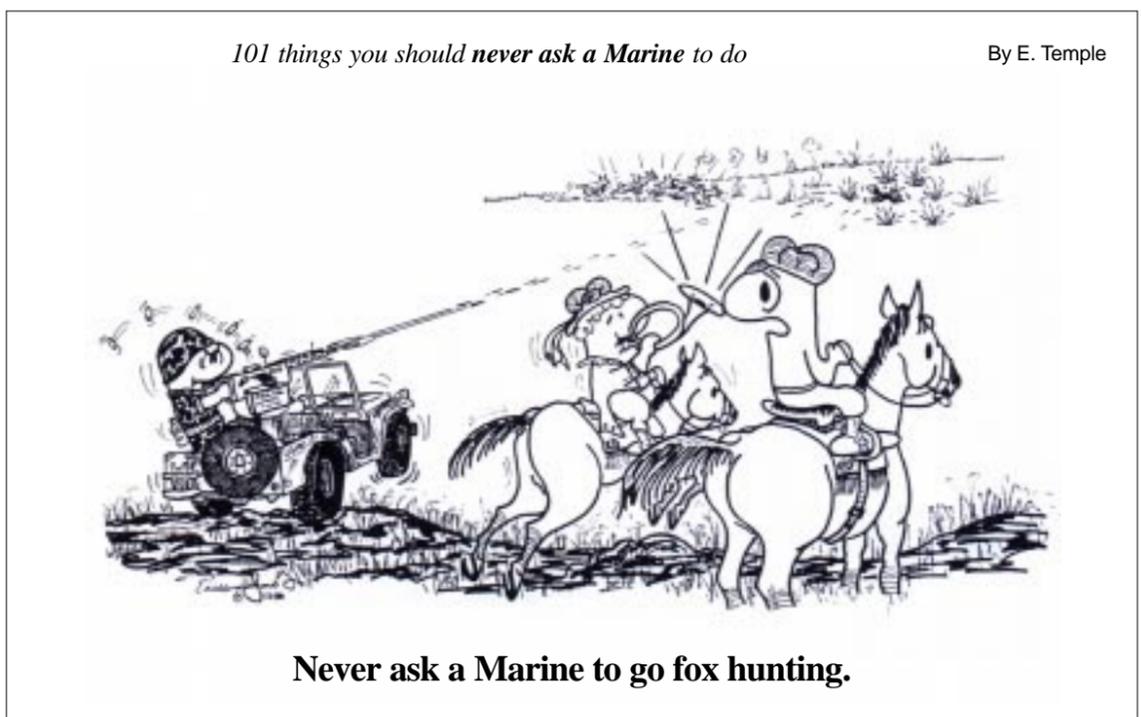
The following is a list of VITA reps and their phone numbers. Call today; don't wait until April 13.

Name	Phone
U.S Marines	
GySgt. Michael Claudio	577-6533
SSgt. Robert J. Munroe	577-6684
Sgt. Mario Rivas	577-6871
Cpl. Kyran Ramcharan	577-6623
LCpl. William J. Sierra	577-6784
LCpl. Patrick J. Snyder	577-6784
U.S. Navy	
HM1 George W. Mosier	577-6081
Civilian Marines	
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

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.

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

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.

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.

Census 2000

The United States Census Bureau is hiring temporary part- and full-time positions.

Earn from \$11 to \$14 per hour while working in your area. The bureau will also reimburse for mileage.

For more info call Chuck Ashbrook, Career Resource Center, 577-6169, the toll-free number at 1-888-325 7733 or visit the Census Bureau Web site at <http://www.census.gov/jobs2000>.

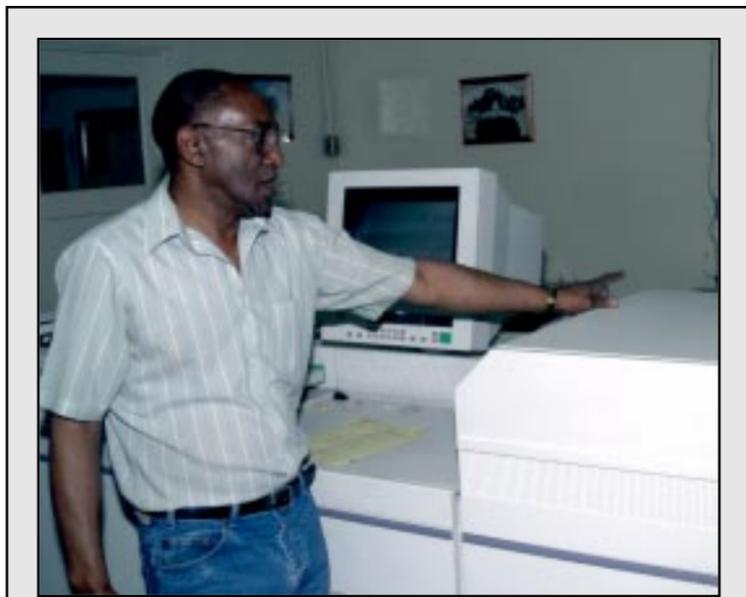


Photo by Cpl. Brian Davidson

Just doing my job ...

John Gibbs, Defense Automated Printing shop foreman, mans the backbone of the one-man operation-a highly automated Xerox print center. Gibbs began his apprenticeship in printing in 1953 while serving in the Air Force and has continued his skill in the Civil Service. Aided by computers, he now does work that once required seven workers.

Job Watch

Annc No.	Title/Series/Grade	Open	Close	1st Cutoff
OTR-030-00	Materials Expediter WG-6910-07 (TempNTE one year)	2-15-00	3-15-00	02-29-00
OTR-031-00	Cable Splicer WG-2504-8 (Temp NTE one year)	2-16-00	3-22-00	03-01-00
DEA-034-00	Motor Vehicle Operator WG-5703-08 (Term NTE one year)	2-29-00	3-28-00	03-14-00
DEA-064-00	Cable Splicer WG-2504-08	2-16-00	3-22-00	03-01-00
DEA-084-00	Firefighter GS-081-05	2-29-00	3-09-00	n/a

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 March 17.

Our Spring Sale is coming up March 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 Family Restaurant and Cactus Cafe offers a savory variety:

Today - Chicken cacciatore, vegetable, roll/butter.

Friday, Mar. 10 - Hoki fish, rice, roll/butter.

Monday, Mar. 13 - Mexican fajitas, rice, roll/butter.

Tuesday, Mar. 14 - Beef stir-fry, rice, roll/butter

Wednesday, Mar. 15 - Salisbury steak, mashed potatoes, vegetable, roll/butter.

Thursday, Mar. 16 - 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 for either the Family Restaurant or the Cactus Cafe.

Family Night Dinner Menu

Tonight - Spaghetti and meatballs, vegetable and dessert.

Thursday, Mar. 16 - Enchilada, taco, rice 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.

Traveling to San Francisco?

The Marine Memorial Club (Hotel), in San Francisco is offering exceptional room rates to active duty military, retired military and former military.

The Marine Memorial Club is located in the heart of San Francisco. Close to the galleries, performing theaters, great shopping and of course those historic cable cars.

The Marine Memorial Club (Hotel) is available only to active duty military and those with prior military experience and their family members/guests.

Prices for active duty are:

	Twin	Double
E1-E5	\$40	\$45
E6-E9	\$55	\$65
CWO,O1-O3	\$65	\$75
O4-O10	\$85	\$85

Prices for Retired and former military personnel begin at \$85 up to \$325 with an additional \$10 added on weekends (Friday, Saturday and Sunday).

SURVEY FOR HOBBY SHOPS & ITT

◆Your participation in this survey is very much appreciated. Allow us to serve you better by using your input to determine the hours of operation for the Hobby Shops and ITT.

◆The proposed hours of operation are:

- 1- 4 days per week at 10 hours per day
- 2- A 5,4,9 operation schedule
- 3- Keep days and hours of operation the same

◆Please complete this survey form and drop it off, or send via guard mail to MCCS Business Operations, Bldg #44.

◆Please check box below that applies to you:

- 1[] Active Duty Military 2[] Military Retiree
- 3[] MCLB Civilian employee [] Family Member of 1, 2 or 3

◆Please indicate your preference for hours of operation for the following (only check one box for each Hobby Shop and ITT):

Auto Hobby Shop.....	[]	[]	[]	[]
Ceramic Hobby Shop.....	[]	[]	[]	[]
Wood/Rock Hobby Shop.....	[]	[]	[]	[]
ITT.....	[]	[]	[]	[]

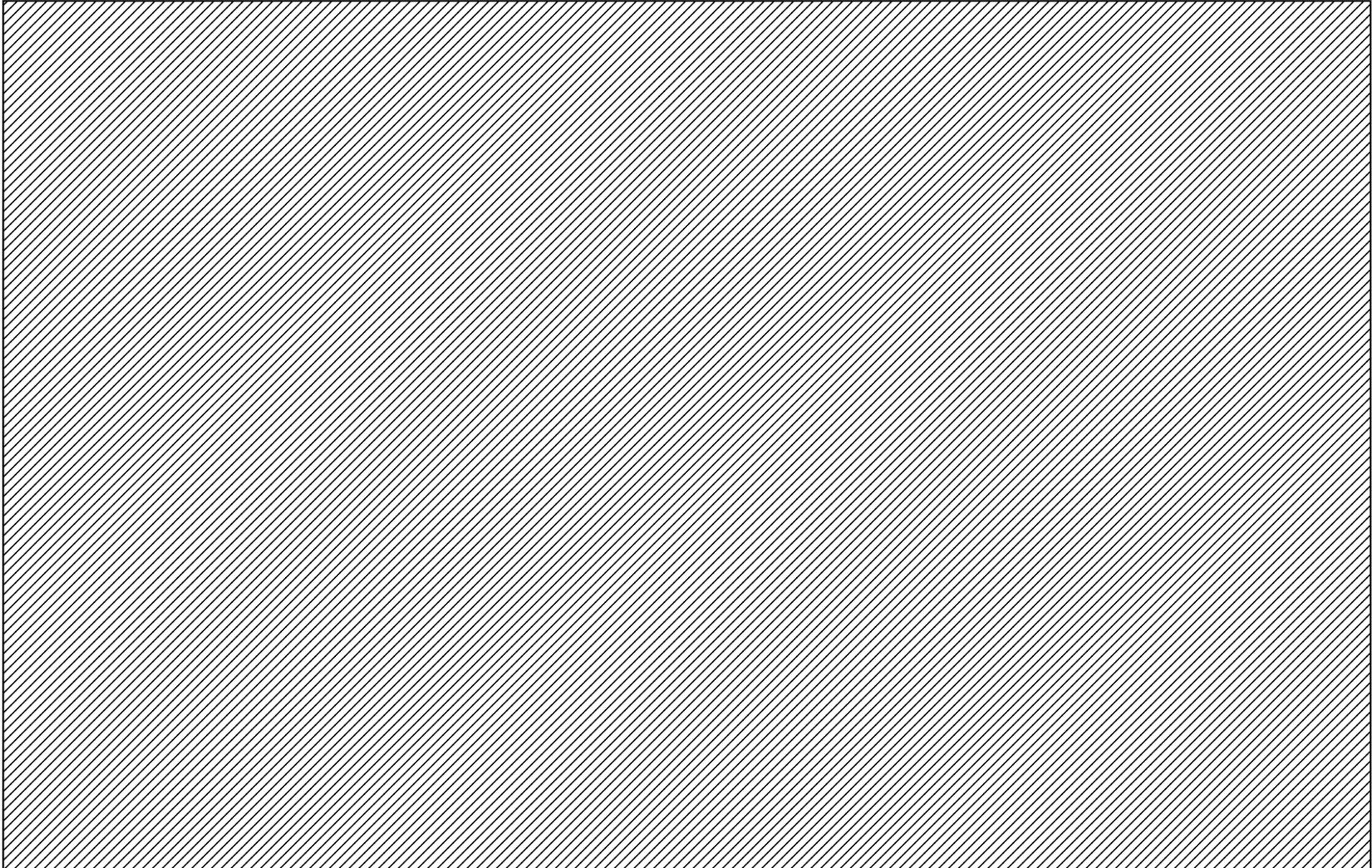
Thank You!

Since this is a Marine Memorial Club, the membership donation (tax deductible) schedule for active duty personnel is:

E1-E6	\$10 year
E7-O3	\$20 year

O4-O10 \$30 year Donations are for Marine Memorial Club membership only.

For more information or other questions call 1-800-5-Marine (1-800-562-7463).



Communication helps make good marriages better

By Cpl. Matthew R. Weir
 BARSTOW LOG staff

Communications problems are very common among couples, but by the time most people realize they are not communicating their thoughts and feelings they often find themselves deep into other problems.

Four couples from base took advantage of a Chaplains Religious Enrichment Development Operation (CREDO) to learn more about communications skills and how to grow as couples during a marriage enrichment retreat Feb. 18-20.

For no cost, other than gas, couples spent the weekend at St. Anthony's Retreat, near Sequoia National Forest. Along with the beautiful scenery, the knowledge of not having to pay for lodging or meals left the couples with the opportunity to focus on one another and nothing else.

"The opportunity to 'get away' and not be distracted while you focus on your marriage relationship is a unique and gratifying experience," said Col. Mark A. Costa, base commander.

After returning from the trip, he recommended any married couple should attend, regardless of how long they have been together.

"The communications skills that are empha-

sized are needed in any relationship," he said "especially between a married couple."

No matter how long a couple has been together or how they get along this retreat held something for everyone.

SSgt. Brett Hohmann, postal chief, proclaimed that he had a good marriage before he went on the retreat, but there is always room for improvement.

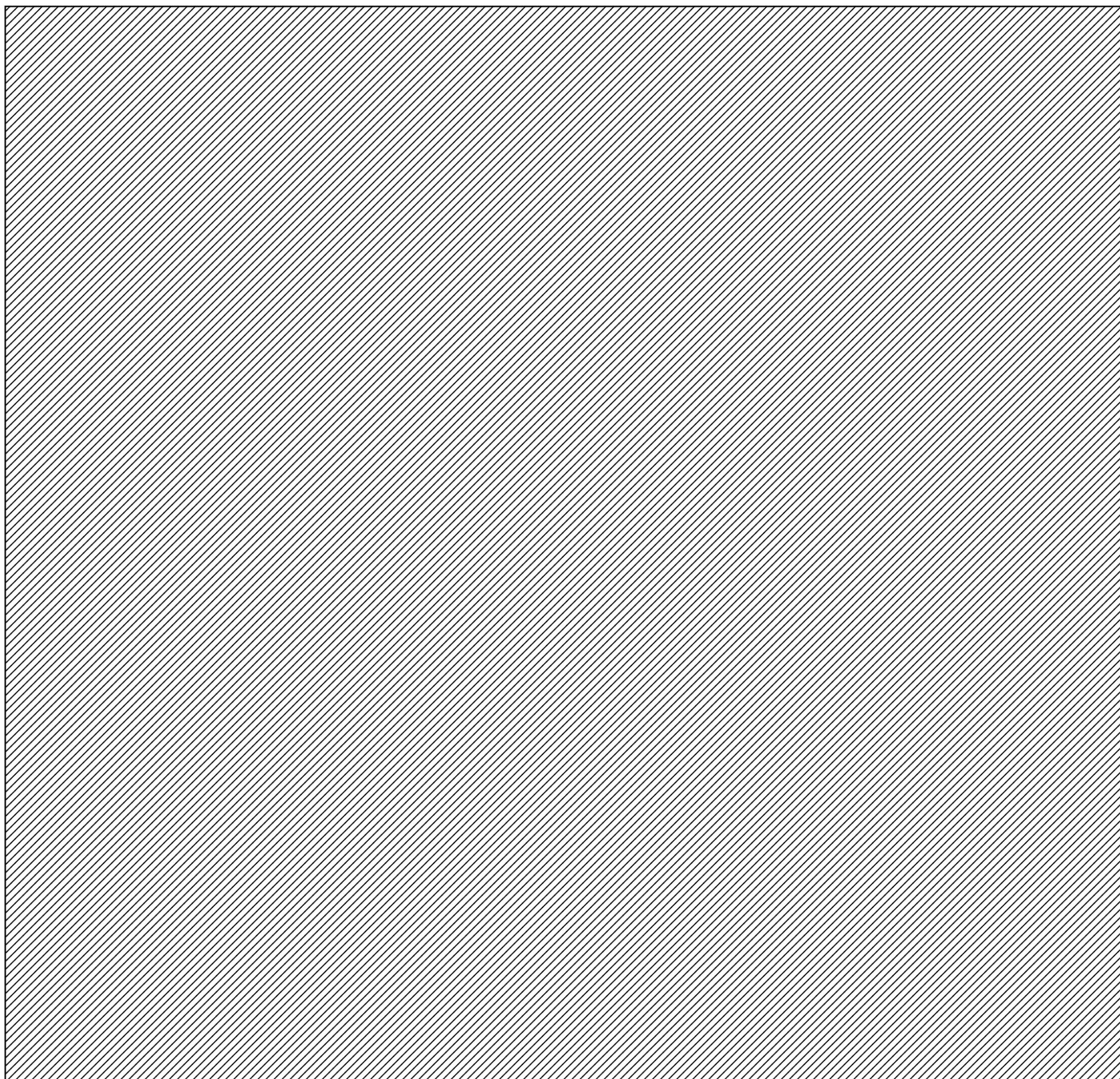
"This retreat seemed to be set up for people who have a strong desire to improve the marriage they have," he said, "and an open mind always helps."

Before going on the retreat, participants took

the Meyers-Briggs Type Indicator test of personalities. After dinner Friday night participants were given an overview of the weekend and told what types of personality they had.

Knowing their spouse's personality opened up new windows for partners to see each other through. Some couples found each other talkative as extroverts and some couples felt content to listen as introverts. Other couples found they were a mixture of the two. No matter what type of personality they were classified as, it allowed for a learning opportunity for everyone.

See CREDO Page 12



READY, FRONT

Headquarters Battalion, Marine Corps Logistics Base Barstow

Pay reform:

From MARADMIN 117/00

The FY00 National Defense Authorization Act provided the most sweeping military compensation reforms and improvements in recent years. Many changes were initiated by the Secretary of Defense and the Joint Chiefs of Staff, strongly supported by the President, and passed with overwhelming bipartisan support of both houses of the Congress. The comprehensive pay package includes:

Pay raises

Congress approved a 4.8 percent across the board pay raise, effective Jan. 1, 2000. This is the largest military pay raise in nearly 20 years.

Future pay raises will be tied to the Employment Cost Index plus one half of one percent.

Pay table reform

Over the years, officer/enlisted pay tables became unbalanced and frequently rewarded longevity with larger raises than promotion. Pay table reform establishes levels based on rank and years of service that will provide members progressively higher pay increases for each promotion. Placing greater emphasis on pay increases associated with promotion better recognizes personnel for their performance. Those portions of the current pay table that require the largest adjustment include mid-grade officers and NCOs, as well as some of our more junior enlisted members. The July pay raise is largely targeted to these ranks/years of service.

Repeal of Redux

Upon completing 15 years of active duty, members who entered service after July 1986 will have a choice between retiring under the "high three" retirement system or keeping the Redux system and receiving a one-time bonus of \$30,000.

Leave sell back

Members may sell back unused leave in conjunction with re-enlistment, even when re-enlisting more than three months prior to their EAS.

Special and incentive pays

Increased funding was authorized to complete the transition from BAQ/VHA to BAH. These funds will increase BAH rates in many locations to make the housing allowances more reflective of current housing costs. High cost areas such as Southern California will benefit from the acceleration of BAH transition. Fur-

Congress approves largest military compensation reform in recent years, including pay raises, pay table reform and special and incentive pay

ther review led to additional adjustment. Rates have reverted to 1999 levels wherever rates declined. Areas where rates increased are not affected.

Temporary Lodging Expenses are now authorized for first-termers making their first PCS. This entitlement is effective retroactive to Oct. 5, 1999.

The rate of diving duty pay was increased by \$40 for each Marine in an authorized dive billet. In addition, a Marine receiving dive pay may also draw up to two additional hazardous duty incentive pays.

Congress has authorized an increase in the maximum amount payable for Foreign Language Proficiency Pay. Personnel may or may not be entitled to the new maximum. Requirements for receiving the new amount will become effective April 1.

While the Marine Corps views enhancements to compensation as vital to maintaining a quality all volunteer force, we are concerned about the proliferation of special and incentive pays that target specific groups within the Marine Corps. We would rather see continued across the board pay raises that will assist all Marines. Therefore, the Marine Corps does not plan to implement two new special pays that the NDAA approved at the request of the other services: Judge Advocate General Continuation Pay and Career Enlisted Flyer Incentive Pay. In both cases, congress authorized the pay but did not appropriate the funds for them. If used, both would have to come at the expense of existing programs. Consequently, we are not experiencing significant retention challenges in either of these fields. Consequently, these two pays are not the best way to expend our scarce resources.

For more information, visit the web site at <http://www.pay2000.dtic.mil>.

Over the years, officer/enlisted pay tables became unbalanced and frequently rewarded longevity with larger raises than promotion. The July pay raise is largely targeted to these ranks/years of service.

Headquarters Battalion celebrates



Photo by Donna Redes

the Old

SSgt. Micheal E. Culver receives the National Colors from Col. Mark A Costa, base commander. Culver retired Friday after 20 years in the Marine Corps. The tank mechanic spent his last tour working in the base inspector's office here.



Photo by Curt Lambert

and the New

Kyran O. Ramcharan stands proud as Col. Mark A. Costa, base commander and his wife Melisha pin on his corporal chevrons. Ramcharan was the winner of February's meritorious board. "I'm glad Ramcharan won," said SSgt. Scott Duplechain, Ramcharan's staff NCOIC, "Perseverance does pay off. It couldn't have happened to a better Marine."

Where do you run when the bugler plays

By SgtMaj. Joseph Houle

Marine Forces Atlantic

When the bugler plays the familiar strains of "Taps" and the flag makes its slow descent, every Marine in earshot should be standing so tall with pride that it almost hurts to have their vertebrae stretched ... However, that's not always so. Everyday I see people who when they hear attention sounded, make a beeline for any open door or the nearest car. They think "Whew, I made it. Sure glad I didn't get stuck in colors." Stuck? I beg to differ. We represent our country in Honor and Pride. Isn't the flag a symbol of our country? Then surely when we hear "The Star-Spangled Banner" or "Taps" we should be the very first to pop to attention and pay reverence.

I don't quite understand the mentality of those who never want to get "caught" in colors. Sometimes I purposely walk a little slower so I can hear the motivating sound of freedom. If colors slows you down leave earlier.

As stated in MCO P10520.3B, commonly known as the Flag Manual, the following applies:

Should any servicemember in civilian attire encounter colors, they should stand at attention with their right hand across the heart. If headgear is worn it should be removed and held in the left hand at shoulder-level.

When in uniform, render a salute upon hearing the first note, and hold until the last note.

Face the music if you can't see the flag.

During colors, vehicles within sight or hearing shall stop until "Carry On" has been sounded. Persons inside the vehicles should sit at attention. If indoors and not under arms, stand at attention.

The history of our national flag is historic and dates back to the first "Stars and Stripes" created by Continental Congress June 14, 1777. We now celebrate this as Flag Day. The flag has changed its appearance since that first one with 13 stars, but one thing hasn't – the PRIDE of those who serve the nation it represents. Remember that next time you hear colors.

Battalion Commander: Maj. Kathy J. Maloney

Battalion First Sergeant: 1stSgt. C. J. Allen

Nebo warehouses revamped

By Cpl. Brian Davidson
BARSTOW LOG staff

Most warehouses aboard MCLB Barstow were constructed at a time when cancer-causing asbestos was a primary ingredient in construction materials.

Warehouses 2, 3 and 4 are undergoing measures to remove asbestos containing materials, making them safer and bringing them to compliance with state and federal health regulations. All other warehouses aboard base have been refurbished.

Stronghold Engineering, a general contracting firm based in Calif., was awarded the construction contract at a bid of \$2.225 million on November 22.

"The project will consist of removal and disposal of asbestos siding in addition to abatement of lead-based paint in Warehouses 2 through 4," said Lt. J.G. Marc Bernath, deputy Resident Officer in Charge of Construction.

Asbestos and lead have been linked to serious illnesses and removal and abatement of both must be done by specially trained workers.

"Although you will see contractor personnel working in white tyvek [safety] suits," said Bernath, "all necessary precautions, including air sampling, are being used to ensure that all personnel are adequately protected."

According to Lee Jackson, Stronghold Engineering site superintendent, construction is scheduled for completion by Sept. 30, but may be done sooner.

Warehouse 4 is near completion. All lead-based paint has been abated and asbestos removed. Now, an Exterior Insulation Finishing System is being added.

"The EIFS is designed to replace the asbestos and insulate and protect the exterior of the building," said Johnson. "Foam insulation is applied to the walls. Then, a coat of plaster or stucco is placed over that."

"Additionally, some wood trim will be replaced on all doors, windows and roof eaves, while all window frames will be painted," he added.

Although covering the asbestos on the warehouses would cost less, Johnson believes that opting to remove the asbestos now will save more money in the long term by eliminating the need for specially trained personnel to handle asbestos removal if further construction to the warehouses is needed.

Asbestos is the name given to a group of naturally occurring minerals, which have been mined in America since the 1800's.

Asbestos use boomed during WWII. Because fibers woven from the minerals are unaffected by chemicals or heat and do not conduct electricity, asbestos has been widely used in industry, according to a release from the National Cancer Institute.

Today in industry, it is added to cement and plastics for its strengthening characteristics, used for insulation and fire proofing, and brake linings.

There are four types of asbestos, which are commonly used; Amosite, blue asbestos, Anthophyllite, and Chrysotile or white asbestos. Chrysotile accounts for about 90 percent of the asbestos currently used in industry, according to the release.

The health risks posed by asbestos products arise when fiber masses break in to tiny particles of dust and float or attach to clothes. Serious health problems, including lung cancer and asbestosis, a chronic lung ailment, can be sparked by inhaling the asbestos laden dust.

The NCI reports, because of public concern about the hazards of asbestos, a significant annual decline in industry use of asbestos has resulted; from a Domestic use of 560,000 tons in 1979 to 55,000 tons as of 1989.

According to Bernath, the inside and outside areas of the construction zone are safe; however, all unauthorized personnel are advised to stay clear of the work area for safety reasons.

The project is expected to create employment for as many as 40 workers.



Photo by Cpl. Brian Davidson

Dave Rhoten, a painter, uses his steady hand to freehand paint window trim. Rhoten underwent rigorous training in lead-based paint abatement.



Photo by Cpl. Brian Davidson

Brothers Joel and Miguel Otero, plasterers, apply foam insulation to the bare walls of Warehouse 4. Foam insulation is the first layer of the Exterior Insulation Finishing System used to replace the building's original asbestos siding.

(Left) Donald Preston, a Plaster's apprentice, unloads and stages scaffolding around Warehouse 2. More than 900 planks of wood and 1,200 steel frames will be used to scaffold each warehouse.

An exceptional century for women ... Now imagine the future

By Dana Rayl West
Department of the Navy
Manpower & Reserve Affairs

The theme for Women's History Month 2000 is "An Exceptional Century for Women ... Now Imagine the Future."

In his Proclamation observing Women's History Month, President Clinton tells the story of three women astronauts who last spring, paused during a shuttle mission to pay homage to the past. "Thousands of miles into space, floating above the floor of the shuttle, they raised a women's suffrage banner and posed for a picture. Astronaut Ellen Ochoa, a participant in this special tribute and a member of the President's Commission on the Celebration of Women in American History, said, 'We wanted to show how far women have come in this century and to honor the people who fought for our rights.'" Last year, Air Force Lieutenant Colonel Eileen Collins became the first woman commander of a space shuttle mission.

Women of every race, class, and ethnic background are serving as leaders in the private and public sectors. They are leaders in education. They are leaders in science. They are leaders in the military. Today, 58 women hold seats in the U.S. House of Representatives, and 9 women are

United States Senators. In the private sector, women own nearly 9 million small businesses, employing millions of Americans and making major contributions to the strength of our economy.

In its Congressional Resolution designating the month of March "Women's History Month," Congress wrote "American women have been leaders, not only in securing their own rights of suffrage and equal opportunity, but also in the abolitionist movement, the emancipation movement, the industrial labor movement, the civil rights movement, and other movements, especially the peace movement, which create a more fair and just society for all..."

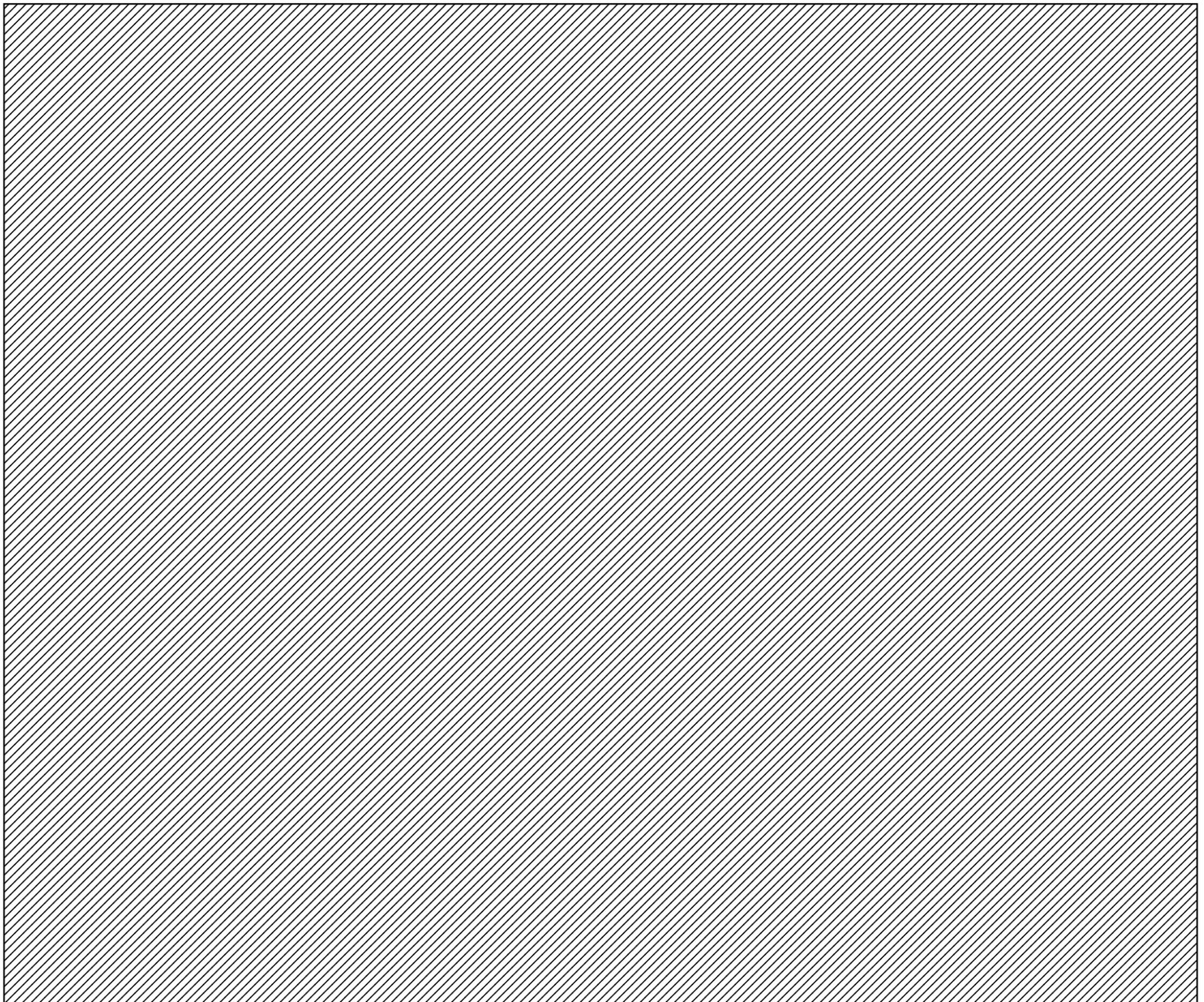
Today, just over 50,000 women serve in the Navy; 44,279 are enlisted and 7,824 are officers. (More than 10,000 women serve in the United States Marine Corps). More than 11,468 women serve aboard ships and aviation units from deck seaman to commanding officer. Officer and Enlisted women are assigned to 79 combatants and 50 non-combatant ships. Currently, there are 241 women pilots in the Navy. Women compose 31.6% of the Department of the Navy's civilian

workforce. - totaling over 57,000 in FY99.

In 1973, the first woman was selected for aviation training.

And in 1981, the first woman qualified as a Enlisted Surface Warfare specialist. In 1989, the first woman was assigned as Command Master Chief at Sea. In 1998, five women were selected to command combatant ships. Women will report aboard minesweepers for the first time this year.

During Women's History Month, we highlight the extraordinary achievements of women throughout our history. We also take time to recognize the obstacles women have had to overcome to be able to work and to serve. Women have bravely donned their uniforms and fought for their country. In the President's proclamation, he says "As we honor the past and celebrate the present, we must also focus on the future. Our choices today will have an enormous impact on the destiny of our daughters and grand-daughters, our sons and grandsons. We must rededicate ourselves to forging a society in which gender no longer predetermines a person's opportunities or station in life."



Fire safety: *How can you keep your family safe from harm?*

By Cpl. Matthew R. Weir
BARSTOW LOG Staff

Any fire is one fire too many. The base fire department had to respond to two fire alarms within a month of each other which could have been avoided with some precautionary steps.

In mid-January, firemen responded when someone tried to put out a grease fire with water. In early February, they responded when a light bulb overloaded and burst, spreading flames onto clothing laying nearby.

In both cases the worst way to fight the fire would have been with the most readily available source – water.

There is an old saying oil and water don't mix, the same is true when dealing with grease and electrical fires.

When water is thrown on top of a grease fire the grease rises to the top and continues to burn, or worse, the grease will spread everywhere burning or igniting anything it touches.

The easiest way to fight a grease fire, as long as it is still in the pan, is to place a cover over the top and let the fire smother itself. But the best way to extinguish the fire, whether in the pan or around the kitchen, is to have a fire extinguisher in your kitchen.

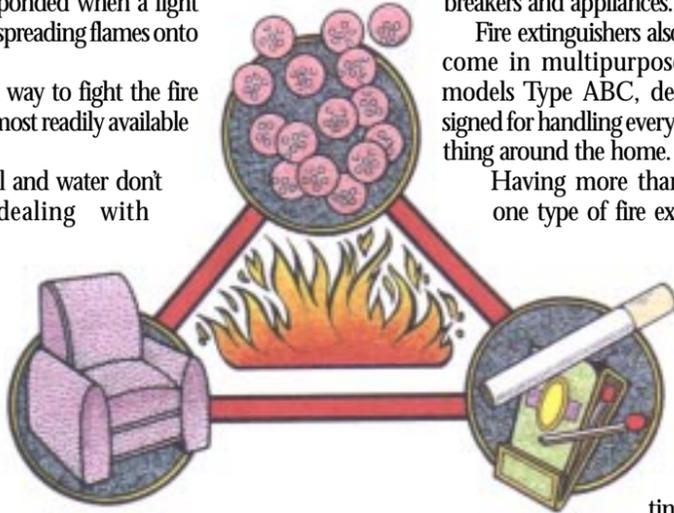
A Type B extinguisher can handle a number of flammable liquids: oil, grease, tar, oil-based paint and flammable gas.

Trying to put out electrical equipment with water is dangerous because you put yourself at risk for electrocution.

The best way to handle these fires is with a Type C fire extinguisher. This extinguisher is good for electrical wiring, fuse boxes, circuit breakers and appliances.

Fire extinguishers also come in multipurpose models Type ABC, designed for handling everything around the home.

Having more than one type of fire extinguisher



The fire triangle – remove any of these elements and fire cannot exist

in your house is not overkill. It may actually save someone from being killed.

Whether or not you think you can handle the fire, call the fire department. If you find your-

self in trouble or the fire starts spreading they are already on their way.

Before a fire can start it needs three things – oxygen, fuel and heat. Remove any of these from the equation and fire cannot exist.

Anything lying around your house can be a source of fuel, but there are ways to cut down on the possibility of letting them catch fire.

Check the labels on your clothes, furniture upholstery, bedding and carpets. Are they fire proof or retardant?

Check you paneling and drywall if you are planning a new renovation sometime soon. Look for fire-retardant paneling with low flame-spread ratings. A layer of gypsum drywall also offers considerable fire resistance.

All the oxygen and fuel in the world can be stored in the same spot, but when a source of heat is added, everything will go up in flames.

Removing as many sources of heat as possible from your house is the best way to minimize your risk of fires.

If you can't tell the smoker in your house to light up outside, make sure they have sturdy ashtrays that are not easily tipped, and make sure they don't fall asleep with a cigarette in their mouth.

Keeping appliances away from walls and ventilated will cut down on the amount of heat they will build up. It will also save you money in broken down appliances in your home.

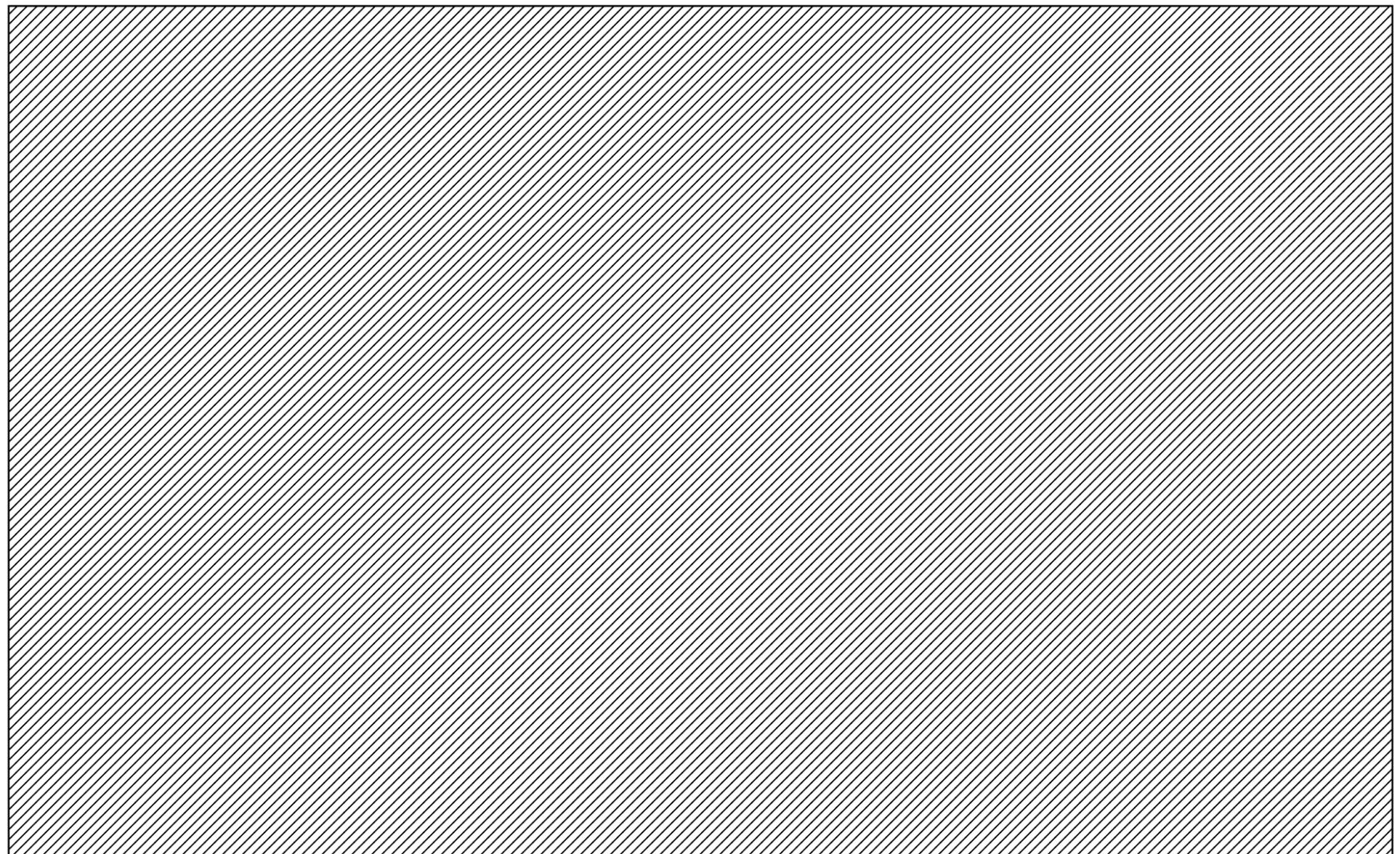
You are the first line of defense in your home. Protect it.

POLITICS from Page 1

Members of the military are held to a much more restrictive standard. For example, while DoD civilian workers may, in their off-hours, write letters expressing a preference on a political candidate or issue, service members cannot. Other activities that a service member cannot engage in but a civilian DoD worker can are: manage political campaigns; make speeches in favor of or against candidates or issues; hold office in a partisan political club or party (but not political office); write letters to newspapers promoting partisan causes (service members can only do this as to nonpartisan issues); perform clerical duties for a partisan party during a political campaign or in an election year, or march in a partisan political parade.

In general, DoD facilities may not be used to support political activities. This prohibition includes use of installation facilities for political assemblies, media events or fundraisers; community relations support (bands, color guards, personnel) for political meetings or ceremonies; taping of campaign commercials in front of military equipment on military property (remember Gov. Dukakis' TV clip of him inside a tank during the '88 campaign? That was a red hot negative); and, inclusion of campaign news, partisan discussions, cartoons, editorials or commentaries regarding political campaigns, candidates or issues in DoD newspapers.

Armed with these rules, we can determine which individuals in the scenarios are violating ethics rules. Confusing? It should be. That is why it's our job at the Staff Judge Advocate's office to provide as much guidance as possible before you make a decision that you will later regret. Call us at 577-6874 if you have any questions with regards to participating in a political activity or if you have any ethical question that is work related.



SPORTS

Smashing start to volleyball season

By Sgt. Mike McQuillan
BARSTOW LOG staff

Lick the soles of your shoes and get settled into a bumping, setting, spiking frenzy of intramural indoor volleyball. The season opened last week with three evenings of play, painting a vivid picture of what to expect.

The season returns after a 1999 hiatus. In '98, the season passed quietly as a mysterious collection calling themselves Tusi Sportswear blasted their opposition to gain the title. No one has heard from the sporting goods franchise since their victory, but a team calling itself No Fefe Spikers bears a striking resemblance. They're flawless through six games.

Rounding out the competition is

the Rocks (allegedly collecting royalties from a nearby teenybopper nightclub), the Enforcers (actually willing to draft combat correspondents on their team), Wassup! the Challengers and the Beach Bums.

The games reach 25 points, but teams play as many games as they can fit into an hour. There are three games throughout the course of an evening and 2-3 nights of volleyball a week. Bottom line? You want volleyball; we've got it! Games begin at 5:30, 6:30 and 7:30 p.m. The bleachers of the House of Pain welcome all spectators. In some cases, those in attendance might get the chance to join a team.

The regular season runs throughout March. Information on the playoffs will be posted later in the season.

The next scheduled games are Tuesday, when the Beach Bums step up to the Challengers, the Rocks stand against the No Fefe Spikers (pronounced Fay-Fay for those of you playing at home), and No Fefe plays a second game that evening when they greet Wassup!

Standings

No Fefe Spikers	6-0
Wassup!	2-1
Challengers	1-2
The Rocks	0-1
Beach Bums	1-2
Enforcers	0-3



TRADER ADS: Please submit all Trader Ads to daileyb@barstow.usmc.mil by noon Friday.

1969 LINCOLN CONTINENTAL: 2 door, engine needs headgasket, great classic restorable car. \$350. OBO Call 252-9199.

1997 FORD RANGER: Pickup, low mileage, black, 4 cyl .2.3 eng. w/4 speed manual trans. and overdrive, A/C/ A M/FM cassette with CD player, sliding rear window, custom paint. Asking \$10,500. Or take over payments. Call 252-3355 AWH and Lv msg.

1964 VW BEETLE: New tires, rims and interior. A steal at \$1,200. Call 252-3573

FOR SALE: Ford custom 474 engine 600 HP, new never started, porter/polished, roller rocker arms, balanced/blueprinted, Keith Black flat top pistons, high rise intake, very large cam. \$8,000. OBO. Call for more details.

FOR SALE: Big block Chevy cross tunnel ram intake manifold, polished aluminum. \$300. Call 241-8967.

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: Cellular phone, Nokia 638, with battery, charger and leather case. \$35. Call 253-2394 AWH

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

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

FOR SALE: Sectional, blue, 2 recliners love seat with small storage area, queen-size sofa sleeper, like new, must see to appreciate, \$800. OBO. Also blue rocker/recliner. \$15. Call 256-6632. Lv msg.

FOR SALE: Green papasan couch, good condition. \$80 OBO. 957-1743

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, Ras-cal, model R200, 3 wheel scooter with instructions and walker holder, never used, stored inside. Purchased 12-10-98, for \$1,688. Asking \$1,300. Call 256-6117.

MOVING SALE: March 11, 8a.m. to 2 p.m., corner of Montezuma and Cape Gloucester. Living room furniture, yard equipment, children's toys and much more. For information call 252-0224.

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

THANKYOU: We would like to thank all of you at MC3 for your prayers, donations and condolences that were received during the loss of our husband and father, Theodore L. Rose. May God bless each and every one of you. Sincerely the Rose Family.

CREDO from Page 5

"I think learning the different personality types was the best part of the weekend," said LCpl. Garry Lenon, network specialist. "I didn't know people thought in different ways. I thought they all thought the same way I did."

"Knowing your personality didn't

give you an excuse to act a certain way," said Hohmann. "We were told our personality types so we could learn to open up new lines of communication with one another."

Throughout the weekend couples gathered in group exercises, learning from examples and other group members. But the best lessons were taught to one another as they spent time alone

and worked on their specific communication skills.

Information on CREDO and testimonials of satisfied participants can be found on Williams' website at <http://www.credocalifornia.com>.

CREDO also offers retreats for spiritual growth, personal growth, teams and teens at no cost to the service member or family.

"If the same quality program is contained in the other CREDO activities," said Costa, "I would strongly encourage Marines to consider them. The success stories of those who attend is encouraging."

For more information on signing up for a retreat contact CREDO Camp Pendleton at 725-4995 or CREDO 29 Palms at 830-4989.

VOTING from Page 2

passed to us by our forefathers. Don't take it for granted

To vote in your home state's local and national elections, you need to be registered. See your voting officer today for assistance in registering to vote, and in November, exercise that right. You will be glad you did.

FROM PAGE 1

What can I win?

Navy-Marine Corps Relief

The following are the prizes for the local Navy-Marine Corps Relief Campaign drawing. The local drawings will coincide with the drawings at Camp Pendleton, starting March 24. If you have any questions call CWO William Bradshaw at 577-6899.

March 24

Camp Pendleton

\$100(4), \$200 or \$500

MCLB Barstow

Coleman 'Trail Ridge' Sleeping Bag (2)

Nintendo 64 system

\$100.00 Gift Certificate (for MCX)

Minolta Traveler 35mm Camera

Char Broil Gas Grill

Blaupunkt CD Car Stereo

March 31

Camp Pendleton

\$100 (4), \$300 & Ford Escort

MCLB Barstow

Huffy 15 spd Mountain Bike

JVC VCR

\$100.00 Gift Certificate (for MCX)

Woman and Man's USMC Watch

JVC Camcorder

April 7

Camp Pendleton

\$100 (4), \$400 & Ford Ranger

MCLB Barstow

vTech 900MHz Phone/Answering Machine

Sony Play Station

\$100.00 Gift Certificate (for MCX)

Sharp 3 CD Stereo

Fisher Wall Mountable CD Stereo

JVC 27" TV

April 14

Camp Pendleton

\$100, \$500 & Ford Mustang

MCLB Barstow

VTech 900MHz Phone/Answering Machine

Discovery S700 35mm Camera

JVC VCR

USMC Standing Clock

\$100.00 Gift Certificate (for MCX)

Magna 21 speed Mountain Bike

Fisher Wall Mountable CD Stereo

JVC 32" TV

Fund Drive Key Personnel

Name	Section	Phone
Bertie Dailey	PAO	-6430
Meredith Taylor	HRO	-6478
Cpl. Ramcharan	Finance	-6623
Ed Goetz	Pub. Works	-6183
SSgt. Owen	MCCS	-6899
LCpl. Verene	Hq. Bn.	-6663
Paul Aviles	Repair Div.	-6175

