

BARSTOW LOG

SERVING A MARINE CORPS REINVENTION LAB

Vol. 4, No. 48

Marine Corps Logistics Base Barstow, California

October 12, 2000

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<http://www.usmc.mil>



<http://www.bam.usmc.mil>

Spreading the word about fire safety



Photo by Cpl. Brian Davidson

Paul Purdy, base firefighter, and Sparky, the fire dog, teach Child Development Center kiddies about fire safety and prevention as part of the annual Fire Prevention Week activities. Other activities this week include an Open House at the Fire Station today from 11 a.m.- 1 p.m.

Hatch Act 'Dos and Don'ts

By Jim Garamone
American Forces Press Service

WASHINGTON – Are there legal restrictions placed upon Department of Defense military and civilian employees' political activities because of their unique roles as public servants?

Yes, there are. The "Dos and Don'ts" are listed under the Federal Hatch Act, originally legislated in 1939 and updated seven years ago.

The Hatch Act restricts the political activity of executive branch employees, including DoD civilian employees, and the employees of the District of Columbia government and certain state and local agencies. Members of the armed forces are also subject to Hatch Act provisions.

Allowable activities include running for nonpartisan public office; registering and voting as one chooses; assisting in voter registration drives; attending political fundraisers, rallies and meetings; and holding office in political clubs or parties.

As examples of prohibitions, Federal employees generally may not solicit or receive political contributions,

and they may not engage in political activity while on duty, in a government office or while wearing an official uniform.

In 1993, congressional legislation substantially amended the Hatch Act, enabling most Federal and District employees to engage in many types of political activity outside the workplace

that were previously forbidden. Provisions applying to state and local government employees were not changed.

For more information on the Hatch Act, military personnel should contact the base Staff Judge Advocate, 577-6771, and civilian Marines call the Office of the General Counsel at 577-6249.

Last chance for Ball Tickets

Friday is the last day to buy tickets for the Marine Corps Ball. All ball funds must be turned in by October 15. The Ball is taking place at the Primmadonna Resort and Hotel in Primm, Nevada, November 11. Cocktails are at 6 p.m. followed by the ceremony at 7 and dinner at 8.

Colonel Mark A. Costa, base commander, is the guest speaker.

Prices this year are \$120 per couple with hotel room, \$85 per individual with hotel room, or \$40 per individual without hotel room.

Hotel room packages include breakfast on November 12.

Ball tickets must be purchased by October 13, and Marine Corps Ball Committee personnel handle the reservations.

For more info, or to purchase tickets, contact one of the following:

| Name | Division | Phone |
|------------------------|--------------------------|----------|
| 1stSgt. C.J. Allen III | Headquarters Battalion | 577-6700 |
| SSgt. J.L. Daly, Jr. | Provost Marshal's Office | 577-6062 |
| SSgt. G.S. Duplechain | Finance | 577-6708 |
| SSgt. D.M. Knolle | Fleet Support Division | 577-7353 |

Parade organizers seek entries

By GySgt. Frank Patterson
Public Affairs Chief

With the 68th Annual Mardi Gras Parade just a little more than two weeks away, parade organizers are sending out the call for entries.

In the past, a flood of entries has usually been received at the last minute, according to parade chairman Richard Schmalzbach.

This year, all entries must be in by October 19.

This means that the base's parade contact, Bill Bokholt, Public Affairs Officer, needs the entries by October 18.

The parade theme is "Remembering the '50s with a special emphasis being placed on American Veterans of the Korean War."

Sweepstakes, President, Theme and Division plaques are awarded for the outstanding floats in the parade.

The division category is further broken down into youth, scout, civic, commercial and novelty sub-categories.

Additionally, awards are given for the best equestrian and novelty units.

The Grand Marshal of the parade is Edward Hackbarth who founded the first Del Taco here in the 1950s. Honorary Grand Marshal is Tony Graham, a World War II prisoner of war and member of the Barstow Chapter of the Kiwanis.

The parade begins at 7 p.m. on October 31 at Barstow Road and proceeds east to Mountain View Street.

There is no fee to enter the parade. Parade entry forms are available at the Public Affairs Office here in addition to City Hall, the Barstow Area Chamber of Commerce, the Desert Dispatch, and Brunner's Tiny Time Shop.

All floats are required to obtain a free permit from the Barstow Fire Protection District. To apply for a permit or for more info call BFPD at 256-2254.

THE CO'S CORNER

The "CO/XO's Corner" is a tool the Base Commander and Executive Officer use to open the lines of communication from the command deck to all personnel and to disseminate essential information as rapidly as possible.

MEMBERS OF THE LOGISTICS BASE COMMUNITY, as we begin this new fiscal year, we face a time of transition and change.

Each of our major organizations, the Maintenance Center, Fleet Support Division and the Base, is pursuing structural changes and downsizing this year. In the spirit of continuing to "take care of our own" each organization is using every available program to assist the work force during this transition and assist each affected individual in making personal decisions for their future.

The Maintenance Center and Fleet Support Division already made "offers" of separation incentives for those who qualify for optional or early retirement and resignations to achieve their reductions. Shortly, a second round of "buyouts" will be offered to begin reducing the size of the base work force under the A-76,

Commercial Activities Study.

To prepare for these offers, instruction and training was offered by the Personal Services Division (PSD) to inform and assist the employees who will be made offers to leave federal service. This training and instruction will be offered throughout the year as the work force transition progresses.

In preparing the significant number of offers being made to transform the base's work force, we requested the authorities make a significant and aggressive buyout offer.

When the base was granted Voluntary Early Retirement Authority (VERA), which is offered in conjunction with the separation incentive to those who qualify, we were notified of a requirement we had not expected. For those positions by series and grade that are common to the base, as well as the Mainte-

nance Center and Fleet Support Division, the offers must be made to the individual with the most senior service computation date. In other words, although offers are made to avoid the adverse impact of a potential reduction in force, because of the study in the base's Installation and Logistics (I&L) Department and downsizing in FSD and MCB, the individual on the base, regardless of location, who by service computation date is most senior, will receive the initial offer. In most cases these are the employees in the affected positions. However, there are cases where the most senior employee in the series and grade is in another organization on the base. If employees in the affected downsizing organization are not given an offer because they are not the most senior, they will be reassigned to the vacant position which is not being eliminated. This change in

the priority of who receives the offer caused a slight delay in the offers for base personnel. We are assessing how this procedure impacts organizations and individuals outside I&L Department and are proceeding with the offers as soon as possible.

Employees in I&L Department participated in a series of classes to assist them in making individual decisions on the separation offers. Those personnel in the Maintenance Center or Fleet Support Division that receive offers may also expect the same assistance from PSD.

Although this changes the priority of who is made the offers for buyout, it results in the same end-state, that is, the avoidance of a RIF to move I&L Department to the smaller work force as a result of the A-76 Study. The final

See **BUYOUT** Page 5

Just doing my job ...



Photo by Cpl. Brian Davidson

Military Working Dog Daks and handler, LCpl. Michael A. Budabinmcquown, survey the Base Fitness Center during a routine search. Daks and Budabinmcquown are still in the familiarization process where the dog and handler learn to work as team.

Do unto others ...

By Lt. Elmon R. Krupnik
Base Chaplain



The evening of September 28 I was asked to give the opening prayer at the Kiwanis Club of Barstow's annual Installation of Officers and Board.

This was my first exposure to the Kiwanis Club organization. I was very much impressed with the organization's dedication to service in the community.

One of the "Objects of Kiwanis" is "To encourage the daily living of the Golden Rule in all human relationships." The Golden Rule is the name usually given to the command of Jesus recorded in Matthew 7:12 and Luke 6:31: "Do to others as you would like them to do to you." (This is not to be confused with the worldly version: Do unto others, then split.)

The designation, "Golden Rule," does not appear in the Bible, and its origin in English is difficult to trace. The principle of the Golden Rule, however, can be found throughout history in other religions. It was a common teaching in the Jewish book of Tobit, in the teaching of the early Jewish teacher, Hillel, and

in Greek sources as well. The Old Testament also has references to this principle. Leviticus 19:18 states, "Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the Lord."

Although this saying appears elsewhere in history, Jesus adds a twist. In other religions, the principle is stated negatively, "Don't do to others what you don't want done to you." Jesus, however, changes the statement into a positive principle, which makes it much more significant. It is not very hard to refrain from harming others; it is much more difficult to take the initiative to do something good for someone else. The Golden Rule, as Jesus formulated it, is the foundation of active goodness and mercy – the kind of love God shows to us every day. The application of the Golden Rule cannot be applied with judgment as to whether it is deserved or not. It can only be done in an act of service that is given freely, without expectation of getting anything in return.

As you go throughout your day, think of how you can apply the Golden Rule to your life, and look at what good things you can do for others and what non-judgmental actions you can take today.

Blessings to all,
Chaplain Krupnik

Chapel Hours

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

Confession services before Mass

Yermo Bible Study

Wednesday 11 - 11:30 a.m.
At the Colonel's Workshop
For more info call
Don Brooks at 577-7165.



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 and phone number, and be received by noon, Friday for the next issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Career Changes

Facing Changes in Your Career, a training session you cannot afford to miss, is being offered to all base employees October 3, 10, 17 and 24 from 8 a.m. to 3:30 p.m. at the Oasis Club. This is the same training that Defense Logistics Agency and Installation and Logistics Department personnel recently received. Each class is limited to 80 participants, so get a reservation in to your division training coordinator as soon as possible. For more info call the Personal Services Division at 577-6533.

MCB Picnic

The Maintenance Center is holding its 31st Annual Picnic at Obregon Park in the Yermo Annex October 21 from 10 a.m. to 4 p.m. For more info call Jack Brumit, 577-7310.

Hazardous Waste turn-in

On October 14, the base will begin accepting household hazardous waste/material from base housing residents only. Engine oil, anti-freeze, batteries, pesticides, cleaning agents are common forms of household waste.

An identification card is required when turning in these items.

Collection days are the second Saturday of each month from 9 a.m. to 1 p.m. at the McKinney School in the housing area. For more info call 577-7442/7437/6387.

Blood Drive

The next blood drive is November 2, from 11:30 a.m.-2:30 p.m. in Building 44's Aerobics Room and from 11:30 a.m.-3 p.m. at the Maintenance Center.

Contact your Department Administrative Officer to volunteer for the blood drive. Volunteer lists must be in by October 27.

Tortoise and Hare Fun Run/Walk

The Barstow Boys and Girls Club presents the 2nd Annual Tortoise and Hare Fun Run/Walk November 4 starting at the Barstow Mall on East Main Street, at 8 a.m.

The events are broken into 5K, 10K, and 15K walks/runs.

Registration forms are available at the Barstow Boys and Girls Club, Foster Freeze, the Barstow Area Chamber of Commerce, and the Barstow Mall. Registration forms are also available on the Internet at <http://www.homestead.com/tortoiseandhare/index.html>. For more info



call the Barstow Boys and Girls Club, 255-2422, or Mike Lewis, 256-2648.

T4T Poker Run

An off-road poker run to benefit Toys for Tots is planned October 28 and 29. The route has two loops, approxi-

mately 25 miles each. One route is for four-wheel drive vehicles and the other is for motorcycles and ATVs. Both routes begin and end at the Slash X Cafe, 28040 Barstow Road.

A dinner is planned October 28 at 5 p.m. at the Slash X, and breakfast is at 7 a.m. on October 29. For more info call Mal or Connie Wessel, 252-3093, or the Slash X Cafe, 252-1197.

DEAP luncheon

The Disabled Employees Awareness Program committee is sponsoring a luncheon October 25 at the Oasis Club.

The featured speaker is Kathy Healey. She will talk about the fears, biases and myths created around disabled employees that prevent them from reaching their full potential.

Luncheon tickets are \$7. The menu is Chicken Cordon Bleu or Chef's Salad. Purchase tickets from the following DEAP members:

| Name | Phone |
|-----------------|----------|
| Rick Wilson | 577-6221 |
| Richard Kastner | 577-7208 |
| Randy Meyer | 577-6366 |
| Mike Olguin | 577-4004 |

| | |
|-------------------|----------|
| Michelle Noice | 577-6988 |
| Colleen Donnelley | 577-7303 |
| Marva Johnson | 577-6965 |
| Lucianna Wais | 577-6487 |

EMSS PIN reissue

Employee Member Self Service is a Web-based, paperless initiative which allows Marines and Department of Defense civilian employees to access current pay information and make selected changes to their pay info. EMS/S also allows members to view and print a Leave and Earnings Statement before the paper copy is available.

Temporary personal identification numbers for accessing the EMS/S were mailed out to active duty and reserve Marines in March. Those temporary PINs expired 120 days after issue. Personnel who did not access their info and change the temporary PIN in that time will be issued a new temporary PIN through their Disbursing Officer and Administrative Section.

The new PINs should be issued with the Marine's October LES.

For more info call Disbursing, 577-6115.

JOB WATCH

| Ann No. | Title/Series/Grade | Open | Close | 1st Cutoff | Location |
|------------|---|----------|----------|------------|--------------|
| DEA-411-00 | Equipment Cleaner WG-7009-05 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-411-00 | Painter Helper WG-4102-05 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-411-00 | Motor Vehicle Operator WG-5703-08 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-411-00 | Heavy Mobile Equipment Rep/Mech WG-5803-05/08/10 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-411-00 | Instrument Mechanic WG-3359-11 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-411-00 | Preservation Servicer WG-7006-07 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-411-00 | Materials Handler WG-6907-05/06 (Term NTE 366 days) | 08-24-00 | 11-30-00 | 09-14-00 | MCLB Barstow |
| DEA-444-00 | Pneudaulics System Worker WG-8255-07 (Term NTE 366 days) | 09-05-00 | 10-17-00 | 10-03-00 | MCLB Barstow |
| DEU-452-00 | Legal Assistant (OA) GS-0986-05/06 | 09-02-00 | 10-20-00 | 10-06-00 | MCLB Barstow |
| OTR-109-00 | Equipment Cleaner WG-7009-05 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | MCLB Barstow |
| OTR-109-00 | Preservation Servicer WG-7006-07 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | MCLB Barstow |
| OTR-109-00 | Motor Vehicle Operator WG-7503-08 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | MCLB Barstow |
| OTR-109-00 | Heavy Mobile Equipment Rep/Mech WG-5803-05/08/10 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | MCLB Barstow |
| OTR-109-00 | Painter Helper WG-4102-05 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | MCLB Barstow |
| OTR-109-00 | Instrument Mechanic WG-3359-11 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | MCLB Barstow |
| OTR-109-00 | Material Handler WG-6907-05/06 (Temp NTE one year) | 08-24-00 | 10-30-00 | 09-22-00 | 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.-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>.

MCJROTC Instructors

Retired Marines are needed to become Junior Reserve Officer Training Corps instructors for high schools located in the 12th Marine Corps District.

Instructors must be retired staff noncommissioned officers or higher to be certified by the Training and Education Division, Headquarters Marine Corps.

Vacancies exist at the following schools:

| School | Location |
|-----------------------|-----------------|
| Leigh High School | San Jose, CA |
| Tuba City High School | Tuba City, AZ |
| Ray High School | Kearny, AZ |
| Carson High School | Carson, CA |
| Kennedy High School | Sacramento, CA |
| North High School | Bakersfield, CA |

The MCJROTC program offers retired Marines the opportunity to work with young men and women in approved MCJROTC high schools as faculty members. The benefits include active duty pay and allowances.

For more info call Capt. Michael R. Marko, 12th Marine Corps District MCJROTC project officer, or John D. Atkinson, MCJROTC program coordinator, (619) 542-5547/48.

New base chaplain – jack of all trades

By LCpl. Cory Kelly
BARSTOW LOG staff

The wealth of knowledge that recently took charge of the Base Religious Program says, "If you want to know how and envelope is made ... ask me."

But that's not the only thing he says.

The new base chaplain, Lt. Cmdr. (select) Elmon R. Krupnik, is not a pushover. He's not a weak mind. He's not a shy guy, a disgruntled worker, or just another cheese-grinder from Milwaukee, Wis.

He's a self-protested, hard-working man who is "following the calling," and he is here to serve the Barstow community.

When asked about himself, Krupnik humbly said, "I'm a decent guy." The 41-year-old multi-skilled Chaplain is married to former Lynn Ruud, an attorney, and has four children. This picture that brings to mind visions of the 'Brady Bunch' is, according to Krupnik, "not that scary." In his spare time he studies military history and teaches college-level history. That and spending the weekends with his Phoenix, Ariz., family are all the 'hobbies' he has time for.

Since a majority of his duties as the command chaplain require him to stay near Barstow on the weekends, his wife and kids drive the six hours from Phoenix to Barstow every weekend so the family can spend time together.

Amplifying the idea of his seemingly perfect

family life, his wife, also a pianist, helps out with the musical aspect of his sermons on Sundays before she and the kids return home for another week of work and school.

Krupnik said, "I've done a lot of different things. There have been a few bumps on this road." But what Krupnik considers 'bumps in the road' are, by most interpretations, large impassable crevasses.

The road to Barstow for Krupnik was a lot of things, describable in words like confusing, awkward, puzzling, baffling, bewildering and almost incomprehensible. Strangely enough, Krupnik's military career didn't start out in the Navy ... and he didn't start as a chaplain either. He actually began his military career as an Army reservist towards the end of 1977.

As a high school dropout, he got a general education diploma and a job in the Army as a 96-Bravo while he was going to college. An Army 96-Bravo is an intelligence analyst - part of a psychological operations unit whose sole mission was to collect and analyze information from prisoners of war ... a far cry from the field of ministry.

After serving his obligation to the Army, Krupnik had more than a few odd jobs - what he prefers to call 'lives' - as, among others, a glazier, a police officer and an envelope machine adjuster.

Signing the dotted line for the Army Reserves,

See KRUPNIK Page 5

CFC campaign begins winding down

By GySgt. Frank Patterson
Public Affairs Chief

There's just a little more than one week left to give to the Combined Federal Campaign.

This year's campaign is looking good, according to 1stLt. Bryan R. McClune, base CFC organizer. "We're doing a good job, but I know there are still a lot of unused contribution slips



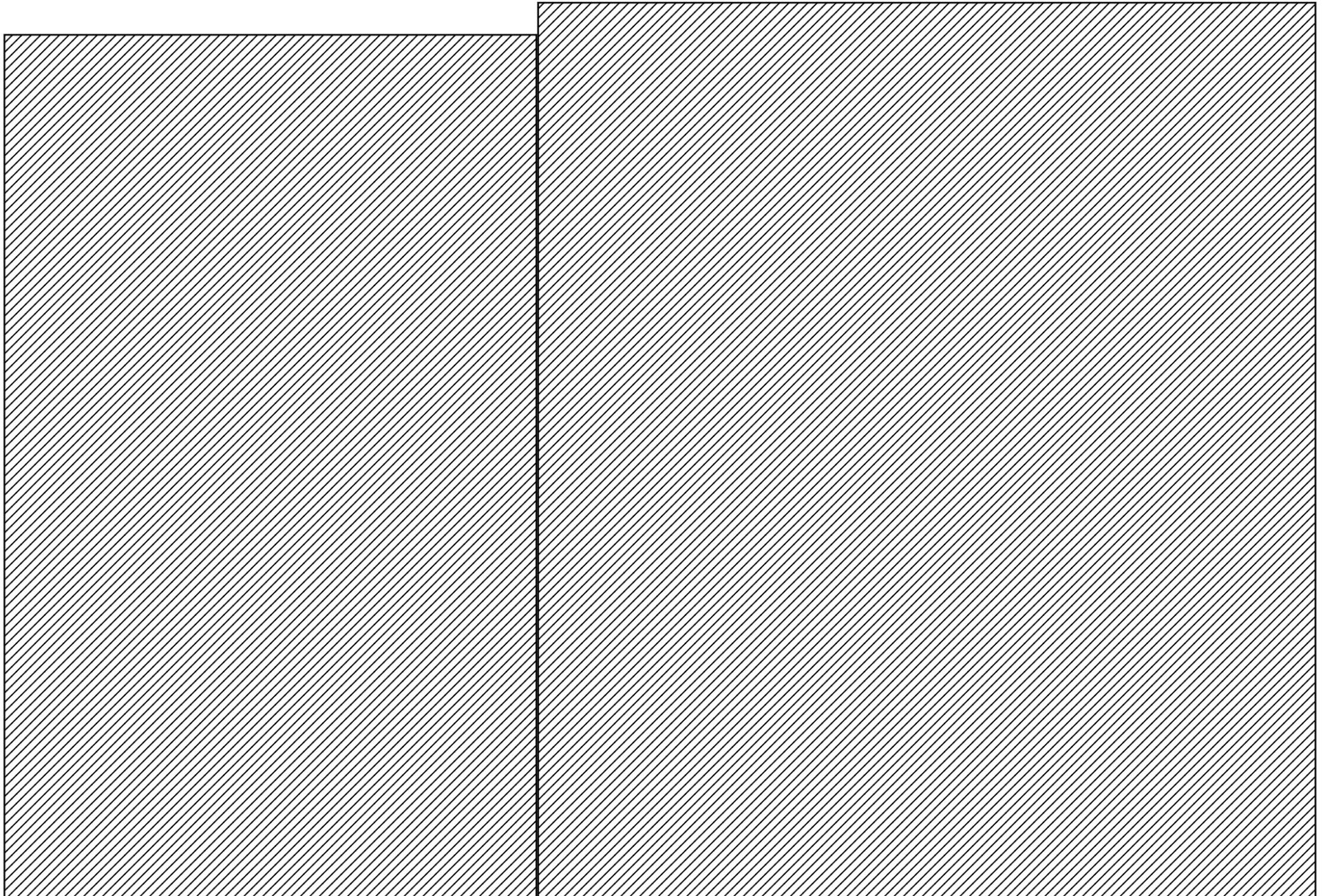
out there."

According to the latest results, only 46 percent of people have been contacted resulting in about \$17,800 of contributions.

"The campaign ends October 20," said McClune. "I'm hoping there are just a lot of people out there who haven't had the opportunity to chip in yet. We're expecting a big rush this next week."

"I'd also like to add my personal thanks to everyone for contributing to these worthy causes," added McClune.

| <u>Division</u> | <u>Name</u> | <u>Phone</u> |
|------------------------|-----------------------------|--------------|
| Maintenance Center | Brenda German | 577-7139 |
| | Alex Estampador | 577-7337 |
| | SSgt. Michael Kancilja | 577-7147 |
| Fleet Support Division | Celia Enriquez | 577-7511 |
| | SSgt. Donna M. Knolle | 577-7181 |
| Headquarters Battalion | Sgt. Giovanni E. Valladares | 577-6960 |
| Public Safety Division | 1stLt. Daniel J. Morfitt | 577-6667 |
| | SSgt. James L. Daly, Jr. | 577-6062 |
| I&L | CWO2 Jeffrey L. Clawson | 577-6994 |
| MCCS | SSgt. Dennis W. Owen | 577-6899 |
| Comptroller | LCpl. Israel G. Moreno | 577-6720 |
| Special Staff | Bertie Dailey | 577-6430 |
| ISC/DLA | SSgt. Keith S. Brotherson | 577-6197 |
| Defense Distribution | LtCol. James A. Kessler | 577-6434 |
| HRO | Meredith Taylor | 577-6478 |
| Branch Clinics | HN Juancarlo Samaniego | 577-7803 |
| Commissary | Charisma Turner | 577-6404 |



Breast cancer: Part I – How it spreads

By Lt. Cmdr. Edna Whitmore
Branch Medical Clinic



October is the National Breast Cancer Awareness month. So what? In California alone, almost 18,000 new cases of breast cancer are diagnosed each year, and 4,000 women die of breast cancer. Nationwide, 182,000 new cases are diagnosed yearly, and more than 40,000 die. About one in eight women will develop breast cancer

sometime in their life.

What is cancer? Cells are the smallest part of the body that can be considered alive. Cells in our body grow, make more cells, and die. Normally, the body makes chemicals that carefully control the cell growth and death, so no one cell takes over. In cancer, the cells no longer respond to the chemical controls. One, or a few, cells start to grow and reproduce without any controls.

As the cells continue to grow, they press on the tissues around them causing blockage in blood and lymph flow and interfere in the function of nearby organs. Cells may break off into the blood stream or lymphatic system and travel to other areas in the

body. Once the travelling cancer cells settle down in a new area, they continue to grow and reproduce, getting larger and blocking blood flow and organ function in a new area of the body.

When the cancer gets big enough to block blood flow and interfere with organ function, you would start to feel sick – having pain, swelling, changes in skin color, or feeling a lump. Unfortunately, when a cancer gets big enough to make you feel sick the cancer may be too big to treat easily.

Each organ or tissue has several types of cells that can become a cancer. In the breast, the cells of the milk-producing glands and the cells lining the milk ducts are the two types most likely to become cancer.

Next week, I'll discuss the causes and risk factors for breast cancer.

EDITOR'S NOTE:

Lt. Cmdr. Edna C. Whitmore is the Senior Medical Officer at BMC. Her byline accompanies informative articles addressing major health concerns and preventative care issues.



Women's Health and Fitness

MARADMIN 486/00

WASHINGTON – The Headquarters Marine Corps monthly health promotion message theme for October is "Women's Health and Fitness."

The goal is to improve women's health and fitness through increased knowledge of factors and activities that both positively and negatively affect women's health.

According to a 1998 Department of Defense survey of health-related behavior among military personnel, more than 25 percent of women Marines smoke, nearly 40 percent report high (work-reducing) levels of stress associated with their job and lifestyle, and approximately 15 percent experience problems with being under or overweight.

The number one health detractor is smoking/tobacco use. Women marines can significantly improve their health by not smoking or using tobacco products.

Two other major health issues that women need to focus on are breast and cervical cancer. In America, one in eight women develop breast cancer. There is a 3.6 percent risk

See **HEALTH** Page 12

BUYOUT from Page 2

results of the A-76 Study are still scheduled for a January 2001 announcement. Our move to offer incentives to begin downsizing now is part of our plan to move in a positive direction and allow the best transition for our people and the organization.

Final details on this round of offers will be released soon. I ask that you stay informed and stay involved as we move through this transition

period. Many of you are directly affected in this round. Likewise, many of you are interested in how this round proceeds because we will make a final round of offers after January's study announcement.

I ask for your continued support so we can achieve the dual objectives of moving to a more efficient and effective organization for the future while taking care of those faithful employees who voluntarily leave our ranks.

THE C.O. SENDS.

KRUPNIK from Page 4

again, this time as a Chaplain candidate in Seminary, he first served at the disciplinary barracks in Fort Levinworth, Kan., and then at Walter Reed Army Medical Center, Washington D.C., during Operation Desert Storm.

Later, while working as a full-time chaplain at the Veterans Medical Center in Phoenix, Ariz., a friend asked him to join the Navy Reserves and serve with the Marines.

He complied with the request and

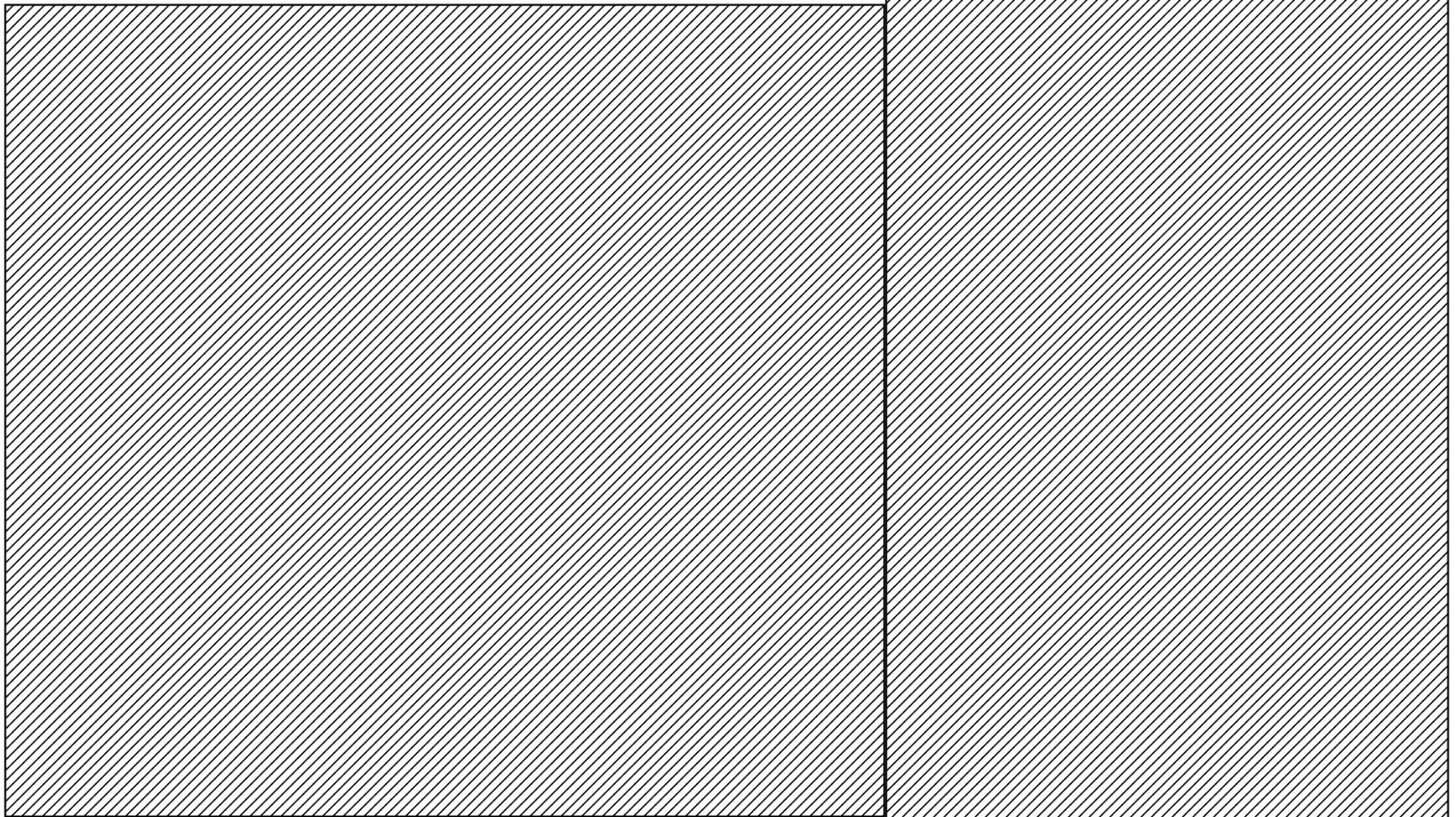
made a lateral move from the Army's Inactive Ready Reserves to a reservist in the Navy Chaplain Corps.

Voluntarily recalled to active duty in July, Krupnik is serving his first actual active duty enlistment right here, and he said, "In the short time I've been here I've noticed a few things. And one thing I like about Barstow is the

strong community feeling it has."

One thing is for sure though ... Chaplain Krupnik may be new to Barstow, but he has already jumped into his duties as the base chaplain.

He said he enjoys serving with Marines, and at one point he wanted to be one, but that was another "bump in the road."



PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

Researchers study crime, punishment

By Linda D. Kozaryn
American Forces Press Service

WASHINGTON – Anyone who thinks it's OK to slap, punch, bite, kick, head butt, choke or throw their spouse up against a wall needs to think again.

"If you so much as lay a finger on your wife in any way but love, it's a crime," said Casey Gwinn, San Diego's city prosecutor. "If you put your hands around her neck, it's strangulation."

Gwinn, a member of the Defense Task Force on Domestic Violence, has dealt with domestic violence cases for 15 years. He said anyone on his turf – man or woman – accused of domestic violence is prosecuted to the fullest extent of the law.

"In my dealings with batterers, my experience is that most of them are very manipulative," he said. "They know exactly how to express remorse and how to say it was the other person's fault and that they were only defending themselves."

Domestic violence victims have only three reactions, Gwinn said. "They either fight back, become passive or leave." Civilian law enforcers, he noted, now make a concentrated effort to prosecute cases regardless of whether the victim recants or tries to minimize the incident.

Gwinn is one of 12 law enforcement and domestic violence specialists studying the unique aspects of family violence within the military community. They've teamed up with 12 military

staff judge advocates, commanders and senior DoD officials to improve the military's response to domestic violence.

Defense Secretary William S. Cohen appointed the panel in March in accordance with the Fiscal Year 2000 Defense Authorization Act. LtGen. Jack W. Klump, Marine Corps deputy chief of staff for manpower and reserve affairs, serves as co-chair with Debra Tucker, executive director of the National Training Center on Domestic and Sexual Violence in Austin, Texas.

The task force took to the field in mid-September for a firsthand look at how the military deals with domestic violence. The first site visits were to the Army's Fort Bragg, N.C., and the Marine Corps' Camp Lejeune, N.C. Visits to Norfolk, Va., and Langley Air Force Base, Va., are scheduled in mid-November, followed by trips to Europe in spring 2001 and Okinawa and Korea in late

"If you so much as lay a finger on your wife in any way but love, it's a crime."

– Casey Gwinn, San Diego City Prosecutor

summer.

In the days ahead, task force members will meet on a confidential basis with commanders, first sergeants, military police, chaplains, family and victim advocates, as well as victims and offenders. Because many military families reside off base, the panel will also visit shelters and meet with local police, medical personnel and other community officials.

The goal is not to investigate or inspect a particular command, but to assess family advocacy and domestic violence concerns throughout the military, according to Bob

Stein, a senior Department of Defense civilian who heads administrative support for the task force.

"DoD has made a substantial commitment to address domestic violence over the past few years," he said. "However, like civilian communities, DoD can continue to improve its response to domestic violence. Our goal is to help this task force provide the secretary of defense and Congress with recommendations that will help make the military's family advocacy program better than it is today."

The panel is looking at differences in how domestic violence affects the military and the civilian communities. They acknowledged, for instance, that a civilian employer might never know of an employee's family problems while a service member's chain of command becomes involved with all aspects of his or her life.

As a result, panelists said, victims often fail to report abuse or to seek help because they know doing so will impact the entire family's economic well-being. Even in severe cases, military and civilian police told the panel, victims often refuse to press charges because they fear retaliation by the offender, and they fear repercussions by the chain of command.

Criminal conviction of even a misdemeanor involving domestic violence can end a service member's military career. The 1996 Lautenberg Amendment to the Gun Control Act of 1968 makes it unlawful for anyone who has been convicted of a misdemeanor of domestic violence to possess firearms. The law does not exempt military personnel and law enforcement officers.

The defense task force is looking at the impact of the Lautenberg bill and a host of other issues:

See ABUSE Page 8

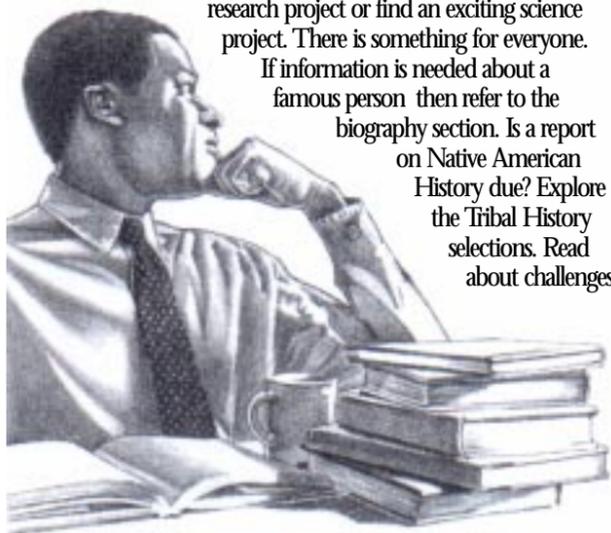
The Library: More than just a bunch of books

By Robin Cross-Walker
MCCS Base Librarian

A new school year has begun, and everyone is excited about all the new things that are going to be learned and the new ideas that are going to be explored.

The base library staff is ready to help make this a successful year for base employees' children and teenagers. Librarians can help find a book for those required book reports, regardless of the grade level or reading assignment.

The base library has various titles that will help with creativity and writing skills. Come in and browse, start a research project or find an exciting science project. There is something for everyone. If information is needed about a famous person then refer to the biography section. Is a report on Native American History due? Explore the Tribal History selections. Read about challenges



in the lives of famous African Americans or get lost in the romance of the Asian Pacific world. Take the opportunity to research other cultural groups as well. The library's selection of titles and the availability of the Internet make this a welcome interlude in the pursuit of knowledge.

The MCCS Base Library has titles for all scholastic ages from first graders to high school seniors. Here are a few of the books that may be just the thing for an aspiring student:

| | |
|--|--------------------------------|
| Beauty and the Beast | Good Days Bad Days |
| King Bidgood's in the Bathtub | Seeing, Saying, Doing, Playing |
| The Boy With Two Eyes | Clifford Goes To Hollywood |
| Are You My Friend Today? | Bravo Amelia Bedelia |
| Bunny Cakes | Lilly's Purple Plastic Purse |
| The Fool and the Fish | Daddy Play With Me |
| Science Project Titles: Natural Science, Ideas For Science Projects, Kidsource: Science Fair Handbook. | |

Native American Titles: The American Indian, Famous Indian Tribes, Fondor's Indian American.

From The Rosen Publishing Group's PowerKids, Press focuses reflection on youth psychology in the collection of the Five Senses & Sixth Sense: Hearing, Intuition, Sight, Smell, Taste and Touch.

Children of the World Series: Canada, Zambia, Vietnam, South Africa, Poland, Peru, Nigeria, Ireland, Hong Kong, France, England, Singapore, El Salvador, Egypt, Cuba, and Costa Rica.

Juvenile Titles (Biography): James Weldon Johnson, Joan of Arc, Helen Keller, Robert E. Lee, Molly Pitcher, Sojourner Truth, Mark Twain and many more.

The library is located in Building 218. Stop in, and check out the resources available from the MCCS Base Library, or call 577-6395. Library hours are 10 a.m.-6 p.m., Monday-Friday, and 10 a.m.-4 p.m. Saturday and Sunday.

PSD BRIEFS

Annual Registration Renewal

The Children and Youth Program is in the process of annual registration renewal. Every patron must complete their registration package at the beginning of each fiscal year in order to use the C&Y Program facilities (Child Development Center or Youth Activities Center).

This year an annual family registration fee of \$15 is due when the registration package is turned in. Children will not be eligible to participate in any C&Y Program after October 1 without a completed registration package.

For further information regarding the C&Y Program registration call 577-6287.

Fall Family Dinner

A Fall Family Dinner is at the Child Development Center October 20 from 4-5:30 p.m. The dinner is free for families with children enrolled at the CDC.

For information call 577-6287.

Mardi Gras Parade

Watch for the YAC float in the annual Barstow Mardi Gras Parade on October 31. The parade starts at 7 p.m.

TAP Briefings, Workshop

The Transition Assistance Program briefing and workshop for separating and retiring military personnel is October 23-26 from 8 a.m.-3:30 p.m. daily in Building 37.

For more information call Mr. Dumo at 577-6265.



Photo by Cpl. Brian Davidson

Gary Baker, Maintenance Center Barstow deputy commander, (holding microphone) answers a question from an employee after Col. Erwin Rivers' (far right) State of the Maintenance Center address Friday.

MCB *Exceeds FY 2000 goals and prepares for the future*

MCB

By Cpl. Brian Davidson
BARSTOW LOG staff

Maintenance Center Barstow employees came together for the first all-hands briefing from MCB commander Col. Erwin Rivers at the Final Paint Shop Friday afternoon.

Nearly 900 people huddled together to hear the word; fiscal year 2000 was a fantastic success and Rivers intends to lead his 'critical mass of doers' into 2001 and beyond to the same productive end.

"This is a great time to be at the Maintenance Center Barstow," began Rivers. "I have to take the time to thank each and every one of you for a fantastic year. Fiscal year 2000 ended in spectacular fashion," he told the mass.

While the bottom line may be the most important indicator of success for some in the industry, it isn't the only thing that matters at the maintenance center.

According to Rivers, the high customer satisfaction levels that result from

the quality of workmanship produced by MCB employees is equally as important to the master plan.

"FY00 was not only a success in terms of the bottom line - in dollars, but also in the quality of work that has been produced," said Rivers. "Customers have told me how much they value the workmanship and quality of products that they have received from MCB," he shared.

"In the time that I have been here, I have come to believe that there is a critical mass of doers at the maintenance center," said Rivers. "I am committed to increasing the number of critical doers and supporting them in every possible way that I can. It is the doers who are getting things done.

"On the same token, there is a corrosive element in every organization, and I will do everything possible to identify that element and remove it."

To have all hands pulling on the same side of the rope is key to realizing MCB's ultimate objective.

"I don't want anything to stop us from achieving our vision of being the maintenance provider of choice located west of the Mississippi," said Rivers.

MCB has some very satisfied cus-

tomers, according to Rivers, who anticipates MCB will build onto its customer base and attain its ultimate objective by adhering to Industry Standards of Operation.

The maintenance center will undergo an audit for ISO-9000 Certification beginning Monday.

Rivers went on to state, "we are investing capital in plant equipment and the things that are needed to [accomplish the mission]. In fiscal year 2001 we are investing \$352,000 in fiscal year 2002, \$729,000 and in fiscal year 2003, \$2.161 million. In addition to bolstering the capital needed to do the work, management is also working to increase the workload coming into MCB. Workload projections for fiscal year 2001 are lower than last year's, but the potential to increase the workload through programs like C-3, a corrosion prevention program targeted at Marine Corps customers, is a likely solution.

Sparking change, innovation, and quality is what makes MCB stand out among its competitors.

Rivers pointed out that in maintaining those characteristics of the work force and implementing his leadership strategy lies the future of MCB's success.

What is management doing to make 2001 a winning year?

- Seeking more workload.
- Safety Board.
- Industry/Management/Employee partnerships.
- Award program.
- Training and education.
- Commander review of Level II complaints.
- Improve communications.
- Evaluating before implementing Better Business Practices.
- Supervisor counseling to Temp/Term.

How can MCB shareholders make the future even brighter?

- Embrace change and continue to be innovative and creative.
- Work safely.
- Contribute productive labor hours.
- Report fraud, waste and abuse.
- Seek self-improvement.
- Share suggestions to improve future operations.
- Respect fellow professionals.

Noteable Figures

| | |
|-----------------------------|-----------------|
| Net Operating Revenue | \$6.042 million |
| Satisfied Customers | 1,077 |
| Product lines | 10,834 |
| Net Revenue | \$8.002 million |
| Capital Investment FY 01-03 | \$3.242 million |

ABUSE from Page 6

- Do service members perceive the Family Advocacy Program as a source of help or a "career breaker?"
- Do victims get the support they need?
- Do enough victim advocates serve the military community?
- Do victims know that transitional assistance is available if their spouse is forced to leave the military?
- Should the military provide support services to intimate partners as well as spouses?
- Are military police trained to handle family violence effectively?
- Are offenders held accountable?
- Are military and community authorities sharing information on domestic violence incidents?

Punishment for domestic violence varies throughout the United States and overseas. Gwinn noted that offenders in San Diego are prosecuted, convicted and booted out of the military. In Cumberland County, N.C., on the other hand, convicted offenders are offered the option of a 16-week diversion treatment program.

"I'm not sure that it's fundamentally fair that where you are dictates what's going to happen," Gwinn said. "One guy's going to get convicted, another guy is going to get off."

Peter C. MacDonald, a district judge, said he sees cases involving service members every day in Kentucky's 3rd Judicial District Court. MacDonald, who appeared on a CBS "60 Minutes" broadcast spotlighting domestic violence in the military, said he was surprised to be asked to join the task force.

The highly critical television show featured a murder case involving a soldier stationed at Fort Campbell, Ky. The soldier killed his live-in girlfriend in their home off base, and MacDonald and other civilian authorities blamed the military for its lack of response.

Since then, the judge said, he's seen "... an amazing process take place ..." at Fort Campbell. "The

response to domestic violence is very good there. As far as dealing with domestic violence and as far as being cognizant and trying to do the right thing, they've done very well," he said. "It's been an exciting time."

MacDonald said the defense task force might end up benefiting both the military and civilian communities.

"There's a lot to deal with," he said. "It would be great if we can come up with a really good series of recommendations to the secretary of defense to make to Congress and somehow convey or transpose these same types of recommendations to the civilian population as a whole."

Co-chairs Tucker and Klimp said they were pleased with the way the site visits went. "It was our first opportunity to sit in on a case review committee and listen to the victim advocate and other professionals try to determine what happened and what might need to happen to intervene," said Tucker, the daughter of an Air Force major.

It was evident, she said, that military commanders and other base officials recognize the impact domestic violence has on families, readiness and the mission.

"Clearly, there's been a lot of work done in the last few years to teach the impact of domestic violence. A lot of things are beginning to be put in place, but they don't necessarily provide a full safety net for victims."

"Accountability' has come to mean that people might be immediately separated from the service," she said. "As opposed to an understanding that, unless they're engaged in a felonious assault or some other egregious use of violence, people ought to have an opportunity to learn new ways of dealing with others and to take responsibility for that behavior and put it behind them."

If someone is resistant to change, Tucker added, "then maybe we don't have any other choice but to say you're going to have to leave the service. You're not willing to make the changes necessary to be a good husband, a good father, a good

member of the armed services."

Through early intervention, Tucker said, the military may be preventing some situations from growing more severe. Many of the military's reported cases are mild, she said, but others remain hidden. "When we look at the newspapers and we see a fatality here and there and yonder, then we know that there are more serious kinds of abuse taking place," she said.

At Bragg and Lejeune, Tucker said she chose to spend her time with a task force work group focused on community collaboration.

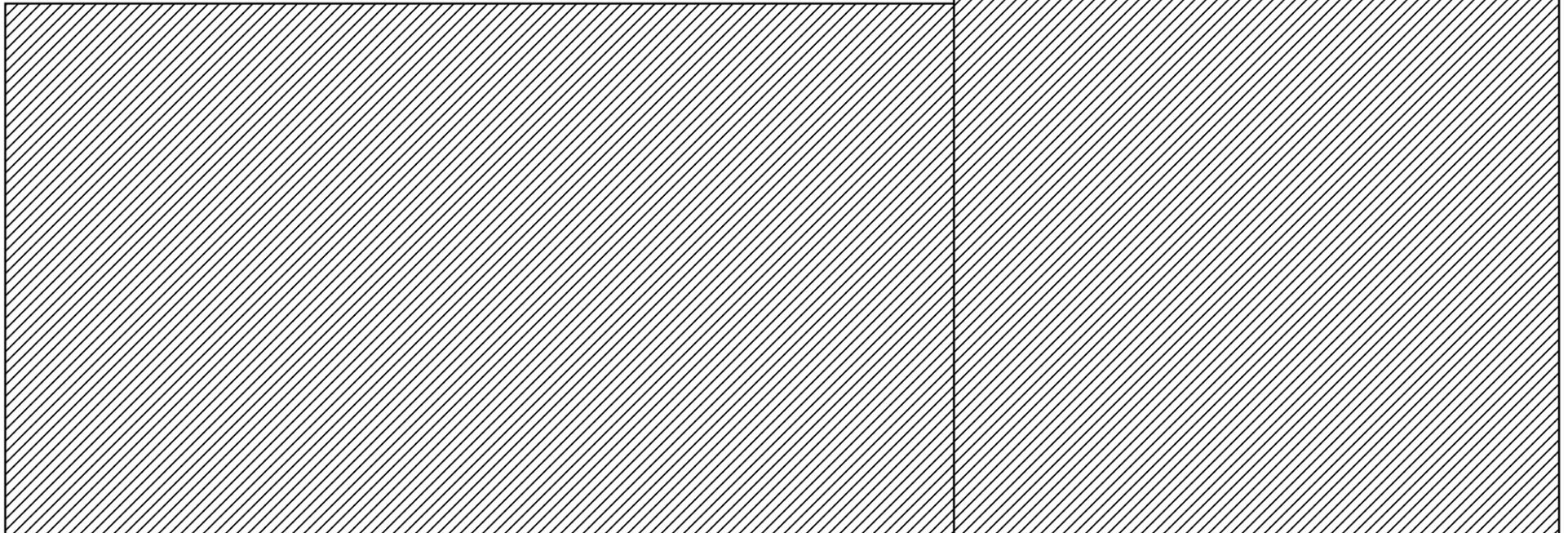
"When people live off base," she said, "it may be much more difficult for authorities within the services to identify that the abuse is going on. I would think that someone very committed to this course of behavior with their family would choose to live off base, where they wouldn't be as easily picked up."

Tucker expressed concern that victims in the military community aren't offered the opportunity to seek information and support on a more confidential basis. "I think we'll spend a lot of time looking at how can we provide that opportunity," she concluded.

Klump agreed that the first site visits went well. "It was an opportunity for us to get out and visit units in the field and to begin getting a feel for how those units deal with the issue of domestic violence," the general said.

"I think it was very educational for all of us," he continued. "It certainly was for me, for example, to see the case review committee function and see how they consider appropriate action for a soldier or Marine involved in this kind of incident."

There were no real big surprises, the general concluded. "We'll take what we learned in these two visits on to our next visits, and eventually we will develop recommendations that we can give to the Department of Defense and to Congress that we think will help the problem in the future."





By Jim Gaines
MCCS Publicity

Great October bargains at MCX

The October Sale underway at the Marine Corps Exchange offers some great bargains. Check these out: George Foreman grills at the low price of just \$44.99, all electronics are five percent off, RCA Web TVs are 10 percent off, RCA MP3 LYRA 15 percent off, JVC DVD 3-disc player now at only \$279.99, JVC DVD (3-D Phonic) sale price just \$219.99, plus the fall and winter men's and women's line of clothing have arrived.

And the exchange is offering low, early season prices on all items. New designs by famous designers; DADA, No Limit, Ecko and Pharfam.

Come in and check out these great buys during the October Sale, also check out the exchange's everyday low prices on non-sale items too.

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

Lunch menu for this week

This week's lunch menu at the Family Restaurant & Cactus Cafe:

Today - Turkey a la king.

Friday - Hoki fish.

Monday - Beef tips and noodles.

Tuesday - Chicken Cordon Bleu.

Wednesday - Pepper steak.

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.-12:30 p.m.

Lunch is served Monday through Friday at the Cactus Cafe from 11:30 a.m.-noon. Price is \$3 military, \$4.50 civilian.

The Family Restaurant also offers an a la carte and sub sandwich menus for lunch.

The Cactus Cafe offers limited a la carte and sub sandwich menus for

lunch. Call 577-6428 for info.

Family Restaurant full service

The Family Restaurant offers breakfast, lunch and dinner service.

Weekdays

Breakfast is served 5:30-7:30 a.m. Price: \$1.50 military, \$3 civilian.

Lunch is served 10:30 a.m.-12:30 p.m. Price: \$3 military, \$4.50 civilian.

Dinner is served from 4:30-6 p.m. Price: \$3 military, \$4.50 civilian.

Weekends and Holidays

Menu service for breakfast, lunch and dinner: 9 a.m. - 2 p.m. Price varies per menu selection.

Family Night Dinner menu

Tonight - Southern Night.

Next week - Pasta Night.

Family Night dinners are served Thursday evenings at the Family Restaurant from 4:30-7:30 p.m.

Prices: (military & civilian) \$4.50 adults, \$2.50 children (5-11 years), children 4 years and under are free.

Everyone is welcome.

Bring your family and friends and enjoy a delicious meal.

Ticket price change

Disneyland ticket prices have changed for the fall and winter seasons.

Magic Mountain has begun their winter hours and will be open only on weekends and holidays.

Check with ITT before you make plans to go.

Call ITT for the new prices at 577-6541 for details. ITT is open Monday-Friday from 8:30 a.m.-4 p.m. Closed Saturday and Sunday.

You can pick up your tickets after ITT business hours at the Bowling Center, Wednesday-Friday from 4-6:30 p.m. Saturday and Sunday from 10 a.m.-5:30 p.m.

The Bowling Center phone number is 577-6264.

Field trip set for October 21

The Ceramics Hobby Shop will have a field trip to the Ceramics Show

in San Bernardino October 21.

There is a \$5 fee for the trip, and a \$5 entry fee for the Ceramics Show.

The van leaves from the Ceramics Hobby Shop at 7 a.m. with a stop for breakfast.

Call 577-6228 for more details.

Halloween Stories

The Base Library is hosting "Halloween Story Time" with Helen Riley October 27 at 4:30 p.m.

There will be spooky stories and a skit with teenagers and puppets.

Children of all ages are welcome. Helen Riley is the Children's Librarian for the Barstow Branch of the San Bernardino County Library.

For more information on this event call 577-6395.

TAP Briefings/Workshop

Transition Assistance Program Briefings and Workshop for separating and retiring military personnel will be held in Bldg 37, from 8 a.m.-3:30 p.m., October 23-26.

For details call 577-6287.

MCLB Wellness Program

The next enrollment period for the MCLB Wellness Program is November 10-December 20.

Pre-enrollment packages can be picked up at Health Promotions, Bldg. 44. Call 577-6817 or Occupational Health, Bldg. 582, call 577-7746.

For more information on the Wellness Program visit the Web site located via Intranet at MCLB Online.

Click on MCLB Barstow information, then click on MCLB Wellness Program.

Let's go bowling

Enjoy bowling at the Bowling Center with great low, low prices. Adults bowl for \$1 a game, everyday.

Children bowl for 50 cents a game, everyday. Shoe rentals are just 50 cents. You can't beat those prices.

Call 577-6264 for details.

Something special for your boss

Monday is Boss' Day. Make something special for him/her at the Wood/Rock Hobby Shop. Learn how to make a pendant or a customized belt buckle that is truly one of a kind.

The friendly, helpful staff will show you how.

Open Monday-Friday from 1-9 p.m. and Saturday and Sunday from 10 a.m.-6 p.m.

Call 577-6692 for details.

Doing it yourself is really easy!

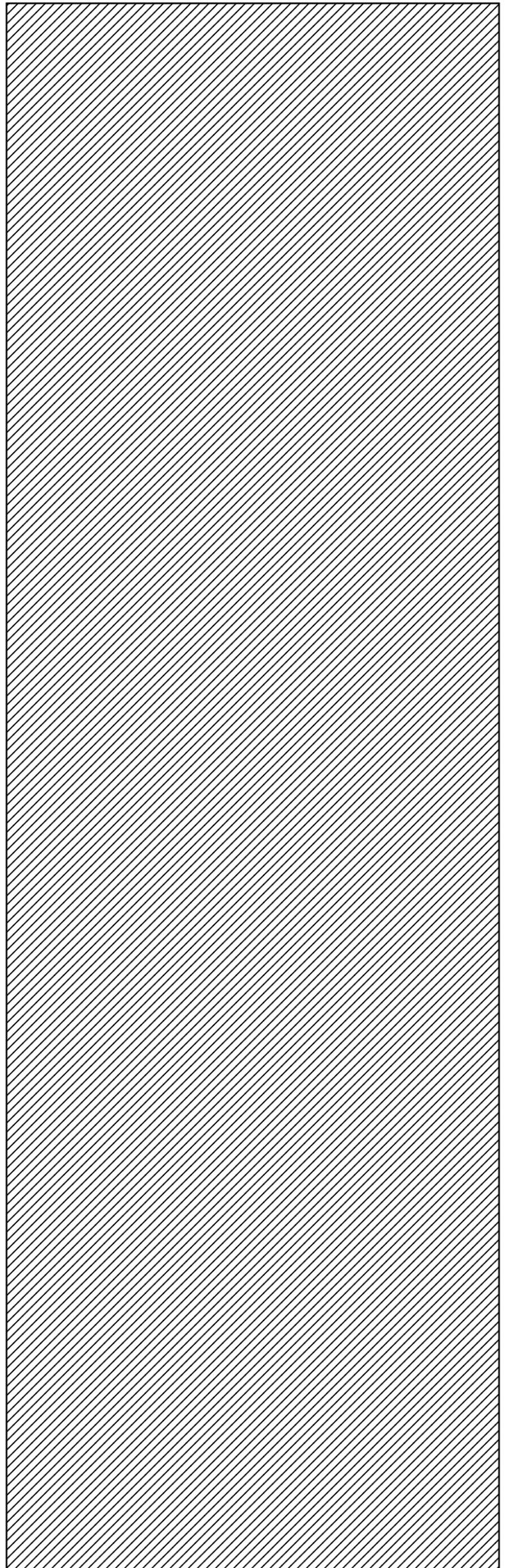
It's easy and affordable to do your own maintenance and repair on your vehicle at the Auto Hobby Shop.

The shop's master mechanic offers step-by-step instruction to guide you through maintenance procedures as well as some of the more complex vehicle repairs. The Auto Hobby Shop also provides you with a wide variety of tools and equipment. Drop by today and see what the Auto Hobby Shop has to offer.



The Auto Hobby Shop is open Wednesday-Friday from 11 a.m.-7 p.m. and Saturday and Sunday from 10 a.m.-6 p.m.

For more info call 577-6441.



SPORTS

Big Boys can't run with the Bulldogs

By Cpl. Brian Davidson
BARSTOW LOG staff

MCLB Barstow's Bulldogs hammered the Big Boys in the first round of the Barstow City League Men's Softball Playoffs Wednesday night at the Sports Park.

The Bulldogs made quick work of their competition in the best-of-three games quarterfinal, beating the Big Boys 2-0. Bulldog midfielder Dennis Owen called their match against the Big Boys a good warm up for the next round of playoffs.

The Bulldogs heated it up early in the first game of night sending the Big Boys to the bench scoreless. It took the Bulldogs only five innings to score 20 runs in a base run derby that left the Big Boys stunned and caused officials to call the game a wrap.

Bryan McClune led the Bulldogs at bat finishing with a perfect 5 for 5. Joey Rancourt and John Norris were close behind nailing 4 for 4. Jose Sanchez added an exclamation point to the victory by driving one over the fence, scoring the only homer for the evening.

After a short break from play, the teams took to the field in what would be another quick, lopsided victory for the Bulldogs.

Reginald Harris led the batting line up with a line drive followed by Johnny Garcia, Norris, Owen, Rancourt and Gregory Duplechain. The combination racked up six runs before being sent to the outfield. The Big Boys may have had their feelings hurt by end of the first inning, but hope was still alive. The Big Boys managed to answer the Bulldogs' barks with one run, going into the second inning down 6-1.

The Bulldogs showed no sign of mercy to the Big Boys in the following innings bringing the game to a close, 19-5. Their message was clear - if you can't run with the big dogs, watch them.

The win puts the Bulldogs in head-to-head competition with their arch-rivals, Miller Transfer and Storage.

"During the season, we split our two games with one win each," said Owen. "It's a bitter rivalry. Now, we're facing them in the semifinals; the best two-out-of-three. The winner of our



Photo by Cpl. Brian Davidson

Rotational coach Johnny Garcia argues a tough call with the Umpire.

match-up will go on to the championship game on the October 19.

"If we hit like we normally do and play good defense, we'll shut them down," predicted Owen.

"It will be a good game for the fans. Besides, everyone is gunning for the Marines," said Owen.

Fans can cheer the Bulldogs on in their semifinal game against Miller at 6 p.m. Wednesday at the Sportspark.

GUNNY'S PICKS

Week 7



Rick Peralta, CWC 262, broke a four-way tie Monday with his predicted 48-point total score on a Minnesota Vikings win.

Peralta was talking trash about his win: "They say they have thunder and lightning in New York when all they actually have is garbage and trash. The Boys will stomp the NY Midgets."

Harsh words from this week's Gunny's Picks winner. Any Giants fans have a reply?

- San Diego at Buffalo*
- Oakland at Kansas City*
- Atlanta at St. Louis*
- *Carolina at New Orleans
- *Dallas at NY Giants
- Cincinnati at Pittsburgh*

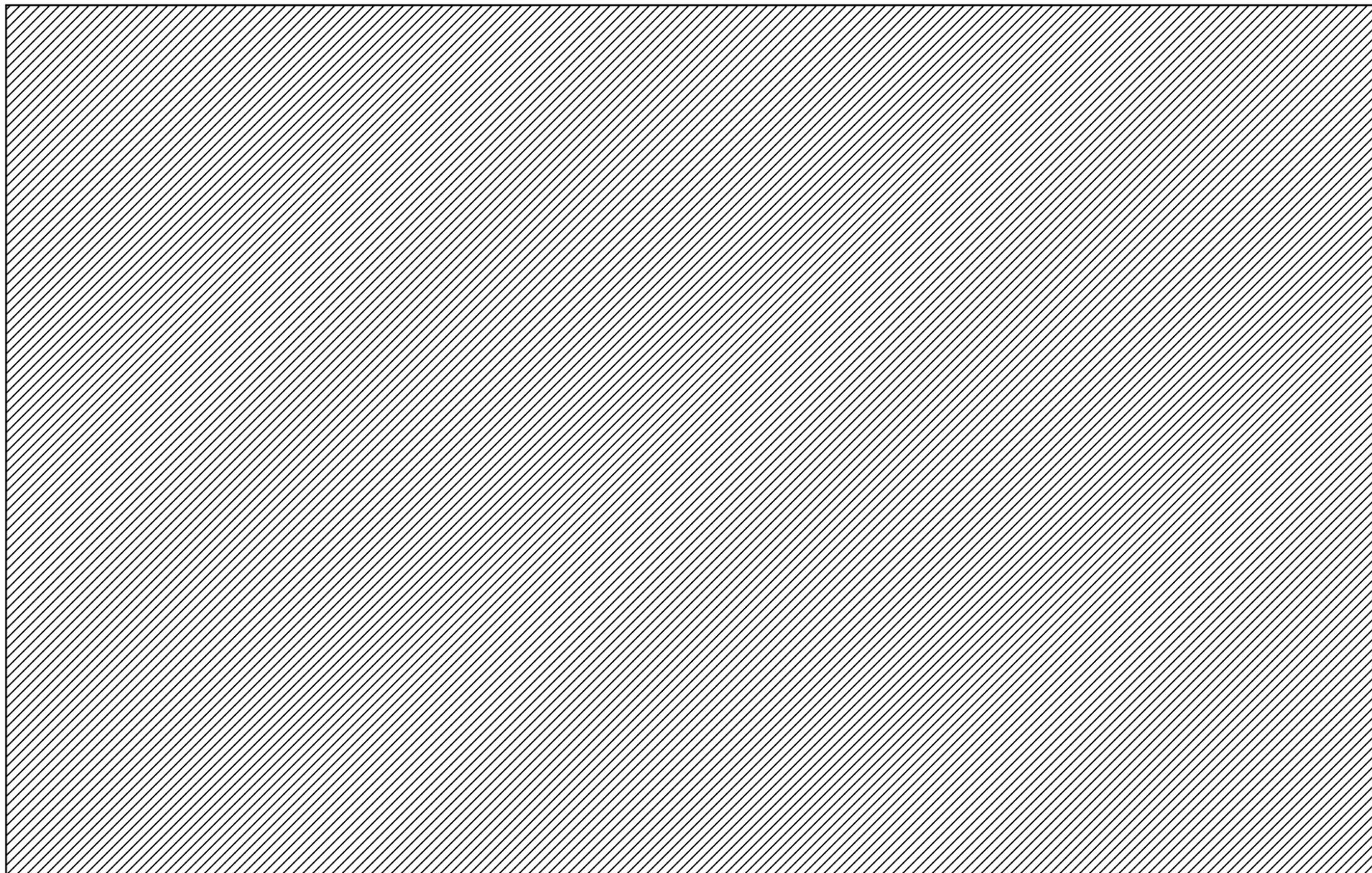
- *Baltimore at Washington
- Cleveland at Denver*
- NY Jets at New England*
- *Indianapolis at Seattle
- *San Francisco at Green Bay
- *Philadelphia at Arizona
- *Minnesota at Chicago

Monday Night

Jacksonville at Tennessee* (48)

Total points: _____

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



Please submit all Trader Ads to editor@barstow.usmc.mil.

1987 OLDS CUTLASS SUPREME:
New paint and trans., clean interior,
A/C, P/S, P/B, \$1,500. Call 243-2080
AWH. Ask for Otis.

1968 CHEVY ¾-TON TRUCK:
Heavy-duty suspension, 3 gas tanks,
P/S, P/B, 350 trans, no engine,
needs paint, has non-op, \$450. Call
243-1392.

1997 TOYOTA PREVIA MINIVAN:
Dual A/C, cruise control, luggage
rack, loaded, 57K miles, clean inside
and out, book value \$20,318, ask-
ing \$17,500. Call 255-3045.

FURNITURE: 5-piece dining room
set, glass top \$100; double bed,
headboard, footboard and frame,
\$100; 2 oversized chairs, solid oak,
green, \$50 each; phone, \$10; micro-
wave, \$25; waterbed headboard,
\$40. Call 252-7789.

MISCELLANEOUS: Engine and 5-
speed trans from '84 Ranger, 4 cyl.,
all smog plus RAD, \$250 each; Pis-
ton Knurler, bench-mount, \$150. Call
243-1392.

MISCELLANEOUS: Healthrider ellipti-
cal crosstrainer, incline adjustment,
six workout programs, console dis-
plays time, distance, speed and calo-
ries burned, rarely used, \$300 OBO.
Call 252-7126.

MISCELLANEOUS: Patio table \$25;
Sears electric lawn mower, \$50; bar-
becue grill, charcoal, \$10. Call 255-
3045.

MISCELLANEOUS: Antique
Dynaphone parlor radio with phono-
graph on top, works, \$100. Call 252-
4352.

MISCELLANEOUS: Grass trimmer,
cordless, battery rechargeable, \$25;
Health Rider abdominal roller, \$10;
22-piece screwdriver, Phillips and
Torx (new set), \$15. Call 242-8839.

MISCELLANEOUS: AM/FM radio/
tape cassette recorder/player, with
10½"x14½" detachable speakers,
\$25. Call 242-8839.

MISCELLANEOUS: Brown/beige
high/low carpet, 63 sq ft, \$50; Acer
Aspire computer, 15" monitor and
printer, lots of software and acces-
sories, \$100. Call 253-5926.

MISCELLANEOUS: Washer/dryer,
stackable, apt size, 110v, like new,
\$500. Call (909) 446-0754 after 5:30
p.m.

PETS: Bare-eyed Cockatoo, large
vocabulary, w/large cage and acces-
sories and 50 lbs. seed, health certi-
ficate, \$1,800. Call 253-5926.

PETS: Patagonian Conure w/large
cage and accessories, talks, in-
cludes 50 lbs. seed, health certifi-
cate, \$900. Call 253-5926.

WANTED: Home stereo amplifier,
tube or solid state. Call 254-2660.

CAR POOL: Car pool opening, driver
wanted for established car pool, 7
a.m.-3:30 p.m., Monday-Friday,
Nebo. Call 951-2060 to sign up.

Risk factors for cervical cancer:

- Sexual activity before age 20.
- Multiple sex partners (more than three in a lifetime).
- STD infection, the most important being *Human Papillomavirus* (genital warts).
- HIV infection.
- Smoking/tobacco use.

Risk factors for breast cancer:

- Previous incidence of breast cancer or other cancers.
- Advancing age (over 40).
- First pregnancy after age 30.
- Obesity.
- Use of oral contraceptives.
- Heavy alcohol use.
- High fat content in diet.

HEALTH from Page 5

factor of dying from breast cancer. Women should be aware of this factor and take appropriate actions where possible to reduce risk.

Detecting breast cancer early is critical to successful treatment. The most important detection/screening tool is the breast self-examination. Women ages 40-69 should have an annual mammogram performed and a clinical exam conducted every one to two years.

The cervical cancer mortality rate exceeds 6,000 deaths annually. As with breast cancer, early detection is critical to reducing this rate.

As with breast cancer, regular cervical cancer screenings are recommended. A PAP smear is recommended for all women when they become sexually active, or by the age of 18. The test should be performed at least every three years, or at shorter intervals if a doctor determines there is an increased risk.

While breast and cervical cancers are gender-specific, the number one cause of death for both genders in the United States is still heart disease.

Fitness activities that support healthy lifestyles can significantly reduce the risk of heart disease, according to the Surgeon General's report on Physical Activity and Health. Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Regular physical activity reduces the risk of heart disease and high blood pressure. It also helps deter colon cancer, reduces stress, helps with weight control, and promotes overall psychological well being.

For more info on women's health and fitness call Personal Service Division at 577-6533 or the Semper Fit program office at 577-6971.

