

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 12

Marine Corps Logistics Base Barstow, California

February 1, 2001

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

ABC Management

A Marine Corps business paradigm shift

By Capt. Steve Butler
Headquarters Marine Corps

Perhaps the terms, performance management, benchmarking, scorecarding or activity-based costing models mean nothing to the average reader now, however, this may change in the very near future.

If Col. David R. Clifton, Director, Installation Reform, HQMC, is successful in his implementation efforts, Activity Based Cost/Management will be a recognized approach to performance and cost management throughout the Corps.

In a generic nutshell, Activity Based Costing is a business tool that increases the visibility of performance and costs of the work being done to deliver goods and services required by a customer. Activity Based Management is a set of analytical processes using ABC to improve how work is done.

In accordance with the Office of the Secretary of Defense's mandated A-76 streamlining and identification of military practices better served by civilian

See ABC Page 6

President's message to the Armed Forces of the United States

To the Armed Forces of the United States and the men and women whose work supports them:

Your service in the cause of freedom is both noble and extraordinary. Because of you, America is strong and the flame of freedom burns brighter than at any other time in history. Your country can never repay you for the sacrifices and hardships you endure. But we are grateful for the liberties we enjoy every day because of your service. As you commander-in-chief, I will always support you and your families so that this great nation continues to have the greatest armed forces in the history of the world.

Thank you.

George W. Bush

SJA offers assistance, solutions to tax woes

By Capt. Rolando Sanchez
Staff Judge Advocate

With Christmas sent packing, and old man Winter preparing to come roaring in, the Tax Man is not far behind. February is the time when visions of W-2s dance in our heads, as we await their arrival to claim our yearly refund. Filing your taxes this year will be easier than ever,

given the fact that MCLB Barstow's Volunteer Income Tax Assistance Program (VITA program) is all set up to provide FREE tax preparation assistance (for both federal and state returns), electronic filing, and forms and instructions.

Electronic filing has many advantages over filing a paper return. First, electronic filing is the fastest way to claim a tax refund. You can

receive a paper check in less than three weeks from an electronically filed return. Better still, if you choose to have your refund direct deposited to an account of your choice, you can receive your refund in one to two weeks. And, if you happen to owe the IRS this year, you can electronically file your return now, but not make your payment until April 16, 2001 (unlike last year, there is only one extra filing day this year).

Electronically filed tax returns also have a much lower error rate than regularly filed returns. An electronically filed return goes from one computer to another, eliminating the



Current VITA Participation

See VITA Page 16

THE CO'S CORNER

The "CO's Corner" is a tool the Base Commander uses 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, recent events in the Marine Corps' Osprey tilt-rotor aircraft program bring to our attention the question of what are the responsibilities of leaders and followers in an organization. On the national scene, the investigation of the maintenance practices in the Osprey squadron should cause many of us to pause and reflect on what may have allowed a situation such as that to occur. In this CO's Corner, I offer you my thoughts on the responsibilities and roles that go with leadership and following, because each of us fills a role as leader and follower at some point.

The Naval Services' core values are honor, courage and commitment. For all Marines and Sailors, and I believe our civilian Marines, these are shared values that guide not only our actions on duty but off duty. As a military organization we use a chain of command that holds the commander ultimately accountable for all that happens. This chain of command allows for the delegation of authority through the organization commensurate with the sharing of responsibility at each level. We have guidelines that ensure the respect of each person's individual dignity. The Equal Opportunity,

Equal Employment Opportunity, and policies against sexual harassment and violence in the workplace delineate specific actions that are prohibited and not tolerated. The best articulation I know of that summarizes all of these guidelines is the four-word credo that Major General Jack Davis professes, "mission first, people always." With this framework and expectation of both our leaders and followers, what are the expectations to accomplish the mission and take care of each other?

The first responsibility of leadership is to articulate the mission, "what" must be done. This must be communicated clearly, and whenever possible include an explanation of the reason why. Without the clear communication of the goals or "ends", the required effort may not be focused and the needed sacrifices not made. The responsibility of following is to maintain a trust and confidence that the goals and ends that are set by leadership are valid. Without this confirmation by trust and confidence, the mission will not be achieved.

See LEADERSHIP Page 12

Things come to light



When you're sitting in the dark.

Conserve energy.

The virtues of womanhood

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



This week my daughter celebrated her eighteenth birthday. (Yahoo!)

For myself and my wife, it was a time of celebration and reflection. For

us, it is an end of responsibility. For her, it is just the beginning. As with all parents, we hope that we have done our best. I know that my wife and I have tried to do the best that we could have, and we will continue to help her along the way.

Turning eighteen is a time of transition for

my daughter, as she looks forward to the future. As she is developing into a young woman, what kind of woman do we hope that she will be?

Proverbs 31 gives many characteristics of a virtuous woman. Those characteristics include being *trustworthy* (vs. 11), *benevolent* (vs. 12), *industrious* (vs. 13-16), *compassionate* (vs. 17-19), having a *good self-image* (vs. 17-19), and having a *constructive use of her speech* (vs. 26).

These traits, along with love as described in I Corinthians 13, are traits that we hope she will continue to develop throughout her life. I know that her mother and I both would like to echo the words of Proverbs 31:29 to her:

"Many daughters have done virtuously, but thou excellest them all!"

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.

Letter to the Editor

Dear Editor,

Your 11 Jan 01 edition of the BARSTOW LOG ran a story on page 13 about the "first ever varsity basketball game played at Barstow." Let me say first that I'm glad to see Barstow playing "Varsity Basketball." However, I do feel I should set the record straight.

During the mid 50's and early 60's Barstow fielded Varsity Basketball teams, playing other military bases plus colleges in California such as

Whittier, Fresno, Occidental, and Pomona. I had the privilege to coach the 1960-61 varsity team.

Barstow Marines also played Varsity Football in the mid to late 50s. Opponents included Camp Pendleton, MCRD-San Diego, El Toro, and the colleges as named above.

I would like to take this opportunity to pass on some more sports history from our area. Barstow was a member of the Mojave Desert Inter

See LETTER Page 16

Just doing my job ...



Photo by LCpl. Joshua Barnhardt

Lance Cpl. Michael T. Pirrozi, legal clerk, processes LCpl. James Castro's taxes. The Staff Judge Advocate's office is processing all military personnel, retirees and their respective family members' income tax returns free. Filers are certified by H&R Block and by filing over the Internet, tax returns come back in a matter of days. They also keep a tax record on file for everyone they process. To set up an appointment to file your income taxes, contact the SJA, 577-6874.



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

Ephedra Products Pulled

The Navy Bureau of Medicine and Surgery recently urged the Navy/Marine Corps Exchange System to pull all products containing *ephedrine alkaloids* from its shelves. Ephedrin alkaloids, more commonly known as *ma huang* or *ephedra*, can have dangerous side effects if label instructions are not carefully followed.

Ephedrin alkaloids are found in some dietary supplements as well as bodybuilding and performance-enhancing products. Reported side effects include cardiac arrest, stroke, seizures, loss of consciousness, hyperactivity, lethargy, numbness and heat intolerance. These side effects are more common in the young and healthy and are compounded by exercise and heat.

Some products that contain ephedra are: Metabolife, Beyond Ripped, Herbal Phen-Fast, Kwik Energy, Ripped Fuel, Metacuts, Ultra Ripped and Chroma Slim.

The Navy Surgeon General urges customers to follow all dietary supplement label instructions and warnings, including dose and frequency of administration. Patients should inform their health care providers of any dietary supplements being taken as they may interfere with prescribed medications and treatment programs. Finally,

customers should stop taking any dietary supplement if they are experiencing headaches, dizziness, visual disturbances, sleeplessness, loss of appetite or any other unusual symptoms.

Blood Drive

Show the world your love with the gift of life. Donate a pint of blood February 15, 11:30 a.m.–3:30 p.m. in the Bloodmobile at the Yermo Annex or in the base gym, Bldg. 44, at the Nebo side of base.

Give blood; the life you save could be your own or that of one you love.

For more info call Josie Marquez, 577-6483.

Tube News

Semper Fi: The long-awaited television movie is scheduled to air on NBC Sunday night. The two-hour show, produced by Steven Spielberg, was originally planned as a pilot for a television series featuring young men and women from diverse backgrounds who undergo the Marine Corps recruit training transformation. NBC executives have decided against developing the series at this time.

CWRA Laughlin Trip

The Civilian Welfare and Recreation Association is sponsoring a Sweetheart's trip to Laughlin, Nev., February 10.

African American History Luncheon

The annual African American History Luncheon is planned for February 15, 11 a.m.–12:30 p.m. at the Oasis Club here.

Barbara Dew, Victor Elementary School District educator and Commissioner of Housing for San Bernardino County's First District, is scheduled as the keynote speaker.

Dew has spent more than 30 years in the Victor Valley area. She has also lived and traveled throughout the United States and Europe. These influences of global as well as local social concerns ignited her passion for history which, in turn, led her to establish the African-American Exhibit and Hispanic Pioneer Exhibit that are permanently featured in the Victor Valley Museum.

She is a graduate of Chapman College in Orange County, Calif., where she earned a Bachelor of Arts in Psychology. She also earned a Multiple Subject Teaching Credential at the University of California in Riverside.

She is an advocate for public education and a catalyst for positive change and constructive reform. She is a member of the Democratic Central County Committee, a State Council representa-



Barbara Dew

tive for the California Teacher's Association, and is on the board for the Route 66 Museum.

The menu for the luncheon is Salisbury steak or Chef Salad and costs \$6.50.

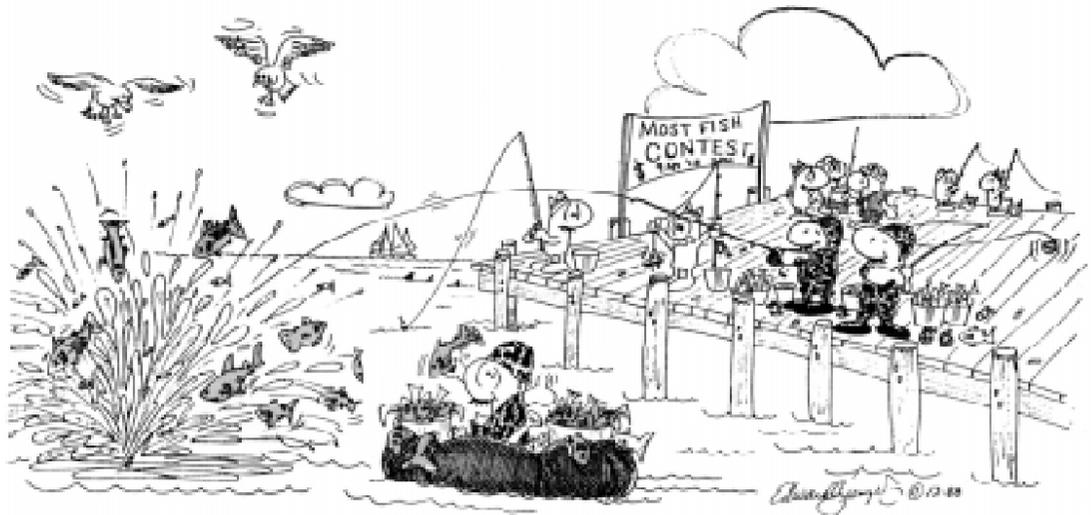
Reservations must be made by February 13.

Contact one of the below listed personnel for tickets and information:

Name	Phone
Robin Cross-Walker	577-6395
Odis Gentry	577-6002
Ed Virgil	577-7460
Marva Johnson	577-6965
Clarence Green	577-6047
GySgt. Bruce Raymond	577-6364
Brenda Mathews	577-6230
Toni Gentry-Irvin	577-7046

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to go fishing.

The bus leaves the Victorville IHOP at 7 a.m., stopping at the base gym, Bldg. 44, at 8 a.m. Eight hours after arriving in Laughlin, the bus returns to Barstow and Victorville.

The trip costs \$20/person, but \$10 is refunded upon arrival in Laughlin along with a buffet ticket.

Call the following personnel to reserve a seat:

Name	Phone
Dan Keim	577-6614
Frederico Molino	577-7210
Ed Guz	577-6183
Vince Chavez	577-7731
Richard Tusing	577-6492
Ed Frey	577-6940
Ernie Hawkins	577-7046
Barbara Kent	577-7600
Barbara Kulseth	577-6771
Tangia Joseph	577-7230
Bruce Rowe	577-7207
Cliff Acles	577-6896
Wrayanne Huddleston	577-6714

Craft Fair

The Hinkley Parent-Teacher Organization and the Barstow Mall are teaming up for a Valentine's Day Craft

Fair Saturday, 9 a.m.–6 p.m., at the Barstow Mall, 1876 East Main Street.

The event features craft vendors, children's games, food and baked goods. Also, get a picture taken with your sweetheart. Family fun for everyone.

For more info call Aniko Kegyulics, event coordinator, 253-4646.

Marine Memorial Scholarships

The Marine Memorial Association of San Francisco is now accepting scholarship applications for the 2001-2002 Academic Year.

The association will present 12 scholarships to high school senior graduates in the following categories:

- Marine's Memorial Association Club member's family member;
- Active duty Marine family member;
- Family member (child) of Marine killed on active duty;
- Marine Reservist or family member.

Each scholarship is worth \$5,000 over a four-year period. (\$1,250 per year).

The association is also awarding six \$1,500 scholarships to spouses of

members of the Marine Corps Recruiting Command.

The application deadline is March 12.

As part of their original charter, and as a living memorial, the association continues with their commitment to the betterment in education of their member's children and active duty enlisted Marine families.

The association has an aggressive scholarship program that has rapidly grown both in monetary value and increased numbers of scholarships.

For more information on the program, call Phyllis Gunter, scholarship administrator, (415) 673-6672 ext. 202, or visit their Web site at <http://www.marineclub.com>.

Leave Transfers

Kristine L. Diehl, Supply Management Branch, Fleet Support Division, has been affected by a medical emergency. Anyone desiring to donate leave under the Leave Sharing Program may obtain a Leave Donor Application through their Administrative Officer.

For more information call Lorinda Meinicke, 577-7774.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-644-00	Safety Technician GS-0019-07	01-04-01	02-01-01	01-18-01	MCLB Barstow
DEU-647-00	Hazardous Waste Handler WG-6901-06 (Term NTE 366 days)	01-25-01	02-23-01	02-08-01	MCLB Barstow

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

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

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office 24-hour employment information line at 577-6919.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donhr.navy.mil>.

Breakthrough: 'Hashmark' Johnson's iron leadership helped Marine Corps eliminate segregation

By Sean Fitzpatrick

Originally published in "Pass in Review" February 1999

Black History Month is a time to remember the proud Marines whose character, leadership and dedication to the Corps overcame racial adversity.

Sergeant Maj. Gilbert H. "Hashmark" Johnson, USMC (Ret.) was one of those legendary Marines whose faithful service helped lay the foundation for the successful integration of all races into the military.

Born in rural Mount Hebron, Ala., Johnson had aspirations of becoming a minister but left college after one year for a military career. He served six years in the Army's Black 25th Infantry and then enlisted for another 10 years in the Navy's Steward's Branch.

The military still separated white and black servicemembers until 1941 when President Franklin D. Roosevelt issued Executive Order 8802 opening the way for minorities to enlist for military service. The order required "... full participation in the defense program by all persons regardless of color, race, creed or national origin ...". When the Marine Corps constructed a recruit training depot for blacks at Montford Point, at Marine Barracks, Camp Lejeune, N.C., Johnson requested and received a transfer from the Navy to become one of the first recruits there.

In his middle years, Johnson was unique when he arrived at Montford Point. He was an Officer's Steward Second Class with nearly 16 years of active duty including multiple raids and reconnaissance missions on both sides of the Mexican border. He also served aboard USS Wyoming during the bombing of Pearl Harbor. The service stripes on his uniform earned him the nickname "Hashmark" from the other recruits, but his experience and leadership would earn him a place in history.

He was one of the first to receive drill instructor training and as he rose in rank, he and several Montford Point Marines began replacing the white staff noncommissioned officers responsible for recruit training. Johnson completed the circle when he replaced 1stSgt. Robert W. Colwell, Montford Point's last white drill instructor, as the recruit battalion field sergeant major in May of

1943. Montford Point was considered to be an experiment by many, including Gen. Holcomb, then-Commandant of the Marine Corps, and Frank Knox, then-Secretary of the Navy. They set standard operating procedures in place limiting the amount of instruction allowable for each cycle of recruits.

Johnson took the reins of leadership in both hands and



Official DoD photo

Recruit Battalion Field Sergeant Major Gilbert "Hashmark" Johnson issues commands to Montford Point Marines. Johnson already had four service stripes from the Army and Naval service when he transferred to Montford Point as a recruit in 1941.

with the help of SgtMaj. Edgar R. Huff, USMC (Ret.), his brother-in-law, (the only other black sergeant major besides Johnson to serve during World War II), formed schools for black Marines in everything from motor transport to radio communications and shoe repair.

Johnson's unauthorized training practices came under fire in 1943 when Secretary Knox arrived to inspect the 3,000 Marines at Montford Point.

Huff remembered Secretary Knox rifling through the formation saying, "This looks good. That looks fine, but you don't need all this stuff. They look good — big and strong with strong backs. But all you need to do is train these people to drill and walk in a military manner. Teach them plenty of discipline so they'll do what you say without questioning you — because they are not going to be doing anything but loading and unloading ships and hauling ammunition."

This combat training would prove to be an invaluable asset during the invasion of Saipan in the Marianas Islands. Marines from Montford Point helped repel the Japanese counterattack and "knock out" enemy positions.

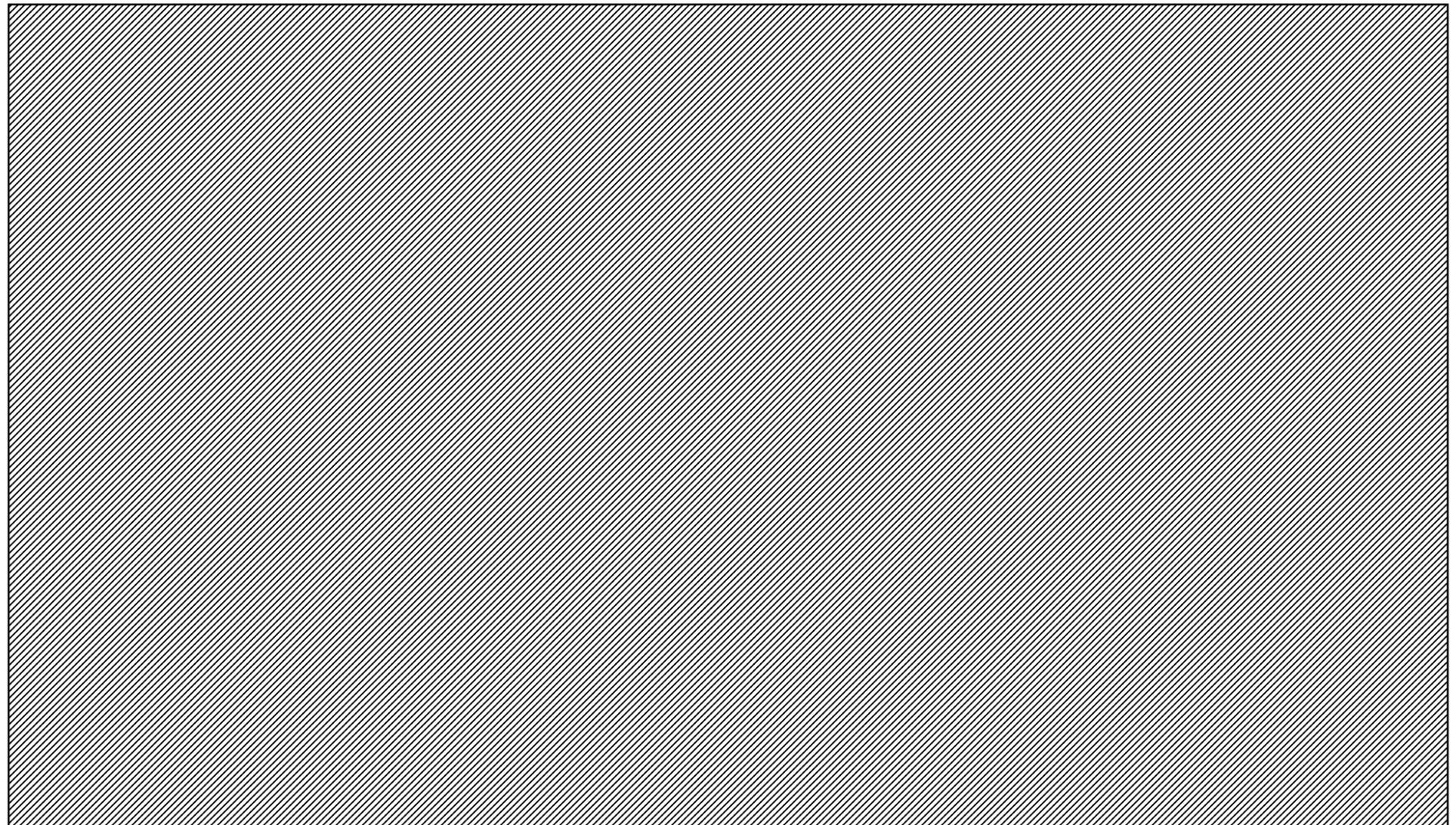
The final thread of segregation snapped in 1948 when President Harry S. Truman issued Executive Order 9981 banning all discrimination in the United States military.

Johnson transferred to the Fleet Marine Corps Reserve in 1957 and ended more than 30 years of faithful service in 1959.

Thirteen years later, Johnson was a guest speaker at a Montford Point Marine Association dinner in Jacksonville, N.C. Halfway through his speech he paused, saluted the audience and said, "Ladies and gentlemen, you will have to excuse me. I can't go on."

The audience gave Johnson a standing ovation, but it would be his last. Before he could come to attention, he fell from a fatal heart attack.

Montford Point was renamed Camp Gilbert H. Johnson 25 years after closing its doors to recruits. It was the first military installation named in honor of an African American and is currently home to the Marine Corps' Service Support schools.



Bush, Rumsfeld pledge support to military

By Linda D. Kozaryn and Jim Garamone
American Forces Press Service

WASHINGTON – As the armed forces welcomed Donald H. Rumsfeld here January 26, the nation's 21st defense secretary, in turn, saluted those he was about to lead.

"The president and I believe that the men and women who freely elect to wear the country's uniform

deserve not only our respect, but our support, and yes, our appreciation," Rumsfeld said. Those who serve "in times of conflict deserve not only our thanks for their sacrifice, but our commitment to value every veteran."

Pulling a folded page from his pocket, he then read a message from President Bush

pledging his support to America's service members and the men and women who support them and their families.

"Your service in the cause of freedom is both noble and extraordinary," the president wrote. "Because of you, America is strong and the flame of freedom burns brighter than at any time in history."

"Your country can never repay you for the sacrifices and hardships you endure, but we are grateful for the liberties we enjoy every day because of your service," Bush said.

Recalling a story from the Reagan Administration, Rumsfeld made a pledge of his own.

"A young GI on the front line in Germany asked our ambassador there if he ever got to see the president. Our ambassador replied that sometimes he did.

"Well,' the GI said, 'you tell the president we're proud to be here and we ain't afraid of anybody.'

"A few weeks later, the ambassador saw the president and he passed along the GI's message. Not long after that back in Germany the GI was listening to the president's weekly radio address on Armed Forces Radio.

"When he heard Ronald Reagan tell the story of a message sent by a GI in Germany through our ambassador, the soldier ran out

of the quarters down through the company area shouting, "The system works. The system works."

"On behalf of President Bush and Vice President Cheney and the civilian and military leadership here in the Defense Department, I make this pledge today, to every man and woman wearing a uniform. We will work to make the system work.

"Work so that you can serve with pride and know that service to our nation is a sacred

"... we may be in a period of continuing change, and, if so, the sooner we wrap our heads around that fact, the sooner we can get about the business of making this nation and its citizens as safe and secure as they must be in our new national security environment."

– Def. Sec. Donald H. Rumsfeld

calling," he said. "Work so that America and her friends and allies are strong and secure. Work so that the cause of freedom will better bind the community of nations, seeking, not conflict, but common purpose."

Rumsfeld also said he would work with the diplomatic and the intelligence communities to "arm the president with the options the information and capabilities needed to defend American interests and to pursue every avenue to keep the peace."

Rumsfeld was confirmed by the Senate and sworn in after the Inauguration Jan. 20. He was ceremonially sworn in at the White House Jan. 26 and the Joint Chiefs of Staff hosted the welcome ceremony for him later in the afternoon.

Army Gen. Henry Shelton, chairman of the Joint Chiefs of Staff, said Rumsfeld is the perfect pick for the Pentagon. "He proved by his actions that he understands the importance of maintaining a robust military capability as the best way to deter aggression ensure stability and prevent war," the chairman said.

Secretary of State Colin Powell, the retired Army four-star who served as chairman of the

Joint Chiefs of Staff during the Persian Gulf War, sat in the front row of the VIP section on the River Parade Field. Former Secretary of State Alexander Haig, sat nearby as did former defense secretaries Caspar Weinberger and Frank Carlucci.

In his remarks, Rumsfeld contrasted the world situation when he was secretary from 1975-1977 to today. "Twenty-five years ago, Warsaw was the name of a military pact opposed to the ways of the West," he said. "Today Warsaw is the capital of a new member of NATO."

"Twenty-five years ago, American freedom was menaced by the Soviet Empire and a wall cut not just Europe, but a world in two. Today that empire is no more, the wall is down and the Cold War is over.

Rumsfeld listed President Bush's three goals for the military: to strengthen the bond of trust with the American military, to protect the American people both from attack and from threats of terror and to build a military that takes advantage of remarkable new technologies to confront the threats of this

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counterparts, commanders requested a business tool to assist in the management of activity costs and performance monitoring.

This resulted in the USMC Business Plan signed July 14, 2000. The USMC Center for Business Excellence currently located in the Navy Annex, Arlington, Va., is tasked in the Business Plan to become an authority in transferring ABC/M knowledge and principles to the Marine Corps community. In July 1999, the USMC launched, perhaps, the largest public sector ABC/M rollout ever attempted – 16 major Marine Corps installations in one year. The overall intent was to improve service to each installation's primary customers and deliver the best support to the operating forces at the lowest cost.

ABC/M has been used successfully by many private enterprise businesses as an efficient business tool for managing performance and costs with relation to standard practices.

Companies such as Delta Airlines and Motorola are fully ABC/M operational with marked achievements. Governmental organizations such as the National Security Agency, U.S. Marshals and the Department of Veterans Affairs are also reviewing and using this business concept to streamline processes and practices.

For example, Marine Corps Recruit Depot Parris Island (using an ABC Model) attempted to identify redundancy in civilian labor positions aboard base in order to streamline processes and eliminate non-value added work.

The ABC/M model incorporated data monitoring resource costs, common activities, consultant support, cycle time and civilian turnover rate.

By reviewing civilian positions by descriptive categories and recognizing duplicate billets, the organization was able to abolish four positions without causing a labor deficiency. Additionally, the assessment impact resulted in an annual savings of \$177,000. Many other installations are achieving similar results.

Currently, the project is moving from the "planning, experimentation and program awareness" phase to the "implementation, savings achievement and sustainability" phase. Since July 1999, numerous workshops, seminars and conferences have been conducted to teach Marines (civilian and military) to build ABC models, analyze prototype model data from commands and educate the Marine Corps leadership on the benefits of ABC/M.

Partnerships with Penn State University and contractor support through ABC Technologies and Grant Thornton, LLP, assisted Clifton's staff and the Center in effectively conveying the project principles.

Appropriately applied, ABC/M provides a more accurate portrayal of performance and cost than other accounting methods. This improved understanding and localization of cost can be used to eliminate or improve low-value, high-cost activities and hence reduce cost and make better decisions in terms of competitive advantage.

MCLB Barstow began using ABC/M in September 1999. Since then, all base operations departments and offices have been modeled with cost and performance management data populated into the model. The ABC team here is gathering data to "refresh" the model with FY 2000 closeout financial and personnel data.

For more info about the ABC initiative here, call the Quality Management Office, 577-6658/577-6510.

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new century.

"Reaching those goals is a matter of mission and of mindset," he said. "Among the things we must combat is the sense that we have all the time in the world to get to the task that's at hand."

Some people sense that the United States "can't or needn't act because the world is changing," Rumsfeld said. "That we're in a transition period between the Cold War and the next era – whatever it may be. That we can wait until things shake out and settle down a bit."

But Rumsfeld posited constant change might be the new status quo for the world.

"We may not be in the process of a transition to something that will follow the Cold War," he said. "Rather we may be in a period of continuing change, and, if so, the sooner we wrap our heads around that fact,

the sooner we can get about the business of making this nation and its citizens as safe and secure as they must be in our new national security environment."

The country is safer now from nuclear war, Rumsfeld said, but "more vulnerable now to suitcase bombs, to cyberterrorists, to raw and random violence of the outlaw regime."

Keeping America safe in a dangerous world is within the country's reach "provided we work now and we work together to shape budgets, programs, strategies and force structure to meet threats we face and those that are emerging," he said.

"The changes we make in our defense posture, the innovations we introduce, take time to be made part of a great military force," Rumsfeld continued. "We need to get about the business of making these changes now in order to remain strong not just in this decade, but in decades to come."

RECALL from Page 1

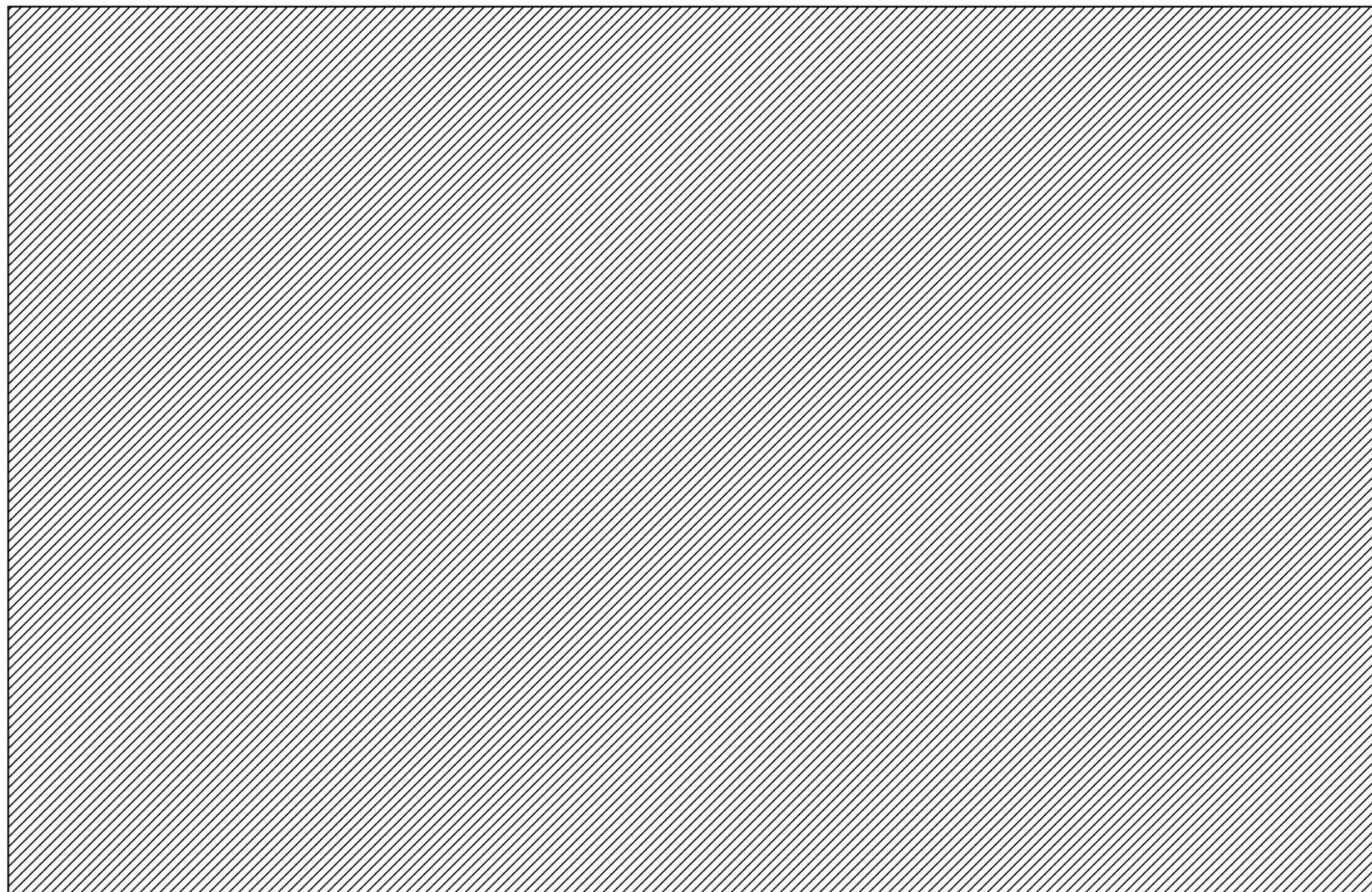
monoxide alarm have been reported, but studies show the Nighthawk could alarm late.

Another carbon monoxide product of Kidde Safety, the Lifesaver, manufactured between June 1, 1997, and January 31, 1998, has also been recalled.

In recent years, several other carbon monoxide detectors have been recalled. To include: the Home Gas Sentry imported and distributed by Stanely Solar & Stove Inc. of Manchester, N.H., distributed from February 1988 to May 1996; the Model 840 Gas

Sniffer from Revco Products, Inc., of Huntington Beach, Calif., distributed from June 1985 to August 1995; and the SC-01 from Sinostone Corporation of Wood Dale, Ill., distributed from October 1994 to August 1995.

If you are unsure about whether or not the carbon monoxide detector in your home is one of those that has been recalled or for more information about the recalled items call Mary Jane Ackley, the assistant chief of prevention for the Fire and Emergency Services Division of the Public Safety Department at 577-6805.



AROUND THE CORPS

Commandant ties TRICARE to military readiness

By Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

WASHINGTON – Medical care is a key component of military readiness, the nation's top Marine said here January 22.

"This fact is obvious to anyone who has watched an episode of M*A*S*H," Gen. James L. Jones, Commandant of the Marine Corps, said to military healthcare providers and administrators assembled here January 21-25 for the annual TRICARE Conference.

The military health system influences readiness by caring for troops around the world and by caring for family members, and retirees and their spouses at home, he said. TRICARE is particularly helpful in meeting healthcare needs of members and families stationed away from military medical treatment facilities, Jones said.

But TRICARE also influences the intangibles of military readiness, such as morale, the will to fight and dedication to duty, he said.

"Our men and women in uniform perform their daily tasks better ... if they are not distracted by worries concerning their families," he said. Distractions and worry affect people in all fields, but the stakes are sometimes higher in the military, he asserted.

"We belong to one of the few professions in

our society where duty and mission accomplishment often place us in harm's way," Jones said. "Even in times of peace, our military service members often have tremendous responsibilities while working under stressful circumstances far from home."

He also noted TRICARE influences reten-



Photo by Sgt. 1st Class Kathleen T. Rhem, U.S. Army

General James L. Jones, Commandant of the Marine Corps, speaks at the annual TRICARE Conference January 22.

tion by providing healthcare for military retirees. "Your role in caring for veterans helps to express the nation's gratitude for their selfless service," Jones said.

The Commandant said TRICARE has improved customer service and needs to continue those efforts. He specifically pointed to better training for customer service representatives.

"The sergeant major of the Marine Corps, SgtMaj. Alford McMichael, has happily noted that TRICARE no longer dominates the discussions that our senior enlisted leaders have concerning the problems and challenges service members face," Jones said.

He noted some members' opinions may be based on past unpleasant experiences that TRICARE has worked hard to fix.

"TRICARE should be assessed by its performance today, not by the mistakes of yesterday," he said. "Service members need to be aware that many problems have been rectified. Improvements have been made and continue to be made."

He also told the conferees they need to make it easier for service members to move from one TRICARE region to another.

"The experiences that service members have with TRICARE should be the same regardless of the TRICARE region in which they receive care," Jones said.

TRICARE places new emphasis on prevention

By Sgt. 1st Class Kathleen T. Rhem
American Forces Press Service

WASHINGTON – The military health system is rapidly changing from a system that deals with health problems to one that prevents them, TRICARE officials said.

"We're moving to a time when every enrollee in the ... system will know their provider," Dr. H. James T. Sears said at the annual TRICARE Conference here January 22. "That provider will know them and their health status, will have met their unmet medical needs, and will be actively maintaining their health."

Sears is executive director of the TRICARE Management Agency here. Healthcare providers and administrators from throughout DoD met through January 25 to discuss advances and issues affecting them.

Sears cited many recent improvements in claims processing and access to care and told conferees they are participating in "the development of a model healthcare system for the nation." The next big steps,

See TRICARE Page 16

PERSONAL SERVICES BULLETIN

Marine Corps Community Services – Personal Services Division

Love Lessons: New moves to help improve your relationship

By Hara E. Marano

Special to the BARSTOW LOG

A growing number of researchers and clinicians have come to the conclusion that most unhappy couples don't so much need therapy as they do education.

Education in how relationships work and in the specific skills that make them work well.

"Having a good relationship is a skill," insists Howard Markman, Ph.D., professor of psychology at the University of Denver

In a survey of 300 successful marriages, friendship was the most important ingredient.

Friendship incorporates the qualities of trust and respect. You love to laugh together.

Empathy, one researcher insists, is what people are really seeking in marriage, and that expectation represents a major break with the past.

People are looking for someone to be emotionally supportive, an emotional friend, a helpmate, a soulmate. That's not the way it used to be.

First and foremost is empathic listening, then comes empathic responding.

Marriage partners typically do not express their needs.

Over time, they learn not to ask for what they want while they wish their partner understood what they want.

Frustration builds, then they ask their partner for what they want in an attack. Only that guarantees they will not get it. Hostilities worsen and partners withdraw.

The trick is how to ask for what you want in a non-threatening way likely to lead to cooperation. "It creates a positive cycle that keeps love alive and growing," Markman says.

Its operating premise is that you cannot just say anything you want any way you want any time you want.

Over time, couples do not make time for positive experiences and they tend not to protect such experiences from conflict.

It is important to keep the negative out of positive time together. It is our belief that with some protection, the positive parts of a relationship will flourish.

Handling conflict in a manageable way also fosters couples' commitment to work at marriage. "It increases couples' confidence in working out their problems," says Markman.

He calls his course, "We Can Work It Out," because it highlights the importance of the expectancy of success.

"They can't be thinking, 'here we go again,'" he said.

His studies show that if couples expect they can resolve their differences, they remain happy even under stress.

What couples need to focus on, John Gottman, Ph.D., advises, is repair attempts. "Everybody messes up," says the University of Washington professor of psychology. "The four horsemen of the marital apocalypse that I identified,

Criticism,
Contempt,
Defensiveness,
Stonewalling are predictors of divorce."

Rescuing marriages before they begin

By Hara E. Marano

Special to the BARSTOW LOG

Studies show only 20 percent of divorces are caused by an affair.

John Gottman, professor of psychology for the University of Washington, said; "Most marriages die with a whimper, as people turn away from one another, slowly growing apart."

Dr. Howard Markman, a psychologist at the University of Denver, has found marital conflict also leads to decreased work productivity, especially for men.

"Men have more trouble expressing and hearing negative emotions, and are more reactive to them," Markman said. "But our studies show the critical skill in successful relationships is being able to listen to a wife's concerns and complaints about the relationship."

Newlyweds go into marriage with a strong love and a strong sense of commitment. Do not think, "Well, if it

doesn't work out, I can always get divorced." If that is your attitude, you might as well call a lawyer right after you call the florist and book the church.

- Pack your sense of humor along with your trousseau. Be prepared to overlook your spouse's foibles or laugh them off.

- Compromise. Voice your complaints, but do not be sarcastic or hurtful. Respond to your partner's complaints, likes and dislikes to find a common ground.

- Develop shared interests. The things you do together result in companionship that lasts for decades.

- Do not let babies, jobs and in-laws take up all your time. Reconnect with each other, emotionally as well as physically.

- Keep the romance alive, even if you have to hire a baby sitter and "date" one night a week.

- Money is the one thing people say they argue about most in marriage, followed by children (Stanley & Markman, 1997).

Secrets to having a successful marriage

Submitted by David Neimann

Personal Services Division

- You are best friends.
- Communication is easy, natural and free.
- You have common spiritual values.
- Marriage is seen as a lifetime commitment.
- You are able to resolve conflict.
- You feel thoroughly known and cared for by your partner.
- You feel romantic about each other much of the time, and you feel comfortable and content with each other almost all the time.
- Your relationship feels safe, sane and stable.
- You agree on how finances are to be handled.
- There is routine intimacy in the marriage.
- You do not fear judgment or being put down.
- You may or may not have a spiritual life and you are in agreement about that decision.
- Marriage is not set up on a trial basis. There is an understanding that problems and difficulties will come. However, divorce is not an option.
- If problems are not solved, time and money will not

make them go away. Real problems have real solutions. Studies show the critical skill in successful relationships is being able to listen to a spouse's concerns and complaints about the relationship.

- You feel loved even with all of your past baggage. Caring is demonstrated when we can be vulnerable with our spouse. Vulnerability is never used as a weapon.

- Romance is demonstrated by words, touch and by flowers.

- You not only tolerate differences, you can appreciate them.

- You value independence and do not see independence as a threat to the relationship.

- Spending and saving money makes sense to both of you.

- In a study of 50 couples that were married from two months to 45 years, intimacy, followed by passion, were the strongest predictors of marital satisfaction for men and women. The summary for the research says "It appears that if you truly consider your spouse a friend, you are more likely to enjoy a long, happy marriage with that person.

Career Assessment Workshop

Personal Services Division's Career Resource Management Center is holding a Career Assessment workshop February 15 from 7:30-9:30 a.m. and 11:30 a.m.-1:30 p.m. at Bldg. 129. Attendees will do an Interest Inventory which enables individuals to know themselves better and focus on the work best suited for their aptitude, abilities and temperament. Make reservations early because the workshop is limited to five people at a time. For more information or to register, call 577-6533.

Raising children: different approaches = dissimilar results

Submitted by A. deGriffith

Family Advocacy Program Manager

We live in a competitive society and it is every parent's dream that their children meet their potential and excel in school, career and life.

As we work to motivate our children let's remember the impact of our strategies and keep the following in mind:

"I got two As," the small boy cried. His voice was filled with glee.

His father very bluntly asked, "Why didn't you get three?"

"Mom, I've got the dishes done," the girl called from the door.

Her mother very calmly said, "Did you sweep the floor?"

"I've mowed the grass," the tall boy said. And put the mower away.

His father asked him with a shrug, "Did you clean off the clay?"

The children in the house next door seem happy and content. The same thing happened over there, but this is how it went.

"I got two As," the small boy cried. His voice was filled with glee.

His father very proudly said, "That's great, I'm

glad you belong to me."

"Mom, I've got the dishes done," the girl called from the door.

Her mother smiled and softly said, "Each day I love you more."

"I've mowed the grass," the tall boy said. And put the mower away.

His father answered with much joy, "you've made my happy day."

- Author Unknown

If you want to be a great parent and a great spouse, give Personal Services a call at 577-6533 during regular business hours Monday-Friday, 7a.m.-3:30 p.m. and get the skills you need.

Looking for a few good Horse Marines

By LCpl. Joshua Barnhardt
BARSTOW LOG staff

Master Gunnery Sgt. Kim Ortamond recently took over responsibilities of the MCLB

Barstow Mounted Color Guard. She has been in the Marine Corps for 24 years and her primary job is a ground radio technician. Now she runs the stables at the Yermo Annex.

Ortamond has made some significant changes to the Mounted Color Guard. She is teaching Marines how to handle a horse to get the most out of it.

"My family and I are good friends with Ray

People look up to the Mounted Color Guard.

They rode in the Tournament of Roses Parade 11 times and are perennials at the Hollywood Parade.

The Mounted Color Guard is travelling to Yuma, Ariz., Saturday to perform at the Yuma Silver Spurs Rodeo. It is a Professional Rodeo Cowboy Association rodeo and is a large event.

The Mounted Color Guard recently performed at the retirement ceremony for SgtMaj. Carlos Ramirez, Camp Pendleton's base sergeant major. Ramirez was a pallbearer at Chesty Puller's funeral.

They are also going to Arroyo Grande to perform morning and evening colors at the 1st Marine Division Association Campout February 15-18.

MCLB Barstow has the only Marine Corps Mounted Color Guard, and it is a unique experience to be able to serve on it.

Ortamond is looking for more Marines to participate in the program. She will teach any Marine to ride as long as they are willing to learn. The program is set up to take a person with no riding experience and teach them how to ride in parades.

"I knew nothing about riding horses before I joined the Mounted Color Guard," said LCpl. Scott R. Placko, base commander's driver. "It wasn't until I joined that I realized how much fun it is. I have a lot of respect for horsemen now that I am learning how to be one."

Many people are disillusioned that only

people that wear boots and cowboy hats and listen to country music ride horses. That isn't the case at all. Riding is relaxing, and a lot of fun. Riding is also used as therapy at many places around the world.

But for Barstow Marines, riding is one of the best ways that they can burn off some of their spare time.

"The main complaint I hear from single Marines is there is nothing to do," said Ortamond.

Ortamond is trying to change that. She is setting up events like trail rides on the weekends and barbecues to get Marines to go to the stables and be a part of the Mounted Color Guard. There are plenty of people around to demonstrate how things are done.

Ortamond is flexible with any schedule and will teach anyone how to ride.



Photo by LCpl. Joshua Barnhardt

Sunny looks menacingly through the fence. Sunny is an older horse that has been with the Mounted Color Guard for about a decade. He has a reputation for being stubborn, but is a well-trained horse and does a good job.



Photo by LCpl. Joshua Barnhardt

Luke and Willy stand in the sun to get warm. Luke and Willy are veterans of the Mounted Color Guard.



By Jim Gaines
MCCS Publicity

February Super Sale at MCX

Great buys right now during the February Super Sale. Check out these items: Proctor Silex kitchen appliances – can openers, toasters, hand mixers – “Easy Press” lightweight irons. All valued priced at \$7.99. Other Proctor Silex kitchen appliances priced from \$7.99–\$27.99.

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

The Railhead Exchange (Yermo) is open Monday–Friday, 8 a.m.–6 p.m. Closed Saturday and Sunday. During troop rotation the Railhead Exchange is open Saturday and Sunday, 9 a.m.–5 p.m. Call 577-7092 for more information.

Weekly Lunch Menu

Today – Mushroom chicken.

Friday – Hoki fish.

Monday – Beef tips and noodles.

Tuesday – Chicken stir fry.

Wednesday – Pot roast beef.

Thursday – Cornish game hen.

Friday – Hoki fish.

Lunch price is \$3 military, \$4.50 civilian. A la carte and sub sandwiches are available for lunch as a substitute or addition.

Lunch is served Monday–Friday on Nebo, 10:30 a.m.–12:30 p.m. and at Yermo, 11:30 a.m.–Noon.

Family Night Dinner Menu

Tonight – Meat loaf.

Next Thursday – Taco Night.

Family Night dinners are served Thursday evening at the Family Restaurant, 4:30–7:30 p.m. Prices: (military and civilian) \$4.50 adults, \$2.50 children (5–11 years), children 4 years and under are free. Everyone is welcome.

YAC's Valentine's Party

YAC is hosting a Valentine's Sweetheart Party for all registered YAC patrons February 14, 4–6 p.m.

For more information call the Youth Activities Center at 577-6499, Tuesday, Thursday and Friday, 2–6 p.m., and Saturday and Sunday, 10 a.m.–6 p.m.

Health and Wellness Classes

MCCS Semper Fit has two Health and Wellness classes this month.

The first class is Monday and deals with basic nutrition, and how making the right food choices affect your performance, energy and health.

The second class is on cholesterol and nutrition. You will learn what foods to include in your diet to manage and lower your cholesterol level.

Both above classes are open to all active duty, retirees, family members and MCLB Wellness members. The classes are in the Aerobics room of the Gym/Fitness Center, Bldg. 44.

See **MCCS** Page 12

Sweetheart Dinner Dance



At the
Oasis Club
February 14

Open to all Oasis Club members, their guests and those eligible for membership.

No host cocktail hour – 6 p.m.

Dinner – 7 p.m.

Dinner Menu

Prime Rib or Chicken Breast, baked potato with sour cream, Green Beans Almondine, rolls and butter, tossed salad and dressing Apple pie with whipped cream

Club Members \$12.50 Adult

All Others \$13.50 Adult (no children)

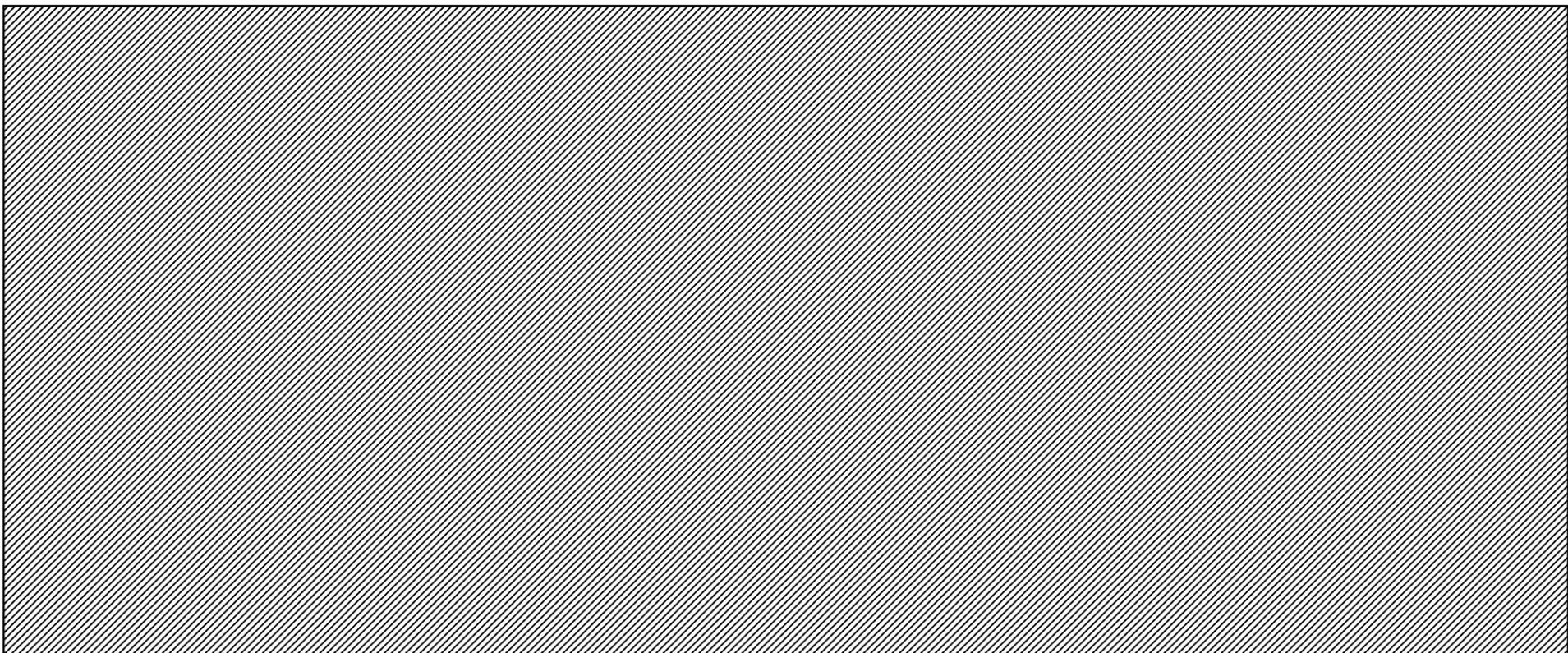


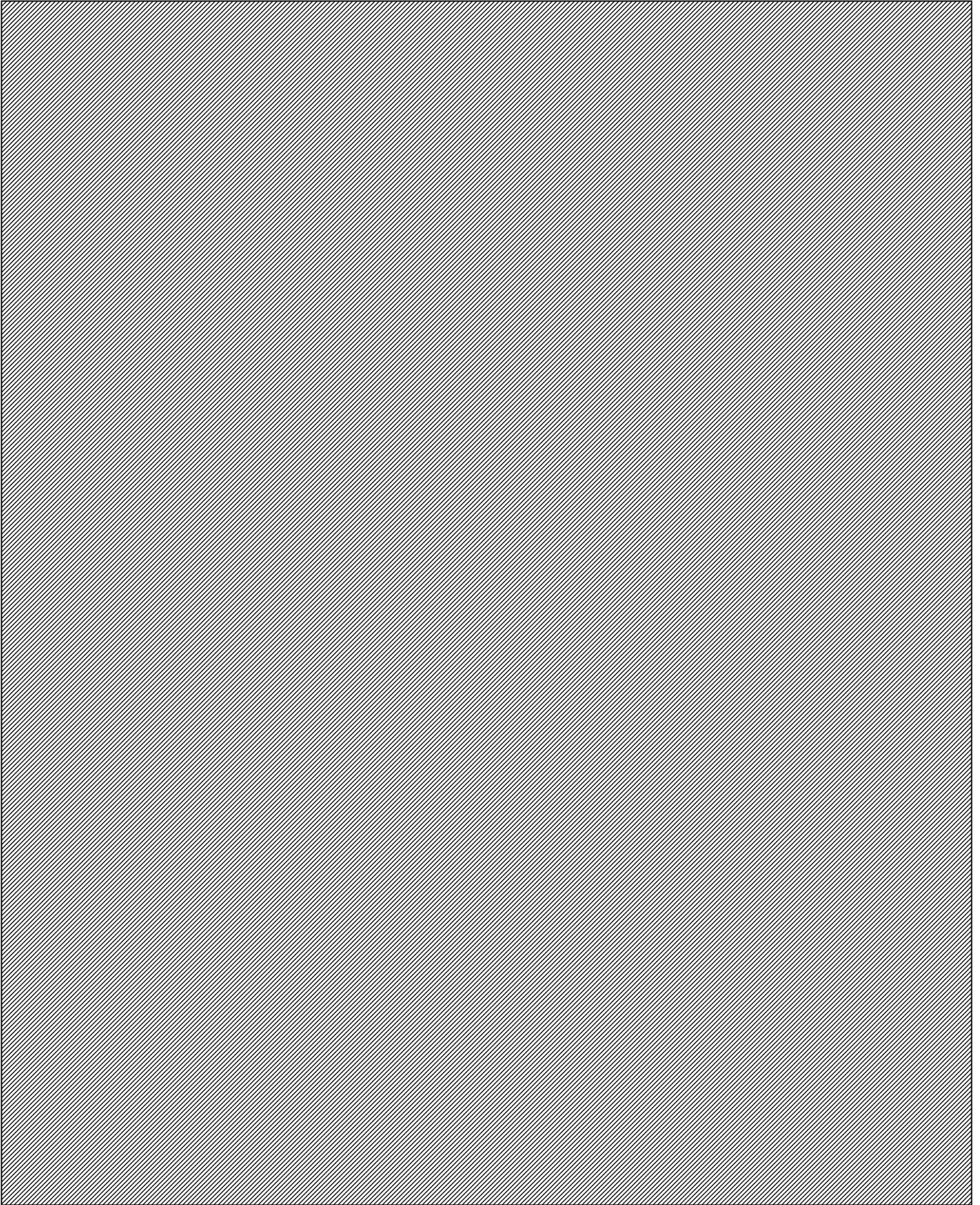
Sponsored by Company-Level Officers and MCCS

For tickets and information call:

Capt. Vincent D. Applewhite, 577-6373

GySgt. S. Russell Rayford, 577-6963





MCCS from Page 10

Get In Shape

Aerobic classes will get you in shape and keep you fit. MCCS Semper Fit offers two classes for your convenience. Each class is one hour in length, and held in the Aerobics Room at the Gym/Fitness Center, Bldg. 44.

The first class is Monday-Thursday at 4:30 p.m. with Gina Galbraith as the instructor. The cost is \$20 per month or a \$2 walk-in fee.

The second class is Monday-Thursday at 6:30 p.m. with Stephanie Jeffery as the instructor. The cost is \$15 per month or a \$2 walk-in fee.

For more information on either aerobic class call 577-6971.

Clubs Offer Variety of Activities

The Oasis Club offers a weekly members' Social Hour every Friday from 4-6 p.m. with snacks. There is also a monthly Social Night from 4-6 p.m. with the bar open from 3:30 p.m.-12:30 a.m. February's Social Night is Friday. If you are not a member then join today. Call 577-6432 for more information.

The NCO/Enlisted Club offers a variety of activities Tuesday-Saturday, 6:30 p.m.-1:30 a.m. Tuesday evening is Movie Night; Wednesday evening is DJ night; Thursday evening is Rock n'

Roll Night alternating with Country Music Night; Friday evening is TGIF Variety Night; and Saturday evening is TGIS Variety Night. Drop by and check out the club, stay awhile and enjoy. Call 577-6495 for more information.

Support the clubs by joining and taking part in the activities.

Use That Hotline

Don't forget the MCCS automated hotline at 577-6968 for comments, complaints and suggestions. Simply leave a message on the recording. Don't leave your name if you don't want to - just let us know your concerns, so we may better serve your needs.

The renovation is moving right along!



One phase of the Exchange/7-Day Store renovation is done, and the next phase begins soon.

The 7-Day store is closed Friday, Saturday and Sunday in anticipation of the move to the new store. The new 7-Day store opens Monday at 8 a.m. on the east side (MCX Gas Station side), and closed on the west side (Commissary side)

Your patience through the renovation of your Exchange/7-Day Store is appreciated. We are improving to serve you better.



LEADERSHIP from Page 2

Once the mission is established the next step is developing the "how." This is a shared responsibility by everyone in the organization. This step is where various means of gaining cooperation, coordination and evaluation are used, and where both leaders and followers should be able to discuss and disagree. This is where the range of "means" to achieve the "ends" are explored. Both leaders and followers are responsible during this effort to ensure that the means being considered are not only legal and moral, but also meet our commitment to being good stewards of resources, being efficient and environmentally concerned. When the decision is made on how the mission is accomplished, leadership assumes responsibility of oversight and following focuses on accomplishment.

What if a follower continues to disagree with how things will be done?

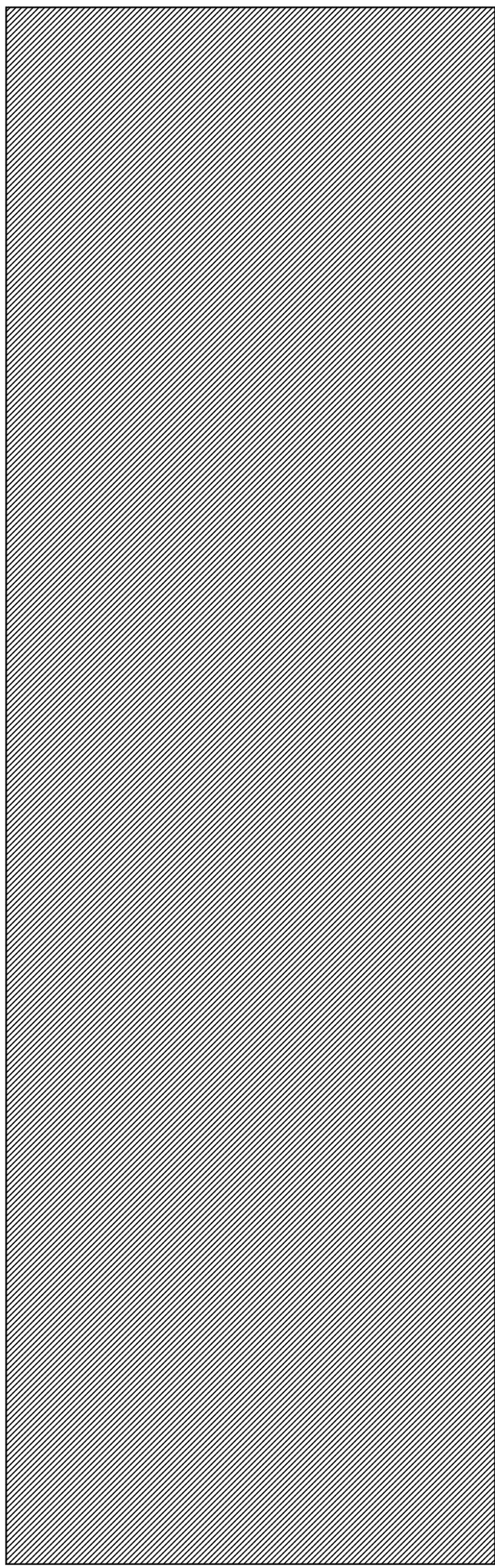
When the objection is believed to violate any of the basic principles I have outlined above, I expect an individual to use one of the many avenues available to continue to challenge the leadership's decision. As seen in the case of the Osprey mechanic's actions, he believed he should not remain silent. Each of us is familiar with the different means by which we can challenge a decision we fundamentally disagree with, this is a right of those who are followers. Addressing those disagreements is a responsibility of leadership. It is the checks and balance system we have, and when needed must be exercised. Once a final decision is made by this system of review, it is the responsibility of leadership and following to abide by the decision. Confidence and trust in the system and the values it is based on should be restored and reinforced each time this challenge and review is used. In the extreme case, where someone cannot abide by a final

decision, then that individual may decide to leave the organization because of irreconcilable differences.

The nation as well as the Marine Corps will witness an examination of this system at work in the review of the recent allegations in the Osprey case. It should give us all cause to stop and review our responsibilities as leaders and followers in performing our jobs and our daily relationships with those we work for and with.

I have described 2001 as "a year of transition". To face the challenges of this year, we must maintain a trust and confidence in each other. I have the utmost confidence in our system and our people. We can achieve "mission first, people always" if we live our core values and abide by the fundamental respect for each other and communicate. Once again, I ask you to stay informed and stay involved, whether you are filling the role of leader or follower.

THE C.O. SENDS.



SPORTS

Comm rebounds, foils Hoyas 72-58

By LCpl. Cory Kelly
BARSTOW LOG staff

Comm saved face against the Hoyas, 72-58, in an intramural basketball game that kept viewers on the edge of their seats at the

base gym Monday night.

Auddie Carson led Comm with 29 points, scoring more points in the second half than both of Hoyas' leading scorers together tallied throughout the entire game.

Mike Santos, Hoyas, walked off with 15 points at game's end.

Darrell Givens, whose age, experience, height and wicked skills from the three-point line placed him as the focal point of the Hoyas' strategies, fruitlessly scored 13 points.

Coaches, Larry Chavez, Hoyas, and Walter Olenderski, Comm, were apprehensive at game start about the outcome.

Chavez seemed a little more worried, as his team was reduced to five players for the evening, saying, "We're going to play ball. That's what we do."

Comm's Carson kick-started his teammates and set the pace a minute in by squeezing right down the middle for a lay-up.

Four minutes later with Comm leading 10-2, Hoyas' coach called a timeout to reevaluate their strategy.

Their new strategy didn't fare too well, and the first half ended with Hoyas trailing Comm by seven points, 36-29.



Photo by LCpl. Cory Kelly

Bryce Catlett, Comm, plays a game of keep-away with Abel Chavez, Hoyas, during the Comm-Hoyas battle Monday night.

See COMM Page 14

SPORTS BRIEFS

All-Marine Triathlon Team

The All-Marine Triathlon Team training camp is at Marine Corps Base Camp Pendleton June 4-12, and the Armed Forces Championship comprised of a 1,500-meter swim, 40K bike ride and 10K run is at Point Mugu, Calif., June 13-17.

The Armed Forces Championship is used to select the U.S. Armed Forces team for the Conseil Internationale Sports du Militaire Triathlon Championship planned for Murska, Slovenia July 2-7.

An All-Marine team of 12 men and 6 women will be chosen by resume. Interested Marines must submit resumes to the Semper Fit athletic director by April 2. Refer to Marine Corps Order P1700.29 for specific details. The order is online at <http://www.usmc-mccs.org> under Policy.

All-Marine Women's Sports

The Director, Semper Fit athletic program, is seeking resumes for four different All-Marine Women's team sports.

Resumes for All-Marine Women's Basketball, Volleyball, Softball and Soccer are due 60 days prior to the start of the All-Marine Trial camps. Resumes must also contain a command endorsement. Send resumes to the local MCCS Semper Fit athletic director. Refer to Marine Corps Order P1700.29 for specific details. The order is online at <http://www.usmc-mccs.org> under Policy.

All-Marine Trial Camp dates and sites are:

Basketball	MCB Quantico, Va.	April 1-21
Volleyball	MCB Kaneohe Bay, Hawaii	April 15-May 8
Softball	MCB Camp Lejeune, N.C.	July 29-August 18
Soccer	MCAS New River, N.C.	Aug 19-September 8

For more information call GySgt. David S. Wersinger or SSgt. Dennis W. Owen, 577-6899.

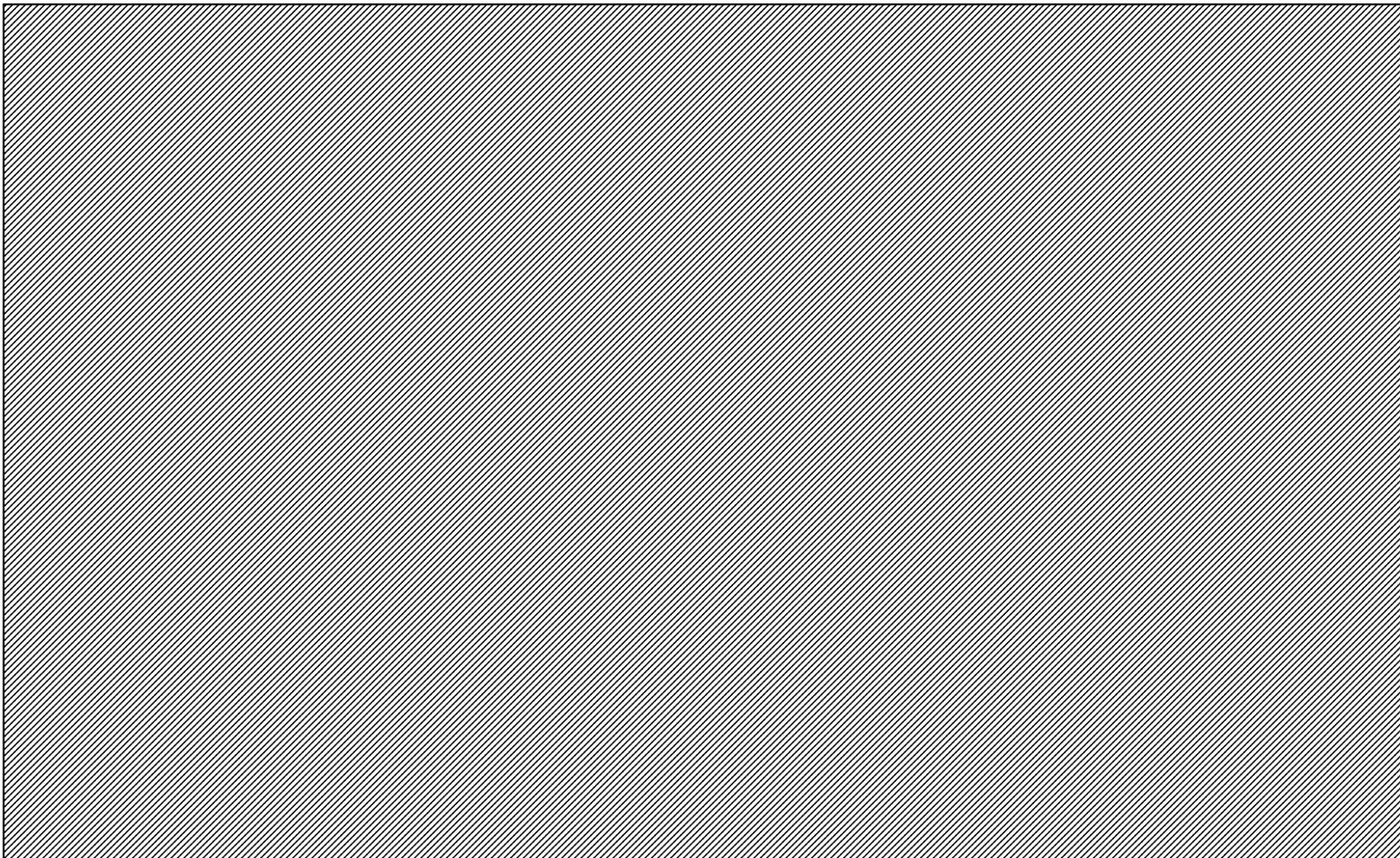




Photo by LCpl. Joshua Barnhardt

Jason Grimes, PMO, dunks over the head of Craig Posey, Fire. It was one of four dunks for Grimes Monday night.

PMO extinguishes Fire, 57-36

By LCpl. Joshua Barnhardt

BARSTOW LOG staff

PMO dunked their way past Fire 57-36 Monday night. Jason Grimes led PMO with 17 points including four dunks.

Craig Posey led Fire's charge with 16 points, but it wasn't enough to overcome the athleticism of PMO. Michael Budabinmcquown also chipped in 13 for PMO.

The first half remained tight until PMO went on a 12-3 run to end the half. The halftime score was 20-11.

In the second half, both teams started heating up. PMO could not get rid of the pesky Fire team. Fire hung around until Grimes started his dunking spree.

Grimes had four dunks in the final 10 minutes of the game including a two-handed reverse jam to complete a PMO fast break.

Grimes put Fire away when he caught a pass along the baseline and skied over Posey to throw down an emphatic slam in the final minutes.

Travis Dilk also scored in double figures for PMO with 12 points. James Daly had 8 to help PMO on their way to victory.

Next up on the intramural schedule, on Monday night, the Clinic takes on Fire and the Officers go head to head with PMO.

Next Wednesday, First Place draws the Hoyas, FSC tries to sneak past Comm, and Headquarters plays the Officers.

COMM from Page 13

Even after holding the lead for the first half, Comm's Olenderski, aptly branded as "Ski," didn't want to push the bubble and call the game a win, "We are going to finish. They are playing pretty hard."

Hoyas' Givens, was a little more straightforward saying, "We are going to lose. We are going to make a run in the first five minutes, and if that doesn't work, they've got us."

And make a run they did. Five minutes and 52 seconds later the Hoyas scored the goal that put them in the lead for the first and only time in the game at, 44-43.

Comm then decided the breach would be short-lived and took the lead back seconds later.

The last push for the Hoyas came with 43 seconds left on the clock, 58-63 in favor of Comm.

They called a time out and prepped their weakest

players to take the fall, to slow the clock.

Even with the Hoyas short a few hands, five players with no subs, it looked as if the game was going to be a repeat of Hoyas' January 17 battle with PMO in which they squeaked past PMO at the end of the game, 72-68.

But when the clock started, it was obvious Comm had set up the blitz; they knew Hoyas was going to try and foul so they changed pace.

Forty-three seconds later, the Hoyas hadn't had the chance to even attempt to put their plan into action, and Comm spread the gap, closing the game, 72-58.

Hoyas' Givens said he'll take the fall for this loss, "I should have used more of our talent."

Comm's Olenderski, changed the apprehensive tone he had before the game and said, "We came out expecting to win and we won."

"What more do you want?"

Marine marches toward National Powerlifting team

By Sgt. Jason Blaire

Quantico Sentry

MARINE CORPS BASE QUANTICO, Va. —

With a wife and three kids, the idea that GySgt. James Coleman spends four hundred dollars a month on groceries isn't so unusual. What might raise eyebrows, though, is that's what he spends on food just for himself.

"Weightlifting is a life style," said Coleman, Security Forces Monitor, Manpower Management Enlisted Assignments Branch 85. "I eat, sleep and do everything for the Corps, my workouts and my family, and not necessarily in that order."

Coleman smiled and his green eyes flashed. "I wouldn't be here without my wife. She's gone to the gym with me, she's seen what I do and she understands what I'm going through. It took a

while but now she completely supports me. It's tough enough to be a Marine's spouse but the spouse of a Marine in a competition sport ... like I said, I couldn't be here without her."

Coleman was born near Quantico, in Federalsburg, Maryland, as was his hometown high-school sweetheart and wife of 15-years.

Patti Coleman said she knew what she was getting into.

"I knew this was part of him before we were married but it was hard at first," she said. "He's been gone a lot and it takes a lot of time but we've changed our lifestyle to fit with his and now it works. We all support him."

Patti added that the children love what Dad can do in the gym but at the dinner table, sometimes the menu leaves a bit to be desired.

"I know 101 ways to make chicken but by now the kids are a little bit tired of it," laughed Patti. "It's amazing how much we spend and how much he eats. Whenever there's a sale on yogurt or chicken, he's there."

With the help of his diet, his family and his discipline, Coleman can dedicate himself to his sport and maintaining his 5-foot 7-inch, 200-pound frame. With the help of his partner, he can dedicate himself to the weights.

"I have a partner, but we push each other, not the weight. I picked powerlifting because it's an independent sport," said Coleman. "When I lose it's because I didn't train hard enough to win. When I win, I know why — me. I really like that."

Coleman also said weightlifting has been a lifestyle.

"I've lifted weights my entire life," explained Coleman. "At first, I knew very little. I'm from a small town and we didn't have much. All we did was work. I didn't get competitive until I came into the Corps. I was lucky because I had a mentor. A gunny I knew took me under his wing. He helped me to train, to eat right, he showed me everything I needed to know to be a competitive bodybuilder."

Even though Coleman has mainly been a competitive bodybuilder, he's switching to powerlifting. He likes the look of strength, but especially likes the feel of true power.

"I've always liked lifting heavy weights," said Coleman. "I like to see other people lift heavy weights. It motivates me. I've seen a lot of guys who look good, they look big, but they're not really strong. It's like having a '72 Super Sport Chevelle with a V-four. That's silly. I'd like to be as strong as I look."

Another reason for Coleman's move to powerlifting is he prefers to compete without music.

"I need to compete," grinned Coleman. "I love it, but in bodybuilding, it's about your size, your cut and your posing to music. I like Metallica or Korn and although I hit poses to the beat I have no rhythm. Most of these guys are really graceful. To win a show you have to win a crowd. With two left legs, my chances for grace are pretty slim."

Coleman also feels the Corps has much in common with his choice in sports.

"Powerlifting and the Marine Corps have many similarities," he said. "It's easy to get by in

the Corps but if you want to step up, you've got to do more. It's the same for lifting. You can get by with doing the basics but to be competitive you've got to train competitively and consistently. You've got to constantly push yourself."

Coleman added that the Corps has been there for him, as long as he's there for it. Sometimes though, the runs during physical training are pretty tough.

"My command supports me but I'm not asking for special treatment," said Coleman. "As long as my work gets done, they're okay with it. They joke about it, but it's good here. I also make sure that I'm always ready for any PFT. Pull-ups and crunches are a joke but the run always kills me. I'm happy with a 280."

With all that, his family, the Corps and the many other things that make up a Marine's life, Coleman still has his sites set on one Herculean goal.

"I want to make the national powerlifting team. My next event is a powerlifting and benchpress competition. The top two in each class go to the World Games in Puerto Rico. From there, hopefully they'll make a team to introduce powerlifting to the Olympics. That's what I want."

Because of what Marines have done for him, in the Corps and as a bodybuilder, Coleman wants to return the favor. And if you're a Marine, it won't cost you.

"Sometimes I do a little bit of personal training but I don't charge Marines," said Coleman. "Marines taught me what I know, and I think I should give back to Marines. I like helping people. That's what it's all about."



Photo by Sgt. Jason Blaire

James Coleman, security forces monitor, spots for a fellow lifter during a workout at Larson Gym. Coleman has recently switched from body building to powerlifting.

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

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MOTORCYCLES: PW50, KDX 80, STC 70, 125, all run xlt. Call 255-2115. Ask for Jim.

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MISCELLANEOUS: Front end for 1986 Toyota 4WD pickup, includes differential, A-frame, axles, disc brakes, wheels, brake lines and locking hubs, very good condition, barely used, \$325; Pro NordicTrack, xlt condition. Call 253-4242 or e-mail ndlssummer@iname.com.

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MISCELLANEOUS: Lib Tech Snowboard, Jaime Lynn, 151Z series, w/Burton custom freestyle binding, used two seasons, all for \$400 OBO; Burton freestyle boots, size 9, \$80 OBO. Call 948-0741.

MISCELLANEOUS: New Sanyo AM/FM/CD/cassette boom box, \$60; steel workbench, \$50; KORG electronic piano, 88 keys w/carrying case \$900; easy chairs, large, Oak, \$50 each; computer desk, \$30. Call 252-7789.

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MISCELLANEOUS: Aesthetic waxing right here on base, great rates, convenient appointments. Call today 252-8666.

VITA from Page 1

up to twelve human middlemen and the resulting opportunities for error. Finally, with E-File you get fast proof of acceptance, allowing you to rest easy until next year.

There have been very few changes in the tax law this year. The most important are:

- A foster child for purposes of claiming Head of Household status, the child tax credit, or the earned income credit must now be a relative of the taxpayer or placed by a state, county or local agency. This will result in fewer claims for these credits.

- The maximum deduction for interest paid on a qualified student loan has increased from \$1,500 to \$2,000.

- Capital gains earnings from mutual funds can now be entered directly on Form 1040 and 1040A, with the tax determined using a simple worksheet rather than the more intricate Schedule D.

Free tax assistance is available to all active duty and retired service members and their eligible family members at the tax center located at the office of the Staff Judge Advocate in Bldg. 236.

For an appointment, call 577-6874/6771. They take 1040EZ filers on a walk-in basis, but don't forget to bring the following items:

- Military/dependent ID card; For joint filers, a notarized power of attorney, unless both filers are present;

- W-2 forms for both filer and their spouse;

- Social Security cards for all family members;

- If at all possible, bring a copy of last year's income tax return;

- Bring any 1099 forms received for: interest, dividends, IRA distributions, pensions, capital gains or loss from the sale of stock or mutual funds, and business income or loss from self-employment;

- If you have a child care provider, the provider's Social Security Number or Employer Identification Number and address;

- Receipts for all charitable contributions or donations;

- Mortgage interest statement (Form 1098);

- Records of personal property taxes paid for the year; and

- A voided or canceled check for a direct deposit refund. (Check with financial institution if intending to deposit a joint refund into an individual account).

The emphasis is on free. It does not make any sense to spend a dime on tax returns when MCLB Barstow has trained and qualified volunteers waiting to help. Each volunteer has trained for at least two weeks, learning federal and state tax filing procedures as well as computer filing. Fort Irwin and Twenty-nine Palms offer similar programs. Spread the word.

TRICARE from Page 7

he said, will be launching computerized records and a national enrollment database in summer 2001 to ease enrollments and claims and to make population health trends easier to track.

He noted TRICARE is also planning a wide array of Internet-based services in the near future.

LETTER from Page 2

Service League (MDISL). From its inception in 1955 until it disbanded in the mid-80's members included *Barstow, *Ft. Irwin, *China Lake, *Lake Meade Marines, *Atomic Test Site-Las Vegas, *George, *Norton, *Edwards, Vandenberg, and Nellis AFB's, 29 Palms, and El Toro. The

league always stayed at 7-8 teams at any one time depending on how many were added as others were dropped. League play consisted of Basketball, Volleyball, Softball, Golf, and Bowling. In addition a small sports carnival was held annually with 2-man Volleyball, Horseshoes, Table Tennis, and Badminton.

I hope this is helpful and brings you

up to date on Varsity sports at MCLB. (* denotes charter members)

Sincerely,
Howard Hedberg
MSgt., U.S. Marine Corps (Ret.)

Thanks for the keeping us honest. Top. I guess the story should have read "First varsity league play in more than a decade."

Editor

