

BARSTOW LOG

SERVING MCLB DURING TRANSITION AND CHANGE

Vol. 5, No. 41

Marine Corps Logistics Base Barstow, California

August 23, 2001

Move your bin

New housing policy requires residents to move their trash bins by 1p.m. each Wednesday.

Page 4

The Magic Pill

Marines search far and wide for the perfect dietary supplements.

Page 5

Thrift Savings Plan

Learn the basic facts about the plan.

Page 7

Military Mixer

Kid Care Fair

Page 16

Check out the new Marine Corps homepage.

<http://www.usmc.mil>

BARSTOW LOG

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

Bergman takes command

By Sgt. Brian Davidson
Press Chief



Photo by Sgt. Brian Davidson

Colonel Ingrid E. Bergman receives the Command Colors from Col. Mark A. Costa as Sgt. Maj. Taulago Tautua looks on.

DRMO assists humanitarian aid effort

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The Defense Reutilization and Marketing Office is chipping in to help the humanitarian effort going on in Eastern Europe.

DRMO is sending 3,200 tent liners that are going to be used to make clothing to the Ukraine through Counterpart International, a humanitarian organization.

The Tajikistan Ministry of Emer-

gency Situations and Civil Defense and the Ministry of Ecology and Emergencies of Kyrgyz will receive the tent liners in the Ukraine, according to Rick Dimas, a screener for Counterpart International.

The Ukraine is receiving a substantial amount of material to use for clothing.

"There is \$3 million dollars worth of tent liners equaling more than 30,000 square yards of material being sent to the Ukraine," said Jim

Sutherland, distribution branch manager.

DRMO recently received the tent liners from warehouses on base after they were condemned for government use.

"The tent liners were in our warehouses for 20 years and had reached their shelf life, to where the government considered them second rate for military use, so they were given to us," said Sutherland.

If these tent liners were not going

Colonel Ingrid E. Bergman assumed command of MCLB Barstow from Col. Mark A. Costa in a Change of Command ceremony held at Sorensen Field Thursday evening.

A crowd of nearly 300 on-lookers came to the ceremony and viewed "one of the Marine Corps' most significant" and regal traditions, according to Brig. Gen. Richard S. Kramlich, commander Marine Corps Logistics Bases, Albany, Ga., who was in attendance.

During his parting words, Costa thanked the MCLB Barstow and the city of Barstow communities for making his family welcomed and assisting in the team effort to advance the standing and stature of the command to new heights.

"To the Marines, civilian Marines and all members of the M-C-L-B Barstow community, I thank you for your hard work, determination and efforts that have so positively contributed to the many successes we have had during my tour here," said Costa. "And, I know that I can count on you to give Colonel Bergman the same caliber of effort, loyalty and determination that you have given to me."

In addressing the crowd and her honored guests, Bergman noted that she was well aware of the difficulties and challenges the command has recently weathered and that she sees opportunity for continued success during her tour here.

"Colonel Costa and you have streamlined the base and set a foundation on which we can continue to meet further challenges," said Bergman. "Along with this, Colonel Rivers' leadership and initiatives have positioned Maintenance Center Barstow to be the maintenance depot of choice — potentially throughout the Department of Defense.

"I pledge to continue to further these efforts and to continue to pursue the process improvements necessary to maintain this leading edge," stated Bergman.

To effect her pledge, Bergman will draw upon 24 years of Marine Corps experience and a wealth of knowledge from her latest tour as the Chief, Joint Training and Exercise Command, U.S. European Command, Stuttgart, Germany.

The new commander summarized her plan of action is to

See BERGMAN Page 8

to help the humanitarian effort, they could have just been thrown away.

"We put it through the Reutilization, Transfer, and Donation process first and that includes giving it to humanitarian efforts, the Boy Scouts, the Girl Scouts, other organizations, said Sutherland. "After we have made what we consider the supreme effort to try to get it to another organization for use, we try to sell it,

See AID Page 14

After almost drinking away a career, what is there to celebrate?

By Staff Sgt. Skip Osborn
Camp Pendelton

As a 19-year-old Dragon gunner new to 1st Battalion, 6th Marines in 1993, I can remember viewing the social scene around me like a kid in a candy store. I wanted to be a part of whatever my peers were doing, especially

when it came to having a good time. My motto during those first few years in the Corps wasn't "Work hard play hard," but "Work hard, play until you're in an alcohol-induced coma."

It wasn't until several years later, with a messy divorce, a page 11 entry and a DUI under my belt, that I finally crested the wave of self abuse and found myself standing alone, with clear eyes for the first time in a long while, wondering just how I had gotten to this point in my life.

To this day those years are a blur to me, but coming out of it I learned some valuable lessons, most importantly about myself and just how much will power I can exert.

It's ironic now that I think of it, but the most memorable chastising I ever received after a bout of drunken revelry here my platoon destroyed the Twentynine Palms E-Club on a Super Bowl Sunday came from my platoon sergeant, and was addressed not to me specifically, but to the platoon as a whole.

"Just what is it that you Marines feel the need to celebrate all the time?" he asked. "When you

go to the field for a week you celebrate the night before you leave and the night you get back. You celebrate Fridays, Saturdays, and Sundays because they're the weekend. You Marines even celebrate field day. When is it enough?

"The bottom line is you Marines are abusing your privileges. Think of it like chocolate milk. I like to drink one every once in a while, but I'm not going to try to drink 24 of them in one sitting. Anything taken to that extreme is too much of a good thing."

We all got a good laugh and shrugged it off as part of his noncompliance with the standard operating procedure for platoon liberty. What did he know anyway? To us it was a game to see how drunk we could get out in town before trying to slip through the Camp Lejeune gate.

As it turns out, though, he knew a lot. I don't mind saying that during working hours I was blazing with dedication, motivation, and initiative. I was always in one leadership position or another. Always going up for meritorious boards, or Marine-of-the-Quarter boards because of my raw enthusiasm and abilities.

Rather, my problem lay in that when the whistle blew at the close of business, I applied the same energy I was known for during work into destroying my kidneys, regardless of the consequences.

It didn't help matters either, that when I did get into trouble, I was always given a slap on the wrist because I was such a stellar performer when

not hungover and reeking of alcohol. I can't say how many times I heard, "Don't let it happen again."

This attitude and the high regard my commanders always held for me, actually enabled my behavior, something I wish they would not have done.

My behavior developed into a habit, and the habit became a dependency until, as I said earlier, I came to the realization that if I wanted to continue as a useful servant of the Marine Corps, I had to make a choice on my own without being pushed or bullied by paperwork, which I didn't care about anyway. I had to deny my self-destructive impulses and the influence of my peers. To drink, or not to drink, that was the question.

I chose not to drink. I wasn't a hard decision really, once I pondered it at length. I tried to put my numbers to the dollars and brain cells I had

expended to no end during my early career as a Marine and came up with astronomical figures. Then I thought about the lives I had endangered by driving under the influence. Finally, and most importantly, I thought of the influence I was having on the Marines who then worked for me.

Did I want them to travel the same road I had traveled? No I did not! That would be like watching your children jump off the high dive into an empty swimming pool. Not at all a pleasant experience.

That's the decision I came to anyway, and one I now advise you to take if you're pushing the oars in the same boat I used to captain. If you're going to drink, do it responsibly. Don't abuse it, and don't let it control you. Drinking to excess is like pouring jet fuel in a Volkswagen. It might run hot for a few seconds, but quicker than you'd think, you'd destroy the machine.

Just doing my job ...



Photo courtesy of the MCLB Barstow Fire Department

Ryan Hanify and Craig Posey, MCLB firefighters, hone their swift water rescue skills during training here. See next weeks Barstow Log for a closer look at how the MCLB fire Department's continuous training regimen benefits the command.

Sit long, talk much

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



I went to a local restaurant the other day and each booth had a sign with a slogan that said, "Sit long, Talk much." The slogan was a reminder to me of how important relationships are. We make those relationships important by how we communicate. For any relationship to exist with anyone or anything, some sort of communication has to take place.

Our relationship with God is based on communication. The amount of communication we have with God reveals the depth and commit-

ment spiritually we have with God. The question you and I should ask ourselves is do we "sit long and talk much with God?"

I believe spiritually that a void takes place in our lives when we do not spend time with God. We feel empty and unfulfilled. Those feelings could be a spiritual reminder that we need to take God out to lunch and "Sit long, Talk much."

The Bible tells us to seek God and be aggressive in wanting that relationship with God. In Matthew 22:37, Jesus stated, "Love the Lord your God with all your heart and with all your soul, and with all your mind." We can only do that by spending time with God. It is my hope that each day we devote time to God and to relationships with people that God has given us.

Blessings to all,
Chaplain Krupnik

Chapel Services

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

**Confession services
before Mass**

Nebo Bible Study

Wednesday Noon-1:30 p.m.

At the Chapel Office

For more info call
577-6849.



BARSTOW LOG



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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.

Wednesday Playmornings

Every Wednesday morning from 10-11:30 a.m. the New Parent Support Program hosts Play Morning at the McKinney Youth Center for parents with children ages six and under.

Among the numerous activities are crafts fun for children and parents alike.

For more information call June Treadwell, 577-6332.

Route 66 Street Fair

The Barstow Area Chamber of Commerce's Annual Route 66 Street Fair and Market Festival began June 5 and continues through Tuesday.

This Tuesday is the Season Finale.

The fun starts at 6 p.m. on Main Street in Old Town Barstow, between Barstow Road and Second Avenue.

Festivities begin at 6 p.m. and runs until 10 p.m.

Anyone interested in being a vendor call Cheryl Beardshear, 255-4834, or the Chamber of Commerce, 256-8617.

Archery Practice

The Base Archery Range will be open on August 28. For more information contact Maj. Larry Casserly at casserlyla@barstow.usmc.mil or call 577-6669.

Also, the base archery club wishes to remind readers that it's time to start practicing before the hunting season begins.

The base archery range is open Tuesday nights, 6-8 p.m. for general practice.

All military members and civilian workers from the base are invited to come down and visit the facilities at the old steam plant on Golf Course Road.

Note: Only people who are legally allowed to use MCCS facilities may use the range.

Childbirth Preparation Classes

The New Parent Support Program offers assistance to expectant parents with childbirth preparedness classes.

The classes are free and, best of all, they are taught in a one-on-one environment at home. June Treadwell, a registered nurse, gives the classes and covers everything about labor and delivery, including how 'dad' can be actively involved during the process.

New parents are encouraged to participate. To arrange appointments or for more info, call June Treadwell, 577-6332.

Head Start/State Preschool

San Bernadino County Head Start/ State preschool is offering a free comprehensive child development program to low income families, families receiving CalWORKS/TANF and children with special needs regardless of citizenship status. The program is open to children three or four years of age for full-day or part-day sessions five days a week. The full-day program already began but is still accepting applicants. The part-day program is three-and-a-half hours a day in the mornings or afternoons and begins September 11.

Children will receive nutritional meals and there are individualized services for families. Buses are running, so transportation is available to applicants who need it.

For more information stop by Barstow Head Start at 25757 Agate Rd., or call Lucille Stanson, eligibility worker, at 253-2957.

Marine Mail

MARADMIN 031/01 recently released the third quarter calendar year "Question to the Corps."

The third quarter's question is

"How can we further reduce time in training, time awaiting training, and/or time in transit without diminishing the quality of required Military Occupational Specialty training?"

Marine Mail is also open to suggestions containing any or all of the following four criteria: What aren't we doing that we should be doing? What are we doing that we should do differently? What are we doing that we shouldn't be doing? What new concept or idea should the Marine Corps investigate to improve its warfighting capability?

Submissions meeting the criteria for Marine Mail should receive a reply within 30 days of receipt. All submissions that do not meet at least one of the criteria or respond to the "Question to the Corps" will be immediately returned without action taken. Submit a "Question to the Corps" reply and/or Marine Mail response via e-mail at marinemail@hqmc.usmc.mil; postal mail to: Marine Mail (CMC), HQMC, 2 Navy Annex, Washington D.C., 20380-1775; or by FAX at (703) 614-5035.

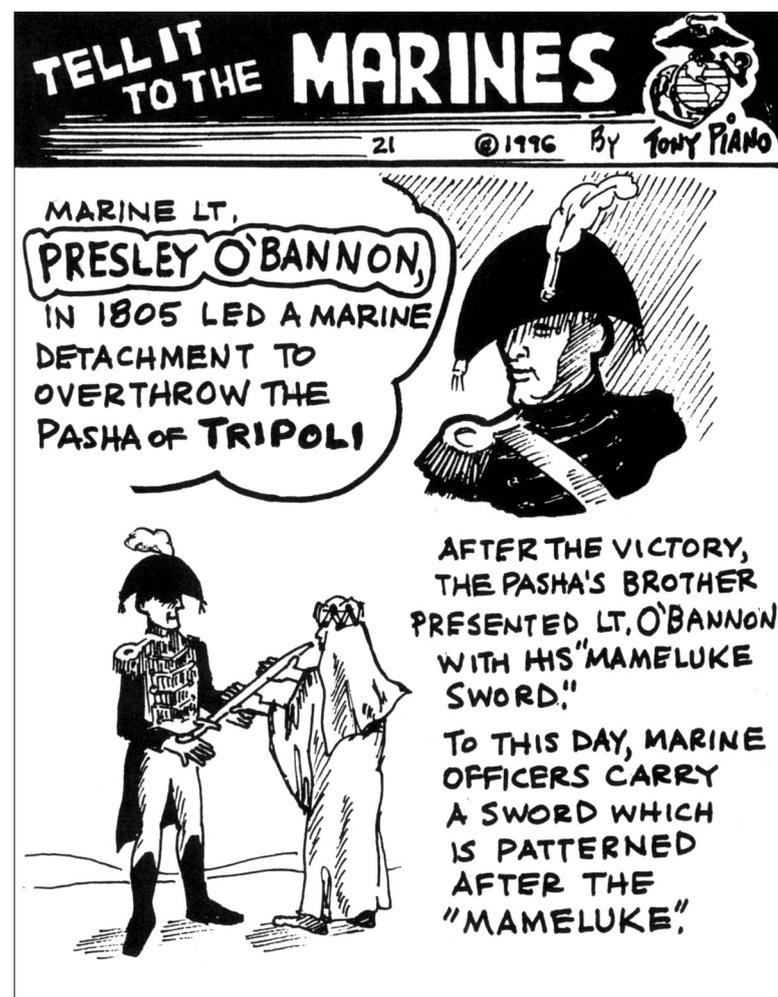
Enlisted to Officer Selection Boards

Headquarters Marine Corps released the deadlines and convening dates of fiscal year 2002's enlisted to officer selection boards.

Enlisted Commissioning Program and Meritorious Commissioning Program boards for FY02 are as follows:

The first deadline for package submission is October 1. The board convenes December 1, and the selected Marines attend Officer Candidate School from January 20 to March 29. The second deadline for package submission is February 1.

The board convenes April 1, and the selected Marines attend Officer Candidate School from June 2 to August 6. The third deadline for package submission is June 3. The



board convenes July 29, and the selected Marines attend Officer Candidate School from October 6 to December 13.

Warrant officer selection boards for FY02 are as follows: The deadline for regular warrant officer package submission is March 1, and the board convenes June 4. The deadline for reserve warrant officer package submission is April 3, and the board convenes July 1.

The deadline for warrant officer gunner package submission is May 1, and the board convenes July 23. The deadline for warrant officer recruiter package submission is June 1, and the board convenes August 8. For more info see MARADMIN 312/01.

Mounted Color Guard

The Marine Corps Mounted Color Guard is seeking members. There are no prerequisites, other than being an active duty Marine.

Previous experience with horses is not necessary. Mounted Color Guard Marines represent MCLB Barstow at parades and events throughout the country. To join or find out more, visit the base stables at the rear gate of the Yermo Annex during normal working hours, or call Master Gunnery Sgt. Kim Ortamond at 577-7302 or 577-7003.

Trailblazer Club

The Happy Trails Children's Foundation started by Roy Rogers and Dale Evans created a member-

ship organization called the Trailblazer Club.

The existing Cooper Home houses 40 boys between the ages of seven and 15 with a waiting list to get in. The new home would increase the capacity to 60 beds. Since 1997, more than 300 children have received help from the Happy Trails Children's Foundation located in Apple Valley. For more info about becoming a member call 240-3330.

TMO Move

The Travel Management Office has moved to the Blue Wing of Building 15 across from the Finance Office.

The phone numbers follow for each section are: Household goods 577-6258, 577-6232, and 577-6259. Air Clearance Authority can be reached at 577-6901, 577-6842, or 577-6994. The fax number for these sections is 577-6679.

Parent Advisory Board

The Children and Youth Programs Parent Advisory Board will meet Wednesday at 4:30 p.m. at the Youth Activities Center. The new chairman is CWO2 Paul A. Zacharzuk.

The PAB is designed to give all members of the community a voice in the Children and Youth Programs.

All eligible patrons of the Children and Youth Programs are encouraged to attend this meeting.

Patrons who wish to provide input to the agenda can call the Children and Youth Program at 577-6287.

Job Watch

| Ann No. | Title/Series/Grade | Open | Close | 1st Cutoff | Location |
|---------------|-----------------------------------|----------|----------|------------|--------------|
| DEU-338-01-NR | Small arms Repairer WS-6610-08 | 08-14-01 | 09-14-01 | 08-29-01 | MCLB Barstow |

Applicants interested in announcements beginning with DEA or OTR should submit their résumé 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, 577-6357.

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.donbr.navy.mil>.

Housing begins new trash container removal policy, residents should anticipate more active enforcement

By Sgt. Brian Davidson
Press Chief

Some Base Housing residents will have to go to the Housing Administration Office to claim their recyclables and refuse containers if they fail to remove them from the curbside by the appointed time beginning August 29.

Trash totes are to be placed on the curb no later than 6 a.m. on collection day and returned to the back of the quarters immediately after the trash is collected, per Base Order P11101.20.

However, few residents remove their containers from the curb the same day trash is collected, according to the Housing Chief, Cpl. Martin Coronado.

The new policy requires that residents move their containers by 1 p.m. on Wednesday or they will have to go to the Housing Administration Office to pick it up, accompanied by a written citation for the policy violation.

On the second offense, the residents will have to appear before the Director of Marine Corps Community Services

and state their case.

There are several reasons why the administration needs residents to adhere to the policy; cost and cleanliness are atop the list.

“The main reason why we are going to an amended policy is because it will allow us to take full advantage of the street sweeping services that we are paying for and because it takes into account that our residents are busy,” said Coronado. “Still, it allows us to accomplish the goal of maintaining our high standards of cleanliness because

this is a military base. That’s what this is all about.”

The last Thursday of every month the street sweeper makes it way through the streets and sideways, clearing the dirt and debris, but it simply passes by strips of road still lined by trash containers. The men who work the street sweepers don’t move the containers and when they leave, they don’t come back until the next month. Not moving the containers simply wastes vital funds, according to Coronado.

“I myself live in housing and I know

what it is like to be busy and tired from work, then come home to take care of the household chores,” noted Coronado. “But that’s what we have to do, regardless.

“We don’t want people to think that we are being tough on them or anything, we just want to capitalize on our investment and help the contractor do what he is being paid to do.”

Residents can learn more about the new policy at the Family Administration Office. Call 577-6707 for more information.

Health conscious Marines are a ripe target for supplement makers as many have joined in the quest for

THE MAGIC PILL

By Cpl. Joshua Barnhardt

BARSTOW LOG staff

With advances in medical technology, Marines and athletes alike have the opportunity to get an edge in pushing their bodies to the limit to achieve better physical prowess.

Some of the methods being used to do this have recently come under scrutiny. Rashidi Wheeler, a football player for Northwestern University died August 3, while running routine sprints at practice. There is currently an investigation going on to decide if dietary supplements played a part in his death.

The dietary supplement under question in this case is called Ultimate Orange. Ultimate Orange contains a stimulant called ephedrine, which is a banned substance in the National Collegiate Athletics Association, better known as the NCAA.

So far it is perfectly legal for Marines to use.

"Ephedrine is not a banned substance in the Marine Corps," said Gunnery Sgt. Bruce Raymond, the substance abuse counselor on base. "I haven't heard if it will be, but you never know."

In an Associated Press article, it stated that in a recent NCAA survey of a cross-section of both male and female athletes in all sports, nearly 60 percent of all athletes have used unregulated nutritional supplements. This is not necessarily illegal, but most of those unregulated supplements contain banned substances such as ephedrine, which is illegal in the NCAA.

As far as Marines are concerned, everything available over the counter is legal for them to use. This raises concerns of whether or not it is really healthy for Marines to use these supple-

ments.

Another fact in Wheeler's death was the fact that he had asthma. The investigation is trying to find out if supplements might have complicated his normal problem of asthma, resulting in his death.

In another Associated Press article, a teammate of Wheeler said, "Who would have ever thought? The kid was one of the best athletes on the team."

The article mentioned the fact that Wheeler had experienced more than 30 asthma attacks in his three years playing football at Northwestern.

Marines go through strenuous tests upon entry into the Corps to make sure he is physically fit for the journey he is about to embark on. This does not mean that every Marine is free of health problems though. Doctors do not catch everything and maybe the Marine himself is not aware of a problem he might have.

With biannual Physical Fitness Tests and the constant quest of some Marines to make height and weight standards, the use of dietary supplements is on the rise. It provides Marines with an option they did not have in the past. The supplements increase the productivity of a Marine's workout, producing quicker results. This means they lose more weight and add more muscle at a much more rapid rate. The question still remains of the safety of these supplements.

Opinions differ from Marines at MCLB Barstow.

"I've gained 40 pounds of muscle in one year using supplements," said Cpl. Jason Jones, networks systems chief. "I am constantly using supplements."

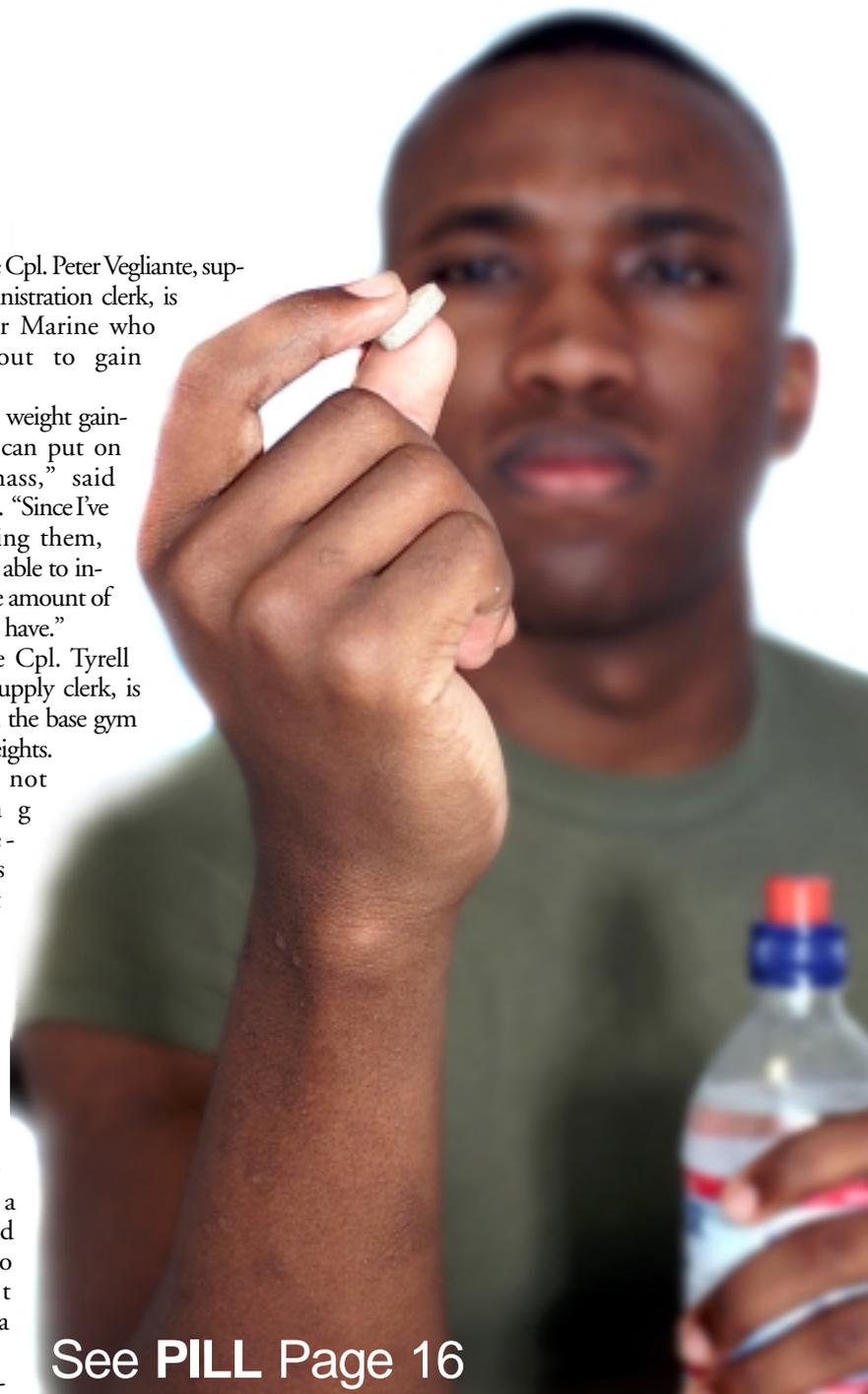
Lance Cpl. Peter Vegliante, supply administration clerk, is a smaller Marine who works out to gain weight.

"I use weight gainers so I can put on more mass," said Vegliante. "Since I've been using them, I've been able to increase the amount of muscle I have."

Lance Cpl. Tyrell Dykes, supply clerk, is always in the base gym lifting weights.

"I'm not using supplements right now," said Dykes. "I have in the past though. I like to use them for a while and then go without them for a while."

Cor-



See **PILL** Page 16

AROUND THE CORPS



Photo by Staff Sgt. Chuck Albrecht.

Rear Adm. Gaston Arriagada Rodriguez, Commandant of the Chilean Marine Corps; Gen. James L. Jones, Commandant of the U.S. Marine Corps; and Lt. Col. Jose Cristy, Headquarters Marine Corps,

Meeting of the Americas' Marine and Naval Infantry leaders

Historic conference sets the stage for future achievements

By Staff Sgt. Chuck Albrecht
Base Commander

GUAYAQUIL, Ecuador— Marine Corps history was made recently, when the 16 Marine and Naval Infantry leaders representing the Americas, met for the first time ever at the Americas' Conference of Marine Leaders.

The Commandant of the Ecuadorian Marine Corps, Capt. Valdemar Sanchez and the Commandant of the U.S. Marine Corps, Gen. James L. Jones hosted the forum July 16 - 18, which was intended to promote the professional exchange of information and to develop personal relations among the Marine and Naval Infantry leaders of the Americas.

The Senior Marine Corps and Naval Infantry leaders from Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Paraguay, Peru, United States, Uruguay and Venezuela were present.

"It feels like we are passing through a historic moment that will be engraved in our histories for a long, long time," said Capt. Valdemar Sanchez, Commandant of the Ecu-

dorian Marine Corps.

"We needed to get together to understand that as Marine leaders we have a lot in common. By developing cooperation with each other, we have a tremendous advantage in improving relationships throughout the Americas."

The three-day conference featured an array of Ecuadorian hospitality to include a reception at the Colon Hilton, Guayaquil's finest five-star hotel. The second and third days of the conference featured formal overview briefings from each of the Marine Corps and Naval Infantry leaders. During the briefing, Gen. Jones' main points included the United States' and the Marine Corps' global strategy of less reliance on fixed bases and the growing emphasis on expeditionary forces. General Jones also discussed the "light footprint" concept of conducting exercises and operations abroad and not placing too great a load on our hosts.

Afterwards, professional discussions between each of the leaders ranged from the development of new bi-lateral training opportuni-

ties to the hosting of a worldwide Commandants' conference in 2002.

The Marine leaders also visited the Ecuadorian Marine Corps base, Base Naval de San Eduardo which featured several live-fire demonstrations, a capabilities exhibit from the Ecuadorian Underwater Demolition Team and a ceremony featuring the pageantry of the Ecuadorian Infanteria de Marina. After-hours social events included a dinner party hosted by Michael Glover, the U.S. Consul General in Guayaquil and an evening social at Club La Union, Guayaquil's most elite club, hosted by retired Adm. Hugo Unda Aguirre, Ecuador's Defense Minister. According to Sanchez, by conference end, new friendships and personal relations formed and information was exchanged, making the historic event a success.

"This conference has been extremely productive... beyond what we expected," Sanchez explained. "It's the first step for greater achievements in the future. As Marines we all share a common bond and it's great to know that we all have friends throughout the Americas."

TSP now open to military

Compiled by the Barstow Log from <http://www.tsp.gov>.

Beginning on October 9, 2001, members of the uniformed services will be able to enroll in the Thrift Savings Plan during a special 60-day enrollment period.

Members of the uniformed services will participate under most of the same rules and receive the same benefits as civilian TSP participants.

However, the contribution rules are different for uniformed services members. Because the TSP record keeper must maintain separate accounts for civilian and uniformed services participants, participants who are both Federal civilian employees and uniformed services members may

have two separate accounts, like reservists.

The booklet Summary of the Thrift Savings Plan for the Uniformed Services is available now. Servicemembers will receive a printed copy of the Plan Summary in October.

This booklet is the authoritative source of information about the TSP. Reading is recommended before making any investment decisions.

Once you begin participating in the TSP, you will be able to access your individual TSP account in the Account Access section of the Web site <http://www.tsp.gov>.

Q&A about TSP



Uniformed Services Participation in The Thrift Savings Plan became a reality on October 30, 2000, when President Clinton signed the Floyd D. Spence National Defense Authorization Act for Fiscal Year 2001.

One provision of the law extended participation in the Thrift Savings Plan for Federal civilian employees to members of the uniformed services. The following questions and answers explain the basic rules governing TSP participation by uniformed services members, provide information about the implementation of this benefit, and discuss the administration of the TSP, including the role of the Federal Retirement Thrift Investment Board.

What is the Thrift Savings Plan?

The Thrift Savings Plan is a retirement savings and investment plan that has been available to civilian employees of the Federal Government since 1987. The purpose of the TSP is to provide retirement income. It offers participants the same type of savings and tax benefits that many private corporations offer their employees under so-called "401(k) plans." The TSP allows participants to save a portion of their pay in a special retirement account administered by the Federal Retirement Thrift Investment Board. The money that participants invest in the TSP comes from pre-tax dollars and reduces their current taxable income; investments and earnings are not taxed until they are withdrawn.

What are the differences in TSP participation for the uniformed services?

Generally, uniformed services members will participate under the same rules and receive the same benefits as civilian TSP participants. However, the contribution rules are different for uniformed services members, and

the TSP record keeper must therefore maintain separate data bases for civilian and uniformed services participants accounts.

Consequently, two separate accounts will be maintained for participants who are both Federal civilian employees and uniformed services members (i.e., reservists).

How does the TSP differ from the Military Retirement System?

Participation in the TSP is optional and not automatic. You must sign up with your service to participate in the TSP. You contribute to the TSP from your own pay on a pre-tax basis, and the amount you contribute and the earnings attributable to your contributions belong to you. They are yours to keep even if you do not serve the 20 years ordinarily necessary to receive military retired pay.

Military retired pay is a defined benefit program. The TSP, on the other hand, is a defined contribution plan. The balance in your TSP account will depend on how much you have contributed to your account during your working years and the earnings on those contributions.

Who can contribute to the TSP as members of the uniformed services?

Uniformed members of the Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service, and the National Oceanic and Atmospheric Administration serving on active duty and members of the Ready Reserve or National Guard of those services (as applicable) in any

See TSP Page 11

Bergman from Page 1

focus on four primary areas. The mission; providing enviable, world class support to MCLB Barstow's tenants and the Fleet Marine Force. Secondly, to focus on the Marines and civilian Marines who make the mission possible. Next, to focus on the essential training that provides them with the tools to meet our future challenges and, finally, the infrastructure that provides the living and working environment.

"This tour will be the pinnacle of my career and I am deeply honored to accept command of the remarkable organization that is so much apart of Marine Corps and Barstow history," said Bergman. "I know that this is an exceptional personal opportunity, one that only a few people get to share with you."

"To lead such a great organization and team," said Bergman. "As the new commander I want to ensure that we continue to build our efforts ... to maintain the open communications and integrated processes that have served you so well."



MCLB Barstow Marines and the Marine Corps Mounted Color Guard stand at parade rest during the Change of Command ceremony at Sorensen Field Thursday.

Colonel Ingrid E. Bergman and Col. Mark A. Costa salute the National Ensign and the Colors carried by the Marine Corps Mounted Color Guard during the pass-in-review portion of the Change of Command ceremony.





Photo by Sgt. Brian K. Davidson



Photo by Sgt. Brian K. Davidson

Monday evening.

Colonel Ingrid E. Bergman greets friends and family members of the MCLB community after her ceremony



Photo by Sgt. Brian K. Davidson

Staff from all areas of the command were in attendance to wish Col. Bergman well as she assumed command of the base. The officers and staff of the Branch Medical and Dental Clinics came out in force to represent MCLB's Sailors at the event.

MCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Lunch menu
Today – Stuffed bell peppers.
Friday – Hoki fish.
Monday – Chicken parmesan.
Tuesday – Meat loaf and gravy.
Wednesday – Philly steak subs.
Thursday – Chicken Cordon Bleu.
Friday – Cajun fish.
 Lunch is served:
 Nebo - 10:30 a.m. - 12:30 p.m.
 Yermo 11:30 a.m.-noon.
 Cost: \$3 military, \$4.50 civilians.

Family Night menu
Tonight – Soul Food Night.
Next Thursday – Oriental Night.
 Family Night dinners served
 Thursdays: 4:30 p.m.-7:30 p.m.
 Prices: Adults \$4.50, children five to 11 years \$2.50, children under four years are free.

Kindergarten readiness
 The Child Development Center will once again offer the Kindergarten Readiness Program. The program is designed for children who will turn five on or before December 1st, 2002. The program is open to dependents of active duty military, retired military, DoD employees (Appropriated Fund and Non-appropriated Fund), and DoD contractors.

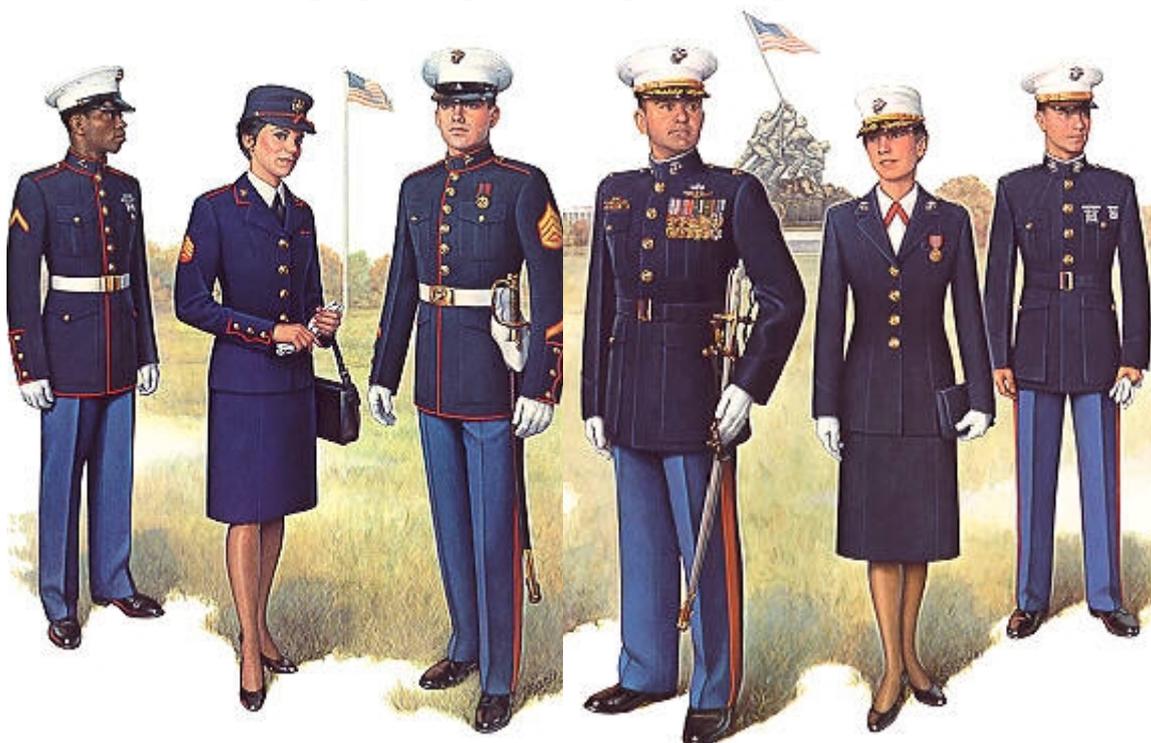
The planned curriculum teaches children the concepts necessary for a successful entry into Kindergarten, with a strong focus on reading skills. The classes will be offered Monday through Friday from 8:30 to 11:30 a.m.
 Classes will not be in session any time the Barstow Unified School District is closed (teacher in service days, non-attendance days and school vacations).

Tuition for the Kindergarten Readiness Program ranges from \$68 to \$146.50 per month based on total family income. The program will begin on Tuesday, September 4th, 2001.

Our teachers are looking forward to another great year of fun learning activities. Classes are limited, so call 577-6287 as soon as possible to enroll your child.

MCCS hotline
 The MCCS hotline is always open for your comments, suggestions or complaints. The number is 577-6968. Call anytime 24 hours a day. Leave your message on the recorder. We review the messages daily.

ARE YOUR UNIFORMS READY?



The Marine Corps Ball is in November, less than three months away. Order your uniforms and accessories now to avoid the last minute rush, or not having them in time.

Congratulations to all Marines who have been promoted. Make sure your uniforms are updated for the Marine Corps Ball.

All Marines are encouraged to contact the MCLB Exchange to order your uniforms and accessories as soon as possible.

MCLB EXCHANGE

**MAIN EXCHANGE
 SUPER 7-DAY STORE**
 Mondays - Fridays 6:30 a.m. - 9 p.m.
 Saturdays 8 a.m. - 9 p.m.
 Sundays 10 a.m. - 6 p.m.
256-8974

**RAILHEAD EXCHANGE
 (YERMO)**
 Mondays - Fridays 8 a.m. - 3:30 p.m.
 During troop rotations hours are:
 Mondays - Fridays 8 a.m. - 8 p.m.
 Saturdays & Sundays 10 a.m. - 5 p.m.
577-7092



Kids love Legoland!

Check this out!
An end of summer special!
Buy 2 tickets to Legoland and
get another one absolutely
FREE! Any combination of
tickets will work - but hurry,
tickets are going fast.

ITT INFORMATION TICKETS & TOURS

Open 8:30 a.m. to 4 p.m. Monday through Friday.
 Closed Saturday & Sunday. ITT tickets are available after business hours at the Bowling Center.

577-6541

TSP from Page 7

pay status can contribute to the TSP.

When will I be able to join the TSP?

Uniformed services members will be able to enroll in the TSP beginning on October 9, 2001. This time frame ensures that the Federal Retirement Thrift Investment Board, the Department of Defense, your service, and other agencies involved will be able to provide timely and effective support to the nearly 2.5 million members of the uniformed services who will be eligible to enroll in the TSP. Current members will be able to sign up to participate in the TSP during an enrollment period, beginning on October 9, 2001, and ending on January 31, 2002.

How much can I contribute?

In 2002, you can contribute up to 7 percent of the basic pay you earn each month. You may also be able to contribute all or any whole percentage of any special or incentive pay (including reenlistment or other bonuses) you receive. However, the total amount you contribute each year cannot exceed the Internal Revenue Code's elective deferral limit for that year (for 2001, the limit is \$10,500; it is recalculated each year and may be higher in 2002).

Do I contribute money monthly or annually?

Your payroll office will deduct your contributions from your pay each month based on your election and will remit these contributions to the TSP. You cannot send a check to the TSP; once you have received your pay, you cannot contribute any of it to the TSP. If you want to contribute all or part of a bonus to your uniformed services TSP account, that contribution must be deducted by your payroll office and remitted to the TSP at the time the bonus is paid to you.

Will the Department of Defense match my contributions?

The law allows the secretaries of the military services (i.e., Army, Navy, Air Force) to designate critical military specialties for matching contributions. Members serving in these specialties who agree to serve for six years will be eligible for matching contributions. The matching contributions apply only to amounts you contribute from your basic pay. Matching contributions and their attributable earnings will be taxable to you when you withdraw them from the TSP.

How are my contributions invested?

You can invest any portion of your TSP account in the five TSP investment funds: Government Securities Investment (G

Fund; Fixed Income Index Investment (F) Fund; Common Stock Index Investment (C) Fund; Small Capitalization Stock Index Investment (S) Fund (available in May 2001); International Stock Index Investment (I) Fund (available in May 2001) As a new participant, the TSP will invest your contributions in the G Fund until you submit a contribution allocation to the TSP record keeper.

How do I change the investment of my account balance?

To change the investment of your existing account balance, you must request an interfund transfer. An interfund transfer is different from a contribution allocation because the interfund transfer involves only money that is already in your account. It does not change the way future contributions will be allocated to the five funds. Once your account is established, you will be able to request an interfund transfer on the TSP Web site or the ThriftLine. Because the TSP Web site, www.tsp.gov, and the ThriftLine (504-255-8777) are the most efficient means to make investment requests, we encourage participants to use them to make these requests.

Can I withdraw or borrow from my account before I separate from the uniformed services?

The TSP is a long-term retirement savings plan that provides special tax advantages. Limitations on withdrawals help ensure that retirement savings will be used for the intended purpose. Therefore, uniformed services TSP participants (whether in active service or members of the Ready Reserve or National Guard) can withdraw funds from their accounts in only two cases; Age-based in-service withdrawals for participants who are 59½ or older. Financial hardship in-ser-

vice withdrawals for participants who can document financial hardship. When you take an in-service withdrawal, you cannot return or repay the money you remove from your account, so you permanently deplete your retirement savings and future

earnings on the amount withdrawn.

Does my spouse have rights with respect to my account?

Members of the uniformed services are subject to the same spousal rights rules as are civilian FERS participants. This means that your spouse must consent, in writing, to all loans and in-service withdrawals.

In addition, if you make a post-separation withdrawal, your spouse has a right to a specified form of joint annuity (i.e., no cash refund, 50% survivor benefit, level payments). If you do not want this type of annuity, your spouse must waive his or her right to it in writing.



**BARSTOW UNIFIED SCHOOL DISTRICT
LAIDLAW TRANSPORTATION
SCHEDULE 2001/2002**

| | |
|--|--|
| Barstow High School | |
| Pick up | 6:48 a.m. McKinney School (Youth Center) |
| Pick up | 6:56 a.m. Club Street (School bus sign) |
| Drop | 7:12 a.m. Barstow High School Campus Way |
| Drop | 2:08 p.m. McKinney School (Youth Center) |
| Drop | 2:33 p.m. Club Street |
| Kennedy Middle School | |
| Pick up | 8:27 a.m. McKinney School (youth Center) |
| Pick up | 8:30 a.m. Day Care Bldg. #372 |
| Pick up | 8:32 a.m. Club Street (School bus sign) |
| Drop | 8:40 a.m. Kennedy Middle School |
| Drop | 3:45 p.m. McKinney School (Youth Center) |
| Drop | 3:48 p.m. Day Care Bldg. #372 |
| Drop | 3:51 p.m. Club Street (School bus sign) |
| Kennedy Middle School | |
| Wednesday Early Out Day 1:31 p.m. | |
| Pick up | 8:27 a.m. McKinney School (Youth Center) |
| Pick up | 8:30 a.m. Day Care Bldg. #372 |
| Pick up | 8:32 a.m. Club Street (School Bus sign) |
| Drop | 8:40 a.m. Kennedy Middle School |
| Drop | 1:46 p.m. McKinney School (Youth Center) |
| Drop | 1:50 p.m. Club Street in middle of block |
| Drop | 1:52 p.m. Club Street (School bus sign) |
| Crestline and Montara School Kindergarten Run | |
| Pick up | 7:40 a.m. Kwajalein & Inchon (Bus stop) |
| Pick up | 7:43 a.m. Club Street (School Bus sign) |
| Pick up | 7:46 a.m. Day Care Bldg. #372 (in back) |
| Drop | 8:00 a.m. Crestline School |
| Drop | 12:15 p.m. McKinney School (Youth Center) |
| Drop | 12:50 p.m. Kwajalein and Inchon (Bus stop) |
| Drop | 12:30 p.m. Club Street (School bus sign) |
| Drop | 12:33 p.m. Day Care Bldg. #372 (in front) |
| Montara Latch Key | |
| Pick up | 7:47 a.m. McKinney School (Youth Center) |
| Drop | 8:20 a.m. Montara School |
| Pick up | 7:40 a.m. Kwajalein & Inchon (Bus stop) |
| Pick up | 7:43 a.m. Club Street (School bus sign) |
| Pick up | 7:46 a.m. Day Care Bldg. #372 (in back) |
| Drop | 8:10 a.m. Montara School |
| Drop | 3:08 p.m. McKinney School (Youth Center) |
| Drop | 3:11 p.m. Kwajalein & Inchon (Bus stop) |
| Drop | 3:14 p.m. Club Street (School bus sign) |
| Drop | 3:17 p.m. MCLB Day Care (Side door) |
| Montara School | |
| Thursday Early Out 1:05 p.m. | |
| Pick up | 7:40 a.m. Kwajalein & Inchon (Bus stop) |
| Pick up | 7:43 a.m. Club Street (School bus sign) |
| Pick up | 7:46 a.m. Day Care Bldg. #372 (in back) |
| Drop | 1:26 p.m. McKinney School (Youth Center) |
| Drop | 1:32 p.m. Kwajalein & Inchon (Bus stop) |
| Drop | 1:36 p.m. Club Street (School bus sign) |
| Drop | 1:40 p.m. MCLB Day Care (side door) |
| Crestline School | |
| Pick up | 7:40 a.m. Kwajalein & Inchon (Bus stop) |
| Pick up | 7:43 a.m. Club Street (School bus sign) |
| Pick up | 7:46 a.m. Day Care Bldg. #372 (in back) |
| Drop | 8:00 a.m. Crestline School |
| Drop | 3:08 p.m. McKinney School (Youth Center) |
| Drop | 3:11 p.m. Kwajalein & Inchon (Bus stop) |
| Drop | 3:14 p.m. Club Street (School bus sign) |
| Drop | 3:17 p.m. MCLB Day Care (Side door) |
| Crestline School | |
| Thursday Early Out 1:05 p.m. | |
| Pick up | 7:40 a.m. Kwajalein & Inchon (Bus stop) |
| Pick up | 7:43 a.m. Club Street (School bus sign) |
| Pick up | 7:46 a.m. Day Care Bldg. #372 (in back) |
| Drop | 8:00 a.m. Crestline School |
| Drop | 1:23 p.m. McKinney School (Youth Center) |
| Drop | 1:28 p.m. Kwajalein & Inchon (Bus Stop) |
| Drop | 1:33 p.m. Club Street (School bus sign) |
| Drop | 1:41 p.m. MCLB Day Care (Side door) |

For more information call 256-2333, 256-1133, 256-1449, 256-1134.

Clinic trounces Yermolites; PMO scrapes by Rite-Jus-Ones



Eric Anderson pulls up for an easy lay-up against the Yermolite defense.

Story and photos by Cpl. Joshua Barnhardt

BARSTOW LOG staff

The Clinic Clippers bruised the Yermolites, and the Rite-Jus-Ones took PMO into overtime, but came up short in intramural basketball action at the base gym, August 15.

In the first game of the night, the Yermolites stepped on the court against the Clinic Clippers.

Fresh off their easy victory over the Rite-Jus-Ones, the Clinic was poised to take it straight to the Yermolites. The Yermolites were ready to challenge back though and kept the game close in the first half.

The first half turned out to be a low-scoring affair, ruled by defense and turnovers. The Clinic kept pushing, but the Yermolites stayed right with them. At the end of the first half, the score was 16-14 in favor of the Clinic.



Derrick Christoff and Shelton Lawson chase after a loose ball.

The second half was a different story, as the Clinic got tired of the Yermolites hanging close. With good defense and the help of a plethora of turnovers from the Yermolites, the Clinic went on a run that lasted the entire second half.

Led by point guard Eric Anderson, the Clinic did their best impression of a lay-up drill during the game. It seemed like every shot the clinic put up was within five feet of the cylinder.

The Yermolites only worsened the situation by putting up bad shots too far away from the basket with nobody to rebound underneath. They compounded their problem by not getting back on defense, creating easy lay-ups for the Clinic.

Turnovers soon became a problem for the Yermolites. After frustration set in, the Yermolites lost their heads. Point guard Tighree Thomas even dribbled toward the wrong basket and was whistled with a back court violation.

After the dust storm the Clinic caused on offense settled, the Yermolites were blown out once again by the score of 44-22.

In the second game of the night, the Rite-Jus-Ones took on PMO. PMO was fresh off an easy win over the Clinic, while the Rite-Jus-Ones were coming off a horrible performance in a loss to the very same team.

None of that mattered once the two teams stepped on the court though, as the Rite-Jus-Ones exorcised their shooting demons and started hitting baskets. PMO kept right with them in the beginning of the first half and started pulling away towards the end of it.

After both teams cooled down and

settled into the game, PMO kept increasing their edge slightly. At the end of the first half, the score was 27-17 in favor of PMO.

The second half turned into a scoring parade. The Rite-Jus-Ones poured it on early and quickly cut their deficit from 10 to three points.

PMO finally got it going in the second half after being the victim of an early surge by the opposition and refused to let the Rite-Jus-Ones get closer than three points.

Bryce Catlett received the call from the Rite-Jus-Ones to finally get them back in it.

When PMO switched to a man-to-man defense, he was matched against PMO point guard Michael Budabinmcquown. After only having one foul in the first half, Budabinmcquown was quickly put in foul trouble by Catlett.

Catlett drew the fouls by driving to the basket and beating the defense. With about two minutes remaining in the game, Catlett got Budabinmcquown to commit his fifth foul, which turned out to be huge.

PMO had no substitutes on the bench, so when Budabinmcquown fouled out, it left PMO with four players on the court, and let the Rite-Jus-Ones threaten the PMO lead.

Down by two and with the clock ticking down to 30 seconds Giovanni Valladeres took over for the Rite-Jus-Ones.

He held the ball and then drove the baseline. He pulled up for a shot and drained it with less than 10 seconds remaining. PMO had no time to get a good shot and the game went into overtime.

Overtime turned out to be all PMO once John Hubbard of the Rite-Jus-Ones drew a technical foul. After that, PMO coasted to a 66-60 victory.

SPORTS

Commandant visits San Diego, pitches in

By Cpl. Kimberly S. Leone
MCRD San Diego

SAN DIEGO, Calif.—The Commandant of the Marine Corps, Gen. James L. Jones, accompanied by his wife, Diane, paid a visit to Southern Calif., touring Marine Corps bases and meeting with community leaders Aug. 13-15.

The weeklong visit brought the Marine Corps's top leader to the Marine Corps Recruit Depot San Diego Aug. 14.

The day began early for Gen. Jones as he headed to the Radisson Hotel for breakfast with the San Diego Regional Chamber of Commerce Military Affairs Advisory Committee.

During breakfast the Commandant addressed the gathering of community and military leaders following an introduction by Congresswoman Susan Davis.

Davis' introductory comments emphasized her intent to do whatever it takes to keep all military bases currently in San Diego "in San Diego."

Gen. Jones thanked Davis for her support and took to the podium enthusiastically, highlighting the continued success of the Marine Corps in the arenas of retention and recruiting.

The Marine Corps has met its recruiting mission, both in quality and quantity, for the last six years, Gen. Jones said.

He emphasized the Marine Corps' goal of returning quality citizens to the community through the Marine recruit-training process.

"The people we recruit and retain are, by nature, service-minded and not just on the military level," Gen. Jones said. "By nature, Marines un-



Photo by LCpl. James R. Sherrick

General James L. Jones, Commandant of the Marine Corps throws the first pitch at the San Diego Padres game Saturday.

derstand 'we before I.' They instinctively react to good causes at home and abroad."

Supporting his statements, the Commandant sighted the humanitarian efforts made by Marines stationed in Okinawa, deployed to Bosnia and working with local volunteer organizations.

Marines seek out these opportunities on their own, Gen. Jones added.

Following the breakfast and a

brief press conference, the Commandant headed to Recruiting Sub-Station Chula Vista and then to Marine Corps Air Station Miramar.

After speaking to the recruiters in Chula Vista and attending meetings aboard the air station, the Commandant headed back to San Diego to warm-up for his pitching debut, topping off his week-long visit to Southern Calif. by tossing the first pitch in the Aug. 13 game between the Padres and the New York Mets.

SPORTS BRIEFS

MCLB Softball Team holding practice

The MCLB softball team is beginning a new season, and would like to extend an invitation to all Marines (male or female) interested in playing. There will be practice Wednesday August 22nd at Sorenson Field. Practice will begin at 1630 and last for about one hour. Anyone interested in playing that can not make it to this scheduled practice please give me a call at 577-6812.

Marine Corps Ball Golf Tournament

There will be a Marine Corps Ball Best Ball Golf Tournament August 31 at the Tees & Trees Golf Course on base. All proceeds benefit the Marine Corps Ball. The cost is \$15 for E-1 through E-4, \$16 for E-5 and E-6, \$17 for E-7 through O-2, and \$18 for O-3 and above, including civilians. Sign up for the event starts at 6 a.m. and the tournament starts at 7 a.m. There will be lunch served after the event.



Photo by Cpl. Joshua Barnhardt

Stacks of tent liners are waiting to be loaded onto trucks. DRMO received 3,200 tent liners from warehouses on base.

AID from Page 1

and if it doesn't sell, we send it to the landfill."

MCLB Barstow has done things like this in the past, but this is the first time it has been done with tent liners.

"This is the first time we have donated this commodity on a scale like this, but we have donated mass quantities of other things," said Sutherland. "Over the past 20 years, we have probably donated that many million dollars in medical supplies to the Red Cross."

Counterpart International is based in Washington D.C., but it has offices all over the country that find supplies like the tent liners here to send all over the world.

"We do all kinds of humanitarian work," said Dimas. "We ship out to different third-world countries like Vietnam, parts of Africa and South America, and we help out flood victims and earthquake victims."

Mostly, Counterpart International



Photo by Cpl. Joshua Barnhardt

Temporary workers from the Job Corps load the tent liners into an 18-wheel truck. They average about 163 tentliners per truck and expect to fill 20 trucks with the tent liners that are destined for the Ukraine.

helps aid needy youth is poverty stricken countries.

"We give out medical aid, food supplies, clothing, baby formulas, and anything for children," said Dimas.

Ken Taylor, a Counterpart International screener from San Diego,

started the ball rolling on this program.

The tent liners are being loaded on 20 trucks, that will take the tent liners to Los Angeles, where they will be loaded on a ship and carried across the Pacific Ocean to the Ukraine.

Temporary workers from Job

Corps were hired to load the trucks on base.

"The first day they worked was extremely hot, but you know what, every single worker from the Job Corps came back the next day," said Sutherland. "Those guys really want to work."

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

2001 VW Jetta GLX, VRG eng., manual, prem. Monsoon Sound Sys., Premium 17" Wheels, Sports susp., alarm, fog lamps, heatable leather power seats w/memory, trip comp., auto climate control, power heated self dim mirrors, rain sensor auto wipers, all the toys possible, 10,500 miles, \$23,000. -Call Jeremy or Laura 255-4465

2001 CHEVY CAMERO: w/T-top, V6, Auto CD, P/W, P/S, A/C, 11,000 Mi. , \$17,000, OBO. Call Betsy 254-0016.

MOTORCYCLE: 550 Kawasaki, runs great, must see to appreciate, \$500 OBO. Call 256-1914 AWH.

SERVICES: ATTN: LADIES, aesthetic body waxing and henna tattoos available right here on MCLB. Great rates, call for your appointment, 252-8666.

MISCELLANEOUS: Child's loft bed w/side rails and homework desk underneath, \$200 OBO. Call 256-1914 AWH.

MISCELLANEOUS: Stereo System, Sharp with CD player and 2 large 3-way speakers (10" woofer and 3" tweeter), \$100; Hobart M. Cable piano, xlt. cond. \$750. Call 252-1059 AWH.

MISCELLANEOUS: Freezer, 13 cu. ft., manual defrost, works good, \$100. Call 254-3788.

MISCELLANEOUS: Wool rug, Flokati, approx. 6 x 9 ft., \$100, OBO. Call 252-1908.

MISCELLANEOUS: Kenmore electric dryer, xlt cond., \$125; window G.E. room air conditioner, 8,000 BTU/9.8 EER, will cool approx. 250-300 sq. ft. , 3 cooling and 2 fan speed, still in the box, \$175. Call 252-3309 Lv Msg.

MISCELLANEOUS: Crib with mattress, white xlt. cond., \$100. Call 252-5818 AWH.

MISCELLANEOUS: Refrigerator, very low priced, go to go by the end of the week. Call LCpl. Woods 252-3594 or come by 1516B Inchon Street.

MISCELLANEOUS: Grass trimmer, cordless battery chargeable, \$25; Nokia 5120 cell phone with battery and case, \$35. Call 242-8839.

MISCELLANEOUS: Oak pool table, includes sticks, stick rack, balls and cover, \$500. Call 252-5831 or 252-2815

YARD /GARAGE SALE: Saturday 0700-1500, clothes, ball dresses, tools furniture, camping gear, yard tools, Sega game, much more, 820 So. Second Ave. Near Virginia Way. Call 256-2388.

MILITARY MIXER

Annual event to take place at the Oasis Club aboard MCLB

By Bill Bokholt
Public Affairs Officer

The annual community-wide Military Mixer will be held at the Oasis Club here September 13, 2001.

The 6:30 p.m. event presents an opportunity for individuals of all civilian walks of life and military ranks from local communities, the National Training Center and Marine Corps Logistics Base to get better acquainted and strengthen community relationships in a friendly social setting.

The Military Affairs Committee of the Barstow Area Chamber of Commerce, the NTC and MCLB have co-hosted the mixer for more than eleven years.

Advance sale tickets are \$16.00 per person for military officers, civilian leadership and military enlisted E-6 and above and \$12.50 for military enlisted E-1 to E-5.

Tickets are \$18 at the door except for "Will Calls."

A buffet menu of hot & spicy drummettes, plain drummettes, meatballs, meat & cheese trays, cream puffs, fruit & relish trays and chips & dips, punch, iced tea and coffee.

A no host bar will also be available.

Advance tickets can be purchased at: Barstow Area Chamber of Commerce, telephone 256-8617, Veterans Home of California-Barstow, 252-6288, Ft. Irwin Public Affairs, telephone 380-4511 and MCLB Public Affairs, telephone 577-6430.

Advance tickets should be purchased by noon, Sept. 7 or call 256-8617 for arrangements for "Will Call" tickets at the door.

For more information call the Barstow Area Chamber of Commerce at (760) 256-8617.

PILL from Page 5

poral Elder Reyes, communications branch, is a bigger Marine who works out for bulk, but does not use supplements.

"The only supplements I use are burgers and fries," said Reyes.

Lance Cpl. Matthew Riley, Traffic Management Office clerk, is also a bigger Marine, but he works out to lose weight and become more muscularly defined.

"I have been using metabolic enhancers for about two weeks and I have lost about 10 pounds and two inches off my waist."

Many Marines on base use metabolic enhancers to increase their performance in competitive sports as well as to cut weight by burning more calories during a workout session. They continue to use them even though they have come under heavy scrutiny in the sports world lately.

In a National Football League press release, the NFL stated the players union has agreed with the league to prohibit players from endorsing many dietary supplements. Commissioner Paul Tagliabue said the league did not want NFL players to endorse the products even though they are sold over the counter. The press release also stated Wheeler's death played a factor in the decision by the NFL to ban endorsement deals for the supple-

ments.

Dietary supplements, and the use of them in the sports arena is a pretty new issue. One of the main reasons it has become an issue is because dietary supplements have become a booming industry. They can be found in just about any mall or at the local drug store.

In the past, diet pills have been pulled off the market because they proved to be fatal. Phenolphthaline was removed from the market because studies proved it deteriorated the heart muscle, resulting in death. Most people recognized the drug as Phen-Phen, the commercial name of the over the counter drug.

There are two schools of thought concerning supplements in general.

One way of thinking is the body can only do so much before it starts to run out of energy. Supplements provide the energy to go as far as a person wants to push his body.

The other method of thought is the body only has so much energy it can spend before it tires. Putting supplements in a tired body provides energy to push the body farther than it is supposed to go, which puts undue stress on vital organs like the heart and lungs. Too much stress, and the body will ultimately quit.

As a Marine, and in some cases an athlete as well, a personal decision has to be made. Does a Marine take

a supplement to be able to lift that extra weight, or does that same Marine push his body only as far as it will naturally go?

Before taking supplements, it is wise to check the label and see what is actually in the supplement. Check with a physician or a trainer to see if the supplement fits the needs of your body. Also, check yourself and see if you are willing to possibly jeopardize your well being and maybe your life to achieve your goals of ultimate physical fitness.

Kids Care Fair

The Barstow Community Hospital is holding the Kids Care Fair at the Barstow Mall August 25.

They will be giving free screenings and free immunizations for children two months to 18 years of age.

They will screen for scoliosis, vision, dental care, and nutrition. They will also give Hepatitis A and B, Tetanus, Polio, Diphtheria, Measles, Mumps, Rubella, and Meningitis immunizations.

The Kids Care Fair will also feature finger printing, face painting, and other fun activities and attractions. For more information, call 957-3340.