

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 33

Marine Corps Logistics Base Barstow, California

June 27, 2002

Life's rules.

Common sense rules may not be so common.

Page 2

Summer safety

Water gives life, sustains life and saves lives.

Page 4

DeCA

Children of Military Families scholarship winner awarded.

Page 4

Around the Corps

Using close quarter combat skills, Marines sieze ship.

Page 5

Check out the Marine Corps Web site.

<http://www.usmc.mil>

BARSTOW LOG
SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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

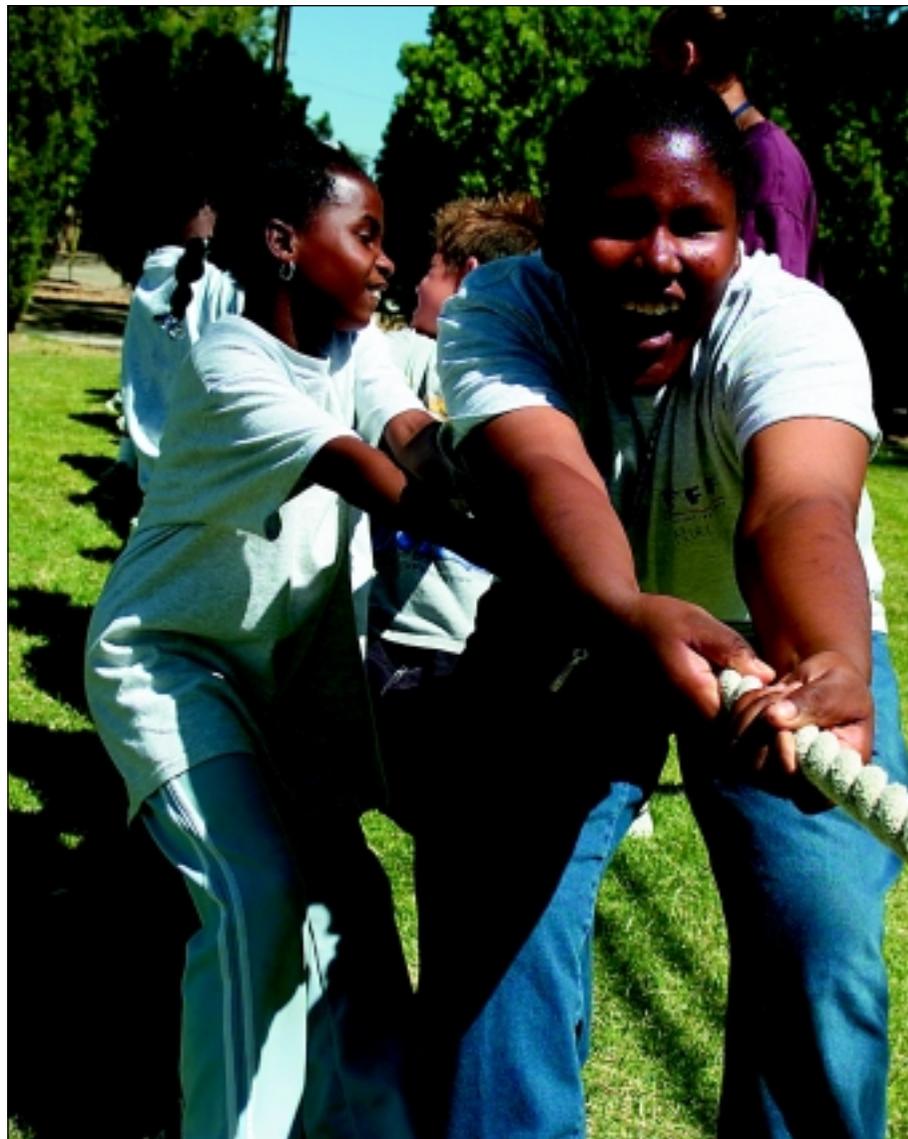


Photo by Cpl. Cory Kelly

12-year-old Noel Pittman(front) and 10-year-old Terisha Hill provide the forward edge of their team's offense in a tug of war of war during phase I the the Drug Education for Youth program Friday. For more photos see Pages 6 and 7.

Top PFT'ers get grace on body fat

By Cpl. Danielle Bacon
THE SCOUT Staff

MARINE CORPS BASE CAMP PENDLETON, Calif.

- Controversy over the Marine Corps' method of taping to measure body-fat percentages and other gray areas in the physical fitness test has led to an updated order giving first-class performers a little more slack.

The directive, Marine Corps Order P6100.12, published on May 10, primarily was changed to make it more understandable.

But a few changes - including one dealing with body-fat percentage - are substantive.

Male Marines who score a first-class PFT will be allowed 22 percent body fat and females who score first class will be allowed 30 percent - compared with 18 percent for men and 26 percent for women previously.

"We are not giving Marines more inches or pounds. We are merely allowing for mistakes with the taping process," said Maj. Brian McGuire, the physical readiness program officer in Quantico, Va. "There are problems with every body fat measuring process, and we have to acknowledge that."

Although the Department

of Defense admits problems with taping, McGuire said it is the most accurate form of body fat measurement.

"At first, I thought we could be lowering the standards with respect to the body composition aspect," said Col. Paul O'Toole, director of the Inspection Division, Headquarters Marine Corps. "Many people put a lot of thought and research into this order."

Another change - Marines cannot be weighed 14 days before or after the PFT.

"Under the old system, an

See PFT Page 9

PSD, YAC teaches money matters

Children to go on field trip to learn the value of the dollar

By Gunnery Sgt. John Cordero
Public Affairs Chief

A youth financial program is scheduled for teenagers beginning July 12 during Teen Night at the Clara B. McKinney Youth Activities Center.

The teen-agers will take a field trip on Aug 2, which is co-sponsored by the Personnel Services Division and Youth Activities Center. Participants will learn about the mysteries of money such as its history, principle of interest and compounding interest, credit cards and debit cards. Teens will also visit a local bank, pawnbroker, cash advance and explore the pros and cons of using these establishments. In addition they will enjoy free pizza and soda, according to Master Sgt. Allyson C. Hedrick.

A follow-up activity for the teens is a virtual finance scenario scheduled for Aug. 9 at the Base Library. Participants will apply what they've learned about responsible financial choices. They'll be given a salary and will budget their income. Expenditures will include rent/mortgage, charities, groceries, utilities, clothing, insurance, auto expenses, savings investments, debts such as car loans and student loans, and miscellaneous expenses. Children 12 years old and younger will be able to participate in their own financial fun day Aug. 13 at the Youth Activities Center. Hedrick has several activities designed to entertainingly educate them.

The purpose of the financial educational activities is to encourage children to not fear finances but to develop good financial habits, said Hedrick.

But parents do not have to wait for their children to attend these events to learn about good money management.

Patrons are welcome to visit Hedrick at PSD (Building 129) for information about money management. Hedrick also has financial videos customers can check out and view in the leisure of their own homes.

Another great tool that can be used at home is the Internet. One Web site Hedrick recommended is www.FleetKids.com, a hands-on site that has games and activities that stress the importance of setting goals, saving, budgeting, and identifying the difference between needs and wants.

Another site, www.familyeducation.com, offers the following tips to teach children about money.

As soon as children can count, introduce them to money. Take an active role in providing them with information. Observation and repetition are

See MONEY Page 7

Ruling factors: *Does it take genius to see the ignorance?*

By Cpl. Cory Kelly
Editor

It doesn't matter how long one's been in the Corps, we've all been there - standing in front of a desk, looking into a window or waiting at the register and an unnamed employee comes up with some seemingly asinine rule that precludes him or her from helping you with the service you're requesting. Or, you are doing your job the same way you've done it since you've been trained to do it and someone drops a manhole cover on your operations in the form of a rule that will forever make difficult the once easy task.

I remember vividly my short transient visit to Camp Delmar during which, as a student at the

Corporals Course, I made a dash to the mess hall in between classes. I was only assigned to the school for a half-month's span so I was not afforded the convenience of a meal ticket. I obliviously walked up to the cash register and soon discovered two unwavering facts.

First, the Corps pays me too much - absolutely no \$20 bills accepted. Point blank. End of story.

And second, I'm blind. Apparently there was a sign to inform me of fact number one I should have noticed on the way in. This I was ever so delicately (rudely) directed to on my way out ... without the convenience of having eaten in the 20 minutes the school had allotted time for.

For inane reasons, which I now amass to idi-

otic principle, it didn't matter that there was a stack of bills in the drawer that could have put a bookie's fold to shame.

The fact of the matter was that there was a policy in place, a rule set and a sign to prove it, and that cashier had the right to turn me away. And so he did. He dutifully exercised his rights, and when I asked him about the easily quantifiable ability of his to make change for me with the money in his drawer it drew nothing more than a cheap look of disgust - or confusion, which I probably interpreted as disgusting in my altered state of mind.

Another thing I'm having trouble accepting appears at bases' gas stations. And it's not the fact that the prices are usually about 10 cents higher

than the ones usually placed about a quarter of a mile away, just outside the front gates. For some reason I've accepted that as understandable. It's the new signs popping up; the ones that state you must turn all electrical devices off, radio included, so that your car doesn't cause the plethora of gas pump technology fail-safes to ultimately fail and set the station afire.

Call me dumb. Mark me stupid. Or in the notable fashion of Jeff Foxworthy, hand me my sign. But I refuse to heed the warnings. I can't quite assimilate how two reported cases of fires caused in this fashion in the history of the gas stations has created this rule.

See RULES Page 9

Characteristics of love in life

By Lt. Cmdr. Randel Livingood
Base Chaplain



Have you ever noticed how people are always talking about love? People tend to say things like, "Oh, I just love" this or that object. They sign e-mails to almost perfect strangers with words like "love, love you," etc. People use that phrase almost without thinking. "I love you" has become easily used in relationships from the political to the personal and it seems very often to be used for advantage rather than for expressing something more heartfelt.

That leads us to the question about what the word "love" really means. I suppose at this point I should probably go and dig up a giant dictionary and copy down the meaning complete with the proper pronunciation guide, but I like to think that the meaning of love is more than a definition in a dictionary. Love is one of those words that is, as one person phrased it, "Better felt than tellt." You can describe it, but you really know it when you experience it. In other words, *saying* "I love you" really doesn't mean much unless you support it with the actions of love.

Now here is where I defer to one of the great writers of the Christian scriptures, St. Paul. In his

first book to the people of the church at Corinth, Greece, St. Paul wrote about love. I suppose that he had discovered what many of us discover, that talk is cheap and people want to be able to "fit-in," or at least act the part of someone who really cares, but when it comes to actually living out their words it is more difficult than it seems.

St. Paul then wrote one of the most oft quoted passages in Christian scriptures, and it is found in First Corinthians, Chapter 13. He first wrote about how important love is and that people may be able to do all kinds of wonderful things and be able to understand almost anything, but if they do not have love they are really "nothing." Then he gets to the punch line and here is where I will quote him directly:

"Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth."

"It bears all things, believes all things, hopes all things, endures all things. Love never ends."

What a wonderful assessment of love and its action in our lives!

This is a great reminder of what love can be like for us and for those around us. Doesn't it make you want to evaluate your own life and see how closely you measure up to St. Paul's guidelines?

As a closing thought, have you ever wondered

See LOVE Page 9

Just doing my job ...



Photo by Gunnery Sgt. John Cordero

Hershel Thompson, electrical equipment mechanic, CWC 731, Maintenance Center Barstow, uses a fork lift to move a desk. All fork lift drivers must be licensed and wear their seatbelts when operating fork lifts. MCB is scheduled to have a safety stand down for fork lift drivers during two one-hour meetings July 9 and 16. Contact the Base Safety Office, 577-6001, for additional forklift safety information.

Chapel Services

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

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the Base Chapel.

For more info call 577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.
At the Chapel Office.

For more info call 577-6849.



Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer



Public Affairs Staff
Public Affairs Officer/Executive Editor:
Public Affairs Chief/Managing Editor:
Public Affairs Specialist:
Editor:
Correspondent:
Correspondent:
PA Support Clerk:

Bill Bokholt
Gunnery Sgt. John Cordero
Rob L. Jackson
Cpl. Cory Kelly
Cpl. Joshua Barnhardt
Cpl. Joseph Lee
Bertie Dailey

The editorial content of this newspaper is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer (B130), Command Headquarters, Marine Corps Logistics Base, Box 110100, Barstow, CA 92311-5001. The Public Affairs Office is located in Building 15. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

This newspaper is an authorized publication for members of the Department of Defense. Contents of **BARSTOW LOG** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps. **BARSTOW LOG** is published by Aerotech News, a private firm in no way connected with the U.S. Marine Corps, under exclusive written contract with Marine Corps Logistics Base Barstow, California.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Marine Corps, or Aerotech News, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron.

BARSTOW LOG is distributed every Thursday (or Wednesday preceding a holiday) 50 weeks a year. **BARSTOW LOG** is produced at Aerotech News and printed at Castle Printing in Bakersfield, Calif. Printed circulation is 3,500.

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 Fridays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Yoga classes

There will be no Yoga classes today, Friday or Monday. Classes are scheduled to resume Tuesday. There are Yoga videos available to be checked out from the Base Gym until classes are resumed. To check out a video, ask a gym attendant.

For more information call the Base Gym, 577-6898.

Power outage

There is a power outage scheduled for July 7 from 8 a.m. to 5 p.m. occurring at the electrical sub-station across from Building 610 at Yermo. Power will be secured to the entire Yermo Annex. The contractor will be performing maintenance on the circuit breaker, relays and calibrating the main substation across from Building 610 per contract requirements. Phone service will not be affected as the phone

bank has an emergency generator.

For more information call Ed Guz, 577-6183, or Larry Hubbard, 577-6906

Tae Kwon Do

Tea Kwon Do classes are scheduled to be offered at the gym from noon to 1 p.m. and 4 to 5 p.m. Uniforms for the class are \$25, and the class will cost \$45 monthly. For more information visit the Base Gym or call 577-6971.

FamilyLine volunteer search

Naval Services FamilyLine is looking for a volunteer to serve as the field representative for the Barstow area. FamilyLine is a volunteer organization dedicated to improving the quality of life for Navy, Marine Corps, and Coast Guard families by providing information and referral services, booklets, and educational seminars.

FamilyLine relies on field representatives to help inform the local military community about services.

For more information about this volunteer opportunity, please e-mail FamilyLine at nsfamline@aol.com or call (877) 673-7773 and ask for the director of field representatives.

MCB vehicle registration

People may register their vehicles on the second and fourth Tuesdays each month from 7:30 to 9:30 a.m. at the trailer next to the Cactus Cafe at the Yermo Annex. Call 577-6969/6371 for more information.

Nacho sale

A nacho sale is scheduled for Monday starting at 11 a.m. in front of Building 573 at the Yermo Annex. One dish includes nacho chips, cheese, chili, jalapenos and onions, and costs \$3. Sodas will be on sale for 50 cents.

For more information about the Marine Corps Ball fund raising event, call Sgt. Chris Jurgensmeyer, 577-7157.

Hot link sale

A hot link sale is scheduled for Tuesday starting at 11 a.m. in front of Building 573 at the Yermo Annex.

The hot links will cost \$2 and include sauerkraut, onions, mustard and ketchup. Sodas and bags of chips will be on sale for 50.

For more information about the Marine Corps Ball fund raising event, call Sgt. Chris Jurgensmeyer, 577-7157.

Independence Day

A community celebration is scheduled for July 4 at the Robert A. Sessions Memorial Sportsark, 2800 Guadalupe Dr., Barstow, starting at 5 p.m.

Admission is free. There will be games, food, vendors and a pyro-musical fireworks show broadcast on local radio station 94.3 FM starting at 9 p.m.

3-on-3-basketball tournament

There is a 3-on-3 double elimination basketball tournament scheduled to start at 4 p.m. July 15 in support of the Marine Corps Birthday Ball. Team member names and entry fees must be submitted by start time.

The entry fee is \$20, and teams can have a maximum of four players. Games are to 15 points with a 20-minute time limit. Gym visitors are welcome to enter (one visitor is allowed per authorized gym patron and the authorized personnel must be present).

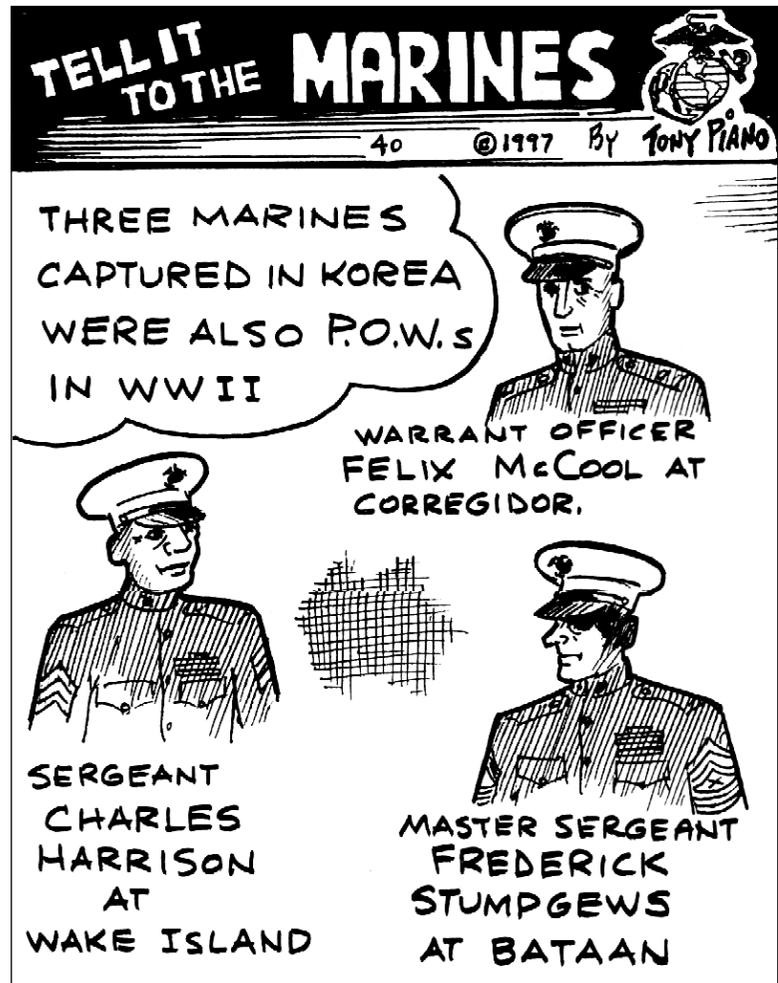
For more information stop by the Base Gym or contact 2nd Lt. Michael Smith, 577-6726, or Staff Sgt. Jesse Castillo, 577-6708.

MC Ball Golf Tourney

The fourth Marine Corps Ball Scramble Golf Tournament is scheduled for July 19. Sign-in for four-person teams is from 6 to 6:30 a.m., and tee off is at 7 a.m. Burgers, hot dogs, chips and sodas will be served after the tourney. There will be a drawing.

Entry fees are as follows: privates through corporals, \$14; sergeants and staff sergeant, \$15; gunnery sergeants through first lieutenants, \$16; captains and above and civilians, \$16. Mulligans are \$1 a piece with a maximum of five.

For more information call Cpl.



Cory Kelly, 577-6450.

CWRA trip to Getty Museum

A Civilian Welfare and Recreation Association trip to the Getty Museum is scheduled for July 20. The cost is \$10 and includes transportation and entrance to the museum. The bus will leave base, departing from Building 319, at 6:30 a.m. and make a pick up at the International House of Pancakes in Victorville, Calif., at 7:15 a.m.

For more information or to make reservations for the trip, contact one of the following CWRA committee members:

Name	Phone
Dan Keirn	577-6614
Barbara Kent	577-7786
Bruce Rowe	577-7207
Frederico Molino	577-7210
Ed Guz	577-6183
Cliff Acles	577-6431

Government drivers' licenses

The base license examiner is now located in Public Works, Building 198. Hours of operation are Tuesdays through Fridays from 7:30 a.m. to 3 p.m.

For more information regarding obtaining or renewing a government drivers license contact, Steve Waugh, 577-6448.

WMA - Biennial Convention

The Women Marines Association is scheduled to have a Biennial Convention and symposium Aug. 29 through Sept. 3 at the Marriott City

Center, 30 South 7th Street, Minneapolis, Minnesota 55402. The WMA celebrates the past contributions of women to the Corps and provides a support network for mentoring Marines serving on active duty today. The WMA 2002 Convention theme is "The Greatest Generation - Passing the Sword." Gen. Michael J. Williams, assistant commandant of the Marine Corps, and Robin L. Higgins, Department of Veterans Affairs under secretary for memorial affairs, will be featured speakers at the convention. There will be special sessions for active duty women Sept. 1 that will include a panel discussion on career progression, presentation of a new mentoring/coaching program under development at HQMC, and linking Marines with coaches/mentors. For more information go to www.womenmarines.org or contact Maj. K. Johnson, kjohnson2@wmitchell.edu.

WMA works in the community to promote patriotism by supporting local veterans groups, recruiters and MCJROTC, as well as preserving the history of women Marines. Its members serve as role models and mentors for new and future Marines.

The WMA supports the mission of the Corps by sponsoring activities throughout the year that focus on the traditions and values of leadership that the Marine Corps promotes.

Membership in WMA is open to all women serving or having served honorably in the Marine Corps or the Marine Corps Reserve. Additional information on the association is available at the Web site or 1-888-525-

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-280-02-NR	Instrument Mechanic GS-3359-11	06-14-02	07-01-02	06-21-02	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their resumé 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 Center, Building 37, Mondays through Fridays 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>.

This is not an official list. Please see the Websites listed for a complete list.

UNITED STATES POSTAL SERVICE

New Postage Rates

Effective Sunday

NEW 37-cent stamps on sale now

First-Class Mail®
Letters, Flats, and Parcels First Ounce \$0.37
Additional Ounce \$0.23
Card Rate \$0.23
Stamped Card \$0.25

Priority Mail®
Up to 1 lb. & Flat Rate Envelope \$3.85

Express Mail®
Up to 1/2 lb. & Flat Rate Envelope \$13.65
Over 1/2 lb. & up to 2lbs. \$17.85

Special Services

Certified Mail	\$2.30
Restricted Delivery	\$3.50
Money Order	
Domestic (\$0.01 - \$500)	\$0.90
Domestic (\$500.01 - \$1,000)	\$1.25
Return Receipt	\$1.75
Return Receipt for Merchandise	\$3.00
Delivery Confirmation™ (Retail Option)	
With Priority Mail	\$0.45
With First-Class Mail Parcels and Package Services	\$0.55
Signature Confirmation™ (Retail Option)	\$1.80
Insured Mail	
Up to \$50	\$1.30
\$50.01 to \$100	\$2.20
\$100.01 to \$5,000	\$2.20 plus \$1.00 per each \$100

Visit the United States Postal Service Web site at www.usps.com.

Water: *it's not referred to as the elixir of life because it just tastes good*

By Cpl. Cory Kelly
Editor

Water.

It makes up well more than half of the earth's surface.

It is essential to the survival of almost every living thing.

And it makes up almost 80 percent the average human's body weight.

Yet many people don't drink nearly as much as the body needs to run efficiently. In people, water regulates body temperature, lubricates joints, keeps cells and organs functioning and passes waste through the body. Water not only maintains and regulates the body's systems, but also acts as a preventative measure against common ailments.

Dieticians and health experts suggest an average intake of four cups of water a day. But that suggestion is made for people who live in average climates and who live average lifestyles.

The High Desert is not an average climate. And many of the base employees do not live average lifestyles. With manual labor as the cornerstone of many employee functions, it is all the more important for people here to understand hydration.

According to a Bureau of Medicine and Surgery article by Nicole Deaner, Navy Lt. Sean Murphy, flight surgeon, U.S. Naval Academy, An-

napolis, Md., said "Summer is here, and the number of people suffering from heat-related illnesses soars — people don't realize the seriousness of dehydration.

"Heat-related illnesses are 100 percent preventable," he said.

Dehydration is a lack of water in the body, which can lead to decreased coordination, fatigue, headaches, dizziness, nausea and vomiting. Extreme dehydration can lead to heat exhaustion or heat stroke, where the body loses excessive water and salt through perspiration and can have a serious — even fatal — effect on the body.

According to Murphy, the average adult loses approximately a quart of water a day that needs to be replaced. Bodies may also lose additional fluids because of heat, humidity, increased outdoor activities and exercise. Individuals who are overweight, seniors, children and people suffering from an illness are also more susceptible to dehydration.

The following are some tips offered by the Bureau of Medicine and Surgery to check hydration levels:

Urine should be clear to light yellow and odorless. Not enough water is being drank if urine is darker or has an odor.

Also, swollen hands and feet are a signal that one is not getting enough water. When properly hydrated the

body will release excess fluids.

To keep the body properly hydrated and healthy, the following are some suggested good hydration habits.

Drink at least four eight-ounce glasses of water per day (this should be doubled in areas of extreme heat).

One should take time throughout the day for a glass of water whether or not it is felt it's needed. Those who wait until they are thirsty often find they are already dehydrated.

Drink eight to 10 ounces of water every 15 minutes during a run and another 10 to 12 ounces immediately following a workout.

The body can lose water quickly when exercising in hot weather.

Be sure to drink water before, during and after sun exposure. In hot weather, people experience more water loss. Drink at least one additional quart per day to compensate for this loss.

Choose water over soda. Beverages containing caffeine are diuretics. Although many beverages contain a water base, it is still a good idea to drink pure water, as it does not contain caffeine, sugar, salt or other additives.

Active children can lose several quarts of water daily. Children are more sensitive to the effects of high

See **WATER** Page 9



Photo by Cpl. Cory Kelly

James Meugniot, director of the base commissary, shakes the hand of Casey Cink, Apple Valley High School graduate and the MCLB Barstow Commissary scholarship recipient, at a ceremony June 20 at the commissary. Cink is the area winner of a \$1,500 scholarship from the Defense Commissary Agency's Scholarships for Military Children program. Col. Liz Bergman, base commander, presented Cink with a plaque on behalf of the base and the commissary.

AROUND THE CORPS

'Pirates' plunder Yukon vessel

By Cpl. Jason E. Miller
HAWAII MARINE staff

PEARL HARBOR, Hawaii – Like modern-day pirate raiders, Marines from 2nd Battalion, 3rd Marine Regiment, climbed aboard the USNS Yukon at Pearl Harbor Naval Complex June 17 to perform a mock takedown of the vessel.

Golf Company Marines arrived

early in the morning, running through several tours and rehearsals of the drill, before finally kicking off the training evolution and taking control of the boat.

The training the Marines received combined several of the skills they'd learned in previous exercises.

Mock ship takedowns performed at Kaneohe Bay, along with basic military operations in urban terrain

(MOUT) tactics (which the battalion often practices at Schofield Army Barracks), helped prepare the Marines for the day's events.

Most of all, the battalion utilized its close quarters battle (CQB) techniques to surgically pick apart the ship. Marines made sure all was secure before completing the evolution.

"Leading up to this, we've been getting a lot of basic CQB classes," said Cpl. Kym Hornbeak, a Golf Company team leader. "We've done some things similar to this, and I think the training has really helped out a lot.

"It's definitely something that we could use a lot more practice on," he explained.

Practice they did. Golf Company quickly dispersed all around the ship as soon as it received the order.

The Marines came in waves, first setting up security so the assault wave could come through and take over the remainder of the boat.

Sailors assigned to the ship were dressed in yellow jerseys, signifying they were part of the training exercise, and their presence would have to be dealt with like the rest of the ship.

When Marines burst into the



Photo by Cpl. Jason E. Miller

Golf Company Marines apprehended and restrained the role-playing sailors as part of a mock takedown of the USNS Yukon June 17.

bridge area, they placed some sailors manning the controls onto the deck, then frisked and bound them with zip ties to completely secure the area.

To add a sense of realism, one of the sailors tried to resist the intruding Marines, but he was quickly subdued before any problems arose.

Security, as always, played a huge role in the exercise. Before Marines entered any area, they shouted to make contact with Marines inside, letting those inside know how many of them were present and planning to

See **PIRATES** Page 9



Photo by Cpl. Jason E. Miller

Lance Corporals Ryan Goodwin and Denver Whitley secure an area near the bridge of the USNS Yukon. The entire vessel was completely overtaken and secured by 2nd Battalion, 3rd Marine Regiment Marines within a period of about 30 minutes during the mock exercise.

DEFY children, Zacary Cornish (left) and Leroy Hunter, play clapping games while 9-year old Quintara Johnson watches and learns during phase I of the youth program Friday behind the base Religious Ministries Center.

Photo by Cpl. Cory Kelly



Children of DEFY, (from front to rear visible faces) Justin Bowel, Jasmyn White, Philip Alborno, Sean Stopyak and Jordan Williams, work with their teammates to overpower their opponent in a tug-of-war match Friday during Phase I of the program. These children, along with more than 20 other children on base, spent Friday afternoon in the back yard of the base Religious Ministries Center participating in team-oriented games and preparing for their upcoming graduation from phase I of the program.



Photo by Cpl. Cory Kelly

Rachel Lawson, 12 years old, puts a personal touch on a team flag she and members of her group are working on for their phase I graduation ceremony Friday.



Photo by Cpl. Cory Kelly

Lance Cpl. James D. Hosey, supply clerk and DEFY volunteer, gives guidance to Cassie Griffin and Henry Hackett Friday.

MONEY from Page 1

two important ways children learn.

Communicate with children as they grow about your values concerning money — how to save it, how to make it grow, and, most importantly, how to spend it wisely.

Help children learn the difference between needs, wants, and wishes. This will prepare them for making good spending decisions in the future.

Setting goals is fundamental to learning the value of money and saving. People rarely reach goals they haven't set. Nearly every toy or other item children ask their parents to buy them can become the object of a goal-setting session. Such goal-setting helps children learn to become responsible for themselves.

Introduce children to the value of saving versus spending. Explain and demonstrate the concept of earning interest income on savings. Consider paying interest on money children save at home; children can help calculate the interest and see how fast money accumulates through the power of compound interest. Later on, they also will realize that the quickest way to a good credit rating is a history of regular, successful savings. Some parents even offer to match what children save on their own.

When giving children an allowance, give them the money in denominations that encourage saving. If the amount is \$5, give them five \$1 bills and encourage that at least one dollar be set aside in savings (Saving \$5 a week at 6 percent interest compounded quarterly will total about \$266 after a year, \$1,503 after 5 years, and \$3,527 after 10 years!).

It's important to clarify that an allowance isn't money a child earns for doing chores. Children should have age-appropriate tasks they're expected to do without pay simply because they are members of a family. An allowance is part of the parents' responsibility to meet the needs of the family. The amount of the allowance depends on the child's age and the parents' income.

One way to calculate a child's allowance (especially when you have more than one) is to take the child's age and divide it in half. For example, if your child is 6 years old, half of that is three. Your child's allowance is \$3 per month (or \$3 per week if you're wealthy). This is fun because they know each birthday gets them a raise in their allowance.

Take children to a credit union or bank to open their own savings accounts. Beginning the regular savings habit early is one of the keys to savings success. Remember, don't refuse them when they want to withdraw a portion of their savings for a purchase — this may discourage them from saving at all. You can also introduce children to U.S. savings bonds. Bonds are still a good value, costing one-half their face value and earning interest that in some instances will be tax-free if used for a college education. Perhaps more importantly, when given as a gift, bonds will not be spent immediately, reinforcing saving and goal-setting lessons.

Keeping good records of money saved, invested, or spent is another important skill young people must learn. To make it easy, use 12 envelopes, one for each month, with a larger envelope to hold all the envelopes for the year. Establish this system for each child.

Encourage children to place receipts from all purchases in the envelopes and keep notes on what they do with their money.

Use regular shopping trips as opportunities to teach children the value of money. Going to the grocery store is often a child's first spending experience. About a third of our take-home pay is spent on grocery and household items. Spending smarter at the grocery store (using coupons, shopping sales, comparing unit prices) can save more than \$1,800 a year for a family of four. To help young people understand this lesson, demonstrate how to plan economical meals, avoid waste, and use leftovers efficiently. When you take children to other kinds of stores, explain how to plan purchases in advance and make unit-price comparisons. Show them how to check for value, quality, repairability, warranty, and other consumer concerns. Spending money can be fun and very productive when spending is well-planned. Unplanned spending, as a rule, usually results in 20–30 percent of our money being wasted because we obtain poor value with our purchases.

Allow young people to make spending decisions. Whether good or poor, they will learn from their spending choices. You can then initiate an open discussion of spending pros and cons before more spending takes place. Encourage them to use common sense when buying. This means doing research before making major purchases, waiting for the right time to buy, and using the "spending-by-choice" technique. This technique involves selecting at least three other things the money could be spent on setting aside money for one of the items, and then making a choice of which item to purchase.

Show children how to evaluate TV, radio, and print ads for products. Will a product really perform and do what the commercials say? Is a price offered truly a sale price? Are alternative products available that will do a better job, perhaps for less cost, or offer better value? Remind them that if something sounds too good to be true, it usually is.

Alert children to the dangers of borrowing and paying interest. If you charge interest on small loans you make to them, they will learn quickly how expensive it is to rent someone else's money for a specified period of time. For instance, paying for a \$499 TV over 18 months at \$31.85 a month at 18.8 percent interest means the buyer really pays about \$575.

When using a credit card at a restaurant, take the opportunity to teach children about how credit cards work. Explain to children how to verify the charges, how to calculate the tip, and how to guard against credit card fraud.

Be cautious about making credit cards available to young people, even when they are entering college. Credit cards have a message: "spend!" Some students report using the cards for cash advances and also to meet everyday needs, instead of for emergencies (as originally planned). Many of those same students find themselves having to cut back on classes to fit in part-time jobs just to pay for their credit card purchases.

Establish a regular schedule for family

See MONEY Page 9

MCCS



MARINE CORPS Community Services Barstow

By Jim Gaines
MCCS Publicity

Lunch menu

Today – Spaghetti and garlic bread.

Friday – Hoki fish and rice pilaff.

Monday – Chicken parmesan.

Tuesday – Meatloaf, mashed potatoes and gravy.

Wednesday – Three pieces of fish and steak fries.

July 3 – Holiday hours. Menu service 9 a.m. to 2 p.m.

Prices: \$3 military, \$4.50 civilian.

Family Night Dining

Tonight – Meatloaf, mashed potatoes and gravy, cut corn, tossed green salad and dessert.

Family Night Dinners served Thursdays at the Family Restaurant from 4:30 to 7:30 p.m.

Everyone welcome. Prices \$5.50 adults, \$3.50 children 5 to 11 years. Children under 5 years are free.

No Yoga! No Aerobics!

There are no yoga classes until Tuesday. At that time classes are scheduled to resume.

There will be no aerobic classes until July 22. At that time, classes are scheduled to resume.

Semper Fit thanks you for your patience and apologizes for any inconvenience.

Base Library: Check it out!

Check out the library's Internet capable computers and visit any of the thousands of Web sites available.

Select some serious or not so serious reading from the library's large selection of books.

Check out a video – there's a large selection to choose from.

Drop by and check out the library. Open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays and Sundays from 10 a.m. to 4 p.m. Call 577-6395 for more information.

LAUNDRY SERVICE IS NOW AVAILABLE AT THE SUPER 7 STORE



MCCS has contracted laundry service with Deluxe Dry Cleaners and Laundry Service. Pick-up will be daily at 2 p.m. with a three-day turn-around (Pick up on Monday, return on Wednesday).

Cleaned and pressed cammie coat/blouse, or trousers regularly \$3 - your cost \$2.40; cammie set regularly \$6 - your cost \$4.80; civilian shirt regularly \$3 - your cost \$2.40; civilian men's trousers, lady's blouse or skirt regularly \$3.50 - your cost \$2.80 (Express Service - add \$1.50 per garment).

For more information contact the Super 7 Store, 256-8974.



CACTUS CAFE LUNCH ORDERS

Call in your lunch orders no later than 9:30 a.m., 577-7501, for them to be ready for lunch. Lunch is served from 11:30 a.m. to noon.

PFT from Page 1

overweight Marine would go on a crash program to lose weight before measurement and be physically depleted on the day he or she was required to do their best on an official PFT," O'Toole said.

Marines who fail the PFT and are overweight will go on the new Body Composition Program for six months. The program will emphasize nutrition and diet.

If a Marine is unable to pass a PFT after six months, he'll receive a Page 11 entry - a demerit - in his service record book.

Other clarifications were made as to when postpartum Marines should take a PFT.

The new order clarifies that women must pass a PFT within six months of returning to full duty.

"The new order isn't really anything new. There are a few changes, but for the most part, it is the same. It just makes things more clear," McGuire said.

Other changes made to the PFT order:

- Completion of the required final physical examination does not exempt a Marine from taking the PFT.

- Marines are required to take a PFT during the semi-annual period preceding their end of service or retirement date. Terminal leave date is not con-



Photo by Gunnery Sgt. John Cordero

Lance Cpl. Steven L. Colbird, Headquarters Battalion S-4 housing clerk, sprints the last yards of the 3-mile run during a physical fitness test Friday.

sidered in determining whether a Marine must take the PFT.

- Marines ages 46 and older must self-evaluate themselves with a "risk factor screening" as a precautionary measure 30 to 60 days prior to each semi-annual PFT.

Editor's Note:

For more information about Marine Corps Physical Fitness and the Body Composition Program refer to Marine Corps order P6100.12, which completely replaces MCOs 6100.3J and 6100.10B.



Photo by Gunnery Sgt. John Cordero

Lance Cpl. Sara B. Scott, supply clerk, keeps herself up during the flexed arm hang portion of a physical fitness test Friday.

MONEY from Page 7

discussions about finances. This is especially helpful to younger children – it can be the time when they tote up their savings and receive interest. Other discussion topics should include the difference between cash, checks, and credit cards; wise spending habits; how to avoid the use of credit; and the advantages of saving and investment growth. With teen-agers, it's also useful to discuss what's happening with the national and local economies, how to economize at home, and alternatives to spending money. All of this information will be important as they take on more responsibility for their own financial well-being.

Develop a money management plan together. Once the allowance amount is established it's a good idea to sit down with your child and establish a money management program or financial plan. Begin by designating 35 percent of the allowance as free spending money. It's the child's to do with as he or she wants; it gives the child the personal freedom to spend and the discipline to save. Have the child save 55 percent of the allowance. Have the child give the remaining 10 percent to charity. That means if the child gets \$3 per month, 30 cents should go into the church collection box or a charity collection can each month.

Editor's Note:

For more information about the finance-oriented activities or finances in general, call Master Sgt. Allyson C. Hedrick at 577-6533.

WATER from Page 4

temperatures, so it is very important for parents to encourage them to drink plenty of fluids.

Have children take a water break three or four times an hour while playing outside or participating in sports activities. Don't expect the coach or other adult supervisors to provide beverages for your child.

Carry water in your beverage holder when you go for a bike ride.

A tip for commuters: Keep a large bottle of water in your car. Traffic jams can cause your body to overheat as well as your car.

Include water in the cooler when you pack your car for a weekend trip. Freeze a partially full bottle of water before you leave, and you'll have chilled water all day long.

Don't drink water from lakes, rivers or pools. This water could contain harmful contaminants.

Older adults have a decreased ability to respond to temperature changes and are more prone to dehydration. They should consistently drink water throughout the day even when they are not thirsty.

If you are experiencing dizziness and nausea on a warm day, you may be suffering from heat exhaustion or heat stroke. Treatment for heat exhaustion includes drinking plenty of water with a teaspoon of salt per quart.

Heat stroke victims may faint. Cool them off as fast as possible by dousing them with water and fanning and massaging their extremities.

Especially in the case of heat stroke, seek medical attention immediately. It can be life threatening.

PIRATES from Page 5

enter.

This type of communication drastically reduced the chance of friendly fire casualties, participants explained.

Normally, in this type of situation, Marines either board the ship via Zodiac boats or by way of a helicopter-borne insertion. A similar kind of mission, according to the

commanding officer, may be on the horizon for Golf Company Marines.

"The next step up is a ship on the open sea, where we'll get to use some of the available insertion methods," said Capt. Michael F. Wilonsky, Golf Company's commanding officer.

"We're getting ready to go on deployment. In this time of uncertainty, if the situation ever arises, Golf Company will be prepared."

LOVE from Page 2

how to get people to begin to treat each other with love? To act with more courtesy and gentleness? It all starts

with awareness that small things mean so much in this life.

I would like to offer the encouragement that if we can take a moment to try and act as people who

love and care about others in the way that St. Paul records above we will begin to understand the meaning of the word love and it really will make a difference in our lives.

RULES from Page 2

Aren't there like hundreds of cases of spontaneous combustion reported every year?

Where are all the signs for that one?

The fact that I have yet to see these signs plastering the pillars of commercial gas stations is causing me to wonder if the risk only exists at military gas stations.

A third, and just as quizzical, oddity was brought to my attention by a champion grill master whose home I frequently visit for the best bratwurst my senses have had the pleasure of coming into contact with. His grillwork was almost interrupted one fine Sunday afternoon when he went to fill up his propane tank and suddenly found out he was in extreme danger.

Apparently the same propane tank he's been using for years the govern-

ment has deemed too unsafe to be used anymore. More specifically, the valve attached to the tank, but since you can't replace the valve without purchasing the new \$30 tank it's about the same thing.

I imagine that the same ingenious individual who made the signs at the gas stations is now getting rich off the valve he or she invented and idea that you're old propane tank is going to start the July 4 fireworks show a tad early.

These incidents somehow center my thoughts to the Corps. As Marines, and more specifically as leaders, we often try to get other Marines to follow seemingly important rules – most of which are in fact important and ensure the continued success of the Corps and the preservation of its roots.

But contrary to popular belief, young Marines aren't stupid. I know. I am one. And they can see right through the frivolous nature of some

of those rules. Not only does this reinforce an atmosphere of non-compliance, but it's made its mark on many Marines. I've seen some outstanding Marines find the grass was greener on the other side just because of these rules and the strict enforcement of them.

When people - and also to contrary belief, Marines are people – are pinioned by something that doesn't make any sense to them, they are inclined to ignore it.

It's not enough that things are that way just because that's the way things are. The "A" to "B" rule should always apply. A rule's purpose by nature should be to help us get from point A to point B in the safest, most efficient way possible. If rules are made, the maker of those rules should clarify the intent of them to those who are enforcing them. And the executing forces should step back in the deep recess of their minds where the roots

of common sense lie and weigh the validity of the rule in question.

One should always keep in mind that although two plus two equals four, the same undeniable true answer can be reached by adding the numbers three and one – demonstrating the possibility that there might be more than one correct route to the desired end.

The mess hall could have had a sign that read, "Cashier may not have change for large bills." As the customer, I would have been warned that I might not get lunch with my \$20 bill if the cashier can't break it. This also would have kept me from going back to the schoolhouse on an empty stomach because of somebody's asinine interpretation of a "so-called" rule.

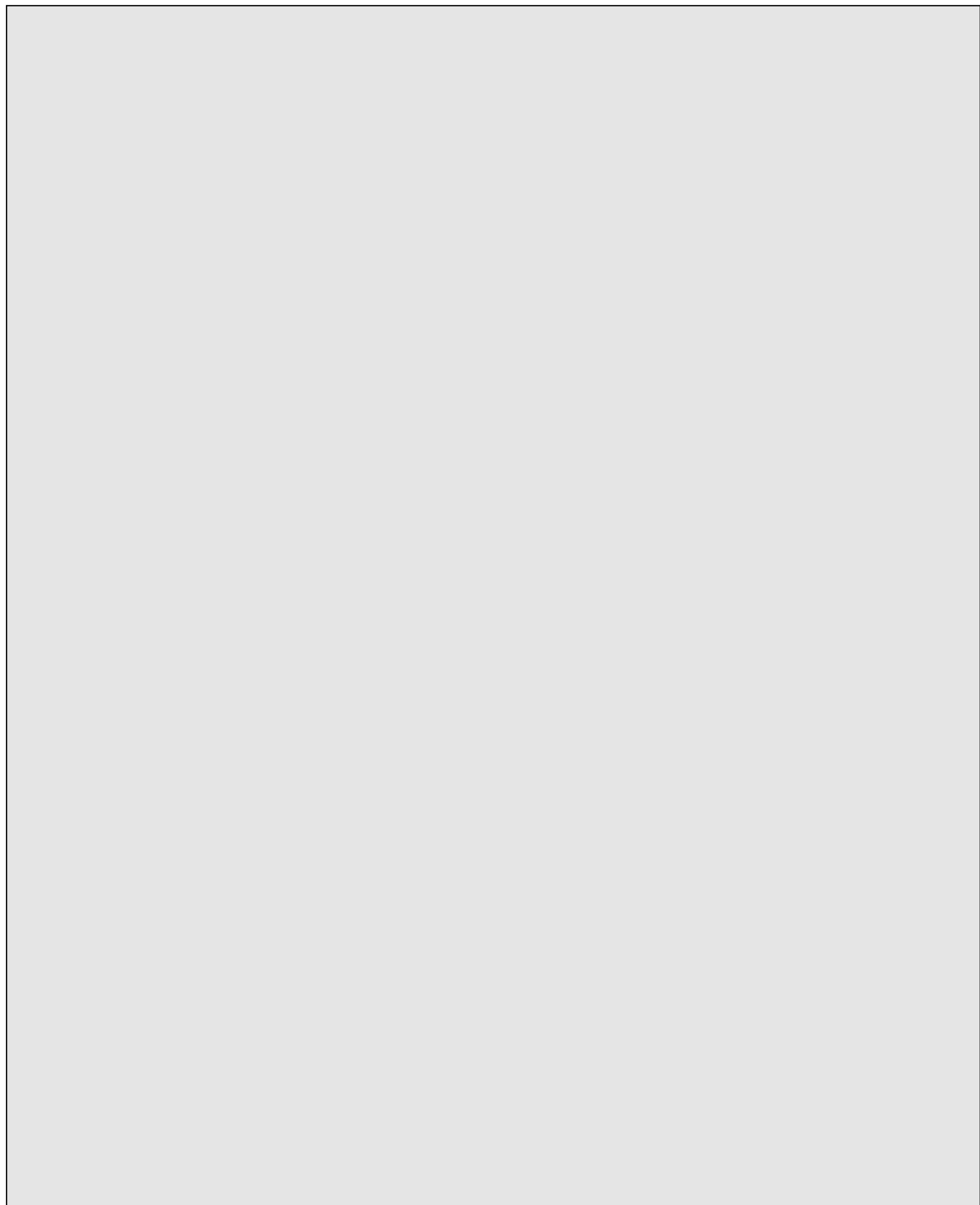
I can't speak for all Marines, but I find it much easier to swallow, "I'm sorry, I don't have the change to break that" than, "I can't break twenties; it's policy."

As far as gassing up the car goes, I think the radio is going to stay on. And if I am ever afforded the opportunity to meet with the person who made the sign, I will always remember not to take whatever he or she has to say too seriously, no matter how important he or she makes it sound.

And as for the old propane tank, the grill master just had a garage sale. Unfortunately, there were no buyers, but he's still selling if anyone's interested.

Editor's Note:

This commentary was inspired by an article by Master Sgt. Tim Shearer, MCAS New River, N.C., public affairs chief. The opinions expressed in this article are of no reflection of that of the Marine Corps or the command. They are merely provided to inspire thought and reflection into the way we do the things we do and why we do them.



AD PLACEMENT

Non-business BARSTOW Log Classified Ads are free for base employees and active or retired service members and their family members. Non-business ads may be submitted to:

editor@barstow.usmc.mil

To place business-related adds call:

Aerotech News and Review

(661) 945-5634

1997 FORD F350 CREW CAB XLT: 7.3L Diesel w/ Banks pwr. pack. Also 1989 Alpinlite-5th Wheel. Great RV package. Shown by appointment. Reasonable offers considered. Call 252-2035.

1996 DODGE RAM 1500 PICKUP: V8, low mileage, good cond., \$12,000. Call 985-4473 or 252-2635.

1990 GEO PRISM: \$2,500. Call 985-4473 or 252-2635.

1988 TOYOTA CAMRY: xlt. running cond. Willing to trade for a pickup truck. Call 256-2390 or 221-8598.

1986 CAMARO: Newly rebuilt eng. Good running cond., \$2,100 OBO. Call 253-2133.

MOTORCYCLES: 2001 HONDA CBR 929 like new, \$8,000 OBO. Call 252-1502.

MOTORHOME: 1978 Dodge Winnebago, Minni Winni, 23 feet, stove, fridge., roof A/C, generator, sleeps 6, runs good, some interior work needed, priced to sell at \$2,000, OBO. Call 254-2221 AWH.

MISCELLANEOUS: Refrigerator - white, Frigidaire, 19.8 cubic ft., glass movable shelves, like new, \$300 OBO. Call 252-1502 LMSG.

MISCELLANEOUS: 1999 Honda dirt bike, CR 80 expert, bought in 2000, race ready, race tech suspension front and rear, recent top end overhaul, new clutch, extra tires and plastic, plugs, jets, etc., rental bars, lever guards, oversized chain, good tires, spare air filter, owners/service manual very clean, \$2,500 OBO. Call Ron 252-5365 AWH.

MISCELLANEOUS: 16 ft. car hauler trailer extra wide with 4 ft. mesh ramp and diamond plate deck, elect brakes, good tires w/spear, heavy duty jack good condition, used very little, \$1,100 OBO. Call 254-2221 AWH.

MISCELLANEOUS: Refrigerator. Works good, \$100. Call 254-1978.

MISCELLANEOUS: Nordic Trak exercise machine. Xlt. cond., \$600. International Time Share, \$12,000. Call 256-0293.

MISCELLANEOUS: 6 ft. Stockland camper shell with carpet kit. Good cond. Call 252-4369.

MISCELLANEOUS: 2 1997 Yamaha Wave Runners w/trailer and tool box in very good cond., \$8,000 OBO. Call 985-4473 or 252-2635.

MISCELLANEOUS: Solid oak twin water bed w/ bookself headboard, 6-drawer pedestal, liner, heater, and padded side rails, \$150. Rehab exercise bike, peddles lags and rotates arms when riding, w/ timer and extra wide gliding seat, \$75. Game table: includes pool table, shuffle board, fozz-ball, ping-pong, basketball and more. All stored within itself, \$60. Tool workbench, sturdy-built, in good cond., \$50. Wooden drafting table w/ one large drawer, \$50. Call 252-1160.

MISCELLANEOUS: 13" color TV (Emerson) with remote \$60; direct TV receiver, regular price \$130, selling price \$80, crystal chandelier, 2' X 1/2', 97 crystal droplets hang from 5 tiers, 6 bulb, \$70; 2 tennis rackets, Wilson Enforcer, royal blue, seldom used, \$12 each. Call 252-1160

MISCELLANEOUS: Racket ball racket with case, \$15; badminton set, poles, net, anchors, 4 rackets, birdie and case, \$20; tether ball and sturdy pole, \$10; 2 Hamster exercise balls with stand and free standing exercise wheel, \$10; playschool electric garage and accessories (5 yrs and up) \$20; Goose bumps book collection (47), \$50. Call 252-1160

MISCELLANEOUS: Seven piece almond cookware, (JC Penny) \$25; chocolate lollipop kit (dinosaurs and ice cream molds) \$10; three piece microwave cookware (Sears), brand new, \$80; toaster oven, used once, \$25. Call 252-1160

MISCELLANEOUS: Teal green sofa w/queen bed, 2 years old Xlt. cond. \$300. Call 254-2295.

MISCELLANEOUS: Bowflex Power Pro XTLU, All attachments included like new \$800. Full size pool table, accessories included \$500. Call 252-8325.

WANTED: Honda Civic CRX or Honda Civic Hatchback, running or not. Call 254-1913.

