

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 38

Marine Corps Logistics Base Barstow, California

August 1, 2002

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

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



Photo by Cpl. Joseph Lee

Master Instructor, fifth-degree black belt and retired Marine Gunnery Sgt. Bruce McGhee motivates one of his students during his High Desert Taekwon-Do classes that he instructs on Tuesdays and Thursdays at the base gym. McGhee started High Desert Taekwon-Do in June of 1983 in his spare bedroom when he was a first-degree black belt and stationed here. See Page 6 for the complete story.

MCB to change hands Aug 14

By Cpl. Joseph Lee
BARSTOW LOG staff

A change-of-command ceremony is scheduled to take place at Maintenance Center Barstow, Yermo Annex, Aug. 14 at 8 a.m.

Col. Robert E. Gerlaugh, assistant chief of staff, G-4 Logistics for the commander, Marine Forces Reserve, is selected to replace Col. Ervin Rivers as commander of the Maintenance Center here.

Rivers will become the executive assistant for the deputy commandant, Installation and Logis-

tics, at Headquarters Marine Corps.

Gerlaugh graduated in 1975 from Centre College of Kentucky with a bachelor's degree in economics. Upon his graduation he was commissioned a second lieutenant in the Marine Corps and attended The Basic School in Quantico, Va. He has since graduated from career, intermediate and top-level service schools and has master's degrees in international relations and in national security strategic studies.

Gerlaugh has served as an infantry officer in units ashore and

afloat of the 2nd and 3rd Marine Divisions, and as a logistics officer in units of the 1st Marine Brigade, the 7th Marine Expeditionary Brigade and 1st Force Service Support Group. He has commanded at the company and battalion levels and held staff assignments from battalion through joint, sub-unified command and service levels.

His personal decorations include the Defense Superior Service Medal, the Legion of Merit, the Meritorious Service Medal with three gold stars, and the Imperial Japanese Order of the Sacred Treasure.

DEERS deadline extended

Submitted by
TRICARE Public Affairs

WASHINGTON D.C. — The Department of Defense announced today that the deadline for beneficiaries to update their eligibility in the Defense Enrollment Eligibility Reporting System and remain eligible for TRICARE For Life is extended until Sept. 1.

After Sept. 1, claims for beneficiaries who are not shown as eligible in DEERS will be denied and will no longer be sent electronically from Medicare to TRICARE for payment. These beneficiaries will be responsible for paying for services that Medicare does not cover.

Claims received for beneficiaries with expired eligibility will continue to be denied until their eligibility information is updated. By law, DOD must recoup (take back) payments made for ineligible persons.

Since the initial Aug. 1 deadline for updating expired eligibility was set, DOD has received health care claims for over 40,000 TRICARE For Life beneficiaries with expired eligibility. Of those almost 19,000 have updated their eligibility.

"We urge beneficiaries to contact DMDC and update their eligibility in DEERS so they may continue to take advantage of this incredible benefit.

We want to ensure that they have every opportunity to update their eligibility and use TRICARE For Life," explained Dr. William Winkenwerder, the assistant secretary of defense for health affairs, on the deadline extension.

DOD will take advantage of the additional time and send more individual letters to beneficiaries who have not updated their eligibility information in DEERS.

TRICARE For Life beneficiaries who need to update or re-verify eligibility, or beneficiaries who have received an Explanation of Benefits (EOB) stating that they need to update their eligibility, should contact the nearest ID card facility for assistance.

The Web site developed to help beneficiaries locate the three nearest ID card facilities is www.dmdc.osd.mil/rsl. Beneficiaries may also call the DOD Benefits Reverification Telephone Center at 1-800-361-2620.

For more information about TRICARE For Life, interested persons may visit the TRICARE Web site at www.tricare.osd.mil/tfl or call the Worldwide TRICARE Information Center toll-free at 1-877-DOD-LIFE (1-877-363-5433).

The local TRICARE representative is Gloria Sheppard. Her office is at the MCLB Barstow Branch Medical Clinic and her phone number is 577-6491 ext. 102.

Deafness not something to laugh at

By Lt. Col. Angela Williamson
Occupational Medical Flight Commander

ROBINS AIR FORCE BASE, Ga. — Within days of the release of "Black Hawk Down," the movie by director Ridley Scott, people across America were talking about it and how it was the most accurate portrayal of battle scenes yet produced by Hollywood. The gritty reality of the movie with the feel of being inside the battle drew many people to the theater to see for themselves what might have actually happened on that day in 1993 in Mogadishu.

The events were based on reality. The reality was stark. Eighteen dead Americans, 500 dead Somalis, numerous Americans wounded, one briefly held captive. I went to see the movie, know-

ing that it would be moving and evoke strong emotions, as young American men were placed in a situation that would ultimately be a fight for their lives.

One particular scene stayed with me weeks after seeing the movie. Two young men are hunkered down behind barricades, trying to defend a perimeter point.

They are armed with M-16s and are engaged in taking and returning fire. One soldier, crouched next his buddy, instructs him not to "shoot that thing right beside me, I'm half-deaf as it is." After another burst of incoming fire, the buddy returns fire, with the M-16 barrel just inches from the head of the first soldier.

At a break in the firing, the second soldier asks a question to the first...the first soldier looks at him and indicates that he can't hear anything,

The expression on his face is puzzlement; he can't hear what is being said to him as he has suffered severe acoustic trauma from the estimated 160 decibel peak pressure of noise from the M-16. The audience around me laughed at his confusion. I cringed.

Throughout the remaining scenes in the movie, the young soldier who sustained a significant, and likely permanent, hearing loss becomes the comic relief of the movie. His buddies try to pantomime instructions to him, he is unable to hear himself talk, and risks exposing the soldiers' position by yelling to his comrades. His confusion and frustration at suddenly becoming essentially deaf is heartbreaking, and could have cost him his life.

For several days after watching the movie I wondered, how would the audience have reacted

had the soldier been suddenly blinded by an accident? Would they have laughed as they watched him stumble and grope to his destination? I think not. I think he would have had the sympathy of the audience, and they would have hoped for his safe extraction.

Because hearing loss is hidden, essentially unrecognized by others, it is not realized by most that it remains one of the largest chronic health problems for Americans. Since hearing is such a part of our daily experience, it is taken for granted until it is lost. Yet hearing is what links us to our family, our friends, our environment, our pagers, our cellphones, our microwaves, our music, our work, our fun. I think you get my point. Hearing is what ties us into our world, our interests

See **DEAFNESS** Page 10

Are stars really that special?

By Lt. Cmdr. Randel Livingood
Base Chaplain



Have you heard about the controversy surrounding Ted Williams?

He was a baseball player who was very well known by those who follow baseball and by many who do not.

The controversy, and I am not trying to stir up a controversy myself, seems to center around the desire of some family members to freeze the body of Ted Williams so that later they may be able to use some techniques for cloning with the DNA.

What is interesting to me about this is not the ethical problems associated with the process; rather it is the way in which Ted Williams became more than just another human being.

I seem to see it all the time; people speak about celebrities as though they were something more than anyone else.

Certainly people have talents and gifts that stand out more than others sometimes, but it doesn't seem to me that they should be

"worth" more than anyone else.

For instance, what makes it newsworthy if an actor and actress who are married are breaking up?

You certainly would not see someone from Barstow on the news headlines because they were going through a separation and a divorce. I think it is that some people almost deify celebrities, whether they are sports figures or actors, or musicians or you name it.

We have seen examples of this kind of behavior in the extreme with place names like Jonestown and Heaven's Gate.

People were so smitten with the charisma of personality coupled with the need for something more powerful that they ended up in some pretty bad situations.

I think this is the real issue; people seem to have a need to know that there is something greater than they are. Mostly we need that because we know how really human and frail we are.

We may have other people fooled into thinking we are the most smart, or most brave, or even the most confident people when on the inside we feel just the opposite. Herein lies the problem.

See **CHAPLAIN** Page 7

Just doing my job ...

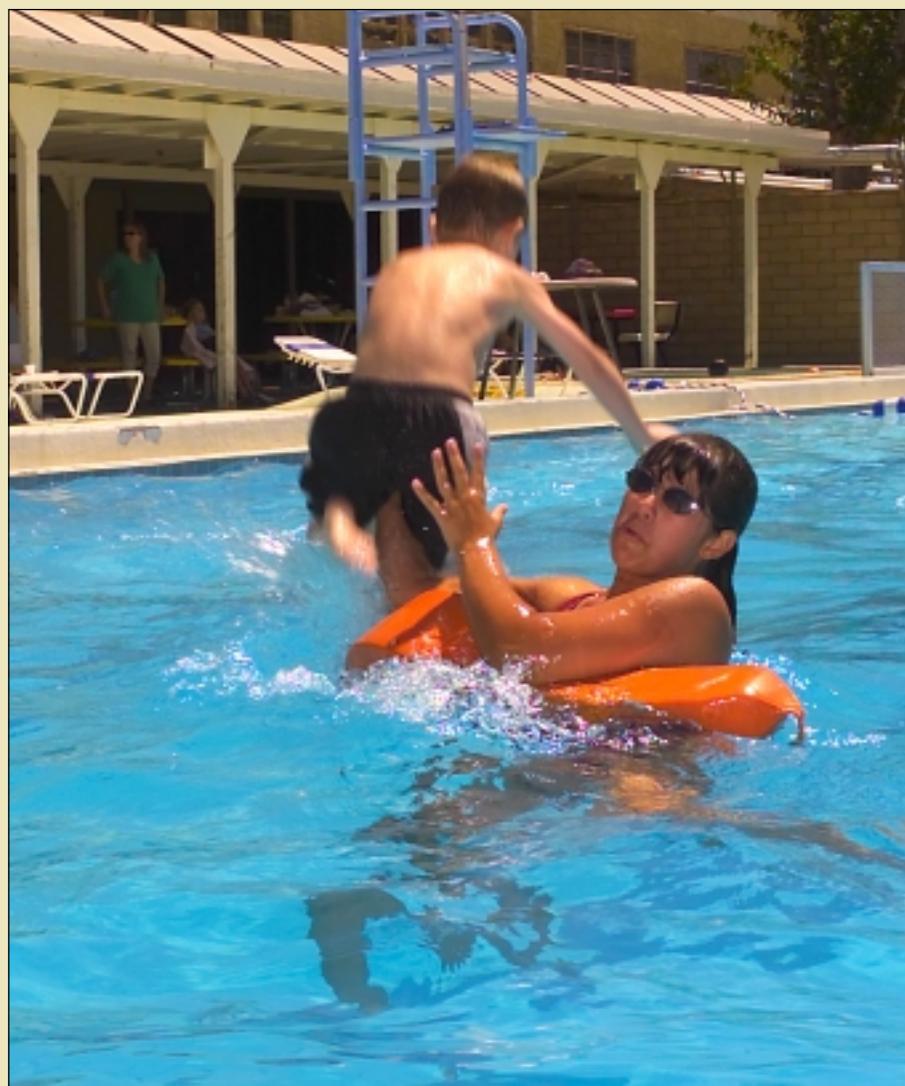


Photo by Gunnery Sgt. John Cordero

Samantha Ramos, assistant swimming instructor during the two-week swimming lessons here, catches Andrew Albornoz after he jumps from the diving board at the Family Pool on Friday.

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



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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (661) 945-5634.

NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Fridays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

TRICARE Online

Now family members of active-duty service members, retirees, and other eligible beneficiaries can schedule their own routine appointments with their primary healthcare provider at any time day or night by visiting www.tricareonline.com. At TRICARE Online registered users will see available appointment times, choose one that's best for them, and book it online.

TRICARE Online also features the following: trusted health information, TRICARE benefits information, tools for beneficiaries to create their own confidential personal health record, and medical educational tools such as pharmacy information, and anatomy and condition explorers.

Eligible TRICARE members may register at www.tricareonline.com or by visiting the Branch Medical Clinic here and speaking with Ensign Danny Nixon or Lt. Cmdr. Mike Ramos. For more information, visit www.tricareonline.com or call (760) 577-6491, extension 122.

Motorcycle safety

A motorcycle safety course is scheduled to take place at 7 a.m. Friday at Building 117 for all motorcycle riders who have not yet received training from another state or national agency. For more information or to sign up, contact Steven Waugh, base license examiner, at 577-6448.

Vacation Bible School

Vacation Bible School will be held Aug 12 to 16, from 8 a.m. to noon at the base chapel. The theme is Joys of Jesus and is open to children from 4 to 12 years of age. Please contact Donatella Maffin at 252-7566 or the base chapel at 577-6109 to register.

Free health checks

The base gym will be offering free cholesterol checks, blood pressure checks, and body fat tests Tuesday from

9 a.m. to 2 p.m. Appointments can be scheduled by calling 577-6817, but walk-in customers are welcomed as well.

Make a Difference Day planning meeting

Make a Difference Day is October 26. In preparation for it, the City of Barstow is holding a meeting in the city hall council chambers at 1 p.m. Friday to discuss ideas for this year's effort. Last year, USA Weekend recognized Barstow for its outstanding community efforts on Make a Difference Day. For more information, call Belinda Barbour at 256-3531 ext. 3295.

Barstow 4-Wheeler's Club

The Barstow 4-Wheeler's Club is scheduled to make a run to "Cleghorn" Sunday. Everyone who owns a 4x4 vehicle and enjoys an off-road challenge is welcome. CBs are highly recommended. Participants will be meeting at the Pizza Hut off of Barstow Road at 8 a.m. and heading off to Cleghorn shortly thereafter.

For more information contact Rick Gilmore, 253-4596.

Barstow Rodeo Group pageant

The Barstow Rodeo Group is scheduled to have contests for rodeo queen, miss teen and little miss open to all girls in the High Desert. The deadline to apply is Aug. 3.

The queen contest is open to girls from 17 to 23 years old, miss teen is for girls from 13 to 16 years old, and little miss is for girls from 8 to 12 years old. Contestants are judged in areas including, but not limited to, horsemanship, personality, speech, modeling and spontaneous questions. Judges are men and women from out of the area.

For information or applications contact the Barstow Rodeo Group, 252-3093.

Dunk tank and hot link sale

A dunk tank and hot link sale in support of the Marine Corps Birthday Ball are scheduled for Tuesday in front of the base exchange starting at 11 a.m.

Dunk tank targets will be Capt. Prasserth Yang, 2nd Lt. Michael Smith, 1st Lt. Casey Taylor, and Gunnery Sgts. Joseph Vanfonda and David Pooler. \$1 per ball.

Hot links will be \$2, with sauerkraut, onions, ketchup and mustard included.

Yermo hot link sale

A hot link sale in support of the Marine Corps Birthday Ball is scheduled for Aug. 8 starting at 11 a.m. in front of Maintenance Center Barstow, Building 573. Hot links will be \$2, with sauerkraut, onions, ketchup and mustard included.

For more information call Cpl. Cory Kelly, 577-6450.

MC Ball Golf tourney

The fifth Marine Corp Ball Scramble Golf Tournament is scheduled for Aug. 16. Sign-in for four-person teams is from 6 to 6:30 a.m., and tee off is at 7 a.m. Hamburgers, hot dogs, chips and sodas will be served after the tourney.

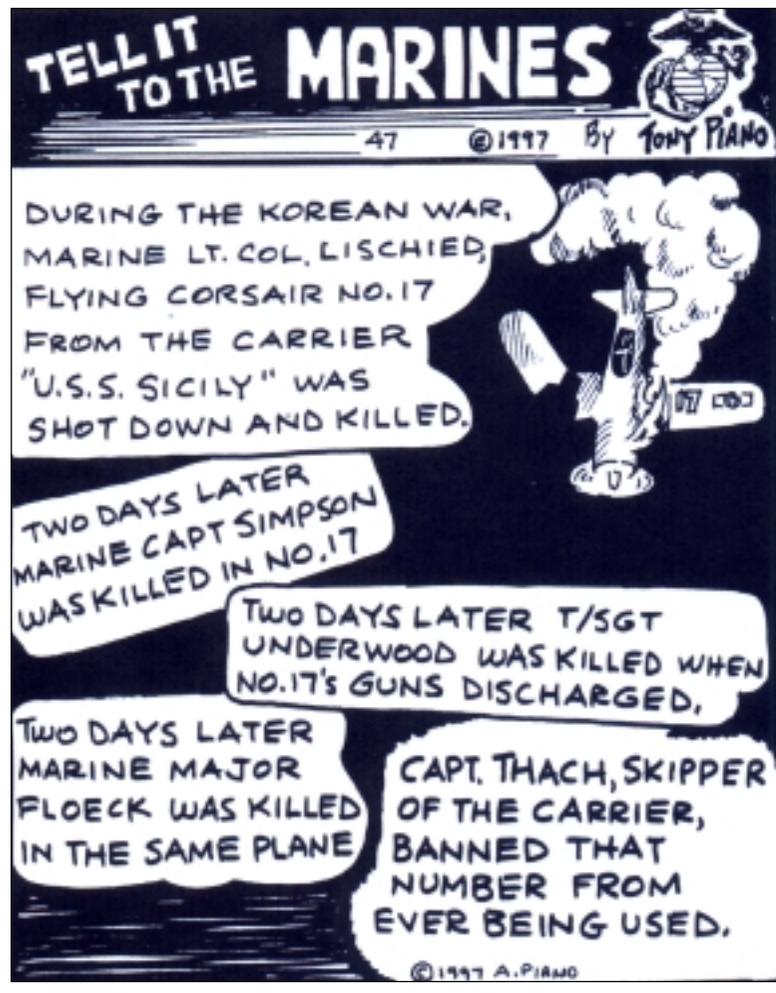
Entry fees are as follows: privates through corporals, \$14; sergeants and staff sergeants, \$15; gunnery sergeants and above, and civilians, \$16. Mulligans are \$1 a piece with a maximum of five.

For more information call Cpl. Cory Kelly, 577-6450.

3-on-3 basketball tourney

A 3-on-3 double elimination basketball tournament in support of the Marine Corps Birthday Ball is scheduled for Aug. 19 at the Base Gym starting at 4 p.m.

The entry fee is \$20, and teams can have a maximum of four players. Team member names and entry fees must be



submitted by start time. 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.

Catholic Sunday school

Catholic Sunday school classes are scheduled to begin Sept. 22 at the Base Chapel from 9:40 to 10:20 a.m. Classes are for children kindergarten through high school, including first communion (7 years old and up), and confirmation (14 years old and up). The classes are free.

To find out how to volunteer or for more information call Donatella Maffin, 252-7566, or the Base Chapel, 577-6849.

GEICO Military Service Award

Applications are being accepted for the 2002 Government Employees Insurance Company, GEICO, Military Service Awards. The deadline for nominations is Oct. 11.

One service member from each of the services is selected each year for

awards for contributions in each of the following areas: drug and alcohol abuse prevention, fire safety and fire prevention, and traffic safety and accident prevention.

For nomination qualifications and package submission guidelines or more information, see MARADMIN 391/02 available online at www.usmc.mil or contact Eleanor Kaufer, (703) 614-1202/3164.

Environmental and safety training

Environmental and safety training is available for free to base employees online at www.mclbtraining.com. More than 50 different training and safety courses are available at the site.

All-Marine Chess Team

Marines interested in playing for the All-Marine Chess Team in the Inter-service Chess Tournament Sept. 22 through 28 must submit their resumes by Aug. 30. Marines interested in applying can obtain resume forms at the Marine Corps Community Services Web site, www.usmc-mccs.org. For more information see MARADMIN 394/02 available online at www.usmc.mil.

See BRIEFS Page 9

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-348-02-NR	Family Service Counselor GS-0101-11	07-18-02	08-01-02	07-25-02	MCLB Barstow
DEU-349-02-NR	Voucher Examiner (OA) GS-0504-05	07-19-02	08-02-02	07-23-02	MCLB Barstow
DEU-355-02-NR	Painter Helper WG-4102-05	07-25-02	08-09-02	08-08-02	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 Center, Building 326, 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 Web sites listed for a complete list.

MCLB Range soon to be hot

Marines here are scheduled to fire weapons at the base rifle range during August 12 and 16. To ensure Barstow-area residents' safety, they are reminded to stay clear of the MCLB Barstow range complex and impact areas.

Eat right without thinking

Submitted by **Jennifer Wales**
Health Promotions Coordinator

These 10 simple tactics will help get more of the stuff people need in their diet while eliminating the stuff they don't, if they stick to them regularly, according to Jennifer Wales, health promotions coordinator for MCLB Barstow.

At breakfast, put coffee in your milk instead of milk in your coffee. Fill your mug to the rim with skim milk first thing in the morning. Drink it until all that is left is the amount that you would normally put in your coffee; then add your coffee on top.

You just took in 25 percent of the Vitamin D you need every day and 30 percent of the calcium.

Take your vitamins every morning. Evidence is mounting that a standard multivitamin fills enough of the gaps in your diet to make a real difference.

Drink two glasses of water before every meal. This will do two things. It will keep you hydrated and make you eat a little less. A study showed that drinking two glasses of water can make you feel less hungry, possibly reducing your food intake and aiding weight loss.

Whenever you eat fast food, drink two glasses of water afterward. Big Macs, subs, fries, and pizza are

all loaded with fat and sodium, which can be horrible for your heart. You can't do much about the fat once you've eaten it, but by drinking plenty of fluid afterward, you can flush away some of the excess sodium.

When the waitress asks what you want to drink, always say iced tea. A recent study found that a serving of black tea had more antioxidants—crucial to your body's defense against heart disease, cancer, and even wrinkles—than a serving of broccoli or carrots.

Have an afternoon snack every day at 3 o'clock. A nutritional boost between lunch and dinner wards off fatigue and keeps you from overindulging later. Try yogurt and fruit, crackers and cheese, a hard-boiled egg, an apple, and some water. All of these foods give you long-lasting energy.

Always wash your meat. Here's an easy way to cut the fat content of your secret chili recipe: As soon as you finish browning ground beef, pour it into a dish covered with a double thickness of paper towels. Then put another paper towel on top and blot the grease. If you want to remove even more fat, dump the beef into a colander and rinse it with hot water. The water will wash away the fat and cholesterol. Using these methods together can cut 50 percent

of the meat's fat content.

Whenever you have salad, keep the dressing on the side. Dip your fork in the dressing first, then spear a piece of lettuce, then eat it. This is one of the smartest habits you can have.

Four tablespoons of honey-mustard dressing can have 60 grams of fat, nearly an entire day's worth for an average guy.

Whenever you eat broccoli, put a little margarine, olive oil, or cheese sauce on it. Broccoli is a great source of beta-carotene, but beta-carotene is fat-soluble, which means it has to hitch a ride on fat molecules to make the trip through your intestinal wall. Without a little fat, your body won't be able to absorb nearly as much beta-carotene.

Always have seconds on vegetables. If there is one food that represents the best insurance for long-term good health, vegetables would be it.

Your daily goal should be to have three servings minimum. A serving is a half cup, about the size of a tennis ball.

For more information about nutrition and a healthy lifestyle, call Wales at 577-6817. She is also in charge of the civilian wellness program, which civilian employees can participate in with approval from their work section.

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AROUND THE CORPS

Virtual Teen Summit Spotlights Teen Issues

By Bryan Driver
Personnel and Family

Marine Corps Base Quantico – The 2002 USMC Virtual Teen Summit was held at the Naval Media Center in Washington, D.C., July 25. Marine Corps teens from around the globe gathered to take part in this first of its kind event, which was hosted by the Sergeant Major of the Marine Corps, Sgt. Maj. Alford P. McMichael, and his wife, Rita.

The town hall broadcast featured three video vignettes spotlighting successful youth and teen initiatives resulting from past Teen Summits, and a moderated discussion where teens could phone, fax, or e-mail questions about their important issues which were answered by the McMichaels.

At the end of the program a \$5,000 check was awarded to the Marine Corps Base Camp Pendleton, Calif., Teen Activities Program for its outstanding achievements over the last year.

The broadcast had a live studio audience and worldwide online viewers from as far away as Japan and Europe. Teens from Marine Corps Air Station Iwakuni, Japan; Marine Corps Base Camp Butler, Okinawa; Marine Corps Base Hawaii; Marine Corps Base Camp Pendleton; Marine Corps Air Station Miramar, Calif. and Marine

Detachment Fort Leonard Wood, Mo., phoned, faxed, and e-mailed questions for the McMichaels.

The studio audience made up of 29 teens from Marine Corps Base Camp Lejeune, N.C.; MCB Quantico, Va.; and Henderson Hall, Va., also had questions of their own.

More than 300 participants of the 4H Youth Technology Conference in St Paul, Minn., also watched the program via the Internet.

Some of the issues that teens had questions about included teen center programming, teen center space and equipment, skate parks, how off base teens can easily access on-base programs, guest policies for bringing civilian friends, getting teens involved in the programs, and where to get scholarship information. One summit viewer in Hawaii said the summit proved to the teens that the Corps' leadership cares about their needs, concerns, and safety.

The VTS "provided an opportunity for all teens to see first hand that throughout the Corps there are similar issues and that by working as a team we can build mountains," said Capt. Douglas Kuhn, MCCA Personal Services Director, MCB Hawaii. The first event ever of its kind, the summit was broadcast via satellite to Marine Corps installation cable stations, on South Carolina Educational Television, on the



photo by Bryan Driver

Sergeant Major of the Marine Corps, Sgt. Maj. Alford P. McMichael, and his wife, Rita, pose with studio participants of the 2002 USMC Virtual Teen Summit.

Internet via 1,500 streaming media connections, on the Marine Corps Video Teleconferencing Network, and on the Dish Network satellite TV network.

The Virtual Teen Summit was developed in partnership with the Headquarters Marine Corps Children, Youth and Teen Program and the Department of the Navy

Lifelines Services Network, the official source of QOL information for the Department of the Navy.

A new Web site was built as the centerpiece of the Virtual Teen Summit. The site, www.usmcteensummit.com, has the entire broadcast online so people can watch it from their home computers.

The site also contains other useful information on teen issues and an online version of "Teens Speak Out," a video on living, moving, and surviving as a Marine Corps teen.

For information about the Virtual Teen Summit, contact your local Teen Center or go to www.usmcteensummit.com.

Former Marine teaches tae kwon do to MCLB

Story and photos by Cpl. Joseph Lee
BARSTOW LOG staff

From Karate Kid to Bruce Lee; from Street Fighter to the Teenage Mutant Ninja Turtles; Americans have had an obsession with martial arts for the last century. But only since the last World War, when the United States built military installations in Asia, has the U.S. military taken a particularly strong interest.

That's where one Marine private by the name of Bruce McGhee took serious interest in the art of Okinawa-Te during his first tour overseas to Okinawa, Japan, in 1969. Since then, McGhee has followed many instructors and masters as he traveled from unit to unit, until he himself became a master instructor and fifth-degree black belt in traditional tae kwon do.

Before he retired from the Marines as a gunnery sergeant, he taught Okinawa-Te to as many as 175 community children and Marines in a small studio in Daggett, Calif., while stationed here in 1983.

McGhee has now returned to Barstow to teach tae kwon do here at the base gym Tuesdays and Thursdays.

"I love to teach," McGhee said. "I like watching someone improve and develop their skills. I like seeing the smiles on children's faces when they learn something new. But most of all, I like helping someone appreciate their self more, giving someone the confidence that they have an ability they did not possess prior to your meeting them."

McGhee first caught interest in fighting during the Vietnam War.

"There was this sergeant in my platoon who was just a nut," he said with wide eyes and a grin. "He was crazy! And I thought he was pretty cool, so I followed him around. He used to fight so well; he kicked everyone's butt who even dared test him. I immediately had to learn to do what he could do, so when I got to Okinawa, I never parted with the rest of the Marines, I just hung around the locals a lot, and learned about their culture and their fighting techniques."

McGhee, who is also a Christian

recalls as a young boy how he used to be afraid of his own shadow.

"With the confidence martial arts can provide, I hope I can keep children from feeling the same way I did," he said. "I believe martial arts instills discipline, provides courage, increases confidence, and lets children understand the importance of technique and attention to detail at a young age. I strongly recommend some sort of instructional program for the young teens here, whether it is tae kwon do or something else. Children want and need guidance, they need something to do with their time."

There are many disciplines of martial arts. So many in fact that, according to McGhee, people don't even know what certain disciplines teach, and tend to believe one art is better than another.

"Overseas, the masters of all these different arts never argue over whose is best," McGhee explains. "It is all about instructional methodology, content, and the willingness to learn."

McGhee taught his first class while being stationed at Marine Corps Recruit Depot Parris Island, S.C. While stationed there, he was assigned to guard Jimmy Carter and Henry Kissinger.

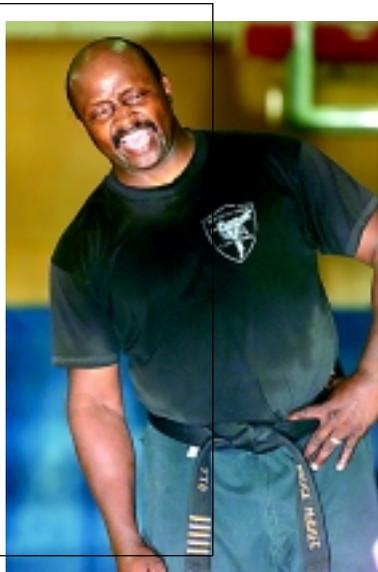
After his tour there ended, McGhee was transferred to MCLB Barstow. He again started teaching classes in Daggett.

In 1982, while stationed at Marine Corps Base, Camp Butler, he received instructor of the year honors from the Okinawan Karate Referees Association.

He is now a fifth-degree black belt and has been designated the title of master instructor by the International Taekwon-Do Association.

The classes cost \$75 to start out, which pays for the uniform and the first month, and then \$45 per month after that. McGhee urges all civilian and military personnel employed here to participate, young and old. Children should be at least 5 years old. McGhee just arrived here July 2, and so far he sees himself teaching here for a long time to come, so the program will not be short-lived.

To sign up for the program, call Semper Fit at 577-6898, or come down to the base gym Tuesdays or Thursdays at 4 p.m. for a free trial.



McGhee instructs his students during class.



Master Instructor and retired Marine Gunnery Sgt. Bruce McGhee demonstrates a high kick for Pfc. Allen Nichols.



Pfc. Allen Nichols and Gunnery Sgt. Bruce Raymond practice blocking maneuvers.



Lt. Col. Mike Simon.

PERSONNEL AWARDS

2nd Quarter

Letters of Appreciation

Anna M. Gonzales
Franklin L. Jones
Michael E. Neel
Carol S. Ray

Special Act awards

Tito Escobedo, Jr.
Lewis B. Hendricks
Jack L. Stormo

On the Spot awards

Monica M. Sims
Terry L. Trouberman
David R. Unruh
John A. Vaughn
Steven F. Waugh
William F. Whyde
Myron G. Williams
Sandy A. Williams
Janet E. Wilson

Time Off awards

Ernest Langford
Michael Klemmer
Katherine Petteway
Catherine Watson
Dennis Wheaton
Dean Knutson
Kenneth McConnell
David Russell
Donna Chisam
Michelle Eichler
Allen J. Schnur
Robert Corona
David Fritz
Doug Tate
Darrell Hill
Rickey McBride
David White
Steven Holt
Gilbert Sais
Lester Bonner
Birdenne Delaney
Linda Kelsey
Cindy Malloy
Annette Mesa
Paul E. Biancotti
Donnie Hulsey
Carl E. Kelly
Antonio E. Martinez
Leroy Trujillo
John H. Shropshire
David Hazelbaker
James Padilla
Katherine Schwahn
James R. Hartwick
Eugene R. Sanchez
Reymundo Rios
Elsie P. Duran
Gloria J. Islas
Jerry D. Morrill
Marcelino Aviles
Robert A. Buehler

Richard Dominguez
David Santos
Wesley Donnelley
Mike R. Fernandez
Charles R. Herrington
William Hillion
Richard Holt
Clifford Jones
Denis Kepley
Brian McLaran
Ramon N. Olivera
Raymond Thorn Jr.
Bruce P. Bryan
Malissa Santos
Nailah Williams
Mack Allen
David M. Aviles
Mary S. Dube
Ronald L. Bourgeois
James E. Dube
Rudy J. Mendoza
Jerry Piper
Van Johnson
Jimmy Wolfram
Mary Kaye Leu
Jerry Piper
Richard Baca
Orpha Clark
James Higgerson
Charles Blakely
Robert Sloan
Brian Ulibarri
Thomas Yagla
Larry Chavez
Eliasar Jurado
Frank Marino
Leslie Serafin
Robert Serrano
Brenda German
Robert Waterhouse
Bernadette Andrews

Ronnie Baca
Tony Chavira
Debra Foster
Floyd Lopez
Elise Muauu
Larry Prince
Judith Rairden
Colleen Donnelley
David Beare
Craig Roberts
Heather Hahn
Gregory Johnson
Janet Towery
Gregg Walsten
Marty Ulibarri
Joann Bond
Steve Baisa
Richard Gilmore
James Bishop
Robert Nelson
Russell Lynn
Michael Leach
Ted Burke
Robert E. Allen
Nathan R. Beber
Evan R. Bernardo
Gregory P. Breiner
Matthew E. Byrd
Johnnie M. Curtis
Jessie R. Griego
Ryan D. Hanify
Joey Marin
John J. Mihalko
Ralph E. Nadler, Jr.
Michael R. Okeson
Dale E. Peabody
Kimberly J. Pope
Craig H. Posey
Albert A. Rickwalt
Jonathan A. Shileika
Sam L. Thomas



McGhee is a fifth-degree black belt and master instructor in traditional



Hamilton practices his kicks with his partner under McGhee's supervi-

CHAPLAIN from Page 2

tus we are almost certain to be let down.

We look for role models on whom to pattern our own lives, but think of what happens when we see our role models fail. We become disillusioned, hurt and sometimes cynical.

I think it is because many times we have looked in the wrong place for our examples of what is important and powerful

in our society.

It is not the rich whom we should look to as an example; it is the person who is rich in compassion.

It is not the person with the "beautiful" physique or figure we should be patterning our lives after, rather it is the person with the beautiful personality or nature.

It is not the person who drives people to greater accomplishments that we should at-

tempt to emulate, it is the person who leads others by inspiring them to be better and do more.

It is not, contrary to popular belief and a few bumper stickers, "the one with the most stuff at the end" who is the greatest, but, according to an ancient writer, the rubric is, "The greatest among you will be your servant."

Blessings,
Fr Randel E. Livingood

Get your "Five-a-Day" by using the grillin' way

By Kay Blakely

Special to the Armed Forces Press Service

FORT LEE, Va. — When it comes to grilling, most of us think of steaks, chops, chicken or ribs. But you're missing out on some of the best eating of the season if you fail to include fresh vegetables grilled right alongside your main dish.

Grilling's a perfect way to make sure you get the recommended five servings from the fruit and vegetable food group each day. And sometimes, the vegetables can even be the main dish. Such is the case with portobello mushrooms, which are so large and meaty they are often considered the "steaks" of the mushroom family.

Almost any vegetable you would normally steam, boil or sauté can be cooked on the grill. Potatoes, zucchini and yellow squash, sweet peppers, onions, any kind of mushroom, fresh corn grilled in the husk, even tomatoes, are all prime candidates. Cabbage cooked on the grill develops a delicious sweetness I've never been able to duplicate by any other cooking method. Even though I'm normally not fond of eggplant, I love it cooked on the grill.

Try your hand at vegetable grilling and you're sure to come up with a few of your own favorites as well. Grilling is easy, and success is almost guaranteed as long as

you keep a few tips in mind:

- Grill vegetables over a medium-to-hot fire. A charcoal fire is ready when the coals are completely covered in gray ash, usually about 30 minutes after the fire is lit.

- Vegetables can be halved, quartered or cut into rounds, but the trick is to cut all pieces roughly the same thickness (no thicker than 3/4s to 1 inch) so the veggies will cook evenly.

- Be careful not to overcook. Depending on the vegetable and its thickness, a total grilling time of two to five minutes per side is sufficient.

- Brushing vegetables with olive oil or vegetable oil will keep them from sticking to the grill. And certain items, such as asparagus, eggplant and cob corn, will benefit from a 30-minute soak in cold water prior to grilling.

- If you plan to use wooden skewers for kebabs, be sure to soak them in water to prevent smoldering or flaming once they reach the grill.

- For small vegetables that would fall through the grate, either use a hinged grill pan or cook them wrapped in foil.

Once you have a bit of experience under your belt, knowing the specific handling required for each kind of vegetable will become easy. If you're trying it for the first time, though, the following

list will probably come in handy. It's a good one to clip and save in your recipe box for reference.

Asparagus: Trim off the tough lower ends and soak in cold water for 30 minutes to an hour if the stalks are a bit wilted. Pat dry, then place directly over the coals, turning every minute or so. Remove when the tips begin to turn brown. (These are really good!)

Bell peppers: Cut peppers in half, top to bottom. Remove stems, seeds and whitish ribs. Cut into strips about 2 inches wide; brush lightly with oil and grill 2-3 minutes per side. Or leave the peppers whole and grill until completely blackened. Close the hot peppers in a plastic bag while they cool for 10-15 minutes, then peel off the blackened skin. The crusty skin comes off easily, but it's a messy job. Split open and remove seeds. Eat as antipasto with oil and vinegar, or use in any recipe that calls for roasted peppers.

Cabbage: Cut a large head of green cabbage into 4-8 wedges and remove the core. Sprinkle wedges with garlic powder, salt and pepper and generously dot with butter. Arrange wedges back together, as if a whole head again, and wrap tightly in heavy-duty aluminum foil or a double layer of regular foil. Grill over medium coals for 45 minutes to an hour or until tender. After the required cooking time, leave the wrapping intact and

move to the back of the grill to keep warm while other menu items finish cooking.

Carrots: Use full size carrots, but not too big—the smaller ones are best. Brush with olive oil and cook over medium to low coals until tender, or brown over higher heat and move to a cooler portion of the grill to finish. They will take at least 10 to 15 minutes to cook.

Corn on the cob: Gently pull back the husks, but don't remove them. Remove the silks and cut off the very tip of the cob. Soak in cold water for about 30 minutes. Pat dry and brush generously with butter. Fold the husks back down and tie or twist the ends to secure. Place over medium coals for about 5 to 8 minutes, turning often to avoid burning. Keep warm on the back of the grill, away from direct heat, while the remainder of the meal is being grilled.

Eggplant: Slice larger varieties into rounds about 3/8-inch thick; smaller versions can be sliced in half lengthwise. Brush with olive oil and grill until they start to brown, about 5 minutes per side. Drizzle with balsamic vinegar or serve with an Italian salsa verde (garlic, basil, parsley and tomatoes — all fresh and all chopped; add salt and extra virgin olive oil to taste).

Garlic: Take whole bulbs and cut off the root end. Brush with olive oil and place cut side down over a hot fire. Grill

for about 10 minutes or until the skin is brown.

Mushrooms: Clean and remove stems. Toss in a bowl with oil, then thread on metal or wooden skewers, or spread them loosely over the grill if they are large enough. Grill 4-5 minutes for small mushrooms and 6-8 minutes for larger ones.

Onions: Sweet varieties such as Vidalias are best, but any onion will do. Peel and slice onions about 1/2-inch thick, brush with oil and grill about 3-5 minutes per side. Drizzle with balsamic vinegar, if desired. Onions can also be quartered or chunked and threaded on a skewer with other vegetables for a nice kebab.

Tomatoes: Cut in half top to bottom. Grill cut side down about 2-3 minutes.

Potatoes: Wash and dry whole potatoes. Rub with vegetable oil. Wrap in aluminum foil and grill 35-40 minutes or longer, turning occasionally. To test for doneness, squeeze gently with a hand protected by an oven mitt. When they give to gentle pressure, they are done. Or, place small new potatoes and fresh green beans on a large square of aluminum foil, dot generously with butter, and season with salt and pepper. Wrap tightly, folding edges of foil securely to prevent butter leaking. Grill for 35-40 minutes.

BRIEFS from Page 3

All-Marine Marathon Team

The All-Marine Marathon Team is accepting applications.

Coordinators are looking for male runners with a sub 2:55 marathon and female runners with a sub 3:30 time to try out for the All-Marine Marathon team.

Selectees will compete as part of the All-Marine Marathon Team against the British Royal Navy/Marines at the Marine Corps Marathon.

The team that wins the challenge wins the coveted Challenge Cup. Last year was a Royal Navy/Marine victory.

In addition, the All-Marine team competes against other services in the Armed Forces event.

Marines should refer to MARADMIN 297/02 on how to apply. Inquirees can also visit the MCCC Web site www.usmc-mccs.org/running or contact Semper Fit at the Base Gym, 577-6896, for more information

Barstow household hazardous waste bin

The household hazardous waste bin located at the City Corporation Yard, 900 South Ave. "H" Street, Barstow, Calif., will be closed Wednesdays.

The bin will continue to be open Saturdays from 9 a.m. to 2 p.m. for the drop off of household chemicals, oil,

cooking grease, hobby supplies, paint, filters and expired medication.

For more information contact the household hazardous waste manager, 256-3531, ext. 3295.

MOLLE survey

A new Internet survey is out for Marines to express their opinions on what they want from the next load-bearing system. The survey is in response to complaints about the Modular Lightweight Load Carrying Equipment system - MOLLE.

The survey, which takes approximately 15 minutes to complete, should be available online at www.thewarriorsvoice.com until Aug. 31.

Tae kwon do

Tae kwon do classes are scheduled to be offered at the gym from 4:30 to 6:00 p.m. Tuesdays and Thursdays. The instructor is Master Bruce McGhee.

Uniforms for the class are \$25, and the class will cost \$45 monthly. For more information visit the Base Gym or call 577-6971.

Yermo vehicle registration

People may register their vehicles on the first and third Tuesdays each month from 7:30 to 9:30 a.m. at the security trailer next to the Cactus Cafe at the Yermo Annex.

Vehicle registration, proof of insurance, a valid driver's license and a current

ID card are required.

Call 577-6969/6371 for more information.

Water quality

Base personnel with water quality concerns or complaints should contact Peter Barela, Installation and Logistics Department utilities foreman, 577-7880.

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, Minn., 55402.

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, contact Maj. Kristi A. Johnson via e-mail at kjohnson2@wmitchell.edu or call (888) 525-1943.

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 edu-

cational 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.

DEAFNESS from Page 2

and our relationships.

Ear damage from noise exposure is the second leading cause of hearing loss in America. The No. 1 cause is natural aging. We can't do anything about the aging process of our bodies, but we can do something about noise exposure and limit the effect that noise has on our hearing.

Noise exposure is pervasive in our society, starting with many common toys that emit sounds louder than the 85 decibels exposure limit recommended by the National Institutes of Occupational Safety and Health.

In other words, we don't allow workers to be exposed to sounds louder than 85 decibels without the use of ear protection, yet many everyday sounds such as leaf blowers, snowmobiles, power tools and popular children's toys have been

found to emit sounds up to 135 decibels.

The wounded depicted in the movie "Black Hawk Down" were numerous. But uncounted, and essentially unnoticed, were the soldiers and Marines who suffered permanent, noise-induced hearing loss that will affect the quality of their lives for the rest of their lives.

Take your hearing ability seriously and don't allow yourself to become the butt of the joke because of a disability that is unseen.

Turn down the noise, put on ear protection when engaged in noisy hobbies or work, and think about the toys you buy for your children and grandchildren and the potential harm that they may cause to their hearing.

We each get only one set of ears. Protect them so they work well as long as you need them, and you'll need them forever. It's really not funny.



By Jim Gaines
MCCS Publicity

End of Summer Sale

August 1-30:
 15 percent off luggage and wallets.
 15 percent off Black Hills gold.
 20 percent off long sleeve mens and womens shirts.
 20 percent off all mens and womens fragrances.
 The Super 7 Store is open Mondays through Fridays 6:30 a.m. to 9 p.m. Saturdays 8 a.m. to 9 p.m. Sun-

days 10 a.m. to 6 p.m.

Posted lunch menu

Unless otherwise indicated the posted lunch menu for the Cactus Cafe is the same as the Family Restaurant.

Today – Chicken breast teriyaki and rice pilaf.

Friday – Three piece fish, french fries, cole slaw and fruit cup.

Monday – Veal parmesan and Italian vegetables.

Tuesday – Beef stroganoff.
Wednesday – Three-piece baked

chicken, mashed potatoes and gravy.

Thursday – Family Restaurant: baked potato and salad bar. Cactus Cafe: roast sirloin of beef, mashed potatoes and gravy.

Call in Cactus Cafe lunch orders to the Family Restaurant at 577-6428 or 577-6429 no later than 9:30 a.m.

A la carte or sub sandwiches can be ordered instead of, or in addition to, the posted menu. This applies to the Family Restaurant and the Cactus Cafe.

Short order food service is also available in Yermo. The food service truck will be at Building 573 between 11:30 a.m. and noon.

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

Family Night Dining

Tonight – Hamburgers and hot dogs with all the trimmings, chili con carne, tossed green salad, dessert and fountain drink.

August 8 – Beef and chicken enchiladas, Mexican refried beans, chili verde, soft flour tortillas, tossed green

salad and dessert.

Family Night Dinners served every Thursday from 4:30 p.m. to 7:30 p.m. Everyone is welcome.

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

Ever lost money in a vending machine?

It's frustrating. MCCS has a new plan to stop this from happening. MCCS will refund any money lost to the electronic vending machines (soda and snack).

All you have to do is stop by the Marine Corps Exchange - either the Super 7 Store in Nebo, or the Railhead Exchange in Yermo and ask for the store manager.

Managers will give you a refund form to fill out, which only takes two minutes, and you will receive your cash. You don't have to call the vending company any longer, or wait until you catch the vending company refilling the machine.

New lunch hours effective August 1

The Family Restaurant will extend its lunch hour service to 1 p.m. (10:30 a.m. to 1 p.m.). Breakfast and dinner hours will remain the same.

Free Hot Dogs!

Free hot dogs, chips and soda every Sunday at Tees n' Trees golf course through the month of August. Twilight rates are in effect after 2 p.m. daily. Senior specials every Tuesday and Thursday.

And don't forget the Association's "Gonzo" golf tournament August 17.

For more information call Tees n' Trees golf course at 577-6431.

Bowling anyone?

Adults bowl for \$1 per game, children \$1 for four games. Snacks and beverages available. Open Wednesdays to Fridays 11 a.m. to 7 p.m. Saturdays and Sundays 10 a.m. to 6 p.m.

For more information, call 577-6264.

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 ads call:

Aerotech News and Review
(661) 945-5634

1999 FORD F-250: 4-door, 4x4, 19,316 miles, 7.3 power stroke, A/T loaded, rolled over, frame and drive train are not damaged or bent, \$6,500 or OBO. Call 559-8461.

1996 MERCURY MYSTIQUE: 76,156 miles, looks and runs excellent. Teal/Gray pearl paint, A/C, P/S, P/W, P/locks, cruise, dual air bags. Must sell, \$5,000, OBO. Call 559-8461.

1994 MITSUBISHI MONTERO: Excellent condition, fully loaded w/ sunroof and tinted windows, \$10,000 OBO. Call Mathew at 951-5517.

1987 NISSAN 300ZX: Red, good condition, good tires, engine runs good, A/C, P/W, PDL, 5-speed, may need throwout bearing and minor tune up, \$3,200, OBO. Call 252-2269 AWH.

1994 ISUZU TROOPER: 4x4, 5-speed, low mileage, loaded. Great family SUV for highway or off road. Call 252-1908 for details.

MISCELLANEOUS: Marcy EM1 Pro Universal Home Gym, steel plates, lat station ab section, leg station, etc., very good condition \$600, OBO. Call 252-2269 AWH.

MISCELLANEOUS: Race car, dirt track Pinto, 2300 eng, Keith Black pistons, Isky cam, Esslinger header w/Flowmaster muffler, Alum Rad Hoosier tires, Bart wheels, auto meter recall tach and gauges, Ford 8' rear end with mini spool and 3.25 gears, comes with lots and lots of spare parts, the car finished second last year at the Route 66 Race Way in Victorville, \$5,000 for everything. Call 256-6103.

MISCELLANEOUS: 1996 Karavan trailer w/spare tire for single jet ski 5' x 12' registration good until September 2002, \$300. 1997 Axte/longrun trailer w/spare tire for single jet ski 6 1/2' x 13 1/2', registration good until August 2002, \$400, for more info call Randy 252-2311.

MISCELLANEOUS: Sell or trade 5th wheel 15' x 8' F199 Jeep Wrangler, best offer. Call 254-3675 AWH.

MISCELLANEOUS: truck tires, LT235-85-R16, good condition, \$30 each, Call 256-6629.

MISCELLANEOUS: Sofa, loveseat, pillow back set, \$650, 3-pc coffee table and table glass top set \$250, Oak dining table, padded chairs, \$250; turntable microwave \$85, moving, must sell, all new. Call 255-3009.

MISCELLANEOUS: Home theater speakers, two 3- way bass reflex front speakers, 37.5" tall, black ash, 170 W, one center speaker, black ash \$100 takes all three. Call 255-3009.

MISCELLANEOUS: GE Refrigerator, frost free, white, 18 Cu. Ft., xlt. cond., \$150. Call 256-6629.

MISCELLANEOUS: Microwave oven Sharp \$25; coffee table \$10, IDE Zip 100 MB internal drive \$25; arcade Pong game from Japan 2 player table top \$200; laser disk player RS232 output, \$75. Call 252-7789 AWH.

MISCELLANEOUS: 2001 Interstate

19.5 cargo trailer, clean inside and out, \$4,200, OBO. Call 559-8461.

MISCELLANEOUS: Western Videos, \$2 ea or 6 for \$10, quantity discounts, private collection. Over 500 to choose from, most in hard cases, xlt. to good quantity. Must sell new, AVON men's collectibles, most of the 1970s decanters, most full, in great shape, for list or more info call 252-2541.

MISCELLANEOUS: Used windows, 8' x 4', 6' x 4', 3 each 4'x4', 3'x3', 3'x2' bath, \$35 for all. Used RR ties, have 12 must take all \$35. 243-1392.

MISCELLANEOUS: Kenwood stereo component system, includes; Kenwood stereo power amplifier, 300 watts KM-207, Kenwood stereo control amplifier KC-207, Kenwood stereo synthesizer tuner KT-57, Kenwood compact disc (CD) player DP 1010, 2 Each "Infinity" studio speakers, \$800. Call 253-5926.

WANTED: 2-Door Honda Civic 1988 or newer, running or not, also 2-door Acura 1992 or newer, running or not. Honda car parts and Acura car parts. Call 254-1913.

WANTED: TV, DVD player and surround sound system, one or all components. Call 254-1913.

