

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

January 22, 2004

Recruiting

A look at the myths and facts one of the Corps' most challenging duties.

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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>

Paxman crew makes worldwide housecalls

By Rob L. Jackson
BARSTOW LOG staff

Under normal circumstances when a customer has an engine problem he or she would have the vehicle towed or driven to a local mechanic to have the problem repaired.

If the U. S. Navy has engine problems with one of its patrol coastal ships, to a point where the vessel has to be docked, they call in the specialists from Maintenance Center Barstow – the Paxman

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Just dropping in ...



Photo by Rob Jackson

A CH-53E Super Stallion, from Marine Heavy Helicopter Squadron 769, stirs up dust while landing at Boll Field here Jan. 10. The squadron, based out of Edwards Air Force Base, Calif., dispatched three helos to deliver Marine reservists to MCLB Barstow for a day of nuclear, biological and chemical training.

MCLB Barstow network transition success Base becomes first Corps installation on West Coast to 'cutover' to NMCI

By Anita Lewis
Communications Division

On Jan. 10, Marine Corps Logistics Base Barstow accomplished a major Navy/Marine Corps Intranet milestone. MCLB Barstow has come along way since July 1, 2003, when assumption of responsibility, or AOR, shifted the responsibility of the "as is" legacy environment from government to Electronic Data Systems, commonly referred to as EDS. NMCI Phase 3 is to transition the MCLB Barstow Network to the NMCI Enterprise.

The end users definitely play an important role and are stakeholders in the NMCI transitions. To prepare the base for the transition Communications Division held transition awareness sessions for end users involved in the pre-test and post-test. End users were instructed to identify applications that are hosted on the service network and Web sites that restrict access by source Internet Protocol (IP). End users pre-tested their applications/Web site accesses daily to help establish a network performance

"baseline" to be measured against future network performances. Tenant activities were not affected by the network transition.

The Communications Division and EDS stood up an MCLB Barstow Network Transition Command Cell to jointly work with the Marine Corps Network Operations and Security Command (MCNOSC), Quantico, Va., to coordinate all actions associated with the transition. Prior to the network cutover the transition network team completed a myriad of technical tasks and activities that were required to efficiently move toward the transition. The MCNOSC established Barstow's scheduled outage window from 1 p.m. EST Jan. 10 to 1 a.m. EST Jan. 11 to perform the cutover.

The MCNOSC, at 8:15 a.m. on Jan. 11, gave the Communications Division and EDS the "green light" to commence the transition. A network outage occurred, and the network transition team began to execute the steps to route over the NMCI transport boundary and across the NMCI boundary one architecture. At 10:50 a.m. the Barstow network successfully transitioned to the NMCI Enterprise and end users were notified to com-

mence their post-tests. Post testing performance was exceptional and network connectivity proved stable. Only one application experienced problems, the end user was unable to receive data from an external site causing data to be bottlenecked. This caused a delay until the problem was isolated and resolved.

If the problem resulted in network changes, additional post-testing may have been required; therefore, end users were notified to stand-by to conduct tests and confirm their access remained unchanged.

At 3:05 p.m., cutover was a success! The Communications Division, EDS and the MCNOSC team leaped from concept to reality to deliver an enterprise-wide managed service that will provide the base with secure, universal access to voice, video, and data information exchange services.

In February 2004, the final phase of the transition will be when the base completes the NMCI Seat cutover. The Maintenance Center will have computers replaced, and end users using the leased Dell computers will have their computer reconfigured and data migrated to the NMCI environment, eventually moving the base from the legacy environment to the NMCI infrastructure.

Recruiting: Are you up for the job?

By Sgt. Jimmie Perkins

Marine Corps Recruiting Command

MARINE CORPS BASE QUANTICO, Va. — Myth: You are a salesman.

Fact: You are a Marine. You are not a salesman, but a Marine on recruiting duty.

You don't sell used cars or vacuum cleaners.

You will be telling the Marine Corps story; using your personal example, communication skills, and leadership to convey those attributes that make Marines extraordinary warriors and human beings.

Myth: Marine recruiters get fired.

Fact: Historically, less than one percent of Marines on recruiting duty are relieved for failing to adequately recruit.

A recruiter with a successful tour is retained and pro-

moted. - Master Gunnery Sgt. Preston E. Ford, career recruiter.

In order to sustain the expeditionary force that has served the United States in times of need around the world, the Marine Corps must find nearly 40,000 qualified men and women each year who are up to the challenge of becoming Marines. To support this requirement, approximately 1,200 Marines of sound character, skill, and poise are selected each year to recruit the next generation of Marines.

The Marine Corps seeks its best for recruiting duty.

Each year the Headquarters Recruiting Screening Team (HRST) visits Marine Corps installations to screen Marines for recruiting duty. Marines are judged on their mental, moral and physical qualities.

Only the best are selected. It takes a special type of Marine to be a part of the successful recruiting team. It is a challeng-

ing duty, requiring discipline, determination and the right demeanor to be successful.

Recruiting duty is not easy; it is a challenge.

As with any fight worth fighting, the proper preparation can set the right tone for victory.

To that end, the Marine Corps trains and prepares its recruiters with one of the most in-depth training programs to be found in the military or corporate world.

From day one at Recruiters School through the completion of a successful tour, a recruiter receives continuous training.

The education starts during the seven-week course at the Marine Corps Recruit Depot in San Diego.

While there, future recruiters receive thorough training on planning, organization, and implementation of systematic

See MYTH Page 7

How can we make a difference?

By Lt. Cmdr. Ron Ringo

MCB Camp Lejeune CREDO director

Abraham Lincoln once said, "The best thing about the future is that it comes one day at a time." What will we remember and what are we looking forward to in 2004?

Will we remember that we were good neighbors during the year? In today's fast-paced, hectic world many don't even know who their neighbors are. How can we know their needs or extend our friendship if we haven't met them?

Will we remember that we spoke kind words to those we came in contact with during the year? Again, in today's world it is easy to be short or critical with others, which degrades and demeans. However, kind and loving words are sweet tones of the heart and are the things remembered, often for a lifetime.

The rest of the year ahead of us may bring some sorrows and disappointments, frustrations and other possible hurts. However, if we can begin to create as many positive and uplifting memories as we can, we will have some great joys to look back on next year.

It has been said, "One's purpose in life has an overriding influence on what you do

with your time, energy and resources. It can also have a profound effect upon how you relate to other people. Without this sense of purpose, life has no compass."

I would like to share with you a few things to consider for the coming year. I call it "Top 11 Hints to Life."

1. It hurts to love someone and not be loved in return, but what is more painful is to love someone and never find the courage to let that person know how you feel.
2. A sad thing in life is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be and you have to let go.
3. The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.
4. It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.
5. It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone, but it takes a lifetime to forget someone.
6. Don't go for looks; they can deceive. Don't go for wealth; even that fades away.

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Just doing my job ...

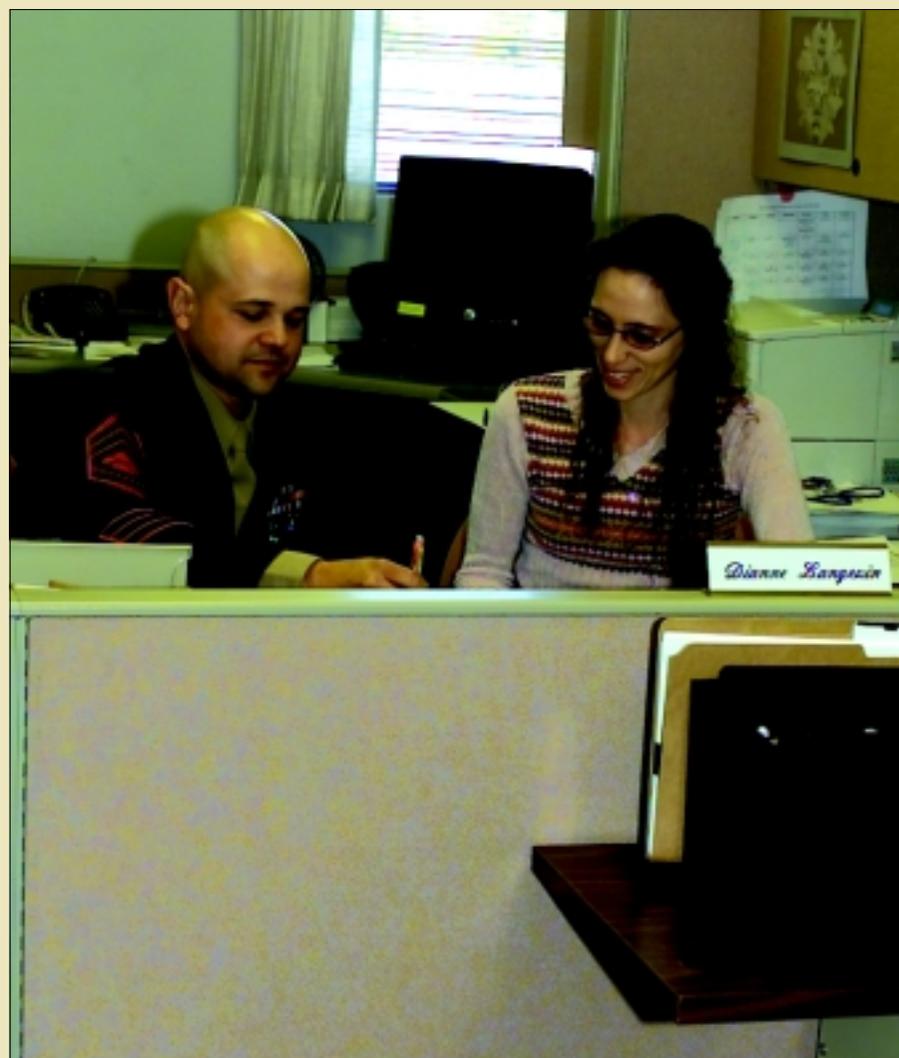


Photo by Lance Cpl. Andy J. Hurt

Dianne Langevin, a military personnel clerk in the MCLB Barstow Military Personnel Division, assists Gunnery Sgt. Manuel Villanueva in the check-in process. "She's good (stuff) said Chief Warrant Officer Joseph Charles, personnel officer, Military Personnel Division. "She's basically my staff NCO. ... She's a good leader, and she takes care of Marines," he said.

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-1:30p.m.

At the Chapel Office.

For more info call 577-6849.



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

Lunch Menu

Unless otherwise indicated lunch menus for the Family Restaurant and Cactus Cafe are the same. Lunch menus are subject to change.

Today – Nebo: Soup and salad bar. Yermo: Chicken and french fries.

Friday – Fish with rice pilaf.

Monday – Chicken fried steak.

Tuesday – Chicken fajitas, flour tortillas, rice and refried beans.

Wednesday – Breaded pork chops with applesauce.

Active duty military \$3.25, all others, \$4.75. Lunch is served at the Family Restaurant from 10:30 a.m. to 1 p.m. At the Cactus Cafe from 11 a.m. to noon.

Cactus Cafe serves hamburgers, subs, salads and other line items available for walk in lunch – for other Family Restaurant lunch menu items, call in orders before 9:30 a.m. to the Family Restaurant at 577-6428.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 7:30 a.m. At the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

Family Night Dining

Tonight – South of the Border Night. Beef enchilada casserole, chicken enchilada casserole, Mexican rice, refried beans, tossed green salad, dessert and fountain drink of choice.

Leave Sharing Program

Danne M. Cline, Badge No. 9275, has been affected by a

medical emergency. Anyone desiring to donate leave under the leave sharing program may obtain a leave donor application through his or her division/center administrative officer.

Point of contact is Pat Snyder at 577-7138.

Blood Drive

A blood drive will be held during National Volunteer Blood Donor month today from 11:30 a.m. to 3:30 p.m. at Building 44 at Nebo.

All donors will receive a Blood Bank 2004 Pocket Planner, and donors who give blood through Jan. 31 will be eligible to win a pair of Southwest Airline Tickets to the destination of their choice.

For more information, contact Josie Marquez at 577-6483.

Baseball Tryouts

Baseball tryouts for the Team Marine Baseball team are scheduled to be held at the softball field in Area 13 on the main side of Camp Pendleton on Feb. 7 and 14 at 10 a.m.

Marines will need to bring their own gear, including baseball pants, cleats and glove.

For more information, contact Gunnery Sgt. Lloyd Dawson at (619) 437-2605 or Cpl. Sterling Bullock at (858) 571-3182.

Water Outages

Due to the ongoing repair of the Nebo water distribution system, there will be water outages scheduled on the dates, times and locations listed below.

Today from 7 a.m. to 4:30 p.m. at Buildings 146 and 232.

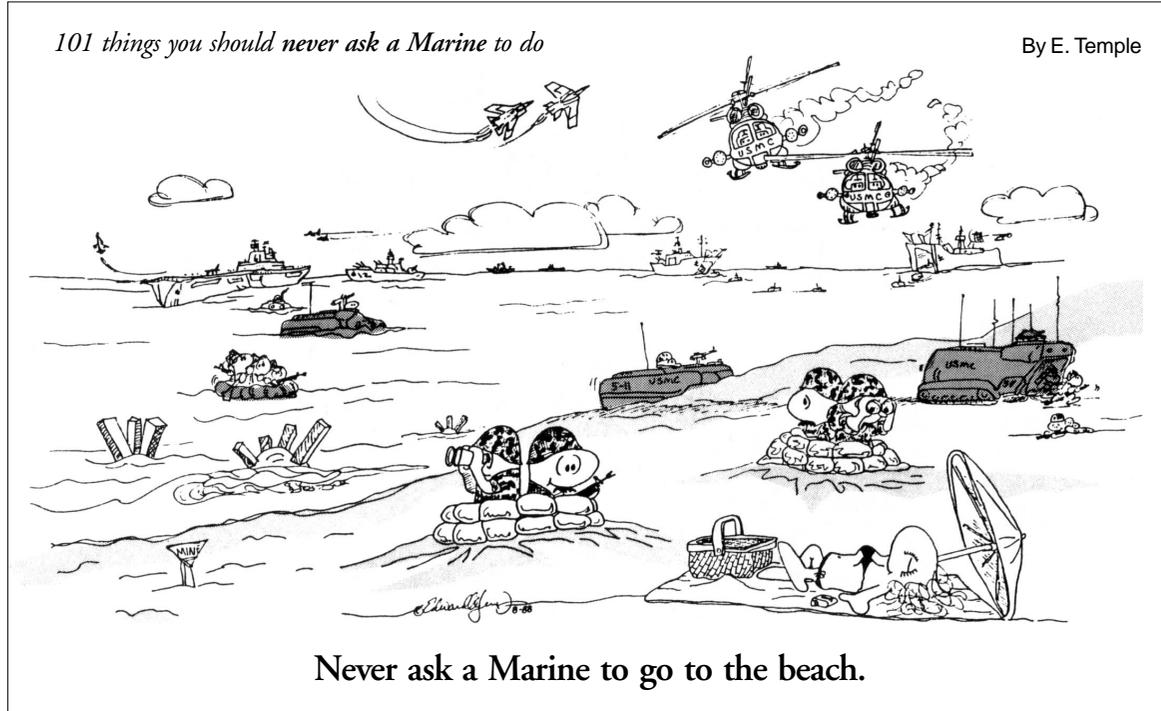
Jan. 29 from 7 a.m. to 4:30 p.m. at Building 38.

Feb. 9 from 7 a.m. to 4:30 p.m. at Building 149 and the K-9 building.

Armory Road/Muriel Drive Traffic Signal

The city's contractor on Monday started working on the new traffic signal at Armory Road and Muriel Drive.

The current work, including site



preparation and cement pouring, could take several weeks to complete. During this phase, traffic control measures will be in place.

The actual signal poles and lights will be delivered to the city in early May.

The traffic control signal should be fully functional by mid-May.

With the location being near Kennedy Middle School, residents are encouraged to reduce their speeds at all times in this area, but especially during this construction period.

Closure of Stoddard Road

The California Department of Transportation has closed Stoddard Wells Road access to Outer Highway 15, the frontage road east of Interstate 15, until May 18.

The closure is necessary to reconstruct the Outer Highway 15 frontage road to accommodate the northbound widening of I-15.

The detour to access Apple Valley is northbound I-15 to Bell Mountain Wash exit.

Proceed east on Stoddard Wells Road.

From Apple Valley traveling west,

take Stoddard Wells Road under the I-15 freeway underpass to the Stoddard Wells Road west frontage road and to the overcrossing. Guide signs will direct motorists of the new traffic patterns.

I-15 detour

The California Department of Transportation will detour 28 miles of northbound Interstate 15 traffic into the center median from Stoddard Wells Road in the city of Victorville to Lenwood Road.

Traffic will be diverted onto the center median detour lanes. The detour will be in effect for approximately 10 months and will extend the entire 28 miles of the project limits.

City Web site

The City of Barstow's new Web site is now accessible at www.barstowca.org.

The new site will provide a one-stop communication and information tool.

The site provides visitors with a plethora of city-related information, including: access to city council and planning commission agendas and minutes, the latest city news, community programs and services, access to city staff and elected officials as well as job opportunities.

Site visitors are directed on the home page to areas of interest organized specifically for them as a resident, business or visitor.

CWRA Basketball Tickets

The Civilian Workers Recreation Association is sponsoring a trip to see the Boston Celtics vs. Los Angeles Clippers at the Staples Center on Feb. 19 at 7:30 p.m.

There are 24 seats available, and the tickets are \$19 a seat.

Tickets can be purchased in sets

of four only. Transportation is not provided, and the tickets are non-refundable.

For more information contact CWRA member Vince Chavez at 577-7580.

City Sewer Cleaning Project

The City of Barstow has contracted Empire Pipe Cleaning to clean the city's sewer lines.

The work started Monday and will continue for approximately six months.

The contractor will start its work at the beginning of the city's sewer system, in the Lenwood mall area, and work toward the city's sewer plant in town.

Although there will be no need to close off streets, signage will be used for traffic control and it may be necessary for some community members to move their vehicles to provide access to manholes.

Since 70 percent of the manholes are in the middle of the street, the city asks residents to drive cautiously, watching out for Empire Pipe Cleaning trucks and obeying all posted traffic control signs.

Web site Loading Problems

The Communications Division is aware that some Web sites have been loading slower than normal or not loading at all.

If you have experienced either of these problems, send an e-mail listing the Web sites to the following e-mail account:

nmcictr@barstow.usmc.mil

Scholarship Opportunities

For information on scholarship opportunities for Marines pursuing degrees in the fields of information technology, engineering, science, mathematics and other fields supportive of National Security, visit <http://afceanova.org/scholarships/>.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
SW0610-DH	Nurse GS-610-09	10-01-2003	Open cont.	N/A	MCLB Barstow

Applicants interested in the above positions should submit resumes, online at the following Web sites: <http://www.donhr.navy.mil> or <http://www.usajobs.opm.gov>.

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

For more information concerning job announcements visit the Self-Service Center, Building 236, Mondays through Fridays from 7 a.m. to 3:30 p.m. or call the Human Resources Office at 577-6357/6279/6481.

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

State securities regulators release top 10 scams, schemes, scandals to avoid in 2004

Mutual fund practices, senior investment fraud, variable annuities join list

NASAA

News release

WASHINGTON - State securities regulators today forecast that investors will be challenged with increasingly complex and confusing investment frauds and identified the top 10 schemes investors are likely to see in 2004. New to the North American Securities Administrators Association's annual survey of state securities enforcement officials are mutual fund practices, senior investment fraud, and variable annuities.

"Investors face a complex maze of scams, schemes and scandals," said Ralph A. Lambiase, NASAA's president and director of the Connecticut Division of Securities. "Our fight against fraud never stops because each year con artists discover new ways to fleece the public. Sadly, many of the age-old scams still work to cheat victims of their hard-earned savings as well. It pays to remember that if an investment opportunity sounds too good to be true, it usually is."

Investors lose billions of dollars annually to investment fraud, Lambiase said. He cautioned that investors must

remain vigilant in the fight against investment fraud. "All securities regulators, whether local, state, or federal, share the common goal of protecting investors," he said. "I urge legislators to help us continue to do our jobs by ensuring that regulators have sufficient resources to protect our citizens."

Lambiase also announced that NASAA has created an interactive Fraud Center on its Web site (http://www.nasaa.org/nasaa/news&cpa/Fraud_Center.asp). The center features details of NASAA's top 10 scams, schemes and scandals; tips on how to detect con artists and avoid becoming a victim; an Investor "Bill of Rights;" instructions on how to file an investment-related complaint; and contact information for each state securities regulator. "Education and awareness are an investor's best defense against fraud," Lambiase said.

The following ranking of NASAA's top 10 scams, schemes and scandals for 2004 is based on the order of prevalence and seriousness as identified by state securities regulators: 1) Ponzi schemes, 2) Senior investment fraud, 3) Promissory notes, 4) Unscrupulous broker/dealer representa-

tives, 5) Affinity fraud, 6) Insurance agent securities fraud, 7) Prime bank/high-yield investment schemes, 8) Internet fraud, 9) Mutual fund business practices, 10) Variable annuities.

1. Ponzi schemes. Named for swindler Charles Ponzi, who in the early 1900s took investors for \$10 million by promising 40 percent returns, these schemes are a perennial favorite among con artists. The premise is simple: promise high returns to investors and use money from previous investors to pay new investors. Inevitably, the schemes collapse and the only people who consistently make money are the promoters who set the Ponzi in motion. Con artists typically attribute government intervention as the reason why new investors didn't get their promised returns. In Mississippi last year, a Tennessee attorney and a Mississippi securities dealer pleaded guilty to 58 counts of investment fraud for their role in a Ponzi scheme that bilked 41 investors from four states out of \$10.2 million. Authorities said the victims were told they were investing in a money-trading program that, in fact, did not exist.

2. Senior investment fraud. Volatile

stock markets, low interest rates, rising health care costs, and increasing life expectancy, combined to create a perfect storm for investment fraud against senior investors. State securities regulators said older investors are being targeted with increasingly complex investment scams involving unregistered securities, promissory notes, charitable gift annuities, viatical settlements, and Ponzi schemes all promising inflated returns. Pennsylvania securities regulators last year shut down a "Ponzi" scheme that targeted seniors, but not before 13 Philadelphia-area investors had lost nearly \$2 million from their pensions and IRAs. In Arizona, the Arizona Corporation Commission ordered a Scottsdale company and four individuals to return more than \$15 million to mostly senior investors and pay penalties of \$45,000 to the state in a case involving "CD alternatives" earning up to 8.5 percent. "These schemes offer products and pitches that may sound tempting to many seniors who've seen their retirement accounts and income dwindle in recent years," Lambiase said.

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To learn more, visit NASAA's Senior Investor Resource Center (<http://www.nasaa.org/nasaa/sirc/sirc.asp>).

3. Promissory notes. A long-time member of the Top 10 list, these short-term debt instruments often are sold by independent insurance agents and issued by little known or non-existent companies promising high returns - upwards of 15 percent monthly - with little or no risk. When interest rates are low, investors often are lured by the higher, fixed returns that promissory notes offer. These notes, however, can become vehicles for fraud when the issuer of the note has no intention or capability of ever delivering the returns promised by the sales person. In November 2003, for example, Grammy-nominated polka star Jan Lewan pleaded guilty to charges that he defrauded investors in 21 states through the sale of promissory notes. State authorities said Lewan, who defected from Poland in 1979 and launched a successful career that included performances before President Reagan and Pope John Paul II, illegally persuaded investors to invest in a series of failing business ventures. Lewan offered promissory notes that were supposed to pay an interest rate of 12 to 20 percent. Authorities said investors lost between \$2

million and \$2.5 million. Lewan sold the promissory notes during a period of time when he was under a five-year ban by the Pennsylvania Securities Commission barring him from selling securities in the state. New Jersey authorities also acted against Lewan in 2003, fining him \$950,000 and prohibiting him from selling securities in the state. Connecticut securities regulators are also investigating Lewan.

4. Unscrupulous brokers. Despite the stock market's rebound in 2003, state securities regulators say they are still receiving a high level of complaints from investors of brokers cutting corners or resorting to outright fraud to fatten their wallets. "I give credit to the increasing numbers of investors who are giving their brokerage statements a closer look and asking the right questions about unexplained fees, unauthorized trades or other irregularities," Lambiase said. In October 2003, US Bancorp Piper Jaffray agreed to pay \$2.6 million to settle a complaint by the state of Montana alleging unethical business practices and fraudulent securities dealing by the investment firm and one of its brokers. State regulators accused Thomas J. O'Neill, who was a broker in the firm's Butte office, of making more than 6,000 unauthorized trades for mostly elderly custom-

ers between 1997 and early 2001. They said some trades were made for a customer who was in a coma and again after he died. Authorities said O'Neill generated commissions for himself and the firm through the illegal trades that transformed mostly conservative retirement investments into risky portfolios.

5. Affinity fraud. Con artists know that it's only human nature to trust people who are like yourself. That's why scammers often use their victim's religious or ethnic identity to gain their trust and then steal their life savings. No group seems to be immune from fraud. In November 2003, authorities arrested five people accused of defrauding evangelical Christians of \$160 million in three years and using the money to live extravagantly. Federal and state investigators charged that a California family promoted an affinity fraud scheme through evangelical leaders and groups, targeting people who shared religious beliefs and common ethnicities. A joint effort involving the FBI, the SEC, the IRS and the Texas State Securities Board, brought criminal and civil charges to halt the scheme, which promised returns of 25 percent within three months.

6. Insurance agents and other unlicensed securities sellers. While most independent insurance agents are honest professionals,

too many are lured by high commissions into selling fraudulent or high-risk investments, such as promissory notes, ATM and payphone investment contracts and viatical settlements. "Scam artists continue to entice independent insurance agents into selling investments they may know little about," Lambiase said. The person running the scam instructs the independent sales force - usually insurance agents but sometimes investment advisers and accountants - to promise high returns with little or no risk. For example: Arizona securities regulators in 2003 obtained a \$4.3 million final judgment against a Scottsdale company and two insurance agents who fraudulently sold charitable gift annuities to mostly senior investors who were told their money would be invested in secure accounts. Instead it was placed in high-risk, speculative investments while the insurance agents helped themselves to \$1.3 million in commissions. California authorities in 2003 ordered several insurance agents to stop selling viatical investments - interests in the death benefits of terminally ill patients that are always high risk and sometimes fraudulent. The agents promised returns as high as 150 percent in three years, and guaranteed the investment through a "fidelity" bond, but failed to tell investors

that the bond was issued by a company incorporated in Vanuatu, South Pacific that is not licensed by to issue bonds in California.

7. Prime bank schemes. A perennial favorite of con artists who promise investors triple-digit returns through access to the investment portfolios of the world's elite banks. The negative publicity attached to these schemes has caused promoters in recent cases to avoid explicitly referring to Prime Banks. Now it is common to avoid the term altogether and underplay the role of banks by referring to these schemes as "risk free guaranteed high yield instruments" or something equally deceptive. In 2003, five Oklahoma men were convicted on fraud charges stemming from a prime bank scheme in which 5,000 investors lost \$14.6 million.

8. Internet fraud. With the Internet becoming a common part of daily life for increasing numbers of people, it should be no surprise that con artists have made cyberspace a prime hunting ground for victims. Internet fraud has become a booming business. The most recent figures show cyberfraudsters took in \$122 million in 2002, according to the Federal Trade Commission. "The Internet has turned from an

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FEEA scholarship applications now available for 2004

Submitted by
Lifelong Learning Center

The Federal Employee Education and Assistance Fund recently announced that applications for its 2004-05 scholarship program are now available.

Eligible applicants are civilian federal and postal employees with at least three years of service, and their dependents.

Dependent applicants must be full-time students in an accredited degree program and must have a cumulative gpa of 3.0 or higher.

Employee applicants must meet the same academic criteria, however, they may be part-time students.

For more information, visit FEEA's Web site at <http://www.feea.org> in the "educational assistance" area.

A downloadable version of the

application is also available on the Web site. To receive a printed application, please send a self-addressed, stamped No. 10 envelope to: FEEA Scholarships, 8441 W. Bowles Avenue, Suite 200, Littleton, CO 80123-9501. Agencies requesting applications in bulk may call FEEA at 1-800-323-4140, fax requests to 303-933-7587, or e-mail feeahq@aol.com. Completed applications must be postmarked no later than March 26 2004. FEEA has provided more than \$3.5 million in scholarships to civilian Federal employees and their dependents. For more information about feea, visit www.feea.org or call 303-933-7580.

For other types of scholarships and financial aid information, visit the Lifelong Learning Education Center in Building 218 or call for an appointment at 577-6118.

CHAPLAIN from Page 2

Go for someone who makes you smile because it only takes a smile to make a dark day seem bright.

7. Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

8. Always put yourself in the other person's shoes. If you feel that it hurts you, it probably hurts the other person too.

9. A careless word may kindle strife; a cruel work may wreck a life; an untimely word may level stress; a loving work may heal and bless.

10. The happiest of people don't necessarily have the best of everything, they just make the most of everything that comes their way.

11. Love begins with a smile, grows with a kiss, and ends with a tear.

When you were born, you were crying, and everyone around you was smiling. Live your life so that when you die, you're the one smiling and everyone around you is crying.

Always remember that life is precious; don't let it slip by.

A story by an unknown author shares the message I want to get across this week and is called "How Great Love is."

Once upon a time, there was an island where all the feelings lived: Happiness, Sadness, and all of the others, including Love. One day it was announced to the feelings that the island would sink, so all repaired their boats and left.

Love was the only one who stayed. Love wanted to persevere until the last possible moment. When the island was almost sinking, Love decided to ask for help.

Richness was passing by Love in a grand boat. Love said, "Richness, can you take me with you?"

Richness answered, "No I can't. There is a lot of gold and silver in my boat, so there's no place for you here."

Love decided to ask Vanity who was also passing by in a beautiful vessel, "Vanity, please help me!" "I can't help you Love. You are all wet and might damage my boat," Vanity answered.

Sadness was close by so Love asked for help, "Sadness let me go with you." "Oh ... Love, I am so sad that I need to be by myself!"

Happiness passed by Love too, but she was so happy that she did not even hear when Love called her!

Suddenly, there was a voice, "Come Love, I will take you." It was an elder.

Love felt so blessed and overjoyed that he even forgot to ask the elder her name.

When they arrived at dry land, the elder went her own way.

Love realizing how much he owed the elder and asked Knowledge, another elder, "Who helped me?"

"It was Time," Knowledge answered. "Time?" asked Love. "But why did Time help me?" Knowledge smiled with deep wisdom and answered, "Because only Time is capable of understanding how great Love is."

It is my prayer for the remainder of this year that we all understand how we are all very interdependent.

How when we seek to live by the Golden Rule, "Do unto others as you would have them do unto you," we can make a special difference in the lives of those whose paths we cross. May we seek to look for these opportunities this year and beyond.

GOT NEWS? *If you've got something newsworthy call the public affairs office at 577-6430.*

MYTH from Page 2

recruiting. In addition, recruiters attend the same corporate level professional selling skills course that is used by many Fortune 500 corporations. The Marine Corps has met its monthly contracting goals since July 1995, a record not matched by any other service. Once a recruiter graduates and moves on to his or her recruiting station, or RS, the training will continue. Career recruiters, contact teams and recruiter instructors train and assist canvassing recruiters daily.

"I feel that the training was extremely professional. There were a lot of proven performers as instructors who gave me the basics and the confidence to go out and hit the streets and talk to young people. Once you add your own personality into the training, then it falls together," said Gunnery Sgt. Brett Beard, staff noncommissioned officer in charge of Marine Corps Recruiting Sub-Station Mission Viejo, Calif.

Beard, the 12th Marine Corps District 2002 Recruiter of the Year, said the training is valuable beyond just recruiting duty. "What the instruction teaches is how to get at the basic needs and concerns of an individual. So it teaches interpersonal skills that you can use within any work environment or relationship, in the Marine Corps and beyond."

Discipline for the recruiter can be a number of things. As recruiters,

Marines may be operating far from the main RS, in a small town or city. This independent duty requires Marines to manage their time accordingly by setting their own schedule. They will stand as a fitting example of what the Corps values most — smart, tough, elite warriors. Often as one of the only Marines in a community, and possibly the first Marine a potential recruit will ever meet face-to-face, the eyes of many will be on the Marine recruiter.

"Everything you say and do from the start must be consistent because you are often the 'first one in' when dealing with an applicant," said former recruiter Staff Sgt. Wayne Kelly, manpower chief, Marine Corps Recruiting Command. During his three years "on the street" in Troy, Ala., Kelly found that the consistent image was the key to success.

"Although you may be the first Marine a prospective applicant sees, you probably aren't the first Marine a teacher or school administrator will have worked with. It is important that our recruiters have the integrity, honor and courage that all Marines should possess. From one recruiter to the next, teachers and community leaders see the same qualities in each Marine that their students might benefit from," said Kelly.

To be successful recruiters

Marines must have determination; the type of determination that will help them take applicants who are struggling to pass their initial strength test and send them off properly prepared for recruit training. Recruiters put in extra hours in search of one more applicant to make their monthly mission. They must stay on target and stay motivated to be successful. These are the same qualities that drive Marines to accomplish any task they're given.

"When you hear that first 'no' it's just the beginning. I went into a high school facing a challenge. There were many restrictions on when and how I could approach the kids," said Kelly. "I kept going back and talking with the students, not just the seniors or the best qualified but also the ones who were not doing so well academically or socially. My persistence paid off. The staff began to support me and ease their restrictions. They saw that I wasn't just looking after myself; I was trying to help the students and the school. The year before I arrived on recruiting duty, the school had not produced any recruits. By the time I left, they were sending four to six seniors a year to the Marine Corps."

Recruiting takes a certain

Gunny's Picks

Superbowl

Congratulations to Staff Sgt. John Sweredoski, legal chief, Staff Judge Advocate Office, winner of the conference play-off finals of the Gunny's Picks who went 2 – 0 and had the closest point spread.

Who would have thought that the Carolina Panthers would go into Philadelphia and pull out a victory?

The saying "on any given Sunday" held true for the Panthers.

I may have to head to Las Vegas now because the odds of the Panthers winning the Super Bowl are 75-1. The Super Bowl is set for Feb.1 in Houston, and New England is heavily favored to win it all. What say you?

Carolina vs. New England _____

Note: You must pick total points for each game, good luck. To submit your choices for Gunny's Picks, fill out this section of the newspaper and drop it off at the Public Affairs Office in the Green Wing of Building 15, or e-mail who you think will win each game to editor@barstow.usmc.mil.

Name, work section and phone number: _____



type of individual; an individual with bearing, an open mind, and limitless leadership potential. Recruiters must have the right demeanor, a can-do optimism that makes them approachable and helps them guide and shape their pool of applicants. They must have the ability to win over a parent or an educator. The right type of attitude will open doors.

"Most importantly, recruiters must be flexible and capable of independent thought," said Col. Dan McManus, assistant chief of staff for Operations, MCRC.

"Recruiters must be prepared to 'change the plan' and keep on marching."

See MYTH Page 11

1st Quarter Civilian Personnel Awards

SECRETARY OF THE NAVY CAREER SERVICE AWARD

Samuel C. Callejo
Odin D. Gentry
Esther V. Gonzales

CO'S ADMINISTRATIVE SAFETY AWARD

Esther V. Gonzales
1st Lt Michael R. Smith
Capt Prasserth Yang

CERTIFICATION OF APPRECIATION PLAQUE

Susan E. Durant

BENEFICIAL SUGGESTION

James L. Bishop
Rodney A. Brand
Gary L. Heidorn

SPECIAL ACT AWARD

353 Annual Safety
730 Special Act

TIME OFF AWARD

James E. Adams, Jr.
Michael Allen

Kahalia T. Anderson
Bernadette Andrews
Ralph Baca
Dennis M. Bennett
Charles Caldon
John J. Calvacca
Tony Chavira
Paul Church
Jose E. Cordova, Jr.
Earnest G. Crockan
James Dillon
Charles Doyle
Walter Easterling
Paul K. Flores
Donna Florez
Richard Fork, Sr.
Stephon Gardiner
Vicki S. Gaudette
James R. Gay
Richard Gilmore
Edward Gleason
Charles R. Gomez
Thomas Guterrez
Raymond Gutierrez
Robert G. Haddox
Scott P. Haislip
Kimberli Hamilton
Patrick R. Hazard
John Herczeg
Duane E. Holmes
Patrick Humphreys
Yolanda Jimenez
Van W. Johnson
Dennis L. Jones
Michael A. Jones
Ronald D. Jones

Patrick A. Knox
Daniel Madrid
Joseph R. Marano
Steve A. Mathos
Robert Mendez
Felix G. Mendoza
Leonard T. Moore
Teddy E. Mosier
Tony Nino
Alexander O'Laughlin
Margot Padilla
Dale E. Peabody
Miguel R. Peralta
Hector Reyes
Rios, Reymundo
Benedict F. Roman
Steven B. Rose
Steve Sangster
Eduardo P. Sayao
Gilbert Sena
John E. Sickler
Richard B. Steck
Gary W. Stoops
Ronald Stradling
Lisa Thiem
Glenn E. Tibbett
Robert A. Valdez
Layton Walker III
Lorn Wells
Naydean Williams
John Wooten
Willie C. Wright

ON THE SPOT AWARD

Anthony B. Mesa

30 YEARS - FEDERAL LENGTH OF SERVICE

William J. Kearn
Linda M. Lingren
Raymond J. Magorno
Donna R. McCormick

25 YEARS - FEDERAL LENGTH OF SERVICE

Jack E. Aday
Robert R. Cardenas
Ricardo Cervantes
Robert G. Haddox
George E. Henshaw, Jr.
Terence B. Jenkins
Frank Marino
Joseph R. Moorman
Lawrence W. Prince
Angel L. Rosario
Anthony R. Rose
Elizabeth D. Thiem
William F. Wyde

20 YEARS - FEDERAL LENGTH OF SERVICE

James P. Fejeran
Robert J. Mendez
Jose Rivera
Lynn F. Russell

Todd B. Wood

15 YEARS - FEDERAL LENGTH OF SERVICE

Wesley J. Anderson
Vaughn E. Gray, Sr.
John R. Kinser
Danny J. Ortiz
William R. Schooler

10 YEARS - FEDERAL LENGTH OF SERVICE

Bruce P. Bryan
Michael L. Dokie
Claudia P. Holmes
Keith W. Mintun
Michael Vasquez

RETIREMENT AWARD

Clarence E. Hill, Jr.
Eliasar Jurado
Elise T. Muaau

LETTER OF APPRECIATION

Agnes C. Bialkowski
Terence B. Jenkins
Dianne M. Langevin

Devil dog from K-9 unit wins MOQ, PMO takes first 2 boards in 2004

Base military police continue winning streak after taking 4 of 8 boards in 2003

By Pfc. Jenna Lassandrello
Barstow Log Staff

Four out of the eight quarterly board winners in 2003 came from the Provost Marshal's Office at MCLB Barstow.

Taking the board again, PMO starts off the first quarter of 2004 with both the NCO of the Quarter and Marine of the Quarter being military police.

Lance Cpl. Quyen Au, a military working dog handler and a military policeman took the title of Marine of the Quarter.

Au, a Vietnam native, attended recruit training at Marine Corps Recruit Depot San Diego in January 2002. Then Au spent nine weeks at Military Police School at Fort Leonard Wood, Mo.



Lance Cpl. Quyen Au

He attended a secondary military occupation specialty school at Lackland Air Force Base in Texas to be a military

Au wants to have a career leading Marines and is currently taking the steps to become an officer in the Marine Corps through the Meritorious Commissioning Program.

working dog handler and graduated with honors.

Au now works with the K-9 unit at MCLB Barstow.

"I always wanted to work in the K-9 unit, but I thought it would come later in my career. I am glad to be doing it now," said Au.

The skill level and personality of the Marine is matched with skill and personality of a dog.

Throughout all training and work the Marine always has the same dog partner.

That way, a relationship is built, said Au.

"(Au) constantly seeks more responsibility and pursues every option as a Marine," said Master Sgt. Richard Holman, the provost sergeant for the Provost Marshal's Office, who nominated Au for the board.

Au wants to have a career leading Marines and is currently taking steps to become an officer in the Marine Corps through the Meritorious

Commissioning Program.

Au has put great emphasis on secondary education and is currently enrolled in college pursuing a double major in criminal justice and computer science, said Holman.

Winning the board was a considerable accomplishment for Au.

"I have been putting a lot of time and effort into preparing for this board and it feels good to see what I have accomplished," said Au.

PAXMAN from Page 1

engine crew – to fix the problem.

Patrol Coastal Ship USS Chinook (PC 9), one of only 13 Cyclone class ships in the Navy, was put out of commission by Navy inspectors because of numerous safety issues stemming from the four Paxman engines that powers the vessel, according to Gary Heidorn, Paxman Shop supervisor, Cost Work Center 719, Maintenance Center Barstow.

“The engines had massive oil leaks, water leaks, and other leaks which led to other problems on ship,” said Heidorn.

“Because of these issues Navy safety inspectors (shut down the ship’s operations) until the repairs could be made.”

Upon receiving the call from the Naval Support Activity Bahrain, through the Commander Amphibious Group Two, a five-man team from Maintenance Center Barstow was dispatched to Bahrain to assist the patrol crew with getting its vessel back up and running to continue its mission.

From Nov. 28 to Dec. 23 the Paxman traveling team, consisting of Heidorn, John Fetchner, Ernie Flanders, Bob Hetticher, and Robert Schneider, worked countless hours and under strenuous conditions to get the Chinook’s four 16-cylinder engines back on line.

“We had to tear the engines down to the block, rescale and reseal the cylinder heads, reseal the turbo charger and the fuel injectors,”

Heidorn revealed. “All the work performed was done while the engines were still in the hull.”

According to the team, each engine took about three and one-half days to repair. One of the things they had to do to make the task a little easier, was rig a 500-pound capacity hoist to lift the heads off the engine on one side, perform the repairs and move to the other side to do the same thing.

The cylinder heads alone weigh approximately 140 pounds.

Considering the size of the engines, two centered in the hull and two aft, and space between them on a 170-foot patrol vessel there isn’t a lot of room for several people to maneuver easily and work.

“We were working in some tight quarters, along with the ship’s crew plus the contractors while it was in wet dock,” said Heidorn.

The ships crew consists of four officers and 24 enlisted personnel, according to the Navy’s fact file.

After the engines were completed, the ship was taken out for sea trials and performed great.

The Chinook had its engines back and was ready to continue its mission of patrolling the coast.

Based on the work performed by the team, CWC 719 received accolades from the Patrol Craft Port Engineer in Bahrain, Jere Widhalm, whom the team reported to, to the chief of staff for COMPHIBGRU-2.

Being the only shop of its kind, with the unique responsibility of



Photo courtesy of Gary Heidorn

Patrol Coastal Ship USS Chinook (PC 9), one of 13 Cyclone class Navy ships, is docked in Bahrain until its engines are repaired by Maintenance Center Barstow’s Paxman Traveling Team.

keeping the Navy and Coast Guard’s Paxman-powered patrol ships running, the Barstow Traveling Team-members still have a lot of work cut out for them as they are about to embark on several other working trips.

According to Heidorn a crew is already in San Diego working on the USS Monsoon (PC 4), another

crew is gearing up for a visit to Alaska, Puerto Rico and has a return trip scheduled for Bahrain in March.

“And we still have 18 engines to build this year,” Heidorn added.

Initially performing the in-house work and outside jobs with only 10 people, CWC 719 has added some new people currently in training,

which will bump the crew up to 15.

Being the only maintenance shop of its kind within the Department of Defense armed with the capability to repair and rebuild the Paxman engine can be compared to the likes of Superman; as long as the excellent work continues, people will always call for help no matter where in the world they happen to be.

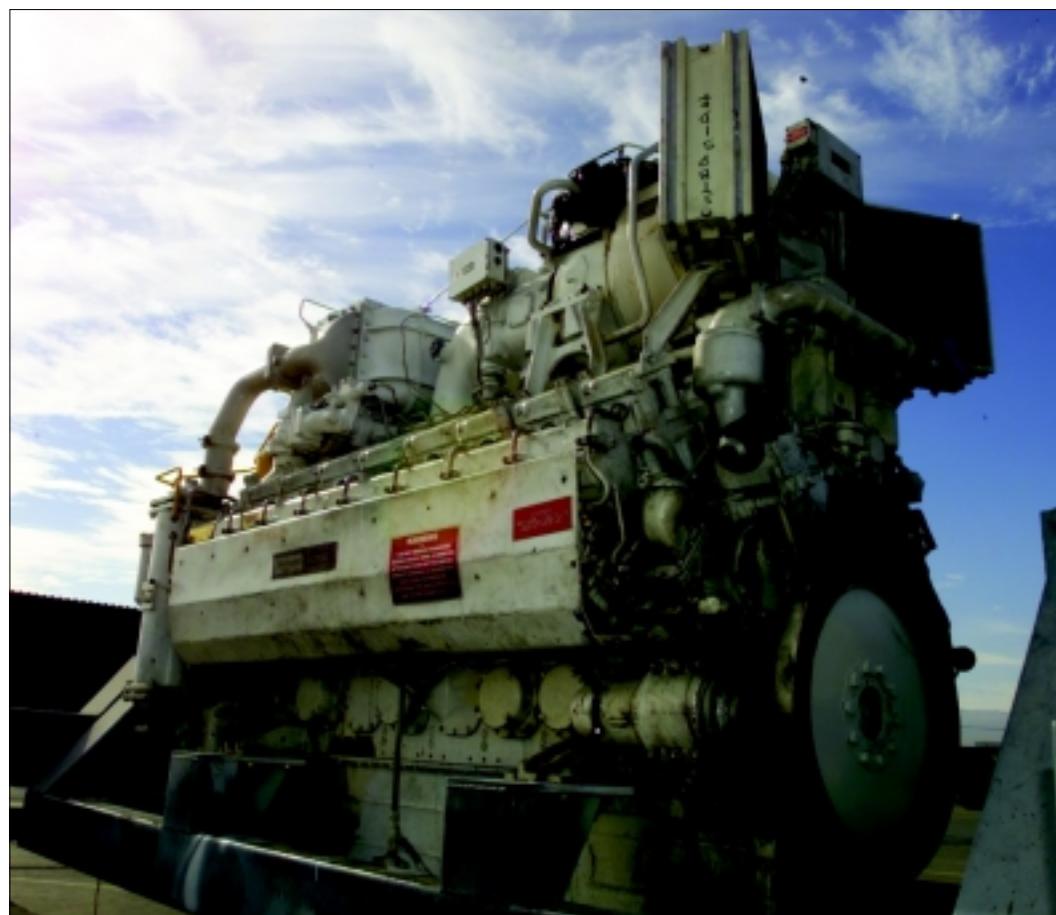


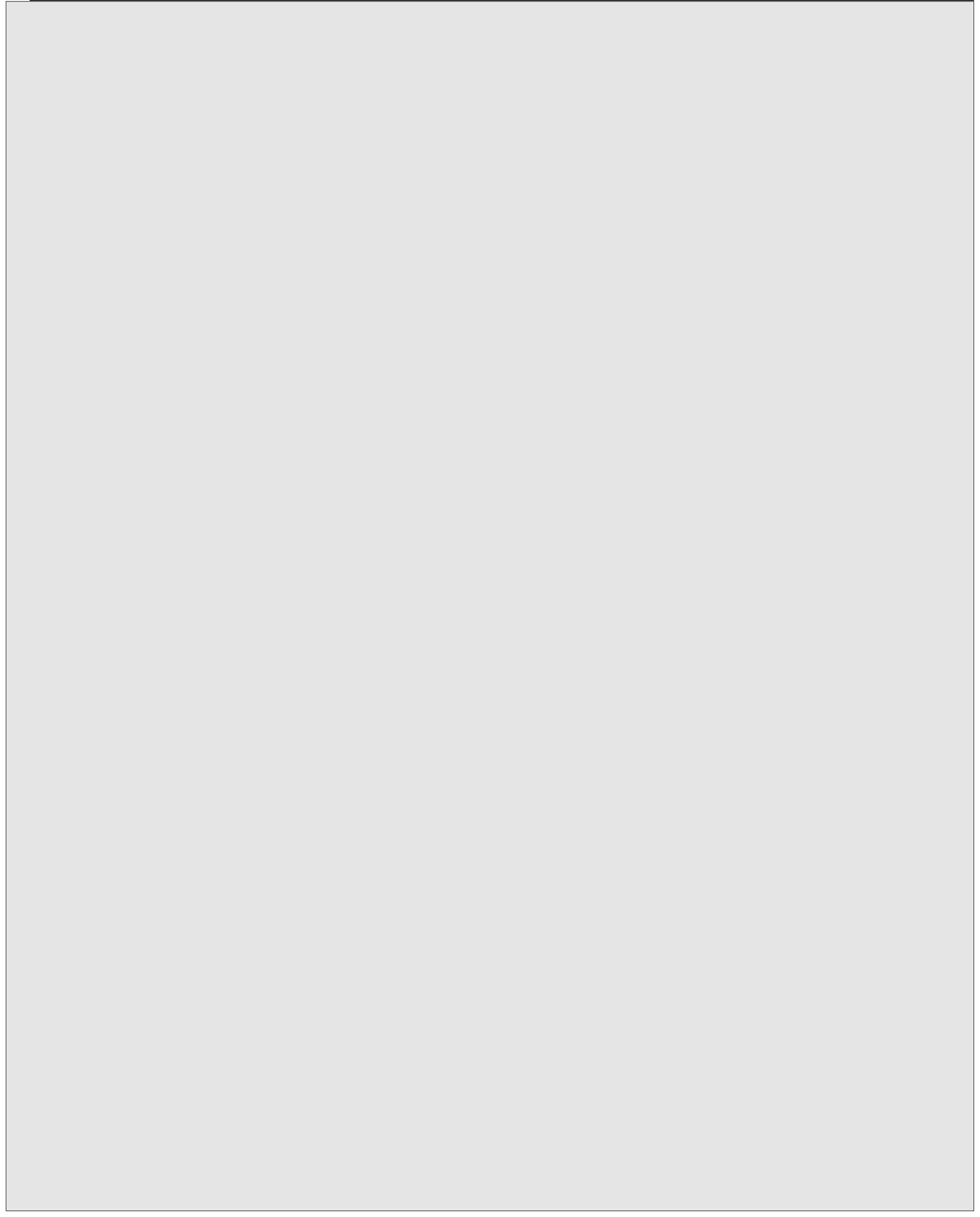
Photo by Cpl. Joshua Barnhardt

A paxman engine sits outside the Maintenance Center waiting to be shipped back to a customer.



Photo by Rob Jackson

The Paxman team that traveled to Bahrain for a Paxman housecall included (from right to left) Robert Schneider, Gary Heidorn, team supervisor, Ernie Flanders, John Fetchner and Bob Hetticher.



MYTH from Page 7

It is not a myth that recruiters put in long hours each week. That said, the phrase, "Made mission, gone fishing," holds true for recruiters who work hard and manage their time properly. The leadership of the Corps recognizes that recruiting duty is challenging, that is why several benefits are available to Marines serving in recruiting duty.

From extra pay to choice of next duty assignment, even the opportunity for special promotion considerations, recruiting duty has much to offer a Marine. Recruiters receive \$450 per month in special duty assignment pay; this is the highest special duty assignment pay authorized for any service member. Recruiting duty also offers stability for the family, as recruiters are non-deployable. Recruiters are represented at promotion boards by a member of MCRC, who explains the special nature of recruiting duty. Also, MCRC receives a number of meritorious promotion allocations each year for its top performing Marines.

Marines who enjoy success on recruiting duty and wish to stay in the occupation field may apply to become a career recruiter. Recruiting then becomes their permanent military occupation specialty, 8412, and they fill billets such as SNCOIC or recruiter instructor. The SNCOIC is responsible for the management of the localized recruiting substations, and recruiter instructors are responsible for overall training of the recruiters within the recruiting station. For further advancement, career recruiters now have the opportunity to apply for a warrant officer program specialty. Those selected will be appointed warrant officers and assigned to a district as an operations officer.

"I benefited from opportunities in recruiting that have given me the exposure and the access to the billets that have propelled me to this point in my career," said Chief Warrant Officer William Hanrahan, operations officer for RS Albany, 1st Marine Corps District. "I have been a recruiter, SNCOIC at a recruiting sub-station, operations chief, recruiter instructor, and recently a member of the 6th MCD contact team."

Successful recruiters and career recruiters also hold key staff billets at the recruiting station, district, region and headquarters level.

Beyond these very substantial benefits, there is also a very strong structure of support in place for Marines and their families while on recruiting duty. In spite of the fact that many recruiters are geographically stationed far from a military installation, a focus of MCRC is to ensure that Marines and their families still enjoy a quality of life comparable to their fellow service members.

"Even though our Marines out there on independent duty may be assigned to an area without a local military base, they are still Marines and rate the same quality of life programs a

base provides," said Elizabeth Simms, deputy G-1, MCRC. "We must support and sustain Marines and their families on recruiting duty so that the Marines can stay focused on their very important mission."

Marine Corps Recruiting Command has six recruiting district headquarters with QOL coordinators in place to support Marines and families. Each of the six districts has approximately 650 personnel assigned to them across hundreds of square miles. Working in conjunction with their respective Marine Corps Community Service Center and the communities where recruiting personnel are located, the QOL coordinators are responsible for ensuring that Marines and their families receive the QOL programs established by the Marine Corps.

Marines and their families are introduced to MCRC through the MCRC Welcome Aboard/Sponsorship Program. Members of the command and the Key Volunteer Network, a family support program, contact Marines and family members prior to their departure from their current duty station. A welcome aboard package that contains a booklet and a video about the command is mailed to the Marine and his or her family. When the new families arrive at their recruiting station, they are met by their sponsor and welcomed to the command by the commanding officer.

Once at the recruiting station, Marines and their families can also take advantage of the "home base" concept between all services. For those Marines who reside near a military installation (no matter what service) they can claim that installation as their home base. In concert with the other services, the home base concept was established to give additional support and as an additional incentive for Marines and their families coming on recruiting duty. For example, Marine families on recruiting duty will receive Priority II assignment to base housing, regardless of which service's base is in the geographical area. Recruiters and their families also enjoy many other benefits and QOL initiatives, such as privileges at the exchange, commissary, medical and dental facilities, and recreational activities. Ultimately, QOL is determined by each individual Marine, the Marine's family, and how both take advantage of the differences between recruiting and life in the fleet.

"Quality of life has been great," said Gunnery Sgt. Jessie Cornelius, a recruiter in Indianapolis, Ind. Cornelius, the 2002 Marine Corps Recruiter of the Year, finds that balancing duty and family is not as hard as it might seem for recruiters. "I include my family in as many activities as possible, and together we are involved in the local community."

Marine families on recruiting duty have access to many of the same family service programs available at Marine Corps bases; programs such as the Key Volunteer Network and

Lifestyles, Insights, Networking and Skills (L.I.N.K.S.). In addition, the MCCS One Source system, available on the Internet at www.mccsonesource.com or by phone at 1-800-433-6868, brings MCCS information and services to Marines and their families regardless of their geographic location. MCRC also sponsors a spouses' workshop each year for the spouses of the six district recruiters of the year who will compete for the Marine Corps Recruiter of the Year. They are briefed and provide feedback on MCRC programs and initiatives.

Each year, the commandant of the Marine Corps personally recognizes the Marine Recruiter, SNCOIC and Officer Selection Officer of the Year. These individuals, selected through a board process at MCRC headquarters, are chosen from the top recruiters and officer selection officers from each of the six districts. Their statistics and recruiting methods for the previous year are reviewed and a personal interview is conducted. Then, the winners are selected. Once selected as the Marine Corps Recruiter of the Year, the enlisted Marine is meritoriously promoted at a ceremony held by the commandant.

Recruiting duty is for Marines seeking to further their professional skills; it's for Marines who seek faster promotion or career advancement. Marines interested in significant special duty pay or choice of assignment will find that in recruiting duty. Recruiters develop strong leadership skills, time management solutions, and corporate sales skills; qualities that make good leaders in the Corps. Recruiters have the pride of being the model Marine that a community admires.

They are playing a direct role in helping find and shape the next generation of the Marine Corps.

Marines who think they are up to the challenge may visit the Marine Corps Recruiting Command Web site for more information.



Photo by Staff Sergeant J. Bortz

Staff Sgt. Michael Lillie, a staff noncommissioned officer in charge of a recruiting sub-station, gives a new poolee his welcome aboard brief.

FRAUD from Page 5

information superhighway to a road of ruin for victims of cyber fraud," Lambiase said.

The Internet has made it simple for a con artist to reach millions of potential victims at minimal cost.

Many of the online scams regulators see today are merely new versions of schemes that have been fleecing offline investors for years."

In November 2003 various federal, state, local, and foreign law-enforcement agencies targeted cyberfraudsters and netted 125 arrests and more than 70 indictments.

Operation Cyber Sweep identified more than 125,000 victims with losses estimated to exceed \$100 million.

Lambiase also warned investors to ignore e-mail offers from individuals representing them-

selves as Nigerian or West African government or business officials in need of help to deposit large sums of money in overseas bank accounts.

"Don't be dot.conned. If you get an e-mail pitching a deal that can't be beat, hit delete," Lambiase cautioned.

9. Mutual fund business practices.

Although mutual funds play a tremendous role in the wealth and savings of our nation, ongoing scandals throughout the industry clearly demonstrate that some in the mutual fund industry are putting their own interests ahead of America's 95 million mutual fund shareholders.

State securities regulators, the SEC, NASD, and mutual-fund firms themselves have launched a series of inquiries into mutual fund trading practices.

To date, more than a dozen mutual funds are under investiga-

tion and several mutual funds and mutual fund employees have either pleaded guilty, been charged or settled with state regulators.

State and federal investigations have uncovered sales contests where investors have been steered to funds paying higher commissions to brokers; abusive trading practices, such as "market timing," that may cost tradition buy-and-hold investors more than \$5 billion each year; and illegal trading practices, such as "late trading," that may cost investors \$400 million each year.

"These investigations demonstrate a fundamental unfairness and a betrayal of trust that hurts Main Street investors while creating special opportunities for certain privileged mutual fund shareholders and insiders," Lambiase said.

"We will continue to actively pursue inquiries into mutual fund improprieties and are committed

to aggressively addressing mutual fund complaints raised by investors in our jurisdictions."

10. Variable annuities. Sales of variable annuities have increased dramatically over the past decade.

As sales have risen, so too have complaints from investors. Regulators are concerned that investors aren't being told about high surrender charges and the steep sales commissions agents often earn when they move investors into variable annuities.

Some investors also are misled with claims of guaranteed returns when variable annuity returns actually are vulnerable to the volatility of the stock market.

Mississippi securities regulators moved last year against a licensed securities broker in the state who rang up commissions of approximately

\$1 million within a 15-month period largely through sales of variable annuities.

Variable annuities are considered to be securities under federal law and the laws of 17 jurisdictions.

Most states consider variable annuities to be insurance products.

NASAA is encouraging changes in state laws that would allow state insurance regulators to continue to oversee the insurance companies that sell variable annuities while authorizing state securities regulators to investigate complaints about variable annuities and to take action against the companies and individuals who sell them.

"Those who buy variable annuities should not be denied the protections enjoyed by every other class of investor," Lambiase said.



By Jim Gaines
MCCS Publicity

Super Bowl specials

Make your Super Bowl experience better with these Super Seven Store Super Bowl specials:

Soft drink special - 12 pack Pepsi or Coke, just \$1.99 (offer good Saturday and Sunday only).

Chip special - 11 or 12 oz. bag of chips, regularly \$2.99 to \$3.99 sale priced at just \$2.50.

And don't forget the Super Seven Store's January sale in progress now:

Our White Sale featuring towels, pillows, sheets and comforter all slashed to special prices.

Our special featuring gas prices cut five cents per gallon off the posted price from 10 a.m. to 6 p.m. on Jan. 29.

Our special on balloons - great for Super Bowl parties, birthdays, any special event - 25 percent off. We'll even furnish the helium free.

You'll love our new Coffee Cards! Just buy five cups of coffee and get the sixth one free. Drop by and buy a cup of coffee and pick up your card today.

For more information, call the Super Seven Store at 256-8974. The Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m., and Sundays 10 a.m. to 6 p.m.

Club activities

At the Oasis Club this week: Tonight is Right Hand Night. Tomorrow is TGIFamily Night. Tuesday is Burn Your Own Steak Night, and Wednesday is Movie Night.

At the Enlisted Club this week: Darts, pool, TV and CD music every night.

Monday and Tuesday is Bar and Grill Night, and Wednesday is Mid-week Relaxation Hour from 6:30 to 7:30 p.m.

For more information, call Tammy at 577-6418

Smoking Cessation

Do you want to quit smoking? Consider our Smoking Cessation classes. These classes are sponsored by Marine & Family Services Division, Health Promotions and Branch Medical Clinic.

Join us today and get the tools you need to stop smoking. The classes will be as follows:

Week one - Develop a plan of action.

Week two - Putting your plan to work.

Week three - Focus on reducing stress and nutrition.

Week four - Methods to continue being smoke free.

These classes are open to all MCLB Barstow personnel. Sign up today. For more information, contact Staff Sgt. Johnson at 577-6851.

RV Parking

Food and Hospitality's RV Parking has 20 new parking pads available. The cost is \$10 per night.

For more information call Tammy at 577-6418. The RV Parking office is located in Building 342 (ITT and Bowling Center building).

Tickets

ITT has ski-lift tickets to many ski resorts including Mammoth, Big Bear and Mountain High.

Call Betty at 577-6541 for more information and list of other ski resorts.

Super Bowl XXXVIII Party



At the Enlisted Club Sun., Feb. 1

Doors open at 10 a.m.
Pre-game begins at 2:30 p.m.
Game starts at 3:30 p.m.
Complimentary food!
Chance to win prizes including
a \$300 plus value "Imperial Palace
Love Tub Getaway Weekend"
in Las Vegas.

Everyone welcome!
Open to all MCLB personnel
For more information call 577-5418