

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

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Marine Corps Logistics Base Barstow, California

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

BARSTOW LOG
MCLB'S VISION FOR THE 21ST CENTURY

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

Long-Term Care enrollees urged to coordinate for future

By Samantha L. Quigley
American Forces Press Service

WASHINGTON — Though many enroll for the Federal Long Term Care Insurance Program, very few know what long-term care is and how to get the greatest benefit from it, an official with the program said.

"People have very little understanding until they really need it what long-term care is and what long-term care insurance will be able to do for them," Mary Lou McGuinness, a nurse and director of care coordination/claims for the Federal Long Term Care Insurance Program, said. "I think the understanding is diminished because it is a very complicated subject.

"And I think when they have an immediate need for the services, that's when they tend to try to tap into whatever resources they have to give them the information to answer their questions," she continued. "The problem is that the need for the knowledge is often very urgent by the time they need it."

To avoid the emotional toll on caregivers charged with making deci-

sions about a loved one's care, McGuinness suggests utilizing the program's care-coordination services to develop a plan for the future. Having an idea of what is available before there's a critical need can alleviate some of the stress involved in decision making.

Coordinators, all registered nurses who have worked in long-term care situations previously, are available to assist with that process. They can provide general information, assessment and approval of the need for long-term care and help develop a care plan.

Also, for consistency, enrollees are assigned a coordinator who will monitor and reassess the services being provided and provide access to discounts for services, when available. The coordinators also check the licenses of long-term care facilities or provide caregiver training for individuals. In any case, the enrollee has the final say in the care plan. McGuinness also reminded enrollees that the coordination services extend to qualified relatives. This can be especially helpful if

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Motivating Marine Corps training

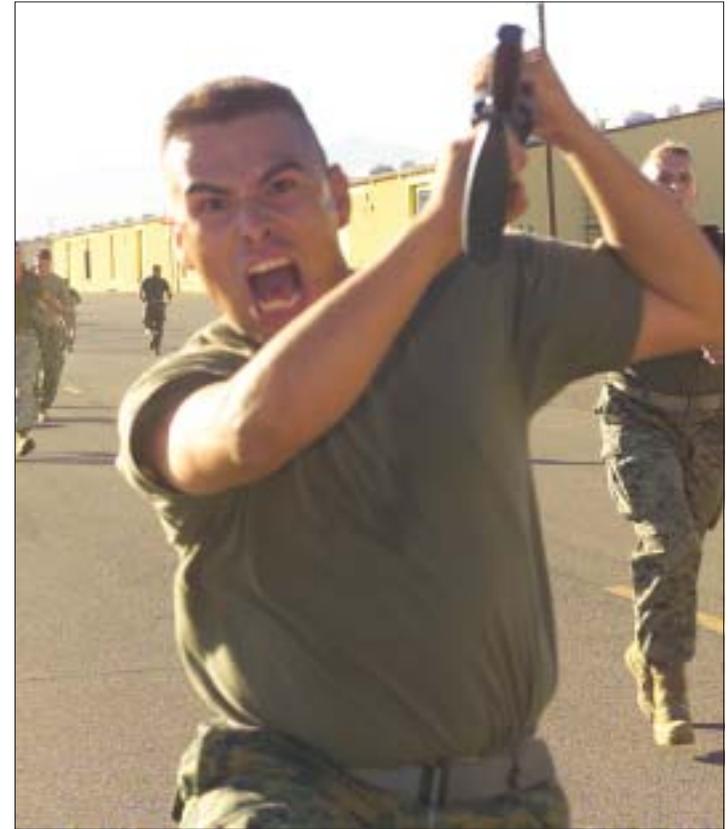


Photo by Cpl. Andy J. Hurt

Lance Cpl. Steven E. White, a calibration technician at Maintenance Center Barstow's Metrology facility, lets out a war cry during Friday's 101 Days of Summer Desert Challenge. White, along with other Marines from Headquarters Battalion, formed fire teams and were faced with several challenges throughout the morning. For photos, see Page 8.

Civilian Marine awarded for performance

By Cpl. Andy J. Hurt
Barstow Log Editor

Deep within the realm of MCLB Barstow are many well-kept secrets. Evidence of alien life? Maybe not. The truth behind the Kennedy Assassination? Not likely. Proof that MCLB Barstow personnel have conquered their peers in outstanding levels of achievement? Definitely.

Standing a petite 5 feet, 2 inches tall, Jennifer D. Kinsey, a procurement technician in the base Contracting and Purchasing Office, may not appear physically threatening. But when it boils down to training, distributing and auditing government credit card accounts, Kinsey is a salty, aggressive, squared-away civilian Marine. She proved this recently by being awarded the Marine Corps Level 4 Agency Program Coordinator Manager of the Year for FY '04.

"When they told me I'd won, I asked 'Out of the whole Marine Corps?'" began Kinsey, "They said 'Yes. For the whole Marine Corps.'" She added, "I felt 10 feet tall."

Kinsey is not a new player to the game of the green machine. A Barstow, Calif., native, Kinsey has worked aboard MCLB Barstow for more than 29 years, she said.

MCLB Barstow adopted the government purchase card program in 1995, and Kinsey was there to see the program along in its infancy, she said.

"The base started with one cardholder and one approving official," said Kinsey. The base currently boasts 57 cardholders and 24 approving officials in departments from Neko and the Yemo Annex.

Government purchase cards are utilized daily at MCLB Barstow, said Kinsey, for "whatever services or supplies that will help with the base mission," she said. Purchases can range from tools or special parts needed for vehicles and equipment at Maintenance Center Barstow, right down to the lowliest paper clip

holding new base orders together on the commanding officer's desk.

But Kinsey was not awarded for her contributions of paper clips and oil filters, she was awarded for having an outstanding overall program on base, she said.

Kinsey is a salty, aggressive, squared-away civilian Marine.

"Headquarters Marine Corps came in January and gave me an audit," she said. After finding no delinquent actions or mystery figures in her paperwork, she was honored in early July and told the good news, she said.

"None of our accounts have been on delinquency reports for over a year," said Kinsey, adding that all around the world, purchase cards are being abused for things such as plastic surgery and car payments.

Kinsey keeps on her toes while at work, conducting annual purchase card training sessions

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Family disaster emergency plans could save many lives

By Lance Cpl. Ashley Warden
Combat Correspondent

Disasters can strike quickly and without warning. Some may even force people to evacuate from their neighborhoods or confine people in their homes. Basic services like water, gas, electricity or telephones may be cut off and local officials and relief workers cannot arrive on scene until after the disaster. Families can cope with a disaster or an emergency by preparing in advance and working together to

form a family emergency plan. "Family emergency plans consist of several components," said Dr. David Nieran, MCLB Barstow Marine and Family Services clinical supervisor and psychologist. "It varies from person to person." Families should make an emergency plan as soon as possible, it should be a priority, said Nieran. Here are some tips for creating a family emergency plan: Talk as a family about the plan. "If you fail to plan, the plan will fail," said Nieran. "People have assumptions that they'll know what

to do in case of an emergency, but if you haven't planned you won't know what to do." Many people overlook this step, he said. If the plan hasn't been discussed, no one will be on the same level in the event of an emergency. During this time, explain to each family member the duties they must perform during an emergency and places to meet, said Nieran. Choose two places to meet, one near the home to use in a sudden emergency and a second spot outside the neighborhood in case people cannot get home. "It's also a good idea to have the

plan written down," said Nieran. "This way you can grab (necessary items) and take them quickly." Along with the written plan, post emergency phone numbers, to include the police, fire station, Poison Control, school, work and important family members. A third party contact who lives out of state should also be included, said Nieran. In case the phones go out, family members can call the third party contact on a cell phone to check in, he said. Create an emergency kit with basic Red Cross kind of items, said Nieran. This

should include water, any medications, first aid kit, food, clothing and personal items. "Being in the desert it is important to have a lot of water," said Nieran. Store at least three days' worth of water, one gallon per person, per day. Store at least three days' worth of non-perishable foods. If pets are present, be sure to have a plan for them also, said Nieran. Stock food and water for the animals as well as have proper identification. "Keep all (of these

See FAMILY Page 10

By Lt. Cmdr. Randel Livingood
Base Chaplain



This issue of my column is born of the great need that we all have to find some kind of inner peace. I believe that we face our greatest struggles when we find ourselves distanced from the Creator and giver of life. Yet, we often find ourselves "out of touch" with what can really bring us peace. I do not think that is uncommon because of the way most of us live our lives. I am fortunate because my job beckons me to read and study the Holy Writ, to pray for the people over whom I have been granted responsibility and to mediate on the goodness God granted me in my life and the lives of others. I know that I often find it difficult to set

time aside to do those very things even when I know that I should. Sometimes I literally have to make an "appointment" with myself in order to have the time I need to pray and read scripture. Prayer is the key agent to finding peace. It is the element that brings us into a deeper communication with ourselves and with God. Prayer allows us to reach inside ourselves and focus on what is important. In the book of St. Luke chapter 11 the writer begins by recording an episode in which the disciples were asking Jesus an important question. They asked him to teach them to pray. As I pondered the meaning of this passage of scripture and how it relates to us I began to recall the story of the disciples. They had been with Christ and had seen him do miracles, healing, exorcisms, and other wonderful feats of spiritual strength. They were well aware of Jesus' propensity for

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Just doing my job ...



Photo by Cpl. Andy J. Hurt

David Lewis, the MCLB Barstow's Head of Retail and Services for Marine Corps Community Services, gets in a defensive position for the MCLB Bulldogs softball team July 29. Lewis has been working for the DOD for 18 years and has been at MCLB Barstow since December. Lewis said he plans on playing softball until he cannot play anymore, which at that time he switch his focus to his golf game.

Chapel Services

Protestant Sunday 8:30 a.m. Morning prayer, Building 15 ASD 8:30 a.m. Tuesdays. Seekers Bible Study, Building 126, Religious Ministries Center 5 p.m. Wednesdays.

Religious Events

Lunch time episcopal mass, Building 128, Blessed Sacrament Chapel 11 a.m. Thursdays.

Religious Services off base

Catholic Mass: St. Joseph's Catholic Church 505 E. Mt. View Barstow Sundays, 7:30 a.m. Misa En Español 9:30, 10:30 a.m. English
or St. Philip Neri Catholic Church 25333 Third Street Lenwood Sundays, 9:30 a.m. English
Jewish Services Congregation Hamidat Shel Ha-Am 130 Eastgate Road Barstow Saturdays 10 a.m.



Marine Corps Logistics Base Barstow, California
Colonel Steven J. Thompson, Commanding Officer

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News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon 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 - Sliced roast sirloin of beef with mashed potatoes.

Friday - Baked Mahi-Mahi, fried rice and boiled cabbage.

Monday - Salisbury steak with mashed potatoes and gravy.

Tuesday - Beef stir fry with jasmine rice.

Wednesday - Chili verde, flour tortillas and Mexican rice.

Active duty military \$3.25, all others including civilians \$4.75. Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink. Lunch hours: Family Restaurant: 10:30 a.m. to 1 p.m. Cactus Cafe: 11 a.m. to noon. For more information, call 577-6428.

Lanzer's Lounge Menu

This week: Chicken breast sandwich, coleslaw and fruit cup. Next week: Catfish sandwich, coleslaw, fruit cup. Price: \$4.75. Hours: Mondays through Fridays, 11:30 a.m. to noon.

Breakfast

Breakfast at the Family Restaurant is from 5:30 to 7:30 a.m. and 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 - Fried Chicken Night! Fried chicken, mashed potatoes and gravy, tossed green salad, dessert and fountain drink of choice. Family Night dinners are served at the Family Restaurant every Thursday from 4:30 to 7:30 p.m.

Prices are the same for military and civilian: \$5 adults, \$4 children (5 to 11 years). Children under 5 years dine free.

The following steps should be taken in the instance of receiving such an e-mail:

1. Report the problem to the NMCI Help Desk at 1-866-843-6624. Then follow any instructions they give to you.
2. Call the Legacy Help Desk at 577-6780. Tell the individual who is on duty, and follow their instructions.
3. Report the e-mail to the Information Assurance Office at 577-6752/6787.

Xerox Toner

Genuine Xerox Toner is the only toner that should be used in the Xerox machines.

Any brand other than Xerox would void the warranty on the machines.

The other brand will clog the printer tubes and cause malfunctions.

The Xerox repairman will not be able to repair the machine, because the warranty would have been voided.

All purchase cardholders should be aware of the warranty when they are ordering replacement toners for the Xerox machines.

Medal Mounting

Service members interested in having medals mounted for ceremonial dress uniforms can either order new medals and have the mounting done then, or bring in their own medals which can be sent off to have the mounting done.

Interested customers should see Anna Droegemeier, MCCS purchasing, in Building 319.

The cost of mounting the medals is \$5.40 per medal.

For more information, call (760)256-0212.

Swim Lessons

MCCS is offering swim lessons for children at the Family Pool.

Sign ups will be taken at the Family Pool. Lessons consist of 10 half-hour classes Mondays through Fridays.

A Tiny Tots program, for children ages 3 to 5 years will be held through Aug. 13. Classes are also available for beginners, advanced beginners and intermediate swimmers.

The cost is \$20 per child.

Family prices are also available: two children for \$35, three for \$55, four for \$70 or five for \$90.

Payment for classes must be made no later than Friday for the second session.

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to keep track of documents.

For more information, call 577-6817/6971.

Town Hall Meeting

The MCLB Barstow Combined Town Hall Meeting has been rescheduled for Aug. 18.

CalTrans Info

The California Department has made it easier for motorist preparing to travel Interstate 15 to get updated information on the highway construction project by setting up a Web site. Want to know what portion of the 15 is backed up or is down to one lane causing backups? Visit www.dot.ca.gov to get the most up-to-date information available.

This is just one more avenue, besides radio and television, Caltrans is utilizing to make the

commute to work or play that much easier to cope with.

City Web site

The city of Barstow's Web site is available at www.barstowca.org.

The site is designed to be a one-stop communication and information tool.

The site provides visitor's with a plethora of city-related information, including access to city council and planning commission agendas and minutes, the latest city news, fun things to do in Barstow, community programs and services, access to city staff and elected officials and job opportunities. Site visitors are directed on the home page to areas of interest organized specifically for them as a

resident, business or visitor.

The best way to find out more is to visit www.barstowca.org.

Maintenance Complaint line

To report complaints about repair and maintenance work on real property (base structures excluding base housing), call 577-5159.

DEFY

The second phase of the Drug Education for Youth program is scheduled to begin Aug. 21 with a "Collect Can Cookout." Students will need to bring non-perishable food items to exchange for a lunch consisting of a hamburger or hotdog, chips and a soda. The event will be held at the base chapel, times are yet to be determined. For more information, call Staff Sgt. Lafawn Skipper at 577-6849.

Job Watch

Ann No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
SW7009-04-191464-DE	Equipment Cleaner WG-7009-06	07-22-04	08-13-04.	07-26-04	MCLB Barstow
SW7009-04-195649-DE	Equipment Cleaner WG-7009-05	07-22-04	08-13-04.	07-26-04	MCLB Barstow
SW0326-04-184564-DE	Office Automation Clerk GS-0326-04	07-27-04	08-02-04	07-29-04	MCLB Barstow

Applicants interested in the above positions should submit resumes online at the following Web sites: <http://www.donr.navy.mil> or <http://www.usajobs.gcn.gov>. For information regarding Open Continuous announcements point your browser to <http://www.donr.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.

Inappropriate E-mails

There is a widespread problem with MCLB Barstow personnel receiving inappropriate and unwanted SPAM e-mail messages.

A word about wading pools ...



Photo by Lance Cpl. Jenna Lassandrello

According to Base Order P11101.20A, section 2029 wading pools are permitted on base but must be emptied daily and removed from the yard when not in use. Also the size of pools are restricted to six feet in diameter and six inches deep. Children are not to be left unattended in wading pools and under no circumstance will a wading pool be unattended while filled with water. In addition, pets are not allowed in wading pools. "The base policy ... was implemented primarily for two reasons. The first, is obviously safety," said David Vanhovel, the base inspector for MCB Barstow. "Leaving water in unattended wading pools is only an invitation for disaster given the number of young children in the housing area. Second, the base is attempting to conserve water by limiting the size of the pool and the amount of water allowed in it," said Vanhovel.

"Pets aren't allowed in wading pools as residents in the past had been leaving filled wading pools for the pets. Obviously this creates a safety hazard," warned Vanhovel.

READY, FRONT!

Promotions

The following Marines were promoted to their listed ranks August 1:

Cpl. Matthew Shockey
Headquarters Battalion

Lance Cpl. Larry Hollenbeck
Provost Marshal's Office

Lance Cpl. Paul M. Price
Provost Marshal's Office

Michael J. Ciccolone
Provost Marshal's Office

Good Conduct

The following Marines were awarded Certificates of Good Conduct:

Cpl. Duy K. Ngo
Fleet Support Division
July 23, 2001 — July 22, 2004
First Award

Cpl. Vito R. D'Agostino, III
Provost Marshal's Office
July 17, 2001 — July 16, 2004
First Award

Range Scores

Lance Cpl. Luis Tabio

50 Expert

SSgt. Jason Dizon

48 Expert

Sgt. Bruce Kastning

46 Expert

SSgt. Patricia Garret

43 Expert

Cpl. Neil Fucci

43 Expert

Pfc. Nich Balbo

42 Expert

Cpl. Angel Jaquez

42 Expert

Lance Cpl. Jeremy Tindall

39 Sharpshooter

Lance Cpl. Jeffrey Raymond

39 Sharpshooter

Sgt. Nathaniel Brown

37 Sharpshooter

Lance Cpl. Corey Snider

36 Sharpshooter

Lance Cpl. Kathleen Gilliam

36 Sharpshooter

Cpl. Michael Sullivan

30 Marksman

Cpl. Shawn C. Butler

25 Marksman

1st Lt. Sean Mulcahy

34 Marksman



June 2004 Quarters of the Month winners



Photo by Curt Lambert



Photo by Curt Lambert

Above: Staff noncommissioned officer Quarters of the Month Honors went to Staff Sgt. Shane Lopresto, of MCLB Barstow's Provost Marshal's Office. Lopresto is pictured with his wife, Tessa, and 21-month-old son Justin, and MCLB Barstow base commander Col. Steven Thompson.

Left: The enlisted Quarters of the Month winner for June was Army Sgt. Lonnie Tremelling, assigned to the National Training Center, Fort Irwin, Calif. Tremelling is pictured with MCLB Barstow base commander Col. Steven Thompson.

Voting prepartation deadlines approaching

By Lance Cpl. Jenna Lassandrello
Combat Correspondent

With elections around the corner, it's hard to find another topic of discussion in the media. Presidential candidate campaigns are in full swing and voting time is fast approaching, as are deadlines that will allow Marines to vote.

Because Marines and other service members protect democracy, some think voting is a responsibility others have died for.

"Today sailors and Marines are deployed throughout the world, often in harm's way, protecting our nation and supporting the cause of freedom and democracy. In many places, the struggle centers on one very basic by powerful principle of democracy - the right to vote," Commandant of the Marine Corps, Gen. Michael W. Hagee stated in ALMAR 008/04.

"In our country, we have that right as a result of past and present sacrifices of U.S. service men and women like you. Therefore, it is

particularly appropriate that you, who protect this right for all of us, also exercise this right for yourself.

It's your sacrifice, it's your country and it's your future. You've earned this right, and your vote counts," said Hagee.

"This year's election could have a big impact on the military. Changes either positive or negative will occur. The best way to impact those changes for Marines to vote for candidates whom they think will best represent them," said Capt. James Boerigter, the Voting Assistance Officer for MCLB Barstow.

"My goal is to provide every service member, and their eligible dependents, the opportunity to vote in this year's election," Boerigter said.

Marines that are stationed all over the country vote from what is called their legal voting residence.

"(The legal voting residence) is the

service members' last residence they were registered to vote," said Boerigter. "For Marines, it is their home of record."

The legal voting residence can also be wherever the service member currently resides. The legal voting residence can be changed as often as changing duty

legal officer beforehand can ensure military members are informed of any ramifications.

Being stationed or deployed overseas during an election period does not disqualify a military member from voting for candidates vying for federal office. An election for the federal office is any special, general, runoff or primary election held solely or in part for the purpose of selecting, nominating, or electing any candidate for the office of president, vice president, presiden-

tial elector, U.S. Senate, U.S. Houses of Representatives, delegates from the District of Columbia, Guam, Virgin Islands and American Samoa, and resident commissioner of the Commonwealth of Puerto Rico, according to ALMAR 008/04.

"This year's election could have a big impact on the military ... The best way to impact those changes is for Marines to vote for candidates whom they think will best represent them," said Capt. James Boerigter, the Voting Assistance Officer for MCLB Barstow.

stations, according to Boerigter.

For a service member to be eligible to change his or her legal voting residence, they must have simultaneous physical presence and the intent to return to the location as a primary residence. There may be legal obligations such as taxation to change a legal voting residence, so consulting with a

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MCLB Barstow Marines launch full assault on '101 Days of Summer' Desert Challenge



Photo by Cpl. Andy J. Hurt

Staff Sgt. John C. "Johnny" Sweredoski, MCLB Barstow Legal Chief in the Office of the Staff Judge Advocate, gives some up-close and personal instruction to Cpl. Hilda M. Heads before the HMMWV pull.



Photo by Cpl. Andy J. Hurt

Lance Cpl. Christopher Moore, data systems technician in the MCLB Barstow Communications Division, takes the point on the fire team log carry, one of many tasks Marines were challenged with during the 101 Days of Summer Desert Challenge. Staff Sgt. Donald Hopkins, physical security chief for the Provost Marshal's Office, provided vocal motivation as he ran alongside the teams.



Photo by Cpl. Andy J. Hurt

Above: Two of Headquarters Battalion's fire teams shed blood, sweat and tears in the final event of the morning-- the HMMWV pull. The Desert Challenge was part of the "101 Drug-Free Days of Summer" campaign.



Photo by Cpl. Andy J. Hurt

Right: Cpl. Curtis White, legal clerk for the MCLB Barstow Military Personnel Division, grits his teeth under the weight of his "fallen" comrade during the fireman carry event of the 101 Days of Summer Desert Challenge Friday morning.

SPORTS

MCLB Bulldogs wrap up season with victory

By Pfc. Nich R. Babb
Combat Correspondent

The MCLB Barstow Bulldogs finished the softball season July 29 at the Robert A. Sessions Memorial Sports Park, by defeating Phantom Sports 15-13, after taking and holding onto the lead in the first inning of the game. Keeping the ball rolling and protecting the lead was a result of stellar lollipop pitching by Donald "D" Hopkins and Michael A. Parker.

Phantom Sports started the game off with bats blazing and scored four runs causing the Bulldogs to get anxious to prove what they were worth. At the bottom of the first inning, the Bulldogs retaliated by scoring five runs, to take a 5-4 lead over Phantom.

At the bottom of the first inning, the Bulldogs retaliated by scoring five runs to take a 5-4 lead over Phantom.

innings trying to extend their lead over the menacing Phantom Sports, but was forced to keep the score at a solid 5-4.

Finally, after both teams went scoreless for two innings, the Bulldogs sprinted ahead by scoring 10 runs, and putting a large cushion on their lead.

Phantom Sports did not go down without a fight, and in the last inning made a solid run at the 'Dawgs, rallying back to score nine runs, closing the gap to a scary 15-13. Being within three runs of the lead, Phantom Sports showed signs of survival. Their hopes were crushed, however, when the Bulldogs got the third out to give them the "W".

The Bulldogs finished the season with 7 wins and 14 losses.



Photo illustration by Cpl. Andy J. Hurt

Daniel Dorado III, range staff noncommissioned officer in charge, hits a hard shot into the outfield in the last game of the season for the MCLB Bulldogs July 29. Dorado joined the team late in the season as a ringer for the Bulldogs, and was a key player in their final victory.

Left: Shawn "Cracker" Crocker, a soldier from NTC Fort Irwin, breaks to third base in the top of the fourth inning during the MCLB Barstow Bulldogs final game July 29, held at the Robert A. Sessions Memorial Sports Park in Barstow, Calif.

Photo illustration by Cpl. Andy J. Hurt

“Although we didn’t win every game, we had fun.” - Michael Parker, Bulldog’s 1st basemen



SERVICES from Page 1

the enrollee does not live in the same state as his or her parents. While qualified relatives are not eligible to receive benefits beyond the coordination services, they can get help in coordinating the benefits they do have through private insurance or Medicare.

There is often confusion about what long-term care insurance will cover. Essentially, McGuinness said, if care is needed for more than 90 days, long-term care could apply. Severe cognitive impairments, such as Alzheimer's disease, also qualify for long-term care. The Federal Long Term Care Insurance Program is meant to cover expenses associated with long-term care available in a nursing home, assisted-living facility or an enrollee's home. Launched in March 2002, the program is the largest employer-sponsored long-term care insurance program and the largest group program in the country. The program provides over 20 million eligible enrollees access to long-term care insurance as a voluntary benefit, meaning the employee pays all costs.

KINSEY from Page 1

and making sure potential cardholders are on the fast track for approval, but she plays even harder.

"I really like whitewater rafting," she said, claiming her playground as the nearby Kern River. Kinsey said she's also into hiking the San Bernardino Mountains and fishing whenever possible. These leisure time activities may contribute to her can-do

aggressive attitude. But Kinsey credits her recent crowning achievement not to herself, although she admits that she's very proud, but to the cardholders themselves. "With (the MCB Barstow cardholders) always doing the right thing at the right time, I couldn't have done it without them," she said, humbly.

FAMILY from Page 2

items in a place that is easily accessible," said Nienan. "Keep (the supplies) in small packages so it is easier for people to move them." It is also important to check the insurance coverage on the home and property to ensure that it is adequate, with that, the name and number of the insurer. Also, ensure that each member of the family has proper identification cards. Along with creating an emergency plan it is also important to practice. Making practice fun for children can make this easier, said Nienan. Turn practice into a game, whoever answers the most questions correct gets a prize. At the minimum, the emergency plan should be practiced at least twice a year.

"It is always good to prepare people mentally," he said. "We expect a disaster of some type to happen, it's the nature of the world," he said. "As human beings we are resilient, but having a plan immediately calms people's fears." For more information on family emergency planning, contact Marine and Family Services at 577-6533, or visit www.mccsresource.com.

CHAPLAIN from Page 2

prayer and how it seemed that when he prayed heaven and earth were moved and something special happened. They had noticed that even in the midst of great turmoil Jesus always seemed to be at peace and undaunted walked ahead to face whatever came his way.

This gift of prayer is what the disciples were asking about when they asked Jesus to teach them to pray. They saw the value of prayer and wanted to learn more. I wonder if we can pause and recall a time in our lives when we were peaceful than we are at present? Do you remember a time when you seemed to be overflowing with spiritual confidence and peace?

A time when you felt as though nothing could assail you and drive you off course? I believe if you recall those times you will find them surrounded with prayer or another word might be spiritual meditation.

The prayers I am talking about are not the short prayers that we pray when we're on the way to dropping the kids off or going to the store. I am talking about the spiritual times that are important enough for us to find a place of solitude where we can truly connect our thoughts feelings and spirit one-on-one and find the spiritual enrichment and empowerment that we saw so evident in Christ. These are the moments that change us from harried to happy, from confused to in control. These are the episodes that help

us transform our homes into a beacon of hope and peace for our family who struggle with the challenges and stresses of life in school and in the workplace. Yet it seems we still find ourselves unable to carve out time to pray. It is a tremendous challenge to find time to pray, yet it is so important as to be detrimental if we do not.

God calls us today to remember those times when we were people of prayer and shake ourselves out of our lethargy and to allow prayer to become an engrained part of our lives.

The disciples knew that this was where Jesus received power and grace and peace and they made every effort to learn how to pray. We are no different than the disciples in that we know how powerful prayer or spiritual meditation can be. We know that prayer can make the difference between being defeated and victorious. We know that prayer is the great attitude adjuster and the great healer of our souls.

When we find life is at its most difficult, we can almost always look at ourselves and find that we have forgotten those special spiritual episodes.

So this week try and find time for yourself amidst your busy schedule to look for inner peace through prayer or spiritual meditation and see if you don't find a difference in yourself that is positive and powerful.

Peace,
Fr Randal



Therapeutic Massage

Work out then treat yourself to a massage. Good for circulation or muscle strengthening. Very convenient at the Base Gym. Wednesday appointments available from 8 a.m. to 8 p.m. The fee is \$40 per hour. Contact Linda Harper, RN, MSN at (760)257-1207.

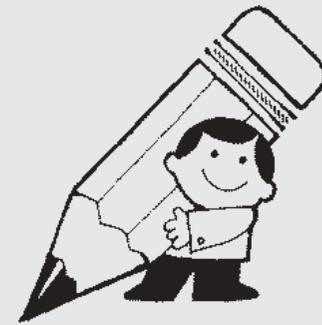
Aerobic classes

Stephanie Jeffery's Aerobics Classes are available Mondays, Wednesdays and Thursdays from 6:30 to 7:30 p.m. at the Base Gym. Come join us and get in shape while having fun. The cost is \$20 per month or \$2 per session. For more information, call 577-6971.

Universal Studios

IIT announced that Universal Studios tickets are in. Adult or child, \$38.50, with the second day free.

The second day must be used within 7 days. Tour the studio, ride the Revenge of the Mummy roller coaster. Visit Fortress Dracula, Jurassic Park, Terminator and Spiderman. IIT (Information, Tickets and Tours) is open Mondays through Fridays, 8:30 a.m. to 4 p.m. Tickets are available after hours and weekends at the Bowling Center. Call 577-6541 for more information.



The "Write" Stuff

Do your students have the "write stuff" for the new school year? We have all they'll need right here, in our Back to School Sale; notebooks, backpacks, pencils, paper and more. The Back to School Sale runs from today through Aug. 15.

YOUR MCX/SUPER SEVEN STORE

Open Monday through Friday 6:30 a.m. to 9 p.m. Saturday 8 a.m. to 9 p.m. Sunday 10 a.m. to 6 p.m. Credit card sales for gas at the pumps are available 24/7. Call 256-8974 for more information.

Check Cashing \$200 max for personal checks! \$50 max for 2-party checks!

Coffee Club: buy 5 cups get 1 free!

Fountain Club: buy 5 get 1 free!

Dry Cleaning at discount prices!

Special Orders

Video/DVD Rentals!

Teleflora!

Western Union Money Orders!

Storage Space Rentals!

Super Star Student Program!

We also offer...

By Jim Gaines

MCCS Publicity

Club activities

At the Oasis Club this week: Tonight is Social Hour starting at 4 p.m. Tomorrow is Karaoke Night, starting at 6 p.m. Tuesday is Burn Your Own Steak Night, starting at 5 p.m. Wednesday is Movie Night starting at 6:30 p.m.

At the Enlisted Club this week: Monday is darts, pool and TV. Tuesday is Karaoke Night, starting at 6 p.m. Wednesday features Midweek Relaxation Hour from 6:30 to 7:30 p.m.

Thursday is darts, pool and TV. Friday is TGIFriday Night. Saturday and Sunday are Bar and Grill Nights. For more information, call 577-6418

Free Movies in the park

Free movies every Wednesday at

the Enlisted Club on the patio. Bring your own chairs or blanket and picnic dinner and take in a movie.

Wednesday's movie is "On Air." The film is rated R, and the length of the film is one hour, 55 minutes. Movies begin at 8:30 p.m.

Movies will be shown inside the Enlisted Club in case of inclement weather. For more information, call 577-6817.

Want to have a picnic?

It's a great time to have a picnic! Make your reservations now for the Beer Garden or Oregon Park. We have volleyballs, horseshoes, softballballs, bats and gloves to make your picnic complete.

Tell us what you need and let us help you with a great picnic.

Call Saper Fit and get your picnic plans underway.

For more information, call 577-6971.

1990 CADILLAC SEVILLE: Maroon, A/C, power steering/windows, power door locks, C/C, AM/FM cassette stereo, dual power seats, ABS brakes, new tires, 131k miles, V8, leather interior, asking \$2,999. OBO. Call (909) 544-3249.

1985 BUICK: Century. Call 252-8034, or 252-0613.

MISCELLANEOUS: 1978 Shasta Travel Trailer, 24ft., good condition, new tires, new tanks air condition, refrig/stove, full bath, \$2,500. firm. Call 256-9329 AWH.

MISCELLANEOUS: Entertainment Center, black wood with gold trim, \$75. Call 951-7281.

MISCELLANEOUS: Small utility trailer, \$200. Call 252-7198.

MISCELLANEOUS: Men's suits, 46 long, xlt cond, \$50 each. Call 252-7198.

MISCELLANEOUS: Stadium cushions, Barstow High Aztec design, 75 cents each; garage work station, (red & black) 4 drawers, 1 cabinet, vice grip attached at table top, \$50.; men's work t-shirts X-lrg, 50 cents each; Tether ball and sturdy pole, \$5.; Road Master bike, 15 speed, purple and chrome, \$40; Brother typewriter, needs adjustment \$5. Call 252-1160

MISCELLANEOUS: Casio travel piano keyboard, 13", features include, multipliable rhythm accompaniment, record mode, violin, flute, or piano tones, \$25; Plastic patio chairs (green& white), 20 count, \$2 each; inflatable family pool, 120" wide, 3 ring deep, \$20.; waist exercise wheel, \$5. Call 252-1160

MISCELLANEOUS: Dog igloo for medium dogs. Cute! Your dog won't know how to thank you! Low "miles," stain free, scratch free, needs good home, TLC. Like new! \$50. Call 267-0255, Lv msg.

1985 BUICK: Century. Call 252-8034 or 252-0613.

MOTORCYCLES: 1986 Honda, 250cc "Rebel", new black paint, exhaust system, tires, battery and brakes, looks like a small Harley Sportster, looks and rides great, \$1,200. Call 559-8121.

MISCELLANEOUS: Full size half cab "sleeper" camper shell, black fiberglass that will fit short or long bed, window in the rear, open in the front, sits on the truck bed rails, \$200, also full size long bed camper shell, black fiberglass, \$100. Call 559-8121.

MISCELLANEOUS: 2 BRW 5th wheel hitches, \$100 each. Call 253-2394

MISCELLANEOUS: Couch w/hide-a-bed, like new stain free, missing 1 leg, \$100; Coffee table, like new, scratch free, two end tables, clean, dent free, \$70, OBO, all offers considered. Call 252-3131.

MISCELLANEOUS: Oak entertainment center, 2 sections 7ft. x 6 ft. can accommodate up to 28" TV, drawer space, DVD/VCR space as well as stereo space, \$300; beautiful Maple China Hutch, xlt. Cond, must see to appreciate, \$350. Call 843-6682, Victorville area.

MISCELLANEOUS: Entertainment Center, black wood with gold trim, \$75. Call 951-7281.

MISCELLANEOUS: Men's suits, 46 long, excellent condition, \$50 each. Call 252-7198.

MISCELLANEOUS: Small utility trailer, \$200. Call 252-7198.

MISCELLANEOUS: Stadium cushions, Barstow High Aztec design, 75 cents each; garage work station, (red & black) 4 drawers, 11 cabinet, vice grip attached at table top, \$50.; men's work t-shirts X-lrg, 50 cents each; Tether ball and sturdy pole, \$5.00; Road Master bike, 15 speed, purple and chrome, \$40; Brother typewriter, needs adjustment \$5. Call 252-1160

MISCELLANEOUS: Casio travel piano key board, 13", features include, multipliable rhythm accompaniment, record mode, violin, flute, or piano tones, \$25; Plastic patio chairs (green & white), 20 count, \$2.00 each; inflatable family pool, 120" wide, 3 ring deep, \$20.00; waist exercise wheel, \$5.00. Call 252-1160

MISCELLANEOUS: Dog igloo for medium dogs, like new \$50. Call 267-0255, Lv msg.

