



THE PROSPECTOR



Vol. 5, No. 18

Serving the Corps since 1943
Marine Corps Logistics Base Barstow

September 22, 2016

Suicide Prevention

Patriot Award

Calibration lab measures up



On The Cover:

Front Cover: Keith Hayes

Marines from the 11th Marine Expeditionary Unit from Marine Corps Base Camp Pendleton, Calif., role playing as civilian refugees in a notional foreign land, stand ready to be "evacuated" aboard two CH-53 Super Stallion helicopters from the parade deck aboard Marine Corps Logistics Base Barstow during a training exercise 14 Sept.



Marine Corps Logistics Base Barstow, California
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Don't Wait
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REPLACE SMOKE ALARMS EVERY 10 YEARS
FIRE PREVENTION WEEK
OCTOBER 9-15, 2016
firepreventionweek.org

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Fire Prevention Week

SAFETY STAND DOWN AND BBQ

VPP and Safety Information

Thursday 13 October 2016

1100 to 1230

Nebo Fire Station - Bldg 18

BBQ

Hamburger, Hot Dog

Chips & a Drink

\$5.00 a plate

All Proceeds go to

Marine Corps Ball



Tickets

Michelle 577-6093

Shanna or Danielle

577-7039

Joann 577-5423

Sgt Wolef 577-6342

Cpl Dacier 577-6114

Everyone is invited to attend

On the web

Links in this publication are interactive in the online version

Website: <http://www.mclbbarstow.marines.mil>

<http://www.facebook.com/pages/Marine-Corps-Logistics-Base-MCLB-Barstow/116845431679314>

http://www.twitter.com/#!/MCLB_Barstow



Marine Corps Logistics Base Barstow
Barstow, California



SOCIAL MEDIA RESOURCES

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COMMANDA

VPP Corner: What is VPP?

Submitted by: Danielle Heinze

VPP Steering Committee Co-Chairperson

If you have not already heard, the base will undergo its second VPP Star recertification assessment during the week of Dec. 5 through 9, 2016. As we begin to ramp up our recertification efforts, it is important for us to review what VPP is all about.

What is VPP?

The Voluntary Protection Program recognizes employers and workers in the private industry and federal agencies who have implemented effective safety and health management systems and maintain injury and illness rates below National Bureau of Labor Statistics averages for their respective industries. In VPP, management, labor, and Occupational Safety and Health Administration (OSHA) work cooperatively and proactively to prevent fatalities, injuries, and illnesses through a system focused on: hazard prevention and control, worksite analysis, training, management commitment, and worker involvement. To participate, employers must submit an application to OSHA and undergo a rigorous onsite evaluation by a team of safety and health professionals. Union support is required for applicants represented by a bargaining unit. VPP participants are re-evaluated every three to five years to remain in the programs.

How does VPP work?

- Recognizes employees who have successfully developed

and implemented effective and comprehensive safety and health management systems.

- Encourages employers to continuously improve their safety and health management systems.
- Motivates other employers to achieve excellent safety and health results in the same outstanding way.
- Establishes a relationship between employers, employees, and OSHA that is based on cooperation.

How does VPP help employees and employers?

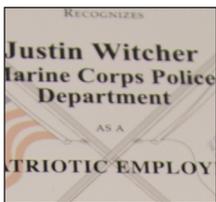
- Reduced numbers of worker fatalities, injuries, and illnesses.
- Lost-workday case rates are generally 50 percent below industry averages.
- Lower workers' compensation and other injury-and illness-related costs.
- Improved employee motivation to work safely, leading to a better quality of life at work.
- Positive community recognition and interaction.
- Further improvement and revitalization of already-good safety and health programs.
- Positive relationship with OSHA.

All areas of the base will be involved in the VPP recertification so expect to receive more information on our preparation efforts in the near future.



Got news? Call us! (760) 577-6430

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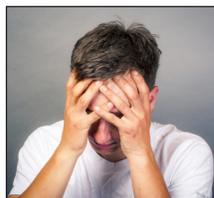
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News Briefs

Leave Share Program

Individuals currently affected by medical emergencies and in need of leave donations:

Jacqueline Griffin

Stephen Martin

Yvette Costilla

Louis Trifos

Noah Glaza

Anyone desiring to donate annual leave under the Leave Share Program should contact the Human Resources Office at 577-6915.

Criminal Investigation

The Criminal Investigation Division is currently investigating a malicious vandalism of property which occurred in the locker room located inside the Production Plant Barstow, and was reported on Sept. 1, 2016. Anyone having information regarding this incident can contact the Criminal Investigation Division, at (760) 577-6209, or the Marine Corps Police Department Hotline, at (760) 577-MCPD (6273). All calls will be kept confidential and Law Enforcement sensitive.

Self Defense Class Weds. Oct. 12 6 - 8 p.m.

Semper Fit Gym

All ages and skill levels are welcome to attend this free class. Even if you don't want to participate you can watch and learn how to be your own personal safety advocate. Registration is recommended at selfdefenseoctober2016.eventbrite.com. For more information call 760-577-6533 or visit www.mccsbarstow.com/prevention-4-education/.

Play Morning Community Center Friday Sept. 23 9 a.m.

Come join in the fun! All active duty service members and their dependents with children are invited to come enjoy singing, stories, crafts and play-time. Make new friends and learn something new each week. For more information contact New Parent Support at 577-6533.

Energy Action Month

Energy Action Month is a federal program established in 2012 to promote energy and water conservation in federal facilities. Some of these habits and actions include: Developing energy and water saving habits (turn off lights, use less heat and/or AC, unplug unused appliances and chargers, etc.). Talking to leadership, fellow Marines, and Energy Managers about energy use. Reading materials that are disseminated throughout the month of October to learn how to save energy and water, and understand how these resources impact the Marine Corps. Considering how energy is used in day-to-day work and life – at offices, in warehouses, in vehicles, in barracks, and in homes. Change is not always easy, but each of us has the power to alter how we use energy by adopting simple, energy-saving habits in daily life. Small measures can make a big difference! For more ways to save energy visit www.energy.gov

Baby Boot Camp Desert Housing Community Center Weds. Oct. 19 10 a.m. - 2 p.m.

Join the New Parent Support Program for expecting moms and moms of children ages 0-18 months for fun and entertainment. Children are welcome! For more information call 577-6533.

DONCEAP Free Benefits Available 24/7

Employees today face challenges juggling work and family. It is not uncommon to become overwhelmed or stressed by relationships, school, health, finances, work, family or other issues which could impact your quality of life. The Department of Navy values its civilian employees and their families. The Department of Navy Civilian Employee Assistance Program provides a comprehensive support package to include work and life benefits such as childcare, finances, eldercare, identity theft and legal services, substance abuse treatment and more, at no charge. These services are confidential, within the limits of the law. Call or visit us online, 24 hours a day, 7 days a week, 365 days a year. Help is available whenever you need it at 1-844-DONCEAP/1-844-366-2327, TY: 1-888-262-7848/International: 1-866-829-0270 or via the internet at www.DONCEAP.foh.hhs.gov. For more information contact HRO at 577-6915.

Federal Employees' Group Life Insurance FEGLI Open Season Sept. 1-30

Eligible employees can elect any coverage FEGLI offers. Elections made during the Open Season will be effective October 1, 2017. Additional information about the FEGLI Open Season is available on the Office of Civilian Human Resources Portal at <http://portal.secnav.mil/orgs/MRA/DOHNR/Benefits/Pages/FEGLI-Open-Season.aspx> or contact Benefits Line at 888-320-2917.

Reservist thanks supervisor for support

Story and photo by: Laurie Pearson
Public Affairs Specialist

Sergeant Steven W. Downey, desk sergeant with the Marine Corps Police Department, presented his supervisor, Lt. Justin C. Witcher the Service Member Patriot Award during a ceremony held aboard Marine Corps Logistics Base Barstow, Calif., Sept. 16.

In addition to his duties as a civilian police officer, Downey also serves as a Sergeant First Class with the 313th Military Police Detachment, U.S. Army Reserves out of Sloan, Nevada. He nominated Witcher for the award during one of his deployments stating the following:

“Justin Witcher has been my direct supervisor since 2010 when I was hired by the Marine Corps Police Department. Since my date of hire, Mr. Witcher has strongly supported my service in the Army Reserves. He has supported me during numerous short notice activations, military schools, battle assemblies, annual training, and my mobilization to Afghanistan in 2014. During all of my activations for military service Mr. Witcher kept in contact with me and my family, and despite manpower shortages, has never treated me negatively for being a member of the Reserves.”

During the ceremony, Witcher graciously accepted the award commenting that Downey made it easy to be his supervisor.

“Looking back over your career, there are very few employees you can really say you enjoyed supervising, but (then) Cpl. Downey was one of those employees,” said Witcher. “He is very reliable if you give him a task he would get it done without any questions. He needs very little guidance and is very self-motivated.”

Chief Darwin O’Neal, the chief of police on base, commended Downey for having a great attitude regarding his service in the Reserves.

“He keeps us informed and keeps us in the loop,” said O’Neal. “He communicates with us well when he may be going on orders then he turns in the paperwork in a timely manner, making it easier for us to plan.”

From the top down, the department encourages service to country and community. Danny Strand, director of Security and Emergency Services, pointed out that the long history of reserve-style military service started with the Founding Fathers of our great nation.

“It was the intent of our Founding Fathers to create a militia type of military structure, so that individuals could be called upon to serve when they were needed,” Strand said. “Then they would return home to their other duties.”



Sergeant First Class Steven Downey, a sergeant with Marine Corps Police Department and an Army Reservist, presents Lt. Justin Witcher with the Patriot Award for his outstanding support of Downey and his family during deployments and other military service needs.

Between Downey and Witcher, the communication and teamwork are top notch. In some cases, the Reserves give Downey as little as 48 hours to respond to a call for him to serve in some capacity, whether for training, deployment, or battle assembly. He immediately contacts Witcher who pulls it all together so that Downey can serve without concern over his job status here upon his return.

“He is always supportive of me when I am activated for long (or short) periods of time,” Downey said. “He also ensures that my position within the department is held for me and upon my return welcomes me back to the workforce with open arms and assists me in my reclamation process back into civilian life after my redeployment.”

An employee serving in the National Guard or Reserve may nominate individual supervisors for the Patriot Award honoring the support provided directly to the service member and his or her family, states the Employer Support of the Guard and Reserve website. The Patriot Award reflects the efforts made to support citizen warriors through a wide-range of measures including flexible schedules, time off prior to and after deployment, caring for families, and granting leaves of absence if needed. Recipients of the Patriot Award are given a certificate and lapel pin. 🇺🇸

Calibration lab makes sure everything

Story and photos by: Keith Hayes
Public Affairs Specialist

The Calibration Laboratory validates the accuracy of measurements of nearly every piece of precision test or measurement equipment aboard Marine Corps Logistics Base Barstow to ensure it meets the accuracy specified by the manufacturer of the instrument or those specified within the Navy/Marine Corps Calibration Program.

Peter Dembowski is the head of the Test, Measurement, and Diagnostic Equipment Division located in building 598 on the Yermo Annex of MCLB Barstow. The calibration laboratory is comprised of Electronic, Physical Dimensional, Electro-Optic and the Radiation Detection Indication and Computation (RADIAC) measurement sections. Dembowski said they play a key role in making sure whatever the tool or piece of equipment being used does meets the stated accuracy of the manufacturer.

“If the Marine Corps owns it and it uses gauges and instruments to measure its output, then they rely on us to ensure the accuracy of those instruments,” Dembowski explained.

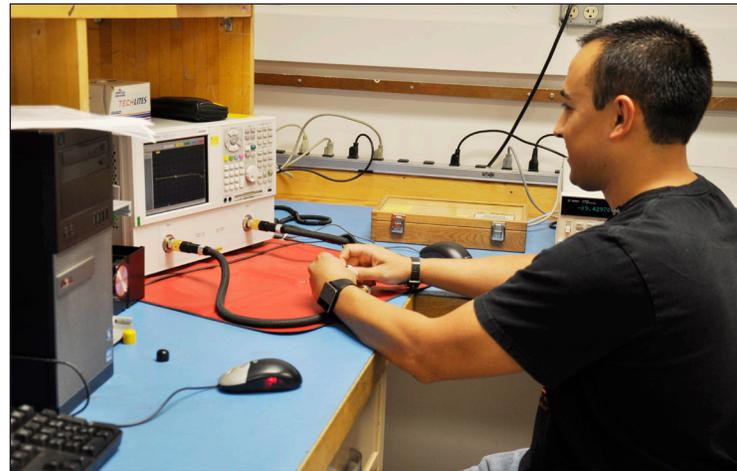
The technicians at the lab don’t fire the mortars or pull the triggers on machine guns, for example, but “... we do calibrate the gauges for a weapon which are used to set timing on machine guns,” Dembowski said.

The artisans at Production Plant Barstow, Marine Depot Maintenance Command, right across the street from the Cal Lab, use tools and equipment that have been tested for accuracy by the lab.

“If the torque wrench they’re using is rated to tighten some lug nuts on a (light armored vehicle) to 180-foot pounds of torque, then we test to make sure that it does. If it

doesn’t, then the wheel could fall off on the battlefield or the lug nuts could be sheared off by overtightening,” Dembowski said.

The native of Coldwater, Ohio, and former U.S. Navy Petty Officer First Class said the lab also tests radiation detection equipment that Marines and artisans use to determine if there are harmful levels of radiation in the area



Barstow, Calif., native David Cordova and a former Soldier, hooks up a microwave network analyzer measurement machine to check the output of a piece of communications gear.

or contaminating equipment.

“We also calibrate equipment which is used for testing communication equipment,” he said. “If a radio is rated, for example, to output 10 watts, but our testing shows it can only output five watts, then that is something you’d want to know,” Dembowski said.

“You’re setting yourself up for failure if you don’t know if the broadcasting capability is what the manufacturer claims it is, and in a battlefield situation that can get very dangerous.”

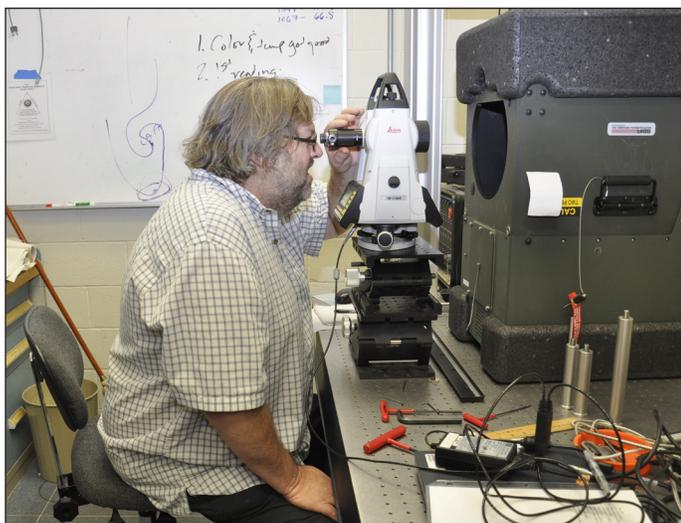
Dembowski said they eventually calibrate all tools and equipment capable of making measurements aboard base at one time or another.

“We have Approved Service Provider lists, which means we’ve reviewed that provider’s calibration services, so we can just test a representative sample from a recently purchased batch of test equipment, for example,” Dembowski said.

“The manufacturer should have a certified quality management system of their own that they comply with when calibrating their product before the shipment is sent on to the DoD,” he said.

“But once the equipment is taken in and it’s put on what is called a calibration cycle, every piece of equipment, every one of those one thousand torque wrenches, if that’s what it is, will eventually be calibrated again by us or another Marine Corps laboratory,” he said.

The calibration lab technicians’ diligence and meticulous attention to detail when doing the calibrations has yielded



Larry Derr, from Pomona, Calif., a 19-year veteran of the calibration lab, uses a Viper/T Infrared Collimator to test an optical device. The Calibration Lab also does repair on some exotic kinds of optical devices that can only be done either at the lab or by the manufacturer of the device itself.

measures up

good results for the Department of Defense, and eventually, the taxpayer, by ensuring the Corps is getting what they paid for.

“Once at the Albany, Ga. Plant calibration lab a large order of oscilloscopes were calibrated which were not up to standard,” Dembowski said.

An oscilloscope is a laboratory instrument commonly used to display and analyze the output of electronic signals from a device.

“We sent them back for factory warranty repair before they went out to fleet and it saved the Corps tens of thousands of dollars by being fixed or replaced under the warranty coverage compared to eventually having the tools repaired out of warranty,” he said.

“The lab also has a Fleet Automotive Support Team (FAST), that calibrates engine and transmission dynamometers throughout the Corps to certify they meet the manufacturer’s torque and horsepower claims, a program that is unique to the Barstow calibration lab,” Dembowski said.

“But (Albany has) wind tunnel capability there where they can do airspeed tests,” he said. “We don’t have that at Barstow.”

The calibration lab has 18 Marine and civil service employees who have been trained to become calibration technicians, Dembowski said.

“I have calculated that it takes a minimum of about three years for a technician to become competent in our various measurement areas,” Dembowski said. “Plus you have to send them to specialized calibration schools such as Keesler Air Force Base, Biloxi, Miss., for electronic measurement techniques, or Naval Air Station Pensacola, Fla., for physical and dimensional training,” Dembowski said.

“There are a lot of other schools that specialize on specific measurement areas such as liquid flow or gas flow. We have 18 primary measurement areas within our laboratory. Depending on what the item is that we’re testing, we may use one or a combination of these areas to determine if the piece of equipment is functioning properly,” he said.

Any of the four Marines who also work at the calibration lab could get jobs once they get out doing exactly the same thing, Dembowski explained.

“In civilian life, they could get a similar job as a calibration technician because the outside world depends on calibration just as heavily as the DoD does,” he said.

“I helped write the position description for the Civilian Occupational Specialty WG-3378, Precision Measurement Equipment Calibrator, for the DoD in order to ensure calibration stands out as the specialized field that it is,” Dembowski said.

“Large companies often have their own laboratories that calibrate the measurement equipment that is used for testing of whatever they’re manufacturing,” he said. “Either they do it in house or they send their precision measurement equipment elsewhere to be tested, but they



(Left) Robert Hart, a native of Pocatello, Idaho, and a Navy veteran, puts a huge wrench through its paces with a torque master calibration system machine, as lab supervisor Peter Dembowski looks on at the Calibration Lab in building 598 aboard the Yermo Annex of Marine Corps Logistics Base Barstow.

have to have a calibration program.”

“They say the quality of the technology of a nation is directly proportional to the accuracy of its instrumentation,” Dembowski said.

“The calibration lab is very important to Production Plant Barstow and the entire Marine Corps because anything that shoots, has wheels, or has electricity flowing through it relies on us to ensure the accuracy of the instrumentation used on every piece of equipment,” he said.



Jermaine Sutton, from Philadelphia, and former Marine, uses an AC DC Precision Measurement Calibrator, to test the electrical output of a device. “I see the impact of the lab’s work every day,” Sutton said, “when you go to Production Plant Barstow and see them using a piece of equipment that you just tested. If you’re off with your tests then they’ll be off with their work,” he said.

Second time around for MCLBB's XO

Story by: Keith Hayes
Public Affairs Specialist

When it comes to the new executive officer of Marine Corps Logistics Base Barstow, Lt. Col. Kenneth G. Lee, the lyrics from a song by the rock band The Who spring to mind: 'Meet the new boss. Same as the old boss.' Lee originally served as the executive officer of MCLB Barstow from 2012 to 2014, and his request to return to the base as its second in command earlier this year is for two reasons; he likes the opportunities presented by the new assignment and his family wanted to return.

"My family really likes living on a base, its quiet and peaceful, the ultimate gated community," Lee said. "My wife loves that aspect of it. We can go for walks around the base and leave our 11-year-old holding down the house and know he's safe."

His duty station prior to MCLBB was as the commanding officer of the 2nd Transportation Support Battalion at Marine Corps Base Camp Lejeune, N.C.

"If you're coming out of a division or (Marine Expeditionary Force) or a transportation support battalion like myself, what we work through here on this base is a completely different world," he said.

"I didn't have to deal with community issues when I worked at Lejeune," Lee explained. "At a unit you have to worry about training and the welfare of the Marines. At Barstow I have to deal with issues such as police and fire and a lot of civilians."

He credits his previous experience as executive officer of MCLBB with broadening his management skills.

"I've always told people if you ever have a chance to be on a base jump at it, because it's very, very different than serving with a unit," Lee said.

"There are things you don't worry about any other time in the Marine Corps," he said. "This base is like running a city."

During his previous duty assignment as the CO of a battalion at Lejeune, Lee had a thousand Marines under his command, many more than are found at MCLBB, but



Photo by: Carlos Guerra

Lieutenant Colonel Kenneth G. Lee, Executive Officer, Marine Corps Logistics Base Barstow, Calif.

he sees this as no less of a test of his leadership capabilities.

"The rules are completely different dealing with civilians and you have to learn the rules, but I don't find it more difficult," he said.

Lee is a 22 year veteran of the Corps and a native of Longmont, Co., but he was raised in Grand Terrace, Calif., about a 90 minute drive from Barstow, which was a major reason for him and his family to want to return to California.

"I wished I had moved around more when I was single, when I didn't have a family to worry about," Lee said, "but now that I have a family and am not as mobile as I once was, I'd rather spend more time with them."

Lee has deployed twice during his career. "Once to Iraq in 2006 for six

months and once to Afghanistan in 2010," he said. "Being deployed and being in a combat theater definitely shaped my opinions of the world."

"I remember being a young captain in 2000 thinking that nothing was ever going to really change in the world," Lee said.

"Then all of a sudden everything changed dramatically, and we had no idea that was coming, so you have to be prepared for that," he said.

"This base is a key part of being prepared because of all of the extra equipment, space and maintenance capability that allowed the Corps to surge.

"We had to put a whole extra MEF of gear in another country, over a widespread area. The Marine Corps did that successfully and Barstow played a key role in that," Lee said.

Lee's role as the executive officer of MCLB Barstow is as a 'shock absorber' for the commanding officer, Col. Sekou Karega.

"The XO is kind of like the CO's enforcer," Lee said. "I always say the operations officer fights the unit, the executive officer runs the staff, and the CO commands," he said.

"It's my job to be in the details and the day-to-day nitty gritty actions that are happening and make sure they're all going smoothly so the colonel can think strategically.

"I also absorbed the flack for the CO. If I'm doing my job correctly, there's a lot of noise that doesn't get to him because it's taken care of at my level or below," Lee said.

There is a guiding principle Lee has gone by during his military career.

"You don't do the right thing because people are watching or because you're afraid of the punishment if you don't," Lee said. "You do it because it's the right thing to do."



Nutrition in the Corps

Story by: Laurie Pearson
Public Affairs Specialist

In today's world of fad diets, pre-workout supplements, and misinformation about what's healthy and what's not, it's important for Marines to get current, factual information about nutrition to ensure they are combat ready. Shelley Lamey, fitness expert and director of Semper Fit Gym aboard Marine Corps Logistics Base Barstow, Calif., offers guidance in a three-part series of articles.

This article addresses nutrition, specifically. The second article in this series will discuss supplements, especially banned substances which are hazardous for consumption. The third article will focus on weight management.

Q: Why worry about nutrition? What are the benefits of a healthy diet?

A: Improved cardiovascular health allows for better blood flow, delivery of oxygen and blood pressure. In addition, a healthy diet provides better respiratory function, a stronger immune system, stronger bones and muscles, an improved metabolism to keep your body burning calories and a decreased risk of chronic disease. Fueling your body properly is essential for maximum mental and physical performance. Other reasons to care about nutrition include having more energy, living a long healthy life, being a better role model, and improved Physical Fitness Test scores.

Q: What do people need in their nutritional consumption?

A: They need calories, protein, carbohydrates, vitamins and minerals, and even fat. Marines need to consume adequate calories to support high-intensity or long-duration training. This is often overlooked as there is an emphasis placed on protein consumption rather than overall calories. Inadequate calories can result in loss of muscle mass, loss of bone density and an increased risk of fatigue, illnesses, injuries and poor recovery. Proteins are important, though. Individuals should consume .5 to .8 grams of protein per pound of body weight, and it is recommended that it be consumed before a workout to slow the glycogen depletion. In addition, post-working consumption of protein is recommended for faster recovery to assist with muscle repairs. Although there are supplements, food sources are generally the best method of consuming nutrients, to include protein because the body absorbs and processes the natural sources better than other sources. The best food sources of protein are dairy, fish, eggs, beans, and chicken.

Carbohydrates are often frowned upon within some dietary fads. However, healthy carbohydrates are necessary. It is recommended that individuals consume approximately 2.7 to 4.5 grams of complex carbohydrates per pound of body weight, depending

on activity levels. Again, it is a good idea to consume some carbohydrates prior to your workout to ensure proper liver glycogen levels, blood glucose levels and to decrease protein catabolism, which is destructive to metabolism, as well as after a workout for faster recovery and to replenish the liver and muscle glycogen levels. The best food sources for complex carbohydrates are fruits, vegetables, whole grains, beans, and dairy.

Don't be afraid of healthy fats, either. A recommended 20 to 35 percent of total energy intake per day should be healthy fats. This aids with energy, carries fat-soluble vitamins, and provides essential fatty acids. The best food sources of healthy fats include coconut oil, olive oil, canola oil, flax, natural peanut butter, avocado, nuts and seeds and fatty fish.

Vitamins and minerals provide anti-oxidants and phytochemicals for the body and help clean up free radical production and other waste products. They're required for oxygen transfer and delivery, tissue repair, to support growth and development, and metabolic processes.

Q: So what about timing? Why should Marines eat before training?

A: Timing is important as are the combinations of foods chosen before training and competitions. Consuming food, or fuel, pre-exercise helps to settle the stomach by absorbing some gastric juice, decrease hunger through the workout, and provide "fuel" and fluids to the muscles during exercise. Some people believe they will burn more calories if they don't eat before they train in the morning; this is not necessarily the case. If they eat, they typically will have more energy and therefore be able to work out longer, harder and with an end result of more calories burned.

Q: What should they eat?

A: Eat a carbohydrate-rich meal with protein three to four hours before training or competition. Some examples: a banana and peanut butter sandwich with milk; chicken with rice and veggies. Eat a carbohydrate-rich snack 30 minutes to two hours before training or competing. The timing is wide because each individual's stomach is different. Some people can eat right before they exercise and not get an upset stomach while others cannot.

Q: What about post-workout eating?

A: Eating a combination of carbohydrates and protein (4:1 ratio) within 30 minutes post-workout also helps to maximize muscle protein synthesis, improve muscle function, decrease muscle breakdown, increase glycogen replenishment in the muscles, reduce muscle soreness and improve muscle strength and body composition.

(continued on page 11)

Suicide Prevention Awareness Month

Story by: Laurie Pearson
Public Affairs Specialist

September is Suicide Prevention Awareness Month, however for the staff working in Behavioral Health aboard Marine Corps Logistics Base Barstow, Calif., ensuring the emotional, physical, and financial health of MCLBB employees is a year-round calling.

"Right now veterans have a very high rate of suicide. It's approximately one veteran every hour who commits suicide," said Jim Maher, section head of Behavioral Health and manager of the Community Counseling Program on base. "For active duty military, the rate is one per day, across all of the services. Suicide is the tenth leading cause of death in the United States."

Men have a much higher rate of suicide than women because they use more lethal weapons he explained. Men generally use firearms, whereas women usually use an overdose of medications. However, 40 percent of women veterans who committed suicide use a firearm.

"Access to weapons is certainly one of the risk factors," Maher said, then further explained that 90 percent of the people who commit suicide have some sort of diagnosable disorder.

"It could be depression, although depression itself is not a mental disorder," Maher said. "We all have depression at times in our life. When depression begins to effect functioning and our ability to think clearly or perform our roles, then it could be a depressive disorder. The CCP helps people gain tools to overcome depression before it becomes a problem or later when it is affecting their functioning."

"Additional diagnosable disorders could be Post Traumatic Stress Disorder, Bipolar Disorder," Maher said. "People with Bipolar Disorder have a high rate of committing suicide along with Major Depressive Disorder."

10 "There is no definitive way

to say who will commit suicide and who will not," explained Maher.

"So, we have to take any threat of suicide seriously. However, people with a family history of physical or sexual abuse, those who grew up with a parent who abused drugs, or who witnessed domestic violence growing up and or have a parent who attempted suicide have a greater risk of developing mental and even physical/medical disorders and/or attempting suicide themselves."

Alcohol and drugs or medications can also complicate a person's perspective on their circumstances.

"If people are depressed and they are drinking on top of that, then the risk rate goes up because they're not thinking clearly," Maher said.

Good coping skills and good interpersonal connections are strong tools to mitigate risk.

"If a person has a lot of stressors on them, and their coping skills and personal connections are high, then there is less suicide risk," Maher explained.

In addition, the counselors work with the individuals to remind them that they are not a burden to others, explained Maher. They encourage the individuals to see the bigger picture.

"We help remind them or help them find purpose in their life," said Maher.

The goal of Behavioral Health and CCP, as well as the Victim Advocacy Programs on base, is to provide preventative services whenever possible.

"We try to intervene before a situation gets too entrenched, or too serious," said Maher.

To do that, they need someone to reach out. The on-call phones are available for individuals requesting assistance concerning domestic violence, child abuse, sexual assault, and suicide prevention.

"Most of the calls we receive for assistance are through the (Marine Corps Police Department) responding to an incident," said Angelica Mora, victim advocate.

"The victim advocates normally

carry the on-call phone. We get the crisis calls then, if it's a suicide call or something like that, we immediately contact our clinical staff and they take over the process from there."

When a call comes into the on-call helpline, regardless of the circumstances, the call-taker obtains basic safety information first.

"So if Angelica takes a call, she is going to try to determine the level of risk," said Maher. "She's going to determine safety issues first. That gives us a good idea of the risk factors."

"Do they have support right with them," said Mora. "If so, then that would be handled differently than someone who is by themselves."

Maher and Carla Torres, as clinicians, offer a wide range of counseling services to the active duty members on base, and their families. These include counseling for individuals, groups or families, couples, and children.

Perhaps the biggest impact people can have on someone who is contemplating suicide is to ask the question, said Mora.

So, if you see someone struggling, ask them if they are okay. Let them talk. Listen and guide them toward help.

"Just having a person ask the question, may save their life," Mora said. "Tell them; 'you're not alone.' If you're struggling, asking for help is not a weakness; it's an act of strength."

There are a number of confidential sources to turn to in search of assistance. To reach the CCP, during regular business hours call 577-6533. During after-hours and weekends, call the Family Assistance Program Hotline phone number at 403-7078. Two chaplains are also available for assistance including Major David Ebel, Support Chaplain with the Salvation Army, at (760) 562-6885 or Lt. Heath Taylor, Chaplain with the U.S. Navy, at (760) 846-3792.



Nutrition in the Corps

(continued from page 9)

Consume carbohydrate-rich foods and beverages with a small amount of protein (10 to 20 grams) within 30 minutes after exercise. During that time the enzymes responsible for making glycogen are most active and will most rapidly replace the depleted glycogen stores, which means you'll have more energy. This will provide energy for muscle contraction, spare protein from use for energy, and supply amino acids (protein) for building and repair.

Q: What are some good post-workout snacks?

A: Focus on protein and carbohydrates within 30 minutes of competition for recovery. Try the following

suggested snacks: low-fat cottage cheese and fresh fruit; 8 – 16 ounces of chocolate milk or flavored soy milk; a peanut butter and banana sandwich with a glass of low-fat milk; a turkey sandwich with fruit or veggies; flavored Greek yogurt and fresh fruit; scrambled eggs with whole wheat toast and fruit; a large smoothie.

Remember, a key to healthy eating is fueling your body throughout the day. Eating smaller meals every three to four hours is ideal. Eating throughout the day prevents getting too hungry. When people get too hungry, they care less about what they choose to eat, plus they overeat. They also run the risk of eating more unhealthy food. 🍌

Chaplain's Corner: The great gift of hope

Submitted by:

Lt. Heath E. Taylor

Chaplain, Marine Corps Base Camp Pendleton

As a Navy chaplain, I am convinced that I have the greatest job in the world. I am blessed with the opportunity each day to serve my God and my country and interact with some of the most patriotic men, women, and families in our great nation. I've often said that I'd do it even if they didn't pay me, but I'm pretty sure my wife and kids are glad they do!

In my job I'm afforded the opportunity to observe Marines and Sailors on their best days while receiving awards, being promoted, reenlisting or simply celebrating our shared camaraderie at various balls, functions, and events. Occasionally, however, my occupation insists I step in on some of the worst days in anyone's life to offer counsel and help them through challenges and crises life delivers to all of us.

On those days my job is not to necessarily fix the problem that they face, but rather offer them the great gift of hope that this too one day shall pass and with the help of others they will make it through to the other side. We talk quite a bit about resiliency in the military because we are keenly aware that adversity awaits us. I'm convinced the key to getting through the hard times and disappointments in life is to plant seeds of hope in the darkest of times.

In the many counseling sessions I've conducted over the years, I have listened to hurts and painful events that have many times moved me to tears. In those moments, the ability to empathize with someone's pain and let them know someone else cares can make a difference that allows them to continue on.

In every suicide-prevention brief, I give I always insist that most people with suicidal thoughts don't really want to die, they just want the pain to stop. I tell them to remember that there is a light at the end of the tunnel, but right now they may be too far away to see. As we come alongside Marines, Sailors and family members who are distraught or depressed, we have an opportunity and obligation to offer them hope that things can get better. We don't have to fix the problem, but we have to offer hope and be willing to

help.

In Jeremiah 29:11 God is speaking to the nation of Israel in one of their darkest of days, and He comforts them by saying, "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and hope."

When life brings disappointments, pain, hardships or setbacks to either you or a loved one remember the great gift we have been given in the hope that the future can be better, and it does not always have to be as it is now. Believe and continue to push on for a brighter future and hope. 🍌

