

THE PROSPECTOR



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Serving the Corps since 1943
Marine Corps Logistics Base Barstow

Aug. 11 2016



Armed Services Committee

Sgt. Mears talks HITT

National Night Out

On The Cover:

Front Cover: Keith Hayes

Members of the House Armed Services Committee, disembark from an MV-22 Osprey aircraft that landed on the parade deck at Marine Corps Logistics Base Barstow, 5 Aug.

Back Cover: Keith Hayes

With his eyes tightly closed, MCPD officer candidate Kevin Thomas stands ready to receive a face full of OC spray at a required training event for members of the Security Augmentation Force in front of the old Marine barracks aboard MCLB Barstow, 5 Aug.



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Photo by: Rob Jackson

Lt.Col. Thomas Favor, outgoing base executive officer, is all smiles after receiving his honorary Desert Rat Certificate, from Col. Sekou Karega, MCLB Barstow base commander, during a command social gathering recognizing him for his 20 years of service. As part of his retirement plans, Favor and his wife, Mira, will be returning to his home in Wilmington, N.C. to start their new lives.

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





Photo by: Rob Jackson

Two-year-old Makaelah Beranek makes her choice of books from the many on display during the Child Development Center's Open House and Book Fair Aug. 2, 2016. The Children Youth and Teens Program open its doors to give potential patrons - active duty military and civilian employees - an opportunity to see the different activities and programs offered for child care.

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

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News Briefs

Leave Share Program

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

Nicole Arguellas

Stephan Martin

Yvette Costilla

Paul Aguilar

Stephen Martin

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

Play Morning Desert Housing Community Center Friday Aug. 12 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.

NMCRS is Seeking Volunteers

Navy Marine Corps Relief Society Barstow is seeking volunteers for the following: Chairman of Volunteers to manage volunteer operations; Director and Thrift Store Contributors/Volunteers. The COV position is highly regarded within the society and will contribute greatly towards job training and experience. If you have a passion for retail, the NMCRS Thrift Store is for you! We are seeking people with energy, passion and creativity to help sort, display and market various donations. NMCRS offers mileage and childcare reimbursement. Interested candidates, email retna.4shaw@nmcrs.org.

Baby Boot Camp Desert Housing Community Center Weds. Aug. 17 9 a.m. - 11 a.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.

Self Defense Class Weds. Aug. 24 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 selfdefenseaugust2016.eventbrite.com. For more information call 760-577-6533 or visit www.mccsbarstow.com/prevention-education/.

Burn Your Own Steak Night Sugar Loaf Bar James L. Day Conf. Center Thurs. Aug. 25 4 - 10 p.m.

Come to Burn Your Own Steak Night! The \$13.50 per person fee includes 8 oz., ribeye steak, salad, corn on the cob and baked potato. The grill is open from 4-7 pm. Happy hour drink specials from 4-6pm plus DJ music. Call 577-6264 for more information.

Sugar Loaf Social "Right Hand Man Night" Sugar Loaf Bar bldg. 38 Aug. 12 4 p.m.-10 p.m.

Come join your co-workers and bring a friend to the Sugar Loaf Social for drinks, music, camaraderie and fun.

Oasis Pool Summer Hours Tues. - Sun.

The Oasis Pool and Water Park is now open full-time Tuesday through Friday LAP SWIM 11 a.m. to 1 p.m. and OPEN SWIM 1 p.m. - 7 p.m. Saturday and Sunday 11 a.m. - 7 p.m. OPEN SWIM. For more information call 577-6898 or visit www.mccsbarstow.com/pool/.

Screens and Strikes Family Movie Night Desert Lanes Bowling Center Fri. Aug. 12, 5 p.m. - 7 p.m.

Bowling and a movie! What a bargain! We will be watching the movie "Alexander & The Terrible No Good Very Bad Day." For more information call 577-6264 or visit www.mccsbarstow.com/bowling/.

Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma and other respiratory complaints.

The way to control indoor mold growth is to control moisture. Use a de-humidifier, air conditioner, vent bathrooms, and use exhaust fans while cooking.

House Armed Services Committee visit

Photos by: Keith Hayes
Public Affairs Specialist



(Foreground left) Andrew Warren, Readiness Subcommittee, member of the U.S. House Armed Services Committee, greets Lt. Col. Thomas Favor, executive officer, Marine Corps Logistics Base Barstow, as (background left) George Ellis, Barron Youngsmith, Marine Col. Joe Jones, and Maj. Christian Carlson, operations officer, MCLBB.



(Left midground) Andrew Warren, member of the U.S. House Armed Services Committee, greets “Chip” Schwartz, plant manager, Production Plant Barstow, Marine Corps Maintenance Depot Command, at building 573, aboard the Yermo Annex, 5 Aug. Warren and his group visited MCLB Barstow as part of a week-long review of Southern California military installations.



(Left) Lieutenant Colonel Thomas Favor, executive officer, MCLBB, Sgt. Marvin Montecruz, administrative support assistant, Andrew Warren, member U.S. House Armed Services Committee, George Ellis, and Marine Col. Joe Jones, walk into the Family Restaurant aboard the base for a working-lunch before taking a windshield tour of MCLBB and the Yermo Annex as part of a fact finding mission.

SAF takes pepper spray training at MCLB Barstow

Story and photos by: Keith Hayes

Public Affairs Specialist

The members of the Security Augmentation Force aboard Marine Corps Logistics Base Barstow participated in their required pepper spray training Aug. 5.

Marines and Marine Corps Police Department officers lined up in front of the old barracks aboard MCLBB to have their faces sprayed with oleoresin capsicum spray made with red pepper extract. They were then run through "fight through stations" using their defensive tactics techniques they had been taught, explains Frank Faxon, instructor with Homeland Security Solutions Inc.

The stations included Marines armed with punching bags, batons, rubber knives and rubber simulated guns which they used to challenge the individuals and engage in

defensive tactics.

According to the website of one of the manufacturers of OC spray, ZARC International, OC spray affects mostly the vision and immediate skin response of those exposed to the spray:

"Its inflammatory effects cause the eyes to close, taking away vision. This temporary blindness allows officers to more easily restrain subjects and permits people using pepper spray for self-defense an opportunity to escape."

During the exercise the sweat generated by the exertion causes the OC spray to run down in to the eyes and mouth. After running the obstacle course SAF and PD personnel went to a wash station to rinse off as much of the residue as they could. 🇺🇸



Staff Sergeant Pedro Villa, S-1 administrative chief, MCLB Barstow, with the Security Augmentation Force aboard MCLB Barstow, squints against the burning effects of the OC spray as he reaches for his sidearm in an effort to hold off an attacker, portrayed by GySgt. James Hainer, S-6 Cyber Network Systems chief, advancing on him with a knife.

Private First Class Jacob Brown, S-1 administrative clerk, goes through a series of evasive maneuvers with Homeland Security Solutions instructor Frank Faxon as Faxon attempts to take Marine's holstered pistol during OC spray training aboard the base Aug. 5.



Hospital Corpsman 2nd Class Joshua "Doc" Henderson, hoses down MCPD Officer Nivath Sourn, at the conclusion of Sourn's OC spray training, Aug. 5. During the wash down the dried OC spray runs in to the eyes, causing a blinding, burning sensation. People exposed to OC spray are advised not to rub their eyes or faces because the move just spreads the residue around and increases its effects.

Back to School Message: Have a safe school year!

Submitted by:
Brian Korves
 Traffic Safety Officer

"The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus."



As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians and bicyclists, and provide children with the necessary knowledge to stay safe at school.

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they and the motorists around them take proper safety precautions.

With more and more children and teenagers owning digital devices, it is crucial that children understand the importance of pedestrian safety. They need to learn and practice basic safety tips while walking to and from school, around school buses and cars:

- Do not walk, talk and text.
- If you have to talk or text, move out of the way of others and to the side of the walkway.
- Do not cross or walk in the street while using an electronic device.

Public School Transportation Schedule 2016-2017

Bus Stop	Everyday Pick-up	Mo,Tu,Thu,Fri Drop-off	Wed. Early Out Drop-off	Late Activity Drop-off
Barstow Junior & High Schools				
Kwajalein & Incheon	6:30am	3:01pm	1:10pm	N/A
James L. Day St	6:35am	3:05pm	1:14pm	N/A
Montara, STEM transfer*, and Crestline Elementary Schools				
SAC	7:57am*	3:55pm	2:10pm	N/A
Kwajalein & Incheon	8:00am*	4:00pm	2:12pm	N/A
James L. Day St	8:04am*	4:05pm	2:17pm	N/A
Yermo Elementary School				
SAC	7:30am	4:05pm	1:50pm	5:35pm
Kwajalein & Incheon	7:35am	4:07pm	1:52pm	N/A
James L. Day St	7:40am	4:10pm	1:55pm	N/A
Silver Valley High School				
Kwajalein & Incheon	6:40am	2:42pm	12:27pm	N/A
James L. Day St	6:45am	2:45pm	12:30pm	N/A
SAC				4:48pm & 6:13pm

* STEM **only** provides transportation to and from **Montara**. From MCLB, take the morning bus to Montara where students will transfer buses and continue to STEM Academy. STEM will return students to Montara, but there **will not** be a bus returning to MCLB.



- Do not walk with headphones in your ears.

- Be aware of your surroundings, especially in congested areas.

Additionally, motorists should share the roads safely with proper precautions. Exercise the following precautions for sharing the road with school buses:

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children.
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus.
- Allow for a greater following distance behind a bus than if you were driving behind a car.



National Night Out

Photos by:
Laurie Pearson
Public Affairs Specialist



Members of the Special Response Team with Barstow Police Department demonstrated equipment and gear with citizens during the National Night Out celebrations hosted by Barstow PD in Barstow, Calif., Aug. 2. The event was hosted by police departments nationwide to encourage community relations between law enforcement officers, fire fighters, military personnel and local citizens.



LaTisha "Dixie" McSwain, financial analyst for Marine Corps Logistics Base Barstow, takes a photo of fire and medical personnel playing with her nephews and tending to a minor cut during the National Night Out hosted by Barstow Police Department in Barstow, Calif., Aug. 2.



Corporals Natori Miller and Michael Browne, supply clerks with Marine Corps Logistics Base Barstow, volunteer at the National Night Out event sponsored by Barstow Police Department, Aug. 2.



Cadets, Explorers, Law Enforcement Officers and Firefighters danced the Cupid Shuffle with local citizens during the National Night Out celebrations hosted by Barstow Police Department in Barstow, Calif., Aug. 2.

Sgt. Mears discusses upcoming HITT event

Story and photos by:
Laurie Pearson
Public Affairs Specialist

Sergeant Justin Mears, retail manager aboard Marine Corps Logistics Base Barstow is one of the top athletes, not just on this base, but throughout the Marine Corps. Next week he will be competing again in the second annual HITT Ultimate Tactical Athlete Championship held on Marine Corps Air Station Miramar. I had a chance to sit down with him and talk about his training, competitive nature and nutritional habits. Here is what he had to say:

What is HITT?

It's the Marine Corps' High Intensity Tactical Training program. It's designed to develop tactical athletes, which includes various methodologies such as Functional Fitness, Strength and Power, and Speed and Agility. It allows Marines to focus their workouts toward their particular Military Occupational Specialty. For example, a supply clerk might not work out the same way as an infantryman. Another benefit to the program is Reload HITT, which is active recovery utilizing TRX stretching workouts along with foam rolling and dynamic warm ups. This methodology decreased injuries incurred using prior workout plans. The primary purpose of the program is to enhance operational fitness levels, optimize combat readiness and resiliency for Marines.

What drives you to be so competitive?

I am the youngest of three siblings. My sister is seven years older than me. My brother is eight years older than me. We also had a cousin, seven years older than me living across the street. Whether it was playing sports or any activities around the house, I was always getting pushed around and beat up because I was the smallest and the youngest. I had to work a lot harder to try and stay on their level. Plus,

I've always played sports, therefore being involved in team activities always drove my competitive spirit. Sports and athletics are a big part of my life. My favorites are baseball, soccer, and football.

When is your next competition?

Monday, August 15 through Thursday, August 18 at Marine Corps Air Station Miramar, California I will be representing Marine Corps Logistics Base Barstow in the second annual HITT Ultimate Tactical Athlete Championship. Last year 32 representatives from Marine Corps bases worldwide participated in the event. There were 16 men and 16 women competing. Out of that, I took fourth place. This year my goal is to place first!

What is your exercise regimen?

I usually work out six days a week, one day off. Monday, Wed, Fri are body part specific, such as back with biceps because when you're doing a bicep workout it works your back out too, so the combination compliments one another; chest with triceps. I usually do one pretty intense leg workout wherein I focus primarily on strength and core mobility. Tuesdays, Thursdays, and Saturdays I usually do cardio which will include running, High Intensity Interval Training as well as High Intensity Tactical Training. I incorporate a 20-pound weighted vest during the running. The vest puts an added load onto your body so that once you take the vest off you're going to see that much more progress. It'll improve run times, as well as your anaerobic threshold. Some days I mix it up and do my cardio in the pool, doing lap swimming. Each workout is between one and two hours per day. In addition to all of this, I also serve as the Instructor Trainer for the Marine Corps Martial Arts Program on base, for an hour to two hours in the mornings, Monday through Friday.



Photo by: Lance Cpl. Connor Hancock

Sgt. Justin Mears, a retail manager at Marine Corps Logistics Battalion Barstow, Calif., competes in the military press during the battle skills challenge portion of the HITT championship held in 2015.

Do you have a day of rest?

Yes, Sunday is my day of rest. I try to do active recovery. So I might do foam rolling to massage tight areas and muscle groups and release lactic acids that build up in the muscles. I also play baseball on Sundays. It lets your muscles rebuild and heal. It also allows me to relax mentally and physically.

How does exercise benefit a person?

There is an added confidence that you get from seeing results. It also boosts your metabolism. Staying active will help you gain more energy over time. You get out what you put in, literally.

What foods do you avoid?

Anything high in sugar or salt. I also read somewhere that if you can't pronounce it, you shouldn't be eating it or drinking it! I try to live by that! I do watch my calorie intake and compare that to my activity level that day. Your caloric intake should directly correlate to your daily activities. I generally stay away from alcohol because it's just empty calories that have no benefit to your body and it slows down the muscle recovery process. If your goal is weight loss, stay away from alcohol. In general, though it's about quantity, too. If you're going to have a couple of beers on the weekend, keep it to a couple of beers, not a six pack every night. 🍷

Director of HRO retires after 50 plus years

Story by: Keith Hayes
Public Affairs Specialist

Within the federal government people come and go. Some stay in one place for maybe 20 or 30 years while others move on to other endeavors. However, one Marine Corps Logistics Base Barstow employee made the decision to stay on board for more than half a century.

After nearly 53 years working at MCLB Barstow, the bases' Human Resources director decided to retire so she could spend more time with family and enjoy a full life without the long and hectic days.

Esther Gonzales, rumored to be the fifth longest tenured civil servant in all of the Department of Defense, attended a retirement party held in her honor July 28 with friends, family and coworkers who gathered to congratulate and bid her adieu for a long and successful career.

Gonzales is retiring as supervisor of the Human Resources Office aboard base, a position she has held for 19 years.

She said she was born and raised in Barstow and has worked at MCLB Barstow in one position or another for her entire federal government career.

Gonzales remembers when there were thousands of Marines assigned to the base during the Vietnam conflict era.

"There were quite a few Marines in Materiel Division in building 236

where I started my career in 1963," Gonzales said. "That division alone employed maybe three to four times more people than what the entire base employs now."

Since that time she has definitely seen many changes aboard the base, including the downsizing of the actual number of structures and services.

"My son was born on the base when there was a real hospital here, not just a clinic, but a real hospital right up there behind building 129," Gonzales said.

10 She agrees that this has been a good period

for the base as far as receiving recognition for its achievements on a Department of Defense level, but she has seen several good years before.

"Things like winning the awards that the base has, such as the safety awards, the (Commander In Chief) award and the Best Medium Sized Fire Department award, we all contributed to that and I feel I am part of that. I want to continue to contribute to that challenge and keep the base at that high level," Gonzales explained.

"Even if we didn't win any awards during some years, we've done so many things that are different than the rest of the Marine Corps that was to the benefit of the Marine Corps or the base," she said.

Gonzales said some of her most personally rewarding work happened when she was an advisor to the base. "When I was in the Employee and Labor Relations area I had to be the advocate for the Department of the Navy and defend the base against third parties," she said.

But during and after that period in her career, Gonzalez said she has worked every job available in Human Relations. "I've been in labor and employee relations, I've been in staffing employee development, and I've been in the (Equal Employment Opportunity) area. That's the gamut of an HRO world and career," she said.

"Being in charge of each one of the areas gives you a good feeling," Gonzales

explained. "You've seen the fruits of your guidance and advice and how it has helped the base."

"Now that I'm retiring I'll be going to more family and church events without having to worry about whether they conflict with work," she said.

Gonzales said she will miss the people and job. "There are so many challenges and you want to be able to help out and continue to help to get the job done," she said.



Official USMC photo

Esther Gonzales, seated second from left, poses with coworkers during her early days with Human Resources Office in the seventies, aboard Marine Corps Logistics Base Barstow, Calif.,



CHAPLAIN'S CORNER

WISDOM TO LIVE BY

Submitted by:

Lt. Heath E. Taylor

Chaplain, Marine Corps Base Camp Pendleton

At the chapel I am assigned to we are currently studying through the book of Ecclesiastes. The book was written by the man the Bible calls the wisest man who ever lived. His name was King Solomon and he ruled the kingdom of Israel from 970-930 BCE. His kingdom prospered greatly under his rule and he became the richest king of his era.

He was a prolific writer composing many of the Psalms and Proverbs recorded in the bible as well as a love sonnet called the Song of Solomon. His skills in architecture and management turned Israel into the showplace of the Middle East, and as a diplomat he made treaties and alliances that brought peace throughout his vast empire. He built the first great temple and various other gardens, vineyards, buildings and infrastructure that secured the highest standard of life for his subjects. Were he to run for public office today, he would surely be a difficult candidate to beat.

Yet with all of his wisdom and success, the message of the book takes an interesting turn. It's not so much a self-help or how-to book but rather one in which he offers a perspective on how to live that we just might find very relative to our current culture. After all of his various accomplishments he reflects back and calls them all a 'vanity of vanities' which translates 'temporary and meaningless'. He begins to realize that all of his success was in vain as he would eventually die and turn it over to

children that may mismanage and squander it.

The theme of contentment continues to surface throughout the book as he warns the reader not to be obsessed by chasing the things they don't yet have but rather to savor and value the lot they have been given in life. He urges the reader to enjoy food, drink and fellowship with the friends and loved ones they've been given and to find enjoyment in the toil of work they've been given today.

In our culture it seems we can easily get

caught up chasing the next new version of the latest and greatest device and spend so much time preparing for tomorrow that we forget to enjoy what we have for today. Sometimes I'm tempted to think that my career will be much better with the next promotion and home life will be simpler when the kids get a little bit older and into the next stage. Solomon warns us that if we live in such a way we might just get what we're chasing only to realize it doesn't really satisfy us

like we thought it would.

So how do we live in light of his sage advice? Slow down and fully embrace and enjoy today and live life one day at a time. Call a friend you haven't talked to in far too long. Tell your loved ones what they mean to you and relish the relationships that are most important to you. Good luck and live life one precious day at a time.



