



# PRO THE SPECTOR

Vol. 4 No. 9

*Serving the Marine Corps since 1947*  
Marine Corps Logistics Base Barstow, Calif.

May 14, 2015

## IN THIS ISSUE:

**New Veterans ID**

**Gung ho Marine**

**Sun and Wind**



## On The Cover:

Front photo by: Carlos Guerra

Staff Sergeant Frank Kovach, staff non-commissioned officer in command of training aboard Marine Corps Logistics Base Barstow, inspects students after teaching them how to stand at the position of attention at Yermo Elementary School in Yermo, Calif., May 11. Kovach and other MCLB Barstow Marines spent the morning with 8th graders teaching them various drill and ceremony topics.

Back photo by: Carlos Guerra

Sergeant Elton Rogers, supply administrative chief aboard Marine Corps Logistics Base Barstow, prepares to hit a home run at Henderson Elementary School, May 6. Henderson Elementary staff invites Barstow Marines every year for a friendly game of softball followed by potluck on the school campus.



Marine Corps Logistics Base Barstow, California  
Colonel Michael L. Sealise, Commanding Officer  
Sgt. Maj. Karl D. Simburger, Base Sergeant Major

### Public Affairs Staff

Public Affairs Officer: Rob L. Jackson

Press Chief: Cpl. Samuel Ranney

Public Affairs Specialist: Laurie Pearson

Mass Communications Specialist: Cpl. Norman Eckles

Public Affairs Specialist: Keith Hayes

Editorial Assistant: Cindy McIntyre

The editorial content of this magazine is prepared, edited and provided by the Public Affairs Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer, Attn: Public Affairs, Box 110130, Barstow, CA 92311-5050. The Public Affairs Office is located in Building 204. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

This magazine is an authorized publication for members of the Department of Defense. Contents of **THE PROSPECTOR** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the U.S. Marine Corps.



Photo by: Rob Jackson

Jacob Flores, age 7, receives instructions on how to properly flatten dough to make a tortilla from Joanna Reveles at the School Age Care facility May 5. Caregivers and children celebrated Cinco De Mayo with authentic Mexican food, games and breaking open a pinata.

## On the web

### Website:

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

### Follow us on:

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

[http://www.twitter.com/#!/MCLB\\_Barstow](http://www.twitter.com/#!/MCLB_Barstow)

2





Front photo by: Laurie Pearson

Kevin Smith, a lieutenant police officer with the Marine Corps Police Department on Marine Corps Logistics Base Barstow fires a Benelli M1014 shotgun, as well as a rifle and handgun from behind various obstacles during a shooting competition hosted by Barstow Police Department at a range in Barstow, May 8. The competition included teams of five shooters each from BPD, MCLB, California Highway Patrol, San Bernardino Probation, and San Bernardino County Sheriff Department, each of whom competed for spots within their own departments in order to partake in the competition.

## Contents



**Staying Safe**

**5**



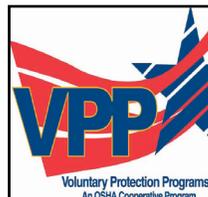
**Veterans ID**

**8**



**Sun Wind**

**6**



**Sit? Stand?**

**9**



**Gung ho Marine**

**7**



**Rail Safety**

**10**

# News Briefs

## Leave Share Program

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

**William Anslow**  
**Wanetta Blackwell**  
**James Higerson**  
**Tulutulu Niusulu**  
**William Opperman**  
**John Ordenez-Ramirez**

Anyone desiring to donate annual leave under the Leave Share Program should contact the Human Resources Office at 760-577-6915.

## Lunch on the Green Tees & Trees Golf Course Fridays in May 11 a.m. - 12:30 p.m.

Join Food and Hospitality for lunch every Friday in May. Combos are \$4 and include the option of a hamburger or hotdog with chips or a grilled chicken sandwich and small salad. Drinks available for purchase in the Pro Shop. The Family Restaurant will be closed for lunch every Friday in May. For more information: 760-577-6395

## Seaworld and Water Park Tickets Available

ITT has great deals on tickets for Seaworld, and local water parks this summer! Enjoy Knott's Soak City, Hurricane Harbor and more. For pricing and additional information call 760-577-6541.

## Play Morning Every Friday

New Parent Support, in conjunction with Marine Corps Family Team Building and Victor Community Support Services, invites active duty personnel and dependents with children to Play Morning at the Desert View Housing Community Center, every Friday at 9 a.m. Join in for singing, stories, crafts, and play time.

For information: 760-577-6533

4

## Career Resource

Looking for employment? Check out the weekly employment listings from the Career Resource Center at [www.mccsbarstow.com/careerresource](http://www.mccsbarstow.com/careerresource). The center also provides job search help or resume writing assistance. For information: 760-577-6533

## L.I.N.K.S. for Spouses May 13 and 14 - 8:30 a.m.

Get a better understanding of how the military operates while familiarizing yourself with your duty station. Find out about resources and services available and discover volunteer opportunities. For more information contact Marine Corps Family Team Building at 760-577-6675.

## Wellness Series May 20 - 1:30 p.m.

This series will emphasize the importance of knowledge, attitudes and practices relating to personal health and wellness. A new topic will be offered each month and will be designed to provide resilience, emotional stability, clear thinking and a continued sense of self-improvement. May's topic will be uniquely you class - a self assessment. To register for the class or for more information, contact Marine and Family Programs at 760-577-6533.

## Vet ID Card Sign-Up in Barstow

Any honorably discharged military veteran can get a Military Veterans identification card issued by the San Bernardino County Department of Veterans Affairs. Representatives of the SBCO VA office will be accepting applications at Barstow Senior Center May 27, 2015 from 10 a.m. to 3 p.m. The Center is located at 555 Melissa Avenue in Barstow. Applicants must have an original or certified copy of their DD214, or a VA medical card, or be able to prove that they are currently receiving compensation or a pension from the VA. Many merchants in San Bernardino County honor the Military Veterans ID card by offering various financial benefits for goods and services. For information: (760)256-5023.

## Story Time & Craft May 15 - 9 a.m.

Celebrate Asian Pacific Heritage Month by reading "My Name is Yoon" at the Library, Bldg. 17. For information call 760-577-6395.

## Story Time & Craft May 13 - 10 a.m.

Join us for a special Mother's Day story and craft. We'll make something fun for mom while we read "Love You Forever" at the Library, Bldg. 17. For more information, call 760-577-6395.

## Read to the Rhythm Kick-Off Party June 10 - 10 a.m.

Music, movement and books are a natural fit. Come kick-off the most fun program of the summer at the Library, Building 17. For information: 760-577-6395

## Tutoring Center

Would you like to be a tutor? Does your child need a tutor? The School Liaison Program is offering a K-12 Tutoring Center in Bldg. 126. For information call 760-577-5854.

## Sewing Class May 18 & 19 - 9 a.m. Hobby Shop

This beginning to intermediate class will feature a field trip to gather supplies as well as time to work on projects. For more information call 760-577-6408.

## Energy Tip:

Close window blinds on hot, sunny days to minimize solar heating and to keep your space cool.

Water lawns and gardens only when necessary, and water during cool parts of the day to minimize water evaporation from the heat and sun.



# STAYING SAFE - THE ADVERSARY IS WATCHING

**I**n today's environment of easy and anonymous access to personal information, it is more important than ever to do everything you can to keep yourself and your loved ones safe online. Recent events such as the posting of names and addresses of 100 service members on the Internet by the terrorist group ISIS/ISIL have highlighted the very real risk of sharing personal information online. The information ISIS/ISIL posted did not come from hacked databases or sophisticated computer intrusions, it came from publicly available information openly accessible on the Internet, on personal and official websites.

ISIS/ISIL took advantage of what many other cyber criminals already know: that the Worldwide Web can be a gold mine which produces nuggets of a wide variety of personal information. People oftentimes share more information than they realize and ISIS/ISIL has become very good at finding disparate data points, then connecting the dots for bad purposes. The lack of physical interaction gives individuals a false sense of security and provides the impression that they are sharing the information only with friends, rather than everyone else online.

Navy and Marine Corps personnel and their families should be aware that what they and others share about them online can place them in jeopardy. As a service member, or family of a service member, you are a prime target and your online postings may be unknowingly providing valuable information that could be used to target you, your family, and your fellow service members. Any information that identifies an affiliation with the Department of Defense could make personnel a potential target of terrorist groups or a lone wolf radical. This includes pictures of service members in uniform, other military identifiable items, or posts about the U.S. military on social media sites.

Take the time to develop good operational security

practices with your online identity and with your use of technology. Ensure that you are not discussing mission-related activities or details online. Be mindful of the vulnerability of location services embedded in most social network platforms and camera apps which generate metadata that can be exploited to identify you and detect patterns and frequently visited locations. Disable or delete accounts you are no longer using and take extreme care with how and to whom you provide your personally identifiable information.

Start now to ensure you and your family are staying safe online and in the real world. The Naval Criminal Investigative Service has developed reference materials for Department of Navy personnel to use to ensure that they are not placing themselves at unnecessary risk. Local NCIS offices can provide commands with handouts and also provide briefings in conjunction with the NCIS crime reduction campaign. Information about physical security steps you can take can be found in the handout "NCIS Threat Management: Security Recommendations" available at [www.ncis.navy.mil](http://www.ncis.navy.mil). Additionally, the Department of Defense website, [DOD.gov](http://DOD.gov), provides the "Guide to Keeping your Social Media Accounts Secure." This downloadable PDF provides specific guidance on steps that can be taken to keep Facebook, Twitter, Instagram, and Flickr accounts safe, such as modifying specific security settings, creating secure passwords, and deleting old accounts.

Protecting yourself in the virtual world is just as important as protecting yourself in the physical world. The adversary is watching and there is a heightened need for continued awareness, vigilance, and reporting of suspicious activity. Remember, "If you see something, say something."

Report suspicious activity to your local NCIS office at 229-639-5512, online at [NCIS.navy.mil](http://NCIS.navy.mil), or by calling the NCIS Hotline at 1-877-579-3648. 🦮

# Sun, wind, water: Saving resources and \$\$

Story by:  
**Cindy McIntyre**  
Editorial Assistant

With around 260 days of sunshine a year in Southern California, and many days windy enough to engage a wind turbine, it is only natural that those renewable sources of energy would be popular here, including on Marine Corps Logistics Base Barstow, Calif.

Anthony Mesa, installation energy manager for MCLB Barstow, said that of the two sources of "green" power used on base, solar is preferred. "We like solar because we get consistent sun," he explained.

The sole turbine at MCLB Barstow supplies about 30 percent of Nebo's electrical use. It is the first, and largest, wind turbine in the Marine Corps, said Mesa, standing 330 feet tall with the top blade fully extended. In fiscal year 2013 it ran 314 days and saved \$296,000 over buying electricity from Southern California Edison.

At wind speeds of 45 mph and higher, the turbines go into

standby mode to avoid ruining the mechanical parts, said Mesa. They will operate when the wind speed is consistently between 8 and 40 mph. Built in 2009, the \$4.6 million turbine was sidelined for about a year when the maintenance contractor went bankrupt.

The 666 kilowatt, 20-acre solar farm at Yermo, and its 333 kilowatt, 10-acre sibling at Nebo generate around 11 percent of the base's electricity, according to Mesa. They were installed in 2011 under the Solar Power Purchase Agreement, allowing a private contractor to own and maintain the panels. The base buys the power generated at a reduced cost. The projected cost savings over 20 years is \$3.9 million, said Mesa, and at the end of the contract the solar farms will be owned and maintained by MCLB Barstow.

As a point of comparison, Mesa said if the entire one megawatt solar capacity was only on Nebo, it would generate 39 percent of Nebo's electricity, versus the wind turbine's 30 percent.

In addition, new facilities constructed on base can use rooftop solar panels to meet the LEED (Leadership in Energy and Design) silver certification level of green building standards. Most of the base's exterior lights are also individually solar-powered. Even on cloudy days, solar panels can generate power at 10 to 25 percent of sunny day capacity.

Replacing fluorescent lighting with LEDs is resulting in a cost-savings as well. Whereas LED lighting used to be harsh and expensive, it is now friendlier on both counts. The base gym and the Family Restaurant have LED lights installed. Although more expensive, they are nearly a third more energy-efficient, last at least twice as long, and have no mercury, unlike fluorescent bulbs.

Water reduction is also a mandate, according to Mark Ulibarri, MCLB Barstow utilities supervisor. The Yermo Annex has three of its own wells, drawing from aquifers 133 to 185 feet underground, close to the Mojave River bottom. Untreated well water on the Nebo side keeps the Tees and Trees golf course green, but the water for drinking and landscaping on Nebo is from Golden State Water. Many of the trees are drip-irrigated to minimize water usage.

Anthony Mesa said, "The plan is to extend the water lines from our wells along Joseph L. Boll Avenue, from the water tank's location near building 238, northwest to Sorensen Field." The estimated cost savings would be \$65,000 a year at current rates.

Ulibarri added, "It costs us about ten times more to purchase water. With wells, once we get the infrastructure done the only cost is electricity (to pump it)." He urges all base employees to report leaks of any kind to Public Works at 760-577-6220.

"Most of the water on base is used for irrigation," he explained. "Landscaping and irrigation is where you can cut back without affecting normal business on base."

One such water-saving initiative is the use of xeriscaping, which means removing water-intensive lawns and plantings, and replacing them with gravel, decorative rocks and native drought-tolerant plants. The base housing area was replaced in 2008, and includes xeriscaping.

"The bottom line is our drought," said Mesa. "We cannot continue to use the water the way some people would like to." 🌱



*Photo Courtesy by: Adam Field*

*Executive Orders 13514 (2009) and 13693 (2015) mandate that federal agencies reduce greenhouse gas emissions and increase energy efficiency with targeted goals by 2020 and 2025, respectively. MCLB Barstow, as dictated by Executive Order 13693, also has a goal of a 36 percent reduction in potable (drinkable) water by 2025, based on 2007 usage.*

# MARINE USES CROSSFIT TO EXCEL IN SERGEANTS COURSE

Story and photo by:  
Laurie Pearson  
Public Affairs Specialist

How he spends his off-duty hours helps one Marine excel in uniform by focusing on fitness and teamwork.

Currently assigned as the substance abuse control officer aboard Marine Corps Logistics Base Barstow, Calif., Sergeant Moses Machuca was once an infantry grunt. He was previously assigned to 2nd Battalion, 7th Marine Regiment, Marine Air Ground Task Force Training Command 29 Palms, then with 3rd Battalion, 5th Marine Regiment, Marine Corps Base Camp Pendleton, both with 1st Marine Division. His time with infantry inspired Machuca to be more athletic and competitive in his work and personal life and prompted a sense of brotherhood that reaches into other aspects of his life.

This was clearly the case during the Sergeants Course aboard MAGTF 29 Palms from which he graduated with honors for his high grade point average, earning the third highest GPA out of 50 students, April 28. Machuca also won the peer-nominated Gung Ho Award.

"I want to be able to lead others to carry (their) own weight and then some," he said of his leadership style.

"He really stood out," said Staff Sergeant Mary Gilreath, faculty advisor for the Staff Non-Commissioned Officer Academy where the course was held. "He was very sincere and people want to follow somebody like that."

For every physical training event during the course he finished first then returned to the rear of the group to motivate and encourage everyone else.

"People were falling behind or struggling and he was out there, always positive," said Gilreath. "He was leading from the front (literally) making people feel good even when they were down."

This teamwork, leadership and camaraderie was a big help to others such as Sgt. Kentrena McMonigal, information technology specialist with II Marine Expeditionary Force who pointed out that Machuca truly displayed what it means to be gung ho and to enthusiastically work together as a team at every opportunity.

"(In) one particular instance, we were doing our obstacle course and there was a very tall wall that was preventing me (from) moving forward to the next obstacle," said McMonigal. She was starting to feel defeated when Machuca came to her side, encouraging and coaching her until she made it over the wall.

"That's what separates us (in CrossFit) from other gyms is that teamwork," said Leticia Sitzer, owner of the only licensed CrossFit gym in the Barstow area, and Machuca's coach. "We're always cheering everybody on, we work as a group, and if somebody needs help we're right there for them. We do this as a team and for every achievement somebody makes, we are happy for them."



*Sgt. Moses Machuca, a substance abuse control officer aboard Marine Corps Logistics Base Barstow, Calif., yells "CrossFit" at the top of the rope obstacle during a competition on the obstacle course on MCLB Barstow, Oct. 10. The O-Course allows Marines to maintain combat readiness and fitness standards.*

They celebrate the small and large victories, posting personal goals, personal records, and words of encouragement on the walls of her gym. Sitzer said Machuca was a perfect fit for her gym.

"If somebody is struggling with a movement, he is always right there, always cheering others on," she said. "He's always positive, kind and takes time to help others and people really like that. They're really drawn to him."

In February, 2015, Machuca, Sitzer and a team from her gym competed in Riverside at a CrossFit competition. Machuca's team took second place in the novice division. Throughout the competition, he could be found smiling and encouraging friends and strangers alike.

"He motivated the Marines to finish strong," McMonigal explained. "He not only was one of the most physically fit Marines at the course, but also mature, and (he) worked hard at everything he did."

Machuca has honed this team-oriented and hard-working nature in the gyms where he surrounds himself by people who inspire him to achieve and do more.

"If (teammates) are trying, then there is no reason why I shouldn't be," explained Machuca. 🏆

This article is 2 of 4 in a series on fitness.

## MCLB BARSTOW RECEIVES GEN. JAMES L. JONES SAFETY AWARD



Photo by: Lisa Nipp for SEA POWER

Secretary of the Navy Ray Mabus presents the General James L. Jones Safety Award to Marine Corps Logistics Base Barstow at the 2015 Sea Air Space Exposition in National Harbor, Md., Wednesday, April 15, 2015. Left to right are: Dan Romero, Ray Aguilar, and Colonel Michael Scalise.

## COUNTY ID CARD PROVIDES MILITARY VETERANS DISCOUNTS AND BENEFITS



Story by:  
Keith Hayes

Public Affairs Specialist

Honorably-discharged veterans who are not military retirees or receiving medical care under the U.S. or California departments of Veterans Affairs can now get their own specialized photo card ID from county Veterans Affairs offices in California.

Information provided by the website for San Bernardino County Department of Veterans Affairs at [http://hss.sbcounty.gov/VA/Veteran\\_ID.htm](http://hss.sbcounty.gov/VA/Veteran_ID.htm) indicates the SBCO Board of Supervisors has approved issuance of Military Veteran ID Cards similar to those currently available in several California counties. Honorably-

8 discharged veterans can apply for an ID card from the SBCO VA office in Hesperia, Rancho Cucamonga or the city of San

Bernardino and be issued a card similar to the one pictured in this article.

Barstow-area military veterans will not have to travel down below because they now have an opportunity to apply for their ID card on May 27 at the Barstow Senior Center at 555 Melissa Avenue from 10 a.m. to 3 p.m. Applicants must have an original or certified copy of their Report of Separation From Active Duty form DD214, or a VA medical card, or be able to prove that they are currently receiving compensation or a pension from the VA. Barstow Senior Center's number is (760)256-5023.

The main purpose of the ID card is to make veterans easily and surely recognizable to any SBCO-area merchant that offers a benefit to veterans who patronize their business. Some local merchants already offer various benefits to veterans, such as a discount on a purchase, a free item, or preferred status.

With this card, the veteran will not need to carry a copy of their military discharge papers to prove their Veteran status, nor will they need to go to the Loma Linda VA hospital to apply for an ID card.

The SBCO VA website points out that this program has the potential to benefit all involved by providing Veterans with ready proof of their status as an honorably-discharged veteran. Merchants who are members of the "Veteran-Friendly Business Program" will also benefit from the expected increase patronage as veterans and those who support them choose to frequent Vet-Friendly businesses over competitors. The community at large will also benefit as veterans are identified who may be eligible for federal monetary benefits.



# SIT? STAND? HOW ABOUT BOTH?

Story by:  
**Cindy McIntyre**  
Editorial Assistant

You might not think office jobs are hazardous, but if you take into account the amount of sitting the average American does, you'd understand why one woman is on a mission to get employees at Marine Corps Logistics Base Barstow, Calif., to stand at their desks.

"You drive to work, sit at a desk, sit while eating meals, and turn into a couch potato when you get home," explained Alma Rodriguez, information and referral specialist at Marine and Family Services, during a Voluntary Protection Program presentation to the Environmental Division staff in building 196, March 12. "It atrophies muscles and affects your organs, crushes your intestines, prevents digestion, and slows metabolism which affects your heart."

As chairperson of the VPP's safety and health committee, Rodriguez has taken the program on the road, so to speak. Concerned that brochures and email updates are not always read, her group has begun giving presentations at various base departments.

"Our campaign is Pay Attention, It's Personal. You should be able to go home in the same condition you came in to work," she said of efforts to get office employees to incorporate safety and simple habits such as stretching, standing, and choosing proper footwear.

Rodriguez speaks from personal experience how a change in work habits helped her overcome back and neck problems which kept her out of work several times a year. When she began working at a sit-stand computer station, and incorporating stretching exercises and good ergonomic positions, the problems went away. Charlie Keegan, base safety specialist and VPP safety and health committee member, introduced her to this set-up.

Purchasing sit-stand workstations is also an important goal. Rodriguez pointed out that sit-stand computing stations allow workers to easily change from a sitting position to a standing one. Using an automated desk that moves up and down, or a moveable work station, sedentary workers can easily change positions numerous times a day, allowing those squished innards to get properly aligned and unused muscles strengthened.

The American Journal of Epidemiology published a study that said the average American spends nearly eight hours a day in sedentary behaviors such as sitting. Many medical professionals now refer to the health problems this creates as the "sitting disease."

"It takes more muscles to stand up," said Rodriguez. "You can also squeeze your glutes, squat, and move around."

She provided a handout that extols the benefits of sit-stand, and gives tips on how to make the most comfortable work environment possible.

## Sit-Stand Tips

- \*Set goals to incorporate movement into your day
- \*If you start to feel tired, change your position
- \*Use an anti-fatigue floor mat on hard surfaces
- \*When standing, assume the "at ease" position, and allow your body to move as needed
- \*When someone comes to your desk to discuss a project, or when you're on the phone, stand up
- \*Whether sitting or standing, do stretching exercises to limber up and improve alertness
- \*Keep your computer display at eye level, whether sitting or standing, for proper posture and ergonomics

For information contact base safety officer Charlie Keegan, 577-6722

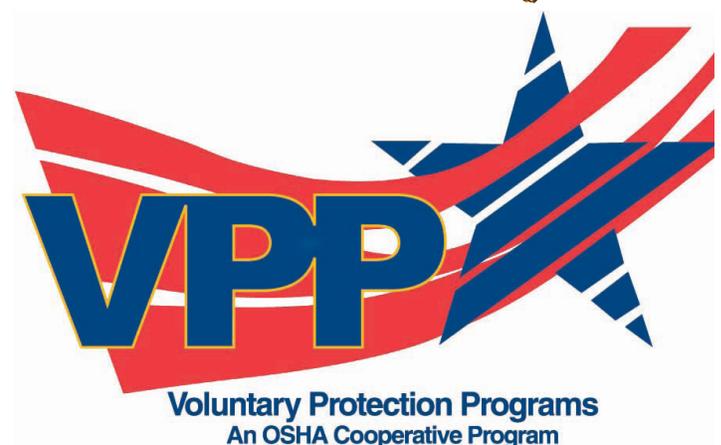
Michelle Lawing, MCLB Barstow's sexual assault response coordinator and member of the VPP committee, said she had health issues that made her choose a better lifestyle. A personal fitness competitor, Lawing gets up at 4 a.m. to work out. "I believe in fitness, in making healthy and yummy food," she said. "So if something goes wrong I know it won't be because of what I did or didn't do (healthwise.)"

The Pay Attention, It's Personal campaign also targets employees in other jobs. "I encourage people in hazardous jobs to work in pairs," said Rodriguez. "One person can make sure their partner doesn't get cocky and take chances."

Anyone can improve safety in the workplace, she emphasized, whether it's fixing bent doormats or moving a phone cord that poses a tripping hazard.

"Take initiative to fix things like that," she said. "Think of the people who may not get around as well as you do."

All it takes is fixing one little thing to make a difference. Or, as she explained, simply standing at your desk.

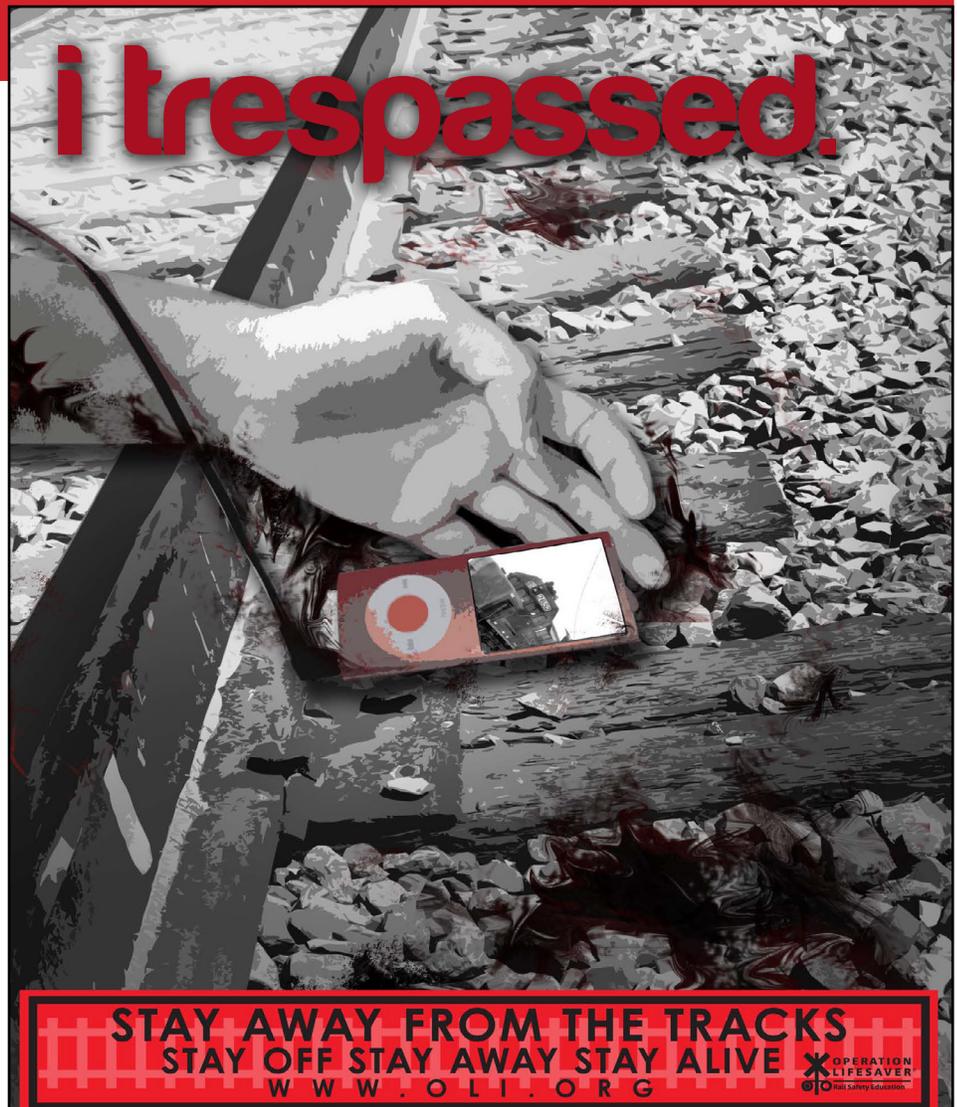


# PEDESTRIAN RAILROAD SAFETY

Rail safety is for everyone, not just drivers. Pedestrians who choose to walk or play around railroad tracks are trespassing on private property and could be fined, seriously injured or killed.

## Safety tips:

- The only safe place to cross is at a designated public crossing with either a crossbuck, flashing red lights or a gate. If you cross at any other place, you are trespassing and can be ticketed or fined. Cross tracks **ONLY** at designated pedestrian or roadway crossings.
- Railroad tracks, trestles, yards and equipment are private property and trespassers are subject to arrest and fine. If you are in a rail yard uninvited by a railroad official you are trespassing and subject to criminal prosecution; you could be injured or killed in a busy rail yard.
- It can take a mile or more to stop a train, so a locomotive engineer who suddenly sees someone on the tracks will likely be unable to stop in time. Railroad property is private property. For your safety, it is illegal to be there unless you are at a designated public crossing.
- Trains overhang the tracks by at least three feet in both directions; loose



straps hanging from rail cars may extend even further. If you are in the right-of-way next to the tracks, you can be hit by the train.

- Do not cross the tracks immediately after a train passes. A second train might be blocked by the first. Trains can come from either direction. Wait until you can see clearly around the first train in both directions.

- Flashing red lights indicate a train is approaching from

either direction. You can be fined for failure to obey these signals. Never walk around or behind lowered gates at a crossing, and **DO NOT** cross the tracks until the lights have stopped flashing and it's safe to do so.

- Do not attempt to hop aboard railroad equipment at any time. A slip of the foot can cost you a limb or your life.

- Be aware trains do not follow set schedules. Any Time is Train Time! 🚂

# AROUND THE CORPS

*A look at the Marine Corps outside of Barstow*



*Photo by: Courtesy Photo*

*May 5, 2015. Nouadhibou, Mauritania - U.S. Marines and Mauritanian Fusilier Marines rehearse fields of fire during infantry training in Nouadhibou, Mauritania, Feb. 23, 2015. Approximately 20 U.S. Marines, Sailors and Coastguardsmen with Special-Purpose Marine Air-Ground Task Force Crisis Response-Africa trained with the Mauritians, practicing infantry skills, small boat operations, combat marksmanship, and tactical combat casualty care.*



*Photos by: Cpl. Tyler Viglione*

*San Diego, California - Recruits of Golf Company, 2nd Recruit Training Battalion, push through adversity to carry an ammunition can during the resupply hike at Edson Range, Marine Corps Base Camp Pendleton, Calif., April 28. The ammunition resupply hike is six kilometers and recruits take turns carrying various size ammunition cans filled with dirt simulating the weight of the rounds. Halfway through the maneuver, the ammunition cans were handed over to the company's follow series to carry back. Today, all male recruits recruited from recruiting stations west of the Mississippi are trained at MCRD San Diego. The depot is responsible for training approximately 16,000 recruits annually. Golf Company is scheduled to graduate May 8.*

