

# THE PROSPECTOR



Vol. 5, No. 22

Serving the Corps since 1943  
Marine Corps Logistics Base Barstow

November 22, 2016

**VPP recertification questions**

**Holiday weight management**

**Native Heritage Month**



## On The Cover:

### Front Cover: Keith Hayes

(Left) Colonel Sekou Karega, commanding officer, Marine Corps Logistics Base Barstow; and Glenn Pearl, Bruce Patterson chapter of the Disabled American Veterans; assists Elena Griego, Gold Star mother, in laying a wreath on the Tomb of the Unknown Soldier, at Mountain View Memorial Park, Barstow, as part of the Veterans Day ceremonies Nov. 11. Griego's son was killed during the Vietnam War.

### Back Cover: Laurie Pearson

USO Show Troupe performers sing and dance to tunes spanning decades, entertaining all ages during their show aboard Marine Corps Logistics Base Barstow, Calif., Nov. 12. The group is part of an even larger troupe which performs all over the world.



THE  
**PROSPECTOR**

Marine Corps Logistics Base Barstow, California  
Colonel Sekou S. Karega, commanding officer  
Sgt. Maj. Sergio Martinezruiz, base sergeant major

#### Public Affairs Staff

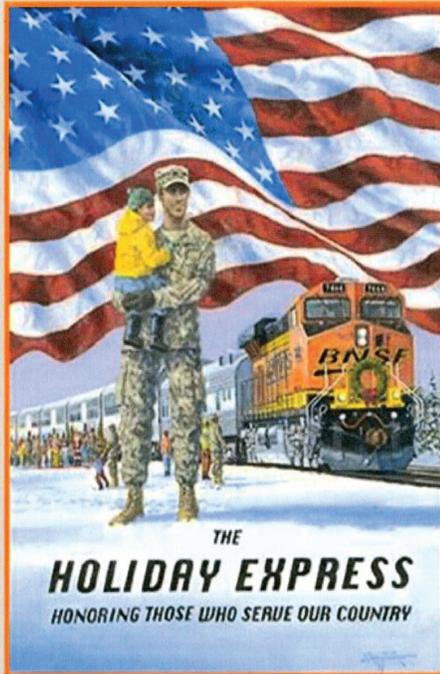
Public Affairs Officer: Rob L. Jackson  
Public Affairs Specialist: Keith Hayes  
Public Affairs Specialist: Laurie Pearson  
Editorial Assistant: Julie Felix  
Combat Camera Chief: Carlos Guerra  
Multimedia Specialist: Cheri Magorno

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.

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## Your Family is Invited to an Excursion on The BNSF Holiday Express

In recognition of those who serve our country



### Barstow, CA

Tuesday, December 6, 2016

Boarding: 12:15 p.m.

Departure: 12:30 p.m.

Returning: 2:00 p.m.

Respond to the Point of Contact  
by November 21 if able to attend

RSVP to Rob Jackson and  
Laurie Pearson at  
(760) 577-6430.

### BOARDING LOCATION

Amtrak Station/Railroad Museum  
685 N 1st Avenue  
Barstow, CA

The BNSF Holiday Express is a unique vintage passenger train that pays tribute to the men and women of the armed forces. BNSF Railway is proud to support the military and has been recognized as "America's #1 Most Military Friendly Employer" by G.I. Jobs magazine.



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## 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](http://www.twitter.com/#!/MCLB_Barstow)



### Marine Corps Logistics Base Barstow

Barstow, California

**SOCIAL MEDIA**

**RESOURCE**

- » School L
- » EFMP
- » FOIA
- » Sexual A
- » Voting A

**COMMAND**



Photo by: Laurie Pearson

Technicians hook up a needle and containment bag to Sgt. Mark Garcia, operations chief with Fleet Support Division, during a LifeStream blood drive held aboard Marine Corps Logistics Base Barstow, Calif., Nov. 3.

**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**

**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.

## MCLB Barstow Holiday Party

**James L. Day Center**

**Wed. Dec. 7**

**5 p.m. - 8 p.m.**

Come and enjoy a variety of appetizers, Santa, a holiday movie and crafts. Open to all MCLB eligible patrons and their families.

## 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](http://www.DONCEAP.foh.hhs.gov). For more information contact HRO 4 at 577-6915.

## Toys for Tots Third Annual Softball Tournament

**Sat. Dec. 10**

The third annual Toys for Tots Softball Tournament will have a 10 team maximum and will take place on Sorenson Field. Entry fee is a new unwrapped toy valued at \$10 from every player or \$10. Restricted to DoD & contractor employees, public safety and military personnel only. For registration information contact Paul Purdy, prior to Friday Dec. 2, at 760-577-6866 or email [purdy@usmc.mil](mailto:purdy@usmc.mil).

## Trees for Troops

**Housing Community Center**  
**Wed. Dec. 7**

**9 a.m. - 11 a.m.**

Trees for Troops is an annual live Christmas tree distribution for active duty service members living aboard MCLB Barstow. Trees are given away on a first-come, first-served basis, 9 a.m. - 11 a.m. at the Housing Community Center.

## Healthy cooking

**Hobby Shop, Bldg. 375**

**Wed. Nov. 30**

**9 a.m. - 11 a.m.**

Come learn how to make it through the holidays without gaining too much weight. Learn how to keep the holiday meals healthy but still tasty. Register no later than Nov. 23. For more information or to register for this class call MCFTB at 577-6675.

## Energy Conservation

### Tips of the Week

Use light-emitting diode "LED" holiday light strings to reduce the cost of decorating your home for the winter holidays.

## Combined Federal Campaign kick off

Each fall, millions of federal employees like you are invited to donate to one or more charities. You choose the amount; you choose the group or groups. A volunteer from your agency will ensure that you receive a catalogue listing the international, national and local charities that are eligible for the CFC. The volunteer will also provide a pledge card that asks you to specify the amount of your gift and the organization(s) to receive your support.

## Santa is coming to town

**MCLB Parade Deck**

**Wed. Dec. 7**

**2 p.m.**

Santa Claus and an elf will be at the MCLB Parade Deck Wed. Dec. 7, at 2 p.m. Have your photo taken with a Blackhawk Helicopter and Santa and enjoy candy canes and hot cocoa! Bring your cameras for pictures.



## Toys for Tots Tuesday

**Front gates Nebo/Yermo Annex**

**Rear gate Yermo Annex**

**5:45 a.m. - 7 a.m.**

**Nov. 22, 29/Dec. 6, 13**

It's that time of year and MCLB Barstow will begin activities and fundraisers in support of the Toys for Tots Campaign. MCLB Fire Department and MCLB Police Department in conjunction with the Toys for Tots Foundation will be collecting toys at the front gate at Nebo and Yermo Annex, as well as, the rear gate at Yermo Annex. Toys for Tots Tuesday will be Nov 22 and 29, and Dec. 6 and 13. Please bring in a new unwrapped toy to help out the underprivileged children or cash donation to be collected.

# 2016 Native American and Alaska Native Heritage Month

MARADMINS 567/16

November is National Native American and Alaska Native Heritage month. This year's theme is "Serving our Nations." After 100 years of efforts to recognize Native Americans and Alaska Natives, we now celebrate and recognize cultures and educate the public about their heritage, history, art, and traditions during National Native American and Alaska Natives Heritage Month.

Native Americans and Alaska Natives have been, and continue to be leaders in every aspect of our society. Today, more than 26,000 Native Americans serve in the American Armed Forces, making up 1.2 percent of the military population, in close proportion with the Native population of the United States. Additionally, according to the Department of Defense, there were 140,556 Native American veterans as of March 2014.

During World War I and World War II, hundreds of Native Americans joined the United States Armed Forces and used words from their traditional tribal languages as weapons. The United States military asked them to develop secret battle communications based on their languages in which America's enemies were never able to decipher. "Code Talkers," as they came to be known after World War II, were communications specialists. Their job was to send coded messages about troop movements, enemy

positions, and other critical information on the battlefield. Some Code Talkers translated messages into their Native languages and relayed them to another tribal member. Others developed a special code within their languages that they used in combat to send important messages. The Navajo code talkers, mainly Marines, were commended for their skill, speed, and accuracy demonstrated throughout the war. At the Battle of Iwo Jima, Major Howard Connor, 5th Marine Division signal officer, had six Navajo code talkers working around the clock during the first two days of the battle. These six sent and received over 800 messages, all without error. Major Connor later stated, "Were it not for the Navajos, the Marines would never have taken Iwo Jima."

Currently, there are 567 federally recognized Native American and Alaska Native tribes and more than 100 state-recognized tribes across the United States. Each has their own unique history, beliefs, governance structure and culture. Since the arrival of European settlers in America, Native American and Alaska Natives have preserved their culture and heritage. A new generation has assumed this charge from their elders, and they continue to serve not only their nations but the United States with dignity and honor. 🍌



Official DOD Photo

# VPP Corner: Questions

**Submitted by: Base Safety Office**  
Marine Corps Logistics Base Barstow

The Occupational Safety and Health Administration will be conducting their Voluntary Protection Programs recertification evaluation during the week of Jan. 23, 2017.

As part of the evaluation process, OSHA will conduct both formal and informal interviews with base employees. The interviews are conducted to ascertain the extent of safety and health involvement and program awareness, and will include a representative number of managers, supervisors, line employees, occupational healthcare professionals, maintenance personnel and contractors' employees. The interviews are an important tool in assessing the effectiveness of our safety and health programs.

Although the evaluators may ask any number of related questions, there are several which the VPP manual recommends and should be reviewed as we prepare for the evaluation. Some of the questions are specific to jobs while others are more general to the base as a whole.

The following questions come from the VPP manual along with some possible answers you may want to consider during an interview. The answers listed are only intended to prompt your thinking and you should answer the actual interview questions in your own words.

General Employee Interview Questions:

**A. How long have you worked here?**

**B. Tell me about your job. What do you do during a typical day?**

**C. What are the safety and health hazards of your job?**

Consult with your supervisor to ensure you are aware of the specific hazards associated with your work environment.

**D. How do you protect yourself from those hazards? What types of personal protective equipment do you wear? Were you provided training?**

Consider if you wear any PPE while performing your tasks. Examples of PPE are hearing protection, eye protection, respirators, head protection, safety shoes, body armor, gloves, turn-outs, and coveralls.

**E. What type of safety and health training have you received?**

New Employee Safety Training, OSHA 10-hour General Industry Course, ESAMS online safety and environmental courses, Collateral Duty Safety Officer training, Ergonomics, Hazard Communications, Safety Stand Downs, Monthly Safety Talks, and job specific training such as Lock Out /Tag Out, Electrical and National Fire Protection Association 70E, Fall Protection, Respiratory Protection, Confined Space, and hearing conservation.

**F. What happens if management disobeys a safety rule? What if an employee disobeys?**

The base uses a schedule of offenses and recommended remedies to address issues regarding violations of safety rules. This schedule is part of the Human Resources Manual, subchapter 752, Appendix B.

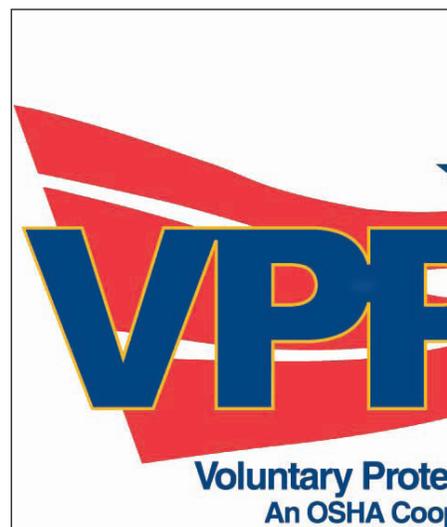
**G. How do you respond in the event of a fire, hazardous waste spill, alarm, or medical emergency?**

This is situationally dependent. For most emergencies inside the work area, you should implement the emergency evacuation plan and dial 6666, which goes to the base dispatcher to 911 which goes to the California Highway Patrol emergency dispatch. Note: if possible use x6666 from a base landline as the dispatchers will be able to locate you more quickly. The CHP dispatchers will not necessarily be able to tell where you are calling from without asking additional questions, which take additional time.

**H. What does VPP mean to you?**

VPP gives you, the individual employee, a voice in the health and safety of our work environment. VPP is intended to empower and involve employees, management, and the union in a collective safety process of improvement for the base.

**I. What is one method of reporting a safety or health concern? What was the last unsafe practice you reported and/or corrected?**



# s for VPP recertification

Several methods exist for reporting. The first consideration is to report to your supervisor, but any employee has the right to report anonymously to the Base Safety Office by any means they wish.

## **J. How do your supervisors demonstrate their involvement in safety and health?**

Supervisors frequently attend base and department safety meetings. They are required to attend supervisory safety training, conduct workplace safety inspections, provide training, and are responsible for the safety and health of their employees.

## **K. Have you ever seen anyone testing the air, noise levels, or conducting other surveys for possible health hazards? Do you know what the results were and what they meant?**

The base Industrial Hygienist (IH) conducts surveys of our work areas and submits the findings through the chain-of-command. Personnel identified during the survey as working in hazardous areas may be placed on a medical surveillance program such as Blood Borne Pathogens, Respiratory Protection, or Hearing Conservation. The Base Safety Office conducts frequent inspections of the work areas and provides IH survey and safety inspection results to the department heads and supervisors.

## **L. Have you or anyone you know ever been injured or experienced a job-related illness? What is the procedure when someone is injured?**



Workplace injuries and illnesses are immediately reported to the supervisor. The supervisor reviews the circumstances surrounding the mishap and takes actions to prevent recurrence. The supervisor and employee document these actions and submit mishap reports to Base Safety and HRO.

## **M. How are you involved in the safety decision-making process?**

Employees can get involved by participating in shop safety meetings, joining VPP committees, or by simply making a recommendation to their CDSO or supervisor.

## **N. Is safety and health valued in your organization?**

The commanding officer has made it clear that the safety and health of base personnel directly correlates to the strategic mission of the base. The commanding officer's Safety Policy has established that "at no point, no matter the mission to be accomplished or the training requirement, will the safety and accountability of our personnel be compromised."

## **O. What is one objective in your department's safety program?**

The safety objectives for the base are to have no Class A or B Mishaps, reduce reportable accident rates by 4 percent from last year, and to have all employees attend required safety training. These goals are published to SharePoint. Check with your supervisor to see if your department has any additional objectives.

## **P. How does management support your involvement in safety?**

Management support may come in many different ways. Examples of support may be when your supervisor permits you to attend or give safety training, take online safety courses, attend safety meetings, or solicits your participation in a VPP committee or conference.

## **Q. What are your rights under OSHA?**

We all have a basic fundamental right under OSHA. Under OSHA, employees have a right to a safe and healthful workplace and require employers to provide workplaces free from recognized hazards.

## **R. Is there anything else you think we should know about the safety and health program here?** 🍌

# Focus on safety over holidays

Story by: Laurie Pearson  
Public Affairs Specialist

Over the course of the last month, there have been two serious accidents aboard Marine Corps Logistics Base Barstow. With these, and the upcoming holidays in mind, Brian Korves, safety officer, and Lt. Kenneth Weeks, accident investigator with the Marine Corps Police Department weigh-in on motor vehicle safety during this holiday season.

The accident which happened on the Yermo Annex occurred when crews of individuals were releasing the air brakes on a trailered vehicle, with the intention of then easing it off of the trailer.

"The victim (in that incident) was the senior operator, and the only person with lengthy experience in that particular task at that particular time," explained Weeks. "The task being performed was completely unfamiliar to one worker, only vaguely familiar to another, and though the third worker was familiar with the generalities of the operation, he had never done the particular task they were about to begin, which was releasing the air brakes on a trailered vehicle and rolling the vehicle off the trailer."

In what appeared to be a rush to get things completed, safety measures were missed and the vehicle rolled off the trailer, pinning the victim between it and another rig. Had this been a few centimeters one direction or the other, explained Weeks, he could have been cut in two. Instead he miraculously suffered a few broken ribs, bruising and other relatively minor damage.

In the second incident occurring on the Nebo side of the base, two vehicles were on Joseph Boll Avenue, at approximately 7:25 a.m. at which time the sun made it difficult to see. One vehicle slowed to turn and the second vehicle rear-ended the first car. Fortunately in that case, there were no major injuries, as well, assured Weeks.

"Both cases would have benefitted from the involved persons simply slowing down and thinking about what they were doing," Weeks said. "When dangerous tasks become routine, we often forget that we are literally a heart-beat away from absolute tragedy."

When driving into the sun, implored Weeks slow down!

In addition to busy lives and visual obstruction, there are a number of other distractions which can cause drivers to be less responsive and potentially more dangerous.

"Distracted driving is the leading cause of traffic accidents in the U.S. today," Korves said. "Talking on a cell phone, hands-free or not, has the same risk. You are four times as likely to get into an accident (the same as if you had a blood alcohol count of .08). It is not the use of the phone that is the issue; it is that your brain gets overloaded. An example would be trying to watch your favorite TV show and talk to somebody at

the same time. You miss either the conversation or the show."

More common today is the use of text messages, direct messages, and other cellular phone applications while operating a motor vehicle, which can cause serious consequences.

"A driver is 10 times more likely to get into an accident while texting and driving," explained Korves. "On average it takes a person five seconds to read a text, during which the driver is looking at the phone and not the road. At 70 miles per hour the car is traveling 120 feet per second. That means a driver reading a text traveled 600 feet, the length of two football fields, without looking at the road.

Other distractions include eating, drinking, talking to passengers, grooming, reading maps, using GPS, watching videos, changing the radio station or cd's, looking at the kids in the back seat, or perhaps even the pets you have traveling with you, explained Korves.

"Admittedly there are a lot of distractions in our lives," Weeks said. "So much in fact, that it is easy to forget the primary activity we should be focusing on.

The bottom line is, when you drive, just drive and avoid doing anything that takes your eyes and mind away from driving, they agreed.

There are some other basic safety measures you and your families can take to ensure safer travels. Plan ahead and take your vehicle to the shop in advance to make sure it's mechanically sound for the trip, advised Korves.

"Ensure that the tires are the type needed for the weather you will be driving in with plenty of tread (including the spare)," he said. "Make sure windshield wipers are serviceable and be sure to have a roadside emergency kit in the vehicle."

Ensure that the emergency kit includes the basics such as tools, jumper cables, and water. Also include other items such as blankets, flashlights, batteries, flares, and even emergency food and medications if necessary.

Be sure to get enough rest, so that fatigue will not be a factor. Know the rules of the roadways you'll be driving and Korves suggests that you drive defensively. Both Weeks and Korves point out the risks of driving after consuming any alcohol at all.

"At any given time one in ten drivers has measurable alcohol in his system," said Weeks. "After 'Happy Hour' or during weekends and holidays those numbers go way up."

Alcohol related fatalities also increase over Christmas and New Year's Eve, explained Korves. The bottom line is, do not drink and drive. Your impairment starts after the first drink. You'll have slower reactions, tunnel and blurred vision. You may not notice because the alcohol has impaired your judgement, he explained. The safest solution is to plan ahead and have someone who will not be drinking drive. Return safely. 🍷

# FSD produces another MOQ

Story by: Keith Hayes  
Public Affairs Specialist

Lance Corporal Jacob Soto has been busy recently. Not only was he named the Marine of the Quarter recently for Marine Depot Maintenance Command but as the youngest Marine assigned to FSD, he took part in the 241st Marine Corps Birthday cake cutting ceremony at Production Plant Barstow, Nov. 7.

The 20-year-old native of Concord, Calif., entered the Marine Corps enlisted ranks, although he was a member of the Army Junior Reserve Officer Training Corps when he was in high school.

Soto said he decided on the Marine Corps after studying what the others had to offer and with guidance from his recruiter.

“The Marines showed me a different level of professionalism and discipline. I wanted to be the best so I chose the Marine Corps,” Soto said.

He said his family also had a history of serving in the military.

“My grandfather was in the Air Force, my father and mother were in the Army, and my uncle was a Marine Corps reservist,” Soto said.

He attributes his winning the MOQ recognition for the final quarter of 2016 because he is willing to join in.

“I put myself out there,” he said. “I helped our sister lab in (Marine Corps Base Camp) Pendleton get back on their quota.”

He believes his work as a calibrations technician is vital to getting many jobs done properly in the Corps.

“Without calibrations technicians you don’t have any way of keeping a higher level of maintenance” he said. “We also have to make sure that a piece of equipment that the Marine Corps get from the



Photo by: Laurie Pearson

Marines Sgt. Zachary Ingraham, platoon sergeant, and Lance Cpl. Jacob Soto, calibration technician, donate blood during the annual LifeStream blood drive held aboard Marine Corps Logistics Base Barstow, Calif., Nov. 3. The blood drive is yet another way that Marines serve their country and their community.

manufacturer does what they say it can do.”

Soto took the test measurement and diagnostic equipment technician course at Keesler Air Force Base in Biloxi, Miss.

“It’s a long school,” he said. “I don’t expect many Marines would go through an eight month long school.”

Especially with classes in subjects such as theory of semi-conductors, digital theory, or resonant frequency with alternating current.

“It gets challenging with the pace,” he explained. “You don’t really have too much time to try and settle in and learn it religiously.”

The lance corporal is not sitting on his laurels after the Marine of the Quarter win, and has been furthering his education during his off-duty hours.

“I’m going to Barstow Community College and getting my lower division courses out of the way at a lot cheaper price,” he said. “I have the (Board of Governors) waiver so my tuition is paid for (by the state).”

Soto said he would want to be a role model for any young Marine.

“You don’t always notice if someone is looking up to you, but if someone were you’d want to be an example for them,” he said.

He urges all Marines to hang in there and keep trying.

“Don’t give up and remember that closed mouths don’t get fed.”



Photo by: Carlos Guerra

Lance Corporal J.M. Soto poses for a command portrait after he wins MARCORLOGCOM Marine of the Quarter.

# Maintaining waistlines during holidays

**Photos by: Laurie Pearson**  
Public Affairs Specialist

With the holidays looming, as well as the Marine Corps Ball, many people are expressing their concerns about making healthy choices this holiday season. Shelley Lamey, health and fitness expert and director of Semper Fit Gym, is helping answer those vital questions in this third article in a series about nutrition, supplements and weight management.

Her first recommendation is to acknowledge that there is no perfect body weight or size and she encourages people not to fall prey to diet fads or experimental weight-loss drugs which can have damaging effects, and temporary results.

“The safest way to lose (and manage) weight is the tried and true approach of smart eating and regular exercise... and sleep,” Lamey said. “People who lose weight slowly by modifying their lifestyle are the most successful in keeping pounds off permanently! Losing one to two pounds in a week is the recommended amount for health benefits. This is actually a lot easier than it sounds, with some very reasonable and attainable steps.”

She explains that weight management comes down to basic principles such as burning more calories each day than one consumes. This can be accomplished by eating less, exercising more or the most effective is doing a combination of both.

“There is no magic pill,” explained Lamey. “There is no magical tool! There is no magical equipment. Successful weight management is a sensible lifestyle, period!”

To get started, it’s a good idea to know your goals. This includes your larger goals, such as wanting to fit into a gorgeous ball gown or unforgiving uniform. It may also include some personal goals such as being able to keep up with your children or improving health enough to get off of various

**10** medications. This all starts,

however, with basic nutritional and activity level (calorie burning) goals.

“The best way to ensure you’re eating less is by tracking what you eat and adding up the calories every day,” Lamey said. “You’ll be accountable and powerful in controlling your eating habits. You can find out what your daily calorie allotment for weight loss by going to the site: [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and it will tell you what calorie intake you should have based on your age, sex, weight, height and activity level.”

The tricky part this time of year is eating smart. Cookies, brownies, pies, cakes, casseroles, potatoes, gravy, marshmallow-laden yam stuff, and stuffing are practically thrown at you and people feel compelled to eat it all! How many times have you said, “I’ll just have a little bit of everything” then ended up with a plate nearly as tall as a skyscraper as you balance your way to the table? There are some easy swaps one can make that will help insulate you from the foods laden in simple (not good for you) carbohydrates. For instance,

cauliflower mash made with butter and coconut milk can replace mashed potatoes. Or if you don’t want to go full cauliflower, mix half of this secret power vegetable

with potatoes to cut the carbs. Instead of the soupy green bean casserole, swap in green beans cooked with onion and bacon, adding a few slivered almonds maybe. The calories and carbs are chopped!

“You want nutrient dense foods that are high in important nutrients but low in calories,” said Lamey. “Opt for more fresh fruits, vegetables, whole grains, low-fat and nonfat dairy and

lean meats.”

Yes, turkey counts as lean meat, so have at it! Lamey also recommends reading nutrition labels and paying attention to serving sizes!

“A portion is not the amount of food you choose to eat at one time,” Lamey said. “Nor (is it the) amount that a restaurant gives you! A serving is the amount of food for which nutritional information is given on a product. The most accurate way to track calories is to count out and measure your portions. If needed, buy a food scale to weigh foods such as cheese and meats.”

Beware of the bar!

“Beverages can quickly use up your daily calories without satisfying hunger,” Lamey explained.

When dining out, Lamey suggested ordering the smallest size portion available.

“Also, ask for a take-out box as soon as your food arrives,” she suggested. “You can put half your food out of sight.”

When snacking, she suggested avoiding eating out of the package.

**According to the National Institutes of Health, U.S. Department of Health and Human Services, the following are calorie counts for alcoholic beverages:**

Beverage:	Ounces:	Calories:
Regular Beer	12	153
Whiskey, gin, rum, vodka or tequila	1.5	97
Liqueurs	1.5	165
Red wine	5	125
White wine	5	121
Sweet wine	3.5	165
Martini	2.25	139
Cosmopolitan	2.75	146
Margarita	4	168

“Put your snack in a serving bowl,” she said.

The other aspect of health and nutrition to focus on, though, is burning off calories. Just get up and move! Even some basic ideas, such as cleaning house, or chasing children will burn calories.

“The more physically active you are, the quicker you will lose weight,”

**continued on page 11**

# Chaplain's Corner: A time to give thanks

Submitted by: Lt. Heath E. Taylor  
Chaplain, Marine Corps Base Camp Pendleton

As the holiday season rapidly approaches, it provides us with good reason to pause for a moment and reflect upon our lives. My life has not been perfect. There have been seasons of joy, challenge, chaos, difficulty and at times even a bit of despair. However, over the course my forty plus years now I have found that my faith and some strategically orchestrated friendships have been both a blessing in the good times and carried me through dark and difficult days.

As I pause to reflect, I find myself quite thankful and content with the blessings I have in my life. My marriage, parenting, friendships, church and work life each have areas that are ripe with room for improvement. Nevertheless, they seem to have a way of maintaining a balance and sense of wholeness in my life.

I choose to see them all as gifts from the Creator that help stabilize what could, in fact, be a very fragmented and unbalanced existence. I make a conscious choice to find the good in them and be thankful for the way they help to shape me on a daily basis. We won't always love our direct supervisors and at times our marriage, families, friendships and work relationships can bring

Lamey said. "The American College of Sports Medicine recommends 60 minutes of moderate to vigorous intensity six to seven days per week. Moderate intensity activity means you're moving enough to raise your heart rate and break a sweat, whereas vigorous activity means you're breathing hard and fast and your heartrate has gone up quite a bit."

Some examples of moderately intense activity include brisk walks, water aerobics, riding a bike, hiking, tennis, and even pushing a lawn mower. Examples of vigorous activities are jogging or running, swimming laps, riding a bike fast or up hills, playing racquetball or basketball.

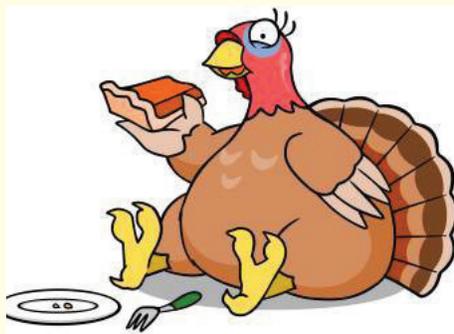
It doesn't have to be awful! Find things you enjoy doing and then go do them. It also helps to vary your routine, so you don't get bored and quit.

"Having a workout buddy also

motivates and keeps you on track," she said.

A good workout and nutrition buddy will cheer you on, encourage you, and help motivate you without allowing you to get down on yourself.

Lamey does have four weight



management secrets:

1. Set short and long-term goals and plan non-food rewards for each success.
2. Exercise first thing in the morning because this shows evidence of

a stress and a strain to our daily routines. However, my challenge to us all is to look for the good in others and try as much as it is possible to be thankful for them and to be a blessing in return.

I often tell the team that I work with that we all have our strange and subtle oddities, but as we work together to accomplish a common goal, we try and look at one another through the lens of 'not wrong, just different.' I sometimes tease my wife that after seventeen years of marriage I am astonished that she still hasn't learned how to put toilet paper on the roll correctly ... everyone knows it goes so that the tear is made OVER rather than UNDER! Her normal response is to give me 'the look' that communicates I may be skating on a thin layer of ice and then she patiently reminds me that it's 'not wrong, just different.'

So as we gather for holiday parties and Thanksgiving and Christmas dinners this year, my challenge for us all is to try and be patient with the family, friends and relationships around you. Try to be thankful for and find the best in them as they graciously tolerate our little idiosyncrasies as well. And as you gather around the table with the feast that is before you and your gaze stops at the plate of deviled eggs, try your best to remember that the way the chef garnished them is in fact 'not wrong, just different.' May God bless you this holiday season and fill your hearts with Thanksgiving cheer. 🍂

burning more calories.

3. Drink plenty of water every day for detoxifying and cleansing your body.
4. Making sleep a priority!

There are devices out there you can wear, too, which can help track calories burned, steps or miles walked, even sleep patterns. These devices can connect with your cellular phone and you can input and track data to help you meet and exceed your goals.

"Be gentle with yourself," she said. "Be patient with yourself. Keep your eye on the prize. Set realistic goals and remember every body type is unique! Journal everything."

If you'd like further guidance on setting dietary and exercise goals, choosing healthier meal swaps or establishing a plan, contact Shelley Lamey at 577-6817. 🍂

