



# PRO THE SPECTOR

Vol. 2 No. 20

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

Oct. 24, 2013



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**MARADMINIS**

Keep Yourself Informed

**A Letter Home**

Beirut Barracks Bombing  
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**Protect Yourself**

Cyber Security Awareness  
Month



Photo by Pfc. Samuel Ranney

Lance Corporal Samuel Ribeiro, adjutant clerk on Marine Corps Logistics Base Barstow, Calif., prepares to bowl, at the Desert Lanes Bowling Center here, Oct. 20. Active duty service members bowl for \$1.75 during regular hours and for free, every Thursday, from 6 to 7 p.m.

## On The Cover:

### Front Cover:

#### Photo by Carlos Guerra

Private First Class Amir Mohamed, administrative clerk on Marine Corps Logistics Base Barstow, Calif., uses a training shotgun to simulate detaining a suspect while under the effects of Oleoresin Capsicum (OC) spray here, Oct 21. Marines must be sprayed with OC and conduct fight-through drills as part of Security Augmentation Force training.

### Back Cover:

#### Photo by Lance Cpl. Norman Eckles

Lance Corporal William M. Kirk, customer support technician on Marine Corps Logistics Base Barstow, Calif., salutes the nation's colors during evening colors on base, Oct. 22. The duty noncommissioned officer and assistant DNCO of headquarters battalion here are responsible for conducting morning and evening colors on a day-to-day basis.

## THE PROSPECTOR

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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.

## On the web

### Website:

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

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# HALLOWEEN HAUNT

Thursday, October 24, 2013 | 5pm

Major General James L. Day  
Conference Center

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# Marine Corps Alcohol Screening Program

On December 12, 2012, Marine Administrative Message 709/12 was published to provide guidance on the implementation of the Marine Corps Alcohol Screening Program.

In the message, the implementation of the program went into effect Marine Corps wide on January 1, 2013. The purpose of ASP is to provide commanders an additional tool to identify Marines and sailors within their commands that are at risk for the adverse effects of alcohol abuse and misuse.

The message explains that the ASP will be administered by all commands currently executing the random urinalysis program.

Timing of alcohol breathalyzer testing in accordance to the ASP will be conducted by random unit testing throughout the year. However, commanders shall ensure that all Marines and sailors in their commands are tested twice per year.

On October 8, 2013, Marine Administrative Message 523/13 was published to provide additional guidance for the implementation of the new alcohol screening program reporting procedures. Alcohol Screening Program results will be reported via the Marine Corps Total Force System (MCTFS) and Headquarters Marine Corps ASP SharePoint site. Reporting will assist commanders in tracking ASP compliance by unit and individual.

Breathalyzer screening completion for each Marine and sailor will be entered in MCTFS via the training Management System within Marine On-Line or Unit Diary Manpower Integrated Personnel System (UDMIPS).

Marines will be able to view breathalyzer screening completion on their MCTFS training and education record. The Marines can also view the entry in MOL under personal information.

For more information about the Alcohol Screening Program reference MARADMIN 709/12 and 523/13, or speak to your unit's Substance Abuse Control Officer/Specialist.

## News Briefs

### Leave Share Program

The following is a comprehensive list of individuals currently affected by medical emergencies and are in need of leave donations:

**David Buell, Johnny Davis Jr., Kerry Eaton, Christopher Gregory, Jacqueline Griffin, Tyrone Wilford Holt, Danny Huff, Ernest Langford, Lisa Lucero, Nicole Miller, Tulu Niusulu, and Katrina Sanchez.**

Anyone desiring to donate annual leave under the Leave Sharing Program may do so by obtaining a leave donor application form from the Human Resources Office. Ensure completed forms are turned into HRO as well. For more information, contact Josie Marquez at 760 - 577 - 6481.

### Mardi Gras Parade

The annual Mardi Gras Parade will be on Oct. 26, on Main St. in Barstow, from 7 to 10 p.m.

### Health Fair

An open season Health Fair will be held Oct. 30. There will be two locations: on the Yermo Annex, from 8 a.m. until noon at Bldg. 574, and on the Nebo Annex, from 1 p.m. until 3 p.m., at Bldg. 375.

### L.I.N.K.S

Military spouses get together and discuss the military mission and its effects on them, the next meeting will be held Nov. 20, from 8:30 a.m. until 3:30 p.m., at Bldg. 375, the multipurpose room on base. This military 101 class can help service member's spouses acquire the knowledge and develop the skills to successfully meet this military lifestyle challenge.

### Free Turkey

Bowl three strikes in a row (a turkey), from Nov. 1-14, and receive a free turkey. This offer is available until the last turkey has been awarded.

### Playgroup

Playgroup is an opportunity for children and mothers to interact with each other in a fun and structured setting. It's for infants up to 5 years old, at the Desert View Housing Community Center, Oct. 25, Nov. 1, 15, and 22, from 9 to 11 a.m.

### Cooking Classes

From 9 a.m. to noon in Bldg 375, the multipurpose room, Nov. 4, Nov. 18, and Nov. 25.

### Stress Management

Basic stress management classes will be available just before the holidays. All MCLB patrons are welcome to attend, Dec. 4 -9, at 11 a.m.

### Energy Tip:

Activate your computer's sleep mode if you leave your desk for more than 30 minutes. This reduces electricity consumption to less than 5 percent of full power.

# GETTING THE PARENTS INVOLVED

Story and photos by  
Pfc. Garrett White  
Combat Correspondent

The Child Development Center on Marine Corps Logistics Base Barstow, Calif., held its quarterly Parent Advisory Board meeting at the CDC, Oct. 18.

The PAB is a way for parents to communicate with the CDC on any issues, complaints, or suggestions for the CDC program, said Kristi Baker, assistant director of the child development program here.

Marine Corps Order P1710.30E requires the CDC to establish meetings with the PAB quarterly, said Baker.

In the past, the CDC has had problems with getting parents to show up to the meetings, said Carey Carr, director of the children youth and teen program here. They tried different times, better advertisement, but nothing seemed to work.

Three to four times a year the CDC holds a family dinner, a separate event, for parents and children; this normally gets good attendance, added Carr. Seeing this as a good incentive to gain parent involvement with the PAB, the CDC decided to combine the family dinner with the PAB meetings.

This approach was a lot more successful, explained Carr, in the past,



*Child Development Center employees on Marine Corps Logistics Base Barstow, Calif., serve food to families of CDC patrons during the CDC's Parent Advisory Board meeting and family dinner, Oct. 18. To help boost attendance of PAB meetings, the CDC combined the PAB meeting with the family dinner, which usually gets a higher attendance rate.*

as few as a single parent would show up to the meetings; this time several parents got involved. Carr even had a parent sign up to be the PAB chairperson. This will facilitate coordinating future meetings between the CDC and parents.

In addition to combining the PAB meetings with the family dinner, the CDC also created a point system to encourage parent attendance. The more involved the parents are, the

more points they earn, explained Carr. The points add up to be used as discounts on their CDC bill.

Ultimately, the goal is to improve parent involvement and the CDC program as a whole, said Baker.

"We encourage parent involvement because it's better for the children to have their parents involved," said Carr. "Hopefully it (the PAB meetings) will bring in some good suggestions to improve the program."

## Implementation of Capstone

Marine Administrative Message 514/13 provides guidance on mandatory participation in Capstone for all Marines, except for those exempted by DTM 12-007, prior to separation or retirement. Effective on October 1, 2013, Capstone is mandatory to complete along with imposed transition assistance requirements. These requirements include: completion of pre-separation counseling, attendance at the Department of Labor Employ-

ment Workshop and attendance at the Department of Veterans Affairs.

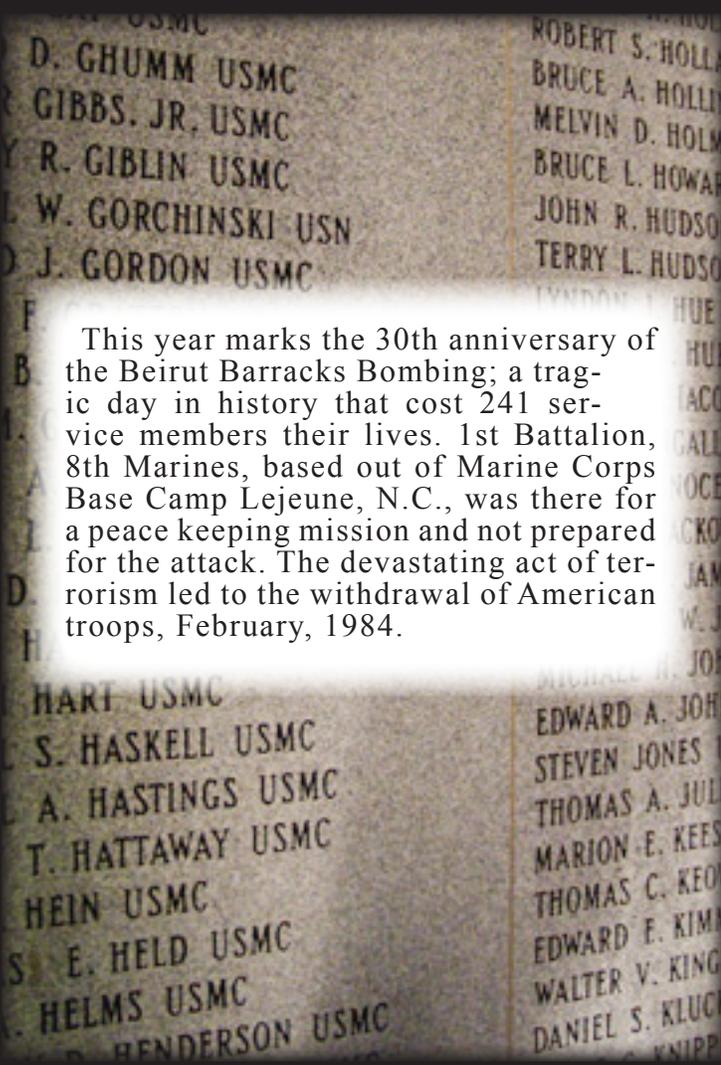
Capstone serves as the commanding officers verification that separating Marines meet career readiness standards and have a viable plan for transition to civilian life. All Marine Corps commanding officers of transitioning Marines will execute Capstone for all separating or retiring Marines.

All reserve component members who retire or separate after serving at least 180 continuous days of active duty

are required to participate in Capstone no less than 90 days prior to end of active service. Service members with the reserve component with less than 90 days of active duty remaining should begin the Transition Readiness Process and accomplish Capstone as soon as possible.

For more information about Capstone and transition assistance requirements, please speak to your career planner.

# 30th anniversary of



This year marks the 30th anniversary of the Beirut Barracks Bombing; a tragic day in history that cost 241 service members their lives. 1st Battalion, 8th Marines, based out of Marine Corps Base Camp Lejeune, N.C., was there for a peace keeping mission and not prepared for the attack. The devastating act of terrorism led to the withdrawal of American troops, February, 1984.



The above photos are Beirut memorials honoring the 241 service members killed in Lebanon, standing at the Marine Corps Base Camp Lejeune Memorial Gardens.

Dear mom,

I know I told you to not be worried when I said that we were only going to Lebanon on a peace mission. Unfortunately I was wrong.

I'm writing you from the burn ward of a hospital that I was flown here after the blast. If everything goes well, I'll be home in a few weeks. Don't be too worried though, I'm going to be able to fully recover from most of my injuries; unlike my buddies.

Yesterday was Sunday, so reveille wasn't scheduled. Instead of waking up in my barracks room in Beirut, I woke up in a large piece of concrete and debris of what used to be my barracks. Everything was completely leveled. I remember waking up in the hospital from all the burns; I couldn't feel anything below my waist.

A fellow Marine pulled me out from the debris. We were hit from artillery fire. My buddy said he was 100 feet in front of him from the clouds of smoke and fire. The blast and shock waves were cries for help from the rubble. I was covered in dust -- some in blood. It was all surreal.

There are a lot of rumors going around the hospital. My bunk mates said it was a suicide bomber problem. They were still sleeping when it hit ... higher-ups are saying it was since D-Day, the Battle of Iwo Jima during the war.

Tomorrow the Commandant, Gen. Paul X. Kelley, and the other officers are receiving Purple Hearts, but that won't bring them back. Aside from the 220 Marines who were killed, I will never forget the look on everyone's face, especially the look from the rubble.

The Marines of 1st Battalion, 8th Marines being sent home; I can't believe how many are gone and how long it will take to get them back ... or to get whoever is responsible for this.

This deployment wasn't supposed to be like this. I'm sorry for breaking my promise to you and miss you.

# the Beirut Barracks Bombing

October 24, 1983

... deployed, that I would come home safe, and  
... peace keeping mission during their civil war ...

... hospital somewhere in West Germany; I was  
... well, I should be returning home in a few  
... g to live and the doctors tell me that I should  
... a lot of my brothers.

... scheduled to sound until 6:30 a.m. However,  
... Beirut, I woke up covered and trapped under  
... ed to be our barracks ... the four-story build-  
... g up in complete shock and in a lot of pain  
... low my waist.

... is and carried me to safety. At first, I thought  
... it was total chaos and he could barely see 10  
... after the explosion. All he could hear after the  
... other Marines still trapped. Everyone was  
... real, kinda like a scene from a movie.  
... hospital about what actually happened. One of  
... pretending to be a delivery driver. Most of us  
... re saying this is the deadliest attack on Ma-  
... ng World War II.

... lley, will be visiting us. I think some of us  
... ng back my leg or all the brothers I lost.  
... 21 other service members were also killed. I  
... or the mounds of dead bodies being recovered

... came family while I have been away from  
... after a single day. I would do anything to get  
... ble for this.

... his, mom ... we were supposed to be peace  
... nise but I should be seeing you soon. I love

Love always,  
Your son



*This was a commentary written by Pfc. Samuel Ranney, a combat correspondent, to reflect on the tragic events that took place on October 23, 1983. This is not a Marine's actual account and was not written to express anyone's specific injuries, story or point of view. Information for this article was taken from [www.mcu.usmc.mil](http://www.mcu.usmc.mil), [www.cnn.com](http://www.cnn.com), [www.defense.gov](http://www.defense.gov), [news.google.com/newspaper](http://news.google.com/newspaper) and [www.history.com](http://www.history.com).*

# SAFEGUARDING INFORMATION IN THE DIGITAL AGE

Story by  
**Pfc. Garrett White**  
Combat Correspondent

In an age where a vast amount of information is easily accessible by anyone with an internet connection, safeguarding sensitive information is essential.

To help educate U.S. citizens on the importance of cyber security, both personally and professionally, October is recognized as National Cyber Security Awareness month.

Information is power, and the control and safekeeping of that information is critical, said Juan Rivera, installation information technology officer for Marine Corps Logistics Base Barstow, Calif.

"We (as users) have threats out there (who) would like to exploit our vulnerabilities," explained Rivera. "Our mission within the IT community is to mitigate those vulnerabilities, and prevent those vulnerabilities from being exploited."

IT technicians operate under three areas: confidentiality, integrity, and availability, said Rivera. Confidentiality is to ensure that information sent electronically is received by only those

who are meant to see it. Integrity is to ensure the contents sent have not been modified before being received. Finally, availability is to make sure that the networks and servers that hold the information are up and accessible by users who need them.

MCLB Barstow has several measures and controls in place to help maintain cyber security, said Preetika Celmer, information assurance manager and cyber security manager here.

"We (S-6 base communications) have a well-rounded program that covers information assurance training and awareness," explained Celmer. "We also cover physical security, certification and accreditation, encryption, and key management."

In addition to the hardware and software measures put in place by S-6, annual cyber awareness training is required by the Department of Defense to access government workstations, said Rivera. A lot of people don't take that training seriously and ignore most of the information they are given.

"If you have to do it . . . you might as well take advantage of the information," reasoned Rivera. "It's not there just for your safety, but the safety of the installation and the Marine Corps as a whole."

When at home people should adopt a similar

philosophy when managing personal identifiable information; just as much as they would sensitive government information, Rivera added. Social security numbers, dates of birth, even a mother's maiden name are all pieces of information that can be used to steal a person's identity, or otherwise harm their life.

The only real defense is to be informed, said Celmer. Being leery of what information is sent to whom, being able to spot the difference between a legitimate company and a scam when being solicited for personal information, and making sure any anti-virus or anti-spyware software running on the computer is up to date.

The S-6 has a monthly cyber security sense newsletter with tips and information on maintaining cyber awareness, said Rivera. In addition to that, us-cert.gov, ran by the Department of Homeland Security, has information on the latest online scams, computer viruses, and the latest methods to combat them.

"Cyber security is our shared responsibility and each of us makes a difference," concluded Celmer. "Let's be mindful in keeping cyberspace safe, so it remains an area of growth and opportunity for the future."

**Cyber Security**  
is everyone's  
responsibility...

**Protect your information**  
at home and at work!



- Don't click on links within pop-up windows - Pop-up windows are often a product of spyware, clicking on the window may install spyware software on your computer. To close the pop-up window, click on the "X" icon in the titlebar instead of a "close" link within the window.
- Choose "no" when asked unexpected questions - Be wary of unexpected dialog boxes asking whether you want to run a particular program or perform another type of task. Always select "no" or "cancel," or close the dialog box by clicking the "X" icon in the titlebar.
- Be wary of free downloadable software - There are many sites that offer customized toolbars or other features that appeal to users. Don't download programs from sites you don't trust, and realize that you may be exposing your computer to spyware by downloading some of these programs.
- Don't follow email links claiming to offer anti-spyware software - Like email viruses, the links may serve the opposite purpose and actually install the spyware it claims to be eliminating.

# *EFMP Respite Care*

The Respite Care Program is one of the many additional programs offered through the Exceptional Family Member Program. This service provides short-term or temporary care of the EFMP member, so the regular caregiver(s) may have some time off.

EFMP respite care is a program that provides temporary rest periods for family members responsible for regular care of persons with disability who meet EFMP criteria.

This program is intended only for families enrolled in the EFMP program.

Care may be provided in the user's home, a Family Child Care (FCC) home or a Child Youth and Teen Program.

Marine Corps Child Development Centers, School Age Programs, certified Family Child Care providers (depending on insurance coverage), and Youth Centers may be used for hourly-drop-in care when EFM children/youth are enrolled in Child, Youth and Teen programs. Respite care cannot be provided for full-time or part-time care. Specialized "one-on-one" care is not provided by Child, Youth and Teen program staff.

An installation can use EFMP respite care funds to provide child care for siblings of the EFM undergoing surgery or treatment for a serious medical condition.

Effective October 1, 2013, the following changes will be in effect:

1. EFMP enrolled Marines with Level of Need (LoN) three or four EFM will continue to be eligible for respite care.
2. Marines with a LoN one or two EFM will no longer be eligible to use respite care.
3. Age typical sibling reimbursement will no longer be included in the reimbursement formula.
4. Adult EFMs will no longer be eligible for reimbursement for their age typical children.
5. Total respite care hours will be reduced from 40 hours per month, per family to 20 hours per month, per family.
6. Adult EFMs who are LoN four will remain eligible for respite care for themselves.

For more information on the Exceptional Family Member Program, contact Deborah M. McGough, the Marine Corps Logistics Base Barstow EFMP manager at 760-577-5854.



## EXCEPTIONAL FAMILY MEMBER PROGRAM



# FITNESS CORNER WITH SHELLEY LAMEY, SEMPER FIT DIRECTOR

## WEIGHT GAIN, FOOD CONSUMPTION, CALORIE INTAKE

It's no surprise that a person gains weight if they dine out often, or eat a lot of fast food -- constantly taking in empty calories.

The average woman requires approximately 1800-2200 kilocalories and the average man about 2400-2800 Kcals. Of course, this depends on activity level. There are also formulas to determine just how much fat, protein and carbohydrates a person should have for their age, gender, body-type and activity level.

One pound of fat is equivalent to 3,500 calories.

Imagine having a breakfast burrito at Del Taco at 1220 calories, this would be about half of a person's recommended daily calorie intake. Or instead, a McDonald's deluxe breakfast with a regular biscuit at 1320 kcals, it only goes up hill from there. If for lunch you eat the Six Dollar Burger (1060 Kcals) at Carl's Junior then add fries (610 Kcals)

and a drink (600 kcals), you have already consumed well over 3,500 calories before dinner. One could easily gain that one pound of fat (3500 kcals) before even going out to Red Lobster for dinner. Also keep in mind; restaurants use many fats, lards, oils, butters, sugars, salts, etc., to make their food tasty. Typically, consumers could be ingesting a 4000-5000 calorie meal without counting an appetizer or drinks. In one day, a person could potentially consume 8000-9000, or even more calories! Your calorie intake as a woman is 1800-2200 Kcals or for a man, 2400-2800 Kcal per day ... where does it all go? On your body!

**10** Weight loss pure and simple

is calories out (what you expend with exercise) being greater than calories in (what you eat and put into your body.) This is also why so many people have such a difficult time losing the weight, and why it seems to come on so quickly. People tend to take up any and every diet that promises them quick, two-week weight loss plans to lose all the weight they have gained over the months or even years. However, it takes approximately three months to change your metabolism. The body knows when it has been fooled with



water and grapefruit diets, or just protein without complex carbohydrates (which feed the brain, organs and provide fuel for your muscles.) Also, if a person dehydrates themselves and sits in the sauna every day with three layers of sweats on, they will not increase their metabolism, build muscle or lose fat. In fact, dehydrating your muscle cells causes a great deal of trauma to your muscle tissue and you only lose water weight ... which is vital to your health. Water flushes out toxins and helps with maintaining a healthy digestive tract by cleansing the organs.

When we deplete our body of the vital nutrients and minerals provided in real food, we mess with the optimal

functions of our body systems as well as our metabolism. In fact, we slow it down even more because it goes into panic mode, unsure of why we are starving ourselves with survival nutrients.

One of the best ways to start making changes "TODAY" is to be accountable and mindful of everything you do and put into your body. This doesn't mean you cannot enjoy a pizza with your friends or a piece of birthday cake with your daughter; it means taking a good hard look at where you are and where you want to be to make a conscious decision to increase your life span and quality of life. Keeping a log book of each and everything you consume and what you do for exercise will be a reality check of where the weight is coming from.

Another problem, besides weight gain, unwanted pounds and not fitting into the clothes we want, are lifelong ailments and illnesses. Such as those that come with high blood pressure, high blood cholesterol, high levels of sodium invoking bloating and hypertension, diabetes, excess belly

fat which causes increased risk for stroke, decreased blood circulation, lethargy, poorer sleeping patterns, poor digestion, increased risk for cancer ... and the list continues.

Exercise is Medicine and can lower your blood pressure and risk of heart disease. It can also increase endorphins in your brain which help with stress, keeping a positive attitude, metabolism, sleeping patterns, physiological and psychological improvements, lower body fat, more increased lean muscle tissues ... etc.

For more information, tips, nutrition or workout plans, see Shelley Lamey at the Fitness Center on Marine Corps Logistics Base Barstow, Calif.



*Jackets, coats, and sweaters are on display and being sold 50 percent off at the Navy Marine Corps Relief Society Thrift Store on Marine Corps Logistics Base Barstow, Calif. The sale on winter clothing will be going on through October and November.*



**Get your last minute Halloween costume at MCLB Barstow's Thrift Store for 50 percent off; while supplies last.**

MCLB Barstow's thrift store, located in warehouse 3, is open on Mondays and Wednesdays, from 11 a.m. until 1 p.m. It will be open on Saturday, November 16 and every second Saturday of each month to follow. Volunteers are needed ... if interested, or want more information on upcoming sales, stop by the base thrift store or call 760-256-0444.

## Marine Corps Enlisted Voluntary Separation Pay Program

**M**arine Administrative Message 519/13 provides guidance on the National Defense Authorization Act for fiscal year 2013, granting service members the option of voluntary separation.

The Marine Corps is authorized to offer VSP to active duty Marines with 6-20 years of active duty service during fiscal year 2014. The VSP program supports service-wide force efforts, it is not an individual entitlement, and each request will be considered based on the needs of the Marine Corps.

Currently, active duty staff sergeants (E6) in the following Military Occupational Specialties are eligible: 0369, 0481, 0619, 0629, 1361, 2146, 2311, 2862, 5524, 6074, 6112, 6152, 6172, 6174, 6212, 6252, 6322, and 6469. All active duty service members with the rank of gunnery sergeant (E7) in the following MOS's are eligible: 0161, 6112, 6152, 6172, and 6322.

Additionally, all Marine Staff Sergeants (E6) of any MOS who

have failed selection for promotion to E7 at least one time are eligible to apply. Marines who requested non-consideration for promotion are not eligible for VSP.

Marines who VSP, must agree to serve three years in the Individual Ready Reserve. However, Marines need to be aware while voluntarily serving on active duty with the SMCR, serving on active duty for operational support orders, or serving in the active reserve, for 180 consecutive days or more, would require full VSP recoupment.

Requests to participate in the VSP program will state that each Marine is a volunteer for the program and has been counseled on foregoing the benefits of an active duty and reserve retirement.

For more information about the VSP, please speak to your career planner.

