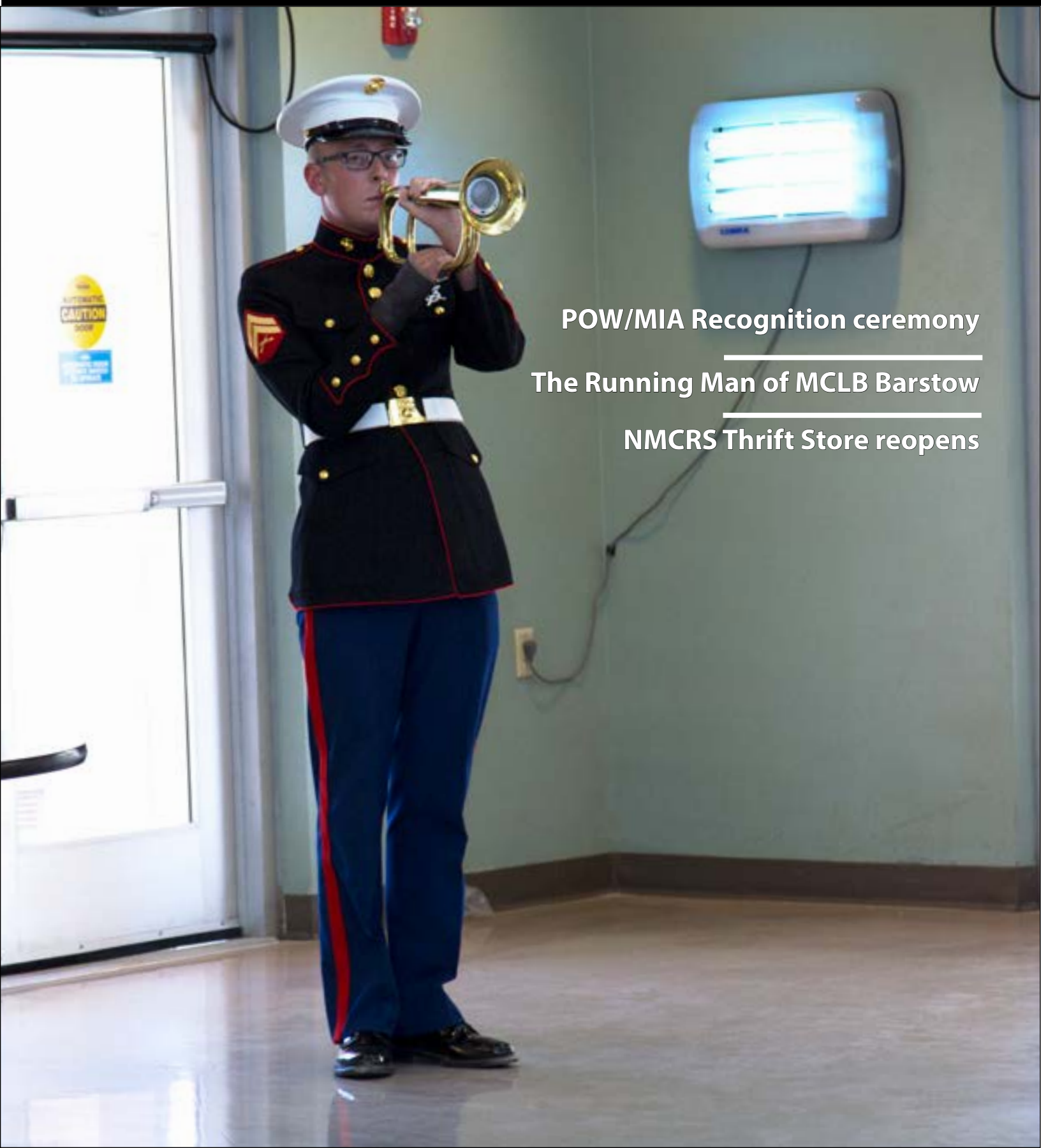


# THE 75<sup>TH</sup> PROSPECTOR

Vol. 6, No. 18

Serving the Corps for 75 Years  
Marine Corps Logistics Base Barstow

September 28, 2017



**POW/MIA Recognition ceremony**

---

**The Running Man of MCLB Barstow**

---

**NMCRS Thrift Store reopens**

## On The Cover:

### Front Cover: Keith Hayes

*Corporal Austin Sorrenson, supply, Marine Corps Logistics Base Barstow, sounds the traditional "Taps" on the bugle during the POW/MIA Recognition Ceremony at the California Veterans Home Barstow, Calif., Sept. 15.*



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: vacant  
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.

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.

# OCT 2017

## Domestic Violence Awareness Month

### Schedule of Events

**Where is the Ribbon**  
Purple Ribbon Scavenger Hunt throughout the month of October. Find the Ribbon and take it to Building 129 for a Prize!

**Oct 3rd and Oct 17th, 6:30am—9:30am**  
Information Bag Distribution at NEBO Main Gate

**Oct 11th, 8:30 am—10:30am**  
Mildred Mohammed at the Major General James L. Day Center

**Oct 19th, 1:30pm-3:30pm**  
Domestic Violence the Musical at the Major General James L. Day Center

**Oct 26th, 3:30pm-6:00pm**  
Survivor Walk at the Major General James L. Day Center

**Oct 30th, 7 pm**

Candlelight Vigil at the MCLB Community Center

**For More Information Call: (760) 577-6533**

## 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)





# MILITARY VEHICLE PRESERVATION ASSOCIATION

## MVPA 2017 Route 66 Convoy and Vintage Vehicle Display

**MCLB Barstow**  
**12 October 2017**  
**10 a.m. to 12 p.m.**  
**MCLB Parade Deck**



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

## Contents



**POW/MIA  
ceremony**

**5**



**NMCRS Thrift  
Store opens**

**9**



**The Running  
Man of MCLBB**

**6-7**



**October is  
Energy Action  
Month**

**10**



**L.I.N.K.S.  
aboard MCLB  
Barstow**

**8**



**Fire Prevention  
Week grilling**

**11**

# News Briefs

**Commanding Officer's  
Annual Safety Awards & VPP  
Recognition Event  
Maj. Gen. James L. Day  
Conference Center  
Bldg. 38  
Thurs. Sept. 28  
1-3 p.m.**

This recognition day will provide formal recognition to the base operations organizations that have maintained an outstanding safety program and recognize those departments that were directly involved in the day to day execution of VPP aboard the base. The event will also celebrate our achievement of being recertified as a VPP Star Site for a second time by the Occupational Safety and Health Administration. The CO will be presenting plaques for the Commanding Officer's Safety Excellence Award, Commanding Officer's Safety Achievement Award, and Commanding Officer's Special Recognition Award. VPP team members and Collateral Duty Safety Officers will also be recognized for their contribution to the base's safety and VPP successes.

**Play Morning  
McTureous Hall  
Bldg. 218  
Fri. Sept. 29  
9 a.m.**

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

4

**Baby Boot Camp  
Desert Housing  
Community Center  
Wed. Oct. 18  
9 - 11 a.m.**

Join the New Parent Support Program for expecting moms and moms of children ages 0-18 months for information on diapering, bathing, health and safety, soothing a crying baby, infant growth and development, infant care and oral health. Children are welcome! For more information call 577-6533.

**Auto Skills Center  
Bldg. 375  
2nd & 4th weekend for the  
month of September  
Fri. 10 a.m. - 6 p.m.  
Sat. 8 a.m. - 5 p.m.**

Whether you're looking to repair, restore or customize your auto, the Auto Skills Center offers everything you could possibly need. On-site services include: vehicle on-board diagnostic testing/scanning available, waste antifreeze, oil and batteries accepted for recycling, bay rentals, tire mounting and balancing, and hand tools.

Owners assume all risk associated with any work requested. Auto Skills Center personnel are not liable for damage to vehicles or vehicle parts. Children under 13 years of age are not permitted in the work area.

**Leave Share Program**

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

**Costilla, Yvette**

**Wabindato, Joshua**

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

**Yoga Classes  
Semper Fit Gym  
Tues. & Thurs.**

**11:30 a.m. - 12 p.m.**

Yoga is a system of breathing practices, postures and meditation intended to integrate the body and mind to restore flexibility and promote calmness. Classes are \$3 drop-in or you may purchase a monthly pass for \$25. For more information call 577-6898.

**Screens and Strikes  
Family Movie Night  
Desert Lanes Bowling Center  
Fri. Oct. 13  
5 - 7 p.m.**

We'll be watching the family friendly movie "SMURFS The Lost Village." For more information contact Desert Lanes Bowling Center at 577-6264 or visit [www.mccsbarstow.com/bowling/](http://www.mccsbarstow.com/bowling/).

## Energy Tip

Seal all leaks around doors, windows, and electrical outlets.

Heat from your home escapes out of these cracks. By sealing these leaks, you can save up to 20% on your heating bill, and the cost of materials is typically under \$20.

Fall is the best time to clean the chimney and get vent systems checked.

Pipes must be properly connected and there should be no signs of rust or damage.

If you are thinking of replacing your furnace, consider getting one that's rated 90% or higher in efficiency. For a minimal cost, you can upgrade the insulation in your exterior walls, crawlspaces, basements and attics. Insulation may come in batts or loose fill, which can be blown into place and get those hard to reach places.



# POW/MIA Recognition ceremony

Story and photos by: Keith Hayes  
Public Affairs Specialist



*First Sergeant Neil Roselli, first sergeant, Headquarters Company, Marine Corps Logistics Base Barstow, Calif., explains the purpose of the Missing Man Table during POW/MIA Recognition Ceremony held at the Veterans Home of California Barstow, Sept. 15.*



*The Walking Color Guard from Marine Corps Logistics Base Barstow, Calif., posts the colors during the Pledge of Allegiance led by Teresa Rochester, Public Information Officer, California Veterans Home Barstow, during the POW/MIA Recognition Ceremony, Sept. 15.*



*Captain Kendall Ignatz, commanding officer, Headquarters Company, Marine Corps Logistics Base Barstow, Calif., relays the history of POW/MIA day and America's commitment to accounting for everyone who fought in our nation's battles. Ignatz spoke at the Prisoner of War/Missing in Action Recognition Ceremony at the California Veterans Home, Barstow, Sept. 15.*

# Meet The Running M

**Story and photo by: Laurie Pearson**  
Public Affairs Specialist

You may not know his name yet, but you have probably seen Abel Chavez, a heavy mobile equipment mechanic, at Marine Depot Maintenance Command's Production Plant Barstow located on the Yermo Annex aboard Marine Corps Logistics Base Barstow.

Nicknamed "The Running Man" by friends, family and strangers alike, he can be seen on his twice-daily runs on his lunch break around the Yermo Annex, or around Barstow after work and on his days off from work.

"I started running when I was about 16 years old," Chavez said. "I wanted to lose a few pounds, and I just kept running."

At approximately 5 feet 11 inches tall, he said he weighed in at about 245 pounds and just didn't like the way he looked and felt. Now he is a lean 165 pounds and runs about eight miles per day.

"That's actually short," he said with a grin. "At my peak, when I was doing marathons, I was running 16 to 20 miles per day. I was putting in 100 miles per week at least."

Note that he said "marathons." Plural. Chavez has participated in six marathons, 10 half marathons and so many 10 kilometer runs that he can no longer remember exactly how many.

"I don't like doing 5Ks though," Chavez said with another grin. "They're too short. I'm just getting into it and it's over. I'm just getting going at the two or three mile mark. Running calms me. I'm really mellow and it takes a lot for that to change."

At work or at home, he said he is a creature of habit.

"Abel has excellent work ethics," said Rick Noonan, Heavy Mobile Equipment supervisor.

"He also serves as our main driver for vehicles that need to go to the test track. He

is very dependable and very skilled at what he does."

Chavez said that people can set their clocks by his routines.

"I like routine," he said. "If it's a work day, you know exactly when and where I'll be. Even on my days off, I'm up at 4 o'clock in the morning and out running by 5 o'clock. If I don't run, I don't feel right."

He has worked for PPB for 13 years, and from day one, he said that he started his lunch runs, and now people expect to see him.

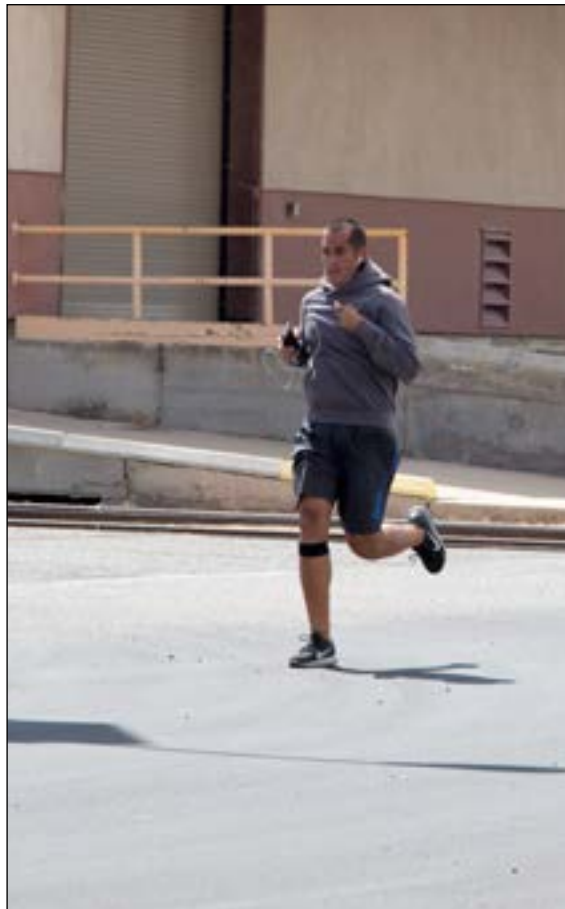
"If they don't see me running, then I get people checking on me," he said. "Are you okay?" they ask. 'We didn't see you today.' Every single day, at 11:30, I'm out the door running."

His loop at lunch is out the PPB gates, around the base, by the fire department and railway operations, then back to PPB. Once home, his route depends on his mood or conditions, but he likes to run all over his home town of Barstow.

"I know all of the routes down to the mile and minute," he said. "I know that if I'm leaving my house to go on a specific route, I'll be at each location at a specific time and I don't even have to look at my watch."

At 33 years of age, Chavez said that 17 years of running have taken a

toll, though he hasn't suffered serious injuries. Most of his injuries have been to his calves or Achilles Tendons which, with rest, ice and other common home remedies, he has healed fine. Most of those injuries have occurred after a marathon, but he also coaches girls' softball for the city of Barstow and sometimes coaching gets



*Abel Chavez, aka "The Running Man," runs for fun and health during his lunch hour around the Yermo Annex of Marine Corps Logistics Base Barstow, Calif. Chavez works as a heavy mobile equipment mechanic at Production Plant Barstow. He started running at age 16 to lose a few pounds and to get in shape. Chavez said he slimmed down from 245 pounds to 165 pounds by running in marathons, half marathons, and 10-kilometer events. At one point in his running career he was averaging 16 to 20 miles a day.*



# Man of MCLB Barstow

a little rough. He said he has tried other forms of exercise, but they just didn't feel right to him.

"I even bought a really nice bike," Chavez said. "Someone said it would help prevent injuries. I just didn't like it. I need to run."

The longest distance he has run in one session is a whopping 27 miles. He was preparing for a marathon and just wanted to be really sure that he could do it. A marathon is 26.2 miles. That's 26.2 miles of running at a decent pace.

"My best marathon pace was 6:57 minute miles," he said. "My best half marathon pace, though, was 6:24 minute miles."

All of his running has inspired others to do the same. He said his brother, 36 year old Larry Chavez began running more out of brotherly competition.

"He couldn't stand me being faster," he said. "Now it's a way of life."

He added a brotherly jab, though, saying "the most he's done though are 10Ks."

Both of their wives run daily, as well.

"My wife, Christina, puts in probably four miles per day," Chavez said with a note of pride.

To keep up with his metabolism, he eats constantly throughout the day.

Consuming up to 3,000 calories per day, he wakes up and drinks a protein shake first. His lunch is a salad, and his dinner is another salad with chicken. Throughout the day his snacks are trail mix and two to three protein bars.

"I don't like other vegetables though," he smirked. "I like salad greens, but not peas, or broccoli and stuff like that. My wife actually eats better than I do in that regard. She makes sure she gets all of her vegetables and changes things

up. I'm a man of routine, like I said. If I was training for a marathon though, I ate spaghetti every day for two weeks before the race."

He said he thinks of food as fuel and the same with water. Although he does not normally run with a hydration pack or bottle of water unless it's a really hot day, he drinks nearly a gallon of water per day to ensure that he stays hydrated.

"If it's 90 degrees or higher then I'll take water with me," he explained.

His advice for people interested in taking up running is two-fold. First he changes his running shoes out every month. Yes, he goes through twelve pairs of running shoes per year, and he personally prefers Nike.

## Why the Olympic Marathon is 26.2 miles

In a nod to Greek history, the first marathon commemorated the run of the soldier Pheidippides from a battlefield near the town of Marathon, Greece, to Athens in 490 B.C. According to legend, Pheidippides ran the approximately 25 miles to announce the defeat of the Persians to some anxious Athenians. Not quite in mid-season shape, he delivered the message "Niki!" (Victory!) then keeled over and died. For the 1908 London Olympics, the course was laid out from Windsor Castle to White City stadium, about 26 miles. However, to locate the finish line in front of the royal family's viewing box, an extra 385 yards (or 0.2 miles) was added inside the stadium. It took 13 more years of arguing before the International Amateur Athletic Federation (IAAF) adopted the 1908 distance as the official marathon. In fact, of the first seven modern Olympics, there were six different distances.

Information courtesy of Live Science. com.

His other advice is to take things slowly. One of his methods to increase his performance was to follow some advice he picked up in Runners' World magazine several years ago, and use interval training.

"The way I started was I'd run two minutes, walk one minute until I got up to a mile," he explained. "Then I extended that out to a 3:1 ratio. I worked up to being able to run a mile straight. Now if I'm training for speed, I will run 3/4 of a mile at a 5:30 pace, then I jog for one lap and repeat for three miles."

Now he puts on his earbuds, fires up the Hip Hop music, laces up his Nikes, and hits the road.

"I have to have music," he said with a smile. "I can't hear myself breath. Music gets me out of my head and into my rhythm."

Be sure to wave if you see The Running Man, as he continues to put in the miles on base, or on the streets of Barstow.



# L.I.N.K.S. celebrates milestone at MCLBB

**Story by: Ashley Ignatz**

Marine Corps Family Team Building

**Photo by: Keith Hayes**

Public Affairs Specialist

Marine Corps Family Team Building (MCFTB) hosted a Family Readiness Celebration in honor of the Lifestyle Insights, Networking, Knowledge and Skills program's 20th anniversary and the grand opening of building 126. More than 60 people attended the event, which featured a ceremony, guest speaker, refreshments, networking, and children's activities aboard Marine Corps Logistics Base Barstow, Calif., Sept. 14.

The L.I.N.K.S. program was founded by a group of spouse volunteers in 1997 to empower new and young Marine Corps spouses. L.I.N.K.S. achieves this by providing participants with the information and tools necessary to thrive in the military lifestyle. The program has evolved over the past 20 years and now offers workshops for Marines and their spouses, children, teens, parents, and extended family members.

L.I.N.K.S., akin to a Marine Corps 101 workshop, covers topics ranging from the history and traditions of the Corps to separation and deployment. The program teaches participants relevant skills, such as how to read a Leave and Earnings Statement, and also offers insight into the process of moving in the military. The Maze is a section of the program that provides an overview of the different benefits, privileges, and resources that are available to Marine Corps families.

The L.I.N.K.S. program aboard MCLB Barstow has the unique opportunity to include insight from other military branches and families with base access who are invited to participate in the activities and workshops.

Elizabeth Braun, Marine Corps Community Services administrative assistant, has been a Marine Corps spouse for two years and completed her first L.I.N.K.S. for Spouses training in May.

"It provides a comfortable environment to discuss the Marine Corps with other spouses," she said. "Hearing their personal stories makes the course content more relatable and provides comradery." Braun was one of more than 30

individuals who participated in L.I.N.K.S. last year.

Chief Warrant Officer 3 Jose Maynes is Headquarters Company's Family Readiness Officer and an advocate of the program. "L.I.N.K.S. is valuable to the Marines and their families," he said. "It allows people of different backgrounds to gather in one location and share their life experiences."

The Family Readiness Celebration also marked the grand opening of Marine Corps Family Team Building's new training space. Building 126, formerly the location of the School Liaison Program, is tucked behind the base Chapel on James L. Day Street. The building was vacant for more than a year and is now home to MCFTB and Families OverComing Under Stress (FOCUS). These programs previously hosted workshops and events at the Hobby Shop, which was converted to the Active Duty Recreation

Center last spring. MCFTB and FOCUS will now use the new training space in Building 126 to offer workshops, training, and social events. The space is also available for base patrons to utilize.

Jesica Grow, the FOCUS Resilience trainer, frequently collaborates with MCFTB and participated in the L.I.N.K.S. program at Barstow. "It's a great opportunity for spouses to connect with others who understand the unique lifestyle of the Marine Corps," Grow said. "As a provider, L.I.N.K.S. has helped me better

understand the history and culture of the Marine Corps and I am proud to be able to serve military families."

In addition to L.I.N.K.S., MCFTB offers a variety of other training, including workshops that focus on life skills and family readiness. The next workshop, Interpersonal Communications, will take place on Oct. 12, 2017, at 9 a.m. at Building 126. This educational, interactive workshop aims to increase participants' competence in using effective communication skills and promote healthy relationships. Interpersonal Communications is open to all base patrons.

For more information about this training, L.I.N.K.S., or reserving the training space in building 126, contact the MCFTB trainer, Ashley Ignatz, at (760) 577-6675 or [ashley.ignatz@usmc-mccs.org](mailto:ashley.ignatz@usmc-mccs.org).



*Lifestyle, Insight, Networking, Knowledge, and Skills, L.I.N.K.S., offers Marine Corps and Navy spouses and families tips and resources in to how to cope with a military lifestyle. L.I.N.K.S. is now located in building 126 behind the Marine Memorial Chapel aboard Marine Corps Logistics Base Barstow, Calif.,*





# NMCRS Thrift Store reopens

**Story and photos by: Keith Hayes**  
Public Affairs Specialist

**T**he Navy Marine Corps Relief Society Thrift Store is once again open on Marine Corps Logistics Base Barstow.



*Marine Corps dress blues and other uniform items can be purchased at the Navy Marine Corps Relief Society Thrift Store for a fraction of their original cost. The Thrift Store reopened in Warehouse 3 aboard the Nebo side of Marine Corps Logistics Base Barstow, Calif., Sept. 15. Proceeds from the Thrift Store help the NMCRS to offer such services as travel loans to military personnel who have to return home on emergency leave, or military households affected by a devastating natural event.*

Located at the south end of Warehouse 3 aboard the Nebo side of the base, the Thrift Store offers bargain basement prices on a range of goods from toys up to Marine dress blue uniforms.

Christina Richards was at the reopening ceremony September 15, browsing through the large selection of donated goods.

"I like this place. It's very roomy," she said. "I'd be surprised if I only found one thing I wanted to buy."

Ruby Adams, base safety office, said she was shopping for some pet-related products.

"I'm getting a pet feeder and a chew toy for my dog Layla, she's a Chihuahua mix," Adams said. "It's been a while since I've been to the Thrift Store on base so I thought I'd

come in and support the facility."

As explained on the NMCRS website at <http://www.nmcrs.org/> the proceeds from the Thrift Store help provide a variety of services for Marines and Sailors including financial assistance and counseling, Quick Assist loans, education assistance, health education and post-combat support, emergency travel loans, disaster relief and budget advice for service members.

The website also relates the history of the NMCRS:

"In 1904, several Naval officers, wives of Naval officers, and civilian friends saw the need for more formal and organized assistance. The Society was incorporated on January 23 of that year. Initial funding came from the proceeds of the 1903 Army-Navy Football Game held at Franklin Field, Philadelphia, Pennsylvania. In its first year, the Society gave \$9,500 to widows and families of enlisted men."

In its 113-year-old history the NMCRS has not wavered in meeting its basic mission:

"To provide, in partnership with the Navy and Marine Corps, financial, educational, and other need-based assistance to active-duty and retired Sailors and



*Christina Richards displays a pair of baby shoes she found at the Navy Marine Corps Relief Society Thrift Store. Richards joined about a dozen other base employees at the Thrift Store's location at the south end of Warehouse 3 aboard Marine Corps Logistics Base Barstow, Calif., Sept. 15.*

Marines, their eligible family members, and survivors."

According to the organization's financial records available on its website, the NMCRS distributed nearly \$66 million in 2016. For hours of operation of the Thrift Store call Gunnery Sgt. Justin Kratzer, the base representative for NMCRS, at (760) 577-6194. 🦖



*Customers and well-wishers file in to the Navy Marine Corps Relief Society Thrift Store, Sept. 15. Located at the south end of Warehouse 3 aboard the Nebo side of Marine Corps Logistics Base Barstow, Calif., the proceeds from the thrift store go to benefit Marine and Navy families in need of additional resources.*

# October is Energy Action Month



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

As part of their focus on Energy Action Month throughout the month of October, Public Works will be distributing information and hosting events to increase awareness and provide ways to save energy aboard Marine Corps Logistics Base Barstow.

“Energy Action Month takes place each October,” said Anthony Mesa, energy manager. “Like every year, the goals of Energy Action Month should not only be to increase one’s awareness about energy consumption and efficiency but it should also include developing habits in energy saving actions.”

Good energy action habits will lead to increased energy resilience and overall reduced costs to the government, he explained.

“This responsibility is on every Marine, Civilian Marine and their families,” Mesa said. “Marines are reliable, resilient, and efficient warfighters, constantly responding to threats and continuing to drive the mission forward. Our energy sources should be the same.”

Some energy habits include:

- Turning off lights rather than wasting electricity lighting empty rooms.

- Keeping windows closed so that resources don’t fly out the window.

- Washing clothes in cold water rather than hot water which isn’t necessary. Heating and air conditioning responsibly. Heating and air conditioning make up about 1/3 of Marine Corps facilities’ energy consumption.

- Preventing “vampire energy consumption.” Power down or unplug electronics when not in use because electronic devices consume electricity even when they are not in use.

Through a series of upcoming projects included in an Energy Savings Performance Contract which will be awarded soon, MCLB Barstow’s personnel and families continue to do their part in responsibly using energy. Some of the projects within this contract include installing additional light-emitting diode, or LED, lighting and sensors, increasing heating, ventilation and air conditioning (HVAC) controls, optimizing compressed air and installing 1,477 kW of additional solar photovoltaic panels.

“Projected electric energy savings under this ESPC is 6,790,643 kWh per year,” said Lt. Commander Jeffery Patton, Public Works officer. “Ultimately, it takes everyone to make a difference so please do your part – take action to reduce energy waste and increase energy resilience.”

For more ways to save energy visit [www.energy.gov](http://www.energy.gov)







**EVERY SECOND COUNTS**

PLAN **2** WAYS OUT!™



**FIRE  
PREVENTION  
WEEK**

OCTOBER 8-14, 2017

[firepreventionweek.org](http://firepreventionweek.org)

# Fire Prevention Week

## **SAFETY STAND DOWN AND BBQ**

### *VPP and Safety Information*

**Thursday 12 October 2017  
1100 to 1230  
Nebo Fire Station - Bldg 18**

#### **BBQ**

Hamburger, Hot Dog  
Chips & a Drink  
\$5.00 a plate  
All Proceeds go to  
Marine Corps Ball



#### **Tickets**

Paul or Michelle 577-6093  
Shanna or Danielle  
577-7039  
Joann 577-5423  
Sgt Wolef 577-6342

**Everyone is invited to attend**

**OCT 11th, 2017**  
**Domestic Violence**  
**Awareness Month**



**Guest Speaker**  
**Mildred Muhammad**

For More Information Call: (760) 577-6533

**Major General James L. Day Conference Center**  
**8:30-10:30 AM**

Author of *Scared Silent* & ex-wife to the  
infamous D.C. Sniper

**Don't miss her story of triumph over Domestic Violence!**



[MCCS Barstow.com](http://MCCS Barstow.com)

