



Dig and Haul clean-up underway **2018 Consumer Confidence Report Top SNCO speaks at Resource Fair** 



## MCLB Barstow July 7, 2019

A patriotic themed show aimed at Honoring our Military.

5 to 9 p.m. on Sorensen Field Festival at 5 p.m. - Band starts at 6 p.m. Bring lawn chair or blanket!

For more information call 577-5821

## **On The Cover:**

#### Front cover by: Robert Jackson

Sparkles the Clown takes time to do some arm and face painting for the children during the annual Summer Reading Program Kick-off at the Base Library June 4. Sparkles, Lauren Crosthwaite from Temecula, Calif., also performed a magic and bubble show much to the delight of the children and parents who turned out for the event. You can still sign-up to join the MCLB Barstow Library's 2019 Summer Reading Club, which goes until Aug. 4 and is opened to all ages.



Marine Corps Logistics Base Barstow, California Colonel Craig C. Clemans, commanding officer Sgt. Maj. Sergio Martinezruiz, base sergeant major

#### **Communication Strategy and Operations Office**

CommStrat Officer: Rob L. Jackson CommStrat Planner: Keith Haves CommStrat Chief: Laurie Pearson Editorial Assistant: Julie Felix Visual Information Chief: Jack Adamyk Graphic Specialist: Cheri Magorno

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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





## Berger confirmed as 38th Commandant of the Marine Corps

Lt. Gen. David H. Berger, Commanding General, Marine Corps Combat Development Command and Deputy Commandant for Combat Development and Integration, was confirmed by the Senate for his fourth star to the rank of general, and as the 38th Commandant of the Marine Corps (CMC) June 5.

Berger will replace Gen. Robert B. Neller, who has served as Commandant since August 2015.

The change of office ceremony will be held in July at Marine Barracks, Washington.

Berger, 59, hails from Woodbine, Maryland. He graduated with a bachelor's degree in engineering from Tulane University in 1981. Berger also holds a Master of International Public Policy from Johns Hopkins University School of Advanced International Studies, and a M.S. in Military Studies.





**Official USMC Photo** 

## Got news? Call us! (760) 577-6430 Contents **Environmental Triumph over** clean-up underway 5 tragedy Top SNCO 2018 Consumer speaks at Confidence 6-7 11 **Resource Fair** Report June events **Ketamine for** 12 acute pain 8 Calendar

## **News Briefs**

## Leave Share Program

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

Jones, Anna

Pederson, Gerald

Hernandez, Cindy

Zepeda, John

Costilla, Yvette

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

## Honor Flight Workshop Victorville City Hall Conference room D June 20

### 6 p.m.

The City of Victorville will be hosting a community workshop with Honor Flight Inland Empire that will showcase opportunities for local Veterans to visit the war memorials that were designated to honor their heroism.

Honor Flights provide round trip, all-expenses-paid tours to Washington, D.C., for military Veterans as a way to honor their service to this country. The Honor Flight network has made it possible for more than 150,000 Veterans to visit our country's war memorials.

High Desert Veterans, we invite you to join us and learn how you can participate in a future Honor Flight and share special memories with fellow veterans FREE of charge. This workshop will be held June 20 at 6 p.m. in Conference Room D at Victorville City Hall, 14343 Civic Dr. For more information contact Public Information Officer Sue Jones at 760-955-5028.

## MCLB Barstow Shared Drive Cleanup Monday July 1st

S-6 Cyber security team will be conducting a cleanup of the MCLB Barstow shared drive sometimes referred to as the "Z:" drive. The cleanup will consist of archiving and removing files older than 3 years to external hard disk media as well as duplicate files. This action is being taken to reduce our current storage use that is nearing our allotted capacity. Every effort will be made to keep files organized in the same manner they were placed on the share.

Departments will have the opportunity and are encouraged to conduct their own archiving prior to this using CDs/DVDs, or other authorized removable media such as validated external hard drives. The S-6 help desk is available to assist in backing up files should there be any difficulties.

Once the Cyber security team begins the process of backing up and removing files from the shared drive, departments will receive copies of their removed data via DVD. If there are working files older than 3 years that need to be retained on the shared drive please communicate this information with the Cyber security team at <mclbb\_cnd@usmc.mil> for exemption of those files.

## Energy Tip

Curb daytime use of big appliances. Some appliances- dryers and dishwashers in particular- can put out a good deal of unwanted heat. Wait until after dark to run these and other large appliances.

### 1st Fleet Storage Battalion activation ceremony

## Yermo Annex whs 406

## June 26

### 8 a.m.

Everyone is invited to attend the activation ceremony of the 1st Force Storage Battalion beginning at 8 a.m., June 26. The ceremony will take place at Warehouse 406 on the Yermo Annex of Marine Corps Logistics Base Barstow. For more information call 577-7064/7069.

## MARADMIN 218/19 TUITION ASSISTANCE GUIDELINES UPDATE

In conjunction with reference (a), this MARADMIN provides Tuition Assistance (TA) utilization requirements and procedures.

Additional TA eligibility criteria is listed in reference (a). Command approval of TA is contingent upon the command's anticipated mission requirements. TA is authorized only for Marines who meet the standards and eligibility criteria contained herein and in references (a) and (b). Initial usage of TA and continued usage of TA is at the Commanders discretion. Commanders shall ensure Marines meet all eligibility criteria.

TA requests can only be submitted within 60 days of the start date of the class.

# Dig and haul clean-up underway

**Story by: Laurie Pearson** CommStrat Chief

An old skeet and trap shooting range is the current focus for Installation Restoration underway aboard Marine Corps Logistics Base Barstow, Calif.

"We're engaging in Remedial Design and Remedial Action at the CERCLA Area of Concern 10 and N-2 Area 1," said Carrie Ross, Parsons project manager and professional engineer. "The clean-up project is to remove contaminated soils."

"CERCLA stands for Comprehensive Environmental Response, Compensation and Liability Act," said William Bueno, National Environmental Policy Act program specialist with the Environmental Division on base.

Congress voted to implement CERCLA in 1981 to address the dangers of abandoned or uncontrolled hazardous waste dumps by developing a nationwide program for emergency response, information gathering and analysis, liability for responsible parties, and site cleanup, Bueno explained.

"From 1982 to 1999, the Marine Corps operated a skeet and trap range for base personnel in the south-central portion of Nebo," said Lindsey White, Remedial Project Manager, Naval Facilities Engineering Command Southwest. "Clay target fragments and lead shot are present on the ground surface and in shallow soils at the site."

The clay target fragments contain PAHs (polynuclear aromatic hydrocarbons) in the tar used in their manufacture and the fragments were spread across the central portions of the site.

"The bullets historically used at the range contained lead pellets which are scattered across the site," White explained. "Waste oils contaminated with PCBs (toxic polychlorinated biphenyls) were sprayed across unpaved roadways at the southern portion of the site." "The cleanup effort at this site is basically what we refer to as a 'dig and haul'," White said.

"The equipment operators are digging down a minimum of six inches in order to ensure that we reach uncontaminated soil," said Matt Ivers, principal geologist with Parsons, one of the contracted companies hired to conduct the clean-up project. "It's then loaded into the trucks for transportation to a hazardous waste facility."

Throughout the process, the fleet of trucks enter the base through the commercial gate, which took careful planning between James Fejeran, Compliance Branch chief overseeing the Installation Restoration Program, and the Marine Corps Police Department. With up to 50 trucks a day entering the base at once, the MCPD staffed the commercial gate to specifically vet each driver efficiently as they enter the base. They then proceed to the weighing station located at the north end of Iwo Jima Boulevard, near the warehouses.



Photo by: Laurie Pearson

Crews weigh in trucks before and after being loaded with dirt being removed from an Installation Restoration site aboard Marine Corps Logistics Base Barstow, Calif., May 21.

"They weigh in empty, then proceed to the restoration site," Fejeran said. "They are loaded with the contaminated soil. Then they weigh out before they leave the base."

Fejeran's role throughout the process includes ensuring that moving parts, the logistics,

continue to work smoothly.

"James 'Jimmy-D' DeBenedetti, was in charge of this program, and he recently retired, so I stepped in to keep it moving forward," Fejeran said. "He really had it all laid out and planned and organized."

Upon Jimmy-D's retirement, Fejeran quickly came up to speed with the open projects, such as this one, and dug in, so to speak.

"The drivers are really experts at knowing their rigs," Ivers said. "As the equipment operators dump bucket-loads of soil into the trailer, the driver monitors the indicators to ensure that the correct amount is loaded and that it's distributed properly in the trailer. It's all then hauled to an off-site disposal facility."

"Once all excavation work is complete, the site will be regraded to promote storm-water drainage," White said. "Young creosote bushes will be planted to aid in restoring the existing vegetation at the site and to support erosion control."

So far, as of May 31, 362 truckloads have been sent off-base for disposal, equating to roughly 8,362 tons of soil, White explained.

"NAVFAC's role in the Installation Restoration Program is as the lead for all planning, budgeting, contract acquisition and oversight, regulatory coordination and general project management," White said. "These efforts are led by the Remedial Project Manager, who is supported by technical staff and leadership at NAVFAC. NAVFAC works very closely with the Environmental Restoration Manager at MCLB Barstow throughout the entire process, from planning to clean-up fieldwork to site closeout. The goal is to support the cleanup of our Navy and Marine Corps installations to allow for the most unrestricted use of the installations' property as possible."

In addition to Parsons, other Clean-up continued page 10 \_

# **MCLB Barstow's top SNC**

#### **Story and photos by: Keith Hayes** CommStrat Planner

More than 400 veterans converged on the Veterans Resource Fair staged at the Apple Valley Community Center in Apple Valley, California, to get first-hand information about VA benefits and help in applying for them, May 30.

Sponsored by San Bernardino County First District Supervisor Robert Lovingood, the 6th annual Veterans Resource Fair featured more than a dozen county, local, state and federal agencies handing out advice and help to those military personnel just getting out of the service and those whom have been out for a while.

The staff of Scott Wilk, the 21st District state senator for the region, was on hand to offer assistance, as well as Apple Valley Town Mayor Larry Cusack: retired state senator Bob Dutton, now with the SBCO Assessor-Recorder-County Clerk's Office; Eric Faulkner with the U.S. Department of Veterans Affairs Veterans Experience Office and Supervisor Lovingood.

Sergeant Major Sergio MartinezRuiz, base sergeant major, Marine Corps Logistics Base Barstow, Calif., also spoke, telling the gathered veterans to take advantage of all of the information amassed in the room.

"I've spoken on this subject many times at different locations, including Japan," the sergeant major said. "This is the first time I've spoken at the Resource Fair. I'm looking forward to passing on information that can help veterans find a solution to their problems."

MartinezRuiz went on to recount the story of a U.S. Army helicopter pilot, Kent, who was involved in a crash that killed his co-pilot. That experience resulted in severe PTSD for Kent, which eventually affected his wife and baby daughter when he returned home.

After threatening his wife and child with a handgun, Kent put the weapon to his own head and kept it there for two hours before collapsing. His wife sought help from the Army but received no support. She and her child had to hide out at a domestic violence shelter for 12 days to avoid him.

"No veteran should feel alienated," the sergeant major said. "I want you to know that you are not alone. I ask each and every one of you to take advantage of the information here. If you believe you don't need the information provided here, make a point to stop by at least one or two tables, because the information you receive here today might help to keep someone else from becoming a statistic."

6 Another impactful speaker at the event was Evita Yniguez De La Cruz, president of the



Sergeant Major Sergio MartinezRuiz, base sergeant major, Marine Corps Logistics Base Barstow, speaking at the Veterans Resource Fair in Apple Valley, May 30. MartinezRuiz urged fairgoers to take advantage of all the experts and information in the room to help navigate their way through the sometime tricky application process for medical disability, education and other benefits offered to veterans.

Veterans Suicide Awareness Project.

The former U.S. Air Force tech sergeant told the crowd that she founded the organization five years ago in honor of her husband. The two had met during a deployment to Iraq. He was suffering from the effects of Post-Traumatic Stress Disorder, PTSD, when he committed suicide in front of her as she held their 19-month-old daughter in her arms.



U.S. Army Sgt.James Dela Cruz returned from deployment from Iraq with severe Post Traumatic Stress Disorder and killed himself in front of his family. His wife, a former Air Force tech sergeant founded the Veterans Suicide Awareness Project in his honor. She spoke at the fair, offering resources and healthcare for others suffering from PTSD.

# O speaks at Resource Fair

"The biggest problem for veterans having suicidal thoughts is asking for help," De La Cruz told the crowd. "That is a big issue among veterans, especially men, because they see that as a sign of weakness. It's not; it's actually a sign of true strength."

She said her organization has helped more than 2,500 veterans across the country since it was founded. There are branches of the Veterans Suicide Awareness Project in Texas and Missouri.

Eric Faulkner, Veterans Experience Officer with Veterans Affairs, talked about the literature they had on hand at the event.

"You'll find the VA welcome tool kit," he said. "It walks veterans through the lifecycle of applying for benefits. It

explains education benefits. It even has the process for applying for burial benefits for the families of veterans."

Representatives with Disabled American Veterans Bill Kinnard Chapter #92 were at the fair as well, offering to help those applying for medical disabilities.

"The Veterans Administration is very good at what they do, they just aren't good at explaining what they do," Daniel Floyd, DAV Bill Kinnard #92 commander



Kimberly Modica, Housing specialist, San Bernardino County Housing Authority, discusses housing opportunities for veterans with Abby Estelle, a former Army soldier and Marine veteran at the Veterans Resource Fair held in the Apple Valley Community Center, May 30.



More than a dozen local, county, state and federal agencies offering services for military veterans drew more than 400 people to the 6th annual Veterans Resource Fair at Apple Valley Community Center May 30.

said. "The DAV helps you navigate those waters."

Homeless veterans were also being offered help in the form of the SBCO Department of Housing, which offers several programs to help not only veterans but ordinary citizens apply for housing assistance.

"We coordinate with the federal government in the form of HUD-VASH program," housing service specialist Kimberly Modica said. That is the U.S. Department of Housing and Urban Development Veterans Affairs Supportive Housing.

The age range for fair attendees ran from the mid-20s to the late 70s.

"I'm here today to file a claim because I lost my hearing and I also have (chronic obstructive pulmonary disease) due to asbestos," 77-year-old Karl Kessnich said. The former Vietnam War Army and Navy veteran was in the audience. He had served aboard the landing ship dock USS Alamo off the coast of Vietnam. "I came to the last Resource Fair but didn't really get involved.

This time I'm starting applications for medical disability."

For more information about the Veterans Suicide Awareness Project go online at http:// veteransuicideawarenessproject.org/, or on Facebook at Veterans Suicide Awareness Project, or call them at (760) 713-4471.

To register online with the Department of Veterans Affairs eBenefits Website sponsored by the Department of Defense go to https://www.ebenefits. va.gov/ebenefits/homepage.



## FES moves forward with Ketamine for acute pain

**Story by: Laurie Pearson** CommStrat Chief

The pilot study which fire departments throughout California engaged in, testing the use of ketamine in addition to fentanyl, ended early and personnel with Fire and Emergency Services aboard Marine Corps Logistics Base Barstow, have effectively switched drugs used in their medical kits.

"The study was scheduled to go 18 months," said Greg Kunkel, Emergency Medical Services chief with FES. "It was cut short due to the excellent results with ketamine administration for acute pain."

The trial ended April 15, 2019. Now fire departments throughout the state have implemented the use of ketamine and phased out the use of fentanyl, an opioid.

"Ketamine provided excellent pain control for acute traumatic injury to include burns," Kunkel explained. "In the past fentanyl was the analgesic of choice. With the pilot study paramedics had the option to give either fentanyl or ketamine. With the nationwide epidemic of fentanyl and its analogs such as carfentanil, medical directors of EMS systems have been looking for alternatives to opioids."

All other Advanced Life Support agencies must carry ketamine in the drug inventory no later than July 15, 2019, he explained. This delay in timing is so that agencies not included in the study have ample time to train their personnel and purchase ketamine.

"As of July 15, 2019, all ALS providers in the Inland Counties Medical Agency region must carry ketamine in their inventory," Kunkel said. ICEMA is comprised of San Bernardino, Inyo, and Mono Counties."

Heroin Lethal Dose 10-12mg Fentanyl Lethal Dose 1-2mg Carfentanil Lethal Dose .02mg NOTE: Information is based on DEA data. Every person reacts differently. Recein in doses as little as 3mg or less have been known to cause death

With a nationwide opioid crisis, studies are showing that fentanyl has become a significant contributor to unintentional overdose deaths.

"One study showed that 90 percent of unintentional overdose deaths in 24 counties between January and February 2017, involved fentanyl, fentanyl analogs like carfentanil, acryl fentanyl, or furanyl fentanyl," Kunkel said. "The numbers are alarming. During a 2017 study, it was discovered that more than 130 people died every single day from opioid drug overdoses. Of the more than 70,000 overdose deaths in the United States, 47,600 were overdose deaths involving opioids, according to the U.S. Department of Health and Human Services."

The addiction to opioids, to include heroin and fentanyl, is driven by myriad complex issues.

"In many cases, someone was prescribed a medication with good intentions," said Carla Torres, New Parent Support Program coordinator, and licensed clinician. "Then, as the brain begins to recognize the chemical, and become dependent on it, they start to need more."

In some cases, people are using opioids to avoid pain.

"We live in a society where many people want a quick fix and don't want to necessarily put in the work and effort to process pain in its various forms, whether it's physical pain, emotional pain, or mental health issues," said James Maher, Behavioral Health Section head. "Cognitive Behavioral Therapy is a great tool we can use to help teach someone coping mechanisms and strategies to work through and process various types of pain. In short term crisis situations of course pain medication may be necessary. But if someone needs pain medication on an ongoing basis, he or she

might want to look into alternative treatments and not rely just on medication."

A further complicating factor is the urge people may feel to avoid symptoms of withdrawal. Withdrawal symptoms can be severe and even life-threatening.

"Some of the physical symptoms of withdrawal are similar to what we might see in someone who has the flu," said Dawn Dialon, Substance Abuse Program counselor. Those symptoms may include body pain, fatigue, rapid heart rate, nausea, vomiting, either constipation or

#### Fentanyl continued page 10

## **MCLB Barstow civilian triumphs over tragedy**

Story by: Keith Hayes CommStrat Planner

hirty years ago a man who had nearly lost an arm Thirty years ago a man who had a life-Logistics Base Barstow, California, had a lifechanging decision to make: Let the tragedy hold him back in his life ambitions, or use it to propel him on a new path to becoming not just an achiever but an overachiever with a heart for volunteer service.

in a terrorist attack Sept. 11, 2001," Rivera explained. "After 9/11 President (George W.) Bush created the DHS and the Coast Guard then fell under the DHS. I was tasked to be one of the creators of the field of Cyber Security within the new Department of Homeland Security. Cyber Security was a fledgling discipline that I helped to create."

Since then, he said, he has gone on to receive 14 computer-related certifications. Among them are a computer forensics investigator, a cyber security

officer, and a certified ethical hacker.

The native of East Orange, N.J., also developed a voracious appetite for learning and volunteering his time to help others.

"(The loss of my arm) was a turning point that propelled me on the course I'm on now," Rivera said. "An over-achiever; go for this cert or that cert, or martial arts competition. Show myself that nothing is going to hold me back."

"I teach self-defense classes every Wednesday night at 6 p.m. at the base gym, which is free for all military and their dependents as well as civilians," he noted.

He holds a first-degree black belt in Judo, a second-degree black belt in Aikido karate, and also has

Juan Rivera went on to become the director of Communications for MCLB Barstow after a stellar career in the fledgling field of cyber security following the national tragedy of 9/11.

Rivera's true story began in 1989. He had mustered out of the Marine Corps as a lance corporal in 1988 and began working for MCLB Barstow as a civilian.

"I was working in the Base Laundry in building 16 in 1989 as a Wage Grade 2 when my arm got caught in an industrial-sized washing machine and was almost completely severed,' Rivera said. "All that was left attached was the nerve to my pinky finger on my right hand, it's called the ulnar nerve."



Photo by: Keith Hayes

Juan Rivera displays what he calls the "crown jewel" of his accomplishments, a plaque proclaiming him as a founding member of the Department of Homeland Security. His work in creating the field of Cyber Security post 9/11 he said is his proudest accomplishment. Rivera now volunteers his time to help others to "return the blessings I have received in my life."

After getting his right arm reattached, it took almost a year to regain its use.

"I am right handed. I had to learn to write with my left hand and throw darts with my left hand for ten months, and then I switched back to my right hand after I healed," Rivera said. "I lost my arm in 1989 and I've done more things post the arm injury than I ever achieved beforehand."

Those accomplishments include becoming a founding member of the Cyber Security Division of the newly established Department of Homeland Security.

"I was working as a civilian computer programmer for the Coast Guard when the Twin Trade Towers fell

a brown belt in Dan Zan Ryu Jujitsu which started in Hawaii and is based on the martial art of Krav Maga from the Israeli Armed forces. Rivera is also a certified U.S.A Boxing coach.

"One of my students is Christopher Clemans, the CO's son, as well as Joshua and Andrew Silkowski, the executive officer's sons, as well as Alfredo Romero Jr., Maj. Romero's son. I also instruct Master Sgt. Tiana Tien's daughter," Rivera said. "I've seen children that have been bullied in school grow in selfconfidence after training with me and are no longer fearful of being bullied."

He is also on the MCLB Barstow rodeo committee which is ushering in the rodeo here September 20 and 21.

#### **Clean-up continued from page 5**



Photo by: Laurie Pearson

Contractors load contaminated soil into trailers to be hauled off base as part of an Installation Restoration project aboard Marine Corps Logistics Base Barstow, Calif., May 21. contractors are assisting in the process, to include Capitol Environmental for excavation and disposal, Meyer Land Surveying, and OTIE for sampling and lab analysis, and Going, Going, Gone for soil removal, explained Ross.

"Historic hazardous materials and waste processing and disposal practices at many locations, including MCLB Barstow and other USMC installations. were not as regulated as they are today," White said. "Thus releases of contaminants to the environment occurred. The Installation Restoration Program is a means of evaluating historic release sites, determining their risks to human health and the environment as a whole, allocating Department of Navy (DON) funds, and conducting cleanup actions or other long-term protective measures across DON and USMC installations."

One goal of the IR Program is to reduce the footprint of historically impacted property to allow for the most unencumbered use of military bases.

"MCLB Barstow is fairly far along in the IR process, with numerous ongoing long-term projects, and only a few outstanding cleanup actions to still initiate," White said.

The process for this particular project is expected to take approximately two months.



Photo by: Laurie Pearson

Contractors use water to control the dust created as they work to remove contaminated soil during an Installation Restoration project aboard Marine Corps Logistics Base Barstow, Calif., May 21.

#### Ketamine continued from page 8

diarrhea, sweating, dilated pupils, cramping, tremors, and anxiety. That's pretty miserable. So, someone addicted to opioids, which are designed to help people avoid pain, can be highly motivated to avoid those symptoms by getting their next dose."

From dose to dose, a person addicted to opioids has approximately 8-12 hours before they'll feel compelled to find their next fix, she explained.

"Alternative pain management methods are on the rise, even in the medical industry," Maher said. "Practitioners are now recommending things such as meditation, acupuncture, acupressure, massage, CBT, and more to help people cope with pain in healthier ways."

"Fentanyl, a synthetic, short-acting opioid with 50-100 times the potency of morphine, mixed into heroin, cocaine and counterfeit pills, with or without the users' knowledge, has increased the risk for fatal overdoses," Kunkel said. "So, to help combat this, fire departments within ICEMA scope are changing protocols. Ketamine is to be used for acute traumatic pain, acute abdominal/flank pain, burn injuries, cancer-related pain, and sickle cell crisis."

Ketamine is a Schedule III controlled substance, which means that it has a potential for abuse less than a Schedule I or II and may lead to moderate or

10 low physical dependence or high psychological

dependence, he explained. In contrast, fentanyl is a Schedule II controlled substance. Substances in the Schedule II category have a high potential for abuse which may lead to severe psychological or physical dependence.

"Paramedics do not have the ability to prescribe medicines for long term basis so the patients will be getting limited doses of ketamine," Kunkel said. "MCLB Barstow FES has used ketamine on a limited basis for a few of our patients. In those cases, it has worked very well in a controlled setting. We applaud our Medical Director for being a staunch supporter of paramedics and giving us the opportunity to carry and use ketamine. In the end the patient is really the one who benefits from this medication and its effect on pain."

For further information about substance abuse, addictions and treatment options, contact Behavioral Health at 760-577-6533. If you have questions about the Ketamine vs. Fentanyl Study conducted by FES, contact EMS Chief Greg Kunkel at 760-577-6081.



# **2018 Consumer Confidence Report**

Drinking water at MCLB Barstow is tested continually throughout the year, and the results are reported to the State Water Resources Control Board on a monthly basis. Information on drinking water is available on request at any time, and once a year the Environmental Division prepares a Consumer Confidence Report which summarizes the properties of your drinking water for the previous calendar year. The 2018 Consumer Confidence Report shows that drinking water at Nebo and Yermo has met all Federal and State water quality guidelines, and is available on the MCLB Barstow public website for Nebo at

URL:

<a href="https://www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR2018">https://www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR2018</a>

CA3610701.pdf>

and Yermo at URL:

<a href="https://www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR2018">https://www.mclbbarstow.marines.mil/Portals/132/Environmental%20Dept/CCR2018</a> CA3610702.pdf>

The point of contact for questions or comments is the water quality program manager, Evette Sisneros, at 760-577-6811.



### Triumphs continued from page 9

It will be a full-fledged traditional rodeo, with steer roping, bull riding bronco busting, and mutton busting. The same organization that did the "showdeo" last year also does professional rodeos.

"I'm also the president of the civilian marksmanship program," Rivera continued. "I'm a National Rifle Association certified Range Safety Officer. I love to instruct those who are not familiar with weapons or shooting by demonstrating a safe and effective manner of handling a firearm."

His classes are open to active duty military spouses, as well as civilians aboard the installation.

The GS-14 Director of Communications has served on the Marine Corps Ball committee for the past three years, is a member of the Barstow Chamber of Commerce Military Affairs Committee, and worked on the Route 66 Corridor Project, where trees are planted along the iconic roadway in honor of military veterans.

"I also mentor the Marines in my office in the field of Information Technology, encouraging them to go on to college," Rivera said. "Now all of them are either working toward an Associate of Arts or Sciences degrees or continuing their education at a four-year college."

"Whatever Juan does, he does with alacrity and with others in mind," Colonel Craig C. Clemans, commanding officer, MCLB Barstow said. "Whether teaching the self-defense class, planning for the MCLB Rodeo, or serving on the USMC Ball Committee, his 'can-do' attitude and encouragement, propel others to success. He takes incredible satisfaction in seeing others succeed and THAT is what makes him so special."

Juan Rivera gives so much of his time and energy for probably the same reason that gives purpose to others.

"I've been blessed in my life with my wife, my children and my grandsons, and the best way to give thanks for those blessings is to give back," he said.

His time in the military also provided a direction for him. The Marine Corps provided many opportunities to Rivera which weren't available to him as a young kid coming up on the east coast. However, he also sees the effect on others when they get a helping hand.

"You don't do this for rewards; you do it from the heart," he said. "But if I had to point to something that I get from volunteering it's seeing the people I've mentored or taught over the years growing up to become productive members of society."

What's ahead for Rivera? Will he continue to add to his myriad achievements?

"I'm a certified scuba diver, I'm a certified Range Safety Officer, I've got 14 certifications in the cyber security field, and I am a certified officiant minister and have performed weddings for my son and for Marines here aboard the installation," Rivera said. "Now, I want to get my pilot license. Nothing should stop you."



30	23 24	<b>16</b> 10 a.m6 p.m. @ bldg. 375 Auto Hobby Shop Open	9 10	2 10 a.m6 p.m. @ bldg. 375 Auto Hobby Shop Open		Sun N	
For more information visit: https//www.mclbbarstow.marines.mil/MCLB-Barstow/Events/	Operation Tobacco Free Marine @ Semper Fit	Operation Tobacco Free Marine @ Semper Fit	Operation Tobacco Free Marine @ Semper Fit	1 - 3 p.m. @ bldg, 126 Art in the Afternoon		Monday	<b>June 2019</b>
	<ul> <li>25 830-9 a.m. baby &amp; toddler story time</li> <li>@ Library</li> <li>1130 Yoga @ Semper Fit</li> </ul>	<b>18</b> Session 1 Swim Lessons @ Oasis Pool 10-11 a.m. Preschool Story time w/puppets @ library	<b>11</b> 1-3 p.m. Finance 101 for teens @ McTureous Hall 6-7 p.m. Children's art show @ bldg. 126	4 9-10 a.m. @ Library Summer Reading Kickoff		Tuesday	
	<ul> <li>26 1-3 Family Movie: Cars 2</li> <li>@ Library 6 p.m. Self Defense Class</li> <li>@ Semper Fit</li> </ul>	<b>19</b> 9-10a.m. @ Chapel Women's Bible Study 1-3 p.m. @ Comm. @ Comm. @ Comm. Management	<b>12</b> 11-12 @ McTureous Hall Federal resume workshop 1-2 p.m. Teen Scene: Make a healthy sandwich	<ul> <li>I-3 p.m. @ Comm. Center Stress Management</li> <li>I.0a.m. @ Chapel Women's Bible Study</li> </ul>		Wednesday	
	<b>27</b> 1130 Spin Class @ Semper Fit 9 a.m4 p.m. Baby Boot Camp @ Community Center	20 4-8 p.m. Burn Your Own Steak @ JLD 8-10 p.m. Summer Movie night at the pool @ Oasis Pool	<b>13</b> 9-10 a.m. L.I.N.K.S. Coffee Chat: Art Workshop @ bldg.126	6 10-11 a.m. @ McTureous Hall HQBN PME		Thursday	
arctour/Errente/	28 9-10 a.m. Play Morning @ Com- 11 a.m. Boot Camp Power Walk @ Semper Fit	<b>21</b> 9-10 a.m. Play Morning @ Com- munity Center 11 a.m. Boot Camp Power Walk @ Semper Fit	<b>14</b> 8-9 a.m. Pancake Breakfast @ Rec Center SMP	7 4-9 p.m. @ JLD Sugar Loaf Social		Friday	
	29	22	<b>15</b> 8 a.m5 p.m. @ bldg. 375 Auto Hobby Shop Open	00	<ul> <li>8 a.m5 p.m. @</li> <li>bldg, 375</li> <li>Auto Hobby</li> <li>Shop Open</li> </ul>	Saturday	