

# THE PROSPECTOR



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Serving the Corps since 1943  
Marine Corps Logistics Base Barstow

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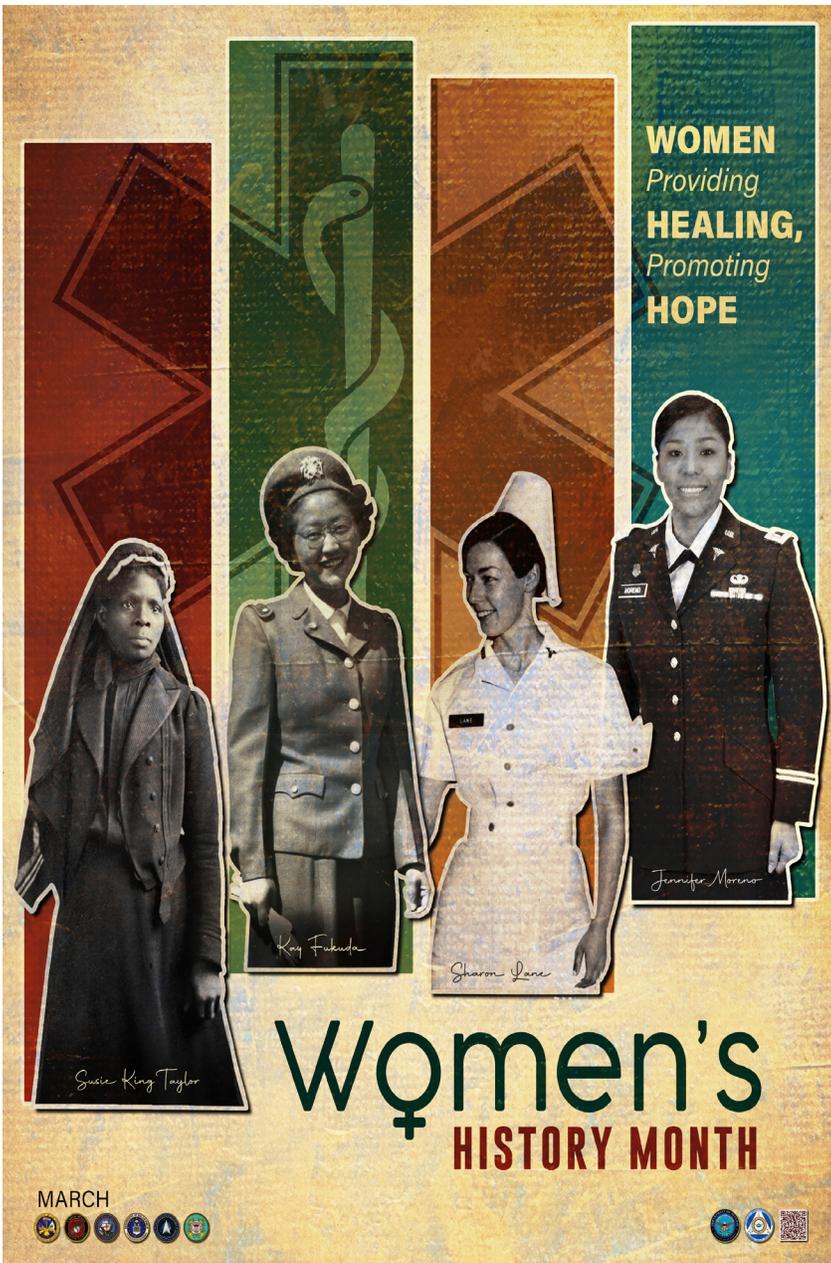


**Corporal's Course  
Rise and Read at MCLBB's library  
Nutrition. It's important.**

## On The Cover:

Cover photo by: Sgt. Anika Lewis

Corporal Fernando Cantu, warehouse clerk at Marine Corps Logistics Base Barstow, receives his certificate of graduation for Corporal's Course 1-23 at the base chapel aboard MCLB Barstow, California, March 3.



Marine Corps Logistics Base Barstow, California  
Colonel Gregory B. Pace, commanding officer  
Sgt. Maj. Edward C. Kretschmer, base sergeant major

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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)



# OASIS POOL



## OPENING MAR 13

MON - FRI  
7AM - 3PM

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# News Brief

## MARADMIN 129/23

### CLARIFICATION TO MARADMIN 051/23

This MARADMIN provides clarification to reference (a) concerning the expansion of the Military Parental Leave Program (MPLP).

MARADMIN 051/23 EXPANSION OF THE MARINE CORPS MILITARY PARENTAL LEAVE PROGRAM provided implementing guidance for the expansion of the MPLP as authorized by UNDER SECRETARY OF DEFENSE FOR PERSONNEL AND READINESS DIRECTIVE-TYPE MEMORANDUM, EXPANSION OF THE MILITARY PARENTAL LEAVE PROGRAM. The new policy in reference UNDER SECRETARY OF DEFENSE FOR PERSONNEL AND READINESS DIRECTIVE-TYPE MEMORANDUM, EXPANSION OF THE MILITARY PARENTAL LEAVE PROGRAM removed the designators of Primary Caregiver Leave (PCL) and Secondary Caregiver Leave (SCL) as all Marines with a qualifying event are authorized 12 weeks of parental leave. Additionally, Maternity Convalescent Leave (MCL) that was set at 42 days and began immediately following discharge from a hospital or similar facility or the first full day after a planned home delivery was removed and replaced with convalescent leave that requires a recommendation by a health care provider and approval from a commander.

The period of convalescent leave, under the new policy, is intended to allow the Marine who gave birth, and is not yet fit for duty, time to recover from a medical condition related to the birth event. It is separate and distinct from parental leave. Convalescent leave is flexible in that it allows a Marine to receive the proper number of days/weeks needed to properly recover from a birth event, as recommended by their health care provider based on their individual medical circumstances. Parental leave is not a substitute for convalescent leave for a birth parent. The approval authority for convalescent leave remains with the commander in accordance with MCO 1050.3J REGULATIONS FOR LEAVE, LIBERTY AND ADMINISTRATIVE ABSENCE; however, commanders should not deny convalescent leave for a birth parent Marine based solely on their eligibility for parental leave.

Special Leave Accrual (SLA). SLA specifically due to a Marine executing parental leave is not authorized. Marines must still meet the eligibility criteria in MCO 1050.3J REGULATIONS FOR LEAVE, LIBERTY AND ADMINISTRATIVE ABSENCE to be eligible for SLA. Marines are encouraged to closely monitor their regular (annual) leave and properly plan the execution of it to preclude lost days at the end of a fiscal year. MARADMIN 051/23 EXPANSION OF THE MARINE CORPS MILITARY PARENTAL LEAVE PROGRAM authorized annual leave to be executed in conjunction with, or in between, increments of parental leave.

## MARADMIN 100/23

### CALL FOR NOMINATIONS FOR THE MARINE CORPS MAJOR MEGAN MCCLUNG LEADERSHIP AWARD

Commanders are encouraged to nominate a Marine for the Major Megan McClung Leadership Award. The Major McClung award will be presented to a field grade officer, a company grade officer, a staff noncommissioned officer, and a noncommissioned officer or below. The due date to submit nominations is 15 March 2023.

Major McClung was born 24 April 1972 in Honolulu, Hawaii. She was raised in Orange County, California, and graduated from Mission Viejo High School, Mission Viejo, California in 1990. She graduated from the Naval Academy and commissioned in the United States Marine Corps in 1995. Major McClung, a Public Affairs Officer serving with I Marine Expeditionary Force, became the first female Marine officer killed in Operation Iraqi Freedom, as well as the first female graduate of the United States Naval Academy killed in action since the school was founded in 1845. Major McClung was an inspiration with her leadership, can-do attitude, and sense of duty.

Nominees should meet the evaluation criteria listed below:

- Nominees should display inspirational, innovative, and imaginative leadership, demonstrated both on and off-duty.

- Nominees should be mature leaders who have shown exceptional leadership over time and have persevered to overcome challenges while serving.

- Nominations should address a nominee's professional accomplishments, leadership style, and community involvement.

Awardees will be invited to receive their award during the Joint Women's Leadership Symposium scheduled for 29 - 30 June 2023, in San Diego, California.

Commanders at the battalion/squadron level or above may nominate individuals by completing a nomination package and submitting it to MPE via the organizational mailbox [MPE\\_Outreach@usmc.mil](mailto:MPE_Outreach@usmc.mil). A sample nomination package can be found on the MPE website [www.manpower.usmc.mil/webcenter/portal/MPE\\_OA](http://www.manpower.usmc.mil/webcenter/portal/MPE_OA). The picture required as part of the package will not be part of the awardee selection process. The photo may be used by the awarding organization in award ceremony publications or displays. Photo submissions should be a high-resolution, command-style photo, in the Service "A" uniform.

### Leave Share Program

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

**Jimmy Rheinschild**  
**Annette Madero**  
**Mary Kaulave**

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

# Corporal's Course graduates

Photos by: Sgt. Anika Lewis  
Visual Information Chief



Corporals of Marine Corps Logistics Base Barstow graduate Corporal's Course 1-23 at the base chapel aboard MCLB Barstow, California, March 3. Corporal's Course is a three-week long preparatory course designed to help provide Corporals with the education and leadership skills required to lead Marines. The honor graduate for this class was Cpl. Max Fesenmaier, military working dog handler at MCLB Barstow and the Gung-Ho award recipient was Cpl. Luke Kitchen, small arms technician at MCLB Barstow.



# March is Nutrition

Story by: Sgt. Anika Lewis  
Visual Information Chief

**D**iabetes. Obesity. Cardiovascular disease. What can lead to these three health problems? Poor nutrition. March is National Nutrition Month and Shelley Lamey, Marine Corps Logistics Base Barstow Semper Fit director, stresses the importance of understanding how health complications can directly result from a poor diet.

“Diet is the number one factor that impacts health, leading ahead of tobacco and alcohol,” Lamey declared. “Unfortunately, the typical American diet consists of processed foods, instant foods or fast foods that are loaded with preservatives, additives, chemicals, and compounds that can in itself cause health problems.”

She stated that 80% of Americans do not consume the recommended portions of vegetables and fruits daily. The Center of Disease Control recommends adults consume at least 1 1/2 to 2 cups of fruits and 2 to 3 cups of vegetables daily, with only slight variations for age and gender. In addition, Lamey said 90% of Americans eat more sodium than what is advised for a healthy diet. This also puts people at risk for health conditions. The U.S. Food and Drug Administration states the daily value for sodium is less than 2,300 milligrams each day.

Knowing how a poor diet can negatively affect health, it is also important to know what constitutes a proper diet and what helps promote good health. The Dietary Guidelines for Americans 2020 – 2025 edition states “a healthy dietary pattern consists of nutrient-dense forms of foods

and beverages across all groups, in recommended amounts, and within calorie limits.” The guideline further defines nutrient dense food as:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.
- Fruits, especially whole fruit.
- Grains, at least half of which are whole grain.
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives.
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products.



# Awareness Month

- Oils, including vegetable oils and oils in food, such as seafood and nuts.

Lamey adds, “Balance is key to long-term health and not getting caught up in fad diets that are always temporary. The rule of thumb is your body requires all food sources.”

Neglecting any one of the food groups can deplete your body of vital vitamins and nutrients, hindering the optimal function of the brain, organs, and other systems, Lamey informed. When the body is depleted of nutrients, lethargy, sleeping problems, hair loss, and extreme fatigue are common side effects among many others.

Including all food groups is only part of a healthy diet. When you eat is critical as well. Lamey shared that timing is everything with nutrition and exercise.

“Consuming the proper foods at the right time will help with endurance and performance during workouts, practices, learning, sleeping, and functioning with everyday activities,” Lamey said. “Circadian rhythms that determine your eating/sleeping cycle can help with the best timing for your own patterns.”

She further states it is important to utilize good carbohydrates three to four hours before exercising. Consuming carbs and protein after exercise is necessary for preventing fatigue and restoring glycogen. She also added that micronutrients are vital to performance, recovery, and preventing injury. This includes Vitamin C, Vitamin D, and electrolytes.

Being informed of nutrient-dense foods, how much of these foods to consume, and when to consume them can all help you begin making healthier choices nutritionally. Lamey and the staff at the Semper Fit gym are available to share additional information and can help you create a customized nutrition and exercise plan. Lamey can be reached at (760)-577-6817 or at shelley.lamey@usmc.mil.



## TOTAL DIET APPROACH TO HEALTHY EATING

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

### DIETARY GUIDELINES FOR AMERICANS (DGA)

DGA defines “total diet” as everything a person eats averaged out over time – it’s the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do **not** meet the DGA recommendations.



**82%** DON'T WANT TO GIVE UP FOODS THEY LIKE in order to eat healthier

**68%** DON'T EAT FRUITS OR VEGETABLES at least twice per day

**62%** HAVE NO TIME TO TRACK THEIR DIET in order to eat healthier

**60%** JUGGLE BOTH WORK & FAMILY; PREFER to prep meals in 15 min.

**36%** HAVE NO LEISURE-TIME PHYSICAL ACTIVITY

### FACTORS THAT INFLUENCE EATING PRACTICES:

- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

### SUPPORT FOR THE TOTAL DIET APPROACH

<p style="text-align: center;"><b>DASH</b></p> <ul style="list-style-type: none"> <li>• Dietary Approaches to Stop Hypertension (DASH)</li> <li>• Eating plan consists of healthful food choices over time</li> <li>• Endorsed by U.S. Department of Health and Human Services</li> </ul>	<p style="text-align: center;"><b>USDA</b></p> <ul style="list-style-type: none"> <li>• The U.S. Department of Agriculture (USDA)</li> <li>• MyPlate Food Guidance System features a SuperTracker that creates a personalized plan with total diet and physical activity</li> </ul>	<p style="text-align: center;"><b>LET'S MOVE</b></p> <ul style="list-style-type: none"> <li>• Campaign launched by the White House</li> <li>• Aims to reduce child obesity by improving the overall quality of children's diets and increasing physical activity</li> </ul>
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These programs encourage Americans to choose nutrient-dense foods and beverages, and reduce intake of saturated and trans fats, added sugars, sodium and alcohol.

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

# Rise and shine... er- Read!

**Story by: Sgt. Anika Lewis**  
Visual Information Chief

American children's author and cartoonist, Dr. Seuss, once said: "The more that you read, the more things you will know. The more that you learn, the more places you'll go."

Many of Dr. Seuss' colorful books continue to be read by young readers today, transporting them to another imaginative world. Booklovers often celebrate this famous author's birthday, March 2, via events and activities that promote a love for reading and education. The Marine Corps Logistics Base Barstow library also celebrated this love of books by hosting a Rise and Read event that day. The lead librarian at MCLB Barstow's library, Vanessa Tzorin-Stacy, spoke on the event's theme and goal.



**Photo by: Sgt. Anika Lewis**

*Vanessa Tzorin-Stacy, the lead librarian at the Marine Corps Logistics Base Barstow library, reads to a child during the Rise and Read event at the base library, March 2. Books were donated to the library from United Through Reading for this event.*

"This year, it's 'Read All Day,'" she informed. "It's to improve your language, critical thinking, and your memory."

The event was available to service members, retirees, their families, and civilian employees. The library was assisted by United Through Reading in creating the event. United Through Reading is a nonprofit, national organization that supports the Department of Defense and helps connect service members to their loved ones through books. The organization donated books to the Barstow base library in support of this event.

"United Through Reading donates to us for adults, children, and young adults down to juvenile and graphic novels," she said. "So, a little bit of everything."

When a child takes a book from the event or checks one out from the library, Tzorin-Stacy said her greatest hope is for that child to come back and ask if the book has a sequel or is part of a series. She said she feels a special connection when she helps a child discover a love for reading in this way.

"To watch them grow, it feels really good," the librarian said. "It's a gift. It's something that you can't buy. It's something that grows, and we have a connection. That's what keeps me going."

She strives to create a no-pressure, safe environment for children at the library. If a child loses interest in reading, Tzorin-Stacy tries connecting with them via other possible interests at the library such as board games and Makerspace, a space that inspires creative thinking. She wants them to know that no matter what, there is someone who cares for them at the library.

To help foster a fresh environment for reading, the base library is constantly receiving new material on nearly a daily basis. Tzorin-Stacy said the library also recently underwent an intensive inventory process where old material was replaced with newer titles. If there is a particular title somebody wants that is not available on-site, the librarians are able to order the title from another library and have it delivered to the base. The requested material usually arrives within a week.



In addition to being able to request inventory from other locations, Tzorin-Stacy said the library has a swap-out section that people may not be aware of.

“Go grab a book from the swap-out area, bring a book, and just swap a book out,” the lead librarian explained. “If you don’t have a book, that’s okay. We are overflowing with books, and they’re more than welcome to take a book for free.”



Along with the Rise and Read event, the base library offers various events throughout the year, to include the summer reading program which will begin June 6. To find upcoming events, go to the library’s Facebook page at MCCS Barstow Library. The library is open from 7:30 a.m. to 4 p.m. Monday through Friday.

Photo by: Sgt. Anika Lewis

Vanessa Tzorin-Stacy (left), lead librarian at the Marine Corps Logistics Base Barstow library, and Janet Rocha-Diaz (right), Personal Professional Readiness Technician, take a moment away from reading during the Rise and Read event at the base library, March 2. The goal of the event was to improve language, critical thinking skills, and memory.



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**SCREENS & STRIKES**  
Come Watch a Movie on the Big Screen, \$2 Bowling, Free Popcorn, Drink and Snack Specials

# Around the Corps



**Photo by: Lance Cpl. Emma Gray**

*U.S. Marines with 2nd Assault Amphibian Battalion, 2nd Marine Division, and soldiers with the Israeli Defense Force participate in live-fire and maneuver range during Intrepid Maven 23.2, in Israel, Feb. 28, 2023. Intrepid Maven is a bilateral exercise between USMARCEN and the IDF designed to improve interoperability, strengthen partner-nation relationships in the U.S. Central Command area of operations and improve both individual and bilateral unit readiness.*

**Photo by: Lance Cpl. Kira Ducato**

*U.S. Marine Corps Lance Cpl. Tyshaa Kelman, a Brooklyn, New York native and a supply administrator with III Marine Expeditionary Force Support Battalion, III Marine Expeditionary Force Information Group shares her journey through life and the Marine Corps on U.S. Army Garrison Casey, South Korea, Feb. 13, 2023. The Erasmus High School graduate participated in Bushido Strike 23 in the Republic of Korea. III MSB is conducting Bushido Strike 23, which comprises training events including a Marine Corps Combat Readiness Evaluation in South Korea to validate its mission essential tasks of providing combat service support, security and administrative services to III Marine Expeditionary Force.*



**Photo by: Sgt. Nicolas Atehortua**

*Timor-Leste Fuzilierios prepare to board a simulated enemy vessel during Cooperation Afloat Readiness and Training/Marine Exercise Timor-Leste, Feb, 14. CARAT/MAREX Timor-Leste is a bilateral exercise between Timor-Leste and the United States designed to promote regional security cooperation, maintain and strengthen maritime partnerships, and enhance maritime interoperability. In its 28th year, the CARAT series is comprised of multinational exercises, designed to enhance U.S. and partner forces' abilities to operate together in response to traditional and non-traditional maritime security challenges in the Indo-Pacific region.*



So Proudly We Serve

**U. S. MARINE CORPS**  
*Women's Reserve*

# March



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Infant Massage Warrior Wednesday	<b>2</b> Rise & Read PREP	<b>3</b> Friday Night Lights Sugar Loaf Social	<b>4</b>
<b>5</b> Family Fun Day	<b>6</b>	<b>7</b> Take it & Make it	<b>8</b> Federal Resume Workshop Tax Preparation Warrior Wednesday: Active Duty Game Night	<b>9</b> Career Assessment Smooth Move Volunteer Orientation PREP	<b>10</b> Scholarships & Grants Friday Night Lights Screens & Strikes	<b>11</b>
<b>12</b> Family Fun Day	<b>13</b> Active Duty Movie Night Dinner	<b>14</b> Pre-Tot Story Time/ Craft Anger Management	<b>15</b> Warrior Wednesday: L.I.N.K.S. Networking Event Warrior Wednesday Teen Scavenger Hunt	<b>16</b> Within My Reach PREP	<b>17</b> Play Morning Friday Night Lights SMP Bowling	<b>18</b>
<b>19</b> Family Fun Day	<b>20</b> Monday Night BBQ	<b>21</b> Baby Story Time/ Craft Anger Management	<b>22</b> Warrior Wednesday: Rec Center Tournament Candlelight Vigil	<b>23</b> PREP	<b>24</b> SMP Trip: 6 Flags Friday Night Lights	<b>25</b>
<b>26</b> Family Fun Day SMP Volunteering	<b>27</b>	<b>28</b> Family Dining Night	<b>29</b> Warrior Wednesday	<b>30</b> PREP	<b>31</b> Friday Night Lights	

For more details, visit MCLB Bartstow's community events page at:  
<https://www.mclbbarstow.marines.mil/MCLB-Barstow/Events/>