Mental health during pandemic +
Barstow Marines Running Club
1st Network Battalion
Lifeguards train
On The Cover:

Front cover: Jack Adamyk

Brian Barcenas, lifeguard, rescues a submersible training mannequin during lifeguard training at the Oasis Pool and Water Park aboard Marine Corps Logistics Base Barstow, Calif., June 23.

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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.twitter.com/#!/MCLB_Barstow
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 anytime, 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:

NEBO URL:

YERMO URL:

The point of contact for questions or comments is the Environmental Division Compliance Branch Chief, James Fejeran, at 760-577-6888.

Annual Consumer Confidence Report
Submitted by: Mark Ulibari
Industrial Wastewater Treatment and Recycling Facility manager

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 anytime, 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:

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Paul Borruel, utilities systems operator, dials in the device used to test water samples to ensure that they are at the correct level of detectable chlorine for Marine Corps Logistics Base Barstow, Calif., July 10 2019.

Photo by: Laurie Pearson
SEND IN YOUR VIDEOS
NEXCOM, DeCA partner for Grill Master Sweepstakes
By DeCA Corporate Communications

FORT LEE, Va. – Masters of the barbecue are asked to submit evidence of their culinary artistry in a five-minute video by July 6 in the Grill Master Sweepstakes.

The Navy Exchange Command (NEXCOM) is partnering with the Defense Commissary Agency (DeCA), Traeger and Yeti for sweepstake prizes.

NEXCOM announced the following call to grill masters on their Facebook site: “While we will miss the tastes and smells, we know we have some BBQ and grill masters around the world, and we’re inviting you to share your skills and favorite recipes with the rest of us, and not to mention, we have some amazing prizes!”

Participants must be an authorized U.S. military ID card holder to enter or win the sweepstakes. To start, go to the NEXCOM Grill Master site to fill out an entry form. That same site also details official sweepstakes rules.

Video submissions must be delivered by 11:59 p.m. (EST) on July 6. The video files should be in .MP4 or .MOV format, with links to the video emailed to socialmedia@nexweb.org. They can also enter through a NEX customer service representative by calling 877-810-9030 in the U.S. or 001-877-432-1736 for overseas participants.

Videos should be five minutes or less and include the grill master introducing their culinary fare, talking about their cooking technique and showcasing the finished product. The submission should also include a recipe that can be shared. Submissions will be judged on three criteria: 1) originality of the recipe, 2) the appearance of the final dish, and 3) the sizzle provided on video.

The following prizes will be available for sweepstakes winners:

• **Gold (one winner):** Traeger Ironwood 885 grill, cover, front shelf, hat, t-shirt, rubs and sauces, a Yeti Tundra 65 cooler, a $100 NEX gift card and a $100 commissary gift card

• **Silver (two winners):** Traeger Ranger grill, “To Go Bag,” hat, t-shirt, rubs and sauces, a Yeti Tundra 45 cooler, a $100 NEX gift card and a $100 commissary gift card

• **Bronze (three winners):** Traeger hat, t-shirts, rubs and sauces, a Yeti Roadie 24 cooler, a $100 NEX gift card and a $100 commissary gift card

All winners will have their videos shown throughout the summer on NEX social media channels.
Regardless of whether you are an officer or enlisted we all joined the Marine Corps for a certain reason. It might have been a life goal or to follow in your families’ footsteps. We have completed the first obstacle, recruit training or Officers Candidate School, when we starting laying the foundation for our future. During our adventure we learn about our Corps’ history, customs and traditions. The most important things that we pick up on during our adventure are leadership traits and qualities. Over the course of time, we have seen many different leaders and have noticed their styles, whether you agreed with them or not.

As we gain more responsibilities and rank our leadership needs to also grow. We have to find what leadership style fits for us to accomplish the mission and our goal. There are times that your leadership style might have to be firm with one way conversations and other times you will be a coach, mentor and teacher. Do not expect your juniors to know everything that you know. They have to be taught.

Leaders must have the respect of their followers. If the followers do not respect their leaders then the words spoken from the leader become hollow and the leader will be ineffective.

Being a leader is not always easy and can be challenging. We all need to continue to grow and improve our leadership styles. We can do this by reading, asking questions, and learning from our mistakes. Leaders wake up every day, put the uniform on and ask how I can improve something, or help another Marine.

I ASK THIS QUESTION TO ALL LEADERS:

What is your legacy and what are you leaving behind?

-Sgt. Maj. Edward Kretschmer

“Being a Marine is a state of mind. It is an experience some have likened more to a calling than a profession. Being a Marine is not a job – not a pay check: it is not an occupational specialty. It is not male or female, majority or minority; nor is it a rank or insignia. Stars, bars or chevrons are only indicators of the responsibility or authority we hold at any given time. Rather, being a Marine comes from the eagle, globe, and anchor that is tattooed on the soul of every one of us who wears the Marine Corps uniform.” (FMFM 1-0)
Story by: Laurie Pearson
COMMSTRAT Chief

Some Marines have taken to running the roads and trails on and around Marine Corps Logistics Base Barstow, Calif. as another outlet for their competitive natures.

“With Barstow being such a small unit, I wanted to create something that the Marines could take ownership in that would bolster morale and esprit de corps,” said Maj. Terry J. Herzog, S-1 director on base. “I wanted to start a running club on base to foster and promote camaraderie.”

Running also increases self-discipline and mental toughness, he explained. The 13 members of the running club have taken it to a whole extra level in just over a month. Most of their runs are solo ventures, but everyone tallies their results through an app called Strava, which they can also use to communicate and keep in touch with one another, as well as issue challenges.

“It has been really competitive,” Herzog said. “One of the runners went into Friday with a fairly large lead in miles, due to the fact he ran 26 miles the day before. However, another Marine decided to run 25 miles early Friday morning to capture the weekly title for most miles run during that week!”

“I had been giving one of my Marines a little time during his work day to get some miles in, and he was getting good miles in, but then I thought about it and realized I could beat him,” said Sgt. Josue I Lopez Arenas, Administration noncommissioned officer. “So, I left home and ran to the base, then through it, then through Daggett to the Marine Corps Mounted Color Guard Stables. From there I ran to Peggy Sue’s Diner and then that other gate for the Yermo Annex. Then I repeated the same course all the way back, but it wasn’t quite far enough. So, I ran up to the high school and met up with a friend who finished the last of the 25 miles with me on the school track.”

With a sly grin, he acknowledged that he did it out of a sheer competitive spirit.

“Running has always come naturally to me as something that I can excel at” Lopez said. “And when I’m good at something I naturally become competitive in that area. I saw that thing I naturally become competitive in that area. I saw that I can excel at” Lopez said.

“Running has always come naturally to me as something that I can excel at” Lopez said. “And when I’m good at something I naturally become competitive in that area. I saw that thing I naturally become competitive in that area. I saw that I can excel at” Lopez said.

They have their eyes on the various prizes they can earn by racking up miles, but they also want to see their names at the top of the leader board for the prestige and pride they feel in their accomplishments.

“The first 10 runners who run a 100 miles will get a free club t-shirt,” Herzog said. “The Weekly Miles Leader in the S-1 shop is given a half day off. The Monthly Miles Leader in S-1 receives a full day off, in addition to a free lunch, and they’ll get to keep the Monthly Total Miles Trophy for bragging rights.”

For the month of May, Sgt. Lopez won the Monthly Miles Challenge by having ran the most miles, besides Herzog, who is excluded from the perks, in the club with a total of 100 miles.

Approximately one third of the runners are averaging about three runs per week for a total of about 15 to 30 miles logged per week. Most run individually, though there are occasional running events in which the club members can also participate. For example, club members joined other military personnel and dependents in a total of 15 to 30 miles logged per week. Most run individually, though there are occasional running events in which the club members can also participate. For example, club members joined other military personnel and dependents in running the Headquarters Company Half Marathon, June 5. That was a 13.1 mile addition to their running logs, with a total of 50 runners in all.

Major Terry Herzog, S-1 director and Sgt. Josue Lopez Arenas, Administration noncommissioned officer and member of the Barstow Marines Running Club receive the first trophy for running 100 miles in the month of May, from Maj. Terry Herzog, S-1 director and running club founder, aboard Marine Corps Logistics Base Barstow, Calif., June 17. The club has 13 members as of today, with each tracking their miles, competing and encouraging one another.

Sergeant Josue Lopez Arenas, Administration noncommissioned officer and member of the Barstow Marines Running Club, hits the halfway point during the Headquarters Company Half Marathon, June 5. That was a 13.1 mile addition to their running logs, with a total of 50 runners in all.

Photo by: Laurie Pearson

Photo by: Laurie Pearson
Pounding the pavement with the new Barstow Marines Running Club

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13.1 mile addition to their run

Marathon, June 5. That was a

Headquarters Company Half

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Challenge by

Calif., June 5. Kokes is a member of the Barstow Marines Running Club and is aiming to log in 100 miles this month

in competition for awards and prizes by the S-1 director, Maj. Terry Herzog.

Sgt. Cheng Vang, supply administration, close in on the end of the Headquarters Company Half Marathon held on and around Marine Corps Logistics Base Barstow, Calif., June 5. Kokes is a member of the Barstow Marines Running Club and is aiming to log in 100 miles this month

in competition for awards and prizes by the S-1 director, Maj. Terry Herzog.

Sergeant Kenneth Mullins, training noncommissioned officer, Cpl. Colten Kokes, administrative specialist, and Sgt. Cheng Vang, supply administration, close in on the end of the Headquarters Company Half Marathon held on and around Marine Corps Logistics Base Barstow, Calif., June 5. Kokes is a member of the Barstow Marines Running Club and is aiming to log in 100 miles this month

in competition for awards and prizes by the S-1 director, Maj. Terry Herzog.

Major Terry Herzog, S-1 director, finishes the Headquarters Company Half Marathon held aboard Marine Corps Logistics Base Barstow, Calif., June 5. Herzog founded the Barstow Marine Running Club this Spring and has approximately 13 competitive Marines logging miles daily.

People can pair up, or run as a group whenever they feel like they need or want to,” Herzog said.

With temperatures in the Mojave Desert often exceeding 100 degrees, the majority of the runners choose to get their miles in around 6:00-7:00 a.m., and sometimes they run during their lunch breaks. The Marines focus on safety and health, ensuring that they

With temperatures in the Mojave Desert often exceeding 100 degrees, the majority of the runners choose to get their miles in around 6:00-7:00 a.m., and sometimes they run during their lunch breaks. The Marines focus on safety and health, ensuring that they

bring a wa-
ter source when running, such as hydration equipped backpacks, or a hand-

water source when running, such as hydration equipped backpacks, or a hand-

held bottle. Proper gear is also encouraged
to mitigate heat illnesses and prevent injuries.

“I, personally, choose to wear (specialized running shoes),” Herzog said. Although any running shoes may be worn as preferred by the individual runners.

“(The ones I like) have huge cushioned souls and help save your feet when you run on pavement or really any surface. I also wear copper wicking toe socks. These socks significantly reduce any blisters and keep your feet dry. Specialty running shorts that have a silky underwear lining that prevents chaffing, are also recommended.”

To block those ultraviolet sun rays, a sunscreen with a high sun protection factor is important, as are sunglasses and hat.

“I use a 110 SPF sunscreen on the sides of my face,”

Herzog said. “I like to wear a vented, snap-back ‘truck-
er hat’ which is very loose fitting and lightweight. It also helps to keep sweat out of my eyes. The sunglasses I use are designed for runners so that they don’t slip.”

One other thing that the major uses is a cloth which he soaks in cold water and drapes around his neck to help keep him cool. It is also important to keep identification and a cellular phone on your person when running. It may be necessary to present identification at any point while on base, and the phone will not only track miles automatically, using the app, but can also be used to take photographs, or call for assistance should there be an emergency.

“I think most of the members use their phones to listen to music, as well,” Herzog said. “I don’t listen to anything but my own thoughts and the sounds

of nature.”

Each of the runners have their own methods, preferences and reasons.

“Some enjoy running because it allows them to be outside and to be free,” Herzog said. “Running also allows each of us to accomplish small missions which, in return, build mental toughness and confidence.”

If you have questions about the Barstow Marines Running Club, or would like to join, you may reach Maj. Herzog at 760-577-6560.

Or you can go to the club website at:


Runners will also need to download the Strava app to track miles and other details.
1st Network Battalion for MCIWest operational

Call (855) ESD-USMC or (855) 373-8762, for all computer help issues aboard Marine Corps Logistics Base Barstow.

Call (855) ESD-USMC for computer help aboard Marine Corps Logistics Base Barstow, Calif., or anywhere within the six Marine Corps bases under command of Marine Corps Installations West.

“That number, (855) ESD-USMC or (855) 373-8762, will put you in contact with a member of the 1st Network Battalion,” said Juan Rivera, S-6, Communications department director, MCLB Barstow.

The 1st Network Battalion was officially stood-up within Marine Forces Cyber Operations Group June 4, and is composed of at least five civilian personnel and contractors from every base within MCI West command. Those include Marine Corps Air Station Miramar, Calif.; Marine Corps Air Station Yuma, Ariz.; Marine Corps Mountain Warfare Training Center, Bridgeport, Calif.; Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.; and Marine Corps Base Camp Pendleton, San Diego, Calif., Rivera explained.

“Marines currently located aboard Camp Pendleton also make up a key component to the success of the Network Battalion,” said Lt. Col. Juliet Calvin, the new commanding officer of the nascent 1st NB.

“The 1st NB was established to address the need for increased and enhanced cyberspace security and development within the Marine Corps,” she explained.

The ESD in (855) ESD-USMC stands for Enterprise Service Desk. “The ESD is located in Kansas City, Kan., with the alternate ESD in New Orleans,” Calvin explained. “When a customer calls (855) ESD-USMC, they are speaking with an information technology professional whom is located at one of the two locations. The ESD is operated by the Marine Corps Cyber Operations Group.”

“It’s estimated that 60 to 80 percent of all computer problems can be handled by 1st NB personnel over the phone by remoting in to the caller’s computer,” Calvin said. “If the problem can’t be handled remotely, then a qualified 1st NB information technology professional either from Camp Pendleton or the caller’s respective base will respond to the location in person to handle the issue.”

Although Calvin’s office is located aboard Camp Pendleton, the headquarters of MCI West, she answers directly to MARFOR Cyber Operations Group, located at Marine Corps Base Quantico, Va. “We’re a prototype for this type of command within the Corps,” Calvin said. “Depending on its success, at least three other Network Battalions and two smaller Network activities will be stood up with the Marine Corps.”

Rivera stressed that the regular help desk number in Communications, (760) 577-6780, is still operational, but only for issues related to telecommunications, phones and radios located on MCLB Barstow.

Calvin continues if a customer does calls (855) ESD-USMC with a phone or radio problem, they will be redirected to the regular Communications help desk number aboard their respective base for assistance.

The 1st NB has already proven to be a remarkably efficient way to handle computer issues since the expertise to fix a particular computer related problem is drawn from a much larger field of talent, Calvin said.

“The new battalion is the first new communications-related military command stood up in fifty years in the Marine Corps,” she said. “The 1st NB has already established itself as a very effective tool in handling cyberspace security issues.”

Calvin said if the Network Battalion continues to prove successful, then similar organizations will be established within all branches of the military.

“Besides handling computer problems, we’re also tasked with defensive cyberspace security for the Marine Corps, meaning we are developing ways to combat hacking and prevent hostile takeovers of

continued on page 11, 1NB
Mental health during pandemic, riots and more

Story by: Laurie Pearson
COMMSTRAT Chief

From fires, to coronavirus, peaceful protests, to riots, and even murder hornets, 2020 has brought many unwelcome surprises to everyone around the globe, and even here aboard Marine Corps Logistics Base Barstow, Calif., highlighting the need for self-care and mental healthcare.

Any of the myriad issues challenging people around the world can tax a person’s ability to function optimally. When you add them all together, and add even more concerns, such as job and home insecurity, financial distress, food shortages, and even toilet paper shortages, the impact on mental health can push critical boundaries.

“Some people might try to create positive outcomes in the shutdown, by starting a new exercise routine or taking self-improvement classes online, exploring the surrounding areas, spending quality time with their kids, doing arts and crafts, writing poetry or a book, etc.,” said James Maher, Behavioral Health section head.

One option that may be helpful to many is Cognitive Behavioral Therapy, available through the Behavioral Health division on base. “Cognitive Behavioral Therapy is the combination of two theories and methods of therapy used to overcome a wide range of mental health conditions, most notably anxiety and depression,” Maher explained. “CBT has been studied and researched for years and is considered an Evidenced Based Practice which is a testament to its effectiveness when done correctly. The primary tenant behind CBT is that early experiences shape our view of the world and other people.”

On their own, there are Cognitive Therapy methods, in which people are taught to identify thoughts and then learn to change them. Behavioral Therapy methods focus on the action, rather than the thoughts themselves.

Exposure Therapy is one example of a Behavioral Technique and Training method used by a trained professional, in which a person may be taught anxiety reducing techniques and then introduced to increasing levels of something that causes fear or anxiety until it is no longer a significant stressor.

“Exposure therapy is still considered the treatment of choice for phobias and other anxiety disorders,” he said.

Cognitive Therapy methods and Behavioral Therapy methods are both powerful. However, combined use of these therapies produces greater change in a relatively short period of time.

“CBT teaches self-reflection and how to identify thoughts, challenge negative and harmful thinking, and then teaches someone how to substitute some positive realistic thoughts,” Maher said. “Then it also encourages replacing harmful behaviors with more productive ones.”

Some of the elements needed for personal change include motivation, effort, and actually doing the homework.

“People need to practice outside of the counseling session,” he said. “Both of these approaches, combined into CBT do rely on self-determination and respect for the client. A therapy may be wonderful, but if the client doesn’t buy into it and is not willing to do work outside of the sessions, then little change will be effected.”

The stressors people are facing can create anxiety which, if not managed successfully, can lead to a build-up of tension inside.

“Recently imposed travel restrictions, especially on Department of Defense employees, have brought anxiety for some,” Maher said. “Not being able to go visit relatives or take vacations outside of the allowed radius can lead to boredom and loneliness, which can lead to more drinking which can lead to other problems.”

“Day drinking may sound like fun but it is a poor coping mechanism that can lead to other problems,” Dawn Dialon, Behavioral Health Substance Abuse specialist added. “These tensions can build up and people may try to mask it by drinking, causing a possible implosion or explosion like a domestic violence situation. Or they may be arrested for driving under the influence. Or perhaps they may experience some other negative alcohol related incident.”

“When someone internalizes...
Lifeguard training under COVID-19 restrictions

Story by: Keith Hayes
COMMSTRAT Planner

Lifeguard training aboard Marine Corps Logistics Base Barstow, California, is going on in preparation for the summer rush of pool-goers at the Oasis Pool and Water Park, but with restrictions because of COVID-19.

Axel Rivera, pool manager and supervising lifeguard, Oasis Pool and Water Park, began a week-long series of lifeguard classes at the Maj. Gen. James L. Day Conference Center, June 22, to get his crew ready for the influx of swimmers from around the base.

“Because of the COVID-19 restrictions I along with my counterparts at Camp Pendleton Area 13 Pool had to submit a plan to Marine Corps Community Services Chief of Lifeguards Vincent Lombardi on how I would maintain social distancing during training,” Rivera said.

That meant keeping the lifeguards undergoing training away from each other as much as possible, and still get the training accomplished.

“The summer swimming season is here and we have to be ready for the pool users who will be showing up on a daily basis,” he explained. “Not having lifeguards is not an option, so we’re conducting the training with an added level of difficulty.”

Ordinarily, this training would have taken place in March, but Rivera said COVID-19 hit, and with quarantine restrictions, everything was put on hold for a while.

“Our training usually takes place at least twice a year or more if circumstances warrant it,” Rivera continued.

The COVID-19 restrictions also required Axel and his counterparts at Camp Pendleton to come up with a plan for the water portion of the training.

“Ordinarily we have another lifeguard playing a drowning victim. They wave their hands to indicate they’re drowning and then sink below the water level to show they’re unable to stay afloat. Then a lifeguard in the tower blows their whistle to activate the Emergency Action Plan, enters the water using the proper lifeguard entry carrying a float on a rope and pulls the victim from the water,” he said.

Camp Pendleton Area 13 counterparts purchased a special submersible training mannequin from MCCS rather than depend on a live participant to play the drowning victim.

“These training aid mannequins can sink to the bottom of a pool, just as a real live victim of drowning does,” Axel said. “So we’ll have a real lifeguard holding up the submersible mannequin in the water and wave their arms to indicate they’re drowning.”

“When the lifeguard begins their approach to the drowning victim, the lifeguard holding the mannequin releases it so that it begins to submerge, and then swims away to avoid contact with the lifeguard performing the rescue,” Rivera said.

The level of added difficulty to performing lifeguard training because of COVID-19 restrictions presents a challenge for Rivera, but lifeguards are routinely taught how to adapt and overcome.

“This is just like any other problem I teach my lifeguards to handle on the job,” Rivera said. “They have their training but they’re also taught to think for themselves if problems arise, and COVID-19 training restrictions are just another hurdle to overcome so that we can continue to provide the level of professional lifeguard services that residents of the base expect.”
Continued from page 9, Health

their stress and anxiety, it has
also been shown to cause many
physical problems like stomach
issues, high blood pressure, heart
disease, skin disorders,” Maher
said. “It can also cloud one’s
thinking so that people don’t see
all their options, they feel trapped
or in a rut. It exacerbates mental
health issues such as depression
or adjustment to new situations.
Severe stress has been shown to
weaken the immune system so
that people are more likely to catch
a cold or flu, or possibly even
COVID-19. Some experts have
said that severe chronic stress can
even contribute to severe immune
disorders resulting in ailments such
as cancer.”

The DOD travel ban, has
grounded employees and impeded
their ability to help family
members, which can be frustrating.

If a person is predisposed
to depression, then being in
quarantine can exacerbate that
condition. Some things which may
help are using video chat options
so that you can see and hear your
loved ones.

“Quarantine is meant to protect
others,” Maher said. “However,
the person being quarantined is
likely to feel burdened. The level of
burden depends on the situation
and how much contact they can
have with others, if they have
help or if they are having to do
everything on their own.”

Individual perspective impacts
how individuals handle quarantine.
Some people may not mind the
isolation and enjoy using the time
to catch up on their favorite
books, or shows.

“If the person feels
like it is not
fair that he or
she is being
‘punished’
by the
quarantine, then the reaction is
likely to be angry or bitter,” Maher
said.

One of the concerns related to
being cooped up with family is
the possibility of increased family
tensions that can result in more
arguments and sometimes even
domestic violence.

“During the C19 quarantines, the
calls to DV centers have increased
and there are concerns about child
abuse, as well,” Maher said. “Since
the children are not attending
school, there are fewer professionals
that see the children and therefore
it’s not really known how many
child abuse cases are taking place.
Children being bored or arguing
among themselves and a parent,
or parents being unemployed and
staying at home with financial
and all the other stressors they’re
experiencing, can lead to angry
discipline methods which can go
too far.”

“If someone is in an abusive
relationship, then they may need
to get out,” Maher said. “If they are
in quarantine then of course that
is harder, but shelters are available.
I recommend calling police, or if
an Active Duty military person
is involved then call the Family
Advocacy Program.”

Sometimes, people just need to
know that they have somewhere,
and someone, to turn to for help.

“If a person is in a crisis they
can call BH here and speak to a
counselor;” Maher explained. “Or
they can call the Crisis Hotline at
1 800 273-TALK. They also have
veterans available to speak to Active
Duty and Veterans in need of
assistance.”

The Community Counseling
Program offers counseling and
it is based on CBT and solution-
focused therapy. It is an educational
and problem solving approach to
troubles before they become too
severe.

“In addition, the CCP assists
parents to learn new skills and
techniques and assists when
someone is going through a new
adjustment or a loss, such as
the death of a loved one or the
separation from a loved one for
whatever reason,” Maher said.

If a person has a mental issue that
needs medication or a condition
such as Post Traumatic Stress
Disorder, Bipolar Disorder and
Severe Depression, then the CCP
can still help the person learn to
deal with stressors while they obtain
medical assistance from medical
facilities like Behavioral Health Fort
Irwin where medical doctors and
therapists are on staff.

If you, or someone you know, is in
need of support, contact Behavioral
Health at 760-577-6533, or stop by
their new location in Building 218,
behind the Library in McTureous
Hall.
Marine Corps Logistics Base Barstow

To preserve the health and welfare of base employees and to help limit the spread of COVID-19, the following are changes to base activities and areas of function.

**Postponed or Closed**

- Self-Defense Classes
- Swim Lessons
- Spin Classes
- LINKS Coffee Chats
- Wellness Series
- Play Mornings
- ITT
- Pass & ID Nebo 101, Yermo 406

**Modified Hours and Services**

Leatherneck Lanes Bowling Alley open w/modifications: Call for details - 760-577-6264
Marine Memorial Golf Course open w/modifications: Call for details - 760-577-6431
Semper Fit Gym:
- Open to active duty personnel, their dependents & permanent base employees, 5a.m.-6p.m.
- Combat room open 24/7 for AD, police and fire only.
SMP/Rec Center:
- Single Marines only, no guests
- M-F 11a.m.-1p.m. and 3p.m.-7:30p.m.
- Sat & Sun 11a.m.-5p.m.
Oasis Pool:
- Tues-Fri 11a.m.-1p.m. Lap swim/Unit PT; 1p.m.-7p.m. Recreational swim
- Sat & Sun 11a.m.-7p.m. Recreational swim
Route 66 Cafe: Open for dine-in service. Can also orders in ahead at 760-577-6428.
Entrance Gates:
- Gate guards will not handle your CAC when entering base, but should still scan it
Pass & ID 236: Appointment only - 760-577-6969
Commissary:
- Open every Tuesday 9a.m.-9:30a.m. for active duty and spouses only
- Open Tues - Sat 0930-1800 for everyone else eligible. IDs will be verified.

The following services are suspended through June 30, normal business hours will resume July 1:
Base Library
Personal & Professional Development
Behavioral Health
- For Behavioral Health telework assistance call 760-577-6533

For additional information about the base go to: [https://www.mclbbarstow.maries.mil](https://www.mclbbarstow.maries.mil)
For a complete list of MCCS hours and services impacted go to: [http://mccsbarstow.com/impact/](http://mccsbarstow.com/impact/)