

# THE PROSPECTOR



Vol. 9, No. 6

Serving the Corps for 75 Years  
Marine Corps Logistics Base Barstow

March 26, 2020

## COVID-19 The base The Community Your health



# COVID-19: 5 THINGS TO KNOW AND DO

**1.** WASH YOUR HANDS!

**2.** SAFEGUARD LIVE EVENTS

**3.** UPDATE CONTINGENCY PLAN AND BCP

**4.** ENCOURAGE WORKPLACE DESTRESSING ACTIVITIES

**5.** KNOW YOUR RIGHTS!

## On The Cover:

Front cover: Jack Adamyk

(Left) Fally Pressley, commissary employee, and Rindy Hughes, cashier, both wearing nitril gloves and using sanitizing wipes as part of their personal protective equipment to fight COVID-19, conduct a transaction aboard Marine Corps Logistics Base Barstow, Calif., March 24.



Marine Corps Logistics Base Barstow, California  
Colonel Craig C. Clemans, 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)



# Coronavirus (COVID-19)

**How to avoid infection or spreading the virus**



Wash your hands regularly with soap and water for at least 20 seconds



Avoid touching your eyes, nose or mouth



Cover your mouth or nose when coughing or sneezing



Use only disposable tissues, and dispose of them immediately after use



Avoid close contact with anyone showing respiratory symptoms



Monitor travel advice on Smartraveller [smartraveller.gov.au](http://smartraveller.gov.au)



Stay at home when you are sick

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

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# News Briefs

## MARADMIN 142/20 CALL FOR PARTICIPATION IN THE 2020 JOINT WOMEN'S LEADERSHIP SYMPOSIUM

The 2020 Joint Women's Leadership Symposium (JWLS) will be held June 18 - 19, 2020 at the Marriot Waterfront, Norfolk, Va. HQMC M&RA Opportunity, Diversity, and Inclusion (MPE) Branch will sponsor a limited number of conference registration fees and travel expenses.

Sea Service Leadership Association is the host of JWLS and is a non-profit organization that provides professional development through networking, education, and mentorship of women from all three maritime armed forces – the United States Navy, the Marine Corps, and the Coast Guard. SSLA is a non-federal entity wholly independent of the Marine Corps. More information can be found on their website at <http://www.sealeader.org>.

Subject to conference approval, Commanders are encouraged to authorize Temporary Additional Duty for Marines, civilian Marines, and Sailors who are attached to their unit. Local travel is authorized for members in the local area. All Marine Corps funded participation must be coordinated through the MPE Branch. Rental cars are not authorized. Commands are not authorized to use command funding for rental cars.

To attend this event please email (via your Officer-In-Charge) your name, rank, unit, and duty station to the POCs.

Uniform of the day:

4 Service C.

## MARADMIN 135/20 HQMC SEMPER FIT SEEKS APPLICATIONS FOR THE 2020 ALL-MARINE WOMEN'S AND MEN'S TRIATHLON TEAM

Headquarters Marine Corps (HQMC) Semper Fit is seeking applications from Marines interested in participating on the 2020 All-Marine Triathlon Teams. The All-Marine Triathlon Teams consist of seven men, two additional masters level men (40 years old and over), five women, 2 additional masters level women (35 years old and over) and will be chosen by application to compete at the Armed Forces Triathlon Championships. The Armed Forces Triathlon Championships will be held 30 April – 3 May 2020 at Naval Base Ventura County, Calif. The Armed Forces Triathlon Championships format is a draft-legal Olympic distance race consisting of a 1500m swim, 40k bike, and 10k run. Marines selected to participate on the Armed Forces Triathlon Teams will be eligible to compete at the Military World Championships from 9 – 14 June 2020 in Spain.

Interested Marines must submit an online application to HQMC no later than April 1, 2020. The All-Marine online application system can be accessed from [www.usmc-mccs.org/services/fitness/All-Marine-Sports](http://www.usmc-mccs.org/services/fitness/All-Marine-Sports).

### Leave Share Program

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

**Torria Haulsey**

**Mario Sanchez Chavez**

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

## MARADMIN 136/20 HQMC SEMPER FIT SEEKS APPLICATIONS FOR THE 2020 ALL-MARINE MEN'S AND WOMEN'S GOLF TEAM

Headquarters Marine Corps (HQMC) Semper Fit is seeking applications from Marines interested in participating on the 2020 All-Marine Men's and Women's Golf Team. The All-Marine Men's and Women's Golf Team consist of six men and three women and will be selected by trials held at Fort Belvoir, Va. from 6 – 12 September 2020. The team selected from the trial will compete at the Armed Forces Golf Championship 13 – 17 September 2020 at Fort Belvoir, Va.

Interested Marines must submit an online application to HQMC no later than July 27, 2020. The All-Marine online application system can be accessed from [www.usmc-mccs.org/services/fitness/all-marine-sports](http://www.usmc-mccs.org/services/fitness/all-marine-sports). Marines must create an account before accessing the application system. Applications must contain command endorsement. For any technical issues with the All-Marine online application system please contact the point of contact.

Golfers must have a handicap of 3 or less for men and 20 or less for women. Applications must include a copy of a valid United States Golf Association handicap card and all competitive results from the past two years to be considered.

To participate, Marines are required to have a valid Government Travel Charge Card, and an active Defense Travel System account.

# COMMANDER'S FORUM

Greetings to all aboard Marine Corps Logistics Base Barstow.

Consistent with I Marine Expeditionary Force and Marine Corps Installations-West, the priorities of MCLB Barstow are:

- 1) Protecting our people;
- 2) Maintaining mission readiness;
- 3) Supporting the whole of government effort.

Please behave as if you are infected in the sense that you should practice social distancing, hand sanitizing, and wiping down work spaces often - do NOT come to work if you are symptomatic.

As of this writing, there are a number of federal employees whom work aboard the Base and whom are self-isolating, but none with symptoms of which I am aware. If you have been in contact with someone who has tested positive for COVID-19 and you are showing symptoms, please notify your supervisor immediately.

Barstow Community Hospital has one patient admitted with COVID-19.

Even if you do not normally give blood, please consider doing so during this time of a critical nationwide shortage. Relative to the risk of catching COVID-19, the risk to life without a blood transfusion is exponentially higher. The vast majority of sponsor locations in the Barstow and County communities have cancelled their blood drives, so the need is much greater than ever.

Remaining open are all are the Marine Corps Exchanges, the gas station, the Auto Hobby Shop, Route 66 Restaurant (carry out only), Oasis Lodging, Child Development Center, and School Age Care - all other Marine Corps Community Services activities are now closed.

Commissary privileges are now extended to the members of our police and fire departments. Our Commissary is maintaining normal working

hours. They open 30 minutes early on Tuesday's for active duty service members and their dependents only.

Active duty personnel's liberty boundary remains limited to a 50 miles radius.

For those who use TIPS (Transportation Incentive Program System) to vanpool - a waiver is being submitted so you may continue to qualify for the program despite not maintaining the usage during this time. More to follow. Telework is highly encouraged for those eligible; please drive separately if commuting.

The County of San Bernardino's COVID-19 Public Information Line is open 9 a.m. to 5 p.m., Monday - Friday at (909) 387-3911.

Misinformation is spreading faster than COVID-19. Please, only pass on information you gain first hand from a reliable source; the Base website, Commander's Updates, and your

chain of command are good sources.

There are NO plans to close MCLB Barstow due to the virus; given the current trajectory of the relatively limited virus spread in our city, I have NO intention of closing the Base.

Lastly, Rudyard Kipling's sentiment in a poem he titled "If" is apropos:

"If you can keep your head when all about you are losing theirs ... (then) yours is the Earth and everything that's in it, and - which is more - you'll be a Man, my son."

The challenge for all of us during this time is to "keep our head", to remain mission focused, to be smart so we can stay safe, and to not give counsel to our fears.

We're all in this together.



Official U.S.M.C. photo

*Colonel Craig C. Clemans, commanding officer, Marine Corps Logistics Base Barstow, California.*

Col Craig C. Clemans, USMC  
Commanding Officer  
MCLB Barstow, CA

# Military commissaries COVID-19 response

Story submitted by: Rear Adm. (Ret.) Robert J. Bianchi,  
Defense Commissary Agency

In light of the COVID-19 (the coronavirus) outbreak, we at the Defense Commissary Agency want to reassure you, our valued customers, that the health and welfare of you and our employees are our No. 1 concern. We are following the highest standards of the Department of Defense's health protection in our stores, which includes wiping down checkout areas, restrooms and shopping carts, routine hand washing and other basic sanitation measures to avoid spreading germs. We're also encouraging our employees to closely monitor their health and well-being, and asking them to stay home if they, or someone in their household, are sick. We exist to deliver the commissary benefit to millions of service members and their families worldwide. We stood up our emergency operations center in late February to coordinate all of the agency's efforts to ensure that commissaries effectively and efficiently respond to this outbreak with the service our military communities need.

You can also rest assured that we work to protect the products on commissary shelves from any compromise of food safety and quality. The sources of the product sold in the commissaries go through an extensive assessment process conducted by military food safety experts before they are deemed an approved source. We have a team of military veterinarians and store food safety specialists constantly inspecting food sources, deliveries and products on commissary shelves to help ensure they're free of potential contaminants. From a product availability standpoint, we are working with our industry suppliers to support the needs of our senior leaders on the ground at each location. This teamwork is overcoming any challenges that might impact the timely delivery of products to stores. We're increasing deliveries to our commissaries

overseas – to ensure product availability, particularly on items that are in high demand like liquid sanitizer, disinfectant wipes and toilet paper. We are countering delays of shipboard supply containers by increasing air shipments of high-demand items to our overseas stores as needed. In the Pacific theater alone for example, the agency has airlifted multiple shipments of high-demand items to supplement the stock in its central distribution centers (CDC) that support commissaries in that geographic region. DeCA crews at our Gernersheim Central Distribution Center in Germany

are working overtime pulling products for store deliveries. We've done emergency airlifts of meat in Japan and increased the number of pre-made sandwiches and pre-made salads at the Sigonella Commissary in Sicily. Product availability rates for our CDCs in the Pacific are currently at 94 percent and in Europe at 95 percent, which is excellent. Availability in the CDCs is vital to our stores' ability to restock from day



Photo illustration by Jack Adamyk

*Though there are limits on some items, vegetables, meats, milk, and hundreds of normal items remain available to the commissary and Marine Corps Exchange customer aboard Marine Corps Logistics Base Barstow, California, March 24.*

to day. Products supplied via airlift average seven to nine days from the time the order is transmitted until it is received at the CDC; orders transported by ship to Pacific CDCs average 21-25 days and to Europe in 14 days. Every day we are going above and beyond to ensure our military communities are supplied. We will continue to fully maintain this level of support throughout the duration of the crisis wherever necessary. At this time, we want you to know there is no need for panic buying. If you happen to see empty shelves in the store please be patient – the store will be restocked often the very next day. Please note, at certain locations, installation leadership has deemed it necessary to implement purchase limitations on particular products to ensure that the commissary can meet the increased demand. Also, some stores overseas have started instituting social distancing for customers in line. Preparing for

# How VA and Tricare Users Can Get Tested for Coronavirus

Story and photo courtesy:  
**Dorothy Mills-Gregg**  
Military.com

The U.S. military says it has plenty of coronavirus tests ready to meet demand. But not everyone meets requirements to get tested. Military family members and retirees covered under [Tricare](#) and veterans using the [Department of Veterans Affairs](#) health system can receive a test for the novel coronavirus, formally known as [COVID-19](#), but only if they meet certain conditions, officials said.

Who Can Be Tested for COVID-19 and Have the Fee Waived?

The VA and Tricare have instituted similar rules around who qualifies for testing:

- The patient has COVID-19 symptoms, such as fever, cough and shortness of breath.
- The patient has traveled to one of the affected areas, like China or Italy.
- Or they have been in close contact with someone infected with COVID-19.

The VA also requires that the patient live in an area where there has been community spread of COVID-19.

Tricare announced [via Facebook](#), Tuesday COVID-19 testing is free for all beneficiaries. While it will still be no-cost if the test was prescribed by a network or non-provider, the usual copay or cost-share for the doctor visit will apply.

The VA is offering free testing

to enrolled veterans, a VA spokeswoman said via email Monday. This extends to Civilian Health and Medical Program ([CHAMPVA](#)) beneficiaries.

“VA currently has capacity to meet the demand for increased testing,” the spokeswoman said.

What Should I Do If I Think I Have the Virus?

Tricare and VA both are asking patients not to go directly to a medical center without first

the nurse advice line or VA app.

Officials said 14 Defense Department laboratories are performing COVID-19 testing, and they expect more to come online. Military clinics can also utilize state public health labs, officials said.

Where Can I Find Additional Information?

The VA is providing information updates via its coronavirus page [here](#) and has offered guidance for facility visits [here](#).

Tricare beneficiaries can stay up-to-date on the latest information [here](#).

*Editor’s Note: This story has been updated with new information about testing offered by Tricare.*

-- Dorothy Mills-Gregg can be reached at [dorothy.mills-gregg@military.com](mailto:dorothy.mills-gregg@military.com). Follow her on Twitter at [@DMillsGregg](#).



CDC’s laboratory test kit for severe acute respiratory syndrome coronavirus. (Centers for Disease Control and Prevention).

calling.

The VA is urging veterans to receive care virtually by downloading its [VA Telehealth App](#); Tricare wants beneficiaries to call into the Military Health System [Nurse Advice Line](#) and chat with a registered nurse to assess their symptoms.

“If needed, they can coordinate a virtual visit with a health care provider,” a Tricare official said via email.

What Happens If I Need to Be Tested?

If a patient needs to be tested, he or she will be given more information on next steps through

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**Military.com**



# Stand Up For MilKids

Story by: Laurie Pearson  
CommStrat Chief

For April, Marine Corps Logistics Base Barstow, and the entire Department of Defense, observes Child Abuse Prevention Month, and celebrates the Month of the Military Child.

The campaigns are aligned under one overarching theme, Stand Up For MilKids.

“Both observances invite service members, their partners, spouses, commanders and installation support staff to celebrate and contribute to the resilience of military children,” said

Michelle Adams, Prevention and Education specialist and victim advocate with Behavioral Health Section on base. “This campaign aims to raise awareness of a key protective factor shown to increase children’s resilience: the stability of a caring adult in their lives - whether a family member, teacher, coach or another positive figure.”

A caring adult with a steady presence in a child’s life can be a source of trust and support, and is especially important for kids with Adverse Childhood Experiences, she explained.

“Children who grow up with such an adult in their lives are significantly more likely to develop healthy social behaviors and positive coping skills that will help them to weather life’s difficulties, including abuse and neglect,” she said. “The strength and unity of the military community presents a unique opportunity for this campaign, which encourages adults to step up as positive role models for our military children.”

Whether a parent, mentor, teacher or friend, the MilKid in their life looks up to them.

“It is important to be a positive influence and help them through the harder days by learning what you can do to keep them growing safe and strong,” Adams emphasized.

According to National Children’s Alliance there are nearly 700,000 children abused in the U.S annually. The youngest children were most vulnerable. Children, in the first year of their life, had the highest rate of victimization of 24.2 per 1,000 children in the national population of the same age. They report neglect as the most common form of maltreatment. Of the children who experienced

8 abuse, three-quarters suffered neglect; 17.2 percent suffered physical abuse; and 8.4 percent suffered

sexual abuse. Some children are “poly-victimized,” meaning that they have suffered more than one form of maltreatment.

“About four out of five abusers are the victims’ parents,” Adams said.

The Department of Defense fiscal year 2018 statistics across all branches show that there were 12,850 reported allegations of child abuse and neglect; 6,010 met the DOD criteria for maltreatment. Of the met-criteria incidents 58.69 percent were neglect, 20.57 percent were physical abuse, 16.97 percent were emotional abuse and 3.78 percent were sexual abuse. Over half, 57.4 percent,

of child victims were age 5 or younger and 92 percent of offenders were parents.

“Child abuse affects children of every age, race, and income level,” Adams explained. “It often takes place in the home and comes from a person the child knows and trusts such as a parent, relative, babysitter or caregiver, or friend of the family. Often abusers are ordinary people caught in stressful situations such as young mothers and fathers unprepared for the responsibilities of raising a child; overwhelmed single parents with no support system; families placed under great stress by poverty, divorce, or sickness; parents with alcohol or drug problems.”

One of the first steps in helping or getting help for an abused or neglected child is to identify the signs and symptoms of abuse.

There are four major types of child maltreatment:

- Neglect
- Physical
- Sexual
- Emotional

Adams explained the four types of maltreatment as follows:

- **Neglect** - Failure to provide for a child’s basic needs such as food, clothing, shelter, medical care, education, or proper supervision. Possible symptoms: Signs of malnutrition or begging, stealing, or hoarding food. Poor hygiene such as matted hair, dirty skin, or body odor. Unattended physical or medical problems. Statements indicating that no one is home to provide care. Child or caretaker abuses drugs or alcohol.
- **Physical Abuse** is intentional injury inflicted upon



# March is National Women's History Month

## Katherine Johnson's story continued

Story by: Laurie Pearson  
CommStrat Chief

Katherine Johnson returned to teaching when her three daughters got older, but it wasn't until 1952 that a relative told her about open positions at the all-black West Area Computing section at the National Advisory Committee for Aeronautics' (NACA's) Langley laboratory, headed by fellow West Virginian Dorothy Vaughan. Katherine and her husband decided to move the family to Newport News, Virginia, to pursue the opportunity, and Katherine began work at Langley in the summer of 1953. Just two weeks into her tenure in the office, Dorothy Vaughan assigned her to a project in the Maneuver Loads Branch of the Flight Research Division, and Katherine's temporary position soon became permanent. She spent the next four years analyzing data from flight tests and worked on the investigation of a plane crash caused by wake turbulence. As she was wrapping up this work her husband died of cancer in December 1956.

Katherine sang in the choir at Carver Memorial Presbyterian Church in Newport News, Virginia for 50 years. The minister there introduced James A. Johnson to her. He had been commissioned in 1951 as a Second Lieutenant in the United States Army and was a veteran of the Korean War. In 1959, the two married. Both worked in the West Area Computing Section and in the Flight Research Division.

The 1957 launch of the Soviet satellite Sputnik changed history, and changed Johnson's life. In 1957, she provided some of the math

for the 1958 document Notes on Space Technology, a compendium of a series of 1958 lectures given by engineers in the Flight Research Division and the Pilotless Aircraft Research Division. Engineers from those groups formed the core of the Space Task Group, the NACA's first official foray into space travel. Johnson, who

is specified. It was the first time any woman in the Flight Research Division had received credit as an author of a research report.

During her 35-year career at NASA and its predecessor, she earned a reputation for mastering complex manual calculations and helped pioneer the use of computers to perform the tasks.

The space agency noted her "historical role as one of the first African-American women to work as a NASA scientist".

Johnson's work included calculating trajectories, launch windows, and emergency return paths for Project Mercury spaceflights, including those for other astronauts such as John Glenn, the first American in orbit, and rendezvous paths for the Apollo Lunar Module and command module on flights to the Moon. Her calculations were essential to the beginning of the Space Shuttle program, and she worked on plans for a mission to Mars.

In 1962, as NASA prepared for the orbital mission of John Glenn, Johnson was called upon to do the work for which

she would become most known. The complexity of the orbital flight had required the construction of a worldwide communications network, linking tracking stations around the world to IBM computers in the District of Columbia, Cape Canaveral, and Bermuda. The computers had been programmed to control trajectory of the capsule in Glenn's Friendship 7 mission from liftoff to splashdown, but the astronauts were wary of putting their lives in the care of the electronic calculating machines, which were

### Just a few of Katherine Johnson's Awards:

- 2019 Johnson awarded the Congressional Gold Medal
- 2018 West Virginia University, Morgantown, unveiled a life-size bronze statue of Katherine Johnson on campus and established a STEM scholarship in her name
- 2018 College of William and Mary awarded her an Honorary Doctorate Degree
- 2017 The Katherine G. Johnson Computational Research Facility at NASA Langley in Hampton, Virginia opened and was named in her honor
- 2017 Daughters of the American Revolution Medal of Honor
- 2016 New York Times bestseller *Hidden Figures*, by Margot Lee Shetterly, profiled her life as a scholar, an educator, a "colored human computer," and a research mathematician at NASA
- 2015 Presidential Medal of Freedom from then president Barack Obama

had worked with many of them since coming to Langley, "came along with the program" as the NACA became NASA later that year. She did trajectory analysis for Alan Shepard's May 1961 mission Freedom 7, America's first human spaceflight. In 1960, she and engineer Ted Skopinski coauthored Determination of Azimuth Angle at Burnout for Placing a Satellite Over a Selected Earth Position, a report laying out the equations describing an orbital spaceflight in which the landing position of the spacecraft

## Johnson from page 9

prone to hiccups and blackouts.

As a part of the preflight checklist, Glenn asked engineers to “get the girl”—Johnson—to run the same numbers through the same equations that had been programmed into the computer, but by hand, on her desktop mechanical calculating machine. “If she says they’re good,” Katherine Johnson remembers the astronaut saying, “then I’m ready to go.” Glenn’s flight was a success, and marked a turning point in the competition between the United States and the Soviet Union in space.

When asked to name her greatest contribution to space exploration, Johnson would talk about the calculations that helped synch Project Apollo’s Lunar Module with the lunar-orbiting Command and Service Module. She also worked on the Space

Shuttle and the Earth Resources Technology Satellite and authored or coauthored 26 research reports. She retired in 1986, after 33 years at Langley. “I loved going to work every single day,” she said. In 2015, at age 97, Johnson added another extraordinary achievement to her long list: President Barack Obama awarded her the Presidential Medal of Freedom, America’s highest civilian honor.

She died on Feb. 24, 2020. NASA Administrator James Bridenstine said, “Our NASA family is sad to learn the

news that Katherine Johnson passed away this morning at 101 years old. She was an American hero and her pioneering legacy will never be forgotten.”



U.S. Air Force photo by Tetaun Moffett

*A historical park bench marker in Katherine G. Johnson’s honor at Carousel Park in downtown Hampton, Virginia, August 26, 2016. The bench was dedicated in part by the National Technical Association, NTA, the predecessor to the National Aeronautics and Space Administration.*

## DeCA from page 6

and responding to emergencies is nothing new for DeCA. Over the years, our commissaries have dealt with all manner of natural and manmade crises. Working with military leaders during such times, our dedicated employees and industry suppliers continued to deliver the benefit. And we will continue to do so in response to these events. Please be assured that DeCA’s objective right now is to provide for you and your families with necessary goods and to make sure our stores remain safe and clean. For more information

10 about DeCA’s response to the coronavirus, go to the [commissary website](#).

Thank you for your service to our nation!



## MilKids from page 8

a child. It may include severe shaking, beating, kicking, punching, or burning that results in marks, bruising, or even death. Possible symptoms: Broken bones, unexplained bruises, burns, or welts in various stages. Unable to explain injuries, or explanations given by the child or caretaker don't match. Unusually frightened of caretaker, afraid to go home. Report intentional injury by caretaker.

- **Sexual Abuse** refers to any sexual act with a child by anyone. It includes fondling the child's genitals, penetration, incest, rape, sodomy, indecent exposure, and using the child for prostitution or production of pornographic materials. Possible symptoms: Pain or bleeding in anal or genital area with redness or swelling. Displays age-inappropriate play with toys, self, or others. Inappropriate knowledge about sex. Child reports sexual abuse.
- **Emotional Abuse** may occur when a parent fails to provide understanding, warmth, attention, and supervision. Possible symptoms: Parent or caretaker constantly criticizes, threatens, belittles, insults, or rejects them without love, support, or guidance. Exhibits extremes in behavior from overly aggressive to overly passive. delayed physical, emotional, or intellectual development.

"In my experience working with Children's Protective Services for 7 years, the majority of cases of neglect or abuse involved parents on drugs or who engaged in alcohol abuse," said James Maher, Behavioral Health Section head. "One of the protective factors for many parents is a positive social support system with other parents or their own parents. Since most parents on base are separated from their own families of origin and their children are currently staying home from school for an extended amount of time, and dealing with the stress of not knowing how long this will last, it is more important than ever to communicate with others even if by telephone or video chats. Parents need an outlet to discuss normal frustrations of parenting children."

Child abuse can have serious consequences for physical, emotional, psychological and literal brain development.

"The Adverse Childhood Experiences Study done by Centers for Disease Control and Prevention - Kaiser Permanente shows that the more experiences a person had involving child abuse and neglect the more they had long term health and wellbeing affects later on in life as an adult such as gastro-intestinal issues, heart disease, anxiety, depression, and more," Adams said. Some signs of abuse may be more obvious than others. Pay attention to the children around you.

"It is important to trust your instincts and to ask a professional if you are unsure if you are seeing signs of abuse," Adams said.

One thing that can assist children is if more people learned about the science of resilience and showed

their commitment to keeping MilKids safe by pledging support.

"When you pledge to Stand Up For MilKids, you promise to do two things: Be a stable force for good in the life of a military child, and support military parents to practice self-care and seek help when they are overwhelmed," Adams said.



Photo by Keith Hayes

*Santa hands out a toy to the toddler of a military family from Marine Corps Logistics Base Barstow, Calif, during the Burlington Northern Santa Fe Christmas Train Ride Dec. 16, 2019.*

There are free programs available through the Family Advocacy Program and Military One Source, including:  
New Parent Support Program:

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/parenting-infants-and-toddlers/the-new-parent-support-program>

Period of Purple Crying Resources for Parents of Newborns:

<http://purplecrying.info/THRIVE>

<https://thrive.psu.edu/>

New MilParent Specialty Consultation:

<https://www.militaryonesource.mil/confidential-help/specialty-consultations/new-milparent/new-milparent-consultation>

Teach Your Kids Healthy Body Boundaries:

<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/teach-your-kids-healthy-boundaries>

"The more protective factors the child and family has the less likely they child is to suffer from abuse," Adams said. "There are many great classes here on base that teach parenting skills."

"The Behavioral Health Program has counseling services available through the Community Counseling Program that people can participate in to discuss parenting techniques and to help deal with stress before something becomes more intense or gets out of hand in the home."

For more information and assistance, contact Behavioral Health at 577-6533.





## 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

#### Postponed:

- Self-Defense Classes (Weds nights)
- Spin Classes (Weds nights)
- 3 on 3 Basketball Tournament (26 Mar)
- Cheri Magorno's Retirement Party (26 Mar)
- MSgt Tien's Retirement Ceremony (31 Mar)
- Spring Festival (8 April)
- Art For Everyone (Mondays)
- LINKS Coffee Chat (18 & 26 Mar)
- Wellness Series (19 Mar)
- Play Morning (20 Mar)
- Swim Lessons (23-27 Mar)
- Guest Speaker (17 April)
- SAPR 5K (24 April)

#### Closed:

- Golf Course
- Pool
- Bowling Alley
- ITT
- SMP/Active Duty Rec Center
- Pass & ID Nebo 101, Yermo 406

### Modified Hours and Services

#### Semper Fit Gym:

- CLOSED except for Combat Room for use by active duty, fire and police only.

#### Library

- Open 0800-1100

#### Route 66 Cafe:

- Grab n' Go orders only. Call orders in ahead 577-6428.

#### Entrance Gates:

- Gate guards will not handle your CAC when entering base, but should still scan it

#### Pass & ID 236

- Appointment only

#### Commissary

- Open every Tuesday 0900-0930 for active duty and spouses only
- Open Tues - Sat 0930-1800 for everyone else eligible. IDs will be verified.