

# THE PROSPECTOR

75<sup>TH</sup>

Vol. 6, No. 17

Serving the Corps for 75 Years  
Marine Corps Logistics Base Barstow September 14, 2017

**Marine Corps Rodeo**

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**Suicide Prevention Month**

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**RailOps continues to grow**



## On The Cover:

### Front Cover: Robert Jackson

*Kent Lane, professional skydiver and instructor, makes his way to the arena, during a patriotic opening for the first Marine Corps Rodeo held Sept. 8 and 9, at the Marine Corps Logistics Base Barstow Stables, located on the Yermo Annex.*

### Back Cover: Keith Hayes

*Several of the Marines from Headquarters Company trudge down a dusty trail during a quarterly conditioning hike aboard Marine Corps Logistics Base Barstow, Calif., Sept. 7. The Marines carried weighted packs on the 12-mile hike which started off at 4 a.m. and finished five hours later.*



Marine Corps Logistics Base Barstow, California  
Colonel Sekou S. Karega, commanding officer  
Sgt. Maj. Sergio Martinezruiz, base sergeant major

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Photo by: Laurie Pearson

*Sergeant Fernando Blancas, stableman with the Mounted Color Guard, introduces one of the horses to children attending the Marine Corps Rodeo kickoff event hosted by Idle Spurs restaurant, Barstow, Calif., Sept. 7. The MCG engages in community relations events throughout the country.*

## 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)



# Communicator of the Month

Michael Simko is the Communicator of the Month for September for S-6 aboard Marine Corps Logistics Base Barstow, Calif.

Simko fulfills many functions in the Communications Department including project management, records management, financial planning, employee training, Cybersecurity awareness and Cybersecurity subject matter expert.

During his tenure Simko has updated more than 30 cybersecurity local policies and procedures, authored more than 50 appointment

letters for cyber personnel, updated the S-6 Service Catalogue as well as the Marine Corps Logistics Base Continuation of Operations Plan.

For all of his contributions to keeping the computers working and safe from attack as well as managing the upgrade of the computer operation system to the Windows 10 platform, Michael Simko is the September Communicator of the Month for the Communications Department.



Official USMC Photo

Michael Simko, Cybersecurity manager, Marine Corps Logistics Base Barstow, Calif.

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

## Contents



**Railway Operations**

**5**



**Fire training on railcar simulator**

**9**



**Marine Corps Rodeo**

**6-7**



**Suicide Prevention Month**

**10**



**Railway Operations continued**

**8**



**Prepare for Fall**

**11**

# News Briefs

## Leave Share Program

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

**Costilla, Yvette**

**Wabindato, Joshua**

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

## Screens and Strikes

### Family Movie Night

**Desert Lanes Bowling Center**

**Fri. Oct. 13**

**5 - 7 p.m.**

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

## Yoga Classes

**Semper Fit Gym**

**Tues. & Thurs.**

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

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

**Early Bird Gas**

**MCX Nebo**

**Bldg. 319**

**Thurs. Sept. 21**

**7 - 9 a.m.**

Save 5 cents per gallon every 1st and 3rd Thursday of the month! For more information call 760-256-8974.

## Auto Skills Center

**Bldg. 375**

**2nd & 4th weekend for the month of September**

**Fri. 10 a.m. - 6 p.m.**

**Sat. 8 a.m. - 5 p.m.**

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

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

## Self-Defense Class

**Semper Fit Gym**

**Wed. Oct. 11**

**6 - 8 p.m.**

All ages and skill levels are welcome to attend this free class. Even if you don't want to participate you can watch and learn how to be your own personal safety advocate. For more information call 577-6533.

## Oasis Pool

**Summer Hours**

The Oasis Pool and Water Park is now open full-time Tue. - Friday Lap Swim/Unit Trng/ Learn-to-Swim 11 a.m. - 1 p.m. and Rec Swim 1 - 6 p.m. Learn-to-Swim Tue. - Friday 6 - 7 p.m. Saturday and Sunday 11 a.m. - 7 p.m. Rec Swim. Closed Monday for maintenance and cleaning. For more information call 577-6898 or visit [www.mccsbarstow.com/pool/](http://www.mccsbarstow.com/pool/).

## Baby Boot Camp

**Desert Housing**

**Community Center**

**Wed. Sept. 20**

**9 - 11 a.m.**

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

## Play Morning

**McTureous Hall**

**Bldg. 218**

**Fri. Sept. 15**

**9 a.m.**

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

## Story Time & Craft

**McTureous Hall**

**Bldg. 218**

**Tues. Sept. 19**

**10 a.m.**

Story time and Craft is geared towards babies and toddler age children. We read stories, sing songs and make crafts! We learn how to sit quietly, listen and share with our friends! For more information call Library Services at 577-6395.

## Energy Tip

Showers account for 22 percent of individual water use in North America. Low-flow shower heads help reduce water waste, but don't lower shower head pressure.

# RailOps continues to expand services

Story and photos by: Laurie Pearson  
Public Affairs Specialist

Railway Operations continues to expand its course offerings to other services aboard the Yermo Annex of Marine Corps Logistics Base Barstow, Calif., throughout 2017.

The original 80-hour course was first offered in the Marine Corps Training Information Management System in January 2015 with the first class graduating in February 2015. Since that time, 23 classes have graduated from the course, including 670 personnel.

One of the most recent additions includes Special Operations Forces Railhead Training Course which was developed in conjunction with the Army's United States Special Operations Command. The team has



*Master Sergeant Patrick Grabowski, Rail Operations chief, supervises Marines and Soldiers as they inspect Army equipment to ensure it is ready for transport on the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif. The equipment is shipped to and from Army bases all over the country, to include Fort Irwin's National Training Center for training rotations.*



*Students enrolled in the Railway Operations Group Training Course learn to use hand signals to guide drivers of Army equipment to safely load, span, secure and unload equipment on railcars for safe transportation to and from military bases all over the country, at the Yermo Annex aboard Marine Corps Logistics Base Barstow, Calif.*

also developed a new course in OCONUS (Outside Contiguous United States) rail movement, working with U.S. Army counterparts in Korea and Europe.

"We've also added Mobile Training Teams to our repertoire," said Chad Hildebrandt, Railway Operations supervisor. "This gives us the ability to send a highly qualified team of trainers to a unit, wherever they may be, to conduct training on site."

The goal is to maintain a six to 10 person deployable team to be subject matter experts on Rail Operations worldwide. They serve as instructors at the school house located aboard MCLB Barstow and they can deploy to assist in Rail Operations with Marine Expeditionary Force units anywhere in the world.

The training offers students classroom training, then the ability to practice what they have learned with hands-on experience on railcars. Students then pass a practical application portion of examinations by demonstrating their knowledge to staff and peers. The course is offered to all branches of service.

"Through the hard work of several Marines and

Civilian Marines, we have been operating this course for four years and have provided detailed training to service members from the Marine Corps, the U.S. Army, multiple reserve components, National Guard units, and civilian personnel," Hildebrandt said. "This is the only school house in the Department of Defense that teaches Intermediate and Advanced Railway Operations courses, as well as the Collective Training required for units in the T&R Manual. If anyone, in any branch of service, needs training in RailOps, they contact us and we get them on the training schedule."

MCLB Barstow is recognized as home to the largest throughput railhead within the Department of Defense. This unique situation allows for a steady flow of railcars on which to hone skill sets.

"When I went through the course it didn't feel like a course it felt like a mission," said Staff Sgt. Michael Espinoza, Landing Support chief, Combat Logistics Battalion 24, 24th Marine Expeditionary Unit. "An Army unit just happened to be moving all of their equipment through the depot at the time. This really helped the class to get hands on training and feel that urgency of accomplishing the mission in a timely manner to meet a deadline."

Two of the many benefits of using rail to transport equipment is logistical efficiency and cost savings. By shipping equipment via railcars rather than other modes of transportation, the DoD saves millions of dollars per year.

"This course helped my team to properly execute railhead operations and complete an essential mission for multiple units supporting Weapons and Tactics Instructors course at Marine Corps Air Station Yuma," Espinoza said. "This operation saved the using units hundreds of thousands of dollars and was the first major rail operation to come out of Yuma, Arizona in ten years. I highly recommend this course for Logistics Marines.

**Railway continued on page 8**

# First Marine Corps Rodeo brings

Photos by: Rob Jackson, Keith Hayes and Jack Adamyk



Colonel Sekou Karega, base commander, welcomed residents from throughout the High Desert to enjoy the action-packed “extreme rodeo” exhibition at the stables aboard Marine Corps Logistics Base Barstow, Calif., Sept. 8 and 9.

The event also recognized the 50th anniversary of the last remaining Mounted Color Guard in the Marine Corps as they presented colors during the nightly commencement ceremonies.

Performed by the Flying U Rodeo Company, the spectators watched as children rode bareback on sheep to participate in the traditional crowd favorite, mutton busting. Other events included motorcycle daredevils launching into skillful jumps and somersaults; bucking bulls and horses

tossing their riders; bull fighters with disaster trying to dodge the animals without getting injured; poker players sitting at a table in an arena as a raging bull charged toward them until the last man sitting was declared the winner; cowboys standing in a line of fire hoping to not get run over by a charging bull; a toro teeter totter; participants stuffed in clear plastic bubbles who were batted around; traditional barrel racing as well as barrel racing involving a horse competing against a motorcyclist; an extreme bronc event during which teams attempted to saddle unruly horses, mount them and ride to the finish line.



# Extreme Rodeo action to Barstow



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## Railway continued

It's great knowledge for the Marines, as well as providing units a cost effective option when moving large forces over distance."

The training team and crew provide a wide spectrum of training to ensure that each student receives a fully functional skill set which they can use immediately upon return to their home unit.

"The program is constantly updated to keep students



*Army equipment is transported by railcar through Marine Corps Logistics Base Barstow, Calif. March 23. The equipment is shipped to and from Army bases all over the country, through MCLB Barstow, then to Fort Irwin's National Training Center.*

on the leading edge of training," Hildebrandt added, "providing for the 04XX and 31XX (Logistics and Supply Administration) communities something that they are unable to obtain anywhere else within the DOD."

One key aspect of the training is forcing students, or "yellow hats," so named for the yellow hard hats they wear during training, to take leadership roles. It ensures that they know the material, the standards and procedures so well that they are able to teach it to someone else.

"Our Soldiers were forced to make decisions on ground while tasked with instructing the rotational training unit in proper operating procedures on the railhead," said Army Lieutenant Conner Farley, Executive and Mobility officer, 152nd Movement Control Team, 4th Sustainment Brigade. "The 'Yellow Hats' were seen as the subject matter experts and had to provide the correct information to their fellow Soldiers from the RTU with confidence, which visibly developed each of their leadership-ability."

Hildebrandt and his team of experts also provide a wide variety of support to the Marine Corps such as unit level training in accordance with Training and Readiness standards.

"The unit's collective understanding of the content covered in this course is paramount to successfully training in our overall mission essential tasks as we move forward to conduct rail head operations at home and abroad," Farley said. "We have a confidence about us, derived from the hands-on instruction and diligence of the instructors that will allow us to be successful on any railhead in the world. Undoubtedly,

8 we will reach back to Chad and his team for future training and as a source of information,

knowing they are always ready to provide support."

Their support also extends to mission critical testing and as well as logistical planning and coordination. They are the only facility within the Marine Corps that can provide Rail Impact Test Training to MARCORSYSCOM (Marine Corps Systems Command). They also routinely provide detailed mission planning assistance across the enterprise in regards to strategic logistics and rail operations support.

This attention to detail and focus on service and support, locally or in any field or theater, is why Railway Operations on MCLB Barstow are the proud recipients of multiple awards to include an award from Headquarters Marine Corp, spearheaded by Master Gunnery Sergeant John Freitag, occupational field sponsor, as Center for Excellence for Rail Operations Individual and Collective Training, 2016. As part of his recommendation for the award, Freitag stated: "For units wishing to become proficient and effective in Rail operations, there are no higher standards than what is taught at MCLB Barstow. If one can learn it here in Barstow, one can execute it anywhere!"

Another award is the Commander in Chief's Annual



*The Army's 1st Stryker Brigade Combat Team, 4th Infantry Division, out of Fort Carson Colorado, loads Strykers onto railcars aboard the Yermo Annex of Marine Corps Logistics Base Barstow, Calif., July 17. The Soldiers are returning home after their rotational training at Fort Irwin's National Training Center.*

Award for Installation Excellence, and this was the first time MCLB Barstow has received this award.

Hildebrandt was honored with Logistician of the Year and Employee of the Year for the Marine Corps, which he credits to his entire team.

"It's not about me," Hildebrandt said. "My team is what makes this work! It's their hard work, dedication to excellence in everything they do that makes this installation, to include Railway Operations shine."

The team has also received multiple recognition awards from rotational units. In fact, they have received so many that they have had to become creative in how to display the certificates and plaques.

"Some are really unique and hand crafted out of special wood, while others are really creatively designed certificates," Hildebrandt said. "They are special to our team though because it recognizes all of their hard work."



# Fire trains with new railcar simulator

Story and photo by: Laurie Pearson  
Public Affairs Specialist

Fire and Emergency Services has added a new Three-Dome Railroad Tank Car Training Simulator to their training facility



Craig Skidmore, instructor with Advanced Entertainment Technologies, a special effects company out of Monrovia, Calif. trains firefighters Kevin Vanderboom, Bradley Watson, David Pacileo and Kevin Watson on some of the functions of the new three-domed railcar simulator aboard Marine Corps Logistics Base Barstow, Calif. Aug. 30. The simulator, designed and created by AET, offers a wide range of realistic railcar simulation options in one large device so that emergency responders can have hands-on training with railway emergencies.

aboard Marine Corps Logistics Base Barstow, Calif. in August.

“The device replicates actual access, working space and height of a railcar,” said Ryan Tworek, FES deputy chief. “The three domes offer realistic training opportunities with a chlorine dome, pressure dome and a general service dome which all function like the domes on railcars that cross our base every day.”

The chlorine and pressure domes are plumbed to provide leaks with vapor and liquid lines as well as safety relief valves. For leaks firefighters are able to access the dome, assess the leak and cause, and then make the unit safe. The

leaks can be caused by vibration opening a valve, failure of a safety relief valve, or a valve that is not properly secured.

The general service dome is plumbed to leak from a liquid valve and requires that firefighters provide a source for water and compressed air to operate properly. To do this, the unit is outfitted with a standard water hose connection and quick disconnect air hose connection, Tworek explained.

“The vapor leaks are just a combination of air and water forced through a valve,” he said. “The domes look and function like real leaks, so it challenges the firefighters to mitigate potentially dangerous situations such as closing valves, tightening nuts, or disable a valve while wearing a full hazardous materials suit. The suits limit dexterity and visibility some so it can be a difficult task to master.”

“MCLB Barstow has the largest railhead in the Department of Defense,” said Chad Hildebrandt, Railway Operations supervisor for the base.

The trains that cross the base vary in what they carry from military equipment to commercial products.



Firefighters with Fire and Emergency Services climb aboard their new three-domed railcar training simulator created by Advanced Entertainment Technologies, during a training exercise aboard Marine Corps Logistics Base Barstow, Calif., Aug. 30.

“With the number and types of railcars that cross this base,” Tworek said, “the possibility of an incident requiring an emergency response is high. It’s important that our FES personnel have this sort of training in order to ensure a swift and successful response should anything happen.”



Firefighters with Fire and Emergency Services train aboard their new three-domed railcar training simulator created by Advanced Entertainment Technologies, during a training exercise aboard Marine Corps Logistics Base Barstow, Calif., Aug. 30. The railcar simulator offers several realistic training situations to help ensure that firefighters are prepared for potential railway emergencies on base or in the local area.

# September is Suicide Prevention Month

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

The suicide rate among Active Duty and Reserve Marine

Corps personnel has fluctuated during the past five years, even while more emphasis has been placed on recognizing the signs and symptoms to aid in the prevention of suicide.

Marine Administrative Message 486/17 was issued this month urging:

“... Marines (and) Sailors attached to Marine Corps units, and their family members (should make themselves aware) of available support networks, suicide prevention, and behavioral health resources. Throughout the month, we encourage leadership to use online and in-person opportunities to provide information and emphasize the important role that every Marine plays in suicide prevention.”

Jim Maher, Licensed Clinical Social Worker, Behavioral Health Section Head and Clinician with the Community Counseling Program, Marine Corps Logistics Base Barstow, Calif., said there are warning signs and red flags (Risk Factors) a person may display following a severe depression or after some catastrophic life event they have undergone which may trigger thoughts of killing themselves:

- A person feels like a burden to others
- They give away valuables
- They have recently lost a loved one or friend
- Their use of drugs or alcohol has increased
- They may suffer from feelings of hopelessness or helplessness

The feeling of hopelessness is considered by many professionals as a key factor in suicide attempts.

“Usually when someone is considering suicide, they’re ambivalent, otherwise they already would have committed suicide,” Maher continued. “It’s very important for friends and neighbors around the person to take the threat seriously and get them into counselling.”

“My services (aboard MCLBB) mainly focus on active duty service members, their spouse and children and retirees,” he said, “but if any person on base is truly in a crisis and/or suicidal, we’re not going to turn them away. We’ll meet with them and try to stabilize them and get them to the right resources for ongoing support.”

Dawn Dialon, Licensed Family and Marriage Therapist with Behavioral Health, said friends and family should not dismiss or ignore threats of suicide.

“Prevention is about identifying needs and putting information out there ahead of any actions or red flags about suicide,” she said.

Dialon pointed out that there are positive steps that can be taken to get someone help.

- Show that you care
- Listen and watch for warning signs and red flags

- Talk to your friend or just be a good listener
- Don’t dismiss the threat; ask questions
- Offer help, and that could mean getting them to a professional therapist who can help them

It is important to debunk the myths about suicide, Dialon said.

“One myth is that asking if a person feels suicidal, (discussing it) can actually put the idea in their head instead of preventing suicide,” she continued, “but if you see any of the signs or red flags already mentioned, that person is probably already thinking about doing it.”

Maher said another fallacy is that more suicides occur around Christmas.

“Most suicides actually take place in the spring”. The theory around that is that people are expected to be indoors and usually people have more contact with others including family. People reach out to others during that time. Due to weather conditions, people hunker down during the winter and it’s what is expected. But when the spring comes and the weather warms, people are expected to be out and active. When a person isn’t able to do that due to depression, it has more impact and meaning to the person. That is when suicide rates usually spike.” He added that in general when people have a sense of belonging to some group or affiliation and/or have a meaning in life, they are more resilient. When people begin to isolate and withdraw from others and life, that is when the probability of suicide increases.

Dialon said Behavioral Health is setting up suicide prevention information tables at the Marine Corps Exchange twice this month, September 7 and 19. People are welcome to stop by and pick up info on suicide and/ or discuss it with a representative from Behavioral Health.

She said help can also come from calling the 24-hour a day USMC Barstow Base Family Advocacy Helpline (760) 577-6484, when someone is in an emotional crisis or the National Crisis Lifeline at (800) 273-TALK. If there is an emergency situation, one should contact Base Police at 760-577-6533.

The Suicide Prevention Month MARADMIN states intervention by friends, family and service members is the most effective ways to prevent suicide.

Dialon added, “If you believe someone is thinking about suicide, trust your instincts and training (Recognize, Ask, Care, and Escort).” She advised having a conversation about your concerns and listen without being judgmental. Most importantly, help your fellow Marines reach out for help. The Marine Corps goal is zero suicides.

Maher, Dialon, and Carla Torres, Licensed Clinical Professional Counselor are available through the Behavioral Health office. If you want to learn more information or to arrange a presentation, please contact Behavioral health at 760-577-6533.



# DONCEAP Prepare for Fall

School and changing schedules make for a busy time. Focus and stay productive with tailored support and guidance from the Department of the Navy Civilian Employee Assistance Program (DONCEAP). Use these suggestions to ease into fall with less stress:

## Get Your Children Back on Track

Playing an active role in your children's school life makes a noticeable difference in their success. Use these ideas to help get them back into the swing of things:

- Pack a healthy lunch for school; proper nutrition can help them concentrate better in the classroom.
- Get them into bed on time each night; a good night's rest is essential to keep them alert throughout the next day.
- Schedule a time for homework and prepare a tidy area free from distractions; stress that it is important for them to do work first in order to make time for play.
- Read with them each night; literacy is still essential in this digital age.

## Be Prepared for Natural Incidents

When you think of fall, you probably usually think about the stress of getting your kids back to school smoothly — but have you ever thought about creating a plan in case of extreme severe weather? These disasters can strike at any time and early fall is the perfect time to create a plan since the summer madness is over and the holidays have not arrived yet. Protect yourself and your family by being prepared and learning what to do in an emergency:

- **Know the risks.** Learn about the potential disasters in your area and inform your family members as well.
- **Ask about workplace and school emergency plans.** If you are employed, inquire about the different evacuation plans for natural disasters or any other type of emergency. If you have children, learn about the school or daycare center's plans.
- **Sign up for timely emergency notifications.** Make sure that everyone in your family is signed up to receive timely emergency notifications (e.g., emergency alert text messages through different radio or television stations, Red Cross, automatic smartphone alerts, etc.).
- **Create a personal emergency plan.** It is important to have a plan before severe weather hits. Some simple — but key — things to have ready include posting emergency phone numbers; drawing a floorplan that shows primary escape routes around the house; designating a family member or friend to call if you cannot get in touch with your immediate family; etc.
- **Prepare a supply kit that can last for at least three days.** Important items include clean water (one gallon per person, per day), non-perishable food, a first-aid kit, flashlights, a battery- or solar-powered radio, moist towelettes for personal sanitation, cellphone with chargers, local maps, clean clothing, blankets, prescription medications (if applicable), cash, pet care items (if applicable).

Contact DONCEAP today for any support you need to establish a plan to keep your family safe and your mind at ease should an emergency happen.

DONCEAP is a voluntary and confidential employee benefit available to you and your family at no cost. Contact a work/life expert today.

**DONCEAP**  
24 HOURS A DAY  
1-844-DONCEAP  
(1-844-366-2327)  
TTY: 1-888-262-7848  
INTERNATIONAL: 001-866-829-0270  
[DONCEAP.foh.psc.gov](http://DONCEAP.foh.psc.gov)



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