

THE PROSPECTOR



Vol. 9, No. 17

Serving the Corps for 75 Years
Marine Corps Logistics Base Barstow

September 10, 2020

9/11 remembrance

Volunteers vs tumbleweeds

Get outdoors for your health

California wildfires set more records



COVID-19

(Coronavirus Disease 2019)

The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

WASH. YOUR. HANDS.

Wash your hands with soap and water regularly.

Cover a cough or sneeze

Cover your cough or sneeze with your sleeve or disposable tissue.

Don't touch

Avoid touching eyes, nose or mouth with unwashed hands.

Keep your distance

Avoid close contact with people who are sick.

Stay home

If you experience respiratory symptoms like a fever or cough, stay home.

Get help

If you experience symptoms of COVID-19, CALL your health care provider.

More information

Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov.



On The Cover:

Cover photo by: Cpl. Noah Avila

Lance Corporal Christopher Garcia, Communications Department network transport Marine, works strategically with a pitchfork to remove the largest tumbleweed on base by himself as other volunteers tackle other areas, cleaning up Marine Corps Logistics Base Barstow, California, Aug. 29.



THE PROSPECTOR

Marine Corps Logistics Base Barstow, California
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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





Photo by: Staff Sgt. Joseph Clinton

A golfer takes aim at a golf ball with a driver on the Marine Memorial Golf Course aboard Marine Corps Logistics Base Barstow, California, Aug. 19 as they practice for the Commander's Cup Golf Tournament held August 28. The tournament included

Marines and civilians competing for the coveted Commander's Cup trophy. The winning team will hold the trophy until the next tournament at which time they'll have to defend their status as winning team.

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Food safety month: Reinforcing awareness of foodborne illnesses throughout September

Submitted by: Kevin L. Robinson
DeCA public affairs specialist

Although the COVID-19 pandemic has upped our public safety awareness, consumers cannot afford to lose track of the precautions recommended to help protect against foodborne illnesses.

That's the message the Defense Commissary Agency is reinforcing as it observes Food Safety Education Month in September, joining the Centers for Disease Control, the U.S. Department of Agriculture-Food Safety Inspection Service, the Department of Health and Human Services and other organizations.

"Of course, we want our customers to be vigilant in guarding against the spread of COVID-19. However, we also need to remain aware of those foodborne illnesses such as E. coli and salmonella that can also be potentially harmful, even deadly," said Army Lt. Col. Angela M. Parham, director of DeCA's Public Health and Safety. "So it's important that we continue paying attention to the basics of foodborne illness prevention."



Every year, foodborne illnesses strike an estimated 48 million Americans, resulting in 3,000 deaths and nearly 130,000 hospitalizations, according to the CDC. That's why military veterinarians and store food safety specialists inspect food sources, deliveries and products on the commissary shelves. However, that's only half the fight, Parham said. Commissary customers have a responsibility to protect their families and themselves from food borne illnesses

and it starts the moment they exit the store.

Bacteria and viruses remain the leading causes of food poisoning, according to FoodSafety.gov. Thanks to awareness campaigns from the CDC and USDA, such as "Be Food Safe," commissary customers have the guidelines they need to help lower the risk of foodborne illnesses when they leave the store.

The "Be Food Safe" message is the basis for the following safe handling techniques:

- Wash hands with warm soapy water for 20 seconds before and after handling raw meats.
- Wash utensils, cutting boards, dishes and countertops with hot soapy water after preparing each food item.
- Food contact surfaces can be sanitized with a freshly made solution of 1 tablespoon of unscented liquid chlorine bleach in 1 gallon of water.
- Separate raw meat, to include poultry and seafood from other foods in your shopping cart and in your refrigerator.
- If possible, use one cutting board for fresh produce and a separate one for meats
- Never place cooked food or foods that are eaten raw, like salads, on a plate that previously held raw meat.
- Cook meats to a safe minimum internal temperature as measured with a food thermometer – 145F for pork, 155F for beef, and 165F for poultry products and all ground or cubed meats.
- Chill food promptly and properly. Refrigerate or freeze perishables, prepared foods and leftovers within two hours (or one hour if temperatures are above 90 F).

Parham reminds commissary shoppers to bring a cooler during a long trip to and from the store to help maintain proper food temperatures.

"The trip home can end up being a source of foodborne illness if you're not careful," Parham said. "Also, don't



forget to wash your hands before, during and after handling food – that will help prevent a lot of problems."

A few more tips for handling food safely can be found at www.homefoodsafety.org:

- Use hand sanitizer to wipe hands and the handle of the shopping cart.
- If you use reusable grocery bags, wash them often.
- Check food packages for holes, tears or openings. Frozen foods should be solid with no signs of thawing.
- Check for a loose lid on jars. Report a defective cap to the store manager.
- Avoid buying deeply dented cans.
- Use plastic bags to separate raw meat, poultry and seafood before placing them in your cart.
- When shopping, select perishable foods last before checkout.
- Take groceries home immediately and store them right away.
- Keep perishable foods out of the hot trunk in summer and place in the air-conditioned car instead.
- The DeCA website is a good resource for food safety. To find the latest food safety alerts and product recalls affecting military commissaries, visit the News Room on commissaries.com and select the box that says "Food Recall."

For more on food safety awareness, go to the CDC website. Information on food handling techniques is also available at Eatright.org.

For more commissary info visit:
www.facebook.com/YourCommissary,

When the Twin Towers fell: Remembering 9/11 first responders

Story by: Keith Hayes
COMMSTRAT Planner

Nineteen years ago on September 11, 2001, two commercial airliners hijacked by a group of Islamic adherents were deliberately flown into the sides of the Twin Towers at the World Trade Center in Manhattan, killing more than 2,700 people. Another hijacked airliner, which analysts believe was intended for impact at Maryland's Camp David Presidential Retreat, slammed instead into an open field in Somerset County, Pennsylvania, killing the 44 people on board. Yet another commercial airliner collided into the southwest side of the Pentagon in the District of Columbia, killing 189 people both aboard the aircraft and working in that portion of the building.

The 9/11 attack was actually the second one on the World Trade Center.

The first took place on February 26, 1993, when a truck filled with 1,300 pounds of fertilizer, a 20-foot fuse, and a gas enhanced cyanide bomb, exploded beneath the north Tower in the parking garage. The resulting fallout killed six people, injured more than 1,000 and forced the evacuation of both towers.

Six of the seven men blamed for the 1993 attack were eventually captured, tried and imprisoned in America. The seventh was tried in absentia but never arrested.

The day the Towers fell has been remembered officially since December 2002 as the National Day of Service and Remembrance, following a proclamation signed by President George W. Bush. The observance of the 9/11 tragedy is also unofficially known as Patriot Day.

Remembrance of that fateful day is now devoted not only to those who died in the initial attacks, but to those whom are usually the first to help on the scene of any large or small disaster in the United States, the first responders.

Aboard military bases such as Marine Corps Logistics Base Barstow, California, an honor detail raises the American flag to full-staff before it is lowered to half-staff for the day.

An official Presidential proclamation is issued

annually as well. The proclamation from President Trump issued last September 10th reads in part:

"On this anniversary, I invite all Americans to thank our Nation's incredible service members and first responders, who are on the front lines of our fight against terrorism ... (and) the spirit of service and self-sacrifice that Americans so nobly demonstrated on September 11, 2001 ..."

The 9/11 Memorial and Museum traditionally observes the anniversary with a ceremony beginning at 8:46 a.m. EST, at the 9/11 Memorial Plaza at the World Trade Center site in lower Manhattan. The museum is accessible only to family members of victims of the attacks in 2001 and 1993, during the ceremony. During the evening the public can view the Tribute in Light and the plaza is then open to the public, as well.

The terrorist attacks also hardened the resolve of the American people and prompted President Bush to launch Operation Enduring Freedom on October 7, 2001. The United Kingdom, Italy, France, Germany, Australia, Poland, Spain, Turkey, and the Netherlands all contributed troops to the American-led military operation.

The operation ousted the Taliban regime in Afghanistan, dismantling the terrorist network led by Osama bin Laden that was also based there. Operation Enduring Freedom lasted until December 29, 2014, when President Barack Obama declared an end to hostilities and withdrew most American troops stationed in the region.

The mastermind of the events of 9/11, Osama bin Laden, was killed by a group of U.S. Navy SEALs, in Pakistan, on May 2, 2011. 

Editor's note - Information for this article was drawn from several different sources including:
<https://www.history.com/topics/21st-century/9-11-attacks>
<https://www.911memorial.org/>
<https://www.nationalguard.mil/News/Article-View/Article/576922/after-13-years-operation-enduring-freedom-concludes-in-afghanistan/>
<https://www.cnn.com/2013/11/05/us/1993-world-trade-center-bombing-fast-facts/index.html>
<https://www.cbsnews.com/news/the-1993-world-trade-center-bombers-where-are-they-now/>



Marines and civilians volunteer t

Story by: Laurie Pearson
COMMSTRAT Chief

Marines, civilians and their families take pride in base beautification aboard Marine Corps Logistics Base Barstow, California.

Orchestrated by Sgt. Major Edward Kretschmer, base sergeant major, volunteers of five to a dozen individuals come together every other Saturday to engage in projects such as painting, removing tumbleweeds, and trash clean-up.

“One of the goals is to encourage Marines and civilians to take pride in the base,” Sgt. Major Kretschmer said. “We want to remind people that this is a Marine Corps installation. Anyone who comes on the base should see that the Marines here care about where they live and work.”

The projects, thus far, have included painting curbs, church steps and cleaning up in front of various buildings, to include building 15, where the command staff work and represent the base.

“We’ve removed tumbleweeds around the base, painted the wall near the front gate, split firewood, painted poles, moved the thrift store, picked up trash, deep-watered trees, pulled weeds, and painted the beer garden,” Kretschmer said.

As is typical of the Marines, there tends to be some level of competition and Lance Cpl. Garcia, data systems administrator, gets first place in removing the largest and heaviest tumbleweed on base as of yet.

6 One of the other aspects of

volunteering together is building camaraderie.

“As the Marines and civilians get together to volunteer, there is a sense of community being built,” said Cpl. Noah Avila, data systems administrator. “It’s important to note that it’s not just about the physical work itself, too. It’s also about the spirit of ‘giving back’ to the base as those on board.”

Volunteering with the sergeant major also gives single Marines something productive and rewarding to do with their time. It also allows for some socializing as they work.

“Some of the benefits from volunteering with sergeant major are that I get to be distracted and interact with my peers outside of work instead of being inside my room, keeping to myself,” said Lance Cpl. Elena AlvillarCamarillo, administrative specialist.

For others there is an altruistic aspect that can be all the more rewarding.

“The basic definition of



Lance Corporal Christopher Garcia, Community, was among several Marines and civilian volunteers Saturday to assist with base beautification projects at Marine Corps Logistics Base Barstow, California, Aug. 2.

volunteering is a person who performs or offers to perform a service voluntarily,” said Lance Cpl. Zachary Gandiongco, administrative clerk. “Volunteering to me is just something you do without recognition or reward, to do

BEFORE



Photo by: Cpl. Noah Avila

Tumbleweeds are a common nuisance-plant in the Mojave Desert, to include aboard Marine Corps Logistics Base Barstow, California. Volunteers meet every other Saturday to conquer projects such as tumbleweed abatement, painting and more, throughout the summer.

to tackle base beautification goals



Photo by: Cpl. Noah Avila

Logistics Department network transport Marine, volunteers coming in on their own time, every other projects such as tumbleweed removal, aboard Marine 9.

the right thing. Volunteering on Saturdays with sergeant major has helped me develop character because most people would rather sleep in or travel outside of base, but not us. Another benefit I gained was serenity and peace. When COVID-19

hit everyone was stressed out, including me. Being able to split wood or pick weeds helped me get over my stress and come back the next week refreshed.”

There are a lot of projects coming up and more volunteers are always welcome. Volunteers may also learn a new skill, like how to use a tool they’ve never used before.

“There is water always available for the volunteers,” Kretschmer said. “We have been using paint rollers, brushes, hammers, drills and pitchforks a lot so volunteers should bring safety glasses, gloves, and ear protection. We typically get a stake bed truck from Supply, too, to remove the tumbleweeds and trash, and to transport the necessary equipment for the day.”

“At one volunteer event in particular I was working with an auger which I had never worked on before and I gained knowledge which I could apply to my future self,” Gandiongco said.

“We need to finish splitting wood so we can sell it,” explained Kretschmer. The funds raised by the sale of the firewood would be donated to the Marine Corps Birthday Ball Fund. “We just completed the tumble weed removal last weekend. We need to use all of the yellow paint we have on hand, for poles of anything else yellow so we don’t have any wasted paint.”

The group meets at the Beer Garden every other Saturday at 8 a.m., typically. From there they move to the targeted area for work, then work until 11 a.m. depending on the heat for the day.

To join the volunteer events, show up on the next Saturday planned for volunteering, September 12, or email: noah.avila@usmc.mil.



AFTER



Photo by: Cpl. Noah Avila

After hours of volunteer work, Marines and civilians cleared truckloads of tumbleweeds from roadways aboard Marine Corps Logistics Base Barstow, California, Sept. 5. They also removed trash, debris, other weeds, and painted signs and poles around the base.

Hiking & other outdoor adventures

Story by: Laurie Pearson
COMMSTRAT Chief

Whether looking to reduce stress and anxiety, improve mood, or connect with family, or improve physical health, military personnel, civilians and their families aboard Marine Corps Logistics Base Barstow, California are embracing outdoor recreation.

“The pandemic has been a time of uncertainty for everyone, with new information and guidance changing daily,” said Jessica Grow, New Parent Support Program home visitor and Family Advocacy Program clinician with Behavioral Health Section. “Not knowing what to expect can be anxiety provoking and change can be stressful. Finding ways to ease anxiety and relieve stress during these uncertain times is important and because we know from research that spending time in nature and participating in outdoor activities can reduce levels of stress and anxiety, it is the perfect way to get out of our homes.”

Even with travel restrictions in place, there are a plethora



Photo by: Master Sgt. Evan LaBounty

Rainbow Basin offers a wide variety of geological outcroppings to explore, as well as flora and fauna found in abundance in the Mojave Desert surrounding Marine Corps Logistics Base Barstow, California, mid-August. Master Sergeant Evan LaBounty, Base Safety specialist, found this unique charred tree, set against a backdrop of sand, rock and brush during a recent solo hike.

of places within 30 miles of Barstow where individuals, families and groups can hike.

“Some of the local Barstow hiking sites include B-Hill, Lead Mountain, Rainbow Basin, Achy Breaky Trail, and Owl Canyon Trail,” said Michelle Adams, Prevention and Education specialist, and victim advocate with BH Section. “The Desert Discovery Center in Barstow is a great place to go and explore, too.”

“Bell Mountain is a good place, too,” said Michelle Lawing, Installation Sexual Assault Response coordinator. “It is off of Dale Evans Parkway by

the Apple Valley Airport. There is an American flag at the top of that mountain. A friend and I have hiked it before. Bring water. Hardly anyone hikes that area so it’s great for social distancing.”

One of the benefits of getting back to nature is that you will be outside, in fresh air, where it is less likely to contract COVID-19, explained James Maher, Behavioral Health Section Head.

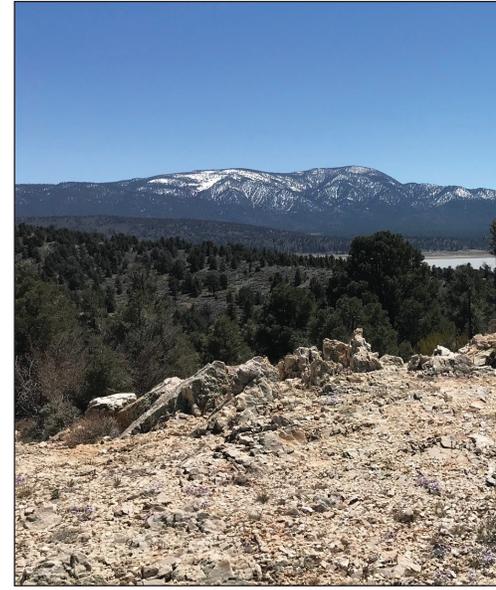
“Because of the open air and wind, people are less likely to contract viruses and bacteria,” he said. “There is also a benefit in seeing something larger than ourselves and the beauty of nature. It can be spiritual. There are many, many places to explore in the surrounding area. I would recommend that people start off visiting Rainbow Basin Natural Scenic Area. Rainbow Basin is pretty just to drive through. And if one goes to the campground area there is a nice hiking trail that even has a cave one can walk through. Sawtooth Canyon is another nice area to explore and has hiking trails. There are also several places off of Fort Irwin Road that have good dirt roads that are accessible and offer hiking trails.”

Calico Ghost Town area also has several canyon areas that are hike friendly, such as Odessa Canyon and Duran Canyon. Of course exercise releases the endorphins so you feel better and the hiking is overall good for physical and mental health, Maher explained.

“The greatest benefit being outdoors provides me is the ability to connect with my children,” said Master Sgt. Evan LaBounty, Base Safety specialist. “I don’t like video games, (social media) or television very much. So, taking them outside and talking about the bugs, birds, reptiles, and rocks we encounter is an experience we can both benefit from.”

The outdoor activities also offer the added benefit of being cost effective.

“I like the idea of not needing a ton of stuff to go outdoors,” LaBounty said. “I just want to take the bare essentials and try to enjoy nature in its raw form. I don’t want to bring the indoors with me when we are hiking, camping, etc. I am also a minimalist runner and do not like carrying unnecessary items. I typically only have the clothes



Scenic views, fresh air and family bonding time and physical health experienced by hiking along California, according to Master Sgt. Evan LaBounty, Base Safety specialist, Marine Corps Logistics Base Barstow, California, mid-August.

s benefit mental and physical health



Photo by: Master Sgt. Evan LaBounty

are just a few of the many benefits to mental and physical health. Master Sgt. Evan LaBounty, Base Safety specialist aboard Marine Corps Base Camp Pendleton, California, shares his experience on August 15, 2020.

on my back and my (smart) watch to track my workouts. I will run in nearly any type of weather, but it is important to take time to properly acclimate to the conditions and know your capabilities. Running in a 105+ degree climate can place an extraordinary amount of stress on your body. So, staying close to shade and water sources is important. When hiking or running away from populated areas, it is important to take

a water source, have a plan on location and planned route, but most importantly communicate your plans to others so they know when to expect you back or to hear from you. Many places lack cell phone service, so having someone alert officials if you do not return on time may be crucial to receiving aid in the event of injury or disorientation.”

In addition to Rainbow Basin, LaBounty recommends Owl Canyon as another great outdoor recreational area you can reach within just minutes outside the Barstow city limits.

“These areas offer some really unique geological formations and the rocks' color variations supposedly rival those found in Death Valley National Park's Painted Desert,” he said.

For those able to drive a little further, on the way up to Big Bear the Pacific Coast Trail crosses over Hwy 18.

“There is a decent sized parking area and you can hike for as long as you would like, in either direction,” LaBounty said. “Heading down the Cajon Pass on I-15 there are some really interesting rock formations on the right side of the freeway. Exit at Hwy 138, take a right and look for the parking along the right side of the road about ¾ mile down.”

For Staff Sgt. Ricardo Martinez, Communications chief aboard base, running is one of his favorite forms of exercise.

“During the COVID-19 pandemic I was able to get back in touch with my distance running and setting mileage goals for myself,” he said. “Lately my goal has been to reach 100 miles a month and I have been meeting that goal since April.”

The benefits he's noted include increased stamina and endurance. He dislikes running on a treadmill, indoors, because he says he feels like a caged animal. Rather, he prefers running outdoors, “free as he pleases.”

“I've also managed to shed some excess weight which is always a plus,” he said. “In the local Barstow area I mainly just enjoy trail running rather than running on the street. I run out in the open desert where service trails are, or cleared pathways in the desert. Some of the areas include the mountain area just outside the base that is between the base and the 15 freeway. It's hilly terrain, but a nice challenge. I also run in the open desert just south of Rimrock Road all the way to the other side of highway 247, or I run on Camp Rock Road leading to Newberry Mountains Wilderness which is a steady incline but a nice decline on the way back. I typically run 10 miles, 5 miles up and back down.”

With plenty of places to hike, camp, run, and play outdoors with family, those from the Behavioral Health Section highly recommend selecting a destination, and getting outside. One caveat from Maher, though, is to avoid Amboy Crater during the spring, summer and early fall months. For more on that particular story, you'll have to ask him yourselves directly.

For your outdoor activities, be sure to take more water than you think you'll need, electrolyte powder, foods high in electrolytes, clothing, and hats for heat mitigation and appropriate shoes.



Photo by: Master Sgt. Evan LaBounty

Master Sergeant Evan LaBounty, Base Safety specialist, caught a glimpse of owls on a recent hike near Rainbow Canyon and Owl Canyon, just outside of Barstow, mid-August.

MCLB Barstow firefighter joins battle during record California fire season

Story by: Keith Hayes
COMMSTRAT Planner

A firefighter from Marine Corps Logistics Base Barstow's Fire and Emergency Services has been working one of the largest fires currently burning in California this fire season.

"Firefighter Kevin Crandell is currently assigned to work the Lake Napa Unit Lightning Complex," Deputy Fire Chief Ryan Tworek said. "He has been there since August 22 and is due back this week."

When the term "complex" is added to a fire, that means that two or more fires in the same general area are under the same incident command, Tworek stated.

"Currently the LNU Lightning Complex has consumed more than 353,000 acres of grass, brush, and timber, and is 91 percent contained," he said.

Crandell's specific duty during the LNU Lightning Complex is as Incident Communications Center Manager, working the radio to keep the various firefighting agencies and personnel connected to the command center talking to each other. The LNU Lightning Complex is the third largest ever

recorded in California, Tworek explained.

"We get Resource Requests for single resource personnel to work a fire from the agency fighting whatever fire is currently raging across the state," the deputy chief said. "We have other firefighters in MCLB Fire and Emergency Services available as single resources for other fires, should the need arise."

Tworek stated lightning strikes have been tagged as the cause for the majority of the fires, such as the more than 43-thousand acre (Cima) Dome Fire in the Mojave National Preserve northeast of Barstow.

However, investigators blame human negligence for the El Dorado Fire in Yucaipa, allegedly sparked by a pyrotechnic device set off in a tinder-dry public park during a baby gender reveal party, September 7. Flames have scorched more than 10,000 acres and forced 20,000 people to evacuate their homes.

"As of September 8, this is the worst fire season ever on record for California in terms of structures destroyed or damaged and acreage burned," he said.

Tworek pointed out that previously the 2018 series of wildfires had been the worst fire season on record in terms of acreage burned,



Photo courtesy of Kevin Crandell

Firefighter Kevin Crandell coordinates radio communications between the several firefighting agencies involved in suppression of the Lake Napa Unit Lightning Complex. Crandell is on loan from Fire and Emergency Services Department, Marine Corps Logistics Base Barstow, California, and has worked the LNU Complex as Incident Communications Center manager since August 27.

1,963,101, and structures destroyed or damaged, 24,226. 2018 was also the deadliest fire season on record for California with 100 confirmed deaths, 88 of those in the Camp Fire, which destroyed the town of Paradise in northern California's Butte County. In other words, the fire seasons are getting worse and worse, and the time between one fire season and the next is shrinking to nonexistence, effectively making each fire season a year long.

Information provided by the California Department of Forestry and Fire Protection indicates in the 2020 fire season, which is not over yet, one firefighter died in the line of duty on the August Complex burning in the Mendocino National Forest, in Glenn, Tehama and Colusa counties. Another firefighter died during suppression of the Stagecoach Fire, south of Lake Isabella in Kern County.

More than 200 people were air lifted to safety by Army National Guard helicopters from the Creek Fire fanned on by hot Santa Ana winds, trapping the campers at Mammoth Pool Campground in the Sierra National Forest, August 6.



A firefighter works as flames from the Creek Fire push toward homes in the Cascadel Woods area of Madera County. Photo: Josh Edelson / AFP via Getty Images





Photo courtesy of Kevin Crandell

Whether at a console with an array of communications devices at his control, or using a standard hand-held radio, Firefighter Kevin Crandell stays connected to the various first responder agencies battling the LNU Complex, Aug. 27. The MCLB Barstow Fire and Emergency Services Department assigned Crandell to the Complex in response to a request for help from the command center coordinating the suppression efforts.

Seven civilians have been killed in the various firestorms raging across the state since August 3.

Tworek said there are more than two dozen “complex” fires now burning from northern to southern California, created by the merging of hundreds of smaller blazes.

“More than 2, 600,000 acres have been burned by wildfires so far this season alone, surpassing the 2018 totals,” the deputy chief said. “CAL FIRE reported that in 2019, more than 259,800 acres of land

were burned, so this fire season, as far as acreage is concerned, is more than one hundred times worse than 2019.”

“The extraordinary response by fire personnel and emergency rescue crews would have been much more difficult if not for the shared personnel and equipment provided by the hundreds of fire departments in California coupled with agencies from out of state, and even out of country. Those shared resources are vital to containing and controlling the thousands of wildfires we deal with every year in this state,” Tworek concluded.



Commander's Cup golf tournament



Photo by: Laurie Pearson

Victor Redmond, assistant inspector general, takes a swing at a golf ball, sending it down the fairway during the Commander's Cup Golf Tournament held at Marine Memorial Golf Course aboard Marine Corps Logistics Base Barstow, California, Aug. 28. Groups played in teams to compete for best overall score.



Photo by: Jack Adamyk

Staff Sergeant Jesse Curtis, administrative chief, Maj. Terry Herzog, S-1 director, Lance Cpl. Monterius Wheatley, administrative clerk, and Cpl. Colten Kokes, S-1 noncommissioned officer in charge, celebrate their victory on the fairway after the first Commander's Cup Golf Tournament held at Marine Memorial Golf Course aboard Marine Corps Logistics Base Barstow, California, Aug. 28.



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
- Spin Classes
- Pass & ID Nebo 101 & Yermo 40
- Swim Lessons
- Play Mornings
- Wellness Series

MFP Virtual Events

For a list of MFP virtual events, dates, times and links contact Beth Simpson, MFP coordinator, 760-577-6675, or visit <https://www.facebook.com/MCFTBBarstow/>

Modified Hours and Services

Leatherneck Lanes Bowling Alley open w/modifications (kitchen open):

- Call for details and hours which vary by the day - 760-577-6264

Marine Memorial Golf Course open w/modifications:

- Call for details - 760-577-6431

Semper Fit Gym:

- Unmanned hours for all permanently assigned DOD employees on base begin Sept 16. Call 760-577-6812 to make appointment to register CAC ahead of time.
- Combat room CLOSED.

SMP/Rec Center:

- Single Marines only, no guests - Mon - Fri 11 a.m. - 1 p.m. and 3 p.m. - 7:30 p.m.
- Closed Thursday nights, as well as Sat & Sun during COVID restrictions

Oasis Pool:

- Open Mon - Fri 7 a.m. - 3 p.m.

Route 66 Cafe:

- Open for dine-in service. Can also orders in ahead at 760-577-6428.

Commissary:

- Open every Tues 9 a.m. -9:30 a.m. for active duty and spouses only
- Open Tues - Fri 9:30 a.m. - 6 p.m. and Sat 8:30 a.m. - 5 p.m. NOTE: IDs will be verified.

Base Library:

- As of Monday, Sept 14, hours will be Mon - Fri 7:30 a.m. - 5 p.m.

Personal & Professional Development:

- Open Mon - Fri 7:30 a.m. - 4 p.m.

Behavioral Health:

- Open Mon - Fri 7:30 a.m. - 4:30 p.m.
- To set an appointment call 760-577-6533.

Auto Skills:

- Open every other weekend, Sat 8 a.m. - 5 p.m. and Sun 10 a.m. - 6 p.m.
- Aug 8 & 9, 22 & 23; Sept 5 & 6, 19 & 20.
- Call Bruce for further information: 760-577-6260, or cell at 760-267-1075

ITT: Opening Monday, Sept 14 - Mon & Thurs 11 a.m. - 1 p.m.

Pass & ID 236: Appointment only - 760-577-6969

For additional information about the base go to: <https://www.mclbbarstow.marines.mil>
For a complete list of MCCS hours and services impacted go to: <http://mccsbarstow.com/Impact/>