

THE PROSPECTOR



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Serving the Corps since 1943
Marine Corps Logistics Base Barstow

May 13, 2021

Mental Health Awareness Month

Watch for critters of the Mojave

Spring is heating up



On The Cover:

Cover photo by: Robert Jacksonv

Lt.Col. Labarron McBride, S-3 Operations director, chats with the Bob Hope USO ladies during their visit to MCLB Barstow May 12. According to K.C. Öllila (center), Center Operations and Program Manager Bob Hope USO, Inland Empire, offering complimentary coffee and snacks is just one of the ways they are supporting MCLB Barstow. The next event is a barbeque slated for May 22 on the Base Parade Deck.



THE PROSPECTOR

Marine Corps Logistics Base Barstow, California
Colonel Craig C. Clemans, commanding officer
Sgt. Maj. Edward C. Kretschmer, base sergeant major

Communication Strategy and Operations Office

CommStrat Officer: Rob L. Jackson
CommStrat Planner: Vacant
CommStrat Chief: Laurie Pearson
Editorial Assistant: Adam Aikens
Visual Information Chief: Jack Adamyk
Graphic Specialist: Anthony Plummer

The editorial content of this magazine is prepared, edited and provided by the Communication Strategy and Operations Office of Marine Corps Logistics Base Barstow, California. Mailing address: Commanding Officer, Attn: CommStrat Office, Box 110130, Barstow, CA 92311-5050. The CommStrat is located in Building 204. Phones: (760) 577-6430, 577-6450, 577-6451, FAX 577-6350, DSN prefix 282.

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Contents



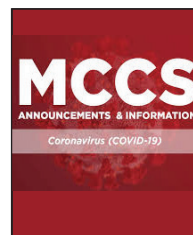
Mojave critters 4,8



It's Hot! 10-11



Around the Corps 5



MCCS Updates 12



Mental Health Awareness Month 6-7,9

Critters of the Mojave Desert out for their spring flings

Story by: Laurie Pearson
COMMSTRAT Chief

On the crawl and on the hunt, desert critters are leaving hibernation and seeking food, new habitats, and their spring flings aboard Marine Corps Logistics Base Barstow, California.

“Animals and insects come out in the spring as the seasons change, in order to take advantage of the resources that are available,” said Benjamin “Cody” Leslie, Natural Resources specialist with the Environmental Division on base.

“Additionally, many animals and insects begin migrating into areas that they inhabit during the warmer seasons. Not to mention ‘the birds and the bees!’ Spring is a breeding season for many species! But let’s not leave out our feathered friends. MCLB Barstow is either home to or a stop-over place for over 150 different species of birds! Often observed on base and easily identifiable are the greater roadrunner, red-tailed hawk, turkey vulture, and those annoying gangsters of the skies... the common raven.

Though the ravens are a protected species, they are not indigenous to the area and are causing great harm to the endangered desert tortoises. All of the creatures will initially be seeking the same basic things.

“One of the first things they’ll be doing is looking for meals,” explained Eric Fortin, Pest Control coordinator aboard MCLB Barstow.

That is a good reason to keep the spaces around homes and offices clean, and clear of any debris or objects which might invite unwitting meals.

“Keep all of the clutter away from the side of your house, keep weeds knocked down, and get rid of any bushes that might be up against your house,” Fortin said. “Because those spaces, that clutter, gives mice a place to live, and when that happens, the snakes will follow them in. So, if everything is kept clutter free

and away from your house or office, and weeds are kept down, and the grass is cut, then you won’t have that problem.

MCLB Barstow has all the typical desert dwellers ranging from larger mammals, such as the coyote, down to smaller mammals such as black-tailed jack rabbits.

“We can’t forget to include all of the Herpetological species such as lizards and snakes, all of which are present in the desert, both venomous and non-venomous,” Leslie said. “Common snakes at MCLB include the red racer, a non-venomous snake that is extremely fast, and the desert sidewinder, a venomous rattlesnake that is known for its side-ways pattern of movement.”

Other creeper crawlers you will find on base and in the Mojave Desert in general include black widow spiders, scorpions, Mojave green snakes, bees, wasps, and other stinging insects.

“My best advice,” Fortin said, “is to just stay away from them. If you see a wasps nest or beehive, a sidewinder, or Mojave green, or even a coyote, just call 760-577-6220, which is our ‘Trouble Desk’ and they’ll send me out to relocate the snake, or whatever it is.”

California King Snakes are a unique species and should be considered one of the good guys, as they will actually consume rattlesnakes. Gopher snakes are also good to have around as they’ll curtail the rodent population on base, helping to keep them in check.

It is important to be able to identify the various types of snakes, and spiders, scorpions and insects, so that base employees and their families have a firm understanding of which are dangerous, but in general, the recommendation is not to handle any wild animal. Also, keep in mind that even if a snake is non-venomous, their bites may still cause an infection or allergic reaction.

“If you see a coyote, it will most likely run from people unless there’s something wrong with them,” Fortin explained. “If a wild animal seems overly friendly then there is most likely something wrong with it. It might be sick or diseased. They may also be on the hunt for small animals. So, keep an eye on your pets. A pack of coyotes will attack larger animals as well, though, if they’re hungry enough. So, don’t just let pets out without keeping a close eye on them. Coyotes can go over a 6’ wall without much



Photo by Steve Ekland

A Desert Scorpion is poised to sting when found by Steve Ekland, friend and long time hiking buddy of James Maher, Behavioral Health Section head, near Helendale, Calif., May 4, 2020. Their stings are painful but rarely life-threatening unless the patient has an adverse reaction to the sting. This is their natural habitat so be aware of your surroundings and leave them alone.

Mojave Critters, continues on page 8

Around the Corps

Story by: Sgt. Benjamin Whitten
Wounded Warrior Regiment

The Marines and Sailors of the U.S. Marine Corps' Wounded Warrior Regiment are no strangers to adversity. Dramatic shifts in their health, lifestyles and careers are commonly known challenges that many Marines have never navigated before joining wounded warrior as recovering service members. Luckily, there are staff that dedicate themselves to providing wounded, ill and injured Marines assistance. One such person is Vicki Mullen.

Mullen is the Supervisory Transition Program Manager for WWR. She develops and oversees the transition program for the WII Marines, whether it be back to full duty or to civilian life. She is unwavering in her support to recovering service members. However, her career trajectory was not entirely intentional.

"My federal career just happened. I started at Fort Belvoir, while in college, and never left," she recounted. "My first several positions were by chance. Someone would ask me to come and work for them and I did."

Eventually, Mullen became the Spouse Employment Manager at U.S. Army Base Fort Belvoir Army Community Service. In that position, she assisted retiring service members as well as spouses.

"Early on in [Operation Iraqi Freedom and Operation Enduring Freedom] we were tasked with setting up the first Soldier and Family Support Center," Mullen said. "The difference between thought processes, dealing with wounded, ill and injured then and now is huge."

Mullen took notice of what areas of care could be improved. Wounded Warrior programs as a whole have come a long way since their inception, and Mullen witnessed much of that evolution firsthand.

"At the beginning we were purchasing Xboxes, PlayStations and computers for the center," she stated. "No one was really looking at employment or education. We had soldiers that were

coming back from combat, and this was in 2003 and 2004, and they were getting billed . . . for equipment they had left on the battlefield. There were a lot of regulations that had to be changed or special ones created."



US Marine Corps photo

Ms. Vicki Mullen poses for a photo alongside her then coworkers at the U.S. Army's Recovery Care Program in Alexandria, Va., Jan. 1.

Her mission has always been to take care of the wounded service members in the best way she could, no matter what stood in her way.

"To do whatever it takes for as long as it takes to help these wounded warriors," she said. "If there's a regulation that prohibits it or gets in the way, go around it, change it or ignore it."

Mullen continually expressed her gratitude and reverence for the wounded warriors she's encountered that risked life and limb in defense of this country.

"I don't have to go to combat, none of my kids have to go to combat," she said. "I haven't done anything other than my job. They're the ones that went to combat. I find it just so easy to help them and want to help them."

Mullen humbly cherishes the appreciation she receives from the wounded warriors she serves.

"Receiving a 'thank you or you made a difference' from a wounded warrior is awesome," Mullen stated. "It's what makes the hard days worthwhile. For our wounded, ill and injured to see hope at the end of their military careers is the best feeling ever."

She recalls a number of exceptional people she's met over her career. Each one of them left an impact on her, one double amputee in particular.

"He was in a Humvee that hit an IED," Mullen said. "To see him up and all the things he was doing, it made you think twice about complaining about if you have a headache."

Mullen is diligently serious about her job at the Regiment and continuously prioritizes recovering service members.

"It's not about us. It's not about the staff members," she stated. "I don't care if you're a civilian

or if you're military, this is no place to try to gain rank, this is no place to try to promote yourself or get your name in the news."

Her passionate advice for anyone that thinks otherwise: "Get out if you don't like doing it for the service members."

Mullen looks towards the future of the Wounded Warrior Program with optimism.

"We would love to see all of our transitioning service members, each and every one, have a successful transition," she said. "That's our goal. To develop a program, contacts and referral systems . . . so that they can walk out and be just as successful in civilian life as they were in their military careers."

Mullen grew and changed a lot during her 41-year career, and was a part of the growth and change of the wounded warrior program as well.

"It's the service members themselves that make me love what I do. I love what I do and I love the people that I do it for," Mullen stated.

May is Mental Health

Story by: Laurie Pearson
COMMSTRAT Chief

May is Mental Health Awareness month and an opportunity to highlight the importance of focusing on the overall health and well-being of individuals and families aboard Marine Corps Logistics Base Barstow, California.

Mental health is an essential part of everyone's ability to maneuver through life and the Behavioral Health Section offers myriad programs and classes to provide support for those facing challenges.

"Mental health issues are common," said James Maher, Licensed Clinical Social Worker, BH Section Head. "So common in fact, that it would take days

So often, the subject of mental health can seem taboo to many. But the good thing is that mental and emotional health issues can be improved with the right motivation and coaching.

"Mental health and substance use challenges look different for each person affected," Maher said. "Two people with the same diagnosis can have very different outcomes depending on their support system, their environment, outlook on life and motivation to improve. It can be easy to generalize or make assumptions, but realities vary, and life challenges versus resiliency factors can impact how a person copes and functions and relates to others."

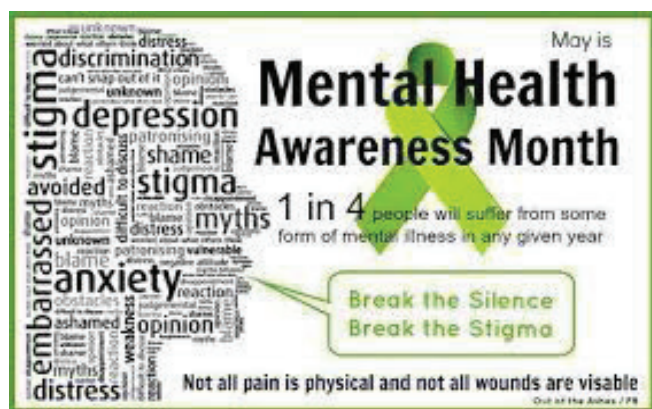
Studies show that mental health in the United States is worsening among all age groups. While this is because of a number of factors, one fact stands out: Many people are not receiving the treatment they need.

"Stigma around mental health and lack of access to care are driving many people away from getting the care they need," Maher said. "Over the years, a great deal of work has started to reduce the stigma of mental health and there's been progress in making these conversations feel 'normal.'"

Today, as COVID-19 has impacted all of us in different ways, discussions around mental health are becoming increasingly common, and more people are reaching out for help."

These are statistics published by Morgan Solomon-Maynard on November 5, 2020:

- In late June, 40% of U.S. adults reported struggling with mental health or substance use.
- One in six U.S. youth aged 6-17 experience a mental health disorder each year.
- Depression alone costs the nation about \$210.5 billion annually.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- Suicide is the second-leading cause of death among people aged 10-34 in the U.S. and the 10th leading cause of death in the U.S.
- Many people suffer from more than one mental disorder at a time.
- More than 70 percent of youth in juvenile justice system have a diagnosed mental illness.
- Transgender adults are 12 times more likely to attempt suicide than the general population.
- The most common mental illnesses in the U.S. are anxiety disorders, which affect 40 million adults (18.1 percent of the population).



to adequately discuss all of the essential diagnoses outlined in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition, (DSM5) used to diagnose mental health disorders, as well as warning signs, building resiliency and coping skills, types of interventions and the importance of maintaining a healthy lifestyle."

h Awareness Month

Mental health and substance use challenges affect everyone differently, and recognizing when to get help for yourself or offer support to others is an important step in improving these statistics.

“Anxiety, depression, high levels of stress and adjustment disorders are some of the most common mental health issues,” said Jesica Grow, New Parent Support Program clinician. “I believe it has to do with the fast pace at which our society runs and the overwhelming demands life puts on us, whether it is about work, home, children or school and so forth.”

According to studies reported by the American Psychological Association, inability to cope with stress can create or exacerbate a mental or emotional issue. Overwhelming or chronic stress can lead to illness, injuries and accidents if the person does not have adequate coping skills and/or a good support system. It can also take a toll on a person physically, mentally and on relationships.

“Instead of focusing on mental illness, Positive Psychology pays attention to resiliency and improved coping skills,” said Maher. “The focus should be on developing a healthy lifestyle to include exercise, maintaining a positive outlook, prayer or meditation, developing calming (emotional regulation) methods, building relationships and a positive social network, feelings of competency and using good listening skills.

Positive Psychology also teaches us to focus on what is going right in our lives and to be grateful for positive experiences and for the people who are meaningful to us. Being assertive as opposed to using aggressive or passive communication is also an important part of good health care.

All of us have times when we are depressed or anxious. That is common and normal. We all have losses in our lives, or face challenges that are anxiety producing. Only when depression or anxiety become so pronounced that it interferes significantly with daily living is it considered a mental disorder.

How a person handles their responsibilities to themselves and others is what may cause or exacerbate mental health concerns.



“The number one mistake that will exacerbate any mental illness is the use of alcohol and drugs to mask problems,” Grow said.

It’s important to speak up early.

“People tend to stay in their minds and overthink which can lead to overly-critical thinking,” she said. “They might ruminate about an issue and make it bigger than it actually is. This can be harmful to our mental health which is why it is important to practice healthy coping strategies or ask for support. She explained that if someone is already struggling with a mental or emotional challenges, then they might continue to struggle until they get help by speaking to someone else and getting a new perspective, new ideas and views other than their own. Knowing why someone is depressed or anxious is important but does not solve the problem until someone takes action.

“Someone suffering from anxiety may feel constantly worried, have unreasonable fears, feel restlessness or keyed up, be easily fatigued, have difficulty concentrating, be irritable and have sleep disturbances,” said Grow. “Whereas with depression, the person may have diminished interests, lose pleasure in activities they used to enjoy, lose or gain weight, have fatigue, suffer from feelings of worthlessness or self-loathing, have a diminished ability to concentrate, and sometimes have recurring thoughts of suicide.”

It’s important to recognize symptoms early. In an effort to prevent a crisis, education is paramount. Know what to look for.

Mental health, continues on page 9

effort to get at whatever they're hunting so don't be complacent with your children or pets even in a fenced yard."

They also encourage people not to be overly fearful. Just call the Trouble Desk, and leave the animal alone. They also recommend that people refrain from leaving things out which might be inviting.

"Don't leave out resources that animals will take advantage of such as pet food, water, and trash, all of which provide subsidies for animals and will attract unwanted guests!" Leslie said.

Typically, spiders, scorpions and other such critters will sting when touched, but out of defense.

"If you put on a jacket or pair of shoes, without properly checking them, then you may squeeze a spider or scorpion between your skin and the fabric," Fortin said. "So, it will sting you to get you in an attempt to save itself. From now until December watch where you put your hands and feet, and what you're walking by. If there's a pile of stuff, there could be something in there. If you're putting on shoes or a jacket that's been sitting around, check them first. Be vigilant about cleanliness, too."

It's also important to note that rattlesnakes may not always be able to rattle.

"Rattles are like fingernails and they can break off," Fortin explained. "So, you can encounter an older snake who has his rattles broken off and can't make a noise. Babies won't have rattles yet either. So, although it's a good idea to keep your ears alert for that noise, don't depend solely on that. Use all of your senses, and pay attention."

"When recreating in the Mojave Desert, it's best to have on closed toe shoes, especially if not familiar with the desert," Leslie said. "It is also usually good to wear a mid to high top boot or sneaker as this will help prevent unwanted seeds from catching on your socks and annoying you all day! This also helps reduce the spread of invasive species, such as red brome or cheat grass which are easily attached to your socks. These invasive grass species have been introduced the desert and create a fire fuel load that allows wildfires to carry through the desert increasing chances of large desert wildfires... something not historically typical of desert ecosystems. Most desert ecosystems are not evolved for fire like chaparral vegetation communities of our local southern California mountains which require a natural fire regime for various ecological functions."

The Mojave Desert is home to a wide variety of flora and fauna. Many you may see, but many you may not.

"However, they are there and your actions can have lasting effects," Leslie said. "Tread lightly, stay on established roads and trails. There are so many in the



Photo by Laurie Pearson

Mojave Green Rattlesnakes are known for their olive drab green color mixed with browns and blacks, and they are on the move aboard Marine Corps Logistics Base Barstow, California, May 11. Watch where you put your hands and feet as live and work in the Mojave Desert, as this is their home, and they will strike in order to defend themselves from any perceived threat. You may or may not hear the tell-tale rattle before they strike. Notice the sharp arrow shaped head with pronounced jowels, and raised eye sockets, indicative of the venomous snakes.

desert that you will never run out, so no need to create your own roads! If you pack it in, pack it out. Ravens thrive on human trash and are a main predator of the threatened desert tortoise. If you are lucky enough to see a tortoise, do not touch it. Enjoy it and leave it alone, it does not need your help, other than respecting its home!"

They also ask that people refrain from feeding all wildlife.

"It is illegal to feed all wildlife to include feral dogs and cats," Leslie reminds readers. "Last month a litter of cats was observed living in a culvert around a

warehouse on NEBO. These cats were being provided food and water. Understanding that everybody loves kittens, please do not do this, it is against base policy and creates a bad situation. If animals, wild or domestic are observed living near your facility please put in a work request for resolution. Furthermore, if traps are observed around your area, do not disturb. Trapping these animals is difficult and once disturbed these animals often learn and will not revisit the trap. This creates further potential for harm to both humans and animals."

Fortin leaves you with one final bit of advice and it has to do with a cactus that is very prominent in the Mojave Desert, the chollas, pronounced "choy-yah."

"Don't even go near a cholla!" Fortin said with a grin. "They're called a jumping cactus for a reason!"

If you see a creepy crawly, flying, slithering, or otherwise moving about critter, call for help, 760-577-6220.



Mental health, cont. from page 4

"You may notice someone withdrawing from social connections, they may have addictions to the internet to include pornography, or you may notice them engaging in sexually risky behaviors, drinking more, taking financial risks, and other compulsive behaviors," Maher said. Usually the first clue of a mental disorder is that a person's behaviors become significantly different than before.

Many times, a mental health crisis can be resolved favorably with early intervention.

"Studies have shown that most people receiving counseling do report improvements," Maher said. "There are lifestyle changes that can be made, as well, to help with a condition. We can offer people an opportunity to explore their choices and teach techniques to help them resolve issues too."

One of the most important things a person can do for mental health is to identify a purpose in one's life that they want to aspire to. Having a "why" to live for will make it much easier to persevere during difficult times. The Behavioral Health division has non-medical programs to help develop coping skills and resiliency.

"Our Behavioral Health program has no medical personnel, so no medication is prescribed," Maher explained. "In order to be evaluated for medication we would refer a patient to a local doctor or to Weed Army Community Hospital. Some of the services offered here at MCLB Barstow include family advocacy counseling, family support, prevention and education regarding child abuse and domestic violence and Substance Abuse counseling, a Sexual Assault and Response Program, and cognitive behavioral counseling through the Community Counseling Program which is free to ADSMs and their dependents. It was established in 2013 to reduce the stigma of counseling and to make education and counseling on issues such as depression and anxiety and/or adjustment issues

Although the CCP is set up to work with ADSMs and their dependents, if a DoD employee is in a crisis, a CCP Counselor can meet with the person and try to help stabilize the person and then link them into an appropriate resource such as their Employee Assistance Program.

Our BH Program is now located in the back of building 218 in front of the MCX. The MCX parking lot has access to the entrance of our building.

Behavioral Health also offer stress and anger management classes and a monthly Wellness Series Class in collaboration with Semper Fit, FTB and other programs and free and confidential one on one consultation to explain services and theories like Cognitive Behavior Therapy in order to see if counseling is the right choice for a person. If another resource is more appropriate such as financial counseling, then Behavioral Health can provide information and referrals to other appropriate resources. For more information about Behavioral Health programs, or to consult about developing a strategy for overcoming a mental or emotional issue, contact Behavioral Health at (760) 577-6533.



and relationship and parenting issues easier to access with the goal of a better adjustment and improved coping skills before the issues develop into something more serious."



Temperatures on the rise, protect yourself!

Story by: Laurie Pearson
COMMSTRAT Chief

People complain about humidity making them uncomfortable, but here in the Mojave Desert, the extreme heat paired with extremely low humidity can be a deadly combination.

Marine Corps Logistics Base Barstow, California is located at the intersections of Highway 15, 40, 58 and Historic Route 66, right in the Mojave Desert, where extreme weather is nothing unusual.

"The Desert can be more dangerous than other areas to live due to those temperature and humidity extremes," explained Greg Kunkel, Fire and Emergency Services' Emergency Medical Services chief. "During the winter, it can easily drop into the 20s and during the summer temperatures reach 115-120 regularly and the humidity can be as low as 2 percent on any given summer day."

When a person is outside and the temperatures rise, they sweat in order to cool the body down. However, when temperatures spike and the humidity plummets, situations can escalate quickly.

"As we sweat our bodies are robbed of moisture and fluids," Kunkel said. "If one does not properly hydrate while this is going on one can find themselves in dire straits due to heat exhaustion or cramps. If this continues, untreated, they can have a heat stroke which is a true medical emergency and can be fatal."

Mother Nature wants a balance so if it is too dry outside, it will wick moisture from the body faster than usual, but you won't

be able to see it, because it will evaporate too quickly. It gives the illusion that you are not sweating, when in fact, you are losing hydration even faster.

"During exercise we sweat to cool off," Kunkel said. "In an extreme heat environment this is compounded and heat stress related medical issues can come about much quicker."

Kunkel describes the varying stages of heat related illnesses:

- Heat Cramps- Caused by a

cool down, and replenish water and electrolytes. If left untreated this will progress to heat stroke.

- Heat Stroke - This is a complete failure of the body's temperature regulation system and is very grave. Temperature will continue to rise rapidly and since the body has sweat out all its fluids by then it can no longer cool itself down. Signs and symptoms of this include severe headaches, dizziness, further nausea and

vomiting, confusion or aggression, hot and red skin, increased heart rate, hallucinations, and unconsciousness. If left untreated this will lead to death of the victim.

"It is imperative that during periods of high heat and outdoor activity that people hydrate sufficiently," he explained. Proper hydration does not mean just water. We must also replenish lost electrolytes with a sports drink, or packets of electrolytes added to water. It is important

to not forget about our children either. Water and commercial sports drinks are available for our younger populations, too."

He points out that it is important to drink small amounts of water regularly throughout the day, rather than just chugging water with electrolytes once or twice a day. The Occupational Safety and Health Administration recommends one pint of water an hour to be consumed at regular intervals throughout that hour. Most experts these days will say to drink half your body weight in ounces, per day. Therefore a 200 pound person should consume 100 ounces of water throughout the day and if you're outside in the extreme dry heat, consume



Photo by Laurie Pearson

Paramedics with Fire and Emergency Services treat an injured Marine who was showing symptoms of a heat related illness after a NO MORE 5K run held aboard Marine Corps Logistics Base Barstow, Calif., April 20.

lack of salt, which is composed of sodium and chloride. Both of these are electrolytes and our bodies need them for proper cell function. In their absence, as in when one sweats, our muscles will cramp and cause discomfort. This will last until electrolytes are replenished by things such as sports drinks. If left untreated this will progress to heat exhaustion.

- Heat Exhaustion - Caused by further loss of water and electrolytes. Some signs of heat exhaustion are headaches, irritability, weakness, pale skin, nausea and vomiting, cold clammy skin, and fainting. If one experiences these signs and symptoms it is imperative that they stop all exertion, seek shade,

more.

“Electrolytes are needed by our bodies’ cells to properly function,” he explained. “The electrolyte we lose during sweating is sodium and is essential for our bodies.”

According to an article in Medical News Today:

“Electrolytes regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue. The muscles and neurons are sometimes referred to as the ‘electric tissues’ of the body. They rely on the movement of electrolytes through the fluid inside, outside, or between cells. The electrolytes in human bodies

include: Sodium, potassium, calcium, bicarbonate, magnesium, chloride, phosphate. For example, a muscle needs calcium, sodium, and potassium to contract. When these \ substances become imbalanced, it can lead to either muscle weakness or excessive contraction.”

“Water alone doesn’t carry the proper amount of electrolytes our bodies need during heavy sweating,” Kunkel said. “There may be trace amounts of

electrolytes, but not enough to sustain a properly functioning body.”

Outdoor exercise and recreation can still be enjoyed, but time of day, temperature, relative humidity, health of the individual, proper hydration and nutrition should all be taken into consideration. In addition, it’s important to prepare with proper attire, foot wear, hat and other factors to protect the skin and to help the body remain as cool and hydrated as possible.

“If exercising outside during our hottest months, exercise activities should be done in the early morning or late afternoon or evening,” he said. “These are the coolest times of the day. If possible, exercise indoors where the air is conditioned.”

During the hotter months be sure to eat foods rich in electrolytes, and change out clothing for looser fitting, light colored clothing. A wide brimmed “boonie” style hat will protect you from the sun, as well.

“Sun screen is also great to have, with lighter complected people using the higher sun protection factored creams or lotions,” Kunkel said. “It can also be

helpful to have an emergency pack, or ‘bug out’ bag in the car (and at the office). Always have fresh water and some light snacks with those bug out bags. Things such as peanut butter crackers or small packs of cookies make for a quick, energy producing snack. During times of high heat, an electrolyte solution is of the utmost importance to replace lost electrolytes.”

Cooling towels, emergency foil blankets, roasted salted peanuts with dried cranberries, and a sports drink can be life savers in the Mojave Desert.

“Many of us take the desert heat for granted as we sit in our nice cool homes, offices, or cars,” Kunkel explained. “What if the power goes out or your car breaks down? If your car breaks down miles from help, are you prepared to survive if need be? As firefighters, we constantly plan for bad scenarios and think through alternate solutions. We have plans B, C, and D ready. What’s your plan B?”



Flag Color	WGBT Index (F)	Intensity of Physical Exercise
Green	80 – 84.9	<i>Unacclimated personnel must perform heavy exercises with caution and under constant supervision. Organized PT evolutions in boots and utilities are allowed for all personnel.</i>
Yellow	85 – 87.9	<i>Strenuous exercise and activity (e.g., close order drill) should be curtailed for new and unacclimated personnel during the first 3 weeks of heat exposure.</i>
Red	88 – 89.9	<i>Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather. Troops who are thoroughly acclimated may perform limited activity not to exceed 6 hours a day.</i>
Black	90 and Above	<i>Physical training and strenuous exercise suspended for all personnel (excludes operational commitment not for training purposes).</i>

Note: Wearing of body armor or NBC uniform adds approximately 10 points to the measured WGBT index. Exposure limits should be adjusted accordingly.



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*

Postponed or closed

- Self defense
- Spin
- Pass & ID Nebo 101
- Pass & ID Yermo 406
- 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 Center & kitchen open w/modifications:

- Call 760-577-6264 for hours, reservations (recommended) and to place a food order.

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 an appointment to register your 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 and Water Park: CLOSED FOR THE SEASON

Route 66 Cafe:

- Open for dine-in and take out. Can also call orders in ahead at 760-577-6428.

Commissary:

- Open every Tues. 9 - 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 are mandatory and will be verified.

Base Library:

- Open Mon. - Fri. 8 - 11 a.m. *Starting Feb. 16, hours will change to Mon. - Fri. 7:30 a.m. - 4 p.m.*

Personal & Professional Development:

- Available via Telework

Behavioral Health:

- Telehealth services available
- To set an appointment, call 760-577-6533

Auto Skills Shop:

- Open every other weekend, Sat. 8 a.m. - 5 p.m. and Sun. 10 a.m. - 6 p.m.
- Call Bruce for further information, 760-577-6260, 760-267-1075

ITT:

- Open Mon. and Thurs. 11 a.m. - 1 p.m.

Pass & ID 236:

- Appointment only, 760-577-6969

Thrift Store:

- Open Tuesdays and Thursdays 9:30 a.m. - 12:30 p.m. and the first Saturday of each month 1 - 4 p.m.
- Closed November 24 and 26 for Thanksgiving holiday.

For additional information about the base, go to <https://mclbbarstow.marines.mil>

For a complete list of MCCS hours and services impacted by COVID-19, go to <http://mccsbarstow.com/Impact/>