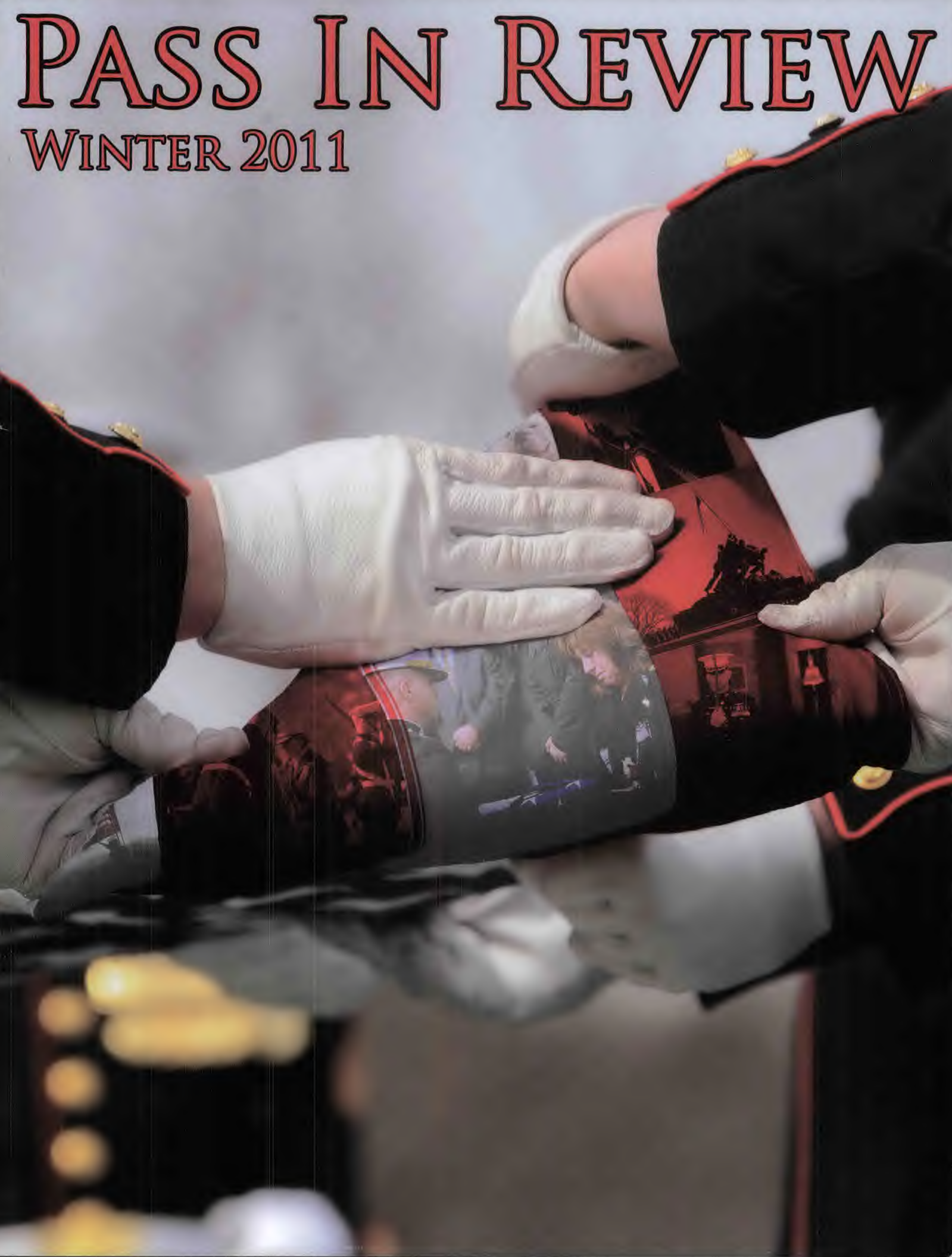


PASS IN REVIEW

WINTER 2011



Pass In Review

Winter 2011



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Semper Fidelis

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Under Wraps

The Home of the Commandants gets a much needed facelift, preserving it for future generations

Page 4

Never Given

Barracks Marines challenge themselves in a martial arts instructor course, learning to better train Marines

Page 18

A Few Good Men

Guard Marines plow through a snowstorm to help stranded and trapped drivers

Page 22

Other Stories

A Climb to the Top
A Force in Readiness
More Than a Mascot
Cast Away

Page 8
Page 10
Page 12
Page 14



UNDERWRAPPS





Maj. Pete Dahl, construction project manager and Barracks logistics officer, inspects the basement of the Home of the Commandants, which is undergoing repairs, Feb. 16. More than 20 supports prevent the building from collapsing.

THE RESTORATION OF THE HOME OF THE COMMANDANTS

STORY AND PHOTOS BY CPL. AUSTIN HAZARD

The construction on the historic Home of the Commandants is little known outside the D.C. area and military leadership, but even Marines at Marine Barracks Washington may wonder what's being done to the iconic structure under the giant tarp.

Much of the original building that was completed in 1806 still stands today, though far worse for wear.

In 2008, it was reported that Annette Conway, wife of former commandant Gen. James T. Conway, noticed red sand here and there in the basement of the house. After formal review, it was discovered that the red brick, hidden behind a layer of dry-wall, was crumbling and wearing away from two centuries of weathering. The building was on the verge of certain collapse.

More than 20 emergency support beams were put in place to support the building, countering its corroding 200 year-old brick foundation and heavy wooden crossbeams.

"It took an army of gentlemen to put up huge supports all throughout the basement," exclaimed Mrs. Conway. "After they shored up the basement with support after support, it was like a big maze down there."

But several other structural deficiencies had to be addressed as well, and the project turned into a much larger overhaul.

Special permission from Congress sanctioned the restoration and repair of the national historic landmark.

"In addition to construction, MBW had to remove \$2.75 million in appraised art, furniture, carpets and draperies from the house in order to conduct construction," said Maj. Pete Dahl, project manager and Barracks logistics officer. "A good deal of the artwork and historic furnishings are currently undergoing conservation repairs in specialty shops contracted by the Marine Corps."

The building's furnishings will be returned upon the completion of the project, slated for May 13. Once its contents were removed in November, the construction process could begin.

"One of the first things that had to be done was remove all of the paint from the 15,000-square-foot house, all 37 layers of paint," Dahl explained.

Dahl also noted that a paint study done on the house indicates that the commandant's home was not always white, or even brick red. According to the study, the building has experienced shades of grey, brown, a red orange color, and even yellow before the most recent application of white paint.

The removal of the outside paint is the cause for the building's mummified appearance. Since the process used is most

effective at certain temperatures, the tarp is weatherproof and somewhat insulating, which kept the scaffolding area warmer during the cold winter months.

Throughout the brick restoration process, which largely took place in the basement where the damage was most severe, an unrecorded 19th century fireplace and several bricked up windows were discovered behind the drywall of the basement. These features went undiscovered for so long because there is no known original floor plan for the house. The fireplace has been restored and will be kept visible and intact.

Nearly all of the original brick is being preserved in the building's design, though much of the mortar is being replaced, said Dahl.

"This is the last time anyone will ever see the red brick of this house," Dahl noted. "This is the first time it's been visible in almost 200 years, and once we paint over it, it will be the last. The paint we're going to use is mineral based, instead of oil based. It will seep into the brick and become permanent."

Dahl added that Gen. James Amos, commandant of the Marine Corps, was allowed to select the building's new color, opting to keep the elegant off-white appearance.

Though the brick and basement support system were the initial cause for the repairs, they were not the only ones. The commandant's dining room ceiling, which is visibly bowing under the weight of the upper floor, is also being repaired and re-designed to match the 19th century style of the rest of the house.

"It's amazing that the second and third floors didn't crash into the dining room," Mrs. Conway remarked.

Other facets of the building are being reworked and restored, as well, including the outer wood trim and stonework for various parts of the structure.

However, the aesthetic and structural aspects of the house are not the only ones to receive treatment.

"The mechanical systems are also being upgraded, which includes modernizing the heating and cooling systems," said Dahl. "This will make them more energy efficient. Solar panels are also going to be installed on the roof, so they are out of sight. These panels will cover approximately 15 percent of the house's energy use, making this a green project, too."

Some upgrades include additional guard houses on the premises and bollards, which can obstruct vehicles that may veer off the road and collide into the property.

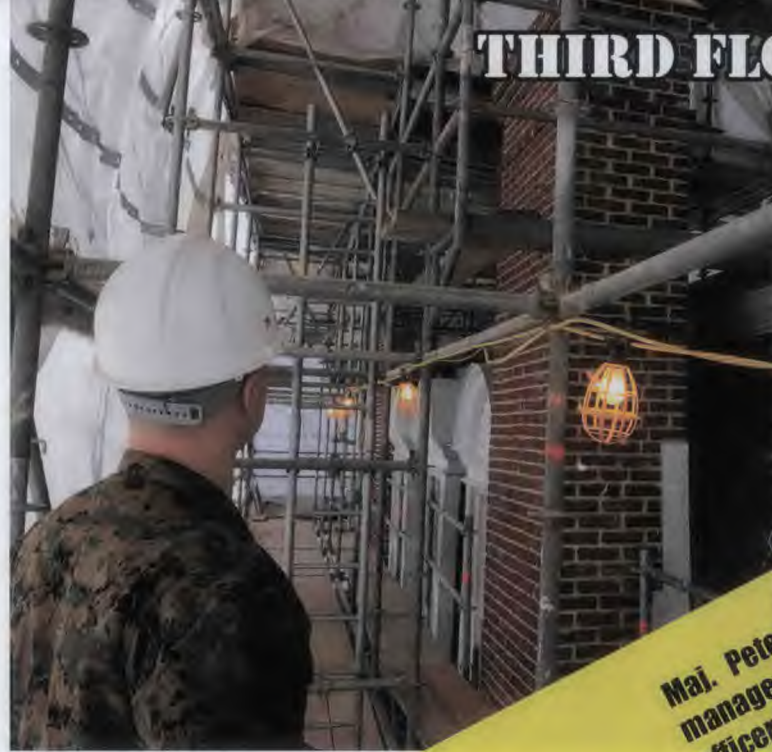
Approximately 500 people took part in the project on the construction teams, while another 150 worked on the developing and management teams.

"The last thing you want is for anything to happen to the Home of the Commandants. I'm relieved that its structure and integrity are able to be restored," Mrs. Conway said with a sigh. "We would have lost an important part of the Marine Corps' history."

Gen. James Amos, the current commandant, and his wife, Bonnie, are expected to move out of their current home at the Barracks, which is meant for the assistant commandant, and into the newly restored Home of the Commandants in June.

"I think she's just beautiful," said Mrs. Amos of the building's final appearance. "She's just very regal, elegant, and stately. They've done an incredible job. I'm very excited to move into the Home of the Commandants."

With the Amos family moving in, the building will have housed every commandant since Lt. Col. Franklin Wharton, the Corps' third commander.



THIRD FLOOR

Maj. Peter
manager
officer
outs



DINING ROOM

Juan O
of a first
the dining
to allow repair
be

LAND FOR THE HOUSE PURCHASED

1801

HOUSE COMPLETED 1806

TWO STORY ANNEX ADDED

1840

1814

1804 BRITISH BURN DC, HOUSE SURVIVES

GUEST ROOM EXPANDED 18

CONSTRUCTION BEGINS

OR

Dahl, construction project and Barracks logistics inspects the state of the third floor of the Home of the Commandants Feb. 16.

Alan Rodriguez touches up the wood trim outside the second floor of the Home of the Commandants with a second coat of paint March 7.

SECOND FLOOR



Alana restores the stonework around window sill Feb. 16. Left, m ceiling sits stripped to its bowing cross-

FIRST FLOOR



MUSIC ROOM



Painters with the construction team repaint the walls of the music room March 7.

SUN PORCH ADDED

1907

KITCHEN ADDED

1930

HOUSE IS RENOVATED

2003

1891
ATTIC CONVERTED TO THIRD FLOOR

1915
MASTER BATHROOM ADDED

HOUSE DESIGNATED AS NATIONAL HISTORIC LANDMARK

1976
CURRENT RESORATIONS

2008-PRESENT
CURRENT RESORATIONS



Lance Cpl. Anthony Santiago listens to advice from fellow climbers as he boulders up a wall during the 2011 Marine Barracks Washington Commander's Cup Challenge. Santiago is a ceremonial marcher with Company B.

A Climb to the Top

Story and Photos by Sgt. Bobby J. Yarbrough

It wasn't an easy climb to the top, but Lance Cpl. Austin Glidden pulled himself up to win the rock climbing event in the 2011 Marine Barracks Washington Commander's Cup challenge at the Rocksport in Alexandria, Va., March 6.

The competition was the first event in the 2011 Marine Barracks Washington Commander's Cup. This year marked the first year of the Commanders Cup challenge, a 14-event series designed to test Marines and expand their physical fitness capabilities.

"I want Marines to challenge themselves in the spirit of competition," said Col. Paul D.

Montanus, the Barracks commanding officer. "The purpose of the Commander's Cup is to promote diverse forms of physical fitness and get Marine out of their barracks rooms to new locations throughout the greater Washington, D.C. area."

The first event attracted more than 40 Marines from the Barracks. The competition tested the Marines ability to boulder up a rock wall without support.

Bouldering is a form of rock climbing in which the climber isn't harnessed in by a rope when he climbs. During the competition, the

climbers followed a color-coded route on the face of the wall that was determined by the difficulty of the climb.

Many of the Marines who competed were novices and admitted the rock climbing was no easy feat.

“Rock climbing was a lot harder than I imagined,” said Lance Cpl. Brandon Keene, an administrative clerk with Headquarters and Service Company. “After the climb, I was definitely broke off.”

Finishing second and third in the competition was Pfc. Theodore Ryfiak, an infantryman with Bravo Company, followed by Capt. Michael Deal, the S-3 training officer for the Barracks. For his win, Glidden received 55 points for his overall standings in the Commander’s Cup. Ryfiak and Deal received 50 and 45 respectively.

The next event in the Commander’s Cup is ‘Urban Survival’, a amazing race-like competition that will test the history knowledge and athletic abilities of individual Marines. The event is scheduled for April 8.

The Commander’s Cup will continue through October, ending with the Marine Corps Marathon. The winner of the competition will be announced at the annual Marine Corps Birthday Ball in November and will receive an award from the Barracks commanding officer.



Lt. Col. Rush Filson, Barracks executive officer, starts his climb up the rockwall during the 2011 Marine Barracks Washington Commander’s Cup Challenge March 6. More than 50 Marines attended the first event in this year’s cup.



Left, Pfc. Theodore Ryfiak navigates up the boulder during the Commander’s Cup Challenge. Ryfiak placed second in the challenge and is second in overall points. Right, Lance Cpl. Nicholas Boone chalks his hands to maintain grip before attempting a V-3 climb up the boulder.

A Force in Readiness

Story and Photos by Cpl. Austin Hazard



Winter 2011



What is a FRO?

The family readiness officer is meant to support military families with the difficulties and hardships of military life. The program, implemented in 2008, replaced the Key Volunteer Network, which was a network for spouses to gather information and support during a spouse's deployment. The role of the FRO is larger than that of KVN volunteers and includes providing resources and information on other military family support programs, such as the Exceptional Family Member Program, Marine Corps Family Team Building and Navy Marine Corps Relief Society. Furthermore, the FRO is responsible for family related events, such as family fairs or picnics, for each command.

Though Marine Barracks Washington does not share the same deployment pace as other posts around the Corps, it does demand long and unusual hours from many of its Marines. Such conditions can be difficult for some spouses and family members to understand and cope with.

That is where the family readiness officer (FRO) comes in to help foster a line of communication. Lynnette Thompson, who became the FRO here in November, is responsible for reaching out to the Marines and their families with information about the Barracks, as well as the different programs and resources available to them.

To that end, Thompson's first act as the new Barracks FRO was to coordinate a family welcoming fair for the Marines and their families. The fair, held Feb. 10, featured the representatives from every company at the Barracks, including the Barracks commanding officer, who all talked about MBW and their units' different missions here, as well as representatives from the different military support programs.

"The fair exceeded every expectation I had for it," said Col. Paul Montanus, Barracks commanding officer. "I saw in execution what I had envisioned the fair could be, except it was even better."

"I was very pleased with the turnout," said Thompson, who has been with the Family Readiness Program since its creation in 2008. "There wasn't an empty seat in the house. There were actually

a few families standing in the back. That's what I hope to achieve with future events."

Thompson said she plans to make the fair an annual event, but her mission doesn't end there.

"I want to help the spouses understand that this is their Marine Corps family, too," said Thompson. "Many of the spouses here are new to the Marine Corps. They're away from home, and may not have a lot of friends here or contacts or even information on how to survive a military lifestyle. That's where I can help them."

Thompson's future projects include a possible potluck or picnic event during the Barracks' parade season, as well as a spouse committee that will help decide on other family events.

Even though the family readiness program has only been in place for a few years, Thompson is no stranger to the Marine Corps. She is a Marine spouse of 15 years, with two tours of Iwakuni, Japan, and one of Marine Corps Air Station Beaufort, S.C., under her belt.

With two young sons and so much time as a military spouse herself, Thompson is in the perfect position to help other families.

"Every suggestion she has made so far has been effective, innovative and successful," said Montanus. "I think Lynnette's challenge is to reach out to the families with fun experiences and fit them into the busy schedule of the Barracks."



MORE THAN

STORY BY CPL. AUSTIN HAZARD

The Corps prides itself on its rich history and traditions, especially the affectionate nickname by which Marines refer to each other, “devil dog.” This nickname spurred another tradition – the Marine Corps mascot.

Cpl. Chesty XIII, the current mascot, carries that tradition and is, in every respect, an official Marine. The English bulldog has his own fitted dress uniforms, can be promoted and demoted, has his own service record book, receives full pay appropriate for his rank and has ceremonial commitments in Marine Barracks Washington’s Evening Parades and other events.

Despite his unique and formal status in the Corps, Chesty is still a dog and a pet like any other. In fact, Chesty is a family pet for an MBW Marine.

Master Sgt. Charles Casey, a trombonist with the U.S. Marine Band, is the mascot’s host, which means he houses the dog and is responsible for his health and training.

“It’s an honor to host the mascot,” said Casey. “I love doing it. I’m not going to say it’s not work,



but he’s such a member of our family now, I can’t remember a time when we didn’t have him.”

However, the whole Casey family is involved in Chesty’s military obligations. If the master sergeant is away with the band, the responsibility falls on his family to get the stout, nub-tailed Marine where he needs to be.

Casey was selected as the host for the newest mascot more than three years ago, largely because of his permanent status at the barracks as a musician with the band.

“It’s interesting hosting the mascot,” he said. “It’s like having a son in the Marine Corps who you’re proud of.”

The Casey family took in Chesty, a registered American Kennel Club bulldog, when he was a puppy of only 12 weeks from a retired Marine officer who donated the pup to replace Sgt. Chesty XII.

Just like any household pet, the all-white bulldog has his place among the family, both figuratively and literally.

“He has his own spot on the couch and he’ll bark at you if you try to sit there,” laughed Casey. “He usually sleeps there or in his crate. Chesty snores very, very loudly, too. He’ll be sleeping downstairs and we can hear him all the way upstairs in our bedroom at night. Chesty snores so loud that if he’s sleeping in the living room and we’re watching TV, we have to turn up the volume.”



N A M S C O T

Every dog owner knows that dogs have their own personalities and their own quirks. Being his master and caretaker, Casey knows many, if not all, of Chesty's unique behaviors.

"I'll tell you this: Chesty does not like going upstairs, because nearly every time he goes upstairs he gets a bath," Casey remarked. "Chesty hates baths. I have to take him up on his leash whenever I give him one."

Casey went on to recall an instance when he tried to work on Chesty's parade routine at home, doing so indoors due to a blanket of snow outside. But when he attached the dog's leash, Chesty began to resist. The mascot connected the dots – a leash inside means a bath.

However, Chesty's performance is no more lacking for his eccentricities. The snouted Marine has participated in anywhere from 50-70 parades with very few missteps.

"Only once did he not do exactly what he was supposed to do," remembered Casey. "But it was raining and the ground was wet. He sat down like he's trained to, but stood right back up."

The dog is arguably a product of its environment, which primarily consists of the Casey household.

"It's everything you'd expect to see from a good dog owner and his dog," said Gunnery Sgt.



Duane King, who's spent time at Casey's home to work on projects for the Marine Band. "They are very professional people and it's obvious that they care about Chesty."

"My daughters love him," said Casey. "They speak about him like he's their little brother. After all, he is a member of the family."





CAS

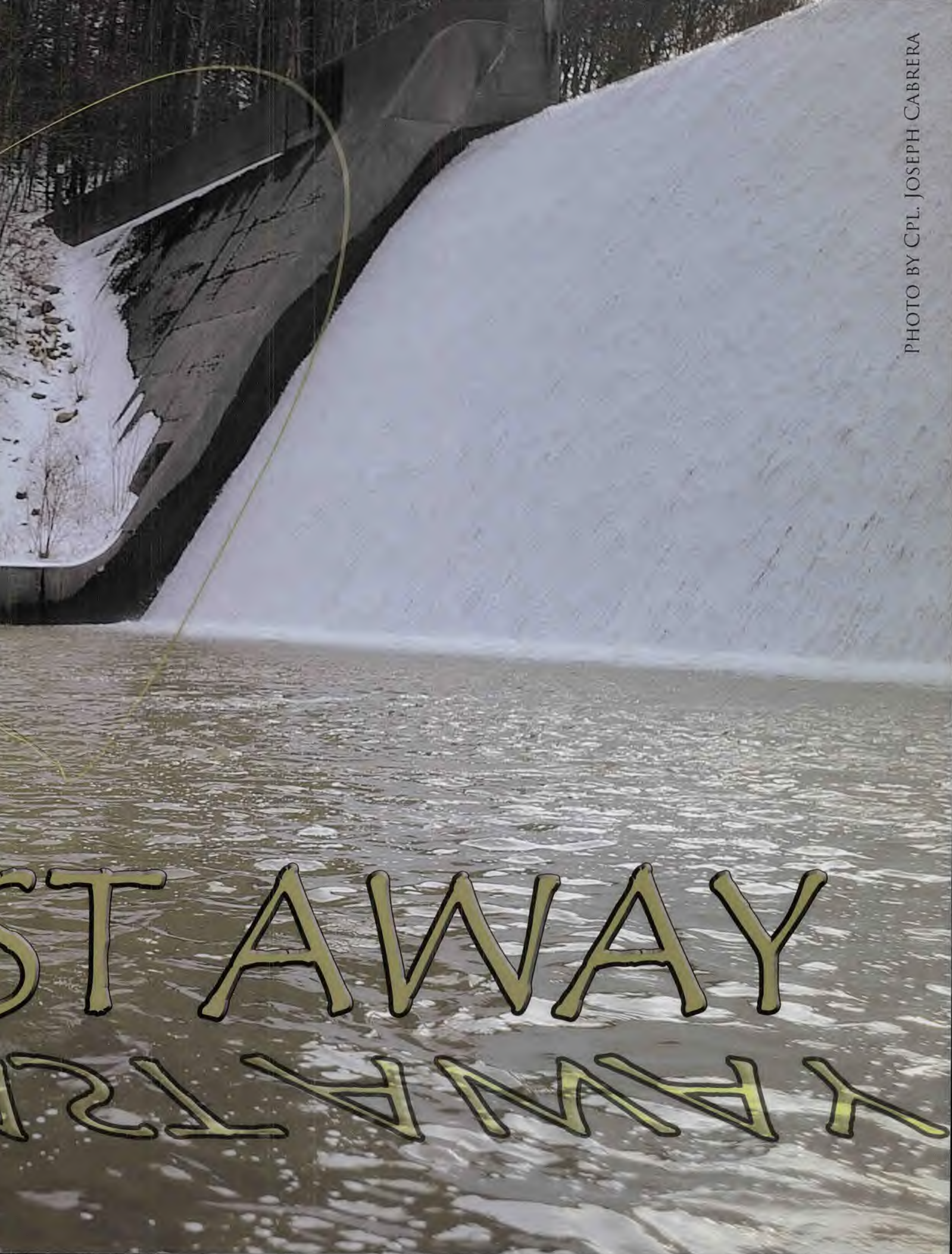
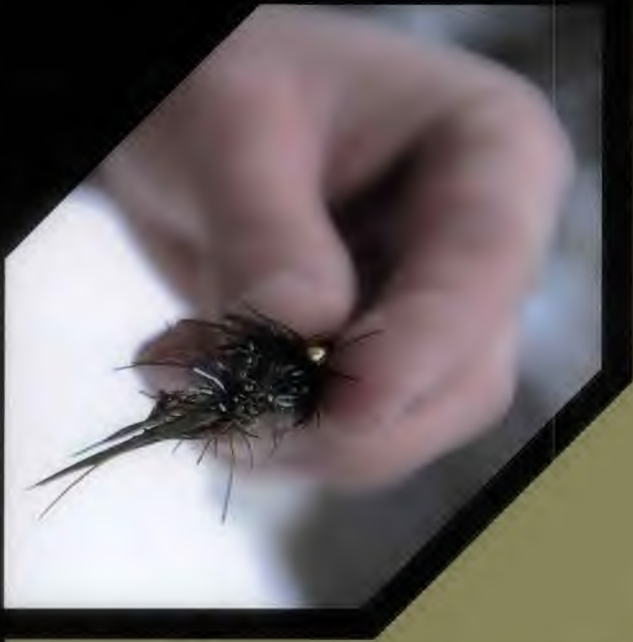


PHOTO BY CPL. JOSEPH CABRERA

STAY AWAY
STAY AWAY



MARINE FINDS SOLACE IN THE GREAT OUTDOORS

STORY AND PHOTOS BY CPL. JOSEPH CABRERA

Amidst the politics, traffic and military life in Washington, Sgt. Travis Young, a Greencastle, Pa. native and plumbing chief with the MBW maintenance section, still finds time to relax and enjoy the outdoors through fly fishing.

During the parade season, Young has a multi-faceted role as he is not only responsible for ensuring the plumbing systems are up to par for the Friday Evening Parades, but he also has the added responsibility of ensuring the operability of the metal detectors at the gates.

It is Young's responsibility to ensure the personnel stationed at MBW can enjoy the simple amenities by taking care of the Barrack's general plumbing needs, said Master Sgt. David Robinson, MBW maintenance chief.

"As the plumbing section head, he has a pivotal billet," he said. "Sgt. Young is a very unique Marine, his mind operates progressively. He's constantly trying to find a better way to do something, his wheels are always spinning."

ON THE FLY

FLY FISHING IS RECOMMENDED TO ANYONE WHO LIKES THE OUTDOORS. THERE IS A LOT OF LEARNING INVOLVED, BUT THERE ARE PLENTY OF RESOURCES AVAILABLE IN THE D.C. AREA TO INTRODUCE BEGINNERS TO THE SPORT.

THERE ARE FLY SHOPS IN THE AREA THAT OFFER CASTING LESSONS TO TEACH BEGINNERS HOW TO CAST. LOCAL GUIDE SERVICES CAN ALSO PROVIDE INSTRUCTION NOT ONLY ON HOW TO CAST, BUT HOW TO CATCH FISH IN DIFFERENT FISHING LOCATIONS.





Sgt. Travis Young waits patiently as he fly fishes at a stream in his hometown, Greencastle, Pa., Jan. 15. Young, is an avid fisher and fishes nearly every day.

Playing such a key role in the maintenance of the facility's plumbing system on a routine basis and serving as the ramparts chief during a parade can be stressful but Young uses his time with his son and fly fishing as an outlet to relax and seek solitude.

The Greencastle native grew up on a farm where he claims, "everyday was a new adventure" and "I wish my son could have the same experiences I did."

With every cast of the fly and every fish caught, fly fishing helps him relax.

Fly fishing is a method of angling to catch fish in which an artificial fly is used as bait. The line is cast by using a fly rod, reel, and a relatively heavier line than the traditional fishing line in order to cast the nearly weightless lure.

"Casting the line, picking the right insect that you're trying to imitate and catching a trout, it's one of those things that's harder than it looks," Young said. "It's just like the Marines Corps if it was easy then it wouldn't really be worth it."

He has been fly fishing since his early teens and doesn't remember what inspired him to start. He said it's possible he might have seen someone fly fishing and thought it was something he would like to try.

"I've been doing it a long time and it's been within the past couple years that my skills have been really honing down on that stone and getting sharper and sharper," Young said. "Not everyone can pick up a fly rod and figure out which fly to use and catch fish."

It has been a learning process all the way from beginner to the level he is at now. It is the excitement of catching trout that keeps him coming back for more, it's what he strives for and he can't wait to share the hobby with his son, he said.

"There's always something new and there's always fish to catch. It's real rewarding knowing that you picked something that closely represented what's out there and you got a trout to bite," Young said. "Anybody can put on a worm on a regular rod and go out and catch fish, it's easy, that's what kids do, and then you eventually got to grow up sometime."

Catching fish makes the sport more enjoyable for Young, but one aspect he particularly enjoys is the peace and quiet of being outdoors.

"Fly fishing gets you away from the crowd. You get out there and it's the solitude, it's like serenity really; just being one with nature," he said.

NEVER GIVEN



Cpl. Pierce Acosta, Guard Company, figure four chokes Cpl. Kyle Sullivan, Headquarters and Service Company, at the Annex field Jan. 25 during the martial arts instructor course, which ended Jan. 28.



Sgt. Daniel Leith, Marine Corps martial arts program instructor trainer, uppercuts Cpl. Joseph Kinard, Marine Corps Color Guard, during a sparring session Jan. 20.

MARINES FIGHT THROUGH MARTIAL ARTS INSTRUCTOR COURSE

STORY AND PHOTOS BY CPL. AUSTIN HAZARD

A tan belt is awarded to every Marine recruit to acknowledge their comprehension of the basics of the Marine Corps martial arts program. But most Marines are no more lethal for that earth-colored belt; it simply represents a foundation for them to build upon. However, the tan instructor tab a Marine receives means so much more.

The two-inch tan tab represents the MCMAP martial arts instructor, a title recently claimed by 10 Marines with Marine Barracks Washington following a three-week training course.

In MCMAP, instructor status can only be earned at the program's third belt level, green, or higher. Marines must at least obtain the gray belt to participate

in the course and receive the green belt with the tan instructor tab upon graduation.

"The hardest part of this course is dealing with the mental fatigue," said Sgt. Daniel Leith, a MCMAP instructor trainer from the Martial Arts Center of Excellence. "So much is demanded of them every day in this course and they never know what to expect. The physical aspect is pretty intense, but the real challenge is pushing through it and still retaining everything they're being taught."

The instructors-in-training had to grapple with more than each other, as they were expected to remember various teaching techniques and concepts, such as fear, character and ethics.



Cpl. Joseph Kinard, Marine Corps Color Guard, catches his breath, relieved to be finished with the final exhausting workout of the martial arts instructor course Jan. 25. The Marines pushed through several combat conditioning sessions, which included everything from buddy carries covering several hundred yards to grappling.

“Sgt. Leith said something that really rang true for me: ‘Adversity will introduce you to yourself,’” said Cpl. Oscar Franquez, Silent Drill Platoon guide. “It taught me that physical strength isn’t always enough, you also need mental toughness.”

To many Marines, MCMAP is little more than throwing a couple of static punches and an ankle-level kick, shouting “Marine Corps!” The program’s most fundamental level consists mostly of techniques without sparring or other realistic forms of application, but offers more integrated training at higher levels.

“Some Marines complain about MCMAP or question its usefulness, but those are usually the Marines who’ve never gone beyond tan belt,” said Leith. “MCMAP is set up in a building block approach. We have to give you the basics so you can build off them with more and more complex moves. Once you get to green, everything is more practical and hands-on.”

As the course progressed, the students were strained more and more with increasingly strenuous combat conditioning. Throughout the tiring daily regimen, the Marines were rerun through the basics, refreshing the techniques and movements that are critical to learning the green belt curriculum.

Students spent the first week practicing tan and grey belt techniques and performing buddy carries, while the second week consisted of learning green belt moves, body sparring and grappling, further testing their athleticism, determination and willpower.

In their final week, the instructors-to-be



completed their last session of combat conditioning, and practiced and tested out for their instructor belts.

The new instructors graduated from the course Jan. 28, ready to carry the tradition of training Marines and inspiring discipline.

The course was all-volunteer and seen by many as an opportunity to better themselves, as well as train Marines who desire to do the same.

“Coming to this course was very personal to me,” said Franquez after testing for and receiving his instructor belt Jan. 25. “It gives me something more to offer to my Marines when I return to my platoon. We’re all infantry Marines and many of us will probably deploy some day, so this may be important down the road. I recommend this course to anybody who wants to train hard and make better Marines.”

Ultimately, the impact of the course will exceed its 10 students. Each of those Marines was thoroughly educated on how to train and teach other Marines in MCMAP’s techniques and three disciplines – mental, physical and character.

Instructors can award belts a level below their own as well as train others up to their own level, but cannot test Marines for a belt equal to their level.

“MCMAP isn’t just about leg sweeps, lead hand punches and hip throws,” said Sgt. Matthew Lanke-nau, chief instructor for the course. “It’s about building those three disciplines and shaping Marines into something better.”



Cpl. Kellie Strandberg, Guard Company, pushes up during his last round through a combat conditioning circuit as part of a martial arts instructor course Jan. 25.



Left, Cpl. Kyle Sullivan, Headquarters and Service Company, low crawls while carrying Cpl. Pierce Acosta, Guard Company, on his back during a combat conditioning session Jan. 25 as part of a martial arts instructor course. Above, Cpl. Oscar Franquez, Silent Drill Platoon, attempts to choke Cpl. William Whetzel, Guard Company, during a grappling session for a martial arts instructor course Jan. 25. Later that day, the Marines tested for their instructor belts. The Marines graduated from the three-week course, which included lessons on teaching styles, nutrition and ethics, Jan. 28.





A few g

When the snow started falling and motorists began to get stranded in the national capital region, three Marines with Headquarters and Service Co., Marine Barracks Washington, decided it would be fun to offer assistance to stranded motorists.

The idea came about when Lance Cpl. Nicholas K. Boone, a grounds Marine with MBW, Lance Cpl. Mark Fidler, a clerk with the MBW operations section, and Pfc. Kody J. Molter, a grounds Marine with MBW were dining in the mess hall and anticipated that motorists would be caught in the incoming snowstorm.

With a 2004 GMC Sierra, a tow rope and two gas cans, the trio set out to help stranded and distressed motorists.

At first they were not sure where to start their endeavor, but they quickly ended up in Alexandria, Va., helping pull out cars that were stuck in the snow. They also helped the majority of motorists on the George Washington Parkway in the District of Columbia by pulling their cars out of the snow or giving them enough gas to make it to a gas station. By the end of their endeavor, the Marines estimated that they helped more than 30 people.

They even gave the motorists their cell phone numbers in case they were stranded again that night and needed additional assistance.

"It was mad chaos out there. We had a line of cars waiting to get pulled out on the George Washington Parkway," Boone said.

For Boone and Molter, their work was not

over after they finished helping the stranded motorists all night long. Boone and Molter were assigned to the snow removal detail at MBW and spent the following day shoveling and removing snow around the Barracks.

Their hard work and selflessness did not go unrecognized by the MBW command. Upon returning to the Barracks the next morning, Boone and Molter were asked by the officer of the day why they appeared so tired. When the Marines told the OOD their reason, he informed the chain-of-command.

The three Marines were given unit coins by Col. Paul D. Montanus, the Barracks commanding officer, for taking the initiative to go out and seek motorists in need of help due to the hazardous weather.

For Boone, he felt it was great to help out but he also felt bad that he couldn't help everyone that needed assistance that day.

"It was great to help, but at the same time kind of sad because we had to leave 300 cars out there on the George Washington Parkway," Boone said.

The Marines didn't help people that night because they wanted a reward, they helped because they thought it would give them a sense of satisfaction. In the end, their good deeds did not go unnoticed. For one of the Marines, he walked away from the experience with a life lesson about helping others.

"I left knowing that I can go out there, do something and ask for nothing in return. And to get a thank you, that is rewarding," Molter said.

Good men

STORY BY CPL. JOSEPH CABRERA



Around the Barracks





Around the Barracks





PHOTO BY CPL. JEREMY WARE

MAJ. THOMAS SHIELDS COMPLETES THE ANNUAL COMBAT FITNESS TEST AT MARINE BARRACKS WASHINGTON DEC. 17, 2010. THE CFT WAS IMPLEMENTED BY GEN. JAMES CONWAY IN 2008 AS A MORE COMBAT ORIENTATED TEST OF PHYSICAL FITNESS.



PHOTO BY CPL. AUSTIN HAZARD

MARINES SECURE THE FLAG AFTER RAISING IT AT THE MARINE CORPS WAR MEMORIAL FEB. 23, 2011, DURING A COMMEMORATION CEREMONY FOR THE 66TH ANNIVERSARY OF THE HISTORIC FLAG RAISING ATOP MT. SURIBACHI AT IWO JIMA.

SUICIDE PREVENTION...

IT'S IN YOUR HANDS

