

# Pass in Review

Serving Marines at the oldest post of the Corps

April 1985

## INSIDE:

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**Command Clubs:**  
Your pleasure is  
their pleasure

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**Alcohol and the body:**  
Myth and Fact

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**Grounds Maintenance**  
on deck, bringing a  
seasonal change to  
8th and I









# About The Covers

**Front:** Even Archibald Henderson recognized the importance of Grounds Maintenance. Prior to departing for the "Campaign against the Creek Indians," Henderson gave specific instructions to his second in command, LtCol R.D. Wainwright. He wrote, "Corp. Brown has always been detailed to attend to the grounds and outside porches around the house occupied by me; I have to request that he be so continued unless it should be necessary to give him other employment or duty."

photo by Sgt. C.D. Chambers

**Inside:** "B" Company sharpens its edge with a "routine" inspection on Center Walk. As of April 1, the official ceremonial uniform at 8th & I is blue-white. It's also time to put the wool "alphas" in the moth balls. Summer service is the uniform of the day

photo by Sgt. C.D. Chambers

**Back:** It's Spring again!

photo by SSgt. J.W. Jordan

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# Pass in Review

Marine Barracks Wash., D.C.

April 1985 Vol. 5, No. 4

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## Commander's View

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Parade season is once again upon us. Next month marks the 28th season of the Marine Barracks Evening Parade; the first parade was performed on 7 July 1957. This season also will be the 29th year of the Sunset Parade, first performed Sept. 1956. These parades, over the years, have become two of the Marine Corps' most reknown and cherished traditions. It is such an emotional experience for many who have witnessed one of these parades that it's impossible to capture the feelings with the printed word. It is so elusive because each guest and participant identifies with different aspects of the ceremonies.

To some, the ceremonies honor all Marines - past - present - future. Yet others may perceive the ceremonies as a tribute to the past will of our nation and an indicator

of the future resolve of the American people. Still others may view the ceremonies as a reflection of the patriotism and spirit of our nation's youth.

Regardless of the meaning to our guests, we must always give the parade our best effort. Each Tuesday and Friday evening we have the honor to represent every Marine serving in our Corps to thousands of guests. We must not take that privilege lightly. Never forget, "we" means the entire Marine Barracks population. The ceremonies demand the best effort from everyone; bus drivers, marchers, sound technicians, grounds keepers, escorts, guards, parkers, etc.

In true Marine Corps fashion, it is the total team effort that provides winning results. Let's make this parade season not just another memorable one, but the

## The Sergeant Major

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The Marine Corps has always taken care of its own. If a Marine had a problem, someone has always been there to lead, counsel and advise him. That hasn't changed.

Some things have changed, however. Probably because of pay increases, more sergeants and below are married. As a private first class, I drew \$33 a payday. Now a private first class gets \$695.40 per month not counting BAQ and VHA. The number of married sergeants and below have increased by 200 percent in recent years. Along with this increase has come increased responsibility. The lance corporal has additional responsibility and so does the commander. Taking care of our own now means taking care of the Marines' family as well. As the head of the household it's your responsibility to take care of your family. The command will assist you in administrative matters pertaining to you as well as your family.

None of us like to think about the inevitable. But, what would happen to your family if you were to die tomorrow? Could they maintain the quality of life for which you've worked to provide?

Many of us will laugh and have the attitude, "She'll be \$35,000 richer when I go." But will she (or he)? When you figure your annual salary, as a sergeant for example, it's about \$16,300, including BAQ and BAS; That 35 grand may last two years.

When you go, you'll probably leave bills behind because you didn't spend the extra \$10 or \$15 a month on the insurance option available for installment purchases. So, from the \$35,000, plan to subtract the balance on your car, home, furniture, or anything else you owe on.

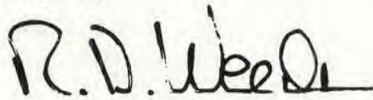
There are a number of important details to consider when planning for the inevitable. Proper handling of



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most memorable one, one that we can look back on and say that it was "the best" season ever.

In closing, I would like to encourage each of you to invite your family and friends to attend the Dependents Parade May 3. This is your parade, it's the one night of the season that you can bring your family and friends and they will be able to get a good seat, and enjoy the cool weather of early May.



**R. D. WEEDE  
COLONEL, U. S. MARINE CORPS  
COMMANDING**



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death benefits can be assured simply by keeping your Record of Emergency Date (RED) current and correct. But there's more.

You and your spouse must jointly decide the future of you family. Face it. She (or he) is not going to live forever either. The two of you can make wills which decide not only the desimination of your assets, but, most importantly, the future of your children. By making the wills, you both can also decide just who will ensure your wishes are carried out by naming an "executor." Again I emphasize both partners should be in agreement on the wills.

I encourage every married Marine to make an appointment for making a will. Likewise, ensure that your RED is up to date and correct.



**Sgt. Maj. J.W. Winborn Jr.**



## Who am I to care

People are dying in Africa. So what's the big deal? People have been dying in underdeveloped countries for centuries. Even people in an industrial giant such as the good ol' U.S. of A. are dying of hunger and disease.

In a recent message to DoD personnel, Secretary Casper Weinberger encouraged us to support Red Cross relief efforts. Somebody is always hitting us military types for our hard earned dollars.

Face it, even as staff sergeant, I barely make enough to buy records for my \$1,000 stereo. My wife wants to get the clothes dryer fixed, but the fifty or sixty dollar repair bill is a little hard to come by right now. I'd like a new car.

No, scracth that. I'd like a custom van with all the trimmings. And besides that, my son really wants a new 10-speed. I just don't have to the money to make charitable contributions.

Now, when I make Gunny, it'll be different. Then I'll at least be able to get the 10-speed for my boy and the dryer repaired for my wife. Maybe then I'll make a contribution. In the meantime, someone else will have to carry the load.

Are you that someone? (Maybe) What do you think of me? (Not much) Are my gripes petty? (Do you have to ask) Will the little bit I refuse to offer be missed?

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## Letters to the Editor

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### Dear Editor

Where does "Pass in Review" get those Barracks Talk questions from? I'm a faithful reader of the PIR, and lately the questions you seem to be asking have nothing to do with real issues here at the barracks or anywhere. I encourage you to think up some better questions. Maybe then you'll get some good answers.

JLC

### Dear JLC

Barracks Talk is published in every issue of "Pass in Review" to afford our readers an opportunity to comment on issues directly affecting them or the barracks. In fact, the entire Viewpoint section is intended to provide a means of two-way communication between you and the command. You're absolutely right. Some of our questions fail to meet the mark. You and other 8th and I Marines, sailors, civilians and dependents can change that by simply submitting your questions or views. We can't guarantee your question will be used in Barracks Talk. Nor can we publish every question received. But, since we're really not hurting for space, we'd prefer publishing your views than our own. Your Viewpoint can be hand-delivered to the Public Affairs Office, or mailed to: Viewpoint, Pass in Review, Marine Barracks 8th and I Streets S.E., Washington D.C. 20390

### Dear Editor:

I've been at the barracks for three years, and for three Springs I've had to go out to clean up the neighborhood around the barracks. We've done this only once a year, but everytime we do, it just gets dirty again. Why don't we skip it this year?

Down-n-Dirty

### Dear Down-n-Dirty

Not a chance. Marines have always been known for doing what has to be done. It may take some time for all our neighbors to get the message, but most of them are working hand-n-hand with the barracks towards a cleaner community. Trash Ex. IV is scheduled for May 1, and one day after, you can expect to see some new trash. Don't worry about it. It may take some time for everyone to catch on, but that's no reason for us to stop doing it.



(You'd better damn well believe it will).

I don't like to talk about being "born again." If you do, people treat you like a religious freak. That's probably the biggest reason why I don't give a damn. I say let the "children of God take care of those people" over there, and in this country.

The more I think about it, the more I think of myself as one of the "children," and "those people" are as much a part of me as anyone will ever be. My trouble is I'm too wrapped up in my own little world to realize it. My reality is paying the rent and the club bill. My reality is making deadline on the Sergeant Major's project. Nothing else seems to matter. Everything else is too far away to be real. If I can't see it or touch it, I don't care about it.

A few weeks ago I purchased the record "We Are The World." This was a turning point in my life. I felt I was really doing some good for someone, somewhere. I felt big. More than 40 of America's top recording artists

had offered time and talent, and will now offer the proceeds of their efforts to turn the world's hunger problem around. By my purchase I became a part of that effort. The record cost me \$1.99, plus tax.

When I took the record home and listened to it on my stereo, lights bulbs started to blink over my head. The Red Cross has been trying to feed the hungry for decades, I thought. Then I read somewhere that the Red Cross and other international agencies were seeking about \$70 million in contributions to support 185 million people in 27 countries. From that point, this crisis became my reality. Even if they do raise the money, it'll never be enough.

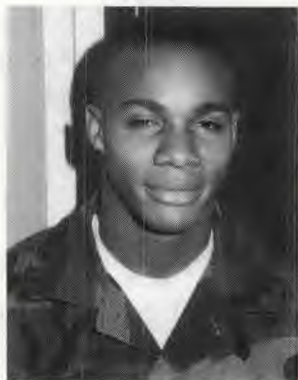
After I'd listened to "We Are The World" about twenty times, I looked into my mirror and didn't like what I saw. Nothing plus nothing equals nothing. Nothing is not going to change a thing. My reality now is I've got to stop doing nothing.

## Barracks Talk

*Who do you think will win the NCAA Basketball title?*



"Georgetown, man for man they have the best all around team with unlimited depth."  
**GySgt. Pete Gross**  
CarPlnr



"I feel that Georgetown's headcoach has really been giving it his all. He's confident and does his homework."  
**LCpl Gregory Henderson**  
B Co.



"I feel that Georgetown has the team to beat this year."  
**Sgt. Harvey Marshall**  
Bn. Armory



"Indiana wasn't invited because Bobby Knight can shoot a chair farther, stronger and faster than any coach in the NCAA."  
**LCpl John Brodie**  
D&B Corps



# CLUB MANAGEMENT

## The Pleasure Is Yours

story and photos

by Sgt. C.D. Chambers

**B**uying a sandwich in the club, no big deal. A drink maybe, so what. Live entertainment is nice, but they should have it anyway. What's the problem?

There's no problem, maybe for you. But, have you ever considered the time and effort that goes into a club function?

MSgt. Donald Hyler, GySgt. Earl Smith and GySgt. Terry Milbourne have considered it for quite some time. It's their job, club management. And appearance would indicate they've done a fine job of it. The attitude towards the clubs here is living proof.

"When I first got here two years ago, there was nothing in the E-Club. Now, the atmosphere is cool. There's new furniture and the service is great," said LCpl. Mary Craven, who works in the Adjutants' Office. Sgt. Mary McGaffick of the Clearance Section, added, "What's really improved is the management. They seem to care now."

"You can't get behind in this job," said Smith, manager of Center



**MSgt. Donald Hyler**  
Assistant Treasurer

House. "This is the only military occupational specialty in the Corps, that I know of, where you have to be a good businessman; you have to turn a profit."

A casual walk through any club at 8th and I indicates what kind of profit is turned and where it goes, back into the clubs.

In the last three years, Center House has been completely renovated. The Enlisted Club has

acquired new bar stools, tables and chairs, and have added new beer boxes and dispensers. The galley has been renovated and live entertainment has tripled. The Staff Club has also been improved. Much like the E-Club, it has acquired new furniture to add to the atmosphere and comfort of the club.

**T**he system here has been brought back to par by what Milbourne calls, "effective management. Instead of saying it, doing it."

"Our goal is to provide a place for Marines to bring guests," said Smith. Milbourne added by saying, "When you see people having a good time, that makes your job worthwhile. All the paperwork and extra hours seem meaningless then."

Soon three of 8th and I's top-notch managers will be moving on. Hyler will be departing the Marine Corps this month after 23-years of service. Milbourne, who has been here since 1979, will be moving to Marine Corps Logistics Base, Albany Ga., also this month. Smith will stay for the upcoming parade season, but will transfer soon after that.

Milbourne and Smith attribute much of the clubs success to Hyler.





**GySgt. Earl Smith**, manager of Center House, spends many of his hours doing paperwork.

**“When you see people having a good time, that makes your job worthwhile. All the paperwork and extra hours seem meaningless then.”**

“Tops the trouble shooter. He’s the type you always want to work for. He’s easy going and a good trainer. He knows his job,” agreed the two. Hyler, on the other hand, feels it’s support from the managers that keeps the clubs running smoothly. “The managers work in the trenches,” said Hyler. “They are the ones who have really turned the system around.” After some thought the “Top” did concede, adding, “You could say it was a total team effort.”

Most barracks Marines can see what “team effort” has done for the clubs here. But, for the management an additional element is needed for total job satisfaction. As Milbourne put it, “At the end of the day you take a look around and see the club packed and people enjoying themselves, you know you’ve done your job.”



**GySgt. Terry Milbourne**, assistant manager of Center House and Mess Chief, uses his talents in preparing for a big feast.



# The Misinformed drinker

by Cpl K.H. Ward

**A** short visit to the Enlisted Club and an open ear revealed to me an astonishing conversation. I listened as a fellow Marine and his compadre discussed how much alcohol could be

consumed before becoming legally intoxicated. The intelligence level was amazing. They seemed to realize the connection between booze and body weight, but grossly miscalculated the

real effects.

Many factors affect an individual's blood alcohol level. Some semi-myths Marines believe in, are weight, consumption, and food. First, many believe the more you weigh the more you can drink. So in turn, a heavy individual may sit and guzzle a dozen or so drinks every time he hits the watering trough.

Second, the more you drink the more intoxicated you will become. Last is food. Most of us believe if you eat before drinking it will help soak up the alcohol. But food often makes its way back out of the body if you drink too much.

The Department of Motor Vehicle's Highway and Safety Commission looks at these myths this way. Weight is an important factor, because the more you weigh the more blood the body contains. Blood dilutes the alcohol content in the body.

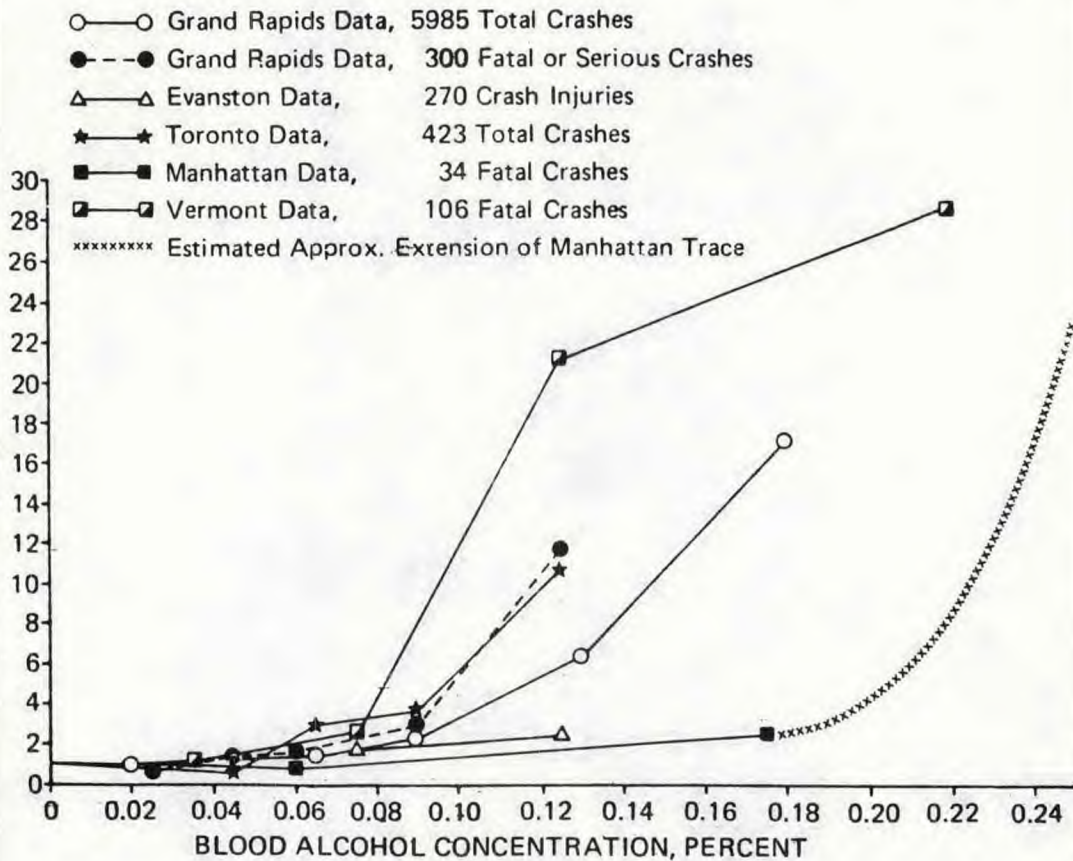
Time is another factor, the one usually ignored. It's the last thing a state trooper asks after pulling you over. In order to understand the time factor, one should understand how fast alcohol enters and exits the body. In order to understand the time factor, one should understand how fast alcohol enters and exits the body.

## Don't drink and drive





## RELATIVE PROBABILITY OF CRASH INVOLVEMENT IN RELATION TO BLOOD ALCOHOL CONCENTRATION



<sup>a</sup>Relative probability at zero alcohol = 1.0.

Source: Hurst (18, Figure 1).

Once it's consumed, it must escape because it's a toxic substance. A small amount is released through sweating, urinating, and breathing. But over 90% of the alcohol goes through the liver to be detoxified. A human liver was not meant to detoxify more than a third of an ounce of pure alcohol an hour. Most drinks contain at least half an oz. pure alcohol.

The Highway and Safety Commission says most people count the number of drinks they have, but miscalculate the amount of alcohol actually consumed. For example a 180-pound person may think he can consume three drinks in an hour's time and be just under the drunk driving limit of 0.05. But the scale by

Highway Safety Commission is set for 1 oz. of alcohol per drink. Taking another look at the example; if a 180-pound person has three drinks of the popular drink "Kamikaze" and the name speaks for itself, he would consume 1 oz. of vodka and 1 oz. of triple-sec per drink. This means his blood count will be 0.11 after three drinks instead of 0.04 from three 1 oz. drinks. That's exactly what the good old officer is looking for. There are other considerations to be taken into account. One being the bartender...the generous bartender who knows what evil lurks in these strange brews. So remember when you have a drink ask, "How much alcohol does this drink contain?"





L Cpl. Rubeen Cerda, of Grounds Maintenance, performs one of the many tasks for which his section is responsible.

photo by Sgt. C.D. Chambers



# Springtime

## at the oldest post

by SSgt. Eric Stradford

**E**nter the tall black gateway to an environment unlike the urban neighborhood passed through to get here. Welcome to Marine Barracks, Washington D.C., the "Oldest Post of the Corps."

Constrasting the hussle-n-bussle of the surrounding Southeast D.C. community, 8th and I blossoms with the coming of Spring. This is not something one would expect when coming to meet Marines. It's not something Mary Doran expected on her first visit here 23 years ago either. "I never cease to be amazed—finding flowers where soldiers are ...," Doran once wrote. She's been coming to Friday Evening Parades here faithfully since the summer of 1962.

Doran went on to describe "soldiers" as special children of God, stating, "Maybe that explains why these uncommon people can bring us a thing of beauty as well as protect us." Similiar comments have been expressed by scores of visitors to the post each year.

What seems to be the natural beauty of this historic place is actually the end result of long hours and meticulous attention to detail. Guided and assisted by the green thumbs of horticulturist Cathy Zimmerman, the Marines of Grounds Maintenance

provide the sweat needed to maintain the beauty surrounding the barracks. Sgt. Rodney Rozier is the section's NCOIC. Rozier has learned much about the importance of his section since arriving here last October. The routine is too often thankless. "But," says Rozier "there's no time for being frustrated." The work Grounds Maintenance Marines do is mostly routine. "If it doesn't belong there, pick it up. If it does belong there, get it there. If it's there and it's ugly, make it pretty."

The ultimate responsibility for Grounds Maintenance rests on the shoulders of the Headquarters and Service Company Commander. Before each Friday Evening Parade during the summer, he ensures the uninhibited natural beauty of the compound that offsets the regimented ceremonies.

**F**or Marines of Grounds Maintenance, uninhibited beauty means hard work—dawn to dusk. On any given Friday between May and September the morning starts at about 6 a.m. The streets surrounding the barracks must be hosed down. Blackout curtains, gate lights and the traditional billboard "Parade Tonight" must be properly placed. Brass must be shined in places where most Marines here don't realize brass exists. Hopefully the sun dries the concrete in time for the curbs to be painted, or repainted white. All this is usually done by the time the rest of us are wrapping up Phase II. About 10:30 a.m. or so, if everthing's on

schedule, it's "deck time" for Grounds Maintenance. It's time to fluff the deck, then maybe grab a little chow, before mowing all the grass, re-shining the brass that somebody put their fingers on and hosing down the parking lot.

**I**n case the picture is not crystal clear by now, these are the guys who make Friday nights and Tuesday evenings special for thousands who see Marines on parade.

This is one of the few sections at 8th and I required to work all day on Parade Friday. While the majority of Marines here prepare uniforms and attitudes for the evening performance, Grounds Maintenance continues its quest to make the post unique.

The day usually ends about 11 p.m., 16 hours after it started. But, at some point during the day one visitor might comment on the magnificent beauty of the post. The comment would be thanks enough.

There is one afterthought in all this dirty fingernail type work. Don't ever think these Marines perform solely in grimy cammies. For a brief moment Grounds Maintenance steals the spotlight on Friday evenings and all 4,000 pair of eyes are focused on their routine. The ten minutes spent removing the Band's concert equipment has drawn some praise from spectators. But, if vistors to the post only knew the amount of work these Marines did before, and will do after the performance, the slight round of applause would be a standing ovation.



# Somebody's

## to blame



by Sgt. Somebody

**W**ho is somebody? I'd like to know. In fact I'd like to meet with somebody, someday, and give him or her a piece of my mind. Somebody's always doing something to make my life miserable.

For one, somebody always seems to be misinforming me. Just the other day I called a bookstore to see if they had a particular novel that I wanted. Somebody that I talked to told me it was in stock. So, I rushed down to purchase the book, only to find out that it wasn't in stock and somebody had made a mistake.

This isn't the first time somebody has made that kind of mistake either. Somebody told me the Marine Corps would be easy.

I know I'm not the only one that somebody has misinformed. I hear people say all the time, "Well, somebody told me that," or "Somebody said to do it this way." It's a relief to know that I'm not the only one after this somebody.

Besides being a shaky expert, somebody is also a master pillager, usually striking in a blink of an eye. Somebody's always taking my pens for example. And just the other day somebody went too far. Somebody removed my skivies from the washing machine. Lucky for somebody I later found them in my laundry bag. Somebody must have been playing a practical joke or something.

Somebody is the king of practical jokes. Besides moving items and placing them in bizzare places, somebody can be destructive as well. One time somebody moved my wallocker, causing the bottle of edge dressing to fall and spill all over my polyester blouse one week before inspection. Somebody finds that humorous, but I don't.

The most mysterious thing about somebody is his or her identity. We always know who somebody is, but we just can't say the name. Somebody has been my worst enemy. But then, at times, somebody has been my best friend.

Somebody is always blamed when something turns up missing or goes wrong. Maybe I shouldn't blame somebody. But, then maybe I should, because somebody is all too often me.



# Ships Ahoy

## Tall ships return

The District of Columbia's Southwest Waterfront will become a leading port of call this spring for tall-masted sailing ships coming to Washington at the invitation of the mayor.

These magnificent vessels will travel up the Potomac under full sail to help promote the District's two-day waterfront celebration, Potomac Riverfest '85, which will occur June 8 and 9.

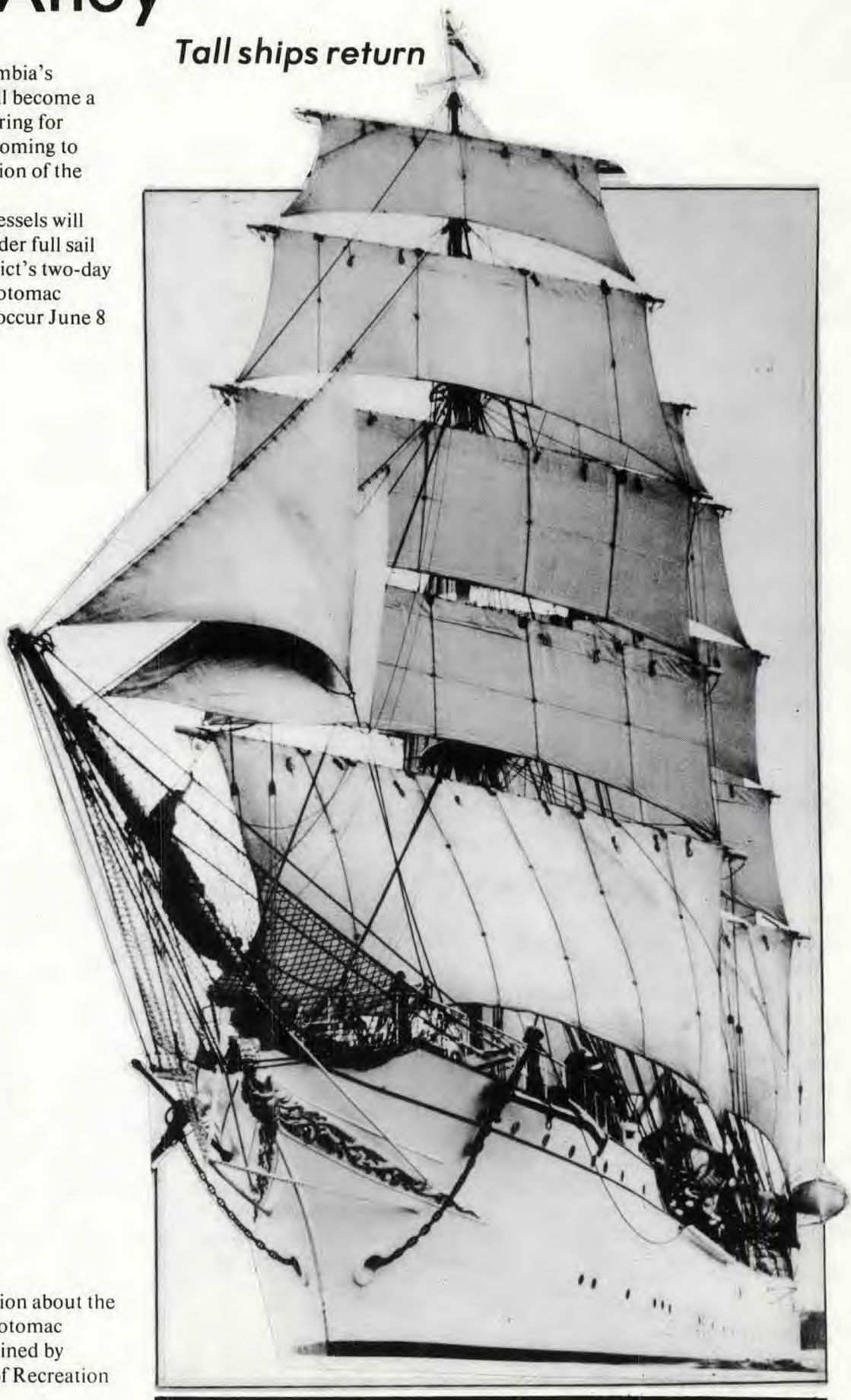
During the 19th century Washington was an active port, shipping commerce to all parts of the world. The first vessel to recall these colorful days of sail will be the "Spirit of Massachusetts," a 168-foot schooner. The vessel, open for public tours, will be docked in Washington from April 7 to 13.

One week later, the city will be honored by the visit of the "Danmark," a 192-foot, full-rigged schoolship. The "Danmark," which will visit from April 19-24, will be honored on the 45th anniversary of its service to the U.S. during WWII.

Following a public welcoming ceremony, citizens will be able to tour the ship, along with four other ships that will accompany it.

On May 9-12, the District will be visited by the "Asgard II," a two-masted brigantine sail training vessel from the Republic of Ireland.

Additional information about the visit of the tall ships or Potomac Riverfest '85 can be obtained by calling the Department of Recreation at 673-7660.





## Servicemembers beware of the "Air Fare Wars"

(HQMC) - The "Air Fare War" has been going on for some time, offering varied types of encouragement to potential customers. And since servicemembers often use air transportation in fulfilling their official duties, the Office of the Comptroller General has reiterated rulings dealing with promotional gimmicks, gifts, free travel and other benefits received from commercial sources incident to official travel.

In their simplest form, these rulings mean that if the government bought the ticket and paid for the services, the servicemember must surrender any gratuities received to

the local military traffic management officer. This includes bonus tickets, mileage credits, reduced fare coupons, cash, merchandise, gifts and credits toward free or reduced costs of future services or goods. When Marines on official orders receive promotional material, they are accepting it on behalf of the Marine Corps and must turn it in according to regulations.

While airline travel was used as an example at the beginning of this article, it is not uncommon for rental car agencies, motels, and other travel-related industries to offer similar benefits to its customers. They all fall under the Comptroller

General's ruling.

There are some common sense exceptions. Trivial gifts like pens, pencils, note pads, calendars and other items of nominal value may be kept by the traveler. Likewise for payments received from an airline for voluntarily vacating a seat on an overbooked flight. But no additional per diem may be paid as a result of the delay. Travelers who are involuntarily denied boarding on an overbooked flight must turn in any direct payments they receive.

Whether or not you are a frequent traveler in the performance of your official duties, you should review the contents of ALMAR 051/85 (CMC Message 061335Z March 1985) dealing with gifts, gratuities and benefits received from commercial sources. If you have additional questions, contact your traffic management officer.

## Best officers not leaving after 20, according to GAO

(HQMC) - Are the best qualified officers leaving the Marine Corps after 20 years of service? The answer is "no," according to a recent Government Accounting Office survey.

GAO's findings are in stark contrast to accusations leveled by critics of the military retirement system, who claim the current program encourages separation after 20 years to pursue a lucrative post

military career.

According to the survey, nearly 68 percent of the Marine Corps' higher quality officers extend their active duty past the 20-year-mark. That figure is based on an analysis of the performance and experience records of Marine lieutenant colonels evaluated by colonel selection boards during the years 1979-1981.

The survey report also gives credence to the Marine Corps' emphasis on education, finding that graduate education (any academic

degree above the bachelor) was associated with greater retention and higher quality. Graduates of command and staff colleges were also well represented in these findings.

Also of interest in the report was the conclusion that an officer's proximity to the promotion zone was not a determining factor in leaving or staying at the 20-year-mark.

The survey was not intended to, nor did it, pronounce any judgement of the Marine Corps' officer promotion system or the judgement on the Marine Corps. But there would seem to be little doubt that GAO's conclusions reflect favorably on Marine Corps policies and the legendary tradition of "esprit de Corps."



# Commandant's Colors Return From Space

(HQMC) - The Commandant's colors are back where it belongs after several days in orbit aboard the Space Shuttle Discovery.

Col. James F. Buchli, the Marines mission specialist for Shuttle Mission 51C, returned the colors to Gen. Kelley March 4, telling the general, "Sir, the reason NASA picked a Marine for the mission was because we know about the importance of the high ground, and you can't get any higher up than that."

Shuttle Mission 51C, flown Jan. 23-27, was the first mission for Buchli, who began his Marine Corps career at the opposite end of the spectrum as an infantry officer in Vietnam. Graduating from the U.S. Naval Academy in 1967 with a degree in Aeronautical Engineering, Buchli applied himself on the ground with distinction as a platoon commander with the 9th Marine Regiment, and then as a company commander and executive officer of B Co., 3rd Reconnaissance Bn. It wasn't until 1969 that he began his naval flight officer training, never surmising that he would become the first Marine NFO to wear astronaut wings. (All other Marine astronauts to date have been naval aviators, vise naval flight officers.)

Buchli gave up his job as a Radar Intercept Operator in the back seat of an F-4 Phantom in 1978 when he was selected as an astronaut candidate. But it wasn't until more than a year later, after extensive training and evaluation, he became eligible for assignment as a mission specialist on future Space Shuttle flight crews. And



**Col. James F. Buchli**, astronaut, returns the colors loaned to him by the Commandant. For several days the four stars joined countless others in the heavens as Space Shuttle Discovery orbited Earth.

even after that it was a long, although busy, wait before Buchli had his turn in space. Now, with Naval Flight Officer Astronaut Wings as part of his uniform, he has joined the ranks of Marines who may well contribute to the future revision of that familiar line, changing it to "Air, Land, Sea, and Space."

Still carrying the Midwest accent of his native North Dakota, Buchli

described his most recent experience to the Commandant. "Our primary mission was to deploy a satellite for the Air Force. It was an excellent mission, one I'm proud to have been a part of. We were airborne just a little over three days. We wanted to stay up longer, but they told us the weather was closing down below at the Cape, so we headed home. Touchdown was just beautiful."



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## Section of Potomac off limits

The Washington Armed Forces Disciplinary Control Board recently declared the water area of the Potomac River, from Sycamore Island to Chain Bridge, off-limits to all Armed Forces personnel.

The dam and surrounding waters are deemed to present a danger to the

health and welfare of Armed Forces personnel. Consequently, this off-limits restriction is effective immediately and will remain in effect for an indefinite period.

All military personnel are prohibited from entering this area as long as this order is in force.

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## Navy Relief Society offers budget counseling

The Navy Relief Society has provided financial assistance and guidance to active duty Navy and Marine personnel for most of its 80 year history. Advice to help correct personal money management problems has always been a part of routine Society casework. However, in the 1970's with the advent of ever increasing caseloads at many Auxiliaries, the Society embarked on an all-out effort to help servicemembers and their spouses avoid financial trouble. Preventative counseling became an identified need. To meet this need, the Navy Relief Society developed the Budget Counselor Service.

Here at the Washington D.C. Auxiliary, the Budget Counselor program has two primary forms: individual budget counseling and GMT/LMT style course presentations.

Volunteer interviewers or the staff Budget Counselor, provide one on one budget analysis in the privacy of the Auxiliary's offices located in building 172 at the Washington Navy Yard. If the servicemember is in

financial difficulty, finds his debt load getting out of control or is simply planning a change in status that would affect his money situation, Navy Relief is available to help analyse his or her financial status present and future. This service is at no cost to the servicemember.

For active duty Marine and Navy personnel, presentations and workshops can be arranged by the command to provide information about setting up a budget, personal and family finances, managing a checking account, military benefits, credit, and general money management tips. Recognizing that the training needs of the commands vary, the Budget Counselor tailors programs to fill command special requests. LMT level training in budget analysis and financial counseling techniques is also offered. In addition, the Budget Counselor is available as a resource person or guest speaker for dependent groups on just about any consumer topic desired.

Since money management is important not only to the individual servicemember and service family but also the readiness and morale of the Navy and the Marine Corps, the Society's service has been well received. Over the seven month



period during which the Budget Counselor position was staffed at the D.C. Auxiliary, approximately 2,000 active duty Navy and Marine Corps personnel received GMT courses on financial management and credit. Approximately another 60 participated in one on one counseling.

To schedule an appointment for budget counseling call the Navy Yard, Navy Relief office at extension 433-3365. To request a presentation or to discuss possible topics to fit your training schedule for the coming year, call staff Budget Counselor, Charlene Plympton, at 433-3365. Command referrals for budget counseling will be also handled by the staff Budget Counselor.



# The Corps and The Family

(HQMC) - The Marine Corps Family Advocacy Program, designed to focus attention on violence in the home, has had an avid follower since its establishment in 1983. In White Letter 6-85, published on March 7, the Commandant calls on all resources to provide awareness of family violence and aid in its prevention.

The overall goal, says Gen. Kelley, is to prevent abuse, if possible, and to stop it when it occurs.

"Our Marine Corps family is linked to our overall combat readiness and retention. Abuse has no part in that equation."

Violence and abuse can and does happen among the ranks of the Corps' solid performers, the letter acknowledges. Often, it is prompted by financial difficulties, alcohol abuse or as the result of a learned behavior. "Leadership, command attention and a formal program of family counseling can correct the situation before it

develops into a family tragedy," Gen. Kelley stresses.

With increased attention from society and the military, professional counseling is often just a phone call away. The growing number of Family Service Centers, combined with resources from the local community, offer a wide range of assistance. These resources must be used, says the Commandant. "Awareness and prevention are the linchpins to an effective program."

## 71 MOSs deleted Multiples reduced in 129 zones

(HQMC) - Seventy one MOSs were deleted and 129 zones had their multiples reduced during the latest revision of the Selective Reenlistment Bonus (SRB) Program. A detailed list on who gets how much for reenlisting is contained in MCBul 7220, published as ALMAR Message 053/85.

The large number of specialties removed from the bonus-eligible list is tied directly to the continued success of retention programs. Not only are more Marines reenlisting, a large number of them are doing so early. As a result, critical skill shortages have been reduced significantly.

Only four MOSs joined the roster as newly eligible for bonuses, bringing the total number of MOSs offering SRBs to 220. Forty-one zones reflect an increase in their multiple.

The revised SRB rates become effective April 15 and are limited to Marines within 12 months of their EAS. There is an exception for Marines who require additional service to comply with Permanent Change of Station orders, but that approval must come by message from CMC.

For more information on reenlistments and bonuses, contact your career planner and consult ALMAR 053/85 (CMC Message 111600Z March 1985).

THOMAS JEFFERSON



Born April 13, 1743



## A look at Baseball 1985

by Sgt. C.D. Chambers

**T**his time of year, everyone likes predictions, especially baseball predictions. However, picking the only team left standing in October is like finding a needle in a haystack, or should I say, predicting where it's at. With a 162-game schedule, anything can happen. The trick is to predict what's going to happen with each team during those 162 games.

I'm going to put my foot in my mouth and make my picks, starting with the American League. Space permits just the American League for this issue so next month I'll call the shots in the National League. That'll give me April to watch the games. So what if that is cheating, I need it.

The American League East is probably the strongest in all of baseball. Most of the teams in this division made moves in the offseason to improve.



The Toronto Blue Jays finished second last year, 15 games behind Detroit. Toronto, however, did make some big moves to get what they needed, relief. Relief specialist Bill Caudill arrived from Oakland where he paced 36 saves, more than the Toronto staff combined for last year (33 saves). Shortstop Alfredo Griffin and speedy outfielder Dave Collins went in the trade, but rookie dynamo

George Bell and shortstop Tony Fernandez should take up the slack. Baring injuries, Toronto has the speed defense, power, and pitching to win the East.

Never count the Baltimore Orioles out of any race. The biggest problem with Baltimore last season was the lack of hitting throughout the lineup. Lack of hitting means lack of runs. Enter outfielders Fred Lynn and

## Let's Get Physical

by SSgt. Kent Ashcraft

About ten years ago I was fairly serious about weight training. I spent six to eight hours a week in the gym, assuming that the more time I put into it, the better the results would be. Somehow it didn't work out that way, and I eventually gave it up in frustration, taking up marathon running and dropping to a lean 138 pounds.

Then last year I decided I was tired of being skinny and resolved to rebuild my upper body. My current program takes only one hour a week and is done without fancy equipment, but despite that and the fact that I am ten years older, I have greater strength and definition now than I did then. The difference is that I, and the athletic world in general, better understands the basic principles of this type of exercise. Volumes can be written about weight training, but the essence is contained in three elements: Form, Resistance and Intensity.



Lee Lacy. Combine them with Cal Ripkin Jr. and Eddie Murray and you have the recipe for run soup. Relief pitcher Don Aase, also acquired, should take the late-inning load off Tippy Martinez. With these moves the Birds could be flying high in October, but Toronto stands in their way.

The New York Yankees are a definite dark horse in this division. If outfielder Rickey Henderson is happy, and George Steinbrenner is happy with him, he could be the difference. Henderson should make Don Mattingly and Dave Winfield even tougher at the plate. New York is a threat, but questionable as always. They should place third.

The Detroit Tigers were just awesome last year. However, they made one grave mistake in the offseason. They didn't do anything, except sign their players from last season. Detroit reached their plateau last season and won't repeat. They'll finish a shakey fourth.

The Boston Red Sox had a good season last year. This team can hit the ball. But, they can't throw it, at least their pitching staff can't. Boston will be in contention, but their pitching staff will place them fifth.

The Cleveland Indians have

some possibilities. They should score some runs, win some games and surprise some teams. But, in this division, forget it. Cleveland will finish sixth.

The Milwaukee Brewers are in trouble. A few years ago they were the best in the league. And, like Detroit is doing now, they returned with no new faces. Milwaukee is going to get walked on and finish six feet under.

While the AL East is thriving on talent, the West is not. In small words, whoever loses the least number of games in this division will win.

The Minnesota Twins are young and hungry. Last season was no fluke. With the likes of first baseman Kent Hrbek, and outfielders Tom Brunansky and Kirby Puckett, Minnesota is a good bet. The Twins should take this division if their pitching holds up.

The Chicago White Sox had a horrible season. However, the potential is still there. Pitcher Tim Lollar arrived in a trade that sent the 1983 Cy Young award winning LaMarr Hoyt to San Diego. Lollar is a sleeper in this deal. This is a team to watch, but Minnesota is just a little stronger.

Surprise, surprise, Seattle has a

team. With rookie of the year Alvin Davis leading the way, Seattle looks good. They have a strong pitching staff and a talented-young nucleus. No bets, but Seattle will finish a strong third and play over .500 ball.

Kansas City was a big surprise last year, but aging key players and a weak pitching staff will keep them out of contention this season. Kansas City will be lucky to finish fourth.

The Texas Rangers are a question mark. The talent is there, but whether it produces or not is the question. The pitching staff is still pretty good and the lineup looks tough, but inconsistency will keep them from the top. Texas will finish around fourth or fifth.

Age spells the California Angel's defeat. The Angels can't expect to stay in contention with the 1975 All Star team. California might start strong, but injuries and tired players will place them sixth.

Rickey Henderson is gone and so is the Oakland A's chance for the division title. However, watch the young pitchers that came to Oakland in the Henderson trade. New York has a habit of giving up good young talent for the big names. Oakland will finish dead last unless a miracle happens.

The Form of a specific exercise is dictated by maximizing the range of motion of the muscle(s) being used, and by isolating that muscle as much as possible — not cheating by using other muscles. Smoothness of motion is also essential; there should be no jerking. And there must be continuous resistance throughout the set. In other words, no resting between repetitions, even for a split second. There is a strong tendency to allow form to break down on the final few reps, but don't let — that is where it is most important.

Resistance is easy to determine. If you can do more than 10-12 reps with proper form, add more of it. But don't set goals for certain numbers of pounds unless you're training for a lifting competition. The results most of us are seeking are in our bodies, not the weight bar.

Intensity is probably the most important factor. To

grow, a muscle must be worked to the point where it simply cannot do another rep. Essentially, just about all of the benefit comes from that last rep. The one that bugs out your eyes and pops the caps of your teeth. Everything else is just warming up for it. I have found that the best way to get that last rep or two without losing form is to focus all my concentration into the specific muscles that the exercise is designed to build. Others have different methods, such as screaming at the top of their lungs.

If these principles are followed, it should be unnecessary to do more than one set of each exercise. Thus, a workout should take very little time at all for maximum results. Of course each one of us was born with a different potential for muscular development. I doubt that Mr. Universe will ever lose sleep worrying about me. But applying a little smarts, that potential can be reached quite efficiently.



# Barracks Bulletin Board

## Promotions

### A Company

Sgt. S. M. Berko  
Cpl. L. A. McFerson  
Cpl. L.A. Hanson  
LCpl P. A. Roote  
LCpl M. F. Buck  
LCpl T. J. Junor  
LCpl J. W. Simmons  
LCpl P. R. Paolucci  
LCpl G. B. Narmore  
LCpl M. A. Taranto

### SCTY Company

Cpl. R. J. Burns  
Cpl. M. W. Gulley

### MCI Company

LCpl. C. J. Ocker  
LCpl. M. T. McCrory

### HQSVC Company

Sgt. R. F. Uphoff  
Cpl. T. W. Hedrick  
Cpl. A. F. Copper  
Cpl. S. J. Deprarasis  
Cpl. F. P. Abbott  
Cpl. D. N. Herbert  
LCpl. T. M. Wyrick  
LCpl. M. A. Bragg  
LCpl. J. C. Kertcher  
LCpl. T. L. Blackwell  
LCpl. D.R. Beukema  
LCpl. B. L. Avery  
Pfc L. A. Harper

### B Company

LCpl. J. A. Castellone  
LCpl. C. S. Kerestes  
LCpl. L. W. Downey

**Special Thanks:** MCI  
Word Processing Dept.  
and L/Cpl Steven L.

**BROWN** for professional  
assistance provided  
this issue.

## Awards

### Marine of the Quarter

LCpl J. P. Jessen

### NCO of the Quarter

Cpl. W. S. Steward

### A Company

#### Meritorious Mast

Pfc. K. J. Schmidt  
Pfc. P. R. Paolucci  
LCpl. K. J. Bridgman  
LCpl. L. L. Duncan  
LCpl. S. C. Gust  
LCpl. R. Johnson  
LCpl. D. D. Sweetland  
LCpl. J. M. Swope  
LCpl. D. W. Vickers  
LCpl. K. R. Gubry  
Cpl. L. B. Parker

### B Company

#### Meritorious Mast

LCpl. R. V. Smith  
Cpl. A. J. Plank

### D&B Corps

#### Meritorious Mast

LCpl. J. A. Webster

### Ltr of Appreciation

Cpl. R. L. Toeller

### MCI Company

#### Meritorious Mast

Cpl. E. L. Russel

### Ltr of Appreciation

LCpl. J. L. McCry

### Navy Achievement

SSgt. M. R. Lee  
Cpl. M. O. Mitchell

### Navy Comm

GySgt. P. J. Hasiak

### HQSVC Company

#### Meritorious Mast

Cpl. E. P. Harris  
Cpl. D. L. Hubbard  
Cpl. D. B. Wells  
Cpl. T. W. Hedrick  
Cpl. C. M. Irons  
Cpl. B. M. Bruns

### Ltr of Appreciation

Sgt. M. H. McGaffick  
LCpl. S. W. Seebeck  
LCpl. B. E. Gard

## Joins

### A Company

LCpl. R. A. Ford  
Sgt. A. D. Cross  
Sgt. J. L. Jones Jr.

### B Company

SSgt. D. E. Rosche

### D&B Corps

LCpl J. A. Brodie Jr.  
Sgt. A. J. Farmer

### MCI Company

Pfc. M. A. Davis  
Pfc. J. J. Watkins  
LCpl P. C. Wilson  
Pfc. B. F. Lilly  
Pfc. T. Mills  
Cpl. M. O. Mitchell  
Cpl. M. A. Peavy

### HQSVC Company

LCpl B. L. Avery  
Pfc. A. R. Smith  
Pfc. L. Ferrell  
Pfc. M. A. Bradford  
LCpl. J. L. Bailey  
Pfc. M. Acevedo



# Historical Highlights

**April 2, 1945** - The Second Marine Division effectively immobilized the main body of Japanese defenders on Okinawa, the day after the American landing on the island, with it feint against the Minatoga beaches.

**April 9, 1942** - American and Filipino forces on Bataan surrendered to the Japanese after destroying all munition dumps in their harbor, Mariveles. Only the anti-aircraft gunners from the Mariveles area, including the 4th Marines' C Battery, escaped to Corregidor. The sailors who escaped were formed into a reserve battalion, the 4th Battalion, 4th Marines.

**April 10, 1959** - LtCol. John H. Glenn, Jr., USMC, was one of the first seven pilots selected for astronaut training.

**April 21, 1914** - The Second Marines and Maj. Smedley D. Butler's Panama battalion were the first Marines ashore at Vera Cruz in response to the President's desire to seize that port to prevent the entry of German arms for the Huerta government which had insulted the American flag. It took the Marines two days to take the city and Butler won his first Medal of Honor here for his front-line leadership of his men under fire.

**April 17, 1805** - First Lieutenant Presley Neville O'Bannon with seven Marines, 24 sailors, and a force of Greeks and Arabs, raised the United States flag for the first time over a conquered fortress of the Old World Derna, a stronghold of the Tripolitanian pirates.

## The Great Ghost Chase

10K Champion Run

5K Challenger Run

1 p.m. Sunday May 5

Linton Hall School, Gainesville Va.

**Awards:** Military team, each race

Non-Military, each race

**Individual**

First and second place men and women, each race

Surprise celebrity starter

Set in the unspoiled beauty of Linton Hall School's 2,000 acre campus, this rugged course is designed as an alternative to standard road races for the dedicated recreational runner. Following logging trails and farm roads, runners will trace the path of history through the ancestral home of Colonel J.A.E. Linton, who fought in the Revolutionary War. Near the site of the Civil War Battle of Bristow, the course follows alongside Broad Run, passing close by former Confederate encampments. Runners will ford Broad Run twice, at points that are ankle deep. The 5K and 10K constitute a figure 8. No boring out-and-back; no retracing your own steps.

Entry forms can be picked up from company X's

# BEFORE IT'S TOO LATE...





