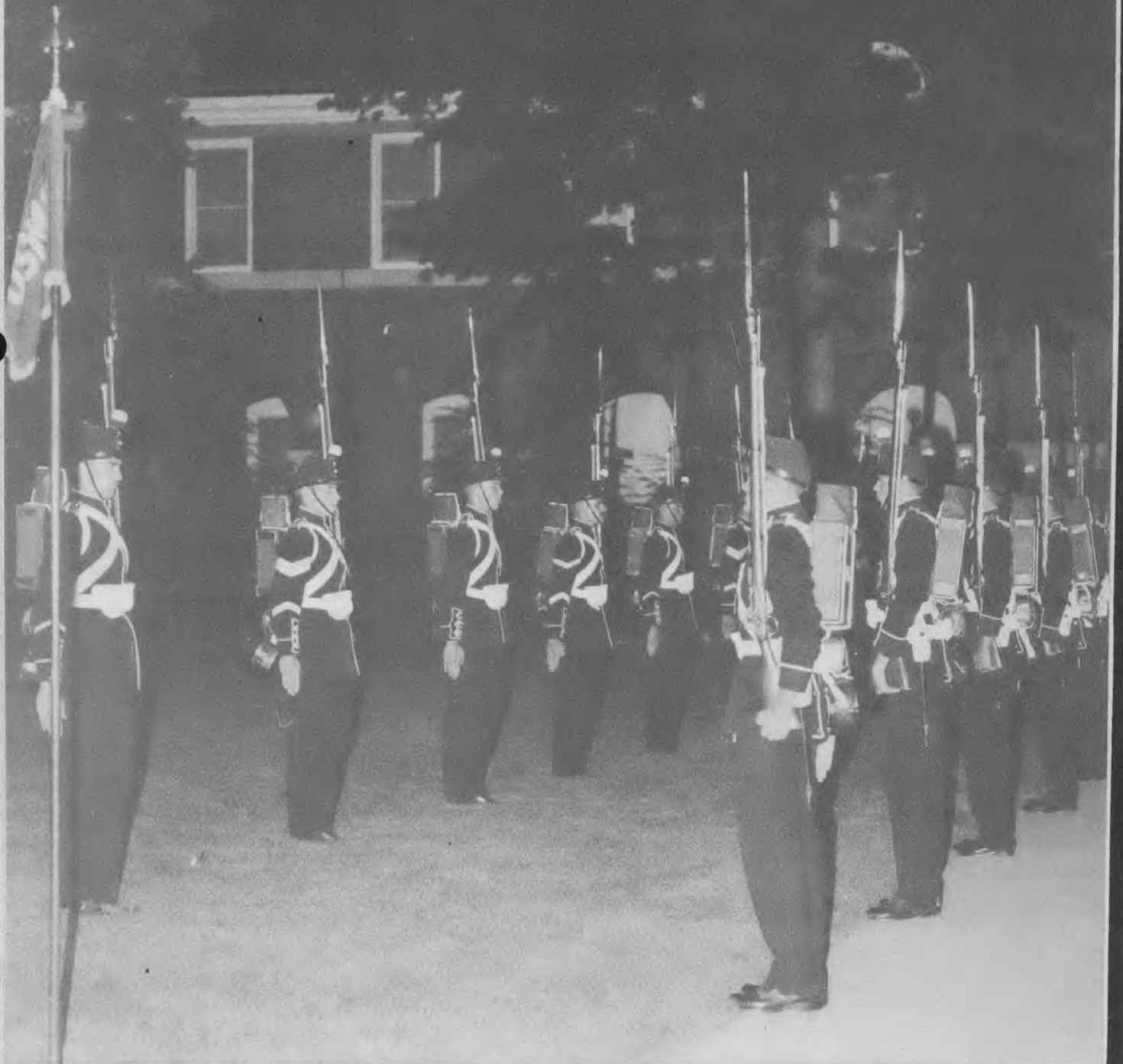


# Pass In Review

August 1984







## About the Cover

Adding a touch of 19th Century class to the 27th Parade Season, members of the Fort Henry Guard will once again don our barracks grounds, this month, with their 1867 Infantry tactics. (USMC photo)

## Inside Cover

Passenger safety is no joke for the Marines of Motor-T. With what they've experienced on the streets of D.C., their concern for the rules is no surprise. Anytime we call, they haul, and they've got the drive to get us there, because they're truly the "Wheels" of 8th & I. (Photo by Sgt J.W. Jordan)



## Back Cover

Manning his post atop the fortress at Old Fort Henry, a guard member bellows a command, as visitors get a first hand view at the looks and sounds of the past. (Photo by Sgt J. W. Jordan)

AUGUST 1984

# Pass In Review

Marine Barracks, Wash., D. C.

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As we enter the final weeks of the 1984 Parade Season, I want to share with you a letter Marine Barracks received from a New York family that attended a recent Sunset Parade. Marine Barracks receives numerous congratulatory letters during the summer season; however, this one is special.

Dear Sir:

*On July 10, 1984 my family had the privilege to view the USMC Review (Sunset) at the Marine Corps War Memorial site.*

*I want you and your officers and men to know you gave us an evening of deep American personal patriotism.*

*We are so accustomed to seeing on film or TV the goose stepping paranoia of fascism, communist or dictatorships, - your personnel depicted otherwise.*

*Viewing your lean and low keyed and obviously well trained troops was convincing that we Americans will and can prevail against all enemies of freedom. It is our nature, not to bully others to succumb to force, but to protect and defend against those who would.*

*Thank God - Our best to you and your officers and men for your dedication and trust.*

*Sincerely,*

*SINCERELY,  
MR JOSEPH J. BROIS  
AND FAMILY.*



The Barracks Sunset and Evening Parades are ceremonies for which our nation can be justly proud and I appreciate fully the vital nature of your role in that achievement. Thank you.

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



"When you say 8th & I, I think you should be eating steak and potatoes and not just on Fridays."  
 -LCpl V. Seebrooks  
 A Co. SDP

"I feel they need more variety and better planning to meet the needs of the Barracks Marines on a day to day basis."  
 -LCpl R.G. Peart  
 OPS Admin Clerk



"There's nothing wrong with it. You just have to wait so long to get it."  
 -Pfc C.S. Milroy  
 B Co. 2nd Plt.



"There are a lot of things wrong with it. Right now there is not a sufficient amount of quality or quantity."  
 -Cpl J.A. Woeppel  
 S-1 Pay Clerk



## Troop Talk: What's Wrong With The Chow ?

"It's always the same thing. Never anything different."  
 -LCpl J.B. Bruce  
 A Co. 1st Plt.



"I think it needs some work. Because I don't think all of it is completely cooked."  
 -LCpl J.W. Posey  
 Bks Motor-T

"It's okay. I don't think they serve enough to the Marines, and they rush to meet a deadline."  
 -LCpl P. Boulware  
 MCI Enrollment



A number of Marines have asked and have been asked about their meals in the Barracks Dining Facility. The question pops up so often, it leads one to wonder if it's ever been answered. Chow is a topic that has impact on 8th & I, and for this reason we've asked the people who prepare it, "What's wrong with the chow?" August's PIR Staff Report (Pg. 14) focuses on 'DinFac' and how you can improve things there.



"They need a variety of good food."  
 -LCpl W.R. Watson  
 S-1 Correspondence Clerk

"I don't think they have a variety to choose from, and it seems like they just throw it together at the last minute."  
 -Pfc S. Hayes  
 MCI Warehouse



# THE SERGEANT MAJOR ON:

## PROFESSIONALISM



**SgtMaj J. W. Winborn Jr.**

Since the founding of our Corps, we have been referred to by many names: Leather-necks, The Elite, and Soldiers of the Sea. One word that stands out in today's society is professionalism. Many Marines have sweated, spilled blood and died so that we today can inherit the traditional professionalism they established as we do the pride, esprit de corps and the motto "Semper Fidelis."

As I greet civilian and military visitors on Friday evenings to sign the guest book after a parade, I hear numerous accolades, not only about the performance but of all Marines at the Barracks. "The professionalism displayed by all," is most commonly used.

The eyes of the public are upon us whether in 'blue-white,' civilian attire, or P.T. gear. You're kidding yourself if you think they can't tell who you are when you're out of uniform. Not only the haircut gives you away. Your mannerisms help to reveal your identity as well. I expect growing Marines to be young Marines. I don't expect you to wear a suit when not in uniform, or use flamboyant words in your vocabulary. I expect you to be yourself--to be individualistic, but always be a Marine.

A civilian can come to numerous parades and on one Friday night see a Marine dressed like a soup sandwich--disorderly, using a variety of four-letter words. Only that one Marine is remembered--not the professionalism displayed at the Evening Parade.

Young Marines today are the future of our Corps. Fifteen Years from now 90 percent of the gunnery sergeants, and all the first sergeants and sergeants major will be history. Therefore to the growing Marine I say help the Corps grow with you. That's what being a professional is all about. As you grow, the things you see that need changing, have the courage to change them. Along with that a thought that helps is have the "serenity to accept the things that cannot be changed and the wisdom to know the difference" between what can and what can't be changed.



# The Friday Evening Parade

## Part IV

...a continuing saga

By SSgt E. Stradford

The resourceful Marvin Maintenance searched neither far nor long to arrive at the solution to a key problem. Although Gunny Eddie Escort's porky guests are now as lost as the 1814 payroll, the problem (at least for the future) will be rectified. A little plywood, a few nails, and a lot of initiative was all that was needed to come up with the idea of 'gangplanks' between the bleachers. In memory of Ms X and Y, the two visitors now burried beneath the deck, a walkway between one and two north will be named the XYV Memorial Aisle.

Thanks to Marv, LCpl Bonnie Brochure and Pfc Patti Programs can now depart after the parade knowing that with them they'll take the heels of their shoes. Their requisitions for mud-flaps will be withdrawn. Now that this problem has been solved, our pretty pair of 'Ms' Marines have yet another to ponder. Both have learned from different sources, the secret of The Voice. Patti managed to milk Sam Soundman for the scoop at the club one Friday night after he'd gone through 6 chorus' of "Ninety-nine Bottles of Beer on the Wall." Bonnie's information came straight from the source. There were no ears between her's and The Voice, but it won't be long before the secret makes its way throughout the compound.

Unfortunately, the secret may not offer a suitable solution to Father Peachey in his quest to keep Alice Adminis and Sid Ceremonial out of Saint 'E's.' While Alice has fought to overcome her looniness, Sid is determined not to spend his last days alone at St. 'E's.'

Just before the first Iwo, Sid made a deal with Bob Blunder. "You help me to speak words other than one-two-butts, and make sure I have company when I go nuts, and I'll do anything," pleaded Sid. Of course the infamous B.B. already knew Sid would have the company he pleaded for. He was headed for the place where basket weavers sit and smile and twittle their thumbs and toes--a place known for to-

getherness. Armed with this knowledge, Blunder was ready for yet two more attempts. Although his first was successful, it did little to discourage the Marines. "This time I'll strike on two fronts at two different times." schemed Bob. "That'll throw these left-footed Leathernecks off guard." He hit at Iwo and at the Barracks on Tuesday and on Friday evening respectively. Mr. Blunder struck the most unlikely place...the inside of the parade brochure boxes. Bonnie Brochure was working Iwo on Tuesday, and she never knew anything was wrong. Captain Verbose could only hold his head in his hands, pulling out what little Mr. Tite had left on top. It took him a while to notice, but SSgt Dean B. Corps and company weren't playing the right songs. Blunder's plan to slip Cpl Perry Printer last year's concert line-up had worked. "Two birds with one stone." Bob thought. "I've caused havoc at the Sunset Parade and now Captain Verbose will certainly make a nice companion for Sid when he's taken away." The Friday prior, Sid had kept his promise to Blunder. The looney kid stuffed anything and everything he could in the Friday Evening Parade brochures. What inserts he stuffed, he did in abundance. The way it all turned out, half the guests had enough inserts for a squadron of paper airplanes (which were used to kamikazi the crescent) while the other half spent the evening reading about "Your Car & Air Pollution Inspection/Maintenance in D. C." Sid had fulfilled his promise to B.B.

Now Sid'll be happy to see those nice young men in their clean white coats who'll be coming to take him away. The question now is, can Capt 'V' straighten out his act and prevent being taken away, too? Will non-looney Leathernecks make it through the 27th season holding their heads high? Can the secret of the Voice stop this insanity and will that secret get to Father Peachey in time? See the Conclusion of our saga in PIR's September edition.

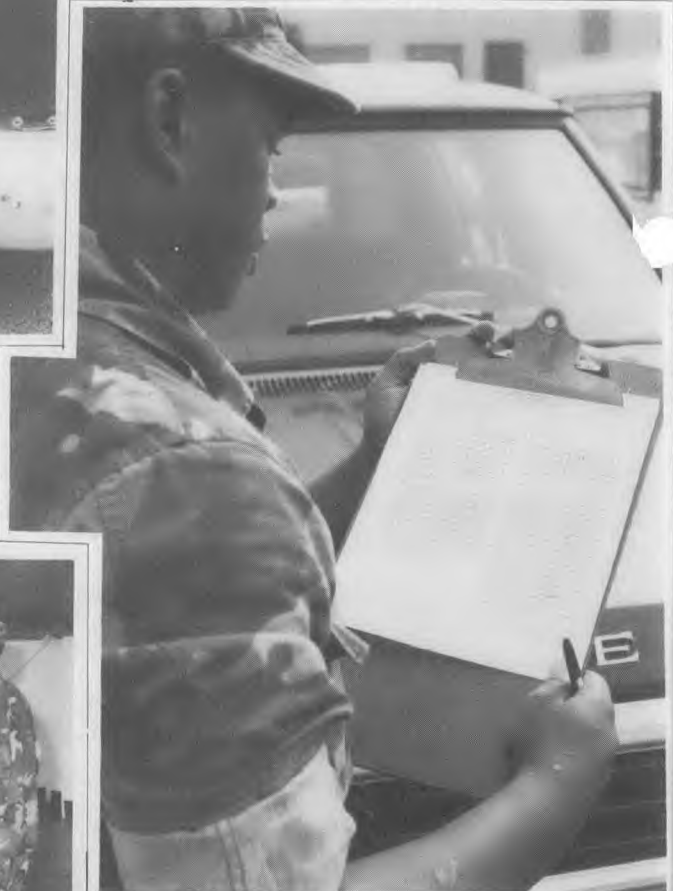
# Marine Barracks "Wheels" You Call - We Haul

photos by Sgt J. W. Jordan

They're basically a group that will bend over backwards to ensure safety and satisfaction. But they are Marines, and as such, a fun bunch of guys.



If you positively, absolutely have to be there right away, call Motor-T. As LCpl Satterly would say, when you do, "just leave the drivin' to us."



Hmmm: It's not on the list so it must be ok.



ROLL CALL: Dasher, Dancer, Prancer, Comet, Cupid....





DISPATCH: Now here's the Lieutenant's plan: Multiply the number of requests by the number of drivers, divide that by the number of vehicles and that'll give us enough vehicles for 14 runs.

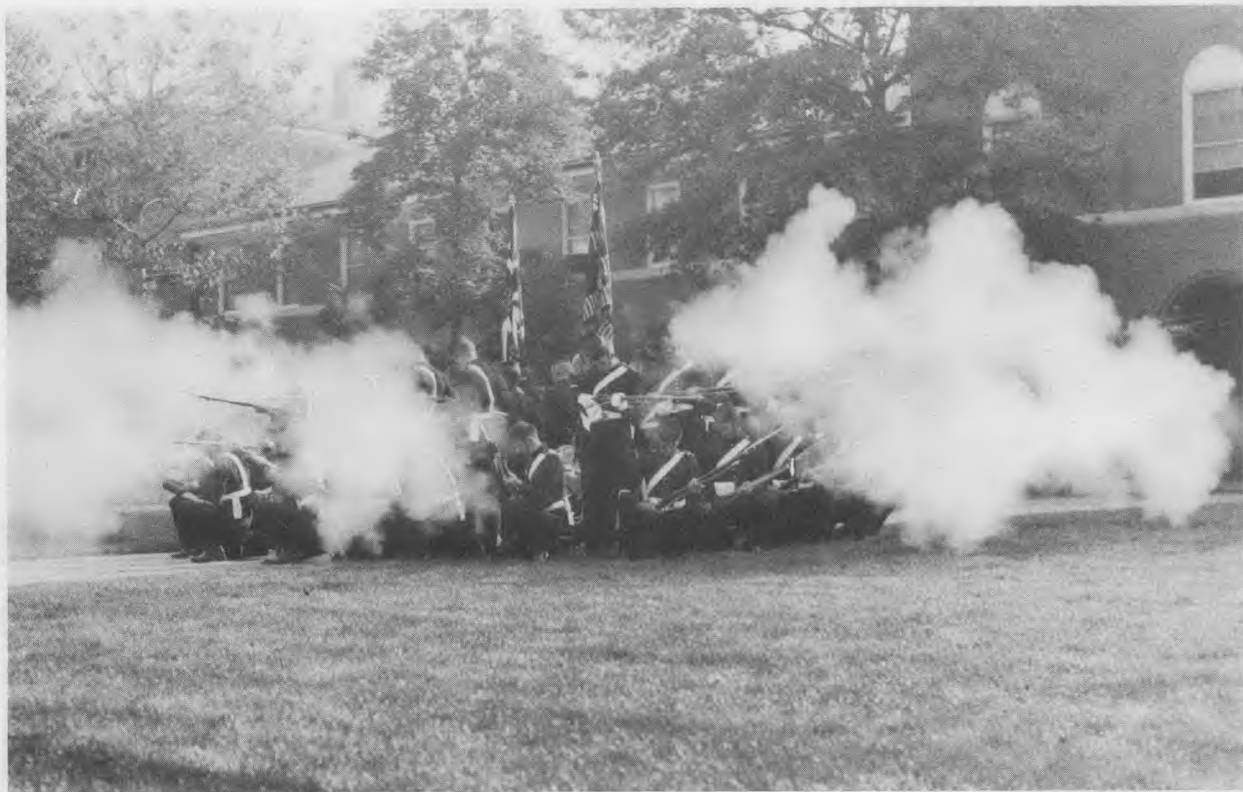
TRANSPORTATION REQUESTS: We can do it Top. We can. Fourteen runs with three vehicles, No Sweat!



CHARGE IT: Sgt Pondexter and LCpl Hedrick examine the positive and negative side of things.



When all else fails...RENT!



## Ft. Henry - A Blast From The Past

By Cpl T. M. Green

The "Oldest Post of the Corps" will host joint ceremonies this month (August 21 and 24), featuring the Fort Henry Guard from Kingston, Ontario, Canada. The Guard will perform their pageant of 19th Century Infantry Tactics, taking us back to the days of olde.

Fort Henry Guard's visit to the Barracks this year marks 30 years of an annual event that has become a tradition as well as a lasting relationship between the Guardsmen and 8th & I Marines.

It all began on Aug. 18, 1954 when Barracks Marines were invited to perform in a joint ceremony at Old Fort Henry. After a successful ceremony in Ontario, Gen. Lemuel C. Shepherd, former Commandant of the Marine Corps and Honorary Commander of the Fort Henry Guard, invited the Guard to Marine Barracks. Fort Henry Guard became one of few military units to be extended the privilege of performing on the Marine Barracks parade deck. The honor was later extended to include the grounds at the Marine Corps War Memorial in Arlington, Va.

The 1954 visit to Washington, D.C. started an annual tradition which would be honored each year (the location alternating between Fort Henry and Marine Barracks).

The history of Fort Henry Guard is an impressive one. On Aug. 1, 1938 the first Fort Henry Guard was inaugurated before then Prime Minister of Canada, William Lyon Mackenzie King. The Guard reinacted (brought to life) the renowned "Thin Red Line" of Queen Victoria. And ten years later, the guardsmen paraded the "Red Line" before an audience of no lesser nobility as the Old Fort opened to the public in the summer of '48. It has been manned every summer since.

The Guard's skills and military tactics have been in the making for over a century, and the requirements to become a member of today's Guard have been affected little by time.

The most distinctive feature of the Fort Henry Guard is its precision drill performance. A sub unit of the Guard, the Drill Squad, is a group of approximately 36 young

men who demonstrate actual battle tactics from the manual of "Field Exercise and Evolutions of Infantry, 1867." The orders and movements performed by the Guard of today are the same as they were over 100 years ago.

In the days of formal battle tactics, infantry units marched in ranks into battle. The significance of foot and arms drill was emphasized more so than that of regular armies today. Battles took place only during the daylight hours in spring or summer, when movements and marches were not hampered by ice and snow. A straight line of well-disciplined infantrymen, with bayonets raised and rifles firing volleys or files, was much more difficult for the calvary to breach than a ragged line. Armies marched into battle facing each other. There were few guerrilla tactics as are known today, and armies simply fired against each other until one or the other was defeated. The men stood erect in line and fired only when ordered to do so. Fire was usually directed. File firing was a continous succession of shots. Volley firing in unison cut a sudden swath in an approaching force but required a brief delay while the men reloaded. Both of these techniques are demonstrated in the battle tactics of the Fort Henry Guard.

From this manner of fighting came the well known phrase which became synonymous with the British Army: "The Thin Red Line." And during the Guard's performance they offer a miniture version of this "Red Line."

Equally as impressive as the Fort Henry Guard precision drill is the music performed by the Fife and Drum Band. Under the direction of the Drum Major, these fifers and drummers perform nineteenth century music with wooden fifes and rope-tension drums authentic to that period. The presence of military bands and their music date back to the days of feudal kings who developed trumpet bands to appease their own royal fanfares. From this early beginning, bands with a wider and more varied instrumentation and repertoire developed.

Today, the Fort Henry Guard's "Drums," dressed in scarlet tunics, carry on the tradition of old as they stir the hearts of the young and old with renditions of such marches as "The British Grenadiers" of the Royal Welch Fusiliers, "Rule Britannia" and "The Blue Bells of Scotland." The only exception to the tunes related to 19th Century Great Britian is the Marines Hymn

which is played whenever the Guard marches from the parade square or on the parade deck at 8th and I. The Marines Hymn is played to acknowledge the close association between the Fort Henry Guard and the United States Marine Corps and in tribute to Gen. Lemuel C. Shepherd, Jr., former Commandant of the Marine Corps and Honorary Commander of the Fort Henry Guard.

Last, but certainly not least to appear in the sequence of events for the Guard is the mascot, David. He is the fifth such mascot presented to the Guard from the Toronto St. David's Society. The first was received in 1953.







The goat was chosen as the mascot for the Guard to commemorate the association of the 23rd Regiment of Foot with Fort Henry (Now called the Royal Welch Fusiliers). David is never referred to as the mascot but is called "Goat" officially, and unofficially "Billy" because he is considered as an integral member of the regiment.

In addition to sequences performed during the pageant, another exciting performance the Guard demonstrates when it comes to the Barracks is the Annual Armstrong Gun Competitions, in which the Guard and the Marines of 8th and I have been competing for the past seven and a half years.

Last year, while guests of Fort Henry, Barracks Marines broke a tie that was established in 1982 which left the Marines with a record of 4 wins and 3 losses. Now with the Marines ahead, this year's attempt should be most exciting as the members of Fort Henry Guard will try to even the score.

Each team uses a 6-pounder Armstrong RBL gun on field carriages. The pair of guns belonging to the Fort Henry Guard, are the only two such pieces known anywhere in the world that are still in full working order. When the Armstrong guns were first accepted by the British Army in 1860, the Armstrong design represented a major step in the design of artillery ordnance. The field gun was considered the first breech-loading weapon successfully developed, which incorporated a completely new principle of barrel construction. Wrought iron coils were

shrunk onto an inner tube to produce a barrel of unprecedented strength.

After an inspection of the teams and their guns, the starters pistol sounds and the competition is underway.

As with any unit, the Guard train hard and long for their performances here at the Barracks and at Fort Henry. Today's Guard is comprised of over 100 university and high school students, who are selected on their all-around ability and bearing from a host of applicants. Although some training takes place during the winter, the bulk of their training is done during the summer.

The responsibilities of the Guardsmen require them to be professional in all they are expected to do. In addition to being proficient in the precision drill, they must also be capable of performing the movements involved with the 24-pounder gun drills, 6-pounder Armstrong field gun drills, sentry duty and changes, and they must be able to give guided tours at Fort Henry. Along with its many duties the Guard is responsible for cleaning the Fort, and performing administrative and hosting duties.

The hosting duties this month will be performed by 8th & I Marines. And as this 27th season marches on, recapping military traditions of days gone by, at least two pageants will show the Queen's colors as Fort Henry Guard adds another flavored page of history to the memoirs of the "Oldest Post of the Corps."

# Spotting the Problem

(courtesy Navy Editor Service)

It's not always easy to spot a drinking problem, especially in yourself. An alcohol problem can't be measured by how many drinks you have each day, how many years you've been drinking heavily, where you drink or how much you can hold. Nor does it have anything to do with the kind of alcohol you use--the "strictly beer" drinker can have an alcohol problem as surely as the person who favors wine or hard liquor.

Alcoholism, like other illnesses, has specific warning signals. Any one or more of the following signs may indicate a drinking problem:

- Family or social problems caused by drinking.
- Job or financial difficulties related to drinking.
- Loss of a consistent ability to control drinking.
- "Blackouts" or the inability to remember what happened while drinking.
- Distressful physical and/or psychological reactions if you try to stop drinking.
- Need to drink increasing amounts of alcohol to get the desired effect.
- Marked changes in behavior or personality when drinking.
- Getting drunk frequently.
- Injuring yourself or someone else while intoxicated.
- Started the day with a drink.

Ask yourself how and why you drink, and what alcohol is doing to you. If any of these symptoms apply to you, you may well have an alcohol problem.

Now, this is the time to be absolutely honest with yourself. Sometimes only you know how alcohol is affecting your life. Also, think about how alcohol is affecting the basic realities of your life: your health and physical safety, your emotional well-being, your family and personal relationships, your work, your financial

situation. The more drinking interferes with these areas of your life, the more likely you are to turn to alcohol.

Often, others close to you recognize your drinking problem but are too embarrassed to discuss it with you. If they do discuss the problem with you, that's more reason for you to look at the effects drinking has on you.



If drinking has become a problem for you, you're not alone. Ten million Americans suffer from alcoholism, and it doesn't discriminate by age, sex, race or income. But, it's a treatable illness with recovery possible, regardless how severe the symptoms may be. Alcoholism can usually be arrested at any point, but like most illnesses, the sooner you get help, the better your chances for recovery.

Whether your drinking problem is in its early stages or you're already addicted to alcohol, the Navy has programs to help you. Talk to your command substance abuse coordinator, chaplain, medical officer or DAACO officer. Remember, the most important criterion for successful treatment is your commitment to overcoming dependency on alcohol.

# What's Wrong With The Chow ?

## PIR Staff Report

In the April edition of Pass In Review, Barracks Commanding Officer, Colonel Richard Weede took a 'Commander's View' at 8th & I's Dining Facility. "We will soon be making changes..." He stated, "The changes will offer improvement in the overall atmosphere of the facility."

About \$122,300 is what the Barracks asked Marine Corps headquarters for. Officials indicate almost half of that has been received, and is being used to improve methods of food preparation along with providing a better atmosphere for dining. The difference of the total funds requested is expected to be approved by the end of August.

Unfortunately, the changes that will best improve Marine Corps chow here were not listed in the request sent to Headquarters. It wasn't due to oversight. Even if HQMC had a code for it, the request would probably have been disapproved.

The one improvement, as many here would agree, requires a change in the conduct of those who eat in the Dining Facility. You know the story. You sit down to a plate of mashed potatoes and fried chicken only to become another set of ears for a conversation going on from one end of the room to the other. The food really wasn't that bad, but the atmosphere was totally repulsive. The dining experience was inelegant to say the least.

Not many Barracks Marines have experienced "slopping it" in a "real mess hall." That can be attributed to improvements made in dining facilities Marine Corps-wide. Still, too many Marines at the barracks choose to go elsewhere rather than do their part to, (1) improve the atmosphere here, and (2) increase the quantity and variety of meals served at 8th and I.

The solution to variety on the menu and increased portions is, according to Dining Facility officials, a simple one. "We have some 328 Marines at the barracks who are issued meal cards," said the Dining Facility's assistant manager. SSgt Kyle Dean is responsible for budgeting the money used for food, supplies, and equipment. He

says meal card holders provide the dining facility with "credits" which equate to more money for food. "We get no credit for cash from Marines on comrats (commuted rations)," he continued. "Only (legal, authorized) signatures are taken into consideration for credits toward food procurement." In short, 328 Marines are the dining facility's bread and butter. When they support Mickey-doo's, Spicey-fried, or Bolling they don't save the Barracks money. By yielding to the temptation they actually hinder the dining facility's efforts to provide the service they themselves complain about.

GySgt Ricardo Johnson, Dining Facility Manager, along with his 17 cooks are on the receiving end of the gripes. He says some of the complaints are legitimate, and for most of them there's a response. "I don't like the chow" is a common grumble. "What don't you like about it" is an equally common response." The reasons some 8th and I Marines avoid dining "at home" vary. Johnson was more than pleased to provide some of the top "Whys" with answers.

- 1. WHY ARE THE PORTIONS SO SMALL ?
- 2. WHY ARE THERE NO SECONDS ?
- 3. WHY CAN'T WE HAVE SOME VARIETY ?

The "not enough, no seconds, lack of variety" complaints can be resolved if all meal card holders would support the Dining Facility. Increased utilization can result in increased credits for food procurement, thus increasing the amount served each individual and the variety of items on the menu. The amount of food for each Marine is governed by Marine Corps Order. Meals are prepared based on anticipated meal card patronage to the dining facility. The lack of food prepared results from the lack of patronage. On the average, 160 of the 328 meal card patrons use the dining facility each meal. If the dining facility is not used, the food prepared for all patrons becomes waste. In June alone the dining facility lost some \$24,000 in credits due to insufficient meal card signatures.



**-4. WHY ISN'T THE FOOD SEASONED TO TASTE ?**

There are over 900 Marines at 8th and I, each with their own preference for food taste. For this reason, recipe cards used by dining facility personnel are followed to the letter. Cooks do not season the food to their own tastes for the same reason. This policy is similiar to that of major res-taurants and food chains. Afterall, the 'Colonel's' chicken wouldn't be the Colonel's chicken if a 12th spice were added to satisfy the cook's taste.

Like most cafeteria type eateries, one is expected to perform a little self-service. Standing in line and re-turning a used tray is little to ask. That's no more than what Mom could ex-pect at home.

**-7. IF THE CHOW HALL IS SUPPOSE TO BE A "DINING FACILITY," WHY DOES THE ATMOSPHERE RESEMBLE A BAR ROOM, MORE SO THAN A "DINING FACILITY ?"**

Acoustics is one reason for the noise level in the Dining Facility. That noise will be greatly reduced once the drapes and carpet have been installed. (projected for completion during the 1st Quarter of FY 85). The overall problem, however, stands to be correc-ted by those who dine in the Dining Facility. Marine patrons set the atmo-sphere here as do patrons in any of D. C.'s finest res-taurants. How a Marine conducts him (or her) self will en-hance efforts to improve the dining experience.

**-5. WHY IS THE QUALITY OF THE FOOD HIGHER AT BOLLING AFB ?**

It's not. Both facilities use only USDA approved ingredients.

**-6. WHY ISN'T THE SERVICE BETTER ?**

**August Menu**

SUN	MON	TUE	WED	THU	FRI	SAT
			L: Beef Patties, 1 Jardiniere ----- D: Grilled Steak/ Sauteed Mushrooms and Onions. French Fries	L: Stuffed Cabbage 2 Rolls/ Stuffed Green Peppers ----- D: Pork Chop, Mexicana Ham Loaf w/Beef/Scal- loped Potatoes	L: Beef Yakisoba/ 3 Beef Fried Rice/ Cheeseburgers/Monte Cristo Sandwich ----- D: Cornish Hen/Mashed Potatoes w/Gravy/ Meatloaf	M:Breakfast + 4 Chili Dogs/Fr Fries Baked Beans ----- E: Ginger Pot Roast Pork Ham/ Mashed Potatoes/ Corn on the Cob
M:Breakfast + Pol- 5 ish Sausage w/ Onion & Pepper/Fr Fries ----- E: Fried or BBQ Chic- ken/ Mashed Potatoes & Gravy/ Savory Bread Dressing	L: Chili Con Carne/ 6 Spanish Rice/Taco/ Monte Cristo Sandwich	L: Curried Meatball/ 7 Egg Noodles/ Jimbo Sandwich/ Ham&Cheese Sandwich ----- D: Grilled Steak/Baked Potato/ Sauteed Mush- rooms & Onions	L: Spaghetti w/Meat 8 Sauce/ Lasagna/Garlic Toast ----- D: Veal Cutlet/ Corn- ish Hen/ Mashed Pot- ato/ Tomato Gravy/ Tomato Stew	L: Chicken Fried 9 Beef Patties/O'Brien Potatoes/ Sub Sand/ Grilled Ruben Sand ----- D: BBQ Spareribs/Sal- isbury Steak/ Lyon- naise Potatoes	L: Baked Beef & 10 Noodles/ Cheeseburger Chili Franks/Fr Fries ----- D: Fried Fish Fillet/ Roast Turkey/Macaroni & Cheese/ Mashed Potatoes	M:Breakfast + 11 Chili Macaroni/But- tered Green Beans/ Grilled Cheese Sand ----- E: Beef Oven Roast/ Stuffed Pork Chops/ Mashed Potatoes
M:Breakfast + Tuna 12 Casserole ----- E: New England Broil/ Spanish Swiss Steak/ Parsley Buttered Potatoes	L: Chicken Caccia- 13 tore/ Egg Noodles/ Chili Sizes/ Grilled Franks w/ Peppers & Onions ----- D: Oven Roast Pork/ Sweedish Meatballs/ Mashed Potatoes	L: El Rancho Stew/ 14 Egg Noodles/ Biscuits Cheeseburgers/Monte Cristo Sand ----- D: Yankee Pot Roast/ Grilled Ham Steak/ Franconia Potatoes	L: Beef Patties, 15 Jardiniere/ Sloppy Joese/ Ruben Sand ----- D: Grilled Steaks/ Fr Fries/ Sauteed Mushrooms & Onions	L: Stuffed Cabbage 16 Rolls/ Stuffed Green Peppers/Snowflake Potatoes/ Sub Sand ----- D: Pork Chop,Mexicana Ham Loaf w/Beef/ Scalloped Potatoes	L: Beef Yakisoba/ 17 Beef Fried Rice/ Cheeseburgers/ Monte Cristo Sandwich ----- D: Cornish Hen/Mashed Potatoes w/ Gravy/ Meatloaf	M:Breakfast + 18 Chili Dogs/Fr Fries Baked Beans ----- E: Ginger Pot Roast Pork Ham/ Mashed Potatoes/ Corn on the Cob
M: Breakfast + Pol- 19 ish Sausage w/ Onion & Pepper/Fr Fries ----- E: Fried or BBQ Chic- ken/Mashed Potatoes & Gravy/Savory Bread Dressing	L: Chili Con Carne/ 20 Spanish Rice/ Taco/ Monte Cristo Sandwich	L:Curried Meatball/ 21 Egg Noodles/ Jimbo Sandwich/ Ham&Cheese Sandwich ----- D:Grilled Steak/Baked Potato/Sauteed Mush- rooms & Onions	L:Spaghetti w/Meat 22 Sauce/ Lasagna/Garlic Toast ----- D:Veal Cutlet/ Corn- ish Hen/ Mashed Pot- ato/ Tomato Gravy Tomato Stew	L: Chicken Fried 23 Beef Patties/O'Brien Potatoes/ Sub Sand/ Grilled Ruben Sand ----- D: BBQ Spareribs/Sal- isbury Steak/ Lyon- naise Potatoes	L: Baked Beef & 24 Noodles/ Cheeseburger Chili Franks/Fr Fries ----- D: Fried Fish Fillet/ Roast Turkey/Macaroni & Cheese/Mashed Potatoes	M:Breakfast + 25 Chili Macaroni/But- tered Green Beans/ Grilled Cheese Sand ----- E:Beef Oven Roast/ Stuffed Pork Chops/ Mashed Potatoes
M:Breakfast + Tuna 26 Casserole ----- E: New England Broil/ Spanish Swiss Steak/ Parsley Buttered Potatoes	L: Chicken Caccia- 27 tore/ Egg Noodles/ Chili Sizes/ Grilled Franks w/ Peppers & Onions ----- D: Oven Roast Pork/ Sweedish Meatballs/ Mashed Potatoes	L: El Rancho Stew/ 28 Egg Noodles/ Biscuits Cheeseburgers/ Monte Cristo Sand ----- D: Yankee Pot Roast/ Grilled Ham Steak/ Franconia Potatoes	L: Beef Patties, 29 Jardiniere/ Sloppy Joese/ Ruben Sand ----- D: Grilled Steaks/ Fr Fries/ Sauteed Mushrooms & Onions	L:Stuffed Cabbage 30 Rolls/ Stuffed Green Peppers/ Snowflake Potatoes/ Sub Sand ----- D: Pork Chop,Mexicana Ham Loaf w/Beef/ Scalloped Potatoes	L: Beef Yakisoba/ 31 Beef Fried Rice Cheeseburgers/ Monte Cristo Sandwich ----- D: Cornish Hen/Mashed Potatoes w/ Gravy/ Meatloaf	

## Let's Get Physical

By SSgt Kent Ashcraft

*EDITOR'S NOTE: SSgt Ashcraft is a member of the Marine Band, and for the past two years he has written Let's Get Physical for OVER-TONES, the Marine Band newsletter. Over most of his adult years he has been involved in the study and practice of physical fitness, and has gathered through both research and experience, a fair amount of knowledge on the subject. His specialty is long distance running, but he's interested in all forms of exercise, including weight training and team sports. He has run one "respectably fast and memorably painful" Marine Corps Marathon, and several slower ones.*

In the Marine Corps, physical fitness obviously begins with PFTs, and though I will be dealing with them specifically, I don't believe the subject should end there. Many will have goals beyond PFT's, involving a commitment to our bodies that will last long after we leave the Marines. In this regard, I will be exploring many different areas of health maintenance, diet as well as exercise, and tips on establishing good habits and breaking bad ones (such as smoking). At the risk of sounding like a missionary, let me just say that the pursuit of good health will improve just about every area of one's life, from work to leisure time activities, and can give a powerful boost to that all-important self-esteem.

Other subjects to be covered will include treatment and prevention of both chronic and acute injuries, specialized sports gear, health myths and fallacies, and whatever subjects any of you would like me to cover (within reason). If I don't have the necessary information on hand, I'll be glad to do a little legwork to obtain it.

Though I am certainly not a doctor, I have been able to give a certain amount of useful advice to fellow band members regarding treatment of sports injuries. If you have a problem, feel free to call me (my number is listed, or you can reach me through the band office). I'll be the first to admit if I'm stumped, and if so I'll steer you toward the proper specialists.

Next month I'll start with some basic principles of exercise; until then, have a good summer.

## Court Rules on Cruise Book Case

### BKS ADJUTANT

As many of you know, in early 1983 Marine Barracks contracted with a Mr. Nelson Swanson of "Swanson and Associates, Inc." for a Cruise Book. Many of you, and other Marines who have since been transferred from this command, paid \$10 a piece to finance the cost of producing the book. Mr. Swanson promised delivery to Marine Barracks by 19 September 1983 but, citing many financial and production difficulties, failed to do so. Hoping nevertheless to obtain the cruise books within a reasonable amount of time, this command negotiated with Mr. Swanson for the next several months as he continued to promise in earnest to make delivery.

In May of this year, Marine Barracks filed a lawsuit against Mr. Swanson in Alexandria General District Court for \$2690, which represented the amount of money he had collected from Barracks Marines on the Cruise Book contract. On 11 July 1984, the case was heard by the court and Marine Barracks was awarded full recovery against Mr. Swanson.

Mr. Swanson was ordered to pay Marine Barracks \$2690 by 1 August 1984, or face having personal property seized by the sheriff and sold to satisfy the judgement against him. The results of our collective action against Mr. Swanson will be reported to you through the chain of command as soon as possible.

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## Brown Bagging It

Dear Editor,

I have lived out in town for several months now and every month I have to stand duty in the UEPH. It's not that I really mind standing duty, but that I no longer live here and I see no reason (valid reason) for having to stand duty here.

When I lived here and maintained a room I could see standing duty because I was protecting my room; my home. I now have a home of my own which needs protecting and I can't do that when I'm not there. There are enough Marines that live in the UEPH to "protect" it and them from themselves.

I guess what I would really like is for someone to explain the logic behind having brownbaggers stand duty.

Discouraged Brownbagger

Dear DB,

Thought you'd like a response from one of the folkies responsible for making up duty rosters. You may be from another Company where the response may differ somewhat from his.

Editor, PIR

Discouraged Brownbagger,

Whether you are married, receiving full BAQ or receiving partial BAQ "own right" living off post is a privilege afforded you. Because Marine Barracks has a limited number of billeting spaces, you were offered the option of residing on post or off.

You were not forced to. You elected to live off post. That is an option not available at most Marine Corps commands, so consider yourself lucky. If it were up to me only bonafied brownbaggers (married) would reside in other than the U.E.P.H.

Standing duty is a collateral duty for every Marine regardless of rank. Being a bonafied brownbagger has nothing to do with what's expected of you as a Marine. Protection is only one of the many reasons we have "Duties." Enforcement of rules and regulations is the main reason. Someone always has to be in charge. The Duty NCO and Assistant Duty NCO are direct representatives of the Company Commander.

G.C. Lightfoot  
1stSgt USMC

## Rainy Days-n-Mondays...

A real life phenomena is happening here at the Barracks. Something that would probably make the Guinness Book of Records if anyone cared to call.

I have been at the Barracks for 20 months and have stood as Commander of the Guard (Duty SNCO) at least 15 times. It has rained every time. A couple of times rain wasn't even in the forecast. Switching duties with a fellow Staff NCO didn't help, I still came under the wrath of the 'Rain God.' I believe he waits until the Sergeant Major makes the duty roster before he plans the rain days.

Well, I thought I had the 'Rain God' beat on Friday, July 6. The weather man had predicted rain (60 percent chance) all day. Of course we all know it never rains on a parade (Ha! Ha!), and it didn't. About 2330 I was feeling good. It wasn't going to rain by 2400 and I just knew I'd finally beat him. I was telling the DNCO while coming down the Marine Corps Institute steps that we had it made. When we reached the lobby I found out the 'Rain God' had beaten me again. It was 2350 and yes, it was raining.

Curtis M. Smith, Jr.  
GySgt USMC

Gunny Smith,

We spoke with Mr. Maris Cakars, Senior Editor for Guinness who admitted yours is a unique story. He doubted, however, that The Book of Records would list such a thing, and if they did, he wouldn't know which section to look under.

-Editor PIR



# A Look at Terrorism

By Major Gary J. Ohls USMCR

Never underestimate your enemy! This has been a military axiom for as long as armed conflict has existed. Not to consider the abilities of your adversary, or not to understand his willingness to act will surely end in disaster. The modern terrorist is an adversary of the western world, and is waging a low-intensity war against our institutions and values. His ability to influence the way we manage our society and how we conduct our lives is just now being understood. That he is capable of influencing the direction of governmental policy has been dramatically demonstrated. We are only now beginning to take the measure of our enemy and preparing ourselves for the action that must be taken.

One of the difficulties in dealing with the terrorist is the fact that he holds the initiative. This has left his victim in a posture of defense and reaction. It allows the terrorist to economize his forces and to achieve surprise, while leaving his victims to exhaust their defenses across a broad range of possibilities. As is well understood by military professionals, this situation tends to draw down on the morale of the defenders while enhancing that of those on the offense.

There can be no doubt about the ability or the willingness of terrorists to act. They have proven themselves to be nimble and imaginative. They are elusive and they sometimes seem ubiquitous.

And, they are utterly ruthless in doing what will advance their cause. The failure of western governments to properly estimate the terrorist threat, has assured the terrorist of some success. He has become so strong and so confident that to defend against the threat, we now find it necessary to change our environment. At some point these changes may threaten the very freedoms which we seek to protect.

If this seems far fetched, I invite you to consider the possibilities of the future terrorist. Do not assume they will continue to limit their options to what has been done in the past. Some may continue to skyjack airplanes, hold hostages, bomb restaurants and even make suicide attacks. But the imaginative high stake terrorist will consider better options. They will consider attacks on our metropolitan infrastructure which can cause disruptions lasting for weeks. This could include attacks on computer facilities, communications centers, electrical networks and other critical services. Even more insidious is the likelihood of terroristic use of mass-destruction weapons such as nuclear devices, biological or chemical agents and radiological weapons.

Although most have proven false, the United States has already been the victim of numerous extortion attempts involving the threat of using nuclear and chemical weapons.

Given the radical conviction of most terrorists, it is a threat that must be taken seriously. In 1974 a terrorist was arrested in Los Angeles as he was putting the finishing touches on a nerve gas bomb. Authorities claimed that this was intended for an attempt on the life of President Gerald Ford. This same terrorist was later convicted of killing three people with a conventional bomb at the Los Angeles International Airport. The threat of chemical and biological weapons is particularly chilling because their development is not technologically demanding, they are cheap to produce, and their uses are limitless. Spraying the air with nerve gas or introducing toxins into a municipal water supply could cause thousands of deaths before action could be taken. Considering the power that this would give the terrorist, it seems very unlikely that we shall be spared this problem.

State support of certain terrorist groups enhance their potential while giving them a facade of respectability. The Soviet Union and its east european allies are known to provide training, arms, and support to a variety of revolutionary groups, many of whom use terrorism in their causes. The Soviet Union also supports governments that knowingly use terroristic tactics in their foreign policy. Iran, Syria, South Yemen, and Libya are all known to support or use terrorism. The PLO, acknowledged by many as a legitimate government, is an admitted terrorist organization, and has received support from the various governments mentioned.

Cuba and Nicaragua support revolutionary movements throughout Latin America, many of whom use terrorist tactics in their efforts. The use of terrorist tactics is often designed to advance the policy objectives of these legitimate governments, or to frustrate the policy of those who are opposed to them.

Terrorists have also received respectability from sources within the western nations. Many journalists attempt to justify the actions of terrorists. The slogan, "One man's terrorist is another man's freedom fighter" was coined in the U.S. Press. There seems to be a general acceptance in the western media that terrorism from the "political center" or the "right" is evil and vile, while terrorism from the left is often "justified." Since most terrorism is from the left, this cloke of respectability covers a good share of the field.

We are now beginning to realize that terrorism is a new form of warfare--a form of warfare that tends to minimize the advantage of militarily superior nations, while maximizing those of the terrorist groups. The terrorist accomplishes this by avoiding the strength of his enemy while using the element of surprise to make adacious strikes where they will attract the most attention. Although the terrorist kills and destroys, that is not the real purpose of his attack. Terrorism is not aimed at the victim but at the news media. Success is defined in terms of coverage from the press.

The concept of a free press was based on the belief that the light of

truth was the best protection from the evils of power and ambition. It was believed by our founding fathers that truth could be best served by leaving the press unencumbered by governmental controls. It is ironic that an institution with such a noble purpose should become the essential tool for the modern day terrorist. But such is the case. The news media has become the terrorist's best friend. Without the media to report his exploits, the terrorist would be out of business.

The attraction the terrorist has to the media and the public has been remarkable. Terrorists have been described as the super-entertainers of our time. The terrorist uses the media to help create a climate of fear, confusion, and chaos far beyond that which is justified by his deeds. This is accomplished through calculated actions designed to have specific impact and media coverage. Through fear, he creates a conflict between freedom and security which has already affected the way we live and carry out our affairs. This, in itself, represents a victory for the terrorist.

Americans are the primary targets of international terrorists. Between 30 and 40 percent of all international terrorist incidents involve U.S. citizens or facilities. Why Americans? Most terrorist groups represent radical political factions. The democratic free enterprise system is anathema to them and America is a symbol of such a system. By attack, they gratify their ideological anger, while degrading the system. Also, they find U.S. policies contradict the goals and interests of the terror-

ist groups. We often support governments which the terrorists are attempting to destabilize. And the terrorists often perceive American influence over other governments to be much greater than it in fact is. They feel that by attacking America, they can force us to require concessions from countries they are operating against.

Over the past decade, most attacks against Americans have occurred outside the United States. The main targets have been diplomats, military personnel, and corporate executives. But there has been recent activity within the U.S., and several terrorist groups have vowed to bring the war home to Americans. Some experts believe that recent terrorist activity within the United States is the first wave of what is to come in the late 1980s.

It is a long term, protracted war, and it is for high stakes. It is a war that does not allow the U.S. or its allies to effectively utilize their conventional forces, and it is a war fought without the threat of nuclear retaliation. It is the war of the future, and the future is now!

*ABOUT THE WRITER: Major Ohls is a reserve officer on temporary assignment to 8th and I as the Barracks Counter Intelligence Officer. His parent unit is 2nd Bn, 23rd Marines, 4th MarDiv, where he is Battalion S-3 Officer. Ohls is also employed as Director of Security for the Aerospace Corporation in Los Angeles, Ca. and his qualifications include skills in counter espionage, counter terrorism, and electronic security systems.*



## It's All Over

### PIR Staff Report

Those interested Barracks' Marines have undoubtedly gotten the word by now on who won the Intramural Softball Championship. Unfortunately, PIR didn't. Or it just didn't come in time.

At press time, only the championship game was left to be played. And the way it turned out, the two teams with the worst regular season records were scheduled as the combatants. The Barracks' Officers finished up the regular season 3-7, but somehow managed to get a "bye" in the tournament. They were pitted against second place H&S (6-4), who'd earned that spot by shutting out D&B 6-0. What was billed as "Thee Game" by H&S coach Wayne Buchholz, proved to be "thee" last for his team. The Officers swated H&S 8-2, to earn a chance to compete for the Barracks Championship.

The Officers would meet MCI for the final battle at Anacostia. MCI had tied with D&B during the regular season finishing up with a record of 4 and 6. Because there were only five teams in the league, they too won a spot for the championship after winning one game.

When the regular season ended, the Band leaded all with a record of 8 and 2, but MCI played to beat the Band in the play-offs and denied them the opportunity to retain their 1983 crown.

"We think and play as a team on the field--just as we play on the concert stage," Band's Coach Delpiano told PIR earlier in the season. The Band really looked forward to reigning for the second straight year. D&B coach Rick Taylor had mentioned that his was "an all-around good team." Of course none of the three ousted teams expected it to end up the way it did. And PIR would be the last to say we told you so. But the way it ended was just as we'd predicted when our guess was "It's anybody's ballgame."

## Flag Football begins soon

Barracks sports enthusiasts will have a few weeks to rest up from softball. Special Services has announced the kick-off of Intramural Football.

The season is scheduled to begin September 26, and S.S. Sports Coordinator, LCpl Michaels says he hopes to see more teams sign up. Of course, the Battle Color Detachment's East Coast tour is scheduled to begin the week before, and the Band's road trip may take away a few heavy hitters as well. There's still H&S, MCI, ACo., and B Co. And along with some reps from the Officers ranks, there should be enough teams to at least get started.

Teams desiring to compete in this year's Barracks Flag Football League should contact LCpl Michael's at 433-4296.

## Special Services to close for Inventory

Barracks Special Services will be conducting its annual inventory August 11-16. Functions affected by the inventory include use of Gym, weightroom and sauna; ticket sales; gear check-out and check-in; and personnel check-out/in. The dates and times affected are as follows:

- 3 August- Last day to check out gear for overnight use.
- 6 August- All gear checked out for overnight use must be turned in.
- 11-16 August- No gear will be checked out  
Gear check-in 08-1600.  
Personnel check-in/out, 08-1100.
- 13 August- \*Ticket sales 09-1300.  
\*No ticket sales or rebates 14-16 Aug.
- 14-16 August- Special Services closed.  
(Gym/weightroom secured)
- 17 August- Normal hours (09-1700) resume.



# Battalion Picnic Scheduled

It's that time of year again. 8th and I Marines will be getting together at someplace other than the parade deck. The 5th annual Battalion Picnic is planned for Wednesday, August 8th, and once again it'll be held at Fort Washington in picnic areas A, B, C and D. The picnic will begin around 11:30, and shuttle buses will depart the barracks at 11 a.m.

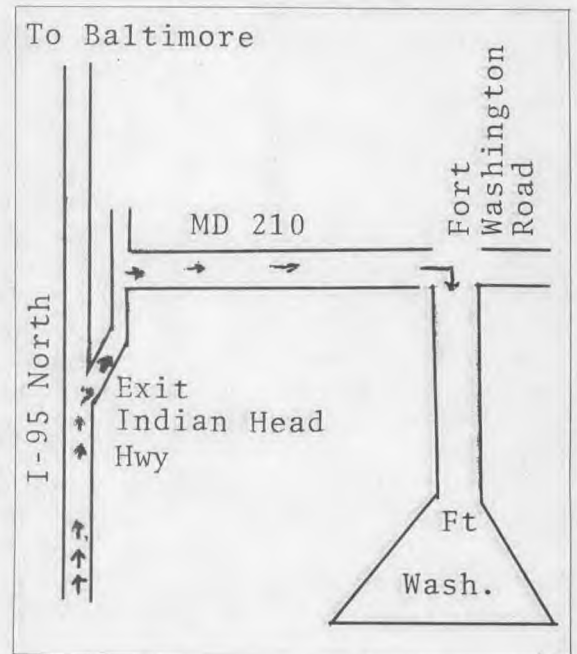
This annual day of fun promises not only something for the Marines, but for families and friends of Barracks' Marines as well. There will be plenty of chow, fun, and games. A softball game is scheduled (just for fun), and, yes, those favorite libations will be available for thirst quenching.

Cost for the picnic is but a meal card number for those Marines possessing them. Enlisted Marines on commuted rations must pay \$1.45, officers and civilian guests \$3.60, and children under 12 years old \$1.75.

Fort Washington is about 15 miles from the barracks. Those driving should follow I-295 south to the Beltway. Pick up I-95 North (Baltimore). Exit at Indian Head Hwy (1st Exit).



The Marines and Marine families who missed the 4th Battalion Picnic, missed out on quite a wingding. SSgt V. Ford (Above, L) can attest to that. The chow wasn't the only thing in abundance. There was plenty of sun, fun and space to 'cool out' when 8th and I last attacked Ft. Washington. So much, that we've decided to do it again. (Photos by Sgt J. W. Jordan)



# PCS Planning

Military members involved in a permanent change-of-station move can save both time and money by obtaining assistance from their local housing referral services.

If government quarters are not available at your new duty station, HRS can help you find suitable off-base, non-discriminatory housing, regardless of your grade, time in service or marital status. HRS will match your housing requirements and preferences with its list of available apartments of homes in the civilian community.

Prior to a PCS move, HRS will:

- List your home for sale or rental.
- Provide advance information on availability of accommodations--temporary or permanent--at your new duty station.

## Discount Rates

Marriott Hotels and Resorts is offering special rates for government and military employees traveling for business or pleasure.

Marriott's government and military travel rates are available to all active, retired and reserve military personnel as well as federal, state and local government employees. Family members accompanying the employee qualify for the special rate as well. Children under 18 years old stay free in parent's room.

To be eligible for the reduced rate, a guest must request the discount when making reservations and indicate his/her military or government status. The guest must also present proper identification at time of check-in.

Rates vary among properties on a seasonal basis and are subject to space availability at the time reservations are made. The new Biscayne Bay Marriott Hotel and Marina in Miami, Florida offers elegant accommodations for \$40 per night for both single and double occupancy all year round. The Dallas Marriott Market Center offers single and double accommodations for \$40 Sunday through Thursday and \$36 Friday and Saturday.

To assist the military or government employee with business and vacation travel plans, Marriott is offering free of charge the 1984 Government and Military Business Travel Guide and the 1984 Government and Military Leisure Travel Guide. Both guides list single and double rates at participating hotels throughout the Marriott system

After a PCS move, HRS will:

- Assist in locating suitable sale or rental housing to meet your needs.
- Provide information regarding base support services and community facilities, including schools, churches, shopping and temporary accommodations.
- Provide local maps and literature of general interest about the area.
- Provide information regarding local realty practices such as deposits, leases, recommended military clauses, and tenant/landlord rights and responsibilities.

The next time you receive PCS orders, remember to use your local housing referral services, both before and after your move.

## Worldwide TML

There are places to stay on military installations for all ranks for as little as \$2 per night. The most quoted price is \$4. The catch to it is how to find out which installations have what! To solve this problem, a new book, "Temporary Military Lodging Around The World" (TML) has just been completely revised in a new semi-chart format by Military Living Publications.

The popular guide details information on overnight lodging available on more than 475 worldwide military installations; type of lodging, condition, renovations and improvements since that last 1981 "TML" edition. Numerous essential military phone numbers and area locator maps for travelers have been added to the book which has now grown to 300 pages. "TML" may be ordered for \$10.95 postage paid from Military Living, P.O. Box 4010, Arlington, Va. 22204. For quicker service, phone orders are accepted with Visa, MasterCard or American Express at (703) 237-0203. Check your Exchange first and save - look for a red, white and blue cover with the Military Living logo.

as well as the services and amenities available at all Marriott hotels and resorts.

Copies of these brochures are available by writing Kathy Mychak, Dept. 939.37, Marriott Corporation, Marriott Drive, Washington, D.C. 20058.

To make reservations, call a travel professional or toll-free (800) 228-9290. Rates are subject to change and advance reservations are required.

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## Awards, Promos, Etc...

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SSgt K.L. Graham(GdCndctMdl-3rd Award)  
SSgt W.D. Zoellick(GdCndctMdl-3rd Award)  
SSgt J.L. Duckworth(GdCndctMdl-3rd Award)  
Cpl R.L. Huntley(Promo)  
Cpl O.A. Duff(Reenlist - 3 yrs)

## SRB's reduced soon

One good reason to ship over soon is a forthcoming reduction in selective reenlistment bonuses. Effective September 15 SRB for the following MOSs will have a multiple of zero for first-termers:0151, 0311, 0331, 0341, 0351, 0811 and 1371.

## Education for MCI

There's no time like the present to continue your education and earn points toward that next promotion. At MCI Captain Gray is the contact. He can be reached at 433-4109. Remember, your education is your investment to your future and only you control it.



The baby boom continues at 8th and I. Rachel Alice Williams checked in at Andrews on July 11 at 5:33 p.m. The 20 and one fourth inch, 8 pound 3 ounce is the daughter of Sgt Derek (D&B) and Debra Williams.

And a late entry for the Baby-watch logbook, Michael Scott Hoh also checked in at Andrews' Malcolm Grow Medical Center on June 1st. LCpl Michael (D&B) and wife Julie are the proud parents of the bouncing baby boy, who weighed in at 7 pounds 3 ounces, and measured 19 and 3 quarters inches.

## We Goofed !

In June's PIR we put the word out on MSgt Grafenstein's 'rock sale'. In all our infinite wisdom, we changed his first name from Gene to Dale. Thanks for pointing that out Top, and good luck getting rid of your ST-1s.

GySgt "H" Smith asked that in the future we refer to him as such. Rest assured Gunny, PIR will refrain from using H-A-M-I-L-T-O-N again.



