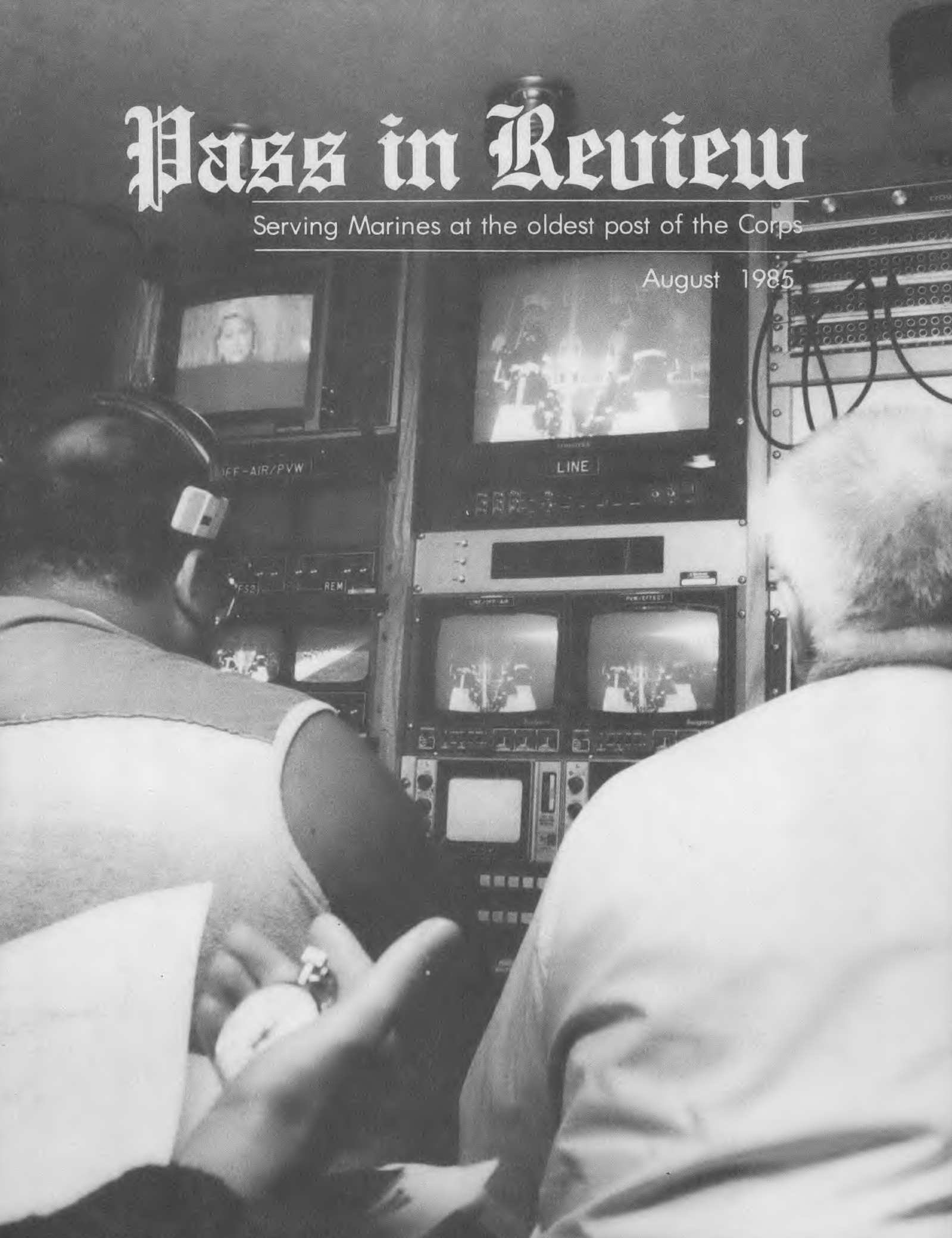


Pass in Review

Serving Marines at the oldest post of the Corps

August 1985





About the Covers

Front-In the Today show control room technicians prepare the shot sequence for the live broadcast July 4. The NBC shot for viewers was "an inspiration" as letters to the barracks reveal. For the Corps it was some reassuring exposure, and for the participating Marines, it was an early reveille and a lot of standing around.

photo by Sgt. C.D. Chambers

Inside-A parade to remember! Before the first bells, the Bands downbeat or a marktime, 8th and I's support crew handles the parades most distinguished element — the spectator.

photo by Sgt. C.D. Chambers

Back-Sgt. Bobby Joe Dickson, Sgt. Thomas T. Handwork, Cpl. Gregory H. Weber and Cpl. Patrick R. Kwiatkowski: Purple Heart (Posthumously), casualties in a war of terrorism.

photo by Cpl. Kenneth Ward

Commanding Officer Col. D.J. Myers

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Pass in Review

Marine Barracks Wash., D.C.

Vol. 5, No. 8 August 1985

Features

8 The Battle of Bladensburg

On Aug. 24, 1814 just a little more than 100 Marines from the barracks and a handful of sailors under the command of Commodore Joshua Barney, bravely defended the Capitol city. That evening all but one public building in Washington was burned by the British. That one public building was the Commandant's home. Rumor has it, the British left it standing in admiration for the fierce battle the Marines fought at Bladensburg Md.

12 8th & I's Support Team

On Tuesdays and Fridays throughout the summer a group of Marines put on their blue/whites and perform a very important task. This group never hears the applause of the crowd or a sigh in awe for a difficult drill movement. They just keep doing their job.

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Commander's View



Each week we perform before thousands of spectators who are totally impressed with what they see and hear. Unfortunately they are unaware of all our other missions and the time and effort that goes into all of them. I make it a point each week to tell the Reviewing Officer about all the missions and how effective you are at performing them.

The major reason that we can do all of these is because of the caliber of Marine assigned here. It is not enough to rest on our laurels, but rather to constantly strive to do better.

On Friday, 19 July 1985 for the first time, we were

The Sergeant Major

Sgt. Maj. J.W. Winborn Jr.



forced to turn away people at the parade. There were more than we could handle; and even then we had about 5,000 here. It was a very good parade and the people appreciated it.

We are now more than halfway through the season and we have the NCO and SNCO parades yet to come. I am looking forward to them because it gives our NCOs the opportunity to show their stuff.

We have a self-help program in the barracks and it seems to be coming along. We also are looking into acquiring pictures for the various common areas in order to spruce them up. Any suggestions you have in making

“our home” more enjoyable will be looked into.

Now is the time to be thinking about school for the new semester. There are countless colleges in the area that you should take advantage of. See your Education Officer and don't be left behind.

Semper Fi
Col. D. J. Myers
Commanding Officer

We are half way through the parade season, and quite a few of us are starting to feel the effects of long hours and standing long periods. Now is the true test. It's time to suck it up and continue with the same motivation and dedication we had the first half of the season.

I've noticed that a few Marines need to get their blouses into the tailor shop for alterations. Some are tight. Some are too loose, and the collars are not fitting properly. If you need new buttons or ribbons, get them replaced. We are always being observed not only by our civilian guests, but our military guests as well.

Start planning and put a few bucks aside for the birthday ball on Nov. 11, 1985. The Commandant of the

Marine Corps will be our guest of honor this year. We will be going back to the Crystal City Marriott, so get your rooms early.

The I.G. is due to arrive in February, 1986, just seven months away. Don't let it sneak up on you. Start getting your uniforms and gear ready.

LEADERSHIP THOUGHT

Don't push yourself forward at the expense of others: To do so at the expense of seniors is unjust. To do so at the expense of juniors is cowardice.

Family Fitness

by SSgt. Eric Stradford

With all the attention focusing on family fitness lately, you'd think the next step would be a semi-annual PFT for Mom (Dad for you military moms) and the kids. As the Marine in the family, you, of course would have to break the news. Incidentally, you'd also have to enforce it. But rest easy. The family fitness program, which you'll be hearing more about in the days ahead, has been adopted not to get you in the dog house, but to better inform Marine families on improving their health.

DoD has recently adopted as its bible on the subject, DA Pamphlet 350-21, the *Family Fitness Handbook*. The publication has been praised as a "superb guide to individual and family fitness." A recent All-Marine bulletin (ALMAR 136/85) states, "It is written to appeal to every member of the family regardless of age, sex or physical conditioning." A copy of the 128 page pamphlet will be distributed to every 8th and I Marine in the very near future.

Leaveaphobia

by SSgt. Eric Stradford

It never fails. Every year around this time you hear some staff NCO squawk about the amount of excess leave he or she has on the books. They sweat bullets because at one point they sold it back on a reenlistment and now must use it or lose it. I know a gunny who has 92.5 days leave accrued. It seems no matter what happens, he won't take leave.

I've heard the excuses. I'm sure by now you've heard them too. "This place just won't run without me. The skipper is depending on me. The troops are depending on me. Besides, I have to get this one last report out before I can take leave." This false sense of indispensability boils down to one thing. If I take leave, I'm going to be left out.

The fear of things changing beyond control, someone assigning you to a new job while you're on leave, a backlog of paperwork, or one of your pet projects falling through is brought on mostly by your own lack of confidence in your subordinates, peers and superiors — your fellow Marines. And for that, you should be ashamed.



Now that you, the leaveaphobic have been justly reprimanded for failing to take what is rightfully yours, you can go ahead and take that leave which you are so deserving. But before you take your pen in hand to fill out that leave request, do one favor for me. Tell me! What's the Barracks Family Service Rep? How and why was I assigned (not that I mind doing it)? And who assigned me to do it?

The handbook is not an exercise book, but it does have exercises in it. It contains excellent information on fitness, nutrition, freedom from substance abuse and coping with stress.

Fear not you *Pass in Review* "Let's Get Physcial" fans. Columnist, SSgt. Kent Ashcraft has no immediate plans to turn in the pen. The running writer's conditioning column appears in this issue, and has been published in *Pass in Review* since August 1984. Although the column is not endorsed by DoD, it does have some pretty valuable information.

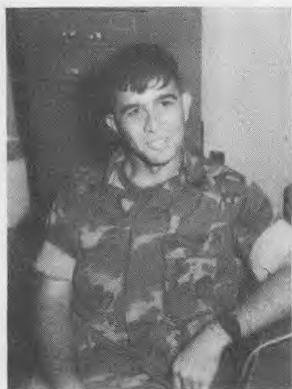
Now I certainly have no plans to start PT formation at home. There are probably a flexing few of you who will. And then there are probably a few who share my view on the subject. In any case, the information is there for you to pick up and pass along to the family. Do yourself a favor when you get the book. Don't let it sit on the shelf.



Illustration-
Pfc. Amy Wong

Barracks Talk

What's your favorite summer hangout?



Poolside at home with a cooler full of beer. I like it because it's inexpensive and it works.

Sgt. J.R. Barboza
Comm Clubs



The mountains, because I like to camp out and go fishing.

LCpl. C.W. Korn,
Adj Sec



Virginia Beach, because of the heat, beer and women

LCpl. S.A. Ambrose
S-1



The Blue Ridge Mountains for peace and to experience the power of God.

Sgt. T.J. Craddock
DinFac

August 24, 1814

The Battle of Bladensburg

by Sgt. C.D. Chambers

Captain...with Gen. Winder's army in full flight, and those redcoats rolling on in their wake, it looks as though it will be up to us to stop them. I have placed a cannon to cover the road and they shall be within range shortly," said Commodore Joshua Barney to Marine Capt. Samuel Miller minutes before the Battle of Bladensburg Aug. 24, 1814.

The British, 4,270 crack veterans of the Napoleonic Wars, had landed at Benedict Md., and worked their way north for an easy river crossing. Just two months before in early July they had attempted to land at St. Leonards Bay, but were turned back and forced to move down stream by a group of Marines under the leadership, of then, 1st Lt. Samuel Miller. This time, however, the British force landed with ease and marched at will before being met by an unorganized, worn-out Winder army.

"If Stansbury will only hold that hill to our left, we might be able to set Ross back. I have placed my men on the right flank and if Ross attacks our center, we might be able to check him with our artillery fire."

The Secretary of War speculated that Baltimore would be the main target for the British. The landing, up the Patuxent River at Benedict Md., made it evident, however, the objective was the Capitol city.

The British, under command of Gen. Robert Ross, marched his fighters north and then through the small town of Bladensburg, routing Winder's army at the first volley. The American defenders had become panic stricken and fled in disorder, leaving Barney's Marines and sailors



Capt. Samuel Miller directs the cannon fire of the

the only obstacle between the British and the Capitol.

The Marines had marched from Washington to just outside of Bladensburg that day to join Commodore Barney's sailors. They brought along with them three 12 pound and two 18 pound artillery pieces, all on mobile mounts. The big guns were brought along to be used by Barney's flotillamen.

Commodore Barney glanced at what remained of Winder's army as it streamed past his position. He could see the redcoats advancing along the road in traditional English style marching formation.

"If Stansbury (The commander of the Baltimore militia) will only hold that hill to our left, we might be able to set Ross back," said Capt.



Marines during the battle of Bladensburg.

by Col. Charles H. Waterhouse
USMC Museums Art Collection

Miller, "I have placed my men on the right flank and if Ross attacks our center, we might be able to check him with our artillery fire."

Conversation was then cut off as Barney shouted, "Stand by men, here they come!" Tired from the long march and a hot morning sun the Marines had experienced many a skirmish with the British before the present fight.

Miller glanced over the thin rank of Marines as they waited for the British to come within musket range. "These men won't run," Miller mused, "and they'll give those redcoats a hot time." The Marines

seemed to know what their leader was thinking as they checked their equipment, and smoked some tobacco before the battle.

The British were now within range. The first 18 pounder fired by Barney's men landed in the middle of an advancing column, crushing the small force that the British commander had placed in the lead. The enemy then halted directly in front of the Marines, and started firing their muskets.

Suddenly the Marines leaped forward and ran toward the center of the British force, splitting the column in their first charge. The British were no match for wild fighting Marines dressed in blue and yellow. Close combat followed and the British broke and retreated, leaving Marines in

"Splendid, Captain, splendid. But, I fear we are in some real trouble now. The redcoats have routed Stansbury and they are now attacking on the left of us. As long as you keep them off our right flank, I think we still have a chance."

command of the field.

Miller finally rounded up his Marines who were intent on completing the task by chasing the redcoats back, and ordered them back to their original position.

"Splendid, Captain, splendid," shouted Barney as he rode up on his horse. "But, I fear we are in some real trouble now. The redcoats have routed Stansbury and they are now attacking on the left of us." The clattering sound of muskets started again and over the roar of the battle Barney shouted, "As long as you keep them off our right flank, I think we still have a chance." Miller suddenly dropped to the ground in pain. He had taken a round in his arm.

Barney order a sergeant who was loading his musket for another volley to take care of the captain who was bleeding badly.

Three more British attacks were turned back by the brave Americans, and the British withdrew slightly to reform and prepare for another assault. Barney too, had taken a round through the leg and refused to go to the rear feeling he could still lead his men. The Marines and sailors readied themselves for the next redcoat assault.



Bladensburg

As Barney grimaced in pain from his wound, he had thoughts of holding off the British just a little while more and Winder might be able to regroup his men and come to their aid. Those thoughts were shattered within a few minutes when a battle-scarred Marine ran to his side and said, "Sir, our ammunition drivers have fled with their carts and we are almost out of powder." By then the redcoats had almost surrounded the small American defenders.

Barney gave the order to fall back. "These men have fought too bravely to be slaughtered without a chance," he thought.

Before the command was given, however, the British launched their final attack, and the Marines and sailors prepared for one more fight. Without ammunition, the small American force became savage in hand to hand combat as they were now fighting for their lives. Slashing gaps in the British invasion line the small force initiated an orderly withdrawal back to Washington.

Miller and Barney were both captured by the British as they ordered their men to fall back and leave them behind.

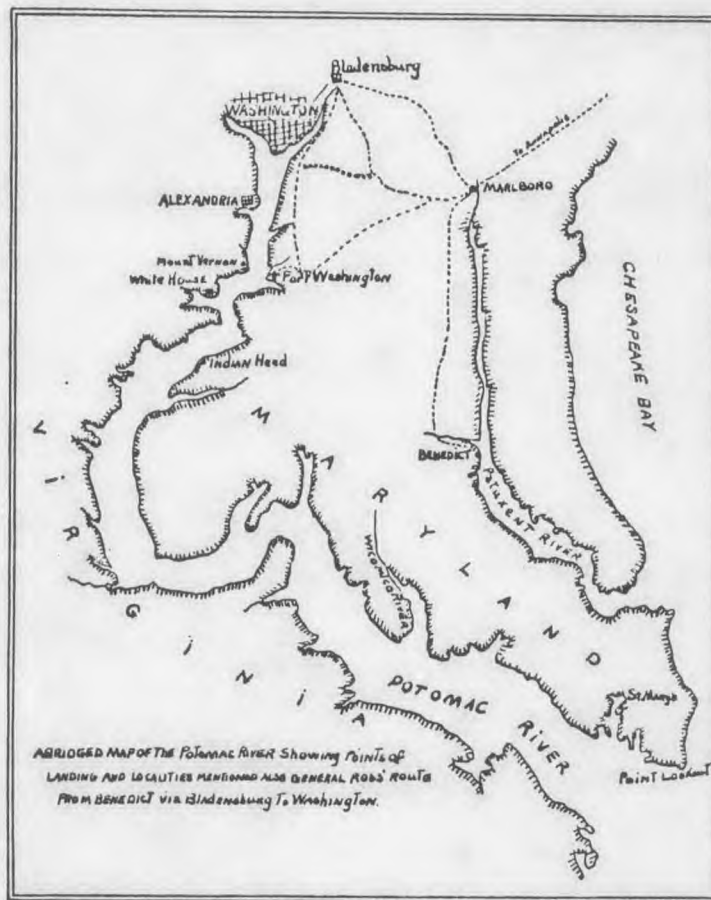
The two officers were well treated by the enemy, because of the admiration they felt towards their leadership and bravery. Both were medically treated and then later exchanged for British prisoners.

The British that evening marched on to burn all but one of the public buildings in Washington. Damage was estimated during that time at \$3,500,000.

The British, however, had this to say about the Battle of Bladensburg:

"... with the exception of a party of sailors from the gun boats and Marines under the command of Commodore Barney, no troops could have behaved worse than they did. The skirmishers were driven in as soon as attacked, the first line gave way without offering the slightest resistance (Winder's army), and the left of the main body was broken within half an hour after it was seriously engaged (Stansbury's men). Of the sailors and

Marines, however, it would be injustice not to speak in the terms in which their conduct merits. They were employed as gunners and not only did they serve their guns with a quickness and precision which astonished their assailants, but they stood 'til some of them were actually bayoneted, with fuses in their hands. Not one ran until their leaders were wounded and taken and they saw themselves deserted on all sides by the soldiers that they quitted the field."



FROM OLD MAPS OF THE POTOMAC RIVER AND ITS ENVIRONMENTS.

By DR. JAMES D. MOREAN.

...and Gunny began

by Capt. Dale Dye
USMC (Ret.)

Despite the gung-ho, hard-guy image the title "gunny" usually connotes, the rank of gunnery sergeant was introduced into the Corps innocently as a method of promoting sergeants who displayed exceptional skill with naval ordnance.

Around 1893, there were four types of senior sergeants in the Marines, including the sergeant major, quartermaster sergeant, drum major and first sergeant. All that was relatively well balanced, considering the small number of men in the Corps, except for the unusual fact that pay didn't match rank or responsibility.

Sergeants major and quartermaster sergeants were the two senior non-commissioned ranks and they drew \$23 per month in salary. Below them, in the NCO scale, were drum majors and first sergeants who, for some obscure reason were drawing \$25 per month. The two senior ranks fumed while the two junior sergeant types squandered the extra bills on liberty and laughed up their brass sleeves. And then the Corps decided in May 1898 to introduce the rank of gunnery sergeant.

In March 1899, the Corps found itself disengaged from the war with Spain and decided to try to untangle the disagreeable rank and pay puzzle in its senior NCO ranks. A law got through Congress outlining the enlisted ranks and an authorized strength for each. Under that law "gunnies" were placed on a par with first sergeants in everything but salary. While the "top" drew \$25 per month, the "gunny" pocketed \$35. The real



Illustration-
LCpl. John Brodie

reason for the difference in pay is lost in historical obscurity, but we can presume the extra \$10 was in recognition of the "gunny's" expertise with all sorts of ordnance.

Throughout the following years, up until the eve of the first world war, Marines who wanted to make "gunny" found themselves taking tests which measured skill with naval ordnance even though their special knowledge might be in another field. With the development of new signal equipment, some gunnery sergeants found themselves operating radios while others specialized in telephone communications or in using electrically controlled coast defense mines. When World War I began, there were only two things you could say for sure about a Marine gunnery sergeant: he had been in a while and he was a specialist in something or another.

Things were getting a bit mixed up, with both first and gunnery sergeants occupying the same rung on the rank ladder until 1926, when the Commandant spelled out the duties to be performed by first sergeants. All first sergeants who were holding technical warrants were replaced with gunnery sergeants.

In 1946, the Corps was totally ensnared in a bulky, confusing rank structure and decided to junk the whole thing for a simple (if traditionally inspiring) setup. One result was the elimination of the gunnery sergeant rank.

Persistent rumors claim that several old-time "gunnys" were literally dragged off to the brig before they submitted to the change.

The Corps, however, for purposes of automated record keeping and simplicity, stuck with the system until 1958, when all the services were allowed to add two additional pay grades to their enlisted structure. The Marine planners, under pressure from senior NCOs, promptly took the opportunity to restore the gunnery sergeant rank to its structure at the seventh level.

At any rate, gunnery sergeant is a nice rank to hold. If you're on liberty in an area where there isn't a nearby Marine base, you can hunch down on a bar stool, point to your two rockers and crossed rifles and tell the guy next to you that you're one of the "old gunnys" he's heard so much about. He might buy you a drink. On the other hand, he might tell you the only "gunny" he's ever heard about was a type of sack.

8th & I's Support Team

story and photos
by Sgt. C.D. Chambers



What has more than 150 arms and legs, can be found wondering 8th street, hanging out in the Tyler School parking lot, talking to strangers on busses and telling people where to go every Tuesday and Friday evening throughout the summer?

No, these individuals don't march, play a musical instrument or ring a bell. But, without them there wouldn't be much of a parade at the "oldest post of the Corps." In fact, this group of Marines make up one half of a ceremonial team viewed by thousands of summer visitors to Washington each week.

They are the 8th and I support team. This team does everything for the parades except march, clip grass, run the lights and play the music. They leave those kinds of chores to other Marine professionals.

Even these Marines are highly professional in their own right, they never hear the cheer of the crowd or a sigh in awe like the other half of the team that performs. Yet, this group is out there before any marcher or musician, greeting the public with a smile and setting the tone for what each spectator is about to see.

"There's no parade without these people," said Maj. Gregg Kubu, senior host and commander of Head-

Cpl. Margaret Allen of MCI gives direction to a lost spectator.



“We work as a team with the rest of the barracks. Our job is to make the people who attend the Evening Parade or the Sunset Parade feel at ease, before and after each performance.”

quarters and Service Company. “What we do is set the tone before each performance. We want the visitors to remember what a great performance it was, not what a yo-yo that guy on parking detail was, or what a rude individual the greeter was at the gate,” he added. “We work as a team with the rest of the barracks. Our job is to make the people who attend the Evening Parade or the Sunset Parade feel at ease, before and after each performance.”

The thing to remember about these Marines is that all of them have a specialized job. Some work at the Marine Corps Institute, some in the S-4, and some take care of the administrative task of the Service Record Books for the battalion.

There’s no practice for these people. They do their regular duties during the day and by night they get dressed in blue/whites and carry out their ceremonial duties. “They do a good job,” said Kubu. “The basic system runs smoothly because these people know what they’re doing. Very seldom does anything go wrong.”

There’s an old saying, “The first impression is a lasting impression.” If this is true, then the support team from the “oldest post of the Corps” gives the visitors something to be remembered.



(top left) LCpl. Charles Korn, H&S Company, directs parking before a Friday Evening Parade. (left) LCpl. Thomas Mills, MCI Company, is a clerk by day, but a sentry at night during the parades. (bottom) Maj. G.S. Regan, also of MCI, briefs the officers and staff NCOs before a Tuesday, Sunset Parade.



Marine Corps Ball 1985

If you think it's too early to start thinking Marine Corps Ball, you may want to reconsider. Planning for 8th and I's 1985 celebration has been in progress since early February. The date for the ball has been set for Monday Nov. 11. It will be held once again in the Grand Ballroom of the Crystal Gateway Marriott Hotel in Crystal City, Va. Barracks Marines may purchase tickets for themselves and a guest at \$19 each. Ball tickets are available at the Command Clubs office.

Of course there's seldom a silver lining without at least a few dark clouds. The number of tickets to be sold to barracks Marines has been limited to 750 due to available space in the ballroom. Your plan must therefore start with acquiring tickets.

This will allow your budget time to breath while such items as the lady's gown, flowers, cash for the bar, baby sitter, etc. are considered.

There is another consideration concerning finances. You may recall the message issued by the 13th Commandant, Maj. Gen. John A. Lejeune, suggesting "we...commemorate...the birthday..." Well, commemorate, according to *Webster's* means to "call to remembrance." The definition is synonymous with that of celebrate. "To demonstrate grateful and happy satisfaction by engaging in festivities, indulgence, merrymaking or other similiar deviation from accustomed routine." Since the Marine Corps Ball is a time for celebrating, post-ball arrangements should also be considered.

The Marriott has made available a limited number of rooms for the night at a discount rate of \$50 per room. The same rate is available for Saturday, Nov. 9 and Sunday, Nov. 10. These reservations must be made prior to Oct. 25. To make room reservations, call the Marriott at 920-3230.

Entertainment following the traditional ceremony and dinner will be provided by "Adams Apple," a six piece top 40s/variety group which performs frequently in the Washington/Baltimore area. A list of songs currently performed by this group is available in the Public Affairs Office.

To ensure your favorites are not omitted, *Pass in Review* is sponsoring a request line (see request line form) to afford an opportunity for selected music. The form should be clipped, completed and returned to PAO no later than Aug. 15. They will be forwarded to the band, who will ensure a balanced selection of desired tunes.

A photographer will also be on hand to offer a pre-selected photo package. The cost will be \$7. Photos must be paid for at the time they're taken. The photos will be delivered four to six weeks after the ball.

For additional information on the 1985 Marine Corps Ball, barracks Marines should contact their unit representatives. They are Marine Band - MSgt. Simmons and Cpl. Perry; HQSVC - SSgt Stradford, Sgt. McGaffick and Cpl. Irons; MCI - LCpl. Duke and LCpl. Munford; D&B - Sgt. Roman and Cpl. Batts; A Co. - 1stSgt. Phillips, SSgt. Ripkowski and Pfc. Rice; and B Co. - SSgt. Johnston.

Request Form

Please Print

Your Name _____

Section/Company _____

Title of Song _____

Originally Recorded By _____

Additional Remarks _____

additional forms available at Public Affairs

Marine Barracks, Washington, D.C.

announces its celebration

of

The 210th Birthday

of

**The United States
Marine Corps**

Monday, November 11, 1985

at

The Crystal Gateway Marriott Hotel

Crystal City, Virginia

Entertainment By

“Adam’s Apple”

A limited number of tickets are on sale at Command Clubs.

For more information, contact your unit representative

Promotions

And How To Get One

(HQMC) - To the junior enlisted Marine who desires to excel in his or her occupational field, a composite score can mean the difference between picking up an extra stripe or remaining in the same grade.

According to Maj. Robert E. Lee, Head, Enlisted Promotion Section, HQMC, a composite score is an evaluation of a Marine's overall military performance. It is a mathematical calculation of certain elements used as a measurement factor for all lance corporals and corporals eligible to compete for promotion. The primary objective of the composite score is to focus on a Marine's military proficiency.

"We want to encourage the lance corporals and corporals to take MOS-related courses in order to become proficient in their specialized skill," Lee explains. "Once they have mastered these skills and are promoted to sergeant, they will be better prepared to take on the challenges of the SNCO ranks."

Composite score points are earned in the areas of general military proficiency (rifle marksmanship, EST and PFT); proficiency and conduct marks; and for time in grade/time in service.

For Marines who would like to

improve their composite scores, bonus points can be earned through MCI courses, off-duty education, the command recruiting program or service in a "B" billet (eligible Marine Security Guards, recruiters or drill instructors).

Before Marines can be promoted, the Enlisted Promotion Planner (EPP) at HQMC must survey all the OccFlds and determine the number of vacancies by the number of Marines who are promoted to the next higher grade, those who are discharged, and those who have been reduced in rank.

Once the vacancies are determined, the EPP must arrange the composite scores, from highest to lowest, of all Marines eligible for promotion in a particular OccFld. The EPP then fills the vacancies with those Marines having the highest scores.

The Marine Corps has used composite scores since January 1950 and, until October 1982, they were computed manually by field commands and sent to HQMC. Now, the Marine Corps uses the Manpower Management System (MMS) to calculate an Automated Composite Score.

Before automated data processing and centralized monitoring of promotions, corporals and sergeants were promoted on the basis of promotion

tests, composite scores and consideration by local promotion boards.

Although composite scores are fully automated and the MMS is on line, input is still prone to human error. In the event that a Marine's composite score is reported incorrectly, the reporting unit can request a "remedial consideration for promotion." If information is found to have been entered incorrectly and the individual meets the required cutting score, the Marine will be promoted along with those who were selected, by composite score, to fill the vacancies.

A message listing the cutting scores for all the OccFlds is released monthly by the Enlisted Promotion Section. And, although promotions to corporal and sergeant occur in the same manner, the composite score is computed quarterly and is valid for three months.

"The biggest misconception about the composite score is that the individual's score changes from month to month. Many Marines believe that if they accomplish something that is worthy of a change in their composite score (MCI, off-duty education, time in grade/time in service) it will be automatically added in for the next month's cutting score. This is not true! Composite scores are effective for three months," Lee emphasized.

Marines can do many things to make sure their composite scores are computed correctly. First, they should keep copies of their MCI and off-duty education completion certificates. Next, they should sit down and carefully review their Visual Audit Sheet (VAS) with their unit diary clerk. Ultimately, it is the responsibility of every Marine to ensure that the information contained on his/her VAS is correct.

For more information on composite scores, consult the Marine Corps Promotion Manual (P1400.29B) or ask your unit diary clerk.

Dependent Dental Clarified

(HQMC) - Public Law 98-525 authorizes military dental activities to provide space-available dental care to dependents of active duty and retired members as of July 1.

Previously, military facilities provided services to dependents who required emergency dental care and those in overseas and CONUS areas not adequately served by civilian dentists.

It is essential that the needs of the active duty personnel take precedence. Therefore, the type and quantity of care for beneficiaries will vary, depending upon the active duty workload and dental resources available.

"Dependents must be made

aware of the limitations of this congressional action to avoid high expectations which cannot be fulfilled. The law, Title 10, U.S. Code, states that active duty dependents are entitled to routine dental care subject to the availability of space, facilities and the capabilities of the professional staff," explains Navy Capt. David T. Fenner, the Dental Officer of the Marine Corps.

To meet DoD priority requirements, dependents of active duty personnel will be given the opportunity to be scheduled for routine dental appointments ahead of retirees and their dependents. Clinics have been further advised to maximize the use of their

facilities and staff by implementing a stand-by system in the event there are cancellations.

Emergencies will still be seen at any time, but this treatment is not to be used as an alternative entry into the routine dental care system.

Although this policy will not provide a comprehensive dental program for dependents, Fenner is hopeful that over a period of time it will satisfy the majority of their basic needs and establish a reasonable state of dental health for those who participate.

While this action was implemented to help military personnel "take care of their own," it is only part of the proposal DoD has supported for our dependents and retirees. Presently, DoD is considering a comprehensive program based on a government sponsored insurance plan and space availability at military dental facilities.

For more information on dental appointment scheduling contact your local dental facility to find out what type of services will be available.

Corps Continues to Tighten Security

(HQMC) - Marines whose duties involve working with sensitive information or equipment can expect increased attention as the Marine Corps takes a hard look at its security program.

Although this initiative parallels a DoD-wide tightening of security in the aftermath of a widely publicized alleged spy ring, the Corps' security program was targeted for evaluation by the Commandant before the Walker case erupted.

White Letter 12-85, published on May 21, called a review of local security programs a "necessary first step." Regulations concerning the Informa-

tion and Personnel Security Program are clearly spelled out in Navy directives, the Commandant stated in his White Letter to Marine commanders. "Unfortunately, our own regulations are not uniformly current throughout the Corps..."

Calling for a complete review of all local security programs, Gen. Kelley has instructed that directives be updated, as required, to make them clear, concise and in total consonance with Department of the Navy regulations.

Effective security measures, however, can only be attained by what the Commandant characterizes as "well-

informed Marines with an aggressively positive attitude toward security... Those with clearances and access to classified material bear the heaviest burden; they must fully understand and rigidly adhere to the regulations governing their performance."

Following the White Letter was ALMAR 126/85 (CMC Message 110923Z June 1985), which gives commanders 30 days to report the number of security clearances withdrawn and the number remaining at their commands. This measure follows a Secretary of the Navy directive ordering an immediate 10 percent reduction in the number of clearances.

"All Marines," the ALMAR states, "are enjoined to review their personal and professional security practices to ensure information relative to national security, no matter how seemingly insignificant, is protected to the fullest extent possible."

Marine Corps reviews safety

-stronger emphasis on Marine motorists

(HQMC) - The Marine Corps has long been a crusader for safety, whether it was on the rifle range, flightline, or behind the wheel. Unfortunately, some (statistics indicate "too many") individual Marines haven't taken the Corps' concerns to heart. New regulations emanating from the Marine Corps Safety Review and Oversight Council are aimed at curbing the loss of the Corps' most valuable asset — its Marines.

The Assistant Commandant of the Marine Corps, Gen. J.K. Davis, chaired the council, which addressed several topics during its first quarter review for 1985 at HQMC. Topping the list, however, was the subject of motorcycle mishaps, a growing trend which the council determined "needs to be reversed."

While the percentage of private motor vehicle injuries and deaths went down significantly in 1984, motorcycle mishaps did just the opposite. And to make bad news worse, statistics gathered by the Department of Transportation indicate that the likelihood of a disabling injury is three times greater for motorcyclists.

When the safety council examined the issue more closely, it was noted that most of the motorcycle mishaps were occurring off base, and that the key to reversing the trend would only be found in a combination of:

- Command responsibility
- Education and constant awareness
- Standardized training and supervision
- Protective clothing and equipment

- Cooperation with local authorities
- Strict enforcement of base regulations

- Education will spearhead the Corps' renewed initiative to reduce motorcycle mishaps. The Motorcycle Safety Foundation has agreed to develop a standard safety training course for the Corps, which will include course materials, guidelines and the training of master instructors.

Protective clothing and equipment will be mandatory on all Marine installations. Helmet, eye protection and reflective vest are the minimum requirements. Marines who want to wear leather motorcycle jackets and boots may do so, as long as their uniforms are completely covered by jump suits or similar clothing.

As noted earlier, the subject of motorcycles occupied a large portion of the council's agenda. But several other issues were discussed as well, and have resulted in some new and revised regulations.

Seatbelts are mandatory aboard Marine Corps installations and habitu-

al offenders will now receive more than just a gentle reminder to buckle up. The council approved the issue of a warning for the first offense; mandatory three point assessment for the second offense; and a mandatory six point assessment for the third offense. The only exceptions to this policy are those individuals incapable of wearing seatbelts because of physical reasons. Exceptions will be granted only by commanding generals or CMC, as appropriate.

Officials don't confine their concerns to safety aboard base. Marines on independent duty represent a large number of people driving government vehicles in the civilian domain, and until now, many of whom without proper driver improvement training. From now on, each Marine's record will be screened for completion of driver improvement training before being assigned to independent duty. The commanding officer's checklist for independent duty, contained in MCO 1326.6A, will be modified to reflect this new requirement.



(HQMC) - The Woman Marines are no longer exempt from certain portions of the annual Essential Subjects Test. Whether it's describing physical protective, detection, and avoidance countermeasures against mines and booby traps, or performing close order drill under arms, women Marines will be expected to maintain and demonstrate their proficiency in areas relatively unfamiliar to them in the past.

The changes result from a revised order on the Training Policy for Women Marines (MCO 1500.24D). The directive follows closely on the heels of the Enlisted Women Marine Review conducted in 1984, stating that "Since women Marines serve in the many different units and MOSs, their exposure to danger in a hostile environment cannot be precluded. They must be trained in defensive techniques and operations in the event of unforeseen hostile activity."

The key to understanding the remodeled training policy is the word "defensive." Women Marines will not be assigned to any unit which would likely become engaged in direct offensive combat. Nor will they be assigned to MOSs in the four occupational fields which are primarily related to direct offensive combat. What the new policy does, however, is recognize the possibility that a unit in which women Marines are serving may, in the unpredictable path of conflict, be subjected to hostile action. If that happens, officials want everyone to be prepared and capable of defending themselves.

Commanding officers have until Oct. 1 to realign their unit training programs in accordance with the new order. That means providing women Marines with the same training as their male counterparts serving in the same unit and billet MOS, except when training involves fire and movement or techniques clearly identified as being unique to direct offensive combat operations.

New Training Policy For Women Marines

The Women Recruit Training Command at MCRD Parris Island, S.C., anticipates beginning the marksmanship training/qualification syllabus for its recruits on Oct. 1, 1985 and has expanded its initial Essential Subjects instruction. Upon recruit graduation and assignment to formal schools and their subsequent commands, women will broaden their experience and expertise dependent upon their unit and their rank.

The new order recognizes physiological differences and publishes certain training event as either voluntary or modified for women Marines. They include rappelling (voluntary), obsta-

cle course (modified) and confidence course (modified).

The exclusion from direct offensive combat related training and employment precludes women Marines from training in the following areas: bayonet, pugil sticks, offensive combat formations, offensive techniques of fire, ship-to-shore movement, day or night offensive operations, patrols and ambushes, and rubber boat training.

Additional information on appropriate training and conditioning for women Marines can be found in MCO 1500.24D.

Problems Cited For West-Bound Mobile Homers

(HQMC) - Marines under orders to southern California who own mobile homes are warned that park spaces are in critically short supply, whether in the civilian community or aboard Marine installations. The situation is so severe that ALMAR Message 119/85 advises Marines being transferred to the Orange County/Southern California area to make alternate arrangements for their mobile homes. Under no circumstances, the message states, should they relocate them without having a guaranteed or reserved site.

The shortage of mobile home spaces affects Marines in receipt of PCS orders to MCAS El Toro and MCAS (H) Tustin. Neither air facility has any mobile home sites. MCB

Camp Pendleton, which does operate a mobile home park is filled to capacity and currently has a 12 to 18 month waiting list.

Officials at HQMC are very concerned with an inadequate number of mobile home spaces throughout the Corps and are seeking funding approval for new construction in the Fiscal Year 1987 budget. Under that plan, 75 spaces would be constructed at MCAGCC Twentynine Palms, Calif.; 75 at MCB Camp Lejeune, N.C.; 50 at MCDEC Quantico, Va.; and 100 spaces at MCB Camp Pendleton/El-Toro, Calif.

Marines desiring additional information may call the Housing Referral Office, MCAS El Toro at AUTO 997-2264.

Sports-

A Rip!

LCpl. Pete Hoydich of the barracks softball team slaps ball into left for a single. The barracks team stands in second place in the Anacostia Softball League with a record of 10-4.



H&S Takes Title

-downs D&B for Bks championship

Headquarters and Service Company's third baseman, Cpl. Steve Maldonado was responsible for three runs and LCpl. Pete Hoydich hit a two run homer to seal a 6-2 win over Drum and Bugle Corps and the Barracks Intramural softball crown.

"It was the best game we played all season defensively," said CWO R.L. Barfield, coach of the team. "There was no mental lapse like we had in some games through the season. The team played a solid game all around."

Maldonado hit two doubles and a triple. His triple came in the second inning with nobody on. H&S' outfielder Cpl. Gus Miller came to the plate behind him and ripped a single up the middle to score Maldonado.

That made it 2-1 in the second in favor of H&S. D&B, who had beaten H&S one out of two games, wasn't about to give up, however, and came back in the bottom of the inning to score one run and tie it up for the

second time.

Tough pitching by both pitchers, Maj. T.W. Crawford of D&B and Sgt. Maj. J.W. Winborn Jr. of H&S, kept the game deadlocked at two all until the top of the fourth when Maldonado came through with the first of his two doubles. That double drove in outfielder Sgt. J. Spass. Maldonado later scored in the inning to make it 4-2 H&S.

Again good defensive play and pitching by both teams kept it tight. But, H&S broke it open again in the seventh when first baseman GySgt. Gene Polhamus led off with a triple. Hoydich, determined to hit a ball in the air for the sacrifice, hit a deep shot to left-centerfield for a two run four-bagger.

D&B had one last try in the seventh when they got two runners on with two outs. But, they failed to move them and H&S was crowned as the champs.

"It was a great season for H&S,"

said Barfield. "Everyone on the team contributed. There might've been a standout in every game, but everyone was a standout in at least one game through the season." He added, "The quality of our bench was just as good as those playing. It was just a good sound team all around."

To get to the championship, H&S had to get past a surprising A Company team. Down by seven in the bottom of the seventh, H&S showed they could come from behind, scoring nine runs, four of which Hoydich drove in with a grand slam.

D&B on the other hand had to get by the Marine Corps Institute. In the most controversial game of the year, D&B triumphed with a 7-5 victory.

"A Company was our closest game all year," said Barfield. "We didn't play very well in the first four innings of the game, because most of my players were too over-confident." Since it was a single elimination tournament, that would've spelled fini for H&S, who finished 9-1 on the regular season.

"H&S was destined to win it," said Barfield. "It's been almost three years since the company team has won anything. I think it was about time."

The Colonel's Cup is back

The Colonel's Cup is up for grabs. 8th and I intramural teams have been battling all year long, and as the standings indicate, it could go to just about any team.

With ping pong scheduled for mid-August followed by soccer, MCI leads the pack for the coveted cup with 14 points. The H&S recent softball victory put them in second place

with 13 points followed by A Company, 12; and D&B, 11. B Company currently has 6 and Band 0.

According to Special Services officials, five points are awarded for first place in each event. Three points are awarded for second and one point is awarded for third. With two first place wins, and D&B, A Co, H&S, and MCI

falling in that order for the last events, even fourth place B Company still has a shot at the cup.

The Colonel's Cup is located in the barracks west lobby trophy case. The inscription indicates H&S was first to hold it in 1957. The last team to win the cup was MCI. They took it in 1965.

Let's get physical

by SSgt. Kent Ashcraft

Question: I'm confused about all the different kinds of fat in my diet. What's the difference between saturated and unsaturated fats, what foods contain them, and how would each affect my athletic performance?

Answer: To take your last question first, an excess of any kind of fat will have the same effect on your athletic performance - a negative one. This is probably because each gram of fat you eat represents a little over two grams of carbohydrate you don't eat (assuming equivalent calories), and as we know, carbohydrate is the fuel of choice for strenuous physical exertion.

As to the different kinds, there are three basic groups: poly-unsaturated, mono-unsaturated, and saturated. Without getting into heavy chemistry, the best way to visualize the difference is to remember that the more saturated a fat is, the more solid it is at room temperature. More importantly where your body is concerned, the more saturated a fat is, the more chemically stable it is.

Most vegetable oils are composed primarily of poly-unsaturated fats. Olive oil, peanut oil, and cold-water fish are the richest sources of mono-unsaturated fats. Saturated fats naturally occur mostly in meats and dairy products, but when vegetable oils are HYDROGENATED, they

become saturated. This process is used to produce vegetable shortening, which will keep longer than oil, and is better for most baking.

Saturated fat in the diet has been shown to be an important risk factor for coronary heart disease. When one substitutes poly-unsaturated fat, blood cholesterol often goes down a good bit, lowering the risk. The problem is then one is at a higher risk for certain types of cancer. This is probably due to the chemical instability of polyunsaturates; when they combine with oxygen lots of bad things happen, some of which may result in cancerous tissue.

Mono-unsaturated fats, on the other hand, appear to create fewer problems than either of the other two. Small quantities of certain fish oils, in fact, have been shown to dramatically decrease heart disease risk, without the problems associated with polyunsaturates. It would appear that these fats are the safest, although they, like all fats, are heavy in calories.

My best advice would be to cut back on all fats, especially since you are concerned with athletic performance. In cooking, use peanut oil in preference to shortening or butter, and use less of it. Make your own salad dressings using olive oil, using half as much oil. And if you eat salmon, mackerel, or tuna at least once or twice a week, you further increase the odds in your favor. Just don't fry the fish, okay?

Barracks Bulletin Board

Promotions

A Company

Cpl. H. Diaz
Cpl. G.S. Smallwood
Cpl. D.W. Vickers
Cpl. W.E. Dean Jr.
LCpl. D.J. Jessen
LCpl. R.A. Boxwell

B Company

LCpl. G.K. Newton
LCpl. C.R. Rogers
LCpl. G.L. Henderson

HQSVC Company

Sgt. M.T. Nevins
Cpl. J.T. Millstead
Cpl. J.B. Satterly
Cpl. M.K. Hastings
Cpl. V. Laguna
LCpl. S.E. Harriman
Pfc. P.E. Phair
Pfc. R.M. Bettelyoun

MCI Company

Cpl. J.F. Eaton
LCpl. M.T. Pye
LCpl. B. Hodore

D&B Corps

Sgt. C.M. Musalla
Sgt. D.W. Poston

Band

Cpl. V. Seabrooks

Security Company

Cpl. B.E. Hamill
Cpl. J.O. Glingson
Cpl. L. Witt
Cpl. K.H. Skogen
Cpl. J.M. Popwell
Cpl. G.A. Voelker

Awards

A Company

Meritorious Mast
Cpl. H. Diaz
LCpl. K.R. Ablard
LCpl. D.D. Durant
Pfc. M.E. Womack

HQSVC Company

Meritorious Mast
Cpl. S.L. Thompson
Cpl. K.C. Miller
LCpl. D.J. Blackmore

MCI Company

Meritorious Mast
LCpl. M.W. Matthews
LCpl. P.A. Burkhardt

D&B Corps

Meritorious Mast
LCpl. M.A. Ferguson

Security Company

Ltr of Appreciation
Cpl. K.S. Livingston
LCpl. G. Shana Ham
LCpl. J. Darby
LCpl. T. Farmer
LCpl. K. Skogen
LCpl. B. Herman
LCpl. R. Smith
LCpl. T. Wolf
LCpl. M. Given
LCpl. J. Binger
LCpl. J. Becker
LCpl. J.M. Powell
LCpl. M.W. Gesper

Presidential Service Badge

LCpl. B.A. Herman
LCpl. J.A. Pearson
LCpl. R.N. Ziolkowski
LCpl. N.J. Hoffman
LCpl. G.A. Voelker

NAM

Cpl. T.D. Maddex

Marine of the Qtr

LCpl. J.A. Castellone, B Co.

NCO of the Qtr

Cpl. J.R. Jessen, B Co.

Joins

HQSVC Company

MGySgt. L.E. Beard
SSgt. B.W. Davis
SSgt. R.A. Joseph
SSgt. P.K. Mahoney
Cpl. E.W. Swanson
LCpl. R. Sonnemann
LCpl. J.J. Brown
LCpl. T. Young
LCpl. Daniel
Pfc. R.A. Wilkens
Pfc. J.L. Barley
Pfc. A.C. Powell
Pfc. J.E. Rademacher
Pfc. J.H. Zon
Pfc. R.H. Whalen
Pfc. L.R. Richardson
Pvt. P.E. Phair
Pvt. C. Bailey

MCI Company

Capt. G.S. Hartley
GySgt. R.A. Rosario
Cpl. C.D. Howard
Pfc. P.R. Mealy
Pfc. M.A. McCauley

Historical Highlights

Aug. 3, 1950-In the first air action of the Marine Brigade in Korea, VMF-214, the "Black Sheep" squadron, struck enemy installations and concentrations near Inchon.

Aug. 7, 1942-The 1st Marine Division (Rein), commanded by MajGen. A.A. Vandegrift, landed on Guadalcanal, Tulagi, and other islands in the southern Solomons to launch the first U.S. offensive of the Pacific War.

Aug. 11, 1923-The Marine Recruit Depot was transferred from Mare Island, Calif., to its present location at San Diego.

Aug. 19, 1919-The Marines' Hymn was registered in the U.S. Copyright Office in behalf of the U.S. Marine Corps.

Aug. 24, 1924-Capt. Samuel Miller's detachment from Marine Barracks, Washington, fought in the battle of Bladensburg for the defense of the national capitol. After nearly being encircled, the Marines withdrew under orders.

Aug. 26, 1942-The first Black Marines to serve in the Corps in modern times, reported for duty at Montford Point, Camp Lejeune.

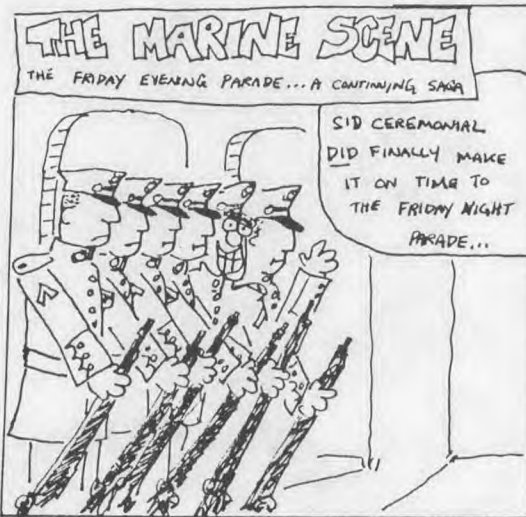


Illustration - L.Cpl. John Brodie

