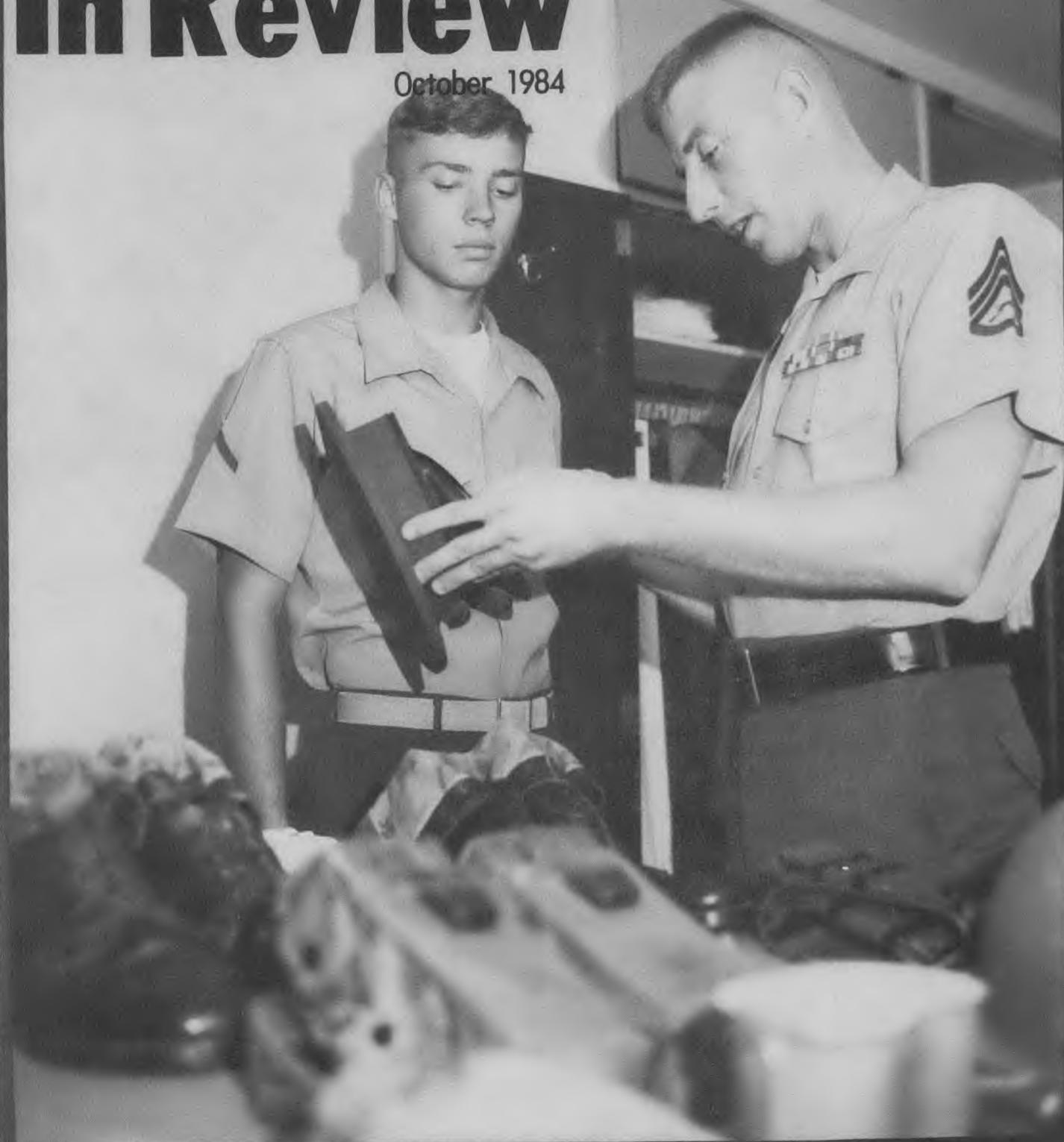


Pass In Review

October 1984







About the Cover and Back Cover

Now that Parade Season is over, it's time to check, double-check, and re-check our equipment to prepare for the fall commitments our barracks is tasked to perform. It's important to pay attention to the little things; the ones that seem insignificant, because those will more than likely be the things that you will be criticized for in the long run. In our profession it pays to be thorough, and with the upcoming inspections, in the office as well as our personal gear, a little extra effort could save you money, time, and heartache.

Inside Cover

Gen. Paul X. Kelley, Commandant of the Marine Corps, congratulates Maj Robert K. Dobsen, Jr., currently Commanding Officer of Marine Corps Recruiting Station, New Orleans, La., as this year's recipient of the Leftwich Trophy. Attorney General of the United States, the Hon. William French Smith, (right) looks on. Maj Dobsen received the award for outstanding leadership as the CO of Gulf Company, 2nd Marine Battalion, 8th Marines, 22 MAU while participating in the Beirut and Grenada operations. The award was first presented in 1979, and is given annually to a Marine Corps captain in the Fleet Marine Force, in tribute to LtCol William E. Leftwich, who died in Combat, November 18, 1970 in Vietnam. (USMC photo by SSGT J.W. Jordan)

Pass In Review

Marine Barracks, Wash., D.C.
October 1984 Vol. 4 No. 10

- 5 Troop Talk
- 6 The SgtMaj On...
Parade Season's End
- 10 CMC on Leadership
and the Chain of Command
- 12 Gunny goes Hawaiian
- 14 Ghostbustin'
- 16 War Stories
- 17 Viewpoint
- 19 Bulletin Board

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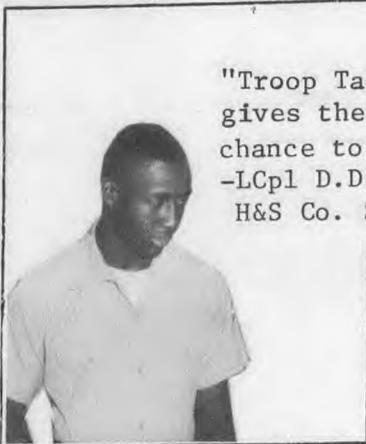
All hands should by now have had the opportunity to read the Commandant's recent letter to the Barracks expressing his appreciation for your superb performance at the Evening Parade on 7 September 1984. Indeed, the entire Parade Season was extremely successful and you should be proud of your efforts. Everyone who was privileged to attend a ceremony has been impressed by your professional attitude and inspiring performances. You have every right to be proud of what you have accomplished. You have more than carried on the Barrack's proud traditions; you have enhanced those standards and certainly in every event evoked the pride which is synonymous with the title-Marine.

The Presidential election draws near. If you have not yet registered to vote, see your Company Voting Officer and do so immediately. Don't stand on the sidelines. Get involved in the democratic process.

VOTE!!!

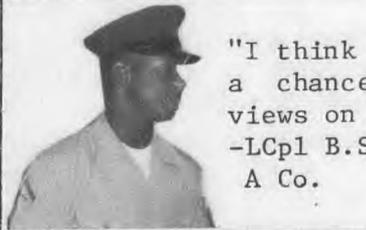
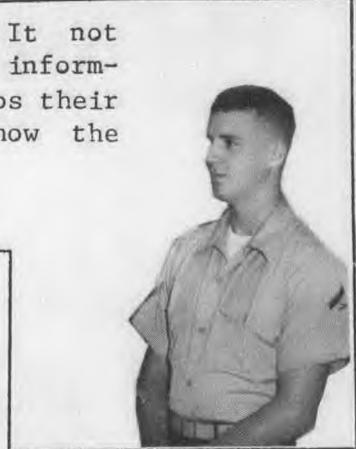


R. D. WEEDE
COLONEL, U. S. MARINE CORPS
COMMANDING



"Troop Talk is a good idea. It gives the individual Marine a chance to express his opinion."
 -LCpl D.D. Durante
 H&S Co. S-1

"I think it's good. It not only keeps the troops informed, but it also keeps their superiors informed on how the troops feel."
 -LCpl G.P. Bruce
 H&S Co. S-1

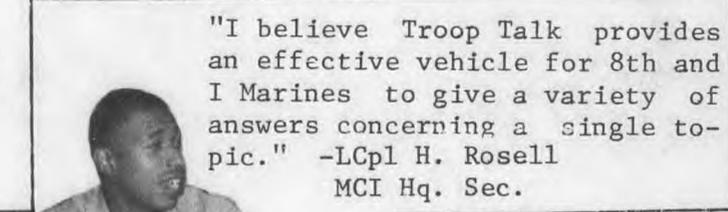


"I think it gives the Marines a chance to express their views on different things."
 -LCpl B.S. Jones
 A Co.

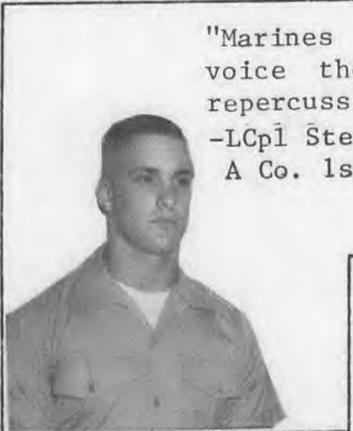


"I think it should have more subjects of interest."
 -LCpl S.L. Orr
 H&S Co. DinFac

Troop Talk: What should be done with Troop Talk?



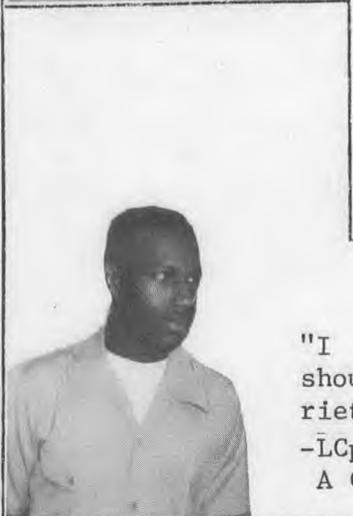
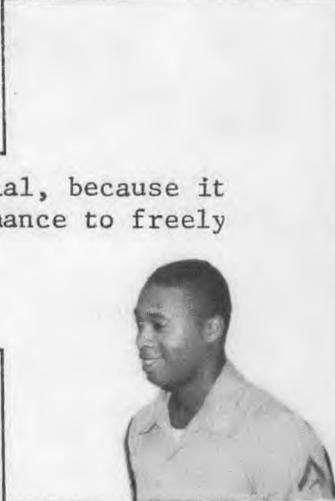
"I believe Troop Talk provides an effective vehicle for 8th and I Marines to give a variety of answers concerning a single topic."
 -LCpl H. Rosell
 MCI Hq. Sec.



"Marines should be able to voice their opinion without repercussions."
 -LCpl Stewart
 A Co. 1st Plt.



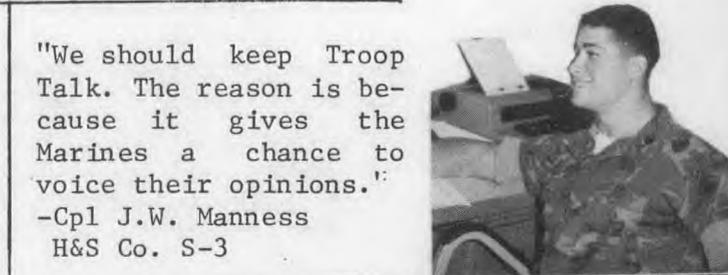
"I think it's bebeficial, because it gives the Marines a chance to freely speak their minds."
 -LCpl G.A. Sanders
 MCI Hq. Sec.



"I think Troop Talk should ask more of a variety of questions."
 -LCpl Massey
 A Co. 1st Plt.



"I think it's good to have a publication that deals with the views of the troops."
 -Cpl R.M. Duncan
 H&S Co. DinFac



"We should keep Troop Talk. The reason is because it gives the Marines a chance to voice their opinions."
 -Cpl J.W. Manness
 H&S Co. S-3

Parade Season's End



SgtMaj J. W. Winborn Jr.

The 1984 Parade Season has come to a close, and with it each of us have formed our own reflections of these past few months.

For those that marched, I want to say you've done an outstanding job. Those of you who worked behind the scenes with the bleachers, parking, grounds maintenance of the Barracks, escorting details, security, motor transport, PAO, and many other sections, you also have done an outstanding job. It takes the cooperation of the entire Barracks to have a successful parade. To the SNCO's and the junior enlisted Marines I want to thank you for a job well done. We made a few mistakes this time, but I'm sure we'll get better next year.

Throughout the year we have had many new Marines checking in. And for those Marines that will be here next season, you will be tasked with the responsibility of training these new Marines. Don't take your responsibility lightly. We don't need "sea lawyers" to accomplish this task. What we do need are mature, disciplined, motivated 2nd and 3rd year Marines to ensure that the tradition of the Barracks is maintained.

For those Marines that are leaving, I'm sure you leave behind memories that you will never forget. When reporting to your next duty station, you will be singled out to perform, teach, and lead Marines because the letters "8th & I" will be in your record book. Never lose the esprit de corps that you have developed here.

Those Marines that will be staying a little longer at the "Oldest Post," it has come to my attention that many of you are engaged in off-duty civilian employment. The Commanding Officer does not prohibit Marines from off-duty employment. However, all Marines at this Barracks must comply with Barracks Order 5330.2. In that Order enclosure (1) designates specifications that you must comply with and your employment with a civilian establishment must be approved. Those Marines that are civilian employed without the permission of this command are subject to NJP. If you are unsure of the provisions included in Barracks Order 5330.2, see your Platoon Sergeant, Company Gunnery Sergeant or First Sergeant for this information.

Reduced Fares Important Benefit

There are many benefits and initiatives established to support the military family. This includes active duty personnel, members of the National Guard, Reserves, dependents of active duty military personnel, retirees and their families.

For many years the Department of Defense has worked with the Transportation Industry to promote reduced fares for leave and furlough travel. These reduced fares have become an important benefit to our active duty military members, particularly those in the lower pay grades. Recently, some airlines, bus companies, and car rental companies have extended their reduced fare eligibility to dependents and members of the guard and reserves. DoD is hopeful that others will offer the expanded eligibility in the near future. Even with discounts, we suggest that personnel shop around to get the lowest fare or best deal that will meet your requirements.

The following list provides important contributions to help improve the quality of life for the military family.

AIR

Discounts range between 25 and 50 percent off standard coach fares to active duty military personnel from most major carriers and many regionals.

USAir, Frontier, Northwest Orient, World, and Empire Airlines now offer the same discounts to dependents of active duty military.

Pan American, Trans World, and World Airlines offer discounts to active duty military and their dependents (accompanied or unaccompanied) to some overseas locations, including retirees.

Pan American and World Airlines extend discounts to reserve forces personnel, retirees, and their dependents on some overseas and domestic routes.

The Military Traffic Management Command (MTMC) is discussing with other carriers the possibility of extending eligibility to dependents and personnel in the reserve forces.

BUS

Greyhound and Trailways now offer single price passes for unlimited travel for up to 30 days. Dependents are eligible under the trailways program.

RAIL

Amtrak offers a 25 percent discount on all routes except northeast corridor for active duty military only.

RENTAL CARS

MTMC negotiated "official business" rates are also available to active duty personnel for leave travel. Hertz, National, and Thrifty now offer the same rates to eligible unaccompanied dependents.

For further information, contact your Personnel Office.

HQ Army sponsors

4th Annual 10 Mile Run

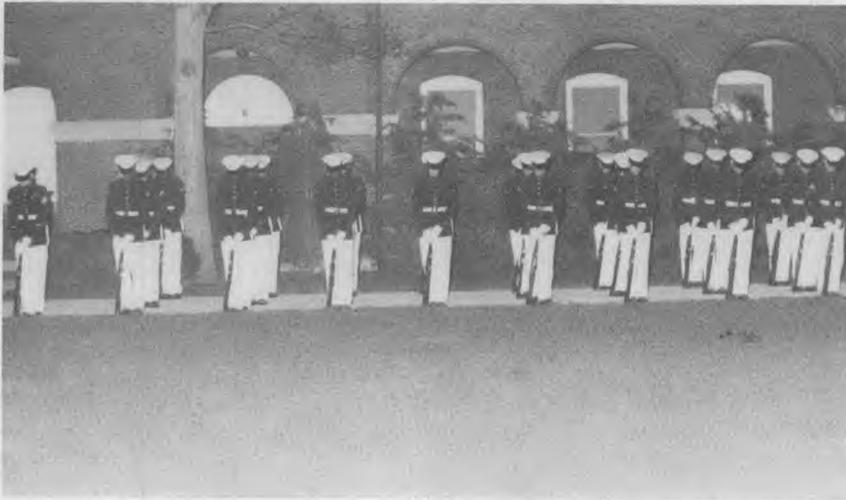
HQ Army Recreation along with Pyles Tysons Ford is sponsoring their Fourth Annual 10 Mile Run on Sunday, October 14, 1984. Starting time is 8 a.m. at the Pentagon Ceremonial Grounds on Boundary Channel Drive. Cost is \$6 per person, and \$7 the day of the race.

The course will take you across the Potomac River twice and follows on parts of the Marine Marathon Course. An excellent tune-up just three weeks before the Marine Corps Marathon.

Prizes include two ski trips for two in Pennsylvania, courtesy of Charm City Travel and the Sheraton-Altoona Hotel. Four, two nights stay for two at the Milford Plaza Hotel in New York City. Gift certificates from Athletes Foot, T-shirts for the first 600 registrants, and a random drawing for movie tickets to NTI Theatres, Washington Bullets and Washington Capitals games.

Trophies will be awarded to the top male and female finishers, top male and female master finishers, and the top three finishers in each age category. Team trophies will be presented to the top teams in each of the following categories: open, military and masters. Participation certificates will be awarded to all finishers.

For more information and a registration form please send a self-addressed stamped envelope to HQ Army Recreation, OSA 3A146 Pentagon, Washington, D.C. 20310-6900 or you may call 697-3816.



What happens to
a ceremonial
battalion when
there are no
weekly parades?

There Is Life After Parade Season



There won't be much of an opportunity for folks to see 8th and I Marines fixing bayonets over the next few months. When the battalion unfixed on September 7, many of the Barracks 1,000 Leathernecks experienced anti-climatic relief--glad to see parade season finally come to an end, but in awe of what's to come during the off season.



There's always the threat of that new guy with a "faster gun" ready to step into that spotlight you occupied the previous year. SDP Marines got a first-hand look at some possible 'up-and-commers' during their visit to the Ohio State Fair. And then there is of course, the Young Marines. Who knows? A few years from now some of them may be placing a bid for a spot on the coveted parade deck. It is true the majority of Marines have "other jobs" here to keep them busy, but there's only one shot when the tryouts are held. This off season is the time to prepare for that shot.

Oh! If you're waiting to find out what brooms and garbage trucks have to do with this little story, worry not! Out of the spotlight does not mean out on the street. There's a job for every Marine here--an important one. The theme here is teamwork, and you'll find that's important both on the deck and off.





A recon team from Charlie Co., 2nd Reconnaissance Bn., patrol through the swamps of Camp Lejeune during recent training exercises. (USMC photo)

CMC on Leadership and the Chain of Command

Recently the Commandant of the Marine Corps addressed his views on "Leadership and the Chain of Command" in White Letter No. 8-84. Since becoming Commandant he stated that he was "struck by the number of Marines who felt that they needed to go outside of the chain of command to resolve a personal problem." In his research he commented that "far too many cases indicated that the problem could have been solved within the chain of command by Marines in positions of leadership and responsibility."

As he pondered over the subject, the words of his distinguished predecessor Gen. Wallace M. Greene, Jr., the 23rd Commandant of the Marine Corps, were brought to his attention, and he felt that those words are as "applicable today as they were in 1967."

General Greene expressed in a letter to all Commanding Generals and Commanding Officers the subject of "Leadership and the Chain of Command." General Kelley felt that these same words should be viewed by all Marines and considered when problems arise.

"When individual Marines feel compelled to go outside the chain of command in the future," he said, "I will from time to time ask the question: What actions were taken by the chain of command to solve the problem?"

The 13th Commandant, Major General Commandant John A. Lejeune described the qualities of leadership as: "industry, energy, initiative, determination, enthusiasm, firmness, kindness, justness, self-control, unselfishness, honor, and courage." Gen. Kelley stated that "only when we have achieved these qualities will we be fully entitled to lead Marines." Simply stated he concluded..."Take Care of Your Marines."

To highlight his deep seated concern and feelings on the subject, the following letter from Gen. Wallace M. Greene, Jr., is presented for all Marines to consider.

Since the founding of our Corps, continued success in war and peace has made the name Marine synonymous with soldierly virtue, military proficiency and professional pride. This legacy, passed on through generations of Marines, has been built on the cornerstones of camaraderie, discipline and esprit de corps.

Every Marine, from his first days in the Corps, is thoroughly indoctrinated in a way of life in which Marines take care of their own; one where each Marine may have complete reliance on his fellow Marine no matter the circumstance. One of the means of instilling this camaraderie and trust is to insure the opportunity to all Marines to

express constructive criticism, grievances, and recommendations via the existing military chain of command, further to see that its availability is understood and exploited.

Discipline is not simply unhesitating obedience to orders. Certainly, in the combat environment, response must be swift, sure and predictable. However, this requirement is not in conflict with suitable consideration of innovational recommendations prior to action, nor of professional criticism and review after. All Marines have both opportunity and responsibility to contribute to our administration, techniques and procedures. This is especially true with respect to matters which bear on the daily life, safety, and effectiveness of Marines. In part, it is through this process that we progressively improve. This rational dialogue is most useful and effective when it is conducted within the organizational structure.

Recently, there appears to be a growing tendency for some Marines to project problems, which could be resolved by internal Marine Corps measures, into avenues or to authorities outside of the Marine Corps chain of command. I do not mean to imply that any Marine is prohibited from communicating with anyone with whom he may desire. However, in almost all such cases, the query is eventually forwarded to the Commandant for response and action, whereas in reality most of these problems could be,

and properly should be, resolved by a command level much closer to the situation than we are in Washington.

Paramount in the exercise of their duties, all commanders must continue to create, through traditional Marine Corps leadership, an atmosphere of faith, trust and reliance on one Marine for another; a feeling of esprit, protectiveness and interest which causes the junior, by choice and with confidence, to turn to his immediate senior for advice and assistance, assured that he may expect every reasonable effort to provide the appropriate information, counsel, action or remedy.

As I see it, we must positively impress upon all Marines that every commander in our Corps, from the Commandant to fire team leader, is vitally and genuinely interested in the health, welfare and professional ability of his Marines and that Marines of all ranks who have either a problem, or constructive criticism to offer, may best obtain action by utilizing the existing chain of command to express their thoughts. Utilization of the chain of command in most instances, presents the most efficient and expeditious means for each Marine's suggestions and concepts to receive the attention and consideration which they merit, toward the end that those concepts and suggestions which so merit are translated into action. We must insure a broader understanding that this is so.



B Company Gunny Goes Hawaiian

By Cpl T. M. Green

"It is the most prestigious triathlon in the world," said GySgt Darrell E. Hatcher, Bravo's new company gunny. His eyes seemed to shine with excitement as he sat back comfortably in his chair pondering over the competition. Somewhat subdued and complacent, he said "I've been preparing for this event since 1980, and I'm finally ready for it."

The event is the 1984 Budlight Iron Man Triathlon World Championship which will be held in Hawaii. An event which can only be measured by the drive, discipline and endurance of its competitors. The championship begins with a 2.4 mile swim, immediately followed by a grueling 112 mile bicycle race, and ending unmercifully with a marathon covering 26.2 miles. More than any other event in the world, this triathlon puts a competitor's quickness, drive, determination, "guts," and discipline to the extreme test.

"It's quite a test of a man's capabilities," stated Gunny Hatcher. "For me, it's the ultimate test. It's for the man who has competed in all types of physical endurance tests, and won, and now wants to face his most daring challenge. This triathlon is personal to me; I figure I'll finish in under eleven hours (though the event is scheduled for 17 hours), with dreams of completing it in under ten."

Darrell Hatcher was born in 1958, and was raised on a farm in rural Arkansas, Kansas. Life was hard on the farm, but no harder than any other farm. For a youngman growing up milking cows, stacking hay, planting, seeding, weeding and harvesting crops and livestock nothing was unusual. "It's a way of life," explained the Gunny. "I don't think I would change a thing. It helped me prepare for the Marine Corps and for this triathlon. Working from sunup to sundown is normal for a farm kid. So is hard work, so I didn't have to go through a lot of changes joining the Marines, or sticking to my training routine for the competition in Hawaii. I spent a lot of

time outdoors as a kid, both working and playing. I did a lot of camping, hunting, fishing and a lot of rafting and swimming."

"I decided that I was going to be a Marine when I was seven years old. I had a lot of neighbors that were former Marines and I would listen to them reminisce about when they were in; it was always about how they stuck together, held their own and never fell back; that was for me so I enlisted in 1975.

"I was assigned the 0331 MOS after boot camp (machine gunner), so I was able to continue my lifestyle of hard work and outdoor activities which I did infact enjoy," mused Gunny Hatcher. "Being a Marine grunt is hard work and definitely keeps you in pretty good shape, but it wasn't until I went to the Staff Academy that I really started getting into being physically fit. There is a lot of attention put on being fit at the academy and I really enjoyed working out. After the Staff Academy I went to the drill field and continued working towards getting in top physical condition. The strict demands both at the Staff Academy and the drill field for leadership and being well disciplined kept me going when I felt like stacking up.

"On the drill field I started intense training to strengthen my stamina and endurance, and in 1981 I competed in the 1st Annual MCRD Iron Mike Competition. It consisted of a one-mile run with a 30 pound pack, a complete cycle of the obstacle course, three select obstacles on the confidence course, a quarter mile swim, 40 pullups, running a total of four-miles between stations, and finishing the event with 500 situps." sighed Hatcher. "I managed to finish third."

The Gunny's first triathlon was called "Chuck's Triathlon," and was also held in San Diego. He didn't fair that well in the event, but it did show him what it would take to compete in such an event and it also became a challenge to do better. "I started reading everything I could get my hands on about the triathlon and I worked out very hard for the next year's competition." This year though the Gunny has decided to go for the gold, the granddaddy of all triathlons...the World Championship in Hawaii on October 6.

Because the Marine Corps doesn't support this particular event all Marine contestants have to raise their own money to get to the Hawaii competition and must first submit an application for acceptance with a \$100 check or certified money order.. "Although I have trained hard in most of '83 for this event, I really began to peak out around December. My average day (during the summer and most of the fall months) consisted of 40 miles of bicycle riding, running 8-13 miles, and capping off the day with a mile swim. This usually took me about four to five hours to complete. Under my wife's supervision, ~~who is~~ also my coach, and medical advisor, I have been doing very well.

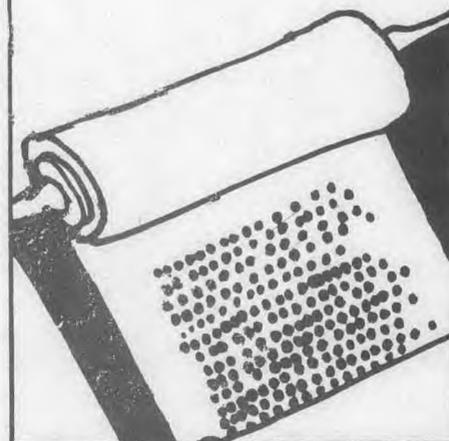
"I spent the better part of this year raising funds for the trip and so far everything is locked on. I had to make reservations for billeting two months in advance and I had to pay it all at once. Through a travel agency affiliated with the event I only have to pay \$350 for 8 days, and \$1400 for air fare for my wife and I.

"Although the prizes for the winner of the triathlon are just the place winner trophies," concluded Hatcher, "I am more interested in the competition and the thrill of finishing in the time that I have allotted for myself.

"Any goal is within your reach, as long as you have the mental will power and self-discipline to succeed."

YOM KIPPUR

October 6, 1984



Ghostbustin'

...Midnight Tapps

By Cpl K. Ward

Editor's Note: In this month's issue of the PIR, the Ghostbustin' series will portray the events as accurate as possible, however, the names have been changed to protect the frightened.

It was a cold night and it had just started to snow. Fortunately for me I was a supernumerary, or at least I thought so. Just as I was about to get comfortable, in the React-room, the Corporal of the Guard came back to the room and said, "Go down and see what the Post 1 sentry wants." Referring to post three sentry and myself. Naturally I assumed he wanted a head call. But we all know what happens when we assume in the Marine Corps. It was freezing outside, as we ran down to Post 1; nothing could keep the chill from going straight to the bone. It was deathly quiet outside, you could hear the snow flakes hit the ground. As we approached post number 1 we could hear him yelling, "Hurry up!" Rushing up beside him, he yelled, "Look!" Pointing to the D & B ramparts. At first we saw nothing. "Stop playing games,!" I said. "No, just keep looking." he begged. All of a sudden a shadow moved across the ramparts. At first I thought it was just my imagination, but it passed by again. As I looked at the Marine with me, he whispered, "What is that?" We watched for several minutes. It seemed to be pacing back and forth as though it was walking post or something. Then we decided to go and check it out.

We stopped at the Guard house, and got the D & B keys, without telling the COG anything; he looked up and said in a joking manner, "Be careful out there." As we walked down the arcade, the Post 3 sentry started to tell me about the OD that was killed touring the barracks, and the SNCO that bit the dust. Why does it always seem like whenever there is something suspicious somebody always has to tell you a ghost story; I was nervous enough. As we walked down the hallowed halls, I could hear the moans and sighs of all the past sentries that had done this job. As we neared the rampart entrance, I reached for my night stick, since I hadn't famfired yet with the

.45 caliber. The Marine that was with me acted as if he knew exactly what he was doing. It was so dark, we couldn't see each other. As we approached the hatch we could hear footsteps pacing back and forth. We stopped and tried to figure out what the noise could be. We were Marines and were prepared for whatever may come. We're BAD, or at least we thought we were.

Suddenly, to my surprise, the Marine with me burst through the hatch yelling, "AAHHRR." Blindly I followed behind. We looked in utter amazement as we stood in the doorway looking at nothing. We even looked for footprints in the snow. I walked to the edge of the ramparts, and waved to Post 1 sentry to give him a little reassurance. Feeling silly not finding anything we went down the stairs and closed the hatch, and heard the steps again. Our stomachs dropped. We called the Guard Shack, and told the COG, "the noise is still going on, but there's nothing there!" The Post 1 sentry had called the Guard house to tell the COG that he could see it again.

Determined to find out what it was, the Sergeant of the Guard went down to Post 1 with his radio, so he could give us the signal when to burst through the hatch. It sounded like the perfect plan to him, but he forgot about us sitting in that dark hallway; all kinds of thoughts were going through our heads. After some of the stories I had heard, I was ready to leave... fast.

We were asking ourselves, "How could a man get down before we burst through the hatch the first time?" Then all of a sudden over the radio we could hear, the dreaded words, "Stand by, I can see him," exclaimed the SOG. Once again we swallowed our fear, and burst through the hatch. Nothing. That was all the Post 3 sentry could take, all I can remember is seeing him running down the stairs screaming, as he went down the hallway. Finding myself alone, my feet did my thinking for me. When I reached the Guard house, the Post 3 sentry was already in the React-room, babbling incoherently. Finally we calmed down, and explained exactly what happened to the SOG about the footsteps. We heard a lot of jokes that night, but no one wanted to check it out for themselves. As I tried to relax in my rack in the React-room, I thought to myself, "My tour of duty was nothing compared to the sentry walking post on the ramparts."



War Stories

(Editor's Note: It has been ten years since the end of Marine involvement in Vietnam. During the many years that Marines were "in country" a lot of incidents occurred. Some heroic, some terrifying, some humorous, and some unbelievable. The PIR is introducing a new column to its present repertoire which will be concerning "War stories," that will deal with these incidents. We would like those readers who have served in Vietnam, or for that matter, anyone involved in the Mayaguez, Beirut, or Grenada operations to feel free to contribute to this column. We are looking for short stories, and they don't have to deal with what happened to you or your friends. They can be stories you've heard over the years, or something that you had the occasion to experience while involved in a certain operation. Our only restriction is that the stories be kept to a moderate length. Our objective is to inform the young Marines that haven't been involved in basic "war-time" operations or other tactics, what it's really like to serve in "Combat."

"One-zero, one-zero, this is One-zero Papa, over!" "One-zero Papa, this is One-zero! What's going on out there?!"

"Be advised, one silent prowler (Marine) has been hit! MEDEVAC number PLG 9615. Request fire mission Bravo, that's Bravo! Request emergency MEDEVAC!"

"One-zero Papa, who's been hit?! Who sprang tha Ambush?!"

"One-zero, one-zero, this is One-zero Papa. Request fire mission 'Bravo' immediately!!! Silk panties (VietCong) are headed for the treeline in Bravo grid!"

"Gene!!" Who the hell got hit?!"

"Me!!! Fire the damn arty!!!"

"We're on our way, so's the mission, get your heads down!"

He laid in the dry rice patty, spitting sand out of his mouth from when he landed broken and bleeding. Illumination lit up the area enough to let him see his shattered left arm laying across his chest. There was no pain. In fact he didn't feel anything.

As he listened to the fire mission crash into the treeline, he wondered if his arm was just hanging on by a couple of muscles and tendons.

"See if you can move your fingers." he said out loud to himself. As his fingers barely moved in the sand he howled, "It still works!"

After about ten minutes, the shooting stopped and "Russian" came running over to see how Gene was. At the same time the rest of the squad showed up with 15 PF's (Popular Forces).

"How you doing Gene?" Doc asked. "Looks like you've got yourself a million dollar wound here. 'You'll be going home!"

"I don't want to go home, Doc. I want to finish my tour. Can't I just go back to the rear for a month or two and then come back?"

"Do you believe this guy!" hooted Cowboy, the squad leader. "He doesn't want to leave us. I'll tell ya' what. I'll go stateside; and you can stay here and try to teach these people how to defend their ville."

"Hey Cowboy! We got three of them right at the treeline." howled Russian. "Looks like there was about ten waiting for the guys we were fighting with."

"Doc, you think Gene can walk." asked Cowboy. "The chopper won't land here, we'll have to move over to the road."

"Yah, I think so. The arms in shock. That's why he doesn't have any pain. He's lost about three pints of blood, but I think I got it stopped."

"Doc," Gene asked. "Did anyone else get hit?" "No, just you."

It took more than an hour to get to the road, crossing three rice patties; watching for "silk panties" to come back since they didn't get what they came after...food.

The arm wasn't hurting at all, but a quizzzy stomach and lightheadedness had set in.

The chopper landed as the Marines were clearing the last patty dike.

"Where's the MEDEVAC!" the gunner shouted. "Right here!" Gene howled in return.

"You ain't no emergency MEDEVAC!" he yelled over the rotar noise. "Who called in an emergency MEDEVAC?!"

All eyes turned to Gene. "Hey man, come on, I didn't know how bad it was. I thought I was bleeding to death." Gene tried to explain as they all clustered around the bird so they could hear.

Suddenly the earth erupted as mortar rounds impacted on the road in front of the chopper.

AK-47 rounds tore up the ground around the scattering Marines as a round ripped into Gene's side knocking him sideways into the helicopter door.

Now you're an emergency MEDEVAC," the gunner said as he grabbed Gene and pulled him the rest of the way in as the chopper lifted off.

Let's Get Physical

By SSgt Kent Ashcraft

Last Spring a major fast-food chain used the question "Where's the Beef?" to help sell several million hamburgers. The implication was that more beef in a meal makes a better meal, which is obviously solid reasoning to many Americans. After all, if there is any food more American than apple pie, it is beef - the very word implies strength and ruggedness. You'll notice they don't call Rick Mahorn and Jeff Ruland the "Spaghetti Brothers."

But lately the vast body of nutritional research done over the past decade or so has become conclusive on several points, and one of them is this: Americans, as a group, consume more protein than they need, and much too much fat. Government studies, which tend to be conservative, have nevertheless reported a direct link between high fat intake and cardiovascular disease, as well as certain cancers. And while excessive protein is not as dangerous, it does leave numerous waste products in the system that can hinder athletic performance (as Dr. Haas points out in his best-selling *EAT TO WIN*), and possibly damage the kidneys. The high-octane fuel of choice for the body, it seems, is complex carbohydrate (starch), which is found in the humblest but most plentiful foods - bread, potatoes, macaroni, etc.

Beef isn't the only culprit, of course. I have had friends proudly announce they have "given up red meat," only to sit down to a huge platter of fried fish smothered in tartar sauce, or hit one of the local chicken restaurants for an Extra Crispy Dinner (which is also one of the saltiest meals around). Beef does have a place in an "ideal" diet, but the key is to eat less of it, and less of other protein foods as well.

Those who dine in the chow hall, of course, have these decisions made for them, for the most part, and many will be surprised to realize how nutritionally balanced their meals really are (the next time

you hear someone complain about the meat deficit and the potato surplus, point this out to him/her). But those of us who take our meals elsewhere have much more opportunity to eat ourselves into early graves, and need to be critical and skeptical of what is put before us as "good eating." In a future column I plan to do a nutritional analysis of a typical chow hall meal, comparing it to a dinner from one of Washington's most expensive restaurants. The results should be interesting.

High-carbohydrate eating was once thought to be a behavior unique to marathon runners, but it would seem now that it is the best idea for just about everyone. If one can get past the notion that a more expensive food is a better one, the benefits are numerous, not only in the long term, but in how you feel today. Perhaps the advertising slogan of tomorrow will be "Where's the bun?"

Calendar Honors Marines Service

(MCNEWS) The Chester County Detachment of the Marine Corps League, West Chester, Pa., is publishing a calendar honoring all Marines who served the United States from 1965-1975.

The historical calendar, "The Years 1965-1975," is the second in a series of seven depicting the life and times of the U.S. Marines.

The calendar provides factual details about Marines in Vietnam, complete with maps and accounts of operations describing their missions. More than 447 major Marine Corps events are listed, including Marine aviation activities, Medal of Honor recipients and over 50 combat art sketches.

The Chester County Detachment was established in the early 1950's as part of the Marine Corps League, a nationwide nonprofit organization which operates in support of the extended Marine Corps Family.

Persons interested in a copy of the Marine Corps History Calendar should contact the Chester County Detachment, P.O. Box 143, West Chester, Pennsylvania. 19380.

MCI News Briefs

Organizational Changes at MCI

There have been some name changes and consolidations at MCI during the last month.

Professional Military Education Department is now the Professional Development and Education Department.

Military Occupational Specialty Training Department is now the Specialized Skills Training Department.

Multimedia Department has been consolidated with the Special Programs Department.

The name changes were made to reflect current Marine Corps Terminology. The consolidation was made to effectively employ personnel records.

Enlisted Promotion Handbook

The Enlisted Promotion Handbook's are here and each company should have received their copies. The books were issued according to each unit, company level or command's T/O. Each new recruit who graduates from recruit training will receive one of these books and should arrive at your command with one. For Marines who have not received a copy or wish to receive a copy the Recruit Depot "pipeline" will be the primary means of supplying enlisted Marines with copies of this valuable handbook. Call MCI's company office at 3-2632 or 2671 for additional information.

TEC Lessons Ready

Another 15 Essential Subjects TEC Lessons have been shipped from Tobyhanna, Pa., to your TAVSC. There are now a total of 32 out of 56 lessons available for checkout at your local TAVSC. Visit or call your local TAVSC today. For further information on the Essential Subjects TEC Lessons, contact Mr. E.A. Forman, Education Specialist at AUTO-VON 288-4424/5 or Com (202) 433-4424/5.

Need Answer Sheets ?

If you need answer sheets for a student who has lost them or cannot locate the ones provided by MCI, DO NOT use another student's answer sheet. You MUST request duplicate answer sheets on the UAR or by letter, to receive the pre-printed ones provided by MCI.

Career Marines need only apply

White House Fellowship Program

(MCNEWS) If you're a highly motivated and talented career Marine with a demonstrated capacity for leadership, you may apply for the White House Fellowship Program.

The program was established in 1964 to provide a highly select group of gifted, motivated young Americans the experience of direct and personal involvement in the process of governing our nation. Fellows are assigned to the staff of the White House, vice-president, cabinet, or other top levels in the executive branch. Individuals selected for the program will serve one year terms.

Marines, officer or enlisted, applying for the program must be career oriented. Marine Corps Order 1300.8M defines career Marines as "captains and above, warrant officers, limited duty officers and enlisted Marines with four or more years of duty completed. Additionally, Marines must have demonstrated unusual ability, high moral character, outstanding motivation and a broad capacity for leadership. They must show exceptional promise for future development and be dedicated to the institutions of the United States.

Application forms are available in the Barracks Education office, or can be obtained from the personnel in the office.

Completed applications must be submitted directly to the President's Commission on White House Fellows and be postmarked no later than Dec. 1, 1984. Those submitting applications must also forward to HQMC an agreement to remain on active duty for two years after completion of the program. An agreement form is provided with each application.

For further information Marine Corps Order 1300.8M or ALMAR 165/84 can be reviewed.

BARRACKS BULLETIN BOARD

Uniform Prices for FY '85

(MCNEWS) Proposed uniform prices for Fiscal Year 1985 are good news for Marines needing to replenish their seabags.

Beginning Oct. 1, cash sales customers will see a drop in prices for most uniform articles, while those few items which increase in price, will do so only moderately.

Here are the proposed prices for Fiscal Year 1985, shown in comparison to current costs. The numbers in parentheses represent the quantity of the uniform item each Marine is required to maintain.

Male Marines

Article	Pro. FY 85	FY 84
Bag, Duffel(1)	\$12.83	\$14.06
Belt, Trousers,web(2)	.96	.94
Boot, Combat(2 pr.)	\$22.91	\$26.04
Buckle f/belt(coat)(1)	.45	.49
Buckle f/belt,(web)(2)	.76	.84
Cap,camouflage(3)	\$2.65	\$2.80
Cap,Garrison(p/w)(2)	\$3.37	\$3.59
Cap,Garrison(w/serge)(1)	\$3.37	\$3.59
Clasp, necktie(1)	\$1.47	\$1.58
Coat,all-weather(1)	\$47.69	\$54.49
Coat, poly/wool(1)	\$50.88	\$57.48
Coat,wool,serge(1)	\$62.43	\$68.65
Coat,camouflage(4)	\$12.37	\$14.75
Drawers,cotton,white(6pr)	\$1.00	\$1.14
Gloves,leather,black(1pr)	\$10.02	\$13.24
Insignia,Bofs,collar(1pr)	.89	.93
Insignia,Bofs,collar,L(1)	.46	.48
Necktie,khaki(2)	\$1.13	\$1.84
Scarf,wool(1)	\$4.92	\$5.08
Shirt,p/cotton,long(3)	\$9.32	\$7.63
Shirt,p/cotton,1/4len.(3)	\$7.51	\$6.24
Shoes,dress(1pr.)	\$15.23	\$17.94
Socks,w/cus.sole(4pr)	\$1.26	\$1.38
Socks,black(4pr.)	.56	.62
Trousers,camouflage(4)	\$15.44	\$16.30
Trousers,poly/wool(2)	\$17.57	\$19.03
Trousers,wool,serge(2)	\$24.60	\$25.11
Undershirt,cotton,white(3)	\$1.55	\$1.57
Undershirt,cotton,olive green(3)	\$2.66	.00
USMC Decal(4)	.04	.04

Women Marines

Article	Pro. FY 85	FY 84
Bag,Duffel(1)	\$12.83	\$14.06
Belt, Trousers,web(2)	.96	.94
Boot,Combat(1pr.)	\$22.91	\$26.04
Buckle,f/belt,web(1)	.76	.84
Cap,Garrison,p/w(1)	\$3.53	\$7.07
Cap,Garrison,w/serge(1)	\$3.53	\$7.07
Cap,camouflage(2)	\$2.65	\$2.80
Cap,Service(1)	\$21.45	\$22.66
Coat,all-weather(1)	\$57.60	\$49.75
Coat,poly/wool(1)	\$42.33	\$44.91
Coat,wool/serge(1)	\$51.02	\$67.50
Coat,camouflage(3)	\$12.37	\$14.75
Cloves,cloth,black	\$ 3.10	\$ 2.92
Handbag,black(1)	\$11.81	\$12.33
Havelock,plastic(1)	\$ 8.54	\$11.30
Insignia,bofs,cp,post	\$.48	\$.51
Insignia,bofs,collar	\$.89	\$.93
Insignia,bofs,cl,left	\$.46	\$.48
Necktab, green(2)	\$ 2.91	\$ 3.07
Scarf,wool (1)	\$ 4.92	\$ 5.08
Shirt,poly/cotton,long	\$ 9.58	\$ 9.68
Shirt,ply,cotton,short	\$ 8.98	\$11.12
Shoe,dress,oxford	\$ 14.06	\$16.02
Shoe,dress, pumps	\$ 27.01	\$25.75
Skirt,ply/wool	\$13.24	\$12.75
Skirt,wool,serge	\$14.98	\$16.08
Slacks,poly/wool	\$14.68	\$15.05
Slacks,wool,serge	\$22.60	\$20.41
Socks,w/cushion sole	\$ 1.26	\$ 1.38
Trousers,camouflage	\$15.44	\$16.30

MARINE CORPS INSTITUTE

LCpl J.K. Huey(Joins)
 LCpl M.W. Matthews(Joins)
 LCpl S.A. Carradine(Joins)
 Cpl J.C. Hayes(Joins)
 Cpl S. Miller(Joins)
 GySgt T.J. Schultz(Joins)
 MSgt R. Hernandez(Joins)

MERITORIOUS MASTS

LCpl E.L. Russell
 Lcpl T.A. Pegues
 LCpl P.A. Burkhardt
 LCpl D.R. Glass
 LCpl L.E. Brooks
 Cpl T. Romero

LTR OF APPRECIATION/COMMENDATION

LCpl E. Brooks



...The Day After...