

Pass in Review

Serving Marines at the oldest post of the Corps

September 1985





ABOUT THE COVERS



FRONT - The Battle Color Detachment made its yearly meeting with the Old Fort Henry Guard in Kingston, Ontario, Canada. The two units combined for two spectacular performances. Here the Fort Henry Guard Fife and Drum Corps show their stuff. (photo by Sgt. C.D. Chambers).



BACK - The Armstrong Gun competition was a highlight of the sporting events at Fort Henry. Our Marines gave the Canadians a tough battle, but were edged out at the end. (photo by Sgt. C.D. Chambers).

INSIDE - The lights were finally turned off Sept. 6 at the end of the last Friday Evening Parade. But, it's been a job well done by the light crew from the Maintenance Section of the Barracks. Here Sgt. Rusty Miller aims in during phase II. (photo by Cpl. Donald Tasse).

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Pass in Review

Marine Barracks Wash., D.C.

Vol. 5, No. 9 September 1985

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After almost three years of service with Marines at 8th and I, Father Peachey will make his way back to the Navy. However, he leaves behind many one-line memories.

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TAPS. "It rolls down the curtain on the soldier's day, and upon the soldier's life." TAPS, the history.

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The rifle inspectors of the Silent Drill Platoon have had a long, but enjoyable parade season. For both of them it all started two years ago.

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Commander's View



The 1985 Parade Season is now complete. It was a good season and thousands of our guests were thrilled with what they saw and heard.

Now we move into a slightly different phase with training moving to the forefront. Other missions will take priority for awhile.

Our screening teams will start in September and many new names will start to appear. They, like you, are Marines and are eager to do well. Help them. We will join about 130 new Marines for the marching units. They are Marines and should be met with open arms. More on that as the time approaches. For those of you who will be transferred to the FMF, you will face a different challenge. Field training and deployments to such places as the Mediteranean, Carribbean, Cuba, Panama, Norway, Germany, Okinawa and Korea are all possibilities. They are adventurous and a lot of fun if you allow them to be. Insure that you have all of your clothing and that it's in good shape. If at all possible, report to your new command *during duty hours* so that you may be properly met.

Unlike last year, we will not be tasked with ceremonies for the 40th Anniversary of the end of WWII. That means that our leave period will flow smoothly. Even though that is true, I am sure that there will be unexpected ceremonies for one reason or another.

The new school year is ready to get underway. With all the fantastic resources in the area it is criminal not to take advantage of them. The Corps will pay 75-90% of the tuition. See the Education Officer and take advantage of it.

Semper Fi
Col. D. J. Myers
Commanding Officer

The Sergeant Major



The 1985 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 SNCOs 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 is mature, disciplined, motivated second and third 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 and I" will be in your record book. Never lose the esprit de corps that you have developed here.

Viewpoint

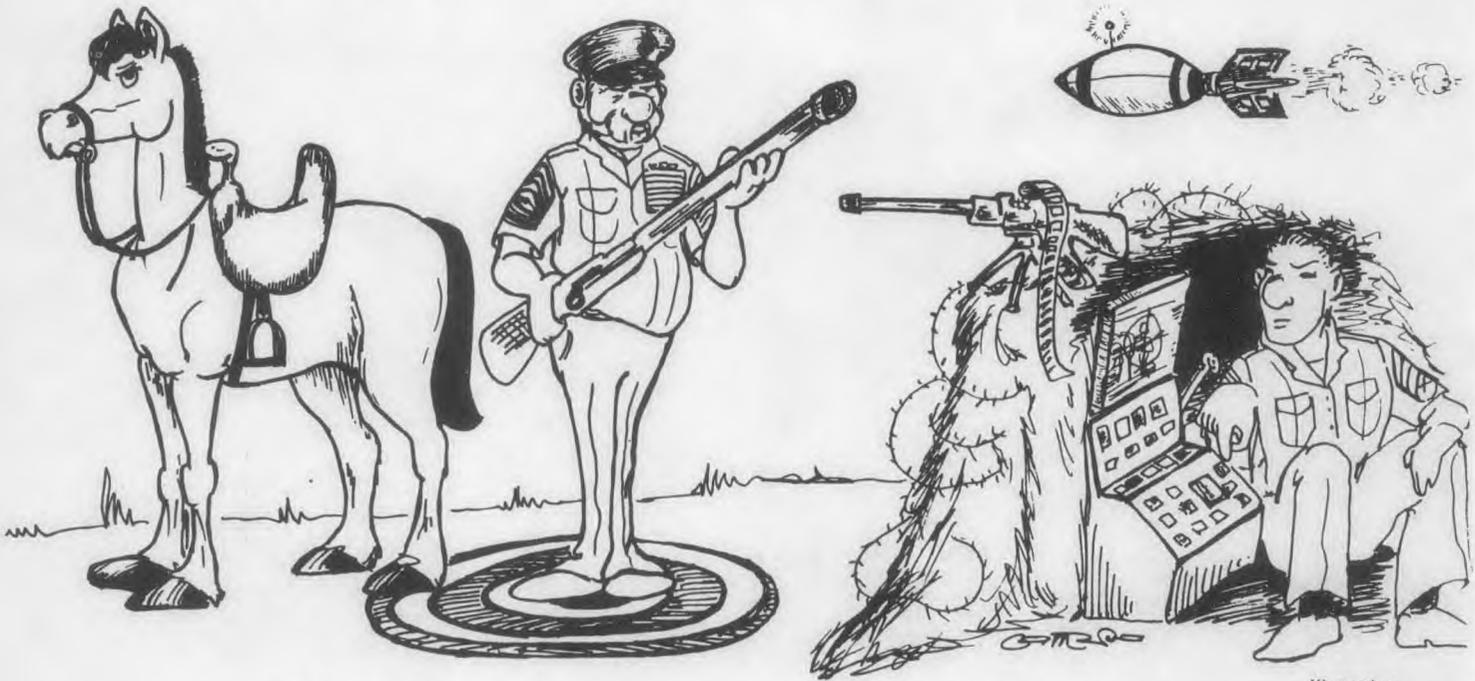


Illustration-
Pfc. Amy Wong

Showdown at the OK Corral

All Marines who have had the opportunity to lead have, as followers, decided how they would when their time came to do it. I'm no different.

I've seen leaders both good and bad. I've seen followers intelligently follow and blindly follow with indifference. Being stationed at one place for most of one's career certainly has its disadvantages in regards to developing leadership techniques. On the other hand, probably the biggest advantage is that you get a good view of a number of your contemporaries operating under similar circumstances.

Eleven parade seasons ago, the art of leadership was not one of my primary concerns. My role as follower was my area of responsibility. That role as it related to the Marine Corps was by no means misunderstood. Quite honestly, it was considerably effortless for me and my contemporaries to follow. We were told to do and we did. However stifling to my individuality or creativity I found direct reasoning, it was the norm to react instead of act. Admittedly, however, the mission did get accomplished and the quality was just as good as it is today.

There was a lot of "they and them" eleven years ago.

Today, I'm one of "they or them." It still takes good sound direction and moral integrity to lead Marines, but "Do as I say when I say" is not enough for the young Marines today. Because of increased intelligence and either good or poor common sense, leaders are being challenged. We're being challenged in such a way that would have merited a sincere baptizing of the brain-housing group as recently as a few years ago.

Authoritative leadership is the easiest alternative. We've seen that type of leadership ever since the Marine Corps became the Marine Corps. I'm not suggesting we replace it, but in dealing with long term problems, we do need to modify it somewhat.

As leaders, we must accept that the day of the faster gun is here. We are often faced with worthwhile ideas and suggestions from our subordinates which, if accepted could actually make the whole thing run better. The challenge is not from your Quick-Draw but of our responsibility to educate ourselves to a higher degree. We have to mold and lead the young Marines today with positive enthusiasm. If not, we could find ourselves on the defensive; holding the slower gun in a shootout at the O.K. Corral.

by SSgt. Charles Marvray

I'm not a DOC

Through my years of military service, I have often heard Navy personnel make the exclamation "Marines are dumb." By having been a former Marine, I know this to be totally false. I know by experience that at times Marines will do stange things, but that's part of the legacy of being a Marine. Dumb...no way! Well, maybe in one small area.

For some unknown reason Marines seem to think that if a person walking past them is wearing a Navy uniform he or she must be a "Doc." Docs as they are commonly referred to are known officially as "Hospital Corpsmen." The Marine Corps and Navy commonly use acronyms to shorten the length of commonly used military words.

The Navy and the Marine Corps have a myriad of different MOSs. Both have their own admin clerks, their

own motor transport personnel. The Marine Corps and Navy work together, but we are separate; the same goes for Navy MOSs. For example: a few weeks ago on Friday the blinds in the Dental Office were not properly turned. The guard went to the Chaplain's office to ask for the key. The Chaplain in return replied, "Why would I have the key to the Dental Office." The guard then said, "well sir, you're in the Navy and the Dentist is in the Navy, so that means you have a key." That's like saying the OOD of Marines Barracks has the keys to the Quantico BEQs by virtue of being in the same branch of the service. The same goes with the MOSs. Just because I'm in the Navy, doesn't mean I'm a Doc.

One thing that you should know is that most Navy people think all Marines are "grunts." I guess both sides need a little work.

by RP2 Harry Wilson

Barracks Talk

How do you feel about mandatory testing for AIDs?



I think testing for aids in the military is fine. But, what will the military do afterwards.

Cpl. M.K. Craven
Adj Sec



With the large amount of people coming into the military, I think it's a good idea.

LCpl. T. Young
Guard Sec



I think it's a good idea because I don't want to get it.

LCpl. D.A. Gaeta
HQSVC Co



I agree with it because it can keep the homosexuals out of the military.

LCpl. R.H. Fargo
DinFac



photo by Sgt. C.D. Chambers

Pass in Review

FATHER PEACHEY DEPARTS

But his one-liners remain: "My goodness me..."
"It's a great thing..."

by SSgt. Eric Stradford

It's very seldom, if ever, you hear a negative word about Lt. Cmdr. Charles Humphrey Leavitt Jr. In fact, you seldom hear anything about him. Now, 8th and I Marines will be hearing even less because there's a new chaplain aboard and the man we knew as "Father Peachey" is back with the Navy.

Chaplain Charles Marvin arrived last month from Guam. He replaces Chaplain Leavitt, who is now in Newport Rhode Island sharpening his trade before an assignment at sea. Chaplain Leavitt leaves the Marines of 8th and I many memories. He'll probably be remembered least for his ceremonial abilities. He may be remembered somewhat for the compassion and confidentiality usually associated with chaplains. But, he'll probably be remembered most here for his motivating one-liners which Barracks Marines have identified with and have even attempted to imitate.

"Landsakes my friend," is one widely quoted expression. About the most remembered greeting is, "You're really peachey." There are more than just a few Marines here who have in some way been touched by Leavitt. There are as many who will willingly offer their own impersonation. With a slight Georgia drawl, the applicable anecdote is rattled off with amazing likeness to Leavitt himself. "My goodness me...It's a great thing...I couldn't hold a candle to ya..." The list goes on although Leavitt



Leavitt has transferred, the one-liners remain.

The Georgia drawl which accompanies the impersonations is somewhat mis-leading. Although Leavitt claimed to be "just a country preacher," he hails from Norfolk, Va. He's a third generation Navy man, and his only ties with the "Peach" state are a few years spent at his grandparents and a two-year hitch at Emory University in Atlanta.

The 36-year-old country preacher turned Navy Reserve in 1973. He earlier graduated Phi Beta Kappa from Randolph Macon College in Ashland Va. In addition, his studies earned him a Masters of Divinity degree from Emory U's Candler School of Theology in 1974.

It's easy to forget or overlook Leavitt's accomplishments when talking with him. It's even easier to think of him as just the country preacher he says he is. "He's a pretty good dude,"

said LCpl. Kevin Embry, A Co. Sgt. Joseph Capua, Color Sergeant of the Marine Corps agreed. "You're really comfortable talking with him," said Capua. "It's not like talking to an officer or something, he's real people."

RP2 Harry Wilson, chaplain's assistant is "so sharp he could split frog hair," according to one of Leavitt's anecdotes. Wilson, who worked closer to Leavitt than most, described him as a demanding boss. "He always demanded quality work," said Wilson. "Working with him was different from working with chaplains at other assignments, but then, I guess you have to realize where you are. And when you're at 8th and I, you tend to do things differently."

Now that the Barracks' own Father Peachey has returned to duty with the Navy, a summation of his tour with the Corps at the "oldest post of Corps" seemed to flow a little easier. He does it in one word; "Unique," but did add one parable. "America needs her Navy to be strong at sea. She needs her Air Force to be strong in the air. She needs her Army to be strong on land. And America needs the Marines Corps because she needs something to believe in." Although the quote was not a Father Peachey original, it characterized his humble thought, "I couldn't hold a candle to ya." But of course for the 8th and I Marines of this day, he already has.

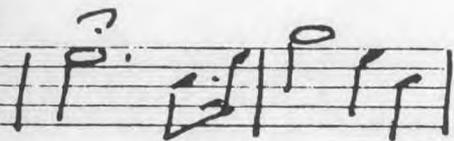


photo by Sgt. C.D. Chambers

Normally, he would have been honored by having his own squad fire three rifle volleys over his grave. However, the Army of the Potomac was surrounded. Fearing that rifle volleys might provoke new fighting by the rebels, Capt. John D. Tidball, the Battery A commander, told the bugler, "Just sound Taps." This was the first use of the call at a military funeral.

Taps followed Butterfield to his new commands: To Fort Monroe (the first military post to hear its mournful wail), to the Army of Northern Virginia, to the Army of Cumberland, to the Armies of the West (Chattanooga), to Gettysburg, and finally on Sherman's March to the Sea. It has been said that the Confederates also adopted Taps, using it at the burial of Gen. "Stonewall" Jackson in 1863.

Taps was officially adopted by the Army in 1874. By 1900, all U.S. military services were using Taps and France even adopted the American call during WWI.

At the end of World War I, Gen John J. Pershing called in Hartley B. Edwards, an American soldier, to sound the final Taps.

It was eleven o'clock in the morning," Edwards later recalled. "I stalled a minute, and then I played it, still not knowing why. Then some Frenchmen came rushing in saying 'Fini la guerre' and I understood the armistice had been signed."

Edwards' bugle, which may have cost the government \$5 in 1918 when

he took it to war, is now in the Smithsonian Institution.

As for Butterfield, he was severely wounded at Gettysburg by the heavy cannonade that preceded Pickett's charge, but he did not retire from active field service until he fell a victim to fever during Sherman's March to the Sea.

After his distinguished military career, Butterfield resigned from the Army in 1870 to serve in the Treasury Department under President Grant. Butterfield later became a prominent

banker, shipper, real estate operator and merchant. When old age forced him to seek a less active life, he retired to "Cragside," his country home at Cold Spring, N.Y., overlooking the Hudson River. In the evening, he could hear the West Point bugler just across the river sound taps.

Butterfield died in 1901 and was buried in the cemetery of the U.S. Military Academy at West Point with full military honors...and to that saddest song of all, his beloved Taps.

Rifle Inspectors of the



Cpl. Brad Compton, SDP rifle inspector, walks the "long line" in Old Fort Henry, Canada.

SILENT DRILL PLATOON

story and photos

by Sgt. C.D. Chambers

It's Friday at the "oldest post of the Corps," 9:25 p.m. to be exact. The stage has been set. Eighth and I's ceremonial marching companies have captured the attention of some 4,500 spectators with crisp drill movements. And, without exception, the Marine Corps Drum and Bugle Corps along with the "President's Own" Marine Band has left the crowd in awe with their sound off performance.

Now, through the humid Washington, summer-air, the Barracks voice of Sgt. John Barboza sounds: "The Marines in the spotlight perform before thousands of spectators annually. The M-1 rifles they carry with fixed bayonets are standard for all our ceremonial platoons and are fully operational. The platoon executes its drill sequence without verbal commands. Ladies and gentlemen, Marine Barracks, Washington, D.C. proudly presents the United States Marine Corps Silent Drill Platoon."

As the spectators applaud in anticipation, 1st Lt. Robert C. Murtha readies himself to step off and take his place next to the parade commander. As the lieutenant steps forward the crowd quiets. His third step is the signal for what SDP Marines refer to as "stepping off the boards."

For the next 10 minutes the crowd watches in silence, only to applaud after a spectacular drill movement or fancy rifle throw.

Cpl. Brad Compton of Freemont Calif., and one of two rifle inspectors for the platoon, explained each drill



Cpl. Chris Boyd, SDP rifle inspector, performs the double rifle inspection with two of his Marines.

movement, from the diamond to the 2/12 under arms secure to the 4/6 meat-grinder. Most of these terms are Greek to the average person or even most Marines, but they're like gospel to those in SDP.

Counterpart to Compton is Cpl. Chris Boyd of Forestville Calif. He agrees that being a rifle inspector in SDP is a fun and enjoyable job, especially now since both are comfortable and feel sure of themselves. The two-year veterans of SDP commented however, that going into every performance is a nerve racking ordeal. "We've even gotten superstitious about it," said Compton. "We try to go through the same routine the day of a performance as we did the performance before."

A bad throw or dropped rifle isn't an everyday or even every month occurrence for Marines in SDP. "But, when it happens," said Compton, "it's the ultimate in embarrassment. You feel like just walking off the parade deck."

To keep those kinds of things from happening, the platoon practices about 10-15 hours a week. They practice even more than that during the early part of the season. And, that

"We've gotten superstitious about it. We try to go through the same routine."

practice doesn't include the regular battalion drill either.

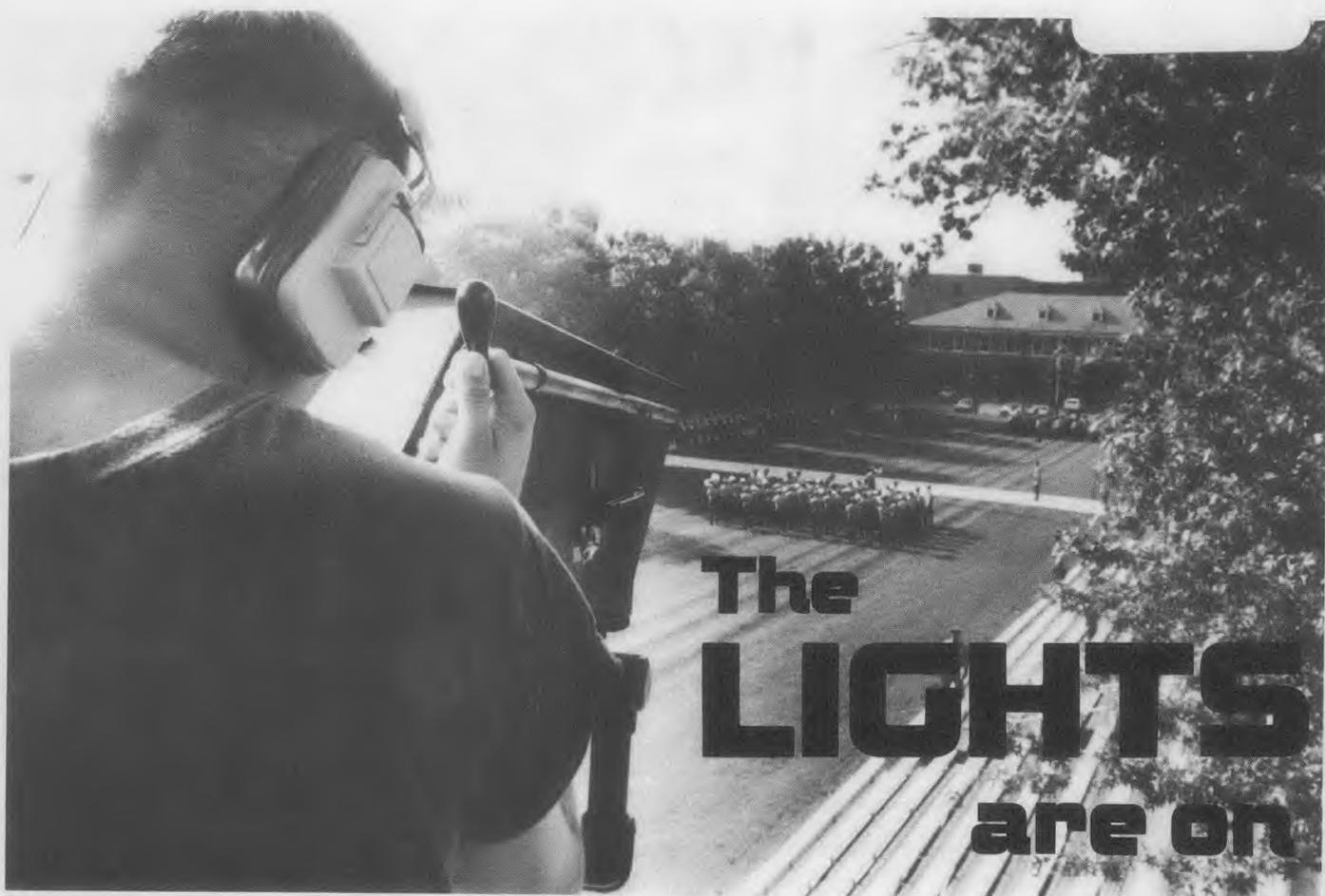
"The best feeling in the world is getting to the end of the inspection line without any mistakes," said Compton. "What really makes the difference is the crowd," said Boyd. "If you have a poor crowd, you drill. If you have a good crowd you perform. I think what makes this job really motivating is one of the first performances we do in Dallas Texas. It's hard work because we do three performances a day, but it's nice because the crowd really likes us."

Boyd prefers performing under the lights. "We seem to perform the best at night when the lights are on us. I think it's just because we look better and feel better at night. We're always tighter at the Friday Evening Parade than out at the Iwo Jima War Memorial on Tuesday," he explained.

Both inspectors have been in the Marine Corps about three years and both graduated recruit training from Marine Corps Recruit Depot, San Diego. "When I was in boot camp I watched the films of SDP. I thought they were like movie stars or something," said Compton. Boyd felt the same way when he was in recruit training, but they told him he was too short at 5-feet, 11.

Tall enough or not, Boyd and Compton made the team. Every Friday and Tuesday throughout the summer they have for about five minutes, more than 4,000 pairs of eyes on them and every movement they make.

Next time on Friday or Tuesday, when the announcer says, "The Marines in the spotlight perform before thousands of spectators annually..." look around at the crowd and watch for a few seconds at the expression on their faces when one of the inspectors flips a rifle or places a fallen cover on a Marine's head. That expression will tell you why the parades are special and why we have the Marines Corps Silent Drill Platoon.



Sgt. Rusty Miller, alternate on the North light, practices during phase II.

photo by Cpl. Donald Tasse

Sgt. Maurice Colbert, alternate on the south tower, aims in during a practice session.

photo by Sgt. C.D. Chambers





Sgt. Daryl Moore, director, listens for the ques.

photo by Sgt. C.D. Chambers

by Sgt. C.D. Chambers

LIGHTS, CAMERA, ACTION!

While the "Commandant's Own" Marine Corps Drum and Bugle Corps, the "President's Own" Marine Band and the ceremonial companies of 8th and I supply the action, Marines from the Maintenance Section of the S-4 here supply the light.

The job of these Marines is to be seen, but not really be seen. In other words, the highlight the performance without any spectators really knowing they're in the light towers at each end of the parade deck.

According to Sgt. Daryl Moore, director and four-year veteran of the light crew, his team arrives at 7:45 p.m. Friday. This is to make sure all equipment is working, such as insuring the spotlights are focused and operational and to make sure the headsets work also so the crew can hear their ques.

Other than just running the lights, the crew also has to keep a watchful eye for problems with the parade. "It's our responsibility to

"We really have to be on our toes. You have to be right on the money with these lights."

relay when a Marine falls out because of the heat, or relay when a bayonet or cover happens to get knocked off," Moore explained. "Then the supernumeraries can take care of the problem."

Besides all that, running the lights here isn't just a matter of switching them on and off. Since they are on a swivel, the crew has to hold them very steady. "It's very noticeable to the crowd if the lights are bouncing around. The slightest bit of breathing will make them move," said Moore. "Cpl. (Charles) Martin and Sgt. (Andrew) Champion, in the

towers, and LCpl. (Aaron) Vincelette, on the dimmers, have done an excellent job," he added.

Precision is the key to the light crew. According to Moore, certain gestures or words is their cue to turn the spot on. For example, the word "ceremonial" from the Barracks voice is the key word for the light to hit the bell ringer. The Drum Major's arm swing is the signal to spotlight the lowering of the colors.

"We really have to be on our toes," said Moore. "You have to be right on the money with these lights. Like for instance, we have to switch over during sound-off when D&B and the Band march back and fourth. Centerwalk is where we switch and it has to be right on," he explained.

Running the lights Friday after Friday tends to get tiresome for the crew, Moore said. "It get's old, mainly because you know you have to be there. But, what really makes it all worthwhile is when the parade is all over. The crowd, not knowing we were even up there, let's us know what kind of job we did."

BATTLE COLOR DETACHMENT

to Canada

story and photos
by Sgt. C.D. Chambers

The Battle Color Detachment from the "oldest post" had its annual meeting with the Old Fort Henry Guard Aug. 24-28 at Kingston, Ontario, Canada.

The two units have been meeting since 1954 and this year's ceremonies and events were no different than in the past.

The Color Guard, Silent Drill Platoon and Drum and Bugle Corps combined with the Old Guard to put on two spectacular night performances before thousands of spectators.

D&B had a little performance of their own as they thrilled many with a concert in downtown Kingston.

For both units off-the-deck activities were as spectacular as the ceremonies. The Marines managed to win the softball game, but were buried in soccer and volleyball. Marines from the Color Guard and D&B made a strong showing in the Armstrong Gun competition, but were edged out because of safety violations in the third and final cannon firing.

The Guard was a fine host as always. Every night, after long days of rehearsals, performances and stiff sporting competition, they had festive celebrations arranged for the Marines. Even though rain came close to stalling the ceremonies and a few events, it never dampened the spirits and friendship the units have had since the tradition was established.

The Fort Henry Guard anticipated a struggle, but soon accepted the Battle Color Detachment on peaceful grounds.





Cpl. David Sweetland, of SDP, throws another strike during the softball game.



While softball was the Marines forte, soccer, volleyball and the cannon competition were not. Here Cpls. Brad Compton and Chris Boyd chase a guardsman down the field.



LCpl. Robert F. Jones, of D&B, reaches for an outside pitch during a softball game against the Fort Henry Guard in Canada. It was one of very few mistakes the Marines made in softball as they defeated the Guard.

SRBs restricted until Oct. 1

(HQMC) - Marines considering reenlisting early to take advantage of Selective Reenlistment Bonuses (SRBs) may find themselves waiting out their enlistments to become eligible for these incentives.

As stated in ALMAR 154/85 (CMC Message 171859Z JUL 85), effective immediately, Marines whose enlistments terminate after Sept. 30, 1985, and who would otherwise be entitled to an SRB, will not be allowed to reenlist for a bonus until Oct. 1

Unforeseen expenditures in the enlisted pay account have caused HQMC officials to temporarily restrict SRBs to those Marines whose EAS occurs in FY85. Previously, Marines who were eligible to reenlist for bonuses could do so up to one year prior to their EAS. Thus, restricting SRBs temporarily will save the Marine Corps approximately \$2.7 mil-

lion during this fiscal year.

Continued success in maintaining a quality enlisted force through SRBs and increased pay and allowances has made Marines confident that the Corps truly does "take care of its own." What some may not realize is that these benefits come directly from the enlisted pay account.

According to manpower officials, Marines are taking advantage of longer enlistment contracts that include accelerated promotions and bonuses. These expensive incentives have already encouraged 3,193 Marines to enlist for six year contracts as of June 1985. This figure is expected to exceed 5,000 by the end of the fiscal year.

"Many of the things we have been striving for in developing a quality Marine Corps are falling into place earlier than expected. Our quality

force is also costing us more money," explained BGen. Gail M. Reals, Director, Manpower, Plans and Policy Division, HQMC.

The Commandant of the Marine Corps has also requested the internal reprogramming of approximately \$20 million, less than one half of one percent of the total manpower budget, to alleviate the cost of improving the overall stability of this quality force. The request must still be approved by the Armed Services and Appropriations Committees, but Manpower officials are confident that the request will be granted.

"We recognize that an SRB is one of the most important factors Marines consider when reenlisting; therefore, we do have a few exceptions to this temporary restriction," said Maj. David C. Covert, Enlisted Incentive Officer, HQMC.

The restriction of SRB eligibility does not apply to Marines with an EAS after Sept. 30, 1985, who must execute PCS orders in FY85 and must have sufficient obligated time prior to transfer; Marines whose skills make them eligible for an SRB and who will pass through a reenlistment zone before Oct. 1; or those individuals who have already been approved for reenlistment by CMC message with a date time group prior to issuance of ALMAR 154/85.

Candidates for non-bonus reenlistments in FY86 are not affected by this temporary action. They still have the option of reenlisting up to one year prior to their EAS.

Commands are advised to encourage Marines to continue submitting their reenlistment requests to CMC (Code MMEA-6) during this period so that other incentives can be considered. Once FY86 SRB funding becomes available, Marines will again be eligible for reenlistment one year prior to EAS.



LaTrobe Gate at the Washington Navy Yard is off limits for entry or exit, on foot or by vehicle.

CMC concerned about waste, fraud, abuse

(HQMC) - The Commandant of the Marines Corps' solution to fraud, waste and abuse is quite simple — Just ask yourself, would you pay the price for some of the products the Marines Corps purchases if the money were coming from your own pocket? The answer to this question would ensure that we buy only what is needed and that the price paid is reasonable.

As the Commandant states in White Letter 13-85, "Over the past two years, the Marine Corps has participated fully in the DoD-wide attack on the systematic problems which have caused excessive prices for items we acquire." Challenging questionable prices and reporting suspected cases of product substitution have been accomplished through the Defense Hotline, an anonymous way to report suspected cases of fraud, waste and abuse.

Ensuring that all personnel are

aware of these problems and knowing the proper channels to report violations is the key to successfully eliminating them. We must begin to realize that for every dollar the federal government spends, part of it comes directly from our own pockets.

"My message is simple," the Commandant continued, "buy only what we need and ensure that the price we pay is fair and reasonable for the value we receive."

The Marine Corps is fully committed to establishing a state of price consciousness among those individuals directly involved in establishing, reviewing and approving supply requirements.

Responsibility begins with the individual who has a requirement for supplies and extends to those in the chain of command responsible for approving purchase requests.

"Requirements that appear out of line are to be challenged and referred up the line to the level of authority appropriate for resolution.

Good judgement must be exercised by all concerned," Gen. Kelley added.

"Gold plating", as the Commandant calls it, is not only overpricing and product substitution by contractors, but also includes procuring extravagant items instead of practical ones.

Purchasing officers have the responsibility and authority to deny approving items that violate reasonable justification. Simply put, "What should it cost?" and "Is it worth it?" Questionable items will not survive both tests.

"In the final analysis, it is an ingrained sense of personal accountability and responsibility on the part of each and every individual involved in the process that will keep mistakes from happening...we must continue to demonstrate that our long tradition of responsible stewardship of the resources entrusted to us by the American people is the rule throughout the Marine Corps," Gen Kelley concluded.

CMC selects recipient of the Leftwich Trophy

The Commandant of the Marine Corps has selected Capt. Dennis J. Hejlik as the 1985 recipient of the Leftwich Trophy for outstanding leadership. Capt. Hejlik is currently assigned to Battalion Landing Team 3/8. Throughout his career, he has set extremely high standards for himself and achieved superlative results.

Capt. Hejlik was selected after careful deliberation on the nomination of six highly qualified officers. All nominees had exemplary professional records, indicating outstanding leadership and command abilities. The competition was very keen.

LET'S GET PHYSICAL

Ease back problems with a few sit-ups

by SSgt. Kent Ashcraft

Lower back pain is the curse of the inactive lifestyle. It may not get you when you're young, but those of us approaching middle age begin seeing more and more of our friends coming down with "bad backs," and it sometimes seems to be an epidemic among retirees. The problem is getting worse as our society becomes more and more sedentary, for most back trouble could probably be prevented with the right kind of exercise.

This is not to say that only those who are out of shape have back problems; John Riggins and many other athletes can testify to that. But these are often cases of extraordinary abuse. Most doctors and physical therapists agree that for the average person, the primary villain is neglect.

The human spine was not meant to stand up by itself; it needs help. The ERECTOR SPINAE, as its name implies, is the muscle group that is mainly responsible for holding the spine erect, and if it degenerates, you have trouble. On the other hand, people in at least moderately good condition (as most Marines probably are) rarely have weak lower back muscles; in fact, they are often OVERdeveloped in that area. The most common problem with these people is imbalance, which in this case means weak abdominals.

For example, if you run a lot, play basketball, or do squats in the gym, you will automatically condition

you erector spinae and the associated muscle groups. Your abdominals, however, will remain weak unless you work on them separately. And it is very important that muscles on opposite sides of the body are in balance; anybody who has ever had shin splints can testify to that. And believe me, your back can hurt a lot worse than your shin.

It doesn't take a lot of work. The best all-around exercise for the "abs" is the humble sit-up. As you probably know, knees should be bent — otherwise you're using the wrong muscles. For maximum benefit, don't lower your torso to rest on the floor — stop short so that the muscles can't rest between reps (see illustration). Don't try for speed records, because you'll start jerking and lose your form.

Note that this is NOT the standard PFT sit-up. In the PFT, you are being rated on number of reps, so the form is different. You won't be able to do as many of the sit-ups I have described, especially if you do them on an incline and/or with plate behind your head, but maximum results can be achieved with twenty or fewer if you do them right.

I became a missionary for sit-ups about a year ago when a running-related back problem flared up. It disappeared as soon as I started doing them. But remember, the older you are, the harder it is to bounce back, so don't wait till it's too late — take out some back insurance with sit-ups!



This is wrong.



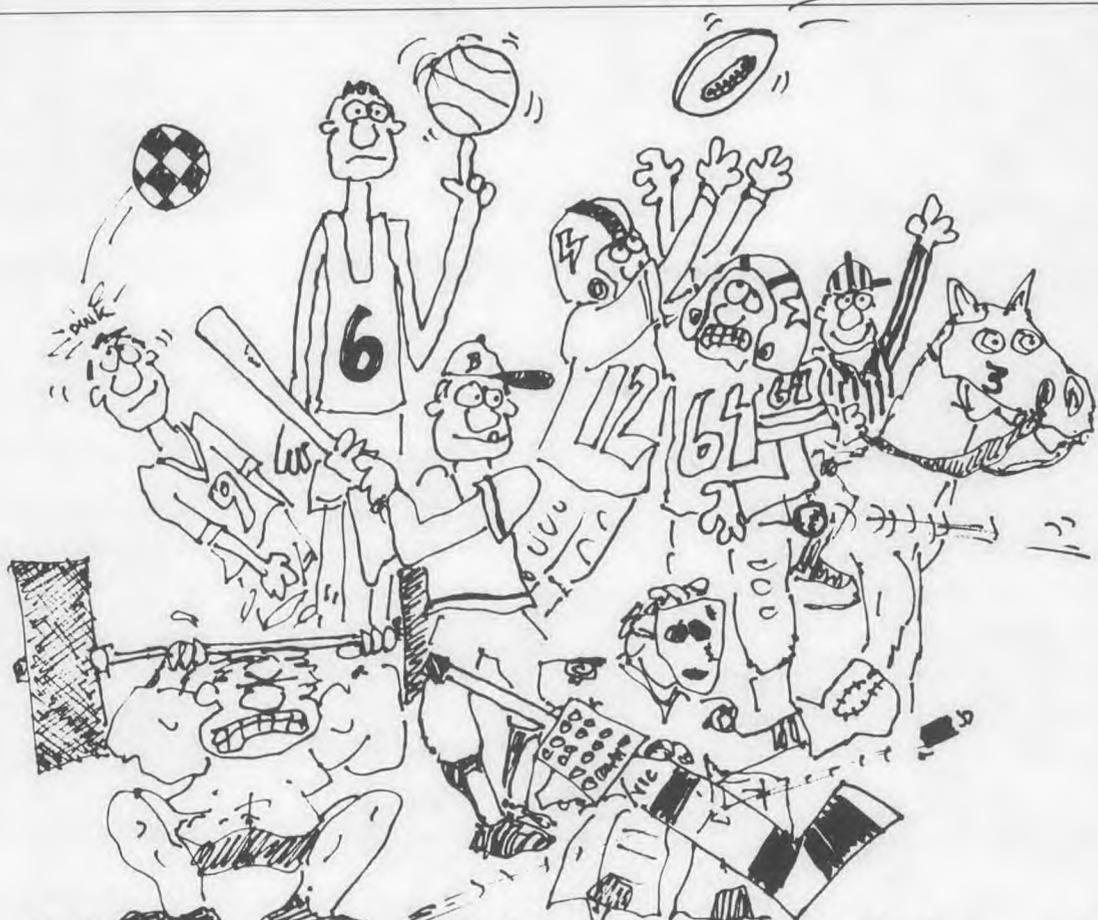
Always keep the tension.



Come all the way up.



Turning is good too.



What would we do without

SPORTS

by Sgt. C.D. Chambers

A few weeks ago major league baseball players went on strike for the second time in five years. Who really knows why and who really cares. What most people care about is that they play ball. This strike, however, wasn't much of a strike. A day later the "boys of summer" were once again throwing the ball around the ol' field.

Being a big baseball fan, the announcement of the strike kind of ruined my whole day. It also brought up a question I contemplated all day.

What would we do without sports? Not just a half of a baseball season, but all sports?

What, for instance, would America stand for if we didn't have baseball

...hot dogs and apple pie?

What would fall and winter Sundays and Monday nights be without pro football? Weekends in later winter would be a real drag too if there wasn't college basketball or Ervin "Magic" Johnson.

These are just a few, but there are hundreds of others. Sports is a way of life. It's where our true heroes come from, like Willie Mays, Joe Namath and Jerry West, to name a few.

Where would advertisers come up with celebrities to sell their products like deodorant or rat killer? Who would run through airports or sell iced tea? Who in their right mind would jump through a beer sign or pick up Rodney in a bar. For advertisers life without sports would be tough.

Just think about it, what would those 500,000 people do on Memorial Day if there wasn't an Indy 500? Super Bowl Sunday would just be

another Sunday. No World Series or NBA Championship; what would people have to look forward to or argue about in bars?

Growing up would be tough without Little League Baseball or junior high football and basketball. High school would just be high school. Kids would actually have to learn something to graduate.

Who would pay Patrick Ewing \$3 million a year? Who would pick up the tab for the whole New York Yankee team?

The list can go on and on, but sports is America's greatest pastime. Controversial contract disputes or ridiculously high salaries, we'll still always go out to the ball park or watch on television what we all had a dream of being at one time or another. Sports will never die!

Barracks Bulletin Board

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Cpl. R. Johnson
Cpl. T.K. Bridges
LCpl. L.R. Rice
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LCpl. T. Stanton
Pfc. R.R. Slaughter
Pfc. J.S. Plante
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Band

SSgt. B.T. Weaver

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LCpl. S.C. Sneer
LCpl. J.E. Burton

Ltr of Appreciation

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LCpl. K.R. Embry
LCpl. J.F. Keast
LCpl. J.E. Burton
LCpl. D.A. Baetsle
Pfc. L.R. Rice

B Company

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LCpl. T.A. Sills
LCpl. J.A. Castellone

HQSVC Company

Meritorious Mast
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Cpl. T.R. Smith
Cpl. D.W. Smith
Cpl. J.J. Vigon
Cpl. J.C. Decola

Ltr of Appreciation

MGySgt. G.G. Grafenstein
Cpl. J.J. Vigon
LCpl. G.L. Anderson

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LCpl. M.A. Ferguson

Security Company

Meritorious Mast
Cpl. A.J. Brazee
LCpl. B.A. Herman

Band

Ltr of Appreciation
GySgt. T.P. Schofer



photo by RP2 Harry Wilson

THANKS SHARON

Sharon O'Keefe provided the Marines here two years of good service as E-Club bartender. On Aug. 2 the 8th and I Marines showed the appreciation for a job well done.

Club Beat — JUST SAY...



and be a Designated Driver

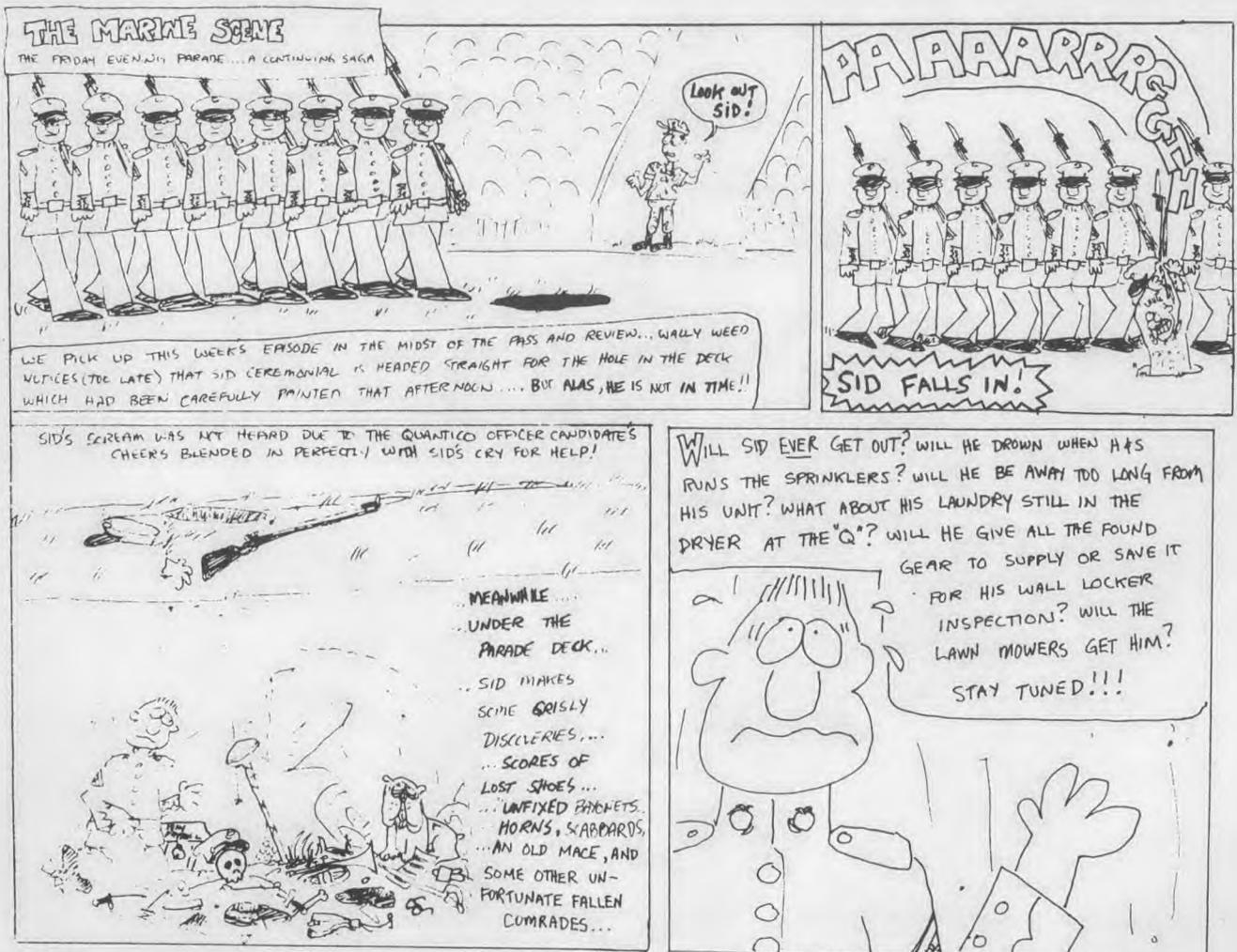
August was a busy month for the Enlisted Club. Mr. Earl young was awarded the Command Club System "Employee of the Month" certificate. The Bosses Night on Aug. 7 was a big success thanks to heavy support and participation and lively tunes from "Easter Blend." Stewards and working parties from B Company labored long hours to ensure the success of the A Company Dining-In as blue clad Marines and their lovely ladies enjoyed a fine meal in the historic Sousa Band Hall. The final Iwo Jima parade of the season was celebrated by some serious party makers. Check cashing privileges were extended to all ranks, private through sergeant with a \$25 limit and a \$20 service charge on bounced checks.

As we close Parade Season and look forward to fall, there is a lot of exciting entertainment scheduled.

Your favorite lady DJ's will continue their performances each Wednesday.

Marine Corps Ball tickets go on sale Sept. 1 at the Club System Office. Prices are \$19 per ticket for an 8th and I Marine and one guest. Additional tickets are available for \$30. The ball will be at the Marriott and this years meal includes filet mignon steak. The Club System is also selling 8th and I Birthday Ball beer mugs for \$3 each.

The end of Parade Season is here, celebrate another successful season, but be careful, don't drink and drive.



LCPA. JOHN A. BRODIE

