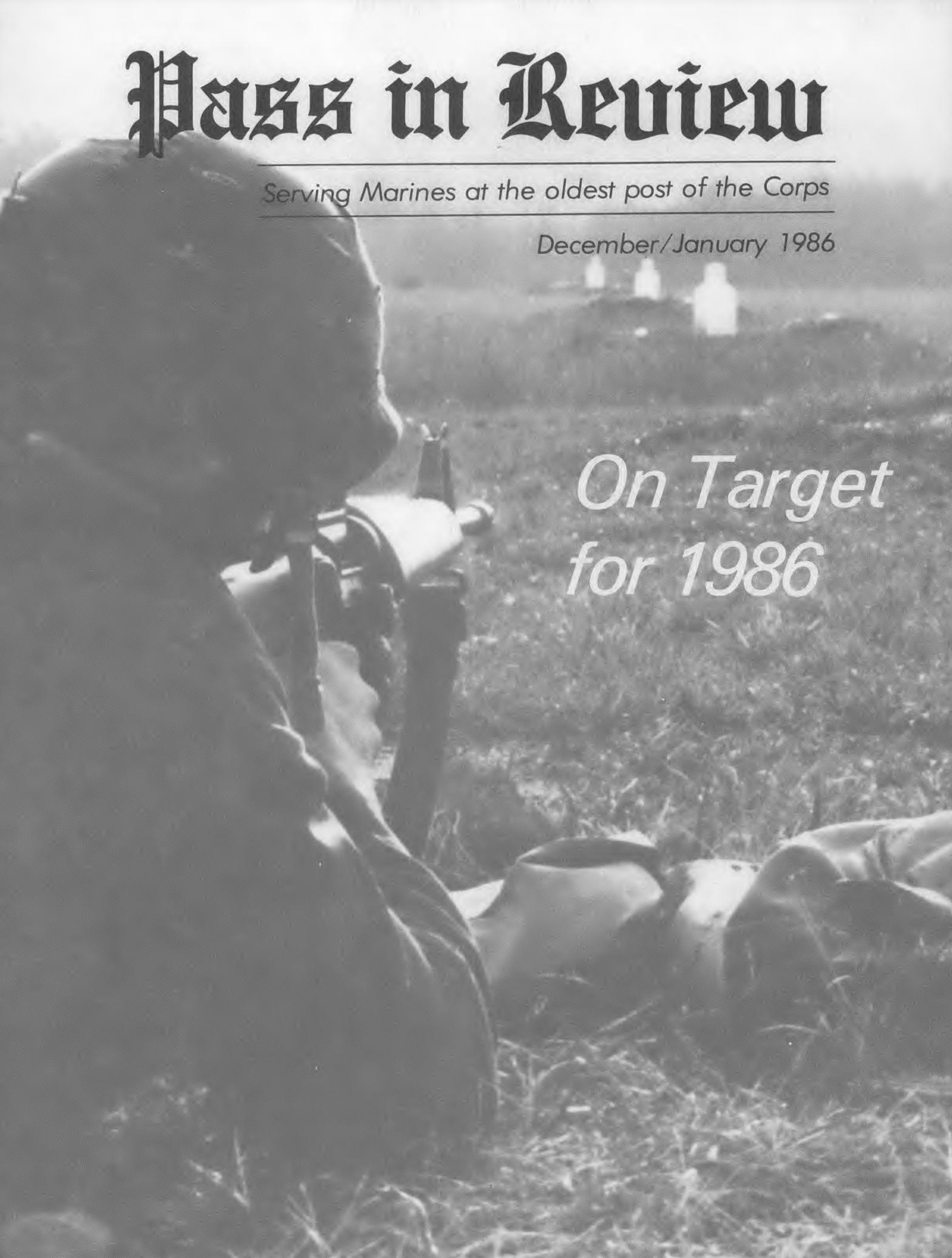


Mass in Review



Serving Marines at the oldest post of the Corps

December/January 1986

*On Target
for 1986*



ABOUT THE COVERS

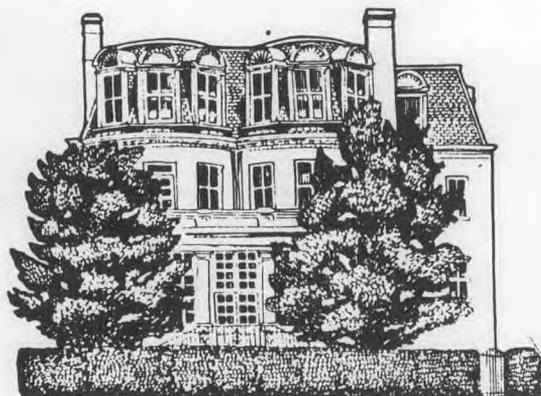
Front-Marine Barracks, Washington, on Target for 1986. "The goal for this year is for the average parade to be as good as the very best from last year. This should be a fantastic year for all of us."

photo by SSgt. Rick Odermann

Inside-Cpl. Andrew Plank, B Co., takes a break to fuel up after long hours of field training during a Company exercise in November 1985.

photo by SSgt. Rick Odermann

Back-Sgt. Edward Capua, who has held the American Flag for hundreds of parades in the last three years will soon turnover his title and honors of Color Sergeant of the Marine Corps.



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Pass in Review

Marine Barracks Wash., D.C.

Vol. 6

No. 1

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Sgt. Edward Capua, Color Sergeant of the Marine Corps, will relinquish his duties in the upcoming months to Sgt. Thomas McMahon.

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Marines from B Company moved out during November for field training in Quantico. Here are a few candid shots of the exercise.

10 Powerlifting

More than 30 Marines from the Barracks grunted, agonized and flexed during 8th and I's annual intramural powerlifting meet Dec. 2.

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Traveling to vacation lands around the world can be very expensive. Space A is an opportunity to save some money.

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Viewpoint

KING REMEMBERED

To many people, Martin Luther King, Jr. was a symbol of hope for the down-trodden and oppressed. King's message to us is that the barriers of hatred, suffering and discrimination must never be allowed to fester with this country again. The task is to do this work with love, which is at the very core of nonviolent social change.

King forced a lot of people in the early 1960's to revise the notions of the "rightness" of segregation. He demonstrated that nonviolence could not only be "right" but that it could work. The record of the 1960s is proof of that. In place after place, barriers went down because people cared enough to storm citadel of prejudice.

Even though the victories over prejudice were costly, with many arrests and trials, much litigation and unbelievable expenses, it was clear that black Americans were inching their way toward freedom.

But, then, in 1968, Dr. Martin Luther King, Jr. was murdered in Memphis, Tn.

It was astonishing how quickly those who, in his lifetime, could not abide King, began to eulogize him. Had that kind of responsiveness been present during Dr. King's lifetime, "the stride toward freedom" could have brought increasing and irreversible change.

On January 15, we pause to remember King and dedicate ourselves to working toward the day that all people might live peacefully and harmoniously in community.

MARTIN LUTHER

KING



J A N U A R Y 1 5

WATTS for granted

How often do we take sources of energy for granted? We flick a switch, and expect the light to come on. We turn a faucet, and expect water to run, hot or cold at our discretion.

Without energy, things we have come to accept as second nature would no longer be there. Imagine, if you will, our world without the sun. The earth would be cold, dark and lifeless. Yet even so great an energy source as our star has finite resources.

We cannot control the sun. We can, however, control our own resources.

Examples of poor energy management:

1. Lights left on
2. Radios and stereos left turned on
3. Hot water left running

4. High room temperature

The examples cited above are only a few of the ways in which energy is wasted. With only a small amount of effort, a large amount of energy could be saved.

The thermostats in the rooms have been turned over to the occupants. Energy conservation can begin there. The temperature should be set at a low seventies level. If a chill persists, a sweater, or long-sleeve shirt could be worn.

It has been hammered home again and again, and still remains as true as when first said — there is only so much energy to go around. Conserving it is everyone's business. Let us strive to take the lead in this, as Marines, as in all things. It can be done.

by Cpl. Carl Reed



Commander's View

This year has the ingredients of being among the finest in the Barracks history. The leave periods over the holidays ended on a high note with no incidents. The Barracks renovation is progressing well and when we return it will be a showcase throughout. The BEQ is looking better all the time. Our new troops look good and should mesh well with the superb experienced troops already present.

All of these ingredients will remain just that unless the desire is added. We continue to search for positive means to challenge all hands.

The IG inspection is fast approaching as is the parade season. These are opportunities to excel and to prove how good you really are. Nothing worthwhile is accomplished without work and so it is with these events. Teamwork will cause both of them to be extremely successful.

How do you feel about the upcoming I.G. Inspection

Barracks Talk



I hope the inspectors temporarily succumb to hypnosis and forget to visit us.
SSgt. K.M. McMahon
Fiscal Chief



It'll be tough, but we'll pull it off.
Cpl. K.E. Ellis
S-1



It's my third one. I'm confident.
Cpl. J.R. Shultz
Post Supply



I believe it's necessary to increase overall operational readiness.
Sgt. M.T. Nevins
S-4



Sgt. Thomas McMahon (right) will assume the honor of Color Sergeant of the Marine Corps from Sgt. Edward Capua during April.

CHANGING OF THE GUARD

story and photo
by Sgt. C.D. Chambers

It's Friday evening at the "oldest post." The summer temperature and humidity is high as usual, but a calm breeze flows through the grounds of 8th and I, making it bearable for the 350 blue-white clad leathernecks performing.

Suddenly, the attention of the some 4,500 onlookers is directed to a single spotlight, shining on the many different colors of the Corps. The barracks voice rings out from the speakers: "The Color Guard before you is unique. In addition to the National Flag, carried by the Color Sergeant of the Marine Corps, it includes the official Battle Colors of the United States Marines..."

The spotlight and announcement will continue along with the famed Friday Evening Parade. However, Sgt. Joseph E. Capua, who has carried the National Flag at parades for almost three seasons, will hand over the honors. He will turn his unique and respected title as "Color Sergeant of the Marine Corps" to Sgt. Thomas McMahon in April 1986.

Capua, a New Jersey native, has performed in front of thousands, in joint service color guards and as 8th and I's own Marine Corps Color Guard. Television has captured him in numerous public performances carrying the National Flag and at private White House functions.

Other than carrying the National Colors at parades and ceremonies, a lot more goes with the Color Sergeant position. Capua has had the task of training his Marines for all types of ceremonies. And, according to MGySgt. Gene Grafenstein, operations chief here, he has done an outstanding job. "Sgt. Capua's flag protocol and knowledge is excellent," said Grafenstein. "He's an outstanding instructor and a fine leader, always keeping his Marines sharp." Grafenstein added with a smile, "Since we're at 8th and I, we get many phone calls from around the world pertaining to flag procedures. Sometimes, I'm not to sure so I call Sgt. Capua. He always sure, or can always give a sensible answer."

Capua, in-charge of the 19-man Color Guard platoon, comments that most of his knowledge comes from experience. "The Marine Corps Flag Manual is my Bible, but with the passage of time, I could just go on what I knew," attests Capua.

Capua, who transferred from 2nd Battalion, 8th Marines, 2nd Marine Division in May of 1983, has many memories. One of the most touching and memorable was the Beirut arrival at Dover Air Force Base, Delaware, after the bombing. "That was really hard," said Capua. "I worked with many of the Marines that came of that plane while I was at 2/8. I can really remember the Saturday we did the ceremony. I really got choked up, but managed to maintain my bearing."

Along with the sad memories come the good ones for Capua. "A ceremony that I'll never forget was the private inauguration for President Reagan. I guess only five other Presidents have had private ceremonies, and that was one of them. Heck, that goes down in history," said the 24-year-old smiling proudly.

Sgt. McMahon, Capua's replacement, will have to start from scratch in the ceremonial experience department. "But, McMahon said, "he's looking forward to the challenge."

McMahon, 24, and a native of Long Island, New York, feels this is a very unique opportunity. "There are only four titles, that I know of in the Corps, that carry the suffix 'Marine Corps,' and this is one of them," he said. "The biggest part about this job is the opportunity to represent the Corps. Whatever we do here is reflective of how our public audience will view the Marine Corps. Whether I'm there or not my Marines have to look sharp. I'm really looking forward to parade season and the next two years," he added.

Capua, a career Marine, will ship out to Marine Corps Recruit Depot, San Diego, Calif., in February where he'll go through DI School. He said he is excited about his new challenge, but he will never forget his time spent at the "oldest post of the Corps."

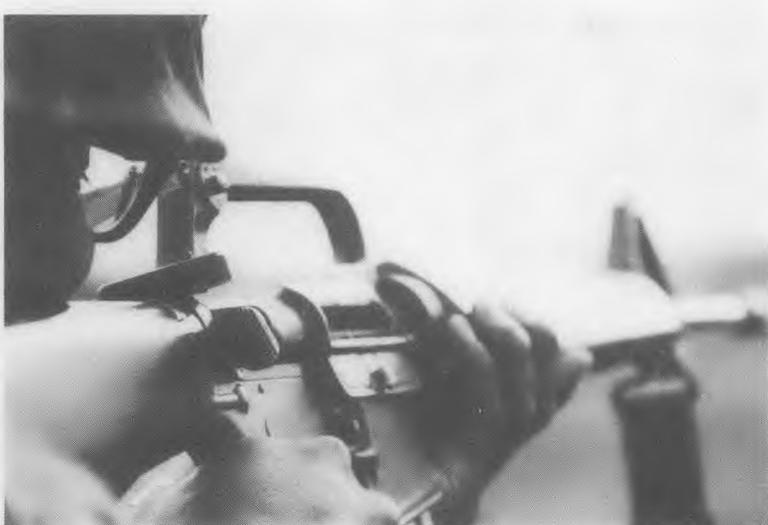
"The work has been hectic," Capua said with a smirk. "But, it has definitely been worthwhile. Not matter what I do in the Corps, I'll always have fond memories and reflect back on this time and the Marine I've worked with at 8th and I."

A
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M

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Cpl. Thomas J. Lewnes adjusted fire on an imaginary group of aggressing infantry.



Small Arms Remote Target System pop-up training allowed LCpl. P.K. Simpson and other B Co. Marines, to adjust fire on a variety of silhouettes at varying distances.

The sharp report of small arms fire and machine gun bursts echoed through the cold November air at Quantico's Range Dusk blanketed the hills in darkness signaling the days end and the finale of Bravo Company's 1985 field training .

Few Marines will likely admit that they miss the cold. But now there would be tales to tell the new arrivals back at post. But thats another story.

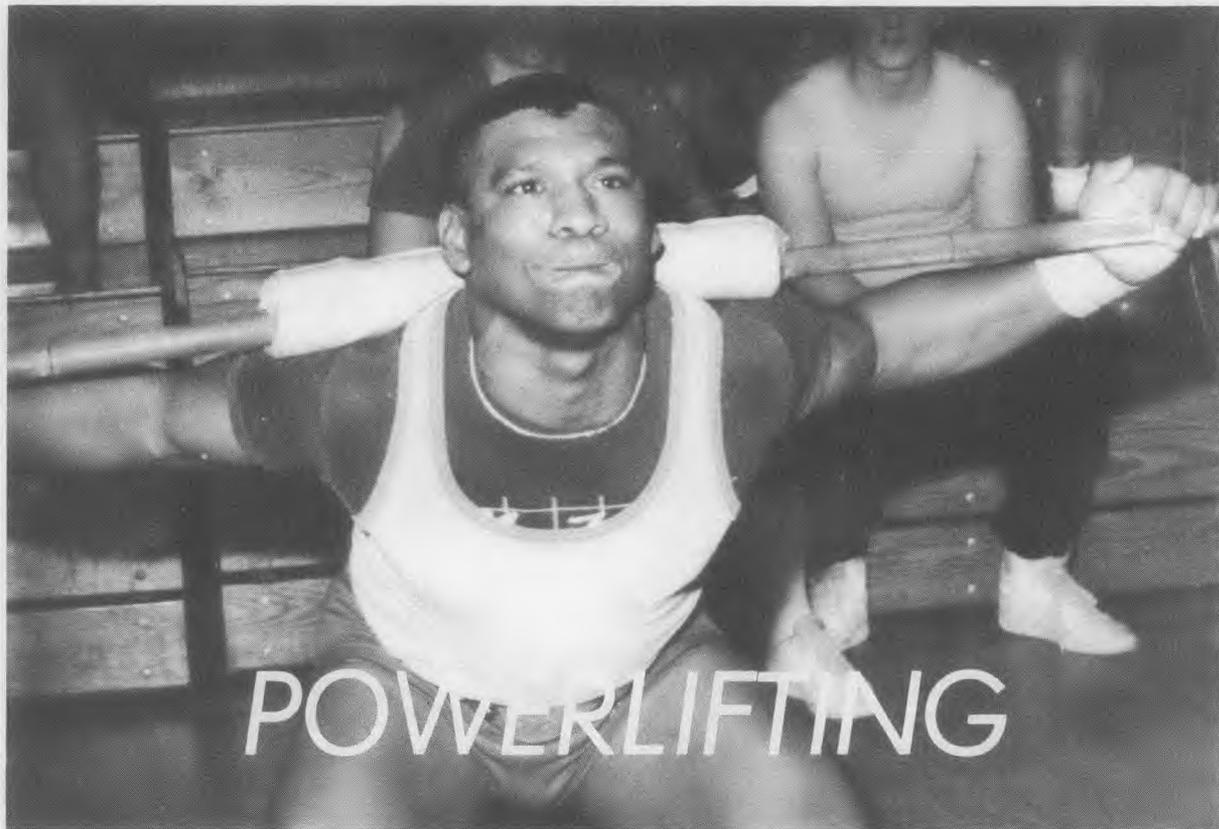
FIELD

photos by SSgt. Rick Odermann
and Cpl. J.D. Tasse



Getting rid of the morning shadow was a much a part of field training for LCpl. Craig T. Koerperich as firing small arms.

LCpl. Martin C. Simmons cleans his M-16 bolt prior to firing on SART pop-ups.



at the "Oldest Post"

story and photos
by Sgt. C.D. Chambers

Headquarters and Service Company's Sgt. Pasquale Rizzutti lifted his way to the barrack's individual weightlifting title and B Co. captured the team championship in intramural powerlifting action Dec. 2, 1985

The scores were tallied by dividing the weight the individual lifted in each event by his personal weight and added up for a final percentage score.

Rizzutti, who weighed in at 156 pounds, pumped 330 pounds in the squatlift, 225 pounds in the bench press and 385 in the deadlift. By computing the weight, Rizzutti ended up with a total percentage score of 635.

Even though Rizzutti wasn't the max lifter in any of the events, the weight he lifted for his size enabled him to capture the title.

"Winning the meet was a good feeling," said Rizzutti. "The competition was very competitive. I really didn't know how well I was doing because of the way they were computing the scores."

Rizzutti has competed in one other weightlifting meet at Quantico Va., where he placed second in the 165-pound weight class. "The more meets I participate in the more serious I get. My goal is to be a contestant for the All-Marine team in the 148-pound class," he commented. "I would like to contribute more to the Marine Corps than what I do every day at my job." Another HQSVC Co. Marine, Pfc. Darrell L. Nelson, grabbed second in the individual competition with a total percentage score of 583 points. He lifted 330 in the squat, 295 in the bench and 395 in the deadlift. Again, his light weight of 175 pounds, compared to the weight he lifted, put him in the thick of competition.

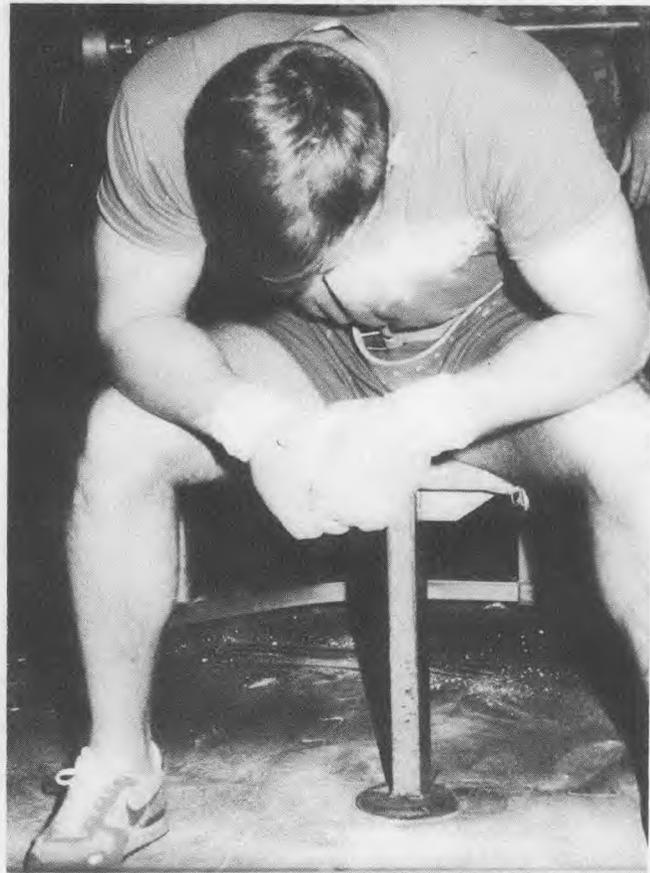
LCpl. Michael C. Carter, B Co., placed third in the competition, but was the max lifter in two events and second in another. Carter, who weighed in at 219 pounds, lifted 425 pounds in the squat and 335 pounds in the bench. Those lifts were the best of the day in those events. Carter lifted 450 pounds in the deadlift. That was the second best in that category behind Capt. William O. Dwiggin, of MCI Co., who pulled up an incredible 500 pounds. Dwiggin finished fifth overall behind a small, but determined LCpl. Nicholas A. Montefiori from B Co.

B Co. captured the team title and added five more points toward the ultimate goal; The Colonel's Cup. MCI took second and A Co. placed third.

Trophies were given out to the first three placers in the individual competition. A team trophy was given out to the top three teams and each individual who participated on the team received a trophy.



LCpl. Mike Carter, B Co., shows his determination.



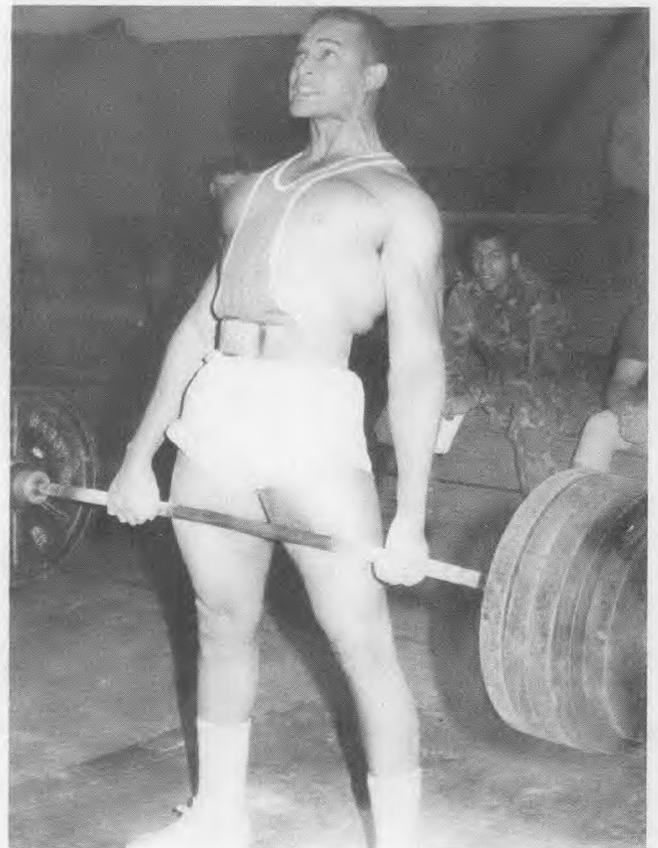
(Above) Carter concentrates before bench pressing 335 pounds.
(Below) Capt. William O. Dwiggins, MCI, lits a massive 500 pounds.

(Top Right)

Cpl. Steve Samuels, D&B, grunts in concentration in the squat thrust event.



Footing is important in the bench press.



SPACE A



An opportunity to take advantage of

One of the biggest fringe benefits, dollar-wise, for uniformed personnel and their families is space available travel on U.S. military aircraft. While there are some old pros who have learned the hard way by flying Space-A, there are those who are a bit afraid to jump into the unknown.

This article will attempt to provide answers to a few of the most commonly asked questions that travelers have regarding Space-A travel. Hopefully as you learn more you will take advantage of this unique way to travel and possibly save thousands of dollars on R and R trips aboard military aircraft. Due to the fact that policies can change and be interpreted differently, these answers can only be accepted as general guidelines...not rules. Specific questions should be directed to military officials at the Space-A desk in any Military Airlift Command (MAC) or other service terminals.

1. What is Space-A? Hundreds of military flights are made daily, performing our country's military missions. If the flights are suitable for passengers and if there are unoccupied seats then there is a chance that the excess seats will be offered to active duty military, retirees and families based on a priority system.

2. Who has priority? Active duty military have first priority. Retirees may travel, but at a lower priority. Additionally, there are numerous rules and exceptions that provide for dependent travel, emergency leave, etc...This Space-A fringe benefit is a privilege, not a right.

3. What is the current status of the \$10 Space-A Passenger Processing Fee? The \$10 fee is charged through terminals manifesting more than 1,000 international or inter-

theater Space-A passengers each year. This is a one time charge for a one way trip, regardless of en route stops, as long as the passenger proceeds to his or her stated destination, even if this travel involves changing airplanes.

4. What is the best time to travel Space-A? The best time is a combination of departure locations, arrival locations and space-required mission needs. Generally the best times to travel Space-A are, autumn, late winter, early spring and after July 15. It is best to avoid trying to travel between May, 1-July, 15, November 15-30 and December 10-25 when traffic is the heaviest.

To travel Space-A the active duty military member must possess a copy of leave papers. Additionally, some military commands require that return commercial airplane tickets are purchased in advance or proof of reservations so military travellers are able to return if they can't get a Space-A hop.

Hopefully this article has whetted a desire for travel to some far away exotic land, if not to home on leave. Your next trip can be only as far away as the nearest military airfield.

Further information on space available transportation can be found in books on the subject in local military exchanges, or by visiting your nearest military or civilian chartered airline terminal.

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HOW MUCH DO YOU KNOW ABOUT SAFE DRIVING ?

How good of a driver do you think you are. Here are some enlightening questions and answers to test your knowledge of highway safety: questions first, answers follow;

A. Most fatal car crashes occur: (a) on the expressway. (b) on vacation or business trips away from home. (c) on short trips within 25 miles of home.

B. Each year, one out of every: (a) 20 drivers are involved in an accident. (b) five drivers are involved in an accident.

C. One out of every -?- people born in the U.S. today will die in a motor vehicle accident. (a) 100. (b) 200. (c) 60.

D. The impact of a 30 mph crash is like: (a) jumping off a three-story building. (b) jumping off a 12-foot ladder. (c) running head first at full speed into a brick wall.

E. Safety belts reduce the chance of serious or fatal injury by: (a) 60 percent. (b) 30 percent.

F. Without a safety belt, the force of some impacts can throw you as far as: (a) six car lengths. (b) 15 car lengths.

G. If a driver remains inside the car in a minor crash instead of being thrown out, his/her chances of survival are: (a) 25 times greater. (b) 10 times greater. (c) 10 times less.

H. When a car catches on fire or is submerged in water, safety belts can actually: (a) trap the driver and prevent him/her from escaping. (b) help save the driver because they keep him from being knocked unconscious.

I. The major cause of auto fatali-

ties each year is: (a) head injuries, which is why the shoulder strap and lap belt are important. (b) internal injuries.

J. Car crashes are: (a) the biggest killers of children in this country. (b) the cause of serious injury to tens of thousands of children each year.

K. In spite of the dangers: (a) 50 percent, (b) 20 percent, (c) over 90 percent of all children don't wear seatbelts.

Check your answers:

A. (c) It may surprise you, but three out of four crashes resulting in death occur within 25 miles of home. So, it's important to buckle up even for a short trip.

B. (b) You probably think your chances of being in an accident are pretty slim. But, statistics prove that one out of 20 will be disabled as a result of a car accident.

C. (c) Yes, one out 60 will die. And one out of 20 will be disabled as a result of a car accident.

D. (a) The impact of a 30 mph crash is like jumping off a three-story building. Now you can see why half of all fatalities and serious injuries occur at speeds lower than 40 mph. So, it's even more important to wear your safety belt at all times.

E. (a) You can increase your chances of surviving an accident by 60 percent if you wear a seat belt. With the high incidence of accidents today, you need all the protection you can get.

F. (b) This may be hard to be-

lieve, but without a safety belt you can be hurtled through the air up to 15 car lengths, or 150 feet by the force of some impacts.

G. (a) There is no benefit in being thrown free. Your chances of survival are 25 times greater if you are held in a car by a safety belt. One quarter of all deaths in car crashes occur because occupants are thrown from vehicles.

H. (b) A popular misconception is that safety belts may prevent a driver from escaping a burning or submerged car. The opposite is true. First of all, less than one-half of one percent of all accidents involve fire or water. Secondly, safety belts help passengers to remain conscious so they can exit faster. The unbelted passenger who is knocked unconscious during a collision has no chance of escaping a burning or sinking vehicle.

I. (a) Head injuries are the cause of half of all auto fatalities. A combination of the shoulder harness and lap belt keeps you from flying forward and suffering facial disfigurement or serious head injury.

J. Both of these answers are correct. They graphically demonstrate the need to restrain children in a car. These statistics could be reduced if adults would protect youngsters with child restraints and safety belts.

K. (c) Over 90 percent of all children are allowed to travel without any restraint. Is it any wonder that so many are killed each year?

Newsline

VHA pay procedures to change

Effective March 1, 1986, if a Marine's Basic Allowance for Quarters (BAQ) plus the prescribed VHA exceeds actual rental/mortgage costs, the Marine's VHA will then be reduced by half of the difference between the actual housing costs and BAQ plus the prescribed VHA rate. The actual rental/mortgage costs will be the Marine's rent/mortgage amount plus a standard utility/maintenance expense. A standard utility/maintenance expense table is currently under development and will be provided at a later date. In no event will the amount of the reduction exceed the prescribed VHA for the Marine.

For Example
Marines BAQ \$300
Marines VHA \$100
Total.....\$400
Marines Rental Expenses
Rent \$300
Standard Utilities/
Maintenance Costs \$50
Total.....\$350

Since the total of BAQ and VHA exceeds the Marine's actual rental expenses, the Marine's VHA will be reduced, but only for half of the difference. In the case, the difference between BAQ plus VHA (\$400) and the rental expense (\$350) is \$50. This \$50 excess is reduced by half to \$25. The Marine's VHA rate is thus reduced from \$100 to \$75 per month.

Once reporting procedures have been finalized, all Marines receiving BAQ and VHA will be required to provide rental/mortgage documentation to their commanding officer for certification before VHA can be authorized. Commands deploying prior to March 1, 1986 should start collecting documentation now. Required docu-

mentation will include the following:

A. Rental expenses (documentation) will be limited to periodic mortgage payments, liability and personal property insurance, plus the standard utility/maintenance expense for the Marine's paygrade and location (to be provided later). For Marines who rent and occupy a mobile home or house boat, the allowable housing expenses will also include lot or berthing fees, if applicable.

B. Ownership expenses (documentation) will be limited to periodic mortgage payments, and if not included in the mortgage payments, hazard and liability (homeowner) insurance and real estate taxes, plus the standard utility/maintenance expense for the Marine's pay-grade and location (to be provided later). For Marines who own and occupy mobile homes or house boats, the allowable housing expense will also include lot or berthing fees, if applicable.

It is reemphasized that these new procedures will be effective March 1. Detailed entitlement criteria, implementation procedures, revised procedures for reporting the new VHA Unit Diary entries, distribution of NAVMC Forms, and SRB/OQR documentation/filing requirements, and any other applicable clarification will be issued as soon as possible in advance of the effective date.

Uniform wear-out dates clarified

(HQMC) - Some of the most frequently asked questions concerning "wear-out" dates for obsolete uniform items and the mandatory possession dates for new ones are answered in Change 1 to the Marine Corps Uniform Regulations Manual (MCO 1020.34D).

The green crewneck undershirt became the only undershirt author-

ized for wear with the utility uniform, July 1, 1985. Effective July 1, 1986, the V-neck white undershirt will be a mandatory item for all male Marines, and will be worn in place of the crewneck white undershirt.

Those who do not already possess the service sweater (wooly pully) will be required to purchase it by Oct. 1, 1986. Presently, the service sweater may be purchased through the Marine Corps Exchange or an approved commercial source. The "wooly pully" should become available through the Cash Sales system in February or March 1986.

Marines have until Dec. 1, 1986, to purchase the all-weather coat. Until that date, the green overcoat and raincoat may be worn. To compliment these items, a green wool scarf has been a required item for all Marines since Oct. 1, 1984. The updated Marine Corps Uniform Regulations Manual covers its wear.

As of Nov. 1, 1985, women Marine officers and SNCOs are required to purchase the new ruffled-front blouse with black necktab to be worn with the evening and mess dress uniforms.

One item no longer authorized for wear that can still be found in some Marines' wall lockers and seabags is the nylon khaki belt. According to the latest uniform changes, the cotton khaki belt is the only belt authorized.

Whenever possible, the Marine Corps Uniform Board allows uniform items to be worn as long as they are serviceable, even though new designs or different fabrics become available. Such is the case with the old poplin camouflage utilities. This uniform can be used to satisfy minimum utility uniform requirements until the poplin camouflage utilities wear out.

Although black leather gloves are now being issued, the cloth version is still authorized for wear by women Marines. The white dress and green service uniform coats may be worn until they become unserviceable. The

old-style white and green uniform coat, without the back vent, can be worn in lieu of the new longer length coats. No "wear-out" dates have been set for any of these items.

Dates for uniform changes are published in Marine Corps Bulletins in the 1020 series and incorporated into the Marine Corps Uniform Regulations Manual.

Promo photos required

HQMC, Washington, D.C. Nov. 12 (MCNews) Commencing with the 1985 promotion cycle, Marine sergeants through lieutenant colonels must submit an official photograph each time they are in or above a promotion zone. Under the new policy, Marines must forward their official photographs to HQMC within six months of their board convening date. The new policy is contained in Marine Corps Bulletin 1070 published Nov. 6 1985, and will be incorporated in MCO P1070.12D (IRAM)

In conjunction with this new photograph submission schedule, HQMC internal procedures have also been changed. Photographs will be maintained in their original state until the promotion board is complete. In the past, the photographs were converted to microfiche and viewed by boards in the degraded state. This defeated the purpose of the photo, that of providing a current appraisal of the Marine's physical and personal appearance.

Other portions of the basic order, such as the prescribed uniform, photograph specifications and title board, remain in effect

Promotion photographs are to be submitted to the promotion board at:

Commandant of the Marine corps
(MMPR)
Headquarters, U.S. Marine Corps
Washington, D.C. 20380-000

Motorcycles join the ranks

(HQMC) - Motorcycles will be back in the Marine Corps inventory in January 1986. The KLR-250 Kawasaki Enduro will be used for courier duty, transportation of forward observers, reconnaissance patrols and traffic management.

The Marine Corps has contracted to purchase 186 of the motorcycles from Hayes Manufacturing Company in California. According to Capt. James Fink, HQMC acquisition project officer, the purchase is viewed as an interim buy while officials continue to monitor an Army program for a similar vehicle. "We might possibly join the Army in future buys," Fink explained. Noting that Marine Corps studies have identified a requirement for 231 motorcycles.

The re-introduction of the motorcycle as a military vehicle for the Marine Corps provides several advantages on the modern battlefield. Among them are better maneuverability over rough terrain and the ability to travel around sophisticated enemy electronic countermeasures. Its use as a courier vehicle to carry messages between units enhances communications security by depriving the enemy of the chance to jam or intercept radio and teletype traffic.

The 1985 Kawasaki KLR-250 weighs 258 pounds and is designed for 60 percent off-road use and 40 percent on-road riding. It is powered by a 25cc, six-speed, four stroke, liquid cooled engine and, according to specifications, can climb a 30-degree incline. Each motorcycle will come with two helmets, luggage rack, document carrying case, operators tool kit, black-out light system and green paint.

Deciding who gets to ride the motorcycle will be left up to each command, Fink said. Adding that safety and maintenance will be of utmost importance. To ensure this, a new equipment training team consisting of two staff NCO's will be sent to Hayes Manufacturing headquarters to undergo an operator and maintenance training course. These Marines will then return to their commands and instruct future riders.

The current shipping schedule calls for motorcycles to be on their way to east coast commands in January. Shipments to west coast units will begin in February. The final shipment will be to units on Hawaii and Okinawa and should be in March.

**It'll Kill
Ya!**



**...And that's
NO
JOKE**

New Mini-Max wages war on dirty weapons

The Barracks Armory recently acquired a weapons cleaning machine that can thoroughly clean an M16 rifle within 10-15 minutes.

This revolutionary weapons cleaning system, developed by a California firm, could save the armed services millions of dollars in annual weapons maintenance costs and provide the individual Marine with a more efficient weapon.

"So far the system has worked great," said Cpl. A.T. Jackson, battalion armorer. "It really cleans the weapons well and cuts the time it takes in half."

The Mini-Max Advanced Weapons Cleaning System (AWCS) is a compact, portable, high efficiency, safe weapons cleaning system developed by the FTSC Company of Los Angeles.

"The AWCS is a flash type steam cleaner designed to clean any small bore weapon in the military inventory," explains an Army training manual.

That same manual had this to say: "The AWCS cleans weapons in a fraction of the time needed conventionally...increases economic life of weapons...completely cleans previously inaccessible areas."

A Marine Corps report of its initial evaluation of the AWCS said, "The test clearly demonstrated that the cleaning system represents a significant maintenance aid to the organizational and intermediate small arms repairman."

The core of the patented Advanced Weapons Cleaning System is the 17 pound Mini-Max Cleaner, which when used with a companion cleaning solution and drying agent

known as ARMA-SOL, can clean in about 10 minutes an M-16 rifle that takes more than an hour to clean with the traditional ramrod and cleaning patch method.

The Mini-Max AWCS cleans by discharging ARMA-SOL in a steam-like vapor at 80 PSI. A specially designed nozzle on the cleaner points the ARMA-SOL precisely where the operator needs it, getting into all of the weapon's hidden crevices and gas ports.

The Mini-Max system has been available for some time now to Army units through the Quick Return on Investment Program (QRIP).

The Marine Corps had this statement to make from a training video tape on the AWCS. "Through the Mini-Max weapons cleaning system, there is a better way to clean weapons. This system will be used by the unit armorer to assist him in cleaning the weapons within the armory in a fraction of the time it takes now. The job will be done more thoroughly by machine than it could be done by hand."

Handguns, shotguns, machine guns, mortars; all will benefit from the AWCS.

counter terrorism course offered

(HQMC) - All Marines are encouraged to enroll in the Marine Corps Institute's newest correspondence course, "Terrorism Counteraction for Marines" (MCI 02/10).

The course offers awareness training in regard to the individual terrorist threat and provides a brief background history of terrorism, individual protective measures, and hostage survival. It includes specific instruction on establishing a personal security program at the place of duty, residence, while on liberty/travel status, and precautions for dependents living

overseas.

While not directive in nature, the course was developed as a result of multi-service and agency collaboration along with actual experiences of servicemembers who have been victims of terrorist attacks.

The course has no prerequisites and is available to all active duty and Reserve Marines.

"Terrorism Counteraction for Marines" is composed of three study units, a review lesson, and a final examination. The course requires 12 study hours and earns four Reserve retirement credits.

For more information, see your training NCO.

Military Expo slated for Jan.

The Reserve Officers Association of the United States has, for the first time, scheduled a military exposition in conjunction with its Mid-Winter Conference to be held in Washington, D.C. January.

The exposition and conference, expected to attract thousands of members and visitors from throughout the U.S., Europe, and the Far East, will be held at the Washington Hilton Hotel from Jan. 27 through 29.

The purpose of the military exposition is to provide an opportunity for present and potential defense, supply and service contractors to display and promote their products, and to further provide an opportunity for the free exchange of ideas between suppliers and users.

***DON'T DRINK
AND DRIVE***

Sports

On The Run To Number One

B Company's tailback Cpl. Ronnie Smith ran for well over 150 yards and scored two key touchdowns to lead his team to a 20-13 intramural flag football championship victory over A Co. Dec. 2, 1985.

photo by Sgt. C.D. Chambers



LET'S GET PHYSICAL

by SSgt. Kent Ashcraft

Last month we began the "Let's Get Physical Easy Home Workout" (LGPEHHW), a routine you can do in about half an hour three times a week, with a minimum of equipment (push-up handles, doorway chin bar, two hand barbells). It should be noted that the word "easy" in this context refers to convenience, not physical effort. Results, however, are guaranteed if you do it right.

As you will recall, we started out with the biceps and chest segment of the workout. This month we move to the other side of the torso, working the shoulders and upper back.

This segment of the workout contains a very tough exercise that not everyone will be able to do at first: hand-stand push-ups, using the push-up handles. Those with gymnastic

ability can do these in the middle of the floor, others (like myself), may have to use a wall for balance. At any rate, before doing them, warm up your shoulder muscles with an easy set of over-head presses using the hand barbells. This will help prevent possible neck strain. And when you do the push-ups, make sure the handles are secure on the floor and not wobbly, and that you have some padding underneath your head.

After the push-ups, immediately do another set of over-head presses (they won't be so easy now). If you cannot do a handstand pushup at first, the overhead presses will build up your shoulders over a period of time; keep trying. Soon you will be able to do one, then two, and so on. If you can do more than ten, to to the head of the class.

Next, a set of flies for your deltoids. Hold the and barbells out to your sides, about 60 degrees below

horizontal. Bring them up to about 60 degrees above horizontal and slowly lower them to their original position. As usual, do 10-12 reps, adjusting weight accordingly. Optionally, you can do one set of these with your arms in front of your body, and one set behind, to work the different segments of the deltoid muscle.

Now we go back to the chin bar for wide-grip behind-the-head pull-ups. Position your hands all the way out to the ends of the bar, palms facing forward. Face your head toward the floor, raise yourself so that the back of your neck touches the bar, then lower yourself all the way. This is another tough exercise, and you may not be able to go all the way down right away. Just do the best you can, even if it's only a few inches; you want to get at least eight reps. As your lats get stronger, gradually increase the extension.

Next month: LGPEHW Conclusion.

Barracks Bulletin Board

Promotions

A Company

Sgt. T.L. Neiswonger
Cpl. M.E. Anderson
Cpl. D.D. Durant
Cpl. D.L. Baker
Cpl. E. Moglica
Cpl. J.M. Swope
Cpl. D.C. Spatton
LCpl. L. Castro
Pfc. S.P. Daguay

B Company

LCpl. D.S. Golden
Pfc. G.N. Kihefa
Pfc. J.R. Prause

HQSVC Company

MSgt. R.F. Johnson
Cpl. D.C. Collins
Cpl. P.J. Keeney
LCpl. J.H. Zon
LCpl. M.R. Percey
LCpl. D.A. West
LCpl. R.W. Schulze
LCpl. C.Z. Baker
LCpl. G.E. Caudle
LCpl. R.E. Bringle
LCpl. J.A. Joseph Jr.

MCI Company

GySgt. E.J. Troutman
Sgt. M.S. Peavy
LCpl. T.M. Williams
LCpl. R.R. Slaughter

Scty Company

Cpl. R.B. Small
Cpl. S.D. Barjar
Cpl. M.R. Russell
Cpl. M. Pandoff
Cpl. J.A. Baker
Cpl. D.J. Darlak
Cpl. N. Hoffman
Cpl. W.D. Orman

Joins

A Company

1stLt. G.E. Gearhard
LCpl. A.H. Jackson
LCpl. S.W. Agler
LCpl. G.A. Lloyd
Pfc. W.N. Neba
Pfc. H.G. Lewis
Pfc. M.A. Smith
Pfc. D.N. Geer
Pfc. W.L. Stokes
Pvt. T.K. Sanders
Pvt. W.S. Covington
Pvt. S.D. Dugway

B Company

LCpl. T.A. Schnitzler
LCpl. C.S. Dowling
Pfc. S.J. Bogler
Pfc. D.S. Golden
Pfc. J.R. Newman
Pfc. C. Moorman
Pfc. K.S. Spencer
Pfc. M.A. Gilmore
Pfc. S.A. Witter
Pfc. O Gallegos
Pfc. W.R. Wright
Pvt. M.L. Mahlock
Pvt. G.N. Kihega
Pvt. J.R. Prause

HQSVC Company

Cpl. A.L. Garza
LCpl. G.L. Watson
Pfc. R.G. Mueller
Pfc. N.S. Napoleon
Pfc. C.Z. Baker
Pfc. S.J. Patterson
Pfc. D.L. Wilson
Pfc. J.C. Foster
Pfc. D.L. Nelson
Pvt. M. Hedge
Pvt. C.A. Shoosmith

MCI Company

Capt. A.A. Turk
GySgt. G.J. Woods

Awards

HQSVC Company

Navy Achievement Medal
Sgt. S.M. Berko

MCI Company

Cert of Comm
Cpl. R.E. Shumac

Merit Mast

LCpl. Lorenzo Ferrell

Scty Company

Letter of Appreciation

Cpl J. Darby
LCpl. G.A. Kedrovsky





SID DISCOVERS THAT HIS ALPHAS WILL NEED SOME ALTERATIONS BEFORE HIS INSPECTION. HIS XMAS LEAVE HANGS IN THE BALANCE...

Club Beat

February is a busy month for the barracks as final preparations are made for the I.G. And as SDP and D&B depart on their tour. The Enlisted Club will celebrate Valentines Day, Friday Feb. 14, with a bring you sweetheart night. A lively band will play some fine dancing tunes, and students from the Washington School for Secretaries have been invited to spend the evening with you in the Club. Chaplain Peek will conduct services during the National Prayer Breakfast in the Enlisted Club Feb. 6.

While the younger Marines are partying with the secretaries, the SNCOs will enjoy the musical talents of a fine duo in their club. Both the SNCO Club and the Enlisted Club are set to receive new furniture shortly.

Remember that with the weather as cold as it is, your club is still a warm and friendly place to relax and enjoy yourself.



... BECAUSE OF THE GREAT ZEAL AND ENTHUSIASM DISPLAYED BY THE NEW MEMBERS OF THE DRILL PLATOONS, THE UPPER PARKING LEVEL WAS NOT ABLE TO TAKE THE STRAIN... SO, THE CONSTANT BANGING OF THE BUTTS TAKES IT'S TOLL..

