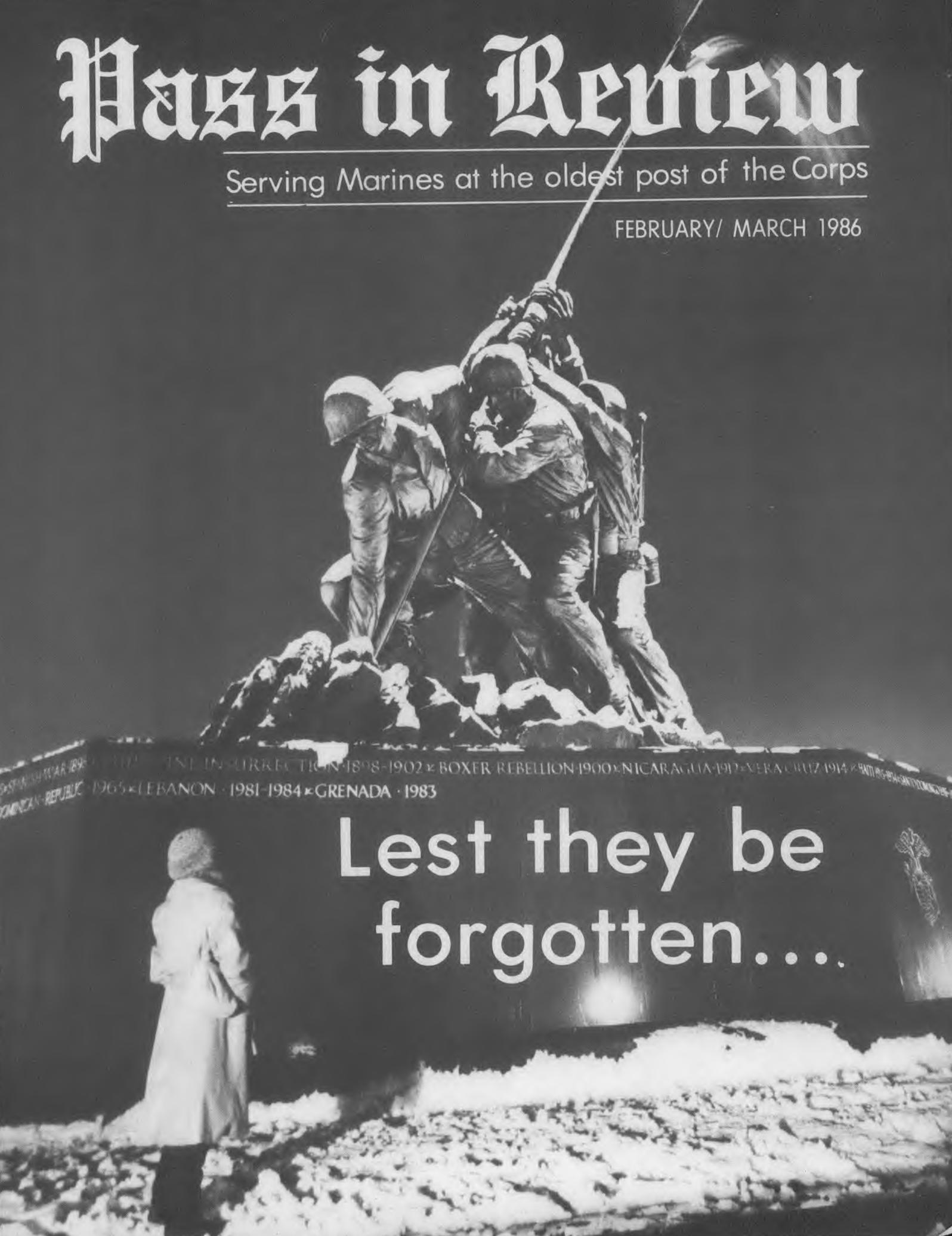


Pass in Review

Serving Marines at the oldest post of the Corps

FEBRUARY/ MARCH 1986



SPANISH WAR 1898 • PHILIPPINE INSURRECTION 1898-1902 • BOXER REBELLION 1900 • NICARAGUA 1912 • VERA CRUZ 1914 • HAITI 1915 • SANTO DOMINGO 1919 • DOMINICAN REPUBLIC 1965 • LEBANON 1981-1984 • GRENADA 1983

Lest they be forgotten....



About The Covers



Front—The conquest of Iwo Jima had taken a heavy toll on the Marines—17,372 wounded and 5,931 killed—but the island had to be taken. An inkling of its importance in the aerial war against Japan may be gained from the fact that by the end of the war 2,251 heavy bombers carrying 24,761 Americans had found refuge at Iwo Jima during the course of raids on Japan. **photo by SSgt. Rick Odermann**

Inside—LCpl. Steven Brown, MCI guard, fools everyone with a fancy behind-the-back pass to a teammate who easily, scored a crucial bucket, in the Barrack's semi-finals, **photo by Sgt. C.D. Chambers**



Back—In the stillness of a cool winter night stands LCpl. John L. Watts on guard at the front entrance of the "oldest Post."

photo by SSgt. Rick Odermann

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Pass in Review

Marine Barracks Wash., D.C.

February 1986, Vol. 6, No. 2

Features

6 CHANGE OF MASCOT

Private First Class Bowag's Lucas Day assumed the prestigious honors as mascot of the "oldest post" from Sergeant Bodacious Little Marine in a ceremony Feb. 11.

8 INSPECTIONS

The need for Inspection has been obvious throughout the Corps' 210 years of existence. But, why?

13 BASKETBALL

A Company defeated B Company in Barrack's intramural basketball championship and MCI downed H&S for third place. More details on page 13.

Departments

Viewpoint	4
Newsline	11
Sports	13
Barracks Bulletin Board	14

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Viewpoint

A Tribute to the Deck NCO

Midnight in the barracks — all is quiet, save for the ticking of wind-up alarm clocks and the ragged snores of sleeping Marines.

But hold, what's this? Some wounded beast is screaming like a lost soul in the stairwell.

On the deck, bare feet hit the floor. A snarl twists the lips of one very angry man as he lurches out of his rack. This man is the deck NCO, and his humor is not improved as he encounters fixed objects on his search for a lightswitch in the dark.

Back on the stairwell, the screaming draws nearer. In fact, not one, but two voices can be distinguished now. The screams are punctuated by a liberal assortment of grunts, growls and whimpers.

Suddenly, the stairwell door is flung open. The deck NCO stands framed in a white oblong of light, hands on hips. When he speaks, his voice is dangerously level, "Would you mind telling me just what the fffl?&!¢ is going on here?"

The beasts freeze, raw alcohol sawing uneasily through their lungs. If one looks closely enough, past the drooling lips and blood-flecked glazed eyes, you could almost recognize LCpl.'s Tumble and Stumble.

LCpl. Tumble takes it upon himself to attempt an explanation. Staring earnestly at the deck NCO, he babbles, "Well, ya'shee, I's out in town (hic), some peoples, ah, you know, beer partying wit zeez girls foxy so natchirly I thought kinda, um..."

LCpl. Tumble sways unsteadily and slides down the

wall. LCpl. Stumble looks from his buddy to the deck NCO, and nods solemnly.

The deck NCO sighs. "Think you can make it up these stairs by yourself?"

LCpl. Stumble immediately demonstrates his prowess by negotiating the stairs without a single trip or slip. On all fours, of course.

The deck NCO goes down to LCpl. Tumble, wrinkling his nose in distaste as he discovers his drunken ward is wearing the evening meal. He gets his arm under Tumble and lifts the protesting Marine to his feet. It isn't an easy task, but he manages to get him to his room.

Unfortunately, LCpl. Stumble never made it that far. He has decided the water fountain is a splendid place to camp for the night, and has sprawled out beside it.

By this time, the duty NCO is on the scene. With the help of the deck NCO, they get the Marine upright, and drag him to his room, and into his rack.

The time is now 0045. The deck NCO trudges wearily back to his room, and the warm, inviting comfort of sleep. His hand is on the knob when LCpl. Tumble bursts into fervent song, his voice bellowing through the walls.

The deck NCO turns slowly around. A nervous twitch is jerking the corner of his eye as he advances down the hall, giggling uncontrollably, hands clenching and unclenching at his side.

by Cpl. Carl Reed

Privacy Act of 1974?

The Privacy Act of 1974 What is it? How does it affect you? What should you know about this act?

This Act was established to eliminate needless intrusions on personal privacy through the maintenance of records. It was also designed to ensure that: no personal Federal Government personnel records or files exist that are secret: limited to those which are clearly necessary; that individuals have an opportunity to see what information about them is maintained and, challenge the accuracy, relevancy, timeliness, and completeness: and personal information collected may be used only for authorized purposes unless the individual consents to other uses.

This act is applicable to all systems of records from which information may be retrieved by so identifying number, symbol, or other identifying particular assigned to or associated with an individual.

Who has access? Only the individual or a designated representative. To gain access to an individual's records the individual must submit a request for information. Certain procedures exist for requesting access and can be found in the current edition of MCO P5211.2A

For more information regarding the Privacy Act contact the Barracks S-1 Officer, Capt. Smith-Bolduc, at ext. 3-3793/3794.

Commander's View



The Barracks has an annual budget of 4.3 million dollars. There is a tendency to think of that money as government money and as a result we need not be careful about how it is spent. Nothing could be further from the truth. That is *our* money. The government only has money that it takes from us in taxes.

We have been very fortunate in being provided with adequate funds, but we must take care of them. There will be a lot of new equipment when we return to the Barracks and we must take care of it.

The BEQ is looking better all the time and that also requires our attention. The less money we spend on needless repairs and upkeep, the more we will have for improving the quality of life.

I have been extremely pleased with your support in those areas, but there is much more that can be done. Together we will make the Barracks a showcase in every sense of the word.

Barracks Talk How do you feel about being stationed at the "oldest Post?"



I pass the National monuments every morning on my way into work. It gives me a strong sense of pride to know I'm protecting those National treasures.
GySgt. J.R. Helms
 Career Planner



Two years is fine, but any longer than that and you get tired of it.
Cpl. J.L. Carter
 S-3



I re-enlisted for this duty station. I had always heard 8th and I Marines were the best, and I wanted to be the best.
Lcpl. D.A. Cheatham
 Adj. Mail Room



Absolutely Marvelous
Cpl. D. Edmons
 S-1

CHANGE O

An exclusive interview.

P by Sgt. C.D. Chambers

Private First Class Bowag's Lucas Day, known as "Luke," assumed the prestigious honors of Marine Barracks, Washington's mascot in a ceremony Feb. 11 and became the eighth dog to be named "Chesty."

Chesty VII, Sergeant Bodacious

Little Marine, "Bo" stepped down from his Marine Corps top-dog position, which he held for almost four parade seasons here. He will retire to the seclusion of his home in Dale City, Va., where he resides with his owner MGySgt. Gene Grafenstein,



Bodacious Little Marine (left) gave up his "top-dog" position to Private First Class Bowag's Lucas Day Feb. 11.

photo by
Cpl. Carl Reed

F MASCOT

.no bones attached

operation chief here.

Pfc. Luke, a red brindle and white American Kennel Club English bulldog, was born Jan. 18, 1983. The Maryland native is the son of AKC Champion, Bowag's Airborne Sunnyday and Bomar's Cottontop.

The Corps' youngest leatherneck enlisted in the Marine Corps Feb. 4, 1986. He is a graduate of Bowag's Canine School for Professional Dogs and is currently attending Canine Training Associations Obedience School.

His duties while at 8th and I include serving as official mascot for the "oldest post," and unofficially the mascot of the Marine Corps. He will also train his handlers, appear weekly throughout the summer at the reknowned "Friday Evening Parades," and help out with public relations and morale building.

Luke barks that he's extremely honored to have been selected for the prestigious canine position.

"I have nothing but tremendous respect for my predecessor Sgt. Bodacious Little Marine," Luke ruffs. "I feel he has done such an outstanding job as mascot that it's going to be tough to fill his paws. However, I do feel confident that with time I'll be able to do the job equally well."

Luke barks enthusiastically that he's ready for the ceremonial duties of his new position. Throughout the training of his canine schools he was able to successfully compete in AKC breed competitions and attain his AKC championship title. He yelps that experience will come in "paw" when training his handlers and marching in parades.

"My goal while I'm mascot is to be the best 'devil dog' I can be," Luke barks with a stern look. "Hopefully, I'll be able to provide some good en-

tertainment to my fellow Marines here and around the Corps, And perhaps, I can aid in our public relations program and in morale building," he ruffed again.

Luke anxiously barks that he's excited about some of his fringe benefits at the "oldest post," such as: squirrel chasing, morning romps around the parade deck to stay in shape, and a lot of sleep. Although he is excited about his new duties and home with Capt. James Walker, the adjutant, and Nancy Walker, he is not looking forward to his long commute to work from the Walker's home in Falls Church, Va. He growls that he is especially not looking forward to his summertime baths to keep him socially acceptable either. "But," Luke ruffs with a toothy grin, "You just have to take the good with the bad sometimes."

"This will definitely be a career change for me," yelps Luke, "Quite frankly, after the whirlwind lifesyle of the AKC show circuit, what with it's groupies and all, I'm rather looking forward to a quieter, more celibate lifestyle, at least for now." At last count Luke is the father of 24 sons and daughters.

In an exclusive interview with retired Mascot Sergeant Bodacious Little Marine, "Bo," barks, that he's looking forward to his retirement.

"I feel I've worked hard at being a good Marine and I'm definitely ready for a rest," Bo yips with a solemn glow in his eyes. "My immediate plans are to just relax, catch up on some of the sleep, drink a few beers and just take life easy."

Bo, born Dec. 31, 1979, enlisted in the Marine Corps Feb. 8, 1980 at Millington, Tenn. The fawn and white pedigree English bulldog was promot-

ed to his present rank Feb. 1, 1984 and has received such awards as a Good Conduct Medal, a Meritorious Unit Citation and a Navy Unit Commendation. Bo, who arrived at 8th and I in February 1981, is the son of Tsar Igor Brandivitch and Jasper's Little Valentine.

It's been rumored that Bo's father Brandivitch had some ties with the Soviet Union. He growls, however, that he is an American dog.

Bo, a Tennessee native, ruffs that he remembers some of the long grueling hours he's spent training handlers. He remembers when he first arrived that he had less than a week to get his handler ready for their first parade together. He barks that one of his most memorable Friday Evening Parades came during the 1985 season when he pulled the ultimate test on one of his newly trained handlers, by refusing to move during a parade. He proudly barks that his handler came through with flying colors by picking him up and carrying him from centerwalk. And, Bo will remember the many Marines who's legs he cuddled up to affectionately and those who shared their covers with him.

"If I had it to do all over again, I'd try to change the parade somewhat," ruffs Bo with a concerned look on his face. "I really don't feel all those troops are necessary for my parade. Just me and my handler and possibly a musical unit for added effect."

Bo has seen and done a lot while at 8th and I. And in that he has this to pass on to Chesty VIII: "The best advice I can pas on to Pfc. Luke is that he has a long line of traditional mischief to carry on with, and he should always do it in the finest tradition of a Marine Corps mascot."

INSPECTIONS

I by GySgt. Corty Cortez

Inspections have been conducted throughout the Corps' 210 years of existence. The need for inspection was obvious in the Marine Corps from the very beginning.

Historian Bernard C. Nalty noted that during the Revolutionary War, the lack of adequate inspection of our recruiting program, allowed William Murray, an Irishman loyal to the British Crown, to enlist in the Marine Corps. He was appointed a sergeant. Murray was later placed in irons when he helped plan a mutiny.

While there were very few structured inspections in the Corps' early days, Nalty observed that one fairly formal inspection was that of rations. But, he also noted that regardless of inspection the "mess" left much to be desired.

Lieutenant Colonel Commandant William Ward Burrows himself was keenly aware of the need for inspection and insisted that payrolls, and other administrative matters pass his personal scrutiny.

In those days the ever watchful eye of Congress concerned itself with military expenditures as critically as today. In 1803 Maryland Representative Joseph Nicholson wrote the Secretary of the Navy concerning the actions of the Marine Corps. He specifically asked about the Commandants duties. The Secretary of the Navy responded with a courteous letter detailing the duties of the Commandant.

The letter implied that the Commandant was responsible for the inspection of the Corps' administrative procedures, finances, discipline and the preservation of munitions.

However, it was not until 1817 that Capt. Samuel Miller, became the first specifically appointed Adjutant and Inspector of the Marine Corps.

It was the grand old man himself, Archibald Henderson, however, who instituted an annual inspection in 1821. It was this "annual inspection" that evolved into the clearly defined

activities of the Inspection Division in 1942.

The present day Inspector General's office is tasked with conducting inspections and investigations as directed by the Commandant. According to Maj. J.E. Strickland, head of the administrative branch with the Inspec-

tion Division of Headquarters Marine Corps

"We're tasked with inspections to promote economy, efficiency and the effectiveness of programs and directives,"

Like any mission placed upon a command. The primary goal is to ful-



Although ration inspections were the first "formal" inspections, reviews of the
Depicted is Commodore John Paul Jones escorting John Adams, in a review of Jones

— In keeping with tradition

full it.

"We, of course, want to comply with the requirements placed upon us by Headquarters Marine Corps, and like any inspection, we want to put our best foot forward," said LtCol. H.C. Florence, 8th and I barrack's executive officer.

Like any Marine Corps inspection, most Marines want to insure there is plenty of polish on that regulation shoed foot.

"For the most part it boils down to personal pride," said SgtMaj. J.W. Winborn, barrack's sergeant major, and veteran of 24-years of Inspector

General Inspections.

"Our every day Marine activities are generally pretty good because of who we are. But, no Marine worth his salt wants to settle for just an average inspection rating either," added Winborn.

Times do change and so have procedures. 1stSgt T. W. Phillips, of A Company has seen many changes at the barracks during his two tours.

"It used to be that the Marine prepared himself. At my first IG here, as a sergeant, the majority of men were older and were combat veterans. This made it an easier time for the Inspecting General. Today, the experience level is not as thick in the ranks. That makes more work for older Marines, but with a proper example, Marines will rise to the task," Phillips said.

The task and requirements that the barracks must meet will be slightly different than elsewhere in the Marine Corps.

"What I perceive to be the difference through conversation with the IG team is that we are unique in our ceremonies and mission. Subsequently, we have asked that they look at different things," added LtCol. Florence.

He specifically mentioned the wearing of the Blue/White uniforms, which are not worn the the same way at any other Marine Corps command. Another point was the M-1 rifle. "No one else in the Marine Corps is authorized to use the M-1; like we do," he pointed out.

As far as the technical aspects of the inspection, LtCol. Florence stated that 8th and I would be inspected no differently.

The IG was conducted March 3 thru 6. The senior member of the IG team was Col. C. Whipple. The Inspector General of the Marine Corps BGen. H.E. Davison and SgtMaj. C.S. Croper, the IG Sergeant Major, arrived March 3 to observe the Barracks throughout the inspection.



Officers and troops were also conducted. Marines in May 1779.

Blacks in the Corps

by SSgt. Eric Stradford

They came from all over the United States and from a variety of backgrounds, to an all black boot camp at Montford Point, N.C. They possessed skills ranging from cooking and truck driving to martial arts. Some were college-trained like Morehouse graduate Charles Anderson, who eventually became the first black sergeant major of the Montford Point camp. Others leaving the ranks of sister services would bring with them the experience of prior service. One individual, and probably the most re-

knowned was Gilbert H. Johnson. Johnson had served six years in the Army's 25th Infantry during the 1920s, and much of the '30s as a Navy mess attendant. Because of the prior service stripes worn on his uniform the 37-year-old enlistee would become affectionately known as "Hashmark" Johnson.

Even with the introduction of blacks to the Marine Corps, integration was still a long way off. Blacks were trained at separate facilities from white Marines, and were eventually assigned to all-black units. Blacks

comprised the 51st Composite Defense Battalion, which was later redesignated the 51st Defense Battalion during World War II.

Although the 51st, and its successor the 52nd Defense Battalion, were designed and publicized as combat units, they never saw combat. There were, however, "labor troops" assigned to depot and ammunition companies who garnered the battle credits and accounted for most of the black Marine casualties during World War II.

Commandant Holcomb indicated it was his considered opinion that "there would be a definite loss of efficiency in the Marine Corps if we have to take Negroes...and their desire to enter the naval service is largely, I think, to break into a club that doesn't want them."

Holcomb's private protests were overruled. After the long months of political bickering the door was finally open for blacks to wear the coveted eagle, globe and anchor. It would be a new experience for the Marine Corps. One officer recalled, "...It just scared us to death when the colored people were put in. I told a lieutenant colonel over at Selective Service, 'We've never had any in; We don't know how to handle them; We are afraid of them. The colonel said he'd do his best to make sure we got the best ones. 'I'll get the word around that if you want to die young, join the Marines,' he told me. 'So anybody that joins has got to be good.' The officer indicated the plan's success by concluding, "We got some awfully good Negroes."

Postwar tabulation of casualties established that nine black Marines had been killed in action or died of wounds, 78 had been wounded, and 35 men had died of "other causes."

For whatever reasons, they never saw combat, and were pretty disappointed in not getting the action they so desperately wanted. But as they went their separate ways, they took with them the knowledge that they had served in a unique, unit. They didn't need combat to develop self respect, for they possessed an almost cocky belief in themselves as Marines and special pride in the Corps they served.



Keeping A Close Watch
by Roderick Schenken

Bethesda changes scheduling

by 1st. Lt Michael Visconage

Bethesda Naval Hospital has changed procedures for scheduling outpatient care of active duty servicemembers and their dependents.

To eliminate excessive delays for appointments, a new system for providing faster medical outpatient care has been initiated.

Under the new system, active duty servicemembers should be seen within one week and their dependents within two weeks if medically warranted.

The amount of patient overload varies depending on which outpatient clinic services are needed. For dependents, individual clinics will keep a first come-first serve waiting list of patients who cannot be scheduled within available appointments. These people will be called as appointments become available.

After the waiting list is filled, the clinic will then be closed to all but active duty and emergency cases. People for whom appointments are not available will be advised that they should seek medical care in the civilian community through CHAMPUS. Non-availability certification from the hospital is not required for outpatient

care through CHAMPUS.

Again, the new system is geared toward serving active duty servicemembers and their families more effectively.

While all clinics are open for active duty Marines, there are several clinics which are now closed to dependents such as specialized Orthopedics (back, hand and knee) and gastroenterology. Other clinics such as Neurology, "Well Baby," Dental, Internal Medicine, Gynecology, and Nutrition presently have limited availability for dependents.

Information on CHAMPUS benefits can be obtained by calling 295-5143 or 295-5144.

War declared on paperwork

(HQMC) - The Marine Corps has joined in the Navy-wide effort to reduce paperwork and administrative duties. Efforts by HQMC departments and FMF commanders have already resulted in ALMAR 279/85 (CMC MESSAGE 121955Z DEC 1985) which eliminated 172 reports required by HQMC and reduced the frequency of submission for 49 others.

Additionally, ALMAR 5/86 (CMC MESSAGE 101844Z JAN 86) directs that the auditing of the annual visual audit sheet will no longer be required by units and individual Marines. And, ALMAR 10/86 (CMC MESSAGE 171845Z JAN 86) calls for the elimination of unnecessary paperwork in Official Military Personnel Files.

"Our most important peacetime objective is achieving a level of combat readiness that will enable us to win in future battles," Gen. P.X. Kelley told his commanders in ALMAR 279/85.

"That objective must be emphasized by placing our most important peacetime duties in proper perspective. Administrative functions are justified only to the degree that they contribute to FMF readiness..."

Field commanders have been encouraged to initiate similar administrative workload reduction efforts at the local level following the guidance contained in MCO 5214.2C (Information Requirements Management in the Marine Corps). The order instructs commanders to make multiple use of reports, to reduce reporting frequency, to cancel information requirements when no longer needed, and to suppress new requirements that are not justified.

Reinforcing the Secretary of the Navy's claim that "our ultimate success will depend on compliance at all levels," Gen. Kelley has alerted commanders that the Inspector General of

the Marine Corps will include "administrative workload reduction efforts" on his checklist during future command inspections.

The attack on paperwork stems from the findings of a Secretary of the Navy blue ribbon panel that studied the excessive administrative responsibilities of aviators. Substantial evidence indicated that Naval aviators spend an average of two-thirds of their time in non-mission-related administrative duties.

Secretary Lehman has called for a 50 percent reduction in all administrative reports within the Department of the Navy.

Recommendations for administrative workload reduction from all Department of the Navy levels are being studied for feasibility on an ongoing basis. The Department of Defense is expected to come forth with additional guidance for reduction of administrative reports later this year.

Leadership conf. slated

(QUANTICO, VA.)- The sixth annual Major General John H. Russell Leadership Conference will be held at the FBI Academy here, April 21-25.

The topic for this year's conference, personally selected by the Commandant of the Marine Corps, is "The Role of the Leader in Taking Care of Our Families." The conference is sponsored by the Command and Staff College Foundation and is conducted by the Leadership Department of the Education Center.

Invited Department of Defense, HQMC and local military and civilian representatives will join Marine leaders from throughout the Corps in discussions at the conference. Attention will focus on linking the following agenda to the maintenance of the Marine Corps' traditional high level of combat readiness and unit morale:

- The changing role of the military family in today's society.
- Command support of dependent issues/activities.
- Stresses of spouse/family separa-

tion: programs that support the families of our deployed Marines.

A series of keynote and guest speakers will highlight this year's program. The speakers will include the Commandant of the Marine Corps Gen. Paul X. Kelley, the Assistant Secretary of the Navy for Manpower and Reserve Affairs, the Honorable Chase G. Untermeyer and the Deputy Assistant Secretary of the Navy for Personnel and Families, the Honorable Alice M. Stratton.

Marines desiring to contribute to relevant topics are encouraged to provide discussion items, opinions and recommendations to:

Russell Leadership Conference
Leadership Department
Education Center, MCDEC
Quantico, VA 22134-5050

Commandant pleased with marksmanship

(HQMC) - The Commandant of the Marine Corps released his final White Letter for 1985 on Dec. 30, congratulating commanders for their support of the Competition-in-Arms Program (CIAP). "Without their support, the Marine Corps' success at the National Championships would not have been possible," Gen Kelley said, referring to an impressive perfor-

mance by Marine rifle and pistol shooters last summer at Camp Perry, Ohio, during the NRA National Championship Matches.

The Commandant cautioned Marines not to "rest on their laurels" after their most recent success. "We should strive to increase our participation in the CIAP to rebuild our base

of skilled, experienced Marines who can serve as coaches and marksmanship instructors. These Marines are the foundation of our rifle and pistol marksmanship programs," Kelly said.

Providing the Opportunity for any qualified Marine to participate remains a cornerstone of the CIAP's success. Addressing that, Gen. Kelley called on commanders to ensure that women Marines are included. "With (their) recent integration into annual rifle and pistol requalification, it would be appropriate for them to take an expanded role in the CIAP," he stated.

"The ultimate goal is simple," Gen. Kelley emphasized. "Marines must be able to hit their targets."

Sports

"A" Company crowned champs

victory comes in final seconds

A Company's guard LCpl. Robert Galetta hit two clutch free throws and a 20-foot jump-shot in the final seconds of the Barrack's intramural basketball championship to lead his team to a 61-56 slicing of B Company Feb. 14.

Galetta poured in 14 points and played superior defense, stealing the ball at crucial times. That combined with center LCpl. Mark Smith's 16 and forward LCpl Mike Chapple's 12 were determining factors in the victory.

B Company's center LCpl Grieves dumped in 21 while under tough defensive pressure from A Company in the losing cause. His 21 and balanced scoring from the rest of his teammates kept B Company tied or close throughout the game until the final five seconds when A Company serged ahead.

MCI grabs third

In the Barrack's intramural semi-final game MCI's forward Sgt. Elliot Martin kept up his number one scoring reputation by pumping in 22 points to pace team to a clinch of 3rd place over Headquarters and Service Company 52-49, Feb. 14.

Martin's 22 and guard LCpl. Steven Brown's sparkling defense along with center Sgt. Maurice Peavey's 12 grabbed the semi-final for the team.

H&S' guard Cpl Reggie Goode lead his team with 16 in the losing cause.



story and photo
by Sgt. C.D. Chambers

Cpl. Ronnie Smith, B Company guard, goes up for a layup against LCpl. Robert Galetta, of A Company.

Barracks Bulletin Board

Promotions Joins

A Company

Sgt. J.E. Burton
Cpl. R.T. Galleta
Cpl. S.A. Getz
Lcpl W.L. Stokes
Lcpl D.R. Geer
Lcpl J.W. McGinnis

B Company

Cpl N.A. Montefiori
Lcpl J.M. Moore
Lcpl R.S. Spencer
Lcpl W.R. Wright
Lcpl D.A. Goldfine Jr.
Lcpl L.L. Jones

HQSVC Company

Sgt W.E. Kinsey JR.
Sgt D.T. Bahn
Cpl V.L. Lovett
Lcpl A Hicks
Lcpl D.A. Cheshier
Lcpl T.A. Bilicki
Lcpl S.J. Patterson
Lcpl J.M. Lee
Lcpl R. J. Sheldon JR.
Lcpl R.M. Bettelyoun
Lcpl J.T. Lemaster
Lcpl A.J. Williams
Pfc A.M. Hill
Pfc J.L. Showalter
Pfc T.J. Babb

MCI Company

Sgt G.J. Daum
Cpl E.D. Cunningham
Lcpl T. Thomas

Scty Company

Cpl T.S. Wolf
Cpl L.N. Whittington
Cpl G.T. Shanaham
Cpl G.A. Pollock
Cpl K.J. Murphy
Cpl S.P. Dargis

A Company

Pfc M.R. Hetzler
Pfc R.M. Baker
Pfc J. Vivona
Pfc S.J. Dutko JR.
Pfc P.J. Schultz
Pfc A.T. Peer
Pfc D Middleton
Pfc H.D. Thaxton
Pfc A.M. Snyder

B Company

Lcpl B.A. Grainger
Pfc J.W. McGinnis
Pfc A.H. Cuellar
Pfc T.A. Brents
Pfc D.C. Lohmann
Pfc M.A. Huaraque
Pfc D.B. Kries
Pfc T Huff
Pfc W.E. Tucker
Pfc M.B. Moure
Pfc T.H. Hensley

HQSVC Company

Ssgt R.N. Isakson
Ssgt M.J. Perez
Sgt J.L. Kressler
Cpl D Edmons
Lcpl A.M. Colonna
Pfc J.T. Pelletier
Pfc L.A. Chance
Pfc T.S. Bons
Pfc J.L. Tangsrud
Pfc T.A. Erickson
Pfc D.E. Beauchanp
Pfc S.C. Walker
Pfc A.M. Hill
Pvt K.A. Brewer
Pvt J.E. Shea
Pvt T.J. Babb
Pvt J.L. Showalter

MCI Company

Maj. D.L. Horton
Capt. C.E. Vallanbingham
Ssgt J.D. Martin

D&B

Cpl J.A. Huddleston
Cpl B.R. Guilmette
Lcpl J.A. Edmunson

USMB

Ssgt R.M. Morlett

Awards

A Company

Merit Mast

Cpl S.C. Snee
Cpl D.D. Sweetland
Cpl P.R. Paolucci
Cpl V.L. Jordan

Letter of Appreciation

Lcpl M.W. Delafuente
Lcpl M.W. Davidson
Pfc S.P. Duguay
1st Lt. S.A. Packard
Lcpl X. Perez
Cpl J.R. Hanson

B Company

Navy Commendation Medal

Ssgt M.J. Johnston

Letter of Appreciation

1st Lt. Dunn
Cpl D.L. Henry Jr.
Cpl T.J. Kepschull
Cpl T.J. Lewnes
Lcpl M.A. Smith
Lcpl J.L. McCray
Lcpl W.P. Olydroyd
Lcpl M.F. Buck
Lcpl H.B. Lewis
Lcpl A.H. Johnson
Lcpl G. Lloyd
Lcpl P.K. Simpson
Lcpl M.S. Jolley
Lcpl J.K. Newton
Lcpl J.M. Thompson
Lcpl G.J. Nenzel
Lcpl J.S. Kinnard
Pfc B.J. Thomas
Pfc S.J. Boash
Pfc J.P. Prause

HQSVC Company

Certificate of Commendation

Ssgt J.M. Spass

Navy Achievement Medal

Cpl D. Edmons

Merit Mast

Sgt K.D. Nutter
Pfc P.J. McTernon

Letter of Appreciation

Capt J.C. Walker
Sgt S Martinez
Sgt T.L. Craddock
Sgt C.D. McCloud
Cpl R.J. Goode
Cpl G.J. Hardy
Cpl Z.F. Savoy
Cpl P.D. Gayle
Cpl R.T. Diehl
Cpl S.C. Fetter
Cpl W.E. Kinsey
Cpl R.G. Peart
Lcpl R. Fargo
Lcpl R.W. Shultz
Lcpl T.J. Winfield
Pfc R.S. Mey

MCI Company

Navy Commendation Medal

Capt. W.O. Dwiggins

Letter of Appreciation

Capt D.B. Chaukley

Scty Company

Letter of Appreciation

Capt D.L. Clubine
Cpl E.J. Moore
Lcpl W.D. Rave

USMB

Letter of Appreciation

Col J.R. Bourgeois
MGSgt T.F. Lee
SSgt J.A. Moore

Club Beat

The regularly scheduled Lady DJs will continue to perform each Wednesday, and a free movie will be shown each Thursday in the E-Club.

Guard Section has planned a fine Mess Night in the Enlisted Club for March 14, so all other junior enlisted troops are invited topside in the SNCO club for the evening.

The E-Club is also holding a BOSSES NIGHT vice-ST. PATRICKS DAY PARTY, Monday March 17. Be sure to get the word out to your favorite boss'.

Start working up your acts — there will be some excellent prizes awarded for top performers on the April 9 Amateur Night.

Your club has done a fine business this year thanks to an improved menu, better cooking, and your strong off-season support. Thank you for your patronage.



photo by
Cpl. Carl Reed

Guest speaker

Chaplain of the Marine Corps Navy Captain Walter A. Hiskett was the guest speaker at the Barracks Prayer Breakfast Feb. 12. Hiskett shared insight to the Corps mission in light of the paradox between faith and comfort to more than 80 Marines and sailors.

WATCHING YOUR PRESSURE GAUGE

Are you tired of your friends or the people you work with? Are you suspicious of people? Do minor problems throw you into a frenzy? If so, watch your "pressure gauge." Too much pressure can spoil your life and your health.

Stress is the reaction of the body to any demand made upon it. Stressors are the situations which cause stress. Any and every situation you encounter may cause stress.

We all have stress, but its intensity and duration vary greatly depending on the events that trigger it and on the way individuals manage their own feelings.

No matter what happens, most people experience hurt, anger, guilt, envy, fear, sadness, joy, and love. Your feelings indicate how you are reacting to your surroundings.

Nothing influences your life as much as the way you feel. So whenever possible you should try to identify your moods. Take time to notice how often you are really happy with yourself.

A good basic guide to determine when you need help in managing your stress is to ask yourself, "Do my feelings get in the way of doing my best work or my ability to love and be loved?" If the answer is yes, the extent to which feelings interfere is the extent to which they need to be managed. Let your discomfort with yourself be your guide.

Your attitude determines if stress is good or bad. The situation that is not stressful to you may be stressful to someone else. This is a result of what you interpret to be threatening to you, and this changes with the situation.

What you do next determines if stress is good or bad for you. Think back to the last time you were happy and remember what your actions were. Most likely you became engaged in some activity; when you are happy and feel good, you tend to be active.

Now think back to the last time you were sad or angry and remember what your actions were. The most likely reaction to either feeling is inactivity.

Studies have shown that physical activity reduces stress. Each time you work out, you can reduce stress instead of letting it build up.

You have not become the person you are overnight. Your beliefs have been developed over a period of time. You have a deep-seated need to preserve the ideas about yourself, and you would probably like to improve your self-image.

When you develop a more positive self-image, you will feel more able to handle stressful situations.

The key, as in all preventive programs, is early detection and intervention before stress levels can lead to stress-related diseases, such as alcoholism and emotional disorders.

The preceding article contains excerpts from the Family Fitness Handbook, Department of the Navy Pamphlet 350-21, Nov 1984

