

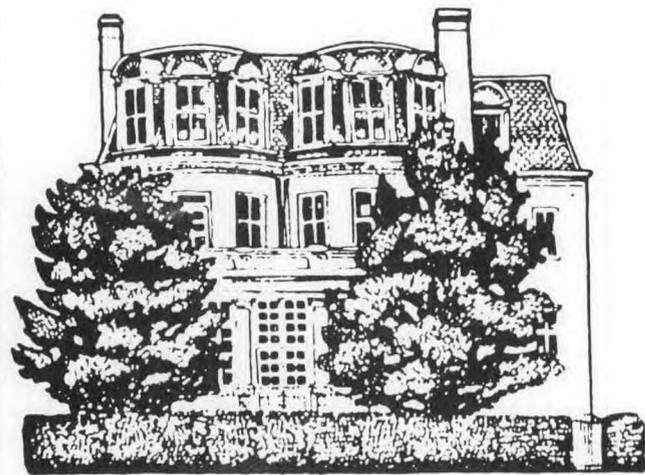
Pass in Review

Serving Marines at the "oldest Post of the Corps"

July 1986







ABOUT THE COVERS

Front

Eighth and I Marines participated in numerous ceremonies during the July 4 holiday, including one in their own backyard. The NBC "Today Show," broadcasted live as Company B stepped it out down troop walk the morning of the 4th.

photos by Sgt. C.D. Chambers

Inside

"When the smoke cleared away, it was the man...with the rifle, who settled the final issue on the field." (Pictured LCpl. Thomas Sadler, A Co., 2nd Platoon).

George C. Marshall

photo by Sgt. C.D. Chambers

Back

Cpl. Jerry Pittenger, leftfielder for the Barracks' varsity softball team, is greeted at home plate by teammates after blasting a long ball for a round tripper. The Barracks team has plenty of big guns this year, riding just a game out of second and two games out of first in the Naval District Washington softball league.

photo by SSgt. Rick Odermann

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Pass in Review

Marine Barracks, Wash., D.C.

Vol. 6, No. 5, July 1986

Features

6 MILES

Marines from A Company, 2nd Platoon, went to the field recently for combat training. This wasn't the normal training, however, this training taught them what being under fire is all about. Of course they didn't use real ammo, but what they did use was a close simulation.

8 HOSTING

"In my experiences here, people will always say 'fine parade, really enjoyed it.' But, they'll always comment on how they can't get over the personal attention given them by the hosting staff. They appreciate the personal touch."

10 COLLEGE AWARENESS

Some say education is the key to success; "the spark that leads to bigger and better things." Since the hardest thing about college is getting started, the Barracks is bringing the colleges to you. College Awareness Day is slated for Aug. 6.

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One More for the Road

by Scott Krout

Im an alcoholic. I'm a Marine. Tomorrow I'll still be an alcoholic — but I won't be a Marine. I'm being discharged for alcohol abuse.

This is my story. It's not pretty, but it's true.

My friend was passed out in the front seat; I was driving. We were both drunk after closing a bar in Kinston, N.C. and I soon nodded off also. We woke disoriented and upside down after the car thrashed end-over-end several times.

Luckily, neither of us was hurt badly, just a few stitches. The car was totalled.

I didn't even get a traffic ticket. So why should I bother to consider I was almost killed and could have tallied up my fourth driving-while-under-the-influence crime?

That was 1983. I was 23 years old. Two months before the accident my wife left with my two-year-old son. She said it was because I drank too much. I claimed it was because she had some secret lover.

When all that was happening, I was making a lateral move into the Public Affairs MOS from the infantry profession. I didn't think I had a drinking problem; instead I was a victim of circumstances brought on by someone or something else.

The drinking continued. While attending the journalism school, required for the public affairs occupation, I was arrested one evening for relieving myself in public. My commanding officer rescued me from the wraths of steel and I eventually graduated from the school and came back to Camp Lejeune.

I bought a car with my reenlistment bonus. The hell with my past record, I was going to drink in style while sporting about in my 1972 corvette.

My superiors didn't agree and forced me to go to level II alcohol treatment: it was two weeks of group therapy with mandatory Alcoholic Anonymous meetings on the week-

ends. I was dropped from the treatment for failure to go to the AA meetings and I was glad. I couldn't have a drinking problem. I was still only 23 years old; much too young to be an alcoholic.

Well, I thought I must have matured the 24th year of my life for it went alcoholically well. I didn't get into any trouble. I did my work, drank to oblivion at times and even showed spurts of willpower when I wouldn't drink for a week or two. This was a vain attempt to prove to myself and my friends I didn't have a problem.

When I did drink around friends, they laughed and joked at me. Then it got to the point where they didn't want me around because my behavior while drinking was obnoxious and sickening.

I still didn't have a problem. The people who didn't want me around didn't know how to have fun.

During half of my 25th year I was in a haven of wine, women and song. I went on a UNITAS cruise.

I did my job and even though many times I was carried on ship or just didn't remember boarding, I got promoted and received a meritorious mast when I returned to the states. Once again I asked myself, "How could I have a problem?"

I was shuffled off to photojournalism school upon my return. I drank feverishly there to relieve my jitters. I got a page 11 entry for drunkenness at a graduation party. No big deal, I graduated.

In the meantime, my drunken behavior while on the float leaked out to my superiors. My superiors didn't look at the situation as "no big deal." They scheduled me for six weeks in a alcohol rehabilitation service.

Two weeks before I reported to the ARS, I tallied that fourth DWI. I still didn't have a problem because if I hadn't thrown that beer can out the window, the MP behind me wouldn't have pulled me over.

I was fined but the bust to corporal and restriction were suspended.

I got thrown out of the ARS three weeks early for treatment failure but I matched that three weeks of sobriety with three of my own before I was back at the bottle again.

I was just beginning my 26th year. Two months later I was handed my fifth DWI. Three days later I was arrested for driving under revocation. I paid dearly for that screwup in civilian and military life. Lawyers fees, fines, 30 days in jail and an administrative discharge. I still didn't have a problem. The cop that arrested me could have let me go, and the hell with the Marine Corps anyhow.

While waiting for my discharge I continued to drink and drink. For three days I pounded down four to five pitchers after work without eating. The fourth day I had duty. I blacked out once during the day and felt as though death was a click away.

I got some help. I knew where to find it. Even though I'm still getting discharged, I've been sober six good weeks, one day at a time. I realize now I have a problem and that problem is alcoholism.

This was a very short, highlighted version of my alcoholic madness. It goes much deeper than this. However, I found the solution to my problem through AA and not taking that first drink. If this article can help one person before they go as far as I did, then it was well worth it.

Semper Fi and Farewell.

Editor's note: Sgt. Scott Krout left the Corps more than three months ago, contributing one of his best pieces; his final story. Sgt. Krout was a fine Marine, an outstanding journalist and a good friend. I'm glad to see he has taken care of his problem, but I'm sad to see he's no longer in our ranks. I felt this was a story very worthwhile. And, like the last line of the story says, if it will help just one person it was well worth it.

Commander's View



During the coming fiscal year, we will order new furniture for half of the rooms in the BEQ and the other half the following year. This furniture is wood and is "Marine Proof." Each Marine will have a desk, rack and shelves. This is one more area to upgrade the living conditions of our Marines.

In addition we will be building a new combined armory in the BEQ parking area which will be more effective and efficient than the last one. That is scheduled to be completed in Feb. 1987.

A brown baggers area will be constructed in front of the large classrooms after the parade season. New furniture has been ordered for the lounge in tower one. All of these items cost money from our tax dollars. It is in our best interest to take the best care possible. You have been doing magnificently in that area and you have my thanks.

We will continue to upgrade the inner Barracks such that it is the "Showcase of the Corps."

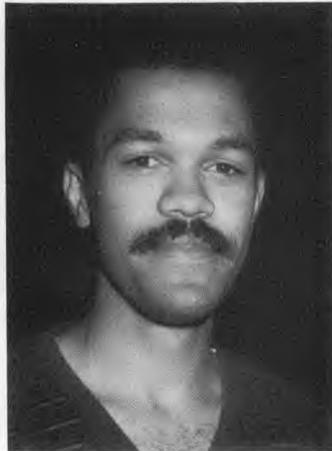
Barracks Talk

What did you like best about the "Sunset Parade?"



I'm used to military events in Finland. I can see pride and tradition involved with your parade. The synchronization of marching is spectacular.

Veronica Loikkanen
(Finland)



I thought the synchronization of the marching was incredible.

Keith Henderson



D&B sounded great. It's really neat to watch their precision. I also really enjoy SDP.

Diana Babcock



I can't pick any particular area. It was all so very impressive.

Ruth Sampson



M.I.L.E.S.

story and photos by Sgt. C.D. Chambers

MILES Apart

The morning sun sparkled through the trees as the Marine squad cut its way through the dense brush and timber. After marching a brisk kilometer or so, the squad leader halted his men. "This is it," he said firmly. "Dig in and stay down."

A scramble was on, setting up for the best defensive position possible. The o.k. for chow was given after twenty minutes of diligent cover and

concealment work. Of course "DUCK" (a Corps term for quick chow) was had by all. Not much noise was made during meal time, except for the rip of MRE plastic. Silence was the key before battle.

It was just after high noon when the word came over the radio, "The war is on." This led to brisk commands by the corporal. Then a quietness again fell over the hill guarded by Marines.



(Far left) A Company, 2nd Platoon's Cpl. Jeffrey James assists LCpl. Leroy Castro on the MILES BZO range before action. (LEFT) Cpl. Robert Ford helps LCpl. Donald Gear with the laser transmitter mounted on his rifle. (Above) LCpl. Thomas Sadler aims in with his M60. "Training is different without the MILES."

It was deathly still in the minutes to follow.

Suddenly, in the distance, a sound echoed through the forest. It was a sound of combat boots, crunching leaves and fallen branches, moving swiftly through the thick brush. Within minutes the enemy was spotted and a hand signal was given, directing fire.

The pop of a smoke grenade signaled the beginning of combat. At once leathernecks on the westside of the perimeter began "busting caps." Through the clatter of M16 fire a loud shriek was heard. An aggressor dropped to his knees. He had been hit!

The shrieking noise was not the enemy screaming in skin piercing agony. It was his Multiple Integrated Laser Engagement System (MILES) detector informing him he was a kill. And, dropping to his knees was just a rule of the wargame.

This was the case recently when A Company's 2nd Platoon went to the field at Quantico, Va. The platoon's field exercise pitted squad against squad using the MILES. All phases of combat tactics were employed, with only the strongest and smartest surviving.

"The system (MILES) is great," at-

tests Cpl. Robert Powers, 2nd squad leader. "It made training more interesting and more realistic." He continued, "It's a lot better than firing blanks. You really have to think about what you're doing, making sure you're always under cover or concealed," he added. "You can't get sloppy if you want to survive."



MILES is a relatively new training device acquired by the Marine Corps. It's a laser system set up for realistic field training, and can be used with almost any weapon in the Corps' arsenal, including tanks and Dragons to name a few.

The system works by placing a laser transmitter on a weapon, such as an M16 rifle. The transmitter is set off when a blank round is fired, sending a laser coded pulse of infrared energy to simulate the effects of live ammunition. Detectors worn by participating troops and vehicles receive the coded laser pulse. The decoder inside the detector determines whether the shot was accurate enough to cause a casualty. It would then set off an audio sound of either a few quick beeps or a steady tone. The steady tone simulates a kill, while a few quick beeps means it was just a near miss. On some of the larger weapons audio and visual alarms are used such as with tanks and LVTPs (AMTRACKS). In a sense, laser bullets are fired instead of real ammo.

"When we used to set up ambushes, we didn't know whether we hit them (enemy) or not," said SSgt. Patrick Mahoney, Barracks Training NCO and veteran user of the MILES. "With the system you learn that every shot has to be well aimed. It's no guarantee that you're going to hit something, even from 10 feet away," he added. "But, it keeps you from wondering!"

additional duty...

with a **SMILE**

by Sgt. C.D. Chambers

It's Friday at the "oldest Post," 7:35 p.m. to be exact. The summer temperature and humidity are high, but that doesn't seem to bother the 4,500 or so spectators waiting outside 8th and I's iron gates.

These eager viewers know what they are about to see. They know that inside these gates they will watch a ceremony performed by the finest; a ceremony that typifies pagentry, beauty and patriotism. What they don't know, however, is that they are about to be treated with the utmost courtesy and professionalism, if they haven't been already.

These Marines who make our visitors feel so good with a "personal touch" don't march, play a musical instrument or ring a bell. But, without them there wouldn't be much of a parade. In fact, this group of Marines from Headquarters and Service Company and the Marine Corps Institute make up one-half of a ceremonial team viewed by thousands of summer visitors to Washington each week.

Like the performing half of the team, these Marines are highly "snap and pop" in their own right. They never hear the cheer of the crowd or a sigh in awe like the other half of the team that performs. Yet, this group is out there before any marcher or musician, greeting the public with a smile and setting the tone for what each

spectator is about to see.

"In my experiences here, people will always say 'fine parade, really enjoyed it.' But, they'll always comment on how they can't get over the personal attention given them by they hosting staff," said MGySgt Cecil Turnbow, senior enlisted host and three year veteran of 8th and I parades. "They really appreciate the personal touch."

The most important elements for the hosting detail are appearance, tact and of course, courtesy, according to Turnbow. "Appearance is very important, since we're not 40-60 feet away from the audience. We're right there with them," he said. "Tact is no less important either. We always have to be tactful when we're asked questions. And, that's all part of being courteous," he added.

GySgt. Robert Booker, also a veteran of parades, says he really enjoys working the hosting staff. "I really enjoy working with the public," he said. "I think back on some of the experiences I've had and one stands out in my mind. I remember seating this 93-year-old ex-Marine and his wife. After the parade, he came up to me with tears in his eyes and said he loved the parade. It made him feel like an American again," Booker added. "I was glad to be a part of that."

"A lot of work goes into the planning and organizing of this half of the

team. MSgt Pat Hassiak spends an average of two-and-a-half days a week organizing this," said Turnbow. "He's the brains of the operation."

Hosting the evening parades is an important collateral duty for these Marines. Some grade MCI courses, some work in the S-4, and some work in the administrative section maintaining Service Record Books for the battalion.

There's no practice for this team. They do their regular duties during the day and by night they don the blue/whites and carry out their ceremonial duties.

"The Marines who have the toughest time are the junior troops," said Turnbow. "There's just not enough of them to go around and they end up working a lot of parades," he added. "I do have to say that the Marines this year have the best attitude I've seen since I've been here. I think most of them must really enjoy working the hosting detail because they all do a fine job."

When visitors leave 8th and I's historic grounds or the grounds at the Iwo Jima War Memorial most of them won't forget about the crack of rifle butts, or the sounds of marching music. There's an old saying, however, "The first impression is a lasting impression." Eighth and I's hosting detail performance will be a tough act to forget about as well.



GySgt. Ed Troutman, MCI, and Pfc. Buffy Kraemer, MCI, give an 8th and I guest that "personal attention."

photo by SSgt. Rick Odermann

What's your future?

College awareness day

by Sgt. C.D. Chambers

What's your future career goal?

If you plan to stay in the Corps, keep reading. If you plan to get out, keep reading. Whatever plans you may have, one thing is definite; almost all careers require additional education other than high school.

Now, Marines at the "oldest Post" will be given the opportunity to get that extra education. August 6 marks the date Marine Barracks will hold its first "College Awareness Day." The morning will be set aside for numerous educational institutions from the area to show the educational opportunities they have to offer. These institutions aren't offering careers, but they are offering the education it takes to obtain a career.

According to 1stLt. Jim Dibenedetto, Barracks education officer, College Awareness Day is to provide Barracks Marines with a way to become aware of what is offered, when it is offered, and where it is offered.

"Marines come here and think college is a distant goal," said Dibenedetto. "The biggest step for them is registering for the courses. So, we decided to bring the schools and registration to them and help them get started."

More than four colleges will be here in the Enlisted Club to give presentations. After each college has given a brief they will set up in booths to work with Marines on an individual basis. The education officer will also be on hand to answer any questions concerning tuition assistance, and any other Marine Corps education opportunities.

"Education is a spark that leads to bigger and better things," said Dibenedetto. "It's really too bad that not

enough Marines take advantage of the education opportunities they have as a servicemember."

According to Dibenedetto, the number of Marines attending college from the Barracks is on the rise. "However," he said, "looking at it from a percentage standpoint, it doesn't look very good."

"When I first got here we only had 26 Marines attending school. Now we have 45. That's an improvement," said Dibenedetto. "But, if you take six from the 45 for band members,

who are working on additional degrees; and three officers, also working on additional degrees; that leaves about 35 or 36 enlisted Marines actually attending college. Out of 800 Marines eligible, 35 or 36 isn't a very good percentage considering the opportunity in this area for higher education," he added. "Plus, with tuition assistance the cost to each Marine is minimal." He continued, "We have the money, it's too bad Marines don't get the most out of an opportunity, that otherwise would be very expensive on their own."



Illustration
by LCpl. Amy Wong

MCI Courses

an opportunity to "get ahead"

by 1stLt. Michael Visconage

To get ahead, you've got to have and education." For many years this was a key phrase for men and women who were thinking about dropping out of school. It was also used to encourage potential recruits to stay in school and get their diploma before joining the service.

Unfortunately, too many Marines don't give education a thought after they earn the title, "Marine." It's unfortunate because even after high school is finished, education is still a key to "getting ahead." The Corps provides a unique opportunity for all Marines to continue their education and increase their chances for advancement through the Marine Corps Institute.

Because MCI is a part of the Barracks, it's easy to forget that they serve Marines all over the Corps. The Institute recently had its five millionth

enrollment and continues to develop new courses and rewrite old ones at a rate of one per month. Today there are over 250 courses available — and over 80 of these are accredited for transfer towards a college degree.

Taking MCI's courses not only helps advance your knowledge, but it can often mean the difference for promotion cutting scores. Completion of one MCI course is worth 15 points for a maximum of five courses, or a total of 75 points, when promotion scores are computed. When you do get promoted, the slate is cleared. To get 75 points for your next promotion, you must take another five courses. Quite literally, the key to advancement is education.

In addition to the many courses designed to advance MOS knowledge, there are courses which help you improve your personal life, too. "Personal Finance" will help you learn how to create a budget or balance your check-book (it's also become a mandatory

course for all Marines reporting to some units). "The Marine NCO" is another course which is aimed at general professional development. Spelling, Automotive Engine Maintenance Repair and the new MCI course on terrorism are a few of the interesting useful courses to any Marine.

For the truly ambitious, there are non-residence courses which parallel the Corps' professional schools such as the SNCO Academy, The Basic School and Amphibious Warfare School. The institute offers a series of courses which cover various topics in and MOS, such as the new "Marine Rifleman" series.

Education is the key to "getting ahead" and the Marine Corps provides an excellent opportunity to do it at your own pace — with MCI courses. Stop by and see your education NCO today and start your climb to personal and professional advancement.

On The Job

Sgt. Maurice Peavy/MCI, UAR Chief

by Sgt. C.D. Chambers

He works in a section where "teamwork" is the key to success. His job isn't as glamorous as others here at the "oldest Post." However, his work means so much to so many Marines, it's no less important.

Sgt. Maurice Peavy is the Unit Activity Report NCO for Student Operations at the Marine Corps Institute. His section is six strong and handles all MCI Unit Activity Reports from throughout the Corps.

"UAR's are tools commands use to meter and control the MCI courses

enrolled in by their Marines," explained Peavy. "My section processes between 1,400 to 1,600 UARs monthly. We're also the troubleshooters for any problems the units are having. We'll receive more than 2,000 phone calls a month and make sure every call is answered correctly and timely," he added.

The section is also tasked with preparing and sending out enrollment cards to FMF units, and more than 3,000 individual Marines each month who aren't attached to the FMF.

Along with the regular workload,

Peavy and company are also assigned to working the Tuesday Sunset Parade and the Friday Evening Parade as hosts or security.

"I love it here," said Peavy. "The parades and the pagentry really gives me a good feeling. I feel proud when I put on the blue/whites," he added. "I think that's what keeps us going on the hosting and security details; the pride in the uniform and the pride in being a Marine."

This is Peavy's second tour at ceremonial 8th and I. He served his first tour here between 1981-1983 as an administrative clerk for Headquarters and Service Company. He then spent a year on Okinawa as an admin

Continued on next page

On The Job

Sgt. Peavy

Continued from
previous page

clerk with the 12th Marines before returning here.

"I reenlisted to come back," said Peavy. "I like this area. But, most of all I like the Marines I'm working with. Especially the officers," he said, "they're different from those in the FMF."

Peavy, a graduate from McKenzie High School, Detroit, Mich., joined the Marines Corps in March 1981 and attended recruit training at Marine Corps Recruit Depot, San Diego. He graduated as a private first class and then went on to attend the Marine Corps Administrative Clerk School at Camp Pendleton, Calif.

"I enjoyed boot camp," said Peavy. "I was a squad leader all the way through. Boot camp is where I first felt responsibility," he added. "I felt important, like I was depended on."

Peavy says he wasn't really looking to join the service at first. "I was really looking towards college," he said. "I think what opened my eyes up to the service was the educational opportunities offered. I joined the Marine Corps mainly because I was impressed by the Marine recruiters," he continued. "They looked good, were very professional and very polite."

Whatever the reason for Peavy joining the Corps' ranks, he is here to stay. Sgt. Maurice Peavy, UAR NCO, is ON THE JOB.

Newsline

Developing a plan against terrorism

By Donna Bolinger
American Forces Information Service

April 5, 1986, Sgt. Kenneth Ford is killed when a terrorist's bomb explodes in a West Berlin disco frequented by U.S. servicemen. Staff Sgt. James Goins died two months later of injuries received in the blast.

Ford and Goins had no enemies and never met their murderers. Their deaths represented still another indiscriminate act of violence against U.S. military personnel, businessmen, public servants, educators and churchmen abroad — violence that has left more than 1,000 Americans dead or maimed since 1969.

During the past decade, terrorist attacks against U.S. government officials and installations overseas have occurred on the average of one every 17 days. Since 1969, almost 50 percent of all international terrorist incidents have been directed against U.S. citizens and property.

"The U.S. presence abroad has become a prime target for international terrorists," Secretary of Defense Caspar W. Weinberger recently told the American Bar Association, "because we are the symbol of the success of democratic institutions, because we stand for fulfillment of human aspirations by non-violent means, and because, by renouncing violence except in self defense, we become more vulnerable to them."

Terrorism's toll is immeasurable, Weinberger said, not only in terms of human misery, fragmented societies and shattered families, but in its effect on the American people and their way of life.

"It also threatens to corrode our ideals, our social order, and the fundamental values of our civilization," he said.

The way we respond to this threat, Weinberger said, "will be the measure of our character as a society."

Weinberger warned against despair, which ultimately could allow terrorism to spread unabated. But just as dangerous, he said, would be extreme solutions that could endanger the very political liberties they seek to protect.

"We must heed the complexity of the problem without being overwhelmed by it," Weinberger said. "Terrorism is a problem that cannot be solved simply by changes in policy. Innovation is needed, but it must be wedded to perseverance, to prudence and to an appreciation of the many sides of modern terrorism."

Critical to this need, he said, is a framework for decisive government action against terrorists. This includes:

- *freedom of action to protect U.S. citizens from terrorist acts;
- *the right to prosecute terrorists for their crimes; and
- *the right to strike, as a last resort, against a state or foreign organization that willfully orders the murder of U.S. citizens or the destruction of U.S. installations.

Weinberger stressed that a military response must never be exercised unless other courses or action, such as diplomatic pressure, economic leverage, political action, improved security and intelligence collection, have been exhausted.

"Our response to terrorism is carefully crafted to take account of particular circumstances, and employs all of these measures to make them complementary and mutually reinforcing," he said.

"The effectiveness of these non-military approaches is always increased, however, if those who use and export terrorism understand that behind these measures stands the

might of our armed forces that can administer a response capable of deterring future acts.

"The terrorists must be made to understand that there is a heavy cost to their acts of terrorism, and that the cost will be brought home to the leaders and executioners of terrorism."

VA begins new procedures for health care

The Veterans Administration began implementing new eligibility assessment procedures July 1 to determine nonservice-connected veterans' eligibility for VA health care.

The income-based assessment, required by Public Law 99-272, the Veterans' Health Care Amendments of 1986, is designed to ensure that VA hospital care is provided to service-connected and lower-income veterans. Other veterans will be eligible for VA health care on a space-available basis, and depending on total income and net worth, some may be charged a deductible.

Most nonservice-connected veterans applying for VA health care will be required to provide their total income information for the preceding year and net worth. Veterans are being urged to have knowledge of their income and net worth when they apply for health care at a VA facility.

The eligibility assessment applies to all nonservice-connected veterans regardless of age, except for the following groups: former prisoners of war; veterans exposed to certain herbicides while serving in Vietnam and to ionizing radiation in connection with atmospheric testing of nuclear weapons and in the occupation of Hiroshima and Nagasaki who require treatment of a condition that may be

Schedule Fort Henry Guard

The following is a tentative schedule for the Fort Henry Guard:

Monday, Aug. 18

Noon: FHG advance party arrives.

5 p.m.: Main FHG body arrives, moves into quarters.

6:45 p.m.: Depart for Iwo and key personnel rehearsal.

9 p.m.: Inspection of lighting for FHG and return to the Barracks.

8:30 p.m.: Informal gathering in Clubs.

Tuesday

7 a.m.: Depart for Iwo, two parade rehearsals.

11 a.m.: Depart Iwo for Marine Barracks, Judges brief for gun drill upon return.

6 p.m.: Depart for Iwo.

7 p.m.: Iwo Parade.

8 p.m.: Return from Iwo.

10 p.m.: Buffet/informal gathering in Clubs.

Wednesday

8 a.m.: Key personnel rehearsal, joint color rehearsal, officers' call center. Free time all FHG personnel.

9 a.m.: Gun drill post parking lot.

5:30 p.m.: Officers' cookout (Center House).

7 p.m.: Informal gathering in E/Club, FHG troops.

Thursday

8 a.m.: Parade rehearsal, all hands.

12:30 p.m.: Gun Drill (post parking lot), Marine Barracks and FHG teams.

2 p.m.: Gun competition.

3 p.m.: Start shuttle to Bolling AFB picnic site.

6 p.m.: Marine Barracks vs. FHG (softball), soccer match to follow.

8 p.m.: Start shuttle back to Barracks.

Friday

8 a.m.: Phase I & II.

1130 a.m.: Officer's photo with FHG officer's and FHG and Marine, Color Guard photos.

1 p.m.: Volleyball game followed by gift and trophy presentations.

3 p.m.: Tour of Washington D.C.

8:30 p.m.: Evening Parade.

10:30 p.m.: Informal gathering in clubs (all hands).

Saturday

6 a.m.: FHG Departure.

related to such exposure, veterans receiving a VA pension, veterans of World War I, the Spanish-American War and the Mexican Border period, and veterans eligible for Medicaid.

Specifically, the law establishes three eligibility categories — "A," "B," and "C" — for VA hospital, nursing home and outpatient care.

Although the new procedures are effective July 1, veterans receiving impatient care prior to July 1 will not be affected until their current treatment is completed. The assessment also will not apply during July and August to veterans now receiving outpatient care if additional care is needed to continue treatment.

Sports

The Heat is on *intramural softball '86'*

by Sgt. C.D. Chambers

It's hot in Washinton this time of year, but it's even hotter on the softball fields where Marines from 8th and I compete against one another.

Almost every lunch period during the work week, Marines breakout the bats, balls and gloves and head towards the nearest field for heavy duty competition.

And what competition it is. The Barrack's pennant race pits a tough four team race. The steady Drum and Bugle Corps teams carries the best record at 4-1. The power-hitting B Company, however, isn't far behind at 5-2, and just a half-a-game back sits last year's champs, Headquarters and Service Company, 4-2. The slick hitting A Company team can't be counted out either with a 5-3 mark.

The tough, but inconsistent Marine Corps Institute team is still in the running with just an outside shot at making the four team playoff. The Officers team and the Band are pretty much history for this year's championship.

According to Sgt. John Jones, athletic director for the Barracks, the season might be cut short by a few games because of all the rain outs and cancellations this year. He says the season has run too long and the tentative playoff date is around the middle of August. That will pretty much sink it for the four top teams in the standings now. MCI will have to hope for a couple losses by A Co. and maybe a two team playoff to just make the playoffs.



photo by Sgt. David Sampson

Capt. Thomas Gilroy just skims by a tag by LCpl. Scott Hariman during intramural softball competition.

Let's Get Physical

How to beat the heat

by SSgt. Kent Ashcraft

Summer weather, especially in Washington, should be given the respect it deserves. There are no other weather conditions that are more potentially hazardous to the athlete. The danger lies in two separate but related events: heat symptoms and dehydration.

Heat exhaustion/cramps/stroke are increasing degrees of the same thing — uncontrolled rise in body temperature. They are associated more with intensity of exercise than duration, ergo, the primary means of avoiding them is known as “taking it easy.” The catch is that heat sneaks up on you; you’ll feel fine one minute and totally out of it the next. Symptoms include cessation of perspiration, goose bumps, chills and dizziness, and it’s important to remember that once you feel them you already have problems, so stop immediately and cool yourself down.

With dehydration, the key word is, you guessed it, *water*. Obviously you need to drink a lot of it before, after, and possibly during your workout (soda or other sweet drinks won’t do; sugar can actually worsen the problem). You also need to make the most effective use of your water by maximizing evaporative cooling.

To this end, you should always wear an absorbent cotton or mesh T-shirt, even (especially) if it seems too hot or humid. The shirt may become soaked, but at least your sweat has a fighting chance of doing what it’s supposed to do, namely, cool you off. If you go bare-chested, sweat rolls off your body without evaporating, you sweat more to compensate, and you can literally run out of water. Dehydration is related more to duration than intensity; symptoms are disorientation and extreme thirst, and it makes you much more susceptible to heat. Again, by the time you feel thirsty you’re already hurting. Stop and get water immediately.

Don’t think you’re safe just because it isn’t all that hot. Very high humidity can have the same effect by sabotaging evaporative cooling. For that reason it is sometimes better to do long workouts in the middle of the day than early morning when it’s most humid. Otherwise, common sense can usually apply.



Illustration
by LCpl. Amy Wong

This is a topic of particular concern to me, since every summer it seems I read accounts of runners who have been hospitalized or worse, due to disregard for conditions. So be cool, and if you can't be cool, be careful.

I would like to take this opportunity to invite any interested Marines to participate in the Marine Band Aerobics Program. Though the schedule is somewhat variable, the group usually meets at noon in the Band Hall. It's a fun, but intense workout, guaranteed to make you sweat. For further info call me (441-8156) or Capt. Zimmerman in the Band office (3-5714).

