

Pass in Review

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November/December 1994



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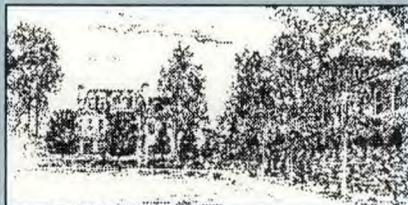
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On the Cover

Cpl. Wesley D. Jensen, Guard Detachment, H&S Company, observes PFC Francisco Leon Jr., "Port Side" Guard, as he throws a M-69 Practice Grenade during the battalion field exercise. (Photo by Cpl. Marcus D. McAllister)

Features...

Emergency medical care on leave and liberty

A look at how to find health treatment when miles away from a military base.

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CMC addresses Marine suicides

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Barracks FEX '94

With Parade Season over, Companies A and B take to the field to sharpen their combat skills.

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In the news...

Commands honored for energy management

Marine Corps Air Station Yuma and Marine Corps Recruit Depot San Diego receive 1994 Federal Energy and Water Management Awards.

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Banner year for safety in the Marine Corps

General R.D. Hearney, Assistant Commandant of the Marine Corps, notes reduction in mishaps during 1994.

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1st Marine Expeditionary Brigade deactivates

Brigade cases colors after 93 years of service to country and Corps.

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Two Corps posts cited for superior energy programs

Two Marine Corps commands were honored recently at the 1994 Federal Energy and Water Management Awards ceremony in Washington, D. C.

Marine Corps Air Station, Yuma, Ariz. and Marine Corps Recruit Depot, San Diego, Calif., were recognized for their energy and water resource management programs.

Yuma was cited for water management programs, while the Utilities Conservation and Appraisal Board, MCRD San Diego, was cited for its organizational energy management.

In addition, Larry G. Emmons, Facilities and Services Division, Marine Corps Logistics Base Barstow, Calif. and James C. Sides, Marine Corps Base, Camp Lejeune, N.C., received awards for their energy management programs.

These annual awards go to individuals, small groups and organizations that help reduce energy costs and water consumption, and also recognize test programs that affect federal agencies, states and local governments or the private sector.

MARRESFOR new name for Corps' Reserves

New Orleans — The Marine Reserve Force was redesignated as the Marine Forces Reserve, Nov. 10, during ceremonies marking the 219th birthday of the Marine Corps.

The redesignation officially affords the same status to the Reserve Forces as its Fleet Marine Forces command counterparts, Marine Forces Pacific and Atlantic.

2.6 % payraise in '95 defense budget

A 2.6 percent pay raise, force reductions in the active and reserve components and a cost-of-living allowance (COLA) to stateside service members are among the highlights of the 1995 Defense Authorization Act recently passed by Congress.

The pay raise, up from the 1.6 percent President Bill Clinton requested, is effective Jan. 1.

The act calls for cuts of 85,484 active duty service members in fiscal year 1995, and 44,753 in reserve component military strength. End strength for active duty is pegged at 1,525,692; for reserve components the number is 989,247.

The act also authorizes payment of COLA to servicemembers stationed in some continental United States locations where nonhousing costs significantly exceed the national average. DoD has wanted this authorization for years. This is the first time Congress authorized such stateside COLA.

"The methodology and locations for stateside COLA will be worked out as we know more about the language of the authorization

act," said Pentagon officials.

The act also modifies the president's authority to call up reservists. Congress extended the initial call-up period from 90 to 270 days. Any extension will require congressional approval.

Other personnel aspects covered in the act include requiring the secretary of defense to develop a comprehensive policy on unlawful discrimination and sexual harassment by March 1, 1995, and authorizes \$5 million to accelerate modifications to Navy surface ships to accommodate women.

Congress also changed some funding priorities for weapon systems and equipment, such as \$125 million to preserve the bomber industrial base for a year. Congress worked to preserve the industrial base in nuclear attack submarines, and small arms to name a few.

Another \$108 million was added to the Army's budget request for M-1A2 tank upgrades so the Army could transfer a comparable number of M-1A1 tanks to the Marine Corps Reserve.

Tell it to a Marine...

"This year as in the past, it was not unusual to find Marines in every 'clime and place.' The Eagle, Globe and Anchor waved proudly on unit guidons in and around such diverse areas of crisis as Haiti, Bosnia, Cuba and the Persian Gulf." — "When the President of the United States orders Marines into action, he can be

certain you will successfully carry out your missions with the professionalism and esprit de corps that have always embodied the title "Marine." — *Secretary of the Navy John H. Dalton in a recent message to all Marines on the 219th anniversary of their Marine Corps.*

MCLB Barstow honored with Secretary of Defense Military Services Community Drug Awareness Award

AFIS — Marine Corps Logistics Base Barstow, Calif., was one of four active duty military installations to recently receive Secretary of Defense Military Services Community Drug Awareness Awards.

The other recipients were the Connecticut National Guard, Army Field Artillery Center and Fort Sill, Okla.; Naval Submarine Base, Kings Bay, Ga.; and Air Force District of Washington, Bolling Air Force Base, Washington, D. C.

The awards, now in their fourth year, recognize the best community outreach drug demand reduction programs.

"Each of the programs we are honoring has demonstrated an innovative and active approach to drug awareness and community outreach," said H. Allen Holmes, Assistant Secretary of Defense for Special Operations and Low-Intensity Conflict, during Pentagon ceremonies.

Holmes said the Marine Corps Logistics Base reaches youth in Barstow, Calif., through athletic events, a National Night Out and a military working dogs program.

According to the award citation, "Working closely with the local schools, police departments and community groups, military police have

conducted numerous demonstrations and lectures to educate America's youth about the hazards of illegal drugs."

Among its programs, Barstow's military police sponsor lectures and demonstrations at the Baker School District and Crestline Elementary School, base officials said.

This includes demonstrations by military working dogs, appearances by McGruff the Crime Dog, drug and alcohol lectures, tutoring, "partnership education" programs and "Fun Day," and a Marine Corps-style field meet that promotes motivation, self-confidence, physical fitness, team work and drug awareness.

Assistant Commandant praises Corps' safety record

"FY-94 was a banner year for our Corps in terms of successful execution in real world operational and training opportunities around the globe.

"Most gratifying to me is the clear statistical evidence that commanders are directly influencing the action by ensuring these commitments are met safely. In spite of continued high optempo and perstempo, reflected in several rapid deployments of forces for contingencies, the Corps experienced our best overall safety record in history.

"This accomplishment correlates directly to savings in combat power for our service and, more importantly, to saved lives of our Marines, Sailors and civilians.

"Compared to FY-93, you reduced accidental deaths by one-third — from 104 to 71. Aviation fatalities dropped 87 percent. You reduced

ground-training deaths and aviation Class A mishaps by 50 percent, and the total number of destroyed aircraft by 56 percent.

"This stunning turnaround is the direct result of doing things right the first time with focused leadership, hard work, concern and dedication throughout the Marine Corps.

"The downside to this good news is the off-duty statistics, which virtually equal those of last year and account for 85 percent of our fatalities.

"Private motor vehicle accidents continue to be the biggest challenge, resulting in 42 deaths in FY-94, nine of which involved motorcycles. Off-duty sports and recreation mishaps claimed 11 of our Marines and Sailors. Every effort must be made to identify our high risk people and exercise decisive leadership with strong, preemptive action.

"All Marines and Sailors must un-

derstand that statistics show, with high, probability, that the disregard for established laws, regulations and good judgment will exact a high price in terms of lives, injuries and destroyed property.

"I understand that the simple reduction of mishap rates and statistics is not the bottom line. Instead, safety goals must be incorporated into maintaining the highest level of combat readiness, by using sound judgment and the most effective use of resources. In this, we all have responsibility. The challenges to you in FY-95 are formidable, as the Corps continues to answer our Nation's call. I challenge you to meet those commitments as you have done so well in FY-94."

Semper Fidelis,
General R. D. Hearney
Assistant Commandant of the
Marine Corps

1st Marine Expeditionary Brigade cases its colors after more than nine decades of service

MCB HAWAII — The latest chapter in the 93-year history of the 1st Marine Expeditionary Brigade commenced recently when the command element officially deactivated at a ceremony on Dewey Square at Marine Corps Base Hawaii, Kaneohe Bay.

BGen. R. F. Vercauteren, commanding general, 1st MEB and MCB Hawaii, said the change will be smooth. "There will be no change in operations. Basically, the only thing going away is the command element," he explained.

With the command element deactivating, the remaining units redesignated as III Marine Expeditionary Forces, Hawaii.

Marine Aircraft Group-24 redesignated as First Marine Aircraft Wing, Aviation Support Element, Kaneohe; Brigade Service Support Group-1 redesignated as Combat Service Support Group-3; and Marine Aviation Logis-



BGen. R.F. Vercauteren, commanding general, 1st MEB; 1stLt. Brandun Dunbar, BGen. Vercauteren's aide-de-camp; and SgtMaj. Francisco DeLeon, 1st MEB sergeant major, case the MEB guidon during the redesignation ceremony aboard Marine Corps Base Hawaii. (Photo by Cpl. Robert A. Berry)

tics Squadron-24 redesignated as Marine Aviation Logistics Support Element, Kaneohe.

"III Marine Expeditionary Forces, Hawaii, will continue to deploy from this strategic location in the mid-Pacific to meet contingencies as the MEB has since 1953," BGen. Vercauteren said.

He added that Marines here will continue to train in the same manner.

"We are still going to the Pohakulua Training Area on the island

of Hawaii twice a year. We are still going to deploy as part of the unit deployment program," BGen. Vercauteren added.

At the ceremony, MGen. C. W. Fulford Jr., commanding general, III Marine Expeditionary Forces, said "We welcome these Marines as part of our expeditionary force. This is the fourth time the 1st Marine Expeditionary Brigade...has gone through such a ceremony," recalling the MEB's name changes from Amphibious Brigade to Expeditionary Brigade.

Although the deactivation of the 1st MEB command element will require some changes and readjustments, one thing will remain the same — III Marine Expeditionary Forces, Hawaii will continue to be a mid-Pacific force in readiness.

By
Sgt. Lou Ramirez

Florida's vehicle impact fee found unconstitutional

NNS — The Florida Supreme Court has declared that a \$295 impact fee that was charged to persons relocating and registering their vehicles in Florida is unconstitutional and has ordered refunds.

The fee began when the state passed an act imposing the impact fee on cars purchased or titled in other states and then registered in Florida.

The court held that the impact fee violates the commerce clause of the

U. S. Constitution and ordered a "full refund to all who have paid this illegal tax."

Additional information will be provided after the application procedure for a refund is determined.

White House Xmas ornaments on sale; Marine Band depicted

MCNEWS — The White House Historical Association has announced the selection of the White House Christmas Ornament for 1994, the 14th in the series.

This year's ornament commemorates the presidency of James K. Polk, the 11th President, and also honors "The President's Own" United States Marine Band, which is depicted serenading the President and the First Lady on the snow-covered South Lawn of the White House at Christmas.

The original painting is by military historical artist Donna J. Neary, who has previously painted historical scenes for both the U. S. Marine Corps and the Marine Band.

The painting has been reproduced onto an oval porcelain stone measuring 2 3/8 by 1 7/8 inches and is attached to a 24-karat gold-finish frame. The ornament comes in a velour-lined gift package with a brochure about the presidency of James K. Polk and the United States Marine Band.

For more information on ordering, write to the White House Historical Association, P.O. Box 96586, Washington, D.C. 20090-6586, or call (202) 737-8292.



'94 White House Christmas Ornament

Hospice Foundation offers new outreach program for military families

Washington, D.C. — The Hospice Foundation of America has begun an information outreach program to military families.

The new program is intended to inform servicemen and servicewomen about hospice care for family members who are suffering from terminal illness. Hospices provide a caring home or home-like environment to those for whom cure and recovery are no longer an option.

"The particularly difficult circumstances imposed on military personnel by long family separations, frequent moves and unpredictable operational deployments place a heavy burden on our military people," explained Capt. John Dewey, USN (retired), vice-president of the Hospice Foundation.

"This new outreach program is intended to assist military family members in coping with terminal illness and in finding the help they need, when they need it," he said.

Hospice is a special kind of care designed to provide comfort and support to patients and their families in the final stages of terminal illness. It seeks to enable patients to carry on their remaining days, weeks or months in an alert and pain-free manner, with symptoms under control, so that their dying days may be spent with dignity at home or in a home-like setting, surrounded by people who are sensitive to their special needs.

As part of the outreach program, the Hospice Foundation is providing information — including pamphlets, video tapes and educational teleconferencing seminars — to military chaplains, family services centers and health care professionals at military bases in the U. S. and abroad, to assist them in helping military personnel understand and arrange hospice care when needed.

For more information about the program write to the Hospice Foundation of America, 1334 G Street, NW, Suite 605, Washington, D.C. 20005 or call the foundation (202) 638-5419.

Chain letter hits Corps' electronic mail system

An electronic chain letter has been circulating throughout the Marine Corps E-mail network. Marines are reminded that forwarding a chain letter on government computers or on government time is illegal.

Even though this poses no security risk, this type of activity is clogging the network and will not be tolerated.

According to Marine Corps Or-

der 5271.4A, the use of the Marine Corps E-mail network is restricted to official use only and the transmittal of items like chain letters is strictly prohibited. Additionally, Title 18, U. S. Code 1030 states that improper use of government equipment is illegal.

If anyone receives a chain letter via the Marine Corps E-mail network, do not forward the letter, but immediately contact Sgt. Joseph Broome or Sgt. Garren Allard, Information Systems Management Office (ISMO), by E-mail or by calling 433-2266.

Entering its 197th year

'The President's Own' announces 1995 concert slate

Entering its 197th year, the U.S. Marine Band, America's oldest professional musical organization, is proud to announce its 1995 Concert Schedule.

Each series will feature different venues, ensembles and repertoire. Director Colonel John R. Bourgeois, Assistant Directors Major Timothy W. Foley and Captain Dennis R. Burian, and Marines of "The President's Own" look forward to seeing you at these concerts.

All performances in the 1995 Marine Band Concert Season are free; however, tickets are required for the Orchestra Concert Series, the Spring Concert Band Series, and all tour appearances. Performances and programs are subject to change (due to ceremonial and White House commitments.) For additional details call the 24-hour

Concert Information Line at (202) 433-4011.

Winter Chamber Music Recital Series Jan. 8 - Feb. 26. Recitals by Marine Band chamber ensembles every Sunday at 2 p.m. in John Philip Sousa Band Hall, Marine Barracks, Washington, D. C.

Orchestra Concert Series March 5, 19 and 26. Concerts by the Marine Chamber Orchestra Sundays at 2 p.m. at the National Academy of Sciences, 2101 Constitution Avenue NW, Washington, D.C.

Spring Band Concert Series April 2, 9, 16 / May 7, 14, 21. George Mason University Center for the Arts, Fairfax, Va., Sundays at 2 p.m. Joseph Meyerhoff Symphony Hall, Baltimore, Md., on April 27 at 8 p.m.

Summer Concert Series June - Au-

gust.

Outdoor concerts by the Marine Concert Band, Dixieland Band or Jazz Combo Wednesdays at 8 p.m. at the U. S. Capitol Building and Sundays at 8 p.m. at the Sylvan Theater on the Washington Monument grounds.

Autumn Chamber Music Recital Series Oct. 8-29. Recitals by Marine Band chamber ensembles Sundays at 2 p.m. in John Philip Sousa Band Hall, Marine Barracks, Washington, D. C.

1995 Concert Tour Oct. and Nov. Visiting western Virginia, southern West Virginia, western North Carolina, Tennessee, northwestern Alabama, Mississippi, Louisiana, Arkansas, Oklahoma, Texas, and New Mexico.



"The President's Own" United States Marine Band on the South Lawn of the White House. (Official Marine Corps photo)

MCI team begins "World Tour" with brief to I MEF

A 10-person briefing team from the Marine Corps Institute conducted the first leg of its "World Tour" Nov. 13-22 with a command brief to I Marine Expeditionary Force units.

Headed by Terry Franus, Education and Operations Department Chief, MCI, the team also provided a brief entitled "How to manage your MCI program" to training officers

and training NCOs. Maj. Donna Gerlaugh, GySgt. Robert Payson, Cpls. Christine Klatt, Rudolf Perez, and Shane Smith and LCpl. Jason Griswold from MCI's Student Operations Department, worked with I MEF units to resolve unit MCI problems on the spot. The briefing team also included Maj. Warren Foersch, CWO Gary Downey and GySgt. Tommie Gunderson.

The MCI command brief included information on initiatives at MCI such as the changes in distribution and testing for the Marine Battle Skills Testing program, professional Military Education requirements and their impact on promotion and retention, and problems within student services and what MCI has done to resolve them.

Retired Officers Assn. offering education assistance loans for '95-'96 school year

The Retired Officers Association (TROA) Educational Assistance applications for the 1995-96 school year are currently available.

Applications should be requested by Feb. 15, 1995, and completed applications must be post-marked on or before March 15.

These loans, totaling \$1.6 million, are awarded annually for up to five years of undergraduate study to unmarried undergraduate students, under the age of 24, who are dependent children of active, reserve, and retired service members and their surviving spouses. Since students can obtain up to \$10,000 of interest-free support for five years of undergraduate study and loan repayment is after graduation, the

competition for these loans is keen.

The TROA Educational Assistance Program was established in 1948 for the sons and daughters of retired officers and their widows. The program has expanded to include the children of active duty, reserve, National Guard and retired officers, warrant officers and enlisted members of the Army, Navy, Air Force, Marine Corps, and the Coast Guard among other organizations.

For applications and more information, please write to TROA Educational Assistance Program Administrator (09D), 201 N. Washington St., Alexandria, Va., 22314-2539 or call 1-800-245-TROA (8762) Ext. 169.

Football associations laud Marine astronaut now serving at USNA



Col. Charles Bolden

ANNAPOLIS, MD. — Naval Academy Deputy Commandant Col. Charles F. Bolde, USMC, a former NASA astronaut, was awarded the

29th Distinguished American Award given by the National Football Foundation and College Football Hall of Fame.

The award is presented on special occasions to an outstanding American who has maintained a lifetime of interest in football and who has, over a long period of time, made a significant contribution to the betterment of amateur football.

Seasonal uniform changes now in force at 8th & I

Pull down those sleeves, and pull out that scarf! If you haven't been told: Summer's officially over, and with that comes the seasonal uniform switch-over.

To ensure that you are wearing the correct uniforms and their accessories, Marines here are reminded of the following rules:

* The uniform of the day is Service "B" or Blue Dress "C" with ribbons. A new uniform regulation allows Service "B" and Blue Dress "C" as leave and liberty attire, according to LtCol. Tommy S. Gray, Barracks executive officer.

* The pewter tanker jacket may be worn with Service "B" or "C" on leave or liberty, and will be worn zipped up

to at least the top of the side slash pockets. Although Marine Corps uniform regulations allow the tanker jacket to be worn with Blue Dress "C" and "D," those uniform combinations are not authorized for Barracks Marines. The tanker jacket may be worn over the woolly pully as long as the sleeves and bottom of the sweater are rolled and don't stick out.

* The Staff Duty NCO can now wear the Service "B" or "C", with Blue Dress "C" and "D" as optional uniforms. The Staff Duty may wear cold weather gear such as to match the uniform being worn.

* The All-Weather Coat may be worn over Service "A" or "B" or with civilian attire if the rank insignia is

removed. It is not authorized for wear with the Blue Dress uniform by Barracks Marines. Marines may wear the green wool scarf with the all weather coat or utility uniform. Black gloves are always worn or carried with the all weather coat and Service "A" uniform.

*Utilities are worn by exception, and only when a "working uniform" is required for working parties, weapons cleaning, field training, mess duty, for example.

Marines who have a requirement to wear utilities are reminded they will be worn only in the confines of the Barracks and Washington Navy Yard, or in transit, to visit the laundries across from the Barracks, or in transit to and from off-post living quarters in POVs.

Where to go for holiday medical care

At home and away, how to receive medical treatment

With the holidays upon us and leave on our minds many Marines have asked me 'what do I do if I get sick or hurt when I am at home in Anytown, USA?'

Active duty members and families should always seek a military medical facility for treatment. The care is free, the paperwork will follow you to your command and the care is top-notch. If no military base is nearby (within 70 miles) or if you have an emergency, the Navy will pay 100% of all bills for active members and CHAMPUS will pay approximately 80% for family members at a civilian medical facility. Remember to keep all documentation so the bills will be paid in a timely manner.

How do you determine if a military or government facility is nearby? Check the local phone book for the

government blue pages. As an active duty member, you and your family may use ANY military or government medical facility. This includes the Veterans Administration, Indian Health Service and Public Health Service. Just look for a phone number and call the

"Another great source of information is the military recruiting office."

HM2 Ian W. Marks

facility to find out what services are available. Another great source of information is the military recruiting office. Recruiters live in the area and many have families who require care; they know the ins and outs of the local military facilities. If you have a Reserve Center or National Guard armory

in the area, call them for information on where to get routine care in the area.

When you return to DC following your care or the end of leave or liberty put all of your documentation (bills, receipts, confusing medical forms) together and go see the billing clerk and CHAMPUS advisor at the Navy Yard Clinic. The bill paying office is located on the first floor of the clinic and is open Monday through Friday between 7:30 a.m. and 4 p.m. The phone number is 202-433-2204, (DSN) 288-2204.

Remember, if you have an emergency: get the care, then worry about the bill. We want you back here at 8th & I happy, healthy and ready for the next long weekend or leave.

By HM2 Ian W. Marks

Barracks corpsman publishes new booklet on local health care

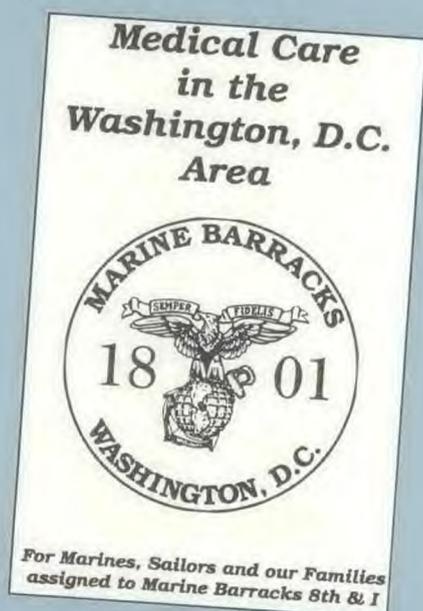
Barracks Corpsman HM2 Ian Marks has compiled and published a new booklet that should simplify finding medical and dental care in the greater D.C. area.

"Medical Care in the Washington, D.C. Area For Marines, Sailors and our Families assigned to Marine Barracks 8th & I" is now available through company first sergeants. Copies of the booklets will be mailed to family members as well, according Marks.

The booklet is a comprehensive guide for vital information on setting appointments at all area medical and dental clinics, locations and phone numbers of acute care providers and

CHAMPUS information. Sections on Primus, where to go for help if difficulties are encountered in getting care and physical examination requirements are included as well.

"This needed to be done," Marks said on why the booklet was compiled. "I had Marines calling me at home late at night not knowing where emergency rooms were located in this area, and young Marines recently married wondering how to get care for their spouses. With the wide area between the command and our Marines' homes and the vast number of services available, we needed to have a concise guide for the region."



Marine Barracks, Washington, D.C. is proud of Marines like...



LCpl. Christina M. Davidson, Headquarters and Service Company, a 24-year-old Chippewa Indian. A native of the Redlake Indian Reservation, Minnesota, she entered the Marine Corps in November 1992

November is American Indian Heritage Month

Suicide is a 'tremendous loss'

General C.E. Mundy, Jr, discusses this tragic issue

Suicide doesn't work. Not for the self-imposed victim. Not for the victim's family and friends. And not for the Marine Corps. Past efforts in suicide prevention and awareness education have been vigorous, but they are going to become even more ambitious.

The Marine Corps is redoubling its efforts in suicide prevention through a comprehensive, aggressive prevention and awareness program under development by a team of experts, including Navy chaplains serving with Marine Corps units. The Commandant has also issued five All-Marine messages and a White Letter since 1990 - combined

with the stand-up of a Headquarters Marine Corps suicide prevention committee.

By

GySgt. Cynthia Atwood

Marines are not strangers to suicide and its aftermath. It has been the cause of an average of 29 confirmed deaths each year since 1988 - Marines who, for a variety of reasons, somehow felt that taking their own lives was the only answer to a host of different problems. Those deaths have caught the attention of Marine Corps leadership at the highest level.

"We are a family, we do care about each other," said Gen. Carl E. Mundy, Jr., Commandant of the Marine Corps. "Every time I see a Marine walking down the street I feel a kinship with him or her and I hope that he or she does with me when they see me. So it's (suicide) a tremendous loss and we hurt."

There is no profile of a Marine by rank or Military Occupational Specialty (MOS) who may commit suicide.

"We tried to do a profile on the suicides and say: Are they all lance corporals, Are they all in the infantry? There is no profile," according to Gen. Mundy.

"We've had Marines from the most junior grades to captains -

officers approaching mid-grade in the Corps - who have committed suicide."

There is no specific reason, either.

"I do know that at times when people feel particularly motivated in their jobs and doing an important thing, the rate of suicide tends to go down," said CDR Michael Dinneen, staff psychiatrist at the National Naval Medical Center, Bethesda, Md.

"During the Persian Gulf War, when the Marines were very clear on their mission and felt that they were doing critically important things, it is fair to say that the rate of suicide decreased.

"The Marine Corps has always been a wonderful place for people to come and get some structure in their lives, get a job that's marketable and learn how to function in a larger organization," said Dinneen. "The Marine

Signs of depression:

Some of the signs someone might be depressed are:

- Alcohol abuse;
- Becomes withdrawn, doesn't care to socialize;
- Appears tired and claims to not be sleeping well;
- Loss of appetite and weight;
- Poor concentration;
- Work habits begin to diminish;

An organized person begins to become disorganized;

Unable to separate important from unimportant.

'Steady, stand fast and think about this awhile, and don't do anything now because the sun will be up tomorrow morning and it will be a new day and you're probably going to feel differently than you do right now.'

Gen. Carl E. Mundy, Jr.



Gen. Carl E. Mundy, Jr., CMC, discusses the topic of suicides during a TV interview.

Corps also takes on some of the difficulties that people had before they came into the Marine Corps.

“You’re dealing with a population now in the United States that

has some factors which are predisposing to suicide, maybe a little bit higher rate of depression, a higher rate of alcohol abuse and a higher rate of family

disruption,” he said. “Those would be things of which people at the platoon and leadership level should be aware.”

Awareness of a potential for suicide can come from any level and lead to intervention to head off a potential problem. According to Dinneen, a Marine’s best buddy will probably have the clues that something is wrong before anyone else.

“If you hear someone talking about wanting to be dead, or that the world would be better off if they were dead, then I think its time to tell someone else - don’t keep it to yourself. Don’t have that as your secret with them. If

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Local experts offer insights on suicide

The problem of suicides is a specialized topic for psychiatrists and is a special field of study for Navy doctors. During recent interviews, CDR Michael Dinneen, staff psychiatrist at the National Naval Medical Center, Bethesda, Md., and LT Doyle Dunn, Marine Barracks, Washington, D. C. chaplain, discussed the problem in depth.

Navy psychiatrists who specialize in studying suicide say there may be a higher percentage of suicides in the Marine Corps than in other services because of the Marine Corps’ relatively younger age. The Corps’ average age is 24.

“One of the things that’s been striking in mental health over the past 30 or 40 years is a measur-

By

GySgt. Cynthia Atwood

able and significant increase in the amount of suicide in the 18-24 age range, and that’s going to affect the Marine Corps,” Dinneen said.

In looking at the possible causes of a suicide, Dinneen cautions against trying to identify a single cause. There are, however, changes in behavior that people close to a potential suicide victim may observe.

“A buddy can provide the best possible care,” he said. “If one of your buddies changes dramatically in behavior then you should probably ask what the change is all about.”

Dinneen notes that survivors of suicide - those people who are

close or related to the suicide victim - usually feel worse about missing the signs the individual gave off before their death.

Being one of those survivors is a significant risk factor for death by suicide. Dinneen says the feeling often develops that if someone they know could do it, they can too - the mystery is gone.

As Gen. Carl E. Mundy, Jr., Commandant of the Marine Corps noted, people feeling depressed shouldn’t add to their problem with alcohol. Alcohol, a depressant, will only worsen depression. And depression is a significant factor in suicide.

“The real scary number is that over the course of a

See Local, page 14

The Commandant challenges Marines to find a way to

Loss, from page 13

they do kill themselves, that will end up making you feel terrible.”

The highest single risk factor is someone having attempted and failed a suicide. Once tried, the chances are greater that another attempt will be made.

Other risk factors are depression, a family history of depression, suffering a recent loss like breaking up from a girlfriend or boyfriend, having a parent or other relative die or losing a good friend to death or to a move.

“Any disruption in a social system that is supportive is going to cause a person to feel more bereft and sometimes consider ending their own life,” Dinneen

adds.

Unfortunately, a younger Marine would see some losses as more dramatic than someone a little older. He or she may be more impulsive and not see that the disruption is only temporary.

“Steady, stand fast and think about this awhile,” Gen. Mundy directs, “and don’t do anything now because the sun will be up tomorrow morning and it will be a new day and you’re probably going to feel differently than you do right now.

“Most of all, if you feel depressed, don’t go out and hit the bottle because the bottle is only going to take you down more,” the Commandant added.

“There are, perhaps, signs that we can notice among all of us,” Gen. Mundy said. “When someone around you is feeling low, you can usually tell. Friends can say ‘You look kind of down. What’s happening today?’ That engages them, giving them someone to talk to.

“People begin to talk about how they’ve broken up with their girlfriend, they’re feeling badly, or having money problems - they can’t make my car payments or can’t do the things they need to do. That’s the time for leadership,” according to Gen. Mundy. “It doesn’t have to be the company commander or the first sergeant in a counselling session -

Local, from page 13

lifetime, 15 percent of people with major depression will go on to suicide,” Dinneen said.

Depression has definite signs that friends and family members could probably recognize.

“When someone becomes more withdrawn, someone who is usually happy becomes quite sullen, someone who used to go out after work, take part in softball or sports or other social activity suddenly stops, if someone starts looking tired and says they’re not sleeping, someone who’s appetite is off and is losing weight, those are all signs of depression,” according to Dinneen.

“Poor concentration is another sign,” he continued. “Especially with the more senior

enlisted. When someone who used to be good at setting priorities and getting things done is now disorganized and unable to distinguish what is important from what is not, they may not simply be disorganized.

“If they’re suddenly just not up to snuff in their work, it may not simply be a case of poor performance, but the whole constellation of signs and symptoms might display a case of depression,” Dinneen concluded.

When signs of depression are noticed or felt, it’s best to get professional help immediately, according to all of the experts.

Chaplain Dunn said he wishes more people would use him for counselling when they first spot a potential problem with a friend.

“I would much rather people

call me and talk to me right then and say ‘this is what I’ve noticed, what do you think?’ and I don’t see enough of that,” Dunn said.

“There has never been any hesitation from here at the Bar-

‘If one of your buddies changes dramatically in behavior then you should probably ask what the change is all about.’

CDR Michael Dinneen

racks or other units with people saying ‘Chaplain, I really want you to talk to this Marine, I want you to speak with them.’ I’m pleased with that end. I just wish people would pay attention a little bit quicker and take the chance to call me just in case it might be some-

end Marine suicides

It's the Marine next to you who can sit down and say 'let's talk about this'."

'We tried to do a profile on the suicides and say they are all lance corporals, and they are all in the infantry, and there is no profile.'

Gen. Carl E. Mundy, Jr.

Gen. Mundy stressed the importance of seeking help if a Marine feels down.

"It's okay if you're feeling troubled to go and talk to somebody," he said. "Someone once made the remark to me that being

a Marine is truly a big inferiority complex because we get people who want to prove themselves and want to prove that they're tough and want to prove that they can be the best - that's the mark of what we challenge people to do in the Marine Corps. So, all of us instinctively come in and we want to be tough and we want to be without emotion. We never want to show a weakness and that's not human - its just not what human psychology and human emotion are about."

Marines who need help overcoming depression or other difficulties can turn to a wide range of sources. Medical

'I do know that at times when people feel particularly motivated in their jobs and doing an important thing, the rate of suicide tends to go down.'

CDR Michael Dinneen

clinics chaplains and family service centers provide a wide range of services.

"Usually there are a variety of factors that, all together, lead to a person considering death," according to Dinneen. "Essentially, they (suicide victims) start to view the world as if their options are closing

Loss continued, Page 16

thing serious."

There does tend to be a reluctance with Marines in dealing with human psychology and emotions, those things dealing with mental health. But, they are medical conditions, too, and help may be needed. Dinneen stresses that early intervention works best in any medical disorder - including mental health.

Marines need to know where to get help from a multitude of sources for a multitude of problems for one simple reason - there is no simple answer to why someone commits suicide. Why someone takes his or her own life is something that can't be easily answered or explained.

"It's really a dreadful thing to have a friend commit suicide because you never get to ask the

question 'Why did you do that?'" Dinneen explained. "You're left with an unanswerable question and that's a very hard thing for anybody. In the case of something as permanent and as cruel as death, that's an awful situation."

Postvention programs for suicide survivors is held with units and families after a member has taken his or her own life. Here, no simple answers are found but a number of contributing factors are often brought to light.

"I think it kind of goes with what most military units as well as the Marine Corps is that strong units don't show a lot of emotion, especially on the negative side," according to Dunn. "The crying, the shock,

the emotional hurt - we always try to go the opposite of that direction.

"At the unit level there is a lot of denial just because we're not sure how to react. Society has always treated suicide as a taboo and a bad thing and you're crazy to have done that. 'To admit that someone who was crazy was part of my unit may reflect on me'," Dunn explained as the attitude.

Along with that is a feeling that the suicide was a one-time event and that if the victim were still here, he or she would not repeat it.

"It is much easier (to believe that) than having to deal with the emotions of saying 'he was my friend, maybe there were some warning signs that I missed, I don't know if I'm responsible.' You really have to deal with those feelings," Dunn concluded.



CDR Michael Dinneen, staff psychiatrist at the National Naval Medical Center, Bethesda, Md., gives insights on suicides during a TV interview.

Loss, from page 15

down and the only option that remains viable to relieve their pain is to be dead.”

Survivors talking together usually find that each of them knows of a piece or two of the entire mosaic making up the victim’s life. They will often discover that each knew one part of the story and, between them all, a combination of difficulties such as family problems, problems at work, depression, financial problems and alcohol abuse come to light.

“When that’s put together they say ‘gee, that’s a big deal so I don’t have to be as afraid of that happening to me’ and they begin to feel safe again,” Dinneen said.

When suicides are pinned down to one particular cause, the survivors often feel threatened - the same individual thing might happen to them.

The Marine’s unit is often impacted as a group. Unfortu-

nately, denial is often the first reaction a military unit has to a member’s suicide.

“I’ve seen it handled most effectively when the chain of command reinforces the appropriateness of seeking assistance for medical conditions like pneumonia or diabetes and they see that depression, panic and anxiety are medical conditions, as well,” he said. “When the chain of command sees the assistance as effective in returning people to mission effectiveness and readiness, then they realize we (mental health practitioners) are more helpful and less hurtful to careers,” Dinneen concluded.

Dr. Dinneen is supportive of the approach the Marine Corps is taking and feels it will have a positive impact on the problem.

“This three-pronged approach the Marine Corps is taking; the strong prevention program with education and understanding an intervention program where

people are given the tools to help at the time someone is feeling acutely suicidal and the postvention program to help those people that lose a friend and fellow Marine to suicide - these are very important things,” Dinneen said. “I don’t think there are many civilian organizations that are doing this much.”

“Suicide is not new throughout the history of our civilization,” Gen. Mundy concluded. “But, we are a more sophisticated organization and we are more aware of what makes people tick and what causes people to do things than ever before. We ought to come to grips with figuring this out and be able to, somehow, dampen it. I doubt that we’ll ever be able to do away with suicides completely, but we need to get out in front and try.”

Risk factors:

Individuals are risk factors for suicide when:

They have attempted and failed a suicide once before;;

They become a suicide survivor. A “suicide survivor” is a close friend or family member of someone who has committed suicide;

They are suffering from depression;

They have suffered a recent break-up in a personal relationship;

They have lost a close friend or family member to death or to a move.

Ceremonial duty it's not!

Marching companies complete annual two-week infantry refresher training

A line of Barracks Marines lay on the ground, side by side in pairs, as cold rain falls steadily upon them. Their thoughts are focused on the mission given to them — to qualify with the M249 Squad Assault Weapon.

The gunners and their assistants load rounds, focus sights and check positions as they await the line coach's order to fire.

Once firing begins, sounds of rounds ejecting from the SAW fill the air as orange tracers light up the overcast sky.

Refamiliarizing themselves with the SAW was one training highlight for more than 270 Barracks Marines who participated in this year's Field Exercise conducted Oct. 24 through Nov. 4 at Fort A. P. Hill, Va.

"The exercise gave the Marines the opportunity to apply skills learned during battle skills training classes held at the Barracks," said Capt. Adam J. Copp, commanding officer, Company B.

"This year's exercise focused primarily on the 0311 (basic rifleman) military occupational

Story by

Cpl. Mary L. Ford

specialty instead of individual infantry MOSs such as machine gunners, mortars, et cetera," Copp added.

Companies A and B each received one week in the field to conduct their training, which included rappelling, land navigation, a visit to the gas chamber, instruction in first aid, hand

GySgt Joseph A. Meehan of the Marine Corps Institute .

"We learned about weapons handling and training techniques from the masters," said LCpl. Joseph A. Norton, Co. A, who was participating in his second Barracks field exercise.

"I really learned a lot from them. Their knowledge and field experience was unquestionable."

The exercise also provided

non-commissioned officers of Companies A and B with valuable leadership experience.

"Noncommissioned officer leadership was cast in a different light, especially during live fire training," Copp said.

"Not only were the NCOs responsible for supervising their junior Marines at firing ranges, but they learned the importance of accounting for Marines in the day and night while

crossing unfamiliar terrain during a land navigation exercise."

The exercise offered the NCOs the opportunity for training in the fire and squad team leader roles as well, according to Capt. Christopher S. Dowling, commanding



Cpl. Brian C. O'Neill, of H&S Co., signs for supplies as a part of the many support functions for the exercise.

grenades, nuclear, biological, chemical warfare and weapons familiarization.

The Marines received instruction from company leaders, in concert with subject matter experts like GySgt. John C. Alexander and



A Marine carefully ties his rope seat before rappelling.



Sgt. Pete R. Garcia (left), Cpl. Steven D. Michel and Cpl. Edivaldo N. Anjos, all of Co. B, stand ready on belay.

LCpl. Eric O. Berg of Co. B, under the watchful eyes of a GySgt. Robert A. Kerr, MCI, goes off the rappelling tower.

pher S. Dowling, commanding officer, Company A.

The training package was deemed successful by participants from both Company A and Com-

pany B.

“Last year, we were on a pretty tight schedule, but by focusing on these basic rifleman skills, we weren’t rushed to

complete our training,” Norton said.

The Marines of Headquarters and Service Company received rave reviews for their support during the exercise. H&S Co. provided chow, continuous transportation and supplies throughout the two-week FEX evolution.

“Due to the smaller focus of the exercise, there were less ranges to cover, resulting in less logistical support, and everything ran smoothly, said Copp. “It was much easier this year.” Copp served as acting commanding officer, H & S Co. during 1993’s field exercise.



LCpl. Anthony J. Cantrelle, Jr., fires the M249 Squad Automatic Weapon with the help of LCpl. Dennis J. Wrigley, Co. A.

Capt. Dowling echoed those comments and also complimented the Marines of H&S Co. and MCI Co. on their superb support of the exercise.

"The support was outstanding. For example, Capt. Robin Knepp, Barracks Ammunition Officer, S-4, had everything we needed and always kept us informed."

The junior Marines taking part in the FEX felt the training enhanced what they learned at the School of Infantry.

"Basically, the training was a refresher course of the training I learned at the School of Infantry,

but we had better equipment, such as the new night vision goggles," said LCpl. Joel N. Wood, Company B, who joined the Barracks 10 months ago.

'We learned about weapons and training techniques from the masters.'

LCpl. Joseph A. Norton, Co.A

In addition to the use of taller rappel towers, Norton found the night patrol training and the firing of the AT-4

motivating as well.

This annual training will make certain the Barracks Marines are ready for duty in the fleet once they leave here, said SSgt. John J. McGovern, company gunnery sergeant, Company B.

"There isn't enough time at the Barracks, with ceremonial commitments, for routine continued training," McGovern said.

"This exercise went well, the Marines learned what they needed to enhance their School of Infantry training and they are motivated about the exercise. The FEX did just what it needed to do."



PFC James R. Shepard, Jr., prepares to fire the AT-4 with the help of LCpl. Nelson B. Minton as Cpl. Heath M. Hairr observes.



Recalling the Marine Corps legacy...

Sen. Chafee lays wreath at annual memorial ceremony

As if sensing the importance of the day, nature halted the early morning deluge of rain and heavily overcast skies Nov. 10 in time to let warm sunshine and brisk autumn breezes fall upon those paying tribute to fallen

comrades at the Marine Corps War Memorial on the 219th birthday of the U. S. Marine Corps.

The Honorable John H. Chafee, senator from Rhode Island and a former Marine, was the guest of honor for the occasion. As a corporal, Chafee was a member of the original invasion forces at

The senator accompanied Gen. Carl E. Mundy, Jr., Commandant of the Marine Corps, and Col. John B. Sollis, commanding officer, Marine Barracks, Washington, D.C., to lay a memorial wreath at the base of the monument.

The annual wreath-laying ceremony followed "The President's Own" U. S. Marine Band's pre-ceremony concert; it was conducted with the full



Senator John H. Chafee, a former Marine, speaks during the ceremony.

"We celebrate the 219th birthday of what I and many others consider the world's finest combat organization, which is the United States Marine Corps."

Sen. John H. Chafee

Guadalcanal. He was recalled to active duty in 1951 after receiving a reserve commission and commanded a rifle company in Korea.



Gen. Leonard Chapman (left), former Commandant of the Marine Corps, looks out towards the Marine Corps War Memorial with the sculptor of the Marine Corps War Memorial, Felix de Weldon. This year marks the 40th anniversary of the unveiling of the monument.

Barracks Marines honor the courage and valor of those who have given their lives during the annual wreath laying ceremony (left).



Cpl. Michael L. Godbout, Co. A, posts next to the memorial wreath placed by former Marine Sen. John H. Chafee at the base of the monument.

complement of Marine Barracks 8th & I ceremonial marching companies and music of both the Marine Band and the U. S. Marine Drum & Bugle Corps.

The invocation was conducted by CAPT Larry Ellis, The Chaplain, U. S. Marine Corps.

The memorial itself was dedicated on Nov. 19, 1954, the Corps' 179th birthday. Among this year's guests in attendance was the sculptor of the monument, Mr. Felix deWeldon. De Weldon's work began in 1945, shortly after the infamous Battle of Iwo Jima, until 1954, when the 78-foot cast bronze memorial was completed.

The battle was a fight for a pile of volcanic black rock in the middle of the Pacific 49 years ago, and it has remained an icon to Marines and all Americans ever since.

Gen. Mundy noted "...that battle, but even more so, the raising of the American flag during it, served to inspire a nation then, now and forever."

Chafee added his remembrance of the Pacific campaign saying, "Now the ceremony is today, in ways, a double ceremony. We

celebrate the 219th birthday of what I and many others consider the world's finest combat organization, which is the United States Marine Corps.

"Now, the second anniversary we are observing today is the 50th anniversary of one of the most violent battles of World War II."

As the weather began to return to its cold, autumnal beginnings of the day, Sen. Chafee added his final salute.

"It isn't equipment or numbers

of troops or intelligence that wins battles; all these are helpful. But it is the determination and caliber of person that counts and, for over 200 years, United States Marines have had that quality of determination. They won the dedication and admiration of our nation. They are truly always faithful, semper fidelis."

*Story by GySgt. Cynthia Atwood
Photos by Cpl. Brandon K. Bradshaw*



The parade staff stands tall on the parade deck at the Marine Corps War Memorial.

28 years of musical excellence pays off with special promotion for D&B director

Col. Truman W. Crawford, Director of "The Commandant's Own", The U. S. Marine Drum & Bugle Corps, was promoted to his current rank during morning colors here Oct. 25 by Gen. Carl E. Mundy, Jr., Commandant of the Marine Corps.

Crawford's special promotion was approved by the U. S. Senate following his nomination by Secretary of the Navy John H. Dalton.

The Endicott, N.Y. native is marking his 28th year with the "D&B," joining in March 1967 as a staff sergeant. He was selected as a special assignment arranger and instructor by then-Commandant Gen. Wallace M. Greene. He attained the rank of master sergeant before his commissioning as a warrant officer in 1973. That promotion was followed by a presidential appointment to captain in 1977 and a second presidential appointment, this time to major, in 1982. By similar appointment he was promoted to lieutenant colonel in 1989.

His tour as Director of the U. S. Marine Drum & Bugle Corps is his third career, he said. His first military career was with the U. S. Air Force Drum and Bugle Corps. He enlisted as an instrumentalist in 1953, following his high school graduation, and was appointed Musical Director of the Drum Corps two years later. By the age of 23, in 1957, he had risen to the rank of master sergeant and was

the non-commissioned officer in charge of the unit.

Crawford left the Air Force in 1963 to pursue a second career catering to the needs of civilian bands, and drum and bugle corps, throughout the United States and Canada. In 1965, every major Drum and Bugle Corps title holder in the United States was instructed by or performed music arranged by Truman W. Crawford. In 1979 he was inducted into the "Drum Corps Hall of Fame." In 1980 he was awarded the prestigious "Distinguished Service to Music Medal" by the Kappa Kappa Psi National Honorary Band Fraternity. In 1991, at the international drum corps championship contest in Dallas, Tex., Crawford was inducted into the prestigious Drum Corps International Hall of Fame in recognition of his extraordinary contributions to the drum corps activity throughout the world.

Upon his promotion, Crawford thanked first, and foremost, his family, for their continuing loyal support of his career and, secondly, the Marines of 8th and I with whom he had served.

He saved his most effusive praise for the members of the D&B on the parade deck, who represent "the hundreds of young men and women who have been members of "The Commandant's Own" in the past 28 years."

"You are my palette and my

colors," he said. "I could arrange the most beautiful scores ever heard. But, without you bringing them to life and doing every single little thing I ask of you, they would have no meaning.

"And for that, I thank you, and all of those musicians who have been here before you, for making my work successful," he closed.

Col. Crawford, and the U. S. Marine Drum & Bugle Corps, both celebrate their 60th birthdays this year.



Col. T.W. Crawford began as an enlisted musician. He rose to be the director of the U.S. Air Force Drum and Bugle Corps (above) by 1963 and climbed to Director of "The Commandant's Own" (right) at the Democratic National Convention in 1988. (Photos courtesy of Col. Truman Crawford)



Col. Crawford and his wife Lucille are congratulated by Gen. Carl E. Mundy, Jr., Commandant of the Marine Corps, after the Commandant readministered Crawford's oath of service. (Photo by Cpl. Brandon K. Bradshaw)



Passing in Review



During the 1977 Wreath Laying Ceremony, the parade staff, including then-Captain John B. Sollis, passes in review.

Thursday, 10 November 1994

Marines, Sailors, and
civilians of 8th & I:

Happy Birthday! By the time this latest, award-winning edition of "Pass in Review" hits the streets, our 219th Birthday celebrations may strike you as "O.B.E."—a thing of the past. As preoccupied as we all tend to be with "current ops," anything that happened last week, last month, last year is almost as irrelevant as "ancient history."

But as I am writing this article on 10 November, and as this *is* the very last Marine Corps Birthday I will celebrate as an 8th & I Marine (#6 of 6), I expect that's reason enough, and relevance enough, for me to offer the following:

Thank you. Thank you for having confirmed for me the wisdom of a decision I made twenty-two years ago. Thank you

for the pleasure of knowing you, for the countless opportunities I've had to admire you in action, and for the everlasting privilege of serving with you at the Oldest Post of the Corps. Thank you for making me a very proud commanding officer.

Take a look at this picture: a fleeting moment, frozen in time. Iwo, 10 November 1977. 17 years ago today. My very last pass in review as a ceremonial wiseguy at the Oldest Post—the culmination of my fourth and final parade season (or so I thought).

When the Spring of '78 rolled around, I was more than ready to go. And when July of '95 rolls around, ready or not, I'll be gone—relegated to an inscription on the bulkhead, just as relevant as "ancient history." Just as it should be.

But some number of years from

now, when Terri and I are holding hands at the Old Folks' Home, and some impatient attendant is wiping the oatmeal off my feeble chin, chances are, if it's on or about 10 November, my pulse will be strong, my posture will be straight, and there'll be a discernible gleam in my eye. And it won't be because my Attends needs changing. It'll be because I'll be remembering that once upon a time, long ago, during one bright, shining moment of my life, I was privileged to serve with the best and the brightest at the very Oldest and Proudest Post of the Corps.

And so today I thank you. Thank you for today, and thank you for the memories I will cherish all the 10 Novembers to come.

By
Col. John B. Sollis

To the Past, Present, and the Future of our Marine Corps



Medal of Honor Winner and 26th CMC General Louis H. Wilson talks with LCpl. Miranda L. Allsbrow, H&S Co., S-3, and LCpl. Damian G. King, H&S Co., Grounds Maintenance.

“**T**his high name of distinction and soldierly repute we who are Marines today have received from those who preceded us in the Corps. With it, we also received from the eternal spirit which animated our Corps from generation to generation, and has been the distinguishing mark of the Marines of every age.

— “So long as that spirit continues to flourish, Marines will be found equal to every emergency in the future as they have been in the past, and the men of our nation will regard us as worthy successors to the long line of illustrious men who have served as “soldiers of the seas” since the founding of our Corps.”

— *General John Archer LeJeune, 13th Commandant of the Marine Corps*

*Happy 219th Birthday Marines
Semper Fi*

Barracks Marines run for gold, lend a hand for the 19th "People's Marathon"

More than 12,600 Marines, servicemembers, veterans and civilians from around the nation and abroad--to include Barracks Marines--were on hand for the 19th annual Marine Corps Marathon Oct. 23.

During the 26.2-mile course, which began and ended at the Marine Corps War Memorial, runners passed many historic sights in Virginia and Washington, D.C., to include The Kennedy Center, Arlington National Cemetery, U. S. Capitol and Georgetown.

The marathon was dedicated to the Marines and Sailors who fought and died in the Battle for Iwo Jima 50 years ago during World War II, according to 1stLt. Kimberly J. Miller, World War II Committee.

Several military organizations, such as the British Royal Navy team, who won the military team division, ran in the "The People's Marathon."

8th and I was represented by Marines and civilians from the Marine Corps Institute, Headquarters and Service Company and the U. S. Marine Drum and Bugle Corps.

Richard Kutzner, Occupational

*Story by
Cpl. Mary L. Ford*

Specialty Department, MCI, posted the best time of all the Barracks runners with a time of 3:15:33 for his second Marine Corps Marathon.

"I'm satisfied with my time. The rain didn't really bother me, and I missed my target time by only 33 seconds," Kutzner said.

"I needed 3:30 to qualify for the Boston Marathon, so I'm happy," he said.

Kutzner, 51, finished 771st overall and 26th out of 890 participants in his age group. Kutzner, who maintained a seven-minute mile pace, credits the Marines he works with at OSD with providing him with the initial motivation to run.

GySgt. William E. Blair Jr., OSD, and LCpl. Ron W. Duncan, D & B, were next in line with scores of 3 hours, 30 minutes; and 3 hours, 31 minutes respectively.

Some Marines here were motivated by personal reasons to run their first Marine Corps Marathon.

"My father passed away last year and my older brother, Kiki,

and I decided to run the marathon in his honor," said GySgt. David R. Escalera, OSD, who finished in 4 hours, 35 minutes, 44 seconds.

"However, our mother passed away in January, so we dedicated the marathon to both our parents," he said.

Not all Barracks Marines participating in the marathon were happy with their finish times.

"I ran really bad in the marathon. Even Oprah beat me," said Maj. David A. Bethel, Department Chief, OSD, MCI, of his ninth Marine Corps Marathon, in which he trailed talkshow host Oprah Winfrey by more than 20 minutes.

In addition to the 50 Barracks Marines who entered the marathon, the Barracks was represented by another 50 Marines from Headquarters and Service Company and Marine Corps Institute, who manned water stations along the marathon route.

Beginning at 6:30 a.m. and continuing throughout the morning drizzle, Marines set up medical tents and prepared 50-gallon barrels of water and sports beverages for the day's event.

During the marathon, Marines handed out beverages and offered



LCpl. Stanley D. Ford, Jr., (far left) and LCpl. Joshua M. Neven, (2nd from left) of H&S Co. assist Quantico Marines in passing cups of water and sports beverage to runners during the 19th Marine Corps Marathon. (Photo by Cpl. Mary Ford)

words of encouragement to the participants. “OOHRAHs” punctuated the marathon as spectators acknowledged active duty and former Marines participating in the race, many carrying school, unit, Prisoner of War/ Missing in Action or Marine Corps flags.

Many runners personally thanked the support Marines for their hard work during the race.

After the marathon the support Marines, soaked with rain and spilled drinks, conducted a thor-

ough cleanup of their respective stations and were rewarded for their efforts with marathon T-shirts with an Iwo Jima logo. It was

‘I ran really bad in the marathon. Even Oprah beat me!’

*--Major David Bethel,
OSD, MCI*

motivating to see all of the people running in the marathon, especially retired Marines like the 80-year old who had served 31 years in the Marine Corps,” said Sgt. Christopher G. McIntosh, noncommissioned officer-in-charge, H & S Company armory.

According to GySgt. Escalera, he was super “pumped up about the race. “In addition to thinking about my parents, I thought about the men and women who died for this country when I passed the monuments. It was emotional and motivating.”

The newest Marines in the Maintenance Section, S-4, H&S Co., are **Alexander Ryan** and **Kyle Alan Sims**, reporting in at 0445 and 0450, 21 Oct 94. Alexander weighed in at five pounds, two ounces, while Kyle had the edge with six pounds nine ounces. Mother **Pam** and the twins are fine; **Sgt. Eric Sims** reportedly needed 18 days of leave to recover.

Good Conduct Medals recently went to D&B Marines **SSgt E. A. Temple**, **Sgt. J. P. Drass** and **Cpls. T. J. Lyle**, **S. D. Nickolson**, **B. W. Frederick** and **R. H. Wright**.

Marines come and go regularly, but it's still awful hard to say goodbye. **Capt. David C. Kirby**, MCI, is enroute to Bulgaria, where he will be part of the U.S. Military Liaison Team. He said his BOQ will be the Sheraton. Must be nice. It was only supposed to be a 6-month TAD from MCI, but the move from the Barracks will now be permanent, with PCS orders to follow.

"The Commandant's Own" bid farewell to two Marines who retired after 20 years' service. **GySgts. Robert S. Garces, Jr.** and **Richard A. Taylor** retired in a joint ceremony Nov. 16. Fair winds and following seas to these fine Marine muscians.

The January "Pass in Review" will have a fill-in editor, as **LCpl. J. D. Johnson** takes the seat following his graduation from the Basic Journalist Course at Ft. Benjamin Harrison, Ind. By the way, this former Silent Drill Platoon member and "Voice of the Barracks" graduated number three in his class.

Cpl. Marcus McAllister is TAD on loan to MARRESFOR to cover the activities of Company A, 1/23 out of Houston, Texas. The unit

recently activated for duty at Guantanamo Bay, Cuba, assisting with Haitian refugee operations.

Many Barracks Marines moved forward in their careers last month. When you see them, be certain to offer a hearty "Congratulations! and Urghhhh! (By the way, what does that mean?) They are:

Drum & Bugle Corps Co.

Col. T. W. Crawford
WO B. A. Harrison
MSgt. P.D. Mitchell
Cpl. S.A. Leslie

U. S. Naval Academy Co.



New WO B. Harrison

Cpl. F.M. Hample
Cpl. H.M. Hairr
Cpl. J.C. Fuller
Cpl. W.B. Crowe
Cpl. M.R. Clayton
LCpl. I.W. Simmons
LCpl. L.W. Fisher
LCpl. B.W. Burrow Jr.

Company A

Capt. B.D. Baxter
Sgt. T.S. Benzinger
Cpl. M.C. Wherry
Cpl. J.S. Hill
Cpl. T.W. Champ
Cpl. C. E. Bergman
Cpl. A. Barroso
LCpl. C.L. Murray
LCpl. E.L. Cousett
LCpl. M.B. Clark
LCpl. A.D. Boone
PFC Q.S. Roggenkamp
PFC C.J. Kolb

Company B

Capt. K.R. Flynn
Cpl. C.M. Worden
Cpl. S.J. Mills Jr.
Cpl. C.J. Landry
Cpl. P.W. Gamble
LCpl. J.E. Hargesheimer

LCpl. J.M. Dunlap
PFC K.A. Whelan
PFC R.T. Walker
PFC D. Vega
PFC B.A. Seed
PFC S.P. Schaeffer
PFC R.D. Quimby
PFC J.P. McGee
PFC J.M. Harding

H&S Company

MSgt. P.J. Reed
GySgt. R. Clark Jr.
Sgt. W.D. Jensen
Cpl. P.L. Power
Cpl. E.W. Pernesky
Cpl. J.W. Malwitz
Cpl. G.W. Jerkins Jr.
Cpl. J.C. Hooko
LCpl. D.S. Wann
LCpl. C.T. Walton
LCpl. D.T. Strobert
LCpl. W.A. Parris
Cpl. D.L. Miorandi
LCpl. S.C. Maynard
LCpl. M.L. Keehner
LCpl. E.K. Dent
LCpl. C.B. Blake
LCpl. L.A. Allmon

MCI Company

GySgt. D.M. Smith
Cpl. J.A. Quetel
LCpl. R. Riemenschneider

Security Company

Capt. J.D. Martin
Cpl. B.J. Podgorski
Cpl. M.R. Kroczaleski
Cpl. T.D. Klaas
Cpl. S.H. Arrowood

As always, the Barracks faces change from time to time. Please welcome aboard these new Leathernecks joining The Oldest Post of the Corps:

MCI Company

GySgt. R.L. Kerr
SSgt. A.W. Ulmer
Cpl. M.J. Bess
LCpl. V.J. Beachum
PFC G.J. Landry Jr.

Company A

LCpl. E.L. Cousett
LCpl. C.L. Murray
PFC C.J. Kolb
PFC Q.S. Roggenkamp
PFC D.J. Diacik
PFC J.D. Marvin
PFC K.P. Heyse II

PFC R.J. Conchola
PFC J.S. Herman
PFC P.A. Diponio
Company B
SSgt. D.D. Meeks
LCpl. F.S. Monroe
LCpl. R.M. Hutto
PFC W.E. Martin
PFC B.A. Seed
PFC L.H. Barkley Jr.
PFC D. Vega
PFC K.A. Whelan
PFC R.T. Walker
PFC M.E. Shaffer
PFC J.M. Harding
PFC S.P. Schaeffer
PFC R.J. Vermaas
PFC A.L. Brown
PFC J.P. McGee
PFC R.D. Quimby
Pvt. M.D. Rodgers

USNA Company

SSgt. L.M. Roe
PFC J.S. Taylor

H&S Company

Cpl. A. Holliman
LCpl. W.A. Parris
LCpl. T.P. Mitchell
LCpl. J.C. Robertson
PFC N.E. Leon
PFC J.P. Sherman
PFC T.D. Jenkins
PFC P.T. Kemnitz
PFC R.B. Campbell

Chesty Flash!

And finally, news about the Garthman, our beloved mascot Chesty X. For his "stellar" performance during parade season, he was recently awarded a Certificate of Commendation at one of H&S Co.'s weekly formations.

Also, according to his trainer **Capt. Robin Knepp**, S-4A, Chesty has been confined to cage rest for approximately four weeks (loving life, no doubt, remote control in one paw, suds in the other). Anyway, it seems that right after parade season Chesty was noticeably limping. Two x-rays later, a bone chip on his right knee was discovered. He's okay, for now, says **Knepp**, and the prognosis is good. In any case, let's hope for his speedy recovery.--*Editor sends.*

Looking for a holiday gift? Give yourself

Looking for volunteer opportunities? Here are some groups in the Marine Barracks area in need of volunteer help for a day, a week or on a regular basis.

Volunteers for the Arts

Studio Theater, 1333 P St. NW, needs volunteers to help during the day with mass mailings or data entry, and production volunteers and ushers to work nights or weekends during performances. Theater experience is helpful for production volunteers. Benefits include free tickets when they are available. Call Sharon, (202) 232-7267.

Washington Project for the Arts (WPA) seeks volunteers to assist in its gallery and bookstore. From now until Dec. 18, WPA will feature an exhibition of contemporary artists' reflections on the Holocaust and volunteers are needed as gallery sitters at either of the exhibition's two sites near 7th Street and Pennsylvania Avenue NW, which will be open 11 a.m. to

6 p.m. Tuesdays through Sundays. WPA also needs volunteers to handle sales and coordinate events at the Bookworks store near the Archives Metro station. Call Tracy Prinz, (202) 347-4813.

Maternal Care

Mary's Center, a prenatal and pediatric health center that serves low-income women and uninsured pregnant women and their children in the Adams Morgan area, seeks bilingual, Spanish-English volunteers. Volunteers work anytime between 8:30 a.m. and 5 p.m. weekdays, accompanying the women to appointments, and helping to translate and fill out forms. Call Michelle Lecks, (202) 483-8196.

Help at Local Shelters

Volunteers are needed at the **Anna Center**, a six-bed, respite care center within Luther Place Church, 1226 Vermont Ave. NW. The center houses homeless women who are recovering from an

operation or illness. Evening volunteers assist with meal preparation, between 5 and 7 p.m. Overnight volunteers stay at the shelter from 10 p.m. to 7 a.m. All volunteers interact with shelter residents in a friendly and supportive manner. The time commitment is once or twice a month. Call Heidi, (202) 667-5159.

Calvary Women's Shelter, 928 Fifth St. NW, needs meal and overnight volunteers. They are needed to prepare and serve meals to 25 residents on Friday evening from 5 to 7 p.m. Recipes and some ingredients are provided. Overnight and evening volunteers also are needed to talk to the residents and assist with the house management. Call Krista Harte (202) 783-6651.

Baby-Sitting

The Friends Club, a men's group that helps patients in the early stages of Alzheimer's disease, needs volunteers too share their talents and time with club

members. The club meets Wednesdays and Fridays, 9:30 a.m. to 1:30 p.m. at Friends Meeting of Washington, 2111 Florida Ave. NW, and on Mondays, 9:30 a.m. to 1:30 p.m., at Bradley Hills Presbyterian Church in Bethesda. Volunteers assist with activities, field trips, games, music, discussion groups and reminiscing. Training is provided. Volunteers can stay for all or part of the club meeting and are not required to attend every week. Call Nancy Dezan, (703) 478-3695.

The Health Care Institute at 1380 Southern Ave. SE, a nonprofit nursing home on the border of Prince George's County and the District, seeks volunteers to feed nursing home residents who are unable to feed themselves. Volunteers also provide companionship for the elderly residents. Training is provided. The Institute is part of the Greater Southeast Healthcare System. Call (202) 279-5880.

**A Loaded Weapon can be your
Best Friend in Combat.**

**At Home, in your Car, or in the Barracks, it can
be your Worst Enemy.**

Marines: Be smart & be careful when handling any weapon

Network of Friends

Steve Law and his wife, Elizabeth, live about five blocks from Marine Barracks. Every Wednesday evening they have friends come to their home for dinner. Some of their friends are neighbors, some are from the church they attend, and others are Marines from 8th & I. The meal they serve is nothing fancy. Nobody "dresses up." It's just a casual evening of conversation, usually some Bible study, and lots of time to form new friendships. Occasionally these same friends get together again on the weekend and go backpacking or try an activity that gets them out of the city and away from their routine. They will, undoubtedly, do some fun things around the holidays.

Steve and Elizabeth are just one of many families in this area — usually within walking distance or a short metro ride — who genuinely enjoy spending time with Marines from 8th & I. They are good people. Best of all, they do not wear uniforms with rank insignia and they are not in your chain of command. They are more like friendly neighbors from your own home town.

Have you ever heard the phrase, "barracks rat?" It did not originate at the Oldest Post of the Corps. It is a term that describes a Marine or Sailor who works all day, then just goes to his/her barracks room and stays there all night. Every night. Every weekend. Every month. That's not much of a social life. It is one of the most miserable ways people could possibly spend their time. It gets very, very old. In fact, it's depressing. Occasionally you need to get out — get away — and enjoy a change of scenery. I've heard all the excuses: "I'm too tired" and "I don't have enough money to do things

away from the Barracks" and "I don't really know anybody except the people I work with and I see them enough already!" are all pretty common.

What are your choices? You could go downtown and tour the free museums and monuments and tourist attractions. You could party at all the Georgetown bars. You could see all the movies at Union Station. You could put on your uniform and rehearse your drill in the UPL. You could sleep. Did I leave anything out?

I have an idea for you. Go to a place that is free. Get to know people your own

[These friends] do not wear uniforms, and they are not in your chain of command. They are more like friendly neighbors from your own home town.

age who have some common interests but are not necessarily military. Get involved in something that renews your energy rather than drains what is left. Go where you can just be yourself.

I am talking about churches and synagogues. It is in these places where you

will most easily find friendship and support. Through local churches you will find families like Steve and Elizabeth Law. For example, the Capitol Hill United Methodist Church, on Pennsylvania Avenue and 5th Street, is now coordinating families in their church who want to invite 8th & I Marines into their homes on weekends for a meal and time to chill-out. You don't have to be Methodist to get involved. You don't even have to be "religious." Christ Our Shepherd Church, off Connecticut Avenue NW, wants to do the same.

One question you still need to ask: "How do I get in touch with these people?" That's simple! *Ask me!* I help coordinate these community families and make the contact with interested Marines. The holiday season is the prime time to meet and get to know many of these families. There are few things I would enjoy more than helping you find a network of good new friends.

**God bless you all.
Happy holidays**

by
LT Doyle W. Dunn, USN

Worship Opportunities

NAVY YARD	Catholic Mass	9 a.m. Sundays
	Protestant Service	10:30 a.m. Sundays
NAVY ANNEX	Catholic Mass	7:30 a.m. Daily
FORT BELVOIR	Jewish Services	Call (703) 806-3393/4316 (Chaplain Zisook)

1995 Pay Chart

MONTHLY BASIC PAY TABLE

EFFECTIVE 1 JANUARY 1995
YEARS OF SERVICE

PAY GRADE	<2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
COMMISSIONED OFFICERS															
O-10	6978.30	7223.70	7223.70	7223.70	7223.70	7501.20	7501.20	7916.70	7916.70	8482.80	8482.80	9051.00	9051.00	9051.00	9614.70
O-9	6184.50	6346.50	6481.80	6481.80	6481.80	6646.50	6646.50	6923.10	6923.10	7501.20	7501.20	7916.70	7916.70	7916.70	8482.80
O-8	5601.60	5769.60	5906.40	5906.40	5906.40	6046.50	6046.50	6246.50	6246.50	6646.50	6646.50	6923.10	6923.10	6923.10	7501.20
O-7	4654.50	4971.00	4971.00	4971.00	4971.00	5193.90	5193.90	5494.80	5494.80	5769.60	5769.60	6046.50	6046.50	6046.50	6346.50
O-6	3449.70	3790.20	4038.60	4038.60	4038.60	4038.60	4038.60	4176.00	4176.00	4331.10	4331.10	4500.00	4500.00	4500.00	4698.60
O-5	2759.10	3238.70	3463.80	3463.80	3463.80	3463.80	3463.80	3568.50	3568.50	3760.80	3760.80	4012.80	4012.80	4012.80	4176.00
O-4	2325.60	2832.00	3021.00	3021.00	3021.00	3077.10	3077.10	3212.70	3212.70	3432.00	3432.00	3790.20	3790.20	3790.20	3956.70
O-3	2161.20	2416.50	2583.30	2583.30	2583.30	2583.30	2583.30	2608.80	2608.80	2608.80	2608.80	2608.80	2608.80	2608.80	2608.80
O-2	1884.60	2058.00	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90	2472.90
O-1	1636.20	1703.10	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00	2058.00
COMMISSIONED OFFICERS WITH OVER 4 YEARS ACTIVE DUTY SERVICE AS AN ENLISTED MEMBER OR WARRANT OFFICER															
O-3E	0.00	0.00	0.00	2858.10	2994.90	3102.30	3270.30	3432.00	3568.50	3568.50	3568.50	3568.50	3568.50	3568.50	3568.50
O-2E	0.00	0.00	0.00	2556.00	2608.80	2691.60	2832.00	2940.60	3021.00	3021.00	3021.00	3021.00	3021.00	3021.00	3021.00
O-1E	0.00	0.00	0.00	2058.00	2199.00	2280.00	2362.50	2444.40	2556.00	2556.00	2556.00	2556.00	2556.00	2556.00	2556.00
WARRANT OFFICERS															
W-5	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3757.80	3900.30	4013.10	4182.00
W-4	2202.00	2362.50	2362.50	2416.50	2526.30	2637.60	2748.90	2940.60	3077.10	3185.10	3270.30	3375.90	3489.00	3597.60	3760.80
W-3	2001.30	2170.80	2170.80	2199.00	2224.50	2387.40	2526.30	2608.80	2691.60	2772.00	2858.10	2969.70	3077.10	3077.10	3185.10
W-2	1752.90	1896.30	1896.30	1951.50	2058.00	2170.80	2253.30	2335.80	2416.50	2501.40	2583.30	2664.60	2772.00	2772.00	2772.00
W-1	1460.10	1674.30	1674.30	1814.10	1896.30	1977.60	2058.00	2143.20	2224.50	2307.30	2387.40	2472.90	2472.90	2472.90	2472.90
ENLISTED MEMBERS															
E-9	0.00	0.00	0.00	0.00	0.00	0.00	2561.70	2619.00	2678.40	2739.90	2801.40	2855.70	3005.40	3122.40	3297.90
E-8	0.00	0.00	0.00	0.00	0.00	0.00	2148.00	2209.80	2268.00	2326.80	2388.30	2442.90	2502.90	2649.90	2945.10
E-7	1499.70	1619.10	1678.80	1737.90	1797.00	1854.30	1913.70	1973.40	2062.50	2121.00	2179.80	2208.30	2356.50	2473.80	2649.90
E-6	1290.30	1406.40	1464.90	1527.30	1584.80	1641.60	1701.90	1789.50	1845.60	1905.30	1934.10	1934.10	1934.10	1934.10	1934.10
E-5	1132.20	1232.40	1292.40	1348.50	1437.30	1495.80	1554.90	1612.20	1641.60	1641.60	1641.60	1641.60	1641.60	1641.60	1641.60
E-4	1056.00	1115.40	1181.10	1272.00	1322.40	1322.40	1322.40	1322.40	1322.40	1322.40	1322.40	1322.40	1322.40	1322.40	1322.40
E-3	995.10	1049.70	1091.40	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60	1134.60
E-2	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60	957.60
E-1 >4	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40	854.40
E-1 <4	790.20	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
C/S	10608.90	M/S	4008.60												

Public Law 103-337.
FY95, 2.6% Pay Raise Increase
FY95, 0% Increase on Level V

NOTE—BASIC PAY IS LIMITED TO: \$9016.80
BY LEVEL V OF THE EXECUTIVE SCHEDULE
OUSDI(P&R)(MPP)COMPENSATION

BASIC ALLOWANCE FOR SUBSISTENCE FY 95

	CASH/IN KIND	ALL OTHER ENLISTED
OFFICERS	146.16/Month	
ENLISTED MEMBERS		
E-1<4MONTHS		
When on leave or authorized to mess separately:	6.44/DAY	6.98/DAY
When rations in-kind are not available:	7.26/DAY	7.87/DAY
When assigned to duty under emergency conditions where no messing facilities of the United States are available:	9.63/DAY	10.42/DAY
	OUSDI(P&R)(MPP)COMPENSATION 1 JANUARY 1995 — 2.6%	

Service Academy Cadet Pay is \$558.04, effective on January 1, 1995, as per section 203(c)(1) of Title 37, United States Code.

MONTHLY BAQ RATE

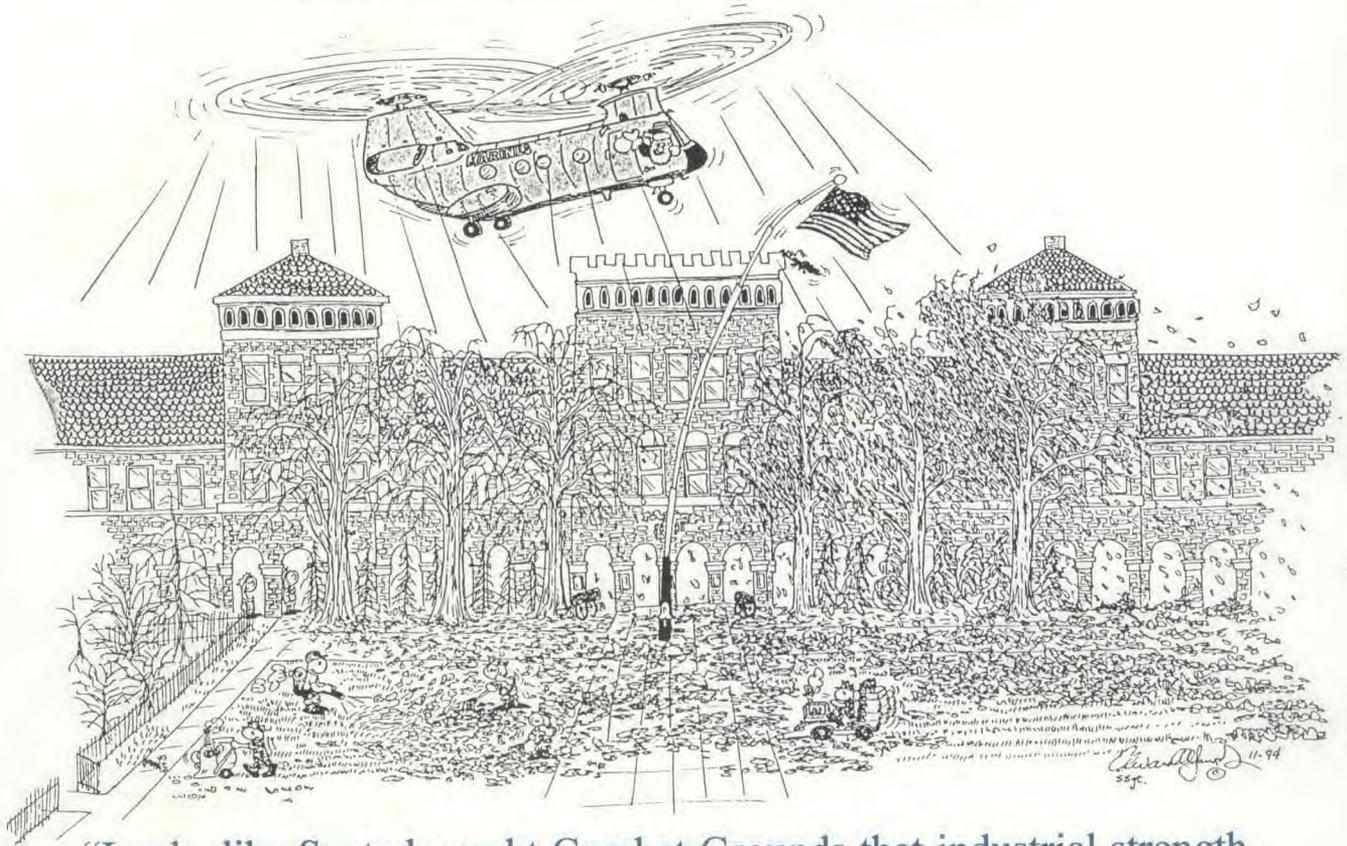
PAY GRADE	SINGLE FULL RATE	PARTIAL RATE*	MARRIED FULL RATE
O-10	749.40	50.70	922.50
O-9	749.40	50.70	922.50
O-8	749.40	50.70	922.50
O-7	749.40	50.70	922.50
O-6	687.60	39.60	830.70
O-5	662.10	33.00	800.70
O-4	613.80	26.70	705.90
O-3	492.00	22.20	584.10
O-2	390.00	17.70	498.90
O-1	328.50	13.20	445.80
O3E	531.00	22.20	627.60
O2E	451.50	17.70	566.40
O1E	388.20	13.20	523.20
W-5	623.40	25.20	681.30
W-4	553.80	25.20	624.60
W-3	465.30	20.70	572.40
W-2	413.10	15.90	526.50
W-1	345.90	13.80	455.40
E-9	454.80	18.60	599.40
E-8	417.60	15.30	552.60
E-7	356.40	12.00	513.00
E-6	322.80	9.90	474.30
E-5	297.60	8.70	426.30
E-4	258.90	8.10	370.80
E-3	254.10	7.80	345.00
E-2	206.40	7.20	328.50
E-1 >4	183.90	6.90	328.50
E-1 <4	183.90	6.90	328.50

Note:

*Payment of the partial rate of BAQ at these rates to members of the uniformed services without dependents who, under Title 37 U.S.C. 403(b) or (c) are not entitled to the full rate of BAQ, is authorized by Title 37 U.S.C. 1009(c)(2) and Part IV of Executive Order 11157, as amended.

These charts show the pay rates approved by Congress for 1995, effective Jan. 1. Servicemembers will get a 2.6 percent pay raise in their basic pay, basic allowance for quarters and basic allowance for subsistence.

HARRY WHO by SSgt. E.A. Temple Jr.



“Looks like Santa brought Combat Grounds that industrial strength leaf blower they asked for a little early.”

DEPARTMENT OF THE NAVY
PUBLIC AFFAIRS OFFICE
MARINE BARRACKS
WASHINGTON, D.C. 20390-5000