

Pass in Review

Serving "The Oldest Post of the Corps"

May 1995



**A salute to our fallen
comrades on Armed
Forces Day and
Memorial Day**

U.S. Marine Band XO retires



1995 Eastern Division Matches

**8TH AND I MARINES,
SAILORS AND CIVILIANS:
TAKE VINCE AND LARRY'S
CRASH COURSE IN
SAFETY BELTS.**



Remind others to wear their safety belts.

**This message is brought to you by your Public Affairs Office,
the Ad Council and the U.S. Department of Transportation.**

Public Affairs Office
Marine Barracks
8th & I Sts, S.E.
Washington, D.C.
20390-5000
(202) 433-4173

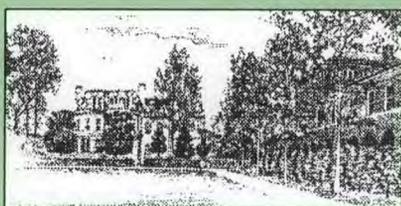
Commanding Officer
Col. John B. Sollis

Public Affairs Officer
CWO-2 Joseph C. Boyer

Press Chief
SSgt. Stephen M. Williams

Editor
Cpl. Mary L. Ford

Assistant Editor
Cpl. Matthew H. Gray



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On the Cover

Cpl. James R. McKinney, a mellophone player with the U.S. Marine Drum and Bugle Corps, stands in front of the Vietnam Veterans Memorial in the nation's capitol after playing "Taps." (Photo by Cpl. Mary L. Ford)

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Two Marines dead, five injured in Oklahoma City explosion

8TH MARINE CORPS DISTRICT—Two Marines have died and five others, as well as a civilian employee, were injured in the bombing of the federal building in Oklahoma City on April 19.

Killed in the blast was Sgt. Benjamin L. Davis, 29, an operations clerk for Recruiting Station (RS) Oklahoma City, as well as a native. Recently Davis had been selected for the Meritorious Commissioning Program.

Also killed in the explosion was Capt. Randolph A. Guzman, 28, a Castro Valley, Calif., native. He was the executive officer of the RS.

Injured from the attack were:

GySgt. Earl A. Bussell, 38, RS supply chief, of Council Bluffs, Iowa; GySgt. Paul K. Cooper, 35, of Howard, Wis., the RS Delayed Entry Program

pool coordinator; Barbara Hedrick, 32, a computer systems operator of Oklahoma City; SSgt. Jack R. Jocsing, 30, a visiting Oklahoma City recruiter, of Chattanooga, Tenn.; and Capt. Michael R. Norfleet, 29, Officer Selection Officer of Richmond, Va.

The injured Marines and Hedrick have been released from the hospital.

The Marines are assigned to U.S. Marine Corps Recruiting Station Oklahoma City, which was located on the sixth floor of the federal building on 200 NW 5th Street. The recruiting station has been located in the federal building since April 1977, where it served as the headquarters for more than 50 Marines, officer selection officers and civilians located throughout the state of Oklahoma and the southern half of Kansas.

SecDef calls for DoD-wide security review

THE OFFICE OF THE SECRETARY OF DEFENSE—

In light of the bombing of a federal building in Oklahoma City, the Secretary of Defense recently called on all commanders to review security procedures and anti-terrorism measures at their installations.

In a message released April 25, SecDef. William Perry expressed sympathy for the DoD employees who were victims of the attack and their families and stated that although the perpetrators were unknown at the moment, the president has dedicated all necessary resources to solve the crime.

1995 Professional Excellence Award winners announced

Recipients recognized for contributions to Sea Services

NNS—Navy League of the United States has announced the winners of its 1995 Professional Excellence Awards.

The General John A. Lejeune Award for inspirational leadership will go to Marine Maj. Gregory J. Penczak, 1st Marine Corps District, USMC Recruiting Station New York, Garden City, N.Y.

The General Gerald C. Thomas Award for inspirational leadership co-winners are GySgts. Charles F.

Colleton, 1st Marine Division, FMFPAC and Bobby Gale Flowers, 3rd Marine Division, FMFPAC.

The General Holland M. Smith Award for operational competence will be awarded to GySgt. Theodore H. Etling, Camp Lejeune, N.C.

The Alfred Thayer Mahan Award for literary achievement will be given to Marine LtCol. Henry Hayden, Marine Corps Systems Command, Quantico, Va.

The awards are presented annually to recognize individuals for outstanding contributions to the sea services during the performance of their duty. The 1995 winners—selected by the League's National Awards Board, will be honored at an awards luncheon June 2, during the May 31 to June 4 Navy League Convention at the Hyatt Regency Hotel in St. Louis, Mo.

CMC releases leadership primer

Entire Marine Corps to receive "Leading Marines"

HQMC, Washington, D.C. — General Carl E. Mundy, Jr., is leaving the Corps of Marines he commanded for the past four years a poignant reminder of what he views as the most important responsibility of everyone who wears the uniform: leadership.

The Commandant, who is scheduled to retire July 1, has authorized the publication of Fleet Marine Force Manual 1-0, "Leading Marines," with instructions that every Marine, regardless of rank, receive a personal copy.

"...If we expect Marines to lead and if we expect Marines to follow, we must provide the education of the heart and mind to win on the battlefield and in the barracks, in war and in peace," Gen. Mundy says in the foreword.

Printed in a 124-page digest format, "Leading Marines" is a collection of personal stories of leadership in action—from the early days of the Corps' founding to present day.

Readers get their first clue to the book's pace when they review its table of contents, as succinct and no-



30th Commandant of the Marine Corps, Gen. Carl E. Mundy, Jr. (Official USMC photo)

nonsense as the Corps' basic philosophy, "Every Marine a Rifleman." The chapter titles are: "Our Ethos," "Foundations" and "Challenges."

Inside each chapter, true accounts of Marines are followed by a summary designed to lead the reader in a search of his or her own analysis of leadership traits by asking, "How would I have responded to the situation?"

Although "Leading Marines" could easily be a one-sitting perusal for fast readers, it is intended to be a

"living reference," always available to re-ignite the motivation and inspiration that define the Marine Corps' brand of leadership in action, according to Gen. Mundy.

"Our actions as Marines every day must embody the legacy of those who went before us," Gen. Mundy writes in the foreword. "Their memorial to us—their teaching, compassion, courage, sacrifices, optimism, humor, humility, commitment, perseverance, love, guts, and glory—is the pattern for our daily lives.

"...This manual comes to life through the voices, writings, and examples of not one person, but many. Thousands of Americans who have borne and still bear the title 'Marine' are testimony that 'Once a Marine, Always a Marine' and 'Semper Fidelis' are phrases that define our essence.

"It is to those who know, and those who will come to know, this extraordinary way of life that this book is dedicated," Gen. Mundy said.

Tell it to a Marine...

"We are going to work harder to target the top minority high school and college graduates and try to get a greater percentage of them into our commissioning programs. The men and women who are entering the naval ser-

vice today are the brightest we have ever attracted. I pledge to keep it that way."—*Secretary of the Navy John H. Dalton's response to a letter the editor published in a previous issue of the "Washington Times."*

May Correction

SSgt. Vernon E. King, Headquarters and Service Company, was omitted from April's issue as a Gung Ho recipient and Cpl. Raymond L. Bedard, Drum & Bugle Corps Company, was the buglar shown on Page 21.

— Editor sends

CMC announces new SgtMaj of Marine Corps



New Sergeant Major of the Marine Corps, SgtMaj. Lewis G. Lee. (Official Marine Corps photo)

HQMC—Sergeant Major Lewis G. Lee will be 13th Sergeant Major of the Marine Corps, the Commandant of the Marine Corps, General Carl E. Mundy Jr., has announced.

Lee, will relieve SgtMaj. Harold G. Overstreet at a post and relief ceremony here at 8th and I on June 29.

Lee is currently the Sergeant Major of Marine Forces Pacific, Camp Smith, Hawaii.

He enlisted in March 1968 and graduated from Marine Corps Recruit Depot, Parris Island, S.C. in May 1968. After recruit training, he served in Vietnam before returning stateside in June 1969. Previous tours included duty as a drill instructor at Parris Island; platoon sergeant for Officer Candidates School Bulldog Course; first sergeant of Headquarters and Service Co. and Lima Co., 3d Bn., 8th Marines and Inspector-Instructor Staff first sergeant for Co. B, 4th Assault Amphibian Vehicle Bn., 4th MarDiv.

He was promoted to his current rank on Jan. 1, 1984 and has served as sergeant major of 2d Bn., 4th Marines; 2d Recruit Training Bn., Recruit Training Regiment at Parris Island; Marine Corps Air Station, Iwakuni, Japan and Personnel, Headquarters U.S. Marine Corps.

Lee's current tour began in 1994.

CONUS COLA list announced

Barracks Marines and Sailors living in Washington, D.C., Virginia or Maryland will not receive the cost-of-living allowance (COLA) for servicemembers living in high-cost areas in the continental United States (CONUS), according to the Department of Defense.

The CONUS COLA program begins July 1 and is a key element of the quality of life initiatives supported by Secretary of Defense William Perry. CONUS COLA provides a cost-of-living allowance for non-housing costs for servicemembers and is determined by the military member's spendable income, number of family members and the area's cost of living in comparison with the national average.

Consideration for the list in-

cluded the amount of military services, such as medical and commissaries, available in the region. The presence of several major military installations in the local area was a deciding factor in the region being omitted from the list, according to a DoD spokesman.

Approximately 32,000 servicemembers living in specified towns in California, Connecticut, Illinois, New Jersey, New York, Massachusetts and Michigan will receive CONUS COLAs in FY96.

The servicemembers who will receive CONUS COLA live in 20 military housing areas and 67 smaller non-military locations with cost of living indexes that exceed the national average by more than the allowed nine percent threshold.

Pendleton Marine among honored DoD executives

AFIS — A Marine officer is one of "Federal Computer Week" magazine's recently recognized DoD executives among its 1995 "Federal 100" winners.

LtCol. Jerry Baigis, Information Service Officer, 1st Marine Division, Camp Pendleton, Calif., is the only Marine, active or civilian, to be recognized this year.

The Federal 100 are executives from government, industry and

academia chosen for their impact on the government systems community during 1994.

Other DoD recipients include Emmett Paige, Jr., assistant Secretary of Defense for Command, Control, Communications and Intelligence; Colleen A. Preston, Deputy Undersecretary of Defense for Acquisition Reform; and Air Force LtGen. Albert J. Edmonds, Director, Defense Information Systems Agency.

Officer white dress uniform starts phase out period

HQMC, WASHINGTON, D.C. — The officer blue-white dress uniform will replace the officer white dress uniform, according to a recent ALMAR.

Officer blue-white dress "A" and "B" uniforms will be prescribed or authorized for the same type of official military, social or leave and liberty occasions for which the white dress uniform was previously worn.

Male officers will be required to wear black shoes and socks with this uniform. Female officers will wear black pumps, carry a black handbag or purse (when required or desired), and white shirt, with either a scarlet necktab with coat and skirt or black necktab with coat and slacks. Only those female officers in assignments

requiring the wear of blue slacks will be required to maintain white slacks.

The officers white dress uniform will be designated as an optional uniform until Oct. 1, 2000, at which time the white dress uniform will no longer be authorized for wear.

During the phase-out period, the white dress "A" and "B" uniforms will be authorized for wear as an optional summer dress uniform at social events and upon such other occasions when uniformity is not required.

The white dress "B" uniform will continue to be authorized for leave and liberty during the phase-out period.

AAAV moves to next stage

HQMC, WASHINGTON, D.C. — The Defense Acquisition Board recently approved the new Advanced Amphibious Assault Vehicle for entry into the Demonstration and Validation phase of development.

The new AAAV is expected to virtually revolutionize every facet of Marine Corps ground combat operations with one of the most capable all-around weapons systems in the world.

Marine Corps officials say the future of maneuver warfare depends on completing the mobility triad of the

MV-22 Osprey, the Landing Craft Air Cushion and the AAAV.

The AAAV will launch 21st century Marines into target objectives from over-the-horizon, at amphibious vehicle speeds never-before achieved, and with the firepower and survivability that simply equate to amphibious success.

If approved for production, eventually 1,013 AAAVs will be slated to begin manufacture as early as 2002 to replace 1,323 AAV-7A1s.

Stenotype school seats available

The Marine Corps has several school seats available for those interested in becoming stenotype court reporters.

According to ALMAR 122/95, 15 quotas have been assigned for the two-year course beginning Sept. 19 at the Reporting Academy of Virginia in Springfield. Graduates of the school will be assigned to major Marine Expeditionary Force (MEF) commands only.

Volunteer corporals and sergeants may apply for the program by June 1.

For more information, see ALMAR 122/95 in the Barracks S-1 office.

Natural Gas station dedicated

NNS — The Marine Corps dedicated a \$450,000 Compressed Natural Gas (CNG) fueling station at Marine Corps Base, Quantico, Va., April 19.

This dedication shows the Department of the Navy's strong commitment to alternative fuel vehicles (AFV), according to a Department of the Navy spokesman.

Additional refueling stations were dedicated in four California installations.

AFVs with a 12-gallon tank take less than \$4 to fill and can travel approximately 160 miles before refueling.

Former ACMC receives award

ANNAPOLIS, Md. — Gen. Walter E. Boomer, USMC (Ret.), former Assistant Commandant of the Marine Corps, was awarded the Navy League's Admiral Arleigh Burke Leadership Award, April 7.

The ceremony took place in front of the Brigade of Midshipmen at the U.S. Naval Academy in Annapolis.

Gen. Boomer previously served at the Academy as a Management Instructor, 1974-75, and Chairman, Department of Management, 1976.

The Navy League of the United States presents the award annually to an outstanding leader whose life is in keeping with the example of Admiral Burke.

Prior recipients of the award include former President George W. Bush and H. Ross Perot.

Positions open for outdoor soccer league

Henderson Hall is looking for Marines interested in playing outdoor soccer.

The team, part of the Northern Virginia Soccer League, plays every Sunday at Ft. Belvoir.

Practices are held Mondays and Wednesdays between 5:30 and 8 p.m. at Bolling AFB.

For more information, contact Capt. Hackbarth at 703-696-1124 or Cpl. Augustine, 703-614-3119 or via e-mail.

New TRICARE program for local servicemembers

AFIS — Military members and their families in Maryland, Washington, D.C. and Virginia may enroll in the new TRICARE Prime Program in May 1997.

TRICARE is DoD's regional managed care program for members of the uniformed services and their families, and survivors and retired members and their families.

TRICARE pulls together the health care delivery system of each military service, as well as the Civilian Health and Medical Program of the Uniformed Service (CHAMPUS), in a cooperative effort to better serve patients and to use resources more efficiently.

One key TRICARE feature is the health care finder, who can help eligible beneficiaries locate an appropriate provider and make appointments.

When this region starts up, CHAMPUS-eligible beneficiaries will have three options: TRICARE Prime, Extra and Standard. TRICARE Standard is the same as regular CHAMPUS.

Essentially, all active duty members will be enrolled in Prime, the health maintenance organization option centered around a military treatment facility and a network of civilian providers. Prime offers the same scope of coverage available under CHAMPUS, plus preventive and primary services at a good potential cost savings over Standard and Extra.

Standard beneficiaries will use TRICARE Extra whenever they choose to visit a TRICARE network provider. TRICARE Extra will save them money, and they will not have to enroll.

FitRep order gets facelift

Marine Corps Order P1610.7D, or "the Fitness Report Order," was recently distributed by the Barracks S-1 section.

Some of the changes are:

a. Reports are due within 30 days vice 60 days after the report ending date.

b. Renewed emphasis on reviewing officer responsibilities and actions.

c. Commander's oversight responsibility.

d. Requirements to report nonresident and resident PME efforts and course completion.

e. New reporting of PFT scores and marksmanship qualifications.

f. Reporting of height and weight.

g. Listing of Marines reported on, when more than one, will also include date of rank.

h. MCO 1610.13A, Fitness Report Audit Program, becomes Chapter 8.

1st ACE delivered to MCB Quantico

MCNEWS — MGen. Carol A. Mutter, Commander, Marine Corps Systems Command, Quantico, Va., took delivery of the first of 87 M-9 Armored Combat Earthmovers during a recent ceremony at United Defense LP's York, Pa., factory.

"I was very impressed with the plant and with the professionalism and commitment to quality," MGen. Mutter said. "This piece of equipment has the ability to save lives on the battlefield."

The ACE is highly mobile, fully tracked and capable of supporting forces in both offensive and defensive operations. It can also perform critical combat engineer tasks such as preparing hull defilade fighting positions for guns and tanks, and preparing pro-



The M-9 Armored Combat Earthmover (ACE). (Official USMC Photo)

TECTED positions for other critical battlefield systems to increase their survivability.

Due to the ACE, tractor-trailors will

no longer have to haul bulldozers to forward positions.

The Marine Corps first used the ACEs when 30 were borrowed from the Army to support breaching operations on Iraqi emplacements during Operation Desert Storm.

In addition to being an armored bulldozer, the ACE, which weighs 36,000 pounds without ballast, can swim three miles per hour. The operator of the ACE is protected against nuclear, biological and chemical warfare.

The ACE, which takes six to eight months to build, can take indirect fragmentation and small arms direct fire up to 7.62mm.

The \$810,000 ACE earthmover should start fielding in July.

Aerobics classes available at Barracks Enlisted Club

High-and low-impact aerobic classes are now available at the Barracks Enlisted Club three times a week.

The classes are held Mondays, Wednesdays and Thursdays from 11:30-12:30. The classes, taught by Sgt. Deanna M. L'Hote, Barracks Adjutant Office, are free.

"Both high- and low-impact are demonstrated, so the student can decide which style they're better suited for," L'Hote said.

The classes start with stretching exercises, followed by a six-minute warm-up and a short run. The aerobic portion of the class is 15 minutes. A six-minute cool down period and stretching follows the aerobics.

Barracks Marines, Sailors and civilians are welcomed at the classes.

"The classes are convenient, fun to participate in and a good source of exercise," L'Hote said.

For more information, contact Sgt. L'Hote at 433-4073 or via e-mail.

Mustangers to visit Corps' "oldest post" during 1995 reunion

DELRAN, N.J. — The Marine Corps Mustang Association will hold its 10th anniversary this year in Arlington, Va.

The Muster will be held at the Sheraton National Hotel, Aug. 16-20. Activities include touring the Nation's Capitol, Marine Corps Base, Quantico, Va. and the FBI Academy.

They'll also attend the Evening Parade here, Aug. 18. Navy Mustang Association members are also invited.

For information, call Bob Richter at (800) 321-USMC.

Barracks Commander's Sexual Harassment policy published in Barracks Bulletin 5330

The Commanding Officer, Marine Barracks, Washington, D.C., recently published his policy on sexual harassment in Barracks Bulletin 5330 to "foster a climate free from all forms of unlawful discrimination."

The Commanding Officer's policy states that sexual harassment is prohibited by the Department of the Navy policy. Violations of the policy such as knowingly making false accusations and condoning or ignoring sexual harassment while in a command or supervisory position are punishable under the Uniform Code of Military Justice for servicemembers or the basis for administrative or disciplinary action against civil-

ian employees.

According to the policy, individuals are encouraged to notify their chain of command if:

- * The objectionable behavior continues.

- * The situation isn't resolved.

- * The behavior is clearly criminal in nature.

- * It isn't feasible to address the behavior directly with the person concerned under the circumstances.

All reported incidents of sexual harassment will be reviewed/ investigated and resolved at the lowest appropriate level with expediency, sensitivity and confidentiality to every extent possible.

Administrative processing for non-judicial punishment (NJP) and/ or discharge is *directed* for military members on the first substantiated offense involving actions, threats or attempts to influence another's career or job in exchange for sexual favors, or physical contact of a sexual nature which could result in a punitive discharge, if charged as a violation of the UCMJ. Counselling for alleged misconduct can also be documented by commanders as deemed appropriate.

The bulletin has been distributed. Copies are available in S-1.

Request Mast guidance from CMC available through Barracks S-1

The Barracks S-1 is distributing White Letter 03-95, the Commandant of the Marine Corps' policy on Request Mast. It is addressed to all commanding officers and officers-in-charge.

"Of deep concern to me are reports I have received of junior Marines who are reluctant to request mast because of fears of retaliation from within their chain of command. Whether valid or perceived, this kind of mistrust can adversely affect morale and mission performance. Any degree of retribution against an indi-

vidual who requests mast is unacceptable, and must be dealt with surely and swiftly. The sanctity of the request mast process is the responsibility of each and every Marine in a leadership position," Gen. Carl E. Mundy, Jr. wrote in the letter.

"MCO 1700.23D, the latest revision of the request mast order, has been published under the staff cognizance of the Inspector General of the Marine Corps and contains additional guidance on request mast policy and procedures. I ask each of you to review it thoroughly. Furthermore, it

is imperative you ensure the necessary command policies, procedures and instructions are in place so that all personnel understand the request mast system.

"The fair and expeditious handling of any request mast is an inherent part of the special trust and confidence I place in each Marine leader.

"When they have a problem, real or perceived, our young men and women deserve our best advice and counsel. I expect nothing less," Gen. Mundy said.

On-the-record offenses

The following courts-martial were recently held for Barracks Marines

Cpl. Benjamin A. Turner, U. S. Naval Academy Co., was found guilty at a summary court martial on Feb. 16 of violating a lawful order by removing his 9mm pistol from its holster while in his BEQ room. He was awarded reduction to LCpl and forfeiture of \$638 pay for one month.

PFC Michael W. Seymour, Co. A, was found guilty at a summary court martial on Feb. 22 for using marijuana. He was awarded reduction to Pvt., forfeiture of \$250 per month for one month and confinement for 15 days. He will be processed for separation.

SSgt. George W. Thigpen, H&S Co., was found guilty at a special court martial of using cocaine. He was awarded reduction to Pvt. and a Bad Conduct Discharge.

Cpl. Raymond D. Viramontes, Co. B, was found guilty at a special court martial on Mar. 31 of using cocaine on three separate occasions. He was awarded confinement for three months, reduction to Pvt, forfeiture of \$569 per month for three months and a Bad Conduct Discharge.

During recent Non Judicial Punishments:

On Feb. 24, an H&S Co. LCpl. was found guilty of failing to be at his prescribed place of duty and being incapacitated for duty through drunkenness. He was awarded forfeiture of \$567 per month for two months which was suspended for six months and 45 days restriction and extra duty, also suspended for six months.

On March 7, an H&S Co. LCpl. was found guilty of attempting to use an altered military I.D. card to enter a

night club and signing a false I.D. card application. He was awarded forfeiture of \$450 per month for two months and 45 days restriction. of which \$450 forfeiture and 30 days restriction was suspended for six months.

On March 21, an H&S Co. Sgt. was found guilty of dereliction of duty by failing to draw a radio while a duty watchstander. He was awarded forfeiture of \$300 for one month, of which \$200 was suspended for six months.

On March 30, a Co. B PFC was found guilty of failing to go to his place of duty at the prescribed time. He was awarded forfeiture of \$223 and 14 days restriction, of which \$223 forfeiture was suspended for six months.

On April 3, an H&S Co. LCpl. was found guilty of failing to go to his appointed place of duty at the prescribed time. He was awarded forfeiture of \$200 for one month and 30 days restriction, of which the restriction was suspended for six months.

Wanted: More than a Few Good Environmentally Conscious Barracks Marines

who don't change their oil in the Lower Parking Lot Wash Rack.

Dumping oil in an unauthorized place is illegal, and can cause you to have a very bad day after an unplanned meeting with your First Sergeant.

Don't Do it. Don't *Even* Think About it.

A Public Service Message from your Public Affairs Office



MSgt. Frank J. Balduck, Barracks Morale, Welfare and Recreation, gives Cpl. David G. Ruble, Guard Detachment, Headquarters and Service, Co., some pointers during the 1995 Eastern Division Matches at Camp Lejeune, N.C. (Photo by Cpl. Matthew

Barracks Rifle/Pistol teams give 1995 Eastern Division Matches their best shots

Barracks Marines participating in the 1995 Eastern Division Matches held March 14 through April 7 at Camp Lejeune, N.C., competed strongly in both individual and team efforts.

In the individual rifle competition, Sgt. Michael L. Valenti, Guard Detachment, Headquarters and Service Co. and a veteran of the competition, won a fifth gold medal and Cpl. Jim A. Quetel, Print Shop, MCI Co. was awarded a bronze medal, his second. MSgt. Daniel E.

Burke, Occupational Specialty Department, MCI Co., a distinguished Eastern Division Matches veteran and the team coach, received a certificate in lieu of a medal.

Valenti, along with LCpl. Gabriel M. Weber, First Platoon, Company B and a silver medal recipient, also won his fifth gold medal in the individual pistol competition.

"We came to Camp Lejeune with a good attitude and a lot of raw talent. We did really well," said Burke, who has participated in the competition

nine times and was the match champion in 1987.

Sixteen Marines were selected for the team after being interviewed for interest in the matches, overall attitude and high marksmanship scores on rifle and pistol.

For the next three to four weeks, the team received classroom instruction on how to overcome situations that could occur during the competition, such as varied weather conditions. The Marines also practiced their stances, or "snapped-in" in the

Barracks gymnasium, lower parking lot and the ranges of Marine Corps Base, Quantico, Va.

Although, the teams scored higher than last year's Wirgman-winning team, they weren't able to bring home the trophy this year due to some stiff competition. The Barracks gold team at 1145.81 and silver team at 1130.73, placed second and third overall in the competition.

The Barracks gold team won the Wirgman last year with a score of 1128. Cpl. David G. Ruble, a first-time member of the team, admits that there was some concern about winning the trophy again.

"I felt that there was some pressure to repeat last year's feat

and keep the Wirgman at the Barracks," he said.

Ruble also said he felt that the shooters did their personal best in the competition.

"It says a lot for the training provided as well as the Marines on the team that both teams improved upon last year's scores and several individuals brought home medals," Ruble said.

Valenti, who made a name for himself on a Quantico range with a record score of 249 out of a possible 250 in 1993, was motivated to win a medal for both professional and personal reasons.

"I came here to win a gold medal," Valenti said. "However, the oldest of my two daughters asked me to win a medal for her. Since I won two medals in this competition, I can give one to

each of my daughters."

Competing in the Eastern Division Matches was a positive experience for first-time participants as well as Marines with several matches under their belts.

"It was a chance to meet a lot of good people and receive great instruction on marksmanship," said Ruble, a Guard Detachment, H & S Co. Marine and member of the silver team.

For Ruble, competing in the event was "an outstanding experience and one I highly recommend for anyone interested in rifle or pistol competition."

By
Cpl. Mary L. Ford



LCpl. Paul A. Diponio, Co. A, checks marks on the target during the pistol competition. (Photo by Cpl. Matthew H. Gray)

FEATURE



Then-SSgt. Dennis E. Carroll leads "The Commandant's Own," The U.S. Marine Drum and Bugle Corps during a performance at the Barracks on Aug. 27, 1970. (Photo by MSgt. R. W. Savatt Jr.)



Maj. Carroll as a captain in "The President's Own." (Official Marine Corps photo)

He never served more than 50 miles from home

Executive Officer of "The President's Own" retires after 30 years

There were two things in life he wanted when he joined the Marine Corps in 1964 - he wanted to do something outside of music, and he wanted to travel, get away from his childhood home of Chase, Md., outside of Baltimore.

He never got either wish. In fact, he found himself doing what he said he didn't want to do where he didn't want to do it for 30 years.

Yet as he prepares for his retirement, Maj. Dennis Carroll, the Executive Officer of "The President's Own" U. S. Marine Band, says, "The Marine Corps owes me nothing - and I owe it everything."

U. S. involvement in the Vietnam War was beginning to heighten when a young Dennis

Carroll, a high school musician, decided to put away his tuba and volunteer for service in the Marine infantry. In Sept. 1964 he was enlisted in the Delayed

Entry Program by then-1stLt. (future ACMC) Walt Boomer and found himself at MCRD Parris Island, S.C. on Oct. 19. During the night, he found himself making what would become a recurring observation over the coming years.

"It was late at night, the first night there. As I laid in my rack and looked out the window of the squad bay across the parade deck I thought to myself, 'Well, you've really done it this time! But, I'm here, might as well give it my best'," he said. His best resulted in graduating as his platoon's honorman.

PFC Carroll thought he was on his way to his goal of being a Marine infantryman, or close to it, with orders in hand to Infantry Training Regiment, followed by Security Guard School.

It was one week before recruit graduation, however, that he got his first clue that his destiny might be in the Corps' hands instead of his own. The muscular, dark-haired six foot-plus major recalled how his 30 year tour at Marine Barracks began.

"Our DI spoke to the platoon

"Major Carroll is the ultimate Band Executive Officer. The consummate professional to the end, Maj. Carroll sets the standard which others strive to emulate. There is no way I can summarize his many contributions.

But having worked closely with him since he came to the Marine Band in 1972, I can honestly say that he is one of the very finest Marines to serve at The Oldest Post of the Corps."

— Col. John R. Bougeois,
Director, U.S. Marine Band



PFC Dennis Carroll and his fiancée, Eugenia Mae Donohue at MCRD Parris Island, S.C. at recruit training graduation. The Carrolls celebrated their 28th anniversary on Sept. 10, 1994 and are the parents of Dennis Charles, 27, and Lisa Ann, 24. (Photo courtesy of Maj. Carroll)

one day and said he was looking for six volunteers for duty in Washington, D.C. The only prerequisite was that you had to be six feet tall," he said. "The last thing I wanted was to be less than 50 miles from home - I knew I wanted no part of that. But, I guess I didn't sit down short enough or not volunteer strongly enough because the next thing I knew, I had orders here."

'Here' was Marine Barracks, 8th & I, Ceremonial Guard Company, now known as Company A. In those days the company was also known as the "Building 58 Marines," since they occupied that site at the Washington Navy Yard, now home of the Marine Corps Museum. PFC Carroll reported to 8th & I on March 10, 1965, little realizing he'd never leave.

He had been designated to serve as a rifleman with the

Marine Corps Color Guard, spending seemingly endless hours shining leather and shoes to spit-shined perfection in the absence of today's patent leather gear during his 30-day ceremonial training period. He clung to his wonderment at what he'd gotten

himself into, but, that he'd give it his best shot.

"I thought, 'okay, I'll do this tour and go on to Security Guard School' and that this tour wouldn't last forever," Carroll said. Capt. "Crazy Horse" Lee

"When I was here last and Maj. Carroll was Drum Major Carroll, he was the personification of everything everyone else aspired to be on the parade deck."

— Col. John B. Sollis, Commanding Officer, Marine Barracks, Washington, D.C.

visited him with another idea, though. Carroll's record had been reviewed and his musical background was quickly uncovered.

Capt. Lee thought Carroll should consider playing with the U. S. Marine Band should the opportunity present itself.

"I told him I knew what caliber of musicians they are - that I couldn't even carry any of their cases," Carroll said. Even more importantly, he knew "The President's Own" has only one home and he relished the idea of not playing that tuba he'd packed away. Not a problem, according to Capt. Lee; the U. S. Marine Drum and Bugle Corps soon had an opening and Lee was certain Carroll would make the cut.

"Since the last thing I wanted was to be a musician less than 50 miles from home," Carroll said, "let's just say that my D&B audition was less than stellar." That didn't seem to be a problem either - CWO Chris Sturgio, the director of the Drum and Bugle Corps, took Carroll on, based upon his musical potential.

"So I went back to building 58 and packed up my gear. I was hot that day, not very happy about the whole thing. And as I was doing the seabag drag and cussing coming up 8th Street to the Barracks," Carroll said.

"I thought 'well, I've really done it this time.' But I decided if this was where the Corps wanted me, I'd give it my best shot."



LCpl. Carroll receives his meritorious promotion warrant from then-1stLt. George R. Christmas on Jan. 1, 1966. Today, LtGen. Christmas is the Deputy Chief of Staff for Manpower and Reserve Affairs. (Photo courtesy of Maj. Carroll)

He excelled as a member of "The Commandant's Own," was meritoriously promoted to Sergeant and named as the back-up drum major. With four parade seasons behind him and no prospect of a move to the infantry, Carroll went home in October 1968 at the end of his first enlistment.

Six months later, as he labored at his job with the Exxon Corp. in Baltimore, he received a completely unexpected phone call.

"I was called by General (Leonard F.) Chapman (CMC) to see if I would be interested in coming back as the D&B drum major," he recalled. "Drum Major (Gary) Losey was being promoted to director and the general wondered if I would take the job.

"Of course, I was confident it

was a lark and someone was pulling my leg," Carroll recalled, smiling. "So I simply said 'no thank you'."

He thought it over, though, found out the offer was genuine, and in June 1969 he was back at the Barracks as the Drum Major of the U. S. Marine Drum & Bugle Corps.

Three years later Carroll was a staff sergeant when the opening came up for the Drum Major of the U. S. Marine Band. That position had been thought of in the Marine Corps musical community as a twilight tour for the Corps' senior drum major in the field music bands, until Carroll's audition day of May 10, 1972.

"I wasn't senior. I was a staff sergeant with eight years in the

"If I had to describe him in a few words they would be: a man for all seasons. He is authoritative in action, word, and deed, but he always listens before he acts. He is fair, and never lets his personal opinions get in the way of the right thing to do. He has been a rudder for 10 years and he is going to be missed. Of course, he'd deny all this because he's humble...but perhaps that's what makes him Dennis Carroll."

*— Missy McManaway
Head, Marine Band
Branch, HQMC*



SSgt. Carroll, Drum Major, U.S. Marine Drum and Bugle Corps. (Official Marine Corps photo)

Corps. I knew I didn't have a prayer (competing for the position)," Carroll said. "But, I figured I'd just give it my best shot."

Carroll's best shot won him assignment to the Corps' senior drum major billet, making him the youngest USMB drum major ever, as well as the first drum major to have led both Barracks musical units.

"Once the fact that I was selected sunk in, I wondered what I had done now, based on my opinion of my qualifications for the job," he said. He was far from being the most senior drum major in the Marine Corps and didn't feel he was the best musician in the bands or D&Bs.

Providence wouldn't seem to allow Carroll to move in the direction he initially thought he should go, but his fate brought

him some nearly-unheard of rewards for his outstanding service and professionalism.

He entered the billet of U. S. Marine Band Drum Major as a staff sergeant with eight years service on May 10, 1972. In January of 1974 he was promoted to gunnery sergeant - by January 1976 he was a master gunnery sergeant.

By the end of the summer of 1984, Carroll had marched through 21 consecutive parade seasons, a far cry from the three year tours of today. He was seriously considering retirement.

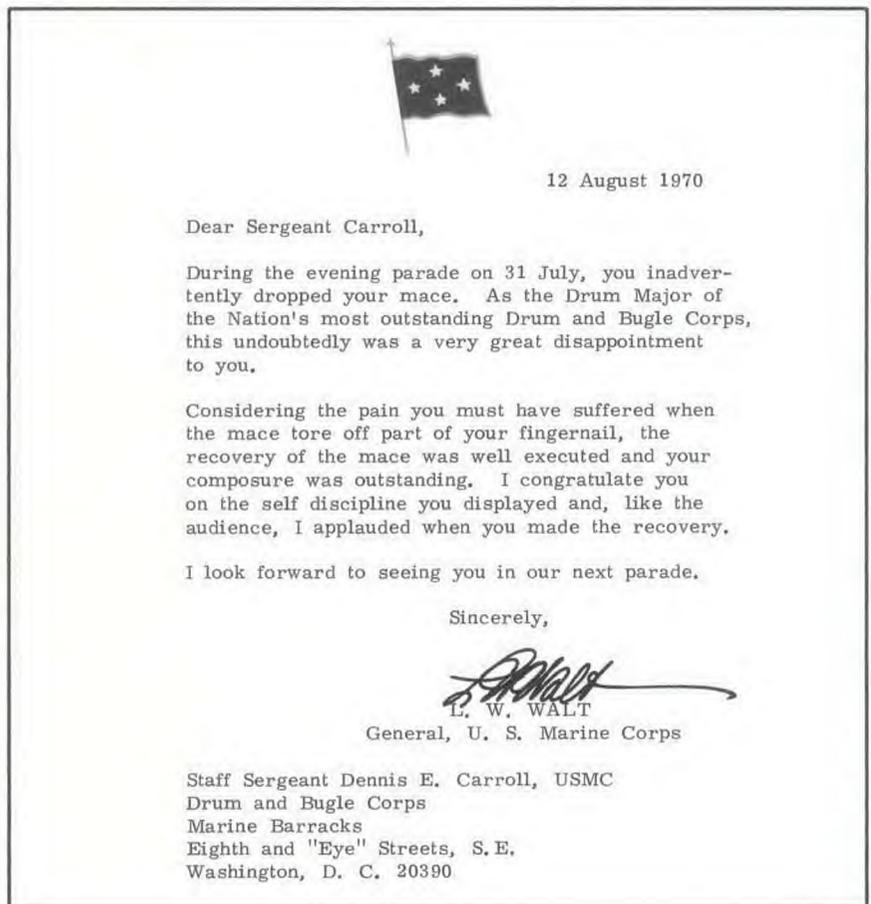
"I was ceremonially burned out," he says, "and I was looking

to retire. That's when Gen. (P.X.) Kelly offered me the position of Band executive officer. It was a golden opportunity since I really didn't want to leave."

Carroll was promoted to first lieutenant on March 1, 1985, and has since that time served as the chief administrator and advisor to the Director of the U.S. Marine band on Marine Corps matters.

"I've definitely learned not to question the path my career has taken," he said thoughtfully. "It's all been interesting and certainly, at times, difficult."

From his single duty location, Maj. Carroll says he has seen the world and more than ever planned or thought possible.





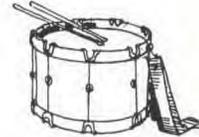
THE WHITE HOUSE
October 22, 1969

The President and Mrs. Nixon welcome you to a special White House performance of the U.S. Marine Corps Evening Parade presented by the Marine Barracks, Washington, D.C...

U.S. Marine Drum and Bugle Corps

Band Master Warrant Officer Gary L. Losey

Drum Major Sergeant Dennis E. Carroll



Above: The cover and inside cover of an invitation from former President and Mrs. Richard M. Nixon for a 1969 Barracks Evening Parade during Carroll's tenure as drum major of "The Commandant's Own." (Courtesy of Maj. Carroll) Left: Former President Nixon and an unidentified guest troop the line during a 1970 appearance with SSGt. Carroll as drum major. (Official Marine Corps photo)

pate in while here. The celebrity people I've met, when in any other profession I wouldn't have been able to get within 50 feet of them," he says. "There have been too many commitments to single out just one-I've done thousands so it's really hard to pick just one that stands out. What does stand out and what I remember and will miss the most are the truly exceptional people with whom I have been so privileged to serve over the past three decades."

Unlike his entry into the Marine Corps, with a clear view of what he didn't want to do and where he didn't want to be, he has decided to stay in the local area. He's holding off making a decision of what to do until he takes some time to "decompress" from 30 years.

"He epitomizes what a drum major is and is probably the finest drum major that ever marched at Marine Barracks 8th & I."

*— MGySgt. Michael Gardner,
Drum Major, U.S. Marine
Drum & Bugle Corps*

**By
GySgt. Cynthia Atwood**

With the original Company C, the Civil Disturbance response company, as a sharpshooter, he stood at his post atop the Barracks ramparts and watched Washington burn during the riots following the assassination of Dr. Martin Luther King Jr. in 1968.

"I never thought I'd see something like that in America," he recalled darkly. "It was unsettling."

"It's amazing the things I've seen and been allowed to partici-

MEMORIAL DAY

May 28



**From the Revolutionary War to
Operation Desert Storm, our fallen
comrades are remembered on this
day for their ultimate sacrifice.**

Celebrating Armed Forces Day May 20th

*A salute from the
Chairman, Joint Chiefs of Staff,
Gen. John M. Shalikashvili, USA*

"On May 20th, we celebrate Armed Forces Day—a day to honor the selfless contributions of our men and women in uniform.

"This year marks the 50th anniversary of the end of World War II. We have commemorated many famous battles and events from that era: Iwo Jima, Okinawa, and the linkup at the Elbe, to name a few.

"No sooner were these battles won and our victories secured, than our armed forces found themselves engaged in a new kind of war—the Cold War. Then, more names were woven into the fabric of America's consciousness, like Heartbreak Ridge, Khe Sanh, and Rio Hato.

"And after the fall of the Berlin Wall, other names became familiar: Desert Storm, Mogadishu, and Cap Haitien. Each operation, campaign, or battle marks a unique chapter in America's military history, and each shares the same important ingredients: the spirit, pride, valor and unwavering dedication of America's warriors.

"We now stand at the threshold of dramatic change, and within our reach is an unparalleled opportunity to shape the future. And it is you—America's dedicated warriors who won the Cold War—to whom the world will look as we approach the 21st Century.

"As a member of the world's greatest military, you can truly take pride in its heritage. On behalf of the Joint Chiefs of Staff, I applaud your devotion to our nation, and salute you on Armed Forces Day."

Honor Thy Mother

"All that I am, or ever hope to be, I owe to my angel mother."

— Abraham Lincoln

That goes double for me, Honest Abe! I expect that goes double for most of us.

Sunday the 14th of May was Mother's Day. As a public service to all of you, I hope you made it your business to call home this Mother's Day and didn't put it off a day longer! I'm not a big proponent of commercially-inspired holidays and "guilt trips" ("Mother's Day," I suspect, was invented by some enterprising marketing whiz at Hallmark Cards). But if you are blessed, as I am, to *have* a mother (a step-mother, an aunt, a big sister, a grandmother, or other special person) to thank for all *you* are (or ever hope to be), I suggest you drop what you're doing, call home, and let her know how very special she is to you and just how much you love her. Go ahead. Do it while you still can.

When I was off on Okinawa, my very first duty station as a hard-charging second lieutenant, I became totally immersed in my duties and responsibilities—so immersed, in fact, I soon forgot to keep my mom and dad apprised of what I was up to and how their last-born was doing out in WestPac. My dad, the former Marine lieutenant—one of those guys who invented WestPac—eventually sounded "Reveille" (just as loud and clear as anyone has ever sounded off in D&B)

by sending me the following piece of fatherly advice. I quote:

Dear Jay,

I know you're all right. You know you're all right. For God's sake, write your mother a letter and let her know you're all right!

*Love,
Dad*

Well, father knows best! I got the message, and my mom started getting the mail.

"Just take good care of your Marines. And don't forget to take good care of yourself. You'll be all right. You're a Marine."

— Libby Sollis

I don't know about you, but I have one of the world's all-time *greatest* moms. I really do. Doc Finley would have a field day with me over this, but my affection and *respect* and admiration for my mother is almost Freudian. (No! Not Oedipal, Doc—*Freudian*.) If you knew my mom, you'd understand why. My mom is very special—*very* special. Let's face it, none of us is responsible for the parents we were issued at birth. We either hit the jackpot, or we've had to

do the very best we could with the cards we were dealt. (And just imagine how they feel about *us*!) In my case, I lucked out; I hit the Publisher's Clearinghouse Sweepstakes on Day 1.

One of my earliest recollections of my mother involves the day I got my clock cleaned by the neighborhood bully. I was scared to death of this guy. *Terrified*. He always cruised the neighborhood with a cheerleading squad of older guys—a bunch of wisecracking goons who would sick him on his next victim. Sooner or later, everyone wound up in the "beaten zone." I was no exception.

After taking a shellacking from this guy, I decided I was going to settle the score. My mom intercepted me crossing the line of departure with a huge serving spoon in my hand. "And just where do you think *you're* going with my spoon?" she asked. "I'm going to go knock Michael Dunn's lights out!" I stammered. After disarming me, my "angel mother" told me to get back outside and go settle the score with Michael So-and-So "man to man" and not to come home again until I had. "Say, *what*?" That was just the first of any number of Mother's G.-D. "Character Building Experiences."

Beaming things fast-forward just a bit, when I called home from Saudi Arabia a couple of days before we headed north and attacked into Ku-



A young 2ndLt. Sollis poses in a reflective mood while his mother beams proudly in a 1972 photograph. (Photo courtesy of Col. Sollis)

headed north and attacked into Kuwait, I did so just to let my parents know their last-born was thinking of them and still doing all right. My dad, the former Marine lieutenant, lost his military bearing when he answered the phone and heard my voice. All of a sudden, there was my

mom on the other end of the line—the woman who had married a Marine during World War II, had raised two sons and a daughter, and was now praying that her former spoon-wielding wildman was going to make it home in one piece. This time around, with a

voice confident and reassuring, she said to me, “You know how much I love you. You know how much we are all praying for you. Just take good care of your Marines. And don’t forget to take good care of yourself. You’ll be all right. You’re a Marine. You’ll be all right.”

Hey, Mom! I sure as heck could have used a dose of that razzle-dazzle reassurance action when Michael Dunn was my worst nightmare!

My mom: the luck of the draw—the magnificent role model I was issued at birth. She has *always* been there for me. And I thank God she still is. She has always been for me a source of inspiration and encouragement. A strong, self-reliant, intelligent (*stratospheric* intelligence!), witty, wise, loving, understanding, compassionate, and forgiving friend. My very first friend. My everlasting “get out there and confront your demons,” character-building friend. My mother. My first love. And the one who loved me first.

If you’ll excuse me, I think I’ll go give my mom a call—you know, just to let her know her #2 Marine is still doing all right.

By
Col. John B. Sollis



Cpl. David A. Jamieson

Congratulations go out to **Cpl. David E. Jamieson**, Headquarters section, Co. A, who has been selected for the Enlisted Commissioning Program and will attend Officer Candidate School at Marine Corps Base, Quantico, Va., this summer. He'll be missed and we wish him well.

This parade season won't be the same without the continuing, towering presence of **Maj. Dave Bethel**, MCI Co., who is being transferred to HQMC in June. **Maj. G. P. Fontaine**, CO, H&S Co., will soon make his last march across Center Walk. He's being ordered to I MEF, Camp Pendleton in late May. **1stSgt. (SgtMaj. select) Ronnie Hall**, MCI Co., will leave during May as well for 2 M, Cherry Point, N.C.

A minor baby boom took place at MCI Co. recently. **Maj. Warren J. and Deborah Foersch** welcomed **Peter Lawrence Foersch** into the Barracks on March 24 at NNMC Bethesda. Young Peter arrived at 21 and one-half inches long, weighing 9 pounds, 9 ounces. **Nicholas Gabri**, the 7-pound, 9.75-ounce son of **Capt. Steve and Jay Gabri** arrived March 25. **Capt. Mike and Yoly Cuccio** welcomed new daughter **Mary Catherine** at 11:13 p.m. on March 25. She weighed in at 7 pounds, 4 ounces over a 19" frame.

Not to be outdone, two new family members joined H&S Co. recently.

Sgt. Terence H. and Andrea McCrea are the parents of **Terence H. McCrea Jr.** The young McCrea arrived at 2:11 p.m. on April 7 at Andrews Air Force Base at 21 inches long weighing 8 pounds, 15.2 ounces. **Cpl. Jose and Rosa Lee Dixon** welcomed **Cruz Chavez Dixon** on March 18 at Fort Belvoir. The youngest Cruz is 23 inches long, weighing 10 pounds, 3 ounces.

Look for a new civilian Marine at MCI. **Joyce Conyers-Hudson** will be with us until June as an archivist for the Institute, working under an assignment of OPM's Women's Executive Leadership Program. The dust of MCI archives will be nothing new - her regular duties are as an archivist for the Marine Corps Museum.



Erika Katrissa is the daughter of Donald and Doreen Hubert, Barracks Maintenance, S-4. (Photo courtesy of Donald and Doreen Hubert.)

Two Barracks officers were selected for promotion to Lieutenant Colonel for FY 96. Congratulations to **Majors Bruce R. Woodard (S-4) and Timothy E. Moore (S-1)**. Recent Barracks alumni **Majors Terry M. Lockard and Robert W. Destafney** were also selected for promotion.

OORAH to **Captains Frank Toy III (Scheduler, S-3), Laurie Powell (Barracks Adjutant), A.J. Copp (CO, Co. B), Scott Aiken (AWS, PMED,**

MCI Co.) and Jon Lowry (CO, Security Co.), chosen by the FY96 Majors selection board. Also appearing is Barracks family member **Capt. Mark McConnell** (husband of Capt. Powell)

Congratulations to the U.S. Marine Bandsmen who received Good Conduct Medals for the month of March: **GySgt. Donna M. Willingham and LCpl. Michael J. Minar.**

Barracks Marines promoted to their present rank on 1 April are:

Company A

- LCpl. Daniel J. Diacik
- LCpl. Donald W. Owens II
- LCpl. Donald H. Ruth

Company B

- LCpl. Robert J. Brinker Jr.
- LCpl. Daniell D. Harris
- LCpl. Robert E. Ortega Jr.
- LCpl. Robert J. Vermaas
- LCpl. Jonathan K. Williams

H&S Company

- GySgt. Kenneth B. Williams
- Sgt. Newt A. Sanson Jr.
- Cpl. Lisa M. Malwitz
- Cpl. Kevin G. Stansel
- LCpl. Jeffrey C. Bracken
- LCpl. David M. Hart Jr.
- LCpl. Philip T. Kemnitz
- LCpl. Kelce A. Mosley
- LCpl. Jerry D. Pierce Jr.
- LCpl. Brian D. Rice
- LCpl. Nelson A. Rios
- LCpl. Victor L. Street II
- LCpl. Jimmy R. Thorne Jr.
- LCpl. Adam J. Varneke
- LCpl. John E. Wickenheiser Jr.

D&B Company

LCpl. Matthew W. Johnson
 LCpl. Scott A. Pierce
 LCpl. Aaron J. Rodonis

MCI Company

Cpl. Jack Darin
 Cpl. Timothy J. Klein

USNA Company

LCpl. Jerry L. Buhaj

Welcome Aboard to a number of

new Barracks Marines!

Company B

1stSgt. Glen T. Ripkoski

H&S Company

SSgt. Kelvin Green
 Sgt. Charles E. Dietzel
 Sgt. Jack E. Thomas II
 PFC Paul W. Beliveau Jr.
 PFC Timothy B. Maduzia
 PFC Eric R. Horsh
 PFC Patrick R. Smith

PFC Alfred S. Doucette
 PFC Nathan Y. Collins
 PFC Bobby W. Newberry
 PFC Freddie L. Kendricks
 PFC Angel A. Ortiz
 PFC Davena J. Moore

MCI Company

GySgt. Shannon K. Johnson
 PFC Christopher B. Wheeler

D&B Company

PFC Ty B. Hope



Assisting Sailors, Marines, and their families for 91 years!

Last year, Marine Barracks, Washington, D.C., raised \$27, 835. 53 for Navy/Marine Corps Relief and received more than \$44, 300 in Navy/Marine Corps Relief loans and grants. Please donate to this year's campaign, from May 4 to June 6. For more information, contact Barracks representative Maj. Warren J. Foersch at 433-2201/4110.

Worry

Some days seem destined to go wrong. It's like the old idea of "waking up on the wrong side of the bed." At this duty station, minor things that go wrong can quickly become issues of major concern. If we are intentionally doing things wrong there is good reason to worry. Living under an umbrella of dread and concern about "what might happen" can wear us down much too quickly. Here are three suggestions for handling *unnecessary* worries from a Christian psychologist, Dr. Frank Minirth.

Limit your worry

There are a lot of professional worriers. Their productivity suffers because so much of their time is wasted and their energy is sapped by constant fretting. If only they could schedule their worry for a specific time slot, confine it to that period, and not allow it to distract them from other matters! Is it possible? Yes, and while the method may sound silly, it works well, particularly for people who are perfectionists.

Try setting aside 15 minutes in the morning and another 15 minutes in the evening for active worry. If concerns surface during other times of the day, jot them down on a card and deal with them during the designated period.

Worry-free living involves confining the natural worry we all feel into a designated time slot of only one percent of a 12-hour day.

Three positive results come from this exercise. **First**, the person accomplishes a great deal more during the day when he is free of anxiety's tug. **Second**, when "worry time" finally arrives, he's better able to deal with his problems because he feels good about his

productive day. He can now devote his total attention to his worries, and he can list them according to seriousness. **Third**, and a key benefit, is that by the time he looks at the problems, they often will have shrunk in importance, and the cards and the problems can be tossed aside.

Live one day at a time

An average person gets up in the morning and may have three major items to accomplish in the course of the day. He may complete two of the three, doing one right and the second wrong. Still he shrugs it off as "no big deal."

***"Therefore do not
worry about tomorrow,
for tomorrow will worry
about its own things.
Sufficient for the day is
its own trouble."***

The perfectionist gets up in the morning with a list of 20 tasks to complete. If he achieves 19 of the 20, he is dissatisfied with himself. He is guilt ridden because he feels he has fallen short. He doesn't realize that his goals were unrealistic and had him programmed for failure. If he accomplished all 20 items, he probably would have felt his objectives were not challenging enough. The next day's list might contain 25 tasks. In both cases, frustration is the result either from his failure to set tough goals or his failure to meet the goals he set.

In the hit Broadway play and the film "Annie," the little redhaired, or-

phaned heroine looks forward to tomorrow with the words, "You're only a day way." The idea is that everything will be better, brighter, more secure and less harried in the future. But constant anticipation breeds constant anxiety. The future never measures up to its expectation.

What about today? Scripture advises us, "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."

Cultivate the awareness of God's presence with you

The best antidote to anxiety available to all of us is the knowledge that God is with us. The importance of an awareness of God's presence is underscored from the life of Moses. Christian scripture, (Hebrews 11:27) tells us that Moses "... endured as seeing Him who is invisible." For Moses, the reality of God's presence was as tangible as if he could reach out and touch or view God at any moment.

Because we do not see God we tend to forget that he is with us. But he is. We also tend to forget that he is powerful enough to help us through every challenge we face.

Spending a few moments each day in prayer helps us remember both his presence with us and his incredible power available to us. With his presence and power we can face any challenge without becoming overwhelmed by worry and anxiety.

By
LT Doyle W. Dunn, USN

From the Mailbox

Dear Superintendent,
United States Naval Academy:

I am an officer with the Annapolis Police Department. I make a daily run around the perimeter of your facility.

While I am writing this, I take the opportunity to express how I feel about the Marine guards on the gates. I, for one, appreciate the attention that the guards give to the public. I do not mind a bit stopping and telling them where I am going. Actually, I appreciate the attention. They are always friendly and professional. Their appearance is always impeccable. I also often hear and see their interaction with other members of the public, some of which are out-of-towners in need of directions, information, etc. The guards are always very helpful and courteous in these situations.

Thank you for taking the time to read this. Please convey my feelings to the Marines under your command.

Cordially,
Cpl. H.W. Dalton
Annapolis Police Department

EDITOR'S NOTE: EDITED FOR PUBLICATION

April 5, 1995

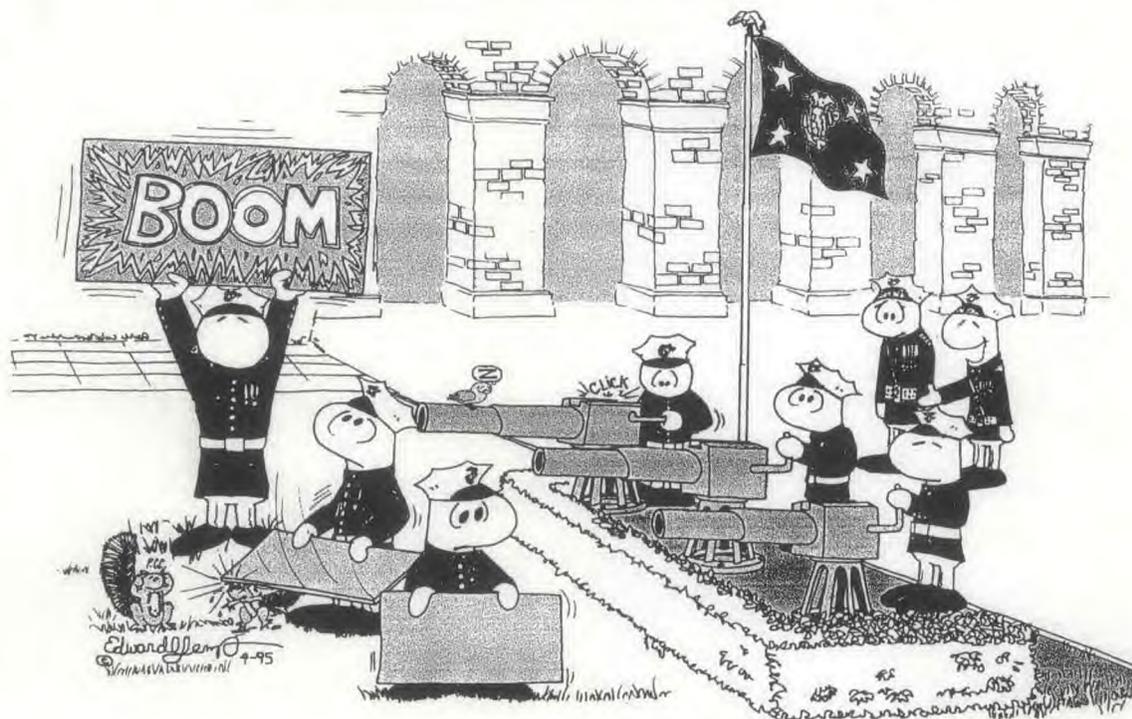
Dear Col. Sollis,

I want to thank you and your Marines for first honors rendered on April 3rd.

Your Marines were magnificent, the first honors were truly special and the reception that followed a special event. The commemorative casing and framed memento will be unique remembrances of a wonderful evening. Please convey my appreciation to all your Marines.

Semper Fi,
BGen. (Sel.) Garry L. Parks, USMC

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



“No smoke, no noise to disturb the neighbors, saves money on ammo, and is sensitive to the needs of the hearing impaired.”

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