

PASS IN REVIEW

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A wreath lays at the Marine Corps War Memorial in Arlington, Va., June 11.

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Living Up to Our Name

STORY BY SGT. DENGRIER BAEZ

The proudest moment in my Marine Corps career was when the Eagle, Globe and Anchor emblem was placed in the palm of my hand by my senior drill instructor. That moment solidified my place in the world's finest military organization. I finally earned the title of Marine.

We all have been through the ceremonies and sacred rituals that embody the title we bear. We all claim to be Marines, but if you think about it what are we doing to maintain the high standards we are recognized for worldwide? I constantly ask this question to myself.

This is not to point any fingers or make derogatory comments about anyone or any place in particular but merely to bring some awareness to our current situation in the Marine Corps from my perspective.

Gen. James F. Amos, our commandant said, "A Marine is a Marine. I set that policy two weeks ago - there's no such thing as a former Marine. You're a Marine, just in a different uniform and you're in a different phase of your life. But you'll always be a Marine because

you went to Parris Island, San Diego or the hills of Quantico. There's no such thing as a former Marine."

What these words mean to me is that we have an obligation to each other, not just to the Marines we work with but to all past, present and future. Although our ways seem to be outdated to the rest of the world, the reality is they're not. Common courtesies and customs, our appearance in and out of uniform, and overall demeanor set us apart in any environment. That is what we do. This is who we are.

Being stationed at Marine Barracks Washington, D.C., has given me an opportunity to see the Corps from a different perspective. The level of excellence and the way Marines carry themselves here is incomparable to other Marine posts.

We're constantly in the public's eyes because of our mission here. Also, the location where we live and work is unique since we're in the middle of a city.

Needless to say the chance to interact with people is greater. That also means, our expectation to hold the Corps' standards is higher.

I had the opportunity to talk to a few Marines from the mid-1900s

who come to the Barracks for our parades. They often speak proudly about the time they served. The common themes in my conversations are brotherhood and the standards they we're expected to maintain at all times.

We're Marines because of the actions of those who came before us. Upholding the history and traditions of the Corps, and recognizing that it is about the brotherhood, not just the individual is more than a task or duty, it is our right.

My challenge to you is to live up to the name. It doesn't matter if you're a combat-hardened or garrison Marine, what matters is your contribution to the Corps, keeping our traditions, and upholding the history that has given us our name and reputation.

Whether you're stationed at the Barracks or any other post around the world we must maintain the standards the Corps requires from us. Remember, at the end of the day our core values of honor, courage and commitment. Today we must evaluate ourselves and ask if we're worthy of the title Marine. Bearing it is one thing and living up to it is another.

TOURING DC



ENTERTAINMENT

DINING

HISTORY

Answering the Call of the Wild

STORY AND PHOTOS BY LANCE CPL. DAN HOSACK



If you're anything like me, you probably miss being able to grab your gun, sharpen your knife and take off into the woods for a day of hunting. I've noticed that many other Marines here at Marine Barracks Washington, D.C., are also outdoor types who enjoy a break from the urban setting in which we live.

The national capital region, at first, seems devoid of places to hunt, but I did a little digging and uncovered a place we may already know about, and should be familiar to our officers.

Marine Corps Base Quantico, Va., is the training facility for new Marine officers. What most people don't know about the base is just how large it is. MCB Quantico stretches over vast expanses of forest and wetlands that teem with game.

From my experience, hunting on Quantico is similar to other places east of the Appalachians. The temperate climate, low elevation and fertile soil create the kind of deciduous forest and wetlands that I grew up hunting in for a variety of mammals and birds.

The base allows military personnel and civilians to hunt on nearly 58,000 acres of forest and wetlands for a variety of game species. The more popular species to hunt are whitetail deer and wild turkey. The base is also teeming with mourning doves, waterfowl, rabbits and squirrels.

For me personally, there is nothing more satisfying than coming home and skinning a mess of squirrels to eat. Judging by the amount of seed-producing trees on the base, this place is a smorgasbord for squirrels and many other animals.

The base maintains the land by planting hundreds of acres of wildlife openings, building waterfowl nest boxes, and setting controlled blazes to improve habitat. My better hunts have been in places with a variety of habitats because they create more places for game to live and more food for them to eat. Quantico has just that.

Before you go, you will need to meet the requirements necessary to hunt on the base. There are many details in the MCB Quantico hunting regulations.

First you will have to obtain a current Virginia hunting license which requires hunters to complete a safety course. Also, an application to hunt on the base must be complete and submitted

to the game-checking station on base after you get your Virginia state license. Follow up with them in three days. They have to run a background check.

Additionally, you must also take an orientation class on base after you pass the background check before you can get your base hunting permit issued to you. It will cost \$20 for an annual permit and \$5 for a day permit. Purchase your base hunting permits at the game-checking station.

A Virginia hunting license can be purchased online at www.dgif.virginia.gov. This site also has listings of hunter safety courses in the region.

Go online to www.quantico.usmc.mil/activities and click on the highlights to view files on the hunting regulations, game-checking station and the Annual Hunt Bulletin for other necessary rules and seasons for whatever you may be hunting. Base maps are also available.

The base covers a huge amount of undeveloped land, so bring a map and always tell someone where you're going. As far as storing your weapons, they can be kept in the armory here at the Barracks. However, in order to do that, you must get it approved by the commanding officer of the Barracks.

So get out there and enjoy the great outdoors this fall. I know I'm taking advantage of this unique opportunity and you should too.



RELIEF APPOINTMENT

STORY BY SGT. DENGRIER BAEZ



Sgt. Maj. Eric J. Stockton, former Marine Barracks Washington, D.C. sergeant major, retired after being replaced by Sgt. Maj. Angela M. Maness, current Barracks sergeant major, during a relief and appointment ceremony here June 28.

During the ceremony, Col. Christian G. Cabaniss, the Barracks commanding officer, presented the Legion of Merit award to Stockton, one of the highest decorations awarded to military service members.

Maness recently arrived from Marine Corps Air Station, Cherry Point, N.C., where she served as the station sergeant major. In 2011, she deployed to Camp Dwyer, Afghanistan in support of Operation Enduring Freedom.

Maness, the Barracks' first female sergeant major, said she's privileged to be selected out of a highly competitive group of Marines for the position and that it's a great honor for her.

"The mission here is understandable, but the other part of that, as far as taking care of the troops, that's the part I want to get my fingers in first. That's priority one for me right now," said Maness.

Maness emphasized her plan to get to know the Marines, sailors and civilian Marines, saying that it goes hand-in-hand with her top priorities as the new senior enlisted advisor.

To achieve her priorities, Maness said she's going to use basic troop leading, specifically the leadership principle of knowing yourself and seeking self-improvement.

"I need to use the chain of command, just as a private first class would. Sergeant major is going to do the same thing," said Maness. "I'm going to utilize the chain of command to talk to the first sergeants and get to know them and their Marines. I'm positive that's what the colonel wants, because at the end of the day, I'm here to take care of all of you."

Stockton, a native of Boston, Mass., said he will stay in Washington, D.C. after his retirement. Also, he plans to travel,

making England his first stop.

Stockton served in air defense battalions during the early stages of his career and later served tours as a Marine security guard overseas and drill instructor at Marine Corps Recruit Depot, Parris Island, S.C. Prior to his assignment to the Barracks, Stockton served as the sergeant major for 5th Battalion, 11th Marine Regiment, Marine Corps Base Camp Pendleton, Calif., and Headquarters and Service Battalion, MCRD Parris Island.

For Stockton, a highlight during his time at the Barracks was the Montford Point Marines parade.

"I was getting the opportunity, actually getting the chance, to sit down and hear stories about how hard it was to enlist," said Stockton about his interaction with Montford Point Marines' during their visit to the Barracks.

Stockton said he remembers in particular a story about a Montford Point Marine walking up to the gates of Marine Barracks Washington, D.C., to enlist and was turned away. He talked about how good it was to bring that Marine aboard the Barracks so many years later.

The highlight of his career, Stockton said, was being able to train Marines as a drill instructor and being able to see the final product of that evolution so many years later when he would run into his former recruits. He even pinned master sergeant on one of his boot camp scribes at a ceremony in Marine Corps Base Quantico years later.

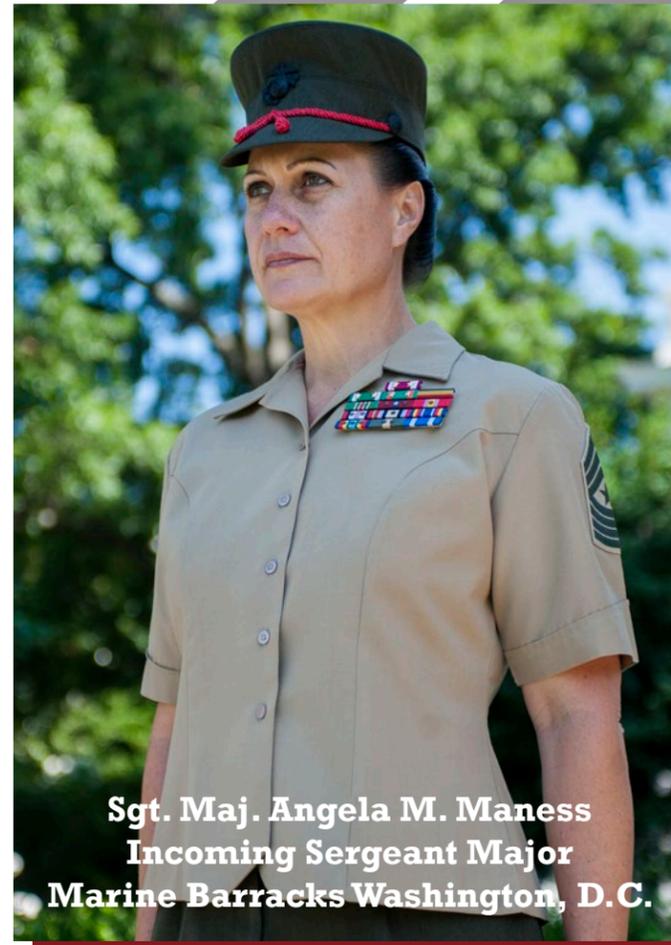
With more than 30 years of service, Stockton departed with some wisdom for all Marines and what he'll miss about his time in the Corps.

"Always have respect and dignity for fellow men and women. Be true to yourself. If you're able to look yourself in the mirror, that's all it matters at the end of the day," said Stockton. "I'm going to miss the people most- Marines, sailors and civilian Marines."



Sgt. Maj. Eric J. Stockton
Outgoing Sergeant Major
Marine Barracks Washington, D.C.

Photo by Cpl. Mondo Lescaud



Sgt. Maj. Angela M. Maness
Incoming Sergeant Major
Marine Barracks Washington, D.C.

Photo by Cpl. Mondo Lescaud

COMING
AROUND

FULL

CIRCUIT

STORY BY CPL. MONDO LESCAUD

On the third floor of Lejeune Hall at the Washington Navy Yard, D.C., a man dwells in a brightly-lit room. He thinks of himself as the master of the room, probably because he's been there before, long ago.

He's surrounded by 2013's technology and people of his same craft. He stands out among powerful servers, computers, and white desks. A mix of people wearing uniforms and business attire work around him.

Jesse Carpenter is Marine Barracks Washington, D.C.'s Information Technology Department plans and future operations officer, and the last time he worked in the ITD, he wore the eagle, globe and anchor on his chest.

In 2002, the quiet kid from a middle-class family and with little computer experience enlisted into the Corps out of Wilmington, N.C., as a small computer systems specialist. After completing initial training, Carpenter was stationed in Okinawa, Japan, for a year. After that, Lance Cpl. Carpenter arrived at the "Oldest Post of the Corps."

Not much has changed for the Barracks since 2004. The parade field grass still sways in the wind, and the historical Home of the Commandants still stands as the oldest continuously occupied public building in the district, but a lot has changed for the 30-year-old Carpenter, like his role in the ITD. He has grown from a junior Marine to one of the most respected and trusted leaders in the department.

"I'm always teaching and counseling my Marines. I tell them to take advantage of the tools you're given," said Carpenter, as Marines in adjacent cubicles smiled and nodded in agreement. "I push them to go to college and pursue degrees, take classes and keep learning. That's how I've made it here."

In December 2006, Sgt. Carpenter hung up his boots and signed an information technology contract with the Navy, trading

his uniform for business casual attire.

In August, while in the Individual Ready Reserves, not even a year into his new contract, the Corps told Jesse to dust off his boots and get them ready for a sandy, rugged terrain. For the first time in his career, the sergeant was headed to Kabul, Afghanistan.

"There were a lot of feelings I had about being recalled," said Jesse. "On one hand, I was excited to serve my country and Corps again. And on the other, I was nervous about the deployment and my future after it."

After returning home from a successful deployment in 2008, Staff Sgt. Carpenter once again hung up his camouflaged uniform and got back to work with the Barracks' ITD Marines, as a trusted advisor for Maj. Trisha Carpenter (no relation) and Capt. Christopher Biello, the ITD officers-in-charge.

"I have never met anyone who has such a passion for his job, which is essentially helping people and supporting the Barracks' mission," said recently retired Trisha Carpenter. "He will always be a friend of mine, and I say that from the bottom of my heart."

Every morning, Carpenter returns to his brightly-lit room because he wants to. He says he enjoys helping people and he likes his job.

"I really like working with Marines," said Carpenter. "If I didn't want to be here, I could go somewhere else, but I truly love this."

Even though Jesse is one of the civilian leaders of the department, he, like a good Marine, always puts the team and the mission first.

"I love my team, my job, my Corps and my country. Bottom line," said Jesse.

Editor's note: At the time this article was written, Carpenter was the ITD plans and future operations officer. He is now the deputy S-6 officer.



Photo courtesy of the United States Library of Congress

LEGACY

THE SELECT FEW OF THE “OLDEST POST”

STORY BY LANCE CPL. DAN HOSACK



Since 1801, a select few Marines have had the honor to man the “Oldest Post of the Corps.” The first Marines who were stationed here have long since passed away, however, later generations of Barracks warriors are around to share their stories while stationed at this unique post.

James Kelly, former corporal and Marine Corps Institute instructor and ceremonial marcher, was stationed at the Barracks in the early 1960s.

According to him, summer Fridays meant long hours, with the U.S. Marine Band

and U.S. Marine Drum & Bugle Corps performing slightly longer than they do now for each Friday Evening Parade.

Kelly said living at the Barracks was great, even though sometimes it was less than glamorous. He recalls the time they marched at President John F. Kennedy’s inauguration. “It snowed and we were at right shoulder arms for the whole parade down [Pennsylvania] Ave. after the swearing in. My arm was numb,” said Kelly.

The 1980s were a time of change and unrest throughout the world. Despite

Marines stand in formation on the parade field of Marine Barracks Washington, D.C., circa 1917.



Photo by Sgt. Dengrier Baez

Marines with Marine Barracks Washington, D.C., pass in review during a Friday Evening Parade at Marine Barracks Washington, D.C., May 10, 2013

the world and the city changing around it, the Barracks held true to its traditions, said Scott Dupree, former staff sergeant and Barracks legal chief.

“I’m sure one thing has not changed: when it is hot and humid, and you’re cooking in your dress blues, your cover is like a vice grip on your head, and your legs would rather be on a run than just standing. But, you deal with it and make it a great evening for the guests,” said Dupree.

He recalled in 1991 a platoon was deployed to Iraq, proving that the Barracks,

although a ceremonial unit, remains ready to handle any mission the Marine Corps dictates, even combat.

Like a brick fortifying the longest continuously occupied public building in D.C., the Home of the Commandants, the Barracks seems to stand still in time. However, the ever-morphing neighborhood has not.

Southeast D.C. was a dangerous place, said Dupree. Rival gangs fought for control. Guards would see people who were affected by the violence come to the gate for help, Dupree said.

“YOUR COVER IS LIKE A VICE GRIP ON YOUR HEAD, AND YOUR LEGS WOULD RATHER BE ON A RUN THAN JUST STANDING. BUT, YOU DEAL WITH IT AND MAKE IT A GREAT EVENING FOR THE GUESTS.”



Photo by Sgt. Dengrier Baez

“THIS IS A BIG DEAL TO GO BACK AS ENLISTED MARINES CARRYING OUT THE ORDER OF THE OFFICERS. THIS SHOWS THAT WE ARE TRUSTED TO BE IN CHARGE AND CARRY OUT THE PLAN OF THE DAY.”

Those stationed here years ago say the area has improved a great deal.

People come to enjoy not only parades at the Barracks, but also the bustling Barracks Row, Eastern Market and baseball games at Nationals Park.

Today, the Barracks continues its ceremonial mission and has recently modified the Friday Evening Parade to reflect traditional Corps formations by having enlisted personnel take charge of their platoons at the end of the ceremony.

“This is a big deal to go back as enlisted

Marines carrying out the order of the officers. This shows that we are trusted to be in charge and carry out the plan of the day,” said 1st Sgt. Auburne Edwards, Company B first sergeant.

Looking back, it can be seen that the Barracks has been a living lesson of the Corps’ history, straight from its keepers.

“Being at the Barracks is a wonderful thing,” said Edwards. “Working at the Barracks makes you a special part of history that very few Marines get the chance to be a part of.”

Members of a local Junior Reserve Officers’ Training Corps attend a Friday Evening Parade at Marine Barracks Washington, D.C., May 11, 2012.

NEW BREED

RENOWNED FOR THEIR TOUGH, MUSCULAR AND AGGRESSIVE APPEARANCE, THE ENGLISH BULLDOG HAS LONG SUITED THE CORPS' NEED FOR A SYMBOL AND FAITHFUL MASCOT. THIS TRADITION BEGAN DURING WORLD WAR I WHEN GERMAN SOLDIERS REFERRED TO MARINES AS "DEVIL DOGS" DURING THE BATTLE AT BELLEAU WOOD, FRANCE.

THIS PARADE SEASON, SGT. CHESTY XIII, THE OFFICIAL MASCOT OF THE MARINE CORPS, HAS BEEN TRAINING HIS APPRENTICE, PFC. CHESTY XIV TO TAKE THE REINS HERE AT THE "OLDEST POST OF THE CORPS."



THE DRILL MASTER

STORY BY CPL. LARRY BABIYA



From driving heels and popping sticks on Parris Island and San Diego's parade fields to marching formations in the fleet, close order drill is a staple of tradition and pride within the Marine Corps.

Close order drill would not be what it is today if it weren't for those few Marines with a critical eye, attention to detail, and the knowledge to correct and perfect it. The drill masters.

Drill masters are entrusted with the duty of demanding excellence in all aspects of drill.





For Marine Barracks Washington, D.C., Gunnery Sgt. Anthony Davis owns that duty.

“My primary role is to be the ceremonial officer for Marine Barracks Washington. My responsibilities are training and supervising all Barracks’ ceremonial drill for the national capital region,” said Davis. “Being the drill master at 8th and I, a former drill instructor, and even before becoming a drill instructor, I’ve always been someone who’s enjoyed drill. I’ve always strived to get better at it.”

With his pristinely pressed and maintained uniforms, the tall, slender drill master can always be found around the Barracks doing what he knows best.

At the Barracks, the Marines’ performance on the historic parade grounds is unlike any other in the rest of the Corps. For those who see it for the first time, like Davis, it’s an exciting experience.

“Even as a young staff sergeant, when I came here and saw the parade for the first time, it actually made me want to reenlist,” said Davis. “I hope that every night when we perform, that’s what others see.”

With high-visibility groups including the Marine Corps Silent Drill Platoon, Marine Corps Color Guard and

the body bearers, the emphasis on ceremonial excellence at the Barracks is unparalleled by any other unit.

Davis is as personable and friendly as a Marine can be, but when it comes to drill, he means business.

“My mindset is always on getting to a standard. Making sure that the Barracks is holding to the standard that is expected here,” said Davis.

Not only does Davis fulfill his duty as the drill master, he has also been known to partake in a parade himself, representing the Barracks and the Corps with the same determination and intensity that he instills in those he instructs.

At the parades the drill master gets to watch the well-oiled machine perform in front of thousands, and amongst them are some of the military’s highest officials.

This is where Davis finds his reward.

“My favorite part about being here is giving back the instruction of drill that I have,” said Davis. “Taking everything that I’ve learned, or that I’m learning, and being able to process that and give it back to the Marines out there in the battalion.”

The billet of drill master is important throughout

the Marine Corps. Saying that billet at the Barracks is important, though, would be an understatement.

“A lot of people I talk to say we are the pinnacle, the tip of the spear, here at 8th and I, because of how we do drill and the emphasis that we put on it.”

Davis understands and embraces his role here, but also realizes what it means to the Corps.

“It’s an outline. It gives the Corps something to strive for, especially when it comes to drill and ceremonial excellence,” said Davis

The Barracks not only serves as the hub for ceremonial excellence for the Corps, but also as a platform through which the Corps can inform and inspire.

“I see us as being a great recruiting tool for not only Marines, but for those who support us as Marines,” said Davis. “We display traditions on the parade field and they get to see a piece of that, which they don’t get in their everyday life.”

Just like his predecessors, Davis said he will continue to sharpen and polish the ceremonial spearhead that defines the Barracks.



Photo illustration by Cpl. Larry Babliya

NEW FACES *Facing*

The Barracks' marching staffs get another makeover this year.

STORY BY CPL. MONDO LESCAUD

Every year, from the start of fall through the start of spring, men and women of Marine Barracks Washington, D.C., go through a rigorous school where ceremonial excellence is drilled into their hearts and minds.

Ceremonial Drill School teaches



Photo by Cpl. Larry Babilya

Capt. Jeffrey Clement, marching staff adjutant, performs during a Friday Evening Parade at Marine Barracks Washington, D.C., May 31, 2013.

Marines how to properly represent the Marine Corps and its traditions with ceremonial excellence, which is a major part of the Barracks' mission.

For some Marines, CDS is the start of a dream coming to fruition, a molding process filled with pain and change, and a journey well worth the price. When CDS starts, the blinding spotlights of a Friday Evening Parade seem light-years away, but these Marines hope their final destination will be on the historic grounds, with thousands of spectators venturing from around the country coming to watch.

While all Barracks Marines attend CDS, a few Marines who graduate are selected to become the prominent faces of the Corps. These are the ceremonial marchers of the two parade staffs, exhibiting attention to detail, discipline and precision drill daily.

"It's a very selective process to become a part of the staff," said Gunnery Sgt. Anthony Davis, Barracks drill master. "They're screened on just about everything before they actually get out there, and if they make that cut, they still have to put in so much work, so I'd say they really do earn it."

Before marchers step under the parade lights, they must show high levels of physical presence and demeanor, discipline, and bearing, said Davis.



Once selected, Marines spend months mastering sword and marching movements from before dawn until well after dusk, chasing perfection.

With all of the hard work and long hours the Marines put in, one of the many rewards is the opportunity to make history.

Master Sgt. Faith Osborne, who's been marching at the Barracks for more than two years, said she's most proud of her role at the Barracks and being a part of history. During her time, she has marched in historical ceremonies such as 2012's Congressional Gold Medal Ceremony for Montford Point Marines, the Norwegian King's Honor Guard Battle Color Detachment Ceremony, and numerous ceremonies for the government's senior leaders.

The road to becoming a staff marcher doesn't change much from generation to generation, and just like boot camp, Marines can always relate to each other's marching stories.

Telling stories and sharing the experiences, trials, and tribulations together allows Marines of each marching staff to bond.

"We all get along, and we are always on the same page," said Osborne. "We understand the mission comes first, and we have fun on our long journey while accomplishing the mission of representing the Corps."

Even when the parade staffs change, and Marines head to different places, they remain close. All of the current staff marchers said they still keep up with every Marine who they've ever marched with at the Barracks.

Osborne said the new marchers always get taken under a seasoned veteran's wings to learn the tricks of the trade and get closer to ever-so-elusive perfection.

Those bonds, the thrill of marching at the Barracks, a high sense of personal satisfaction and pride, and feeling like an

"Since I first checked in, it's been a goal of mine to be a part of the staff."

-Master Sgt. Faith Osborne

important part of a select team are all things Marines get as a part of the marching staffs, according to the members of the current staffs.

Each marcher expresses these traits and feelings through everyday actions, whether he's been marching for three years, or in his first parade season, like Gunnery Sgt. Abdiel Garcia.

"Since I first checked in, it's been a goal of mine to be a part of the staff," said Garcia. "The competition this time around was tough, as always, but I made it, and I'm honored. I'm so proud to be out there,

showing what the Marine Corps is all about as a part of the Barracks."

For the new staff marchers, the chance to show off their hard work to the senior leadership of the military, government officials, and all Barracks guests is a much savored and cherished opportunity, said Garcia.

With new Marines filling the necessary positions in the prestigious marching staffs, they are also entrusted with ensuring marching traditions never fade at the "Oldest Post of the Corps."



Photo by Cpl. Larry Babilya

Maj. Sarah Armstrong, parade commander, leads members of the marching staff to their positions during a Friday Evening Parade at Marine Barracks Washington, D.C., May 31, 2013.

COMPANY BALANCING **A**CT

STORY AND PHOTOS BY CPL. LARRY BABILYA



Infantry units throughout the Marine Corps are constantly doing one of two things: using or honing their skills. Unlike most conventional infantry units within the Corps that can head to the field and plan training events with ease, Company A of Marine Barracks Washington, D.C., must tackle and balance ceremonial and tactical training.

Company A is one of two infantry companies at the Barracks, both of which are seen performing in each Friday Evening and Tuesday Sunset Parade.

“Although the main mission of the company is to stay finely tuned in ceremonial drill, each Marine strives to stay competitive with their peers as infantrymen by attending courses,” said Lance Cpl. Kyle Rohrs, company training noncommissioned officer.

Company A is comprised of three platoons. Platoons one and two are composed of ceremonial marchers, while the third is the Marine Silent Drill Platoon. The excellent reputation the marchers and the SDP have earned has come from countless hours of practice and dedication. With such a tight schedule, the Marines must squeeze infantry training into

the few open windows they occasionally find.

“The training and material itself is very similar to infantry training done in the fleet,” said Rohrs. “The time for the training is the major difference. Considering there is a very limited amount of time that can be effectively utilized for training, Marines must learn very quickly and be able to apply the concepts of this training almost immediately after taking a class on it. Marines don’t have much time to learn through trial-and-error given they only have a short amount of time with the training.”

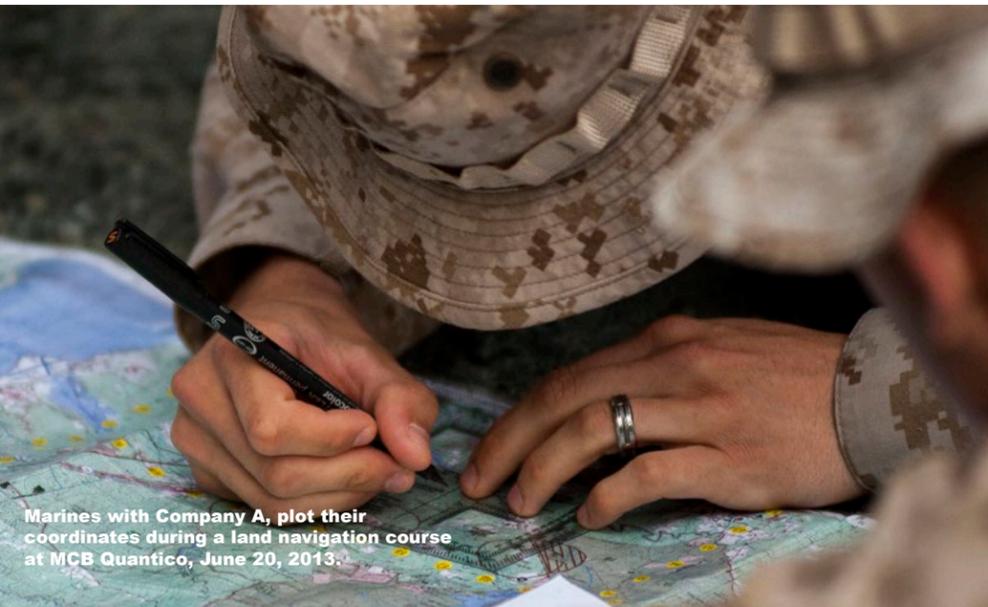
“We drive home the fundamentals,” said Lance Cpl. Daniel Bowen, company clerk. “We have to focus and take advantage of all the time we get.”

Time permitting, the Marines of Company A try to immerse themselves in classes or practical application of things like patrolling, Marine Corps Martial Arts Program, land navigation, Military Operations on Urban Terrain training, combat marksmanship, and a variety of other war-fighting material.

Whether they are drilling for hours on the Barracks’ parade field or traversing obstacles and shooting targets in MCB Quantico, Va., Company A has conquered their unconventional schedule and honed their craft.



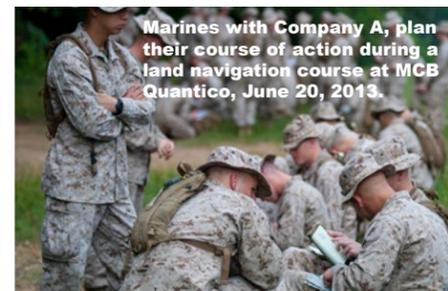
Capt. Tyler Tidwell, second platoon commander, Company A, Marine Barracks Washington, D.C., instructs his Marines before a land navigation course at Marine Corps Base Quantico, Va., June 20, 2013.



Marines with Company A, plot their coordinates during a land navigation course at MCB Quantico, June 20, 2013.



Marines with Company A, stage their gear before executing a land navigation course at MCB Quantico, June 20, 2013.



Marines with Company A, plan their course of action during a land navigation course at MCB Quantico, June 20, 2013.

TACTICAL Practical

PROTEIN: WHICH WILL SUPPLEMENT YOU BEST?

STORY AND PHOTOS BY LANCE CPL. DAN HOSACK

It seems like every Marine at Marine Barracks Washington, D.C., has some kind of supplement sitting on their shelf or closet. They range from vitamin tablets to weight gainers. The majority of the supplements consist of powdered protein shakes.

With so many options out there, it can be easy to get confused with which one to buy and how to use it. To make an educated choice, one needs to understand the basics of protein and evaluate your fitness goals.

Real food is the best way to supply your body and supplements should be used when the proper food is not available, said Julie Burks, a Semper Fit dietician at Marine Corps Air Station Miramar.

Protein is a complex substance that is present in all living things and is involved in the chemical process essential for life. It was recognized by chemists during the 19th century and got its name from the Greek word proteios, which means "holding first place."

Red meat is a good source of protein, but isn't always a healthy option.

"Unfortunately, many cuts of beef are high in fat, saturated fat and cholesterol increasing the risk of heart disease," said Burks.

But one supplement option that is growing in popularity is the beef protein isolate. To acquire the nearly pure protein minus the fat and cholesterol, the beef is first boiled down to separate the protein into the water. From there, the fats are skimmed away and the water is evaporated leaving just the protein isolate.

This is one advantage of the protein isolate; it has a lot of the fat and cholesterol taken out during the process.

A consideration with beef protein is it digests slower than whey, which can be good or bad depending on when you consume it in conjunction with your workout.

Most seeds and beans have useable protein contents, but soy is used to make most protein supplements. Soy has all of the amino acids the body needs to support muscle growth and is even

heart healthy, said Burks. The digestion rate of soy is also slower than whey, so plan your workouts and supplement consumption accordingly to get maximum results.

Some of the most popular protein supplements are derived not from meat or soy, but milk.

When acid is added, milk separates, revealing two different types of protein. Whey makes up approximately 20 percent of the protein found in milk and is one of the fastest-digesting proteins. It's also very lean when in the isolate form. Some whey proteins have as little as 120 calories for every 20 to 30 grams of protein. People with milk allergies or lactose intolerance should use caution.

Casein comprises 80 percent of milk protein. It is one of the slowest-digesting proteins. Both of the milk-based proteins are stocked with all of the vital amino acids needed for muscle growth.

"Consuming sources of both whey and casein proteins together gives the best benefit compared to only using one of the milk-based proteins," said Burks.

Mass gainers are a mix of nutrients your body needs to gain weight in muscle and fat. They are usually very high in protein and amino acid content. Often they contain carbohydrates and a lot of calories to provide energy. The protein found in them is usually a mix of fast-, medium-, and slow-digesting proteins to feed your recovery over a longer period of time.

Weight gainers also have their risks and advantages.

"Taking large amounts for a long period of time can increase risk of liver and kidney damage," said Burks.

Also, some people may experience an increase in fat when taking weight gainers. You may have to do more cardio to keep from accumulating unwanted fat.

Finally, protein shakes and bars can be used to fuel recovery after your workout, but finding the best one for you requires some research.

For more information, you can contact the Marine Corps Community Service representative here at the Barracks. Her name is Jamie Morris and she can be contacted at (202) 433-2570.

Also, remember to consult your physician before starting any supplement to see if they are right for you.



A MARINE WITH COMPANY B, MARINE BARRACKS WASHINGTON, D.C., CONDUCTS LIVE FIRE AT4 TRAINING AT MARINE CORPS BASE QUANTICO, VA., MAY 8. MARINES WITH B CO. HELD A DAY OF TRAINING AT MCB QUANTICO. THE EXERCISE INCLUDED REPITIONS OF THE OBSTACLE COURSE, A 5-MILE ENDURANCE COURSE, THE LEADERSHIP REACTION COURSE, AND A LIVE, AT4 FIRE FOR THE SQUAD LEADERS.



Photo by Cpl. Larry Babliya



Around the Barracks

