

Mass in Review

Serving Marines at the oldest post of the Corps

February 1985





HALL JR
U.S. NAVY
MAY 18 1875
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About The Covers



FRONT

If there's one thing 8th and I Marines have trouble adjusting to, it's a cancelled parade. Fear not ye Old Post Leathernecks. It was the big one and it didn't happen, but there'll be plenty more this year to make up for it. (Photo by SSgt J.W. Jordan)

INSIDE

Last month, 8th and I Marines joined General P.X. Kelley in a final salute to the 25th Commandant of the Marine Corps. General Robert E. Cushman died on January 2, 1985 of an apparent heart attack. (Photo by SSgt J.W. Jordan)

BACK

This month marks the 40th anniversary of the battle of Iwo Jima. On Feb 19, some of us may have the opportunity to speak with the men who fought on Iwo as we Pass in Review for the veterans of that famous battle. (Courtesy MCI Art Shop)

Thought For The Month

"Think of the workbench not
as a place of captivity,
but as a source of support"

Sidney

Pass in Review

Marine Barracks Wash., D.C.
February 1985 Vol. 5, No. 2

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Commander's View



D-Day for the amphibious assault upon Iwo Jima was 19 February 1945 and H-Hour was set at 0900. At 0902, the leading wave of armored amphibian tractors hit the beach and ground ashore; three minutes later, the first troop - carrying amphibian tractors cleared the water. The Marines scrambled down the ramps, and began wading inland through an ankle-deep sea of volcanic ash. Initial opposition was negligible, and it seemed for a time that the 4th and 5th Marine Divisions would be able to knife swiftly across the island to the opposite shore. In spite of the heartening start, the battle for Iwo Jima would last several weeks and be eight square miles of hell.

Organized enemy resistance was declared at an end on 25 March 1945. The conquest of Iwo Jima took a heavy toll of Marines - 17,372 wounded and 5,931 killed - but the island had to be taken. Iwo Jima was required to serve as a base for American fighter escorts and as a way station for bombers raiding Japan. An inkling of its importance in the aerial war against Japan may be gained from the fact that by the war's end, 2,251 heavy bombers carrying 24,761 Americans had found refuge at Iwo Jima during the course of all raids on Japan.

On 23 February 1945, during the height of the battle, an Associated Press photographer, Joe Rosenthal, snapped a picture of a small group of Marines raising the American flag on Mount Suribachi. The picture has taken its place in the wartime pictorial annals of our country. As was stated on the day of the flag raising, "The raising of that flag on Mount Suribachi means a Marine Corps for the next 500 years."

On 19 February 1985, Marine Barracks will perform a special Iwo Jima Ceremony to commemorate the 45th anniversary of the Iwo Jima assault and to honor our fellow Marines who fought so bravely in that historic amphibious operation where "Uncommon Valor was common Virtue." As always, do it with pride.

R. D. WEEDE

COLONEL, U. S. MARINE CORPS

COMMANDING

Dining at Cafe D' Old Post

By SSgt Eric Stradford

In August 1984, PIR hit the street, and the scene at 8th and I resembled one from the 4077th MASH mess tent. That's when Pass In Review gave Barracks Leathernecks an open line to say just what they felt about the meals served in the Barracks chow hall. The comments outraged those working in the chow hall to the point of sparring in this very same forum one month later.

Well the battle is over and everybody's the winner. The Barracks' \$122,000 project is just about complete and 8th and I Marines now have one spiffy place to dine. According to many of the Marines here, the food has vastly improved. The attitude of those serving the food is both pleasant and courteous. The overall atmosphere of the chow hall has improved tremendously.

Between the efforts of Barracks Maintenance and the chow hall staff, the "Oldest Post" is now blessed



WHO SAYS you can't have your cake and eat it too?

with a place to eat that offers an atmosphere far more pleasant than the neighborhood "fast-food joints", and equal to just about every cafeteria-style dining room in town.

Whoever said "you can't have your cake and eat it too" was wrong. The improvements made to the Dining Facility have offered a new meaning to the phrase, "Chow ing down." The Marines have a better place to eat, the cooks have a better place to work, and everybody's happy. Right?

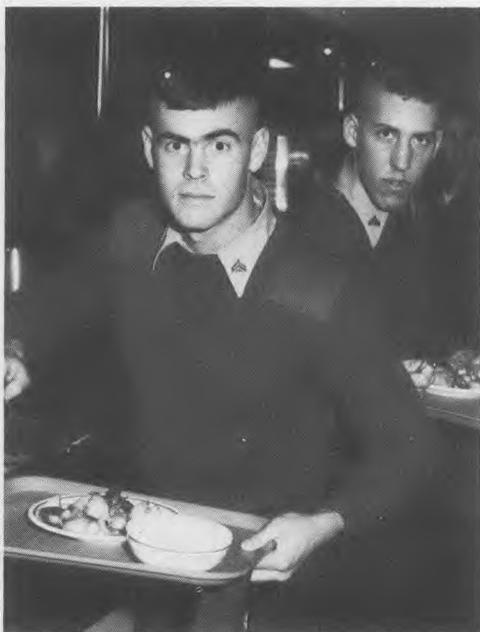
Wrong! Now that we have this brand new "Cafe D' Old Post" who's going to keep it at the level of excellence everyone has fought so hard to attain? Surely you'll be able to count on the cooks to keep the good chow coming. Surely the place will always be clean and free of debris. Surely the atmosphere will improve

and not deteriorate as the newness wears off.

Unfortunately, there's no one Marine here to do this for you. The NCOIC of the chow hall can insure the food is cooked the way it's supposed to be. The cooks and messmen will make sure the place is clean before each meal. But every Marine here is responsible for the atmosphere. That means no more yelling obscenities across the dining room. That means don't bring the outside dirt inside the dining room.

Among the many DON'Ts there is a very important DO involved with maintaining the quality of dining here. It has to do with participation. Barracks Marines must continue to support the facility. Without the patronage of its Marines, and the willingness to keep it up, 8th and I Cafe D' Old Post will return to being just another mess hall.

LEFT- When handling hungry Marines, simply feed em good hot chow and get out of their way!



The Sergeant Major's Scoop



Sgt Maj J.W. Winborn Jr.

Last month's freeze has put a chill on our usually razor sharp edge as Marines of 8th & I. Many of us (me included) have been affected by colds or the flu. I can accept that as something that's bound to happen regardless of what the Sergeant Major says.

What I can't accept is the affect the cold seems to be having on our motivation. Simple things like getting to work or to classes on time are the most noticeable. I am quite disturbed that the cold is affecting personal appearance. Hair is growing shabby around the ears and neck. Shoes and boots are being left unshined. Uniform appearance is almost nauseating.

I approached one of our Marines recently who looked like the inside of a seabag and asked him when was the last time he had his shirt pressed. His reply was at least an honest one. "A week ago", he said. There is no way the "edge" should be affected like this. And you can just watch for me coming because there's no way I'm going to allow the quality of our Marines to shiver away with the cold.

It's not only the weather that's affecting the "edge" around here. We have a number of Marines who after four to six months at the Barracks seem to feel that getting married is the solution to all their heartaches. What is it? Love? Companionship? Or is it just the need to move out of the B.E.Q.?

I'd like to establish policy that to get married a Marine has to first make Corporal. But I can't do that. I can, however offer some free advice. If you are a Lance Corporal or PFC contemplating marriage, take the time to talk to one of your Staff NCOs who took the plunge as a "peon". Listen to some of the hardships that he or she had to endure.

I'm not saying you as a Lance Corporal or Pfc are not mature and can't handle marriage. I just want you to know there are going to be hardships. The old saying, "Two can eat for the price of one" is fine if you eat hotdogs.

Last month we started off the New Year and we started it off with another NJP. The Commanding Officer and I wish that one month could pass without an NJP. that's a lot to ask for, but you can make it happen. As I stated last month, '84 is behind us. In less than four months parade season is going to start, and you'll find that if you don't get started now, your dull "edge" is not going to cut it around here.

Barracks Talk



"Make the same kind of arrangement for cars as they did for buses under the bridge."

Cpl David M. Noland
MCI

"I don't see any problem with the government spending some money on leasing the parking lot from the city."

Cpl David B. Mason
BCo



What to do about parking



"Marines that work at the barracks or live in the barracks should have reserved parking areas located under the bridge."

Cpl M.E. Allen
MCI

"If more Marines who lived out in town would carpool, it could alleviate some of the problems."

Cpl Greg S. Miller
H&S Co



Marines assigned to the barracks should have some type of parking exemption through the city's traffic system be it 9th St. or under the bridge.

GySgt J.W. Davidson
MCI



"To stop all the problems with the parking situation all they have to do is build a parking lot big enough for everyone, and keep the boot monster out of it."

LCpl V. L. Seabrooks
Band

"The parking lot under the southeast freeway, is virtually unused. We could get the city to permit us to use it without paying the meters."

1stLt James C. Mallon
ACo



President's Own continues an American tradition

By MSgt Frank Byrne

When Ronald Reagan raised his right hand to take the oath of office on Inauguration Day, it was for the second time. But for "The President's Own" United States Marine Band, this marks the Band's 47th consecutive Presidential Inauguration, a record unparalleled by any other organization.

The Marine Band was formed by an Act of Congress in 1798 when the nation's capital was still in Philadelphia. When the capital and the President moved to Washington in 1800, the Marine Band came along and President John Adams invited the Band to make its White House debut on New Year's Day, 1801. Since that time, the Marine Band has performed for every Chief Executive of the United States.

Jefferson took his oath of office on March 4, 1801 and the Marine Band was there to perform "Jefferson's march" and other patriotic airs. Jefferson's Inauguration was the first held in Washington with many government buildings still under construction at the time. The Washington Intelligencer reported the ceremonies as "a spectacle of uncommon animation" and mentioned that the city was crowded with "a large body of citizens from the adjacent districts. "Over 1,000 troops, led by the Marine Band, paraded before Jefferson's lodgings, where he lived before moving into the "President's House."

In addition to his many talents as statesman, author and inventor, Jefferson was a great lover of music and has been referred to as the "godfather" of the Marine Band. Jefferson frequently invited the Marine Band to appear at the Presidential mansion and this led him to dub the Band "The President's Own," a title which has remained to the present day.

Other inaugural "firsts" for the Marine Band include the first Inaugural Ball (held following James Madison's Inaugural in 1809), the first Inaugural performance of "Hail to the Chief" for James K. Polk in 1845 and the first Inauguration held on the Capitol steps for Andrew Johnson in 1865.

One hundred-twenty years later, the public Inaugural ceremonies are still held on the Capitol steps, with the Marine Band in its traditional place below the President's rostrum. Since January 20th fell on Sunday, there was a private swearing-in ceremony at the White House to fulfill the Constitutional mandate, with music by the Marine Chamber Orchestra (The ensemble preferred for indoor affairs). On Monday, January 21st, the Marine Band performed for the Capitol ceremonies and were to lead the Inaugural parade.

Musical highlights of the Capitol ceremonies featured "The President's Own" in performance with soprano Jessye Norman and the University of Maryland Chorus.

The Big Freeze

By SSgt Eric Stradford

The Marine Band was among those units participating in last month's Inaugural festivities despite the bitter cold on the outside.

Other Barracks Marines were not as privileged. They were asked to take a spectator's view as hastily prepared alternatives unfolded before them.

It was a day to remember for some, but not quite as memorable as Inauguration Day has been for Marines here in the past.

But then, just what is important to remember here --that the "shot" didn't go, or that 8th and I Marines were ready, as always to do the job?

I agree with the latter, and the opportunity for cold weather training will just have to wait for some other time.

Gen. R.E. Cushman Jr. 1914 -1985

Retired General Robert E. Cushman. Jr., the 25th Commandant of the Marine Corps, died Jan. 2 at the age of 70. According to Headquarters Marine Corps spokesman, Major Anthony Rothfork, the General died of an apparent heart attack at his home in Ft. Washington, Md.

During his 40-year Marine Corps career, General Cushman served in a wide variety of assignments.

In June 1941, Captain Cushman went aboard the USS Pennsylvania at San Diego, en route to Pearl Harbor, as Commanding Officer of the ship's Marine Detachment. He was serving in this capacity when the Japanese attacked the the ship and other naval installations at Pearl Harbor on Dec. 7, 1941.

On March 6, 1969, while serving in Vietnam,



General Cushman was nominated by President Richard Nixon to be the Deputy Director of the Central Intelligence Agency. His nomination was confirmed by the Senate, April 21, 1969.

On Dec. 30, 1971 General Cushman replaced General Leonard F. Chapman,

Jr., as the Commandant of the Marine Corps, and held this post until his retirement, July 1, 1975.

General Cushman is survived by his wife, the former Audrey Boyce of Portsmouth, Va. and two children, Roberta Lind and Robert Everton, III.

Tribute to MLK "Love is the answer"

The menu included scrambled eggs, bacon, cream chipped beef and assorted pastries. But the flavor for the Jan. 15 Prayer Breakfast was

provided by former assistant Secretary of the Navy, Dr. James E. Johnson.

The theme set by Johnson at the service commemorating

the birthday of Dr Martin L. King Jr. was "agape"(the unselfish or platonic love of one person for another). Said Johnson, "No matter what the question is, love is the answer."

Because of Johnson's message, there were no unanswered questions at this event. Although the breakfast began at 5:45 a.m., still 63 Marines showed up. Coordinators of the breakfast indicated it was a success. Said Chaplain's asst. RP2 Harry Wilson, "When you can get that many people up at that hour, when they don't have to be, then you know it was worth something."



OUR GUEST- Dr. Johnson receives plaque from Col. R.D. Weede, C.O., MBks.

Blacks in the Corps

By SSgt Eric Stradford

DoD Theme: Historical Strengths for the New Century

February 1985 will mark the fifty-ninth annual national celebration of the role of black Americans in all segments of life in this Nation. The theme for this year's observance within the Department of Defense, is "Afro-American Family: Historical strengths for the new century," with special recognition of the Revolutionary War.

Black men and women, military and civilian, have a proud history of outstanding contributions to our Nation's history. During the American Revolution, blacks served in small numbers in both the continental and state navies and armies. According to surviving muster and pay rolls, there were at least three blacks in the ranks of the Continental Marines and ten others who served as Marines on ships of the Connecticut, Massachusetts and Pennsylvania Navies. Today, black Marines comprise nearly 20 percent of our force in readiness and serve throughout the world at all Marine Corps bases and stations.

They came from all over the United States and from various backgrounds, to Montford Point, North Carolina. The first to arrive at the black boot camp possessed skills ranging from cooking and truck driving to martial arts. Some were college-trained like Morehouse graduate Charles Anderson who eventually became the first black sergeant major of the Montford Point Camp. Others leaving the ranks of sister services would bring with them the experience of prior service. One individual, and probably the most reknowned was Gilbert H. Johnson. Johnson had served six years in the Army's 25th Infantry during the 1920s, and much of the '30s as a Navy mess attendant. Because of the prior service stripes worn on his uniform, the 37 year old enlistee would become affectionately

known as "Hashmark" Johnson.

Even with the introduction of blacks to the Marine Corps, integration was still a long way off. As indicated, blacks were trained at separate facilities from white Marines, and were eventually assigned to all black units. Blacks comprised the 51st Composite Defense Battalion, which was later redesignated the 51st Defense Battalion.

Although the 51st, and its relief, the 52nd Defense Battalion were designed and publicized as combat units, they never saw combat. There were, however, "labor troops" assigned to depot and ammunition companies who garnered the battle credits and took the casualties suffered by black Marines during World War II.

The Commandant himself indicated it had been his considered opinion that "there would be a definite loss of efficiency in the



WITH A SLASH- Blacks at Montford Pt. practice close combat. (Official USMC photo)

Marine Corps if we have to take Negroes...and their desire to enter the naval service is largely, I think, to break into a club that doesn't want them."

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

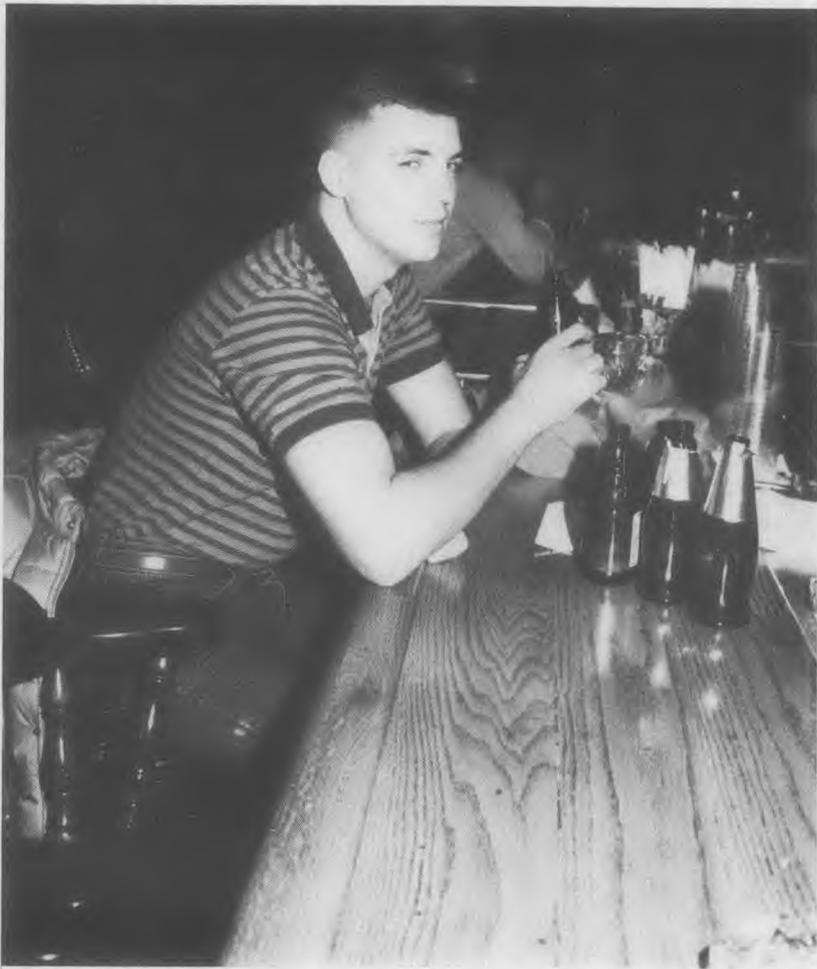
Postwar tabulation of casualties established that 9 black Marines had been killed in action or died of wounds, 78 had been wounded, and 35 men had died of "other causes."

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



AIM IN- Marines of the 51st Composite Def. Bn. fired arty only in training. (Official USMC photo)

Dumb, Unnecessary, and if you're doing it, the "I" s



D.U.I.

This is a st
from the fro
them. The message is simply to avoid
after the first.



breaks for itself

y about a round trip
of a bar, to behind
e worst...don't drive





MCFC has new toll-free line

Beginning Jan. 2, 1985 the Marine Corps Finance Center will operate a toll free telephone inquiry service for active duty direct deposit participants. This service will make it easier for Marines to get help and information.

Direct deposit inquiries can be made by those Marines on leave, TAD, or enroute on

PCS orders within the continental United States who need to know how much money was transmitted to their financial institution on payday. Other Marines on direct deposit will continue to make inquiries directly to their financial institution, Commanding Officer, or local Disbursing Office.

Although designed for

use by Marines, the inquiry service may provide indirect assistance to dependents because the finance center will accept inquiries from the Red Cross, Navy Relief Society, and Family Service Centers.

This service will operate from 7 a.m. to 3 p.m. central time, Monday through Friday. The toll free numbers are: 800-645-2025 or 800-892-3010 (Missouri Residents only).

New VHA rate reduces expenses

(Navy Times) - The new variable housing allowance rates that took effect Jan. 1 both standardize and reduce out-of-pocket housing expenses of service members who are assigned to State-side locations and live off base.

The combination of the new VHA rates and the Jan. 1 rise in basic allowance for quarters occurs in all but 16.5 percent of the housing costs being reimbursed by the government, Defense Department officials said.

For the typical E-4, this means that the combined BAQ and VHA received will be about \$64 short of covering the cost of living off base, while for the typical O-4 the out-of-pocket housing expense will be about \$125, DoD officials estimated.

The amount of unreimbursed housing expenses varies based on a number of factors.

Under the new VHA rates, which increase an average of 21 percent over previous VHA

levels, members will be paying about 4 percent less out of their own pocket for housing than one year ago, DoD officials estimate.

The VHA rates are based on a survey of actual housing costs. Under a new formula set by Congress that also changed BAQ rates, VHA will be paid to members whose housing costs exceed 80 percent of national median housing cost for military members of the same

pay grade. The new BAQ levels are set at 65 percent of national median housing costs.

DoD officials said that the housing cost surveys used to set the VHA rates showed that the four highest areas in which military members live are in California. In order, they are San Francisco, Santa Clara, Marin County and Los Angeles. The fifth highest is Boston.

BUDGET COUNSELING FROM NAVY RELIEF

With the influx of new Marines to the Barracks, many have found a lack of space in the BEQ, and are suddenly finding themselves out in town looking for a place to live.

Recognizing the potential problem of setting up and then living within a budget, the local Navy Relief office is offering budget counseling.

Recently, Ms. Charlene Plympton visited the Barracks to offer some tips on coping with daily and monthly expenses, as well as general financial planning.

Those Marines desiring additional assistance on budget counseling may call Navy Relief at 433-3364 for an appointment.

SRBs reach new limit - Max \$30,000

-A more attractive reason to stay Marine

(Navy Times) The Marine Corps has released the first reenlistment bonus list reflecting the new \$30,000 limit. No one is expected to hit the ceiling, but up to 2,000 Marines will collect SRB this year that exceeds the previous limit of \$16,000, according to manpower estimates.

About 900 of the 2,000 should qualify for bonuses totaling more than \$20,000, HQMC planners said. Congress has mandated that no more than 10 percent of enlisteds receiving SRB can top the \$20,000 amount.

Previously, about 25 percent of Marine SRB reenlistees collected \$16,000, the experts said, and ap-

proximately 20 percent now will exceed that amount.

The new list takes effect today (Feb. 1) and will give Marines more than a month to decide whether they'll make more money with the new multiples or with the list now being used.

It's expected there will not be a major upheaval of MOSs dropped or added to SRB qualifications, but that a lot of MOSs will decrease in multiples. Part of that is attributed to improved manning in those jobs, but the fact that multiples are worth more with the new ceiling also is a factor.

Headquarters will be strenuously advising that Marines carefully compare the two SRB lists during the month-long deliberation period because decisions could involve thousands of dollars.

The manpower planners have a three-tiered chart which accompanies this article, that averages SRB amounts Marines can qualify for under the new ceiling. It can be helpful to individuals, once a few basics are understood.

As with and computation that averages rather than specifies, the amounts are not precise. HQMC used models to reach average totals. The Zone A amounts for example, reflect a corporal with more than four years service who has a base pay of \$924 a month.

The Zone B totals describe a staff sergeant with more than eight years service making \$1193 monthly base pay. Zone C is a gunnery

sergeant over 12 years of service collecting \$1,433 a month in base pay.

Tailoring the charts to individual circumstances requires one more understanding. The "years" columns do not necessarily mean reenlistments of three, four, five or six years. The columns denote "additional obligated years of service."

An example:

A Marine reenlisting in Zone A for six years at multiple two can qualify for up to \$11,088 on the chart, but only if he reenlists for those six years at his normal discharge date. If he takes advantage of an early ship-over, that is subtracted. If he reenlisted a year early, for instance, he will have only five years of additional obligated service, so must slip back to the five-year column at multiple two, which shows SRB of \$9,240.

Here are HQMC's estimates of average SRB amounts.



It gets a little shaky at 30,000

but don't let that stop you

ZONE A				
Multi	3 Years	4 Years	5 Years	6 Years
1	\$2772	\$3696	\$4620	\$5544
2	5544	7392	9240	11,088
3	8316	11,088	13,860	16,632
4	11,088	14,784	18,480	22,176
5	13,860	18,480	23,100	27,720
6	16,632	22,176	27,720	30,000

ZONE B				
Multi	3 Years	4 Years	5 Years	6 Years
1	\$3579	\$4772	\$5965	\$7158
2	7158	9544	11,930	14,316
3	10,737	14,316	17,895	21,474
4	14,316	19,088	23,860	28,632
5	17,895	23,860	29,825	30,000
6	21,474	28,632	30,000	30,000

ZONE C				
Multi	3 Years	4 Years	5 Years	6 Years
1	\$4299	\$5732	\$7165	\$8598
2	8598	11,464	14,330	17,196
3	12,897	17,196	21,495	25,794
4	17,196	22,928	26,660	30,000
5	21,495	26,660	30,000	30,000
6	25,794	30,000	30,000	30,000

'84 Vet's Act act breathes new life into education

MCNews - The Veterans Educational Assistance Act of 1984 goes into effect July 1, and will ultimately replace the Vietnam era G.I. Bill and the current Veterans Educational Assistance Program (VEAP).

The new educational assistance package was part of the FY85 Authorization Act and is designed for persons entering the Armed Forces on or after July 1, 1985. But it will also affect those currently on active duty.

Servicemembers eligible for benefits under the Vietnam-era G.I. Bill who are discharged before July 1, 1988 are not covered by the coming program and must use their benefits under the old G.I. Bill by Dec. 31, 1989.

Relief for Africa

SecDef supports R C efforts

HQMC - Secretary of Defense Casper W. Weinberger has given his formal support to a request by the American Red Cross for assistance in mobilizing support for disaster relief operations in Africa. Secretary Weinberger addressed the issue in the following memorandum to all DoD personnel.

The American Red Cross once again has made a commitment to the universal family of nations to provide disaster relief to the millions of people in Africa who are starving to death

However, those still on active duty on July 1, 1988 will keep their old Vietnam-era G.I. Bill benefits in addition to being covered by the new program. Until Jan. 1, 1990, they may choose between the two. But on that date, they are automatically covered by the new bill at a rate of \$300 per month, plus one half of their entitlement rate under the Vietnam era bill. This combination is known as the enhanced

rate and cannot exceed 36 months, or the number of months remaining under the Vietnam-era benefit, whichever is less. The total entitlement used under both bills cannot exceed 48 months.

Individuals currently enrolled in VEAP may continue that program with all of their benefits honored. New enrollments in VEAP will end, however, when the latest bill goes into effect.

For more information on the Veterans Educational Assistance Act of 1984, consult ALMAR 267/84 (CMC Message 181601Z DEC 84), or visit your education office.

HELP FOR NEW SETTLERS

With the number of new arrivals to the D.C. area during the winter months, finding a place to stay while waiting for base housing can really flatten a wallet. Realizing that, the D.C. chapter of the Red Cross has made available funds for initial rent and security deposit for service members arriving at a new installation. For more information, call the D.C. chapter at 737-8300.

children, and the elderly. Contributions to the Red Cross will be used to provide food, medical supplies, vehicles and airlift services to transport goods in Africa.

We now have an opportunity to join with others in our community to support this campaign effort and bring relief to the many millions who otherwise will die of starvation in Africa.

Recognizing that each of us may one day benefit from services provided by the Red Cross, every Marine, Sailor, and civilian employee is encouraged to assist the Red Cross during this current campaign.

Let's get physical

By SSgt Kent Ashcraft

Q: I recently increased my running mileage from about 20 to about 35 miles a week. I have developed pain in my right groin area, which is worst when I first start running and shortly after I finish. How can I get rid of it?

A: It is often said that 30 miles a week is the point at which problems are most likely to start, and this seems to be true in your case. The type of pain you describe is almost always caused by tight hamstrings, the back of your thigh. The more mileage you do, especially if you keep up a fast pace, the more you develop those muscles; unfortunately, they tend to contract at the same time. The reason you feel it in the groin area is this: you have created a flexibility imbalance between the front and back of your leg, and the muscles are sort of playing tug-of-war. The battleground is the area in between, resulting in inflammation (tendinitis) in the groin region. You need to stretch your hamstrings; one good method is to position your feet about three feet apart, and slowly reach down as far as you can toward each foot, then hold for a count of 20 or so. Be sure and keep your legs straight. Take several aspirin or ibuprophen a day to reduce the inflammation. You'll be surprised how fast the pain goes away.

Q: I have just started a bodybuilding

program and would like to see results as soon as possible. I have seen high-protein powder advertised in bodybuilding magazines. Is it worth it, or would I be better off just increasing the protein in my diet?

A: None of the above. A bodybuilder's, or any athlete's need for extra protein is a myth, and one that I'm sure will die very hard, considering the huge amount of money invested by manufacturers of such supplements. The average American eats more protein than necessary anyway, and I would bet your daily diet is more than adequate to cover your potential muscle tissue growth. Remember that your results will be determined primarily by two factors: How well you do the exercises involved (proper form and maximum intensity), and how well you choose your Mommy and Daddy. If you don't have the right genes, all the protein powder in the world won't win you Mr. Universe. You might as well drop it, because it's just not going to happen.

Q: I've been wearing the same kind of running shoes for two years with no problems, but a friend of mine told me I need more heel control. Can you recommend a shoe?

A: You don't need more heel control if you have no problems. If you should start to experience knee pain, then perhaps you should change shoes; otherwise, if it ain't broke, don't fix it.

Dear Editor

Is Bks Parking a R.H.I.P. off?

Every Marine is well aware that rank has its privileges. But that is no excuse for one not to use common sense or fair play. I say that to say this, every Marine living in the BEQ that has a DOD sticker on his vehicle, should be allotted a parking space on one of the parking levels. Granted that when someone arrives to work in the morning, he would like a safe place to park his car. By the same token, Marine living in the BEQ would like a safe

place to park our cars during the night hours when the chances of someone tampering with our cars increases a great deal. Not only does it show a little common sense, but it shows a sense of fair play as well. In essence, Marines living in the BEQ, Sgt's and below, are stuck in the cold because we were not born soon enough to join the Corps earlier (meaning we could be a SNCO by now and have a parking space) or because we didn't go to college and become an officer. No hard feelings, but how about a little more consideration for us "peons".

-Lcpl Jeffery Simmons
MCI

...On the other hand

I feel the story "Lefties Go Home" in January's PIR was a tribute to left-handers everywhere. True! Lefties are good competitors in the sports world. Why just look back at "Babe" Ruth, Ken Norton, or "Snake" Stabler.

I am sorry to say however, your perspective is all wrong in my opinion. It's the lefty who is the disadvantaged. Let's start with a simple thing like typing a letter to the editor. The typewriter, (electric ones) all have the return key, the backspace key, index key, and if you're so privileged the correction key on the right side. Those keys were clearly put there to make the right-hander's job easier.

It doesn't stop there. Just take your trusty little pen and pad out and interview a left-handed cashier or adding machine operator. You'll learn just how rough life really is. If you're still not con-

vinced, what about driving an American made four-on-the-floor.

In almost every situation, it's the lefty who has to make the adjustment. Lefties have to unlock doors with the lock on the right side. Lefties must reach over to change the channel on the TV (which is almost always on the right side). And even weapons such as the .45 caliber automatic and M-16 (until recently) were produced to accommodate righties.

You guys don't realize how good things really are for you. The next time you ponder running a headline reading "Lefties Go Home", think about this. We are at home, but miserable in your right handed world. We don't hate you for it. We've just accepted it. So what if we get an advantage out of it. That's just one adjustment you righties have to make.

-Southpaw

Cruise Books a "bad debt"

It now appears Marine Barracks will be unable to refund the \$10.00 collected from you in 1983 for the purchase of a cruise book. As I reported in my last letter to you, Marine Barracks sued the cruise book contractor in July 1984 in Alexandria District Court for his failure to honor the terms of the contract. Marine Barracks won the law suit and the contractor was ordered to pay \$2,690.00 in damages for us to reimburse the 269 Marines who each contributed \$10.00 for the purchase of a cruise book.

Unfortunately, the contractor has repeatedly refused to pay this amount, his car and business equipment have been repossessed by other creditors, he lives in a friend's home rent-free, he has no savings account, the telephone company has removed his phone equipment for nonpayment of bills, and at least four other persons are awaiting payment from lawsuits they won against him over two years ago. As I think you can see from this rather bleak description of the contractor's financial condition, there are no assets left which the Alexandria sheriff can repossess from the contractor to satisfy the debt he owes us.

Furthermore, for all intents and purposes, the contractor is now out of business and has no regular source of income to garnish. Accordingly, it is prudent for all of us to realize that neither the \$10.00 investment in a cruise book nor a refund will be forthcoming.

Inasmuch as the contract for the cruise book was a private undertaking (as is usually the case for "cruise books") between 8th and I Marines and the contractor, the government was not a party to the transaction and is not liable for any of the forfeited money. Only the contractor is liable under the law for his failure to make payment. Unfortunately, there is no such thing as a "debtor's prison" and we have no recourse in the criminal courts against him.

I am sorry that I could not write you under more favorable circumstances, but I wanted you to know that despite our best efforts under the law we were unable to recover your \$10.00

Colonel R.D. Weede
C.O.

Bks Basketball is back

By SSgt Eric Stradford

It seems like only yesterday when "A" Company took the Band to the hoop to capture the Intramural Basketball crown. But that was a season ago. And with the new season came some new changes. Last year, nine teams competed in the Barracks tourney. That represented every team which had competed during the regular season. One of the questions raised in 84, ("Why have a regular season if even the teams with the worst records compete for the title?") was promptly answered by the Barracks Recreation Council this season. "They shouldn't." So this season, the Colonel's Cup is at stake and only the top four will compete during the play-offs. One other change from last season is that only company teams are eligible to compete for the championship.



UP FOR THE REES

The way all this works out, A Co, B Co, D&B, Band, MCI, and Officers are the competing teams for the regular season. Since the Officers do not represent a company, they will not compete in the championship tournament. Thus, the Officers and one eligible team will be eliminated prior to the play-offs.

(Photo by Cpl K.H. Ward)

The 1985 season did tip off on schedule but without the advantage (or disadvantage) of "spoiler teams" such as Staff NCOs, Motor-T, and Guard. Defending Champs, "A" Company opened it with a 55-43 defeat over "B" Company. Band and D&B locked horns in their first joint jam session. D&B blew Band away 42-38. And HQSVC edged MCI 47-44.

But then, that's only the opener. At press time Aco led the league with a record of 4-1 followed by D & B and MCI both battling a 3-1 standing.

And with the roughest days of the season still to come, it can still go any of five ways.



IT'S ALL MINE

(Photo by Cpl K.H. Ward)

Battle Ball

-an up and coming sport

By Cpl Ken Ward and Sgt Corky Chambers

In recent months here, there has been a rash of people sighted with grisly injuries. These injuries are not the result of automobile accidents, drunken brawls or overwork. They are mostly due to a strange phenomenon, referred to by many as "combat ball" or "hook-n-scratch." This strange event occurs Monday through Friday at high noon in the gym if no real basketball game is scheduled.



The origin of this game is not yet known. It resembles rugby, has a slight touch of soccer, but because of its circular iron rims and backboards it's defined as a form of basketball.

The individuals who compete in this rugged sport play for neither money nor glory, but for personal satisfaction. They punish their opponents, rest for about a minute, then take on a new foe.



Games can last from five to 30 minutes, depending on the calibre and strength of the participants. One point is awarded after making a basket. Twelve points (or the elimination of all opposing players) is what it takes to win.

The game strategy is to get the ball to players inside the key. The key is where only the strong survive and usually the high scorers.

Defense is also a needed element to win. A slight shove or slap is considered good defense. A knock down is considered exceptional defense. There are really no rules or officials in this sport. It's relatively free of "stopped action."

Sex, age or rank is not discriminated against in this game in anyway! Everyone is allowed to play, but no "punches are pulled."

This is a game unparalleled to any other sport in which Marines participate. Here they can get the needed exercise, not to mention the combat training to keep them ready. Our hats are off to those courageous players who compete and sacrifice noon chow in this sport among sports. Good luck!

Barracks Bulletin Board

Joins

SSgt M.R. Lee
SSgt M.E. Ittne
Sgt S.E. Melvin
Cpl G.J. Daum
S.L. Samuels
LCpl J.L. MCCray
PFC A.C. Wellen
D.R. Tillen
T.B. Perryman
M. Chapple
T.J. Junor
L.R. Rice
M.F. Buck
T.M. Wyrick
J.J. Clark
M.K. Reese
G.E. Jeske
S.P. Shepard
S.E. Rodgers
C.M. Marks
T.A. Taylor
P.S. MCNeal
S.A. Tennessen
K.C. Chegwidden
D.E. Clark
T.I. Nelson

Awards

LCpl K.R. Embry
(Meritorious Mast)
LCpl S.G. Snee
(Meritorious Mast)
PFC L. Castro
(Meritorious Mast)

A Co

LCpl J.E. Starnes Jr.
M.W. Davidson
PFC E.K. Eisenberg
W.P. Oldroyd
X. Perez

MCI

Cpl S. Mike
(Meritorious Mast)
LCpl J.J. Spencer
(Meritorious Mast)

Cpl E.L. Russell Jr.

HQSVC

LCpl L.J. Hainline
R.N. Jones Jr.
G.K. Williamson
P.E. Burk
K.M. Burns
E.E. Williams
PFC C.P. Piacitelli
R. Reed

B Co

Lcpl G.A. Sims

SECURITY

Cpl G.S. Saucier

Do You Know?

Number of bachelors elected president: 2 (Buchanan, Cleveland)

Average amount a person sweats each day: 1 quart

Number of Marines who can hit a gallon can of tomatoes at
200 yards: All of them

Historical Highlights

Feb. 5, 1777—Robert Morris, chairman of the Marine Committee of the Continental Congress, wrote John Paul Jones: "I think you should carry with you as many Marines as possible for they will be useful and necessary in all your land excursions."

Feb. 7, 1832—The frigate Potomac landed her force of 250 Marines and seamen during darkness to storm the Malay pirates' stronghold at Kuala Batu, Sumatra, Indonesia, to exact reprisal for attacks on American merchantmen.

Feb. 18, 1814—Marines of the U.S. frigate Constitution participated in the capture of the British schooner Phoenix, east of Trinidad.

Feb. 19, 1945—Preceded by air and naval bombardment, the 4th and 5th Marine Divisions landed on Iwo Jima, pressing the war ever closer to the enemy's heart-

land.

Feb. 23, 1778—A party of 18 Marines under Lieutenants Thomas McIntyre and Richard Harrison captured the British sloop Rebecca, which mounted sixteen 4-pounders, at Manchac, on the Mississippi River. This action temporarily ended British control of the Mississippi.

Feb. 25, 1917—Marine detachments from the USS Connecticut, Michigan, Montana, and South Carolina joined members of the Marine Barracks, Guantanamo Bay, and a Navy landing force to move into Guantanamo City, Cuba, to protect American lives and property from revolutionaries.

Feb. 26, 1945—Two planes from VMO-4 were the first U.S. aircraft to land on Iwo Jima when they flew in from the U.S. escort carrier Wake Island.

What's Cookin'

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Feb. 1 DINNER Cornish hens, mashed potatoes, mac & cheese, gravy, carrots, cookies.	Feb. 2 DINNER Rabbit, ham, mashed potatoes, broccoli, corn, gravy, apple cake.	Feb. 3 DINNER Hamburger parmesan, pork chops, potatoes, veg gravy, green beans, cookies
Feb. 4 DINNER Rabbit, ham, potatoes, green beans, corn, chocolate cake.	Feb. 5 DINNER Meatballs, chicken, mash- ed potatoes, gravy, corn, beets, white cake.	Feb. 6 DINNER Pot roast, pork slices, mashed potatoes, gravy, peas, raisin cookies.	Feb. 7 DINNER Steak, cornish hens, mashed potatoes, bread dressing, gravy, mixed vegetables, carrots, cookies.	Feb. 8 DINNER BBQ sparebibs, veal cutlets, potatoes, spin- ach, wax beans cake,	Feb. 9 DINNER Ham, beef patties, mash- ed potatoes, gravy, mixed vegetables, apple sause.	Feb. 10 DINNER Turkey, liver, mashed potatoes, gravy, bread dressing, corn, apple pie.
Feb. 11 DINNER Roast beef, BBQ chicken, gravy, asparagus, lima beans, mashed potatoes, chocolate cake.	Feb. 12 DINNER Tuna casserole, steak, rice, carrots, cabbage, cook- ies.	Feb. 13 DINNER Sukiyaki, rice, ham steak, sweet potatoes, peas & carrots, brownies.	Feb. 14 DINNER Meat loaf, fish, mac & cheese, mashed potatoes, gravy, peas, layer cake.	Feb. 15 DINNER Veal, noodles, spaghetti, pizza, wax beans, sugar cookies.	Feb. 16 DINNER Beef stew, sweet & sour pork, rice, green beans, biscuit, cake.	Feb. 17 DINNER Baked chicken, stuffed peppers, mashed potatoes, gravy, beets, layer cake.
Feb. 18 DINNER Pork adobo, stuffed cabbage, rice, pinto beans, spinach, cocunut cookies.	Feb. 19 DINNER Rabit, meat- balls, mashed potatoes, gravy, wax beans, nut bar.	Feb. 20 DINNER Ham, cornish hens, mashed potatoes, sweet potatoes, broc- coli, corn, layer cake.	Feb. 21 DINNER Beef patties, turkey, pot- atoes, gravy, carrots, cookies.	Feb. 22 DINNER Pot roast, mashed potatoes, gravy, lima beans, corn, cherry turn O.	Feb. 23 DINNER BBQ spareribs, meat loaf, buttered pot- atoes, carrots, gravy, apple cake.	Feb. 24 DINNER Chicken, stuff- ed beef rolls, mashed potatoes, gravy, carrots, sugar cookies.
Feb. 25 Duck, beef stroganoff, rice, mixed vegetables, strawberry short- cake.	Feb. 26 DINNER Pork, veal cut- lets, mashed potatoes, gravy, corn, green beans, pudding.	Feb. 27 DINNER Steak, liver, onions, pot- atoes, gravy, broccoli, beans, raisin cookies.	Feb. 28 DINNER Ham loaf, roast pork ham, gravy, vegetables, apple sauce cake			



Kitano Point

IWO JIMA

5 x 3

362-B

Nishi

362-A

MOTOYAMA NO. 3

362-C

Motoyama Village

382

MOTOYAMA NO. 2

Turkey Knob
Amphitheater

Tachiw Point

Basin

Mt. Suribachi

