

Pass in Review

Serving Marines at the oldest post in the Corps

January 1985



photo by Sgt. C.D. Chambers



Pass in Review

Marine Barracks, Wash., D.C.

January 1985 Vol. 5, No. 1



about the covers

Front and Back - Standing Guard at night, a lonely, boring job and many times a thank less job that a few Marines do, but seldom get the recognition that they deserve. A job where making a split second decision could be the difference between life and death, not only for him but for many other Marines, also. We would like to say thanks to these Marines as we say goodbye to 1984 and welcome in 1985. It always feels good to know that wherever we are and whatever we are doing there will always be a few good men on duty 24 hours a day 365 days a year. For all those long, and many times miserable hour's you have spent out on post. Making it safe for us we would like to say thanks. You are definitely among the Corps finest.

Inside - The inside cover, if you haven't already figured out, is the Xmas tree on the front lawn of the Capital Building. We would like to pass a little known fact to fellow shulter bugs who would like to take night shots of the Capital Building. Before you set your camera on your tripod for that great shot, you must go inside and get a tripod permit from the police.

Happy New Year

4. Commander's View Marines at 8th and I will see a lot of changes in 1985. Mostly, changes concerning modernization of the barracks. From a Commander's View, the "heads up" is given.

6. The Sergeant Major on "Bad days," stresses the ups and downs of a new year. He warns Marines of troublesome situations and explains how to stay out them.

7. Barracks Talk Once again the folks at 8th and I are filling the blocks with their thoughts. This month they tell their "New Years" resolution.

8. Year in Review Another year has passed and so has another parade season. To get ready for the next year, the "Pass in Review" staff published a few select photos taken in the last year.

20. Power tourney Marines at 8th and I, show their strength in the the barracks 2nd Annual Powerlifting Tournament.

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Commanding Officer Col. RB Weede

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Editor Sgt. CB Chambers

Commander's View



Plans are underway to modernize Buildings 7, 8 and 9 under the FY 85 military construction (MILCON) program to include upgrading these buildings in the areas of health, fire, life safety and energy efficiency. The current rehabilitation plans include:

- Modernization of all restroom/shower facilities.
- Increased restroom/shower facilities for women.
- New flooring for second deck of Building 8.
- Drop ceiling for first deck offices in Buildings 8 and 9.
- New lighting.
- Fire sprinkler system for third deck/attic spaces.
- Modernize main electrical distribution center in Building 9, including new power distribution lines to Quarters 1, 2, 3, and 4, and Building 5 (Center House).

The project authorization is \$2.54 million.

Work will be accomplished under a two phase plan. Phase I (January 85 to September 85) will focus on the heating/air conditioning lines and Band administrative areas. The BEQ classroom will be utilized as a changing area/locker room for Band personnel. The only impact on the 1985 Parade Season will be that parking on 9th Street will be reduced by about one half due to a temporary boiler and construction materials being staged on the bricks. Phase II (September 85 to April 86) will concentrate on Buildings 7 and 8. These buildings will be vacated by all personnel except for the armory and the maintenance sections in the basement. While the second and third decks of Center House will be used as office spaces, most of the H&S administrative offices will move to temporary GSA space in the Washington Navy Yard. Again, the BEQ classroom will be utilized as a changing area/locker room.

A tremendous amount of detailed planning remains to be done but I want to give all hands a "heads up" regarding this MILCON project. Everyone will be inconvenienced while the rehabilitation is on going but the end result will be much more comfortable and safer working spaces for years to come.

R. D. WEEDE
COLONEL, U. S. MARINE CORPS
COMMANDING

Navy Relief needs volunteers

by Sgt. C.D. Chambers

For all of its 80 year history, the Navy Relief Society has been able to help, not only Navy families but also Marine families in time of need.

The Anacostia Navy Relief Office devotes at least 25 percent of their case work to Marines and their families here at 8th and I.

Now, the Navy Relief Office needs help from Marines and dependents stationed here. The help isn't in dollars, it's in volunteers.

According to Kay Standish, the executive director for the District of Columbia Auxiliary, there are 28 volunteers working at the Navy yard office and at the Bellvue Housing thrift shop. All 28 are Navy dependents. There are also three active duty service members working at the Navy yard office full time because there aren't enough volunteers to do the job.

Volunteers need no specialized training. They learn by on the job training.

The Navy Relief office has three on-line computers that store case work information. Volunteers are needed to punch in that information.

"Mainly we need volunteers for clerical type work," said Standish. "Most of the experience the volunteers get here will help them in the future if they want to work full time"

Volunteering for Navy Relief isn't a full time job. Babysitting and mileage are payed for and volunteers can work days and hours they desire. For example, a volunteer can work two days a week or just a half a day. But what ever, Navy Relief needs volunteers.

"I don't care what the level is, I can't get any volunteers from the barracks. We've tried and tried, but for some reason nobody volunteers. I don't know maybe they just don't know what



kind of opportunity the have working with us," said Standish. "It gives housewives a chance to get out of the house. And we pay the mileage and babysitting costs. Plus we train them in skills they can use later if they want to work full time," added Standish.

For further information on the Navy Relief volunteer program contact Kay Standish at 433-3364. Help Navy Relief help you.

Scholarship Foundation taking applications

HQMC - The Marine Corps Scholarships Foundation, now accepting scholarship applications for the 1985-86 academic year, is expecting to award \$400,000 in academic aid to deserving children of active duty and former Marines.

Eligible applicants must be the son or daughter of an active duty, reserve or former Marine in good standing; a high school senior; high school graduate; register-

ed as an undergraduate student in an accredited college; or, be enrolled in a post high school vocational/technical institution (scholarships are not available for graduate study). Additionally, the combined gross family income cannot exceed \$25,000 in the 1984 taxable year.

Since 1962, the Marine Corps Scholarships Founda-

tion has awarded 2,451 Scholarships to deserving students, ranging from \$600 to \$1,500. Nearly two thirds of all applicants receive some degree of Financial aid.

Written requests for a scholarship application form should be addressed to: Marine Corps Scholarship Foundation, James Forrestal Campus, P. O. Box 3008, Princeton, N. J. 08540

The Sergeant Major on:



SgtMaj J. W. Winborn Jr

I trust all of you had a happy holiday and time off to visit with friends and family.

The 1985 year is here. With it comes another parade season and 110 percent effort on the part of the whole barracks. Long and hard days are ahead, both mentally and physically. As we push ourselves for perfection in all areas, we will have ups and downs, good and bad days.

All of us will have bad days in 1985. How we handle it will determine how the next day will be. When bad days come a-

long, we'll have to think positively and bounce back. If we don't, it will get us. And that's when trouble starts!

Last year 110 Marines here had a real bad day, either with a court martial or Non-judicial punishment. I assure you the Commanding Officer would rather promote than to demote. Most of our NJP's could have been avoided if we used common sense, by not letting those bad days get to us or letting peer pressure take over. A lot of our NJP's could have been avoided by not playing with that "funny stuff," marijuana. One hundred percent of the time marijuana was used by Marines in association with civilians and drinking. Keep both of these in mind for 1985.

All of you were hand selected to serve here. You wouldn't have received orders if you weren't the best. A lot is thrown at you during your tour but we expect you to handle it. About 50 percent of the barracks handled it. They got promoted. Five-hundred and fifty promotions were given out in 1984. I would rather stand at attention for a promotion, than at office hours.

It's your decision.

Barracks Talk



"Mine is to be a better Marine, make it to Camp David and be true to my girlfriend."

Pfc. Mark Waldron,
Guard

"My approach is not to make a resolution, but to evaluate the past year and determine what this years "goal should' be."

Capt. Ned Davis
MCI



What is your New Years' resolution?

"My resolution is to get off mess duty!"

Pfc. Russell Ogden.
A Co.



"To save money and quit chewing out privates for calling me sir."

Sgt. Mary McGaffick,
H&S Co.



"My resolution is to make a lot of money and stay out of trouble."

LCpl. David Edmondson,
Clubs



"My resolution is to not over book Evening Parades in excess of 25 percent."

Capt. Harvey Seegers,
Adjutant

"To stop smoking and get promoted. And to be the best person I can be."

LCpl. Terry Hedrick,
Motor T



Year in Review



A new Sergeant Major



The Silent Drill Platoon

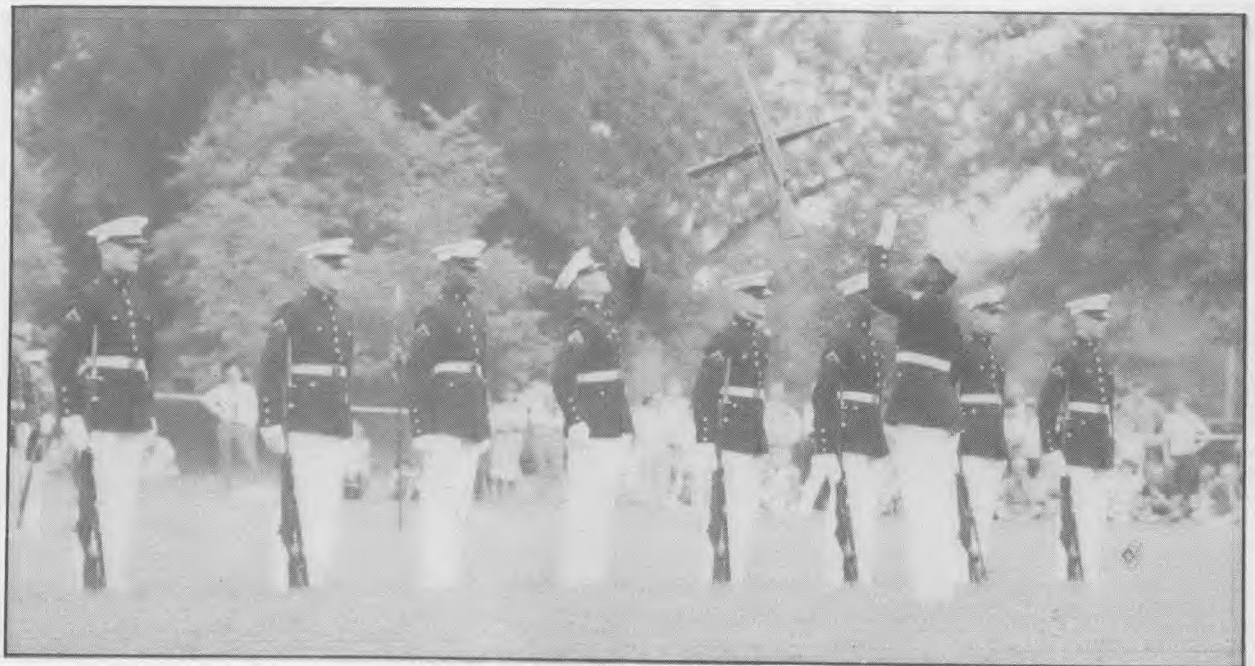


The Drum and Bugle Corps



Ceremonial Marine Barracks, Washington

Colors



Rifle Inspection.

The assembly.



Cleaning up the streets.

Trash EX-84

Mission completed.





The seat washer.

The Beginning



The seat mover.



Making it pretty.

Silent Drill Platoon



Nice catch!



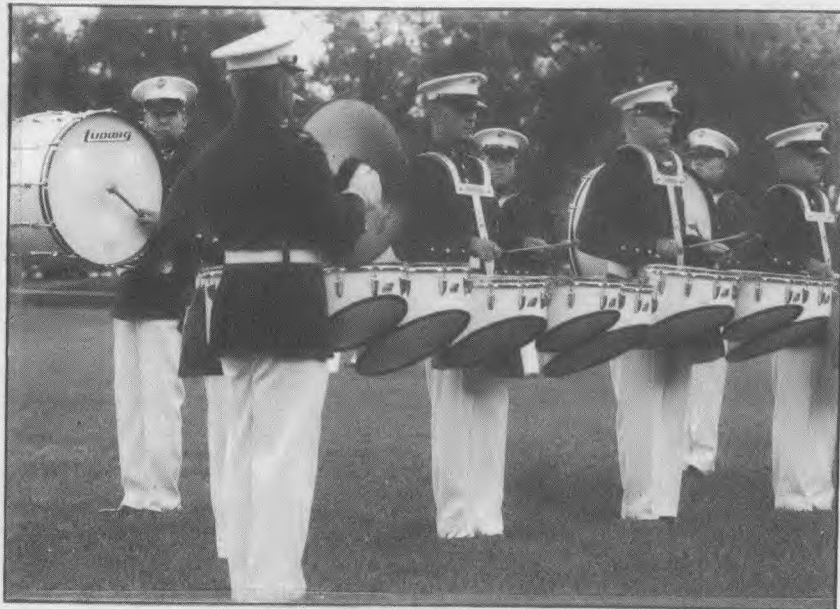
Pass the rifle.



Don't miss!



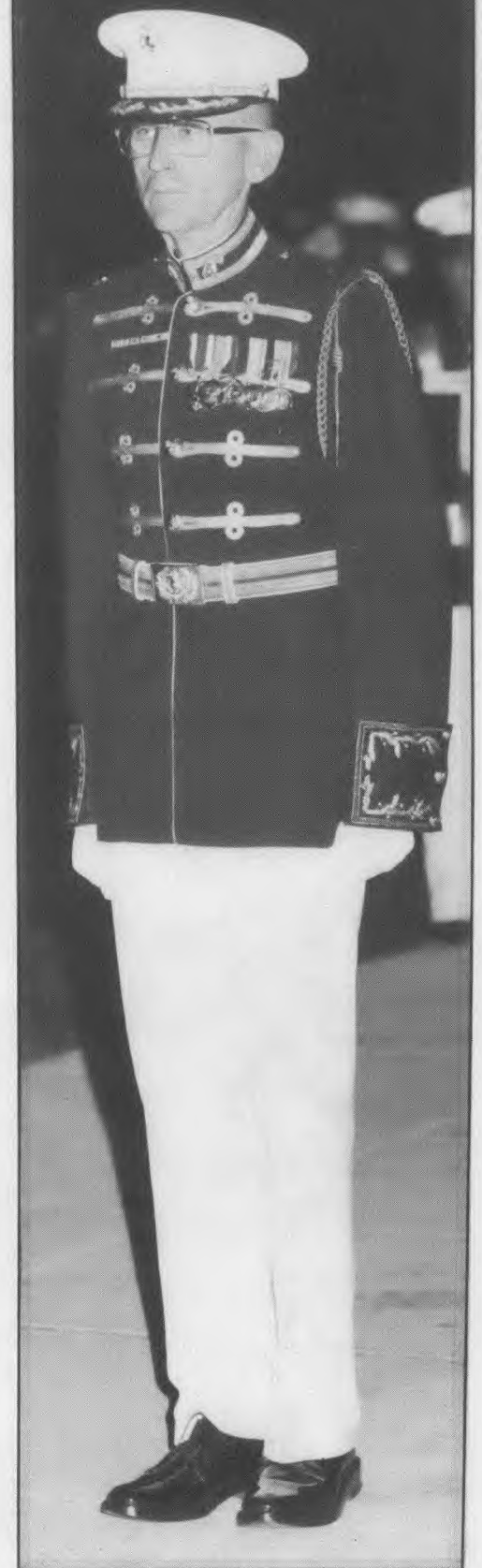
Marching music.



The beat of drums.

Pass in Review

D&B



The Director.

The Grind



Oops



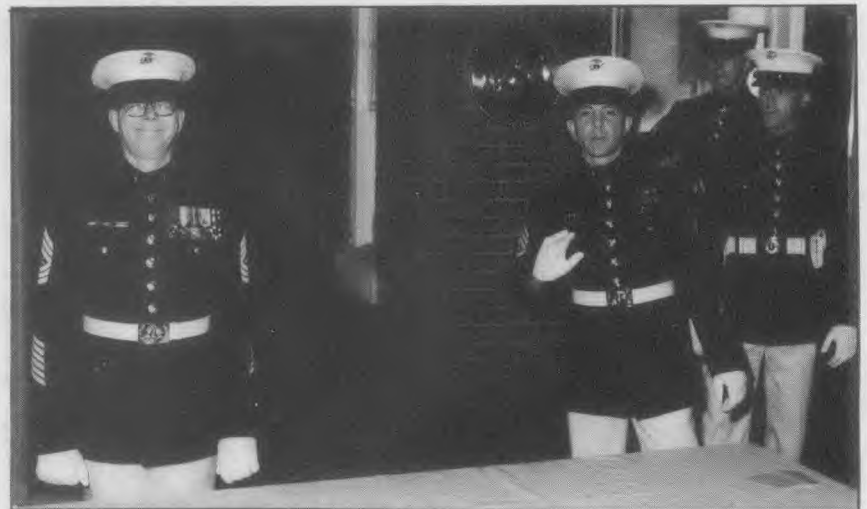
Nice night.



Problem?



Need a lift.



Don't take that picture.



The inspection.



The beginning, soon.

The End.



Looking good.

Marines have responsibility 24-hours a day

"All Marines are expected to provide continuous and adequate support for their legal dependents."

HQMC - (MCNews) - The Marine Corps is justifiably proud of the emphasis it places on individual responsibility. It is, without a doubt, one of the important character traits of a Marine.

But responsibility shouldn't be reserved only

for duty purposes. The way the Commandant sees it, it's a 24-hour a day requirement and extends to another important trait of the Corps -- the concept of family.

"All Marines are expected to provide continuous and adequate support for their legal dependents," says Gen. P. X. Kelley in White Letter 10-84, referring to a growing number of letters from dependents looking for help when their Marine provider has neglected them.

"In some cases," he continues with a note of concern, "the dependent requested assistance from the Marine's command but obtained no response. In other instances, the organization promised action, but did

nothing. Often a Marine is counseled and promises to take action to support dependents, yet no one ensures that the promise is fulfilled."

The traditional and ever increasing importance of the well-being of Marines and their families has led to programs such as the family Service Center. But to help programs like that work, Marines must consciously carry out their family support obligations, the Commandant stresses.

Gen. Kelly concluded with a phrase that long ago became a watchword of leatherneck tradition: "Marines must take care of their own."

Defense hotline great success

HQMC - (MCNews) - The Defense Hotline, relying on anonymous telephone tips to report suspected fraud, waste and abuse, is a great success, according to Secretary of Defense Caspar W. Weinberger.

More than 23,400 contacts have been received since the program went into effect in June 1981, said the Secretary in an official release. Of those, 7,635 resulted in substantive inquiries and have led to cost reductions, improved management procedures and increased credibility for DoD.

Statistics from 1984 are even more encouraging for supporters of the hotline; nearly one third of all calls now lead to inquiries, compared to a previous 20 percent into call rate.

Telephone numbers for the Defense Hotline are: Toll free (800) 424-9098; AUTOVON 223-5080; and FTS

693-5080. Or, one can write to: Defense Hotline, The Pentagon, Washington, D.C. 20301-1900.

Marine news

Wool scarf mandatory

A recent change announced by Marine Corps officials now requires all Marines to have the green wool scarf in their inspection issue as of Oct. 1, 1984.

According to Headquarters Marine Corps, the scarfs may be worn during the winter period when an overcoat is worn with the service or utility uniform.

While it is not prescribed for wear with the service uniform alone, it may be authorized by commanders for wear with the utility uniform as a part

of the winter cold weather clothing.

When worn, the scarf will be overlapped to form a vee at the base of the throat, hiding the garment beneath. The scarf must be marked at the bottom edge as the scarf is displayed vertically.

The scarf is currently available through Cash Sales.

In addition to the scarf, the all Weather Coat will be mandatory for all Marines by Dec. 1, 1986.

For more information consult the Marine Corps Uniform Regulations.

Navy Relief extends dental program

For much of its 80 year history, the Navy Relief Society has been able to assist Navy and Marine Corps families with expenses leading to servicable dental capability. Society policy is to provide financial assistance to help cover the costs of needed dental treatment for eligible dependents of active duty, retired and deceased Naval Service members whenever properly managed family budgets are inadequate to handle this expense. Assistance either in the form of an interest free loan or grant was, and is available for emergency ailments involving pain, swelling or fever, filling of cavities, construction of crowns for front teeth, treating of acute periodontal disorders, root canal therapy, extractions, replacement of missing front teeth and full or partial dentures.

Except in cases of acute emergency, the Society requires a written estimate from the dentist prior to the beginning of treatment before any commitment to assist is made. Whatever financial assistance is authorized will be provided in the form of payment directly to the dentist upon satisfactory completion of the required dental treatment.

In August, 1984, the Board of Managers voted to extend the dental assistance policy to include orthodontia. The new "regs" are really two pronged.

In orthodontia cases involving treatment required to prevent or correct serious physical handicap or disfigurement, the District of Columbia Auxiliary may provide assistance in the form of an interest free loan or a grant. The decision as to whether all or a portion of this assistance will be in the form of a grant or a loan will be

based on the family budget.

For "routine" orthodontia cases, i.e.; braces for children or other dependents to straghten crooked teeth, Society assistance will be limited to the initial expense of the orthodontist's diagnosis, and a down payment not to exceed 20% of the total cost of the treatment. It is expected that the military sponsor will be able to finance the balance of the treatment costs in monthly installments, as per agreement with the orthodontist. It is also expected that the sponsor will be able to repay the Society's interest free loan. Thus, a viable budget is a prerequisite for "routine" orthodontia requests.

For further information about Navy Relief's dental assistance program, call the Dist. of Columbia Auxiliary at 433-3364 or visit the office in the Washington Navy Yard.



**take
time to
find out
WHERE
it is...
HOW
to use it**



NR continues car repair assistance

Navy Relief Continues to provide assistance with essential car repairs in order to keep a service member's vehicle in safe operating condition. The Society's regular requirements of written estimate, proof of insurance and auto registration (in service member's and/or spouse's name) are still required. In addition, the service member must now have prior Navy Relief

approval before the work is initiated.

Should car repair assistance be needed, call the nearest Navy Relief office for an appointment. All the above information is necessary for assistance, in addition to a valid ID and current LES. As with all Navy Relief policy, exceptions to "prior approval" may be made in emergency situations.

Let's get physical

by SSgt. Kent Ashcraft

I know that for many readers of this column there are two questions over which they agonize daily:

-1) Why does a chicken have light and dark meat?

-2) Why has Julius Erving never won a marathon?

Agonize no longer; this month both questions will be answered. What's more, they both have the same answer, namely that there are two different types of muscle fibers, which we call "fast-twitch" and "slow-twitch".

Fast-twitch fibers can contract very quickly and powerfully, producing explosive movement of the muscle. The only problem is that they can't do it for very long without accumulating lactic acid, which creates fatigue. On the other hand, slow-twitch fibers, though not capable of as strong a burst of energy, can keep it up virtually all day, as long as there is sufficient oxygen being fed to them.

A chicken has its fast-twitch fibers in its legs and wings, where it needs short-term power, and slow-twitch fibers in the muscles it uses more or less continuously. Human legs are composed of a mixture of both types, and interestingly, the proportion varies enormously from individual to individual. People with a large proportion of fast-twitch fibers can

generally jump higher and run faster than those with lots of slow-twitch, but they can't last as long (all other things being equal, which of course they never are).

The proportion is measured by a muscle biopsy - a tiny plug of tissue is removed and analyzed. World-class marathoner Alberto Salazar, not coincidentally, registered one of the highest slow-twitch numbers ever recorded - almost ninety percent. Carl Lewis, on the other hand, is almost exactly the opposite. One easy way to get a general idea of your proportion without enduring a biopsy is to observe your vertical jump capability. If you can slam-dunk a basketball behind your head, chances are your best running events will be the shorter ones.

Much has been made of the efficiency of Salazar's running stride; he glides along the road, never lifting his feet more than six inches off the ground. That doesn't surprise me; with 90% slow-twitch I doubt he could jump six inches off the ground if he had to. But no vertical motion means no wasted motion, and the energy saved adds up when you get past twenty miles or so.

It seems to me, though I have no documentation of this, that as a group blacks probably have a larger proportion of fast-twitch fibers than whites. After all, there aren't many world-class white sprinters, nor black marathoners. So when a basketball player is said to have 'white man's disease,' what he really has is a lot of that light meat in his legs.

Dear Editor

To the Editor

I would like to address the anonymous letter to the editor which appeared in the December issue of "Pass In Review." I disagree with the position of the letter that "there should not be an officer's team."

The intramural program does promote teamwork and increase morale within each respective unit through competition. That point is not compromised because there is an officer's team. If a football field is

turned into a combat zone, and I suppose the anonymous writer meant excessive force was being used, that is the result of below par officiating not competition.

I agree an intramural program here gives the Marines the opportunity to organize and lead themselves in competition and not have an officer supervising every move they make. I feel that is a worthwhile character-building opportunity which promotes a positive feeling of accomplishing, and strengthens unit cohesiveness, not detract from it.

Captain C. H. JECK
Officer's Coach

Camera buying, big decision

by SSgt. J.W. Jordan

A lot of people come up to me and ask, "what kind of camera should I buy." My first question to them is what they are planning to use it for. Do you want it for snap-shots of the wife and kids or do you plan on becoming a professional someday.

Buying a camera today is like buying a new car. There are so many different name brands, models and types, it can be very confusing for the beginner.

First, decide on how much money you want to spend then make a list of the subjects that you want to take pictures of. And for what purpose the photos will be used. You wouldn't want to buy a disc camera to take photos for a magazine. Then on the other hand you wouldn't want to spend \$1,000 on a 35mm camera just to take photos once a year of the family.

Don't drink and drive



There are many different kinds of cameras in the world of photography, but for our purposes, we can narrow it down to four of the most popular types, disc, 110, instant and the 35mm camera. All are easy to operate and film can be purchased at the local drug store and can even be taken back there for processing.

The disc and 110 cameras are really almost the same, except the film for a disc camera is on a disc and the film for a 110 is in a small cartridge. Both the disc and 110 negative sizes are so small that if you intend to make any prints bigger than 3½ x 5 inches, then these cameras are not for you.

The instant camera companies have made great strides in recent years to improve not only the quality of the cameras, but also the film which they use. The bad thing about instant cameras is that they are a one shot deal since there is no negative to make reprints. Of course you could stand there and crank off enough shots of the bay for everyone, but at \$8.50 for eight photos, that does get expensive.

You can send it to the instant camera people for extra prints, but that too is expensive and the quality isn't that great. Instant type film can also do strange things when it sits too long in the camera without being used.

In my opinion 35mm cameras are the best to use not only for the advanced amateur or the professional, but also for the beginner. There are 35mm cameras today that will do everything for you except point it in the right direction. Some 35mm cameras will load, advance, focus, flash, rewind and even talk to you. I wouldn't be surprised if soon they make one that will walk, cry and wet! Of course there are still the manual types that let you make the decisions. The 35mm camera is super easy to use. The size of the negatives are big enough to enlarge prints to an 8 x 10 inch size. The price isn't that expensive either. You can buy a fully automatic 35mm from \$80 to \$120 that does everything except process the film. So if you are looking to buy a camera start out with a 35mm camera. You will be much happier with the quality of the pictures.

Weightlifters compete in tourney

by Sgt. C.D. Chambers

LCpl. Victor L. Noble, of Headquarters and Service Company, captured the individual weightlifting competition and Company B grabbed the team crown in the barracks 2nd Annual Powerlifting Tourney Nov. 29.

The individual competition was decided by adding up the total amount lifted in three categories; the dead lift, the squat lift and the bench press. The total amount lifted was then divided by the lifters' body weight and the final scores were tallied.

Noble, who weighs 188 pounds, was victorious by winning all three events in his own weight class. His total score was 593 points. Noble pumped 325 pounds in the squat, 290 pounds in the bench and a strong 485 pounds in the dead lift. He pushed up a total of 1,115 pounds.



Pfc. Darnell Brock, H&S Company, pumps up the weight in the bench press competition.



Capt. William O. Dwiggins, Company A, shows his strength in the dead lift. photos by Cpl. K. H. Ward

186 pound PFC Joseph C. Spurry placed second with a total score of 548. He lifted 325 pounds in the squat, 270 pounds in the bench and 425 pounds in the dead lift. Spurry lifted 1,020 total

pounds, but because of his weight placed a strong second.

Capt. William O. Dwiggins of Company A, lifted an awesome 500 pounds in the dead lift and placed third overall with 535 points. He pumped only 285 pounds in the bench, but made up for it with a strong 350 pound squat lift. Dwiggins, 212 pounds, lead all competitors by lifting a total of 1,135 pounds, but placed third because of his body weight.

196 pound Cpl. Joseph Maness of H&S Company, had a strong showing in his first weightlifting competition. The body builder placed a tough fourth with a total score of 520 points. He lifted 300 pounds in the bench and 430 pounds in the

dead lift. Pfc. Darnell Brock of H&S Co., finished fifth with a total score of 507 points. The team competition was easily won by Company B, with a score of 2531. Company B had the most lifters in the competition. H&S Co. placed second with a score of 1620 and Company A placed third with 1037 points.

Lefties go home

Southpaws have an unfamiliar advantage

by Sgt. C.D. Chambers

I hate left-handed people. They go through life having the upper hand, or should I say the left-hand advantage. They always do everything so backward and most of the time fool the right-handed majority.

This particular phenomenon is most evident in the world of sports. Since the majority of the world is right-handed, right-handers are accustomed to competing against fellow righties. Lefties are also accustomed to competing against right-handers. The only problem with that is the right-handed competitors are not used to playing against the lefty. Consequently, they are thrown off balance because left-handers do everything backward.

Lefties just ruin the whole competitive spirit of sports. Those guys are good just by virtue of being left-handed and win disgustingly often. I really hate lefties.

The sport of tennis is a good example of left-handed superiority. Right-handed people can go out and have a good competitive game. Then some lefty will come along and ruin their day and their game..

Lefties serve backward. If you're right-handed almost every serve hooks right into your backhand. If that doesn't get you, the lefties return will. The left-handed tennis player has a habit of pulling the ball. Thus, again it slides right into the right-hander's backhand. I don't know about you, but my backhand isn't the strongest in the world. Lefties never have weak backhands because they have to play against right-handers, who also pull the ball. Their backhands just gets stronger. I don't like tennis anymore because some lefty always seems to come along and ruin my day.

Basketball is another sport I don't play anymore. For one reason I'm too slow.

But the main reason is lefties like to play basketball too. Growing up playing basketball, I was taught to guard everyone as if they were right-handed. Then some lefty would come along and score three baskets on me before I discovered he was left-handed.

Lefties are also good outside shooters. Their shooting form is unorthodox but the ball seems to have eyes for the hoop. No matter what they do or how they shoot the ball, it's usually two points. They should restrict lefties from the game of basketball.

Southpaws are always good in the sport of boxing. I never boxed much, but I had a few friends who did. I could always tell when they had been in the ring with a lefty because their face would be swelled up more than usual. They used to tell me "I never saw his hook coming." There's a good reason for that. They were so used to boxing against righties, that they weren't looking for hooks and jabs coming from the other side. My boxing friends will probably never figure that out because left-handed fighters have rattled their brains too much. They should make all fighters box right-handed.

Left-handed baseball players really have it made. It seems like left-handed pitchers, first basemen and outfielders get paid more money. That's how you value a baseball player now days, so I guess you could say they're superior in that sport too. Teams always try to acquire left handed hitters because there are so many right-handed pitchers. That makes a left-handed pitcher a lot more valuable than a right-hander. Left-handed first basemen have a big advantage also. They say its something about the pivot. I don't know, I just know that everyone wants a left-handed first baseman.

Sometimes I thing lefties were put on Earth to make us righties miserable. I hate lefties. I just hope my kids are luckily enough to be left-handed.

Martin Luther King Jr. remembered

To many people, Martin Luther King, Jr. was a symbol of hope for the down-trodden and oppressed. Martin Luther King's message to us is that the barriers of hatred, suffering and discrimination must never be allowed to fester within this country again. The task is to do this work with love, which is at the very core of nonviolent social change.

Martin Luther King forced a lot of people in the early 1960's to revise the notions of the "rightness" of segregation. He demonstrated that nonviolence could not only be "right" but that it could "work." The record of the "60's" is proof of that. In place after place, barriers went down because people cared enough to storm citadels of prejudice (lunch counters, bus terminals, department stores and churches) with nonviolent love.

Even though the victories over prejudice were costly, with many arrests and trials, much litigation and unbelievable expenses, it was clear that black Americans were inching their way toward freedom.

But, then in 1968, Dr. King's murder occurred in Memphis.

It was astonishing how quickly those who, in his lifetime, could not abide Martin Luther King began to eulogize him. Had that kind of responsiveness been pre-

sent during Dr. King's lifetime, "the stride toward freedom" could have brought increasing and irreversible change.

On 15 January, we pause to remember Dr. King and dedicate ourselves to working toward the day that all people might live peacefully and harmoniously in community.

DR. MARTIN LUTHER KING JR. MEMORIAL PRAYER BREAKFAST



Guest speaker: Dr. James E. Johnson,
Former Asst. SECNAV

Date: 15 January

Time: 0545-0730

Place: E-Club

Cost: \$2.00 per person

TICKETS AVAILABLE AT COMPANIES

WORTH REPEATING

"Impress upon the mind of every man, from the first to the lowest, the importance of the cause and what it is they are contending for."

George Washington

"Do your duty in all things. You cannot do more. You should never wish to do less."

General Robert E. Lee

"The race may not be to the swift, nor the victory to the strong, but that's how you bet."

Damon Runyon

"If you drink, don't drive — don't even putt."

Dean Martin

"A collision at sea can ruin your entire day."

Attributed to Thucydides,
5th Century B.C.

"We can't all be heroes, because somebody has to sit on the curb and clap as they go by."

Will Rogers

"Never let the fear of striking out get in your way."

Babe Ruth

Historical Highlights

Jan 8, 1837 - The Commandant, Archibald Henderson then in the field with his leathernecks in Florida, was given command fo the 2d Army Brigade. His command included, besides his Marines, Army infantry and artillery, militia, and friendly Indians.

Jan 15, 1943 - Captain Joseph J. Foss shot down three Japanese planes over Guadalcanal, bringing his personal score to 26, and tying Captain Eddie Rickenbacker's World War I record.

Jan 18, 1951 - Marines of the 1st Division began mopping up guerillas in the Pohang area, South Korea, following the division's return from its epic battle with Chinese troops at the Chosin Reservior.

Jan 25, 1856 - Marines and seamen from the U. S. Sloop Decatur went ashore at the village of Seattle, Washington, to protect settlers from Indians. The Indians were attacked the same day and driven off.

Jan 27, 1778 - At New Providence Island in the Bahamas, Marines and seamen under Captain John Trevett from the sloop Providence landed and seized the forts. At dawn the following morning the "Stars and Stripes" appeared for the first time over a foreign stronghold.

Jan 28, 1942 - Mortars and machine guns of the 4th Marines were assigned to support the 57th Philippine Scout Regiment in its operations in partial relief of Bataan; organized Japanese resistance in that sector ended.

What's Cookin'

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Jan. 2 DINNER Sukiyaki, fried rice, ham steak, sweet potatoes, peas and carrots brownies.	Jan. 3 DINNER Meat loaf, fried fish, macaroni & cheese, mashed potatos,gravy, peas, squash, cake.	Jan. 4 DINNER Veal Parmisan, noodles, spagletti, green beans, sugar cookies	Jan. 5 DINNER Beef stew, pork, rice green beans, marble cake	Jan. 6 DINNER Chicken, green peppers, mashed potatos,veg. graum, beets, cake
Jan. 7 Pork, cabbage, rice, pinto beans, spinach, cookies	Jan. 8 DINNER Rabbit, meatball mashed potatoes, gravy, veg., wax beans, nut bars	Jan. 9 DINNER Ham, hen, mash potatoes, broc. corn, cake	Jan. 10 DINNER Beef, turkey, potatoes, gravy soccotash, carrots, cookies	Jan. 11 DINNER Pot roast, beef mash potatoes, gravy, beans, corn, turnovers	Jan. 12 DINNER BBQ Ribs, meat loaf, potatoes, beans, carrots, gravy, cake,	Jan. 13 DINNER Fried chicken, beef rolls, potatoes, gravy asaragus, cookies
Jan. 14 DINNER Duck, Beef stroganoff, rice mix veg, egg noodles, short cake	Jan. 15 DINNER Pork slices, breaded veal, potatoes,gravy corn, beans, pudding	Jan. 16 DINNER salisbury steak, liver smother, onions, potatoes broccoli, beans, cookies	Jan. 17 DINNER Hamloaf, pork ham, gravy, mix veg, cake	Jan. 18 DINNER Beef stew, pork, egg noodles, biscuit, spinach, cake	Jan. 19 DINNER Tuna cass, pepper steak, rice, carrots, eookies	Jan. 20 DINNER Roast Beef, hens mashed potatoes gravy, corn on the cob, gingerbread cake.
Jan. 21 DINNER Turkey, ham, mashed potatoes, gravy, broccoli, cherry turnover.	Jan. 22 DINNER Duck, pot roast, franconia potatoes, gravy, carrots; peach shortcake.	Jan. 23 DINNER Meatballs, rabbit, mashed potatoes, gravy, beans, beets, nut bar	Jan. 24 DINNER Fish, Shrimp, oysters, mac & cheese, cream corn, beans, cookies	Jan. 25 DINNER Steak, fish, mac & cheese, mashed potatoes, peas & carrots, cake	Jan. 26 DINNER Beef & noodles, beef cakes, rice,broccoli, beans, cake	Jan. 27 DINNER Steak, Pork, spareribs, rice, mashed potatoes, gravy, mix veg, brownly
Jan. 28 DINNER Turkey, Ham, mashed potatoes, gravy, carrots, applesauce, cranberry sauce, corn, cookies	Jan. 29 DINNER Meatloaf, duck, glaze, gravy, mashed potatoes, gravy, sprouts, canliflower, cake	Jan. 30 DINNER Pork, Beef Potatoes, gravy, beets, asopracus, turnovers	Jan. 31 DINNER Beef stew, chicken, noodles gravy, peas, corn on cob, cake			

