

Mass in Review

Serving Marines at the oldest post of the Corps

March 1985





About the Covers

Front

"ATTENTION TO ORDERS!"...A part of Captain James Lariviere's daily conversation prior to parade tryouts (held Feb. 20). In all, 16 Barracks' officers competed for the 8 coveted positions.

photo by Sgt. C.D. Chambers

Inside

This Marine from Drum and Bugle Corps practices to perform his duty in "every clime and place."

photo by Sgt. C.D. Chambers

Back

"A Career Highlight" says Barracks' Career Planner, GySgt "Pete" Gross. Last month's "Iwo" commemorating the 40th anniversary of the flag-raising atop Mt. Suribachi was the last for this ceremonial veteran, but definitely a high point in his career.

photo by Sgt. C.D. Chambers

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Pass in Review

Marine Barracks Wash., D.C.
March 1985 Vol. 5, No.3

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Col. R.D. Weede

Commander's View

The 1 February 1985 meeting of the Enlisted Club Advisory Board recommended that the privilege of cashing checks in the Enlisted Club be limited to Non-commissioned Officers only; however, if a Noncommissioned Officer were to "bounce" a check in the Enlisted Club his privilege to cash checks would be revoked. I approved the recommendation on 5 February 1985. This recommendation was made because 1 Oct. 1984 to 31 Jan. 1985 sixty-nine checks were returned to the club from various banks due to insufficient funds. No organization, be it a Marine Club or a civilian establishment, can operate successfully with this number of bad checks. It is the responsibility of every Marine to properly manage his

The Sergeant Major

If you joined this Marine Corps to be a follower, you probably joined the wrong outfit. If you think you have to be an NCO, staff NCO, or officer to lead, you're wrong. Whether you are an O1, an O3, an O8 or a 35, you are, or should be a leader. At times, even a private must lead other privates. There must always be someone in charge--someone to assume command when that position is vacated.

We all realize that the accomplishment of the mission is the name of the game. Missions can be difficult or they can be easy. Either way, they have to be accomplished. Simple tasks are often complicated by a lack of preparation. One can often accomplish even the most difficult tasks by simply acquiring the "right tools" before it's time to do the job.

You may find some of these characteristics or tools helpful as you lead Ma-

rines in accomplishing the mission. First and always be yourself. Don't try to be someone you're not. Use your own style of leadership. Remember that your Marines are individuals. Find out what makes each one "tick", motivate him and use his individual skills to build the team. Don't be reluctant to show compassion. Those Marines are in your charge, and you must be willing to put your personal life in the background to be a full-time commander.

Be willing to talk to your Marines. Get out and see them. You can't lead from behind a desk. Although you think you can do the task better, step back and give them a chance to use their own initiative.

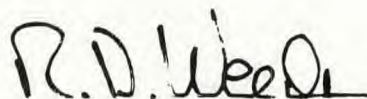
Don't fail to be punctual. Set your watch with the official time daily. And when you spend time, do so wisely. Responsibility is awesome, but you can meet the challenge with effective time manage-

personal finances. In this regard there are several avenues that an individual Marine can follow to maintain his personal finances in an acceptable state:

- Take the MCI course on Personal Finances
- Utilize check to bank
- Spend the time to keep your check-book balanced
- Ask help from your fellow Marines if you experience problems in keeping your checking account balanced
- Follow the guidance given in the Navy Relief budget classes recently given at the Barracks.

Remember, the most important trait a man has is the trust and confidence

his fellow Marines have in his word. You tarnish that trust, possibly beyond repair, when you cannot be trusted in financial dealings. If you are at fault, I urge you to take immediate corrective action.



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

ment. Don't let your subordinates determine when and where you spend your time, you set the priorities. You may not be the only judge of your time, but you are the ultimate judge.

You must know the job. Be technically proficient in all key areas of your company's functioning. You can delegate some authority to subordinates, but don't delegate the responsibility for expertise in key areas.

Above all, remember to respect those you lead as well as those who lead you. Don't allow your personal dislike of an individual to impair your good manners. Avoid a negative attitude as you would avoid the "plague."

There are a number of "role models" to look at in molding your own style of leadership. A characteristic that works for some, may not necessarily work for others. Just remember to be yourself. Don't try something because it looks good. In your decision, be just. Determine what can be accomplished, but at the same time watch out for the short-falls. Your decision can have a lasting effect on your subordinates.



Sgt. Maj. J.W. Winborn Jr.

Dont take away the privilege just teach them how to use it

Recently, the Club System initiated a policy change which forbids Marine lance corporals and below from cashing checks in the Club.

I don't feel the policy is fair, but the Club System had no choice. Too many checks were being bounced by lance corporals and below.

However, the blame is not entirely theirs. The new Marine Corps policy, concerning check-to-bank, forces many young Marines who would prefer not to, to open checking accounts. Still you can't

blame the system either, because the Direct Deposit program is beneficial to everyone.

To help rectify the problem, individual units could give those young Marines adequate guidance in budgeting checking accounts. I don't mean guidance on what will happen if you do write a bad check or the guidance you get from completing an MCI Course.

Not every lance corporal or private writes bad checks. I'm saying that as a whole, we could all use some instruction

Variety, please

Dear Editor

Well, it seems to me that once again we're back to the basic diet of cheeseburgers everyday for lunch. Of course, giving credit where it is due, they prepare a variety of other sandwiches along with the baked beans and French fries -- Day after day.

Most anywhere else you go in the fleet you have a choice of a sandwich line or hot meal line. I believe we should have this option at "8th and I." A good, well-balanced meal in the middle of the day would be invigorating. I would like to eat more than just sandwiches for lunch everyday and I think many others agree. I feel that we aren't getting a nutritious diet at lunch. For those Marines who are conscious of their weight, which every Marine is to a certain extent, one fast food meal a day uses up your complete supply of calories for that day. Some of us do prefer to eat our

"big meal" in the middle of the day. We don't seem to have a choice of what we would like to see in our chow hall at lunch.

The biggest hurdle I've come across in this issue is the fact that no one seems to care. Whoever you might choose to make a complaint to never seems to take any action on the matter. Is it because usually the person you're talking to either (1) has comrats, which leads to (2) lives out in town, and (3) has the ability to fix themselves a good hot meal whenever they want. So eating a sandwich everyday for lunch doesn't phase them.

My suggestion is to just make two sandwiches for lunch and spend the extra time and money on a hot meal. It would create more of a variety and I'm sure please many hungry Marines.

Denied ComRats

in financial management.

Many of the bad checks are usually written just before payday. The individual thinks his check-to-bank money will hit the system at the bank before the check he wrote does. Consequently he loses the race.

This is wrong, but we've all done it. And maybe we've all had a check bounce because we did. And if you haven't, it'll soon catch up to you.

I know, it caught up to me a few times. A few years ago I decided to start a checking account, thinking that it would be good for me, and make me more responsible. I soon learned though, I wasn't as responsible as I thought. I wrote some bad checks. It

seemed like when I had that check book in my hands I had all the money in the world. Two days later however, I found out how much money I did have.

This is a poor way to let young Marines learn how to handle checking accounts.

I really do feel that every Marine Corps unit should give their Marines guidance on checking accounts if the Corps continues its policy of Direct Deposit. Maybe a financial counselor in every unit would be a good idea.

Something does need to be done. Because a bad check can hurt a Marine's credit, not to mention his morale and pride.

Sgt. C.D. Chambers

Barracks Talk

How important is personal appearance?



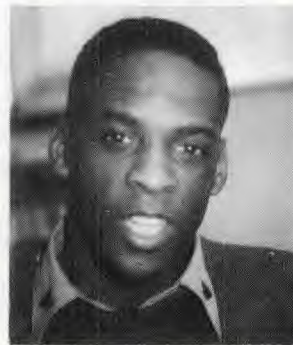
Personal appearance is an integral part of being a Marine. I feel that a meticulous appearance directly reflects on a Marine's attitude and degree of professionalism.

Cpl Kim Nutter
H&S Co Office



I think personal appearance is secondary to the performance of your job. But it's still very important.

Cpl William A.
Perry
U.S. Marine Band



It's very important. It shows a Marines pride, professionalism and esprit de corps.

Cpl. Fred Abbott
H&S Co M.T.



It's Very...Im-
portant.

SSgt Kevin M.
McMahon
S-4

Battle Color

....what it really means

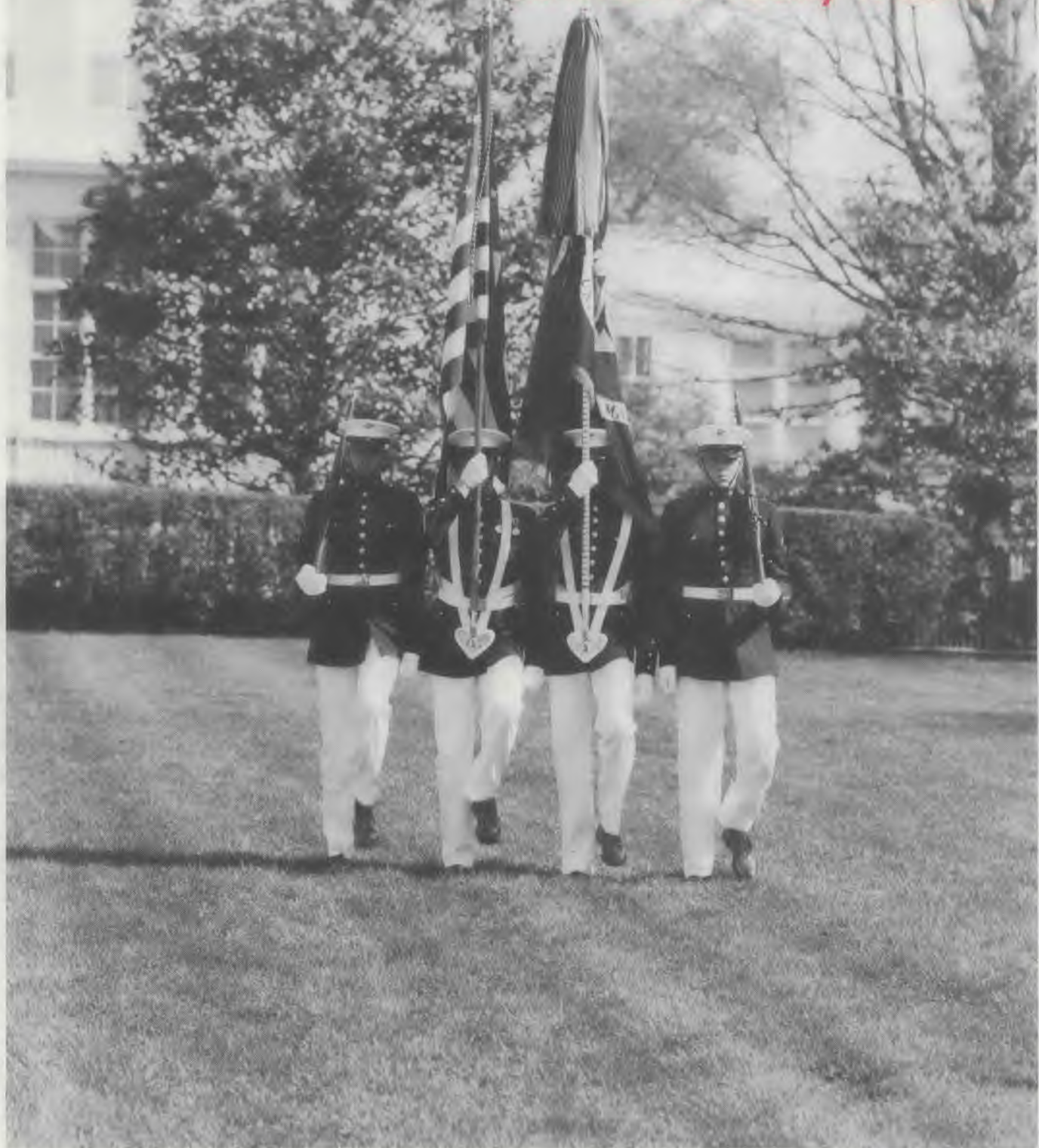


photo by SSgt. J.W. Jordan

The combined talents of the United States Marine Drum and Bugle Corps, the Marine Corps Silent Drill Platoon and Color Guard of the Corps are showcased in this colorful ceremony

by SSgt. Eric Stradford

Every year around this time, a select group of Marines become somewhat detached from Marine Barracks, Washington as well as the familiar chill which surrounds it. They are in the desert--training for the beginning of another season of "Battle Color" ceremonies. The seasonably warm climate at Marine Corps Air Station, Yuma, Ariz. offers "near perfect" conditions for the long hours of practice necessary to showcase this ceremony.

The peculiarity of this select group is that few, if any, fellow 8th and I Marines seem to know what their job is all about. A casual cruise through the Barracks' corridors revealed an amazing lack of knowledge, and in some cases, even concern, of what a Battle Color ceremony looks like, or what the Battle Color Detachment is.

Comments ranged from "a unit which displays the Battle Color of the Corps in a colorful ceremony," to "a unit that goes out on riot control with assistance from the color guard." For the most part the response was simply "I don't know."

One thing that Marines around the Corps may fail to realize is the majority

of 8th and I's 1,000 or so "blue-white" leathernecks have never seen a Battle Color ceremony. Sure, the Marines here take in quite a few Tuesday "Sunsets" at the "Iwo" War Memorial. And those Friday Evening Parades, during the summer, seem almost unending. But, the Battle Color ceremony remains a mystery here. It is as unfamiliar as a "fleet-type" facing movement.

A well known fact throughout the Marine Corps is the sharpness of 8th and I drill--"the epitome of perfection" is a somewhat worn phrase. This same type expression of pleasure has occurred in places such as Dallas, Los Angeles, Columbus, Ohio, and Havelock, N.C. The list is long. The Battle Color Detachment confirms to the thousands, unable to see Marines in Washington, that the Corps continues to be an outfit which does not stand on reputation alone.

There is much to do to prepare for a ceremony of this type. But the "Battle Color" is much more than a ceremony displaying the unique capabilities of "The Commandant's Own", the U.S. Marine Drum and Bugle Corps. Its meaning is far more precise than the precision drill of the Silent Drill Platoon. Its value is high above the heads of the six-foot-

plus, four-man color guard.

Battle Color is a simple ceremony using the uniqueness of its elements to visually express the word "Marine." It is a ceremony that in a relatively short period of time, can show Americans where the the Marine Corps is, what it's all about, where it's been, and where it's going. Battle Color is capable of displaying this thought in obscure towns, on an isolated base, or even a booming metropolis.

The "Detachment" is but an escort of honor. It compliments the "star" of the show, which is unique in its own right. The Battle Color of the Corps has the distinction of being the only Marine Corps color which displays streamers representing every award Marine Corps units have received, and silver bands on its staff for campaigns in which Marines have fought.

In the brief moment this color takes center stage with the "Stars and Stripes," the entire story unfolds. Ask any Marine what a Marine is, and the response will likely ring with Semper Paratus, esprit de corps, the Eagle Globe Anchor all the way. As the Corps continues to excel in the '80s, a Marine could very well be asked, "What is Battle Color?" The answer, quite simply, is "me."

COFFEE COFFEE COFFEE COFFEE

**Often, the first step to solving a problem
is recognizing the problem exists.**

by Sgt. C.D. Chambers

Recognizing existence often leads one to believe something is new. Such is the case with a disease that has not yet been recognized, but has plagued us since its conception.

I call it "coffeeholism." That's right, it's like alcoholism, except that coffee is the addicting substance.

I'm writing this story, because I've come to realize that I'm a coffeeholic. I'm willing to admit my addiction, but I can't seem to kick the habit.

Coffee wakes me up in the morning, keeps me going all day, all evening, and most of the time, all night. I call this the dreaded "coffee cycle." It seems I can't get through the day without coffee, especially if I drink it the day before.

By 8 a.m. Monday morning I slam down two or three cups of coffee. Usually three, because it is Monday. By 9 a.m., I'm ready to go. I start ripping through my work like there's no tomorrow.

Tuesday rolls around; I grab a few cups of coffee, usually four or five, because it's Tuesday and I did have little trouble sleeping Monday night. I have a couple more shots in the afternoon. Just to keep the fire burning.

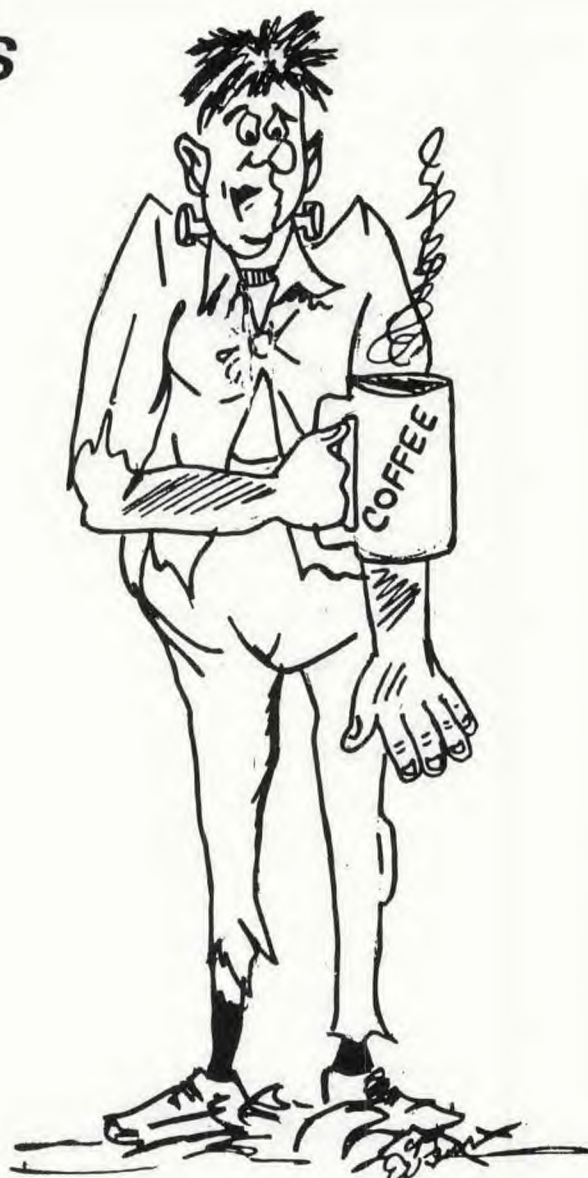
Again, I stare at the ceiling half the night.

I don't think I have to mention what happens Wednesday and Thursday, only that the coffee dosage increases. By Friday, I can't even talk until five cups of coffee have reached my blood stream. I'm almost to the point where I need an intravenous coffee connection.

I guess I'm not a hardcore coffeeholic. I usually don't drink coffee on the weekend, mainly because I like to get all the sleep I can. I'm at the middle stage of coffeeholism.

The hardcore coffee addict is easy to spot. They usually carry a thermos to work and drink their coffee pitch black, and they like to see an inch or so of coffee grounds in the

THE PROBLEM GROWS



bottom of the cup when they finish. They're on the verge of going over the hill into coffee oblivion, or coffee three.

The cream and sugar coffee drinker hides his addiction with condiments, but he's almost on the verge of being a black coffee drinker. I place myself in this category.

Sometimes I forget to add cream and sugar in my coffee. That really worries me. That means I'm almost ...I don't want to say it...an addict!

Then there are the ones who just nibble at the coffee mess. They have a cup here and there, telling everyone they really don't like the stuff. These are the ones who have great potential to become coffeeholics.

There are only two ways to treat coffeeholism. One is to stop drinking it completely--this being the most severe

treatment. One must be prepared for shakes, irritability and extreme tiredness--and maybe seek professional help.

The alternative most recommended by reformed coffeeholics is to drink more coffee and don't worry about it. This is the method I chose.

...and

8th and "Eye"

was born

by Sgt. C. D. Chambers

Two fine horses, carrying riders of great importance, cantered toward the southeast section of the Capitol city. The harshness of winter had passed. An overcast sky and warm breeze reminded them of the closeness of spring. The riders appeared to be good friends -- every now and then a chuckle, a laugh, but beneath the jovial exchanges their concern was obvious. The concern focused on a site for construction. Both men agreed that the land should be near the Navy Yard and within marching distance of the Capitol. After riding much of the day, they found what was wanted; it was a tract on the surveyor's map identified as "Square Number 927."

This could've been the scene 184 years ago when President Thomas Jefferson

and Lieutenant Colonel William Ward Burrows, the 2nd Commandant, rode through the southeast section of Washington, March 31, 1801, and selected the site for a Marine Barracks.

As the story goes, on March 6, 1801, two days after Jefferson succeeded John Addams in the Presidency, Secretary of the Navy, Benjamin Stoddert, wrote Burrows informing him that \$20,000 had been appropriated for the erection of a Marine Barracks.

Stoddert wrote, "The earlier the barracks erection is commenced, the sooner will the public be relieved from the expense of house rent." The secretary indicated he had no preference for a location, so the site for the barracks was left to Burrows.

The Commandant, however, was not left to roam Washington alone. President Jefferson, Burrows personal friend, was deeply interested in the welfare of the Corps, and accompanied him.

In June of 1801, the President authorized the purchase of Square Number

927 for the building of a "permanent military garrison at the seat of the government..."

The cost of the square had been estimated at about \$4,000, but evidently due to the importance of the purchase the price climbed to \$6,247.18. The tract measured 250 feet east to west, and 615 feet north to south. Its dimensions have never changed. The final price for the city block





by Col. Charles H. Waterhouse
U.S. Marine Corps Museums Art Collection

put its cost at about four cents per square foot. Today, that city block is valued at \$9 million. But to the Corps it's priceless.

Commandant Burrows accepted the suggestion of the Secretary of the Navy that Marine mechanics and craftsmen be used in the erection of the barracks, and Military Occupational Specialties of the day were hastily

tallied on a Table of Organization which would give the project an additional construction crew headed by civilian and military bosses.

After five years of appropriations, totalling a little more than \$11,000, Marine Barracks was completed.

It was only fitting and proper that since President Jefferson issued the order to have the barracks con-

“A follow-up inspection by any Chief Executive to confirm compliance with President Jefferson’s orders appears to have been delayed.”

structed, an officer of equal position return to see the order had been carried out. But years passed, and in them the barracks was ravished by the British. Damaged buildings had to be rebuilt and a number of modifications were made to the barracks as well as the Home of the Commandants. Then a century and a half later, it finally happened.

On June 18, 1962, Gen. David Shoup, the 22nd Commandant, wrote to President John F. Kennedy, inviting him to attend a parade on Thursday, July 12. In this letter the general remarked, "A follow-up inspection by any Chief Executive to affirm compliance with President Jefferson's orders appears to have been somewhat delayed. This slippage has reached a rather lengthy period of 161 years."

The President accepted Gen. Shoup's invitation and every President since Kennedy has likewise visited the "Oldest Post of the Corps."

State of the Corps

From low intensity conflict, including countering state-sponsored terrorism, to high intensity, large scale, global commitments, the Marine Corps is "well trained, equipped, and supplied for the most demanding assignments."

With this evaluation, General Paul X. Kelley opened his annual posture statement, a formal assessment of the "state of the Corps," before the Senate Armed Services Committee, Feb. 6.

In a rare departure from the more conventional topics usually addressed in the posture statement, the Commandant discussed the Marine Corps response to the growing threat posed by state-sponsored terrorism. The Marine Corps, he stated, is committed to defeating terrorism, rather than coping with it or 'weathering it out' as a passing storm. He concluded, "We intend to prove to enemies that terrorism is too costly a tactic to adopt against Marines."

Gen. Kelley requested an end strength of 199,500 Marines for FY86 -- a modest increase of 1,200 over the FY85 figure. The increase will be used primarily to fill personnel slots in various weapons and equipment modernization programs.

The balance of the statement was devoted to the Marine Corps role in the national defense, coupled with the major "hardware-related" programs essential to the readiness and capability of the active forces and the reserve component; and the "people-related" programs and issues affecting Marines and their families.



Gen. Paul X. Kelley
Commandant U.S. Marine Corps

“ We intend to prove to enemies that terrorism is too costly a tactic to adopt against Marines. ”

Major Programs

Sealift/Power Projection Of particular interest to the Marine Corps, Gen. Kelley stated, is the balanced ship building program launched by the Navy to meet the Defense objective of "sufficient ships to simultaneously lift the assault echelons of a MAF and a MAB." He referred to the LHD-1 (WASP) Class, multipurpose, amphibious assault ship as the "linchpin" of the program.

Already adding to America's amphibious

capability are the lead ships of the LSD-41 Class now entering the fleet. In addition, a service life extension program will add 15 years of service life to the very capable LPD-4 Class of 11 ships.

The above programs, together with the delivery of the Landing Craft Air Cushion (LCAC), enhance the "over-the-horizon" launch of amphibious forces. The first LCAC has already been delivered to the Navy. Initial operating capability of the first six-craft detachment, to be homeported at MCB Camp Pendleton, Calif., is scheduled for 1986.

The Commandant also expressed strong support for a "competitive, healthy merchant marine fleet" and the sealift and power projection capabilities provided by an expanded merchant marine fleet.

Enhanced Crisis Response The Maritime Pre-positioning Ships (MPS) concept, "the most important and innovative of our crisis-response enhancements, is now a reality," the Commandant stated. Under the MPS program, Marines would be airlifted to a crisis area to marry-up with their equipment and supplies to carry out a variety of missions.

"I am a firm believer that an ounce of prevention is worth a pound of cure," Gen. Kelley said, "and that when you have the ability to quickly move a 16,500-man Marine brigade to a crisis area, you have a ready-made prescription to prevent that crisis from escalating.

"MPS," he continued, "is just such a prescription. It provides a force of combined arms with 30 days of essential supplies, available on call." The first of three MPS brigades is now operational, and a second and third will become operational in FY85 and FY86, respectively. The Marine Corps will begin

"I am a firm believer that an ounce of prevention is worth a pound of cure. And that when you have the ability to quickly move a 16,500 man Marine brigade to a crises area, you have a ready-made prescription to prevent that crisis from escalating."

exercising its MPS forces for the first time this year.

The Norway pre-positioning program is another Marine Corps initiative showing excellent progress, the Commandant reported. The program is well underway with solid host-country support, and consists of the pre-positioning of selected equipment and its supplies in Norway together with the formation of a MAB-sized, totally integrated air-ground team under a single commander -- all, without posting a single U.S. Marine on Norwegian soil.

Tactical Mobility The Commandant also cited improvements in surface lift capability provided by the LCAC, a service life extension program for the LVTP-7 amphibious assault vehicle, and the development of a follow-on vehicle to replace the LVT-7 family in the late 1990s.

Another major initiative is the development of the new tilt-rotor MV-22A "Osprey" aircraft, formerly known as the JVX. It will enter the Marine aviation inventory in the 1990s. With its 250-knot speed, greatly improved range, and ability

STATE OF THE CORPS

to lift ground combat troops, small tactical vehicles, and anti-tank units, the Osprey gives a decided boost to surface lift and the assault capabilities of the Marine air-ground team.

Complementing the Osprey is the CH-53E, the most powerful helicopter in the free world. With its 16-ton lift capacity, the CH-53E is capable of lifting the M-198 155mm howitzer, the Light Armored Vehicle (LAV), and other equipment essential to a MAGTF.

A new family of ground transport vehicles is also entering Marine Corps service: the M-939 series 5-ton tactical truck. In addition, fielding of the 5/4-ton High Mobility Multipurpose Wheeled Vehicle (HMMWV) will begin this year. The HMMWV is an "urgent" replacement, the Commandant stated, for the current, over-age 1/4 to 5/4-ton trucks and the 1/4-ton trailer.

Of continuing importance to the Marine Corps is the reorganization of Marine infantry battalions into more firepower-intensive units, a program begun in 1983. By May of this year, all infantry battalions will have received the improved M-16A2 rifle, the new squad automatic weapon, an improved M-60 machine gun, the MK-19 40mm machine gun, the M-2 .50 caliber machine gun, the shoulder-launched multipurpose assault weapon, and a new 60mm company mortar.

Also continuing is the modernization of Marine Corps artillery. All towed artillery battalions will be equipped with 155mm howitzers this year. The new M-198 howitzers have been included in the pre-positioning programs. In addition, procurement of M-198s is planned for the Marine Corps Reserve over the next two years.

Marine Aviation Introduction of the AV-8B continues and the first AV-8B squadrons become operational this year. The timely introduction of the TAV-8D trainer is, the Commandant stated, "critical to the safe, efficient and effective conversion of our remaining light attack force."



Official USMC Photo

A CH-53E, the most powerful helicopter in the free world drops a load off during a recent operation.

Another source of optimism is the A-6E upgrade to the A-6F. This upgrade, upon completion, will enhance the "Intruder's" deep strike and all weather capabilities.

The F/A-18 continues to be well rated. Marine aircrews report that it is a responsive, agile fighter and a highly accurate attack platform. With an ultimate goal of 12 F/A-18 squadrons, the Marine Corps will convert its fourth and fifth squadrons at MCAS Beaufort, S.C., this year. At the same time, two Marine F/A-18 squadrons will deploy this year aboard aircraft carriers.

During FY86, the Marine Corps will accept the first installment of its two-year buy of 44 AH-1T+ attack helicopters. The incorporation of the T-700 engine in the AH-1T+ gives this helicopter the ability to operate anywhere in the world.

Overall, the Marine aviation community closed the year on an outstanding note: more hours flown than in any year since the Vietnam War, and the best safety record ever achieved.

Naval Surface Fire Support As he has in the past, Gen. Kelley expressed strong support for the reactivation of all four IOWA Class battleships as a major measure in improving naval surface fire support, a critical element in the naval power projection equation.

Command and Control "Our philosophy," the Commandant noted, "is to use computers to relieve Marines of repetitive routine tasks; to perform certain tasks and calculations more quickly and accurately; and to organize, file, and present information to support decision-making."

To provide automated data processing support for deployed MAB or MAF units, a new system, the Deployable Force Automated Services Center, will be fielded in each MAF in the active forces and to the 4th Division/Wing team of the Marine Corps Reserve.

Intelligence In addition to existing systems, other systems under development are specifically tailored to respond to the needs of deployed MAGTF commanders.

The Intelligence Analysis Center, the "heart" of the Marine Air-Ground Intelligence System (MAGIS), became operational this year.

Combat Service Support To support and maintain amphibious operations at all MAGTF levels, the Marine Corps is continuing with a major upgrade of the entire combat service support field.

He indicated increased emphasis on Integrated Logistics Support System designs to produce better weapons and equipment and the use of proven systems in

"I continue to be awed, by the character, quality and commitment of the men and women performing the difficult missions assigned to Marines."

the acquisition cycle. The Marine Corps Standard Supply System is also being designed to provide a single supply system and will replace four existing systems in the Fleet Marine Force and the supporting establishment.

An area of immediate concern, the Commandant stated, is the lack of hospital ships to provide on-site medical support to deployed units. To correct this deficiency, the Navy, under the Hospital Ship Program, is converting two San Clemente Class tankers into hospital ships with 1,000 beds each. In addition, the Rapidly Deployable Medical Facility, currently afloat in the Indian Ocean and the first such facility acquired by the Navy in recent years, is providing in-theater treatment.

Manpower

"I continue to be awed," Gen. Kelley stated, "by the character, quality, and commitment of the men and women performing the difficult missions assigned to Marines. While all the matters discussed thus far have a high priority, nothing has a higher priority than continuing to enlist and retain quality young people who are among the finest in America."

In addition to surpassing all previous goals, total force accessions included 95 percent high school graduates (three percent above last year) with better than 96 percent in the top three AFQT categories.

He referred to families as the Marines' "silent partners." He asked for a fair, reliable compensation system -- pay, benefits, reimbursements, incentives, and retirement -- to help Marines and their families meet the hardships imposed by military service.

Women Marines will continue to serve throughout the Fleet Marine Force and

STATE OF THE CORPS



photo by SSgt. Eric Stradford

These two Marines were among many Marines who performed a difficult mission in Beirut Lebanon.

supporting establishment. During the past decade, while end strength remained relatively stable, the number of women on active duty has nearly tripled to 643 officers and 8,550 enlisted. Among the findings of the recently completed review of policies related to enlisted women Marines are: 1) Enlisted women should continue to serve in 35 of 39 occupational fields; and, 2) the enlisted woman population should increase from the present 8,550 to about 10,500. A similar review is underway concerning women Marine officers.

The Commandant reported considerable progress in the substance abuse program. Drug abuse has dropped by one-half and per capita consumption of alcohol is down by one-third from the 1980 level.

Marine Corps Reserve Selected Marine Corps Reservists (SMCRs), once viewed primarily as a source of pre-trained individuals, now train as highly effective combat units.

This year, the Marine Corps will activate its first SMCR unit in Anchorage, Alaska, taking advantage of the opportunity to train and conduct operations in an Arctic environment. Other recent actions include: activation of an LAV battalion, a target acquisition battery, and the remainder of the 4th Medical and Dental Battalions; and the reorganization of infantry and direct-support artillery battalions.

Reserve aviation is also moving into a new era. A third fighter squadron has been activated and a second KC-130 squadron is planned. Boosting the assets and capabilities of the 4th Wing are front-line aircraft released from the active force. Plans are underway to upgrade all reserve fighter and some attack squadrons to the F/A-18.

While manpower and equipment are important elements of the readiness equation, it is training that "cements the relationship and transforms the individual Marine and his unit into combat power," the Commandant stressed.

In August, the first brigade-sized Reserve landing since the Korean War was conducted.

Conclusion

Addressing his final remarks directly to Congress, the Commandant concluded:

"Marines...have the unique capability, unmatched anywhere in the world today, to make a forcible entry from the sea with a fully integrated, mission tailored, combined-arms, self-sustaining air-ground team.

"Together," he continued, "we prepare for the call that may or may not come -- the call to 'Land the landing force.' As Marines, we do not determine when or if that call will come. I can assure you, that, with your support, we are ready and will remain ready to respond to that call. At the same time, we continue to share the hope that the call will not be sounded.... For 209 years, Marines have served this nation well and faithfully. I assure you, that tradition will continue."

WM advances to BGen; first selected by general officers

HQMC - For the first time in Marine Corps history, a board of general officers has selected a woman to be advanced to brigadier general. Col. Gail M. Reals was selected from a group of 312 colonels.

Commenting on her selection, Col. Reals said, "I see my promotion as a strong sign that the Marine Corps is serious in its pronouncement that there is opportunity for a full and complete career for women in the Marine Corps, it's not words, it's fact. It's

good for all Marines to know that the Marine Corps believes in equal opportunity and individual merit."

Although President Carter appointed BGen. Margaret A. Brewer as the Corps' first woman general officer in 1978, Col. Reals selection by a board of nine Marine Corps general officers sets a precedent.

Col. Reals, 49, of Syracuse, N.Y., is currently serving as Chief of Staff, Marine Corps Development and Education Command, Quantico, Va.

Family Service Center sponsors films

The Navy Family Service Center will be sponsoring a special film series entitled "Focus on the Family" by Dr. James Dobson. The film series will be shown at the Navy Chapel in the Bellevue Housing area. Light refreshment and free baby sitting will be provided for each film showing:

March 5-7, 9:30 p.m.
"The Strong-Willed Child"
"Shaping the will Without Breaking the Spirit"
March 12-7, 9:30 p.m.
"Preparing for Adolescence"
"The Origin of Self-Doubt"
"Peer Pressure and Sexuality"
March 19 7 - 9:30 p.m.
"What Wives Wish Their Husbands Knew About Women"
"The Lonely House Wife"
"Money, Sex, and Children"

IRS examines VHA, BAQ

The Internal Revenue Service announced that it has not concluded its study of whether members of the uniformed services are entitled, under current tax law, to make deductions on their income tax returns for home mortgage interest and property taxes paid with that portion of their income which is tax free housing allowances from the federal government.

The IRS said however, that any determination on the issue would not be applied to home mortgage interest and property taxes paid before Jan. 1, 1987. The IRS had previously announced that no adverse decision would be applied to home mortgage and interest and property taxes paid by members of the uniformed services before Jan. 1, 1985.

Eligible members are, by law, entitled to receive tax-free housing and subsistence allowances if they do not reside on a Federal Base.

Sports



**MCI guard Steven Brown passes off
under tough defense by Company A
guard Thomas Stewart.**

photo by Sgt. C.D. Chambers

Let's Get Physical

by SSgt. Kent Ashcraft

Q: My doctor has advised me to lower my blood cholesterol. In trying to plan my diet, I noticed that liver is high in cholesterol, but my wife insists that it is good for me anyway. Is she right?

A: In my opinion, yes. High blood cholesterol is the result of many factors, including poor exercise habits, smoking, and heredity, but the most important single factor is probably saturated fat intake. Liver especially chicken liver, is quite low in fat, as meats go.

It is a common misconception, even among doctors, that the cholesterol in your bloodstream comes directly from the cholesterol in your diet. The truth is that because cholesterol is essential for so many of its functions, the body must manufacture most of it. Furthermore, the less you eat, the more cholesterol you make.

Company A crowned champions

by Sgt. C.D. Chambers

Company A held off repeated comeback attempts with superb defense and a deliberate offense to edge MCI Company in overtime 38-35, and capture the Barracks Basketball crown Feb. 14

It was the second straight title won by Company A. During the regular season the two teams split victories. Company A's only other loss came from Company B.

Balanced team scoring and clutch rebounding by forward John Harr was the clincher for the team.

"Consistent scoring is how it went for us all season," said Tony Bridges, player coach for Co. A.

"Last year we consisted of a lot of varsity players and we had people scoring in the 20's all the time."

However, it wasn't that easy for Company A. With 14 seconds remaining in the game and a 30-28 Company A lead, MCI forward Elliot Martin sent the game into overtime with a short jumper at the buzzer.

In the overtime period, MCI jumped out to an early lead, but determined defense by Company A brought them right back. Company A guard Robert Galetta, hit two clutch free throws to put Co. A up 38-35 with only 12 seconds remaining. That would prove to be the

final straw as MCI fell in defeat and Company A triumphed in victory.

1stSgt. Tim Phillips had doubts about his team's ability to win. "But we seemed to pull through as we did all season," he said.

In the battle for third and fourth place, Headquarters and Service Company came from a 10-point deficit at half time to edge Company B 57-54 taking third.

H&S Company guard Kevin Miller hit for 20 points to lead his team and all scorers.

But most high-cholesterol foods are also high in saturated fat, right? Yes, most, but not all. Liver, as your wife has noted, is an exception, as are shellfish (shrimp, for example, contains practically no fat of any kind). On the other hand, a tub of vegetable shortening, practically solid saturated fat, is cholesterol-free. So contrary to popular belief, the two don't always go together.

Another problem with the standard cholesterol-lowering diet is that it encourages the liberal use of polyunsaturated fats (most liquid vegetable oils). While such fats do help lower blood cholesterol, excessive amounts of them are thought responsible for the formation of certain cancers. The safest approach, fat-wise, is simply this: As little as possible.

Of course any basic food is only as

good as its preparation. Fish, for example, would be great in your diet, but please don't fry it or drown it in melted butter, tartar sauce, or hollandaise. It would be better to have a nice piece of lean roast beef. Sure, lots of people will tell you to stay away from red meat (and you should certainly not eat too much of it), but the danger in it does not come from the red part. It comes from the white part.

Getting back to liver, the reasons to recommend it are many; it is an excellent source of iron, is the only meat that contains significant amounts of vitamin C, and is chock full of all the B vitamins (including two, choline and inositol, that have been found to help lower blood cholesterol). Remember, it isn't how much cholesterol is there, but how your body deals with it. So enjoy your chicken livers. Just don't wrap them in bacon, okay?

Barracks Bulletin Board

Joins

Headquarters and Service

Sgt. S.E. Melvin
Sgt. C.D. McLeod
Pvt. D.A. West
1stLt. R. Rhames
SSgt. R.T. Kidd
1stLt. J.W. Dibenedetto
1stLt. J.S. Dunn
Sgt. W.R. Samuels
Pvt. L.A. Harper Jr.
Pfc. D.L. Crocker

A Company

Pfc. E.D. Janisson
Pfc. J.L. Munsey
Pfc. M.E. Miller
LCpl. T.R. Fall
Pfc. D.J. Jensen
Pfc. R.A. Boxwell
Pfc. E.J. Hall

B Company

Pfc. J.H. Aldrich
Pfc. C.T. Koerperich
SSgt. R.P. Hummer
Pfc. D.S. Lis
Pfc. J.A. Hales
Pfc. G.L. Henderson
LCpl. J. Pinkowski III

MCI Company

LCpl. M.R. Yarns

Marine Band

SSgt. L.A. Mitchell

D&B Company

Cpl. S.L. Samuels
LCpl. B. Thorp
GySgt. E.D. St. Armand
LCpl. P.R. Westray
Cpl. J.L. Spokes
LCpl. R.D. Ruddle

Awards

Navy Achievement Medal

SSgt. M.R. Lee (MCI)

Certificate of Commendation

Cpl. R.L. Stiehm (MCI)

Meritorious Mast

A Company

Cpl. W.S. Stewart Jr.
Pfc. P.R. Paolucci
LCpl. W.S.G. Snee

B Company

LCpl. J.J. Pec
LCpl. J.P. Jessen
LCpl. J.P. Ernest

MCI Company

Sgt. D.I. Fearn
Sgt. E.E. Stevens
LCpl. S. Thomas

LCpl. J.R. Schultz
LCpl. E. Talavera
Cpl. J.E. Walker
LCpl. D.B. Wells
LCpl. S. Hayes
Cpl. A.C. Lewis
Sgt. C.D. Newby
LCpl. J.J. Spencer

D&B Company

Sgt. C.M. Buchanan
Sgt. B.A. Harrison

Promotions

Headquarters and Service

Cpl. S.T. Haywood
Cpl. T.E. Nash Jr.
LCpl. W.J. Brink
LCpl. D.M. Gawlas
LCpl. M.C. Carter
LCpl. M.T. Melton
LCpl. T.J. Winfield
LCpl. D.A. West

A Company

Cpl. J.L. Carter
LCpl. D.R. Boulerice
LCpl. D.R. Schmidt
LCpl. L. Castro

B Company

LCpl. M.J. Edelbrock
LCpl. J.S. Kinnard

MCI Company

Cpl. J.C. Hackett

D&B Company

Sgt. R.G. Jackson
LCpl. J.L. Cole

USO needs volunteers

The United Service Organization (USO) is a Congressionally Chartered private non-profit organization designed to serve the active duty and retired military and their families.

Volunteers are desperately needed in many program areas.

Volunteers are needed to give lectures and slide shows. They are needed to perform clerical, typing, reception and telephone assistance duties. Guides are also needed for the Washington area and the USO is willing to train persons interested.

If you are interest in serving as a USO volunteer, please call Glynda Hall at 783-8117, ext. 6707.

The Great Ghost Chase

10K Champion Run

5K Challenger Run

1 p.m. Sunday May 5

Linton Hall School, Gainesville Va.

Awards: Military team, each race

Non-Military, each race

Individual

First and second place men and women, each race

Surprise celebrity starter

Set in the unspoiled beauty of Linton Hall School's 2,000 acre campus, this rugged course is designed as an alternative to standard road races for the dedicated recreational runner. Following logging trails and farm roads, runners will trace the path of history through the ancestral home of Colonel J.A.E. Linton, who fought in the Revolutionary War. Near the site of the Civil War Battle of Bristow, the course follows alongside Broad Run, passing close by former Confederate encampments. Runners will ford Broad Run twice, at points that are ankle deep. The 5K and 10K constitute a figure 8. No turning out-and-back; no retracing your own steps.

Entry forms can be picked up from company X@'s

Historical Highlights

*March 3, 1776-Capt. Samuel Nicholas with a force of 200 Continental Marines landed from Commodore Ezek Hopkins' squadron at Providence Island, Bahamas, seized Forts Montague and Nassau, and captured supplies for Washington's Army.

*March 4, 1801-The Marine Band played "Jefferson's March" when it performed for the first inaugural ceremonies in Washington D.C., in honor of Thomas Jefferson's inauguration as the third President of the United States.

*March 7, 1951-The 1st and 7th Marine Regiments, supported by artillery of the 11th Marines, gained their first day's objective five and a half miles beyond their line of departure during operation RIPPER attacking towards Hongchon Korea, in the direction of the 38th Parallel.

*March 8, 1965-The Marines of the 9th Marine Expeditionary Brigade landed at Da Nang, Republic of Vietnam as the first U.S. ground combat troops to be committed to the war there. The 3,500 men arrived across the beach with Battalion Landing Team 3/9 and at Da Nang Airfield with Battalion Landing Team 1/3

*March 12, 1824-Thirty Marines under Brevet Major Richard Dewar Wainwright from Marines Barracks, Boston, faced down 283 inmates of Massachusetts State Prison in Charlestown and forced them back to their cells without firing a shot.

*March 21, 1945-General Alexander A. Vandegrift, 18th Commandant, became the first four-star general on active duty in the Marine Corps.

