

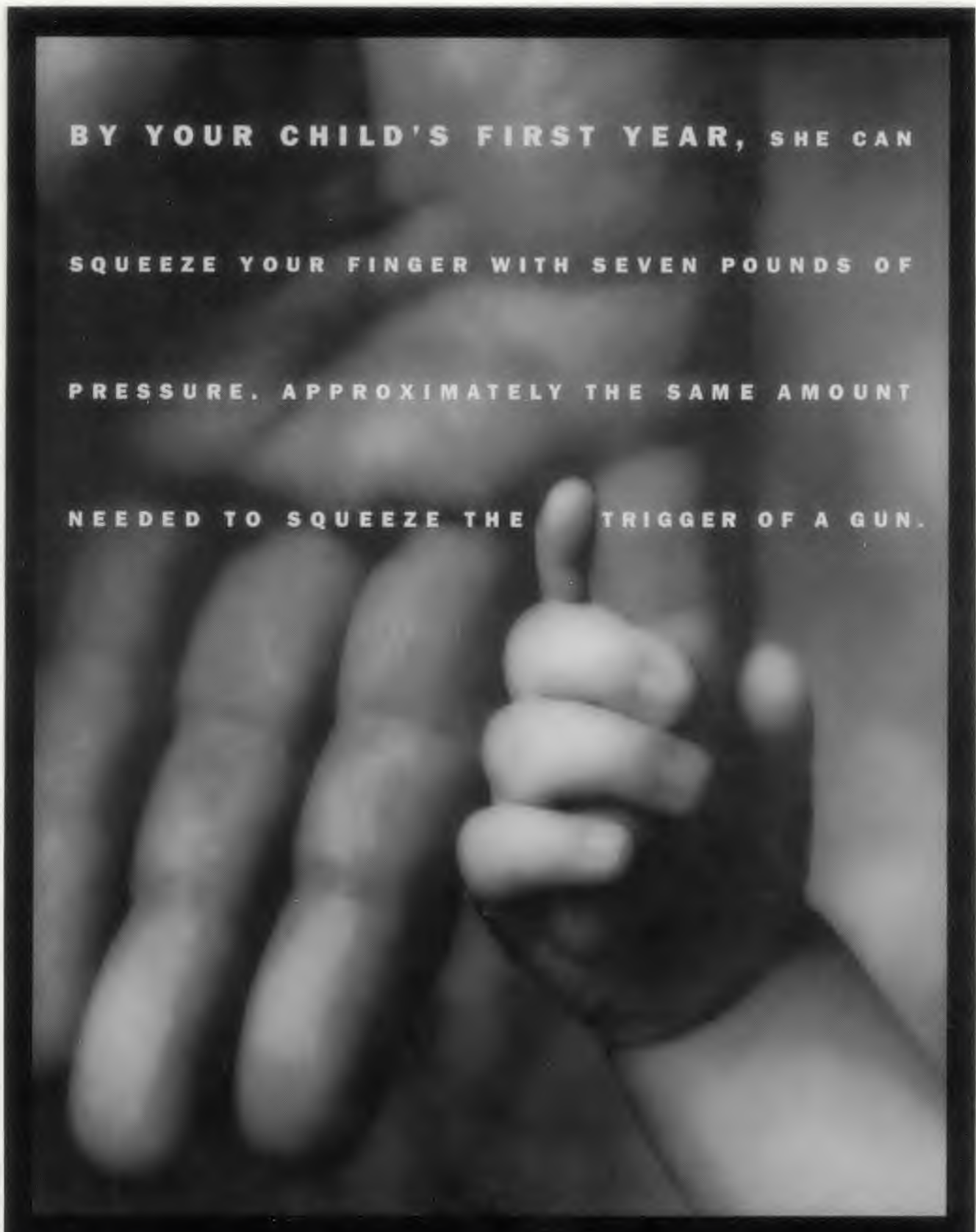
Pass in Review

Serving "The Oldest Post of the Corps"

March 1995



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"Uncommon Valor"**



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On the Cover

Thousands of veterans and their families gather for the 50th anniversary of the Battle for Iwo Jima at the Marine Corps War Memorial Feb. 19. Among those participating were President Bill Clinton, Gen. Carl E. Mundy Jr., Commandant of the Marine Corps and four Medal of Honor awardees who landed on Iwo Jima Feb. 19, 1945. (Photo by Cpl. Marcus D. McAllister)

Features...

Wintertime tips: How to fight the cold

HM2 Ian Marks discusses how to fight off the chill of winter.

Page 12

Iwo Jima remembered

Half a century after a battle known as Iwo Jima, thousands of veterans, their families and a nation remembers the sacrifices made on the small Pacific Island.



Page 14

MCI's top graduate

A Camp Pendleton sergeant is recognized as the 1994 Marine Corps Institute Graduate of the Year.

Page 18

In the news...

Pilot, Harrier lost at sea

Intensive search for a Marine and his aircraft lost during a training mission reveals no trace of the missing aviator.

Page 4

MV-22, AAV approved by SecDef

Secretary of Defense William Perry announces commitment to back the production of the Osprey and Advanced Amphibious Assault Vehicle.

Page 5

Departments...

Corpswide News	4
Tell it to a Marine	5
Local News	8
On Centerwalk	22
From the C.O.	24
Newsmakers	25
Chaplain's Column	26

DoD examines roles in humanitarian aid

AFIS — The U. S. military will continue to help during humanitarian emergencies but it should focus on specific goals and guidelines, Department of Defense's humanitarian and refugee affairs chief said recently.

Patricia Irvin said DoD's involvement in emergencies must neither interfere with established humanitarian efforts nor compete against the forces' primary role of protecting the nation.

Recently speaking before the James E. Smith Midwest Conference on World Affairs in Kearney, Neb., the deputy assistant secretary briefed educators on DoD's current humanitarian missions.

"Americans have traditionally been generous, caring and compassionate people," Irvin said. "The military has been and will continue to be used more frequently in complex humanitarian emergencies."

Irvin traces the increase to the end of the Cold War.



The goals and guidelines of humanitarian missions such as "Operation Restore Hope" in Somalia may change in the future. (Photo by CWO-2 Virginia Bueno)

"The euphoria that greeted the demise of the Cold War has largely died for those in the relief community," she said. "Previously suppressed but never-resolved ideological, ethnic and religious strains have now surfaced unchecked in some countries."

Irvin added that the need for help is causing a financial dilemma in the Department of Defense.

"The international community is spending more money on emergency relief than on development. (This is) a dangerous precedent if improvement

in the human condition is to continue," she said.

It's also causing debate within DoD. In the past few years DoD spent \$140 million in Rwanda and another \$450 million aiding the Kurds in northern Iraq.

"Many view the United States military incorrectly as having unlimited capabilities and funding necessary to engage in such large-scale emergencies," she said.

Unless a way develops to pay for these missions, Irvin said, DoD faces reductions in training, force structure, modernization and quality of life issues - all affecting readiness.

Irvin said the military should deploy aid only when urgency couples with large-scale suffering.

"The American public will likely only accept the use of our military for humanitarian assistance when the situation is truly an emergency, and only for that period when urgent circumstances still exist," she said.

Armed Forces Expeditionary Medal authorized

AFIS — Military personnel who served in or directly supported Operation Uphold Democracy in Haiti will receive the Armed Force Expeditionary Medal.

Joint Chiefs of Staff Chairman, Army Gen. John M. Shalikashvili authorized the award in late December. The award's opening date is Sept. 16, 1994, no closing date is set.

Servicemembers who actually served within a roughly 300-square-mile operations area centered on Haiti are authorized the award.

Nearly 20,000 troops deployed to Port-au-Prince, Cap Haitian and other

locations in and around Haiti. Personnel not assigned to deployed units may qualify for the award if they meet at least one specific guideline.

*Serve 30 consecutive days or 60 non-consecutive days in the area of operation.

*Serve in combat or hazardous during the operation with armed opposition whatever time during the operation.

*Serve as an aircraft crew member flying regular missions into the area.

*Receive recommendation for the award from the service chief or commander of a unified command.

Tell it to a Marine...

"Our advance in the Pacific has been steady and unswerving. We take deserved pride in our role as the spearhead of a great amphibious drive against a formidable enemy. You, with the help of the other services, have come as liberators to thousands of men, women and children who have been under Japanese rule for nearly three years."

— *18th Commandant of the Marine Corps, Gen. Alexander Vandegrift 50 years ago during the Corps' heaviest involvement in combat during World War II.*

Marine aviator, AV-8B Harrier lost at sea

4,200 square nautical miles covered during intensive search

MCNEWS — Despite an intensive search, the pilot of an AV-8B Harrier II is presumed lost at sea after rescue efforts were suspended following an extensive search of more than 4,200 square nautical miles in the Indian Ocean.

Rescue efforts for Capt. Raymond N. McKay, 30, of Pensacola, Fla., were suspended at 7 p.m. local, Jan. 31, 24 hours after last contact.

The thorough search involved a P-3 Orion aircraft, more than 30 heli-

copter sorties, small boats, and three U.S. Navy ships. Contact with McKay was lost shortly after launch from the aircraft carrier, USS Essex during a routine night training flight. Search procedures were initiated immediately, but no sign of the aircraft or pilot was discovered.

The aircraft is part of Marine Medium Helicopter Squadron 161 (Reinforced), 13th Marine Expeditionary Unit (Special Operations Capable). The 13th MEU(SOC) is on a six-month

deployment operating in the Indian Ocean.

The 13th MEU(SOC) is embarked in the Essex Amphibious Ready Group (ARG). The AV-8B Harrier II is a single seat all-weather vertical/short take off and landing aircraft. Harriers were introduced into the Marine Corps in January 1985.

An investigation will be conducted to attempt to determine the cause of the crash.

MV-22, AAV approved by SecDef

MCNEWS — The Marine Corps cleared a major hurdle in its leap into the 21st century after Secretary of Defense, William J. Perry announced a commitment to the production of the MV-22 Osprey, while extending the development of the Advance Amphibious Assault Vehicle by two years.

The decisions on the MV-22 and AAV come in response to an August memorandum from Deputy Secretary of Defense John M. Deutsch, which ordered the services to examine nine modernization programs for either development alternatives or cancellation.

The V-22 was determined to be the most operationally effective and cost efficient aircraft to replace the CH-46 Sea Knight helicopter and to fill the Marine Corps and special operations medium lift requirement.

With the green light from Perry, the V-22 program will now continue to move forward eventually fielding the Osprey by 1999, said V-22 program officials.

World War II exhibit unveiled

Pentagon's Hall of Heroes houses artifacts

MCNEWS — In commemoration of those who died during World War II, the Quantico Museum has donated numerous artifacts for "The Final Campaigns — Spring and Summer 1945" exhibit which was officially unveiled Jan. 20 in the Hall of Heroes at the Pentagon.

The exhibit, constructed under the skillful hands of three men, has required over 1,900 man-hours just for designing, building and finishing.

The exhibit tells a story depicting the joint-service involvement during the latter months of World War II. The exhibit begins by walking the viewer through the Iwo Jima campaign, which was one of the most fierce fights the Marine Corps has ever known.

The second segment carries the viewer halfway around the world to the fall of Nazi Germany. It also highlights the women workers on the U.S. homefront and the inauguration of President Harry Truman.

The final segment tells the tale of the Okinawa campaign and the Japanese involvement with the Second World War, when the U.S. first encountered the dreaded kamikaze attacks.

"It's a means to honor not only the servicemembers, but also all of the American citizens on the homefront who supported them," said Col. Bill Davis, deputy director of the Marine Corps History and Museums. Davis added the exhibits fills a vital gap. "It becomes a link between the generations of Marines."

February Correction

In last month's Pass In Review we identified HM3 Donnie P. Pennington as a corporal. We

would like to again welcome aboard the "Oldest Post's" newest Navy corpsman, "Doc" Pennington.

1995 Tax Update

IRS suggests a few easy steps to error-free tax returns

AFIS — Take a little extra time to check your federal tax return before you file it, Internal Revenue Service officials said. These few extra minutes may help you find mistakes that could cost you money and time.

Mistakes could cost you more money in fines and penalties if you owe IRS money, or they could slow your check if you have a refund coming. IRS officials said your chances of filing an error-free federal tax return improve if you follow some simple guidelines. These include:

- *Make sure the name and Social Security number for each of your dependents age one and older appears on the tax return.

- *Double-check your math

- *Double-check you entered correct figures on each line and properly marked each box.

- *Make sure you claim the correct standard deductions.

- *Double-check you used the right tax from the tax tables.

- *Make sure you sign and date the tax return.

- *If you file a joint return, make sure both you and your spouse sign and date it.

- *If you are claiming any credits, such as for earned income or child care, make sure to have filled out the required forms for those credits.

- *Spell out "Internal Revenue Service" on the check or money order, if you owe any taxes.

- *Make sure you keep a copy of each form and attachment you mail to IRS.

- *Double-check you attached all Form W-2s, schedules and forms, and check, if required, in the proper order

to the tax return.

Make sure you have put enough postage on the tax return, IRS officials cautioned. Attachments and supporting forms can require additional postage. IRS will return a postage-due envelope to you. Your tax form will be considered late if postmarked after the April 17 deadline, even if you originally mailed it before the deadline.

If you have specific tax questions, check with SSgt. Darryl Self, legal chief or LCpl. Sergio Bostic, legal clerk at 433-3180 or call the Internal Revenue Service toll-free at 1-800-829-1040.

Free IRS publications and forms are available by calling 1-800-829-3676 or write to:

IRS

Forms Distribution Center

P. O. Box 25866

Richmond, Va., 23289

Medal of Honor recipient honored in Atlanta

MCNEWS — General Raymond G. Davis, USMC (Ret.) whose last active duty assignment was as Assistant Commandant of the Marine Corps, was honored Jan. 13 by Commandant of the Marine Corps Gen. Carl E. Mundy Jr., who presented him with the Joe T. LaBoon Leadership Award.

The LaBoon Award is sponsored by The Marine Corps Coordinating Council of Greater Atlanta, and is presented to individuals who demonstrate an exemplary level of civic leadership and contributions to the nation. Guests also recognized Gen. Davis' 80th birthday. He was born Jan. 13, 1915, in Fitzgerald, Ga.

The event was attended by 250 Marines and civic leaders, including Congressmen Bob Barr (R-7th District) and John Linder (R-4th District), and Georgia Commissioner of Labor David Poythress. Also attending was Dr. Dong Kim, President of the Korean-American Cultural Foundation and about 20 other influential Korean-Americans in the Atlanta region. This group presented Gen. Davis with a photo album depicting the efforts to build a National Korean War Veterans' Memorial, which will be dedicated this July in Washington, D. C. Dr. Dong Kim emphasized Gen. Davis' important contributions to that effort.

"He is part of a living history of

the Marine Corps," Gen. Mundy told the audience, speaking of Gen. Davis. "He is a part of our legacy...the epitome of what Marines are all about, what every Marine hopes he or she can be."

"General Barrow presented the highest complement any Marine could give another," said Gen. Mundy. "He told me that in his opinion, General Davis is probably the finest combat leader the Corps has ever known. I agree."

Davis earned the nation's highest award for valor, the Medal of Honor, Korea during the 1st Marine Division's historic fight to break out of the Chosin Reservoir.

Sergeant Major Overstreet tours Japan bases

Emphasizes suicide awareness and stopping hazing

MCNEWS — The Sergeant Major of the Marine Corps Harold G. Overstreet, made a whirlwind visit of Marine bases in Japan to increase awareness about suicide and hazing problems in the Marine Corps. His itinerary took him to MCAS Iwakuni, Camp Fuji, and Marine Barracks, Naval Base Yokosuka, where he spoke to Marines about a variety of pressing topics and the future of the Marine Corps in the current economic environment. Overstreet returned to Okinawa for six days where he visited Marines from various commands on the island.

In each of his talks with Marines throughout Japan, he focused on the responsibility of all Marines, especially NCOs and staff NCOs, to take control to stop hazing incidents, once and for all.

"The Marine Corps runs the risk of losing a lot here," Overstreet said. "It's very important that we stop it. We are not taking care of our people by allowing it to continue. No longer can we say, 'if it happens, I don't want to know about it.' We've all

got to get involved." Concerning suicide, he stressed that if an individual Marine exhibits signs of possible suicide or depression, they must receive the help they need.

"The problem with suicide in the Marine Corps is that it crosses all ranks and types," Overstreet said. "We're putting a lot of effort into finding out why it is happening, but so far, there is no magic answer."

Overstreet also focused on the present state of the Marine Corps, and its future.

"It's always good to bring good news," Overstreet said. "It's very rewarding to take the latest word to the Marines and give them a chance to ask me questions, because I'm in the position where I can really do something if there's a problem."

According to Overstreet, the Marine Corps reached its end strength of 174,000 approximately six months ago, but for some military occupational specialties, it may take another six months before all opportunities are equalized. Overstreet cautioned, that it is still vitally important to retain a clean record,

both for promotion and re-enlistment.

"How many of you go to the store and buy bruised fruit?" Overstreet asked the Marines he spoke to.

"Well, the Marine Corps doesn't need to buy bruised fruit, and we don't. The drawdown is over, but it has been good for the Marine Corps overall, because now we truly have leadership by example." He emphasized that simply having a "bruise" on your record isn't an immediate bar towards promotion or re-enlistment.

"Sometimes, we take chances on Marines," Overstreet said. "It's our duty to do so. But every Marine needs to realize that relying on that is a risky business. We have plenty to choose from, and everyone needs to realize that you can't live your life on the uncertainty."

He also informed Marines of more tangible items that are on the near horizon for the Corps, including new equipment procurements and education initiatives.

Congress adds new group to health care program

CHAMPUS NEWS — Congress has added a new group of persons eligible for the Continued Health Care Benefit Program (CHCBP).

The new eligibles are unmarried persons who have been placed in the legal custody of a military sponsor as a result of a court order or by an adoption agency recognized by the Secretary of Defense.

They must be under 21 (or 23 if in school full-time) or be incapable of self-

support because of a mental or physical incapacity, which occurred while they were considered a dependent of a sponsor.

They must be dependent on the sponsor for more than half of their support and must not qualify as a dependent under any other program. These persons will be eligible for CHCBP benefits for 36 months.

CHCBP is not a CHAMPUS pro-

gram but provides health care benefits like those of CHAMPUS to eligible persons who enroll within 60 days after losing their eligibility for military health care benefits (including CHAMPUS).

For more information on the Continued Health Care Benefit Program, write CHCBP Administrator, IM&I, Inc., P. O. Box 1608, Rockville, Md. 20849-6119 or call 1-800-809-6119.

The Marine Corps Institute celebrates 75 years of training and education

General John A. Lejeune's 'Quantico Experiment' proves to be a success

Seventy-five years of "Training Marines the World Over," and eight million students later, the Marine Corps Institute marked these major milestones with a special ceremony and an open house held at the Washington Navy Yard and later, with a reception here Feb. 2.

The ceremony, held at the Washington Navy Yard's Lejeune Hall, kicked off with a concert by the "President's Own," U.S. Marine Band Brass Quintet. Guests were then shown a 13-minute video, produced by the Quantico's Training and Audiovisual



Support Center, which highlighted the Institute's history, current operations, and future plans. As an epilogue to the video, Commandant of the Marine Corps General Carl E. Mundy, Jr., saluted the Institute on its diamond jubilee, and encouraged them to continue to fulfill the vision of Gen. John A. Lejeune. Gen. Lejeune, the Corps' 13th Commandant, founded the Institute on

Feb. 2, 1920.

"His (Lejeune's) vision was that every Marine who enters the Marine Corps has the opportunity to obtain a quality education. I applaud each and everyone of you for providing our Marines just that," Gen. Mundy said.

The guest of honor for the ceremony, Brigadier General Emil R. Bedard, President, Marine Corps University and Commanding General, Marine Corps Schools, MCCDC, Quantico, Va., spoke briefly of the importance of ensuring that information presented in the Marine Corps' non-resident and resident military occupational specialty and professional military education courses be mirrored as



Brigadier General Emil R. Bedard, President, Marine Corps University, MCCDC, Quantico, Va., spoke briefly of the importance of ensuring that information presented in the Marine Corps' non-resident and resident military occupational specialty and professional military education courses be mirrored as best as possible. (Photo by Cpl. Matthew H. Gray)

best as possible. During his speech, he also lauded the achievements of the Institute's Marines and civilians, and assisted Col. John B. Sollis, 55th Director, MCI, in unveiling a brass plaque commemorating the 75th anniversary of MCI.

The ceremony also included congratulatory remarks from Gary M. Keisling, President, The International Correspondence Schools, located in Scranton, Pa., which has been a major partner in MCI's development. In the early days of the Institute — then known as the Vocational Training Schools — ICS textbooks, lesson plans and study guides were used to train Marine students. ICS also graded 10 percent of all MCI exams and issued course completion certificates, later countersigned by the Major General Commandant of the Marine Corps.

During his remarks, Col. Sollis recognized two special Marine Corps Institute students who were in attendance: the 1994 Marine Corps Institute Graduate of the Year, Sergeant Terence L.



29th Commandant of the Marine Corps, Gen. A.M. Gray, was on hand for the ceremony marking the 75th Anniversary of MCI. (Photo by Cpl. Matthew H. Gray)

Adams, a multi-channel radio platoon commander with Communications Company, Headquarters Battalion, 1st Marine Division, Camp Pendleton, Calif., and MCI's 8 Millionth Enrollee, Private First Class Jeffrey H. Coy, an audiovisual technician assigned to Headquarters and Service Battalion,

MCCDC, Quantico.

Near the end of the ceremony the Brass Quintet performed a special tribute to the institute, "The Marine Corps Institute March," written by Capt. Taylor Branson, who led the Band from 1927 to 1940.

After the ceremony, guests toured the Institute and sampled refreshments and anniversary cake in the Lejeune Room, which displayed early MCI courses and training materials, as well as numerous historical and present-day photographs of MCI. While guests mingled in the Lejeune Room, Gen. C.E. Mundy, Jr., took the opportunity to acknowledge the efforts of Chris Dionis, Operations Department, MCI, and presented him a certificate for his outstanding contributions to the Marine Corps Institute.

In addition to Gen. Mundy, special guests included former CMC, Gen. Al Gray; former 8th and I Commanding Officer and MCI Director, MGen. Wesley H. Rice; and Commandant, Naval District of Washington, RAdm. Edward Moore, Jr., USN.

Later that evening at a anniversary reception held in Center House, Col. Sollis presented Adams and Coy certificates of achievement and an autobiography by Gen. John. A. Lejeune, "Reminiscences of a Marine," courtesy of the Marine Corps Command and Staff Foundation. In addition, Mike P. Lambert, Executive Director, Distance Education Training Council presented Col. Sollis a special certificate in honor of the Institute's 75th anniversary and for "setting the high standard of excellence for all distance study institutions around the world." DETC has been responsible for accrediting the Institute since 1977.



Director of the Marine Corps Institute Col. John B. Sollis presented Sgt. Terence L. Adams, the 1994 MCI graduate of the year and PFC Jeffrey Coy, MCI's 8 Millionth enrollee, certificates of achievement and an autobiography by Gen. John. A. Lejeune, "Reminiscences of a Marine," courtesy of the Marine Corps Command and Staff College Foundation. (Photo By Cpl. B.K. Bradshaw)

By
CWO-2 Virginia Bueno

Slovenian educators visit MCI

Long distance education may help republic's military



GySgt. Karen Imhoff, a Distance Training Instructor, OSD, briefs the Slovenian delegation about course development during the educators week long visit to MCI in January. (Photo by Cpl. Matthew H. Gray)

Nearly a year after the Marine Corps Institute's Coordinator for Professional Military Education, David

Garnett, visited the Republic of Slovenia, to aid the country in organizing a long distance training and education program for their military, a delegation of educators from the former Russian republic visited MCI to gain a better understanding of how the Institute develops, produces and distributes their correspondence courses.

Heading the Slovenian Ministry of Defense delegation was Professor Slavko Delalut, accompanied by Col. Vasilije Maras and

Ms Sonije Nahpigel. According to Garnett, the week long stay for the educators allowed them to see first hand the doctrine he explained to them during his visit to Slovenia.

"This visit allowed interaction at a variety of levels within the Institute, they talked to all levels of Marines and civilians about the training and education methods here," Garnett said.

"They received the information to develop what they need in their military," he said. "With a certain amount of modification and refinement to suit their specific uses for this type of training I have no doubt they can increase the training and education currently used by their military."



SSgt. Steve Williams, Barracks Public Affairs, gives Slovenian Ministry of Defense delegates Col. Vasilije Maras, Professor Slavko Delalut, and Ms. Sonije Nahpigel, a tour of Marine Barracks, Washington, D.C. during the delegation's visit to MCI. Air Force LtCol. Fredrick P. Sacks, Deputy Chief Military Liaison Office to the Republic of Slovenia and Mr. David Garnett, MCI's Coordinator for Professional Military Education, accompanied the visiting educators. (Photo by Cpl. Matthew H. Gray)

MCI upgrades its phones

New automated system on line

The Marine Corps Institute recently upgraded its telephone system with a new automated phone answering system.

The new system now routes certain calls to an automated message offering the caller a choice of alternate routing procedures simply by pressing "one" via their touch tone phones.

After entering the new answering system the caller is given one of four options:

Pressing "one" allows the caller to dial someone directly using their personal extension number.

Pressing "two" routes the caller to directory assistance where by spelling the person's name on the telephone keypad you will be routed forward. If a person is not at the desk the new system also allows the caller to leave a message in an electronic mailbox. Those whose phones have not been assigned a mailbox will continue to ring until answered.

By pressing "three" the caller will be entered into the automated student

information system. This is a service that provides information on a student's status in whatever courses they may be enrolled in. This service is designed for unit training NCOs to be able to check on the status of their student's progress.

The training NCO will key in the student's Social Security Number and the course number, and the computer will tell him what transactions have taken place for that student ("enrolled on 940109," "last exam received was on 950101," etc.). If the training NCO wants to get out of the system and speak to a live person (for instance in the Student Operations Division), they will be given instructions on how to do so.

Pressing "four" will allow a caller to speak to anyone within a particular department.

Any questions concerning the Marine Corps Institute's new automated telephone answering system should be addressed to Maj. Donna A. Gerlaugh, Barracks Information Systems Management Office.

The Marine Corps Institute's automated telephone directory

Headquarters

433-2632 (A)

433-2671/-2728 (M)

Operations

433-2672/-4424/-4425 (A)

PMED

433-4109/-4110 (A)

433-2201 (M)

OSD

433-2784 (A)

433-2285/-2290 (M)

433-2368/-2370/-3259 (M)

433-3604/-3611/-6359 (M)

Production

433-6059 (A)

433-2254/-2374 (M)

Logistics

(NOT ON THIS SYSTEM
ALL NUMBERS MUST BE
DIALED MANUALLY)

SOD

1-800-624-8762 (A)

433-6664/-6665/-2197 (A)

433-6293/-6058/-2299 (A)

433-4175/-2691/-4172 (A)

433-4686/-2266/-2351 (M)

433-2356 (M)

8th & 1st Marines selected for All-Marine Basketball Team

SSgt. Vernon E. King, of the Barracks motor transport section, was recently selected as the head coach for the 1995 Women's All-Marine Basketball Team.

He traveled to Marine Corps Base Camp Lejeune, N.C., Feb. 26 to head up the training and selection phase of this year's season. After training ends and the final team selections are made the Marines will face off against their service counterparts in the Armed Forces Championship.

Another Barracks Marine, SSgt. Cassandra F. Best, of the Barracks Dining Facility was selected to attend this year's training camp.

Quantico changes telephone prefixes

MCNEWS — The Marine Corps Combat Development Command, Quantico, Va., has upgraded its telephone service by changing the commercial prefix from 640 to 784.

The new prefix affects only government leased numbers 640-2000 through 640-5999 and provides a growth capacity up to 10,000 additional phone lines. The change became effective at midnight on Feb. 24; however the 640 prefix will remain in effect until April 21. Both prefixes will be dual routed. The change does not affect Quantico's DSN prefix 278.

Keeping out the cold

What to do about wintertime illnesses

Every year residents of the Metropolitan Washington area get hit with winter colds. This year Virginia has been declared an epidemic state for influenza. What this means is that we feel miserable on top of having to deal with the weather. Some hints for making your winter go a little better.

Buy a humidifier:

This helps by keeping the air you breathe moist. Most heating systems dry out the air we breathe and make our airways dry as well. This allows the viral and bacterial illness to get into our bodies. When our airway is moist the offending agent gets caught up in the moisture and is expelled by our body. If the airway is dry, the agent can get in through minuscule cracks in our nose and throat.

Quit smoking:

Smokers get upper respiratory illnesses three times as often as non-smokers.

Get eight hours sleep each night:

Rest your body so it can react to illnesses better.

Eat healthy foods:

Fatty, processed foods take more energy to digest and do not provide enough nutrients and vitamins to help fight an illness.

Take vitamins:

Taking Vitamin C and a B

complex will give your body more ammunition to fight an illness if you are exposed.

Wash your hands:

We come in contact with people all the time. They wipe their noses, etc. and do not wash their hands before shaking yours.... Hmm, sounds kind of nasty but if you wash your hands and face you are decreasing your chances of becoming ill and making someone else sick.

Get your immunizations:

Two Marines this year have

had their flu turn to pneumonia; they had not had their flu shots.

If you do get sick, head it off early with the following hints.

Change your toothbrush:

All those germs are trapped on your toothbrush and then we stick it back into our mouths? If we changed our toothbrush early into our illness we may stop another cold.

Drink fluids:

One of the best weapons we have are fluids in the body. Winter dehydrates our bodies almost as much as summer does and a cold makes it even worse.

Get a 'cold pack' from the clinic pharmacy:

They are free, you don't have to go to sick call to get one and they are a good tool for fighting off the winter woes.

Go to sick call if you feel bad. The wait can be long but if we get treatment early we would miss less work. Some illnesses will not go away until we get some antibiotics or a very strong decongestant. Pneumonia is getting more and more common this winter.

This particular illness can cause permanent lung damage and even death.



Ensuring you always get your annual flu shot is important in combating possible wintertime illness. (Photo by Cpl. Marcus D. McAllister)

By
HM2 Ian Marks

From the Commandant of the Marine Corps

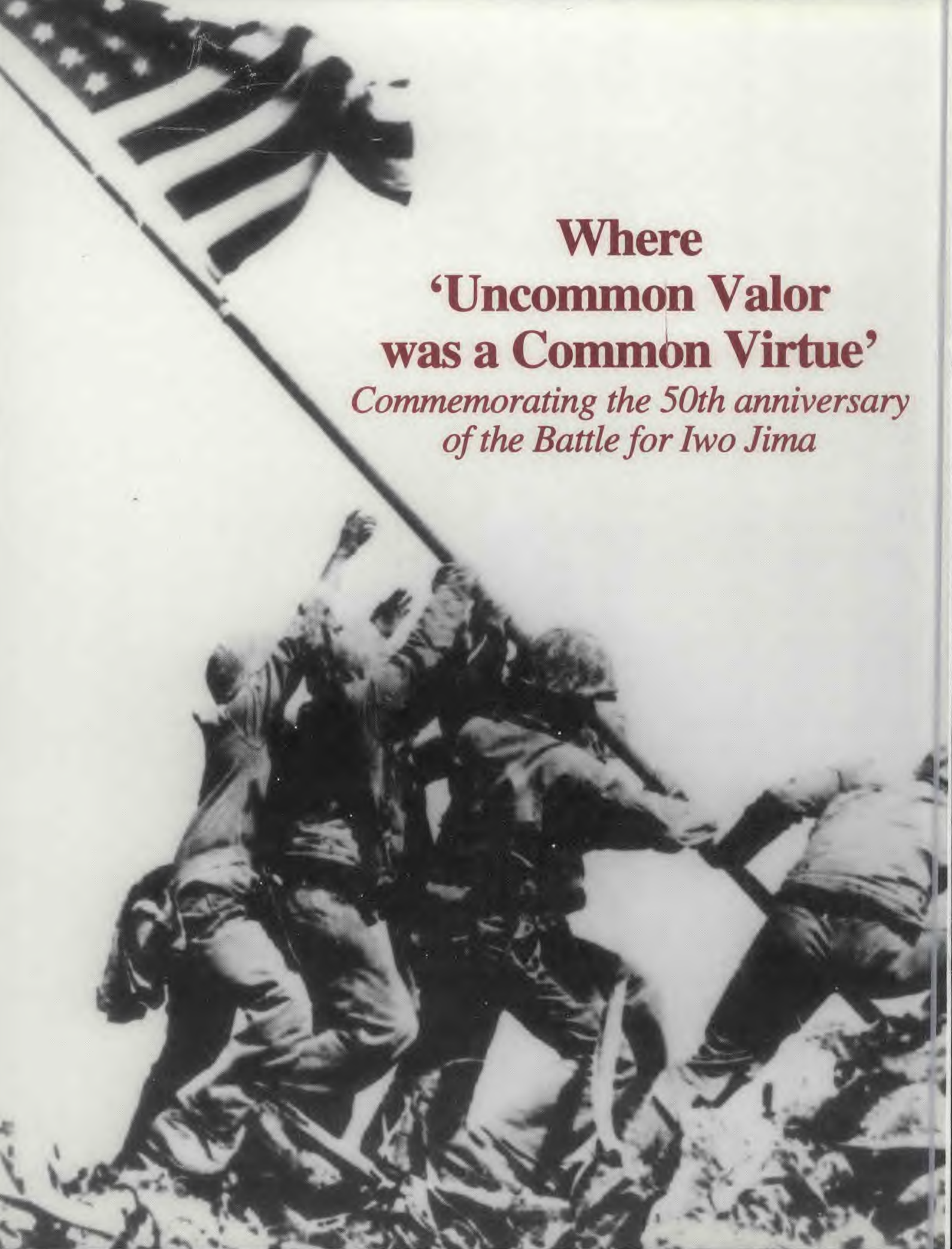
28 February 1995

Dear Colonel Sollis,

I hope you will pass on to every Marine at the Oldest Post of the Corps, what a magnificent job they did in hosting the historic 50th Anniversary Commemoration of the Battle for Iwo Jima. They looked — as 8th and I Marines always do — absolutely splendid, no matter what their assignment. More than that, however, was the classical performance turned in by many of them who helped the veterans to their chairs, and through the mud and mire on the ground. I had many, many comments from the old-timers who could not believe that they had been so well taken care of by today's Marines.

Put simply, you, and every Marine serving with you, once again put forth the magnificent performance of duty that has come to be associated with the Marines of Marine Barracks, Washington, on every occasion. You make the entire Corps—indeed, the Nation, proud, but most especially, the Commandant.

Sincerely,
C. E. MUNDY JR.
General, U.S. Marine Corps
Commandant of the Marine Corps



**Where
'Uncommon Valor
was a Common Virtue'**
*Commemorating the 50th anniversary
of the Battle for Iwo Jima*

On the morning of Feb. 19, 1945, the intense naval gunfire that had been bombarding the Japanese island stronghold of Iwo Jima lifted inward, as the first wave of amphibious tractors carried the men of the 3rd, 4th and 5th Marine Divisions ashore, — and into one of the most costly battles in Marine Corps history. More than 6,800 Americans and almost all of the 21,000 Japanese defenders became casualties during the following 36 bloody days.

The importance of this 8-square-mile island of volcanic rock and ash was its location midway



Armed with a flamethrower, a Marine charges forward during the fierce battle for Iwo Jima. (U.S. Marine Corps photo)



A Japanese position at the base of Mt. Suribachi is hit by a high explosive charge set off by the invading Marines. (U.S. Marine Corps photo)

between Japan and American bomber bases in the Marianas.

With its three airfields, Iwo Jima was ideal as both a fighter-escort station for American B-29 bombers and a safe haven for crippled bombers returning from Japan. Capturing Iwo Jima would mark the first Japanese territory to fall to the American campaign in the Pacific.

The V Amphibious Corps' assault on Iwo Jima would become known as the largest amphibious operation in naval history: More than 75,000 Marines, 1,500 aircraft, and 650 ships took part in the fierce battle. Of the 81 Medals of Honor awarded to Marines in World War II, 22 were earned at Iwo Jima, half of those were posthumous.

Five Medals of Honor were awarded to Navy men, two those were posthumous, 18 of the 27 infantry battalion commanders fell while leading their Marines into battle.

As the Marines fought their way through the heavy enemy fire and struggled against the effects of the loose, shifting volcanic sand that bogged down vehicles, equipment and men alike, they battled yard by yard to secure the porkchop-shaped island. The 28th Marines were charged with securing the southern tip of the island, dominated by the immense Mt. Suribachi. By the fifth day of the battle Marines had reached the summit of Suribachi. Soon after a small American flag was raised over the Japanese stronghold. A short time later, a larger flag that would be more visible from atop Suribachi was brought to the summit. As four Marines and one

Navy Corpsman raised the large flag over Mt. Suribachi, Associated Press photographer Joe Rosenthal photographed the event that would later become the symbol of America's fight in the Pacific and one of the most famous images ever photographed. His famous photo inspired artist Felix de Weldon in 1945 to begin work on a statue which would become the Marine Corps War Memorial in Arlington, Va.

While intense fighting still raged on the island the usefulness of the airfields became apparent as the first B-29 made a emergency landing on Iwo Jima. By the end of

the war more than 2,000 aircraft made unscheduled landings on Iwo Jima.

“This is your day. You have paid for it with blood, sweat, and tears, and the long absence of comrades.”

— Gen. Carl E. Mundy Jr.
Commandant of the Marine Corps

Fifty years later, this Feb. 19, in the shadow of the 78-foot tall Marine Corps War Memorial

thousands of Iwo Jima veterans and their families gathered to commemorate the historic invasion and to receive thanks from a grateful nation for their actions of half a century earlier. Actor Robert Conrad, the ceremony's narrator, opened the ceremony with the story of the battle of Iwo Jima and high cost paid for the island. The “Commandant's Own” United States Marine Drum and Bugle Corps postponed their spring training in MCAS Yuma, Ariz., for a single day to take part in the pre-ceremony concert. “The President's Own” United States Marine Band was also on hand to



Thousands of Iwo Jima veterans and their families gather at the Marine Corps War Memorial to commemorate the 36 day battle. (Photo by Cpl. Marcus D. McAllister)

to play for the gathered veterans.

Captain John H. Craven, USN (Ret.) a member of the Navy's Chaplains Corps who served on Iwo Jima offered the invocation. President Bill Clinton, Secretary of Veteran Affairs Jesse Brown and Commandant of the Marine Corps, Gen. Carl E. Mundy Jr., each addressed the assembled veterans, their families and the thousands of attend-

ees. Gen. Mundy remarked that the exploits of the Marines that fought on Iwo Jima will live as long as America itself.

"This is your day. You have paid for it with blood, sweat, and tears, and the long absence of comrades. We who are Marines today are privileged and proud to follow in your footsteps...for the brightness of your achievement lights our way," Gen. Mundy said.

A veteran of the battle for Iwo Jima, Col. William E. Barber, USMC (Ret.), was chosen by Iwo Jima veterans to make remarks. Barber summed up the sentiment of many those who served there and the reason for their victory, "Marines who were faithful to their God...to their Corps and country...and to each other."

"The price we paid for



Two C-130 Hercules, two AV-8B Harriers, two FA-18 Hornets, and two EA-6B Prowlers pass over the Marine Corps War Memorial in Arlington to offer their respect to the thousands of veterans and their families attending the ceremony commemorating the Battle of Iwo Jima. (Photo by Cpl. Marcus D. McAllister)



President Bill Clinton assisted by LCpl. David E. Jamieson, Company A, lays a wreath at the base of the Marine Corps War Memorial in memory of the 6,800 Americans who paid the highest price for freedom during the 36-day battle for Iwo Jima. (Photo by Sgt. Amy Alger)

Iwo Jima was very high...One out of three Marines who landed was killed or wounded," Barber said. "I don't think there's any veteran of Iwo Jima here this morning who doesn't have a certain emptiness in his heart, even after 50 years, for comrades...for friends...who made their last landing on that island. But at the same time, we know that the fight was honorable, the objective vital to the

defeat of the enemy, and their sacrifices not in vain," Barber said. Four of the 22 Marines that earned Medals of Honor on Iwo Jima joined President Clinton and Gen. Mundy to lay a wreath at the black granite base of the Marine Corps War Memorial to pay respect to their fallen comrades.

Chaplain Roland B. Gittlesohn, who served with the 5th Marine Division on Iwo Jima, closed the ceremony by repeating the prayer he offered at another memorial service 50 years earlier on a battle scarred island in the Pacific. As a final solemn note eight Marine Corps aircraft flew overhead to pay homage to all who served on Iwo Jima — to all those who did not return — to all those who did.

*By
Cpl. Marcus D. McAllister*

Introducing The 1995



*Parade Commander: Maj. Chris L. O'Connor
Adjutants: Capt. James F. Glynn, Capt. Charles E. Ellis
Flanking Officer: Capt. Michael T. Cucclo, Capt. Paul J. Zippel (not pictured)
Junior/Senior SNCOs: GySgt. Gregory C. Wilburn, GySgt. David R. Escalera
SSgt. Thomas A. Delaney*

*Photos by
Cpl. Marcus D. McAllister*

Summer Parade Staffs



*Parade Commanders: Maj. G. P. Fontaine, Maj. Robert L. Sartor
Adjutant: Capt. Wayne R. Hunte
Flanking Officers: Capt. George G. Wislar II, Capt. William C. Rosser, Capt. Nancy E. Hurlless
Junior/ Senior SNCOs: GySgt. Toney M. Gates Sr., GySgt. William E. Cauthorn
SSgt. Clay U. Parikh*

1994 Marine Corps Institute Graduate of the Year

Sgt. Terence Adams takes his job as a Marine leader seriously. So he set a goal for himself: Learn everything he could about the Corps.

Temporarily filling both the platoon commander and platoon sergeant billets for the Multi-Channel Radio Platoon, Communications Company, Headquarters Battalion, 1st Marine Division, Camp Pendleton, Calif., Adams needed a wealth of information about the Marine Corps so that he could lead his platoon effectively. So he turned to the Marine Corps Institute, taking out 14 correspondence courses in Fiscal Year 1994.

That effort, and his use of those courses to prepare lessons, student outlines and practical application exercises for his Marines, helped him earn the distinction of being the 1994 MCI Graduate of the Year.

His goal, however, was not to gain any personal reward he said. Instead, his goal for taking out the MCIs was to be able to better train and lead his Marines ... gaining the knowledge of several ranks ahead of his and many years worth of experience through those courses.

"The idea (of MCIs) is to learn something and then take what you've learned and apply it, especially if you are in charge," the 29-year-old Marine said. For Adams, that meant hours of study in the evenings and on weekends at



Sgt. Terence Adams

his residence in Coronado Beach, Calif., before teaching his Marines in areas outside of his expertise, such as embarkation and infantry tactics.

His purpose was to "make my Marines well rounded."

Adams, who has taken 63 MCI courses in his 10-year Marine Corps career, feels that Marines should use MCIs to gain the "big picture" of the Corps. One of the best MCI courses, he says, is the Warfighting Skills course.

"The essays make you think field environment. There is no right or wrong answer ... it's what you think would be best," said Adams, whose wife, Danette is working on a masters degree in Business Administration.

With a platoon of more than 25 Marines and a training schedule



Sgt. Terence Adams addresses the Distance Education Training Council banquet at which he was honored for becoming the 1994 Marine Corps Institute Graduate of the year. From Left to right: Col. John B. Sollis, 55th Director of MCI, Mr. Gary M. Kelsling, President International Correspondence Schools, and Sen. Sonny Montgomery. (Photo by Cpl. Matthew H. Gray)

that included constant deployments and field operations for his unit, the lessons and decision-making skills Adams learned from the MCIs were instantly put to use. Filling both a captain and a master sergeant billet required that he stay on top on everything in his unit. It also required that he do constant research to find the answers to things that he did not know.

"It's not everyday that you see a sergeant as a platoon commander," the Detroit, Mich., native said. "But my company commander treated me the same as any of his other platoon commanders."

The 1984 graduate of Detroit's Charles F. Kettering High School was flown to Washington, D.C., for a ceremony at the Institute, located at the Washington Navy Yard, to participate in the 75th anniversary celebration of the Marine Corps Institute on Feb. 2. Later that evening, as a result of his achievement, he received a plaque and a biography of Gen. John A. Lejeune from the Marine Corps Command and Staff Foundation. During the same week he was honored on Capitol Hill by the Distance Education Training Council, and was praised by Sen. Sonny

"The essays make you think field environment. There is no right or wrong answer ... it's what you think would be best,"

— Sgt. Terence Adams
1994 MCI Graduate of the year

Montgomery, who authored the Montgomery G.I. Bill. While in Washington, Adams also met the Commandant of the Marine Corps, Gen. Carl E. Mundy, Jr., and BGen. Emil R. Bedard, President,

Marine Corps University. He also met many of the MCI Marines who wrote, edited, packaged mailed out, tracked and graded his MCI courses.

"Everyone in Washington gave me a warm welcome," he said. "I feel honored. This is the pay-off, the reward for all the hard work you do. I feel very privileged to be the 1994 MCI Graduate of the Year."

A lean Marine with an immaculate personal appearance and confident manner, Adams said, "Coming to Washington has given me a different perspective on MCI itself. At MCI I've seen the mail that has come in from all the units, how it's processed, and what these MCI Marines have to go through to process it.

"In the fleet, when you have a problem with an MCI course it's easy to sit back and say that some MCI Marine isn't doing his job. These Marines have bins of correspondence to go through. MCI Marines work hard just like we Marines in the fleet do."

Adams has used his MCI Graduate of the Year experience to set a new goal for himself: That one of his Marines will be the next MCI Graduate of the Year.

By
SSgt. Stephen M. Williams



Colonel John B. Sollis, 55th Director of the Marine Corps Institute presents Sgt. Terence Adams, with the 1994 MCI Graduate of the Year award. (Photo by Cpl. Matthew H. Gray)



Running the High Hurdles

A future 8th & 1 Marine attacks the high hurdles at Lake Forest High School, circa 1967. (Photo courtesy Col. Sollis)

It seems like only yesterday that I was running the highs, the lows, and the 880 relay back at Lake Forest High School. Back then, I *lived* to run hurdles; running hurdles was an all-consuming thing for me. Hurdles were my life's passion; my focus of effort.

It is remarkable, when I stop to count just how many "yesterdays" ago that was, that nearly 30 years have elapsed. Naw! That *can't* be right!

Right or not, 30 years later, I'm still in the race, and I'm still

clearing hurdles. We all are. Running hurdles, after all, becomes a rather obvious metaphor for how you and I experience life. Life is a mixed bag of high and low hurdles, and in our quest to get wherever it is we're going, we are constantly "in training," OJT'ing our way through the foreseeable and unforeseen challenges and intermediate objectives that lie between the starting blocks and the finish line. I still love running the hurdles.

Thinking back on what I learned as a high hurdler, it occurs

to me now, as it certainly never did at the time (I was much less reflective then — much too preoccupied with the training for and winning races) that many of life's lessons are encapsulated rather nicely in the rules of engagement for running hurdles.

Rule #1

If you *really* want to succeed, if it *really* means that much to you, you've got to work your tail off. There's no way around it. While some of life's hurdles are easier to clear than others, and while some people are more naturally adept

than others, hurdling is largely a matter of technique. To be good at it — to be really accomplished at *anything* in life — requires a certain amount of self-discipline and single-minded focus. It takes a great deal of practice and application. The more hurdles you run the easier they are to clear.

Rule #2

If you *really* want to succeed, you've got to learn how to adjust your stride. Running hurdles isn't easy. You constantly have to stretch and extend yourself. When you're just starting out, you tend to focus too intently, too myopically on each "obstacle" in your path. In order to get to the finish line faster, you have to *explode* out of the starting blocks, always concentrate on your final objective, not the hurdles themselves, and aggressively attack *through* everything standing between you and the finish line (however you define that). On the other hand, lose sight of what you're doing, and you're apt to wind up with a nose full of cinders. (Yep, back then we actually ran on cinders).

Rule #3

Although others are in the race, you're really only competing with yourself. Regardless of how well you "finish," the ultimate measure of accomplishment is improving your "lifetime best." By my senior year in high school, I was winning just about as often as I was in the race. I expected to win. No one in our little one-horse conference could touch me. (Now, "down state?" Well, that was another

league altogether.) Winning is always nice; it beats the heck out of any other outcome I can think of. But doing your best, win or lose, is the ultimate objective. Only when you've done your very best do you have any reason to be satisfied with yourself or the outcome.

*Although others
are in the race,
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yourself.
Regardless of how
well you "finish,"
the ultimate
measure of
accomplishment is
improving your
"lifetime best."*

Rule #4

If you want to succeed, you can't be afraid to fail. And don't ever let the competition psych you out! Everyone's a little nervous at the starting line. Everyone is eyeing everyone else in warm-ups. If you gauge the outcome by the other runners' "moves of greatness," you might as well keep your sweats on and go sit down. Watching others warming up, I

don't know how many times I caught myself thinking, "*Oh, my God! What am I doing here? I'm going to get smoked!*" And when the race was over, I was invariably reassured that all the "moves of greatness" don't get you to the finish line first — only hard work and honest effort do.

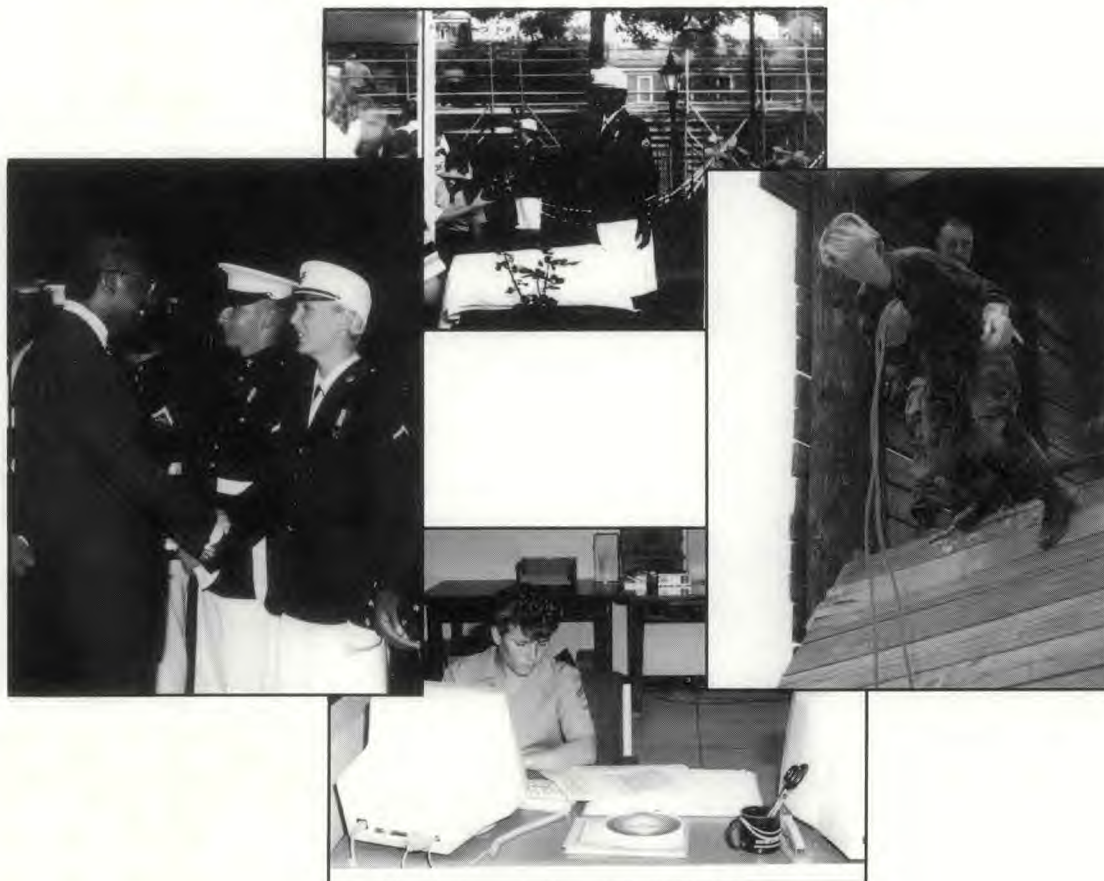
Rule #5

If you don't play it straight, you're disqualified. There are rules to hurdling, just as certainly as there are rules to life. If you don't run the race by the rules, you don't get to stand in the winner's circle. It's pretty cut and dry. You know, kind of like earning an Honorable Discharge, as opposed to being drop-kicked with an OTH or the Big Chicken Dinner. You've got to stay in your lane; you can't interfere with the other runners; and you can't go *around* the hurdles—you can't circumvent the system.

Yep, 30 years ago I was Al Gray's worst nightmare: an Eagle Scout with a letter sweater. General Gray used to tell us we need far fewer of them in our Warrior Marine Corps and far more street smart, lock-picking tough guys with tire irons in their hip pockets. And you know, he may be right. But as for me, tough guy or not, unless the cops are chasing you, I can't imagine how in the world you can clear the high hurdles with a tire iron in your shorts!

*By
Col. John B. Sollis*

'Promises to Keep'



A salute to the women Marines, civilians of '8th & I'

Women have played significant roles throughout our history, not only those who have served as Marines in uniform but the mothers, wives, sisters and others who have provided unconditional support to their Marines. The Marine Corps civilian work force includes women without whom our ability to perform our mission would be severely diminished.

Since 1918, women have claimed the title United States Marine. The first was Opha Mae Johnson who enlisted on August 13, 1918 and rose to the rank of sergeant. Paving the way for thousands of women who have since worn Marine green, she served with the same pride and dedication that is seen in today's women of the Corps.

With today's expanded role for women in the Marine Corps, opportunities and career choices have seen significant increases throughout the past year. As in the past, women are continuing to demonstrate their ability to meet these new challenges and assume a greater role in the Marine Corps of tomorrow.

March is Women's History Month

Lots of great news this month...

Two of our first sergeants have lots to celebrate. These stellar Marines have just learned they will pin on the Corps' most senior and prestigious ranks. Congratulations to Sergeant Major-selectees **Gerald A. Pederson, Co. A,** and **Ronnie Hall, MCI Co.**

Before he leaves for The Warrant Officer Basic Course at Quantico, Va., make sure you give best wishes to **WO Brent Harrison, D&B Co.** as he goes through one of the Corps' toughest and most challenging Marine Corps schools. After 13 weeks battling Beaver Dam Run and those six-foot ticks, he'll be glad to return to 8th and I. Good luck WO Harrison and keep your powder dry.

8th and I alumnus and parade commander **LtCol. Craig E. Opel,** (Maj. Donna Gerlaugh's predecessor at MCI) was recently selected to take command of the 8th Communications Battalion, 2nd SRIG, at Camp Lejeune, N.C. Currently, LtCol. Opel is hitting the books at the Marine Corps Command and Staff College. We're proud of you, Sir!

Two new devil puppies have recently joined the rolls of our 8th and I family. They are: **Brianna Nicole** was born on Jan. 20, at 12:35 p.m., to **Barracks Personnel Officer, CWO3 Rich Williamson and wife Yvonda.** Baby **Williamson** weighed in at 7 lbs, 19 oz. and was 19 1/2 inches long. Yes, she's trying out for the Parade Four. Also, born to Post Plummer and Civilian Marine **Don and Doreen Hubert** was **Ms. Erika Katrice,** who weighed in at 7 lbs, 4 oz., on Feb. 11, at 6:38 p.m.

Capt. Chris Dowling, CO, Co. A, will head to Quantico's Command and Control Systems Course during the summer. If many of you don't know, this is Capt. Dowling's second tour at

8th and I. Many moons ago, as a hard-as-nails corporal (never an E-4!), he stood on the same troop walk here as many of you young Marines. Will he come back to Marine Barracks, Washington, for a third tour? Stay tuned.

Also selected as alternates for a seat at one of the Corps' career level schools, Amphibious Warfare or Command and Control Systems Course were **Capt. Steve Lewallen, Jr., MCI Co.,** and former MCI Co. officer **Capt. David Kirby,** our ambassador/time orderly in Bulgaria.

The Best News of All: **1stSgt. Denis McNamara, Sec. Co.,** is at home looking fit and feeling much better. He recently returned home after visiting family in New Jersey (that's where he got that funny accent). Let's show him how much he means to us. Take a few minutes out of your busy day and give him a call. He'd appreciate it.

Take time to give these recently promoted Marines a hearty congratulations:

MCI Co.

Maj. Robert Sartor
GySgt. Edward M. Garrison
SSgt. Pamela D. Moore
Sgt. Keith L. Evans
Sgt. Marco R. Roberson
Cpl. Gilbert J. Landry, Jr.

Drum and Bugle Corps Co.

MGySgt. Michael H. Gardner
SSgt. Ronald P. Laplante

Headquarters and Service Co.

SSgt. William H. Chambliss
Sgt. Michael Godbout
Cpl. A.H. Argotsinger
Sgt. Rod Maurer
Sgt. Heath Rist
Cpl. James R. Teas
Cpl. Anthony E. Williamson
LCpl. Stanley S. Bystrek
LCpl. Jamie S. Castle
LCpl. Aubrey E. Gregory Jr.
LCpl. David M. Lemasters

LCpl. Francisco Leon Jr.
LCpl. Andrew F. Price
LCpl. Drake W. Reed
LCpl. Antonio E. Soto
LCpl. Bruce A. Zay
Company A

Cpl. Robert A. Watkins
LCpl. Paul A. Diponio
LCpl. Jeffrey S. Herman
LCpl. Kenneth P. Heyse II
LCpl. Scott J. Mansel
LCpl. Jack D. Marvin
LCpl. Thomas K. Maye
LCpl. Brian J. Smith
LCpl. Peter S. Vicaire

Finally, checking into the Corps' Oldest Post from all climes and places are:

1stLt. Omar D. Land
1stLt. Michael C. Griffin
SSgt. Thomas J. Lewnes
SSgt. William M. Gray
SSgt. William H. Chambliss
Sgt. Coleman R. Scott
Sgt. Thomas W. Rollison
Cpl. Geronimo Huerta II
Cpl. Paul R. Green Jr.
LCpl. Noel K. Sessler
LCpl. Robert W. Lacey
LCpl. Andrew F. Price
LCpl. Ivan M. Sewell
LCpl. Jamie S. Castle
LCpl. Bruce A. Zay
LCpl. Shane D. Linden
LCpl. Percy H. Goitia
PFC Monyea M. Seabrook
PFC Christopher G. Morris
PFC William R. Rulapaugh
PFC Roberto V. Espino
PFC John A. Griffin
PFC Jonathan A. Getz
PFC Kenneth W. Saylor
PFC Kenneth C. Lovell III
PFC Craig M. Smith
PFC Joshua M. Horton
PFC Jason D. Williams
PFC Ronald M. Jimenez
PFC Jeffrey B. Crotts
PFC Sunny-James M. Risler
PFC Richard E. Nauman
PFC Aaron F. Kane
PFC Benjamin R. Fetting
PFC Warren Leigh
PFC Anthony T. Faccinto Jr.

More than Words

Meredith looked beautiful as she stood an arms distance from me. She was nervous and it was easy to see the flowers shake in her trembling hands. She was trying to smile, yet her tears were barely being held back. The small crowd of people behind her sat breathlessly quiet waiting for the first words. Her white dress sparkled in the light streaming through the windows along the side of the chapel. She was a picture perfect bride.

Meredith's father took her hand and held it out for her groom, John, to take as he stepped up beside her. As they faced me, I warned them: "John and Meredith, nothing is easier than saying words. Nothing is harder than living those words day after day. At the end of this ceremony you will legally be husband and wife, but you will still decide each day that stretches out before you that you want to be together."

I doubt that they really heard exactly what I was saying to them. All John and Meredith knew was that they loved each other and this was the storybook wedding they had always dreamed of. The excitement of the moment was just too much to capture every single word I spoke. But someday they will remember. Like the rest of us who made similar promises, they will remember their words as their fiery passion grows into the deeper levels of love. Sooner or later, whether they mean to or not, they will disagree and maybe argue to the point of *not* feeling very passionate. Then they *must* remember their words of commitment.

Nobody gets married in order to fight. Yet *every* couple has disagreements. It is a natural result of sharing

your life with another person. Couples who have long satisfying marriages are almost always the couples who learn how to handle their conflicts effectively. Do you know my best advice to you who are married right now? Learn how to fight! That is, learn how to fight *fairly* and resolve problems before they have a chance to damage your relationship.

I spend a lot of time helping couples

Face it, we have a Geneva Convention that tells us how we can wage war between nations, but who tells us how to handle conflicts with our partner?

learn how to communicate better and resolve conflicts. It's harder than getting ready for a wedding ceremony, but *much* more satisfying. Face it, we have a Geneva Convention that tells us how we can wage war between nations, but who tells us how to handle conflicts with our partner?

I hope you don't think I am going to give away all my "gems" of help in this column. Nope. I would like to, but there simply isn't enough room on this page. Instead, I will recommend two things to those of you who have read

this far:

First, sign up for my next Marriage Enrichment Workshop. The date hasn't been firmly set, but I expect to conduct the next one in late April. These are lots of fun and really make a difference for couples of all ages and stages of marriage. Hopefully, the next workshop will take place all in one day (Saturday), so it will be easier to fit into your schedules.

Second, if you are inclined to *read* about ways to improve your relationship, check out one of these books which I have found helpful in my own marriage (I do not get a royalty from these publishers. This is not a sales gimmick!). You can find, or order, these from any local book store. I have even listed them in the order of my preference:

"Hidden Keys to Lasting Loving Marriages"

by Gary Smalley;

"Staying Close"

by Dennis Rainey;

"Fighting For Your Marriage"

by Markman, Stanley, and Blumberg.

God bless you as you remember your wedding vows and work at keeping the promises you made to your partner which ended,

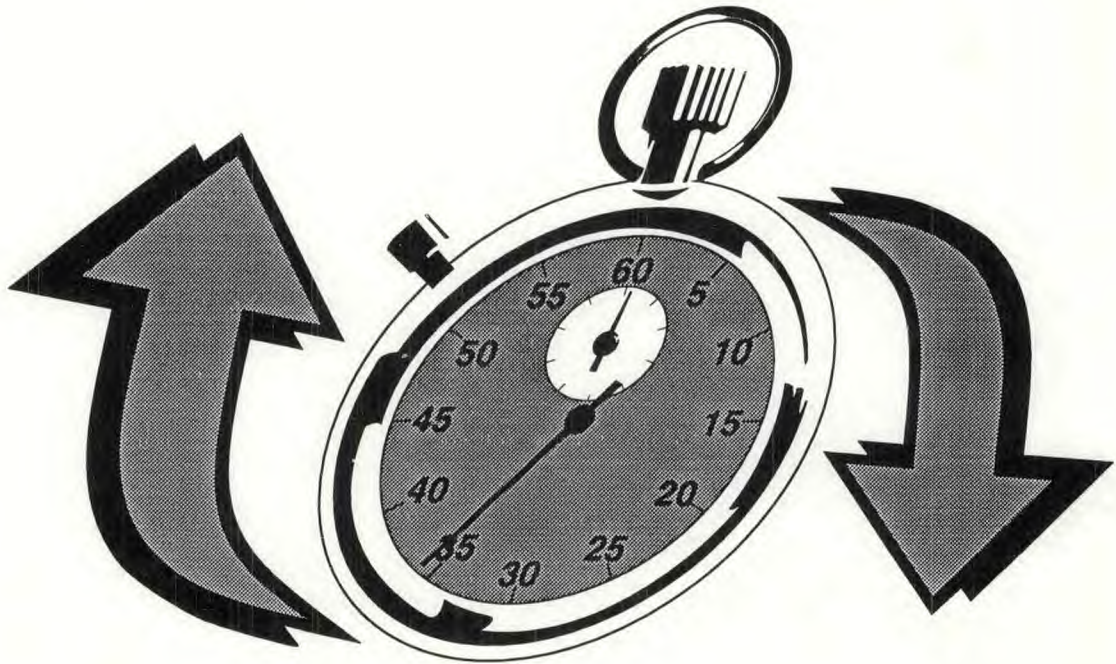
"... as long as we both shall live."

By
LT Doyle W. Dunn, USN

Worship Opportunities

NAVY YARD	Catholic Mass	9 a.m. Sundays
	Protestant Service	10:30 a.m. Sundays
FORT BELVOIR	Jewish Services	Call (703) 806-3393/4316 (Chaplain Zisook)

Spring time change



**Don't forget to turn your
clock forward one hour
April 2 at 2 a.m.**

**This timely message brought to you by
the Public Affairs Office of the
Corps' 'Oldest Post.'**

Cultural exchange



Right to left: LtCol. John T. Boggs, Deputy Director of the Marine Corps Institute and delegates from the Slovenian Ministry of Defense Col. Vasilije Maras, Professor Slavko Delalut, and Ms. Sonije Nahpigel during the delegation's visit to MCI. Air Force LtCol. Fredrick P. Sacks, Deputy Chief, Military Liaison Office to the Republic of Slovenia accompanied the visiting educators. Story on page 10. (Photo by Cpl. Matthew H. Gray)

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