

Pass in Review

Serving Marines at the oldest post of the Corps

June 1985





About the Covers

Front

"Woe be to the man or group of men that seeks to stand in our way in this day of high resolution when every principle we hold dearest is to be vindicated and made secure for the salvation of the nation. We are ready to plead at the bar of history and our flag shall wear a new luster. Once more we shall make good with our lives and fortunes the great faith to which we were born, and a new glory shall shine in the face of our people."

**President Woodrow Wilson,
Flag Day Message 1917**

photo by SSgt. J.W. Jordan

Inside

He's run at Boston, New York, London, England and Athens, Greece. His times in the three mile run portion of the Physical Fitness Test have been as low as 13:37. He's Cpl. Kim Nutter, administration chief for Headquarters and Service Company, and he's "World Class."

photo by Sgt. C.D. Chambers

Back

Marines from Headquarters and Service Company (in the picture) unload one of four trucks being loaded by groups of Marines. Trash-Ex 85 was again successful. Many letters came in from barracks neighbors for a job well done.

photo by Sgt. C.D. Chambers

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Pass in Review

Marine Barracks Wash., D.C.

June 1985 Vol. 5, No. 6

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Washington's summer temperatures frequently soar into the nineties. With last month's start of Parade Season, the heat is on at 8th and I. And once again Barracks' Operations has the fever.

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The office that is authorized to tell people where to go.

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Run run, fast as you can, you can't catch him, he's the marathon man.

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Commander's View

One June 13, 1985 I will be relieved as Commanding Officer of the "Oldest Post of the Corps." I have many memories of the past two years: solemn ceremonies at Dover, AFB; the excitement of a Friday Evening Parade; a pass in review at Iwo with the Fort Henry Guard - in the dark; ceremonies for the interment of the Vietnam Unknown Soldier; Barracks maintenance working in freezing weather to restore electrical power; D&B's Centerwalk rehearsals on Friday's during parade season; tension during tryouts; the fantastic growth at MCI; amazement at what grounds maintenance can accomplish in preparing for a Garden Party; an ever cheerful Gate 1

sentry; the freezing cold yet warmth and exuberance in the Capitol Center during Inaugural "85"; a joint Band concert between the "President's Own" and the Royal Marines; 1984 NCO Parade at IWO - a standard setter; the hush of the crowd during a Friday Evening march on; the fabulous spins of the long line; the uniqueness of a playoff; the funeral drum cadence at Arlington; the parade deck with no grass, Centerwalk or troop walk; the sense of purpose at Camp David - I could go on forever. However, the most cherished memory will be the moments I have experienced in talking to each of you. As a nation's strength is ultimately expressed in the will and

The Sergeant Major



A letter to the Editor of the "Pass in Review" was recently given to me to answer. The letter was from a confused Marine wondering what the dress code at the barracks is for the messhall and physical training. Apparently there are questions as to what Marines can wear in the messhall and what is proper for PTing.

There really shouldn't be any confusion about proper civilian attire. The barracks order has not changed except for the Friday evening meal. What has changed is that the regulations are now being strictly enforced, because there are Marines at the barracks that push the regs to the limits; these Marines could make street people look fashionable. Read the barracks order on appropriate civilian attire and comply with it and you will never be turned away from the messhall. Just for your

character of its people, I know our nation is in great shape. It's been an honor to serve with you. Good luck.

R. D. Weede

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



information, you won't get in the messhall without socks; you won't get in wearing PT gear or shorts that do not have pockets...these are considered PT shorts.

If you want to get into the messhall on a Friday night you must be wearing: shirts with a collar, dress slacks, no jeans and no tennis shoes.

As far as PT gear is concerned, PT gear is worn "only" when PTing. It is not worn to and from work, because you do not "run" home after work. Cut-off jeans are not authorized PT attire, you should only wear issued or store bought gear. Also, PT shirts will be worn at all times within a two block radius of the barracks. Once beyond that point the shirts can come off, but must go back on when returning.

The Marine Corps order on Uniform Regulation P1020.34D, pages 1-8 paragraph 1104 sub-paragraph 7, states very clearly:

"Marine Corps personnel may well be associated and identified with the Marine Corps even when not in uniform. Accordingly, when ever civilian clothing is worn, it is desirable that Marine Corps personnel ensure that their dress and personal appearance is conservative and commensurate with the high standards traditionally associated with Marine Corps personnel."

Remember, don't take civilian clothes for granted. You wear civilian clothes only because the Commandant has extended the privilege.

Viewpoint

What's your future hold?

Where are you going? Although this may seem like quite an ambiguous question, unless you act quickly, one of your options will no longer be available. I don't think anyone really knows for sure what the next five years holds for them. However, setting goals for ourselves is an important part of arriving at our desired position in the future. One very important goal toward future success is education. Unfortunately the cost of an education is very expensive, and it certainly isn't going to go down.

With this in mind, let's turn our attention to education funding. There is a program called Veterans Educational Assistance Program (VEAP), which we are

all fairly familiar with, which greatly assists in meeting the financial burden of going to school. However, what you may not know is that the VEAP program will end on June 30, 1985. That's right, the VEAP program is ending and being replaced with the "New G.I. Bill."

Unfortunately, this new program is not available to Marines currently on active duty. Hence, we won't explain it in this article. What we will focus on is how the termination of the VEAP program will affect those Marines who are currently eligible.

All Marines eligible for VEAP are in one of four

Preparing your child to stay home alone

"Latchkey child." Although a forlorn scared child may come to mind when you hear those words, it doesn't have to be that way. If a school-age child is properly prepared, staying home alone for a reasonable amount of time can present an opportunity to gain in maturity. But whether you plan to leave your school-age child home alone occasionally while you run an errand or on a regular basis, he or she will be safer and happier with a little preparation.

Not all children are mature enough to be left alone even for short periods of time "Spaces are available in school-age programs in all of the services for all parents who need them," says Bonnie Hicok of the

Army's Office of Child Development Services. But if your child has the maturity, here are some tips to make his or her time alone more pleasant and safe:

1. Tell your child to keep his or her key hidden — no use advertising the fact that the child will be alone. Leave an extra key with a dependable neighbor.

2. Tell your child to say, "My mother (or father) can't come to the phone right now," when answering the phone. As for the door, police recommend that a child alone look through a peephole and say through the door to a stranger, "My father (mother) is busy right now." Some burglars are more likely to come in if

they think no one is home. Be sure you have a good deadbolt.

3. Assign some reasonable duties for the child to perform while at home. Older children can start dinner. Let the child know which friends can visit while you are away and whether it is alright to play outside. Of course, there's always homework.

4. Have a plan for emergencies. Provide the child with a flashlight and fresh batteries. Put a first-aid kit in a convenient place, and teach your child how to use it. Plan and practice a fire escape route.

5. Post phone numbers near the telephone for the doctor, police department, poison center and your place of work — plus that of a trusted friend or relative. Be sure your children know their home address by heart.

categories. The first is made up of those Marines who are enrolled and contributing on a regular basis. Those Marines will not be affected. They can continue to contribute towards their \$2,700 maximum, and receive up to \$8,100 in benefits. The second category consists of enrolled Marines who have suspended their VEAP contributions, but have not withdrawn their prior contributions. These Marines will not be affected either. As long as an account exists by June 30, 1985, with money in it, Marines can contribute toward their funds as always. There is no limit on the amount of time for which a Marine's account may be suspended. Marines may still withdraw their funds at any time. However, once an account is closed, it is closed forever.

The third and fourth categories are made up of Marines who have either withdrawn their funds or have

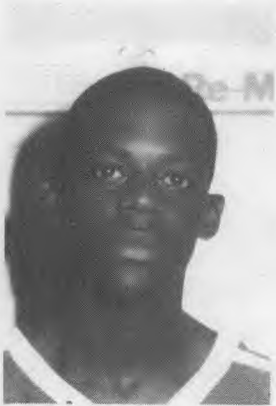
never opened accounts. For these Marines, V.A. and VEAP benefits will no longer be available after June 30, 1985. New accounts cannot be started after the cut-off date.

Stop here for a second and determine in which category you belong. If you are a member of either the third or fourth, you must act quickly if you desire to keep your option of V.A. educational assistance available. There is still time to change your status to one of the first two categories. Remember, June 30, 1985, the door to VEAP will be closed, if you're in, you're in, if you're out, you stay out. Forwarned is forarmed. See your education officer.

by 1stLt. DiBenedetto
and LCpl Ken Burns

Barracks Talk

What's the most important responsibility of a Commander



To know how the Marines feel at the barracks and about their jobs and the companies they are in.
PFC Craig Rogers
BCo. 3rd Plt.



To make sure that his troops are treated fairly.
RP2 Harry E. Wilson
Chaplains clerk



One of the most important responsibilities of a commander is towards the mission at hand then the welfare of his troops.
LCpl. Raphael Peart
Ops



Ensure the welfare of the troops and the completion of the mission.
Sgt. Ed Sipes
S-4

The heat is on



MSG YSGT GENE GRAFENSTEIN, operations chief, will tell you it doesn't always roll down hill, sometimes it comes from all directions.

photo by SSgt. J.W. Jordan

by SSgt. Eric Stradford

It's June and parade fever is raging within these historic walls. Nowhere at Marine Barracks, 8th and I is the fever more evident than in the Barracks Operations office. Whatever the preferred handle, S-3 Ops, the Three, or Chaos Center, it's clearly the nerve center of the Barracks..

Seldom visible to spectators, Ops is literally the director's chair for the reknown Friday Evening Parade. On any given Friday evening between

May and September, two bells are struck at precisely 2100 (9 p.m.). That marks the hour and the beginning of another Evening Parade. With the exception of the parade itself, nothing for Ops starts or ends at that hour.

Just prior to the time orderly's modest appearance in the spotlight, Barracks Ops personnel keep watch on Father Time. The ceremonial clock-watching task is not one realized by visitors here. The chore is executed as effortlessly as the double M-1 rifle inspection scheduled later for the evening. The ticking continues as the final remnants of the U.S.

Marine Band concert disappears into the darkness of the arcade. The 30 minute or so concert is backtimed to ensure an adequate amount of time for removing band equipment such as chairs and stands. Although the traditional billboard reads "Parade Tonight - 8:20 p.m.," the actual downbeat of the Marine Band concert might occur at 8:19 or even 8:21. Nothing however, begins without the "go" from Ops.

Throughout the evening, scores of preparatory and execution commands are given from behind the bleachers at Center Walk. Since the

in the "3"



“The toughest part of this job is keeping your head...staying on top of things.”

time earned the love of his men.

“We’re like a family,” said LCpl. Raphael Peart. The 22-year-old clerk, one of three in the section, jokingly referred to Top’s desk as “Chaos Center.”

He added, “The toughest part of this job is keeping your head...staying on top of things.”

On a small dual-speaker radio in the office the tune, “How Can You Mend A Broken Heart,” filled the few quiet seconds between clacking typewriters, constantly ringing telephones and a reporter’s questions. Staying on top of things is exactly what this team was up to.

And speaking of teams, somehow the topic silent drill crept stealthily into the conversation. Is it a team or a platoon? According to Grafenstein, the confusion started at about the same time a suggestion was made to “...go to FMF type drill movements at Barracks’ ceremonies.” The latter suggestion either died or was ignored. “The Drill Team/Platoon issue,” said Grafenstein, “went unsettled.” Taking advantage of the opportunity to settle the matter once and for all, the Ops Chief proclaimed that the unit will be referred to here and after as the Silent Drill Team. Since Grafenstein’s choice has been previously published in a reputable reference source, the justification is strong for officially dubbing the unit SDT.

Of course changes are few and usually well considered regarding the ceremonies at 8th and I. At this

particular time of the season, one can expect few to none made.

Adjustments, improvements and/or corrections are taken into consideration during the post-season critique after the last parade in September.

The complexities of safeguarding traditions seem to have matured with each passing year at the Corps’ oldest post. Who would’ve ever imagined the weekly sunset parades initiated in 1934 by the 16th Commandant, Maj. Gen. John H. Russell could evolve into the ceremony we see today?

Grand and gutsy ideas have created a certain mystic about the place as well as the image of the Marines assigned; some, more gutsy than grand.

An article published in the “Washington National Intelligencer” on July 4, 1817 stated: “There was no military parade today except for the Marine Corps, which paraded and commenced its march through the city at a little after four o’clock in the morning...” On the 1985 calendar for Independence Day,... “the NBC shot,” said Grafenstein. “...and two street parades; one in Fairfax Va. and another someplace else.” One might get the impression from talking to the crusty veteran Staff NCO that his job is too routine to be concerned. But when it matters, the Ops team is there to pull it all together. That’s the type of Marine Grafenstein is, and that’s the atmosphere inside the S-3 shop.

If an observer cannot tell just by being there how involved the 3-chief and his crew are with the daily routine of 8th and I barracks life, a member of

summer of 1982, those commands have originated at a somewhat grumpy looking Staff NCO whose pleasant, mild-mannered disposition offer a near perfect contrast to his Marine-like appearance.

MGySgt. Gene Grafenstein, 44, a native of Wisconsin came to 8th and I from Camp Lejeune, N.C. His predecessor, the late MGySgt. David Ankrom, was transferred to MCDEC, Quantico Va.

An infantryman by trade, Grafenstein has moved into the Barracks’ nerve center. He’s kept it running smoothly and at the same

Three Heat

the crew will quickly point it out. "Top does it all," said Cpl. Lowell Neinast, Operations Audio-Visual specialist. "He directs the parade, directs the lights, schedules the parade deck and handles the commitments coming in on the bat phone." The "bat phone" referred to by Neinast is a direct line to the Military District of Washington. Its primary purpose is to coordinate joint service commitments.

The corporal's praise and the Top Gunny's attempts to respond to questions for this article met no less

than twenty or thirty interruptions as the S-3 staff continued staying on top of things. Both Grafenstein and Neinast apologetically agreed, "You caught us at a busy time." It was difficult to imagine any better time. And there was certainly no room for complaints.

At least three officers from MCI needed something or another. The Top turned his head and responded, "If you need anything else, just let me

know." One Staff NCO from A Company entered the room dripping-wet and long-faced because mother nature had not allowed drill to continue on the deck. There was little doubt that this is the nucleus of activity at Marine Barracks.

With all this going on, one other member of the Ops family, Bodacious or Sgt. Chesty VII, seemed unmoved by all the hooplah until a gunny from one of the parade staffs spoke. Eight bells had sounded. It was exactly 4 p.m. "Quitting time" announced the gunny. But of course the doors to the three were wide open as usual, and even Bo seemed to realize for Barracks Operations it wasn't.



GRAFENSTEIN (left) and Chesty "Bo" put their heads together on important projects.

photo by SSGT. J.W. Jordan

Parade Reservations a must

by GySgt. Gene Polhamus

Every summer here in the Nation's Capitol thousands of people attend the Friday Evening Parade. Without the coordination of the Reservations Office the Friday Evening Parade would be a scene of total confusion; for it is the job of Parade Reservations to coordinate the seating of the 3,800 people that have reservations for the parade every Friday.

Averaging 550 phone calls, and 60 letters a week, the crew in Parade Reservations works hard (about 60 hours a week during parade season) to insure that everyone that wants a seat, gets a seat. "We never turn anyone away," explained Cpl. Jonathon J. Vigon, NCOIC of Parade Reservations. "We may have to tell them that the reserved seating is full, but if they still want to come; maybe because it's the only Friday they're going to be in town, we explain to them that they can come through the General Admission Gate and still see the parade. It's just not as good a seat as reserved seating."

With more than 76,000 people attending the Evening Parade each year, many from foreign countries around the world, it was inevitable that the Reservations Office became computerized. "Before the computers were installed," continued Vigon. "We had to work every reservation by hand. The computers have saved us about 10 to 12 hours work a week. The actual process is not that difficult, you just have to make sure the



photo by Cpl. Kenneth Ward

LCPL. CHARLES KORN, reservations clerk, types names in the computer for seating for the upcoming Friday Evening Parade.

information you take is accurate, a lot of people have the same, or similar last names. You don't want to put someone rating VIP seating in regular seating, they frown on things like that."

"Speaking of VIPs," added LCpl Charles Korn, reservations clerk, "A good percentage of our reservations are made by Congressmen, Senators, top military officers and other government officials. They make reservations for themselves, friends, business associates and constituents. It can be an adventure every time you pick up the phone," mused Korn. "You never know who you might have on the other end of the phone. It could be the Ambassador from Rwanda or Kampuchea or the aide to our Secretary of State. It's kind of fun not knowing who you may be talking to from day to day."

It may be fun talking to a lot of government officials, but it can also be difficult at times. Like when a congressional aide call us to make reservations for his congressman and the parade is already filled. "It can be rather interesting at times," said LCpl. Mary Craven, reservations

computer operator. "But usually they understand that if the parade is full there's nothing we can do about it. Once in a while you get a young aide that is afraid to tell his boss that he couldn't get reservations so he tries to talk us into giving him reservations we don't have. We have the same problem with Marines here at the barracks," concluded Craven. "Some Marines just seem to think that we have a never ending number of seats. The one thing we never have to worry about is filling the stands, there's always someone wanting to see the parade, and we're always here to take their reservations."

Everyone at the barracks has a job to do, some of us may think ours is more important than someone else's, but point of fact is: Without the reservations section the Friday Evening Parade would never be the same.

Parade Reservations make the seating of all our guests run smoothly because they tell everyone where to go, something the rest of us can't do. They let each guest know what gate to go to and what time to be there so that there so that we have a smooth running operation on Friday nights.

Dear Col. Weede

As a resident of Capitol Hill for almost a decade, I have always considered the Marine Barracks to be an asset to the neighborhood. This year as in the past I have been impressed by the annual clean-up carried out with such efficiency and good will by "our" Marines.

I am especially appreciative since for the past four years I have organized the 600 block of I Street S.E., block party each fall. Part of the day's activities consists of cleaning up our street. Because of this dual effort - the Marines in the Spring and the neighbors in the fall, we enjoy a much more attractive block.

On my way home from work on May 1, I mentioned to a few neighbors that I intended to write a note of acknowledgement for the splendid clean-up that day. They all wish to join me in thanking the Marines for this fine public service.

*Sincerely
Carol B. Stapp*



LCPL. RAPHAEL PEART, (above) S-3 clerk, shows his trash collection. HEADQUARTERS AND SERVICE COMPANY, (below) kept the trucks moving with intense offloading.





Dear Col. Weede

I am writing you to thank you and your men for such a wonderful job they did on the 800 Block of L Street S.E. I think that if you all are nice enough to clean, we should be nice enough to say "thank you" for it. So from me and all the people of the 800 block of L Street S.E., thanks a million.

Miss H. Brady

CPL KENNETH WARD, (left) Public Affairs Office, keeps close communications with the truck drivers, while Cpl. Tommy Sims, grounds maintenance, stands by for more directional information.

TRASH-EX85

Staff Report

It wasn't the most desirable mission. It was a dirty mission, but we did it anyway. Historically, U.S. Marines have been called upon to perform the missions nobody else wanted or could handle, or would handle. This one was no different. 8th and I Marines set out May 1 to perform this distasteful task, and met the enemy with devastating results.

Southeast Washington, D.C.'s war on garbage was actually Marine Barracks' fourth annual community relations project dubbed "TRASH EX IV."

On a sunny spring morning, just the opposite of last year's Trash Ex, Companies A, B, HQSVC, D&B and MCI combed the streets within a 20 block area of 8th and I, seeking and capturing the eye terrors of the neighborhood. They found mattresses and old tires; sofas and rusty metal; bags and bags of unsightly rubbish.

When it was over later that fine spring morning the motivated leathernecks returned to their compound knowing they had accomplished their mission.

Some 20 garbage truckloads of southeast D.C.'s enemy had been hauled away.



B COMPANY MARINES load up what they found at the corner of 6th and E Streets.

photos by Sgt. C.D. Chambers

FITNESS REPORTS

receive good mark with some changes

HQMC-The Marine Corps Performance Evaluation System has received its own "fitness report" from the Commandant. Convinced that the current system does work and is basically sound, Gen. Kelley maintains some improvements can be made that will make the system work even better.

Gen. Kelley spells out what those changes are in White Letter 10-85, published on April 26. The major emphasis, according to the letter, will be directed at the accountability and accuracy of individual reports and records.

Improvements the Commandant seeks will also result from a simplification of the current system. There will be a shift from semi-annual to annual reports, a two-thirds reduction in the types of reporting

occasions, and a standardization of the reporting chain.

The modifications don't stop with the paperwork portion of the system. Calling on the results of formal studies and input from his general officers, the Commandant has determined that the evaluation of a Marine's performance, which is recorded on the fitness report, should be distinctly separated from the personal counseling the Marine receives on his performance. Asserting that evaluation and performance counseling are both vital elements of leadership, the Commandant says they often result in ineffective counseling and inflated fitness reports when done simultaneously. A comprehensive performance counseling policy will be developed within the year.

Late, missing or inaccurate reports have the potential for undermining the integrity and value of our system. Without improvements, this may contribute to a situation in which a Marine might be denied a totally fair opportunity for promotion.

In the past, each Marine was individually responsible for making sure his/her fitness report was submitted on time. When one turned up missing, the Marine had to locate the former reporting senior and request corrective action. The problem was greatly compounded if the Marine was trying to obtain a missing report in time for promotion board consideration.

Those problems will be alleviated by a standardized reporting chain and an aggressive monitoring system at

B Company Marine gives the breath of life

A Company B Marine here recently found himself in a situation not many of us have ever been in or ever will be in.

SSgt. Make Johnston, platoon sergeant for 2nd Platoon, B Company, found himself in a life and death situation and was instrumental in prolonging the life of one young child.

According to Johnston at about afternoon May 27 he and his family were relaxing by their Arlington apartment complex swimming pool. All of a sudden he heard the pool lifeguard yelling for help. He was at the edge of the pool with a child in his arms yelling, "This is no joke, I need help."

So help is what Johnston did. In seconds he grabbed the child

from the lifeguards hands and began giving him cardiopulmonary resuscitation.

"The kid didn't have a pulse and wasn't breathing," said Johnston. "It took me about five minutes to get him to start breathing. He was still unconscious, but at least he was breathing."

On the morning of May 29, Merwais Sabit, age 7 and youngest died. He was the second child pulled from the pool by the lifeguard. Brother Ariaomar age 9, was in critical condition at deadline. However, with the knowledge and help from SSgt. Johnston Ariaomar has the chance to live.

HQMC. Henceforth, the reporting senior will be the first officer (or civilian equivalent, GS-11 or above) in the Marine's operational chain, allowing for evaluation based upon first-hand and frequent observation. The reviewing officer will be the second officer and next most senior officer, or civilian equivalent, in the operational chain, and will be directly responsible for the submission and accuracy of fitness reports.

HQMC will institute additional procedures to ensure fitness report records are complete and accurate. Each Marine will receive annually, from HQMC, a chronological listing of all fitness reports. They will also receive a microfiche copy of their Official Military Personnel File (OMPF) approximately one year prior to entering a primary promotion zone. The OMPF contains all the Marine's fitness reports and administrative documents which have been entered into the HQMC microfiche system. Periodic letters from HQMC to commanding generals will identify missing/late reports.

More than 230,000 fitness reports are received annually at HQMC. Of those, only 95,000 are semiannual reports, the rest result from a long list of varied reporting occasions. Broken down, that means each active duty Marine receives an average of almost three reports per year, and a reservist 1.5 reports per year.

All Marines (active duty and Reserve) will receive new annual fitness reports and the number of reporting occasions will be reduced to 10. The annual reporting policy will still result in an average of about two reports per year for each Marine. The revised list of reporting occasions is: annual; transfer; change of reporting senior; grade change; change of duty (significant change in primary duty);

to and from temporary duty for more than 30 days; end of service, Reserve annual; Reserve training; and CMC directed (for special occasions),

There will also be a reduction in what the Commandant terms "not observed" and "welcome aboard" reports. Marines will be observed for a minimum of 90 days before they receive a fitness report. The only exceptions to this policy will be combat periods and situations involving close and daily personal observation.

Simultaneous counseling and fitness report preparation can establish a situation where the Marine is more interested in fitness report marks than counseling.

Fitness report preparation has, over the years, assumed an added dimension - becoming a combination of evaluation and performance counseling. A study done by MCDEC in 1984 found that simultaneous counseling and fitness report preparation establishes situations where Marines are more interested in fitness report marks than counseling. The study indicates counseling is often slanted toward past efforts, while failing to provide positive insight into improving future performance. There is also evidence that the practice contributes to inflated markings.

"Performance counseling is unquestionably as important to improving individual and unit performance as in the evaluation of that performance," Gen. Kelley maintains. "I am convinced that we can do a better job in this critical area by separating these two aspects of leadership. For this reason, I have directed that counseling in conjunction with fitness report preparation be discontinued. A program to educate and provide

counseling tools to leaders at all levels within the Corps is forthcoming."

Review of adverse fitness reports is another area of policy change. Current guidance concerning an adverse report will be expanded. All adverse fitness reports will go to a third level or review in the field. None of this is meant to reduce or increase the number of adverse reports. Rather, it is to ensure the validity of all reports.

The fitness report form itself will undergo some minor changes. A second page will be added to the reverse side of the form. On it, reporting seniors will alphabetically list all Marines of the same grade they report on, and will indicate the relative position of the Marine being evaluated if marked with other Marines as "outstanding" (i.e., "2 of 3"). Page two will also provide space for reviewing officer input and certification.

Education and leadership are the tools which the Commandant says will effect the changes he has called for. "A well-structured education program regarding performance evaluation will be instituted at our formal schools, as well as being provided to your commands. I solicit the cooperation of all commanders in educating reporting officials on the changes outlined above, and I further require that they live up to their responsibilities in this most important aspect of leadership."

Longer liquidation period for PCS advance

HQMC-Permanent Change of Station moves can be a drastic evolution to the military family - and an expensive one. For those without a substantial savings account, advance pay has often been the means to clear the financial hurdle.

Current regulations in the DoD Pay and Entitlements Manual authorize advance payment of up to three months basic pay in conjunction with PCS moves. However, repaying the advance in the required six or 12-months period often causes another hardship of even longer duration.

To help servicemembers, DoD has authorized a 12-month repayment schedule as the standard method (versus the previous six-month schedule), and a 24-month repayment schedule (versus the previous 12-month repayment schedule). For unusual circumstances/hardships. The new schedules went into effect May 1.

ALMAR 088/85 (CMC Message 291601Z April 1985) announces the change, but stresses that advance pay should not be approved as a routine matter without consideration of its

true purpose as a financial assistance tool. Furthermore, the message reads, the newly authorized extended repayment period should be the exception rather than the norm.

Commanding officer approval will be required for all lance corporals and below to draw advanced pay under a 12-month repayment schedule. Marines of any pay grade who request a repayment schedule of 13-24 months must receive written approval from a battalion, squadron, or separate detachment commanding officer.

Officials at HQMC use the ALMAR to outline several measures designed to protect the Marine from misuse of the authorized advance or the extended repayment option;

*The financial status of the Marine will be thoroughly reviewed to determine justification and need for advance pay.

*The amount of advance pay approved will be determined by the Marine's needs and his/her ability to repay the advance without undue hardship.

*All requests will be scheduled for liquidation before the member's date of separation, and prior to the next PCS move.

Marines who draw advance pay will be encouraged to draw it in two increments - one portion at the old duty station, and the other at the new duty station. This, say officials, will provide a more controlled expenditure, making sure the Marine has ample funds on both ends of the PCS move.

Marines currently repaying a previous advance for a PCS can benefit from the new policy as well. They can apply for an adjustment in their present liquidation schedule, but only on the uncollected amount to date. Each application will be reviewed on a case-by-case basis.

How does your career stack up?

HQMC-A professional counseling service is available to all Marines, sergeant and above, through the Career Counseling and Evaluation Branch at HQMC.

The service is available by telephone or through personal visit. However, Marines planning to visit HQMC for counseling session, should call ahead first. This will allow the staff to thoroughly review the individual's Official Military Personnel File (OMPF).

Maj. E.E. Cade, head of the Enlisted Career Counseling Section, explained what kind of assistance his office can provide. "By reviewing your case file, we can tell you how your record compares to those of your peers and if you have any positive or negative trends running through your career. We can tell you how you look for an upcoming promotion, and what your chances are for reenlistment. We can also recommend steps to make yourself more competitive."

Marines desiring an appointment with a counselor can call commercial 694-2286/4237. A telephone counseling session can be arranged by calling a 24-hour answering machine commercial 694-1734. Callers should leave their name, rank, SSN and MOS. The Marine is then asked to call back 10 days later during normal East Coast working hours for their brief.

"We are not the promotion board or the reenlistment authority," Maj. Cade points out. "But the extensive and thorough counseling we can provide on your past performance is a very good "best guess."



Band begins 18th outdoor concert season

Summer, 1985 marks the United States Marine Band's 185th outdoor concert season, a record unparalleled by any other U.S. military band. When the national capitol was moved from Philadelphia to Washinton, the Marine Band went along in July, 1800.

Awaiting a permanent home in the Federal City, the bandmen pitched their tents on a hill in Georgetown near the present site of the Lincoln Memorial. The first recorded open-air concert took place on Aug. 21, 1800 at the temporary camp site.

The Band, led by its first leader, William Farr, apparently did much with its inspiring music to dispel

gloom from the new capitol. Washington is our nation's showcase and, as in those early days, the Marine Band continues to inspire Washingtonians and vistor to our nations capitol.

It is with great pride that "The President's Own" continues this long tradition and announces its 1985 summer concert schedule.

Sunday Evening Concerts-June 2 to Aug 25, at the Sylvan Theater, Washinton Monument grounds, 8 p.m. Free.

Wednesday Evening Concerts-June 5 to Aug. 28, at the West Steps of the Capitol Building, 8 p.m. Free.



THE RUNNER

To him running is more than just a pain

story and photos
by Sgt. C.D. Chambers

Running a 16 minute three mile for the Marine Corps' semi-annual Physical Fitness Test is one thing. But, running at that pace for 26.2 miles in another.

That's exactly what Cpl. Kim Nutter, administration chief for Headquarters and Service Company here, set out to do at the London Marathon in April.

"My goal was to keep a 5:20 per mile pace throughout the run. I kept that pace until about the 20 mile mark when I dropped off just a little. My hamstring muscles tightened up and that's what slowed me down. Other than that, it was the easiest marathon I've ever ran in. It felt like just a training run," said Nutter, who finished the grueling London 26.2 miles in a time of 2:24:37.

"I was a little disappointed with my time though," commented Nutter. "I really wanted to run it under 2:20:00. Next time I'll just have to stretch out a little more."

London was the largest marathon Nutter has ever participated in (22,000 runners). He has competed in the Boston and New York Marathons and has also given the Olympic Trials a shot.

Nutter a native of Parkersberg W.Va., lived a modest life with his family of four. While growing up, he always liked sports and participated in everything from bowling to basketball.

"I hated running when I was in junior high. I was more into the popular sports with my friends like football and baseball," said Nutter. "I guess another reason I hated running is because my junior high coach made me run," he added with a smile.

It wasn't until his freshman year at Parkersberg High School that Nutter finally saw his raw talent and considered running more than just a pain.

"I started out by running the 880 yard run. I never really thought about how far it was or what strategy I would use," said the 31-year-old. And run it he did. His fastest time in that event was 2:16.9, placing him first in the county championship.

The more Nutter ran, the more confidence he built up. In the fall of 1971 he participated in the Cross Country State Championship and captured first. In the spring of 1972, the same school year, Nutter went

"My goal is to get my marathon time under 2:20:00. Chicago is a fast marathon with fast runners. There I think I'll be able to reach my goal."

into the West Virginia State Track and Field Championship with even more confidence. He not only finished first in the mile run, but also set a state record with a time of 4:18.8. Three weeks later Nutter entered the National Junior Championship where he place a strong second with a time of 4:18.5.

Graduating from high school in June of 1972, Nutter decided to pursue a college education. Nutter was the first athlete to get a full scholarship to West Virginia as a Cross-Country runner.

A year later however, he transferred to Ohio State University, where he majored in education. During his second term there he entered his first marathon in Athens, Ohio. He finished with a time of 2:34.21 without really training for it.

Two weeks later he entered his second marathon...the famed Boston Marathon. As a young marathoner he placed an amazing 26th with a time of 2:24.53.

Due to some personal hardships he encountered while at Ohio State, he decided to leave school and pursue his education through another medium. In May of 1975, Nutter enlisted in the Army for a period of three years. While in the Army he continued to perfect his running ability.

After two years of being away from the marathon, Nutter again entered the Boston 26.2. That year, 1976, was considered one of the hottest marathons in history and he placed 32nd with a time of 2:32.21. Even after two years away from the challenge, he was still confident with his ability to run. During that marathon however, Nutter sustained a stress fracture. Believing that his injury was only minor, he decided to go to the Olympic tryouts in Eugene, Oregon. He soon found out how serious his injury really was. Nutter dropped out of the race at the ten mile marker.

After a few months of rest, Nutter was still determined to let nothing stand in the way of his goals. In late 1977 he decided to run again. This time in the Classic Marathon in Athens, Greece, where he place 26th.

In 1978 his contract with the Army expired and so he accepted his honorable discharge and got out of

The Runner

CPL. KIM NUTTER keeps on the run from behind his desk as well as on the road.



the service. With a desire to finish his education, after leaving the Army, he enrolled in Marshall University in Huntington W. Va., where he graduated with a B.A. in education in 1981

After three years from the marathon circuit, Nutter again entered the Boston Marathon. He placed 112th with a time of 2:23:18. "I was very disappointed in myself that time," said Nutter. "I knew that I was a good runner, but I felt that I was not very tactful in my patterns that I had set for the race."

After his last run and after acquiring his degree he wanted to go back in the service. So in June of 1982, Nutter enlisted in the Marine Corps. At 8th and 1 Nutter has worked in several administrative jobs. From the files and directives desk to his current job of admin chief.

What's amazing about Nutter, to Marines, is his ability to run the three mile portion of the PFT so fast. His last time was 14:37. He has also ran it in a time of 13:37. Nutter however, is never satisfied with just a superior run. "My last three mile run was really disappointing. I was out of shape," he commented. "It really makes me mad at myself when I know I can run it faster and I don't."

Nutter, a good family man, loves to run, but has his priorities in order. "I guess if I wasn't married I'd be running in every marathon I could get ready for. But, somewhere along the line you have to get your priorities straight. My family comes first," he said sincerely.

Nutter said he does plan to run in more marathons, but he's not going to overdo it. His sights are set on the Chicago Marathon in October. The

"I think the Marine Corps Marathon is great. It's a good one for people who just want to run in a marathon."

Marine Corps Marathon goes at about the same time so he really can't run in both.

"I think the Marine Corps Marathon is great. It's a good one for people who just want to run in a marathon. My goal is to get my marathon time under 2:20:00. Chicago is a fast marathon with fast runners. There I think I'll be able to reach my goal," he said.



Let's get physical

by SSgt. Kent Ashcraft

As I write this, the temperature outside is, for the first time this year, climbing into the nineties. Earlier today I ran a few miles. I haven't had so much fun since my last root canal (apologies to Dr. Keane). Thus begins the time of year I dread the most - the two weeks or so it takes to get used to Washington's summer heat.

By the time this gets printed we will be heading into the heat of summer and it's a fitting time for some seasonal cautions. Actually, if you know what you're doing, it should be possible to get all the exercise you want even in the hot months. I once did a 20-mile run in 95-degree heat and suffered only minor brain damage as a result. I don't recommend such foolishness, but then some of you are going to try it anyway, so you might as well know what you're up against.

Hot weather is the most dangerous of conditions for outdoor exercise, especially running. The hazards are

two-fold: dehydration and heat exhaustion. Either one can strike with very little warning, and the consequences can be disastrous, up to and including a severe case of death. Here are several tips for minimizing the danger:

1. Don't run bare-chested, even (especially) in very hot, humid weather. A T-shirt or mesh singlet will keep valuable perspiration next to your skin, where it can cool you.

2. Stay in the shade as much as possible.

3. Seek out breezy areas, especially near water.

4. If you begin to feel overheated and/or disoriented, find a source of water right away and douse your head (the hottest part of your body). I like to run through residential neighborhoods where lots of people are watering their lawns, so that relief is always close by.

5. Drink plenty of water *before* you exercise. By the time you're dehydrated it's too late.

Regarding fluid conservation, there is a common misconception that one needs extra salt in the summer. This is not true; we all get more than enough sodium in our diets, and the body quickly adapts to conserve it in hot weather. Salt taken immediately before exercise can be extremely dangerous, in fact, since it draws water out of the tissues, where it is needed. The best dietary modifications one can make are to eat less protein (it increases urinary output) and to avoid eating right before exercise, since digestion ties up a good deal of water.

This last point applies equally to Friday Evening Parades. One should eat a light dinner beforehand, concentrating on complex carbohydrates (starches), and washed down with plenty of water. And *never* take salt tablets before going out on the parade deck.

Here's hoping your summer will be safe and healthy, if not always comfortable.

Barracks Bulletin Board

NCO OF THE QUARTER: Cpl. R. L. Huntley
MARINE OF THE QUARTER: LCpl. B.W. Tolman

Promotions

A Company

LCpl. C.M. Marks
LCpl. A.R. Miller
LCpl. S.C. Gust
LCpl. R.W. Ogden
LCpl. J.W. Lytle Jr.
LCpl. E.D. Jason
LCpl. M.E. Miller
LCpl. M Chapple
LCpl. C.L. Johnston IV
LCpl. K.J. Schmidt
LCpl. I. Delafuente
Pfc. M.E. Womak
Sgt. W.S. Stewart

B Company

LCpl. S.P. Shepard
LCpl. W.J. Henwood
LCpl. M.K. Reese
LCpl. D.S. Lis
LCpl. C.T. Koerperich
LCpl. R.A. Stephens
LCpl. D.R. Tomlinson
LCpl. J.M. Thompson
LCpl. T.E. Parsons
LCpl. D.L. Hasbrouck
LCpl. M.C. Simmons
LCpl. A.L. Weller
LCpl. P.K. Simpson
LCpl. T.R. Sorby
LCpl. J.A. Hayes
LCpl. M.W. McGill

HQSVC Company

Sgt. A.G. Patterson
Cpl. R.A. Cerda
LCpl. K.A. Boose

LCpl. R.A. Casselli
LCpl. E.A. Jones
LCpl. T.I. Nelson
LCpl. J.L. Brown
LCpl. D.R. Tillner
LCpl. A.N. Faulkner
LCpl. R.C. Weekes
Pfc. T.W. Jones
Pfc. J.K. Langler
Pfc. L.K. Carlton

D&B Company

LCpl. M.A. Rizzi

MCI Company

LCpl. R.N. Fiesler
LCpl. R.T. Konitzer
LCpl. T. Mills

Awards

A Company

Ltr of Appreciation

LCpl. T.C. Cannon
LCpl. J.E. Starnes
Pfc. W.P. Oldroyd
LCpl. M.E. Miller
Pfc. R.A. Boxwell
LCpl. C.L. Johnson
Cpl. J.L. Harr
LCpl. J.E. Burton

Merit Mast

LCpl. J.E. Burton
LCpl. V.L. Jordan
LCpl. P.R. Paolucci
LCpl. T.J. Steward
Sgt. S.M. Berko
LCpl. J.E. Burton
Sgt. J.E. Capua
Cpl. R.R. Couch
Cpl. R.W. Justice
LCpl. J.E. Usher
LCpl. L. Del Rio
LCpl. M.E. Maxwell

LCpl. R.J. Powers Jr.
LCpl. T.L. Pruett
LCpl. K.J. Schmidt
LCpl. T.J. Steward
LCpl. J.B. Bruce
Cpl. L.B. Parker
LCpl. F.R. Terling Jr.
LCpl. B.W. Thalacker
LCpl. E. Ward Jr.

B Company

Merit Mast

LCpl. L.W. Downey

Ltr of Appreciation

Pfc. C.R. Rogers

HQSVC Company

Navy Achievement Medal

Capt. A.S. Haeuptle

Navy Comm Medal

Maj. J.W. O'Connell

Merit Mast

LCpl. K.E. Ellis

Ltr of Appreciation

SSgt. E. Stradford
Cpl. P.L. Artis

D&B Company

Merit Mast

SSgt. K.A. Bruhn

MCI Company

Merit Service Medal

Maj. H.M. McIlroy Jr.
Capt. M.S. Helgeson

Navy Achievement Medal

GySgt. J.R. Younce

Cert of Commendation

Cpl. S.R. Armstead

