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VMFAT-501  
COMMANDING OFFICER'S POLICY ON  
SUBSTANCE ABUSE

## Be Nice

Don't pressure anyone to participate in activities that they don't want to participate in. Don't feel pressured to participate when you don't want to.

## Have Fun

Enjoy alcohol responsibly. Have a plan of action that can be executed by someone who is intoxicated, and stick to that plan.

## Work Hard

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Take care of your fellow Marines. Don't let drugs and alcohol affect the decisions you make.

A handwritten signature in black ink, appearing to read "P. J. Holst".

P. J. HOLST