



Co. E conquers the confidence course

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MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION



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“WHERE MARINES ARE MADE”

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Recruits reflect on Corps’ illustrious history



Cpl. Liz Gleason

BY CPL. LIZ GLEASON
Chevron staff

Throughout training, recruits are taught Marine Corps History. They learn about everything from the birth of the Marine Corps to the recent wars in Iraq and Afghanistan. However, the knowledge isn’t only taught in the classroom.

On Training Day 56, June 12, recruits of Company K, 3rd Recruit Training Battalion, spent the afternoon touring the depot’s Command Museum.

“Today we took the recruits around (the museum) for two hours,” said Brett Dingerson, a docent at the museum. “We spent 20 minutes at six different locations. Each location has a certain subject matter. For example, World War II, the Korean War, the Mexican American War, the Vietnam War, the history of the Marine Corps in San Diego, and the medals and decoration room.”

Visiting the museum gives recruits a different experience. It

Recruit Marcos Bocanegra, Platoon 3225, Company K, 3rd Recruit Training Battalion, looks at a Vietnam War exhibit during a trip to the museum aboard Marine Corps Recruit Depot San Diego June 12.

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Marine Martial Arts Program lays foundation

BY CPL. LIZ GLEASON
Chevron staff

During recruit training, recruits are exposed to many mental and physical challenges that will prepare them for future experiences they will encounter in their Marine Corps career, such as deployments.

The Marine Corps Martial Arts Program is an integral part of molding recruits into combat ready Marines and is a graduation requirement.

Recruits of Company I, 3rd Recruit Training Battalion, spent the afternoon learning how to execute break falls and leg sweeps aboard Marine Corps Recruit Depot San Diego June 10.

“Today they’re learning how to execute a front break fall, back break fall, left break fall, right break fall and a forward shoulder roll. They’re also learning how to take down an opponent with a leg sweep,” said Staff Sgt. Hector Jimenez, senior drill instructor, Platoon 3209, Co. I, 3rd RTBn.

Although MCMAP is well known and practiced by Marines, not all recruits arrive at the depot knowing what it is or the importance of it.

“I’ve never been in a fight before,” said Recruit Adam Kendall, Plt. 3210, Co. I, 3rd RTBn. “This is the first time I’ve heard about MCMAP and although it can be challenging, I’m learning a lot and I find it really interesting.”

Recruits are introduced to MCMAP during Phase One and it is reinforced throughout training.

Although this is the third time Co. I participated in MCMAP, this session is just as important.

“This course is part of the foundation needed in order to advance in MCMAP,” said Jimenez. “You have to teach them how to properly fall not only for when they are in a combat situation, but so they can safely execute advanced techniques and move up to higher belt levels.”

There are five belts in MCMAP; tan, grey, green, brown, and black. With every belt comes

see MCMAP ▶ 2



Recruits with Company I, 3rd Recruit Training Battalion, execute forward shoulder rolls during the Break Falls and Leg Sweep class aboard Marine Corps Recruit Depot San Diego June 10.

Recruits build moral compass in classroom

BY LANCE CPL. BENJAMIN E. WOODLE
Chevron staff

Members of the United States Marine Corps have been forged on the historic actions of other Marines who were able to do what many wouldn’t.

Those Marines exemplified the Marine Corps Core Values and Principles that were taught to them during recruit training. That same training still occurs to this day.

Recruits of Company D, 1st Recruit Training Battalion, received a class on one of the three core values, courage, aboard Marine Corps Recruit Depot San Diego June 11.

The Marine Corps’ core values and principles are introduced to recruits from the moment they step on the yellow footprints.

Building a foundation early on in recruit training is essential in order for recruits to understand what is expected of them. This allows drill instructors the ability to mold and shape recruits into Marines.

“We give the courage class in the beginning of recruit training to give recruits a base that we can build their core

values on and to help them develop their moral compass,” said Sgt. Justin R. Urbany, senior drill instructor, Platoon 1074, Co. D, 1st RTBn. “The Marine Corps is big on core values, which is why our drill instructors constantly re-

see VALUES ▶ 2



Lance Cpl. Benjamin E. Woodle

Recruits of Company D, 1st Recruit Training Battalion, received a class on one of the three core values, courage, aboard Marine Corps Recruit Depot San Diego, June 11. This is the recruit’s first class on the Marine Corps Core Values.



Cpl. Liz Gleason

Recruits with Company K, 3rd Recruit Training Battalion, listen to a docent during a trip to the museum aboard Marine Corps Recruit Depot San Diego June 12. Recruits are tested on their knowledge of Marine Corps history and other subjects during the Comprehensive Exam on Training Day 55.

HISTORY ◀ 1

allows them to see artifacts and imagine how history actually unfolded, giving them greater insight on the events of the past. Instead of listening to an instructor read a power point, they get to hear more detailed stories from the museum docents, according to Recruit Dillon Adams, Platoon 3225, Co. K, 3rd RTBn.

The museum docents are veterans who volunteer their time to share history knowledge. Some have served in past wars and share their stories and experiences with the recruits.

"It's really motivating to know that the men that are telling us the stories are veterans," said Adams. "It's an honor to be learning about the history and the legacy of the Marine Corps from them."

Even though the docents only spend two hours with recruits, they take great pride in the history of the Marine Corps and United States and hope that they can leave a lasting impression.

"We try to peak their curiosity and hopefully they'll come back and take some more time learning and researching subjects that are interesting to them. The Marine Corps has a very long, colorful, and proud history that should be known," said Dingerson.

Some recruits arrive at the Depot with a good understanding of the Corps' history and some arrive with no prior knowledge, however after enduring nearly three months at recruit training they gain a sense of pride.

"The only history I knew about the Marine Corps before coming to recruit training was the birthday," said Adams.

"Now I'm very emotionally attached. Although I'm not a Marine yet, I feel like I'm already a part of the Marine Corps because I share the same sense of pride, I want to learn everything and I want to be a good Marine."

Like Adams, Recruit Marcos Bocanegra, Plt. 3225, Co. K, 3rd RTBn., not only learned new things, he also found a renewed drive to finish training.

"As I walked through the museum and looked at everything that happened throughout history, I became inspired," said Bocanegra. "I found new motivation to help me through the Crucible. When I feel like giving up, I'll remind myself about the day I spent in the museum, everything I learned and all those who came before me. No matter how tough it gets, I can't quit. I just have to keep my head up."

MCMAP ◀ 1

new complex techniques and greater challenges.

While a big part of MCMAP is learning the proper fighting and self-defense techniques, there is more to it than that.

"In order to be a proficient war fighter you must exemplify the mental, physical and character disciplines," said Sgt. Erik Covington, Chief Martial Arts Instructor Trainer, Instructional Training Company, Support Battalion.

"We teach them the mental and character disciplines through tie-ins. Tie-ins are guided discussions on various subjects that help recruits understand that in order to win a fight, you have to be prepared mentally as well as physically."

Along with the techniques and tie-ins, ITC instructors incorporate Warrior Studies to instill pride and motivation.

Warrior Studies are important because it teaches recruits history and shows them that their situation is not

unique. There are Marines that have been through the same circumstances, if not worse, and have prevailed. Warrior Studies prove to recruits that they can overcome adversity, according to Covington.

For the recruits of Co. I, this is only the beginning of their MCMAP training. They will continue to learn new tan belt syllabus techniques and will be tested individually by instructors of ITC on Training Day 50. They must pass the test in order to earn their tan belt and continue on with training.

VALUES ◀ 1

iterate the importance and try to instill the values in them."

Recruits are taught two types of courage. The first is moral courage, which is defined as having the inner strength to stand up for what is right and to accept blame when something is your fault. The second is physical courage, which is defined as the ability to continue to function effectively when there is physical danger present.

Recruits are constantly confronted with these challenges on a daily basis, whether it be from a physical training event or interacting with Marines of higher rank.

"Courage helps us establish discipline and confidence when dealing with some-

one of higher authority. It gives us the ability to speak with confidence," said Recruit Daniel Johnson Jr., guide, Plt. 1075, Co. D, 1st RTBn. "We also utilize courage to correct other recruits or use it to push on when our mind and body is exhausted and telling us to stop."

Making tough decisions is an issue every leader will run into. Marine Corps leaders have an even greater burden because their decisions in combat have life or death consequences. Having the courage and confidence to make these decisions and in a quick manner is an invaluable asset.

"Courage will teach recruits to take charge and make decisions; hopefully the right ones," said Urbany. "In combat it will give them the motivation, inspiration, and ability to make a quick decision while

taking charge of Marines, which in turn will make them a better leader."

Developing the mental, moral, and physical strengths of recruit's core values is just as important as developing their physical training, marksmanship, and discipline. The courageous efforts of Marines in the past have made the Marines of the present stand out. It is something many Marines take pride in as they strive to maintain the tremendous reputation viewed by others.

"As a Marine we hold ourselves to a higher standard," said Johnson. "The training we receive on courage helps us uphold that standard by giving us confidence, not hesitating with decisions or actions, and ultimately just being a better Marine."

BRIEFS

Library Sunday Closures

The library will be closed on Sundays from July 14 to September 29. We regret any inconvenience, but do invite you to visit the library Monday - Saturday from 8:30 a.m. to 5 p.m. For more information call Dan Cisco at (619)524-1850.

Las Vegas Trip

The Single Marine Program has scheduled its annual trip to Las Vegas for July 3 through July 6, with departure scheduled for 9 a.m. Wednesday, July 3. Cost of the trip is \$50. This includes transportation and three nights lodging (double occupancy) at the Quad Hotel and Casino on the Las Vegas Strip.

The event is open to depot Single Marines/Sailors and Geographic Bachelors.

Contact Josh Davis at (619) 524-8240; or via computer at davisjp@usmc-mccs.org or on Facebook at <http://on.fb.me/16fdrlv>.

Spark Adventure Race

The depot Single Marine Program is sponsoring two five-person teams to participate in the Spark Adventure Race July 13.

The event is an exciting adventure race experience that combines all of the best aspects of urban adventure racing athletic events, games, puzzles, photo hunts and other fun and adventurous activities!

The race covers downtown San Diego from 11 a.m., until 5 p.m. starting at the Gaslamp District.

For information go to: <http://bgcspark.com/upcoming-event-spark-adventure-race/>.

To participate in this limited space event contact Josh Davis at (619) 524-8240; or via computer at davisjp@usmc-mccs.org or on Facebook at <http://on.fb.me/16fdrlv>.

Military Retiree Appreciation Seminar and Resource Fair

The depot sponsors a Military Retiree Appreciation Seminar and Resource Fair on July 26. The event is scheduled for the McDougal Hall (the depot theater) from 10:30 a.m. and 2 p.m.

Learn about legislative updates on benefits, and exposure to community resources. For information call (619) 524-5301/5732/5728. Register at <http://smcrd2013rs-attendee.eventbrite.com>

Emergency Preparedness: Safe and Well website

After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind.

This website: <https://safeandwell.communityos.org/cms/index.php>, is designed to help make communication easier and eliminate the overloading of telephone systems.

To register yourself as "Safe and Well" click on the "List Myself as Safe and Well" button. Concerned family and friends can search the list of those who have registered by clicking on the "Search Registrants" button.

The results of a successful search will display a loved one's first name, last name and a brief message.

For information and further guidance contact G3 Mission Assurance.

Send briefs to:

rdsd_pao@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Around the depot

This week the Chevron asks: "How do you show your patriotism?"



"I don't strut it. It's something I feel. When someone asks if I'm a Marine I say, 'yes' proudly. For me it's in my pride in the service." Lance Cpl. Alejandro Alunado, administration clerk, Headquarters Company, Support Battalion



"Celebrating the 4th of July with family and friends." Lance Cpl. Ruben R. Quezada, administration clerk, Support Battalion



"I reflect on what this country is about and the heritage of this country." Dab F. Plitt, combat camera graphics representation lead, service company, Headquarters and Service Battalion

Forward Deployment Exhibit



Cpl. Liz Gleason

Brig. Gen. Daniel D. Yoo, Commanding General, Marine Corps Recruit Depot San Diego, Western Recruiting Region, cuts the ribbon indicating the opening of the new Forward Deployed exhibit at the Command Museum aboard Marine Corps Recruit Depot San Diego June 19. The new exhibit displays artifacts, photographs and information about the recent war in Iraq and Afghanistan. It also includes photographs and information about the recent changes the Marine Corps is implementing such as female Marines completing pull-ups for the annual Physical Fitness Test. Guest explored the new exhibit and shared refreshments afterwards.

H&S Change of Command



Cpl. Walter D. Marino II

Sgt. Maj. Michael D. Brookman, Headquarters and Service Battalion sergeant major, salutes (center) Col. Wayne A. Sinclair, outgoing commanding officer and (left) Col. Mark M. Tull, oncoming commanding officers, Headquarters and Service Battalion, during a change of command ceremony aboard Marine Corps Recruit Depot San Diego June 25. The change of command took place on the depot's parade deck, where dozens of family members and friends came to watch the ceremony.



ESTABLISHED 1942

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Company E conquers Confidence Course II

BY CPL. BRIDGET M. KEANE
Chevron staff

Confidence is a feeling of assurance that allows one to perform effectively under pressure. Throughout recruit training, recruits face obstacles that will challenge them both mentally and physically and help build their confidence.

Recruits of

Company E, 2nd Recruit Training Battalion, endured Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11.

The Confidence Course is a variety of obstacles that is meant to push recruits beyond their limits. From monkey bars to the towering 30-foot Stairway to Heaven, each obstacle is designed to challenge the bodies and minds of every recruit.

“The main purpose of the Confidence

Course is to teach recruits about the things their body’s are capable of doing,” said Sgt. Jasmin George, drill instructor, Platoon 2110, Co. E, 2nd RTBn. “They all think that they have limits, but they don’t and whether they know it or not, they’re growing stronger every day.”

Although this was the second time Co. E has faced the Confidence Course, it was the first time they were exposed to the high obstacles, such as the “A” Frame, Stairway to Heaven and the Slide for Life.

“The first time they did the course, they only did the lower obstacles which were just an introduction,” said George, a 27-year-old Baton Rouge, La., native. “A lot of recruits struggle with the higher obstacles because they have a fear of heights. Of the three high obstacles, recruits tend to struggle with the last one the most, the Slide for Life.”

The Slide for life is a 25-foot tower that requires recruits to climb across a descending 90-foot cable above a 4-foot deep pool. In the middle of the downward climb, recruits are instructed

to changed positions. If the recruit either fails to get their legs back on the cable or lets go, they fall into the water.

“I was hesitant at first but I was confident that I would make it across,” said Recruit David Capron, Plt. 2111, Co. E, 2nd RTBn. “I believe that if you put your mind to it and overcome the fear in your mind, you’ll be able to accomplish it.”

While waiting for their turn to challenge an obstacle, recruits would watch and encourage those who struggled to overcome it.

“I think the purpose confidence course isn’t to make recruits look like cowards, but to allow them a chance to trust their body’s capabilities,” explained Capron, a 21-year old Healdsburg, Calif., native. “It benefits the recruits more than they’ll probably know. Once they complete obstacles they’re afraid of, they’ll have the self-confidence they need to move on in training.”

The recruits of Co. E will see the Confidence Course once more, during the Crucible, a 54-hour field training exercise that requires recruits to apply all that they have learned throughout training with very little sleep and food. Knowing what their bodies are capable of, Co. E can confidently move on in their journey to earn the title “Marine.”



Cpl. Bridget M. Keane

Recruits of Company E, 2nd Recruit Training Battalion, climb over a wall using during Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11. The Confidence Course challenges recruits to push their limits both mentally and physically.



Cpl. Bridget M. Keane

A recruit of Company E, 2nd Recruit Training Battalion, prepares to leap from one log to the next during Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11.



Cpl. Bridget M. Keane

A recruit of Company E, 2nd Recruit Training Battalion, uses the monkey bars to get over a wall using during Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11.



Cpl. Bridget M. Keane

Recruits of Company E, 2nd Recruit Training Battalion, struggle to change positions on the cable during Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11. The Slide for Life is the last and probably most challenging obstacle during the course. Recruits are instructed to make a transition halfway through the descent.



Cpl. Bridget M. Keane

Recruits of Company E, 2nd Recruit Training Battalion, change positions on the cable during Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11. The Slide for Life is the last and probably most challenging obstacle during the course. During the Slide for Life, recruits are instructed to make a transition halfway through the descent.



Cpl. Bridget M. Keane

Company E recruits make their way across the dip bars during Confidence Course II June 11.



Cpl. Bridget M. Keane

Recruits of Company E, 2nd Recruit Training Battalion, practice Marine Corps Martial Arts Program techniques while waiting for their peers to complete an obstacle during Confidence Course II aboard Marine Corps Recruit Depot San Diego June 11.

Drill instructor inspired by comrade lost in battle

BY LANCE CPL. PEDRO CARDENAS
Chevron staff

In 2010, Marines of 3rd Battalion, 5th Marine Regiment, 1st Marine Division, fought and successfully repelled the Taliban at the Sangin District, Afghanistan. During the operation, Sgt. Joel T. Bailey's unit was taking cover in a building when they were hit by an Improvised Explosive Device. Fellow Marine Sgt. Jason D. Peto attempted to help fallen comrades only to trigger an IED himself, leaving him mortally wounded.

Bailey, drill instructor, Platoon 3227, Company K, 3rd Recruit Training Battalion, became a drill instructor to try and forge recruits in the mold of his lost friend.

"It was really difficult (Peto's death) and he is one of the reasons I decided to become a drill instructor," said Bailey, a Camarrillo, Calif., native. "I want to teach recruits brotherhood, camaraderie."

Bailey uses every bit of his knowledge and experience to complete his mission of making Marines and preparing them for the demands of the Marine Corps.

"He knows that in the near future he will have to rely on one of these recruits so he ensures that they get the best training they can possibly have," said Staff Sgt. Otis V. Gordon, senior drill instructor, Plt. 3227, Co. K, 3rd RTBn. "Sgt. Bailey handles every task above and beyond accomplishing any mission and takes pride in his work."

During his 2010 deployment, Bailey was fortunate to come out alive but his close friend of eight years was not so lucky. They had been close ever since day one in the Marine Corps and the friendship grew from there.

"Sgt. Jason Peto was a good friend of mine. I went through recruit training with him. We



Lance Cpl. Pedro Cardenas

Sgt. Joel T. Bailey, drill instructor, Platoon 3227, Company K, 3rd Recruit Training Battalion, stands in front of the drill instructor monument aboard Marine Corps Recruit Depot San Diego June 24. Bailey is serving as a drill instructor to help mold young recruits into Marines like his lost friend Sgt. Jason D. Peto.

were assigned to the same unit (3/7) and later we transferred to another unit together (3/5)," said Bailey. "He was there when I proposed to my wife and was there at my wedding."

Peto was a big part of Bailey's life. He passed away at the age of 31 in Helmand Province, Afghanistan on December 8, 2010. His death was devastating but also inspirational to Bailey.

"It was difficult at first, it still is difficult. He is the reason

why I'm here (as a drill instructor)," said 27 year old Bailey. "It's my drive and why I came here to make Marines, to honor him."

A drill instructor's job is to develop young men and women as basically trained Marines. Drill instructors sacrifice time with their families and spend the majority of a three month cycle with recruits. To some, it's a way to contribute.

"I want to give back to the

Marine Corps and I want to train recruits to win battles," said Bailey. "I became a drill instructor to make the best warrior that I can, so that when situations arise in combat these recruits will know how to react, how to render first aid."

Although he lost a friend, Bailey frequently remembers Peto.

"I constantly speak to his family and on the anniversary of his death, I go to his grave

and have a toast in his name," said Bailey.

A small tribute Bailey performs on a daily basis is to make sure Peto's skills and legacy continue to be a part of the Marine Corps, by training and making Marines that resemble his old friend.

According to Bailey, "I'm here to make Marines like Sergeant Peto and everything I teach recruits is in some form something I learned from him."

Col. Drew T. Doolin

Parade Reviewing Officer

Col. Drew T. Doolin is a 1982 graduate of Illinois State University. Following completion of the Officer Candidates School, Quantico, Va., in July 1987, he served as a platoon commander with 1st Landing Support Battalion, 1st Force Service Support Group, Camp Pendleton, Calif.

In June 1988, Doolin took command of the Landing Support Detachment, 11th Marine Expeditionary Unit, MEU Service Support Group 11 and deployed to the Western Pacific. He was promoted to first lieutenant in December 1988.

In August 1990, Doolin received orders to Marine Wing Support Squadron 372, Marine Wing Support Group 37, 3rd Marine Aircraft Wing to serve as the squadron's operations officer and logistics officer.

In August 1991, Doolin he was promoted to captain.

In May 1992, Doolin served as the logistic instructor at Marine Corps Logistics School (LFTCLant), Little Creek, Va.

In June 1995, Doolin attended Amphibious Warfare School, Quantico, Va. Following graduation, he reported to 3rd Marine Division, Okinawa, Japan where he served in logistics billets at battalion and division levels. He was promoted to major during this tour.

In June 1999, Doolin attended Marine Corps Command and Staff College. Upon graduation, he was selected as the first Marine Military Aide to the Vice President of the United States.

In February 2002, he assumed duty as the Team Leader, Logistics Operations Team Headquarters United States Marine Corps. He was promoted to lieutenant colonel on 1 October 2002.

In June 2004, Doolin took command of Combat Logistic Battalion 7 at Twentynine Palms, Calif. He and his battalion completed two six month combat deployments to Iraq during his time in command.

In August 2006, following battalion command, Doolin served on the Joint Staff, J-7 at the Pentagon. He was promoted to his present rank on Jan. 1, 2008.

In September 2008, Doolin was the commandant of the Marine Corps Fellowship Program at the Brookings Institution in Washington, D.C., the nation's oldest, largest, and number one rated "think tank."

In June 2009, Doolin served as the Branch Chief of the Logistic Policy and Capabilities Branch at Headquarters United States Marine Corps.

Doolin took command of Marine Wing Support Group - 37 on May 25, 2011 and remained in command until it deactivation on June 15, 2012. He is currently serving as the Chief of Staff for 3rd Marine Aircraft Wing.

Col. Doolin's personal awards include the Legion of Merit, the Bronze Star Medal, the Defense Meritorious Service

Medal, the Meritorious Service Medal, the Navy and Marine Corps Commendation Medal, the Joint Staff Badge, and the Vice President Service Badge.

In August of 2012, MWSG-37 was de-activated at which point Col. Doolin became the MWSG head at 3rd MAW.

In April 2013, Doolin was assigned to his current position as Chief of Staff, 3rd MAW.

"Marines, Today is a proud day for you, your family and friends, and our Corps. Graduation day for your Company is a significant achievement, but is just the first step in your journey as a United States Marine. You carry with you a long and distinguished legacy of honorable men and women who have borne the name, Marine. You are entrusted with this sacred history and are charged to not only maintain our high standards of honor, courage, and commitment, but to also build upon them. Treat each other with respect and dignity, and make us all proud of you, and our Corps. Congratulations Marines. Semper Fidelis."





Platoon 3225
COMPANY HONOR MAN
Pfc. D. L. Johnson
Littleton, Colo.
Recruited by
Sgt. O. Ramirez

Platoon 3223
SERIES HONOR MAN
Pfc. C. J. Berns
Scottsdale, Ariz.
Recruited by
Sgt. A. Visarraga

Platoon 3221
PLATOON HONOR MAN
Pfc. D. S. Denis
Temecula, Calif.
Recruited by
Sgt. C. Gilligan

Platoon 3222
PLATOON HONOR MAN
Pfc. D. C. Holzem
Washington, Mo.
Recruited by
Sgt. J. Russell

Platoon 3226
PLATOON HONOR MAN
Pfc. R. A. Soto Jr.
Warsaw, Ind.
Recruited by
Staff Sgt. M. Cotterman

Platoon 3227
PLATOON HONOR MAN
Pfc. Z. C. Herbst
Albuquerque, N.M.
Recruited by
Sgt. P. Royce

Platoon 3223
HIGH SHOOTER (335)
Pfc. M. C. Hillard
Albuquerque, N.M.
Marksmanship Instructor
Sgt. J. L. Lucero

Platoon 3223
HIGH PFT (300)
Pfc. C. J. Berns
Scottsdale, Ariz.
Recruited by
Sgt. A. Visarraga



KILO COMPANY

3rd RECRUIT TRAINING BATTALION



Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. T. Carlos
1st Sgt. M. D. Wright
Staff Sgt. S. M. Battiest

COMPANY K Commanding Officer Capt. W. A. Schmitt Company First Sergeant Gunnery Sgt. L. O. Arce	SERIES 3221 Series Commander Capt. K. S. Solmonson Chief Drill Instructor Gunnery Sgt. M. Ramirez	PLATOON 3221 Senior Drill Instructor Gunnery Sgt. B. G. Jean Drill Instructors Gunnery Sgt. J. Buckingham Gunnery Sgt. J. M. Pocaigue Staff Sgt. A. Givings Staff Sgt. A. Rodriguez	PLATOON 3222 Senior Drill Instructor Staff Sgt. J. D. Klein Drill Instructors Staff Sgt. C. Gonzales Staff Sgt. F. D. Villas Sgt. H. Ramirez Sgt. J. B. Stoker	PLATOON 3223 Senior Drill Instructor Sgt. M. A. Peters Drill Instructors Sgt. J. M. Garcia Sgt. J. A. Mendibles Sgt. J. C. Silva Sgt. P. A. White
	SERIES 3225 Series Commander Capt. J. J. Zainea Chief Drill Instructor Staff Sgt. E. Mendoza	PLATOON 3145 Senior Drill Instructor Sgt. C. M. Levine Drill Instructors Sgt. R. M. Krochmolny Sgt. A. S. Hanna Sgt. E. A. Orellana Sgt. M. Rosales	PLATOON 3146 Senior Drill Instructor Sgt. R. Luna Drill Instructors Sgt. A. J. Array Sgt. M. Rodriguez Sgt. A. P. Zabala	PLATOON 3147 Senior Drill Instructor Staff Sgt. O. V. Gordon Drill Instructors Staff Sgt. T. M. Gerberding Sgt. J. T. Bailey Sgt. E. Crozier Sgt. M. Y. Kuo

* Indicates Meritorious Promotion

PLATOON 3221
Pvt. O. Alvarez Jr.
Pfc. A. F. Arzamendi
Pvt. A. K. Ballard
Pfc. P.F. Berry
Pvt. J. L. Brightman
Pfc. A. J. Bucur
Pvt. I. T. Campos
Pvt. A. Cannady
Pfc. D. S. Denis
Pvt. C. A. Estrada
Pvt. L. G. Estrada
Pfc. I. Farias
Pvt. E. E. Gallegos
Pfc. A. D. Green
Pvt. I. G. Hernandez
Pvt. I. Hernandez
Pvt. J. R. Hughes
Pfc. B. A. Keel
Pvt. T. J. Kent
Pfc. M. R. Kimbarow
Pvt. T. A. Knaak
Pfc. J. D. Koss
Pvt. P. A. Krieger
Pfc. M. R. Ledbetter
Pfc. B. S. Lee
Pvt. M. T. Low
Pvt. F. Martinez
Pvt. K. T.
Melinyshyn
Pfc. Z. P. Metz
Pvt. D. B.
Montchalin
Pvt. S. L. Nutter
*Pfc. D. A. Ortega
Pfc. M. R. Phillips
Pvt. S. M. Pierce
Pfc. J. A. Ramirez
Pfc. I. J. Rathgeber
Pvt. A. J. Real
Pvt. T. J. Sanders
Pvt. D. K. Sayers
Pvt. R. Sepulveda Jr.
*Pfc. A. A.
Stellwagen
Pvt. J. C. Taylor
Pvt. J. D. Velasquez
Pfc. T. M. Vochau

Pvt. C. J. Waite
*Pfc. C. D. Weber
Pfc. Z. C. Weis
Pvt. E. Zambrano

PLATOON 3222
Pfc. D. G. Adkins
Pvt. A. E. Argueta
Pfc. K. C.
Ashfordwhite
Pvt. C. C. Bale
Pvt. C. J. Bannert
Pfc. J. C. Barbian
Pvt. I. D. Barneson
*Pfc. C. J.
Benavidez
Pvt. J. C. Blancas
Pvt. N. S. Bledsoe
Pvt. C. D. Boersma
Pvt. M. R. Bown
Pvt. A. A. Brown
Pvt. M. P. Carda Jr.
Pfc. L. A. Cervantes
Pvt. J. C. Chesnut
Pvt. C. Z. Clairmont
Pvt. G. A. Dirda
Pvt. A. J. Dobney
Pvt. D. M. Dowd
Pvt. A. T. Dubeau
Pvt. J. C. Earl
Pvt. D. G. Engles
Pfc. J. T. Enriquez
Pvt. B. T. Erickson
Pvt. R. R. Farfan
Pvt. K. A. Fisher
Pfc. D. J. Fosler
Pfc. C. B. Garcia
Pvt. D. Garcia
Pvt. J. M. Gear
Pfc. A. J. George
Pfc. M. A. Gleesing
Pvt. P. A. Gonzalez
*Pfc. C. M.
Greenleaf
Pvt. R. B. Gunter
Pvt. D. J. Hankins
Pfc. T. J. Hankinson
Pfc. D. T. Hart
Pvt. M. A. Heesch

Pfc. J. S. Helmuth
Pvt. J. V. Hernandez
Pvt. J. A. Hernandez
Pfc. J. D. Hines
Pfc. D. C. Holzem
*Pfc. Z. L. Janovich
Pfc. J. E. Jean
Pfc. M. A. Jenkins
Pvt. B. D. Jones
Pfc. G. F. Lewis

PLATOON 3223
Pfc. N. C. Bagwell
Pvt. V. J. Bahe
Pvt. C. C. Basham
Pfc. K. R. Battan
*Pfc. C. J. Berns
Pfc. A. T. Cannon
Pvt. C. J. Carlson
*Pfc. M. J. Castro
Pfc. B. C. Child
Pvt. T. Contreras
Pvt. M. R. Coogler
Pvt. B. J. Copeland-
Keane
Pvt. L. G. Coy-
Rodriguez
Pfc. C. R. Del Ponte
Pvt. C. R. Dittman
Pfc. K. L. Elliott
Pfc. J. S. Elsen
Pfc. J. A. Figueroa
Pvt. E. C.
Fusselman
Pfc. C. L. Gilligan
Pfc. C. Gittens
Pfc. L. Godinez
Pfc. R. L. Grant
Pvt. B. T. Grismer
Pvt. J. O. Guijoza
Pvt. D. J. Hardwicke
Pvt. T. C. Hawkins
Pvt. J. J.
Herreraparra
Pfc. M. C. Hillard
Pvt. A. J. Holmgren
Pfc. M. R. Jackson
Pvt. J. U. Jones

Pfc. C. C. Kaiser
Pfc. J. T. Karl
Pvt. T. R. Kilpatrick
III
Pvt. C. A. Knight
Pvt. D. A. Lambert
Pfc. A. Lavite IV
Pvt. J. Leija
Pfc. A. S. Marquit
Pvt. M. A. McCain
Pvt. J. P. McCluskey
Pvt. H. A. McDaniel-
Calhoun
*Pfc. M. N. Mena
Pvt. P. M. Moehring
Pvt. M. S. Morris
Pvt. H. R. Mota
Pvt. J. T. Rodriguez

PLATOON 3225
*Pfc. D. L. Adams
Pfc. J. A. Arenas
Pvt. G. L. Barnhardt
Pfc. A. N. Bautista
Pfc. D. A. Beard
*Pfc. T. A. Beavers
Pfc. W. T. Berry
Pfc. M. A.
Bocanegra Jr.
Pfc. C. J. Brodsack
Pvt. J. A. Chapman
Pvt. N. E. Cortez
Pvt. A. R. Euglow
Pvt. E. J. Fast
Pvt. S. M. Ferrel-
Castaneda
Pvt. J. C. Forero-
Hernandez
Pvt. V. J. Garcia-
Reyes
Pvt. S. W. Gelormini
Pfc. D. E. Groves
Pvt. J. C. Haidle
Pvt. D. A. Hazzard
Pvt. R. F. Helms
Pfc. B. J. Henson II
Pfc. C. M. Herrera
Pfc. J. J. Jenson
*Pfc. D. L. Johnson

Pfc. J. D. Jones Jr.
Pvt. M. N. Lenox
Pfc. S. M. Lingard
Pvt. A. R. Loveday
Pvt. J. A. Merino
Pvt. O. E. Miranda
Pvt. M. S. Molina
Pfc. T. C. Moore Jr.
Pvt. J. J. Morales-
Lopez
Pvt. Z. A. Neel
Pvt. Z. D. Nemece
Pvt. C. A. Nino Jr.
Pvt. C. Ochoa
Pfc. S. R. Patel
Pvt. S. Perez
Pvt. B. J. Reedy
Pvt. T. H. Sanderson
Pvt. J. C. Scherer
Pvt. C. D. Schreiber
Pvt. N. B. Simon
Pvt. C. L. Svoboda
*Pfc. K. W. Tenny III
Pfc. M. A. Terry Jr.
Pvt. R. C. Thornton
Pvt. O. F. Villarreal

PLATOON 3226
Pvt. M. Leon
Pvt. K.W. Logan
Pfc. S. Lopez
Pvt. D.R. Luginsland
Pfc. R. D. Lund
Pvt. A. Q. Major
Pfc. J. D. Marsh
*Pfc. T. E. Mata-
Marlowe
*Pfc. J. K. McBeth
Pfc. J. L. Means
Pvt. C. A.
Mensching
Pvt. T. J. Miller
Pvt. C. F. Mohler
Pvt. A. A. Montoya
III
Pfc. Z. N. Moreno
Pfc. B. P. Moulton
Pvt. R. P. Muniz
Pvt. A. T. Neefe

Pfc. T. H. Nelson
Pvt. J. R. Noe
Pvt. J. D. Norris
Pvt. N. R. Ojeda
Pvt. K. W. Olivarez
Pvt. C. Ordaz
Pvt. T. P. Paez
Pvt. A. M.
Pappademos
Pvt. J. D. Perez
Pvt. J. L. Pianka
Pfc. S. K. Pickett
Pvt. I. J. Powell
Pvt. T. C. Ridgeway
Pvt. B. J. Riossolis
Pfc. E. S. Sanjuan
Pvt. Z. S. Savignac
Pfc. R. A. Sims
*Pfc. R. A. Soto Jr.
Pvt. B. S. Soumar
Pfc. T. E. Staver
Pvt. T. G. Steitz
Pvt. E. Tapiagamez
Pfc. C. S. Taylor
Pvt. S. S. Thurman
Pvt. K. D. Tong
Pvt. D. C. Trotter
Pvt. C. D. Ulrich
Pfc. A. Ventura-
Pelayo
Pvt. T. G. Victory
Pvt. K. M. Vieyra
Pvt. D. W. Wagner
Pvt. L. A. Walsh
Pvt. J. A. Wight
Pfc. R. A. Woodyard
Pfc. K. Yang

PLATOON 3227
Pfc. J. C. Aguirre
*Pfc. H. B.
Alexander
Pfc. K. S. Brar
Pfc. E. Cameron
Pvt. S. G. Desimone
Pfc. M. H. Friddle
Pvt. J. R.
Fuerstenburg
Pfc. Z. C. Herbst

Pvt. A. M. Johnson
Pvt. A. Leon-
Hernandez
Pvt. R. D. Maus
Pvt. B. L. Maxson
Pvt. D. M.
McLaughlin
Pvt. S. P. Olson-
Vinnicombe
Pvt. D. V. Ortiz
Pvt. H. F. Pardo
Pfc. E. Petrosy
Pvt. K. P. Pham
Pvt. K. R. Phillips
Pvt. A. J. Porter
Pvt. S. C. Porter
Pfc. I. J. Regalado
Pvt. A. Reyes
Pvt. V. Rios III
Pfc. J. A. Rodriguez
Pfc. G. Rodriguez III
Pvt. B. D. Royce
Pvt. K. O. Ruiz
Pvt. R. Ruiz Jr.
Pvt. T. R. Sacre
Pvt. E. M. Salazar
Pvt. R. Sandoval-
Davis
Pvt. R. J. Santos
Pfc. J. T. Sanvido
Pvt. A. J.
Satterwhite
*Pfc. W. R.
Schneider
Pvt. R. C. Scott
Pfc. R. M. Shive
Pfc. D. Smith
Pfc. M. M. Taylor
Pvt. T. J. Thornly
*Pfc. M. R. Tiffin Jr.
Pvt. W. O. Ventura-
Salmeron
Pvt. L. R. Vierstra
Pfc. L. A. Viesca
Pvt. T. J. Von Neefe
Pvt. J. C. Warren
*Pfc. T. J. Warren
Pvt. C. A. Wise

Circuit Course pushes Co. D recruits physically

BY LANCE CPL. BENJAMIN E. WOODLE
Chevron staff

Marine Corps recruit training introduces recruits to a variety of exercises. Each evolution of training serves a specific purpose that will push a recruit to the next level of their physical capabilities.

Recruits of Company D, 1st Recruit Training Battalion, performed interval training exercises aboard Marine Corps Recruit Depot San Diego June 13.

The Marine Corps uses interval training to help recruits gain physical endurance and to prepare them for upcoming challenges.

"This training helps develop recruit's agility and endurance," said Gunnery Sgt. Ayodele N. Smith, senior drill instructor, Platoon 1069, Co. D, 1st RTBn. "We separated the recruits into ability groups for the half-mile runs and then went straight to the circuit course to keep pushing their endurance."

During the event, recruits complete two half-mile sprints followed by a circuit course compiled of multiple stations such as hanging leg raises, incline crunches, straight bar curls, and overhead presses. Recruits perform exercises for a specific amount of time and then move to the next station to perform the next exercise.

"I played soccer and swam in high school, but I still had difficulty trying to keep up on all of the

different obstacles," said Recruit Carlos Guzman, Plt. 1069, Co. D, 1st RTBn. "The sprints alone were exhausting but then going straight to the exercise stations really tested my endurance."

Although recruits arrive at the Depot at different physical fitness levels, the training schedule is geared to help recruits reach the Marine Corps' physical standards and prepare them for future deployments.

Combat environments can be very physically demanding. Being able to overcome physical obstacles to achieve the mission is one of the critical objectives within the Marine Corps.

"It's extremely important to be physically fit for combat and have the mental capabilities as well," said Smith, a 14 year veteran of the Marine Corps. "It gives more options, opportunities, and abilities to accomplish the mission."

The Marine Corps prides itself on being the first to fight; ready to go at a moment's notice. Physical training becomes an essential part in order to sustain that level of readiness. Recruits are developed and prepared to uphold the long history and tradition of the Marine Corps.

"Physical training and being physically fit is the foundation of the Marine Corps," said Smith. "It's important that we prepare these recruits so they'll go out to the Marine Corps Fleet Force prepared and ready for other challenges."



Lance Cpl. Benjamin E. Woodle

A drill instructor of Company D, 1st Recruit Training Battalion, pushes a recruit to perform his best during interval training exercises aboard Marine Corps Recruit Depot San Diego June 13. Drill instructors ensure recruits utilize proper technique while performing the exercises with maximum effort.



Lance Cpl. Benjamin E. Woodle

Recruits of Company D, 1st Recruit Training Battalion, performed inclined crunches aboard Marine Corps Recruit Depot San Diego June 13. Recruits performed various exercises across multiple stations during the circuit course.