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MARINE CORPS RECRUIT DEPOT SAN DIEGO

CHEVRON

AND THE WESTERN RECRUITING REGION



Co. I recruits
test their
abilities

p. 8

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“WHERE MARINES ARE MADE”

FRIDAY, JULY 20, 2012

Co. G uses teamwork to defeat Crucible

BY LANCE CPL. BRIDGET M. KEANE
Chevron staff

Teamwork is the act of working together to complete a common goal. Throughout recruit training, drill instructors stress the importance of working together as a platoon in order to make it to graduation and earn their Eagle, Globe and Anchor.

Company G, 2nd Recruit Training Battalion, endured multiple training events during the Crucible July 10 at Weapons and Field Training Battalion aboard Marine Corps Base Camp Pendleton, Calif.

The Crucible is an exhausting, 54-hour simulated field-training exercise that tests skills recruits have learned throughout training by forcing them to hike to different team-building obstacles with very little sleep and food.

The obstacles and missions consist of real-life combat situations, such as evacuating casualties, re-supplying ammunition, movement under fire, an improvised explosive device detecting simulation and hand-to-hand combat.

“Each event applies to a citation and coincides with what that

see CRUCIBLE ▶ 2



Lance Cpl. Bridget M. Keane

Recruits of Company G, 2nd Recruit Training Battalion, work together to carry an ammunition can across a simulated broken bridge during the Crucible at Edson Range aboard Marine Corps Base Camp Pendleton, Calif July 10. The Crucible, a 54-hour field-training exercise, teaches recruits to work together as a team in order to complete the task at hand.



Lance Cpl. Bridget M. Keane

Company K recruits examine exhibits in the World War II room at the depot's Marine Corps Museum. A reproduction of the flag raising on the Pacific Island of Iwo Jima reminds the future Marines of the history of the brotherhood they are working toward joining. Every recruit tours the museum.

Platoon develops, builds camaraderie

BY LANCE CPL. BRIDGET M. KEANE
Chevron staff

The natural progression of a platoon aboard Marine Corps Recruit Depot San Diego usually starts out the same way; everyone wants to lead, nobody wants to follow. It takes a while for recruits to figure out their role.

Diverse personalities and attitudes are all thrown into one very stressful environment. But young men that come from states west of the Mississippi

River all have one common goal. They want to earn the title ‘Marine.’

“Every cycle we have recruits who come from different walks of life,” said Sgt. Mark Peters, drill instructor, Platoon 3233, Company K, 3rd Recruit Training Battalion. “They’re a product of their environment and we’re here to transform them from civilian to recruit, and then train them to be Marines.”

see PLATOON ▶ 2

First aid knowledge helps keep Marines in the fight

BY CPL. WALTER D. MARINO II
Chevron staff

For many recruits high school health class is the full extent of their first aid knowledge. However, on the road to becoming Marines, recruits from Company D, 1st Recruit Training Battalion, are learning first aid not only for themselves but to possibly help their future fellow service members.

Recruits of Co. D filled a gym sized classroom and spent three hours learning about preventing common overuse injuries and treating combat injuries such as sucking chest wounds and Patellofemoral Pain Syndrome (runner’s knee) aboard Marine Corps Recruit Depot San Diego, July 10.

It was only their sixth training day but drill instructors such as Sgt. Gabriel V. Gutierrez, Instructional Training Company, Support Battalion, believes it is important to get

see AID ▶ 2



Cpl. Walter D. Marino II

Scott La Falce, a certified athletic trainer, Headquarters and Service Battalion, demonstrates how to properly stretch leg muscles aboard Marine Corps Recruit Depot San Diego July 10. La Falce gave an hour long class about preventing common overuse injuries such as runner’s knee.



Lance Cpl. Bridget M. Keane

Company G recruits improvise a harness to secure the load they must carry across a simulated broken bridge during the Crucible. Loss of the load while crossing could set them back in completing their assigned task, costing them more time and effort to finish. The Crucible is a 54-hour field-training exercise, and the final event of Marine Corps recruit training.

CRUCIBLE ◀ 1

Marine did in order to receive that award," explained Cpl. Mathew Klopp, field instructor, Field Company, WFTBn. "Through this they can learn to work together and overcome the obstacles."

Staff Sgt. Theodore Holder's Silver Star citation is read to the recruits before the "Two-Line Bridge" event. Holder was awarded the Silver Star for his actions in support of Operation Iraqi Freedom in November 2004.

According to the citation, Holder exposed himself to enemy fire to protect his fellow Marines and continued to man a machine gun despite being severely injured. Holder was killed-in-action that day.

The "Two-Line Bridge" event is a simulated re-supply across a broken bridge to casualties on the other side while under fire.

"The object of this event is to get the supplies across the broken bridge to the wounded Marines on the other side," said Klopp. "It's a team-building exercise that has the recruits work together to overcome the task; if they fail the first time, they keep going back until it gets done."

The bridge consists of two ropes, one to walk across and one they can hold at head level. Recruits must balance themselves while carrying an ammunition can to the other side. The ammunition can has ropes tied to it so that two recruits can carry it across.

"You can't do anything by yourself during the Crucible," said Lance Cpl. Alex Kehoe, Platoon 2150, Co. G. "Everything that we've learned is all coming together now."

Recruits struggle to balance as they attempt to walk across the tightrope, one hand on the ammunition can and the other holding themselves up.

"If the event was real and we really were under fire, it'd be pretty hard to go back and forth by yourself numerous times to get the supplies across," explained Kehoe, a Muskego, Wis. native. "It all comes down to teamwork and getting the mission done."

Recruit training has always stressed the meaning of what it actually means to be a platoon, explained Kehoe, 20.

"From the beginning, there was no 'I' or 'me', it was 'this recruit, those recruits'," said Kehoe. "We were taught that you're as strong as your weakest link, so in order to complete the mission we all have to work as a team."

The recruits pushed through to the culminating event, the Reaper Hike, a 10-mile hike in the hills of Edson Range on the last day of the Crucible. In those early morning hours, once the hike was complete, the recruits of Co. G have earned their Eagle, Globe and Anchor and the title United States Marine.

PLATOON ◀ 1

Phase One of training is known as the "breakdown" phase. The transformation helps drill instructors identify recruits; from their natural leadership skills, to where they came from and why they decided to enlist. They use that information to drive the platoon, explained Peters, a 27-year-old Chicago native.

"Most recruits lack discipline and are already set in their ways before coming to training," said Peters. "We figure out their strengths and weaknesses and that helps develop the platoon."

From the very beginning of recruit training, a guide and four squad leaders are appointed by drill instructors to help lead the platoon. The guide is the recruit that shows the most leadership skills and is able to move the platoon in a fair but stern manner.

Squad leaders are put in

charge of one of four squads and are there to assist the guide. Through this, recruits learn what small unit leadership is and are able to delegate tasks.

The idea sounds easy, but the different personalities and backgrounds of each recruit make it difficult to work together at first.

"In the beginning, there were tons of personality clashes; everybody wanted to be a leader," said Recruit Cody Lambson, squad leader, Plt. 3233. "Once we all become aware of our roles, it became easier to lead and come together."

The guide and squad leaders of Plt. 3233 explained that the platoon came together around the end of Phase Two, when the recruits endured a week in the field at Edson Range aboard Marine Corps Base Camp Pendleton, Calif.

"Second phase is when the recruits start to hold them-

selves accountable," explained Peters. "By now, the guide and squad leaders begin to understand their roles and learn to lead by example."

Peters states the leadership roles of the platoon have been filled appropriately. The guide must learn to utilize his squad leaders in order to get any task, big or small, done.

"I learned how to issue orders to my squad leaders to help make my job easier," said Rct. Timothy Hodapp, guide, Plt. 3233. "Delegating tasks got us (the platoon) one step ahead of the drill instructors, which made us look better in their eyes."

The guide and squad leaders soon learned ways to get every recruit on the same page in order to function as a platoon. The recruits explain that the camaraderie built through their week of training in the field is what brought them all together.

"By that time, we were

sharpening ourselves and getting more into the training," said Taylor Henry, squad leader, Plt. 3233. "What brought us together was sticking together and being out in the field."

With the progression and camaraderie Company K has established throughout training, the recruits believe they will be able carry these traits in the fleet.

"We've all seen each other at our very worst, and seen each other at our best," said Rct. Jeffery Lee, squad leader, Plt. 3233. "We will all have this link from training that will never go away."

Platoon 3233 and the rest of Company K are now finishing their third phase of training. They've come together and endured the Crucible, a 54-hour field training exercise. They have earned their Eagle, Globe and Anchors and are scheduled to graduate recruit training July 27.

AID ◀ 1

this training early.

"It's only their initial learning and the knowledge is going to be reiterated. If you start this early, the benefit is you can get more and more repetition in so that by training day 55 they have it down," said Gutierrez. "It's enjoyable seeing that they learned it, perfected it and take it serious. They then leave here with a better understanding of being a Marine."

During the first hour Scott La Falce, a certified athletic trainer, Headquarters

and Service Battalion, explained the importance of hydration, salt intake and nutrition. He also went over common athletic injuries such as shin splints.

"It's important for the recruits to know this information so that they can better care of themselves and to a certain extent continue training through pain," said La Falce.

After prevention of common injuries was covered, Gutierrez spent the remaining two hours teaching how to treat and recognize more lethal injuries such as open and closed fractures.

Gutierrez showed students multiple pic-

tures of flesh wounds and open fractures. Some of the eyes looking on showed signs of disgust at the blood and gore.

"I've never seen a class like this. I had an idea we would learn some first aide but I didn't know it would be to this extent," said Recruit David W. Blake, guide, Platoon 1063, Co. D. "I think their trying to give us basic knowledge, in case someone was to get hurt, we would be able to give them basic care. I didn't know how to use a tourniquet before but it seems pretty easy and so far I feel like if it came down to it I could use it effectively."

BRIEFS

New vehicle registration office operating hours

The current hours of operation of the depot vehicle registration office are 7:30 a.m. until 3:30 p.m., Monday thru Friday, until July 27.

Beginning July 30, the new vehicle registration office hours of operation will be 7:30 a.m. until 4:30 p.m., Monday thru Friday.

For more information, contact the PMO services officer, Police Captain Hudgins, at (619) 524-8105 or michael.hudgins@usmc.mil.

MCRD Titans football

The MCRD Titans football team is looking for players. Team slots are open only to MCRD active-duty personnel.

The season starts in August with games at Camp Pendleton. Tryouts and practices will begin soon.

For information on times and dates, contact Coach Charles White at (619) 524-8172 or (760) 550-7861 or charles.d.white@usmc.mil.

MCCS online calendar

Want to see everything happening at MCCS MCRD SD? Check out the online calendar of events at <http://mccsmcrd.com/MCCSCoordinator/index.html>.

Combat fitness training

The Fitness Center is holding a 6-week combat fitness training class Mondays and Wednesdays from 4:30 to 5:30 p.m.

The class will go until Aug. 15. For more information, call (619) 524-4427.

Beach barbecue and bonfire

Single Marine Program members will be heading out Sunday, to Breakers Beach, Coronado Island, for a day and evening at the beach.

Food will be provided and transportation is available. Volleyball and football games on the beach are slated, as is a bonfire when the sun goes down.

For more information or to reserve a seat, contact Josh Davis at (619) 524-8240 or davisJP@usmc-mccs.org.

Feed the homeless

The Single Marine Program is looking for volunteers to help feed the homeless at Father Joe's Village.

SMP will be serving the evening meal from 3:30 until 7 p.m. Monday.

Transportation is provided.

Sign-up now. Space is limited.

For more information, contact Josh Davis at (619) 524-8240 or davisJP@usmc-mccs.org.

SMP council meeting

The monthly Single Marine Program council meeting takes place Thursday 3:30.

Location is to be determined.

Future events and depot quality of life issues will be addressed. Chow will be provided.

For more information, contact Josh Davis at (619) 524-8240 or davisJP@usmc-mccs.org.

New depot website

The Public Affairs Office has unveiled a new Depot website. The new web address is <http://www.mcrdsd.marines.mil>.

The site has a new look and offers visitors a variety of news, photos and information about MCRDSD and its units. Please send recommendations or corrections to rdsd_pao@usmc.mil

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: "What is your favorite summer Olympic sport? Why?"



"I like gymnastics. It's very interesting to watch." Lance Cpl. Alison Thornberry, warehouse clerk, Service Company, Headquarters and Service Battalion



"I love basketball, because Team USA brings the powerhouse." Lance Cpl. Brooks Crittenton, postal clerk, Headquarters Company, Headquarters and Service Battalion



"I like wrestling because I used to wrestle since I was a kid, all through high school." Lt. David Zukowski, assistant operations officer, Pacific Tactical Law Enforcement Team



Cpl. Matheus J. Hernandez

Service members and the public attended the 9th annual Marine Corps Community Service Auto Skills Center Car and Motorcycle Show aboard Marine Corps Recruit Depot San Diego July 14. The purpose was to provide everyone with an event they could all enjoy while showcasing classic and custom vehicles.

Depot hosts 9th annual car, motorcycle show

BY CPL. MATHEUS J. HERNANDEZ
Chevron staff

Service members, their families and civilians attended the 9th annual Marine Corps Community Service Auto Skills Center Car and Motorcycle show aboard Marine Corps Recruit Depot San Diego July 14.

The purpose was to showcase vehicles, provide the public an opportunity to donate to the Toys for Tots program and to have an event everyone could enjoy.

Nearly 100 vehicles participated in the event competing for awards in several categories. The main categories were General's Choice and People's Choice. MCCA also provided smaller awards for the top three motorcycles and cars in the following categories: Bullitt, classic, custom car, hot rod, import, lowrider, motorcycle, truck, muscle car and most unique.

"For the past couple of years, we've had around 150 to 180 vehicles in the car show,

but due to the weather and other events around the city, it was a smaller turnout this year," said Jose Ortega, manager, Auto Skills Center. "The goal that I want to reach though is 200."

Ortega had the idea of having a car show and ran with it once the approval was given. Since then, he has been in charge of organizing the event every year.

"I thought it would be nice to have a car show on base, so I asked the command," said Ortega. "The command gave me permission, so we opened it up to the public."

The show proved to be a great success and has become an annual event, not just for MCRD, but for auto enthusiasts displaying their vehicles as well.

"There are a few guys out here that have been showing up for several years, and it's really nice seeing them come back," said Ortega. "Overall, it's really beautiful just to see everyone out here. Everyone's happy."

Volunteers were chosen to be judges, who went from one vehicle after another, judging

the cars based on a few things such as quality of work, creativity, customs and cleanliness.

"The further down the rows I go, the harder it gets to decide which car to choose," said Pfc. Julien A Hughes, volunteer judge. "There is a lot of good stuff out here, and there are a lot of tight competitors. It's definitely a lot of fun."

MCCA wanted to provide something for all families to enjoy, and everyone's support and will to come out to the auto show was much appreciated, according to Lt. Col. Greg F. Bond, director, MCCA Marine and Family Programs.

All efforts that went into the auto show proved to be successful and MCCA looks forward to keeping the annual auto show going for many more years, said Ortega.

"Everything turned out to be great. Everyone's having fun," said Ortega. "I'm very proud to be a part of the Marine Corps family on base and I'm looking forward to next year. Next year, the 10th annual car show will be held, so it has to be huge."



Cpl. Matheus J. Hernandez

Guests attending the 9th annual Marine Corps Community Service Auto Skills Center Car and Motorcycle show view a custom 1931 Ford Coupe aboard Marine Corps Recruit Depot San Diego July 14. The event showcased vehicles in various categories such as Bullitt, Classic, Custom Car, Hot Rod, Import, Low Rider, Motorcycle, Truck and Muscle Car.

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Cpl. Walter D. Marino II

Recruits of Company I, 3rd Recruit Training Battalion practice knife slash techniques aboard Marine Corps Recruit Depot San Diego July 16. Recruits were also taught various chokes and counters to chokes. At the end of the Marine Corps Martial Arts class, recruits are given a class on Marine ethos.

Recruits learn defensive combat techniques

BY CPL. WALTER D. MARINO II
Chevron staff

Fighting has been engrained in human culture from the days of gladiators to the dueling of nobility with pistols. As recruits evolve into Marines and enter the Marine fleet force they may or may not find themselves in a similar combative situation.

Regardless, it is the intent of their drill instructors to give them the skills to defend themselves.

Recruits with Company I, 3rd Recruit Training Battalion, practiced various chokes, counter

to chokes and knife slashes aboard Marine Corps Recruit Depot San Diego July 16. Drill Instructors also finished the martial arts instruction with an open discussion on alcohol abuse.

After recruits practiced their chokes and counters they picked up rubber knives to practice slashes. Recruits lined in evenly spaced columns and practiced slashing at invisible opponents until their drill instructors felt the lesson was absorbed. The large group of recruits followed the commands of their instructors carrying out their moves in unison with one another.

"I found it very useful because I'll be in the infantry and it may save my life one day in hand to hand combat," said Recruit Jarred E. Berding, Platoon 3206, Company I. "My older brother and cousins would put me in chokes and I never knew how to break out of them. It was exciting to learn how to get out of them and got me pumped."

For other recruits basic boxing moves were nothing new but throws and knife techniques were something unexpected and an opportunity they were not taking for granted.

"A knife class is not your

typical class you take every day. I found it interesting because it was something new and completely different for me. Anybody can walk into a gym and learn to throw a punch not everybody can learn the proper technique to defend a knife attack," said Recruit Omari A. Panas, Plt. 3206, who also boxed as a youth.

After a quick cool down stretch, recruits were brought together for a discussion on alcohol abuse and its consequences.

Staff Sgt. Jaime Lerma, senior drill instructor, Platoon 3207, Company I, explained that it's

important to have a balance of learning between combat skills and Marine ethos. After every Marine Corps Martial Arts Program class, time is allotted to talk to the recruits about the Marine Corps policy on things like underage drinking and drinking and driving.

"We don't want them to get into the mentality that there only here to learn combat skills," said Lerma, also a black belt MCMAP instructor trainer. "It makes me happy to see a kid that was timid about everything get out here and get into being physical. This could be life changing for them."



Cpl. Walter D. Marino II

Company I recruits grasp their feet as they perform cool down stretching exercises following their hand-to-hand combat class on chokes and knife techniques. The class is designed to teach future Marines both attack and defense techniques useful in hand-to-hand combat.



Cpl. Walter D. Marino II

Company I recruits pair off and assist each other in performing stretching exercises to make sure they are limber for the coming efforts during their combat class on chokes and knife techniques.



Cpl. Walter D. Marino II

Sgt. Andrew K. Brown, drill instructor, Company I, 3rd Recruit Training Battalion, makes sure recruits practice their knife slashes with full intensity and with correct form.



Cpl. Walter D. Marino II

Company I recruits perform various Marine Corps Martial Arts techniques during their hand-to-hand combat training class on chokes and knife techniques. The training is mandatory for recruits to receive their tan belts in MCMAP.



Cpl. Walter D. Marino II

Company I drill instructor, Sgt. Andrew K. Brown, gives special attention to a recruit who struggled with correct knife defense techniques.

Palau native enlists to support daughter, family

BY CPL. MATHEUS J. HERNANDEZ
Chevron staff

Many recruits have often had different reasons for choosing to enlist in the Marine Corps. For Recruit Jared Dylan Jamila, his family was the inspiration he needed to take the first step.

Jamila is currently undergoing recruit training with Platoon 2153, Company G, 2nd Recruit Training Battalion, aboard Marine Corps Recruit Depot San Diego.

Thousands of miles away, on an island country located in the western Pacific Ocean known as Palau, Micronesia, Jamila was raised. The small tropical island is not only home for Jamila, but for his family to include his two year old daughter, Cherish, the main inspirations for enlisting.

With a poor family background and a mother fighting to make ends meet, the 18 year old Pacific Islander, left from Palau, eager to serve in the Marine Corps just as his father had. However, he left with the intention to be the man his father couldn't be.

"My dad was a workaholic and was never really there for me," said Jamila. "So my mom decided that it was best to raise me around my family in Palau."

"I had to step up for my daughter and I wanted to prove that I could do both. That I could be a father and a Marine."

Even though leaving his family behind for the time being was difficult, Jamila knew it was something he had to do. He used his family, and above all his daughter, as motivation during recruit training to get him through it.

"It makes me homesick, being half way around the world. My mother was struggling to take care of our family, and it was hard to leave with her struggling like she was," said Jamila. "I didn't want her to suffer, so I decided to



Cpl. Matheus J. Hernandez

Recruit Jared Dylan Jamila, a Palau, Micronesia native, Platoon 2153, Company G, 2nd Recruit Training Battalion, is currently undergoing recruit training aboard Marine Corps Recruit Depot San Diego after he chose to enlist to better support his family. Jamila's daughter has been his main inspiration through recruit training. "I had to step up for my daughter," said Jamila. "I wanted to prove that I could do both, that I could be a father and a Marine."

enlist. Everything I do is for my family and most importantly for my daughter."

Standing at 5 feet 2 inches and weighing approximately 105 pounds, Jamila never let his size come between him and his goal of becoming a Marine, according to Recruit Anthony M. Chriscoe, Plt. 2153.

"Jamila has a good head

on his shoulders and he works hard," said Chriscoe, a Burbank, Calif. native. "He's smaller than everyone else, so he has to work twice as hard, but he always keeps his head held high with a smile on his face." Jamila showed perseverance and motivation attesting that he was someone to fight alongside

with, according to Staff Sgt. Andres G. Navarro, senior drill instructor, Plt. 2153.

"Just because he's smaller doesn't mean anything. He's a force to be reckoned with," said Navarro, a Miami native. "I guess it's true what they say, good things come in small packages, because he's as good as it gets."

Jamila's actions during recruit training have shown his true colors and the potential he has to be an outstanding Marine and father, according to Chriscoe.

"Hopefully my daughter sees when she grows up that I did this all for her," said Jamila. "I just hope that I can make her proud one day."

Sgt. Maj. Harold G. Overstreet (Ret.)

Parade Reviewing Officer

Sergeant Major Harold G. Overstreet became the twelfth Sergeant Major of the Marine Corps on June 28, 1991.

Overstreet was born in December 1944, in Houston, Texas. He entered the Marine Corps in June 1966 and completed recruit training at Marine Corps Recruit Depot, San Diego, Calif., followed by Basic Infantry Training School at Camp Pendleton, Calif.

Upon completion of school, Overstreet reported to Staging Battalion at Camp Pendleton, for further assignment to the 1st Military Police Battalion, 3rd Marine Division, Republic of Vietnam. When he returned to the states, he was reassigned to the Infantry Training Regiment, Camp Pendleton.

Overstreet subsequently completed successful tours on the Inspector-Instructor staff, Wichita, Kansas; recruiting duty in Des Moines, Iowa, and

Detroit, Mich.; and returning to Marine Corps Recruit Depot San Diego, as a junior drill instructor, senior drill instructor, series gunnery sergeant and chief instructor.

Reassigned to Drill Instructor School, Overstreet was an instructor, drill master, and chief instructor.

After completing First Sergeant School, Overstreet was assigned to special projects at Drill Instructor School, where he undertook the task of completely transferring the Drill Manual onto video tape for a more optimal use during instructional periods.

Overstreet's promotion to first sergeant in February 1979, led to his second assignment on Okinawa as the first sergeant, Headquarters and Service Co., 8th Engineer Battalion.

Upon his return from overseas, Overstreet was the first sergeant of both Company B and C, 1st Battalion, 4th Marines at Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

Promoted to his present rank in October 1983, Overstreet became the inspector sergeant major, Marine Corps Air Ground Combat Center, Twentynine Palms.

Upon his return to Marine Corps Recruit Depot San Diego, Overstreet served as a battalion and regimental sergeant major in the Recruit Training Regiment.

Overstreet transferred to Camp Lejeune, N.C., where he served as the 6th Marines sergeant major. This assignment was followed by duty as regimental sergeant major, 12th Marines, Okinawa.

On April 6, 1990, Overstreet was posted as depot sergeant major, MCRD San Diego. He was selected as the twelfth Sergeant Major of the Marine Corps in April 1991, and

assumed the post on June 28, 1991.

Overstreet's personal decorations include The Distinguished Service Medal, The Defense Superior Service Medal, The Meritorious Service Medal; Navy and Marine Corps Commendation Medal; Navy and Marine Corps Achievement Medal; and The Combat Action Ribbon.

"Across our nation fewer than 15-percent of the population is even qualified to apply for enlistment in the Marine Corps. Here in the 12th District, only about 10-percent make the cut. You who have not only entered the Corps, but who have completed recruit training and are Marines, are truly an elite group.

"Today you join a very special brotherhood. The phrase 'Once a Marine, always a Marine' is true. During your next few assignments you will find out just how special our brotherhood is as you find your place in it.

"Welcome aboard."





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|---|--|--|---|---|--|--|
| Platoon 2150 COMPANY HONOR MAN Lance Cpl. A. S. Kehoe Muskego, Wis Recruited by Staff Sgt. J. S. Hefner | Platoon 2154 SERIES HONOR MAN Pfc. E. M. McKenzie Ft. Collins, Co. Recruited by Sgt. J. T. Adams | Platoon 2149 PLATOON HONOR MAN Pfc. A. F. Blake San Francisco Recruited by Sgt. J. P. Acejas | Platoon 2153 PLATOON HONOR MAN Pfc. K. J. Weathers Boise, Idaho Recruited by Sgt. C. M. Roach | Platoon 2155 PLATOON HONOR MAN Pfc. M. R. Sytsma Kentwood, Mich. Recruited by Staff Sgt. K. Bruce Jr. | Platoon 2154 HIGH SHOOTER (338) Pfc. H. Leal Brownsville, Texas Marksmanship Instructor Sgt. J. Barton | Platoon 2150 HIGH PFT (300) Pfc. M. Garcia-Sandoval Napa, Calif. Recruited by Sgt. T. S. Spurlin |
|---|--|--|---|---|--|--|



GOLF COMPANY

2nd RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. D. J. Erickson
Sgt. Maj. T. C. Whitcomb
Gunnery Sgt. R. E. Jackson



| | | | |
|--|---|---|---|
| COMPANY G Commanding Officer Capt. J. A. McNabb Company First Sergeant 1st Sgt. C. S. Amancio | SERIES 2149 Series Commander Capt. M. J. Standafer Chief Drill Instructor Staff Sgt. A. Glenn II | PLATOON 2149 Senior Drill Instructor Sgt. J. A. Felix Drill Instructors Sgt. M. A. Garcia Jr. Sgt. R. L. Gomez Sgt. J. Lugo Jr. | PLATOON 2150 Senior Drill Instructor Staff Sgt. C. O. Harris Drill Instructors Staff Sgt. R. L. Broadway Staff Sgt. E. J. Estes Sgt. C. A. Sanchez |
| | SERIES 2153 Series Commander Capt. R. K. Gallati Chief Drill Instructor Staff Sgt. B. D. Luna | PLATOON 2153 Senior Drill Instructor Staff Sgt. A. G. Navarro Drill Instructors Staff Sgt. A. Gonzalez Staff Sgt. J. P. LeBlanc Staff Sgt. J. H. Scott | PLATOON 2154 Senior Drill Instructor Sgt. J. A. Greidanus Drill Instructors Sgt. D. A. Ammeter Sgt. C. Chavez Jr. Sgt. R. C. Nishnic |

* Indicates Meritorious Promotion

PLATOON 2149

- Pvt. C. R. Abbott
- Pvt. J. Acevedo Jr.
- Pvt. F. A. Akram
- Pfc. L. A. Arellano-Garcia
- Pvt. R. E. Atkinson Jr.
- Pvt. Z. L. Austin
- Pvt. R. D. Bagley
- Pvt. E. A. Balderrama-Llamas
- Pvt. G. J. Ballesteros
- Pfc. M. Barragan Jr.
- Pfc. J. Barrera
- Pvt. M. H. Bekele
- Pvt. M. Bernal
- Pvt. G. M. Black
- Pfc. A. F. Blake
- Pfc. A. M. Blasquez
- Pvt. C. H. Bonsal
- Pfc. J. T. Boosamra
- Pvt. T. C. Branyan
- Pfc. M. A. Briseno
- Pfc. S. S. Brown
- Pvt. R. T. Buck
- *Pfc. E. M. Buffington
- Pvt. L. M. Byrd
- Pvt. R. H. Calvillo
- Pfc. J. M. Carson
- Pvt. J. Catalan
- Pfc. J. A. Catt
- Pvt. R. D. Christian
- Pfc. J. W. Clouse
- Pvt. T. D. Coley
- Pvt. A. B. Conley
- Pvt. B. J. Conley
- Pfc. A. A. Cordero
- Pvt. C.P. Craig
- Pfc. S. M. Culver
- Pvt. A. J. Dallman
- Pvt. B. C. Davis
- Pfc. L. C. Delgado
- Pfc. A. R. Dennehy
- Pvt. B. T. Deuster
- Pvt. P. J. Dirrane
- *Pfc. M.P. Donaldson
- Pfc. D. I. Donovan
- Pfc. J. R. Garza
- Pvt. N. M. Hersh
- Pfc. J. A. Salinas Jr.
- Pvt. E. K. Taylor
- Pvt. T. B. Waters

PLATOON 2150

- Pfc. A. F. Bird
- Pvt. A. S. Brownlee
- Pfc. B. J. Buttaccio
- Pvt. D. A. Cabrera
- Pfc. C. D. Califa
- *Pfc. L. D. Carman
- Pfc. R. D. Carreno
- Pvt. C. C. Cathey
- Pvt. E. R. Ceballos
- Pvt. R. D. Chambers
- Pvt. W. F. Clark
- *Pfc. B. C. Davis
- Pvt. C. J. Davis
- Pvt. J. J. Donnelly
- Pfc. R. E. Doran
- Pvt. A. B. Dorboryan
- Pvt. M. L. Eby
- Pvt. N. G. Eisel
- Pvt. C. J. Failla
- *Pfc. H. S. Ferris
- Pvt. E. M. Fister
- Pvt. C. A. Fitzpatrick
- Pvt. S. M. Fox
- Pvt. D. M. Galvan
- Pfc. J. M. Galvan
- *Pfc. M. Garcia-Sandoval
- Pvt. K. A. Gauthier
- Pfc. C. J. Hawk
- Pfc. C. R. Hayward
- Pfc. R. G. Hazelton Jr.
- Pvt. S. T. Hicks
- Pfc. K. R. Howe
- Pvt. A. T. Hughes
- Pvt. J. A. Ibarra
- Pvt. M. M. Isberner
- Pvt. A. V. Jacobs
- Pvt. C. D. Johnson Jr.
- Pvt. J. E. Juarez
- Pvt. J. V. Juarez
- *Lance Cpl. A. S. Kehoe
- Pvt. A. R. Kelly
- Pvt. R. Keown
- Pvt. P. M. Long
- Pfc. A. D. Massey
- Pvt. M. S. Mottishaw
- Pfc. G. A. Mueller
- Pvt. D. P. Muzney
- Pvt. A. A. Rwakatare
- Pfc. E. T. Selvig
- Pvt. Z. D. Selvig
- Pvt. A. J. Silkwood

PLATOON 2153

- Pvt. G. F. Alvarado
- Pvt. L. A. Alvarado
- Pvt. R. L. Arnold
- *Pfc. M. Ayala-Hernandez
- Pvt. M. Bautista
- Pvt. J. Beek
- *Pfc. Z. D. Brewer
- Pfc. T. P. Brooks Jr.
- Pvt. A. M. Chriscoe
- Pvt. J. M. Cooper
- Pvt. A. Gomez
- Pfc. B. S. Hosmanek
- Pvt. P. T. Iguel
- Pfc. J. D. Jamila
- Pvt. E. Johnson
- Pvt. H. K. Kahue
- Pvt. D. A. Linares
- Pfc. J. F. Menard
- Pvt. D. C. Miasek
- Pvt. G. L. Mullen
- Pvt. J. S. Murillo
- Pvt. S. M. Olson
- Pvt. A. M. Quan
- Pvt. S. R. Ramarui
- Pvt. M. A. Rickard
- Pvt. J. A. Rieken
- Pvt. B. Y. Rivas
- Pvt. M. D. Saturn
- Pvt. C. R. Shilling
- Pvt. Z. B. Smith
- Pvt. B. C. Sumwalt
- Pfc. Q. D. Tran
- Pfc. B. J. Tynner
- Pfc. E. A. Valdes
- Pvt. A. Valencia
- Pvt. T. L. Valentine
- Pvt. L. S. Valverde
- Pvt. A. L. Van Cleef
- Pvt. A. J. Van Der Sterren
- Pvt. A. I. Velaquez-Torres
- Pvt. T. J. Walker
- *Pfc. B. L. Washington
- Pvt. B. E. Watson
- Pfc. K. J. Weathers
- Pfc. B. D. Weber
- *Pfc. J. R. West
- Pvt. D. A. Wilson
- Pvt. R. M. Wirth
- Pvt. Z. J. Zannitto
- Pvt. L. A. Zepeda
- Pfc. A. D. Zwicky

PLATOON 2154

- Pvt. J. E. Brandon
- Pvt. W. L. Dorman
- Pvt. D. L. Durante
- Pfc. S. A. Erickson
- Pvt. W. L. Faulkner
- Pvt. C. A. Figueroa
- Pfc. A. W. Frye
- Pfc. K. V. Fuqua
- Pvt. E. Garcia
- Pfc. D. George
- Pvt. B. R. Goggans
- Pvt. M. A. Gonzales
- Pvt. C. G. Goodrich
- Pvt. D. C. Hart
- Pfc. T. L. Higgs
- Pvt. J. G. Jacobson
- Pvt. U. Kamtansy
- Pvt. C. W. King
- Pfc. J. A. Koppang
- Pvt. P. A. Laracortes
- Pvt. L. C. Lawless
- Pfc. H. Leal
- Pvt. M. J. Letmanski
- Pvt. A. R. Lewis
- Pvt. J. I. Lilley
- Pvt. M. D. Lopiparo
- Pvt. J. R. Louie
- Pfc. J. G. Lucero
- Pfc. R. V. Lunk
- *Pfc. D. A. Marshall
- Pfc. J. K. Martin
- Pvt. A. C. Massi
- Pvt. J. B. Maxfield
- Pvt. D. R. McCaffree
- Pvt. B. R. McKay
- *Pfc. E. M. McKenzie
- Pvt. J. J. Molina
- Pvt. J. Morales
- Pvt. J. B. Myers
- Pvt. E. H. Olivo
- *Pfc. S. R. Otis
- *Pfc. C. M. Partee
- Pfc. K. Perugini
- Pvt. Z. T. Pittman
- Pfc. J. L. Quiroz-Hurtado
- Pvt. H. L. S
- Pvt. E. A. Shea
- Pvt. M. D. Slabolepszy
- Pvt. T. A. Smith
- Pvt. D. J. Spiker
- Pfc. C. A. Williamson

PLATOON 2155

- Pvt. K. C. Kirkeby
- Pfc. M. N. Klopfenstein
- Pvt. A. R. Kowalczyk
- Pvt. E. A. La Fosse
- Pvt. E. A. Moody
- Pvt. J. M. Morales-Oliva
- Pfc. C. Q. Ngo
- Pvt. K. L. Ninham
- Pvt. G. Nunez
- Pvt. S. J. O'Day
- Pfc. C. C. Olson
- Pvt. S. T. Olson
- Pvt. A. A. Ortiz
- Pvt. E. J. Pedroza
- Pvt. J. Perez Jr.
- Pvt. M. A. Peterson
- *Pfc. C. R. Pierce
- Pvt. J. D. Pruessner
- *Pfc. D. J. Puckett
- Pfc. D. G. Ramirez
- Pfc. C. M. Reynolds
- Pvt. B. H. Rico
- Pfc. J. R. Rizo
- Pvt. C. Rodriguez
- *Pfc. M. A. Ross
- Pvt. D. J. Rustad
- Pfc. P. J. Schulte-Ritchhart
- Pfc. S. M. Simmons
- *Pfc. A. G. Skogen
- Pvt. K. J. Sloan
- Pfc. K. J. Stakley
- Pvt. P. A. Stanczak
- Pvt. R. R. Stedman
- Pvt. B. M. Swanson
- Pfc. M. R. Sytsma
- Pvt. D. A. Teal
- Pfc. O. L. Templeton
- Pvt. M. L. Terrell
- Pvt. D. R. Testorff
- Pvt. J. S. Treadway
- Pfc. C. Vasquez
- Pfc. M. A. Vivar-Cabrera
- Pvt. E. T. Voegeli
- Pfc. A. J. Wagner
- Pvt. N. G. Wentland
- Pvt. G. J. Wilson
- Pvt. T. D. Wilson
- Pfc. B. F. Wolf
- Pfc. M. J. Yoon
- Pvt. B. F. Zwlwnock



Lance Cpl. Bridget M. Keane

Company I recruits run cut-drills while participating in an event known as ability groups. Cut-drills are designed to help develop speed and agility, while building cardiovascular endurance. The overall purpose of ability groups are to improve the run time for the three-mile run.



Lance Cpl. Bridget M. Keane

A drill instructor motivates the Company I as they execute bicycle-crunches. A bicycle-crunch is a variation of crunches that results in a motion similar to pedaling a bicycle. The exercises help recruits build up endurance and strength.



Lance Cpl. Bridget M. Keane

Company I recruits perform star-jumpers, a dynamic exercise that helps build leg muscles. Star-jumpers are included in ability groups exercises to help build strength and endurance while giving recruits an idea of where they stand physically.

Co. I uses ability groups to build stamina, endurance for PFT

BY LANCE CPL. BRIDGET M. KEANE
Chevron staff

Physical endurance and development is important throughout recruit training. Recruits are tested during each phase to see where they stand through physical fitness tests, which is designed to measure one's physical strength, agility, and endurance.

Recruits were seen sprinting back and forth between yard lines as Company I, 3rd Recruit Training Battalion, participated in ability groups July 12 aboard Marine Corps Recruit Depot San Diego.

The purpose of having recruits run in ability groups is to see

how they've developed themselves since they ran their initial strength test when they arrived at the depot three weeks prior, according to Sgt. Javier Salguero, senior drill instructor, Platoon 3202, Co. I.

The IST is a shortened version of the PFT that Marines run annually. Recruits must be able to pass an IST in order to begin their training by completing pull-ups, sit-ups, and a 1.5-mile run. The PFT consists of the same principal but has a three-mile run.

"The ability groups specifically focus on improving the recruits run time so that they can get a

higher score when they run their PFT," explained Salguero, a 27-year-old Los Angeles native. "Each station has a dynamic exercise that helps build their overall strength and endurance."

The company is split into eight groups, each lead by a drill instructor. Each station has exercises that vary from sprints, crunches, planks, push-ups, cut-drills, and ammunition can lifts that are intended to help improve cardio, endurance, strength, balance and agility.

Recruits are required to be at each station for a minute. Once the minute is up, they go to the next station until the next whistle blast.

Once the stations are over, recruits are split up into ability groups based on their IST run time. Then, they go for a two-mile run set at a drill instructor's pace.

"I think this helps us a lot because it'll build up our endurance and eventually make you faster," said Recruit Kasar Webster, Plt. 3202. "This is definitely helping us prepare for our PFT."

The final PFT is a graduation requirement for recruits. Receiving a high score on a PFT will reflect on a Marine's proficiency and conduct marks, which can also be a deciding factor for promotions.

"Becoming stronger and faster will help us get that high score on our PFT and allow us to be successful in our Marine Corps career," explained Webster, a 17-year-old Fort Worth, Texas native.

Company I is scheduled to run an initial PFT July 20 aboard MCRD San Diego. The recruits and drill instructors will be able to see the results from the dynamic exercises, explained Salguero. Depending on the recruit's performance, drill instructors will be able to identify and focus on the weaknesses of a recruit's physical performance and help

build them into United States Marines.



Lance Cpl. Bridget M. Keane

Recruits run at a drill instructor's set pace for a two-mile run July 12 aboard Marine Corps Recruit Depot San Diego. Recruits are split into ability groups based on their initial strength test run time. The ability groups are designed to build strength and endurance so the recruits can improve their run for their initial physical fitness test scheduled July 20.