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Co. M knocks out MCMAP test

STORY & PHOTOS BY
LANCE CPL. TYLER VIGLIONE
Chevron staff

Marines of Company M, 3rd Recruit Training Battalion fought their way through the Marine Corps Martial Arts Program test aboard the depot, April 2.

The MCMAP test was given to ensure they retained all of the techniques they learned during recruit training.

"MCMAP is taught to the recruits from the very first week of recruit training," said Sgt. Richard R. Kennedy, drill instructor, Platoon 3271. "The test lets us know how well they paid attention and how well they execute the technique."

Each platoon was broken up in groups of 20. The Marines were assigned a martial arts instructor who would ensure they were executing each technique correctly. Some techniques were done as a group while some were done individually.

Marines received a list of all the techniques. If they executed a technique wrong, they received an "X." Too many "X"s on their score card would mean failure, and that they would be dropped to the next training company.

Drill and MCMAP instructors made sure Marines were all on the same page

see MCMAP ▶ 2



Company M Marines, 3rd Recruit Training Battalion, perform the wrist lock take down technique during their Marine Corps Martial Arts Program test aboard the depot April 2. After recruit training Marines can earn up to a black belt in MCMAP.

Recruits learn about Interior Guard duty

STORY & PHOTO BY
LANCE CPL. TYLER VIGLIONE
Chevron staff

Recruits of Company K, 3rd Recruit Training Battalion, received a class on Interior Guard aboard the depot, April 3.

The purpose of the class was to teach recruits the basics of standing post and the different billets that are associated with it, explained Sgt. Anthony L. Williams, drill instructor, Platoon 3246.

"This may be one of the most important things recruits learn while they are in recruit training," said Williams, a native of Benton Harbor, Mich. "Teaching them the basics early on in recruit training sets good guide-

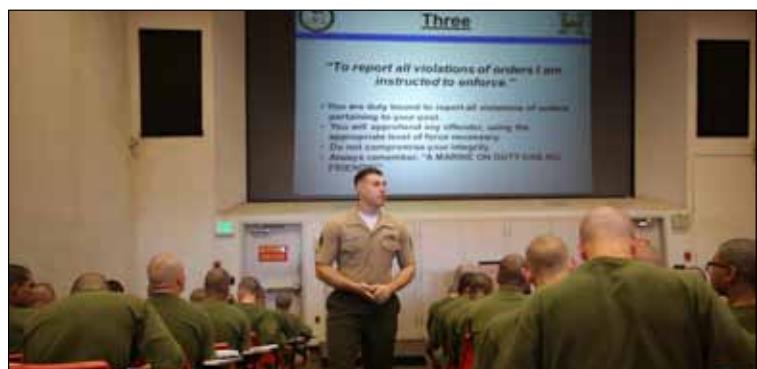
lines for recruits in the future."

Marines at duty stations around the world or in combat all stand guard in some way for an average of 24 hours. While a recruit or Marine is on duty, they take on the responsibility to watch and keep everybody else safe.

"No matter where a Marine is, there will always be duty," said 27-year-old Williams. "We stress to the recruits that duty isn't anything to take lightly because if anything were to happen during their post, it is ultimately their responsibility."

Recruits were taught 11 General Orders of standing post. These orders will follow them

see GUARD ▶ 2



Company K recruits listen to Sgt. Kevin A. Harrison, drill instructor, Instructional Training Company, Support Battalion, as he teaches them the third general order during the Interior Guard class aboard the depot, April 3.



Padres' mascot, the "Swinging Friar," pumps up the crowd during the San Diego Padres Military Appreciation Sunday game opening ceremony at Petco Park, San Diego, April 13. Every Sunday home game sees Padres players wear camouflage jerseys, which look similar to the Marine Corps' desert camouflage utilities. The team honors San Diego's service members, veterans and military families during these games, dedicating a game for each branch of the armed forces and special salutes for military kids, military spouses and military families.

Padres honor military in opening ceremony

STORY & PHOTOS BY
CPL. BENJAMIN E. WOODLE
Chevron staff

SAN DIEGO, Calif. – Service members from the San Diego area participated in the opening ceremony of the Major League Baseball Padres game at Petco Park, April 13.

The ceremony was part of the Padres Military Appreciation Sundays event, where every Sunday home game Padres players wear camouflage jerseys, which look similar to the Marine Corps' desert camouflage utilities, as well as honor San Diego's service members, veterans and their families, to

include a game for each branch of the armed forces and special salutes for military kids, military spouses and military families, according to the Padres website.

"For the opening ceremony, San Diego stationed service

see PADRES ▶ 2

MCMAP ◀ 1

and there was no confusion when they took it.

A majority of MCMAP techniques have specific movements one would need to complete in order to execute the move correctly. The pressure to remember each detail caused some to make errors.

"I over thought a lot of the techniques and it made me miss the small details," said Pvt. Franklin H. Smith, Plt. 3275. "Your foot or hand could be off just slightly and it would throw off your entire technique."

Getting through the MCMAP test successfully was just one obstacle they needed to overcome in their journey to become Marines. Passing these tests and obstacles sets Marines up for further success in their careers.

"MCMAP instills warrior ethos in the recruits," said Kennedy, a native of Killeen, Texas. "Not only do they get the discipline from MCMAP, they also get the pride knowing it is something that they earned."

Nearing the end of recruit training, Company M has faced a majority of the challenges that recruit training had to offer, the MCMAP test being one of them. Soon they will leave recruit training and continue on with their Marine Corps careers where they can work on their MCMAP skills and earn up to a black belt.

"One day your weapon might not work," said Smith. "Learning the basics while in recruit training will set future Marines up for success to build on their skills during their careers in the Corps."



Pvt. David A. Bartel performs a figure four variation choke technique on Pvt. Troy A. Espinoza during their Marine Corps Martial Arts Program test April 2. Both Marines are members of Platoon 3275, Company M, 3rd Recruit Training Battalion.



Marines from the depot stand at attention with state flags around the infield during the Major League Baseball San Diego Padres Military Appreciation Sunday game opening ceremony aboard Petco Park, San Diego, April 13. When the National Anthem was sung, each Marine held out and presented the flag as an honor to each state.

PADRES ◀ 1

members lined the boundaries of the playing field, invited the military band to play, had a home plate ceremony and a flyover," said Michael Berentson, director, Military Affairs, San Diego Padres. "This game, for the home plate ceremony, we had Gary Sinise and his Gary Sinise Foundation donate three smart homes to wounded warriors and also had retired Marine Corps Sgt. Rob Jones ride in on his bike as he rode over 5,000 miles from Maine to Camp Pendleton in an effort to raise money for charities that support the recovery of wounded service members."

Jones, who lost his legs due to an Improvised Explosive Device during his deployment to Afghanistan in 2010, was one example of the many service members the Padres have honored during their games and served as a reminder of the sacrifice service members make for the nation.

"It's important for the community to see who their military is," said Berentson. "Even though we've been at war since 2001, it's a great way to tell the stories and remind the community we still have service members fighting wars."

During the ceremony, Marines from Marine Corps Recruit Depot San Diego participated in the event by holding the state flags around the edge of the infield. Each Marine marched out in line from left field before the National Anthem to take their place on the field. When the anthem was sung, each Marine held out and presented the flag as an honor to each state.

"It was all about honoring the military," said Master Gunnery Sgt. Miguel T. Bridges, operations chief, MCRD San Diego. "It was a real wow factor, seeing how San Diego really enjoys the military. It was great that they put us on the field in a big display."

For many of the service members, the

event was an opportunity for them to see the fruits of their hard work through the positive support from the local community.

"We do our job day to day, but coming out here we realize this is what it's about; we got to see the positive relationship we have with the community," said Bridges, a Fort Worth, Texas, native. "To be on the field and part of the ceremony to represent the Marine Corps was an honor."

After the ceremony concluded, service members were able to stay and enjoy the game. They took their places in the stands to become part of what the Padres feel honored to have – a great and dedicated San Diego community.

"We feel it's our duty to highlight and showcase the military community, which has made San Diego what it is today," said Berentson. "It's a very important component and want to show the community who they are."

GUARD ◀ 1

on every post they stand and are strictly enforced. Not only did recruits review and memorize the orders but also received examples of consequences that may take place if any of these orders are violated.

"I didn't realize how serious interior guard was until this class," said Recruit Adam M. Emery, Plt. 3245. "It really hit me that when I stand a post everybody's lives are potentially in my hands."

During recruit training, recruits stand fire watch, which is approximately a one-hour shift watching over the platoon's gear while the rest of the recruits sleep. Every hour recruits learn how to post and relieve from duty. Each recruit will stand fire watch multiple times while in recruit training because this is their first

experience of any Marine Corps guard or duty.

Williams explains that he has experienced different situations while he stood a post or even events that have happened due to Marines not following orders.

"We make sure recruits understand the importance of their fire watches," said Williams. "Even if it means that we don't get that much sleep, it's better knowing that we catch the mistakes that recruits make here instead of out in the fleet where it could cost somebody's life."

Although recruits learn the basics when they are in recruit training, once they graduate as Marines their training will evolve as they go further into their Marine Corps careers.

"I am going to do the best on post as I can," said Emery. "Because one day it may help me save a Marine's life."

BRIEFS**Security check**

The Transportation Security Agency has opened its "expedited airport security screening program," or "Pre✓™," to Department of Defense civilians.

TSA Pre✓™ allows participants to keep on shoes, belts and light jackets, and leave laptops and 3-1-1 compliant liquids in their carry-on bags when going through airport security.

To participate, DoD civilians must opt-in to the program through the MilConnect website at <https://www.dmdc.osd.mil/milconnect>, and save their DoD ID number (10 digit number found on the back of their CAC) as the "Known Traveler Number" in their DTS profile.

Civilians can also participate by using their DoD Id Number as the "Known Traveler Number" when making leisure travel reservations.

The program is already open to Service members (including Guard and Reservists) and members are not required to opt-in. For more information go to <https://www.defensetravel.dod.mil/site/news.cfm?ID=18>.

Boots to Business Workshop

The depot's Personal and Professional Development Office, in conjunction with the Small Business Administration, will hold a two-day Boots to Business workshop Tuesday and Wednesday from 7:30 a.m., until 4 p.m., in the P&PD classroom, Building 14.

The workshop, part of the P&PD Transition Program, is open to retirees as well as active duty members planning on retirement.

For information or to register call (619) 524-1283/8440.

Upcoming state primary elections

South Dakota, New Jersey, New Mexico, Montana, Mississippi, Iowa, California and Alabama all have primary elections scheduled for June 3.

Military voters wishing to cast votes in these elections must have completed registration, and must have requested absentee ballots before the election with deadlines ranging from May 6 to the date of the election.

For information on registration and on requesting a ballot, see your unit voting officer.

Information may also be available at www.fvap.gov/south-dakota/, www.fvap.gov/new-mexico/, www.fvap.gov/montana/, www.fvap.gov/mississippi/, www.fvap.gov/iowa/, www.fvap.gov/california/ or www.fvap.gov/alabama/.

Health & Fitness Expo

The depot is hosting a Health & Fitness Expo May 14, from 10 a.m., until 1 p.m., in the parking lot next to the Fitness Center functional fitness area.

The event features health & wellness organizations, interactive booths, healthy food samples and a farmer's market. There will also be both for-profit and non-profit vendors affiliated with the health and fitness industry.

This is the kickoff event for the 101 Days of Summer (Drug-Free Challenge), a summer long command competition that discourages drug use, and encourages healthy behaviors and responsible drinking.

The Expo is open to all authorized patrons.

For information call Semper Fit at (619) 524-5655, or visit the website at mccsmcrd.com.

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United States Marines, Latvian soldiers and an Estonian service member take questions from a class at Lejasciems Secondary School in Lejasciems, Latvia, April 9. The service members were invited to share their military experiences with school staff and students during Exercise Summer Shield. This is the 11th iteration of Summer Shield, a joint staff planning and combined arms live fire maneuver event designed to enhance the Latvian Land Force's capacity and capability to integrate fire and maneuver at the battalion and brigade level as well as increase partner capacity, promote regional stability, and continue to develop Latvian, Lithuanian, Estonian and U.S. interoperability.

U.S., Estonian service members meet Latvian high school students during community relations visit

STORY & PHOTOS BY
LANCE CPL. SCOTT WHITING
Marine Forces Europe and Africa

CAMP ADAZI, Latvia – United States Marines with 3rd Battalion, 8th Marine Regiment, 2nd Marine Division assigned to Black Sea Rotational Force 14, are currently in Latvia training with the local army and Estonian and Lithuanian forces for exercise Summer Shield. While there they made a special trip to a small school in the rural Latvian countryside to meet students.

Latvian Lt. Col. Gunars Kaulins, the commanding officer of Combat Support Battalion, Latvian Armed Forces Infantry Brigade, reached out to the U.S. Embassy in Latvia and expressed a need for funding the Lejasciems Secondary School required. With the funding nearing its approval, the school wanted to thank Americans for the help they received in improving the building.

"The school wanted to say thank you to U.S. representatives, and because we are having the Summer Shield exercise with Estonians, we figured this would be a great occasion to meet U.S. troops who are visiting Latvia," Kaulins said.

The Marines dined at the school's cafeteria, toured the facilities and met the students.

During the event there was a question and answer period in which the students asked the

U.S., and Estonian service members anything and everything.

Kaulins said the students loved the opportunity to speak with United States citizens and to learn about the military.

"Everyone who was at the meeting was so excited and very appreciative," Kaulins said.

The Marines took just as much away from the visit as the Latvian students did.

"It was a very opening experience for me," said Cpl. Joseph Thometz, an electrician with 3rd Battalion, 8th Marines assigned to BSRF-14. "I knew very little about Latvia, and I feel like I learned something about the culture after visiting the school."

Thometz said he found the questions intelligent and challenging, and made for a more enjoyable experience.

"They spoke great English and were able to ask us some tough questions about the military," Thometz said.

He, along with the other service members, enjoyed a unique opportunity to build a relationship with the people of Latvia and give them a good first impression of Americans.

"Many of them haven't met anyone from the United States before, so we had to set the example for them," Thometz said.

Kaulins expressed his gratitude after the successful meeting. He explained the school currently has only approximately 150 Latvians enrolled from the surrounding area, but

many graduates of the secondary school enlist or are commissioned into the Latvian army. Kaulins hopes the visit from U.S. Marines can help some students decide about joining the service if they were on the fence about it.

"These students are like Americans," he said. "They want to travel and see the world. You, as Americans, joined your military and now are in Latvia. They want to do the same thing and go see other countries, such as the United States."

Kaulins also said after this event, he'd welcome more visits like this in the future. He explained the students got a lot out of meeting U.S. service members, and he'd like to extend that unique opportunity to multiple schools in the country.



Gunnery Sgt. Damian Rodriguez, the communications chief with 3rd Battalion, 8th Marine Regiment, 2nd Marine Division assigned to Black Sea Rotational Force 14, presents a gift to Ineta Stavavena, the director of the Lejasciems Secondary School in Lejasciems, Latvia.

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Amphibious fighting force teaches water survival skills

STORY & PHOTOS BY
LANCE CPL. JERICHO W.
CRUTCHER
Chevron staff

Recruits of Company K, 3rd Recruit Training Battalion, completed the Water Survival Basic Qualification during week four of training aboard the depot, March 31.

Swim qualification familiarize recruits to Marine Corps combat water survival skills. As an amphibious fighting force,

it is critical that all recruits learn and understand the basic water survival skills. Therefore, it is a graduation requirement recruits must pass in order to continue in their training.

"Confidence is the key to water survival training," said Sgt. Johnny Espericueta, drill instructor, Platoon 3233. "Getting in the water and applying the techniques that's taught to them will give them confidence in properly utilizing the water survival skills."

Recruits swam 25-meters while wear-

ing the camouflage utility uniform and combat boots to start the qualification utilizing the techniques taught.

Marines must train in these conditions starting here at recruit training to lay the foundation for training received in the Fleet Marine Force, explained 25-year-old Espericueta, a Portland, Ore., native.

While recruits paddled and treaded water, swimming instructors kept a close eye on the recruits to assure they applied the right techniques and to be there as a safety precaution. They stood at each side

of the pool with lifeguard gear to assist recruits if needed.

A swimming instructor was also placed at the top of the 10-foot platform to assure recruits stepped off correctly. Each recruit looked left, right, up and down with arms crossed before they stepped off the platform. Once they surfaced they swam 25-meters to finish up the event.

Recruits then geared up with a rubber rifles, flak jackets and helmets during the gear-shed event in the shallow water. Once they were in the water, a swim instructor

gave a whistle blast signaling the recruits to submerge underwater, shed all of the gear and then resurface within ten seconds.

Once all of the recruits finished, they moved on to four minutes of water tread. Each recruit had to keep his head above water, if the recruit could not, a swim instructor threw a flotation device to the recruit.

Before starting the tread portion, swimming instructors demonstrated to the recruits how to use their uniform tops as swimming devices by taking deep breaths,

blowing into the wet garment and holding the neck closed to provide flotation. Once this technique was demonstrated, recruits had to perform it in order to pass that part of the qualification.

During the final portion, recruits, in a group of five, lined up in the water and held onto the wall waiting for the signal to start treading. After the instructors saw the recruits were able to successfully tread for four minutes, the recruits climbed out of the pool knowing they were qualified swimmers. If any recruit failed a certain

portion of the qualification, they came back the following day to requalify.

The breathing technique was exhausting and the biggest challenge while trying to swim in full camouflage utilities including combat boots, explained Recruit Jesse D. Cullen, Platoon 3229.

"Marines fight in the air, land and water. We're trained to fight in any environment," said 23-year-old Cullen, an Oak Harbor, Wash., native. "Being an amphibious fighting force, it is vital that all Marines know how to swim."



Company K recruits start the water tread test during Water Survival Basic Qualification. Recruits had to perform the technique for four minutes in order to pass.



Recruits gear up with rubber rifles, flak jackets and helmets during water survival training. The Marine Corps is an amphibious fighting force, making it important for all recruits to learn basic water survival skills.



Recruits learn to enter the water from a height without injury during Water Survival Basic Qualification. A swimming instructor attended the recruits as they stepped off the 10-foot platform to ensure correct technique.



Recruits of Company K, 3rd Recruit Training Battalion, swim 25-meters during the Water Survival Basic Qualification during week four of training aboard the depot, March 31. While recruits paddled and treaded water, swimming instructors kept a close eye on them to assure they applied the right techniques and to be there as a safety precaution.

Graduation becomes special moment for father, son

STORY & PHOTO BY
LANCE CPL. JERICHO W.
CRUTCHER
Chevron staff

It takes a special kind of mental toughness and determination when a recruit's motivation to earn the title Marine is for his father, a Marine, a firefighter, a wounded warrior who has sacrificed so much in the line of duty.

For Pvt. Forest D. Dowling, Platoon 3271, Company M, 3rd Recruit Training Battalion, his father's life experience and tragedy provided him the inspira-

tion and motivation to become a United States Marine.

His father, Houston Fire Captain Bill Dowling, has spent almost a year recovering from his injury after responding to a deadly fire May 31, 2013 to see Dowling graduate, making a special event for the father and son.

His father lost both legs and suffered a brain injury due to a Southwest Inn fire that left four other firefighters dead.

Growing up, Dowling, a Tomball, Texas native, and his father were close and did mostly everything together. If Dowling

needed anything he would call his father who was always there for him, he explained.

Dowling was born while his dad was deployed to Somalia with I Marine Expeditionary Force in support of Operation Restore Hope, 1995.

"My father is the main reason I decided to sign the dotted line and become a Marine," said 19-year-old Dowling. "He was a Marine and always wanted me to become a Marine as well, so it's what I set out to do."

Dowling attended the Texas Challenge Academy School after

transferring from Klein Oak High School to graduate early. He successfully received his diploma early, but was not sent to recruit training for almost a year.

"At one point I thought about joining the Air Force after talking with my grandfather, who served in the Air Force," said Dowling. "My uncle, who served in the Marine Corps, soon changed my mind after talking to me. He told me he wanted me to become a United States Marine and placed an Eagle, Globe and Anchor in my hand."

With his mind made up, Dowling was excited to share the decision with his father.

"The day I finally enlisted into the Marine Corps my father took me out to dinner and was excited that I made the decision to become a Marine," said Dowling. "It wasn't very long after that day he got hurt in a fire accident."

When Dowling was younger, he would worry about his father getting hurt, but after his father served a successful 14 years of firefighting service, the fear of his father getting injured went away. The day Dowling got the phone call of the accident; it shocked him in disbelief.

Dowling went to a Wounded Warriors function where they gave his father an Action Track Chair due to his injury. The chair is designed to be an all-terrain utility wheel chair. It is battery operated and can travel through snow, woods and water terrain.

"There was an engineer in the Army who also came to the function. He lost his legs in the Army after being hit by an improvised explosive device," said Dowling. "It really helped meeting him because it gave me hope that my dad will get better."

Dowling knows his father's recovery process is going to be long, but he believes his father will make a great recovery, he explains.

"After the accident happened, he hasn't been able to speak well," said Dowling. "I got the opportunity to speak with my mom since I've been here at recruit training, and I could hear people in the background trying to work on his speech. The only things I've heard him say since the accident happened are our names, and I can hear him try to say I love you."

When Dowling made it to recruit training, it was his father that kept him motivated through it all.

"When I'm running three miles I think of my dad, and it pushes me to keep surpassing the pain and just put forth the effort," said Dowling. "My father was a good runner, but he doesn't have his legs today so I know I've got to run for him and that is what helps me push through the physical and mental exhaustion."

While in recruit training, Dowling's focus and determination was apparent.

"He shows a lot of initiative, if we need a volunteer for anything that will help the platoon he's usually one of the first hands to go up," said Kennedy, a Killeen, Texas, native. "He's not afraid of stepping up to something new and applying it."

This isn't the easiest thing he's done, but he's very motivated to becoming a Marine. Anything he struggles with he thinks back to his dad and how much he inspires him, explained Dowling.

"When I wake up every morning, it's my dad that motivates me to hit the ground running," said Dowling. "The only thing going through my head is the fact he can't do this anymore, so I've got to push myself not only for me but for him as well."

While in the Marine Corps Dowling plans to get his emergency medical technician certification. He plans to one day become a fireman and continue to walk the same path as his father.



Pvt. Forest D. Dowling, Platoon 3271, Company M, 3rd Recruit Training Battalion, holds his newly earned Eagle, Globe and Anchor in the palm of his hand with pride after completing the Crucible, April 17. Dowling's father and inspiration, Bill Dowling, Houston Fire Captain, lost both legs and suffered a brain injury due to a Southwest Inn fire that left four other firefighters dead.

Sgt. Maj. (retired) Neil O'Connell

Parade Reviewing Officer

Sgt. Maj. (retired) Neil O'Connell enlisted in the Marine Corps in October 1977, attending recruit training at Parris Island, S.C. Upon graduation he was a student at the U.S. Army Ordnance Training Center at Aberdeen, Md., as a self-propelled artillery and M60 tank repairman.

O'Connell was then assigned to Tank Maintenance Platoon, Ordnance Maintenance Company, 1st Maintenance Battalion, 1st Force Service Support Group, where he served as a mechanic and parts supply NCO. He was reassigned to Defense Mapping School, Fort Belvoir Va., as a student in the geodetic and construction survey class from October 1978 to March 1979. He then returned to Camp Pendleton to the 7th Engineer Support Battalion where he served as noncommissioned officer-in-charge of the drafting and survey section, and as the platoon sergeant and company gunnery sergeant of Headquarters and Service Company.

During October 1981, O'Connell left the active duty

Marine Corps, and was reassigned to the Marine Corps Reserve. As a reservist, he served at 4th Tank Battalion, Headquarters and Service Company as a tank maintenance platoon sergeant and company gunnery sergeant.

In June 1985, O'Connell re-entered active duty and was assigned to 7th Engineer Support Battalion as the NCOIC of the drafting and survey section. He volunteered for drill instructor duty in June 1986 and reported to DI School at Marine Corps Recruit Depot San Diego, Calif.

Upon graduation he was assigned to Company G, 2nd Recruit Training Battalion, Recruit Training Regiment.

O'Connell was transferred in May 1988 to Iwakuni, Japan where he served with Marine Wing Support Squadron 171 as the heavy equipment / utilities platoon sergeant deploying to the Republic of Korea in support of 1st Marine Aircraft Wing.

After returning to the United States in May 1989, O'Connell was transferred to the 1st Combat Engineer Battalion, 1st Marine Division, where he assumed duty as the headquarters and service company gunnery sergeant. Upon deployment to Saudi Arabia in August 1990 in support of Operation Desert

Shield, he became the company first sergeant. He served with Task Force Ripper, 7th Marine Regiment, during Operation Desert Storm and returned to the United States in March 1991.

During July 1991, O'Connell returned to Drill Instructor School and upon graduation was assigned as a series chief drill instructor for Co. H and Co. E, 2nd RTBn. Upon completion of his tour at MCRD San Diego he was transferred to the 7th Engineer Support Battalion in November 1994, where he served as the headquarters and service company gunnery sergeant and the detachment first sergeant for Combat Service Support Detachment - 14.

In July 1995, O'Connell was promoted to first sergeant and then assigned to the 1st Battalion 4th Marines, 1st Marine Regiment, 1st Marine Division as a company first sergeant Co. B. While there he completed two unit deployments with the 13th and 11th Marine Expeditionary Unit (Special Operations Capable).

In November 1998, he was promoted to sergeant major and transferred to the 3rd MAF, Marine Corps Air Station Miramar as the sergeant major of Marine Wing Communication Squadron-38.

In November 2002, O'Connell was transferred to the Marine Corps Artillery Detachment, U.S. Army Field Artillery School, Fort Sill, Okla., where he served as the sergeant major of the Marine Artillery School until November 2005. Upon completion of this tour he was transferred to the 1st Marine Expeditionary Force Headquarters Group and deployed to Iraq in support of Operation Iraqi Freedom 05-07 from February 2006 to February 2007.

In September 2007, O'Connell was selected as the sergeant major, 1st Marine Expeditionary Force Forward, Multi National Force West - Iraq, deploying to Al Anbar Province from January 2008 to February 2009 and, upon returning from this deployment, he resumed duty as the I MEF headquarters group sergeant major.

O'Connell then deployed to Afghanistan in support of Operation Enduring Freedom with I MEF Forward, Regional Command South West Afghanistan from February 2010 to March 2011.

O'Connell's personal decorations include the Legion of Merit, the Bronze Star, and the Meritorious Service Medal (with Gold Star in lieu of second award). He has been awarded the Navy

and Marine Corps Commendation Medal (with gold star in lieu of second award), the Navy and Marine Corps Achievement Medal, the Combat Action Ribbon and various service and unit awards. O'Connell is also the recipient of the Saint Barbara's Medal for outstanding service with Marine Artillery.

O'Connell retired from the United States Marine Corps in February 2012. He is presently employed as a Counter Improvised Explosive Device training consultant for a global defense company.





Platoon 3273 COMPANY HONOR MAN Lance Cpl. N. S. Salem Agana, Guam Recruited by Sgt. G. D. Comeo
Platoon 3269 SERIES HONOR MAN Pfc. J. A. Guffie Roseburg, Ore. Recruited by Staff Sgt. J. R. Adler
Platoon 3270 PLATOON HONOR MAN Pfc. M. A. Cudney Milwaukee, Wis. Recruited by Sgt. B. Wiskes
Platoon 3271 PLATOON HONOR MAN Pfc. D. R. Dean II Sacramento, Calif. Recruited by Sgt. Blandell
Platoon 3274 PLATOON HONOR MAN Pfc. R. A. Noriega Salinas, Calif. Recruited by Sgt. L. J. Flores
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MIKE COMPANY

3rd RECRUIT TRAINING BATTALION

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Lt. Col. T. Carlos
 Sgt. Maj. J. D. Ferriss
 Gunnery Sgt. R. Rangel



COMPANY M Commanding Officer Capt. T. A. Zackary Company First Sergeant 1st Sgt. D. R. Coan	SERIES 3269 Series Commander Capt. R. G. Nelson Chief Drill Instructor Staff Sgt. A. S. Montreuil	PLATOON 3269 Senior Drill Instructor Staff Sgt. J. A. Ortiz Drill Instructors Staff Sgt. G. A. Ferry Staff Sgt. A. H. Mendiola Sgt. A. O. Gutierrez Sgt. M. W. Kugelman	PLATOON 3270 Senior Drill Instructor Sgt. J. T. Dickinson Drill instructors Sgt. N. A. Ahumada Sgt. A. T. Hoopes Sgt. M. Simonsen Sgt. L. J. Wilson	PLATOON 3271 Senior Drill Instructor Staff Sgt. J. S. Belyeu Drill instructors Sgt. D. L. Allen Sgt. R. R. Kennedy Sgt. R. M. Loya Sgt. J. L. Sweat
	SERIES 3273 Series Commander Capt. I. R. O'Leary Chief Drill Instructor Staff Sgt. M. C. Jackson	PLATOON 3273 Senior Drill Instructor Staff Sgt. N. D. Wahle Drill Instructors Staff Sgt. B. C. Ballantyne Staff Sgt. E. Martinez Jr. Staff Sgt. J. R. Polich Sgt. L. A. Velasquez	PLATOON 3274 Senior Drill Instructor Sgt. A. M. Skelton Drill Instructors Sgt. T. E. Birt Sgt. J. A. Kettler Sgt. J. T. Ryle	PLATOON 3275 Senior Drill Instructor Sgt. R. Arellano Drill Instructors Sgt. R. Briceland Sgt. M. Ferry Sgt. S. Sugg Sgt. D. Weaver

* Indicates Meritorious Promotion

PLATOON 3269
 Pvt. M. A. Aispuro
 Pvt. I. R. Anderson
 Pvt. M. A. Avelar
 Pvt. M. M. Barahona
 Pvt. I. G. Carrillo
 Pvt. L. A. Chavez
 Pfc. A. J. Copley
 Pfc. E. Corona
 Pvt. E. G. Curtis
 Pvt. L. K. Davenport
 Pfc. C. C. Davis
 Pvt. S. A. Donohoe
 Pvt. G. M. Dorris
 Pvt. G. J. Erisman
 Pvt. J. A. Espinoza
 Pvt. A. M. Esquivel
 Pvt. K. C. Feast
 Pvt. D. T. Flannigan
 *Pfc. J. A. Guffie
 Pfc. E. T. Gutierrez
 Pvt. J. C. Gutierrez
 Pfc. S. J. Hernandez-Quintero
 Pvt. A. S. Herrera
 Pvt. J. A. Jimenez Jr.
 Pvt. D. T. Jumper
 Pvt. B. M. Kreissler
 Pvt. B. B. Livernois
 Pfc. R. H. Lopez-Hernandez Jr.
 Pvt. T. Loya
 Pfc. R. J. Lynch
 Pfc. E. J. Martinez
 Pfc. I. Martinez-Morales
 Pfc. A. M. Mautz
 Pvt. C. J. McConnohie
 Pvt. B. L. McHonecraft
 Pvt. C. K. McKelvey
 *Pfc. B. G. Mercado
 Pfc. J. D. Meyer
 Pvt. T. M. Michell
 Pfc. H. T. Miller
 *Pfc. D. S. Montgomery-Saenz
 *Pfc. E. W. Morales
 Pvt. K. W. Myers
 Pfc. G. C. Petit
 Pfc. J. S. Plasse
 Pvt. R. N. Rodriguez
 Pfc. A. Z. Sanluis
 Pfc. C. L. Skogstad
 Pvt. K. P. Steven
 Pvt. J. J. Wheeler
 Pvt. A. V. Yoder-Anglemyer
 Pvt. D. V. Youngblood

PLATOON 3270
 Pvt. L. Aranda-Gomez
 Pfc. K. B. Barga
 Pvt. C. A. Barron
 Pvt. M. A. Bartolon II
 Pfc. P. M. Beirne
 Pfc. S. D. Cameron
 Pvt. J. Cantu
 Pvt. M. A. Castillo Jr.
 Pvt. S. G. Cerise
 Pvt. J. R. Chaves
 *Pfc. B. S. Clark
 Pvt. Z. A. Clouner
 Pfc. T. L. Cochran
 Pvt. B. L. Collins
 Pvt. S. T. Cook
 Pfc. M. A. Cudney
 Pvt. A. M. Davidson
 Pvt. D. T. Debevec
 Pvt. M. C. Denson
 Pvt. B. M. Espinoza
 Pvt. T. A. Espinoza
 Pvt. A. D. Flores
 Pvt. D. M. Galindo
 Pvt. C. D. Garcia
 Pvt. J. O. Garzarios
 Pvt. R. Ghusar
 Pvt. C. A. Gillespie
 Pvt. J. D. Gonzalez
 Pvt. D. R. Guilford
 Pvt. J. P. Hagedorn
 Pvt. S. D. Hamilton
 *Pfc. C. L. Handlen
 Pvt. J. M. Harris
 Pfc. A. Hernandez
 Pvt. S. G. Hernandez
 Pfc. M. A. Hernandez
 Pvt. U. E. Hernandez-Castaneda
 Pvt. W. D. Hurst II
 Pfc. P. N. James
 Pfc. P. D. Jenkins
 Pfc. T. J. Jenkins
 Pvt. M. A. Jensen
 Pvt. R. A. Joseph
 Pvt. E. R. King
 *Pfc. K. M. Knight
 Pvt. L. T. Leibold
 Pvt. C. W. Littlepage
 Pvt. M. R. Medina
 Pvt. E. A. Rodriguez
 Pfc. C. S. Spanos

PLATOON 3271
 Pfc. J. M. Aguilar

Pvt. A. Alejandroz
 Pvt. E. S. Barillas-Zuev
 Pvt. A. B. Bell
 Pfc. M. S. Bello
 Pfc. P. N. Benavidez
 Pvt. J. C. Bryant
 Pfc. Z. C. Butler
 Pvt. M. R. Caddy
 Pvt. N. S. Candelaria
 Pvt. S. G. Castro
 Pfc. J. K. Cho
 Pfc. T. M. Cohen
 Pfc. C. J. Colosimo
 Pvt. P. M. Cooper
 Pfc. B. D. Deal
 Pfc. D. R. Dean II
 Pvt. A. J. Deleon
 Pvt. F. D. Dowling
 Pfc. A. J. Dufilho
 Pvt. J. E. Espinoza
 Pvt. A. Flores
 Pvt. N. A. Fontes
 Pvt. C. T. Forsberg
 Pvt. D. M. Foulk
 Pfc. J. C. Gabo
 Pfc. A. Garcia
 Pvt. G. Garcia
 Pfc. D. Gonzalez
 Pfc. J. L. Gonzalez Jr.
 Pvt. P. E. Gonzalez
 Pvt. M. Guerrero
 *Pfc. T. M. Heinle
 Pvt. B. A. Hernandez
 Pvt. E. Hernandez
 Pvt. E. Herrera
 Pvt. S. A. Howe
 Pfc. N. M. Hughes
 Pvt. L. Huilca-Gonzales
 Pvt. J. D. Huwatschek
 Pvt. J. P. Hysom
 Pvt. A. Jauregui-Ramos
 Pfc. J. Jimenez
 Pvt. G. M. Johnson
 Pvt. L. T. Kangas
 *Pfc. P. J. Kim
 Pvt. S. C. Kincade
 Pvt. C. J. Laboy
 Pfc. H. A. Lasher
 *Pfc. A. M. Lavoie
 Pvt. J. D. Loring

PLATOON 3273
 Pvt. S. J. Benavidez
 Pvt. G. E. Caldwell Jr.
 Pvt. E. Chavez

Pvt. T. R. Collins
 *Pfc. H. Cortez Jr.
 Pvt. A. B. Bell
 Pfc. C. A. Diaz
 Pvt. C. C. Dickens-Kilaulani
 Pvt. T. E. Doggett
 Pvt. R. J. Esquivel Jr.
 Pvt. C. A. Feller
 Pvt. A. J. Frees
 Pfc. R. D. Garcia
 Pfc. J. T. Gomez
 Pvt. N. K. Huddleston
 Pvt. C. I. Jensen
 Pvt. F. A. Junio
 Pvt. C. T. Lapham
 Pvt. E. Maceda-Ramirez
 Pfc. J. K. Maldonado
 Pvt. J. A. Mitchell
 Pfc. A. B. Morris
 Pvt. W. G. Newman
 Pvt. G. Ngiraklang
 Pvt. J. P. Padilla
 Pfc. D. D. Parker
 Pvt. K. O. Peevy
 Pvt. B. E. Petersen
 Pvt. J. J. Polanco III
 Pfc. T. P. Pryor
 Pfc. V. R. Quezada
 Pvt. S. C. Raygoza
 Pvt. O. Rodriguez-Ubaldo
 Pvt. K. Roldan
 Pvt. N. A. Ruiz
 Pfc. B. Sagbo
 *Pfc. D. Salazar
 Lance Cpl. N. S. Salem
 Pfc. C. Salguero
 Pfc. M. A. Sanchezleos
 Pvt. D. D. Schmidt
 Pvt. T. L. Schultz
 Pvt. J. J. Shook
 Pvt. J. J. Sprandel
 Pvt. T. J. Spratte
 Pfc. C. L. Stablier
 Pfc. J. J. Suertefelipe
 Pfc. A. J. Thresher
 Pvt. E. N. Torresunda
 Pvt. A. M. Woodhart
 Pfc. A. J. Wright
 *Pfc. K. C. Yount

PLATOON 3274
 *Pfc. E. L. Akay
 Pvt. J. M. Angeski
 Pvt. D. S. Carpenter

Pvt. E. D. Gradowski
 Pvt. A. J. Herdklotz
 Pfc. D. A. Hunt II
 Pvt. A. S. Keeley
 Pvt. J. C. Kelm
 *Pfc. T. J. Leggett
 Pvt. A. R. Lewis
 Pvt. D. V. Lopez
 Pvt. I. J. Lozano
 Pfc. J. P. Mach
 Pfc. J. C. Marrufo
 Pfc. I. Martinez
 *Pfc. S. L. McCall
 Pvt. A. K. McNeal
 Pvt. Z. S. Milliard
 Pvt. D. J. Mize
 Pvt. C. C. Moncivais-Torres
 Pfc. J. L. Monteaux
 Pvt. P. D. Moore
 Pvt. J. J. Morgan
 Pvt. J. L. Navarro
 Pvt. B. W. Newberry
 Pfc. A. A. Ngo
 Pfc. M. J. Nieto
 Pfc. R. A. Noriega
 Pvt. K. D. Olson
 Pvt. I. M. Olvera
 Pvt. A. T. Palmer
 Pvt. X. L. Paredes
 Pvt. A. J. Stevens
 Pvt. M. J. Stickney
 Pvt. C. D. Taylor
 Pfc. D. R. Tiedgen
 Pvt. A. A. Topp
 Pfc. J. S. Tritz
 Pvt. P. M. Turretto-Ramos
 Pvt. A. J. Twaddell
 Pvt. T. Vang
 Pvt. M. A. Vasquez
 Pvt. B. R. Verzosa
 Pvt. T. D. Walters
 Pfc. R. C. Wolters III
 Pfc. T. Yang
 Pvt. K. M. Yates
 Pvt. G. F. Zoellner

PLATOON 3275
 *Pfc. A. J. Carr
 Pfc. W. C. Carreno
 Pfc. J. A. Contero Jr.
 Pfc. B. S. Fahnestock
 Pfc. C. P. Hogan

Pfc. C. L. Lemanske
 Pvt. R. C. Logan
 Pvt. J. D. Mackie
 Pfc. T. D. Magana
 Pvt. C. R. Nelson
 Pfc. R. M. Nickoli
 Pvt. J. Palos
 Pvt. M. Perez Jr.
 Pvt. D. D. Pham
 Pfc. A. D. Plevak
 Pvt. D. M. Poland
 Pfc. J. D. Porter
 Pvt. A. J. Price
 *Pfc. U. A. Quintero
 Pvt. J. Ramirez-Estrada
 Pfc. J. A. Reichert
 Pfc. J. R. Romero
 Pvt. J. J. Ruiz
 Pvt. J. W. Saffell
 Pfc. R. A. Sanchez-Gauna
 Pvt. G. J. Santos Jr.
 Pfc. J. V. Schmidt
 Pfc. J. M. Schuler
 Pvt. J. E. Sepulveda-Marquez
 Pvt. F. H. Smith III
 Pvt. L. M. Solares
 *Pfc. R. E. Stephenson Jr.
 Pvt. J. B. Tayborn
 Pfc. C. M. Taylor
 Pfc. T. W. Tobinboyd
 Pfc. D. J. Trudeau Jr.
 Pvt. B. Trujillo
 Pfc. T. T. Tufte
 Pvt. R. Villa Jr.
 Pvt. R. R. Villescaz
 Pfc. L. F. Villotti
 Pvt. Z. J. Vinyard
 Pfc. D. T. Vu
 Pfc. A. S. Walker
 *Pfc. J. M. Weaver
 Pvt. J. W. Wiker
 *Pfc. J. L. Williams
 Pvt. M. A. Williams Jr.
 Pvt. K. J. Woods
 Pvt. R. J. Zavala

Educators take on CFT challenge

STORY & PHOTOS BY
CPL. BENJAMIN E. WOODLE
Chevron staff

Twelve times per year, Marine Corps Recruit Depot San Diego and the Western Recruiting Region host educators from across the

WRR area during the Educators' Workshop. This allows educators to visit the depot to get a taste of recruit training and the Corps' way of life.

Educators from the Kansas City, Kan., and Lansing, Mich., area participated in the Combat Fitness Test during the Educa-

tors' Workshop aboard the depot, April 8.

The purpose of the workshop was to provide educators with first-hand knowledge of the recruiting process, entry level training, job opportunities and benefits in the Corps.

Before educators partook in the CFT, they were introduced and briefed on the recruit training process. While being given a tour of the depot, educators were able to see the various types of training recruits endure while on their journey to earn the title Marine. At the end of the tour, it was the educators turn to take on some of the challenges to get a sense of what the training was like.

Educators showed up to the depot's football field ready to take on the challenge of the CFT. Though not fully aware of what they were about to get themselves into, Instructional Training Company drill instructors gave a quick overview and demonstration of each event to explain how to execute them properly.

The first event of the CFT was the 880-yard run. Though educators didn't run it, standing on the track and getting a visualization of the distance along with an explanation of the average run times was more than enough to make them distraught over the idea of tackling it themselves.

The ammunition can overhead lifts was the next event in which the educators participated. In this event, Marines are given a two-minute time period to execute as many ammunition can lifts as they could. To receive a perfect score for those 26-years-old and below, they must execute 91 lifts. Those who were older than 26 needed to execute 97 lifts to receive a perfect score. The educators learned it was much harder than expected.

"The demonstrators made it look easy," said Amy C. Perkins, social studies teacher, Lakeshore High School, Stevensville, Mich. "You don't appreciate the weight

of those ammunition cans and how they tire and slow you down so quickly."

Others struggled as well, but knew from the Corps' reputation that it wasn't going to be easy.

"I knew from the beginning that everything was going to be a tough challenge and that's why you (Marines) are who you are," said Lyle R. Hayden, history teacher and coach, St. Joseph High School, St. Joseph, Mich. "It was interesting that you get to that point mentally where you just don't know if you could go on but you had that guy next to you, encouraging you to push on."

Following the ammunition can lifts was the Maneuver Under Fire event. During this event, participants were required to execute sprints, low/high crawls, navigating between cones, buddy drags, fireman's carry, ammunition can carries, push-ups and a dummy grenade throw.

The educators struggled through the event, realizing mid-course how draining and exhausting it was.

"My arms were rubber as it was coming from the ammunition can lifts but then I had to get out and perform all of the obstacles of the event and then carry the ammunition cans again!" said Perkins, a St. Joseph, Mich. native. "The exhaustion and having to drag and carry your partner as well as running with the ammunition cans; I was in over my head. Even though I was ready to stop, the drill instructor next to me believed in me and was pushing me to go on so I kept going."

Finishing the course, educators had a new outlook and understanding of the challenges the young men and women take on while in recruit training.

"I was tired, sore and disappointed that I didn't perform better than I did," said Hayden, a St. Joseph, Mich. native. "I'm actually going to set it up back home and time myself so I can

work to get better at it."

"I thought I did a horrible job and knew I didn't look like the demonstrators when they went through," said Perkins. "The Marines came by afterward and gave me high-fives and told me well done so I didn't feel as bad. I thought maybe it was an accomplishment."

Educators were also able to make the connection on how the Marine Corps builds up the recruits to endure the stress and responsibility put on them at such a young age.

"I work with those younger people, mostly males, and see that aggression in them where they don't really believe in themselves but they act out in a way that they fake it as confidence," said Perkins. "What (the Marine Corps) is actually giving them is a concrete reason to be confident. They're looking for it. They want to believe in themselves but they don't. The Marine Corps gives them that concrete tangible thing to say 'I did that, that's why I'm important.' This experience for them will give them that sense of accomplishment and focus."

Armed with knowledge and experience, educators now have the ability to communicate and explain to their students the significance and challenges one may endure while trying to earn the title Marine. Humbled by their experience, the educators planned to share their experience with their students and dispel the myths or stereotypes one may have of the Marine Corps.

"I don't want to hear my kids at 18, 19 or 20 years old complaining about how tough this is or how tough that is," said Hayden. "You guys are operating \$20 million pieces of equipment and have to be responsible for possibly having to save the person next to you or take a life. I think that we as a society, and me as a teacher, we can put more responsibility on kids and expect more out of them."



Amy C. Perkins, social studies teacher, Lakeshore High School, Stevensville, Mich., runs with ammunition cans during the Maneuver Under Fire portion of the Combat Fitness Test during Educators' Workshop aboard the depot, April 8. Upon finishing the course, educators had a new outlook and understanding of the challenges recruits take on while in training.



Staff Sgt. Marlon A. Cajina, drill instructor, Instructional Training Company, gives a brief to educators before beginning the Combat Fitness Test during Educators' Workshop aboard the depot, April 8. Drill instructors performed a demonstration of each event to ensure the educators understood the course and the proper technique for each event.