

Depot takes part in Marine Corps recruiting commercial

Story & Photos by CPL. JERICHO W. CRUTCHER Chevron staff

Slaying dragons and climbing fiery mountains were ways the Marine Corps demonstrated the intangibles it offered America's youth in past recruiting commercials.

Marines from across the Corps have worked with Emmy award-winning director Nicolai Fuglsig to gather film for a new Marine Corps recruiting commercial in southern California July 28-Aug. 4.

The purpose of the commercial is to attract America's diverse youth to the Corps and remain authentic and true to its legacy, while featuring a range of missions and obstacles.

"I was very honored being chosen to shoot this campaign for the Marine Corps," said Fuglsig. "I hope my work in this campaign will be able to inspire future generations because I know it will be around for a long time. It's a very emotional piece."

The filming took place at both Marine Corps Base Camp Pendleton, Calif., and Marine



Cpl. Calvon M. Williams, motor transportation operator, top, and Lance Cpl. Harry E. Johns, ground radio repair technician, both of 1st Marine Division, work their way across the depot's Slide for Life obstacle, while shooting footage for use in a new Marine Corps recruiting commercial by Emmy winning director Nicolai Fuglsig July 28 to August 4. Footage was collected from shoots on both the depot and on Marine Corps Base Camp Pendleton, Calif. During this portion of the shoot, Williams, who is connected directly to the recording device via cable, wore a point of view helment camera to capture the action.

Marines from each instillation participated in the commercial portraying events that included mission.

Corps Recruit Depot San Diego. combat operations and training as well as civilian scenes that reflect the Marine Corps and its

JWT is known for its marketing communication brand and as a global network in more than 90 countries. The company has

represented the Corps for more than 65 years, and it is excited

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Recruits clean up for inspection

Story & Photo by Cpl. Tyler Viglione Chevron staff

Recruits of Alpha Company, 1st Recruit Training Battalion, presented their weapons and their knowledge during the Series Commander's Inspection at Marine Corps Recruit Depot San Diego, Aug. 4.

The purpose of the inspection is to give the series commander an opportunity to test his recruits on their knowledge, while also reviewing their uniforms, bearing, confidence and weapons maintenance. Before the commander steps in front of recruits, their drill instructors inspect them to ensure that they are ready.

The commander chose which recruits he wanted to inspect. After a quick signal, each recruit conducted rifle manual before passing his weapon his senior leader for a weapon maintenance inspection. While the weapon was being checked for cleanliness, the recruit reported to the commander by stating his rank, name, hometown and military occupation specialty.

After reporting in, the series commander asked the recruit various questions regarding Marine Corps knowledge, history, uniform regulations and the chain of command.

Students of the Martial Arts instructor Course practice techniques from the Marine Corps Martial Arts Program green belt course at Marine Corps Recruit Depot San Diego, Aug. 1. After each class, the Marines conducted guided discussions about past warriors and Marines who have paid the ultimate sacrifice.

MAIC teaches Marines more than just fighting

Story & Photos by CPL. TYLER M. VIGLIONE Chevron staff

The Marine Corps Martial Arts Program is taught to every Marine, but it takes a motivated and dedicated Marine to teach it.

Marines taking the challenge of the Martial Arts Instructor Course spent time learning weapon of opportunity from the green belt syllabus at Marine Corps Recruit Depot San Diego, Calif., Aug. 1.

"This part of the MAIC focuses on the green belt syllabus and how to employ a weapon of opportunity," said Sgt. Brian W. Hayes, chief martial arts trainer, Instructional Training Company, Support Battalion. "They learn what to do any time they are in the battlefield and they are in a situation where they can pick up any object to use as a weapon and take on any opponent."

The techniques the students learned in this session were blocks, thrusts and reverse techniques with follow-on strikes, explained Hayes, a native of Eugene, Org.

These Marines are learning these techniques inside and out because they are taking this course to be able to teach other Marines," said the 31-year-old instructor. "They need to completely understand every aspect of these techniques before they go out on their own."

Although it was offensive and defensive techniques the Marines repeated more times than not, the class has other purposes other than just learning how to block or take down an opponent.

see MAIC 2

"Nothing the series com-

see INSPECTION 2



Recruit Benjamin J. Flores, Platoon 1003, Alpha Company, 1st Recruit Training Battalion, is corrected by his drill instructor during the Series Commander Inspection Aug. 4.



Cpl. Calvon M. Williams, motor transportation operator, 1st Marine Division, wears the point of view helment camera used to record action for a new Marine Corps recruiting commercial by the Emmy award winning director Nicolai Fuglsig. Fuglsig was on the depot July 28 to Aug. 4, gathering footage for the project. The 22-year-old Williams is a Seattle native.

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about the new campaign.

"Marine Corps advertising has been legendary for years and holds very high standards," said Capt. Wesley S. Jagoe, advertising operations officer. "It is an honor to be a part of it."

These communications are something that will inspire the Corp's future Marines for years to come, explained 29-year-old Jagoe, an Orlando Fla. native.

"They're going to demonstrate leadership, and will influence the confidence and drive to go out and make something of yourself, such as being a Marine," said Cpl. Calvon M. Williams, motor transportation, 1st Marine Division. "Being able to influence something good into somebody's life makes me feel great to be a part of this commercial."

Lance Cpl. Harry E. Johns, ground radio

repair technician, 1st Marine Division, feels it was motivating to be chosen to take part in the commercial because he feels it is his way of giving back to the Marine Corps.

Fuglsig, known as one of the top 10 commercial directors in the world, has been in warzones. He was a photojournalist in Kosovo.

"As I will leave this project, young people will continue to come and join this campaign," said Fuglsig.

MAIC 1

"This course is professionally built," said Sgt. Jason M. May, drill instructor, Mike Company, 3rd Recruit Training Battalion, MAIC student. "The course encompasses entire Marine concept."

After each class, the Marines conduct guided discussions using case studies of past warriors and Marines who paid the ultimate sacrifice.

"We like to bring them in and talk about situations that have happened that relate to what they just learned," said Hayes. "The biggest thing this course is about is leadership techniques, learning teamwork, taking charge and being a well-rounded ethical warrior."

The MAIC is a 15-day course when Marines are taught and trained to be Marine Corps Martial Arts Program instructors. They learn how to instruct tan through green belt technique so they can teach Marines and help them achieve their next belt level in MCMAP.

According to May, the course is one of the toughest things he has done in his Marine Corps career.

"The MAIC is by far the most physically challenging thing I have ever done," said May, a native of Bergenfield, N.J. "Doing the obstacle course, warm-up exercises, team building and physical training and classroom studies is extremely academically and physically strenuous." "You get to train with other Marines and learn how to motivate each other and how to keep pushing when you have nothing left," said 33-year-old May. "It is definitely a great opportunity to be able to train with these instructors because they are very passionate about what they teach and care about the Marines they are teaching it to."



BRIEFS

Chapel reopens

Chapel renovations have been completed. All weekday Catholic Mass and Sunday Lutheran services have been moved back into the chapel.

There will be a special mass to celebrate the Assumption of Mary Holy Day. This will take place in the base chapel Aug. 15 at 11:45 a.m.

For more information on chapel services, contact Anna Torres, administrative support assistant, at (619) 524-8820.

Barracks Bash

Calling all single Marines and geographic bachelors.

Join the members of the depot's Single Marine Program for the annual Barracks' Bash.

The event is scheduled for Aug. 15 from 4 to 8 p.m., at the Duncan Hall Courtyard.

Come out to dunk your favorite Marine, duke it out in our Big Glove Boxing Ring and Pugle Stick Fighting game. Enjoy free food, games, music and companionship.

Contact Johanna Jones, Single Marine Program coordinator, for more information. Call (619) 524-8240 or e-mail at jonesjoa@usmcmccs.org.

Bowling League

The Fall MCRD San Diego Bowling League begins Aug. 20. Games will be played on Wednesdays at 4:30 p.m., at the Recreation Center.

All skill levels are welcome handicaps will be used to level the playing field.

The entry fee is \$60, which covers 4 bowlers for the entire season.

Deadline to enter is 4 p.m., Aug. 15.

Sign up at the Recreation Center today.

Back to school brigade

Prepare for the 2014-15 school year. There will be a backpack and school supply giveaway at the depot fieldhouse for active duty E1–E6 on Aug. 16 from 10 a.m., to 4 p.m., provided by Operation Homefront.

In order to benefit from the backpack giveaway, participants must be registered at www.operationhomefront.net.

Meet representatives from local schools and agencies. Younger children may enjoy the Fun Zone and interactive activities.

For information visit: http:// mccsmcrd.com/MarineAndFamilyPrograms/MarineCorpsFamilyTeamBuilding/BackToSchoolBrigade/index.html

May explained how he encourages other Marines to take the challenge of the MAIC.

Sgt. Deonte D. Miller, drill instructor, 3rd Recruit Training Battalion and MAIC student, prepares to strike a fellow Marine during the green belt weapons of opportunity class at Marine Corps Recruit Depot San Diego, Aug. 1.

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mander asks the recruits is new," said Michael A. Berryhill, drill instructor, Platoon 1003. "They are questioned on things they have learned up to this point in training."

Recruits endure multiple inspections while in recruit training. The recruits completed a Senior Drill Instructor Inspection in week three of first phase and the Series Commander Inspection during week eight of second phase. It's not until third phase the recruits endure the Company Commanders Inspection in week 10. Their last inspection, which takes place after the Crucible, is completed by the battalion commander during week 12 of their training.

Berryhill explained the recruits get countless hours to clean their weapons and ensure their uniforms are inspection ready.

"The recruits just finished shooting, so the last couple days they have had ample time to break down their weapons and get them ready for today's inspection," said Berryhill, a native of Piper City, Ill.

The most challenging thing for recruits during the inspection is keeping their bearing and having the confidence while they are in front of a drill instructor or an officer explained, Recruit Muhammad Hassan, Platoon 1003.

"I knew all of the knowledge, but I couldn't say it while the drill instructors were in front of me because I was nervous," said Hassan, a native of Redwood City, Calif.

With each inspection, recruits learn how to communicate with higher ranking Marines, ultimately gaining confidence after each experience.

"One of the most important things recruits learn in recruit training is confidence," said Berryhill. "Confidence will get them far in anything they do."

Yellow Belt training

The Business Performance Office will host a Yellow Belt training class, from 8 a.m., to noon on Aug. 26 and 27.

Training will be held in the Building 14 (Family Readiness) classroom.

Submit the names of those who wish to attend no later than Aug. 20. Seats will be assigned on a first come, first fill basis.

If interested in attending, contact Shari Perdomo at (619) 524-8794; or via e-mail at shari. perdomo@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.

Osprey capabilities showcased to senior military leadership

BY SGT. ADAM MILLER III Marine Expeditionary Force / Marine Corps Installations Pacific

CHICHI JIMA, OGASAWARA ISLANDS, Japan – Senior military leaders with the U.S. and Japan met with Ogasawara village officials July 28 on Chichi Jima, Japan, to discuss the benefits of the MV-22B Osprey tiltrotor aircraft for the people of Japan.

The minister of defense for Japan, members of his staff and U.S. Marine Lt. Gen. John Wissler, along with Japan Maritime Self-Defense Force officials, arrived on the remote island via Osprey to demonstrate the far-reaching and quick response capabilities of the aircraft in the event of humanitarian assistance and disaster relief efforts.

"We were welcomed with a large banner that said 'Ospreys, welcome to Chichi Jima' once we arrived," said U.S. Marine Maj. Benjamin J. Debardeleben, the executive officer of Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. "They were very excited to see the reach the (Ospreys) provide. They can give them assistance in the case a tsunami, typhoon or any type of emergency."

The Osprey has been designed to the most stringent safety, reliability, readiness, all-weather operations, survivability, crash worthiness and performance requirements of any rotary wing aircraft ever built, according to the V-22 Osprey Guidebook. Its large payload capacity over long distances positions it to support numerous missions worldwide.

"The Ogasawara Islands actually do not have any airports or runways," said Itsunori Onodera,



Lance Cpl. Thor J. Larson

MV-22B Osprey tiltrotor aircraft fly past Mount Suribachi July 28 at Iwo To, Japan, en route to Chichi Jima. Due to Chichi Jima's remote location, the residents rely heavily on nearby Iwo To for medical and humanitarian relief. Given the long-range, heavy-lift capabilities of the Osprey, which have been consistently demonstrated during humanitarian assistance and disaster relief operations and exercises around the Asia-Pacific, the aircraft provides a reliable and effective means for response to future medical, humanitarian and relief needs. The Ospreys and crew are with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

the minister of defense. "If we try to transfer patients by ship, it will take 25 hours. (However), if we can use something like the Osprey, which I flew in today, for transporting emergency patients, we can transfer them within two to three hours from the Ogasawara Islands to the helipads at the hospitals on mainland Japan."

The Osprey's mission radius is 600 nautical miles, fully loaded. Its maximum cruise speed is 443 kilometers per hour, and the aircraft is capable of traveling from Okinawa to Tokyo, approximately 1,500 kilometers apart, in 3 hours and 45 minutes.

"This means we can save

more lives," said Odonera. "We believe that this is important to have such equipment for lifesaving purposes in the event of a disaster."

The aircraft received praise and admiration for its unique design and unlimited potential from dignitaries from both nations.

"It can fly farther, it can fly faster and it can carry more," said U.S. Marine Maj. Giuseppe A. Stavale, a Japan foreign area officer and law enforcement integration and antiterrorism force protection officer with Marine Wing Headquarters Squadron 1, 1st MAW, III MEF. "When you look at the Japan archipelago, you can see that it has many islands that are a part of the four main islands of Japan. Those smaller islands may not have the resources or the level of care that Japan has on the mainland, so those levels of resources, or those gaps in the resources, are exacerbated when a storm happens or some other kind of natural disaster."

Much of the Japanese island populous are dependent on the abilities of the Japan Self-Defense Force to assist during evacuations or bring aid during times of distress, according to Stavale, a Cincinnati, Ohio, native. New defense program guidelines announced by the government of Japan note that they will purchase the aircraft and base them at Saga prefecture. This new capability will dramatically change the reaction time for JSDF personnel when responding to HADR events.

"We as the Ministry of Defense, would like to plan to include the purchase of Ospreys in our next year's budget," said Odonera. "We haven't come to our final decision on the models yet and we will consider the number of aircraft to purchase by the end of next month because we have to estimate our budget by then."

Travel preparedness tips: How to be ready when on the go

BY THOMAS FRANCISCO Community Manager (Contractor) GovDelivery

Be prepared for the unexpected while traveling. Know what to do in the event of natural disasters common to your destination that are uncommon at home. Make advanced preperations. • Know your destination's vulnerability to natural disasters (hurricanes, storm surges, earthquakes, flooding, wild fires, etc.) and be alert.

• If traveling with young children, make an identification card stating the family name, hotel and phone number, including your name and cell phone number. Use a safety pin to attach it to a piece of their clothing. If they wander off, someone will be able to identify them. If you have little children who don't know your name or your cell phone number, write your cell number on their arm with a permanent marker. You can get really creative with magic markers for short day trips. with water, snacks, a first-aid kit, flash-light, small battery-operated radio, extra batteries and an emergency contact card with names and phone numbers.
Pack extra supplies of critical items, such as prescription medications and

baby formula, in case your return is delayed by a disaster.

• Make copies of all essential documents: passports, prescriptions (write down both the generic and the name brand names for your medications), IDs, insurance cards, etc. Laminate the documents if possible.

• Let family and friends know your itinerary and how to reach you

through a free online service athttps:// travelregistration.state.gov/ibrs/ui/. The Smart Traveler Enrollment Program (STEP) allows travelers to enter information about upcoming trips abroad so that the Department of State can better assist them in an emergency.

During your trip

• If traveling by car, check the forecast for your entire route before and during your trip. Weather conditions can change drastically, especially if thunderstorms are expected.

Bring along a travel weather radio, which will automatically switch to the weather radio station closest to your travel area and will alert you to any hazardous weather.
Become familiar with the names of the counties you are traveling through because hazardous weather warnings are issued by county.

you're unable to reach a sturdy building, pull over and find a low area, such as a ditch, and take cover there.

• Familiarize yourself with emergency plans at your hotel or place you are staying as soon as you arrive.

• Know safe shelter locations and evacuation routes at campground, hotels or resorts. Pack a travel size emergency preparedness kit that includes water, snacks, first aid kit, and hand crank flashlight and radio.

• Have someone check on or take care of your pets in case severe weather strikes while you are away.

Always keep your vehicle's fuel tank above half full. Power outages or severe weather could keep you from refueling.
Have a map and familiarize yourself with the area of destination. Do not rely on cell phones or computers as your only navigation source.

• Pack a travel-size emergency supply kit

itinerary and how to reach you.

• Develop a communications plan and make everyone in your traveling group aware of the plan. Make sure everyone has the cell phone numbers of the others in your group.

• Designate an out-of-area person to contact in case your group is separated during an emergency and unable to place local calls.

• If traveling internationally, register with the U.S. Department of State

• If you are in a vehicle when a tornado warning has been issued or you see a tornado approaching, seek shelter in a sturdy building until the storm passes. If • If disaster strikes your vacation spot, you can register on the American Red Cross' "Safe and Well" website at www. safeandwell.org so family and friends will know that you are safe.

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Confidence Course does its job in inspiring confidence in recruits

Story & Photos by Sgt. Walter D. Marino II Chevron staff

High temperature, height and fatigue were dealt with in succession as recruits of Charlie Company weathered the summer heat to finish 11 different obstacles.

Company C attacked the Confidence Course at Marine Corps Recruit Depot, July 28.

Staff Sgt. Dustin F. Martin, chief drill instructor, Company C, explained the purpose of the exercise is to allow recruits the opportunity to build upon their physical and mental courage in the beginning stages of recruit training.

The event took place on training day 12, and some of the recruits were not yet fully acclimatized to the San Diego summer.

"I'm from Oregon, where it can get as low as negative 30 degrees," said Recruit Brandon J.W. Thatch, Platoon 1041. "It's taxing, it's humid and I'm feeling it here."

Thatch explained lots of water and the desire to see his family as a Marine helped him push through when thoughts of giving up crossed his mind.

Thatch said he slipped on the tallest obstacle and came close to falling, but somehow found the strength to hold on.

"I was on the last ledge of the Skyscraper and my hand slipped," said the Sisters, Ore., native. "I was holding on by one hand and I thought if I made it this far why would I quit."

Thatch managed to pull himself to safety, but he wasn't the only recruit to have problems with the Skyscraper. Recruit Luis G. Udave, Platoon 1041, had a difficult time climbing the obstacle because of his fatigue and fear of heights.

"I'm pretty physically drained, but (the exercise) was mentally tough, too," said Udave. "The Skyscraper and the Dirty Name were hard exercises because they take a lot of upper body strength, and

because I don't like heights. The thought of falling was freaking me out

Despite the difficulties, Udave and Thatch were able to overcome all 11 obstacles.

"It feels great to be done and not have those nervous feelings in your stomach anymore. I feel pretty proud of myself," said Udave, a Las Vegas native.

Although all the recruits finished the Confidence Course, they will have to complete it once more before becoming Marines. On their second attempt however, taller and harder obstacles are added.

Thatch said the training he received today made him realize what he is capable of and believes he will succeed when challenged again

"I just hope the next time we do this, we do the hardest one first," said Thatch, as he smiled and looked at the tallest obstacle. "That way we can just get it done quickly."



at Marine Corps Recruit Depot San Diego, July 28. The purpose of the Dirty Name is to get recruits over the fear of heights and to improve their physical fitness.



Recruits of Charlie Company, 1st Recruit Training Battalion, maneuver over the Weaver exercise at Marine Corps Recruit Depot San Diego, July 28. If recruits fell from the Weaver, they had to start the exercise from the beginning.



Recruits of Charlie Company, 1st Recruit Training Battalion, manuever through the Dirty Name exercise A recruit Depot San Diego, 1st Recruits of Charlie Company, 1st Recruit Training Battalion, attempt the Run, Jump, Swing exercise at Marine Corps Recruit Depot San Diego, Corps Recruit Depot San Diego, July 28. Drill instructors motivated recruits to move quickly and had July 28. The Run, Jump, Swing is one of many obstacles included in the Confidence Course. them jog in place while waiting their turn to conduct the exercise.

Oregon native named Delta Company's most improved

Story & Photos by Cpl. Jericho W. Crutcher Chevron staff

As Pvt. Christopher J. Bell, Platoon 1062, Delta Company, 1st Recruit Training Battalion, worked his way through the Crucible Confidence Course, he knew he had come a long way since the beginning of recruit training.

Twenty-year-old Bell, a Springfield, Ore., native, was noted by his drill instructors as the most overall improved recruit in his platoon.

According to Sgt. Tyler J. Tellez, senior drill instructor, Bell was selected as the most improved recruit because he had shown improvements mentally and physically.

"Bell has improved his overall physical fitness. He started out doing 15 pull-ups, and now he's doing 25, which is more than the Marine Corps requires," said 28-year-old Tellez, a Yuma, Ariz., native. "Bell's best improvements are his aggression and confidence."

Bell grew up in Springfield, but moved to Gilbert, Ariz., where he graduated from Campo Verde High School. Once he graduated, Bell attended college for a short while but realized it wasn't for him. It wasn't until he saw what the Marine Corps had to offer, that he found his calling.

"My father was a major in the Marine Corps, and he strongly encouraged that I look into the opportunities the Corps offers," said Bell. "He enjoyed being a Marine and always talked highly of it, so I decided to give it a shot."

Before making his final decision to enlist, Bell said his father told him it was going to be very challenging and was going to test him physically and mentally.

He found recruit training to be very stressful and a lot tougher than he thought. He wasn't as fast as the rest and did not know how to react under pressure.

"When I first got him, he was timid and very nervous. He was slow and had no aggression," said Tellez. "I mentored him, and over time he started to show more confidence. Now he is a complete night and day difference."

Bell is scheduled to graduate recruit training on Aug. 8, and then will attend Marine Combat Training at Marine Corps Base Camp Pendleton, Calif. Upon completion of MCT, he will continue his schooling for his military occupational specialty for motor transportation.

"I feel like a new man. I'm confident and ready to take on any challenge or obstacle," said Bell. "I'm looking forward to carrying the title as a United States Marine as my father once did.



Private Christopher J. Bell, Platoon 1062, Delta Company, 1st Recruit Training Battalion, uses the fireman's carry to remove a simulated casualty from the battlefield during an exercise in the Crucible at Marine Corps Base Camp Pendleton, Calif., July 29. Bell realizes he has come a long way both personally and professionally since the beginning of recruit training.

Retired Col. Michael "Mo" Becker

Parade Reviewing Officer

After graduation from the United States Naval Academy, Michael "Mo" Becker served as an infantry platoon commander and as an infantry company commander in 3rd Battalion, 4th Marine Regiment, 3rd Marine Division, Okinawa, Japan.

Reassigned from Okinawa to Marine Corps Recruit Depot San Diego, Becker was a series commander for 11 training cycles, as well as commanding officer for Company M.

After Amphibious Warfare School,

Becker commanded two infantry companies and served as the battalion operations officer in 1st Battalion, 1st Marine Regiment, 1st Marine Division, Camp Pendleton, Calif.

Subsequent to service as the aide de camp to the commanding general, Fleet Marine Forces Pacific, Becker served as executive officer for 3rd Battalion, 3rd Marines, 1st Marine Brigade, Kaneohe Bay, Hawaii.

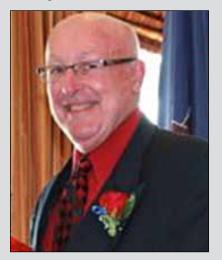
After attending the Air Force Command and Staff College, Becker was recognized by the Marine Corps Gazette with the Geiger Award for the best article on Marine Corps Aviation titled "Command and Control of Marine Corps TacAir in Joint Land Operations.'

Following command of Recruiting Station Houston, Becker served in the counter terrorism branch, special operations division, United States Pacific Command.

Subsequent to the College of Naval Warfare, Becker commanded the 3rd Recruit Training Battalion at Parris Island where he conceptualized, planned, designed, constructed, tested, implemented, and evaluated the Crucible at both MCRD Parris Island, S.C., and MCRD San Diego.

Following command of the 4th Marine District, Becker retired in 2002 after 28 years of service.

Becker received his doctorate degree in 2013. His research focused on the effects of the Crucible on recruits during United States Marine Corps recruit training.





Pfc. O. G. Ortiz Pfc. A. R. Padilla Pfc. K. J. Palmquist Pvt. J. L. Parden Pvt. B. J. Parolini Pfc. A. P. Peacock Pvt. A. E. Penick Pvt. F. R. Perez Pvt. R. O. Portillo Pvt. B. A. Ramirez Pfc. A. I. Recinos-Merino *Pfc. B. J. Reid Pvt. K. J. Ringlever *Pfc. D. T. Risener Pvt. E. Rivera-Troncoso Pfc. A. L. Robinson Pvt. J. C. Rodriguez Pvt. A. Sanchez-Fuentes Pfc. J. M. Schwarzer Pfc. J. R. Scott Pfc. J. T. Tropicales *Pfc. M. E. Villalobos-Garcia Pvt. J. A. Wood

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Pvt. B. D. Morgan

Pvt. L. P. Mounts Pvt. R. C. Need

Pvt. J. Nevarez

Pvt. J. P. Nolin

Pvt. S. O. North

PLATOON 1062 Pfc. C. B. Aguilar Pvt. L. J. Hanevold Pfc. B. F. Hankins Pfc. A. M. Hayne Pvt. L. A. Hernandez Pvt. J. Hinojos Pvt. D. P. Holguin Pfc. S. J. Horsley Pvt. T. W. Hover Pvt. P. T. Iniguez Pfc. C. A. Jamieson Pvt. C. J. Jones Pvt. D. L. Jones Pvt. A. J. Lafferty *Pfc. A. J. Lambdin Pfc. C. M. Levinsky Pvt. K. K. Liedy Pvt. J. V. Luckie Pvt. L. Mai Pvt. J. D. Mangiero Pfc. S. R. Rhyne Pvt. J. M. Schalz Pvt. J. C. Zepeda

Pvt. M. T. Goins

Pvt. I. Guevara

Pvt. B. K. Hall

Pfc. R. A. Gonzalez

Pfc. M. A. Guerrero

Pvt. R. P. Greenslade

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Pvt. P. R. Diaz

Pfc. J. L. Elam

Pfc. W. M. Farley

Pvt. R. R. Farrell

*Pfc. J. D. Dominick

Pfc. S. A. Edelmann

Pfc. D. J. Fitzmaurice

PLATOON 1065

Pvt. C. C. Avenson Pvt. K. W. Blaylock Pvt. J. A. Cartagena Pvt. R. Casillas Pvt. D. J. Collado

Pfc. N. A. Pelaez Pfc. J. E. Ramirez-Rodriguez Pvt. A. C. Rouse Pvt. M. Rubalcava Pvt. D. S. Schmoe Pvt. K. M. Scott Pvt. J. H. Silva Pvt. M. R. Simper Pvt. J. M. Smith Pfc. L. D. Smith Pvt. T. A. Smith *Pfc. H. Sotelo Pvt. D. R. Staten Pvt. D. S. Sundholm Pvt. L. Taboada Pfc. K. S. Tee Pfc. B. A. Teff Pfc. J. R. Tolon

Pfc. A. R. Miles

Pvt. D. E. Murillo

Pvt. J. B. Myers

Pvt. K. D. Padilla

Pvt. J. A. Parra

Pfc. A. R. Oja

PLATOON 1066

Pvt. M. D. Braun Pfc. N. J. Briones Pvt. K. D. Hopgood *Pfc. E. T. Jakubosky Pvt. W. C. Johnson Pfc. T. J. Johnson Pfc. D. L. Perez Pfc. T. A. Perez Pvt. R. P. Selvera Pfc. C. E. Son Pvt. J. L. Sparacello *Pfc. D. A. Stanelle Pfc. C. Stephens Pfc. B. L. Sutton Pvt. T. H. Thomas Pfc. R. C. Thompson Pvt. H. Torres Pfc. T. E. Tree Pfc. R. M. Turley Pvt. D. R. Vasquez Pvt. R. P. Walden Pvt. C. J. Williams Pvt. V. E. Yepezlobo

Pvt. R. P. Narviaz

Pfc. A. L. Nelson

Pfc. M. Ngo

Pvt. J. A. Neumann

Pvt. C. C. Nichols

Pvt. C. J. Nodal

Pvt. A. D. Paton

PLATOON 1067

Pvt. S. P. Andress-Nolan Pfc. B. E. Betzold *Pfc. C. T. Brooks Pfc. M. G. Casanave Pvt. M. D. Currier Pfc. M. A. Dalit Pfc. A. J. English Pvt. D. M. Stusse Pvt. B. L. Sullivan Pvt. E. S. Thies Pfc. R. S. Thomas Pvt. G. R. Traylor Pfc. G. A. Treadwell Pfc. A. J. Trujillo *Pfc. A. J. Tsai Pfc. J. S. Verquer Pvt. M. Villagran Pvt. E. J. Vogelsang Pvt. S. J. Wallentine Pvt. C. T. White Pvt. C. M. Wilson Pvt. A. P. Zepeda

Pfc. A. J. Sandoval

Pvt. D. J. Sandoval

Pvt. R. C. Soliman

Pvt. C. N. Stanley

Pvt. M. J. Stevens

Pvt. T. L Stidam

Pvt. C. A. Scott



Recruits of Fox Company perform pull-ups during a physical fitness session at Marine Corps Recruit Depot San Diego, July 28. Once recruits finished their pull-ups, they executed push-ups until the rest of the platoon was finished.

Company F builds physical strength, endurance

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

As the recruits of Fox Company enter week two of recruit training, they spent the morning under the rising sun conducting a physical fitness session at Marine Corps Recruit Depot San Diego, July 28.

The six platoons of Company F began the session with a warm up of sprints then conducted stations of pull-ups, push-ups and crunches. Each station had two platoons worth of recruits attacking the drill. The purpose of this physical fitness session was to show each recruit what areas of fitness he needs to improve on before the initial physical fitness test.

"Working sprints, sit-ups and pull-ups are key things recruits have to consistently work on to do well on the PFT," said Staff Sgt. Brandon J. Curry, drill instructor, Platoon 2131. "After the workout, they will know what part of their physical fitness needs improvement."

The initial PFT takes place on day 22 of training, and that is when recruits will know exactly where they stand on their fitness levels, explained 29-year-old Curry, a Winter Haven, Fla., native.

Drenched in sweat from



working in the San Diego summer heat, recruits pushed their limits at each station to build their cardiovascular stamina, endurance and strength.

"Building strength and endurance is critical because it will be highly demanded for the PFT," said Recruit Chadwick S. Kieper, Platoon 2131. "Being physically fit is part of being a Marine, so it's important we hold ourselves to that standard."

Recruits take on many vigorous challenges to prepare themselves for obstacles they may face as they progress through training.

Not only do recruits have to train for the PFT, but also the Crucible, which is one of the final challenges recruits must prepare for before graduating recruit training and earning the title Marine.

Every physical fitness session

Recruits of Fox Company conduct timed crunches during a physical fitness session at Marine Corps Recruit Depot San Diego, July 28. The purpose of this physical fitness session was to show each recruit what areas of fitness he needs to improve on before the initial physical fitness test that takes place on training day 22.

should be taken seriously and recruits should get the maximum amount of training out of it, explained 19-year-old Kieper, a Hebron, Ind., native.

Drill instructors observed the

recruits closely during each station to ensure they executed the movements correctly and gave their best efforts.

"Staying motivated is important, and drill instructors have no problem keeping us motivated," said Kieper. "Having a good work ethic and being willing to put in the work to better yourself is part of being a well-rounded Marine." The PFT consists of a timed three-mile run, timed crunches and pull-ups. Each recruit strives to attain the perfect score of 300 and conducting physical training of this type helps recruits focus on that goal.