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"Where Marines Are Made"

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Cpl. Walter D. Marino II

Recruits of Company C, 1st Recruit Training Battalion, move back into formation after receiving their M-16 A4 service rifles aboard Marine Corps Recruit Depot San Diego Dec. 26. The recruits received their rifles on Training Day 2.

# New recruits issued rifles for training

by CPL. Walter D. Marino II  $Chevron\ staff$ 

Under darkness and a light drizzle, recruits of Company C, 1st Recruit Training Battalion, lined up to receive an M-16 A4 service rifle aboard Marine Corps Recruit Depot San Diego Dec. 26.

Throughout the remainder of recruit training these rifles will be in recruits' hands constantly. There will be few places these rifles do not accompany the recruits, such as their rack and mess hall.

It was Training Day 2 for Co. C recruits and the issuing of rifles signified they would soon

become familiar with the M-16 A4, learning drill movements, the components of the rifle and eventually, become proficient in rifle marksmanship.

"They will start learning rifle manual now which (teaches) them discipline and how to be a team," said Sgt. Jason A. Sabater, drill instructor, Plt. 1050, Co. C, 1st RTBn. "It teaches them to be a team because the movements need to be one sequence (with the rest of the platoon)."

From past experiences, the issuing of rifles lets recruits know their training was going to start, according to Sabater, a Vallejo, Calif., native.

Although recruits acknowl-

edged recruit training wouldn't be an easy task, many felt confident they would have no problem learning to be proficient in drill and rifle marksmanship.

Drill instructors break down new material into smaller segments, as opposed to one big assignment, which helps recruits learn easier, explained Recruit Jeremy B. Mattesen, Plt. 1051, Co. C, 1st RTBn.

"I'm not too worried about drill. I know it will be hard, but I should be able to catch on easily. It helps that our drill instructors break things down to us," said Matteson. "I look forward to

see RIFLES 2

# Future legends learn the past

BY CPL. MATHEUS J. HERNANDEZ Chevron staff

Aboard Marine Corps Recruit Depot San Diego is the Command Museum, dedicated to the preservation of the illustrious history and time-honored traditions of the Marine Corps. There, recruits are taught where their long line of honor, courage and commitment descended from.

Recruits of Company D, 1st Recruit Training Battalion, visited the museum during their time in recruit training aboard MCRD San Diego Dec. 19. The purpose of the company's visit was to enlighten recruits of every battle and moment Marines have participated in since the birth of the Marine Corps.

"It's definitely interesting coming to the Command Museum and seeing how the Marine Corps has evolved," said Recruit Alex M. Doyle, Platoon 1069, Co. D, 1stRTBn. "Finding out what Marines did and where it all started is (motivating)."

The museum is designed to teach Marine Corps history, tradition and values while portraying the legacy of the Corps. It offers history of the Marine Corps from its birth to the present day, a reference center which contains archives and a research library, and classes and tours for Marines, recruits, and groups within the civilian community.

"Right now, recruits are all focused on finding our roots," said Doyle, an Antioch, Calif., native. "I already had a tremendous amount of respect for

see HISTORY 2



Lance Cpl. Bridget M. Keane

Arthur Barbosa, a retired Marine and docent, gives a class on Marine history to Company D recruits, during a tour of the depot's Command Museum Dec. 19.



Cpl. Walter D. Marino II

Recruits of Company C, 1st Recruit Training Battalion, receive their M-16 A4 service rifles aboard Marine Corps Recruit Depot San Diego, Dec. 26. The recruits also received instructions on safety rules and reviewed their rifle's composition.

# see RIFLES 2

learning how to use the rifle to its full capability."

Not many recruits have prior drill experience under their belts, however, many recruits do come into training with some hunting experience.

"I'm looking forward to firing down range with the Rifle Combat Optic device (RCO) at the range and in training scenarios," said Recruit Alejandro S. Cariman, Plt. 1051, Co. C, 1st RTBn.

Cariman and Mattsen both expressed excitement and confidence in their ability to learn to use the M-16 A4 service rifle proficiently along with many other recruits.

"I'm pretty confident with shooting. I've used rifles before for hunting," said Mattsen, a Milwaukee native.

With the mass amount of information these recruits are about to learn during recruit training, some recruits have broken their 13–week evolution into smaller pieces.

"I've been told this is the hardest recruit training in the world, so I'm planning to take this a day at a time," said Cariman.

Although Training Day 2 is complete, recruits still have a long way ahead of them in recruit training. Whether they have rifle experience or not, recruits will have the help of their drill instructors every step of the way.



Cpl. Matheus J. Hernandez

Mike Whaley, a retired Marine and docent, explains a scale model display of the Pacific Theater of War to Company D recruits during their tour of the depot's Command Museum Dec. 19.

# HISTORY 1

(Marines), but now it's on a whole other level."

Recruits were split into groups by docents and were taken through the museum, witnessing what the Corps started from to where it is today. Docents were responsible for the sense of belonging recruits felt as they told stories of their earlier days as Marines, according to Recruit Elijah D. Jones, Plt. 1071, Co. D, 1st RTBn.

"The docents have some great stories to tell from when they (served)," said Jones, an Omaha, Nebraska native. "Hearing their stories of old school Marines and all that they had to overcome was (inspiring)."

As docents shared their memories of battles, some recruit noticed the clear sense of

pride in the docents. It was the honor, courage and commitment that was instilled in the retired veterans, years before, that recruits saw.

"Battles and technology have changed but the personality and mindset of a Marine seems to be the same," said Jones. "You can tell from the docents."

Recruits continued to roam the halls of the museum after they

were given a tour and found themselves one reason after another to be just as proud as the docents were—that was to hold the title Marine.

"I like the amount of respect that's given to history and tradition. Whether it was now or then, Marines are all the same," said Doyle. "We're all fighting for the same reason and I'm proud to have U.S. Marine on my chest."

## **BRIEFS**

# Parking lot closure

The following parking lots will be closed for stripping on the dates cited. All vehicles should be removed

- Barber Shop/Post Office Jan. 7 (Building 16 Exchange Storehouse Retail Sales)
- Behind building 10 Jan. 8 (MCX Package Store/Tactical clothing)
- Between buildings 13 and 14
   Jan. 9 (Family Service Center/
- Phillips Hall Fitness Center)

   Bowling Alley Jan. 14 (Building 590 Recreation Center/ Bowling/ Locker Room)
- Samoa street side of building 12 Jan. 16 (Legal Services)
   For information, call Robert

### **Tickets and Tours**

Halvorson at (619) 524-5653.

For all skiing enthusiast, the MCCS/MCRD San Diego Tickets and Tours Office on the Main Exchange Mall now has information and lift tickets available for Mammoth Mountain and Big Bear Mountain Ski Areas.

The Mammoth Mountain lift tickets are sold for weekday and weekend use, and are priced in accordance with the age of the skier. The tickets are valid from Monday until April 21 (with some blackout dates).

The Big Bear Mountain tickets are more restrictive but are available through Feb. 18.

For dates, prices, restrictions, etc., visit the Ticket and Tours Office, call (619) 725-6364, or see http:www.mccsmcrd.com/ITT.

# Las Vegas Trip

The depot's Single Marine Program is sponsoring a trip to Las Vegas Jan. 10 - 13. The trip is for single Marines E-5 and higher.

The trip includes transportation and three nights lodging (double occupancy) at The Quad Hotel & Casino in the heart of the Las Vegas Strip.

Cost for the trip is \$100.
For information, check out the event on Facebook at http://on.fb. me/Vr619f.

# CG Cup Flag Football

The first event of the 2013 CG Cup, the Flag Football season, kicks off on Jan. 8.

The six week season starts with games on Tuesdays and Wednesdays during the day. Game times and league format depends on the number of teams entered.

A player can only become a free agent if the office/section they work for does not have a team.

For more info check out the event on Facebook: http://on.fb.me/TjemG7 or contact Rachel Dickinson at Athletics at (619) 524 0548 or via email dickinsonr@usmcmccs.org.

# Bible studies

A weekly Bible study is held Tuesdays from 11:45 a.m., until 12:30 p.m., in the Headquarters and Service Battalion Conference Room. The conference room is located on the 2nd deck of Building 15. Everyone is invited.

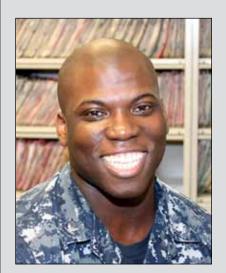
For information, call Chaplain Cates at (619) 524-6928 or email gregory. cates@usmc.mil.

# 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 goals do you hope to achieve in the vear 2013?"



"My goal for 2013 is to finish my medical degree." Petty Officer 3rd Class Kenneth Carr, hospital corpsman, Branch Dental Clinic



"I want to work on getting my solo diving license; it seems like a lot of fun." Cpl. Tommy Diaz, administrative clerk, Headquarters Company, Headquarters and Service Battalion



"I plan on getting my bachelor's degree in psychology and move back to Canada." Cpl. Angelio Artiles-Nunez, administrative clerk, Recruit Administrative Branch, Recruit Training Regiment



Recruits of Company H, 2nd Recruit Training Battalion, sprint around the depot's track during the movement to contact portion of the Combat Fitness Test Dec. 20. Movement to contact is a timed 880-yard run in boots and utility trousers.

# Co. A recruits test their mental, physical strength

BY CPL. MATHEUS J. HERNANDEZ Chevron staff

Recruits of Company H, 2nd Recruit Training Battalion, tested their strength and endurance in their final Combat Fitness Test aboard Marine Corps Recruit Depot San Diego December 20.

In the fleet, the CFT is an annual requirement all Marines must complete in order to show their combat-readiness. As it is commonly known, every Marine is a basic rifleman and all Marines must be ready to fight at all times. For recruits striving to earn the title, they must complete and pass the CFT in order to move forward with training.

Recruits of Co. H completed the CFT twice before and have been training for the final CFT for the past several weeks throughout recruit training.

"Our drill instructors prepared us well enough for the CFT," said Recruit Korey R. Newman, Platoon 2171, Co. H, 2nd RTBn. "It's by far one of the toughest things I've had to do, but it's definitely good training."

The CFT has three events which include: movement-to-contact, ammunition-can lift and maneuverunder-fire

Movement-to-contact is an 880yard run in boots and utility trousers. The second portion of the test involves raising a 30-pound ammunition can, fully extending the arms upward for two minutes, earning points for the number of lifts done in the given time.

The last part of the test consists of a 25-yard crawl, hauling a simulated

casualty using two different carries over 75 yards through cones, a sprint while carrying two 30-pound ammunition cans over 75 yards through the same cones, throwing a dummy hand grenade into a marked circle 22.5 yards away, 3 pushups and a sprint with the ammo cans to the finish line.

"I'd say the most challenging portion of the CFT would have to be the maneuver under fire," said Newman, an Indianapolis native. "It's the last thing you do and by time you get to it you're just completely burnt out.'

Drill instructors used a set of specific exercises to train their recruits for the CFT. Some of the exercises included lunges, squats and push-ups to better cover the more dynamic and anaerobic

training event.

The exercises proved to be useful for recruits once they finished their test, according to Recruit Jonathan Paul Griffiths, Plt. 2170, Co. H, 2nd RTBn.

Our platoon has done (well) so far," said Griffiths, a Coldwater, Mich., native. "A lot of the recruits have improved significantly and I think it's because we have all pushed each other. You can see just how far we've come—from first phase to third phase. There's an amazing difference in (our performance)."

Recruits of Co. H completed their final CFT and overall improved their combat readiness. Having done so, this will allow recruits to be better prepared, should they earn the title "Marine."



Cpl. Matheus J. Hernandez

A recruit of Company H, 2nd Recruit Training Battalion, carries a fellow recruit using the fireman's carry technique aboard Marine Corps Recruit Depot San Diego Dec. 20. The fireman's carry was just one of many exercises recruits were required to do during their Combat Fitness Test.

unless otherwise indicated.



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# CHEVRON 2 O I 2 Y E A R IN PHOTOS

The Year in Photos contains a few of the best photos taken during 2012 aboard Marine Corps Recruit Depot San Diego. Some memorable moments covered by the Chevron include coverage of recruits enduring recruit training as well as special events.



Lance Cpl. Bridget M. Keane

Instructors with Weapons and Field Training Battalion demonstrate Marine Corps Martial Arts Program techniques for Marines and leaders with the United Arab Emirates Presidential Guard Institute aboard Edson Range, Marine Corps Base Camp Pendleton, Calif., Dec 5. The demonstration gave the group a better understanding of MCMAP and the purpose of the skills recruits learn during recruit training.



A portrait of Staff Sgt. Allan K. Walker was displayed during the opening of Walker Hall aboard Marine Corps Recruit Depot San Diego May 10. Allan Walker was killed in action April 6, 2004 in support of Operation Iraqi Freedom. Walker Hall, dedicated to Walker, is the first stand-alone, Marine Corps funded, sports-medicine facility devoted to the rehabilitation of injured recruits.



Staff Sgt. Jason Borski, drill instructor, Platoon 3215, Company I, 2nd Recruit Training Battalion, waits as his platoon executes inspection arms during initial drill aboard Marine Corps Recruit Depot San Diego April 14. Initial drill is an event that evaluates platoons on basic drill movements recruits have learned during their first few weeks of recruit training.



Lance Cpl. Crystal Druery Company A recruits climb ropes at the end of the depot's Obstacle Course May 3. This is the last obstacle on the course that recruits have to overcome.



Pvt. Alek Garrett, platoon 3221, Company K, 3rd Recruit Training Battalion, runs out of the Confidence Chamber after being exposed to CS gas, a non-lethal, riot control agent, aboard Edson Range, Marine Corps Base Camp Pendleton, Calif., Oct. 29. Recruits are required to expose their faces twice inside the chamber in order



Recruits of Company K, 3rd Recruit Training Battalion, remove their M50 Joint Service General Purpose Mask to expose themselves to CS gas, a non-lethal, riot control agent, at the Confidence Chamber aboard Edson Range, Marine Corps Base Camp Pendleton, Calif., Oct. 29. The purpose of this exercise is to let recruits experience the effects of the gas and



University, Calif., March 7, 2012.

A recruit of Company K, 3rd Recruit Training Battalion, mentally prepares as he waits for his turn to fight during a body sparring match as part of the Crucible, aboard Edson Range, Marine Corps Base Camp Pendleton, Calif., July 17. Recruits, matched in height and weight, fought each other, utilizing the skills they learned in Marine Corps Martial Arts Program throughout recruit training.



The Marine Corps Silent Drill Platoon performs during the conclusion of a Battle Color Detachment ceremony at San Diego State

A recruit of Company L, 3rd Recruit Training Battalion, rappels down a wall during recruit training aboard Marine Corps Recruit Depot San Diego Aug. 10. The structure consisted of two rappel walls and a "hell-hole," a hole on top of the platform that drops directly down to the ground below.



# Arkansas native pursues dream of military career

BY LANCE CPL. BRIDGET M. KEANE Chevron staff

fc. Jeff Dubose, Platoon 1069, Company D, 1st Recruit Training Battalion, desired to join the military ever since he was a child. In 2007, when he was old enough to enlist, Dubose's mother was diagnosed with breast cancer and in her weak condition, was later infected with tuberculosis.

Being the oldest of three children, Dubose's father depended on him to take care of his younger siblings while his mother was going through treatments. Dubose made the decision to hold off on his dream of joining the military until his mother was eventually better.

While he stayed home, the 23-year-old, Conway, Ark., native, attended courses at Hendricks College and graduated in 2012 with a bachelor's degree in economics. He worked as a financial representative for a company in Arkansas, but still longed to pursue a career in the military.

"I originally wanted to join the army, but I talked to a Marine Corps recruiter and found out what the Marines were about," said Dubose.

Dubose was impressed by the recruiter and admired the way the Marine Corps held themselves to a higher standard above the other branches of

With his mother's cancer in remission, Dubose felt it was the right time to enlist. After meeting with the recruiter, he enlisted the next day and shipped off to recruit training aboard Marine Corps Recruit Depot San Diego Oct. 9.

Dubose's maturity, motivation and natural leadership made him stand out to his drill instructors which earned him a squad leader billet, a role given to recruits that display leadership traits of a leader and assist the guide, a recruit selected to lead the entire platoon.

"He knew right off the bat why he came here; he was definitely more mature," said Gunnery Sgt. Ray Ramirez, senior drill instructor, Plt. 1069, Co. D. "He was a mentor to some of the other recruits and was always helping the platoon.'

Even though Dubose later stepped down from his squad leader billet, he still demonstrated the qualities of one and continued to motivate and take care of the platoon throughout the cycle, explained Ramirez.

Dubose looked at the platoon as a second family and always put them ahead of himself, the same way that he cared for his family when he was home in Arkansas.

"That was probably the hardest part of training, always worrying about the condition of my family," said Dubose. "Every part of my family depended on me, so it was very difficult being away from them."

With reassuring encouragement from his family through mail, Dubose pushed through recruit training to earn the title "Marine". Currently enlisted as a reservist, Dubose plans on applying to graduate school and eventually hopes to become a commissioned officer.

"I want to make a career out of the Marine Corps," said Dubose. "I've learned a lot from my experiences here. I learned I can overcome anything put in front of me and be successful."

Dubose's peers and superiors respect him as a leader and agree that he will be a vital asset to the Marine Corps.

"Everything he learned here he can take and be successful with it," said Ramirez. "When he arrived at training, he already showed us leadership qualities; I'm confident that he will be successful in the Marine Corps."



Pfc. Jeff Dubose, Platoon 1069, Company D, 1st Recruit Training Battalion, earned the title Marine in the hills of Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Dec. 27. Dubose's dream to become a Marine was put on hold when his mother was diagnosed with breast cancer in 2007. While his mother went through treatments, Dubose attended college courses and earned a degree in economics. He enlisted when his mother was well and began recruit training Oct. 9. Dubose hopes to become an officer and make the Marine Corps a career.

# Col. Lawrence E. Killmeier Jr.

# Parade Reviewing Officer

Col. Lawrence E. Killmeier is the commanding officer of Marine Corps Air Station Camp Pendleton, Calif.

Killmeier is a graduate of the University of Connecticut with a bachelor's degree in Finance. He enlisted in the Marine Platoon Leaders Course in 1983, and was commissioned a second lieutenant upon graduation in

A decorated Marine pilot; Killmeier earned his wings as a Naval Aviator on Nov. 10, 1988 before reporting to his first Fleet squadron flying the UH-1N Iroquois helicopter.

Killmeier's previous assignments include three separate tours with Marine Light/Attack Helicopter squadrons 167 and 269 where he performed various duties including pilot training officer, weapons and tactics instructor, maintenance officer and squadron executive officer.

His squadron tours

included two deployments with the 22nd and 26th Marine Expeditionary Units throughout the Mediterranean in 1993 and 1999 supporting numerous operations and joint exercises. He has additionally served on group and wing level staffs as the operations officer and the assistant chief of staff for personnel.

Outside the Aviation community Killmeier served as a forward air controller and air officer with 2nd Tank Battalion. He also served in the policy arena with the Secretary of Defense as the Prisoner of War/ Missing in Action officer from 1994-1997.

As a casualty liaison officer and later as the military assistant to the director, Killmeier worked extensively to relate our government's efforts to account for our fallen to their families and the American

Killmeier is a graduate of the U.S. Army War College where he earned a master degree in National Strategic Studies. His latest assignment was with Second Marine Expeditionary Force (II MEF) where he served as the current operations officer

and chief of staff.

Killmeier's combat experience includes the 1991 Gulf War, multiple tours in Iraq between 2005 and 2007, and most recently, a tour in Afghanistan from which he returned in March.

Killmeier's first combat tour was as a squadron helicopter pilot and training officer serving with the 4th Marine Expeditionary Brigade during Operations Desert Shield and Desert Storm.

Killmeier returned to the Middle-East in January 2005 as the operations officer for Marine Aircraft Group 26 in support of Operation Iraqi Freedom. He subsequently took command of Marine Light/ Attack Helicopter Squadron 167, and returned to Iraq for two tours conducting squadron operations in Al Anbar Province. During his year in Afghanistan Killmeier served as the chief of staff for II MEF(FWD) Regional

Command Southwest in

Helmand Province. Killmeier's decorations include the Legion of Merit Medal, two Bronze Star Medals, the Defense Meritorious Service Medal, the Meritorious Service Medal, eleven Air Medals, the Navy and Marine Corps Commendation Medal with Combat "V," the Joint Service Achievement Medal, and the Combat Action Ribbon.

"Congratulations Marines! You have earned the title United States Marine and today you join a long legacy of accomplished Warriors. As you depart the recruit depot and join your fellow Marines operating across the globe, you take on the responsibility to uphold our high standards and maintain our proud traditions. You are the future of our Marine Corps and we are counting on you to serve with the Honor, Courage and Commitment that sustains our reputation with same pride you feel today. Build on the bonds you forged with your fellow Marines and together you will rise to every challenge. Semper Fi, Marines."





Lance Cpl. W. M. Solares Granada Hills, Calif. Gunnery Sgt. L. Sabastian Sgt. G. Bustos

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HIGH PFT (300) Milwaukee, Wis. Recruited by Sgt. P. Maple



# DELTA COMPANY

1st RECRUIT TRAINING BATTALION

Commanding Officer Sergeant Major Battalion Drill Master

Lt. Col. D. R. Kazmier Sgt. Maj. M. S. Seamans Gunnery Sgt. S. C. Chromy



### **COMPANY D**

Commanding Officer Capt. J. C. Marston Company First Sergeant 1st Sgt. H. E. Lucas

# **SERIES 1069**

Series Commander Capt. J. E. Chang Chief Drill Instructor Gunnery Sgt. J. A. Clark

## **PLATOON 1069**

Senior Drill Instructor Gunnery Sgt. R. A. Ramirez **Drill Instructors** Gunnery Sgt. F. Estrada Gunnery Sgt. A. N. Smith Staff Sqt. K. Carter Staff Sqt. V. C. Mabalot

### **PLATOON 1070**

Senior Drill Instructor Sgt. C. N. Marcial **Drill Instructors** Sgt. F. Cruz Sgt. R. S. Ford Sgt. S. R. Green Sgt. E. R. Shields

#### **PLATOON 1071**

Senior Drill Instructor Sgt. B. P. Fox **Drill Instructors** Sgt. M. C. Fuller Sgt. K. G. Martin Sgt. S. J. Ramirez Sgt. J. I. Tellez

# **SERIES 1073**

Series Commander Capt. J. S. Meisel Chief Drill Instructor Staff Sgt. M. R. Vasquez

#### **PLATOON 1073**

Senior Drill Instructor Staff Sgt. A. A. Santos **Drill Instructors** Staff Sgt. C.W. Bledsoe Staff Sgt. B. J. Dodson Staff Sqt. M.M. Lee Staff Sgt. J. Lopez

## **PLATOON 1074**

Senior Drill Instructor Sqt. T. R. Jackson **Drill Instructors** Staff Sgt. H. Jimenez Sgt. J. G. Martinez Sgt. S. N. Ross Sqt. A. C. Rundle Sgt. J. R. Urbany

## **PLATOON 1075**

Senior Drill Instructor Sgt. J. P. McGee Drill Instructors Sgt. R. M. Surozenski Sgt. T. T. Taylor Sgt. T. J. Tellez

## \* Indicates Meritorious Promotion

**PLATOON 1069** Pfc. J. D. Aceret Pvt. J. R. Akers Pvt. B. W. Andrews Pfc. J. D. Aukes Pvt. A. R. Baird \*Pfc. Z. D. Baleski \*Pfc. D. R. Basore Pvt. T. A. Baumgartner Pfc. J. C. Benson Pvt. Q. B. Bentley Pfc. K. M. Bitting Pfc. J. J. Bolger Pfc. B. W. Bowman Pvt. A. J. Bridges Pvt. C. K. Calhoun Pvt. J. P. Callaway Pvt. Z. T. Campbell Pfc. A. A. Cardenas \*Pfc. D. P. Carlson Pfc. F. Castaneda Pfc. B. E. Chapman Pfc. A. Chorba Pfc. C. W. Cliby Pfc. T. J. Cruz Pvt. T. A. Cunningham Pvt. B. S. Curtis Pvt. D. A. Davalos Pvt. J. M. Davis Pvt. J. L. Deane Pfc. R. W. Debona Pfc. D. C. Detzler Pvt. S. J. Dick Pfc. B. A. Dickerson \*Pfc. N. P. Doran Pfc. A. M. Doyle Pvt. J. R. Drennan Pfc. J. C. Dubose Pvt. D. P. Ehretmounivong Pfc. R. J. Flatt Pvt. J. M. Garber Pvt. E. J. Garcia Pfc. J. M. Garcia Pvt. M. J. Gatterson Pfc. C. M. Gaytan Pfc. M. S. Gebhart Pvt. N. A. Gilham Pvt. L. Gomez Pvt. K. D. Gonzales Pvt. D. B. Gould Pfc. J. T. Hanson Pfc N R Hardeman Pvt. I. S. Hermosillo Pfc. J. M. Jacobs Pfc. R. C. James \*Lance Cpl. J. G. Jones Pfc. J. R. Joyce Pvt. C. J. Kasprytzki Pvt. D. D. Kelly Pvt. R. B. Kennedy Pfc. J. B. Kim Pvt. A. P. Kinkade Pfc. J. S. Kohlbaker \*Pfc. E. A. Leach Pvt. J. S. Lee Pfc. N. A. Lucero Pfc. T. J. Luker Pfc. G. E. Marchand Pvt. T. A. Mays Pfc. R. C. Mccord Pvt. W. A. Mejia Pfc. F. Mercado-Becerra

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Pvt. J. K. Moeller Pvt. A. A. Mondloch Pfc. C. W. Moon

Pvt. A. J. Murphy Pfc. A. M. Overkamp Pvt. J. Perez Pvt. J. J. Perez \*Pfc. E. C. Petta

#### PLATOON 1070 Pvt. H. E. Alam

Pvt. J. A. Alvarez-Rojo \*Pfc. K. W. Anderson Pvt. H. H. Aybar \*Pfc. A. J. Babb Pvt. G. J. Prather Pfc. M. A. Baily Pfc. B. S. Bains Pvt. J. L. Baker Pfc. D. A. Barger Pvt. J. S. Beauchane Pvt. Z. W. Richter Pvt. T. P. Ritchie Pvt. A. R. Beers Pvt. B. L. Berglund Pvt. E. T. Bourgeois Pfc. D. M. Brandon T. Bourgeois Pvt. E. Rodriguez Pvt. H. S. Butler Pvt. J. R. Cannon Pvt. A. Castaneda-**PLATOON 1071** Castanon Pfc. T. M. Chanthavong-Keovorab Pfc. K. V. Chapman Pfc. P. M. Connole \*Pfc. X. F. Cortez Pvt. J. J. Dalman Pfc. G. R. Alvarez Pvt. R. A. Alvarez Pfc. N. D. Anderson Pfc. J. G. Arcniega Pvt. A. J. Arellano Pvt. C. J. Auteberry Pvt. M. D. Darnell Pvt. D. H. Devaney Pfc. A. J. Didomenico Pvt. F. A. Dominguez Pfc. J. Duffek IV Pvt. J. M. Bennett Pfc. B. M. Duncan Pfc. M. T. Eicher Pfc. C. A. Boldger Pvt. B. K. Boyd Pvt. W. Fan Pfc. D. E. Bremer Pfc. N. J. Feliz Pvt. D. M. Brito Pvt. R. E. Fuller Pvt. E. I. Garcia Pfc. J. A. Castellow Pvt. C. A. Charries Pvt. J. D. Hamlett Pvt. G. M. Harris Pvt. M. M. Harris Pvt. A. S. Hart Pvt. S. T. Henry Pvt. J. P. Conway Pvt I Her Pvt. P. Her Pyt M D Hildman Pfc. R. Davila Pvt. K. T. Dayvault Pvt. S. B. Hoang Pvt. B. D. Hufendick Pfc. K. A. Devoe Pvt. G. K. Dippon Pfc. D. M. Ibarra Pfc. J. M. Johnson Pfc. C. M. Jones Pvt. M. Dougherty Pvt. T. B. Douglas \*Pfc. A. R. Kadlec Pvt. D. J. Farrow Pvt. D. A. Kelley Pvt. J. M. Franklin Pvt. Z. J. Gallagher \*Pfc. A. L. Kempf Pvt. R. M. Krajnik Pvt. A. I. Garcia Pfc. C. T. Gardas Pvt. B. C. Lang Pfc. J. P. Laurvick Pvt. B. A. Leeman Pvt. M. V. Licon Pvt. A. Gonzalez Pvt. C. C. Gordon Pvt. T. W. Griffee Pvt. S. A. Ligman Pvt. J. M. Liscano Pvt. D. R. Hamel Pvt. D. Luea Pvt. A. A. Machuca Pvt. S. R. Marsh Pvt. J. J. Martinez-Pvt. Z. C. Hansen Pvt. J. I. Hendricks Camacho Pvt. D. P. McAllister Pvt. R. K. Holiman

Pvt. R. J. McCray Pvt. B. P. Mertens

Pvt. J. A. Montney Pfc. M. Mosley Pfc. S. S. Mowen

Pvt. M. A. Miller

Pvt. N. G. Nasir Pvt. J. B. Ochoa Pfc. M. J. Orchard Pfc. C. D. Ouwerkerk Pfc. R. J. Padilla Jr. Pfc. C. Palacios Pvt. J. T. Peck Pvt. J. M. Phelps Pvt. R. B. Phung Pvt. T. T. Post Pvt. R. A. Primmer Jr. Pfc. J. M. Quidachay Pvt. A. Quinonez Pvt. L. J. Reichmann \*Pfc. J. W. Robinson Pfc. T. A. Rocha Pfc. J. J. Rodriguez-Servin Pvt. A. A. Warbis

\*Pfc. D. M. Allen Pvt. A. K. Allred Pvt. Y. Alvarado-Chavez Pfc. C. J. Balczewski Pfc. C. S. Barnett Pvt. Z. A. Bustamante Pvt. C. J. Casey Pvt. S. A. Climer Pvt. A. E. Contreras Pvt. Z. D. Coulson Pvt. D. Davalos-Gutierrez \*Pfc. W. E. Guevara Pvt. C. M. Holder Pvt. J. J. Holderness-

Pvt. S. H. Honeck Pfc. N. K. Huckabay

Pvt. J. L. Igleheart Pfc. A. A. Jimenez Pfc. C. J. Johnson

Pfc. J. D. Johnson

Pfc. T. J. Johnson Pfc. E. D. Jones Pvt. N. V. Kosman \*Pfc. A. J. LaCroix Pvt. J. D. Landrum Pvt. J. M. Leal III Pvt. M. A. Lopez Pvt. C. L. Lowe Pvt. J. A. Lyles Pvt. T. R. Martin Pvt. C. J. McHale \*Pfc. R. A. Mills Pvt. D. D. Mitchell Pvt. M. T. Montanye Pvt. J. A. Moore Pvt. L. M. Mortensen Pvt. J. J. Munoz Pfc. G. T. Murillo Pfc. J. Murillo Pvt. A. A. Nelson Pvt. J. R. Osborne Pvt. K. R. Peitz Pvt. L. F. Pena Pvt. J. C. Pettid Pfc. J. A. Pilkinton

Pvt. E. A. Pineda Pvt. C. J. Reding Pvt. J. Regis Pfc. T. A. Renwick Pfc. A. M. Rizzo Pvt. E. Roy Pvt. O. Rujevic Pvt. D. L. Salazar Pvt. R. J. Shekell III Pvt. J. D. Shelley Pvt. N. E. Shotzke \*Pfc. M. H. Smith III Pvt. E. W. Taylor III

**PLATOON 1073** Pfc. F. Allende Pvt. T. R Asher

Pvt. J. A. Avina Pfc. J. Banda Pfc. I. Barajas Pvt. M. H. Batty Pfc. J. A Bolivar \*Pfc. G. A. Bolton Jr. Pvt. T. J. Buchholz Pfc. C. J. Burgoyne Pvt. M. B. Bushem Pvt. L. I. Caballes \*Pfc. J. B. Cambaliza Pfc. B. D. Campbell Pvt. J. C. Cazares Pvt. A. A. Chavez Pfc. C. K. Coulter Pfc. W. Crisostomos-Felipe Pvt. T. F. Cubias Pvt. J. N. Cuevas Pvt. S. T. Davis Pvt. W. A. Delgado Pvt. L. Dominguez-Sanchez Jr. Pfc. Z. T. Dorr Pvt. B. M. Doyle Pvt. E. W. Eicher Pvt. A. M. Elizondo Pvt. S. J. Elzinga Pvt. F. Enriquez Jr. Pfc. J. D. Evans Pfc. G. Fernandez Pfc. D. Filo Pvt. J. A. Flores Pvt. O. Flores

Pvt. J. T. Freed

Pvt. G. Garcia Jr. Pvt. K. A. Gasca Pfc. M. C. Gibbs Pvt. J. A. Gil Pfc. R. A. Gonzalez Pvt. D. E. Grady Pvt. M. A. Griego Pfc. B. W. Griffin Pvt. I. K. Gutierrez Pfc. R. D. Harrington Pvt. J. A. Heredia Pvt. M. E. Higa Pfc. E. A. Hurtado Pvt. J. Ibarra Jr. Pvt. J. A. Jensen Pvt. A. H. Johnson Pvt. E. D. Johnson Pvt. T. M. Kaplan Pfc. C. C. Keen Pfc. Z. A. Kundysek Pvt. B. N. Lavasseur Pvt. J. C. Liang \*Pfc. T. M. Loesch Pvt. J. Lofing
\*Pfc. T. C. Lough
Pvt. R. Luque-Pelayo
Pvt. A. R. Magana Pvt. W. J. Moose Pvt. K. A. Muna Jr. Pvt. R. Myers Jr. Pvt. A. J. Newman Pvt. J. J. Nieman Pfc M A Noack Pvt. J. R. Nunez Jr. Pfc. J. M. Ocasio Pvt. J. J. Oller Pvt. C. A. Ordonez Pvt. J. A. Ortega Pvt. G. A. Ortiž III \*Pfc. M. A. Parr vt. D. Pelagio Pvt. J. M. Polanco Pvt. J. R. White

PLATOON 1074 Pvt. K. R. Allen Pvt. D. L. Androff Pvt. D. A. Arevalo-Rivers

Pvt. J. M. Armendariz Pvt. O. A. Bassett Pfc. G. W. Bennett Pvt. A. K. Browning Pvt. K. K. Byington Pfc. N. D. Cox Pfc. C. J Davis Pvt. J. T. Gehringr Pvt. A. M. Harris Pvt. J. T. Harris Pvt. O. Hernandez \*Pfc. N. L. Homrich Pfc. A. D. Huntoon Pfc. J. B. Johnson Pvt. C. R. Jordan Pvt. J. S. Lamssies Pvt C S Lohr Pvt. C. W. McGuire Pvt. D. A. McMakin Pfc. S. J. Newman Pfc. N. Posse Pvt. Z. R. Preston \*Pfc. J. L. Quinonez-Mejia Pvt. E. Ramirez Pvt. P. R. Ramirez Pvt. N. V. Reis Pvt. R. J. Reynolds Jr.

Pvt. E. C. Ringsletter Pfc. K. D. Robinson

Pvt. J. E. Roueth

Pfc. N. D. Roque Jr. Pvt. W. A. Runion Pvt. M. G. Salazar Pfc. L. A. Salcedo Pvt. A. C. Samaniego Pfc. B. G. Sanches Pvt. A. M. Sanchez Pvt. L. H. Saucedo Pvt. E. C. Schonenberger Pvt. W. G. Schoonard Pvt. J. J. Schumacher Pvt. J. Scott Pvt. A. P. Seela Pvt. N. A. Self \*Pfc. T. I. Sherron \*Pfc. J. M. Simpson Pvt. A. Singh Pvt. C. B. Smith Pvt. C. B. Smith Pvt. J. M. Smith Pvt. L. H. Smith Pvt. Z. R. Smith Pvt. J. T. Soehnlein Pfc. W. M. Solares Pvt. M. D. Soles Pfc. S. Soto Pvt. X. D. Southerland Pvt. B. J. Sowa Jr Spence Pvt. C. Pvt. T. S. Spencer Pvt. D. W. Spinner Pvt. X. P. Standridge Pvt. B. J. Stanley Pfc. M.P. Stathakis \*Pfc. J. J. Tabula Pvt. J.A. Temple Pvt. J. S. Thurlow Pvt. I. S. Todecheene Pvt. B. A. Trumbo Pvt. W. A. Turner Pvt. T. Uribe Jr. Pvt. M. A. Viazcan-Olvera \*Pfc. J. Villanueva Jr. Pvt. N. Vorasane Pfc. A. M. Wadi Pfc. M. L. Walling Pfc. S. D. Watkins Pvt. W. J. Weiss \*Pfc. D. T. Wheeler Pvt. D. J. Wilde Pvt. W. H. Willie Pvt. L. M. Wohlberg Pvt. A. K. Worzala Pfc. S. A. Wright Pvt. J. D. Wypych Pfc. R. Zamora Pvt. M. J. Zuniga **PLATOON 1075** 

Pvt. T. J. Allen Pvt. A. S. Arneson Pvt. J. C. Batts Jr. Pvt. M. A. Bernal \*Pfc. E. R. Bowman Jr. Pvt. S. J. Brown Pfc. S. S. Burnham Pvt. D. Cervantes Pvt. C. G. Crawford Pfc. S. J. Crombie Pfc. E. M. Day Pfc. M. D. Dorsey Pvt. J. M. Duran Pvt. M. R. Edmonds Pfc. J. A. Ellis Pvt. K. J. Frerk Pfc. T. J. Frerk Pvt. O. Garcia

Pfc. A. S. Gilliam

Pvt. A. H. Giordano Pvt. D. A. Gomez Pvt. J. R. Goodman Pfc. R. Guerrero \*Pfc. S. L. Habib Pvt. J. T. Hathaway Pvt. K. T. Hayner Pvt. D. D. Horst Pvt. T. P. Huser Pvt. Z. A. Knorr Pvt. R. L. Kranz Pfc. A. D. Lane Pvt. E. A. Lobos Jr. \*Pfc. M. E. MaClain Pfc. D. C. Marshall Pvt. B. T. McGill Pfc. O. M. Parton Pvt. B. C. Posey Pvt. E. A. Powell Pvt. J. M. Price Pvt. D. T. Reynolds Pfc. E. G. Richardson Pfc. J. L. Roman Pfc. D. L. Romero Pfc. K. M. Roush Pvt. T. M. Ruelas Pvt. J. Russo Pvt. P. J. Rusticus Pfc. K. E. Rustin \*Pfc. J. Salazar-De La Cruz Pfc. J. P. Sandoval Pvt. C. M. Schmitgal Pvt. Z. M. Seils Pvt. D. C. Shellabarger Pvt. N. C. Sprenger Pvt. J. A. Stewart Pvt. W. A. Stockman Pvt. M. J. Stohel Pvt. S. J. Strange Pvt. A. X. Tadeo Pvt. C. M. Taft Pvt. L. C. Tarnowski Pvt. D. M. Tavenner Pfc. C. D. Tcherneshoff Pvt. J. R. Tipps Pvt. A. J. Trujillo Pvt. C. P. Uptain Pfc. O. M. Vaquerano-Herrera Pvt. C. M. Vasquez Pvt. A. M. Vega \*Pfc. M. Vega Pvt. S. D. Virgil Pfc. T. L. Vo Pfc. P. D. Votran Pfc. A. F. Walkner Pvt. B. M. Watts Pfc. J. J. Weldon Pvt. B. K. Wellnitz Pvt. B. M. White Pvt. G. D. White Pvt. C. A. Williams Pvt. J. E. Wilson Pfc. Z. E. Wiseman Pvt. A. L. Withrow \*Pfc. M. J. Wolfe Pfc. A. P. York Pvt. J. A. Zapata Jr. Pvt. J. Zavala Pvt. S. Z. Zavala

Pvt. J. A. Zuniga



Drill instructors of Company K, 3rd Recruit Training Battalion, lead their recruits in a sprint during recruit training aboard Marine Corps Recruit Depot San Diego Dec. 18. The company ran quarter-mile sprints in intervals around a trail for physical training. For recruits, this was their first day of training aboard the Depot which initially set the pace for the next three months.

# Sprint intervals set pace for Co. K recruits



BY CPL. LIZ GLEASON

Chevron staff

3rd Recruit Training Battalion, participated in sprint intervals during recruit training aboard Marine Corps Recruit Depot San Diego Dec.

ecruits of Company K,

Sprint intervals consist of recruits sprinting four quartermile laps around a dirt trail which acquaints recruits with the requirement of running. It also familiarizes them with their

"Recruits have to give max effort throughout the sprint," said Sgt. Jimmy Klein, drill instructor, Platoon 3230, Co. K, 3rd RTBn. "Drill instructors ran with (the recruits) to make sure they were giving it their all and to encourage them.'

Some recruits were avid runners and had previous experiences with track and field prior to recruit training. Their past experiences made the sprints more enjoyable and satisfied

them with their performance, according to Recruit Darnell Haley, Plt. 3233, Co. K, 3rd

"It was hard but I ran the entire time," said Haley. "You just have to push through it and become better from it. I also learned that it's important to drink more water to stay hydrated beforehand."

Recruits benefited from the event because it was the first time they really had to push themselves beyond their normal capabilities, according to Klein.

Although recruits of Co. K are only on Training Day 1, they're quickly learning what is expected of them, not only as recruits, but also when they become Marines.

"Having drill instructors run with (the recruits) while pushing them to surpass their limits, teaches them that just giving minimum effort will never be accepted here," said Klein. "They learn that being in the Marine Corps isn't just about going through the motions; it's about constantly striving to be better

than you were the day before."

Having drill instructors constantly motivating recruits aggressively can be difficult at times but recruits should understand that they're doing it to help mold recruits into Marines, according to Haley.

"Everybody thinks that a drill instructor is just there to yell but that isn't true," said Klein. "We're here to mentor and teach the recruits. Through us, they learn to push themselves to become better."

Some recruits arrive to recruit training not knowing what to expect. However, like many other recruits, Haley arrived with a positive attitude and an understanding of what lied ahead.

"Recruit training has been difficult, but I expected it to be," said Haley. "I joined the Marine Corps for the challenge and because Marines are the best. While I'm here I want to become a better person and try to perfect as much as I can."



Cpl. Liz Gleason Recruits of Company K, 3rd Recruit Training Battalion, participate in sprint intervals during recruit training aboard Marine Corps Recruit Depot San Diego Dec. 18. Drill instructors ran alongside recruits to ensure they put forth maximum effort.

A Company K, 3rd Recruit Training Battalion drill instructor, creates a choatoic environment as he motivates a recruit to push through the pain during warm-up exercises aboard Marine Corps Recruit Depot San Diego Dec. 18. Before recruits ran sprint intervals, they conducted several warm-up exercises to begin their physical training.