



CHEVRON

AND THE WESTERN RECRUITING REGION

Vol. 73 – Issue 12

“WHERE MARINES ARE MADE”

FRIDAY, JUNE 7, 2013

Battalion commander approves new Marines

BY LANCE CPL. PEDRO
CARDENAS
Chevron staff

During recruit training, recruits experience several inspections in order to prepare them for their initial introduction as Marines.

Recruit training culminates with Marines being presented to the commander of each battalion in a final test known as battalion commander's inspection. Marines of Company A, 1st Recruit Training Battalion, were acquainted with their battalion commander aboard Marine Corps Recruit Depot San Diego, June 3.

The purpose of the battalion inspection is for commanders to inspect the Marines graduating and make sure they are upholding the high standards of the United States Marine Corps. It is also intended to familiarize new Marines to talking to higher grade officers with confidence.

“This inspection is to ensure their uniforms fit well and that they have good command of Marine Corps knowledge,” said Staff Sgt. Giovanni Dominguez, senior drill instructor, Plt. 1001, Co. A, 1st RTBn. “Inspections are also designed to ensure Marines



Lt. Col. Daniel R. Kazmier, commanding officer, 1st Recruit Training Battalion, inspects Marines of Company A during Battalion Commander's inspection aboard Marine Corps Recruit Depot San Diego, June 4. Marines are expected to uphold uniform regulations, weapon cleanliness and have a strong grasp of Marine Corps knowledge.

are able to talk confidently to people in their chain of command and not be nervous.”

The battalion commander's inspection is also a graduation requirement where Marines must

demonstrate command of all the information covered during recruit training.

“It's meant to see how much

see **INSPECT** ▶ 2



Cpl. Bridget M. Keane

Recruits of Company G, 2nd Recruit Training Battalion, beginning their three mile timed run during the final physical fitness test aboard Marine Corps Recruit Depot San Diego May 30. Recruits are expected to push themselves in order to receive a high score. The scores they receive here will follow them to their first duty station.

Final PFT prepares recruits for future

BY CPL. BRIDGET M. KEANE
Chevron staff

Annual training events are what keep Marines living up to the high standards they are expected of, such as rifle range qualification and the physical fitness test. These events are first introduced to a Marine as a recruit during recruit training.

Recruits of Company G, 2nd Recruit Training Battalion, ran their final physical fitness test aboard Marine Corps Recruit Depot San Diego May 30.

The PFT is annual training that Marines complete every year. A PFT shows where a Marine stands in their physical fitness. It is made up of three events – a timed three mile run,

a maximum set of crunches in a time limit of two minutes and a maximum set of pull-ups. Each event is worth 100 points and is evaluated on the individual Marine's performance.

“This is the score that (recruits) will be taking to the fleet, their goal should be getting

see **PFT** ▶ 2

Corps ensures recruits understand honor

BY CPL. WALTER D.
MARINO II
Chevron staff

Honor means to regard with great respect. This is one of the Marine Corps values embedded in every Marine.

During recruit training drill instructors lecture and display all three traits, honor, courage and commitment on a daily basis.

Recruits of Company I, 3rd Recruit Training Battalion, received a formal class on

honor aboard Marine Corps Recruit Depot San Diego, May 30.

Their instructor for the class was Capt. Noah M. Morrissey, series commander, Co. I, 3rd RTBn.

He started the class off by asking recruits what honor meant to them.

After a long silence one recruit popped up to give the instructor his definition, followed by a few recruits with

see **HONOR** ▶ 2



Capt. Noah M. Morrissey, series commander, Company I, 3rd Recruit Training Battalion, asks recruits what their definition of honor is aboard Marine Corps Recruit Depot San Diego May 30. Honor is taught in recruit training along with other Corps values such as courage and commitment.



Cpl. Bridget M. Keane

A recruit of Company G, 2nd Recruit Training Battalion, struggles to complete his pull-ups during the final physical fitness test aboard Marine Corps Recruit Depot San Diego May 30. The PFT is an annual training event that tests the physical fitness of recruits. The scores they receive here will follow them to their first duty station.

PFT ◀ 1

a 300,” explained Staff Sgt. Jonathan Avellano, senior drill instructor, Platoon 2147, Co. G, 2nd RTBn. “These are the scores that their staff-noncommissioned officers will see and could help with promotions.”

The PFT, along with other annual training events, are some factors that may determine a Marine’s promotion and reenlistment.

“I try express to my recruits that when they get to the fleet, whatever their score was here they should try to beat that score,” said Avellano, a 28-year-old San Jose, Calif. native.

Recruits run two PFTs before taking their final. The initial PFT during first

phase, which introduces the recruits to a full PFT, and then the inventory PFT at the beginning of phase three, which is used to gauge where recruits are physically.

“A lot of recruits struggle with pull-ups when they first get here,” said Avellano. “We’ll notice big improvement in recruit’s pull-ups during the inventory PFT; some of their run times go down, but the (inventory) PFT lets them see what they need to fix before they take the final PFT.”

Throughout recruit training, recruits are expected to see a significant change in their physical performance. Running the three PFT’s shows recruits how much they have improved.

“My first PFT wasn’t that good; I only got 11 pull-ups,” said Recruit Josh Meek,

Plt. 2141, Co. G, 2nd RTBn. “But I worked on what I needed. For the inventory PFT, I got 21 pull-ups and improved my run time by a minute.”

Meek, a 19-year-old Colorado Springs, Col. native, explained how his motivation to improve was proving to everyone that he was more than capable of exceeding his expectations.

“I didn’t want to be at the bottom, I want to be just as good, even better than everyone else,” said Meek.

Peak physical performance is an important characteristic that Marines should possess. They are expected to push their bodies and mind through pain and complete the mission at hand. The PFT and combat fitness test are training events that keep Marines in their top performance.

INSPEC ◀ 1

you learn and make sure our uniform is presentable,” said Pfc. Anthony F. Miranda, Plt. 1001, Co. A, 1st RTBn. “It’s to have the battalion commander inspect us and show him that we can move on with the next step in training.”

The individual inspection begins with each Marine performing inspection arms a drill movement in which they inspect the weapon for ammunition. Once the weapon is cleared, Marines hand their weapon over and introduce themselves to the inspecting officer.

The inspecting officer then begins inspecting the rifle for cleanliness. As he inspects the rifle, he asks each Marine different type of questions including Marine Corps history, uniform regulations, rank structure or open ended questions such as “What is the most important leadership trait to you?”

Recruits are expected to answer correctly and coherently without losing their bearing.

The inspection continues with the officer thoroughly inspecting the Marine’s uniform and pointing out discrepancies, if there are any. Once he is done, the officer

hands back the rifle and moves on to the next Marine. The process is repeated until every Marine is inspected and considered qualified.

Once the battalion commander gives the final approval, the new Marines are considered well rounded and ready to graduate.

With graduation only three days away, Marines of Co. A are ready for the next step in their careers and to carry on the legacy of those who came before them.

According to Miranda, “You have to put honor and passion into the Marine Corps and the uniform.”

HONOR ◀ 1

different worded answers.

Morrisey discussed the answers he received from recruits with the class, helping each recruit better understand what honor meant to Marines of the Corps.

“I take a lot of pride in everything I do now and in telling people what I’m doing—because there is a lot of honor in being a Marine,” said Recruit Clint D. Turman, guide, Plt. 3214, Co. I, 3rd RTBn. “It’s a huge change because I didn’t know the history of how they carried themselves to such a high standard, the honorable way they treat each other and

respect higher authority. This knowledge definitely changed the way I carry myself because I know I’m representing the Marine Corps.”

Although recruits are still defining and learning what honor means to the Marine Corps, their drill instructors have a thorough understanding and realize its importance in the Corps and in their recruits.

“This class is very important because a lot of them are looking for a path to follow. I know (the Marine Corps) helped me a lot. I wasn’t lost but I needed to be put in the right direction,” said Sgt. Enrique Uribe, drill instructor, Plt. 3211, Co. I, 3rd RTBn.

“Corps values teach them to stop thinking only about themselves and more about the Marine to the left and right of them. There is a pride of belonging. They’re joining the service in a time of war, that is something honorable and something to be proud of.”

Classes such as this one, aid recruits in ensuring the value of honor continues to run deep throughout the Marine Corps.

“You hear about their standards, values, and culture. But being in this class has shown me there is so much more to it. We honor the great Marines before us by representing the Marine Corps well,” said Recruit Tlyer J. Hubbs, Plt. 3215, Co. I, 3rd RTBn.

BRIEFS

Summer Concert & Family Day

The 2013 MCRD Summer Concert and Family Day begins with the concert from 11 a.m., until noon tomorrow. Family day activities begin at noon and continue until 3 p.m.

Family Day activities include:

- Dunk Tank
- Game Truck
- Infatable Jumpers
- Magic Show
- Food and Beverages
- Lots More

The event will be held at the Bay View Marina Club (formerly the Boathouse). Parking is available on the grassy area behind the TOQ.

The Summer Concert & Family Day activities are open to all MCRD personnel and their families.

For information contact Anna Nguyen at (619) 725-6445, or via email at nguyena@usmc-mccs.org.

New Muesum Gallery

The Command Museum (Building 26), opens a new gallery Wednesday in a ribbon cutting ceremony featuring commanding general, Brig. Gen. Daniel D. Yoo.

The new gallery, “Forward Deployed,” features Marine Corps History post Vietnam War to the present day. The gallery includes a topographical map of Iraq and Afghanistan, as well as photographs, artifacts, battle field pick-ups, uniforms and equipment. The gallery boasts flat screen kiosks with more than 500 photographs, a new Medal of Honor display case, captured weapons, and one a kind artifacts recovered by Marines.

The Depot family is invited to attend this special event.

For more information, contact Barbara McCurtis at (619) 524-6719.

Summer Wine Dinner

The Bayview Restaurant holds its Summer Wine Dinner June 21 from 6 until 9 p.m. The event features the wines of Clos Du Bois.

The price of \$55 per active duty member and \$65 per civilian attending includes dinner, wine and gratuity.

For information call Melanie DeCosta at (619) 725-6388. Information may also be found on the web at http://www.mccsmcrd.com/downloads/BayViewRestaurant/13_BV_Clos_du_Bois_Summer_Wine_Dinner_at_MCRD_San_Diego_Bay_View_Restaurant.pdf.

Emergency Preparedness: Safe and Well website

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

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

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

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

For information and further guidance contact G3 Mission Assurance.

Send briefs to:

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

Around the depot

This week the Chevron asks: "What are you doing to stay competitive in the Marine Corps?"



"Make sure you're training complete, get high scores on your PFT and CFT, and take some college classes." Lance Cpl. Antonio Rodriguez, postal clerk, Headquarters Company, Headquarters and Service Battalion



"In order to stay competitive in the Marine Corps I work out, complete MCI's and volunteer." Lance Cpl. Shelby Walker, supply clerk, Service Company, Headquarters and Service Battalion



"I've been doing MCI's, working hard on improving my PFT and CFT scores, and I'm planning on taking college classes." Private First Class Phillip Shaner, separations clerk, Service Company, Headquarters and Service Battalion

Story Time At The Library



Children of service member families practice their reading skills at the base library aboard Marine Corps Recruit Depot San Diego June 3. The children were just a few of many who take part in the Depot Library Children's Summer Reading Program, which gives small prizes to children for reading books. Some of the prizes include Velcro wallets, a blow up globe and toy airplanes. The free program lasts from June 1 - July 31.

Educators Learn Marine Corps Way



Educators from Salt Lake City and San Diego attending the Educator's Workshop run through the Marine Corps bayonet assault course aboard Marine Corps Recruit Depot San Diego, June 4. The Educator's Workshop, which is held 12 times a year, gives educators across the country a quick but unique experience of recruit training.



ESTABLISHED 1942

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Co. G conquers fear of heights with confidence

BY LANCE CPL. PEDRO CARDENAS
Chevron staff

Tears and fear, to some, are signs of weakness. Recruit training is designed to remove fear and transform it into confidence, a trait instilled in all Marines.

During the 10th week of training, recruits must successfully rappel down a 70-foot tower and many must overcome their fear of heights. Recruits of Company G, 2nd Recruit Training Battalion, Recruit Training Regiment, negotiated the rappel tower aboard Marine Corps Recruit Depot San Diego, May 31.

The rappel tower is a mental obstacle designed to give recruits a boost of confidence once completed. It helps recruits overcome their fear of heights and

falling. However, it is also meant to teach recruits any mission can be accomplished.

"The rappel tower is designed to build confidence. At the beginning of recruit training, recruits are not confident in themselves, in their abilities," said Staff Sgt. Joshua P. Leblanc, chief drill instructor, Co. G, 2nd RTBn. "Confidence in your abilities is what makes a Marine successful."

Marines must have confidence in their abilities because they are expected to make and execute tough, ethical decisions. Subordinates depend on leaders to exude confidence in the decisions they make.

"As a leader, you need to be confident in your abilities for other people to follow you," said Leblanc, who was recently named the drill instructor of the year for

2nd Battalion.

The rappel tower is intimidating to some recruits, but that fear does not stop recruits from committing to training.

"I'm not 100 percent OK with heights. Once I got through it, I'm not as afraid of heights anymore," said Recruit Allen-Michael Kiley, Plt. 2142, Co. G, 2nd RTBn. "This experience has built my confidence even more, which will help me as a leader."

Recruits are properly equipped with a safety harness, gloves and helmet. During their descent, drill instructors from Instructional Training Company, Support Battalion, are at the bottom of the tower holding on to the other end of the rope as a safety measure. The other end of the rope serves as a secondary brake system, in case recruits lose control.

Drill instructors demonstrate the secondary brake system by pretending they have lost control of their rope and are falling down the rappel tower. Then, other drill instructors at the bottom pull on their rope, which in turn, makes the free-falling drill instructor stop immediately.

Recruits see this demonstration so they know they can safely rappel down the tower which helps alleviate fears and insecurities to allow them to complete the obstacle.

Once the rappel tower is complete, recruits move on to the final stage of training. With only two weeks before graduation, recruits of Co. G can conquer their next obstacle in training and confidently continue on their way to becoming United States Marines.



Lance Cpl. Pedro Cardenas

Recruits of Company G, 2nd Recruit Training Battalion, rappel from the 70-foot tower aboard Marine Corps Recruit Depot San Diego, May 31. The rappel tower is one of the last obstacles recruits face during training.



Lance Cpl. Pedro Cardenas



Lance Cpl. Pedro Cardenas

Drill instructors of Instructional Training Company, Support Battalion, demonstrate the proper way to descend the rappel tower, and some of the ways rappellers can get into trouble and recover while rappelling, during exercises aboard Marine Corps Recruit Depot San Diego, May 31.



Lance Cpl. Pedro Cardenas

A recruit of Company G, 2nd Recruit Training Battalion, begins his descent of the rappel tower aboard Marine Corps Recruit Depot San Diego, May 31.



Lance Cpl. Pedro Cardenas

Recruits of Company G, 2nd Recruit Training Battalion, descend the rappel tower aboard Marine Corps Recruit Depot San Diego, May 31. The rappel tower stands 70 feet high and is designed for recruits to overcome any fear of heights.



Lance Cpl. Pedro Cardenas

A drill instructor, Instructional Training Company, Support Battalion, gives verbal commands recruits will be listening for before they descend from the rappel tower aboard Marine Corps Recruit Depot San Diego, May 31. Recruits receive different verbal commands and must respond with the appropriate hand placement on the ropes before they are allowed to rappel down the tower.



Lance Cpl. Pedro Cardenas

Drill instructors constantly watch recruits, on top of the tower as well as below, in order to ensure recruits' safety.

Chicago native triumphs over adversity, graduates honor man

BY CPL. BRIDGET M. KEANE
Chevron staff

Every recruit that steps foot upon the yellow foot prints at Receiving Company aboard Marine Corps Recruit Depot San Diego took the oath of enlistment for a reason.

Lance Cpl. Anthony F. Miranda, Platoon 1001, Company A, 1st Recruit Training Battalion, took that oath in hopes of a better future. Miranda lived in a neighborhood located on the West Side of Chicago and due to the high levels of gang violence and crime, he grew up with the mindset to stay off the streets and out of trouble.

"Where I live, there's trouble anywhere you go," explained Miranda, 19. "I've witnessed hardships my whole life – gang violence, murder, drugs, alcohol – I had enough; I was just sick of it."

In spite of these adversities that he experienced at home, Miranda rose above stereotypes and his peers and participated in the Marine Corps Junior Reserve Officer Training Corps at Noble Street College Prep in Chicago.

"That is where my passion for the (Marine Corps) came from," said Miranda. "I felt the Marine Corps really understood what brotherhood meant."

The traits, traditions and pride that Marines have displayed and upheld throughout history is what Miranda admired the most. He was sworn into the Corps October 2012 and shipped to recruit training aboard MCRD San Diego March 11.

When Miranda arrived, his maturity earned him the position of platoon guide. A guide is a recruit who displays high levels of leadership and is willing to assist the drill instructors with leading the platoon.

"Right from the get-go, Miranda stood out to me; he was a natural leader," said Capt. Adam Moore, lead series commander, Co. A, 1st RTBn. "He took his duty as guide and

just ran with it."

Moore, a 33-year-old Milwaukee, Wisc., native, explained that when he meets the platoons, he asks each recruit where they were from. Moore had relatives that lived in Chicago and knew about the harsh conditions of the neighborhood Miranda grew up in.

"He comes from a rough part of town; knowing the type of environment that he grew up in and seeing how he didn't let it deter him from changing his life is something to look up to," said Moore.

While Miranda used his experiences to righteously lead his platoon, he also used them as his motivation to push through the tough times in recruit training and graduate as a Marine.

"In the beginning of second phase, I received a letter from my friend saying that a friend of ours had died; I had a tough time that night," said Miranda. "The next day I woke up and thought to myself, 'I have to do this, I have to finish recruit training' I couldn't go back to that way of life."

Miranda continued to push through recruit training. As guide, he learned what it really meant to be a leader.

"There were difficult times when trying to get everyone to cooperate," said Miranda. "Everyone comes from different walks of life and I learned how to understand and work with other people."

His superiors noticed Miranda's mature demeanor and was nominated to compete for the company honor man distinction, as well as a chance for a meritorious promotion to lance corporal. His company first sergeant, chief drill instructor and senior drill instructors, tested him on Marine Corps knowledge, regulations, bearing and confidence.

"He was able to display the traits and characteristics of a Marine confidently, so he won," said Moore. "He just (understood) it from the beginning; he's mature, sets



Cpl. Bridget M. Keane

Lance Cpl. Anthony F. Miranda graduates from recruit training today, along with the other members of Company A, 1st Recruit Training Battalion. Miranda, who was a Platoon Guide during recruit training earned the designation Company Honorman and a meritorious promotion to lance corporal.

the example and is someone who leads from the front." Miranda held several billets in recruit training, but

earning the title "Marine" was his ultimate goal. Through his hard work and dedication to change, Miranda will be able

to move on with his journey as a United States Marine.

Brig. Gen. John J. Broadmeadow

Parade Reviewing Officer

Brig. Gen. John J. Broadmeadow graduated from Norwich University, Northfield, Vt., in May 1983 and was commissioned a second lieutenant in July 1983.

As a company grade officer from 1983 to 1995, Broadmeadow served in staff and command billets with 3rd Force Service Support Group, 9th Marine Amphibious Brigade, Facilities Department Camp Pendleton, 1st Marine Corps District, and 1st Force Service Support Group deploying to Somalia for Operation Restore Hope.

As a field grade officer from 1995 to 2009, the general served in the following staff billets; G-4 Operations and Plans Officer, 1st Marine Aircraft Wing, Okinawa, Japan; Prepositioning Officer for Deputy Commandant Plans, Policies, and Operations at Headquarters, U.S. Marine Corps; Assistant

Chief of Staff (AC/S) G-4, 1st Marine Expeditionary Brigade; AC/S N-4, Task Force 58 during the amphibious assault and first conventional force operations in Afghanistan at the start of Operation Enduring Freedom (OEF); AC/S G-4, 1st Marine Division for the attack to Baghdad during Operation Iraqi Freedom (OIF) I and the return for stability/counter insurgency operations in Al-Anbar, Iraq for OIF II; and AC/S G-4, 3rd Marine Aircraft Wing.

Broadmeadow's command billets include commanding officer, Marine Wing Support Squadron 371 deploying to Al-Anbar, Iraq for OIF 04-06; commanding officer, Combat Logistics Regiment 17; and team chief and senior advisor to the 7th Iraqi Infantry Division in Iraq for OIF 08.

As a general officer Broadmeadow was assigned as the deputy commanding general, Marine Forces Pacific in August 2009. During this tour he also served as the Combined Force Land Component Commander (CFLCC) for Exercise Rim of the Pacific '10 and as

the deputy commander for Joint Task Force 505 in Japan for Operations Tomodachi and Pacific Passage.

Broadmeadow assumed command of 1st Marine Logistics Group in June 2011 and deployed to Afghanistan in Feb 2012 for OEF 12.

Broadmeadow is a gradu-

ate of the USMC Amphibious Warfare School and Command and Staff College (non-resident programs), a graduate of the U.S. Army War College in 2001, the Joint Forces Staff College in 2008, and the National Defense University's Capstone Course in 2009. He holds a bachelor degree in business administra-

tion from Norwich University, a dual master degree in business administration and computer resources management from Webster University, and a master degree in Strategic Studies from the U.S. Army War College.

"Marines, Families and Friends. It is truly an honor to be a part of one of the most cherished traditions within the United States Marine Corps, the graduation ceremony in which recruits become the future leaders of our Corps. Whether you stay in four years or forty, know that you will forever hold the title of United States Marine. Your nation holds its Marines in high regards and I expect you to carry on the traditions of our Marine Corps. You will be faced with tremendous challenges in the face of an ever uncertain world, I have the utmost confidence that you will add to the proud legacy of the United States Marine Corps. Congratulations Marines!"





Platoon 1001 COMPANY HONOR MAN Lance Cpl. A. F. Miranda Chicago Recruited by Sgt. M. J. Gerena-Hall
Platoon 1005 SERIES HONOR MAN Pfc. H. R. Kanya Chicago Recruited by Sgt. B. S. Stipic
Platoon 1002 PLATOON HONOR MAN Pfc. J. J. Bart Sioux City, Iowa Recruited by Sgt. J. Tuttle
Platoon 1003 PLATOON HONOR MAN Pfc. M. W. Belden Missoula, Mont. Recruited by Staff Sgt. D. B. Houck
Platoon 1006 PLATOON HONOR MAN Pfc. R. S. Sullivan Jefferson City, Mo. Recruited by Sgt. E. Martinez
Platoon 1001 HIGH SHOOTER (337) Pfc. J. G. Hutsell San Diego Marksmanship Instructor Sgt. T. Anderson
Platoon 1003 HIGH PFT (300) Pvt. C. A. Fernandez Houston Recruited by Sgt. H. Maldonado



ALPHA COMPANY

1st RECRUIT TRAINING BATTALION



Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. D. R. Kazmier
Sgt. Maj. M. S. Seamans
Staff Sgt. C. Gonzalez

COMPANY A Commanding Officer Capt. P. A. Dinardo Company First Sergeant 1st Sgt. J. A. Hoversten	SERIES 1001 Series Commander Capt. A. E. Moore Chief Drill Instructor Gunnery Sgt. J. Rodriguez	PLATOON 1001 Senior Drill Instructor Sgt. C. G. Woitd Drill Instructors Sgt. B. E. Aleman Sgt. L. Andavaso Sgt. R. R. Crider Sgt. W. T. Harris Sgt. J. L. Walker	PLATOON 1002 Senior Drill Instructor Staff Sgt. G. Dominguez Drill Instructors Staff Sgt. J. J. Ferguson Staff Sgt. B. A. Parmele Staff Sgt. J. W. Schaalma Sgt. T. S. Bazua Sgt. R. C. Hernandez	PLATOON 1003 Senior Drill Instructor Staff Sgt. M. E. White Drill Instructors Staff Sgt. J. W. Fielder Staff Sgt. R. Martinez Sgt. I. Munoz Sgt. L. P. Thompson
	SERIES 1005 Series Commander Capt. K. R. Sanchez Chief Drill Instructor Gunnery Sgt. F. Cervantes	PLATOON 1005 Senior Drill Instructor Sgt. J. J. Sanchez Drill Instructors Sgt. R. E. Allen Sgt. G. A. Dolgner Sgt. I. P. Jones Sgt. C. L. Smith Sgt. K. A. Stewart	PLATOON 1006 Senior Drill Instructor Staff Sgt. J. O. Downing Drill Instructors Staff Sgt. J. A. Delgado Staff Sgt. J. D. Gonzalez Sgt. C. Ramsey Sgt. O. Roman	

* Indicates Meritorious Promotion

PLATOON 1001 Pvt. T. R. Abbey Pvt. C. F. Aldrich Pvt. D. A. Alvarez Pfc. D. P. Arellano Pvt. T. W. Artiche Pvt. M. T. Bilyk Pfc. B. S. Bright Pfc. C. T. Brown Pvt. K. I. Bussmann Pfc. A. L. Cadin Pvt. E. R. Castro-Sanchez Pvt. J. R. Chavez Pvt. J. R. Cook Pfc. S. T. Daclan Pfc. J. E. Delgado Pvt. R. H. Ethier *Pfc. R. D. Ford Pfc. B. P. Galli Pfc. B. W. George Pfc. J. T. Gille Pvt. J. R. Guardado Jr. Pfc. T. W. Hart Pvt. A. F. Hauser Pfc. K. J. Hernandez-Ferraes Pfc. J. P. Hutsell III Pvt. E. R. Jamerson Pvt. P. E. James Pfc. J. F. Johnston Pfc. J. B. Kabins Pvt. A. D. Kempiden *Pfc. N. R. Koch Pvt. A. C. Lawton Pvt. A. M. Llamas Pvt. I. N. Luevano Pvt. A. T. Manzo Pfc. E. P. Maravilla Pfc. C. R. Medberry *Pfc. W. S. Miller *Lance Cpl. A. F. Miranda Pvt. F. G. Montano Pvt. K. D. Newcomb Pfc. N. J. Norton Pfc. R. G. Novoa Pvt. J. K. Nunez Pvt. B. R. Ochoa Jr.	*Pfc. S. T. Peltier Pfc. A. R. Pinaire Pvt. J. D. Purdiman II Pvt. J. B. Ramirez Pvt. L. R. Reyes Pvt. J. D. Rohrs Pfc. C. T. Romero Pvt. P. F. Rotondo Pvt. G. T. Saam III Pvt. J. E. Samson Pfc. R. I. Santamaria-Rodriguez Pvt. V. D. Silva-Jimenez Pvt. B. H. Smith Pfc. J. K. Starke Pvt. D. B. Strauch Pvt. B. E. Turner Pfc. A. T. Valdez Pfc. E. D. Valles Pfc. J. H. Van Hyning PLATOON 1002 Pvt. J. Alvarado Pvt. U. Alvarez Pvt. D. G. Avelar Jr. Pvt. D. D. Bailey Pvt. T. P. Bailey Pfc. J. J. Bart Pfc. J. P. Bauer Pvt. G. Becerra Pvt. I. C. Beechner Pvt. R. J. Bragg Pfc. R. M. Breidenbach Pvt. J. D. Capen Pvt. E. R. Castillo Pvt. G. A. Castro-Gomez Pvt. J. L. Contreras Pvt. J. O. Cortez Pvt. K. M. Curry Pfc. D. M. Czinder Pvt. K. K. Darris Pvt. D. R. Deal Pvt. N. Delgado Pfc. J. X. Diaz *Pfc. E. P. Diego Pvt. G. Dimino III	*Pfc. L. R. Dooley Pvt. N. P. Eble *Pfc. A. M. Echols Pvt. L. R. Erickson Pfc. R. E. Eubank Pvt. K. A. Felt Pfc. M. A. Fleenor Pvt. M. W. Forbush Pvt. A. Galan Pvt. A. Garcia Pvt. R. P. Garcia Pvt. C. J. Glogner *Pfc. R. A. Gonzalez Pvt. P. Gutierrez Jr. Pvt. C. A. Harding Pvt. C. T. Hawk Pvt. A. T. Hedrick Pvt. M. R. Haskins Pvt. M. T. Jankowski Pfc. M. J. Johnson Pfc. C. D. Kendrick Pvt. B. R. Kenney Pfc. M. D. Kistner Pvt. S. C. Kongkeoviman Pvt. Z. W. Laprad Pvt. A. M. Leatham Pvt. C. A. Lewis *Pfc. M. D. Love Pvt. D. A. Lozano Pvt. T. F. Mack Pvt. K. J. Martin II Pvt. B. A. Mason Pvt. D. J. McGregor Pfc. M. A. Melendez Pvt. Z. R. Mendiola Pvt. R. S. Modling Pvt. J. M. Murdock PLATOON 1003 Pvt. M. T. Aiken *Pfc. J. C. Alexander Pvt. A. Alvarez Pvt. D. W. Anderson Pfc. L. Andrade Pfc. T. P. Baeurle Pfc. G. N. Balanon Pvt. F. E. Bay Jr. Pvt. D. J. Belau	Pfc. M. W. Belden Pfc. N. S. Belousav Pvt. B. C. Bennett Pvt. J. Biedeger Pvt. A. Black Pvt. R. L. Brackin Pfc. C. A. Bravo Pfc. J. P. Camp Pvt. D. A. Campbell Pfc. R. C. Carroll *Pfc. J. A. Cervera Pfc. J. L. Closna Pfc. A. G. Cordova Pvt. S. R. Cushion Pfc. G. Cutelli Pvt. P. R. Deal *Pfc. S. Delapaz Pvt. T. L. Duffey Pvt. A. Espinoza-Gonzalez Pvt. C. A. Fernandez Pvt. D. A. Garcia Pvt. M. C. Geppert Pvt. A. J. Gonzalez Pvt. M. E. Gonzalez Pvt. J. C. Goode Pvt. H. C. Grant Pvt. J. R. Grant Pvt. E. I. Grimaldo Pvt. H. W. Grose *Pfc. M. D. Hamlin Pfc. G. R. Herposheimer Pvt. B. H. Hill Pfc. J. W. Inman Pvt. B. R. Jaynes Pvt. T. J. Jelinek Pfc. C. L. Kause Pvt. M. J. Kearns Pfc. J. L. Kelly Jr. Pvt. S. A. Kimmes Pfc. C. Kram Pvt. Z. A. Kuyl Pfc. E. B. Letourneau Pvt. J. N. Little Pfc. A. Lopez Pvt. J. A. Lopez Pvt. R. Lozano Pvt. D. E. Lutsenhizer	Pvt. A. J. Mack Pfc. E. L. Malanca Pvt. R. F. Maldonado *Pfc. S. Markosky Pfc. M. S. Marquez Pvt. N. Marroquin Pvt. J. W. Marshall Pvt. R. M. Rynearson PLATOON 1005 Pvt. K. J. Anglemire Pvt. K. C. Brashear *Pfc. E. Brooks Pvt. T. Cross Pvt. D. S. Ellis *Pfc. B. W. Franco Pfc. S. Z. Frehse *Pfc. J. S. Ioane Pvt. H. R. Hunter *Pfc. C. P. Kaopua Pvt. D. King Pfc. M. D. Lunschin Pvt. C. Martinez Pvt. J. R. Milford Pvt. N. M. Minor Pvt. L. D. Montenegro Pfc. R. Z. Moreland Pvt. C. A. Nelson Pfc. B. D. Nguyen Pvt. S. E. Norris Pvt. M. R. Orr Pvt. B. S. Parmeter Pvt. Z. M. Parr Pfc. E. Pereda Pvt. R. Perez Pvt. J. D. Peris Pfc. L. P. Plummer Pvt. W. J. Price Pvt. C. O. Ramirez Pvt. T. J. Ratke Pvt. S. D. Reawarren *Pfc. J. A. Reynolds Pvt. C. R. Richey Pvt. R. C. Robertson Pvt. C. L. Roland Pfc. C. E. Saaverdra-Troncoso Pfc. K. I. Salazar Pfc. K. A. Salus	Pvt. A. Sanchez Pvt. J. M. Schwartz Pvt. J. A. Scott Pfc. K. C. Seigler Pvt. M. C. Sepanski Pvt. R. R. Serrato Pvt. J. L. Shinsky Pvt. P. R. Sirignano Pvt. D. J. Soucek Pvt. L. P. Staton Pvt. K. D. Steele Pvt. K. J. Stone Pfc. J. C. Taitano Pvt. A. M. Taylor Pvt. A. A. Teel Pvt. A. M. Thompson Pvt. N. R. Thomson Pvt. M. N. Tran Pvt. C. J. Trujillo Pvt. M. A. Valdez Pvt. I. N. Valenzuela Pvt. N. J. Vaughn Pvt. J. M. Vince Pvt. C. R. Walker Pvt. A. D. Webb Pvt. J. M. White Pfc. L. H. Williams PLATOON 1006 Pvt. J. E. Cates Pvt. E. M. Hormann Pfc. T. D. Martin Pvt. D. A. Martinez Pvt. I. Martinez Pfc. J. H. Mayo Pvt. L. R. McDaris *Pfc. P. J. McDonald Pfc. T. J. McDougale Pvt. P. M. McRae Pvt. E. A. Mendez Pvt. C. M. Miller *Pfc. A. C. New Pvt. G. Ochoa Pvt. I. A. Orazco Pvt. T. R. Owen Pvt. S. J. Pandolfi Pfc. T. J. Parberg Pvt. R. D. Parmer Pvt. C. A. Pool	Pfc. K. J. Pritchett Pfc. J. L. Rice Pfc. M. D. Robinson Pvt. D. A. Rodriguez Pvt. R. T. Ross *Pfc. N. C. Rueter Pvt. J. G. Saenz Pvt. D. L. Sanchez Pvt. C. P. Sargent Pvt. K. C. Shannon Pvt. D. C. Simon Pvt. J. L. Simpson Pvt. E. W. Sommer II Pfc. C. L. Standfill *Pfc. R. S. Sullivan Pvt. J. E. Swanson Pvt. K. L. Talley Pvt. J. E. Teter Pvt. J. J. Thamer Pfc. J. Theriault Pvt. S. M. Thomason Pvt. V. J. Torres-Cardiel Pvt. A. B. Trevino Pvt. A. A. Turner Pvt. C. A. Turpin Pvt. J. A. Twobulls Pvt. S. S. Urbancic Pvt. C. Valdez Pvt. T. D. Vallance *Pfc. W. E. Van Cleve III Pvt. M. E. VanDreumel Pvt. N. D. Vaniwarden Pvt. K. J. Vargas Pvt. G. Villapatio Pvt. B. E. Villasenor-Rosas Pfc. J. D. Vo Pvt. W. W. Ward Pvt. R. C. Wells Pfc. E. J. Wesolowski Pvt. J. R. Wetlesen Pfc. C. T. Wied Pvt. D. D. Wilbanks Pfc. M. 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Lance Cpl. Benjamin E. Woodle

Recruits of Company B, 1st Recruit Training Battalion, run a lap around the entire training field before they start the Combat Conditioning Exercise aboard Marine Corps Recruit Depot San Diego May 29. Stretches were also included before the CCX to ensure recruits were warmed up for the event.

Combat Conditioning Exercise trains recruits' minds, bodies

BY LANCE CPL. BENJAMIN E. WOODLE
Chevron staff

A drill instructor's presence can be stressful for most recruits. That stress level can become greatly multiplied when in the face of an enemy during combat. The physical and mental toll taken during such a fight is tremendous, which is why recruits must train and prepare for it. The Combat Conditioning Exercise is one of the few training events that can simulate that physically and mentally exhausting and stressful environment.

Recruits of Company B, 1st Recruit Training Battalion, ran through the Combat Conditioning Exercise aboard Marine Corps Recruit Depot San Diego, May 29.

The purpose of the CCX is to push recruits to absolute exhaustion through multiple fast-paced obstacles. Mental training begins when recruits reach a point of physical exhaustion and must push through even though everything in their body is telling them to stop.

"We do it to give recruits a heightened physical stress environment as well as challenge them mentally," said Sgt. Phillip S. Haly, drill instructor, Platoon 1031, Co. B, 1st RTBn. "This event also gives us a good opportunity to work proper technique into the training, especially since they'll be tired and want to be sloppy."

The CCX is one of the most difficult physical training sessions that recruits go through while

at recruit training. For some though, the CCX offers the challenge recruits were looking for when they signed up to become a Marine.

"I thought the CCX was hard, challenging, and at the same fun," said Recruit Jourdon A. Winterstein, Plt. 1035, Co. B, 1st RTBn. "This is exactly what we came for; the fast-paced physical and mental challenges."

The physical exhaustion and fast-paced, aggressive events in the CCX are designed to help mentally prepare a recruit for the dire situations they may encounter in combat. One may run out of ammunition or rushed at during a night ambush. Either way, it comes down to who gives up first.

"The CCX strengthens us and has real world application," said Winterstein, a Fremont, Neb. native. "It prepares us for the mindset of a life or death situation where you can't quit."

Through sweat and exhaustion, a better recruit, a better Marine, is crafted. Pushing a recruit out of their comfort zone to realize the potential they have is one of the main goals in recruit training. After completing the CCX, recruits receive a new sense of confidence and accomplishment that will assist them with excelling through the rest of recruit training.

"It ties into them being a basic warrior," said Phillip. "It helps them deal with the physical and mental challenges and just push through it."



Lance Cpl. Benjamin E. Woodle

Recruits of Company B, 1st Recruit Training Battalion, practice the forward shoulder roll during the Combat Conditioning Exercise aboard Marine Corps Recruit Depot San Diego May 29. Recruits complete various obstacles that range from Marine Corps Martial Arts Program moves to physical conditioning obstacles like star jumpers, high/low crawl, fireman's carry, and buddy drags.



Lance Cpl. Benjamin E. Woodle

Recruits of Company B, 1st Recruit Training Battalion, high crawl back and forth before moving on to their next obstacle during the Combat Conditioning Exercise aboard Marine Corps Recruit Depot San Diego May 29. Recruits never know how long each event lasts, which adds to the physical and mental exhaustion.