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"Where Marines Are Made"

AND THE WESTERN RECRUITING REGION

FRIDAY, SEPTEMBER 20, 2013

### Rappel training demands recruits face fear

STORY & PHOTOS BY LANCE CPL. TYLER VIGLIONE Chevron staff

One of the most common fears among people is fear of heights. Company A, 1st Recruit Training Battalion, recruits took on the Rappel Tower aboard the depot to push pass that fear, Sept. 6.

During training day 58, recruits go through the rappel tower during recruit training because it is considered a confidence builder, according to Staff Sgt. Giovani Dominguez, senior drill instructor, Platoon 1010.

"A good amount of recruits who go through recruit training are afraid of heights in some way so when they are going up the stairs to the top of that tower, they have to push through the fear," said Dominguez, a native of Bronx, N.Y.

The rappel tower is a 60-foot structure with three different sections: the rappelling wall, the hell-hole and the fast rope. All recruits must complete the fast rope but get a choice on which one out of the other two they would like to do.

The fast rope, which is the first event recruits learn at the



Recruit Julio J. Valdezsilva, a native of San Marcos, Calif, slides from the rappel tower from the simulated hell hole, Sept. 6. When rappelling, the hand holding the rope at the back is used to control speed.

rappel tower, is a rope hung vertically that recruits must mount and slide down. This section is meant to give the recruits an idea on how they would exit a helicop-

After all recruits went through the fast rope, they were taught by

an Instructional Training Company instructor on how to properly rappel or slide down the hellhole. They were also taught how to properly make a rope harness. "After the recruits make their

see RAPPEL 2



Company I recruits learned the importance of customs and courtesies in the Marine Corps, Sept. 4.

### Learning to be Marines

**STORY & PHOTO BY** PFC. JERICHO W. CRUTCHER Chevron staff

Before recruits earn the title Marine, they must develop knowledge and understanding on how Marines present themselves.

For recruits of Company I, 3rd Recruits Training Battalion, the first step was the introduction of Marine Corps customs and courtesies on training day two aboard the depot, Sept. 4.

All recruits go to several different classes such as: Marine Corps history, traditions, leadership traits and uniform regulations. Classes are used to teach recruits about all

areas of Marine Corps knowl-

edge.
"This class helps build on the professionalism and gives the recruits a basic foundation on how to act as a Marine," said Sgt. Enrique Uribe, drill instructor. "Taking pride in our customs and courtesies is what sets us apart from the other branches in our military."

Customs and courtesies help drill instructors instill traditions into recruits as well as show acknowledgement and respect to fellow Marines.

Marine Corps traditions stood out the most to one recruit during the class.

see BASIC > 2

### O-Course training aids fitness

**STORY & PHOTO BY** CPL. PEDRO CARDENAS Chevron staff

Physical fitness and mental toughness of recruits are initially tested during weeks two and three of recruit training. The Obstacle Course is one of the early events (training day nine) used to build grit and strength.

Recruits of Company E, 2nd Recruit Training Battalion, conquered the O-Course aboard the depot, Sept. 5.

Course is to mentally condition recruits for combat and also get recruits over their mental and physical fears," said Staff Sgt. Joshua W. Cline, drill instructor, Platoon 2107. "This is going to build their confidence for future events when training becomes more demanding. It's going to be less stressful and they are going to be more conditioned."

Recruits begin the course by pulling their body over a high bar, then, slide across metal tubes. Afterward, recruits have "The purpose of the Obstacle to balance across wood beams,

mount over a wall and then, after hurdling over a few wooden beams, they must climb a 20 foot

Once at the top of the rope, recruits yell their platoon number and the name of their senior drill instructor, signifying they have completed the course.

After completing the course, recruits have one more physical push to make. They must buddy drag another recruit, of similar size, approximately 40-yards.

see O-COURSE 2



A recruit of Company E, 2nd Recruit Training Battalion, hurdles over a wood beam during the Obstacle Course aboard the depot, Sept. 5. Recruits must perform the course while wearing combat utilities and boots.



Company A recruits use the fast rope on the depot's rappel tower Sept. 6. A fast rope simulates rapid egress from the side entrance of a helicopter in flight, using a rope to reach the ground.

### RAPPEL 1

harnesses, they must be checked twice by instructors to ensure it is properly made and it fits the recruit like it should," said Dominguez.

There are two routes that the recruits can go, the rappel wall or the hell-hole. The rappel wall is the side of the tower where recruits are supported by the harness and wall and get down by walking backwards down the side. The hell-hole is another imitation of a

helicopter exit and how one would exit by rope.

After recruits have been checked and are cleared, they climbed to the top of the 60-foot tower and faced their fears.

"I was so nervous when I was climbing up those stairs going to the top of the tower, "said Joseph G. Kangethe, platoon 1010. "It really didn't look that high from the ground."

According to Kangethe, a native of Nairobi, Kenya, he noticed himself overcome his fear of heights and was proud of himself for doing so.

"After I came down from the tower, I didn't know why I wanted to, but I wanted to go back up," said Kangethe.

Although recruits have conquered the rappel tower, they still have to face the Crucible, a 54-hour test of endurance where recruits must go through more than 30 obstacles while they experience food and sleep deprivation. Only after conquering the Crucible will recruits be awarded the title United States Marine.



Company I recruits learned the importance of customs and courtesies in the Marine Corps, Sept. 4. The class also went over various Marine Corps traditions such as the Marine Corps Ball, Marines Hymn and the meaning of Semper Fidelis, always faithful.

### BASIC 1

"Customs and courtesies have been around since the beginning of Marine Corps history, every year the Marine Corps birthday is celebrated," said Recruit Timothy B. Do, Platoon 3205, a Houston native.

The Marine Corps holds a tradition for cutting the cake. A piece of the cake is given to the oldest and youngest Marine present, symbolizing the experience and youthful spirit that are hallmarks of the Corps. After the cake ceremony, the birthday is followed by the Marine Corps Ball.

Giving the proper greeting of the day is another form of courtesy. Enlisted Marines are required to salute all officers, which is a form of courtesy that shows respect.

The class is taught early in recruit training to build the mentality and mindset of a Marine, explained Uribe, a Houston native.

Now that the recruits of Co. I have received the class, they will be expected to carry customs, courtesies and traditions throughout the rest of recruit training and their Marine Corps career.

"It's important for recruits to be handed down the knowledge from those who came before them, and be trained into well-rounded Marines to carry on our Corps legacy," said Uribe.

### O-COURSE 1

Immediately prior to the O-Course, recruits spend a few hours learning moves from the Marine Corps Martial Arts Program, in a process that is meant to induce fatigue for the event to follow, the O-course. Once recruits begin the O-Course, drill instructors create a stressful environment for recruits by yelling and demanding speed.

Mental toughness helps recruits perform beyond what they thought were their physical limitations.

"It helps you perform under stress and while you are physically exhausted," said Recruit Robert T. Foster.

The O-Course is designed to also build confidence because, "Just like anything, knowing how to overcome each obstacle individually and doing all this while exhausted and tired, is very difficult," said Cline a Mantua, Ohio native.

For some recruits, the O-Course is a new learning experi-

ence, which they can use during deployments or combat operations

"It was challenging at parts, but it prepares you for combat because there isn't a playing field where you will be operating," said Foster a Vancouver, Wash. native. "It gives you a sense of pride knowing you can adapt and overcome."

As recruits continue to move further into training, the tasks get tougher. During training day 47 and the Crucible (training day 61-62), recruits will face the Obstacle Course again, and each time they will be required to perform under more difficult circumstances. When recruits reach the Crucible, they will be tasked to complete it while wearing full combat utilities uniform, a helmet and carrying an M16-A4 service rifle.

Recruits of Co. E have completed the Obstacle Course for the first time, however, they still have a long road ahead of them. Their confidence and physical fitness continues to grow, which will help them push ahead, earning the title "Marine."

### **BRIEFS**

### Are you prepared?

September is National Preparedness Month! Be the Hero! Make a difference for yourself, your community and our nation. Do one or all of the following:

- Learn your risk and responses
- Make a family communications plan
- Build an emergency supply kit
- Get involved in preparedness for your community.
- Register at: www.ready.gov/pledge. For information contact G-3, Mission Assurance, at (619) 524-8432.

#### **MMOA Monitor Team visit**

The MMOA monitor team will visit the Depot Nov. 1 and 2.

There will be an all-officer brief and presentation from 8 to 10 a.m. Nov 1. Interviews will be held from 10 a.m. to 4 p.m. November 1, and 8 a.m. to 1 p.m. on Nov. 2 The brief and interviews will be held in the Conference Center, Building 7W. All officers are required to attend the briefing. Monitor interviews will be scheduled via SharePoint.

For questions regarding individual appointments, officers should contact their unit Adjutant. The MCRDSD coordinator is Ms. Edwards at (619) 524-8733.

### Wallyball tournament

The MCRD Racquetball Courts will be the site of the Semper Fit, CG Cup Wallyball tournament on Oct. 8.

The event is open to MCRD active duty personnel and DoD and NAFI employees only.

In addition, register your section for the 2013 CG Cup Wallyball League today. This is a six-week league consisting of regular season and playoffs.

Entry deadline is Sept. 30. Earn CG Cup points for participating and extra points for female participation.

Information: Rachel Dickinson at dickinsonr@usmc-mccs.org or (619) 524-0548.

### Catalina Island trip

The Single Marines Program will sponsor a two day trip to Two Harbors, Cataline Island on Oct. 4 to 6.

The trip is open to single service members and geographical bachelors. Camp on a private beach, snorkel, hike the island. Transportation, ferry

and food is included in the \$75 cost. For information call Josh Davis at (619) 524-8240, or contact him via the

net at davisjp@usmc-mccs.org.
Information may also be found at http://www.mccsmcrd.com/Downloads/SingleMarineProgram/13\_
SMP\_Catalina\_Island\_Trip\_Buccaneer Days Festival flyer.pdf

### **Universal Class Online**

A free Universal Class Online is available through the depot's library. This is available to everyone with active Marine Corps Library accounts.

Study more than 500 online continuing education courses on any computer.

For information, course listings and registration call (619) 524-1849 Monday through Saturday from 8:30 a.m., until 5 p.m., and from 1 until 5 p.m. on Sundays. Information is also available at

http://www.facebook.com/mcc-smcrdsd.ppd http://www.mccsmcrd.com/PersonalAndProfessionalDevelopment/Library/index.html

### 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: "If you could choose your duty station, where would you choose to be stationed?"



"I would pick Hawaii. It's really beautiful out there and would cherish the sights and experience." Lance Cpl. Chelsi B. Johnson, administrative specialist, Depot Adjutant Office, Headquarters and Service Battalion



"Hawaii. I've never been there and would like to experience it. I've heard great things about the area and how beautiful it is." Lance Cpl. Brooks A. Crittenton, postal clerk, Post Office, Headquarters and Service Battalion



"I would pick here actually. I feel it's a good starting duty station and environment that allows me the opportunity to learn my job better since it seems less hectic. It also has more volunteer opportunities to go out and do different things within the Marine Corps outside of your Military Occupational Specialty." Lance Cpl. Phil A. Shanner, separation clerk, Finance Department, Headquarters and Service Battalion

## **Gun salute practice**



Sgt. Carlos Chavez Jr., drill instructor, Company G, 2nd Recruit Training Battalion, fires one of the depot's three caliber 40mm MK11 Modified Naval Saluting Guns during gun salute practice Sept. 17. Practice was held by the ceremonial detail in preparation for future ceremonies. Gun salutes are rendered to military and civilian leaders of the nation. The number of shots ranges from 21 for the President of the United States to 11 shots for one-star flag officers.

### Music makers take aim



Gunnery Sgt. Andy C. Padilla, company gunnery sergeant, Service Company, Headquarters and Service Battalion, teaches Sgt. Gracia Mariana, musician, Marine Band San Diego, aiming positions during familiarization fire at the East Miramar pistol range aboard Marine Corps Air Station Miramar, Sept. 12. Marines were encouraged to test their marksmanship skills with the M9 service pistol and M1014 shotgun.



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CHEVRON ~ FEATURE ~ SEPTEMBER 20, 2013

# Fitness training builds recruit endurance

STORY & PHOTOS BY PFC. JERICHO W. CRUTCHER Chevron staff

ecruits of Company I, 3rd Recruit Trainbefore starting their cross-fit workout ing Battalion, performed interval sprints with the Circuit Course aboard the depot, Sept.

The purpose of the Circuit Course is to build endurance, strength and stamina. Performing interval sprints before the course will test the recruits when they're fatigued.

"This course builds all over body strength and increases the recruit's endurance while they're exhausted," said Sgt. Aloha Tupou, drill instructor, Platoon 3203. "It takes mental and physical toughness to be able to push through when your body is drained."

Recruits warmed-up for the course by running two half-mile interval sprints and then split into groups of 10 led by a drill instructor.

The Circuit Course is a series of stations with different exercises. Each station is designed to target a specific muscle group.

Before they begin, the drill instructors informed the recruits how to properly execute each aspects out of all Marines", said Tupou. "Maexercise. Recruits performed each exercise by synchronizing with the drill instructor that led their group. Recruits must continuously execute each exercise until the designated time runs out.

Recruits performed each station for 60 seconds before moving to the next one.

Then, drill instructors took the recruits to the next station where they would immediately start the designated exercise.

Starting this course fatigued, after running half-mile sprints, is what makes this course uneasy. Each station demands a new physical challenge such as pull-ups, incline sit-ups and jump ropes. Recruits feel the exhaustion set in as their bodies build endurance, explained Tupou, a San Diego native.

"Each station builds endurance and puts your body in physical discomfort," said Recruit Dominic V. Bernharda, a San Diego native. "The drill instructors push us through it when it feels impossible to continue."

Marines train to reach the peak of their physical fitness as it is demanded of them by the

Even though they have a long road ahead, interval sprints combined with the Circuit Course is a way to prepare the recruits of Co. I for recruit training and their future careers as United States Marines.

"The Marine Corps demands high physical rines must always be prepared, whether it's running an annual Physical Fitness Test and Combat Fitness Test, or preparing for bigger things such as deployments."



Company I recruits perform two half-mile sprints on the depot's Circuit Course, Sept. 5. After the sprints, recruits begin the many exercises of the Circuit Course while they are fatigued. The Circuit Course has stations dedicated to the exercise to be performed.



Company I recruits execute leg lifts while hanging from pull-up bars on the depot's Circuit Course, Sept. 5. After leg lifts, the recruits are led to the next exercise by their drill instructor. Once there they begin the next 60 seconds of their workout.



Recruits perform over-head presses with a weighted bar on the depot's Circuit Course, Sept. 5. Starting the course fatigued after running half-mile sprints is what makes this event challenging.



Doing incline sit-ups increases the difficulty of the exercise and its effectiveness. Depot recruits perform this style sit-ups while running Circuit Course. Before beginning, drill instructors teach recruits how to properly execute the exercise.

# Marine gives back by joining Corps

STORY & PHOTO BY LANCE CPL. TYLER VIGLIONE Chevron staff

Marines join the Corps for all sorts of reasons. For one Marine, the Corps was his way of giving back to America.

Pfc. Joseph E. Kangethe, Platoon 1010, Company A, 1st Recruit Training Battalion, was born in a different environment than his peers; Nairobi, Kenya.

"I moved to the United States last year on February 20. I compare my life back in Africa to my life here and it was so much different," said Kangethe, 18. "In February 2012, I was able to move to America. My father got his green card and put my family's name on his papers so we got green cards as well."

According to Kangethe, the Kenyan school system was almost nothing like in the U.S. He had to pay to go to school and bring his own food every day. Unlike most students here, Kangethe went to school from 6 a.m. to 6 p.m.

"I used to go to school with no food, we didn't have any food at home that I could bring, so I usually wouldn't eat all day," said Kangethe. "The teachers are also very different back in Africa; you get hit if you mess up in school, unlike here where they talk to you."

Kangethe described life in Kenya as hard, not only at school but at home as well. His mother was a housewife where she maintained the family farm.

"I would wake up every morning and couldn't eat breakfast. We didn't have anything to eat," said Kangethe. "So every morning I would go out and work in the field. I would try and find food but it was hard to find food and bring it back to my home."

His mother worked on the family farm where they grew crops and raised cattle for their food and when they didn't have the resources to gather enough food, they would hunt. Poverty struck Kangethe's family, which is why they struggled to keep food in their house.

Kangethe grew up in a close knit community. He knew everyone by name and where they lived. When he moved to the U.S. he didn't even know his neighbor in the apartment complex he resided in.

When Kangethe got settled in the U.S. he tried to decide what to do – how to seize all of the opportunities America had to offer, and how to take it further.

"America saved my life," said Kangethe. "I felt like I owed something to America so I joined the Marine Corps."

He didn't want to go to college. He said he knew deep down it wasn't the right path for him.

"I did this for myself and for all the other people that got the opportunity to come from Africa," said Kangethe. "Many people come up here (to America) and forget how their lives were where they came from, I didn't."

Through the duration of recruit training, Kangethe was described as inspirational by his peers and even his drill instructors.

"He had a strong presence with the platoon, which is why we made him a squad leader," said Staff Sgt. Giovani Dominguez, senior drill instructor. "The other recruits respected him because he showed them to take nothing for granted."

Kangethe was always on top of what he needed to do while in recruit training. He scored high on his physical fitness test and qualified "expert" with the M16-A4 service rifle.

"Coming from his background, being able to do everything he has accomplished while in recruit training is unbelievable," said Dominguez, a native of Bronx, N.Y. "He was truly an outstanding recruit, one of the best I've had during my time as a drill instructor."

Dominguez believes that Kangethe will be very successful in his Marine Corps career because it's never about himself, he always puts others first



Pfc. Joseph E. Kangethe joined the Marine Corps because he felt it was his way of paying back America for giving him the chance to live a better life.

"I was fortunate to have him in my platoon. I've learned a lot from him that I will be able to use later on in my career," said Dominguez.

Kangethe will move on from recruit training to Marine Combat Training. Then he will continue on to his

military occupational school as an Automotive Organizational Mechanic.

"My mother always told me don't complain when you have two pairs of shoes because there is always that person who only has one pair of shoes. That is how I guide my life and I'm going to take any opportunity I get and make the best out of it," said Kangethe. "I tell people all the time to appreciate what they have because there are people that would wish to have what they have and be happy with it."

### Col. Wayne A. Sinclair

### Parade Reviewing Officer

Col. Wayne A. Sinclair was born and raised in South Africa and Zambia where his parents served as missionaries. In 1982, he moved to the United States to complete high school. He attended the Virginia Military Institute where he graduated in 1988 and was commissioned a second lieutenant.

Upon completion of The Basic School and the Combat Engineer Officer Course, Sinclair served with Company A, 3rd Combat Engineer Battalion, 3rd Marine Regiment in Kaneohe Bay, Hawaii as a platoon commander and later company executive officer. In September 1990, his company joined 1st Combat Engineer Battalion, 1st Marine Division for the duration of Operations Desert Shield and Desert Storm where his platoon supported several different USMC infantry battalions and the King Abdul Aziz Brigade, Saudi Army National Guard, and Regimental Combat Team 5, Task

Force Ripper.

In late 1992, Sinclair left Hawaii and reported to Camp Lejeune, N.C., for instructor duty with Combat Engineer Instruction Company, Marine Corps Engineer School. In 1996, he reported to 7th Engineer Support Battalion, 1st Force Service Support Group at Camp Pendleton, Calif., where he served as the assistant operations officer and later as the Force Protection Engineer for Joint Task Force Southwest Asia in Saudi Arabia and Egypt.

Sinclair returned from the Middle East to 7th Engineers and spent two years in command of Company B and Engineer Support Company respectively before departing Marine Corps Base Camp Pendleton for recruiting duty.

From 1999 to 2002, Sinclair commanded Recruiting Station Phoenix in the 12th Marine Corps District. In 2002, he reported to Marine Corps Command and Staff College in Quantico, Va., as a student.

In March 2003, Sinclair was among a group of CSC students who were forward deployed as individual augmentees in support of Marine Corps forces in Operation Iraqi Freedom. Following his return to Quantico in June, Sinclair attended the School of Advanced Warfighting.

In June 2004, Sinclair reported to I Marine Expeditionary Force where he served as deputy, future operations, operations, and deployed as such for Operation Iraqi Freedom II and OIF 2005-2007.

In August 2006, Sinclair assumed command of 1st Combat Engineer Battalion, 1st Marine Division which supported I MEF combat engineer operations in both Iraq and Afghanistan. In 2007, he deployed to Iraq to direct the counter Improvised Explosive Device section of operations, I MEF (FWD) in support of OIF 2008. He returned from Iraq to attend top level school and, in July 2009, Sinclair and his family relocated to Stuttgart, Germany where he served as the chief of plans, U.S. European Command.

Sinclair is a graduate of the Amphibious Warfare School, the U.S. Army Sapper Leader Course, the Marine Corps Command and Staff College, the School of Advanced Warfighting, and the National War College.

Sinclair's personal decorations include the Bronze Star Medal with gold star, Meritorious Service Medal with two gold stars, Joint Commendation Medal with Oak Leaf Cluster, Navy and Marine Corps Commendation Medal with Combat "V" and two gold stars, and the Combat Action Ribbon.





Pfc. M. N. Devine Milwaukee, Wis. Recruited by Sgt. R. Webber

Pfc. E. A. Alvarez Grand Rapids North, Mich. Recruited by Sqt. C. Jeffers

Pfc. M. A. Chestnut Yucca Valley, Calif. Recruited by Sgt. R. Moreno

Pfc. B. A. Langille Tempe, Ariz. Recruited by Sgt. B. Kidd

Pfc. E. E. Larranga Jr. Laredo, Texas Recruited by Staff Sgt. D. Hernandes

Pfc. J. B. Trammell Round Rock, Texas Recruited by Staff Sgt. C. Boone

Pfc. B. M. Juhl New Prague, Minn. Marksman Instructor Cpl. M. Douglas

HIGH PFT (300) Pfc. J. Pereira Anaheim, Calif. Recruited by Sgt. A. Rodriguez



### PHA COMPA

1st RECRUIT TRAINING BATTALION

Commanding Officer Sergeant Major Battalion Drill Master

Lt. Col. L. M. Schotemeyer Sgt. Maj. M. S. Seamans Gunnery Sgt. R. Rangel



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Perez Jr.

Pvt. F. Quinonez-

Pfc. R. R. Ramos

Pvt. J. M. Robbins

\*Pfc. D. R. Shimoda

Pvt. N. J. Santos

Pfc. C. R. Smith

\*Pfc. J. R. Solis

Pvt. J. D. Sonntag

Pfc. D. P. Sweeny

Pvt. S. R. Tait

Pvt. D. J. Terrill

Pfc. T. J. Thomas

Pvt A J Trabert

Pvt. D. W. Udell

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Pfc. C. L. Wimberly

Pvt. J. J. Valdezsilva

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Senior Drill Instructor Staff Sgt. J. O. Downing **Drill Instructors** Staff Sgt. J. J. Leopold Staff Sgt. A. F. Thurlow Sgt. I. P. Jones Sgt. C. B. Ramsey Sgt. K. A. Stewart

Indicates Meritorious Promotion

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Pfc. A. Flores

Pvt C Y Fulks

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Pfc. T. W. Gares

Pvt. S. C. Garza

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Pfc. T. W. Gillum

Pvt. J. A. Glasco

Pvt K G Graham

Pvt. T. M. Graham

Pvt. A. W. Hathaway

Pvt. F. J. Hernandez

Pvt. Z. R. Hersrud

Pvt. B. R. Huber

Pfc. J. M. Hudson

Pvt. T. W. Hulstine

Pvt. C. C. Keating

\*Pfc. P. J. Kelso

Pfc. T. K. Larson

Pvt I G Martinez

Pvt. M. P. Mickler

Pvt. M. C. Miller

Pfc. D. J. Moris

Pfc. J. R. Musso

Pvt. T. Navarro-Aguilera

Pvt. P. O. McKenzie

Pfc. J. E. Josephson

Pvt. H. O. Hawkins

Pvt. D. J. Hedger

Pvt. T. A. Hanak

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Pvt. D. R. Alland Pvt. M. A. Anderson Pfc. D. A. Apakov Pvt. I. A. Aragon Pfc. F. Aziz \*Pfc. M. P. Barker Pvt. N. I. Battle Pvt. R. J. Becker Pvt. N. K. Benson Pvt. M. J. Biewer Pfc R I Bland Pvt. J. A. Boldt Jimenez Pvt. N. J. Cascone Pvt. A. J. Chapa Pvt. N. T. Crowder

\*Pfc. H. Cardenas-Pvt. A. J. Davis Pfc. T. M. DeShazo Pfc. T. W. Deuel Pfc. M. W. Drum Pfc. Z. D. Fisher Pfc. S. M. Foster Pvt. M. L. Fowler Pvt. C. A. Fuentes Jr. Pvt. J. D. Gillette Pvt. A. R. Godeke Pfc. I. R. Godinez

Pvt. A. Gomez Pvt. J. E. Gonzalez Jr. Pvt. T. R. Grooman Pvt. S. K. Hadley Jr. Pvt. Z. F. Hagan Pvt. T. L. Hanson

Pvt. M. R. Harty Pvt. T. J. Haycraft Pfc. D. G. Hellwig-Tinoco Pfc. B. M. Helstrom \*Pfc. R. M. Hladik Jr. Pvt. I. A. Ireland Pfc. N. C. Jimenez Pvt. T. J. Johnson Pfc. J. B. Jordan \*Pfc. B. M. Juhl Pfc. J. G. Kangethe Pvt. B. A. Kelley Pfc. Z. A. King Pvt. J. G. Kolovos

Pfc. B. A. Langille Pvt. L. M. Leist Pvt. H. M. Leverett Pvt. M. A. Lewis Pfc. C. S. Loggins Pfc. J. L. Lomeli \*Pfc. N. A. Longo

Pvt. R. A. Kurudza

Pvt. A. A. Lopez Pfc. D. E. Lucas Pvt. R. A. Mendoza-Cota Pfc. J. T. Mennen Pvt. J. M. Michaelis

Pvt. A. R. Nagel Pfc. S. B. Nassar Pfc. D. Nazaria Pvt. M. A. Newbury Pvt. A. F. Ortizguzman Pvt. D. E. Padilla Pfc. M. A. Paszek Pfc. D. M. Peterson Pvt. J. D. Petrik Pfc. J. D. Piggott

Pvt. A. Pulido Pvt. E. V. Quintanilla Pfc. M. T. Ramirez Pvt. C. C. Reed Pvt. M. A. Rodriguez Pvt. J. L. Rohn Pvt. J. H. Roquemore Pvt. M. A. Salas Pfc. J. M. Sanmiguel III Pvt. B. G. Senn

Pfc. D. G. Spevak

Pfc. A. J. Spring

Pfc. K. N. Stapleton-Flannagan Pvt. J. G. Tellosevilla Pfc. C. J. Theis

**PLATOON 1011** Pfc. J. Alcala Pfc. A. V. Alonzi Pfc. E. A. Alvarez Pfc. J. Anderson Pvt. J. A. Arcivar Pvt. E. J. Ashby Pvt. E. B. Ashley Pvt. W. B. Ayers Pvt. C. R. Barry Pfc. J. A. Batura Pfc. J. J. Beffano IV Pvt J D Bennett Pvt. C. J. Bowden Pvt. A. T. Brandon Pvt. D. D. Brost Pvt. C. W. Bukenhagen Pfc. J. L. Burth \*Pfc. G. Castaneda Pvt. O. Castillo Pvt. R. M. Castro Pfc. T. M. Cochran Pvt. S. E. Cooper Pvt. R. Cruz \*Pfc. S. C. Daniel Pfc. A. J. Davis Pvt. J. Dietz Pvt. K. R. Edwards Pfc. B. Ellis Pvt. D. F. Eubanks Pvt. Z. L. Ferguson Pvt. A. W. Fields Pfc. F. T. Friesen Pfc. E. L. Gann

Pvt. N. J. Kimball

Pvt. V. M. Garcia Jr. Pvt. T. A. Trulson Pfc. M. T. Gonzalez Pvt. N. A. Graber Jr. Pvt. B. T. Greunke Pfc. J. M. Guzman \*Pfc. A. P. Hansen Pvt. M. F. Harrison Pfc. G. R. Hartley Pvt. M. T. Hausman Pvt. J. L. Herrara-Reyes Pfc. I. R. House Pvt. L. J. Hudoba Pfc. H. Z. Huffaker Pfc. R. P. Huynh Pfc. Z. D. Jutkins Pvt. A. C. Kauffman

Pvt. K. C. Lagares Pfc. J. Lanzi Pvt. M. Leavitt Pvt. J. A. Leiner Pvt. J. P. Lobue \*Pfc. M. C. Lopez Pvt. J. J. Madrawski Jr. Pfc. N. A. Martinez Pvt. F. A. Melendez Pfc. H. M. Mendoza Jr.

Pfc. I. Mirzaei-Nejad Pvt. M. S. Mitchell Pvt. D. M. Moon Pvt. B. K. Morgan Pfc. A. J. Morrison Pvt. A. S. Nelson Pvt. C. A. Oetken Pvt. C. E. Oppus Jr. Pvt. A. Orozco Pfc. C. G. Palacios Pfc. E. J. Panzer Pfc. J. E. Pashkov Pvt. D. A. Perez \*Pfc. W. E. Perkins Pfc. M. A. Pundt Pvt. P. V. Raffaelly Pvt. J. I. Renteria Pfc. J. A. Rios Pvt. K. J. Riss Pfc. T. J. Rodgers

Pfc. J. C. Sanchez III

Pvt. F. Guerra Pfc. J. M. Scheibmeir Pfc. C. A. Schlosser Pfc. R. B. Harrell Pvt. K. P. Sneed Pvt. T. C. Harris Pvt. S. P. Sullivan Jr. Pfc. S. C. Hartmann Pfc. B. H. Sutton Pvt. T. S. Henao Pvt. L. G. Hernandez Pfc. A. G. Tekie Pfc. J. L. Trefz Pfc. M. Hernandez Pfc. E. M. Trichel Pfc. M. J. Hewitt Pvt. D. M. Horn

### **PLATOON 1013**

Pfc. P. Aguilar Pfc. T. M. Ahlert Pvt. R. J. Anderson Jr. Pfc. K. J. Anderson Pfc. J. M. Andress Pvt. V. H. Arechiga Jr. Pfc. K. M. Barnett Pvt. J. R. Bellis Pvt. K. R. Boyer Pvt. B. D. Brinkley Pfc. A. J. Buettner Pfc. J. R. Bumstead Pvt. J. Cahill Pvt. B. B. Cain

Pvt. J. S. Capraro Pvt. J. J. Mccord Pfc. A. G. Carr Pvt. L. M. Misenhimer Pvt. C. J. Monteith Pvt. J. Carrera Pfc. V. E. Morin Pfc. A. Castaneda Jr. Pvt. R. D. Ceballos-Pfc. D. J. Ochoa Batista Pfc. B. J. Ortiz Pfc. M. W. Cedeno-\*Pfc. D. E. Ott Mantuano Pfc. J. A. Pereira Pfc. J. A. Cisneros Pvt. S. N. Perez Pvt. J. E. Clem Pfc. C. A. Rivera Pfc. W. D. Coleman

Pfc. N. W. Collins

Pvt. F. A. Costa

Pfc. V. J. Dandini

Pvt. A. C. Davis

Pfc. L. Delgado

Pvt. T. Diaz

Pfc. E. Duarte

Pvt. C. T. Duvall

Pvt. J. R. Garza

Pvt. J. Fraley

Pvt. J. R. Esparza

Pvt. J. Garcia-Perez

Pvt. T. J. Goldsmith

Pvt. H. R. Gonzalez

Pfc. S. L. Gresham

Pfc. A. J. Horton

Pfc. S. M. Jameson

Pvt. A. A. Jimenez

Pvt. C. R. Johnson

\*Pfc. D. A. Johnson

Pvt. A. D. Kauffman

\*Pfc. K. A. Kintop Jr.

Pfc. B. E. Lauderdale

\*Pfc. N. D. Luciani Jr.

Pvt. M. J. Kent

Pvt. N. J. Kessler

Pfc. A. Lagunas

Pfc. R. J. Leano

Pfc. R. Martinez

Pvt. M. Lopez

Pvt. J. J. Jimenez-Gomez

\*Pfc. M. N. Devine

Pvt. C. A. Dubon-Chavez

Pfc. G. M. Delgadillo

Pfc. D. D. Cox

Pvt. A. Cruz

#### **PLATOON 1014** \*Pfc. G. J. Alvarez

Pvt. W. L. Barnes Pfc. J. A. Boykin Pfc. D. B. Carlson Pvt. M. C. Casiano Pvt. A. D. Castro Pvt. D. E. Chang Pvt B F Connell \*Pfc. M. G. Cooke Pfc. C. H. Courtney Pvt. J. I. Cruz Pvt. J. J. Curry Pfc. S. K. Dilwith Pfc. H. L. Ertz Pvt. R. M. Escobar Pfc. W. N. Fox Pvt. A. O. Galindo Pfc. P. P. Goblirsch Pfc. R. Q. Goldson Pvt. R. R. Gonzales Pvt. J. S. Grahl Pfc. R. T. Guzman Pvt. Q. A. Hendrix Pvt. P. B. Hershey Pvt. A. C. Hinojosa \*Pfc. T. D. Ho Pvt. J. E. Jensen Pvt. W. F. Johnson Pvt. J. G. Joy Pvt. C. H. Kelloga Pfc. J. I. Kileleman \*Pfc. C. J. Kramer Pfc. E. E. Larranaga Jr. Pvt. B. K. Long Pvt. J. L. Lopez-Noriega Pvt. M. M. Malsol Pfc. J. J. Marquez Pvt. A. J. Martinez Pfc. R. J. Medina Pfc. E. N. Menchaca \*Pfc. E. Mendoza Pfc. M. O. Mendoza

CON'T \ 8



Recruits Caleb A. Allen and Tayler J. McCann of Platoon 2122, Company F, 2nd Recruit Training Battalion, practice their prone and sitting positions during Grass Week at Edson Rang aboard Marine Corps Base Camp Pendleton, Calif., Sept. 4. The different positions can create discomfort; therefore, snap-in time is used to get recruits accustomed to the position and help them feel more comfortable during firing week.

## Corps' marksmanship begins in Grass Week

STORY & PHOTO BY CPL. PEDRO CARDENAS Chevron staff

**CAMP PENDLETON, Calif. -**The Marine Corps' marksmen and snipers are regarded by some to be part of the best in the world.

To become part of that group, recruits of Company F, 2nd Recruit Training Battalion, have to start from the basic fundamentals of marksmanship during Grass Week at Edson Range aboard Marine Corps Base Camp Pendleton, Calif., Sept. 4. It is the Corps' marksmanship program that ensures every Marine is taught the basic fundamentals they can build on throughout their career.

The purpose of the fifth week of training, otherwise known as Grass Week, is for recruits to learn the basics of

how to operate the M16-A4 service rifle.

"We have to start with square one and teach recruits every aspect of a weapon from the nomenclature to the functions of the weapon," said Sgt. Anthony I. Juedes, drill instructor Platoon 2125. "You have to know how to fundamentally use your weapon regardless of rank or job."

During Grass Week, each platoon is assigned to a Primary Marksmanship Instructor or PMI. PMI's are the subject matter experts in the art of shooting and provide classes for recruits throughout the week. Recruits learn how to use an M16-A4 service rifle, as well as the mechanical functions that make it work. Some marksmanship fundamentals learned during the week include sight picture, sight alignment, trigger

control, breathing control and natural point of aim.

Once classroom instruction is over, recruits move on to the practical application. Recruits practice their sitting, kneeling and prone positions on a padded area that surrounds a barrel target. They spend countless hours during this week in a process called snapping-in, where they aim, with empty magazines loaded, at a barrel with targets painted on it. The targets are of different sizes to simulate the distance (200, 300 and 500 yards) at which recruits will be shooting live fire during firing week.

PMI's use snap-in time to adjust recruits' positions and ensure their deficiencies are corrected.

Other fundamental knowledge recruits learn regarding their weapon is the difference between a stoppage and a malfunction. A stoppage is a disruption in the cycle of operations from firing one round to the next. Marines are trained in how to fix the disruption to continue firing.

A malfunction is an irreparable damage to a piece of the weapon that only a trained armorer may fix.

"If you are deployed and are in a combat situation, you have to know how to fix the weapon in case of a stoppage," said Juedes, an Oshkosh, Wis. native. "You can be sure the person to your left and to your right have received the same training."

Eighteen-year-old recruit Alexander P. Morgan had previous experience with weapons, but, the knowledge he gained during Grass Week made him more confident in his shooting abilities.

"I fired a weapon before recruit training and I was terrible, I missed the target multiple times," said Morgan, a Whales, United Kingdom native. "Grass Week has greatly improved my understanding of marksmanship. As long as I follow the fundamentals taught here I feel I will do well on firing week."

During firing week, recruits of Co. F went to the firing range, where they shot live ammunition to qualify with their rifle. Qualification is a graduation requirement and thus another reason for the importance of Grass Week.

"Every Marine is a rifleman, and one day in combat your life might depend on it," said Morgan. "The weapon is an extension of your body and you must know how to use it to its full capabilities."

### CON'T FROM ◀ 7

Pfc. B. P. Mills Pvt. G. Moreno Pvt. J. Morris

Pvt. M. Murphy

Pvt. A. A. Oberbroeckling

Pvt. J. E. Painter Pvt. Y. I. Paredes

Pvt. C. O. Partida

Pvt. E. U. Paul

Pvt. A. A. Payne

Pfc. J. B. Perez

Pvt. M. B. Powers Pfc T A Proffitt

Pvt. T. C. Raioshek

Pvt. F. Recinos-Blanco Pvt. M. A. Reetz

Pvt. R. J. Ringgold

Pvt. J. Robbins

Pfc. C. Robertson Pvt. C. D. Roe

Pfc. Z. Rosiewicz

Pvt. B. Royer Pfc. M. Sandoval

Pfc. J. Scales Pfc. A. Schullerts Pvt. T. Scott

Pvt. P. Sears

Pvt. T. Sexton

Pvt. A. Sinaovic

Pfc. J. Stainbrook

Pvt. D. Stewart

Pvt. G. J. Tacho

Pvt. D. Tellez

Pvt. B. Thomas

Pfc. E. Vega

### **PLATOON 1015**

Pvt. J. L. Castillo

Pfc. G. B. Cuadro Pfc. K. K. Daoheuang

Pvt. C. J. Davis

Pvt. W. Self

Pfc. J. Soderstrom

Pvt. S. Streets

Pfc. J. Swan

Pvt. U. Trujillo-Garcia

Pvt. A. Vanhook

Pvt. D. M. Branstad

Pvt. J. A. Castillo

Pfc. S. M. Cater

\*Pfc. P. T. Comparan

Pfc. T. M. Eguia

Pfc. D. L. Farmer

Pfc. J. Flores-Barragan

Pvt. W. A. Folts

Pvt. G. A. Gallaway

Pfc. M. T. George

Pfc. M. K. Gibson

Pfc. A. J. Gordon

Pfc. I. C. Green

Pfc. R. E. Gregg Pvt. C. A. Hall

Pvt. B. W. Halmon

Pvt. J. E. Hillier

Pvt. T. R. Holleman

Pvt. C. L. Hollern Pvt. M. L. Hollwager II

Pvt. C. L. Horn

Pvt. J. T. Hunt

Pvt. N. J. Inman \*Pfc. N. A. Klocek

Pfc. I. R. Lamarr

Pvt. J. C. Lappin Pfc. J. M. Lassak

Pvt. T. J. Loesch Pfc. G. D. Mains

Pvt. C. M. Mattsson-Boze Pfc. W. L. Meridith

Pfc. J. C. Montry

Pfc. A. F. Nunes

Pfc. T. A. Quick

Pvt. J. D. Rodriguez

Pfc. B. E. Ruhkman Pvt. J. A. Russell

Pvt. J. D. Sacremento Pfc. T. Sanchez-Solorzano

Pfc. M. B. Scheibe

Pfc. J. P. Scoggan

Pvt. M. A. Sexton

\*Pfc. D. J. Stamp

Pvt. B. G. Stover

Pvt. S. C. Sturm

Pvt. T. A. Tegman Pvt. J. A. Thorpe

Pvt. D. C. Todd

Pfc. J. B. Trammell Pvt. B. P. Treff

Pfc. P. M. Tucker

Pvt. Z. R. Turner

Pfc. M. Valdez

Pfc. R. A. Valencia Pfc. A. D. Verbrugge

Pvt. L. P. Vesco-Marrujo Pfc. N. R. Vickers Pvt. T. L. Vickrey

Pfc. S. A. Voll

Pvt. K. R. Walker Pfc. Q. K. Wallace Pfc. D. Y. Wang

\*Pfc. M. J. Ward Pvt. T. T. Watanabe

Pvt D T Weiss

Pvt. C. J. Wells

Pvt. T. D. Whitmire Pvt. A. L. Wigern

Pvt. E. R. Wilde

Pvt. J. A. Williams Pvt T I Williams

Pvt. J. E. Willis

Pvt. A. L. Wilson

Pvt. T. B. Wilson Pfc. T. L. Wishon

Pfc. Z. C. Woitas

Pfc. A. D. Woosley Pvt. K. D. Wormington

Pfc. T. J. Yang

Pvt. T. B. Yeatter

Pvt. S. J. Yepez

Pfc. A. Zepeda

\*Pfc. J. M. Zimmerman Pfc. B. Z. Zollars