

THE PARRIS ISLAND BOOT



See Echo Company graduates

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ECHO COMPANY

CLIMBS TO THE TOP

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Photo by Lance Cpl. Javarre Glanton

Rct. Marco Velazquez, Platoon 3026, Echo Company, 2nd Recruit Training Battalion, looks at the next log he will climb onto on the Stairway to Heaven obstacle on the Confidence Course at Leatherneck Square on March 23.

From Portugal to Parris Island: One Marine's unique journey

Lance Cpl. Michael Rogers
Design Editor

In 1995, a 7-year-old boy from Portugal flew to the United States by himself. Today, Pfc. Sergio D. Ramos is a Marine.

Ramos, from Platoon 2029, Echo Company, 2nd Recruit Training Battalion, graduates today from recruit training. He said that his life experiences helped him to make it through recruit training.

He was born in Caldas da Rainha, Portugal, to a single mother. His mother tried to give him the best life possible by paying his way to the United States. But, when he got here, he had no home or immediate family.

Ramos only had friends of his family and lived by "couch surfing," which is moving from place to place by the generosity of acquaintances. Ramos had to learn the culture and language of the U.S. by himself. As a young



Photo by Lance Cpl. Michael Rogers

Rct. Sergio D. Ramos, Platoon 2029, Echo Company, 2nd Recruit Training Battalion, strikes with his elbow during Marine Corps Martial Arts Program testing at Leatherneck Square on Feb. 10.

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Echo learns value of fitness

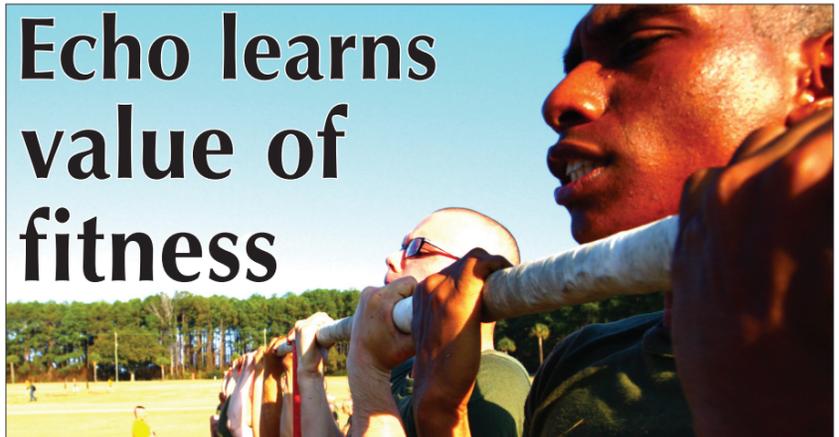


Photo by Lance Cpl. Javarre Glanton

Rct. Sean Poteau, with Platoon 2025, Echo Company, 2nd Recruit Training Battalion, does a pullup at the Weapons and Field Training Battalion physical fitness field Feb. 23. Pullups are one of the three portions of the physical fitness test.

Lance Cpl. Javarre Glanton
Staff Writer

One of the many things recruits of Echo Company, 2nd Recruit Training Battalion, learned while at recruit training was the importance of physical fitness.

While in recruit training, recruits spend countless hours exercising. The exercises become harder during the evolution of training to push the recruits further than they were when they arrived.

"They pretty much learn how it's going to be in the [operating forces]," said Gunnery Sgt. Jacob Moore, senior drill instructor of Platoon 2026. "They find out what's expected, and they learn the building blocks."

The importance of physical training, commonly referred to as PT, is stressed to recruits because of its significance in the Marine Corps, he said.

"It keeps them physically fit," he

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NEWS BRIEF

AERIAL SPRAYING TO CONTROL SAND FLEAS/MOSQUITOES

In an effort to control sand flea and mosquito populations, Marine Corps Recruit Depot Parris Island is scheduled to undergo aerial spray activities April 23-26. Spray activities will occur approximately two hours before sundown if weather permits.

The insecticides used present no threat to humans, plants or animals in the area, and are approved by the Environmental Protection Agency; however, beekeepers within a five-mile radius are urged to keep hives covered.

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Recruits connect to the outside during mail time

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Vintage car enthusiasts visit Parris Island

ECHO COMPANY GRADUATES

Echo Company Honor Graduates

Pfc. L. A. Hampton, Camp Lejeune, N.C.
Platoon 2024, Hampton was recruited by
Sgt. Rowan and trained by Sgt. Krueger

Pfc. J. Doxsee, Chesapeake, Va.
Platoon 2025, Doxsee was recruited by
Staff Sgt. Davis and trained by Staff Sgt. Lopez

Pfc. J. J. Olson, Warren, Pa.
Platoon 2026, Olson was recruited by
Sgt. McGarrie and trained by Gunnery Sgt. Moore

Pfc. J. A. Arce, Pennsauken, N.J.
Platoon 2028, Arce was recruited by
Sgt. Broderick and trained by Staff Sgt. Rhode

Pfc. D. L. Fallecker, Pittsburgh
Platoon 2029, Fallecker was recruited by
Staff Sgt. Gearhart and trained by Staff Sgt. Moreira

Platoon 2024

Pfc. P. T. Banner, Pfc. A. B. Bates, Pfc. J. A. Benson, Pfc. J. C. Biggs, Pfc. A. J. Bissontz, Pfc. A. C. Blount, Pfc. D. C. Brown, Pfc. D. C. Bruce, Pfc. Z. C. Bumgardner, Pfc. K. B. Bush, Pfc. J. A. Carter, Pvt. J. D. Chapman, Pfc. W. J. Cobb, Pvt. F. T. Cobs, Pvt.

J. D. Cuthrell, Pvt. D. L. Dineley, Pvt. A. S. Ferris, Pvt. W. R. Gehrig, Pvt. P. A. Gepfrey, Pfc. R. Godinez Jr., Pvt. K. S. Guenther, Pfc. L. A. Hampton, Pvt. D. J. Haven, Pvt. J. A. Hernandez, Pvt. C. N. Humphries, Pfc. C. J. Hutto, Pvt. W. E. Jones, Pvt. C. P. Keller, Pvt. F. J. King Jr., Pvt. M. E. Lake, Pvt. C. J. Lehman, Pfc. J. R. Lewis, Pvt. W. T. Lively, Pvt. L. G. Longway, Pvt. R. O. Lougbo Jr., Pvt. B. J. Martin Jr., Pfc. B. J. Morrow, Pfc. T. R. Pierce Jr., Pfc. W. B. Roe, Pfc. J. P. Ryan, Pvt. K. A. Schwendeman, Pfc. J. E. Scott, Pfc. S. P. Seader, Pvt. J. T. Silva, Pvt. A. D. Sink, Pvt. M. D. Sinteff, Pvt. J. T. West, Pvt. N. E. Wheat Jr., Pfc. B. M. White, Pfc. Z. S. Wilborn, Pvt. N. G. Williams, Pvt. J. L. Willis

Platoon 2025

Pvt. A. S. Antone, Pvt. D. A. Basilicato, Pfc. L. D. Baylor, Pfc. C. D. Bednarski, Pfc. C. P. Biagioni, Pvt. K. S. Bowman, Pfc. A. M. Callahan, Pvt. J. D. Chau, Pvt. A. J. Coad, Pvt. Q. D. Cox, Pvt. C. W. Darty, Pvt. J. A. Davis, Pfc. J. Doxsee, Pfc. D. P. Fowler, Pvt.

J. E. Freeman, Pvt. T. M. Friedrichs, Pfc. J. M. Gamezalate, Pfc. J. M. Garn, Pfc. T. Hassan, Pvt. J. E. Herring Jr., Pfc. F. P. Holton III, Pvt. J. R. Hughley, Pvt. R. C. Hunt, Pfc. J. B. Hutchison, Pvt. J. M. Jacoby, Pfc. T. J. Jordan, Pfc. C. C. Kneiss, Pvt. V. J. Kozic, Pvt. C. J. Matilski, Pfc. E. L. McCain, Pfc. C. M. Meza, Pvt. C. L. Miller, Pfc. J. B. Miller, Pfc. B. H. Monzonmay, Pfc. A. Moreno, Pvt. K. Q. Nguyen, Pfc. I. P. Pass, Pvt. G. O. Peguero, Pfc. M. T. Petro, Pfc. J. E. Phillips, Pvt. J. M. Polen II, Pfc. S. A. Poteau, Pvt. T. C. Roberts, Pfc. J. A. Rodriguez, Pvt. B. M. Ross, Pvt. V. H. See, Pfc. C. A. Smurthwaite, Pvt. F. L. Sorenti, Pfc. D. G. Stanbury, Pfc. N. H. Stanger, Pvt. M. P. Stober, Pvt. A. Thomas, Pfc. M. S. Vincent, Pfc. S. J. Wickett, Pfc. A. J. Wilson

Platoon 2026

Pfc. C. B. Archipolo, Pfc. T. J. Benson, Pvt. S. H. Billstone, Pvt. D. M. Black, Pfc. J. T. Cobb, Pvt. P. C. Cochran, Pvt. A. C. Deandrade, Pfc. J. C. Delaney, Pvt. J. M. Delaney, Pvt. A. R. Eckenrode, Pvt. Z. N. Egan, Pvt. H. S. Faulkner, Pfc. J. E. Fonseca II, Pvt. J. C. Fraley,

Pvt. J. J. Guzman, Pfc. J. A. Herr, Pvt. N. J. Hilts, Pfc. J. A. Horton, Pvt. N. C. Hurst, Pfc. M. E. Johnson III, Pvt. C. A. Katembo, Pvt. T. S. Kimble, Pvt. J. R. Lamothe, Pvt. K. S. Lavoie Jr., Pvt. C. A. Lopezcolon, Pvt. J. A. Marks, Pvt. S. E. Mason, Pvt. J. W. Mcafoos, Pvt. J. M. Miller, Pvt. D. A. Moore, Pfc. A. M. Moreira, Pvt. T. A. Mullins, Pfc. F. R. Murphy, Pfc. L. H. Murphy, Pvt. A. Narcise, Pvt. A. C. Norris, Pfc. J. J. Olson, Pfc. N. L. Onan, Pvt. H. F. Quirogacastro, Pvt. R. J. Ramey, Pvt. I. Rivera III, Pvt. T. J. Ronketty Jr., Pvt. C. M. Rostran, Pvt. J. G. Severinoguzman, Pvt. T. L. Shilling, Pvt. D. R. Stephens, Pvt. R. E. Tamulionis, Pfc. D. J. Trapp, Pvt. B. J. Vincent, Pvt. J. D. Wagner, Pvt. J. W. Welcome III, Pvt. P. T. Wilson, Pvt. E. F. Wolobah

Platoon 2028

Pvt. J. D. Amoroso III, Pfc. J. A. Arce, Pvt. S. P. Awode, Pvt. L. J. Benitez, Pvt. D. O. Bono, Pvt. J. C. Bragg, Pvt. A. T. Chambers, Pvt. D. J. Daugherty, Pvt. N. H. Delaney, Pvt. I. Elasmarr, Pvt. E. C. Ellrich, Pvt. G. B. Elwood, Pfc. J. A. Eppolito III, Pfc. D. A.

Fazzino, Pvt. D. T. Felder, Pfc. C. L. Gaines, Pfc. N. D. Gmernicki, Pvt. D. M. Halpin, Pvt. A. M. Hartinger, Pvt. M. R. Herzing, Pvt. M. E. Jones, Pfc. F. C. Kangnigan, Pvt. A. M. Kassinger, Pfc. J. S. Korby, Pvt. T. J. Kozlik, Pvt. A. F. Kozlowski, Pfc. M. J. Kress, Pvt. J. B. Kubeck II, Pvt. T. C. Lally, Pvt. V. A. Lemuscarpintero, Pvt. V. M. Lemuscarpintero, Pvt. J. A. Lopez, Pfc. L. Marseille, Pvt. F. J. Martinez, Pvt. K. M. Maul, Pfc. T. A. Mcphaul Jr., Pvt. T. K. Meda, Pfc. T. R. Morgan, Pfc. G. M. Palmer, Pfc. S. T. Pettit, Pfc. A. T. Potts, Pfc. R. W. Riale Jr., Pvt. R. Riar, Pvt. N. S. Roderick, Pvt. J. Seolall, Pfc. N. D. Silvas, Pvt. J. D. Taborda, Pvt. T. H. Villareale, Pvt. D. J. West, Pvt. N. J. Westhoff, Pvt. M. A. Witte, Pvt. T. B. Yharbrough, Pfc. D. M. Young, Pvt. J. D. Zamora

Platoon 2029

Pvt. B. G. Allwright, Pfc. M. A. Altieri, Pvt. C. J. Aube, Pvt. K. A. Austin, Pvt. C. A. Bernahortiz, Pvt. N. A. Bryson, Pfc. M. R. Burks, Pfc. J. D. Case, Pvt. D. J. Chance, Pfc. N. D. Drummond, Pvt. J. M. Duel, Pvt. W. C. Evans, Pfc. D. L. Fallecker, Pfc. A. Ferrufinobeltran, Pvt. J.

D. Ford, Pvt. M. A. Gray, Pvt. J. A. Hernandez, Pfc. J. I. Houston, Pvt. T. D. Keen, Pfc. J. R. Kennedy, Pvt. A. W. Kohler, Pvt. L. W. Lurvey, Pfc. C. R. Maciejeski, Pvt. J. W. Mckechnie, Pvt. V. G. Medina, Pvt. J. A. Myers, Pfc. B. S. Oliver, Pvt. H. Ortega Jr., Pfc. J. Y. Pearsall, Pvt. T. A. Pellerite, Pvt. S. D. Ramos, Pvt. J. C. Rayborn, Pvt. E. Rivera Jr., Pvt. R. A. Rizzo, Pfc. T. E. Robin, Pvt. H. M. Rupp, Pvt. C. M. Schar, Pfc. S. J. Senter, Pfc. S. L. Sepulvado, Pvt. T. N. Shatto, Pfc. C. J. Slabaugh, Pfc. J. T. Sparling, Pfc. D. J. Starr, Pvt. D. A. Taylor, Pvt. A. J. Tormos, Pfc. J. B. Vogelgesang, Pvt. R. E. Walker, Pvt. K. H. Warrix, Pvt. J. S. Weaver, Pfc. M. H. Willis, Pvt. R. A. Wilt III, Pvt. C. D. Wu

THE PARRIS ISLAND BOOT

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Honor graduates receive new award

Lance Cpl. Michael Rogers
Staff Writer

The first two Puller Awards were presented to the company honor graduates of Alpha Company, 1st Recruit Training Battalion, and Oscar Company, 4th Recruit Training Battalion, upon their graduation of recruit training at the Peatross Parade Deck on March 30.

The Puller Award was created by the Marine Corps Association & Foundation as another way to honor the achievements of recruits who stood out in training.

Brig. Gen. Lori Reynolds, commanding general of Marine Corps Recruit Depot Parris Island and the Eastern Recruiting Region, awarded Pfc. Brian Rogan, from Platoon 1018 and native of Warwick, N.Y., and Pfc. Jacqueline Kinman, from Platoon 4009 and native of Crittenden, Ky., the award after the graduation ceremony.

"With the advent of the initial issue [of uniform items] including the dress blue uniform, we started giving the honor graduates a plaque," said John Keenan, professional development director for the Marine Corps Association & Foundation.

Ed Usher, president of the association and retired colonel, said the plaque didn't do the honor graduates proper justice for their hard work throughout recruit training.

"The intent was to create a family heirloom that an honor graduate's descendants can look upon and understand the value of their ancestor's hard work," Keenan said.

The association consulted with the San Diego and Parris Island recruit depots and decided that a statue of the famous Marine, Lt. Gen. Lewis "Chesty" Puller, was a proper award.

"We had a sculptor and former Marine, Mark Byrd, get in touch with Puller's living descendants and begin work on a lifelike statue of Puller," Keenan said.

The statuette is made of bronze and is approximately a foot tall, Keenan said. He said he hopes that the award will remind the new Marines of their hard work and the pride they have instilled in them from recruit training for years to come.

"Getting this award pretty much means everything to me," said Rogan. "It is beyond an honor to be given something with even just his name on it, let alone be made in his likeness."



Photo by Lance Cpl. Michael Rogers

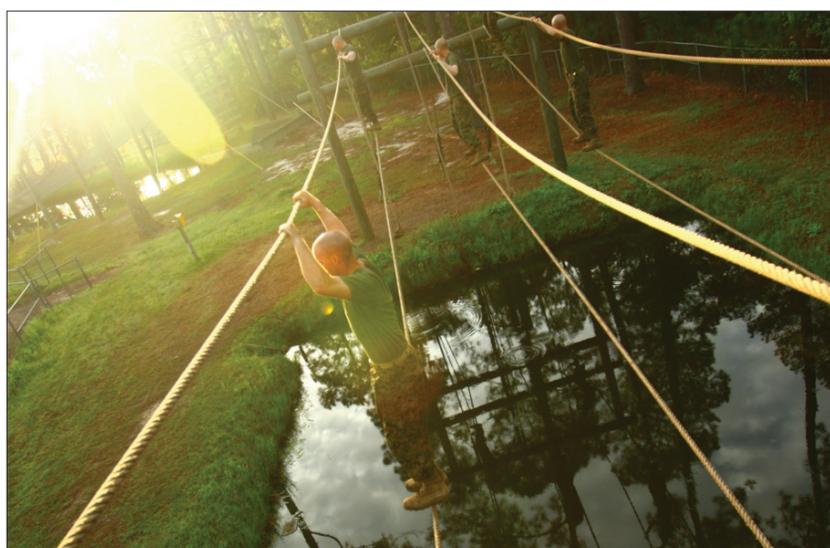
Pfc. Brian Rogan, Platoon 1018, Alpha Company, 1st Recruit Training Battalion, holds a Puller Award at the Peatross Parade Deck on March 30.

Echo gains their confidence



Photos by Lance Cpl. Javarre Glanton

Echo Company, 2nd Recruit Training Battalion recruits try to make it across the Confidence Course's arm walk obstacle March 23.



An Echo Company recruit shimmies his way across the Confidence Course's rope bridge at Leatherneck Square on March 23.

Lance Cpl. Javarre Glanton
Staff Writer

The recruits of Echo Company, 2nd Recruit Training Battalion, faced the Confidence Course at Leatherneck Square for the second time March 23.

Recruits first encountered the wooden and steel medley of obstacles during their first month in recruit training.

They were prepared for it this time and they knew what to expect.

"This is their second time doing this and they're clearly better at it," said Capt. Douglas McDonough, a series commander with the company. "They know they're stronger and more disciplined than before."

Obstacles on the course sometimes require pull-ups, teamwork, dexterity and balance to complete.

The course is intended to build confidence within the recruits and teaches them to trust themselves and their skills.

"It allows them to look back and see something they've conquered that was difficult and know they overcame it," he said. "It gives them faith in their abilities to take on even more difficult things in the future."

The course consists of obstacles that may require them to jump from a platform to a rope 30 feet above ground, he said.

"I've been able to overcome a lot of my fears on the course," said Rct. Ibrahim Elasmari, Platoon

2028. "I looked at it, got to it and conquered it."

Drill instructors constantly shout words of motivation to their recruits while they navigate through the course.

"I froze when I got to the top of the A-frame," said Elasmari, 20, of Cincinnati. "But when I heard my drill instructor shouting at me to keep going, I knew I could do it."

Recruits often watch others who navigate through some of the more tricky obstacles before them to learn from the mistakes they make.

"I noticed what everyone else was doing and I saw what they were doing wrong, and found out how to really do it," he said. "Now, I feel like I can do anything."



Photos by Lance Cpl. Michael Rogers

Rct. Sergio D. Ramos, Platoon 2029, Echo Company, 2nd Recruit Training Battalion, practices rifle-striking techniques during the company's Marine Corps Martial Arts Program testing at Leatherneck Square on Feb. 10.

PORTUGAL

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man, Ramos returned to Portugal to retrieve his brother. He took the younger sibling under his wing, offering the wisdom, knowledge and love their father was not there to give.

Ramos eventually earned his high school diploma and built a stable home life for his younger brother. He always strived to become great and encouraged his brother to do the same.

"I told my brother when we were younger

'if you're going to be a garbage man, be the best garbage man you can,'" Ramos said. "He joined the Air Force, and that was the point in my life that I knew I was ready to do something more for myself."

Leading his brother down the right path in life eventually lead Ramos to his new life in the Marine Corps and gave him the positive male influence that was missing from his life.

Ramos said that he is aware many people have it worse than he ever did, and others would even

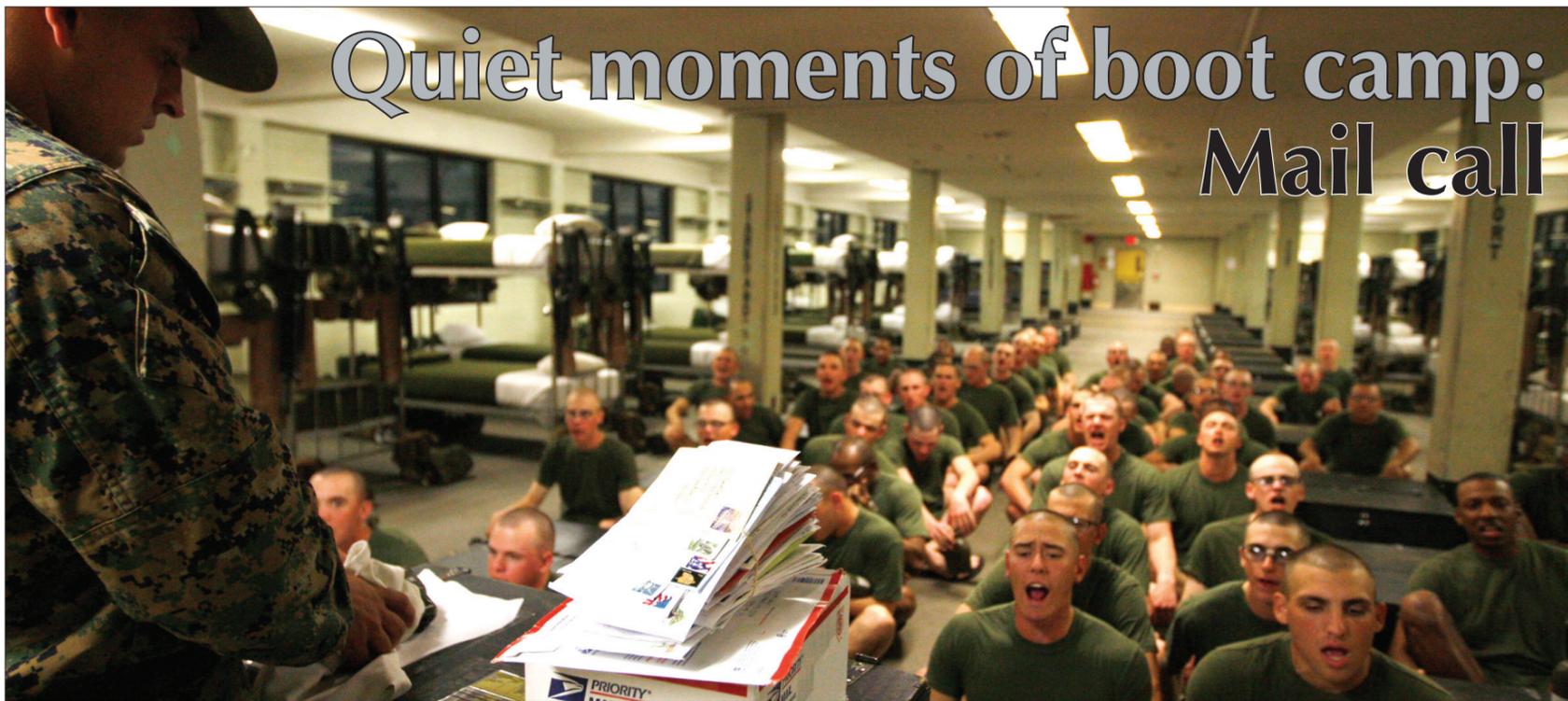
use such early life hardships as a crutch or excuse to slack later in life. But, he said that the culmination of events in his life has made him who he is and helped him excel in recruit training.

"You can tell he is one of those recruits that wants to be here," said Staff Sgt. Carlos Moreira de la Cruz, Ramos' senior drill instructor. "He's not one that just had nowhere else to go in life. He isn't doing this for the education, money or glory. He is doing it to become something better, to become a Marine."



Rct. Sergio D. Ramos sweeps the legs out from under another recruit as part of Marine Corps Martial Arts Program training Feb. 10.

Quiet moments of boot camp: Mail call



Photos by Lance Cpl. F.J. Abundes

Echo Company recruits receive letters and packages from home during mail call Feb. 8. Mail call is often a way for recruits to get away from the wear and tear of training and find encouragement from loved ones.

Lance Cpl. F.J. Abundes
Staff Writer

During the 13 weeks of recruit training, one of the most encouraging moments for recruits is when they open their first letter from home.

"Mail is a good encouragement that reinforces the recruits – someone back home is thinking of them," said Sgt. Walt Krueger, senior drill instructor for Platoon 2024, Echo Company, 2nd Recruit Training Battalion.

Recruits receive their letters from family or friends at the end of the day during mail call. Mail call is often a way for recruits to get away from the wear and tear of training and find encouragement from loved ones.

"Every recruit looks forward to it," said Rct. Zackary Wilborn, an 18-year-old from Burlington, N.C. "You see them with a hidden happiness trying to keep their bearing."

Mail call takes place every night, Krueger said. The recruits gather around the senior drill instructor and he calls them up by name to receive their mail.

"It's contact," said Rct. Kenard Bush, an 18-year-old from Thomasville, Ga. "It might not be physical but a lot of times, recruits may have trouble with certain aspects of training and are feeling down, depressed or just lonely. A letter might lift their spirits for that one night and give them the boost they need."

Wilborn said because the average age for the platoon is 19, many of the recruits have never been away from home and are accustomed to constant communication.

Additionally, most of the young men are accustomed to current technology, like social networking and cellphones, to communicate, Bush said. They do not have this luxury at recruit training and have to get accustomed to this method.

"When you have a letter, you read, and then take time to write," Bush said. "It motivates you and reminds you of why you're here."

If a recruit receives a package, he must open it in front of his senior drill instructor to make sure there is no contraband, such as cellphones, Krueger said.

Recruits are given a chance to write back to their families at night during senior square-away time, a period of time where recruits are given a bit of freedom. Before going to bed, one of the recruits collects all the mail to place in the mailbox the following morning.

"It gives them some sort of contact to the outside world," Krueger said. "Drill instructors are here to train them and demand of them and keep them in line. Their families are pretty much the only ones for them to talk to or listen to their problems."

When the Marines from Echo Company leave today, it will be because of their perseverance, the hard work of their drill instructors, and the letters from home.

Rct. Joshua West, a 19-year-old from Carrollton, Ga., receives mail from his senior drill instructor Feb. 8.



ECHO SWINGS TO THE FINISH



Photos by Lance Cpl. Michael Rogers

Rct. Jacob Ramey, a 19-year-old from West Jefferson, Ohio, and Platoon 2026, Echo Company, 2nd Recruit Training Battalion, swings on a tire swing during the Crucible at Page Field on March 29. This obstacle is one of the Crucible's many challenges that test recruits' teamwork skills.



Ramey prepares to leap to another tire swing. During the Crucible, platoons are split into small groups supervised by a single drill instructor.



An Echo Company drill instructor briefs his recruits during the company's Crucible on March 29. During Crucible obstacles, such as this tire swing, a recruit must take charge and lead the entire team over the obstacle in a predetermined amount of time.

VINTAGE CAR ENTHUSIASTS VISIT PARRIS ISLAND

Cpl. J Nava
Social Media Chief

Members of the Model T Ford Club International drove more than 50 vintage automobiles onto Marine Corps Recruit Depot Parris Island during their visit March 30.

The club members came in their vehicles, which dated back to 1909 through 1927, to witness the graduation ceremony of Alpha Company, 1st Recruit Training Battalion, and Oscar Company, 4th Recruit Training Battalion, and to tour the depot.

"It was extraordinary to see the graduation," said Dennis Fleming, a club member and owner of a 1922 Center Door Sedan Model T. "It was definitely awe inspiring."

Dennis Fleming came to the depot with his wife, Martha Fleming. They are from Luray, Va.

The club is composed of members from all over the United States and even some from other

countries. The members load their vintage vehicles onto trailers to transport them long distances and drive the automobile themselves to their short-term destinations.

All the members drive and maintain their own vehicles and some of the members even own more than one vintage vehicle, said Dennis Fleming.

"These vehicles help you see things at a slower pace and they help you preserve some of the country's heritage," Martha Fleming said.

Preserving and taking part in heritage is one of the reasons the club members were so interested in coming to Parris Island.

"I like observing the discipline these guys have," said Gordon Koll, speaking of the new Marines. "The band was great and the [pass in review portion] was very fun to watch." Gordon Koll came to the depot with his wife, Marcia Koll. They own a 1926

Model T and hail from Grand Rapids, Mich.

Apart from the graduation, the club members also took in some of the depot's sights, had lunch at Traditions restaurant, and visited the Parris Island Museum.

"It was so awesome to come here," said Pennie Terry, a club member. "It was so humbling to come here and see these young people who volunteer to serve in the military." Pennie Terry came to the island with her husband Brent Terry. They own a 1916 Model T and came from Elizabethton, Tenn.

Dennis Fleming, who said he once drove one of his Model T automobiles from New York to Washington state, said he particularly enjoyed seeing the new graduates.

"These are the men and women who protect our country. I'm very grateful for that, and I appreciate everything they do," he said.



Photo by Cpl. J Nava

Gordon and Marcia Koll, members of Model T Ford Club International, own a 1926 Model T and are from Grand Rapids, Mich. The Kolls came to Marine Corps Recruit Depot Parris Island as part of a visit with the rest of their fellow club members.

More of the story

FITNESS
CONTINUED FROM PAGE 1

added. "In combat, it's important to have fitness and endurance to accomplish the missions."

The recruits are often urged and motivated to push themselves with a competitive attitude, by their drill instructors and senior drill instructors, to get into the habit of being able to push themselves through tougher times.

"We teach them that being competitive will make them push harder so they know how to dig deep and push through when times get really tough, which could be in a war zone one day," said Sgt. Axel Persaud, a drill instructor with Platoon 2026. "Drill instructors show them, by running around and always moving fast, that this is how Marines are – we're competitive and intense in everything we do, regardless of the weather or time of day."

The constant testing of their fitness ensures that if these recruits earn the

title, they will meet the standard of every Marine that came before them.

"We take a personal interest in learning the strengths and weaknesses of each recruit so we build on their weaknesses," Persaud said. "Some of these guys looked at the commercials and saw the most-fit and physically toughest organization out there and that's what we have to show them."

Recruits are evaluated on their physical fitness three times during recruit training with the initial strength test, the combat fitness test and the physical fitness test.

The initial strength test is intended to see where each recruit stands in physical fitness ability before they begin training. The PFT and CFT are Corps-wide evaluations for each Marine to be scored on their fitness.

"They're a direct reflection of me and I take pride in physical fitness, so I try to show them that they should take pride in it too," said Moore.



Photos by Lance Cpl. Javarre Glanton

Rct. Joshua Bragg, Platoon 2028, Echo Company, 2nd Recruit Training Battalion, does his last pushup of a physical fitness training session at the Weapons and Field Training Battalion physical fitness field Feb. 23.



Echo Company recruits do pullups during a physical fitness training session. The pullups portion is one of the three parts of the physical fitness test.



Echo Company recruits run during a physical training session. A three-mile run is one of the three portions of the physical fitness test.



Visit our Facebook page for daily updates on recruit training facebook.com/ParrisIsland

MCRD PARRIS ISLAND EXPANDED FAMILY DAY SCHEDULE

MCRD Parris Island has expanded the events and activities available to families who are coming aboard the Depot to see their son or daughter graduate and become a Marine. The adjacent schedule outlines the events that are now offered to our new Marines' families and loved ones. The times and locations of these events are subject to change. For the most current information, please visit <http://www.mccs-sc.com/recruitfamilies>.



Wednesday

Welcome to Family Orientation Day at Parris Island

- 6AM-10PM Marine Corps Exchange (MCX) Open
- 6AM-6PM Marine Corps Exchange (MCX) Food Court Open
- 7AM-5PM Engraving Shop open
- 7:30AM-4PM Douglas Visitors' Center open - please register upon arrival
Java Café (9AM-11:30AM)
Graduation Station (8AM-4PM)
- 9AM-4PM Family Check-in at the Douglas Visitors' Center; Java Café open 9AM-12PM
- 10AM-12:30PM Marine Corps 101, including a "Behind the Scenes" tour, at Douglas Visitors' Center
- LUNCH Traditions (Officer/SNCO Club), Food Court, Subway, Golf Course, Back Yard Burgers
- 1:30PM-3:30PM Family Orientation Brief at the Lyceum
- 5PM-8PM Steak Night at Traditions (Officer/SNCO Club).
Reservations required

Thursday

Welcome to Family Liberty Day at Parris Island

- 6AM-4PM Douglas Visitors' Center open - please register upon arrival
Java Café (6AM-2PM)
Graduation Station (6AM-4PM)
- 6AM-10PM Marine Corps Exchange (MCX) Open
- 6AM-6PM Marine Corps Exchange (MCX) Food Court Open
- 7AM-5PM Engraving Shop open
- 7AM Motivational Run - Peatross Parade Deck
- 8AM Depot Museum Opens
- 8:15AM All Weather Training Facility (AWTF) Opens
- 9:30AM-10AM Battalion Commander's Brief to Families & Liberty Ceremony (AWTF)
- 10AM-2PM Marksmanship Training Unit Open House
- 10AM Liberty Begins
- 10:30AM-1PM Family Day Buffet at the Lyceum - new Marines eat for free!
- 2PM Warrior's Prayer at the Recruit Chapel
- 3PM Liberty Ends
- 3PM-4PM Marine Corps 101 at Douglas Visitors' Center
- 5PM Meet & Greet with Depot Command at Traditions Lounge
- 5:30PM Welcome from the Command
- 5:45PM Family Day Dinner with Depot Command at Traditions (Officer/SNCO Club)
Advance reservations guarantee admittance

Friday

Welcome to Graduation Day at Parris Island

- 6AM-2PM Douglas Visitors' Center open
Java Café (6AM-12PM)
Graduation Station (6AM-12PM)
- 6AM-10PM Marine Corps Exchange (MCX) Open
- 6AM-6PM Marine Corps Exchange (MCX) Food Court Open
- 7AM-5PM Engraving Shop open
- 7:45AM Morning Colors at Barrow Hall
- 9AM-10AM Graduation at Peatross Parade Deck (weather permitting)
- 11AM-1PM Lunch Buffet at Traditions (Officer/SNCO Club)

