

**Aztec Fury hits depot**  
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MARINE CORPS RECRUIT DEPOT SAN DIEGO



AND THE WESTERN RECRUITING REGION

**Depot football kicks off**



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Vol. 71 – Issue 14

“WHERE MARINES ARE MADE”

FRIDAY, JUNE 3, 2011

## Depot Marines help kids flex their muscles

LANCE CPL. KATALYNN THOMAS  
*Chevron Staff*

Marine Corps Recruit Depot San Diego hosted the National High School Youth Physical Fitness Championships, May 18 through 21.

Approximately 150 male and female high school students from across the United States. Grouped in teams of six, the participants competed in five timed events including: sit-ups, pull-ups, push-ups, shuttle run and standing long jump.

The event was run by the Marines Youth Foundation with the depot supporting the event with personnel, recreational gear, and location for the event.

“This was a good opportunity to showcase the professionalism of the depot and its Marines,” said Capt. Patrick McAnany, operations officer, Support Battalion. “The kids are exposed to the history and traditions associated with the transition from civilian to Marine, even though they aren’t recruits.”

The championships have been held at the depot during Armed Forces weekend for the past several years.

“It’s been really nice to be here on the depot,” said Nathan Sampson, a senior from Catholic High, Little Rock, Ark. “We were given the chance to walk around the depot and to use the Marine Corps Exchange.”

Marines were delighted to showcase the depot and what being a Marine is all about.

“This is a good opportunity for kids to get an insight on what the physical part of joining the armed forces is,” said Lance Cpl. Matthew Howell, a graphics designer for Support Battalion, who was one of the escorts for the teams. “It’s a fun opportunity,” added Howell.

The Youth Physical Fitness program can be adopted into any physical education program of any type of school. Its main focus is to encourage the self-improvement of the country’s youth – physically, mentally and morally.

“The program was started

see KIDS ▶ 2



Lance Cpl. Eric Quintanilla

Kyle Lusignea, Parkland High, Allentown Pa., performs sit-ups while Pfc. Heather Keasler, admin clerk, Recruit Training Regiment, holds his legs. The Youth Physical Fitness Championship was held May 20 through 21, at Marine Corps Recruit Depot San Diego.

### RTR Change of Command



Lance Cpl. Katalynn Thomas

Recruit Training Regiment held a change of command ceremony for Col. Robert W. Gates on May 25, at Shepherd Field aboard Marine Corps Recruit Depot San Diego. Col. Michael J. Lee took over for Gates as the commanding officer of the regiment. Bagpipes played “Scotland the Brave” for Gates before the ceremony started. Lee took the microphone and spoke for a short period of time, not wanting to steal Gates’ thunder. “I look forward to the opportunity to lead this fine regiment, and I have absolutely no illusions of the officer I am replacing, I know I have very big shoes to fill.”

### Wellness Expo promotes healthy living

BY LANCE CPL. CRYSTAL DRUERY  
*Chevron staff*

Marine Corps Community Services hosted the annual Fitness and Wellness Expo aboard Marine Corps Recruit Depot San Diego, May 18.

The 7th annual Fitness and Wellness Expo theme was, “Choose Well, Live Well,” to kick off the 101 Days of Summer Drug and Alcohol Prevention Campaign. The expo promoted healthy lifestyles through educational materials, interactive activities, fitness demonstrations, health screenings and a farmer’s market.

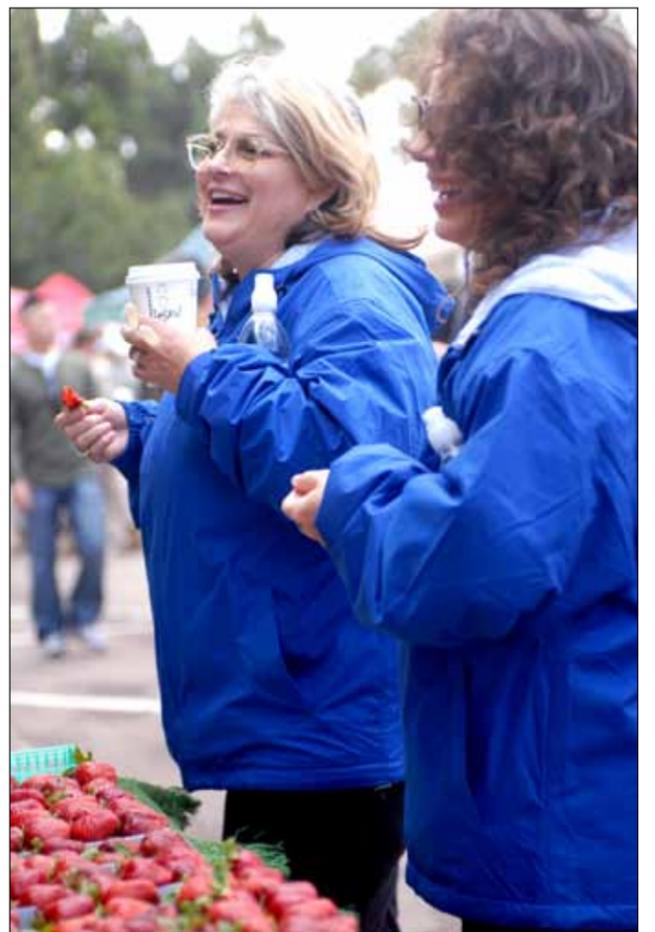
Everyone aboard the depot, including family members and retirees were invited to attend the event.

“This expo is to get the depot new health information through ideas outside of the box,” said Andrea Callahan, the health promotion coordinator for Semper Fit.

A local farmer’s market was set up with fresh fruits and vegetables for sale. Out of all stations, the market received the most attention, said Callahan.

“Fresh fruits and vegetables are not usually easily accessible for most people,” said Staff Sgt. Dail Salmon, maintenance manager, Headquarters and Service Battalion. “Having them here benefits farmers and people like me that like eating fresh foods, not canned vegetables.”

Other events at the expo included interactive kiosks designed to encourage physical wellness included a rock wall,



Pfc. Crystal Druery

Two Expo patrons check out the fresh produce available at this year’s “Farmer’s Market” section of the event. The expo was a big hit because of the selection of information and the fresh fruits and vegetables for sale.

see WELLNESS ▶ 2

# Know how to handle summer's heat

Summer is rapidly approaching and with it the higher temperatures the makes the availability of San Diego's beaches such a pleasure. But those higher temperatures can be dangerous. About 200 people across the country die each summer due to heat injuries.

Here in Southern California summer temperatures in excess of 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon.

Learn how to identify potential problems and how to cope with them before they happen.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional 87 people had died. These deaths were caused directly by the heat.

Sunlight is necessary for life, but exposure to ultraviolet radiation can be dangerous and damage the skin. Varied burns result from prolonged exposure to UV rays. Some people may also burn from very little exposure. In addition, UV rays can significantly keep the skin from compensating for excess heat.

Overexposure to heat or excessive exercise in the heat also can cause injuries. The severity of such injuries increases with age. Heat that causes nothing more than cramps in a younger person may lead to heat exhaustion in a middle-aged person. It may lead to heatstroke in an elderly person.

The following recommendations may help avoid heat-related injury or death.

## Heat conditions, symptoms and first aid

### Sunburn:

This is usually a first-degree burn involving the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

**First aid:** Use ointments, cool baths and/or compresses for less severe cases. Don't break blisters. If blisters do break treat with dry germ-free dressings. In severe cases consult a physician. Drink plenty of water.

### Heat cramps:

These often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and, occasionally, the abdomen.

**First aid:** Move the victim to a cooler environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

### Heat exhaustion:

This is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

**First aid:** Move the victim to a cooler environment. Lay the victim down and loosen clothing. Apply cold compresses and cool the body by fanning the victim. Consult a physician if vomiting continues.

### Heatstroke:

This condition occurs when the body stops sweating but body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be

hot, dry, red or flushed even under the armpits. This is a severe medical emergency that could be fatal.

**First aid:** Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. Do not provide fluids to an unconscious victim.

### Prevent heat injuries

- Avoid the sun from 10 a.m. to 3 p.m., when UV radiation rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when outdoors. This type of clothing reflects heat and sunlight, helping maintain normal body temperatures.
- Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- Do not drink alcohol or caffeine since they are diuretics which promotes water loss.
- Use a sunscreen with a protection factor of at least 15.

*Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN. This information is provided by the Emergency Survival Program. ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness.*

# Korean War Marines visit depot museum

Retired Marines from the Korean War visited the Command Museum aboard Marine Corps Recruit Depot San Diego May 13 as part of their reunion of Hotel Company, 3rd battalion, 5th Marine Regiment. Approximately 30 retired Marines and family members were in attendance. While aboard the depot the veterans attended the graduation ceremony of Company C. They have held a reunion every year since 1992 and have visited cities all over the country.



Lance Cpl. Eric Quintanilla

## KIDS ◀ 1

by a colonel in 1958 because he felt that New York City boys needed a

physical fitness program," said George Gibbs, representative of Emmaus High School, Emmaus, PA. "By 1968 it spread to a national event, and since 1990 has been held at MCRD."

At the end of the championship, winning teams were presented with plaques. The overall male and female school winners were both from Emmaus High School, Emmaus, Pa.

## WELLNESS ◀ 1

tire flipping and pull up competitions. Other information about negative impacts of tobacco and alcohol were also available.

Among the educational and interactive kiosks, was a mobile blood drive, giving them the opportunity to donate blood to those in need. The Armed Services Blood Program uses the blood donations for those in the armed

services.

"Hosting a blood drive at the Wellness Fair is a great way to promote the efforts of the Armed Services Blood Program, encourages blood donation, and healthy individuals to make a difference in the lives of others. You never know when you or a loved one may encounter a medical situation where a blood donation is needed," said Callahan.

Last year the expo was a big hit

because most people look forward to coming out to the market place which promotes healthy lifestyles, despite the rain, this year was no different, said Callahan.

Sgt. Maj. Wayne Pedersen, Support Battalion, said he enjoyed having the information that wasn't normally well-located to the depot Marines accessible.

"If the people see what's available to them, maybe they'll go seek out more information," said Pedersen.

## BRIEFS

### Summer Fest and Summer Concert

Summer Fest and Summer Concert will be held tomorrow on the Lawn in front of Bldg. 31. Both events are free and open to everyone aboard MCRD and their families. Please note that this year's event not open to the public.

- Summer Fest: 1200-1600
- Carnival rides
- Laser tag
- Video game trailer
- Free BBQ
- Face painting
- Puppet show
- Clown
- Kiddie train rides

Summer Fest includes a craft fair with friends and neighbors offering crafty items (i.e., hand-made jewelry, pottery, anything artistic) for sale.

The Summer Concert will be performed from 4 to 5 p.m.

For more information, contact Melissa Trevino at 524-8421 or Brenda Lopez at 524-8707.

### CG's Officer Field Mess Night

The Commanding General's Officer Field Mess Night will take place Tuesday, in the vicinity of the Boat House. Tickets are on sale now for \$40 and can be purchased through your unit representative. You may also contact the mess night action officer, Capt. Kurt Stahl, at kurt.stahl@usmc.mil.

### Martial Arts & Men's Health Fair

Join Health Promotions for the 2nd annual Martial Arts & Men's Health Fair on June 15 from 11 a.m. to 1 p.m., on the Fieldhouse Lawn. This FREE event will feature info booths and demonstrations by local dojos, men's health resource booths, food, music, and a sumo wrestling inflatable. This is a 101 Days of Summer event – earn points for your command! POC: Andrea Callahan, 619-524-8913 or callahanAL@usmc-mccs.org.

### Hypnotherapy for tobacco users

This is a two-day course teaching the benefits of hypnotherapy to help smokers quit. Participants will experience hypnosis facilitated by a Certified Clinical Hypnotherapist. The course will be held June 20 from 4:30 to 5:30; and again June 22 from 4:30 to 5:30. Location on base TBD. Participants must attend both sessions to receive the full benefit of the course. Total cost is \$15 per participant. Please RSVP to Andrea Callahan at 619-524-8913 or callahanAL@usmc-mccs.org.

### MCRD Library Summer Reading Program

The MCRD library officially begins its Mid-Summer Knight's Read, Sunday. Library patrons may come in anytime next week, sign in each child for a computer record, and get an official bag and book log. Information on the summer's grand prize may be read about at [http://www.mccsmcrd.com/Downloads/Library/Summer\\_Reading\\_press\\_release-MCRD.pdf](http://www.mccsmcrd.com/Downloads/Library/Summer_Reading_press_release-MCRD.pdf)

### Send briefs to:

mcrdsdpao@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: "Do you have any big summer plans?"**



**"I'm getting married here on base at the Bayview in September, and then I have my honeymoon."**  
*Petty Officer 3rd Class Bill Glenn, electronic technician, Electronic Support Detachment, U.S. Coast Guard*



**"If I have the time I'm going to road trip to Utah to help my parents with their house."**  
*Cassie Johnson, assistant manager, Starbucks*



**"I'm going to Disneyland with my boyfriend!"**  
*Allisson Moorehead, recreation assistant*

# Memorial Day: A tribute to Peralta and the 31st MEU

BY LANCE CPL. GARRY J. WELCH  
 31st MEU

**CAMP HANSEN, OKINAWA, Japan** — Memorial Day, just past, is a national holiday. It's known as the unofficial kick-off to summer. It affords an extra day to get together with friends and family, kick back and enjoy.

But there is another reason Memorial Day is celebrated and it is important to remember what that is and for whom the holiday is celebrated.

According to [www.va.gov](http://www.va.gov), Memorial Day was officially proclaimed May 5, 1868. It was originally known as Decoration Day, and was a time when people would decorate the graves of those that fell during the Civil War.

It has since been extended to honor all those that have fallen in service to our nation in every war.

One of those fallen service members is Sgt. Rafael Peralta.

Peralta was a member of the 31st Marine Expeditionary Unit. In a selfless act of valor, Peralta gave his life to ensure his fellow Marines would live.

Born in Mexico City, Mexico, Peralta immigrated to the United States and graduated from Morse High School in San Diego, Calif., in 1997.

While growing up Peralta had just two things hanging on his wall. Those were the Declaration of Independence and the Bill of Rights. When he completed recruit training he added his boot camp graduation certificate.

He joined the Marine Corps the same day he received his green card. He served with "enthusiasm and patriotism."

Peralta was assigned to the Battalion Landing Team 1st Battalion, 3rd Marine Regiment, 31st MEU when he was deployed in support of Operation Iraqi Freedom in 2004.

During his time in Iraq, Peralta participated in Operation Phantom Fury. He and his fellow Marines were given the task of retaking the

insurgent-infested city of Fallujah.

Before the operation began, Peralta wrote a letter to his 14-year-old brother saying "Be proud of me bro, and be proud to be an American."

On November 15, 2004, during search and clearance operations, while clearing the seventh house of the day, Peralta entered a room and was immediately shot multiple times at close range.

His fire team returned fire, wounding one of the insurgents. The insurgents then broke contact and threw a fragmentation grenade at the Marines.

In his last act of selfless bravery, witnesses say Peralta, barely alive, grabbed the grenade and pulled it under his body, absorbing the blast.

Cpl. Brannon Dyer told a reporter from the Army Times, "He saved half my fire team."

According to Lance Cpl. Travis J. Kaemmerer, a combat correspondent that served with him while deployed in Iraq, Peralta was a platoon scout, which means he could have stayed back and out of danger.

But he was constantly asking if he could help and give his fellow Marines a hand as they were going into harm's way.

After Peralta gave his life, Cpl. Richard A. Mason, an infantryman with Headquarters Platoon, 1/3, told Kaemmerer, "You're still here, don't forget that. Tell your kids. Tell your grandkids what Sgt. Peralta did for you the other Marines in his unit."

For his actions, Peralta was posthumously awarded the Navy Cross, America's second highest award.

The Marines of the 31st MEU are proud to count Peralta, and many other Marines like him, as members of their unit.

To ensure his memory lives on, the 31st MEU's command post, building 2533, Camp Hansen, Okinawa, Japan, was christened Peralta Hall in his honor in September 2007.

The 31st MEU is America's only continually



Official Marine Corps photograph

**CAMP HANSEN, OKINAWA, Japan** — Sgt. Rafael Peralta, a platoon guide with Battalion Landing Team 1st Battalion, 3rd Marine Regiment, 31st MEU, who selflessly gave his life to save those with whom he was serving, has been awarded America's second highest military honor, the Navy Cross. Peralta was killed during Operation Phantom Fury in 2004 when, after being mortally wounded, smothered a grenade with his body to protect his fellow Marines.

forward-deployed MEU, and remains the nation's force-in-readiness in the Asia-Pacific region. The MEU honors Memorial Day through its commitment to being always ready and remembering the sacrifice of those who have given all.

## Recruiter affected by Joplin disaster



Cpl. David Rogers

Staff Sgt. Neville Shiwidin (center) and his fellow Marines look over his family's home in Joplin, Mo. May 23 after its destruction by a tornado the night before. During the tornado, Shiwidin struggled to keep the door closed on their home's closet where he, his wife and kids took shelter. Shiwidin is a recruiter at Recruiting Substation Joplin, Recruiting Station Kansas City, Mo.



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[www.marines.mil/unit/tecom/mcrdsandiego/Pages/welcome.aspx](http://www.marines.mil/unit/tecom/mcrdsandiego/Pages/welcome.aspx)

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Lance Cpl. Crystal Druery

The Federal Bureau of Investigation also played a major role in the Aztec Fury exercise. They helped secure the perimeter and retrieve the hostage.

## Exercise Aztec Fury preps for chaos

BY LANCE CPL. CRYSTAL DRUERY  
Chevron staff

Marines, sailors and emergency personnel conducted a base-wide training exercise May 25 at Marine Corps Recruit Depot San Diego.

The depot, along with all Marine Corps installations, is directed by Headquarters Marine Corps to conduct an annual training exercise to test and evaluate emergency management operations to improve coordination, command and control, and recovery from any number of potential threats.

This year's training scenario, Aztec Fury, was formulated based on increased numbers of armed threats nationwide.

"We decided due to incidents that have happened in the past, along with Fort Hood and active shooters on military installations, to do an active shooter mass casualty, with a hostage situation," said Mr. Craig Hunnewell, lead exercise coordinator for Aztec Fury.

The 'Fury' began around 8 a.m. when two guards were disabled as a vehicle breached their gate. Then, the vehicle tore through a simulated commanding general's event just inside the gate,

resulting in multiple injuries.

"The main objective was to see how first responders reacted to the situation and acted with other agencies," said Hunnewell.

Shortly after the car crashed into the simulated CG's event, MCRD's military police arrived to assist the personnel acting as wounded victims, followed by the San Diego Metropolitan Fire department.

Responders also included the Federal Bureau of Investigation, Naval Criminal Investigative Service, and Emergency Negotiation Team (ENT), said Hunnewell.

The controlled chaos continued when the shooter took a Marine hostage inside the CG's building. Then parameters and controls were set up to talk to the shooter.

"You can't just rush in because he could take the hostage out," said Hunnewell.

The FBI placed a phone at the door where the Marine was being held. The ENT's job, out in town or on a military installation, is to try and reason with the hostile, said Hunnewell.

When negotiations failed, the FBI retrieved the

hostage by force, saving him and taking the shooter into custody.

The exercise concluded before noon and although it was short in terms of duration, inefficiencies identified will improve the base's overall effectiveness when dealing with similar situations.

"No installation is perfect. There's always room for improvement. That's why a new emphasis from Headquarters Marine Corps is made," said Tierney Davis, HQMC Exercise support team analyst. "This year the depot went well as far as getting to the scene in a timely manner," she added.

Communication was seen as needing improvement after this year's exercise, said

Hunnewell.

"Our training will improve making our responders improve and the chances for an all hazards event affecting our mission will be lessened," said Hunnewell.

"This ensures the Marine Corps stays on top."



Lance Cpl. Paul D. Rosenberg, military police, is seen at the building, where the hostage is being held, during communications with hostiles.



Lance Cpl. Tommy Diaz, administrative clerk with Headquarters Company, Headquarters and Service Battalion, was one of the volunteer simulated casualties during the exercise.

Cpl. Matthew Brown



Lance Cpl. Crystal Druery

Military police at MCRD, helps secure the perimeter of the Commanding General's being held. The Emergency Negotiation Team arrived to the scene to set-up



Cpl. Matthew Brown

The Federal Bureau of Investigation also played a major role in the Aztec Fury exercise. They helped secure the perimeter and retrieve the hostage.



Lance Cpl. Crystal Druery

Military police at Marine Corps Recruit Depot San Diego, assist simulated casualties during Aztec Fury. This is an annual emergency response and crisis management exercise.



# Marines judge San Diego JROTC competition

BY LANCE CPL. CRYSTAL DRUERY  
Chevron staff

Marines from Marine Corps Recruit Depot San Diego were head inspectors May 14, during the San Diego Unified School District's Junior Reserve Officer Training Corps' final drill competition at Kearney High School.

Four drill instructors from 3rd Recruit Training Battalion were on hand to judge the competition. Like recruit training, the drill instructors inspect the cadets uniforms and hygiene. Additionally, they judge performance, precision, alignment, spacing, and the cadet commander's control of the team.

The cadets, who were stressed due to the finality of the competition, also had the added tension of Marine drill instructors judging every move. Despite the pressure, cadets were grateful to have Marines present.

"We're not scared of them.

We just highly respect them, and knowing they'd be here added a lot of pressure," said Marine cadet Gunnery Sgt. Angelia Mendoza, a junior from Mission Bay High School.

Army drill sergeants and Navy personnel also participated in judging. However, Mendoza, captain of the four-man unarmed fancy drill team, and her fellow cadets, explained that it was helpful to have Marine drill instructors there.

"They (Marine drill instructors) know what to look for when inspecting our uniform. The Army drill sergeants hit us for their uniform standards," said Marine cadet Gunnery Sgt. Jacquelyn Moran, a junior from Mission Bay High School.

When Moran was asked how she felt about Marine drill instructors, she simply answered they seem to have "super powers." She and her fellow cadets agreed Marine drill instructors displayed to them the epitome of a Marine.

"The drill instructors set the

standard by their conduct and bearing, so when the cadets get out there to be inspected they know what 'right' looks like," said Army Lt. Col. David Guzman, one of the directors of the San Diego Unified School District.

Not only did the JROTC enjoy having drill instructors involved in their competition, the drill instructors enjoyed helping young cadets.

"This is a good program for kids to get a head start on drill moves," said Staff Sgt. James Foster, a 3rd Recruit Training Battalion drill instructor.

The schools rely on the partnerships of the different services, explained Shawn Loescher, one of the directors of San Diego Unified School District. Each service brings something different to the table.

"Two things Marines bring to the event are professionalism and compassion," said Loescher.

An award ceremony was held to announce the winner May 21 at Patrick Henry High School.

Mira Mesa High School won

the four-man unarmed fancy drill team and 10-man unarmed fancy drill team. Madison High

School took four-man armed fancy drill team and 10-man armed fancy drill team.



Pfc. Crystal Druery

Staff Sgt. Levi Lazaro, a Company L drill instructor, inspects Army cadet 1st Sgt. Issac Flores before the four-man armed fancy drill competition began.

## Depot holds Golden Guardian, prepares for disasters



BY LANCE CPL. ERIC QUINTANILLA  
Chevron staff

Marine Corps Recruit Depot San Diego conducted its annual Golden Guardian Exercise May 17. California initiated Golden Guardian in 2004, and uses a different scenario each year to test preparation and response capabilities at the local, regional, state, and federal levels.

This year's scenario included heavy rains and flooding in central California adversely impacting recruit training and depot operations. Past scenarios included earthquakes, acts of terrorism, and other man-made and natural disasters.

"The overall objective for us is a training environment

that gives guidelines to first responders on how to handle different situations," said Craig A. Hunnewell, emergency management analyst with Operations and Training. "The intent is to assure installation personnel know how to prepare for, respond to and recover from disastrous events. The lessons learned by the crisis action teams are used to correct deficiencies and build on successes.

"Like with any training event, there are lessons learned," said Hunnewell. "That's why you do training events, so you can capture those lessons learned and provide an improvement plan."

MCRD is working with Marine Corps Installations West by providing depot personnel

with emergency operations center training, to ensure a close working relationship can be called upon during a time of need.

"We provide them scenarios to see how they react in a training environment," said Hunnewell. "They learn to respond and recover from these events as they happen throughout the day."

The depot conducts about five similar training exercises throughout the year to ensure the depot remains prepared for any emergency while continuing essential missions.

"We train with them so that if we had to provide each other assistance we are able to do so with an operational mindset," said Hunnewell.

### Sgt. Maj. Robert Hightower

#### Parade Reviewing Officer

Sergeant Major Robert Hightower enlisted in the Marine Corps in May of 1982 and attended recruit training at Marine Corps Recruit Depot Parris Island, S.C. He was meritoriously promoted to private first class upon graduation and attended the Basic Supply Clerk's Course at Camp Lejeune, N.C.

In October 1982, Hightower reported to Camp Pendleton, Calif., where he served with 3rd Battalion, 1st Marines and was meritoriously promoted to lance corporal in March 1983.

In October 1985, Hightower now a corporal, reported to Parris Island for duty as a requisition clerk with Headquarters & Support Battalion, and served as a military policeman with the Provost Marshal's Office.

Hightower reported to Okinawa, Japan in April 1988, for a tour of duty with 3rd Combat Engineer Battalion as a consolidated memorandum report clerk. Transferring to Quantico, Va., in January of 1989, he reported to The Basic School for duty as a supply clerk with the TBS armory and battalion supply.

In October 1991, Hightower reported to Drill Instructor School at MCRD San Diego. Upon graduation, he was assigned to

Company B, 1st Recruit Training Battalion where he served as drill instructor and senior drill instructor. During this tour, he produced two honor platoons and was presented with the Moral Leadership Award.

In February 1994, at the completion of DI duty, Hightower was transferred to Inspector & Instructor Staff San Diego, 4th Tanks for duty. He served as the color sergeant, public affairs staff noncommissioned officer and platoon commander for the Barbel U.S. Naval Sea Cadets. He also served as supply chief for 4th Medical Battalion.

In September 1996, Hightower returned Okinawa, reporting to 1st Stinger Battery for duty as the supply chief and platoon sergeant for Headquarters & Support Platoon.

In February 1997, he graduated from the Career Course as a distinguished graduate, and in October 1997 he served as the Chief Instructor for the Marine Air Control Group - 18's Corporal's Course.

In September 1998, Hightower graduated from the Advanced Course as a distinguished graduate and as the recipient of the Gung-Ho Award.

He reported to the Staff Noncommissioned Officer's Academy in Okinawa in November 1998 where he served as a faculty advisor for the Career Course and the staff noncommissioned officer-in-charge of the Sergeant's Course.

In August 1999, Hightower completed the Army's Master Fitness Trainer Course at

Fort Benning, Ga.

In October 2000, he reported to 3rd Force Service Support Group where he served as the Materiel Support Element Logistics chief.

In April 2002, Hightower transferred to 3rd Transportation Support Battalion, 3rd Force Service Support Group where he served as the company first sergeant for Landing Support Company. Later that year, in September, he transferred to 1st Marine Division where he served as the battery first sergeant for Battery T, 5th Battalion, 11th Marines.

Hightower participated in Operation Iraqi Freedom with Battery T, 5th Battalion, 11th Marines from Jan. 27 to July 24, 2003.

In December 2004, he deployed with the 15th Marine Expeditionary Unit and, in January 2005 he participated in Operation Unified Assistance off the coast of Indonesia.

In November 2005, Hightower was reassigned to Headquarters Battery, 11th Marines Regiment where he served as the battery first sergeant. The following April he was assigned as the Inspector-Instructor Sergeant Major for 4th Light Armored Reconnaissance Battalion.

In May 2009 Hightower was transferred to Marine Heavy Helicopter Squadron - 466 where he served as the squadron sergeant major.

In December 2009, Hightower assumed duties as sergeant major for Marine Aircraft Group - 16, Marine Corps Air Station Miramar, Calif.

In May 2011, he assumed the duties as the 4th Marine Division sergeant major in New Orleans, La.

Hightower's personal decorations include the Meritorious Service Medal with two gold stars in lieu of third award, Navy and Marine Corps Commendation Medal with two gold stars in lieu of third award, Navy and Marine Corps Achievement Medal with three gold stars in lieu of fourth award, Combat Action Ribbon and Military Outstanding Volunteer Service Medal. He was inducted into the Honorable Order of Saint Barbara recognizing his contributions to the field artillery community in 2006.





# LIMA COMPANY



<p><b>3rd RECRUIT TRAINING BATTALION</b>  <i>Commanding Officer</i>                  Lt. Col. N. C. Stevens  <i>Sergeant Major</i>                  Sgt. Maj. D. A. Lee  <i>Battalion Drill Master</i>                  Staff Sgt. A. R. Bernatowski</p> <p><b>COMPANY L</b>  <i>Commanding Officer</i>                  Capt. T. B. Garrison  <i>Company First Sergeant</i>                  1st Sgt. L. E. Silva</p>	<p><b>SERIES 3241</b>  <i>Series Commander</i>                  Capt. J. M. Avina  <i>Chief Drill Instructor</i>                  Gunnery Sgt. T. W. Martinez</p>	<p><b>PLATOON 3241</b>  <i>Senior Drill Instructor</i>                  Gunnery Sgt. A. Enriquez  <i>Drill Instructors</i>                  Gunnery Sgt. T. J. Barabasz                  Staff Sgt. L. O. Arce                  Staff Sgt. G. F. Guerrero</p>	<p><b>PLATOON 3242</b>  <i>Senior Drill Instructor</i>                  Sgt. K. Harris  <i>Drill Instructors</i>                  Sgt. E. Y. Castillo                  Sgt. D. Castro                  Sgt. J. C. Huerta</p>	<p><b>PLATOON 3243</b>  <i>Senior Drill Instructor</i>                  Staff Sgt. T. J. Yeaman  <i>Drill Instructors</i>                  Staff Sgt. C. M. Battiest                  Staff Sgt. F. D. Williams                  Sgt. S. A. Legaard</p>
	<p><b>SERIES 3245</b>  <i>Series Commander</i>                  Capt. P. J. Eickhoff  <i>Chief Drill Instructor</i>                  Staff Sgt. N. O. Bautista</p>	<p><b>PLATOON 3245</b>  <i>Senior Drill Instructor</i>                  Staff Sgt. J. A. Cargile  <i>Drill Instructors</i>                  Staff Sgt. D. R. Begaye                  Sgt. S. Mellado                  Sgt. R. L. Wilder</p>	<p><b>PLATOON 3246</b>  <i>Senior Drill Instructor</i>                  Staff Sgt. I. S. De Silva  <i>Drill Instructors</i>                  Staff Sgt. J. Foster                  Sgt. L. A. Marengo</p>	<p><b>PLATOON 3247</b>  <i>Senior Drill Instructor</i>                  Staff Sgt. L. C. Cardenas  <i>Drill Instructors</i>                  Staff Sgt. D. P. Commiato                  Staff Sgt. L. Lazaro                  Sgt. R. Palacios</p>

\* Indicates Meritorious Promotion

<p><b>PLATOON 3241</b>                  *Pfc. C. K. Abeita                  Pvt. A. B. Abria                  Pvt. D. Acuna-Zamora                  Pfc. M. D. Adams                  Pfc. P. J. Anger                  Pvt. P. J. Auten                  Pfc. K. A. Awad                  Pvt. A. R. Beck                  Pfc. C. M. Crozier                  Pvt. D. L. Cruz                  Pvt. J. D. Cruz                  Pvt. S. R. Danley                  Pfc. R. J. Hensley                  Pfc. E. Hernandez Jr.                  *Pfc. B. J. Hopper                  Pfc. T. S. Martin                  Pvt. R. Reyes                  Pvt. C. S. Reynolds                  Pvt. A. S. Rios                  Pfc. J. D. Riosinfante                  Pvt. R. J. Rodriguez Jr.                  Pfc. J. M. Sanders                  Pvt. E. J. Scott                  Pvt. V. Sengthavorn                  Pvt. A. J. Senn                  Pfc. M. P. Short                  Pvt. J. A. Silva                  Pvt. C. D. Sortor                  Pvt. R. C. Stadtmiller III                  Pfc. K. D. Stenhaug                  Pvt. J. D. Stewart                  *Pfc. J. G. Temple                  Pfc. S. G. Torres                  Pvt. V. H. Torres                  Pfc. C. M. Turner                  Pfc. J. J. Vecina                  Pvt. C. J. Vogel                  Pvt. N. E. Weiler                  Pvt. T. A. Wendt                  Pfc. M. S. Winslow                  Pvt. M. R. Wyatt                  Pvt. T. D. Young</p>	<p><b>PLATOON 3242</b>                  Pvt. B. H. Agnew                  Pvt. I. Algazi                  *Pfc. J. W. Allen                  Pfc. J. R. Autobee                  Pvt. A. T. Beck                  Pvt. Z. A. Benson                  Pvt. S. A. Bippen                  Pvt. J. C. Brown                  Pfc. J. M. Dittmann                  Pfc. A. J. Downey                  Pfc. A. M. Drapeau                  Pfc. S. L. Dreyer                  Pvt. M. M. Ebinger                  Pvt. W. C. Elkins                  Pvt. B. A. Farrington                  Pvt. K. M. Farwig                  Pvt. T. G. Hauser                  Pvt. J. R. Hibbard                  Pfc. C. E. Hibbs                  Pvt. J. J. Hoppis                  Pvt. T. J. Hunt                  Pvt. E. O. Jennings                  Pvt. G. L. Johnson                  *Pfc. J. A. Joyce                  *Pfc. D. C. Kennealy                  Pfc. J. M. Kennedy                  Pfc. D. Y. Kim                  Pfc. J. H. Leicht                  Pfc. L. A. Lindsay                  *Pfc. A. B. Loofboro                  Pfc. D. Lopez                  Pvt. D. Lopez Jr.                  Pvt. T. S. Loveberry                  Pfc. Z. M. Luna                  Pvt. A. J. Major                  Pvt. A. L. Maley                  Pfc. I. T. Miller                  Pvt. A. Montenegro                  Pvt. A. G. Ramos                  Pvt. Z. D. Stamp                  Pvt. N. S. Stubbs                  Pfc. K. D. Tavares Jr.                  Pfc. C. J. Woerpel</p>	<p><b>PLATOON 3243</b>                  Pvt. N. J. Bertolotti                  Pvt. S. M. Bibb                  *Pfc. J. A. Boatwright                  Pvt. N. J. Boehmer                  Pfc. I. M. Borer                  Pfc. C. M. Bosseler                  Pvt. W. Z. Boyett                  Pfc. C. A. Brabham                  Pfc. M. A. Briceno                  Pvt. J. R. Bruner                  Pvt. D. L. Bryan                  Pvt. D. W. Burks                  Pvt. E. F. Cantu                  Pvt. C. A. Carriere                  Pvt. U. B. Chanthavixay                  Pvt. S. C. Chao                  Pvt. N. A. Conoscenti                  Pvt. J. A. Cooper                  Pvt. J. E. Cordon IV                  Pvt. K. B. Corey                  Pvt. P. A. Cortez                  Pvt. S. P. Craig                  Pvt. H. P. Dacquel                  Pvt. A. S. Evans                  Pfc. R. A. Flores                  Pvt. J. M. Gonzalez                  Pvt. S. A. Griffin                  Pvt. J. J. Hernandez                  Pvt. M. R. Hostetter Jr.                  Pfc. J. C. Jepsen                  Pvt. L. C. Johnson                  Pvt. E. C. Kovisto                  Pvt. A. Malone                  Pvt. C. A. Melin                  Pvt. S. J. Merkle                  *Pfc. L. J. Patton                  Pvt. J. Sanchez                  Pvt. J. M. Schultz                  Pfc. R. O. Sempell                  Pfc. D. N. Toomey                  *Pfc. J. C. Watson                  Pvt. A. H. White                  Pvt. A. E. Zumba</p>	<p><b>PLATOON 3245</b>                  Pvt. D. L. Brownson                  Pvt. J. M. Buchanan                  Pfc. J. D. Burcroff                  Pvt. B. A. Busbee                  Pvt. Z. J. Butcher                  Pvt. D. I. Buzalsky                  Pvt. J. R. Cavanaugh                  Pvt. J. S. Clark                  Pvt. Z. G. Collins                  Pvt. C. T. Colvin                  Pfc. C. A. Cordell                  Pvt. F. Cruz Jr.                  Pfc. D. K. Dawson                  Pvt. M. G. Depaulo                  Pvt. C. T. Duncan                  Pvt. J. W. Elliott                  Pfc. G. D. Elmore                  Pvt. J. J. Esparza                  Pfc. J. S. Estrada                  Pvt. G. J. Fader                  Pvt. A. R. Fernandez                  Pvt. M. E. Flores                  Pvt. A. J. Gackle                  Pvt. D. P. Garcia                  Pvt. C. Garcia-Galarza                  Pfc. T. P. Gindorff                  Pvt. M. R. Gomez Jr.                  Pvt. E. J. Gonzalez                  *Pfc. J. R. Henninger                  Pvt. J. P. Hernandez                  *Pfc. J. M. Hinojosa                  Pfc. J. P. Hoelle                  Pvt. B. H. Hwang                  Pfc. M. L. James                  Pvt. J. N. Jimenez-Gonzales                  *Pfc. A. S. Jones                  Pvt. P. M. Kratochvil                  Pvt. D. J. Larson                  Pfc. J. Leal                  Pfc. S. J. Lester                  Pfc. A. W. Ormsby                  Pvt. D. R. Schreiber Jr.</p>	<p><b>PLATOON 3246</b>                  Pvt. C. W. Chambers                  Pvt. A. Favela                  Pvt. T. R. Fraker                  Pvt. J. W. Gaddy                  Pvt. D. M. Gallagher                  Pfc. D. J. Gill                  Pvt. D. C. Graves                  Pvt. L. E. Guevara-Dominguez                  Pvt. B. E. Harley Jr.                  Pfc. K. H. Hart                  Pvt. J. D. Heck                  Pfc. S. L. Heer                  Pfc. J. W. Henderson                  Pfc. L. M. Hernandez                  *Pfc. F. Herrera-Perez                  Pfc. M. J. Linton                  Pvt. J. C. Long                  Pvt. K. H. Loomis                  Pfc. F. Lopez                  Pfc. J. R. Lormand                  Pvt. K. K. Love                  Pvt. M. Macias                  Pvt. F. D. Martinez                  Pfc. W. M. Martinez                  Pvt. D. Z. Melendez                  Pfc. J. J. Melendez                  Pfc. B. D. Monterroso                  *Pfc. A. R. Moreno                  Pvt. T. J. Mosqueda                  Pfc. E. G. Moufarrej                  Pvt. A. T. Nguyen                  Pvt. P. A. Noland                  Pvt. J. E. Ortiz                  Pfc. B. S. Owens                  Pvt. T. J. Payne                  Pvt. A. E. Pence                  Pvt. D. Perez                  Pvt. F. Perez                  Pfc. J. L. Poitras                  Pvt. A. Pulido                  Pfc. R. J. Rahey Jr.                  *Pfc. D. C. Reaux                  Pfc. Z. C. Retzl</p>	<p><b>PLATOON 3247</b>                  *Pfc. N. D. Allen                  Pvt. T. E. Clinton                  Pvt. B. S. King                  Pfc. J. W. McEntire                  Pvt. A. Mendoza                  Pfc. M. M. Mick                  Pvt. F. N. Mijares                  Pvt. G. Moya Jr.                  Pvt. L. D. Murray                  Pfc. D. M. Nelson                  Pvt. C. M. Nied                  Pvt. M. A. Northrup                  Pvt. D. J. Ordonez                  Pvt. C. E. Parham III                  Pvt. J. C. Patterson                  Pvt. Z. H. Patzerwilson                  Pvt. A. J. Pavone                  Pfc. A. D. Perry                  Pvt. J. J. Phillips III                  Pvt. O. Pierre                  Pfc. T. G. Powell Jr.                  Pvt. D. M. Quaranta                  Pvt. G. A. Ramirez-Valverde                  Pvt. A. A. Reahm                  Pvt. P. M. Regan                  Pvt. B. L. Reinert                  Pvt. D. S. Reverend                  Pfc. B. J. Rice                  Pvt. L. A. Rodriguez III                  *Pfc. G. Sanmiguel                  Pfc. L. J. Secor                  Pvt. C. P. Shaddox                  Pfc. C. J. Snow                  Pfc. J. P. Solinsky                  Pvt. J. Suarez-Martinez                  Pvt. B. L. Swim                  Pvt. J. R. Talbott                  *Pfc. K. D. Tran                  Pvt. D. R. Tucker                  Pvt. D. J. Turner                  Pvt. J. F. Williams                  Pvt. J. M. Wolke                  Pvt. T. B. Wright</p>
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Lance Cpl. Eric Quintanilla

Cpl. Isaiah Peart, a fiscal clerk with Recruit Training Regiment, participates in footwork and agility exercises in preparation for the upcoming football season May 16 at Marine Corps Recruit Depot San Diego. The Titans represent MCRD in the Camp Pendleton Football League which begins its season in August.

## New Titan football era begins aboard depot

BY LANCE CPL. ERIC QUINTANILLA  
Chevron staff

The Marine Corps Recruit Depot San Diego Titans began workouts May 16 to prepare for their upcoming season beginning in August.

The Titans represent MCRD in the Camp Pendleton Football League and are looking to improve on their poor finish a year ago.

“Preparation will make or break a football team,” said head coach Charles D. White, an administrative assistant with the recruit administration branch. “We’re going to take it back to real football.”

White will be assisted this season by his assistant coach Gunnery Sgt. Corey Brown, a recruit liaison services interviewer. They will be looking for more preseason dedication from their players and focusing on fundamentals.

“If we don’t break down these guys, bad habits from the

past will hurt us as a team,” said White. “If we aren’t mentally and physically ready, we won’t get that championship,” he added.

Pendleton has already begun practicing, so the Titans are already looking to catch up. The workouts will consist of lifting, agility drills, grass work, and hand-eye coordination work. White foresees the use of pads during practices to begin in June.

“This year we’re going to incorporate gym workouts to get bigger and stronger,” said White. “So we can be more suited to go against the bigger guys.”

In addition to the physical exercises, the coaches will work with the players to ensure they are mentally prepared to take on this year’s challenges.

“They need to get into the mindset that the way you practice is the way you play,” said White. “If you don’t practice hard, you won’t play hard.”

With eight games and ten teams there is little room for

error. Every game can make the difference between playing for the championship title and going home.

“This is going to be a new Titan era,” said White. “We’re going to win at all costs. Put MCRD on the map.”

Although the Titans struggled last year, they are looking forward for the chance to play against Miramar and School of Infantry. Miramar is new this year, making two teams from San Diego.

“With Miramar being a new addition, we will be able to compete for bragging rights in San Diego area,” said White.

The Titans have been representing MCRD for about five years. Despite not having won a title yet, White hopes to showcase the talent and sportsmanship of the depot.

“We want to bring everyone together to improve the overall morale of the base,” said White. “Be something everyone wants to be a part of.”

The Titans are still looking for players, if interested contact Coach Charles White (916) 524-6108.

## Master sergeant earns spot on reality golf show

BY LANCE CPL. WALTER D. MARINO II  
2nd Marine Division

Master Sgt. Russell J. Normandin, communications chief of 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, Camp Lejeune, N. C., drew Golf Channel videographers from Orlando, Fla., March 11. Their goal was to capture footage of Normandin in his military environment.

Normandin will be featured as a contestant on a golf reality series called “The Big Break.” The Lejeune video clips will be used to introduce him during the show. The program, being shot at the Indian Wells Golf Resort, Indian Wells, Calif., this year, premieres on the Golf Channel May 11.

To be picked for the show, applicants were interviewed and assessed in golf skills and charisma – something Normandin said he nailed.

During Big Break Indian Wells, one contestant will be eliminated each week. The last player standing awarded his Big Break, a once-in-a-lifetime opportunity to compete in a 2012 PGA Tour event against

some of the top players in the world.

During his initial interview, Normandin said the producer asked him how being a Marine would help with the pressure on the golf course.

“I told them, ‘Yeah I’ve gone through a lot of different difficulties in my career and some tough times. When you’re on the golf course, if you’re dealing with adversity, it’s only golf,’” explained Normandin.

While being filmed on the show, Normandin was not bothered by being in front of cameras, so he was able to block out any distractions.

“The pressure of being on TV really wasn’t that bad,” said Normandin. “I remember my first shot – I almost holed out (hole in one) because the pressure didn’t even bother me.”

Despite being a very confident person, Normandin was initially reluctant to try out for the show. After a little bit of encouragement from his wife, he went to the interview in Orlando.

“My wife is the one who pushed me toward it,” said Normandin. “She told me, ‘You’re a good story

and a great golfer – if not you, who?’”

“I told her, ‘You know what? You’re right.’ The tryout and interview couldn’t have gone better.”

After his successful interview, Normandin called his wife to thank her for giving him the initial push to try out for the show.

“My wife is the reason for it all. She’s the reason I get to go play golf and I get to go play in tournaments – that I get to do everything. She’s the one who actually gives me the ability to do that,” said Normandin.

Normandin’s peers at Camp Lejeune are happy for his success. Retired Master Sgt. Chris Martinez, the coordinator for the Camp Lejeune varsity golf team, said, “A lot of people don’t realize this is a great opportunity. He is the first active-duty Marine I know of on the show. I’m glad it happened to him.”

Normandin believes there are many great opportunities for Marines.

“There are a lot of great golfers in the service,” he said. “I’d say to them, ‘don’t just dream – go for it. Life is short. If it could happen to me it could happen to you.’”



Lance Cpl. Walter D. Marino II

Master Sgt. Russell J. Normandin, talks about the Marine Corps with a videographer from the Golf Channel at Marine Corps Base Camp Lejeune, N.C., March 11. Normandin earned a spot on “The Big Break,” a reality television show on the golf channel, after impressing the show’s producers during an interview.