

# THE PARRIS ISLAND BOOT

Echo Company graduates, see page 2



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## Take a stance!

Women fight to become warriors

See page 4

Lance Cpl. Javarre Glanton

### NEWS BRIEFS

#### Notice to Mariners

Marine Corps Recruit Depot Parris Island will conduct extended live-fire training Sept. 7 from 6 a.m. to 8 p.m. The marsh and waterways in the range impact area, to include Archers Creek, Ribbon Creek and Edding Creek, will be closed to boater traffic.

For questions regarding firing times and waterway closures, please contact the Weapons and Field Training Battalion Range Control at 228-3170.

Recruit graduation will take place at 8 a.m. and the Morning Colors ceremony will be cancelled.

#### This week in Parris Island history

On Aug. 26, 1994, Staff Sgt. Christopher Bertrand, a drill instructor for 1st Recruit Training Battalion, was marching a detail of recruits when a car crashed into the group, he remained in the road pushing aside recruits and reducing the extent of injuries.



Lance Cpl. F.J. Abundes

Rct. Cory Marshall, Platoon 2064, Echo Company, 2nd Recruit Training Battalion, provides security for the rest of his fire team during the Crucible at Page Field Aug. 18.

## Honor grad rises above challenge

Story and photos by Lance Cpl. F.J. Abundes  
Staff Writer

Every recruit who passes through the silver doors of recruit training has his own story. He has a reason to fight – a reason to earn the title Marine.

Graduating today with Platoon 2064, Echo Company, 2nd Recruit Training Battalion, is a Marine who overcame a great deal of adversity just to get to Parris Island.

Pfc. Cory Marshall had a rough start in life, with no father figure to guide him and only a working single mother as his role model. But today, he graduates as the honor man for his platoon with the satisfaction of making Mom proud.

"I cannot be more proud of him," said Shontelle Marshall, his mother. "It's not every day a child gets to follow his dreams, and Cory is fol-

lowing his."

Marshall was the first member of his family to graduate high school.

"He took charge because he knew all [we had] was him, his brother and I. He had to do something that would make him a man for the rest of his life," his mother said.

He first considered enlisting when he participated in his school's Marine Corps Junior Reserve Officers' Training Corps for four years.

"I wasn't surprised," Shontelle said. "After the first day of Marine Corps JROTC, Cory was a Marine from that day on."

Through recruit training, Marshall showed traits of a true leader.

"He has always been

SEE MARSHALL  
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## MARINES EARN INSTRUCTOR TAB

Lance Cpl. F.J. Abundes  
Staff Writer

Thirteen Marines graduated the Martial Arts Instructor course Thursday at Leatherneck Square, earning their tan instructor tab and the title MAI.

The 3-week course is designed to train Marines to a level of exemplary proficiency in the Marine Corps Martial Arts Program and give them the tools they need to teach their skills to others.

"It's a very physically demanding course – but it's definitely more mentally demanding," said Sgt. Kyle Christian, an MAI trainer for the course. "You have to push yourself in order to get through the physical attributes."

Aside from the intense daily combat conditioning, the Marines' training included reviewing the tan, grey and green belt MCMAP syllabi. They also learned how to give classes, lead discussions known as "tie-ins" and teach warrior studies to accompany MCMAP training.

"Each technique has a tie-in or warrior study," Christian said. "It pairs basic Marine knowledge with the MCMAP training program."

The MAI students completed, two written exams and three Explain, Demonstrate, Imitate and Practice sessions, which is how they will instruct their classes.

As much studying and training as the students

*"You don't think that you can keep pushing, but you have to find it inside you..."*

Cpl. Philip Sullivan  
graduate of MAI course

have to complete individually, their most difficult and essential task comes from building their abilities to work as a team, Christian said. In the beginning of the course, they were distributed into two squads during their physical training sessions.

"Sometimes, there are instances where a Marine gets dropped from the course and the squad loses a Marine. We don't just re-do squads," he said. "You still have to adapt and overcome, just like that

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Lance Cpl. F.J. Abundes

Sgt. Amanda Peters, who graduated Thursday from the Martial Arts Instructor course, climbs a rope at the Support Bn. physical training field during a combat conditioning exercise early Tuesday morning as a part of the course.

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# ECHO COMPANY GRADUATES

## Echo Company, 2nd Recruit Training Battalion honor graduates

**Pfc. C. A. Marshall**, Brunswick, Ga.  
Platoon 2064, Marshall was recruited by  
Staff Sgt. Hanson and trained by Staff Sgt. O. A. Orellana

**Pfc. T. J. Jones II**, Deridder, La.  
Platoon 2068, Jones was recruited by  
Sgt. Dondiego and trained by Staff Sgt. A. A. Tyler

**Pfc. A. M. Meal Jr.**, Kissimmee, Fla.  
Platoon 2065, Meal was recruited by  
Staff Sgt. Cruz and trained by Staff Sgt. C. L. Bradley

**Pfc. S. D. Lowery**, Albion, N.Y.  
Platoon 2069, Lowery was recruited by  
Sgt. Anderson and trained by Staff Sgt. F. A. Celestine

**Pfc. K. L. McElfresh**, Shadyside, Ohio  
Platoon 2066, McElfresh was recruited by  
Staff Sgt. Burks and trained by Sgt. J. J. Lopez

**Pfc. A. J. Roman**, Long Island, N.Y.  
Platoon 2030, Roman was recruited by  
Sgt. Tupper and trained by Staff Sgt. T. R. Brown

### Platoon 2064

Pvt. J. L. Asher  
Pvt. A. T. Ball  
Pvt. L. E. Barbosa  
Pfc. J. R. Barrett  
Pvt. E. B. Baskin  
Pvt. J. B. Belknap  
Pvt. D. B. Bluford  
Pvt. R. L. Brookins  
Pfc. L. F. Bryant  
Pvt. J. R. Buckley  
Pfc. C. F. Camp  
Pvt. T. L. Chavis Jr.  
Pvt. R. T. Clark  
Pfc. S. M. Clark  
Pvt. W. E. Coe III  
Pfc. E. B. Crawford II  
Pvt. D. E. Curcio  
Pvt. N. A. Fiske  
Pvt. K. Glekiah  
Pfc. K. N. Ham  
Pfc. M. D. Ham  
Pfc. O. C. Heaston  
Pvt. J. C. Henderson  
Pfc. C. L. Hendren  
Pfc. S. R. Henneberry  
Pvt. T. L. Hite  
Pvt. D. A. Holley  
Pvt. R. A. Holton Jr.  
Pvt. J. M. Hulsey  
Pfc. J. S. Leornard  
Pfc. O. M. Lopez  
Pvt. R. S. MacSherry  
Pfc. C. A. Marshall  
Pfc. J. P. McAlonan  
Pfc. J. A. McLeod  
Pfc. L. J. Melton  
Pfc. G. A. Olguin  
Pvt. S. J. Psillos  
Pvt. B. B. Simon  
Pvt. J. D. Smith  
Pfc. T. J. Speer  
Pvt. Q. S. Spence  
Pvt. A. J. Stortz  
Pvt. C. J. Townsend  
Pfc. F. R. Vivaspadilla  
Pvt. M. W. Warrack  
Pfc. B. J. Waters  
Pfc. K. X. White  
Pfc. T. K. White  
Pfc. B. C. Williams

### Platoon 2065

Pfc. E. J. Amos  
Pvt. W. A. Bailey IV  
Pvt. J. A. Bailey  
Pvt. G. F. Bernard  
Pvt. J. K. Bolin Jr.  
Pfc. S. P. Bradley  
Pfc. P. A. Brennan  
Pvt. N. Y. Castro  
Pvt. O. J. Celaru  
Pvt. C. Clarke  
Pvt. J. J. Delossantos Jr.  
Pvt. J. R. Foerster  
Pvt. B. E. Garcia  
Pfc. M. W. Gardiner  
Pvt. J. K. Harrison  
Pfc. H. J. Hernandez  
Pfc. R. F. Holmes  
Pfc. A.M. Inman  
Pvt. R. N. Jones  
Pfc. M. A. Kantner  
Pvt. A. M. Kasperitis  
Pvt. D. A. Lawrence  
Pfc. T. T. Le  
Pfc. J. F. Leonhard  
Pvt. M. L. Logwood  
Pfc. B. J. Lyndaker  
Pvt. M. P. McCuen  
Pfc. A. M. Meal Jr.  
Pfc. A. N. Michaud  
Pvt. H. C. Moore  
Pvt. J. J. Morris  
Pvt. Z. K. Morrow  
Pvt. J. D. Newhouse  
Pfc. E. J. Paton Jr.  
Pfc. J. S. Payne  
Pvt. W. K. Phelps  
Pvt. J. D. Pritchard  
Pfc. G. M. Reyespatxot  
Pfc. K. M. Scroggins  
Pfc. C. J. Shepard  
Pfc. A. C. Shiffer  
Pvt. W. C. Slaughter  
Pvt. N. G. Smith  
Pfc. K. J. Stein

### Platoon 2066

Pfc. J. C. Adams  
Pvt. R. A. Almodovar  
Pfc. D. Babos  
Pfc. D. G. Becea  
Pvt. B. K. Bielski  
Pfc. R. A. Born  
Pfc. J. T. Brown  
Pvt. J. A. Burch  
Pfc. D. J. Cafarelli  
Pvt. J. C. Casey  
Pfc. J. R. Contreras Jr.  
Pfc. J. M. Crawford  
Pfc. D. D. Deshazo  
Pvt. J. M. Evans  
Pvt. P. L. Faria  
Pvt. J. E. Fisher  
Pfc. A. T. Gouveia  
Pvt. D. S. Grates  
Pvt. G. M. Hall  
Pfc. J. Her  
Pfc. M. J. Hiles  
Pvt. G. T. Hirth  
Pfc. J. M. Huff  
Pfc. M. A. Jolly  
Pvt. T. J. Kennedy  
Pvt. D. J. Lindberg  
Pvt. C. F. Luperella  
Pvt. T. R. Martin  
Pfc. K. L. McElfresh  
Pfc. D. R. McGhee  
Pfc. K. M. Meredith  
Pfc. T. J. Mussman  
Pfc. B. J. Naylor  
Pvt. J. S. Newport  
Pvt. J. C. Ott  
Pvt. D. M. Patel  
Pvt. J. W. Pearson  
Pvt. J. M. Pelton  
Pfc. J. M. Pinnette  
Pfc. P. A. Rollinger  
Pvt. L. P. Serig  
Pfc. S. M. Shell  
Pfc. C. H. Sims V  
Pfc. A. L. Thomasson  
Pfc. G. S. Walton  
Pvt. T. B. Watson Jr.  
Pvt. N. W. Williams  
Pvt. T. C. Willis  
Pvt. C. L. Wroten  
Pvt. B. J. Yates

### Platoon 2068

Pfc. J. L. Adams  
Pvt. K. Aguerrebere  
Pvt. V. J. Baffa  
Pfc. S. M. Ballay  
Pvt. M. E. Bellezeguez  
Pfc. M. T. Bonacci  
Pvt. T. B. Brennan  
Pvt. E. M. Bridges  
Pvt. B. J. Burton  
Pfc. C. O. Campbell  
Pfc. J. G. Canham  
Pvt. S. E. Castro  
Pvt. H. Chan  
Pvt. P. F. Constantin  
Pvt. K. J. Cooker  
Pfc. D. L. Dedmon  
Pfc. A. A. Djinis  
Pfc. J. D. Dressel  
Pvt. R. J. Engertschmeer  
Pvt. R. E. Fahey Jr.  
Pfc. C. D. Foster Jr.  
Pvt. M. D. Friesen  
Pvt. J. S. Guererri  
Pvt. A. M. Hanes  
Pvt. N. E. Hanson  
Pfc. C. A. Haynesworth  
Pvt. J. W. Heggins  
Pvt. M. T. Herman  
Pfc. A. Johnson Jr.  
Pfc. T. J. Jones II  
Pfc. D. M. Mcfadden Jr.  
Pvt. T. Mcfield  
Pfc. W. J. McLeod  
Pvt. J. M. McMorris  
Pvt. D. A. McNeil  
Pvt. C. L. Minton  
Pfc. J. S. Norris  
Pvt. A. M. Norton  
Pvt. N. A. Oswalt  
Pfc. S. C. Pepper  
Pvt. R. A. Reid  
Pvt. B. S. Roland  
Pfc. C. R. Roley  
Pvt. R. A. Seibert  
Pvt. C. C. Shaffer  
Pvt. H. Q. Vu  
Pfc. R. C. Walsh  
Pfc. A. S. Weber  
Pvt. C. C. Webster  
Pfc. J. S. Wright  
Pfc. M. A. Zirpola

### Platoon 2069

Pvt. B. A. Albert  
Pfc. R. D. Amann  
Pvt. A. R. Address  
Pfc. J. R. Arthur  
Pvt. J. B. Bohannon  
Pfc. J. L. Bolyard  
Pvt. A. M. Buck  
Pvt. Z. T. Burriss  
Pfc. B. A. Compton  
Pvt. B. M. Crowley  
Pvt. J. C. Culross  
Pfc. W. A. Dement  
Pfc. A. T. Ellis  
Pvt. J. J. Fabian  
Pvt. D. W. Foster  
Pfc. T. J. Gillcris  
Pvt. J. H. Haas  
Pfc. T. D. Hack  
Pfc. W. L. Hernandez  
Pfc. C. W. Hoffmaster  
Pfc. E. R. Joseph  
Pvt. B. L. Keel  
Pvt. T. J. Leed  
Pvt. B. A. Lowe  
Pvt. B. A. Lowery  
Pvt. J. H. Manning  
Pvt. W. Marcelon  
Pvt. M. R. McLaughlin  
Pfc. S. P. Mott  
Pfc. A. W. Nally  
Pvt. M. A. Olexadolyk  
Pvt. D. R. Osborne  
Pvt. C. M. Rizzo  
Pfc. J. C. Reeves  
Pfc. T. P. Robicheaux  
Pfc. A. Rodriguez  
Pvt. J. L. Ryan  
Pvt. J. A. Schwing  
Pfc. D. B. Sestito  
Pfc. M. D. Silva  
Pfc. E. D. Sims  
Pfc. J. D. Slabaugh Jr.  
Pvt. S. P. Sonberg  
Pfc. A. L. Thompson Jr.  
Pfc. R. W. Tropf  
Pfc. G. N. Walker  
Pfc. P. J. White  
Pvt. S. A. Wilkerson  
Pvt. S. R. Wilson

### Platoon 2070

Pfc. J. AquinoReyes  
Pfc. B. M. Badali  
Pvt. M.V. Baldi  
Pfc. T. J. Barnett  
Pfc. J. D. Bensley  
Pfc. P. Bieniame  
Pfc. M. F. Broadway Jr.  
Pvt. J. A. Brockman  
Pvt. J. E. Caban  
Pvt. C. A. Cainecheandia  
Pvt. G. H. Chvotzkin  
Pvt. T. P. Courtney  
Pvt. R. J. Denoble  
Pfc. M. D. Diroma  
Pvt. T. K. Dougherty  
Pfc. S. E. Eckle  
Pvt. J. R. Endara  
Pvt. M. P. Evans  
Pvt. K. A. Fellows  
Pvt. J. R. Green  
Pvt. B. J. Hernandez  
Pfc. D. Heugas  
Pfc. J. A. Hoerner  
Pvt. B. Joe  
Pfc. A. A. Khalil  
Pvt. K. A. Kiner  
Pfc. J. E. Leiby Jr.  
Pvt. C. M. McCleary  
Pvt. C. J. Minogue  
Pvt. J. J. Mueller  
Pvt. R. F. Munoz  
Pfc. C. B. Murphy  
Pfc. G. W. Myshko  
Pvt. M. A. Pagan  
Pvt. T. S. Picciurro  
Pfc. R. D. Pichardo  
Pvt. L. A. Ramosgalarza  
Pfc. J. C. Reiter  
Pvt. J. A. Rodriguez  
Pfc. A. J. Roman  
Pfc. A. J. Rook  
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## THE PARRIS ISLAND BOOT

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# WORLD SUICIDE PREVENTION WEEK SEPT. 4-10

**Anne Doty**  
Suicide Prevention Specialist

Since 2001, the U.S. military has been engaged in conflicts around the globe, most notably in Iraq and Afghanistan. These conflicts have exacted a substantial toll on Marines, sailors and their families.

The resulting stress can manifest itself in different ways, including suicide, which is increasing across the Department of Defense.

Suicide and suicidal behavior affects individuals of all ages, genders, and backgrounds. Depression, post-traumatic stress disorder, substance abuse, previous suicide attempts, hopelessness, access to lethal means, recent loss of loved ones and unemployment are just a few examples of risk factors.

In 2010, the Marine Corps suffered a loss with 37 suicides. While that number has decreased since 2009 with its 52 suicides, the number of attempts continue to rise.

The Marine Corps uses a community approach to suicide prevention and relies primarily on gatekeeper programs in which local commands, front-line leaders and the Marines are trained to identify those at risk for suicide and refer them to the appropriate resources.

The Suicide Prevention Program focuses on raising awareness, promoting self care and offering educational lectures and training on how to see the warning signs.

Marines reluctant to seek help may not want to bring attention to their problems. They are concerned that this attention will affect their career potential. Leaders must work against the negative outlook on asking for help.

Most military suicides are the result of a series of stages that begin with generally sad, unfocused and self-destructive thoughts. Relationship problems are the primary contributor to suicidal thoughts.

Factors that buffer against suicide and suicidal behaviors include high self-esteem, social con-



Sgt. Russell Midori

**World Suicide Prevention Week is a call to service members across the globe to become familiar with the signs of suicide so they can take action in preventing tragic losses of life.**

nectedness, problem-solving skills and supportive family and friends.

By listening and responding appropriately to people in the earliest stages, often times it is possible to prevent suicide.

World Suicide Prevention Week represents a call for action and involvement by communities and organizations worldwide to contribute to the cause of suicide awareness and prevention through education.

By collaborating together in this endeavor, we can indeed save lives. One suicide is one too many. Suicide can be prevented. Everyone can help.

**-If you are in crisis and need immediate help, call 1-800-273-TALK.**

**-If you are thinking about suicide, talk to someone right away. To schedule a brief for your unit regarding suicide prevention contact Anne Doty at 228-4110.**

## Parris Island Museum to display new exhibit

**Lance Cpl. Javarre Glanton**  
Staff Writer

started as Marines. Such success stories can be found in the book, "Anyone Here a Marine?" which has inspired an upcoming exhibit at the Parris Island Museum.

Drew Carey, Ed McMahon, Montel Williams, Bea Arthur. They're all famous personalities, but they

Construction began

Aug. 16 for the exhibit, which will display photos and short biographies of the most well-known celebrities, politicians and famous entertainers who once served in the Corps.

The museum had a very similar exhibit in the past, but the exhibit's coordinator eventually felt it too makeshift to keep on display. The new exhibit will display about 60 names and will be accompanied by a 42-inch touch-screen monitor with information about veteran Marines not included on the panels.

"We base a lot of stuff on what we see," said Dana MacBean, exhibit coordinator. "We saw a lot of people looking at the old exhibit and people would go by, read each one and

say 'I didn't know he or she was a Marine.'"

Museum officials intend to use the display to make the general public more familiar with the history of the Marine Corps and better understand the impact it's made on society.

The exhibit, to be built right beside Alexander Shipp's Store, is expected to be complete toward the end of the year or the beginning of 2012, according to Kim Zawacki, museum curator.

"It will be just one wall but it'll be the most popular exhibit in the museum," MacBean said. "When we had this exhibit up before people would just get entranced in it."

The museum staff hopes visitors and tourists will take an inter-



**An electronic display, similar to the one in the Douglas Visitors' Center, will be part of the new exhibit. Construction started Aug. 16 and will finish near the end of this year.**



Photos by Lance Cpl. Javarre Glanton

**"Entering the gate of Parris Island's history" reads above the door to the main exhibit room at the Parris Island Museum. The museum staff is working on new exhibits based on the book "Anyone Here a Marine?"**

est in learning about people who have done amazing things and who can point to their experience in the Marines as the foundation of their success..

"I want people to see this and come back," MacBean said. "I want it to be so fascinating

that they'll want to return to see everything else.

"It's one of those exhibits that are timeless - there will always be people looking at it," he added. "We want the museum to carry out its intended purpose - education."

## Chaplain's Corner: Courage to live your faith



Sgt. Russell Midori

**Rct. Lauren M. Arensen, of Platoon 4004, Papa Company, 4th Recruit Training Battalion, who graduated in 2010, takes a leap from the 15-foot platform at the depot's Combat Training Pool. The exercise is meant to simulate abandoning a ship, and it teaches recruits to overcome their fears to show courage in the face of danger.**

**Navy Lt. Russell St. John**  
4<sup>th</sup> Recruit Training Battalion Chaplain

Every recruit at Parris Island must pass a basic swim qualification in which they are required to step off a platform perched 15 feet over water, swim 25 meters using a basic survival stroke, and tread water for four minutes. The task seems easy, but some still fail to accomplish it.

Consider Recruit "Anybody" who swims better than most and has no problem staying afloat, but is terrified of heights. Therefore, a distance of 15 feet feels more like 100, the water below looks deeper than expected and leaves her paralyzed with fear on the platform. So each time she climbs up intent on completing the jump, Recruit Anybody inevitably climbs back down, frustrated and shamed. She struggles to find courage in the face of her fear.

We often assume that those who are courageous simply lack fear, but courage is not an absence of fear. Courage is the ability to continue on, to complete the task and to do so even when fear is very much present.

Two thousand years ago, Jesus of Nazareth purposely left the safety of the Judean countryside and walked to inner city Jerusalem where he knew that men were waiting to arrest him and ultimately kill him. He did so knowing that the worst conditions awaited him: terrible physical pain, having to bear the wrath of God, and a hellish eternity compressed into a several hours hanging on a Roman cross. What would motivate a man to display such powerful courage? The answer is love.

Recruit Anybody may not yet love the Marine Corps. It is simply boot camp. And when we love little, we possess little courage. But when we love deeply, as a mother loves her child or as a husband loves his wife, such love overcomes fear. In fact, the Bible says that perfect love casts out fear. Love fuels courage. Jesus loved the lost, hurting and

broken people so deeply that he walked through fear and into death to rescue us by dying for us. Love gave him courage.

In the same way that fear masters Recruit Anybody, because love does not yet exist to fuel her courage, so also men and women struggle to find the courage to live their faith publicly and without shame. And why is that courage so hard to find? The answer is simple. We lack love. If we do not truly love others we will find ourselves filled with timidity. If we fail to see that though our brothers and sisters are ruined, they are glorious in their ruin, still reflecting the image of the Creator and still precious in his sight, we will find that cowardice overtakes us. And if, lacking love, we fear that speaking up will bring us scorn, mockery, abuse or just being ignored or marginalized, we will risk little. We will fear the loss of social capital or prestige, and it will paralyze our faith. If no love fuels the courage to overcome that fear, then we, like Recruit Anybody, will walk to the edge of risk only to freeze, and climb back down, shamed.

Do you want to find courage to live out your faith? You must first love. Love those who seem unlovable - people just like you. Love them for they are also beautiful, magnificent, precious, image-bearers of God who, by his own hand, knit each together with care - just like you. And when you have learned to love others - really love them - then you will find that the courage to live for Christ before them will strangely but powerfully well up within you, and you will live boldly and unashamed.

I am still pulling for Recruit Anybody that she will find that her love for her fellow recruits, expressed in a desire not to let them down, will give her the courage to take that leap. And I am still pulling for you and challenge you with the words of scripture: "We love because he first loved us." So, love deeply and you will find courage in abundance.

# Female recruits train to be warriors

**Lance Cpl. Javarre Glanton**  
Staff Writer

Parris Island is the only place where women are trained to become enlisted Marines and they undergo the same training men do here.

Throughout the 13 weeks of recruit training, there are major training events that complete the transformation – becoming a human weapon is one of them.

From the first few training

days until Training Day 22 recruits earn their tan belts in the Marine Corps Martial Arts Program. Tan belt is the first rung on the ladder of MCMAP, and the training teaches recruits the basics of the program.

“Not only do we want them to know the techniques but we teach them Marine values,” said Staff Sgt. Michelle Baerman, a brown belt MCMAP instructor and drill instructor with November Company, 4th Recruit

Training Battalion. “Not only are you a martial artist, but you’re well-rounded warriors.”

The 27-year-old Keokuk, Iowa, native strives to teach her recruits to be able to take on any opponent. Teaching MCMAP to female recruits can be challenging, she explained.

“Since they’re females, their biggest obstacle is usually the stereotype of being defenseless. I tell them that they’re going to be able to take on anybody and that nobody can mess with them now,” Baerman said. “It doesn’t matter how big or strong your enemy is – you have to be able to take on any kind of opponent.”

The recruits learn the techniques through demon-

◀ **Recruits from November Company, 4th Recruit Training Battalion, put the Marine Corps Martial Arts Program skills to use during the Crucible at Page Field April 8. The recruits used Tan belt techniques to face off against one another.**

▼ **Recruits from Papa Company, 4th Recruit Training Battalion, watch a demonstration of proper Marine Corps Martial Arts Program techniques at the battalion’s physical training field July 21. The recruits spend about 10 training days learning MCMAP before taking the test to earn a tan belt.**



Photos by Lance Cpl. Javarre Glanton

**Recruits from Papa Company, 4th Recruit Training Battalion, practice rear hand punches at the battalion’s physical training field July 21.**

stration and repetition.

“Most kids this generation aren’t used to staying on their feet very long and we’re making them kick over and over again,” Baerman said.

“We’re preparing them for war, and they can protect themselves now,” she added.

Baerman stresses endur-

ance, muscular strength and the need for recruits to build reaction time, all through a great deal of practice so the techniques become like second nature.

“I teach females the same way that I teach males,” Baerman said. “There’s one way to learn and I instruct that way.”





Photos by Lance Cpl. F.J. Abundes

**Martial arts instructor trainers Sgt. Kyle Christian and Sgt. Freddie Groen observe Sgt. Larry Miller, Echo Company, 2nd Recruit Training Battalion, as he attempts to shrimp his way out from under Sgt. Tayvon Peterkins, Fox Co., 2nd RTBn., Tuesday at the Support Bn. physical training field during a combat conditioning exercise.**

## MAI

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combat situation – you don't just get resupplied with Marines."

"With the kinds of (exercises) that they make you do, you don't think that you can keep pushing," said Cpl.

Philip Sullivan, one of the graduates. "But you have to find it inside you, which is one of the main things they're trying to teach."

The Marines must work together as a team and push beyond those mental aspects to help motivate their fel-

low squad members. It takes them out of their bubble and pushes them to think.

"The stuff [the instructors] come up with in their heads ... they want to push us past our limits," Sullivan said. "Anything physical they can think

to do, they've had us do."

Besides the instructor tab and title, Sullivan said he learned better leadership skills. All-in-all, he said the experience of going through the course was definitely worth the effort it required.



▲ Sgt. Larry Miller, Echo Company, 2nd Recruit Training Battalion, and Sgt. Tayvon Peterkins, Fox Co., 2nd RTBn., grapple during a combat conditioning exercise Tuesday at the Support Bn. physical training field. Miller and Peterkins are graduates of the newest class of martial arts instructors.

▼ Sgt. Larry Miller escapes from a hold during during a grappling match Tuesday. The newest class of martial arts instructors graduated Thursday.



## MARSHALL

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expected to fail, so he had something to fight for," said Staff Sgt. Oscar Orellana, Marshall's senior drill instructor. "In recruit training, he had the opportunity to prove himself."

Orellana said Marshall always looked out for other recruits, and even though he was only 18 years old, he was one of the most mature recruits in the platoon.

"He definitely exhibits leaderships

qualities," Orellana continued. "He'll make a good leader one day."

He earned the role as guide for the platoon and held onto that billet through all of recruit training.

"That didn't surprise us at all because Cory has always been the kind to take charge," his mother said. "I was a single mom – I wasn't going to have a brat or smart-mouthed son."

Marshall said he worked to demonstrate he had what it took to hold the top recruit billet in his platoon because his childhood taught him to

be competitive.

"I was always taught not to accept failure," Marshall said. "If you want to be the best, why not push to be the best."

In training, Marshall looked up to his senior drill instructor as his role model.

"He's told me I've been his first father-figure," Orellana said. "He never had anyone who had such high expectations of him. I expected him to be perfect compared to every other recruit because he was a guide – he had to work to prove himself."

Marshall hopes to make the Corps a career, go to college and maybe become an officer.

In fighting to earn his high school diploma, then his Eagle, Globe and Anchor, Marshall has taken nothing for granted, and says his greatest inspiration has been his mother.

"It was worth it, just being able to know that my mom could say her son had made it, just being able to say that someone finally did something good with their life and made something of himself," Marshall said.

# Ramadan impacts Afghan training, but mission still on target

**Petty Officer 1st Class Gino Flores**  
II MEF (FWD)

CAMP LEATHERNECK, Afghanistan — Coalition forces instructors at the Joint Sustainment Academy Southwest aboard Camp Leatherneck, Helmand province, have stayed on target training Afghan National Security Forces throughout the Islamic holy month of Ramadan.

Ramadan is held during the ninth month of the Islamic lunar calendar and requires Muslims to fast each day from sunrise to sunset. The fasting tradition prohibits consuming any food or drink, including water, during the day.

The students' strict observation of the fast has created a need for flexibility at JSAS. Class and meal hours have been adjusted to allow ANSF students attending courses to observe the rituals commanded by Islamic tradition.

"Training during Ramadan can be difficult

because the work day starts when you normally would be sleeping," said Cpl. Evans Burcaw, an instructor for the Small Arms Weapons Instructors' Course and native of Tomball, Texas. "We don't work students during the hottest time of the day when they're fasting. However, we do make provisions to keep them on schedule and on target until graduation."

"The emphases on standards remain despite the altered schedule," he added.

Some courses have also been adjusted to make the learning experience more focused and efficient by adding instructors and interpreters.

"This allows us to break up students into smaller groups," said Staff Sgt. Bradley Brockman, an instructor and the officer in charge of the SAWIC course and a native of Campbellsville, Ky. "We are able to provide immediate attention to each student, answer more questions and get done faster."



**An imam, or spiritual leader, with the Joint Sustainment Academy Southwest, Camp Leatherneck, Helmand province, reads verses from the Quran Aug. 20.**

Afghans attending training explained the thirst and hunger brought on by the fast has been most challenging on the outdoor shooting rang-

es, where temperatures creep past 100 degrees Fahrenheit during the day.

This year Ramadan started Aug. 1 and will end Sept. 29 or 30, depending on the lunar eclipse. Ramadan is followed by a three-day holiday, Eid al-Fitr (festival marking the end of Ramadan), said Wali, a linguist working for coalition forces.

"The Islamic holiday of Eid al-Fitr is what Christmas would be for Christians," Wali explained.

Fasting during Ramadan offers Muslims time for reflection, self-awareness and self-determination in accordance with the Quran.

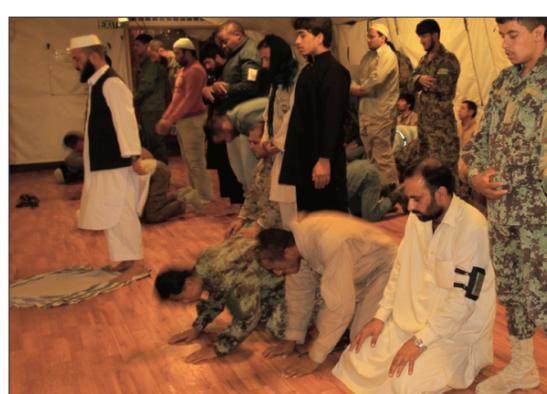
"The fast is also one of the five pillars of Islam," said Lt. Asif Balbale, a U.S. Navy Muslim chap-

lain visiting Regional Command Southwest for the duration of Ramadan. "The reward for every good deed in this month is multiplied."

As students at JSAS continue toward graduation, they have kept their faith and held on to tradition.



**An imam, or spiritual leader, with the Joint Sustainment Academy Southwest, Camp Leatherneck, Helmand province, reads verses from the Quran Aug. 20. It is obligatory for Muslims to pray five times a day.**



**Afghan National Security Forces training at the Joint Sustainment Academy Southwest, Camp Leatherneck, Helmand province, perform prayer at their dining facility before the evening meal, or iftar Aug. 20. During the Islamic holy month of Ramadan, Muslims are expected to refrain from consuming food or drink during daylight hours.**