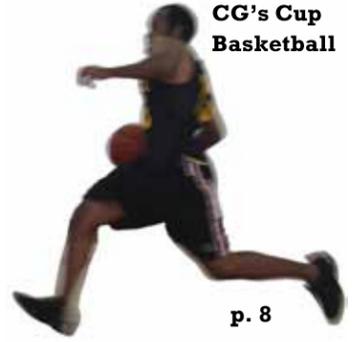




CHEVRON

AND THE WESTERN RECRUITING REGION



Sgt. Whitney N. Frasier

Sgt. Angel A. Santos, drill instructor, Special Training Company, Support Battalion reminisces about Sept. 11. Santos, who was in school near Ground Zero was an eyewitness to the terrorist attack and watched the buildings collapse.

DI recounts Sept. 11 attacks

BY SGT. WHITNEY N. FRASIER
Chevron staff

“I was sitting in math class. We were about to switch to our next period when we heard it. The sound of the engine was so loud it made the windows rattle. Not more than a few seconds later I heard a huge explosion. I knew right away we were under attack.”

Sgt. Angel A. Santos, a drill instructor with Special Training Company, Support Battalion, reminisced on the tragedy that took place a decade ago.

Sept. 11, changed the U.S. forever. It changed him forever.

“I was only 18 years old. It was just another regular day for me,” said Santos. “My school was only about half a mile away from the Twin Towers, you could see them when you looked out the window.”

Shortly after the first plane hit, the students of Chelsea Vocational High School watched the second plane collide into the remaining tower.

“You could see the fear on our faces. My jaw just dropped. People in school were crying and panicked. The teacher told us to turn around because he didn’t want us to see the tower collapse to the ground, but we couldn’t help but watch anyway,” said Santos.

What happened on U.S. soil was bigger than any natural catastrophe he had ever seen. Santos explained that the sky rained ashes, paper and even people. The flames from the fire were so bright it almost hurt to look at them. The ground shook like an earthquake as every floor pummeled to the ground. People of all ages sprinted down the street to escape the massive cloud of dust and smoke that the towers created as concrete and sheet metal fell from above. Some of the debris was bloody and covered in residue, he explained.

“I watched two people hold each other’s hands. They looked at one another and just jumped from the tower. I think they knew they weren’t

going to make it,” said Santos. “It was surreal. Like a bad dream.”

The nightmare was so close to him. He said students were jumping out of the windows in the auditorium and the staff had a hard time restoring order. Every police officer and firefighter rushed to the scene at what is now known as Ground Zero.

“The day seemed extremely long,” said Santos. “Many people knew workers in the towers. The day was so intense.”

Even when the day was over, the damage was far from done. The city was wounded emotionally.

“After a few days, people started going back to work and school,” said Santos. “I recall a lot of my peers not showing up for much longer than that though.”

Santos explained one of the busiest cities in the U.S. turned into a ghost town.

“The train into the city was nearly

see 9/11 ▶ 6

DI School hosts international students

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

The pounding of combat boots driving into the concrete were heard echoing throughout Marine Corps Recruit Depot San Diego Aug. 31. Students in digital desert utilities marched in formation toward the combat fitness testing field. However, uniformity was lacking.

Maldives National Defense Forces Staff Sgt. Saleem Hussain and Republic of China Marine Corps Sgt. Cheng Lo are training alongside the United States Marine Corps Drill Instructor

School students. They are learning how U.S. Marines train physically and mentally by meeting the same standards a Marine meets to become a drill instructor.

“Having them come to our training gives us a chance to show other (militaries) how we train our drill instructors. This way they can pass along what we teach them and better their military,” said Gunnery Sgt. George Hernandez, chief drill instructor, drill instructor school, Support Battalion.

Both thrown into an unknown world, Lo and Hussain came here eager and ready to take on any

challenge and obstacle thrown their way.

“I volunteered to come here because I wanted to know how the U.S. Marines work and train,” said Hussain. “When I go back I will train my military.”

Hussain explained although his military has their own way of training, he hopes to incorporate a few things he’s learned while at the depot.

“I mostly want to bring the physical part back,” said Hussain.

Both expressed they had never been through such challenging

see SCHOOL ▶ 2



Lance Cpl. Crystal J. Druery

Republic of China Marine Corps Sgt. Cheng Lo, left, a student at the Drill Instructor School, performs a combat fitness test to the same standards as a U.S. Marine Aug. 31. Staff Sgt. Armonzo Pittman, also a student, helps Lo keep track by counting repetitions.

Fitness Center helps prepare Marines for Challenge ahead



Lance Cpl. Katalynn Rodgers

A participant of Marine Corps Recruit Depot San Diego Fitness Center’s Boot Camp Challenge training program launches into a sprint after completing slaloms Aug. 23. The fitness center is holding training sessions Tuesdays and Thursdays at 5 p.m. for people to prepare for the Boot Camp Challenge, scheduled to be held Sept. 24.

BY LANCE CPL. KATALYNN RODGERS
Chevron staff

Prior to enlisting, many Marines invest countless hours preparing themselves for the rigors and challenges they’d be forced to overcome in boot camp.

Because challenges like that require preparation, Marine Corps Recruit Depot San Diego’s Fitness Center is helping participants train for the 10th annual Boot Camp Challenge Sept. 24. The Boot Camp Challenge is a three-mile run featuring some of the obstacles used in recruit training.

Fitness trainers put together a six-week training program that started Aug. 16 and is scheduled to end Sept. 22, giving participants two days of rest before the race. Hour-long classes are taught Tuesdays and Thursdays beginning at 5 p.m.

“You don’t want someone going into an event like the Boot Camp Challenge without any prior training,” said Amanda Brandeburg, fitness trainer, MCRD Fitness Center. “There are people of all types who want to

see CHALLENGE ▶ 2

Make a difference, help prevent suicide

PROVIDED BY THE
INSTALLATION
SUICIDE PREVENTION
COORDINATOR

On the battlefield or at home, suicide does not discriminate. Everyone is at risk.

Suicide is the third leading cause of death in the Marine Corps behind accidents and death by hostile action. A service member attempts suicide every two hours and one service member dies by suicide every two days.

The Marine Corps views suicide prevention as the responsibility of the entire

Marine Corps community. It is the duty of all Marines, family members, and friends to encourage those who are troubled to seek help. These tragic deaths and other non-fatal suicidal behavior often occur in association with stressors that are largely preventable such as relationship problems, alcohol abuse and depression.

Remembering the Marine Corps Values of honor, courage, and commitment can empower everyone to make a difference in the life of

see SUICIDE ▶ 2



Lance Cpl. Katalynn Rodgers

Amanda Brandeburg, Marine Corps Recruit Depot San Diego Fitness Center trainer, demonstrates an exercise as part of the Boot Camp Challenge training program Aug. 23. The fitness center is hosting classes Tuesdays and Thursdays until Sept. 22, to prepare people to participate in the three-mile run featuring obstacles used in recruit training.

CHALLENGE ◀ 1

participate and we'll work with their needs."

The class helps participants ease into training, and includes various exercises to avoid monotony.

Recent sessions consisted of a two-mile run with stopping points where participants perform exercises that keep their heart rate up before proceeding to the next station.

Push-ups, mountain climbers and sit-ups are among the exercises participants are expected to perform.

"The Boot Camp Chal-

lenge features exercises the average person, the non-Marine, wouldn't normally do," said Brandeburg. "The exercises we do here help them prepare properly for those exercises."

According to Brandeburg it helps them develop strength, cardiovascular endurance, overall better fitness and camaraderie.

"It provides a support group for those who have never run a marathon," said Brandeburg. "They may recognize these people during the challenge and (they) can motivate (each other)."

Throughout a train-

ing session Aug. 23, words of encouragement could be heard as the group ran between their exercise points. Bonds between participants are already forming.

"I did the class last year. It tremendously helped me," said Michelle Patterson, who is going to participate in this year's race. "The trainer was real tough."

Not only does their hard work and effort get them ready for the Boot Camp Challenge, but they get a reward for being so committed to the program.

"They've worked hard, if

they complete this training course they deserve a good reward," said Brandeburg. "For all their effort they get a free entry into the Boot Camp Challenge."

Classes are still open, but new attendees still have to pay the Boot Camp Challenge entry fee.

"I would definitely recommend this for anyone considering the race," said Lacie Nunez, wife of Petty Officer 1st Class Frank Nunez, and Boot Camp Challenge participant. "They say any training is better than none, but this class is most definitely training."

SUICIDE ◀ 1

someone who might be at risk for suicide.

What are Risk Factors?

- Relationship problems
- Legal or Work problems
- Family history of suicide
- Alcohol or drug use
- History of physical or sexual abuse
- Social isolation
- Physical illness
- Depression
- Past suicide attempt
- History of violence
- Unwillingness to seek help
- Access to means to kill oneself

What are the Warning Signs?

- Talking about dying
- Preparing to die (giving

away belongings, saying goodbye to family and friends)

- Looking for ways to die
- Change in personality or emotions, behaviors, sleep patterns, or eating habits
- Low self esteem
- No hope for the future

What Can I Do?

- Ask open-ended questions (i.e. How are things going?)
- Lend support and be willing to listen
- Share your concerns for their well-being
- Remove weapons, pills, or rope
- Do not leave the Marine alone
- Seek professional help right away

The most important thing to do if you are concerned

or recognize warning signs is to take action. If a buddy is suicidal you may not get a second chance to save his life. Never leave a Marine behind.

MCRD/WRR have appointed Suicide Prevention Officers (SPO) at every command.

The SPO's have been appointed by the commanding officers and ensure the Marine Corps Suicide Prevention Program is fully implemented.

Resources:

Behavioral Health Services
If you or someone you know is considering suicide, your Behavioral Health Services provides the following services:

- Professional counselors
- Referrals to mental health
- Referrals to community

organizations

- Intervention services Behavioral Health Services Bldg. 6E (619) 524-0465
- Installation Suicide Prevention Coordinator*
Laura Texier (619)524-1200.
- Military OneSource*
This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. You can reach the program by telephone at 1-800-342-9647 or through the Web site at <http://www.militaryonesource.com>.
- Local Crisis Line*
800-479-3339
- National Suicide Hotline*
1-800-SUICIDE (784-2433)

SCHOOL ◀ 1

training in their own military.

In particular, the confidence course is something neither of them will soon forget.

"This training is physically and mentally more demanding (than what I'm used to)," said Hussain, "It's one of the most difficult trainings I've been through in fourteen years."

Hernandez says Hussain and Lo are held to the same standards as U.S. Marine students at all times. A standard second-to-none and known around the world by both

friend and enemy.

"The first week here, is very demanding and there's no time to rest," said Hussain.

It can be even more difficult doing what everyone else is doing with a language barrier."

Both students were required to pass an English course prior to being selected for the course. Still, they speak broken English, which made it a little harder for them to perform class requirements.

"Sometimes when they call commands the other students can't understand them," said Staff Sgt. John Beider, Hussain's squad instructor, drill instructor school, Support Bn.

Lo explained although he had difficulty during drill, his squad leader always taught him cadences and movements.

"We have drill, but (U.S. Marines') drill is totally different," said Lo. However, he said it's nice to learn new things, and he enjoys learning how U.S. Marines drill.

With three weeks remaining until graduation, instructors are more than impressed with the international students.

"Compared to Hussain's different training plus language barrier, Hussain performs higher than others (in this school)," said Beider.

Staff Sgt. Lukhama McBride, Lo's squad instructor, drill

instructor school, Support Bn, says he hopes Lo will retain what he's learned and use it wisely.

"Ultimately I want him to go back and apply our ethics and values," said McBride, "I think so far he values the same traits, which makes him a good (noncommissioned officer) and very competitive."

McBride explained Hussain and Lo are both performing above average, despite attending their first course administered by the Marine Corps.

On Sept. 21, Lo and Hussain will walk across the parade deck with the rest of the new drill instructors. They will also receive a campaign cover.

BRIEFS

Auto skills Master Workshop

The next MCCA MCRD Auto Skills Center Master Workshop Series is tomorrow and will focus on the brakes of the automobile. The workshop will discuss how brakes function, fluid, preventive maintenance, trouble shooting and garage environment safety. Attendees should dress in comfortable clothing and wear closed-toe shoes. The workshop will take place at Bldg. 142, from 11:30 a.m., to 2:30 p.m. There is no charge for the workshop. Lunch will be provided. Register at (619) 524-5240. Walk-ins are welcome.

Activity Morning

The new parent support program's Activity Morning is Tuesday.

Activity Morning is a fun opportunity for active duty parents, spouses, and young children (new born to 5 years old) to play and learn together. It is also a great chance for tots to socialize with their peers. Each month has a different theme. Children can choose to engage in a variety of activities such as: story time, arts and crafts, movement activities, snack making, ideas for games at home and much more.

Registration is not necessary and this monthly experience is free of charge.

Call the New Parent Support Program at (619) 524-0805 or L.I.N.K.S. at (619) 524-8104 for more information.

FY11 Tuition Assistance cut-off date

Tuition Assistance requests for FY11 will be processed until Sept. 15 only. The course(s) start date must be no later than Sept. 30, 2011. Submit TA request prior to the start of the term to avoid paying out of pocket tuition cost.

Call (619) 524-1275/8158 for information.

MyPay access

Military members and federal service employees can now access their personal MyPay accounts using the Common Access Card (CAC). To access the MyPay website with a CAC card go to the MyPay web page at <https://mypay.dfas.mil/MYPAY>. ASPX web address. Click on the "DOD CAC Login to MyPay" link. First time users must enter their social security number.

All MyPay customers will still be able to access MyPay using a login ID and password. For more information, contact Tom Garcia at (619) 524-6102.

Emergency preparedness: Safe & Well

After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind. There is a website called Safe and Well, which is designed to help make communication easier and eliminate overloaded telephone systems. It can be found at <https://safeandwell.communityos.org/cms/index.php>.

If you have any questions, call the Mission Assurance Office at (619) 524-8432.

A Journey through Boot Camp

Follow Sgt. Whitney N. Frasier as she follows Golf Company and blogs about the boot camp experience at www.transformationofmarines.wordpress.com

Send briefs to:

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

Around the depot

This week the Chevron asks: "Which teams do you think will meet in this year's Super Bowl? Which will win, and what will be the final score?"



"The Dallas Cowboys and the Indianapolis Colts will match up, with Dallas winning 21-20."

Mellissa Trevino, depot family readiness officer, Marine Corps Recruit Depot San Diego.



"The Pittsburgh Steelers and the Philadelphia Eagles will be this year's Super Bowl match up. The Eagles will win 21-10."

Sgt. Steven Jackman, drill instructor, Academic Instructional Platoon, Instructional Training Company, Support Battalion.



"The Cincinnati Bengals and the Tampa Bay Buccaneers will (play). The Bengals will win 21-10."

Lance Cpl. Damian Parrott, administrative clerk, Service Company, Headquarters and Service Battalion.

Marines train Afghan police to handle special tactics missions

BY PETTY OFFICER 1ST CLASS GINO FLORES
II MEF (FWD)

CAMP LEATHERNECK, Afghanistan — Marine Corps instructors at the Joint Sustainment Academy Southwest at Camp Leatherneck, Helmand province, are in the process of training an elite group of Afghan Uniformed Police in a first-of-its-kind training program.

In the Provincial Response Company Course, or PRC, selected Afghan law enforcement officers are being taught the skills required to engage terrorism, conduct hostage rescue operations and fight heavily armed criminals in urban environments.

"The PRC unit's training

gives it the ability to respond at a moment's notice and to handle situations outside the realm of the regular AUP's capabilities," said 1st Lt. Thomas L. Malone, a JSAS team leader and a native of Glen Burnie, Md. "They will provide the provincial police chief a quick reaction force for high risk situations."

The six-week course reinforces and provides advanced training in topics such as shooting, self-defense, first aid, terrorism, riot control, ethics and law, and is currently administered by a rotation of eight Marine instructors, twelve interpreters and two AUP class leaders.

"At the end of class there is no final exam," said Malone. "However there is a final ex-

ercise planned which tests knowledge retention by having students perform through a series of realistic training scenarios."

The instructors hold students to a high standard from the beginning of class until graduation by testing them regularly on all material presented in the course, said Staff Sgt. Charles Spencer, a PRC course instructor and a native of Binghamton, N.Y.

To help in the urban training missions the instructors make use of the academy's shoot house. There students learn to breach a secured compound and maneuver against opponents, clearing rooms in two and four men teams.

"Class exercises in finding

improvised explosives devices and conducting vehicles, personnel searches along with making arrests are my favorite parts of the course," said Abdul Mobin, an AUP policeman currently attending the PRC course.

The training also stresses the leadership skills required in small teams and police units.

"We will be promoting some of the class non-commissioned officers based on their performance in the course," said 1st Lt. Joshua Oresko, lead instructor and team mentor for the PRC course and a native of Crown Point, Ind.

Students will be well trained and prepared to operate in the field once they graduate in September, said Spencer.



Petty Officer 1st Class Gino Flores

A team of Afghan Uniformed Police practice rapid forced entry and maneuvering within a hostile and confined space at the Joint Sustainment Academy Southwest, Camp Leatherneck, Helmand province, Aug. 23.



Petty Officer 1st Class Gino Flores

Coalition mentors direct Provincial Response Company Course students in proper tactical entry and positioning during a training exercise held at the Joint Sustainment Academy Southwest, Camp Leatherneck, Helmand province. The PRC Course prepares policemen to deploy rapidly to combat high risk criminal activity in an urban environment.



Petty Officer 1st Class Gino Flores

Coalition instructors guide and mentor Afghan Uniformed Police attending the Provincial Response Company Course on the correct tactics used to gain access and maneuver into position when clearing a house, at the Joint Sustainment Academy Southwest, Camp Leatherneck, Helmand province. The PRC Course prepares policemen to deploy rapidly to combat high risk criminal activity in an urban environment.



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Kilo Co. helps build homes th



Marines from Company K, 3rd Recruit Training Battalion, volunteered to build homes through San Diego Habitat for Humanity August 30. Drill instructors built fences, put up house siding and framed homes. They worked on structures in the San Diego Habitat of Humanity Libby Lake



Sgt. Cristina N. Porras

Staff Sgt. Gerald Webber, left, and Sgt. Salvador Rios, right, senior drill instructors with Company K, 3rd Recruit Training Battalion, measure the side of a home as they prepare to add siding to it Aug. 30. Marines from Co. K volunteered to build homes with San Diego Habitat for Humanity.



Sgt. Cristina N. Porras

Sgt. Joe C. Dodson, left, and Staff Sgt. Nigel V. Priesman, drill instructors, Company K, 3rd Recruit Training Battalion, lift a beam to be placed on a home being built by San Diego Habitat for Humanity Aug. 30. Company K drill instructors volunteered to assist San Diego Habitat for Humanity in building affordable homes for low-income families.



Sgt. Cristina N. Porras

Joe Carton, San Diego Habitat for Humanity senior superintendent, right, briefs a group of Company K Marines before they begin working on three homes Aug. 30. Habitat for Humanity provides affordable housing for low-income families. This is made possible through the generosity of volunteers who donate their time to help construct the homes.

through Habitat for Humanity



Sgt. Cristina N. Porras

The group mostly comprised of drill instructors in Oceanside development in Oceanside.

BY SGT. CRISTINA N. PORRAS
Chevron staff

The smell of sawdust filled the air and the sound of hammers pounding nails echoed all around. New homes came closer to completion as each hour passed.

Before going back to the hectic reality of recruit training, Marines from Company K, 3rd Recruit Training Battalion volunteered to help build homes with San Diego Habitat for Humanity Aug. 30.

"Kilo Company wanted to come out and lend a helping hand," said Capt. Kalani Creutzburg, commanding officer, Co. K. "This is a great opportunity to come together for something good and build camaraderie and unit leadership."

During roughly seven hours of work, 14 Marines constructed fences, nailed siding, put up home framing and sheathing, along with other tasks that would help get the homes ready for new occupants to move in. They focused on three homes that are part of the SDHFH Libby Lake Village development here.

SDHFH provides affordable housing for low-income families. This is made possible by the generosity of donors and volunteers who help build the homes from the ground up.

"No matter where the volunteers come from, they all have one thing in common — they're a group of people who

want to make a difference," said Joe Carton, senior superintendent, San Diego Habitat for Humanity. "But Marines are easier to organize. They are used to taking orders and even better, following orders."

According to Carton, Marines from units across Southern California volunteer for the cause. Because of the different backgrounds Marines come from, they always bring a wide variety of skills. Some Marines have prior construction experience; for others, it's their first time picking up construction tools.

The experience proved to be a worthwhile event for the Marines in more way than one.

"We gained two important things out here," said Creutzburg. "For one, the Marines get to experience the feeling of contributing to the community. On the other hand, we've got the memories we've created out here. We built homes together — some of us got to learn something new. But we all got to see the end result of our labor."

The group of Marines, comprised mostly of drill instructors from Marine Corps Recruit Depot San Diego, found the volunteer effort to be a change of pace from the high demands of recruit training.

"It's nice to be in a less stressful environment for a change," said Sgt. Joe Dodson, Kilo Co. drill instructor and Pittsburgh native. "Myself and the other drill instructors were

the working party for once. I've done a lot of volunteer work in the past and it's always a good feeling to help out in the community."

The volunteers took the opportunity to show the community more about what the Marine Corps does.

"Most of the time people think of the Marine Corps, they think of Marines with weapons," said Creutzburg, a North Hollywood, Calif., native. "We're here to show the community that we're more than just that."

Carton expressed his satisfaction with the work completed. The Marines exceeded his expectations for the work completed throughout the day.

"They were a highly-effective group. You really see the difference when service members are out here helping out," said Carton, who has worked with SDHFH for over 20 years. "The [commanding officer] made sure this group was extremely organized and on task. He even gave them a pep talk -- I think that really helped keep them motivated and focused on the difference they're making today."

Creutzburg said he hopes to make this a frequent event for Co. K when they get breaks from making Marines.

"This is a great cause for our guys to be involved in," said Creutzburg. "My only regret is that we didn't do this sooner. It's so easy to set up and has been incredibly fun."



Sgt. Cristina N. Porras

Recruit Training Battalion volunteers work on a home built by volunteers through San Diego Habitat for Humanity in Oceanside.



Sgt. Cristina N. Porras

A group of Marines from Company K, 3rd Recruit Training Battalion, work on a home built by volunteers through San Diego Habitat for Humanity in Oceanside.



Sgt. Cristina N. Porras

Sgt. Matthew A. Lee, drill instructor, Company K, 3rd Recruit Training Battalion, nails sheathing to the frame of a new home built by volunteers of the San Diego Habitat for Humanity. Marines from Company K spent the day working on three homes that will be available to low-income families.



Sgt. Cristina N. Porras

Staff Sgt. Stephen Gentry, Company K, 3rd Recruit Training Battalion senior drill instructor, measures a piece of siding to be nailed onto a home being built by volunteers through San Diego Habitat for Humanity Aug. 30.

Camping Connection brings Marines closer to the great outdoors

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

Those looking for a quick, affordable weekend getaway



Lance Cpl. Eric Quintanilla

Sgt. Raul Velasquez, drill instructor, Company G, 2nd Recruit Training Battalion, looks through items available at the Camping Connection aboard Marine Corps Recruit Depot San Diego Sept. 2. Camping Connection has information on local campgrounds that can make weekend trips more affordable.

need only look in their own backyard. Southern California has many places off the beaten path that few people get to experience.

Camping Connection aboard Marine Corps Recruit

Depot San Diego has all the information needed to plan a visit with nature.

"We try to help everyone out, not just for camping but fishing, hunting or hiking," said Ron Sincavage, recreation aide, Camping Connection. "We give them all the knowledge we have. That's what we do. We're here for knowledge."

They have all the information needed to assist with day trips or week-long adventures to campgrounds, parks and beaches. Camping Connection has a list of the nearest campgrounds, as well as the ones reserved for military.

"It's nice for (service members) to get away with their families. Getting out with family is always a good thing, it's relaxing," said Sincavage, a San Diego native.

"I tell everyone, 'Go have a good time, life's short -- enjoy it,'" he said emphatically.

The Camping Connection provides rental equipment for those who have not yet purchased their own, and has just about everything that one could need. This includes camping and backpacking supplies for those looking to walk the network of trails present at many campgrounds and throughout California.

"We show them how to set up the tents and fold them back up," said Sincavage, who has been working at Camping Connection for 11 years and is an avid camper. "We show them how everything works, so it shouldn't be stressful at all."

A weekend of renting camping equipment costs on average about \$50 for a

weekend depending on the size of the family, according to Maggie Cedeno, manager, Camping Connection. The tents alone cost about \$300 to buy, she added.

Cedeno suggests to all her customers to try it first, before making any large purchases. Renting can be a fraction of the cost if the customers decide they do not want their own gear. Weekend customers also get a free day of use because the Camping Connection is closed on Sundays.

"They can rent the gear and use it in their backyard so they become more comfortable with it before they go out," said Cedeno.

Camping Connection offers many top items such as their tents which can be set up in about five minutes. They also have an inventory of ice, charcoal and wood on hand.

They also have a supply of maps, guide books and brochures to ensure campers enjoy a safe trip. Camping Connection can also give information that comes from experience, such as which direction to face a tent and what insects to keep an eye out for during the year.

For those unsure of where to go or what to see, the staff asks questions to help people make a decision. "We try to find out what they're looking for and guide them in a direction we think would suit them," said Sincavage.

Although they have a good knowledge of local camp sites, there are still a few that are unknown to them. The Camping Connection is always looking for good recommendations for their

customers and new brochures are always welcome.

Renters looking for a closer connection with nature but are not convinced of sleeping on the ground still have options at the Camping Connection.

"Some places have cabins, so all you need to bring is food," said Sincavage.

In addition to camping supplies, they also offer recreational vehicle storage and command function and party supplies.

"Our customers are often really impressed, and many didn't know this place even existed," explained Cedeno.

Camping Connection provides tables, chairs, coolers and more for change of commands and retirements. They also carry games for kids and bounce houses for other command functions.

"I always come here for the huge picnics we (host)," said Marsha Duka, a retired sailor. "We come and get everything we need from here and everyone is so kind all the time."

"They have such great amenities here. It's like a tucked away secret," said Duka, who has been using the Camping Connection since 1983.

The Camping Connection is available to all active duty, reserve and retired military personnel, as well as Department of Defense civilians and is open Monday through Friday from 8:30 a.m. to 5 p.m. and Saturday 8 a.m. to 4 p.m.

"We have very loyal customers," said Cedeno. "Some come every weekend in the summer."

9/11

empty and the streets were more quiet than usual," said Santos. "Things were just never the same."

Ten years later, Santos still questions the historical day.

"I was so angry; I just wanted

to know why this was happening," said Santos. "We were all wondering what was going to happen next."

According to Santos, seeing what happened that day is one of "...the main reasons I joined the Marine Corps. While in boot camp, my drill instructors

inspired me to make the Corps my career."

Now that Santos has a few years and a lot of experience under his belt, every day he puts on his campaign cover for a cause.

"It's important for us to remember that day," said

Santos. "I remind my recruits all the time to never forget what happened."

Some of the damage still cuts deep for Santos, but he explained that New York is stronger than ever. It really brought the society together in the end. Just another battle lost

for the terrorist, according to Santos.

"People want to change the way we live, but they can't," said Santos. "They will never take away our rights and freedoms. We are always ready at the drop of a dime and we are prepared whatever comes next."

Sgt. Maj. Greg W. Grizzle

Parade Reviewing Officer

Sgt. Maj. Greg W. Grizzle was born in Iola, Kan., in June 1963 and graduated high school in Valley Center, Kan., in 1981. Upon completion of basic training in November 1981 he attended Basic Supply School at Camp Johnson, N.C. After graduation from Supply School, Grizzle was assigned to a one year tour to Okinawa, Japan with 3rd Force Service Support Group. In April 1983, he returned to the United States and was assigned to Headquarters and Service Battalion, 1st Force Service Support Group, Marine Corps Base Camp Pendleton, Calif.

After being promoted to sergeant in December 1984, Grizzle was assigned to Headquarters, 12th Marine Corps District, Treasure Island, Calif., in October 1986. He

was the United States Armed Forces Bodybuilding Heavy-weight Champion in 1987.

In October 1989, Grizzle requested orders for and was assigned to Drill Instructor School, Marine Corps Recruit Depot San Diego, Calif. He served two years as a drill instructor and senior drill instructor with Co. M, 3rd Recruit Training Bn. In December 1990, he was promoted to staff sergeant. After eight training cycles, he extended for one year to serve as the chief instructor of Close Combat, Physical Training Division, where he was meritoriously promoted to gunnery sergeant in July 1992.

In February 1993, Grizzle was assigned to Inspector-Instructor Staff, Electronics Maintenance Company, 4th Maintenance Battalion, Wichita, Kansas. After being selected to first sergeant in March 1996, he was assigned to Marine Corps Base, Camp Pendleton, where he served as company first sergeant, Service Company, Headquarters and Support Battalion. He

received orders and reported to 1st Battalion, 5th Marines, 1st Marine Division in May 1996, and served as company first sergeant, Company B until May 2000.

After deploying with the 31st Marine Expeditionary Unit (Special Operations Capable) in 1997 and 1999, he was selected to his present rank in February 2000.

Grizzle posted as the battalion sergeant major, 2nd Recruit Training Battalion, Recruit Training Regiment,

MCRD San Diego, Calif., in June 2000. He posted as the sergeant major, 1st Force Reconnaissance Company in May 2003, and deployed in support of Operation Iraqi Freedom in 2004 and 2005.

Grizzle posted as the sergeant major, 1st Marine Regiment in May 2005. He posted as the sergeant major, Inspector General of the Marine Corps, Headquarters U. S. Marine Corps in January 2007.

Grizzle posted as sergeant major, Marine Corps Forces

Command in October 2008.

Grizzle's personal awards include the Meritorious Service Medal with three gold stars, the Navy and Marine Corps Commendation Medal with two gold stars, the Navy and Marine Corps Achievement Medal with one gold star, and the Combat Action Ribbon. He is also authorized to wear the Navy/Marine Corps Parachutist Insignia, and he is a back belt instructor in the Marine Corps Martial Arts Program.

"Marines of Company L - I join all Marines and your families and friends in congratulating you on earning the title United States Marine. I know each of you worked extremely hard to achieve your goal. I also would like to thank your drill instructors for accomplishing their mission to make you Marines. Their personal sacrifice has not gone unnoticed. Again, congratulations - and welcome to OUR Marine Corps!"





Platoon 3250 COMPANY HONOR MAN Pfc. E. Z. Herzberg Waukesha, Wis. Recruited by Staff Sgt. K. Hampton	Platoon 3253 SERIES HONOR MAN Pfc. Z. M. Johnson Battle Creek, Mich. Recruited by Staff Sgt. A. Batchelor	Platoon 3249 PLATOON HONOR MAN Pfc. S. M. Hoefft Waterloo, Ill. Recruited by Sgt. D. Elbert Jr.	Platoon 3251 PLATOON HONOR MAN Pfc. B. M. Barnes Amity, Ore. Recruited by Staff Sgt. C. Berryman	Platoon 3254 PLATOON HONOR MAN Pfc. L. P. Oropeza Fontana, Calif. Recruited by Sgt. D. J. Brown	Platoon 3255 PLATOON HONOR MAN Pfc. E. A. McElroy Elgin, Ill. Recruited by Staff Sgt. F. P. Garcia	Platoon 3256 PLATOON HONOR MAN Pfc. P. M. Villaire San Jose, Calif. Recruited by Sgt. K. R. Benally	Platoon 3254 HIGH SHOOTER (340) Pfc. C. R. McCune Dallas Marksmanship Instructor Sgt. C. A. Matthys	Platoon 3253 HIGH PFT (300) Pfc. M. A. Griep Apple Valley, Minn. Recruited by Gunnery Sgt. J. Daddato
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LIMA COMPANY

3rd RECRUIT TRAINING BATTALION



Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. M. A. Reiley
Sgt. Maj. E. G. Gonzalez
Staff Sgt. A. K. Cargile

COMPANY L <i>Commanding Officer</i> Capt. C. M. Stahl <i>Company First Sergeant</i> 1st Sgt. L. E. Silva	SERIES 3249 <i>Series Commander</i> Capt. G. K. Reed <i>Chief Drill Instructor</i> Staff Sgt. T. J. Yeaman	PLATOON 3249 <i>Senior Drill Instructor</i> Staff Sgt. L. Cardenas <i>Drill Instructors</i> Staff Sgt. D. R. Begaye Staff Sgt. J. M. Aguilera	PLATOON 3250 <i>Senior Drill Instructor</i> Sgt. S. Mellado <i>Drill Instructors</i> Sgt. J. C. Huerta Sgt. E. Y. Castillo	PLATOON 3251 <i>Senior Drill Instructor</i> Staff Sgt. C. M. Battisti <i>Drill Instructors</i> Staff Sgt. T. A. Clark Staff Sgt. R. Moreno Sgt. A. Cordero
SERIES 3253 <i>Series Commander</i> Capt. W. R. Stiner <i>Chief Drill Instructor</i> Gunnery Sgt. A. Enriquez	PLATOON 3253 <i>Senior Drill Instructor</i> Staff Sgt. J. Foster <i>Drill Instructors</i> Sgt. R. Palacios Sgt. F. Velasquez	PLATOON 3254 <i>Senior Drill Instructor</i> Staff Sgt. L. Lazaro <i>Drill Instructors</i> Staff Sgt. J. L. Hansen Sgt. R. Rozane	PLATOON 3255 <i>Senior Drill Instructor</i> Sgt. T. Topolski <i>Drill Instructors</i> Sgt. S. A. Legaard Sgt. A. Uruo	PLATOON 3256 <i>Senior Drill Instructor</i> Staff Sgt. L. O. Arce <i>Drill Instructors</i> Staff Sgt. G. F. Guerrero Staff Sgt. F. D. Williams Sgt. L. A. Arteaga

* Indicates Meritorious Promotion

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|--|---|---|---|--|---|---|---|
| <p>PLATOON 3249
 Pvt. G. M. Adkins
 Pvt. D. J. Alaniz
 Pvt. A. M. Aldrete
 Pvt. T. A. Alexander
 Pvt. S. D. Allen
 Pvt. S. D. Alvey
 Pvt. B. M. Alzaga
 Pvt. J. A. Amundson
 Pfc. C. P. Anderson
 Pvt. S. J. Anderson
 Pfc. D. L. Bailey
 Pvt. B. K. Barnes
 Pvt. J. M. Bass
 Pfc. C. G. Bishop
 Pvt. E. A. Bonnin
 Pvt. J. A. Borton
 Pvt. I. R. Bowen
 *Pfc. M. J. Casello
 Pvt. H. E. Castro-Rivera
 Pvt. D. B. Chee
 Pfc. D. D. Clifton
 Pvt. C. E. Daehling
 Pvt. A. B. Dale
 *Pfc. S. G. DeBolt
 Pvt. T. M. Demaray
 Pvt. M. R. Ellis
 Pfc. G. Enriquez Jr.
 Pfc. R. Estrada
 Pvt. B. R. Ferris
 Pfc. A. S. Fife
 Pfc. G. D. Foster
 Pvt. A. W. Fulfer
 Pvt. H. Galindo
 Pvt. F. Garcia
 Pfc. B. T. Geddes
 Pfc. E. M. Gehring
 Pvt. Z. R. Gillen
 Pvt. W. A. Gladman
 Pfc. E. T. Grohmann
 *Pfc. L. A. Guereca
 Pvt. A. N. Guzman
 Pfc. D. W. Haggard
 *Pfc. S. L. Hahn
 Pfc. J. J. Hernandez
 Pfc. M. A. Herrera
 Pvt. B. D. Hill
 Pfc. D. Hinojosa
 Pfc. Z. M. Hinz
 *Pfc. S. M. Hoefft
 Pvt. K. D. Horton
 Pvt. B. S. Hussemann
 Pvt. V. X. Izquierdo
 Pvt. A. A. Jacobo
 Pvt. J. W. Johnson
 Pfc. T. J. Jordan
 *Pfc. W. M. Linscott
 Pvt. B. J. Maki
 Pvt. A. J. Shaw
 Pvt. E. H. Shiver Jr.
 Pfc. J. W. Smith
 Pvt. E. R. Taylor III
 Pvt. L. X. Tovar
 Pfc. A. R. Tracy
 Pfc. T. K. Tsai
 Pvt. N. C. Tullio
 Pvt. J. P. Vickers II
 Pfc. A. D. Volnov
 *Pfc. J. T. Walker
 Pvt. Z. A. Weber
 Pvt. V. P. White
 Pvt. N. J. Whittenberg
 Pvt. J. R. Willets
 Pvt. A. J. Williams
 Pfc. P. C. Willis</p> | <p>Pvt. D. J. Winchester
 Pvt. S. D. Witte
 Pvt. K. M. Young</p> <p>PLATOON 3250
 Pfc. P. E. Addington
 Pfc. E. Amaya
 Pfc. J. E. Anderson
 Pvt. G. C. Aragon
 Pvt. R. B. Aranda
 Pfc. A. Banuelos
 Pvt. A. T. Barclay
 Pfc. S. T. Barnett
 Pvt. J. M. Boni
 Pfc. J. A. Bonilla
 Pvt. D. J. Bradford
 Pfc. J. R. Bright
 Pfc. S. B. Brooks
 Pfc. S. J. Brown
 *Pfc. T. D. Brown
 Pvt. A. G. Cadena
 Pfc. K. J. Cage
 Pfc. M. R. Cherry
 Pfc. T. Y. Chou
 Pvt. A. M. Clem
 Pfc. C. N. Crance
 Pvt. J. J. Cruz
 Pvt. A. N. Damian
 Pfc. M. R. Dan Jr.
 Pvt. D. J. Deantonis
 Pvt. M. Delarosa
 Pvt. J. T. Duesterhaus
 Pvt. R. J. Ealey
 Pfc. L. C. Edwards
 Pvt. J. C. Figueroa-Arevalo
 Pvt. B. M. Fisher
 Pvt. B. J. Francis
 Pvt. J. C. Franco
 Pvt. M. K. Galleta
 Pfc. A. Garza
 Pvt. R. J. Gersten
 Pfc. D. R. Gibbs Jr.
 Pvt. J. L. Gonzalez-Ron
 Pvt. M. A. Hernandez
 *Pfc. E. Z. Herzberg
 Pfc. C. A. Hopper
 Pvt. M. K. Hughes
 Pfc. T. P. Huynh
 Pfc. J. Q. Kepley
 Pvt. C. B. Kidd
 *Pfc. I. V. Kirichenko
 Pvt. R. J. Koch
 Pvt. B. J. Kurth
 Pfc. K. A. Lake
 Pvt. J. G. Lamone
 Pvt. J. S. Lewis
 *Pfc. B. A. Newkirk
 Pfc. A. M. Oxford-Bellah
 Pvt. J. L. Palacios
 Pvt. J. G. Pena-Marino
 Pvt. D. T. Pfaff
 Pvt. J. J. Pollesch
 Pvt. G. M. Raffield
 Pfc. K. J. Rice
 Pfc. T. A. Ritchey
 Pvt. R. Santos
 Pvt. L. I. Scott
 Pvt. M. A. Solis
 Pfc. H. M. Solorio
 Pvt. C. A. Sotelo
 Pvt. J. R. Spray
 Pfc. M. E. Stanfield
 Pfc. R. A. Steele</p> | <p>Pfc. T. D. Steward
 Pfc. D. L. Summerville
 *Pfc. M. A. Tapia
 Pvt. B. F. Todd
 Pvt. Z. M. Valdez
 Pfc. P. J. Vazquez
 Pvt. S. Vidal
 Pfc. J. M. Vishe
 Pvt. G. J. Walpole
 Pfc. C. J. Walt
 Pfc. J. R. Wessel</p> <p>PLATOON 3251
 Pvt. H. R. Adams
 Pvt. L. B. Aledo
 Pvt. L. R. Aragon
 Pvt. C. A. Arambula
 Pvt. N. A. Armendariz
 Pvt. C. P. Atkinson
 Pfc. R. C. Austin III
 Pvt. E. S. Avila
 Pvt. P. L. Baeza
 Pvt. J. C. Balcom
 *Pfc. B. M. Barnes
 Pfc. J. T. Barnes
 Pvt. C. C. Becker
 Pvt. C. D. Beckman
 Pvt. Y. Bensaïda
 Pfc. R. N. Benson Jr.
 Pfc. E. G. Bernabei
 Pvt. A. A. Bodie
 Pfc. C. C. Buckley
 *Pfc. A. T. Candelari
 Pfc. E. Ceja-Gaspar Jr.
 Pvt. A. J. Centuori
 Pfc. K. J. Cervantes
 Pfc. R. A. Condon
 Pvt. J. R. Cox
 Pvt. C. J. Cratesenberg
 Pvt. A. D. Dean
 Pvt. R. M. Dieter
 Pvt. J. C. Eastmen
 Pfc. E. W. Falcon
 Pvt. C. M. Farr
 Pvt. M. A. Figueroa-Galeana
 Pvt. Z. G. Fowler
 Pfc. F. Fraire
 Pfc. M. J. Frazier
 Pvt. T. D. French
 Pvt. C. A. Friend
 Pfc. D. J. Froehlich
 Pfc. J. A. Fuentes
 Pvt. S. J. Galvan
 Pvt. J. A. Gamboa-Regalado
 *Pfc. M. F. Garrity
 Pvt. J. R. Gisse
 Pvt. D. Gonzales III
 Pvt. C. Gonzales
 Pfc. J. C. Grace
 *Pfc. G. R. Grissom
 Pfc. J. J. Groh
 Pfc. T. S. Haidon-Melton
 Pfc. Z. E. Hale
 Pfc. C. W. Hawkins
 Pvt. K. J. Heasley
 Pvt. M. S. Monnerjahn
 Pvt. J. C. Hernandez
 Pvt. L. J. Hernandez
 Pfc. D. C. Hix
 Pvt. S. L. Johnson
 Pvt. K. M. Jones
 Pvt. J. T. Kerkstra
 Pvt. I. A. Kibler</p> | <p>Pvt. D. M. Kokowicz
 Pfc. A. Lara
 *Pfc. J. C. Lawson
 Pvt. A. Ledezma
 Pvt. C. C. Leonard
 Pvt. J. C. Lerwill
 Pfc. D. M. Lewis
 Pfc. A. A. Lopez
 Pvt. M. R. Lopez
 Pvt. R. B. Lundgren
 Pvt. R. Machuca
 Pfc. C. Marquez
 Pvt. C. G. Mathew
 Pfc. J. S. McClure
 Pvt. M. A. McGerry
 Pvt. K. J. McHugh
 Pvt. D. P. McNeill
 Pfc. V. Mendoza
 Pvt. W. P. Molnoskey
 Pfc. A. F. Pearat
 Pfc. B. A. Phares
 Pvt. C. T. Privat
 Pfc. A. Sanchez-Marin
 Pvt. M. V. Schroeder</p> <p>PLATOON 3253
 Pfc. A. C. Alberter
 Pfc. K. K. Anderson
 Pvt. D. J. Barton
 Pvt. B. P. Baxter
 Pfc. R. L. Bechtel
 Pfc. C. M. Bierle
 Pvt. T. C. Bissett
 Pfc. J. E. Bodendoerfer
 Pvt. T. J. Braunschweig
 Pvt. G. D. Brown
 *Pfc. R. J. Burman
 Pvt. J. M. Cage
 Pvt. R. I. Calderon
 Pvt. E. A. Caldwell
 Pvt. J. J. Carpenter
 Pvt. S. A. Carpenter
 *Pfc. M. A. Griep
 Pvt. B. A. Haker-Savage
 Pfc. L. D. Holland
 Pfc. D. W. Jaramillo
 *Pfc. Z. M. Johnson
 Pfc. T. A. Jones
 Pvt. T. A. Kane
 Pvt. B. S. Kemp
 *Pfc. D. M. Kunath
 Pfc. J. Kwon
 Pfc. M. A. Lafferty
 Pvt. A. M. Landstrom
 *Pfc. J. A. Lang
 Pvt. J. E. Lashley
 Pfc. L. D. Lauber
 Pvt. A. C. Lee
 Pvt. T. M. Lee-Crain
 Pvt. J. M. Lynn
 Pvt. A. D. Marroquin-Salinas
 Pfc. S. R. Mehalic
 Pvt. J. D. Melvin
 Pfc. T. A. Miracle
 Pvt. D. P. Mitchell
 Pvt. M. S. Monnerjahn
 Pfc. C. A. Morones
 Pfc. T. K. Nakaahiki
 *Pfc. T. B. Oksa
 Pfc. T. A. Payton
 Pfc. S. M. Pease
 Pvt. L. A. Pedersen
 Pfc. M. A. Perry</p> | <p>Pvt. V. A. Petersen
 Pvt. T. N. Polen
 Pvt. K. D. Potts
 Pfc. R. J. Quimby II
 *Pfc. L. E. Quintero
 Pvt. D. J. Ramsey
 Pvt. J. M. Reil
 *Pfc. A. C. Renteria
 Pfc. T. R. Reynolds
 Pfc. J. D. Ritcheson
 Pfc. T. W. Roberts
 Pvt. L. D. Rose
 Pfc. H. A. Rouse
 Pvt. B. L. Rudisill
 Pfc. G. Ruiz-Flores
 Pvt. K. J. Sallis
 *Pfc. J. A. Sanchez
 Pfc. R. K. Satterfield
 Pvt. D. R. Schauer
 Pfc. Z. R. Schommer
 Pvt. E. S. School
 Pvt. M. R. Shamrock
 Pvt. B. M. Shockley
 Pfc. D. M. Smith
 Pvt. J. T. Spence
 Pfc. P. S. Stockburger
 Pfc. C. E. Sullivan
 Pvt. R. M. Potter
 Pvt. D. P. Thelen
 Pvt. E. D. Thompson
 Pvt. A. D. Vazquez
 Pvt. J. A. Vazquez
 Pvt. B. W. Von
 Letkemann
 Pvt. J. D. White
 Pfc. C. G. Whiteside
 Pvt. K. M. Wittkop</p> <p>PLATOON 3254
 Pvt. O. Araujo
 Pfc. M. Beltran-Orozco
 *Pfc. C. T. Chester
 Pfc. A. L. Clayborne
 Pvt. J. Felix
 Pvt. N. D. Gill
 Pfc. A. R. Grano
 Pvt. C. C. Gutierrez
 Pfc. J. A. Gutierrez
 Pfc. T. A. Hamner
 Pvt. A. Harris Jr.
 Pvt. A. J. Hart
 Pvt. B. G. Hawkes
 Pvt. M. G. Hendrickson
 Pfc. H. Hernandez
 Pvt. M. J. Herrera
 Pvt. J. E. James
 Pvt. S. F. Jarosz
 Pvt. S. D. Johnson
 Pvt. J. R. Kern
 *Pfc. B. Kwak
 Pfc. J. L. Lamb
 Pvt. C. T. Larsen
 Pfc. C. J. Leavitt
 Pvt. J. A. Leclier
 Pvt. M. A. Magallon Jr.
 Pvt. Z. P. Marconie
 Pvt. R. Marquez
 Pfc. E. Marroquin
 Pvt. M. D. Martin-Del
 Campo
 *Pfc. C. T. Martinez
 Pvt. D. A. Martinez
 Pvt. R. Martinez-Martinez
 Pvt. N. L. Massey</p> | <p>*Pfc. C. R. McCune
 *Pfc. A. O. Medina
 Pfc. T. J. Mees
 *Pfc. C. A. Mendoza
 Pvt. L. A. Mendoza
 Pvt. W. M. Mendoza
 Pvt. K. D. Merritt
 Pfc. M. A. Mims
 Pfc. A. E. Moran
 Pvt. P. R. Morgan Jr.
 Pfc. C. A. Mota-Hernandez
 Pfc. J. T. Murray
 Pvt. D. E. Niece
 Pvt. M. C. Nelson
 Pfc. P. D. Nguyen
 Pvt. A. O. Okello
 Pvt. J. A. Olivias
 Pfc. L. P. Oropeza
 Pvt. A. G. Parker
 Pfc. R. H. Parker
 Pfc. J. M. Perez
 Pvt. C. D. Perez-Fernandez
 Pvt. J. A. Perezozua
 Pfc. K. J. Phan
 Pvt. D. L. Phelps
 Pvt. R. M. Potter
 Pvt. B. C. Price
 Pvt. W. K. Pricer
 Pfc. R. M. Proulx
 Pfc. C. J. Rees
 Pvt. M. R. Reyes Jr.
 Pfc. C. Rivera
 Pvt. I. B. Rivera
 Pvt. B. C. Roberts
 Pvt. J. Rodarte
 Pfc. J. L. Romero-Gallegos
 Pfc. D. C. Rosales
 Pfc. K. R. Roscreans
 Pvt. E. A. Salazar
 Pvt. D. L. Sanders
 *Pfc. M. W. Schuster
 Pfc. N. P. Slover
 Pvt. N. Torres Jr.
 Pvt. E. A. Veliz
 Pvt. T. Yopez-Hinojosa
 Pfc. R. Zane</p> <p>PLATOON 3255
 Pfc. Z. T. Alfrey
 Pvt. D. B. Allen
 Pfc. S. C. Andrews II
 Pfc. S. L. Arakaki
 *Pfc. D. K. Arroyo
 Pvt. E. D. Bello
 Pfc. M. J. Berridge
 Pvt. K. L. Betlewski
 Pfc. J. L. Blair
 *Pfc. J. M. Bowers
 Pvt. V. C. Brake
 Pvt. C. F. Cahoe
 Pvt. N. C. Carrillo
 Pfc. J. A. Cepeda
 Pvt. Z. A. Chastain
 Pfc. B. C. Childers
 Pvt. J. D. Clark
 *Pfc. M. A. Cooper
 Pvt. D. W. Dedman
 Pfc. B. O. Deleon-Guerrero
 Pvt. J. M. Douglas
 Pvt. L. M. Dumire</p> | <p>Pfc. Z. R. Dunham
 Pvt. J. P. Figueroa-Kalili
 Pfc. J. C. Fron
 Pvt. D. R. Fuller
 Pvt. J. Garcia
 Pvt. J. N. George
 Pvt. M. A. Gomez
 Pvt. H. G. Gonzalez
 Pfc. J. W. Gonzalez
 *Pfc. M. D. Harris
 Pfc. G. A. Hartford
 Pvt. T. S. Hulley
 Pvt. B. A. Johnston
 Pvt. R. M. Jones
 Pvt. T. J. Kaufman
 Pfc. M. D. King Jr.
 Pvt. N. C. Koley
 Pvt. A. L. Laughery-Fontaine
 Pvt. J. T. Leonard
 Pfc. P. K. Leslie
 Pfc. C. Lopez
 Pvt. D. Lopez
 Pvt. M. M. Lopez
 Pvt. J. K. Lubben
 Pvt. A. Luna
 Pvt. C. A. Lydon
 Pfc. G. W. Lykam
 Pvt. D. S. Magofna
 Pvt. E. A. Manalili
 Pfc. T. W. Manning II
 Pvt. D. D. Mast III
 *Pfc. E. A. McElroy
 Pfc. N. L. Meeks
 Pvt. M. J. Miller
 Pfc. K. D. Morris
 Pfc. S. A. Muersch
 Pvt. M. J. Nelson
 Pfc. M. Niebrzydowski
 Pvt. D. C. Noey
 Pfc. I. Paquette
 Pvt. A. M. Petkunas
 Pvt. J. L. Phillips
 Pvt. M. W. Pratt
 Pvt. P. M. Rawdanik
 Pvt. C. A. Ray
 Pvt. R. B. Reel
 Pfc. Z. A. Rehagen
 *Pfc. C. F. Spotanski
 Pvt. M. D. Steffen
 Pfc. L. R. Suggs
 Pfc. R. V. Tomita
 Pvt. M. Ulukivaiola
 Pvt. J. N. Van Valey IV
 Pfc. L. J. Vejmola
 Pfc. N. J. Wepking
 Pfc. C. L. Wilkins
 Pfc. N. B. Zens</p> <p>PLATOON 3256
 Pvt. J. M. Chavez-Rubio
 Pvt. C. J. Choate
 *Pfc. W. C. Cook
 Pfc. E. Cruz
 Pvt. M. J. DeHaven
 Pvt. I. Deluna-Ambriz
 Pvt. M. B. Doherty
 Pfc. F. J. Esteves
 Pfc. S. Fernandez-Magallon
 Pvt. C. Flores
 Pvt. A. L. Fowler
 *Pfc. K. T. Gaddis
 Pvt. J. P. Garcia</p> | <p>Pvt. A. J. Hall
 Pvt. K. D. Harris
 Pfc. I. W. Hawkins
 *Pfc. C. A. Hesse
 Pvt. N. R. Hill
 Pfc. Z. W. Hilson
 Pvt. K. L. Hof
 Pfc. S. M. Holt
 Pfc. Z. M. Hougan
 Pfc. M. R. Hovey
 Pfc. J. V. Hubert
 Pvt. D. J. Hudson
 Pvt. A. A. Morgan
 Pvt. M. T. Moses
 Pvt. D. J. Muncy
 Pfc. K. L. Nance
 *Pfc. A. T. Newby
 Pvt. C. T. Olive
 *Pfc. S. T. Ostic
 Pvt. P. Phommyvong
 Pfc. M. B. Powell
 Pfc. M. A. Puma-Jara
 Pfc. B. R. Ramirez
 Pfc. K. S. Reeves
 Pvt. E. D. Rivera
 Pvt. J. Romero
 Pvt. A. L. Rotramel
 Pvt. R. Ruiz Jr.
 Pvt. M. R. Saenz
 Pvt. J. M. Salazar
 Pvt. Z. S. Scheffler
 Pfc. D. J. Schick
 Pfc. T. T. Schnabel
 Pvt. B. T. Schoonover
 Pvt. B. M. Schultek
 Pvt. R. L. Seward
 Pfc. C. E. Sheff IV
 Pvt. Z. B. Shipley
 Pvt. V. J. Sjhon
 Pvt. D. J. Smith
 Pvt. J. J. Soria
 Pfc. L. G. Spargo
 Pvt. D. W. Stromberg
 Pvt. T. R. Todd
 Pfc. P. R. Torrez
 Pvt. J. M. Tripp
 Pvt. D. R. Vanpool
 Pvt. E. Vigil III
 Pfc. P. M. Villaire
 Pvt. T. H. Ward
 Pvt. Z. R. Warhus
 Pfc. H. B. Whately
 Pvt. C. W. White
 Pfc. A. L. Williams III
 Pfc. A. M. Wilson
 Pfc. J. W. Wilson
 Pvt. C. L. Wolfe
 Pvt. P. D. Wolff
 Pvt. M. J. Wolloch
 Pvt. J. R. Wood
 Pvt. D. B. Wright
 Pvt. K. R. Wubs
 Pvt. K. Xiong
 Pvt. M. P. Yde
 Pfc. T. J. York
 Pfc. D. Zamarron
 Pvt. A. R. Zapata
 *Pfc. J. I. Zazueta
 Pvt. A. J. Ziemba
 Pvt. C. M. Zigmund</p> |
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Kettlebells keep Marines sweating

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Fitness should be on every Marine's mind. Whether it's preparing for the annual fitness tests or simply maintaining combat readiness, there are few workouts that match the level of intensity of a kettlebell workout.

A Kettlebell is a cast iron weight resembling a cannonball with a handle. Its design moves the Kettlebell's center of mass beyond the hand which facilitates ballistic and swinging movements that help build strength and endurance.

Kettlebell training is a whole-body workout that can easily be incorporated into a weekly routine by attending classes twice a week, Monday and Wednesday at 4:30 p.m., at the Marine Corps Recruit Depot San Diego Fitness Center.

"It's an all-out body workout because we swing the kettlebell. It fuels the attributes that make you a better athlete," said Al Lowrimore, Russian Kettlebell Challenge instructor at the MCRD Fitness Center. "Fighters become better fighters, surfers better surfers, and golfers better golfers. It fuels and enhances. It is the gas for the techniques," he added.

Athleticism is often attributed to balance, awareness, speed, timing, power and endurance, according to Lowrimore, all of which kettlebell training can work to improve.

"I struggled for 16 pull-ups when I was in the Marine Corps and now I can do 30," said Philip Hoskinson, former Marine Corps

sergeant and amphibious assault vehicle crew chief.

"(Kettlebells) changed my upper body strength and tripled my speed," added Hoskinson, who is also a University of San Diego rugby player.

All of these attributes are important in the military, and tested on a regular basis with pull-ups, push-ups, ammunition can lifts and others.

"My (physical fitness assessment) has definitely improved as far as my total fitness level goes," said Lt. Anvy Nguyen, Commander Naval Region Southwest. "I am able to push myself to a higher limit."

Service members and civilians can benefit from this class whether it's to lose weight or tone up. It creates a leaner and more functional body, according to Lowrimore.

"Whatever you're looking to do, it will accomplish," he added.

Kettlebell training is about linkage, connecting the whole body at once. This creates a workout that incorporates the whole body and not just a single muscle. This creates a workout that makes a body more functional rather than focusing on appearance.

"Linkage is coordination, it requires awareness of self," said Lowrimore. "They go from loose to rigidly tight then back to loose in a split second."

The classes teach participants the importance of effectiveness and efficiency, using the least amount of energy for the desired

outcome. Efficiency is the most direct route to where you want to go.

"Efficiency always has its arms around effectiveness," added Lowrimore. "We teach effectiveness first. We come and practice repeatable skills."

By the end of class new students learn how to do the same exercises without extra movements that take more time and energy.

"It makes for a leaner body that's more functional," said Lowrimore. "I'm a better athlete now at 52 than I was at 35. This gave me real strength back."

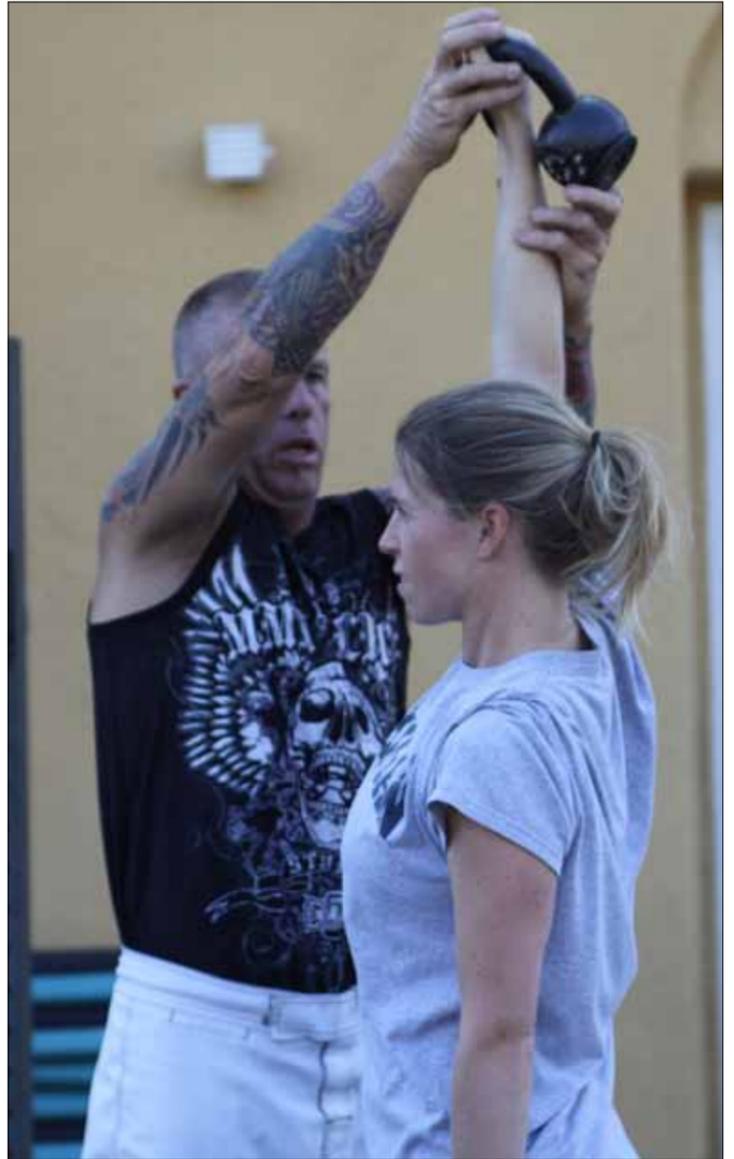
The classes can be tailored for all fitness levels by adjusting the weight. Kettlebells range between nine and 106 pounds and is not gender specific.

Throughout the class the instructor will go through different phases, demonstrating the movements first so that he can walk through and help struggling students.

"These are real high intensity workouts, you can push your threshold to a new level," said Nguyen. "I don't plan on going back (to the gym), I tried a few times but it was too boring."

The hour-long kettlebell classes are held outside the fitness center in the functional fitness area and are open to service members and their families, Department of Defense civilians and guests.

"I'll make you a better athlete with just that one tool," said Lowrimore. "If you want to be explosive, do this."



Lance Cpl. Eric Quintanilla

Al Lowrimore, Russian Kettlebell Challenge instructor, helps a student perform workout movements correctly at the Fitness Center aboard Marine Corps Recruit Depot San Diego Aug. 31. Kettlebell training helps to create a body that is more functional rather than focusing simply on appearance.

Finance reaches .500 in CG Cup competition with 46-36 win

BY STAFF SGT KENNETH G. LEWIS JR.
Chevron staff

Finance squared off against 12th Marine Corps District in the Commanding General's Cup intramural basketball league Aug. 30.

Three games into the season, both teams found themselves a game under .500 and looking for a win.

Finance set the tone early with stifling defense and dominant rebounding. Five minutes into the game 12th MCD was without out a field goal and down 8-2, their

only two points coming from the foul line.

"They were in a 2-3 zone (defense) when we started and we're used to man," said Sgt. Rashie Seagrace, pay chief, 12th MCD. "We were passing the ball too much and no one wanted to shoot the ball," the coach added.

The unfamiliar look of the zone defense continued to confuse 12th MCD until the 11-minute mark of the first half when Capt. Thomas R. Dolan, public affairs officer, 12th MCD, finally ended the drought with a three-point field goal.

Finance didn't have a problem

scoring points, especially in transition.

"Everything builds from the defensive end of the floor," said Cpl. Dominique K. Jackson, coach and pay clerk, Service Company, Headquarters and Service Battalion. "It's important to come out strong defensively and get a lead," he added.

12th MCD kept the game close throughout the first half but trailed 20-13 going into halftime.

Unfortunately for 12th MCD, halftime adjustments didn't pay off and the second half brought more of the same.

Jackson and Shea M. Anderson,

a human resource assistant at the Consolidated Personnel Administration Center led the way for Finance. Between the two, and help from teammates, Finance extended their lead to as many as 17 points.

"Jackson and I have been playing with or against each other since 2008," said Anderson. "We know what the other is thinking," he added.

Defensively, Finance was relentless, causing turnovers and off-balance shot attempts. Seagrace says the team has to be more aggressive and play their style of game.

"We have to slow our tempo and play within ourselves, regardless of the opponent," said Seagrace.

With a little more than two

minutes remaining, 12th MCD tried to extend the game by fouling, forcing Finance to be clutch under pressure.

The deficit closed to nine points. However, Finance's players came through from the free-throw line and defeated 12th MCD 46-36.

"Our team does a great job of playing within their roles and together we win games," said Anderson.

Finance is currently in fourth place and would be the last team to qualify for a playoff spot. Jackson wants to avoid thinking about the playoffs and take the season one game at a time.

"Right now we're not concerned with playoff seeding. We're focused on coming out each game and playing hard," said Jackson.



Lance Cpl. Crystal J. Druery

Finance's Cpl. Dominique K. Jackson, pay clerk and coach for Finance, Service Company, Headquarters and Support Battalion, leads a fast break against 12th Marine Corps District Aug. 30. Finance opened with a 2-3 zone and held 12th MCD without a field goal until the 11-minute mark of the first half. Finance led by as many as 17 points in the second half and went on to win 46-36.



Lance Cpl. Crystal J. Druery

Cpl. Dominique K. Jackson, pay clerk, Service Company, Headquarters and Service Battalion, attempts to steal the ball from Capt. Thomas R. Dolan, public affairs officer, 12th Marine Corps District during the CG's Cup Intramural Basketball League.