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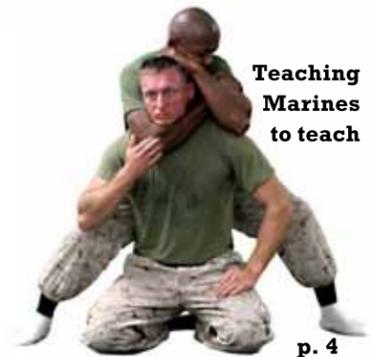
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MARINE CORPS RECRUIT DEPOT SAN DIEGO



AND THE WESTERN RECRUITING REGION

“WHERE MARINES ARE MADE”



Teaching
Marines
to teach

p. 4

Vol. 71 – Issue 33

FRIDAY, NOVEMBER 4, 2011

MCRC makes FY 2011 mission



Staff Sgt. Clinton Firstbrook

Capt. Jacob C. Aldean, officer selection officer, Recruiting Station Twin Cities, administers the oath of office to three lieutenants during a reaffirmation ceremony at TCF Bank Stadium, Minneapolis, Sept. 10. Thanks to the tireless work of OSOs, Marine Corps Recruiting Command exceeded its mission of accessing 1,650 new second lieutenants during fiscal year 2011.

BY SGT. BRYAN McDONNELL
MCRC Public Affairs

MARINE CORPS BASE QUANTICO, Va. – As fiscal year 2011 came to a close, the Marine Corps Recruiting Command continued to do what it does best -- make mission and replenish the ranks of the Corps with a new generation of highly qualified men and women. With an eye on the future, the command also established the groundwork for making mission in FY12 and beyond, amid a climate of increasing challenges.

MCRC wrapped up FY11 by exceeding its total force enlisted mission of 35,480 by accessing 35,503 new Marines. In addition, officer selection officers exceeded the mission of 1,650 by accessing 1,663 new officers. The officers were the most diverse group accessed in a decade -- 85 were African-American, 122

Hispanic and 99 of other ethnic background.

In addition to the continued success of achieving mission, MCRC continues to exceed the Department of Defense quality requirements. During FY11, 99.8 percent of new joins to the Marine Corps were high school graduates. The DOD standard requires 90 percent of all accessions to be high school graduates.

“Once again we’re seeing that by investing in high quality people into the recruiting force, we’re able to generate incredible quality and quantity of folks coming into the Marine Corps,” said Brig. Gen. Joseph Osterman, commanding general, Marine Corps Recruiting Command. “I had a great opportunity to judge that by taking a look at the folks in Afghanistan and seeing the amazing things they were able to

see MCRC ▶2

Obama urges nation: Honor military families, caregivers

BY ELAINE SANCHEZ
American Forces Press Service

WASHINGTON – Calling on the nation to celebrate military families’ service and sacrifice, President Barack Obama today signed proclamations designating November as Military Family Month and National Family Caregivers Month.

“With every step we take on American soil, we tread on ground made safer for us through the invaluable sacrifices of our service members and their families,” the president said in his Military Family Month proclamation.

This month is devoted to celebrating military families’ exceptional service, strength and sacrifice, he said. Their commitment to the nation, he added, “goes above and beyond the call of duty.”

“Just as our troops embody the courage and character that make America’s military the finest in the world,” Obama said, “their family members embody the resilience and generosity that make our communities strong.”

Families are weathering deployments and long separations while serving with heroism in their homes and neighborhoods, the president noted. Military spouses hold down home fronts, children step up to take on additional responsibilities, and parents and grandparents offer their quiet support as they wait for their loved one’s safe return.

“To these families, and to those whose service members who never come home, we bear a debt that can never be fully repaid,” the president said.

Obama cited the Joining Forces campaign as a way the nation can express its gratitude to troops and their families. First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, launched the campaign earlier this year to call on all Americans to support and honor service members, veterans and their

families. This support, he added, should continue not just while the nation is at war, but during every stage of service members’ lives.

Obama said his administration is committed to improving military families’ lives by enhancing learning opportunities for military children, aiding military spouses in their quest to advance their careers and education, and improving mental health counseling.

“Our service members swore an oath to protect and defend, and with each step we take on this land we cherish, we remember our steadfast promise to protect the well-being of the family members they hold dear,” he said. “Every act of kindness we can offer helps cultivate a culture of support for our military families, and I encourage each American to make a difference in the lives of these patriots.”

Obama called on Americans to honor military families throughout the month, whether through personal actions or public service. In that way, he said, the nation can honor these families “for the tremendous contributions they make in support of our service members and our nation.”

The president also urged Americans to celebrate and honor caregivers in his National Family Caregivers Month proclamation.

“Across our country, millions of family members, neighbors, and friends provide care and support for their loved ones during times of need,” Obama said. “With profound compassion and selflessness, these caregivers sustain American men, women and children at their most vulnerable moments, and through their devoted acts, they exemplify the best of the American spirit.”

As Obama cited the contributions of all caregivers, he noted the importance of

see FAMILIES ▶2

SMP members go Trick-or-Treating



Lance Cpl. Crystal Druey

Marine Corps Recruit Depot San Diego’s Single Marine Program hosted a trick-or-treating night Oct. 31. The Marines made a stop in Old Town San Diego for dinner, then made their way to houses in Old Town and Point Loma. Lance Cpl. Leandre Ingram, MCRD SMP president, arranged the event to give Marines who don’t have family in the local area a way to celebrate Halloween safely.

GI Bill changes effective Oct. 1

BY CPL. KRISTIN E. MORENO
Chevron staff

New changes to the Post 9/11 GI Bill went into effect Oct. 1 to broaden educational horizons for eligible service members.

The Post 9/11 GI Bill will now cover vocational and technical training, on-the-job and apprenticeship training, and flight programs, in addition to the graduate and undergraduate degrees, correspondence training, licensing and national testing programs, and tutorial assistance offered previously. Furthermore, students enrolled solely in distance education will receive new benefits.

James Brooks, education services officer here, said the GI Bill benefits have become

pivotal for Marines enrolled in continuing education programs and the changes to the Post 9/11 GI Bill make obtaining the desired degree a little easier for service members by providing additional opportunities and tools to succeed.

For vocational and technical training, or non-degree granting programs, the bill will now pay the actual net costs for in-state tuition and fees or \$17,500, whichever is less, along with up to \$83 per month for books and supplies.

For on-the-job and apprenticeship training, a monthly benefit amount will be prorated based on the time in program.

During the first six months of training, students will receive 100 percent of the ap-

see EDUCATION ▶6

Duncan Hall introduces new breakfast kiosk for Marines



Lance Cpl. Katalynn Rodgers

Marines purchase breakfast items at Duncan Hall's new breakfast kiosk Oct. 25. The new kiosk offers breakfast sandwiches, self-serve beverages, pastries, fresh fruit bowls, coffee, iced coffee, cappuccinos and lattes. "It allows more flexibility with what we can prepare for the Marines," said Mike Wolfenden, general manager, Duncan Hall, Marine Corps Recruit Depot San Diego. "It also allows for Marines to pick up some chow if they don't have the time to change out of their physical training gear."

FAMILIES ◀ 1

sustaining military caregiver support. "One of our nation's greatest responsibilities," he said, "is to ensure our veterans, their families, and their caregivers receive lasting and comprehensive support."

Obama noted that he signed the Caregivers and Veterans Omnibus Health Services Act last year, which extends additional assistance to family members who care for severely

wounded veterans from Iraq and Afghanistan.

"Our military caregivers exemplify the heroism found not only on the fields of battle, but also in the hearts of those who tend to our wounded warriors when they come home," he said.

This month offers a time to honor the "tireless compassion" of all family caregivers, Obama said. "This month and throughout the year, let the quiet perseverance of our family caregivers remind us of the decency and kindness to which we can all aspire."

MCRC ◀ 1

accomplish. So you kind of see the result of our recruiters on the front end and the back end, just a fantastic accomplishment on the part of those really great leaders of the recruiting force."

As the command steps off into FY12, the recruiting force is faced with new challenges in addition to the already difficult task of recruiting an all-volunteer force of qualified men and women. The Commandant of the Marine Corps directed MCRC in his planning guidance to improve diversity accession effectiveness and the recruiting command is responding to new and potentially increasing financial constraints in FY12 and beyond. The command remains focused on continuing its record of success and has created several new initiatives in support of its recruiting force.

JWT, the advertising agency that represents MCRC, was commissioned with conducting a study on what resonates with today's generation of young men and women. The in-depth study has pointed the advertising efforts of MCRC and JWT in a new direction and has resulted in a new commercial theme that is set to begin filming later this year.

"JWT conducted extensive market research throughout the year, after which we came together and analyzed the data before developing long term strategies for communication with our target market in 2012," said Dan Weidensaul, deputy assistant chief of staff for advertising, MCRC. "We have also entered into a major redesign of www.Marines.com to align with this updated strategy that will go live later this year. All of our current efforts are focused on supporting the Marines in recruiting the face of the nation."

In an effort to meet the Commandant of

the Marine Corps' call for a more diverse Marine Corps, the diversity section of MCRC has continued to form new partnerships and move forward with an All Community Approach. The All Community Approach was designed to improve connectedness with our Nation's diverse populace at the tactical level so recruiting station commanding officers and OSOs can establish and maintain purposeful relationships with community influencers and leaders. This is accomplished by using a major event, such as the annual CIAA basketball tournament in Charlotte, N.C., as a launching point for the much broader goal of engaging important influencers in a surrounding community before, during and after the event.

"The All Community Approach is designed to build, strengthen and maintain positive partnerships in the community," said Capt. Joseph Wydeven, diversity officer, MCRC. "Through these efforts, we believe that we'll begin to build strong relationships with minority communities in general, increase minority accessions, and continue our standing as a strong pillar of honor, courage, and commitment with our nation's populace."

In addition to its initial deployment at the CIAA tournament, MCRC has used the All Community Approach during Marine Week St. Louis and plans are being coordinated to initiate efforts at the Bayou Classic football game in New Orleans and the inaugural Semper Fidelis All-American Bowl in Phoenix.

"MCRC participation with the CIAA conference and the Bayou Classic builds and strengthens relationships with member institutions, administrators, students and communities at large," said Maj. Frank Moore, diversity personnel, MCRC. "It further exhibits to the schools and communities involved that the Marine

Corps not only supports their schools, but is genuinely concerned about the academic and professional success of its students."

The Bayou Classic is an annual football game between Grambling State and Southern Universities. Held each year in New Orleans, the game is considered the best known rivalry among historically black colleges and universities. The event provides the Marine Corps an opportunity to share its message of opportunity with community leaders, influencers and college students.

Another unique initiative the command established during FY11 is its partnership with Junior Rank. Junior Rank is a youth football program designed to develop the next generation of student athletes through education, evaluation and instruction. The recruiting command participated in 37 football camps around the nation and will be completely engaged at the inaugural Semper Fidelis All-American Bowl, Jan. 3, 2012 in Phoenix.

"In terms of Junior Rank, we have found a football camp for high school students that stresses the importance of character. Through our sponsorship, we've been able to meet students and their parents and reinforce our message of leadership and moral fiber," said Wydeven. "Our attendance at every Junior Rank camp has allowed us the ability to become a constant presence. We also invited and hosted the Junior Rank CEO at our Key Leaders' Workshop where we were able to strengthen our partnership through his 'behind the scenes' look at building Marine Corps Officers."

With the recruiting mission for FY11 in the bag and new initiatives underway, MCRC heads into FY12 ready to adapt and overcome as they recruit the newest generation of America's finest fighting force.

BRIEFS

Fall Back

Remember – fall back Sunday morning. Set clocks back one hour at 2 a.m. Sunday for the end of daylight saving time.

236th Marine Corps Birthday Ball limo bus shuttle

The Single Marine Program offers a party limo bus shuttle service from the 20 minute loading zone in front of Building 619, to the Manchester Grand Hyatt Hotel, San Diego for the 236th Marine Corps Birthday Ball Nov. 10 from 4:30 p.m. to 12:30 a.m.

The service is available to all Marines and their guests, and single Marines and their guests will have first priority.

For more information contact Diana Vuong, Semper Fit administrative assistant at 619-524-8083 or at vuongd@usmc-mccs.org.

USO Holiday Concert

The MCRD band will join the Lucky Diaz and the Family Jam Band in performance at the 20th annual USO Holiday Concert at the Balboa Theater Nov. 19 from 2 until 4 p.m.

The theater, a fixture on the national register of historic placers, is at 868 4th Ave.

This concert is free and open to the public. Those who wish to help support the USO's holiday program may donate a new, unwrapped children's gift suitable for ages 1 through 12.

Turkey Trot

MCCS Semper Fit will host the 2011 Turkey Trot 5K Run Nov. 18 at the parking lot between the Fitness Center and Recreation Center. The race begins at 1 p.m. The Turkey Trot is free to all authorized patrons with a proper ID.

Registration fee is \$10 per guest and participants may register online at mccsmcrd.com. Sign-up on race day begins at 10:30 a.m.

For more information contact Diana Vuong, Semper Fit administrative assistant at (619) 524-8083 or via e-mail at vuongd@usmc-mccs.org.

MCX gas station closure

The depot's MCX gas station will be closed Wednesday from about 8 a.m. to 3:30 p.m. for mandatory annual environmental testing. The Minimart will remain open.

Tuition assistance revised

Marine Corps Tuition Assistance funding provisions for FY12 have been revised to the following funding limits:

- Fiscal Year TA limit per individual Marine: \$4500.
- TA Cap per credit unit:
 - \$250.00 per semester hour for undergraduate.
 - \$250.00 per semester hour for graduate.
 - \$166.67 per quarter hour for undergraduate.
 - \$16.67 per clock hour for certificate/vocational program.

Marines who had TA requests processed prior to Oct. 26 need to request a revised TA voucher to avoid paying the student share.

For additional information contact the Education Office at (619) 524-1275 or 8158, or go to Building 14 between 7:30 a.m. and 4 p.m. Monday through Friday.

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: "What is your favorite part of Marine Corps birthday celebrations and why?"



"I enjoy all of them equally. They celebrate what the Marine Corps is about and allows all Marines to celebrate it."

Gunnery Sgt. Isaul Montez, company gunnery sergeant, Headquarters Company, Headquarters and Service Battalion



"I like the mile run for every year the Marine Corps has been around. It's the best because it promotes physical training."

Capt. Mike Standafer, Company G, 2nd Recruit Training Battalion, Recruit Training Regiment



"I like the mile run for every year the Marine Corps has been around, it shows depot cohesion."

Sgt. Jose Lopez, drill instructor, Company E, 2nd Recruit Training Battalion, Recruit Training Regiment

Winning hearts, minds: Shock Trauma Platoon brings relief, relationships to Afghan locals

BY CPL. KATHERINE M. SOLANO
2nd Marine Logistics Group

FORWARD OPERATING BASE DELARAM II, Afghanistan — There is a battle of sorts being won in southern Helmand province. The Marines and sailors at Forward Operating Base Delaram II, and specifically the Shock Trauma Platoon there, take pride in 'winning' the hearts and minds of locals.

The STP is comprised of enlisted and commissioned sailors ranging from corpsmen to private practice family doctors, from nurses to surgeons. As part of Bravo Surgical Company, Marine Air-Ground Task Force Support Battalion 11.2, 2nd Marine Logistics Group (Forward), it is the primary duty of the medical personnel based here to support the Marines with Regimental Combat Team 8.

However, since the area surrounding the FOB is relatively peaceful, according to those working at the STP, they are afforded a unique opportunity, a fact for which they are very thankful. While the sister STP at FOB Edinburgh treats mainly battle-injured servicemembers, the patients of Delaram's STP are predominantly Afghan National Army soldiers, Afghan Uniformed Policemen and locals, including multiple children.

Positive, growing relationships have resulted with locals



Cpl. Katherine M. Solano

Navy Lt. Scott LaPanne, a nurse with the Delaram Shock Trauma Platoon, Bravo Surgical Company, Marine Air-Ground Task Force Support Battalion 11.2, 2nd Marine Logistics Group (Forward), takes the temperature of an Afghan National Army soldier in the STP aboard Forward Operating Base Delaram II, Afghanistan, Oct. 23. The medical personnel at the STP see soldiers as well as Afghan locals on a regular basis.

due to the level and caliber of care the STP continuously provides. They treat injuries ranging from cuts and scrapes, to gunshot wounds and injuries from improvised explosive device explosions.

"They don't really have a healthcare system, at least not in this part of the country," said Navy Lt. Scott LaPanne, a nurse with the STP. "For

anything drastic, they can't go to their field doctor, so they come here.

"I think that the military here has shown a very good presence and I believe that the local nationals here like us more than they hate us. So we don't get to see some of the bad stuff happening that there is in the other areas of the country. We are more

into winning the hearts and minds of the local nationals," he said.

When asked, several of the corpsmen who work with LaPanne agreed when he said that their job at the STP is both rewarding and fulfilling.

"We get to help people get medical care and not always just because of the war," LaPanne concluded.

How to survive a tsunami in Southern California

INFORMATION PROVIDED BY MISSION ASSURANCE:
MCRD San Diego

November's monthly preparedness theme, "How to survive a Tsunami in Southern California," reminds everyone to review your emergency action plans.

According to the Federal Emergency Management Agency, "Preparedness is everyone's job. (Everyone) should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own."

Things everyone should know about tsunamis:

- Tsunamis are a series of waves or surges that most commonly are caused by an earthquake beneath the sea floor.
- An unusual lowering of ocean water, exposing the sea floor, is a warning of a tsunami or other large wave.
- Tsunamis are more like a river in flood or a sloping mountain of water and filled with debris.
- Tsunamis cannot be surfed. They have no face for a surfboard to dig into and are usually filled with debris.
- Large tsunamis may reach heights of twenty to fifty feet along the coast and even higher in a few locales. The first tsunami surge is not the highest and the largest surge

may occur hours after the first wave.

There are three levels of tsunami alerts.

- A tsunami advisory, as the third highest level of warning and is issued to coastal

populations within areas not currently in either warning or watch status when a tsunami warning has been issued for another region of the same ocean.

- The second highest alert is a tsunami watch which is issued to coastal populations within areas not currently in either warning or watch status when a tsunami warning has been issued for another region of the same ocean.

The highest level is a tsunami warning. These are issued when the imminent threat of a tsunami from a large undersea earthquake or following confirmation that a potentially destructive tsunami is underway.

These warnings advise that appropriate actions be taken in response to the tsunami threat.

The entire California Coast is vulnerable to tsunamis. Crescent City Harbor on California's North Coast suffered significant tsunami damage as

recently as 2006. A dozen people were killed in California following the 1964 Alaska earthquake.

What to do if you feel a strong quake near the coast:

- If indoors, drop under a sturdy table or object, cover your head and neck and hold on.
- If outdoors, move to a clear area if you can safely do so - away from trees, beach cliffs, signs and other hazards - and drop to the ground.

If you have mobility impairments that prevent you from getting up on your own, do not drop to the ground but do cover your head and neck and hold on.

- As soon as it is safe to move, go to higher ground. Do not wait for an official tsunami warning.
- Avoid downed power lines and weakened overpasses.
- If you are outside of a tsunami hazard zone, stay where you are.
- Remain on high ground. Waves from a tsunami may arrive for eight hours or longer.
- Return to the coast only when officials have announced that it is safe to do so.



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Marines earn MCM

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Marines looking to expand their leadership skills beyond their current jobs have the opportunity to accept the challenge of a rigorous three-week course at the Marine Corps Martial Arts Training Facility aboard Marine Corps Recruit Depot San Diego.

Twenty-one Marines from MCRD San Diego, Marine Corps Base Camp Pendleton, Marine Corps Air Station Miramar, and Naval Amphibious Base Coronado are participating in the Martial Arts Instructor Course which will allow them to train and test other Marines looking to earn higher belt levels in the Marine Corps Martial Arts Program.

"They can expect to come out more physically fit and hopefully a better fighter. That's my job -- to help them be better fighters and better teachers, said Staff Sgt. Duane Commiato, chief martial arts instructor trainer, Support Battalion, Recruit Training Regiment.

"You can be the greatest fighter in the world but if you can't teach anyone, what's the point? If I can teach you to teach 20

guys to be great, that's where it's at. Hopefully they come out with more confidence in teaching."

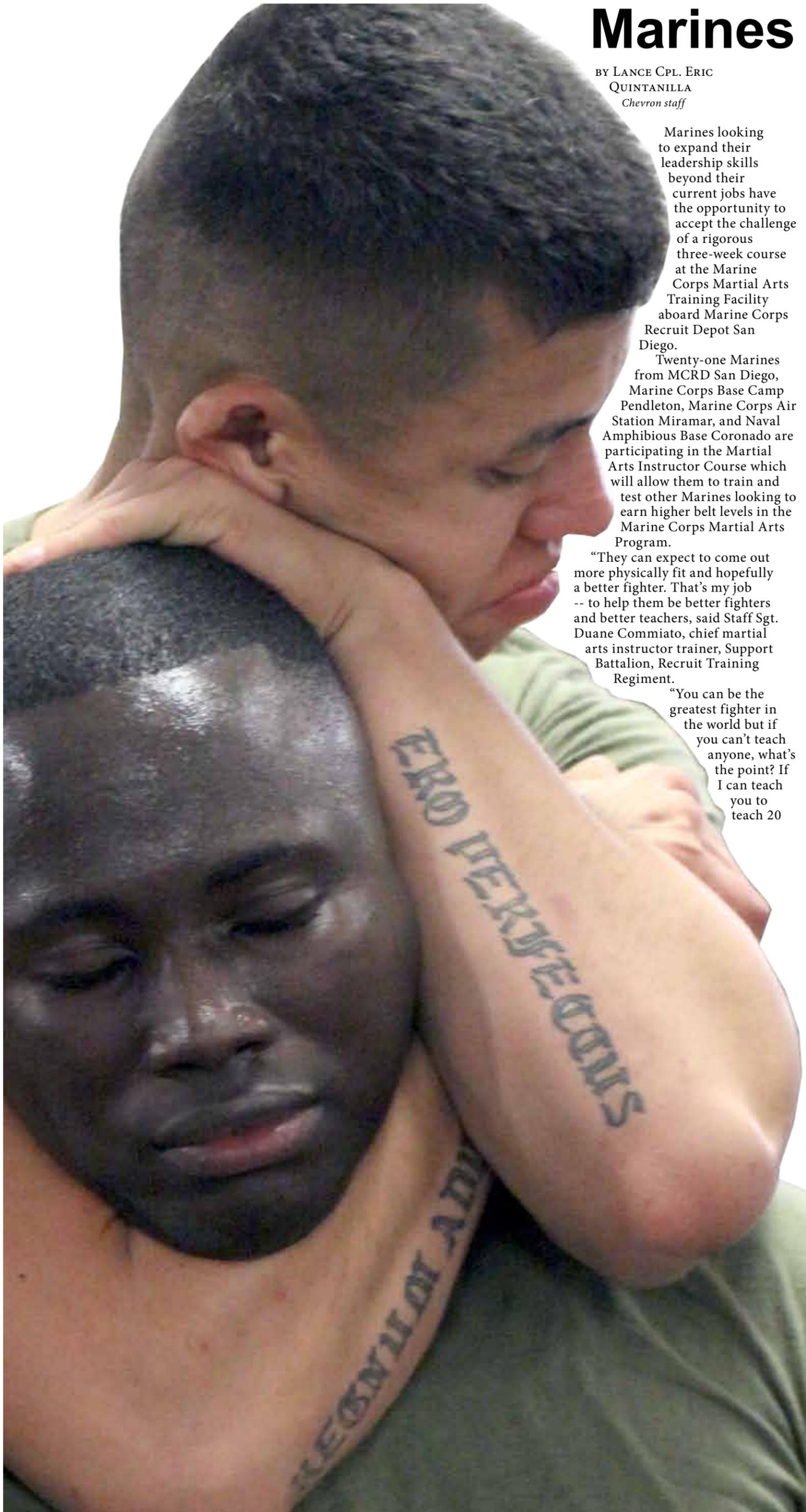
MAI course students are expected to arrive ready to train. From 6:30 a.m. to 5 p.m., Marines push their limits both physically and mentally. For every physical training event there is an equal amount of classroom work to ensure Marines thoroughly understand the material.

"You make it through the first week and you'll be pretty good. The first week is a reality check for some people, at least the physical aspect of it," said Commiato. "We pretty much hit the ground running. You need to come to the course with some sort of physical ability."

In order to become an MAI, Marines need to be corporals or above, have earned at least a grey belt, and have a physical fitness test score of 225 or higher and combat fitness test of 270 or higher. They must also have completed the appropriate grade professional military education.

Although the class focuses on green belt and below, Marines with brown or black belts get additional training to ensure they're prepared to teach up to their belt levels. Marines who begin the course as grey belt will graduate with green belts.

"There are a lot of guys in my shop who are still tan and grey belts, I'm a grey belt myself and wanted to get my green. This finally gave me the opportunity," said Cpl. Blase Barker, air traffic controller,



Cpl. Oscar Roman, civil affairs noncom Pendleton, low crawls during the first week of the Martial Arts Instructor Course at Marine Corps Recruit Depot San Diego Nov. 2. There is a lot of physical training and they need to be successful and remain safe.



Marines enrolled in the Martial Arts Instructor Course will be required to complete two quizzes, two

Lance Cpl. Eric Quintanilla

Cpl. Jared Kerness, meteorology and oceanography forecaster, Headquarters and Headquarters Squadron, Marine Corps Air Station Miramar, practices his rear chokes on Cpl. Kofi Agyeman, finance clerk, Service Company, Headquarters and Service Battalion during the Martial Arts Instructor Course at the Martial Arts Training Facility aboard Marine Corps Recruit Depot San Diego Oct. 31. The three-week course will enable them to train Marines in Marine Corps Martial Arts up to their belt level.

MAI instructor tab

Headquarters and Headquarters Squadron, MCAS Miramar. The Marines learn how to use the “Explain, Demonstrate, Imitate” method of teaching; explain the MCMAP technique, demonstrate exactly what it’s supposed to look like and break it down by numbers, showing them how to perform the technique. This proven method breaks each move down into “Barney style,” according to Commiato.

“You’re becoming an instructor, I want to be able to instruct,” said Commiato. “I want you to know how to teach, to get up in front of someone and explain it to them and ensure their understanding (of the move).”

MCMAP focuses on three energies; physical, mental and character discipline. Each one is incorporated into the MAI course, ensuring a well-rounded and educated warrior. Although physical training is on the forefront of every Marine’s mind, education should be a close second.

Throughout the course students receive different warrior studies and tie-ins used to help understand different cultures and increase mental and character discipline. They also learn how to give these classes and incorporate honor, courage and commitment into them to help make better warriors.

“It helps build on their character discipline which is part of the MCMAP program. You learn about previous warfighters and what

great things they did which helps build on your character,” explained Commiato.

Students will have to complete two quizzes, two written evaluations and nine practical evaluations in order to become certified MCMAP instructors. The course helps ensure each Marine gets the specialized attention they need to be successful and is designed with safety as a priority, employing one instructor for every 12 students.

“Safety is paramount. You want to have good training, with safety involved. I’m not here to hurt anyone because what’s the point if I injure someone?” said Commiato. “They’re going to learn to be great instructors and better warfighters with safety in mind.”

Being an MAI can help Marines throughout their career in the Corps. Not only will it make them more well-rounded, but it will make them more competitive for promotions, as well as give them the opportunity to get out of their shops and interact with Marines in different military occupational specialties.

“It’s something I wanted to do for myself but I think it would be really cool to go back and teach. It’s what Marines do,” said Barker.

“You get the new lance corporal who doesn’t know anything and you’re going (to) try and build him up and help him achieve his goals. Once you pick up (noncommissioned officer) most of your job is worrying about the (Marine) underneath you.”



Lance Cpl. Eric Quintanilla



Lance Cpl. Eric Quintanilla

commissioned officer, 3rd Civil Affairs Group, Marine Corps Base Camp Pendleton, will be the lead instructor for every 12 students to ensure they receive the attention they need throughout the course.

Cpl. Jared Kerness, meteorology and oceanography forecaster, Headquarters and Headquarters Squadron, Marine Corps Air Station Miramar, holds the pad for Cpl. Kofi Agyeman, finance clerk, Service Company, Headquarters and Service Battalion to practice his kicks during the Martial Arts Instructor Course at the Martial Arts Training Facility aboard Marine Corps Recruit Depot San Diego Oct. 31. Twenty-one Marines from MCRD, Marine Corps Base Camp Pendleton, MCAS Miramar, and Naval Amphibious Base Coronado are participating in the MAI Course.



Lance Cpl. Eric Quintanilla

Throughout the course, students will complete two written evaluations, and nine practical evaluations in order to become certified Marine Corps Martial Arts instructors.

Fad diets, supplements can impair weight loss

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

With the commandant of the Marine Corps cracking down on overweight Marines, some struggle to shed a few pounds before regular weigh-ins.

Many Marines looking to drop weight fast turn to fad diets and diet supplements, which can be harmful and usually result in gaining weight back and possibly adding a few extra pounds.

Jessica Quinn, athletic trainer, Johnson Hall, said she sees a lot of young Marines taking supplements like diet pills. Most supplements are not FDA-approved, meaning they aren't tested to ensure they don't pose health risks.

"A lot of supplements have herbal stimulants causing rapid heart rate, which yes, make your metabolism speed up and you lose weight, but can cause heart problems," said Quinn.

While taking a pill or only drinking juice for a period of time may help people lose weight, they are likely to gain weight again since fad diets don't provide the proper nutrition the human body needs.

"The quick fixes are only effective while you're on them--they're not long-term," said Quinn. "They can make you more resistant to losing weight the next time you try."

Many fad diets deprive people of whole food groups, keeping important nutrition out of the body.

Diets that don't allow carbohydrates can cause the body to go into ketosis. This is caused by a lack of glucose, which is the brain's preferred energy source.

People can get headaches if

they go an extended amount of time without complex carbohydrates, such as fruits and vegetables, said Quinn.

"Diets that deprive your body of carbohydrates make you lose lean body mass and gain back fat when you start eating carbohydrates again," said Joan Fitzgibbon, Naval Medical Center San Diego dietician.

Cleansing diets are also bad for your digestive system said Quinn. These diets disrupt stomach bacteria and enzymes, making it difficult for people to digest certain foods, such as red meats, once they complete the cleansing diet.

Fitzgibbon suggests instead of risking health issues and gaining more weight that will lower their self-esteem, people should choose a more successful alternative and change their lifestyle.

"They make their weight then put it back on which lowers their self-esteem," said Fitzgibbon. "These fad diets don't change habits, so the weight doesn't stay off."

Addressing challenges before trying to lose weight is a must, explained Andrea Callahan, Marine Corps Recruit Depot, health promotions coordinator. It's just like trying to quit tobacco. Like any bad habit, having a support system is always helpful. When faced with decisions on eating healthy and staying active, people are more likely to stick to healthy choices if they have someone encouraging them.

"A lot of people (who) come to me about losing weight find it easier to stick to a plan if someone else is doing it with them," said Callahan, who offers diet assistance at health promotions.

"If you maintain working out three times a week your metabolism will speed up," said Gene Calantoc, Semper Fit personal trainer. "But you have to change up your workout each week otherwise your body gets use to it."

Calantoc recommends people should do cardiovascular exercise three times a week, and lift weights to lose weight.

"Increase your time or speed to change up your cardio," said Calantoc. "Using the elliptical or treadmills are better for you because they put less impact on your joints."

Working out not only helps lose weight, but also makes people feel better. While it's necessary to work out, it's even more important to eat a well-balanced diet. People won't lose weight just by physical training, said Callahan.

"You can't just run a lot and eat poorly," said Callahan.

The best thing for anyone looking to lose weight is to plan out weekly meals.

"If you don't make a plan, you'll eat whatever sounds good at the time," said Callahan. "And if you don't have something planned out for your meals there are ways to make healthy options, you just have to look for them."

Reading labels can help identify unhealthy options. Foods with fructose, high sodium and processed items are some options to stay away from or minimize.

"Avoid heavily processed foods that include lots of added sugars and anything that's not natural," said Callahan. "Cut out fast food and instead, if you're hungry, eat colorful vegetables."



Lance Cpl. Crystal Druery

Some Marines are struggling to shed pounds. Joan Fitzgibbon, Naval Medical Center San Diego dietician says they shouldn't turn to quick fix diets that deprive their body of its proper nutrition. She suggests they should instead incorporate more physical activity and healthy food choices to lose the pounds.

Fruits are also a good option, but only a handful at a time due to the amount of sugar they contain. A balanced diet consists of eating protein, complex carbohydrates and a small amount of fat five to six times a day, said Callahan. Overloading on any one of the food groups isn't a good habit. The body digests food every two to three hours. Since only 30 to 40 grams of protein can be digested at a time, extra protein is wasted, said Callahan.

"Eating small portions

constantly throughout the day makes you feel better and perform better," said Callahan.

Anyone on the depot looking to change their lifestyle can visit Callahan in Building 5W and use the health promotions library in her office which features cookbooks and nutrition guides. Semper fit also offers personal trainers and group classes to help people get on the right track.

"You have to plan ahead, get the information and over time you can drop weight to maintain your standards," said Callahan.

EDUCATION ◀ 1

plicable Basic Allowance for Housing; 80 percent the second six months of training; 60 percent the third six months; 40 percent the fourth six months; and 20 percent during the remainder of the training. Up to \$83 per month for books and supplies will also be provided.

The rates paid by the Post 9/11 GI Bill for flight training will vary depending on the type of flight training school and kind of school.

Per academic year of flight training at a public institute of higher education, reimbursement will be paid up to the

resident in-state cost of the training. For flight training at a private institute, reimbursement will be paid up to the full cost of the training or \$17,500 per academic year, whichever is less. In both instances, the student would receive the housing allowance along with the book and supplies stipend. For vocational flight training, reimbursement will be paid up to the full cost of the training or \$10,000 per academic year, whichever is less. However, the student would not receive the housing allowance or book and supplies stipend.

Students enrolled solely in distance education will now receive a housing

allowance equal to half the national average of the BAH for an E-5 with dependents, which was \$673.50 for the 2011 academic year for full-time students at the 100 percent eligibility tier, and active duty students are now eligible to receive a books and supplies stipend of \$1,000 paid proportionately based on enrollment. Students must be enrolled in at least one in-residence course in order to be eligible for the full BAH rate.

To be eligible for the Post 9/11 GI Bill, individuals must have spent at least 90 cumulative days of service on or after Sept. 11, 2001, and received an honorable discharge. The exception

would be those who were discharged with a service-connected disability after 30 days.

Brooks said that since the Marine Corps tuition assistance is capped at \$4500 per fiscal year for each individual Marine, which may not cover many classes depending on the institution, consideration on how to use the GI Bill and degree planning should be of primary concern for seeking a college degree.

For additional information on the Post 9/11 GI Bill, educational benefits and planning for a degree, stop by Personal and Professional Development, Building 14 or visit www.gibill.va.gov.

Retired Col. Bucky Peterson

Parade Reviewing Officer

Retired Col. Bucky Peterson is the special assistant to the Chancellor of the California State University on veteran and military education matters. From 2005 - 2007 he was the interim vice president of Development for Sonoma State University. Before coming to the Sonoma State and after his retirement from the Marine Corps, he was a member of the Hanna Boys Center, a residential campus and school for troubled boys, assisting with planning, training and

development.

As a Marine, Peterson was commissioned in 1968 and served 32 years in the infantry in a wide variety of command and staff assignments in most areas of the world including Vietnam, the Mediterranean, the Far East, the Middle East, Somalia, Kuwait and Iraq. Highlights of his career include commanding infantry units from rifle platoons, to infantry regiments. Staff assignments included serving as Assistant Chief of Staff for both I & III Marine Expeditionary Forces and Chief of Staff for Marine Corps Recruit Depot San Diego and Western Recruiting Region. After retiring in 1999, Col. Peterson returned to active duty in 2001, first as Chief of Staff for Operations, Plans and Intelligence for U.S. Marine

Forces Central Command when Marines were in Afghanistan in 2001 - 2002 and then as Chief of Staff for Current Operations for the Coalition Provisional Authority in Iraq in 2003.

Peterson is a 1968 graduate

of the University of Dubuque, Dubuque, Iowa and a graduate of the Marine Corps Command and Staff College in 1983 and the National War College in 1991.

Among Peterson's awards are the Distinguished Service

Medal, Defense Superior Service Medal, Legion of Merit with one gold star, Meritorious Service Medal with one gold star, Joint Commendation Medal, Navy Commendation Medal and the Combat Action Ribbon with two gold stars.

"Marines - I offer to you and your families my heartiest well done. I know that you will cherish your boot camp experiences for years to come. The yellow footprints where you took your first step toward becoming a Marine are a symbol that will last with you for a lifetime. But now the real challenges are in front of you. Your fellow Marines, your families, your communities and your Nation are counting on you to uphold the legacy of being United States Marines. I wish each of you every success as you embark on your journey. Congratulations Marines and Semper Fidelis!"





Platoon 1010 COMPANY HONOR MAN Lance Cpl. T. A. Douglass Spokane, Wash. Recruited by Sgt. J. W. Stordahl	Platoon 1014 SERIES HONOR MAN Pfc. R. J. Schmidt San Diego Recruited by Staff Sgt. C. Pilkington	Platoon 1009 PLATOON HONOR MAN Pfc. K. Ball Los Angeles Recruited by Staff Sgt. H. Eddington	Platoon 1011 PLATOON HONOR MAN Pfc. P. M. Rumley Bloomington, Minn. Recruited by Gunnery Sgt. D. S. McElrath	Platoon 1013 PLATOON HONOR MAN Pfc. C. L. Reynolds Cedar Falls, Iowa Recruited by Sgt. J. Ford	Platoon 1015 PLATOON HONOR MAN Pfc. A. M. Heck Midwest City, Okla. Recruited by Sgt. J. Dyer	Platoon 1016 PLATOON HONOR MAN Pfc. M. J. Anderson Puyallup, Wash. Recruited by Sgt. M. Nibler	Platoon 1011 HIGH SHOOTER (340) Pvt. G. A. Caffee Eugene, Ore. Marksmanship Instructor Sgt. J. Furle	Platoon 1011 HIGH PFT (300) Pfc. E. M. Winton Arlington, Texas Recruited by Staff Sgt. B. Dedrick
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ALPHA COMPANY

1st RECRUIT TRAINING BATTALION

Commanding Officer
Sergeant Major
Battalion Drill Master

Lt. Col. T. G. McCann
Sgt. Maj. J. N. Perry
Staff Sgt. M. A. Saldaña



COMPANY A <i>Commanding Officer</i> Capt. K. E. Harris <i>Company First Sergeant</i> 1st Sgt. M. R. Hackett	SERIES 1009 <i>Series Commander</i> Capt. C. Urban <i>Chief Drill Instructor</i> Gunnery Sgt. M. P. Garcia	PLATOON 1009 <i>Senior Drill Instructor</i> Staff Sgt. J. S. Correa <i>Drill Instructors</i> Staff Sgt. J. O. Downing Sgt. P. J. Aguirre	PLATOON 1010 <i>Senior Drill Instructor</i> Sgt. J. J. Rodriguez <i>Drill Instructors</i> Sgt. J. Rice Sgt. C. G. Woidt	PLATOON 1011 <i>Senior Drill Instructor</i> Gunnery Sgt. F. Galvan <i>Drill Instructors</i> Staff Sgt. M. A. Brown Staff Sgt. S. A. Roberts
SERIES 1013 <i>Series Commander</i> Capt. B. J. Addison <i>Chief Drill Instructor</i> Staff Sgt. G. A. Buck	PLATOON 1013 <i>Senior Drill Instructor</i> Sgt. J. R. Darnell <i>Drill Instructors</i> Sgt. W. L. Anderson Sgt. J. D. Weaver	PLATOON 1014 <i>Senior Drill Instructor</i> Sgt. M. W. Currao <i>Drill Instructors</i> Staff Sgt. L. T. Ortega Sgt. J. Thompson	PLATOON 1015 <i>Senior Drill Instructor</i> Staff Sgt. G. F. Pereira <i>Drill Instructors</i> Staff Sgt. J. R. Duncan Sgt. R. W. Randolph	PLATOON 1016 <i>Senior Drill Instructor</i> Staff Sgt. R. A. Cezair <i>Drill Instructors</i> Sgt. L. Razo Sgt. T. Tate

* Indicates Meritorious Promotion

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|---|--|--|--|--|---|--|---|
| PLATOON 1009
Pvt. A. M. Ackers
Pvt. D. T. Adair
Pfc. J. A. Alegarbes
Pvt. D. S. Allen
Pvt. A. Almaguer
Pvt. P. V. Apodaca
Pfc. F. N. Aranda
Pfc. K. Ball
Pvt. A. Barrios-Sanchez
Pfc. M. J. Barvarz
Pfc. E. Bautista-Alvarado
Pvt. T. Z. Beaty
Pvt. E. L. Bjerke
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Pvt. A. J. Brumitt
Pvt. A. J. Buonocore
Pvt. D. C. Hill
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Pvt. W. H. Jackson
Pvt. T. R. Jahn
Pvt. D. Jerelds
Pvt. B. A. Johnson
Pvt. T. J. Johnston
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Pvt. C. M. Layton
Pvt. T. K. Lende
Pfc. H. Li
Pvt. D. M. Lovejoy
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Pvt. R. K. Munoz
Pvt. R. R. Murphy
Pvt. K. J. Negley
Pfc. M. P. Oberry
Pvt. M. I. Orozco
Pvt. R. C. Osborne
Pvt. C. D. Osio
Pvt. S. M. Oxspring
Pvt. L. Pacheco
Pvt. M. C. Padgett
Pvt. V. V. Papazian
Pvt. K. C. Peterson
Pvt. S. E. Pittman
Pvt. S. C. Porter
Pvt. Q. T. Price
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Pvt. J. L. Rickard
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Pvt. J. A. Rivas
Pvt. S. R. Rivera
Pvt. B. J. Rocca
*Pfc. A. J. Sanchez
Pvt. J. C. Sanchez
Pfc. D. L. Sanders
Pvt. J. H. Sanders
Pfc. R. T. Schalles
Pvt. T. J. Segura
Pfc. B. A. Shaw
Pvt. X. D. Sherman
Pvt. N. Silva
Pfc. J. M. Skipworth
Pfc. J. H. Smith
Pvt. C. R. Solis
Pvt. D. J. Sullivan
Pfc. A. J. Taylor
Pvt. C. H. Thomas
Pvt. A. E. Thompson
Pvt. Q. D. Trujeque
Pfc. J. A. Trujillo
Pvt. D. Uy
Pfc. D. Valencia
*Pfc. J. L. Van derKuur
*Pfc. A. C. Van derVegt | Pvt. J. A. Vinson
Pfc. K. L. Wickert
Pvt. C. R. Williams

PLATOON 1010
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Pvt. P. Amador
Pvt. J. S. Benavidez
Pvt. S. D. Cardenas-Castillo
Pvt. A. Castillo-Mendoza
Pvt. J. D. Chancellor
Pvt. P. F. Chell
Pfc. J. F. Colwell
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Pvt. V. M. Cordova
Pvt. M. A. Correia
Pvt. E. D. Cruz
Pfc. Z. T. Deedrick
Pfc. N. J. Desantis
Pvt. T. R. Jahn
*Lance Cpl. T. A. Douglass
Pvt. J. N. Eagerton
Pvt. A. C. Evenson
*Pfc. J. L. Fantin
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Pfc. D. Lopez
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Pvt. J. R. Morrison
Pfc. C. M. Muniz
Pfc. A. Munoz
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Pfc. R. Quintana-Contreras
Pvt. C. A. Riddle
Pvt. K. L. Roberts
Pvt. Z. J. Robinson
Pfc. A. Rodriguez
Pvt. Z. A. Rogers
Pvt. R. K. Rolph III
Pvt. D. R. Ruble
Pvt. L. K. Saetern
Pvt. S. B. Schemmel
Pvt. T. A. Schmoyer | Pvt. B. A. Sison
Pfc. L. R. Spencer
Pvt. S. Spencer
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Pfc. T. L. Titchenell
Pvt. J. G. Vanbrunt
Pvt. M. C. VanRoosendaal
Pvt. J. A. Varin
Pfc. C. A. Vosler
Pfc. I. T. Wolford
Pvt. R. D. Yoder
Pvt. T. R. Zocchi

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Pvt. F. D. Bell-Stewart
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Pvt. J. A. Bey
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Pvt. J. S. Bleuere
Pvt. M. J. Bolanos
Pvt. J. F. Boley
Pvt. C. K. Bond
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Pvt. D. G. Burgart
Pvt. G. A. Caffee
Pvt. K. D. Carpenter
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Pvt. U. Contreas
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Pvt. A. Escobar
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Pvt. L. Rivera
Pfc. R. B. Robison
Pvt. P. M. Rumley
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Pvt. A. M. Stanley
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Pvt. R. D. Trockur
Pfc. J. R. Ursery
Pfc. D. L. Vlach
Pvt. E. A. Vojta
Pvt. J. M. Willacker
Pvt. C. D. Williams
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Pvt. C. C. Wise
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Pvt. S. P. Fitzik
Pvt. K. D. Fitzgerald
Pfc. T. Ford
Pfc. W. K. Grodnicki
Pvt. B. A. Hershiser
Pvt. E. R. Hummiltzsch
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Pfc. D. H. Isidro
Pfc. J. M. Jackowoski
Pvt. M. Jasso
Pfc. M. A. Jimenez
Pfc. C. A. Jones
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Pvt. R. R. Keeshan
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Pvt. J. P. Kluender
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Pvt. M. J. Lee
Pfc. E. L. Lefler
Pvt. J. Leuthoudon
Pvt. J. C. Lewis
Pvt. T. M. Littlejohn
Pvt. J. R. Maas
Pvt. R. J. Mages
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Pvt. E. D. Medema
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Pvt. J. L. Nichlos
Pvt. M. C. Odle
Pvt. C. D. Oldenburg
Pfc. C. A. Owings
Pvt. I. E. Pardo
Pvt. J. A. Pasindo
Pvt. J. A. Peacock
Pvt. R. R. Pierce
Pvt. T. R. Pierce
Pvt. A. D. Pinkston
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Pvt. B. C. Rogers | Pvt. K. W. Rynearson
Pvt. B. B. Scriber
Pvt. A. D. Sennett
Pvt. D. J. Seymour
Pvt. C. M. Sheldon
Pvt. A. L. Skeens
Pvt. G. D. Small
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Pvt. J. E. Starks
Pvt. J. P. Stezewski
Pvt. K. I. Suarez
Pvt. T. J. Swan
Pfc. M. W. Tarrant
Pvt. S. M. Thomas
Pvt. N. S. Trimborn
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Pvt. D. T. Twaddle
Pvt. N. G. Tyree
Pfc. G. B. Valencia
Pfc. D. L. Van Epps
Pfc. J. A. Wade
Pvt. D. S. Warren
*Pfc. J. R. Watson
Pvt. A. R. Webber
Pvt. C. J. Weber
Pfc. C. L. Werth
*Pfc. J. C. Whorton
Pvt. R. J. Wilcox
Pvt. M. R. Brungart
Pvt. T. M. Wilson
Pvt. J. S. Wood
Pvt. J. J. Woods
Pfc. P. G. Wright
Pvt. A. M. Young
Pvt. J. E. Yruegas

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Pvt. O. M. Baltazar
Pvt. I. Benitez
Pvt. J. Betancourt
*Pfc. J. L. Bowman
Pvt. D. A. Brooks-Metoyer
Pvt. C. D. Brown
Pvt. S. K. Brown
Pvt. D. A. Burks
Pvt. L. J. Burnett
Pfc. A. T. Burney
Pfc. C. R. Cantrell Jr.
Pvt. A. E. Cappen
*Pfc. A. M. Cartwright
Pvt. B. Castellanos
Pvt. D. Castro
Pfc. J. V. Chavez Jr.
Pvt. M. A. Cortez
Pvt. J. E. Crain
Pfc. J. G. Crisostomo
Pvt. M. J. Cruz
Pvt. D. M. Dantzler
Pvt. J. R. Davis
*Pfc. J. L. DeLions
Pvt. D. T. Derickson
Pvt. R. A. Dominguez
Pvt. M. D. Doyle
Pvt. Z. B. Drew
Pvt. L. W. Durham
Pvt. A. E. Ellis
Pvt. P. M. Erdman
Pfc. B. A. Escalera
*Pfc. C. R. Escobedo
Pvt. J. I. Esquivel
Pfc. A. C. Esteron
Pvt. B. P. Everson | Pfc. A. J. Farina
Pfc. D. M. Farnsworth
Pvt. J. A. Favilaleon
Pvt. C. D. Fielder
Pfc. A. J. Flieri
Pvt. A. D. Fores Jr.
Pvt. P. K. Freed
Pvt. S. A. Fry
Pvt. L. W. Gage
Pfc. C. Garcia
Pvt. I. J. Garcia
Pvt. J. A. Garcia-Andalon
Pfc. J. K. Garlington
Pvt. A. J. Garza
Pvt. T. R. Geier
Pvt. N. E. Geist
Pvt. A. Gonzalez
Pfc. C. F. Gonzalez
Pvt. C. S. Gonzalez
Pvt. E. Gonzalez Jr.
Pvt. M. A. Gonzalez
Pvt. J. W. Goodman
Pvt. E. J. Hall
Pvt. N. A. Hartmann
Pfc. S. A. Hunter
Pfc. K. A. Johnson
Pvt. C. L. Kelley
Pfc. R. Lira
Pvt. M. R. Lujan
Pfc. T. S. Mackert
Pvt. N. J. Manzano
Pvt. C. Martinez Jr.
Pvt. L. M. McDaniel
Pfc. J. M. Moore
Pfc. A. N. Morales
Pfc. M. Noyola
Pfc. C. M. Nunez
*Pfc. A. M. Oeland
Pfc. N. W. Olin
Pvt. J. A. Rios
Pfc. M. Romero-Fernandez
Pvt. E. Sandoval
*Pfc. R. J. Schmidt
Pfc. S. V. Sedas
Pfc. R. J. Sharp
Pvt. J. D. Sloniger
Pvt. C. Z. Snow
Pvt. A. E. Thorsnes

PLATOON 1015
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*Pfc. C. J. Dean
Pvt. B. Gosselin
Pvt. B. A. Hammad
Pfc. C. L. Hammad
Pfc. A. M. Heck
Pvt. C. D. Hepburn
Pfc. J. J. Hicks
Pvt. C. D. Hodges
Pvt. C. D. Holmes
*Pfc. M. A. Hussain
Pvt. H. M. Jack
Pvt. J. A. Jacobs
Pvt. G. E. Jordan
Pvt. J. F. Kemp
Pfc. R. D. Lane
Pvt. D. Lopez
Pvt. M. D. Lopez
Pfc. J. A. Loya
Pvt. C. A. McDowell
Pfc. T. J. McLeish
Pfc. B. J. Meeks
Pvt. B. P. Moore | Pvt. J. E. Moore
Pvt. C. J. Moreno
Pvt. G. L. Muller
Pvt. J. M. Murphy
Pvt. D. D. Newell
Pvt. R. S. Newsom
Pfc. K. J. Bessert
Pvt. J. H. Nunez
Pvt. J. Obledo
Pvt. E. J. Orozco
Pvt. H. Orrosquieta
Pvt. Z. D. Orth
Pvt. R. K. Ortiz
Pvt. J. T. Page
Pfc. J. L. Peralta
Pvt. J. M. Pershica
Pvt. B. C. Pfeifer
Pfc. P. S. Phetsavanh
Pvt. M. A. Pigg
Pvt. J. S. Pittman
Pvt. M. D. Polzin
*Pfc. K. J. Price
Pfc. R. Ragain
*Pfc. C. B. Reeb
Pvt. P. A. Reynoso
Pvt. T. J. Rill
Pfc. J. B. Rockman
Pvt. R. L. Rodriguez
Pvt. B. J. Romero
Pvt. T. R. Romero-Fredes
Pvt. B. Ross
Pvt. J. E. Sada
Pvt. P. M. Samual
Pfc. J. E. Satterwhite
Pfc. J. M. Schroeder
Pvt. B. M. Schulteis
Pvt. N. Sigrah
*Pfc. S. A. Smith
*Pfc. R. D. Stanley
Pvt. D. R. Stenburgh
Pvt. B. Stevenson
Pvt. J. A. Sturdivant
Pvt. J. D. Summers
Pvt. J. S. Yliphone
Pfc. A. R. Tremont
Pfc. J. Ungerer
Pfc. A. M. Valencia
Pvt. D. S. Valentine
Pfc. C. A. Vaughn
Pvt. F. J. Vega
Pfc. J. K. Veitch
Pvt. B. N. Wachukwu
Pfc. B. L. Waits
Pvt. D. S. Warmack
Pvt. D. B. Werner
Pvt. L. M. White
Pvt. D. R. Wierzgacz
Pvt. B. A. Wilkinson
Pfc. M. J. Winans
Pvt. M. O. Yoder
Pvt. J. G. Zoerb

PLATOON 1016
Pvt. C. B. Acker
Pvt. J. Alba
Pfc. D. J. Aldrich-Scruggs
Pfc. C. Alonzo-Soto
Pfc. Z. C. Amador
Pvt. C. D. Andersen
*Pfc. M. J. Anderson
*Pfc. M. E. Andres
Pvt. J. J. Annis
Pvt. K. A. Aspy
Pvt. J. B. Barclay | Pvt. J. S. Bautista
Pfc. E. C. Beaty
Pvt. E. C. Becker
Pfc. E. R. Beiker
Pfc. V. A. Beltran
Pvt. N. G. Benson
Pfc. K. J. Bessert
Pvt. D. M. Bildeau
Pvt. I. B. Blackburn
Pvt. R. T. Blecha
Pvt. A. R. Boedy
*Pfc. J. E. Bowman
Pvt. Z. S. Braud
Pvt. E. J. Brazie
Pvt. L. S. Brewer
Pvt. T. J. Brines
Pfc. S. K. Brueggeman
Pvt. J. J. Brunson
Pfc. J. S. Bucholz
Pfc. K. C. Busby
Pvt. A. W. Butts
*Pfc. W. E. Cantrell
Pvt. K. Carcano
Pvt. N. A. Chamberlin
Pfc. N. D. Chiles
Pvt. D. W. Clapp
Pfc. N. F. Colby
Pfc. D. K. Cooper
Pfc. T. J. Crist
Pfc. M. L. Crouse
Pvt. R. J. Eccles
Pvt. M. A. Giuffre
Pvt. E. M. Gonzalez
Pvt. J. M. Gonzalez
Pfc. J. R. Gonzalez
Pvt. J. T. Harpel
Pvt. B. M. Henderson
Pfc. T. C. Jackson
Pfc. C. K. Jobe
Pfc. C. H. Johnson
Pvt. J. M. Johnson
Pfc. T. C. Johnson
Pvt. S. C. Jordan
Pfc. N. E. Keller
Pvt. A. J. Koppi
Pfc. A. R. Krenzle
Pvt. C. C. Krupp
Pfc. J. Lopez
Pvt. X. T. Louis
Pvt. K. R. Luedecke
Pvt. J. D. Marmaro
Pvt. T. J. Martin
Pvt. A. Martinez
Pvt. C. L. Maurice
Pfc. M. R. McDonald
Pvt. S. Mejia
Pfc. B. D. Meseke
Pfc. R. W. Miilberger
Pfc. J. Q. Montgomery
*Pfc. K. T. Moore
Pvt. D. A. Muringer
Pvt. J. A. Murphy
Pvt. C. B. Naegele
Pvt. B. H. Nannay
Pfc. M. K. Nygaard
Pvt. D. B. Ortega
Pvt. N. A. Ostrye
Pvt. M. J. Penny
Pvt. J. D. Perera
Pvt. I. S. Powell
*Pfc. D. Rideau
Pfc. J. T. Simon
Pfc. L. J. Thomas
Pvt. M. W. Wooley
Pvt. S. C. Worthen |
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Lance Cpl. Daniel A. Wetzel

Marines distribute water to racers at the 36th annual Marine Corps Marathon in Washington, Oct. 30. Marines set up water and Gatorade stations along the route to refresh the approximately 30,000 participants.

Marine Corps hosts 36th annual Marine Corps Marathon

BY LANCE CPL. DANIEL A. WETZEL
Headquarters Marine Corps

WASHINGTON — The District of Columbia provided the backdrop for the 36th annual Marine Corps Marathon on October 30. This year's "People's Marathon" hosted 30,000 runners and thousands of spectators who witnessed the historic 26.2 mile journey and the Marine Corps 10k.

The marathon began with two MV-22 Osprey flying from the Pentagon over the starting line, the roaring thunder of a 105mm Howitzer and a 21-gun rifle salute to mark the 10-year anniversary of the September 11 attacks.

Prior reserve Marine Drew Carey, familiar comedian and host of "The Price is Right," fired the starting pistol to begin the race and then joined the runners on their voyage.

Army Reservist 1st Lt. Chad Ware was first to complete the 26.2 miles, posting a time of 2:19:16. Ware, who has run 12 other marathons in his lifetime, posted a personal best time.

"I wasn't planning on running a fall marathon because I was sick of chasing a time and having the problems I was having," Ware said.

I wanted to run for place with the all Army Team. The time was there so I went for it in the end."

More than 11,000 of the participants were first time marathoners. 1st Lt. Bill Prom, a basic field artillery officer with 5th Battalion, 11th Marines, 1st Marine Division, and a member of the Marine Corps Racing Team, completed his first Marathon on Sunday.

"I'm happy to finish," Prom said, who completed the race at 2:29:46 and was the first Marine to cross the finish line. "I felt pretty lousy most of it."

Prom said he had a large blister pop around mile 17 and ran the last nine miles with a bleeding foot.

The MCM course featured two time hurdles, which runners must complete for them to officially continue on the course. Participants needed to maintain a 14 minute-per-mile pace to bypass hurdle one, the National

Mall Gauntlet at mile 17.5. Runners then must cross the 14th Street Bridge, aptly named "Beat the Bridge" at mile 20 before the bridge is reopened to D.C. downtown traffic. A total of 20,895 runners officially Beat the Bridge and completed the marathon.

Many Marines and runners were running in honor of wounded or fallen service member.

Darrell General, a 37-time marathon runner and two-time MCM champion, ran for his brother, James R. General, who passed away in 2009. General posted a finishing time of 2:48:06.

Capt. Jason W. Dequenne, an active duty Marine who completed 236 miles from the Tun Tavern marker in Pennsylvania to the marathon's finish, dedicated each mile of his journey to a fallen Marine or Sailor.

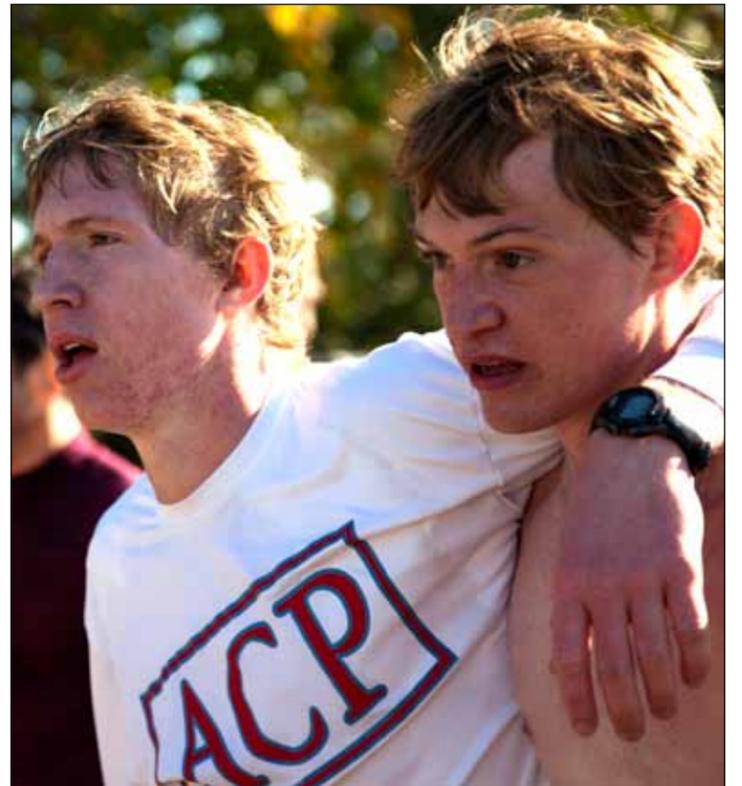
The spectators motivated the participants with constant cheers of encouragement and held signs honoring those who were running and those who were being remembered.

"[The MCM] is not about a bunch of professionals getting money, it's about everyone," Prom said. "I don't know how many times I heard my mom screaming. She's pretty loud."

The Marine Corps Marathon was voted the best marathon for families. Runners from

all walks of life participate annually in the largest marathon not to offer prize money. It is the fifth largest marathon in the nation and ninth largest in the world.

It is great for first time runners and all branches of services to run in, Ware said.



Sgt. Kuande Hall

Participants in the 36th annual Marine Corps Marathon meet at the finish line at the Marine Corps War Memorial Arlington, Va., Oct. 30. There were about 30,000 participants from all walks of life who ran the 26.2 mile race.



Sgt. Kuande Hall

Participants in the 36th annual Marine Corps Marathon kick off the race through the nation's capital Oct. 30. Actor Drew Carey fired the starting shot. About 30,000 participants from all walks of life ran the 26.2 mile race.

236th Marine Corps Marathon Top finishers

Men

Charles, "Chad", Ware 2:19:16

Michael Wardian 2:23:46

Patrick Fernandez 2:26:37

Women

Tezata Dengersa 2:45:28

Emily Shertzer 2:45:55

Getacher Shiferaw 2:47:39

Notable: Drew Carey posted a time of 4:37:11