



Ceremony honors fallen drill instructors



Lance Cpl. Crystal J. Druery

The West Coast Drill Instructor Association held their annual memorial service Sept. 9 aboard Marine Corps Recruit Depot San Diego for drill instructors who have passed over the last year. The ceremony was open to members of the association and their families, giving former and current drill instructors a chance to get together and learn from one another.

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

The West Coast Drill Instructor Association held their annual memorial service Sept. 9 aboard Marine Corps Recruit Depot San Diego for drill instructors who have passed over the last year.

A rifle volley was fired in honor of the 10 deceased drill instructors who served on the drill field of San Diego and Parris Island.

The ceremony was open to members of the West Coast Drill Instructor Association and their families, giving former and current drill instructors a chance to get together and learn from one another.

“The unity between young and old is what’s most important,” said retired Sgt. Maj. Bobby Woods, president of the West Coast Drill Instructor Association.

In 1999, the association was established to commemorate drill instructors who had passed

on, much like the East Coast Drill Instructor Association Parris Island Chapter.

“Every year since, we’ve come out and rang the bell in remembrance of what they have done for our country and Corps,” said Woods, referring to the fallen drill instructors.

“Being apart of this association and coming out every year to honor our fallen allows camaraderie to form, and lets all of us be apart of something bigger than ourselves when the bell rings,” said Wood.

Not all of the members who come out to show their respects know the deceased members personally, but many do.

Retired Marine Larry Stafford, a member of the West Coast Drill Instructor Association, had worked closely many times with two of the former drill instructors who were called out during the ceremony, retired Sgt. Maj. J.P. Henderson and retired Sgt. Maj. Fred Nye.

“Sgt. Maj. Henderson was a

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PACTACLET prepares to deploy

BY SGT. WHITNEY N. FRASIER
Chevron staff

When people think of weapons, the first thing that may come to mind is a gun of some sort. Very rarely will someone consider a screw driver or other sharp objects to be deadly. For the U.S. Coast Guard Pacific Law Enforcement Team, these simple, everyday items can become one of their biggest threats.

The PACTACLET is a unit on the depot some know little about.

The unit is made up of eight

detachments that are 10-13 man teams. These teams deploy for approximately three months at a time to the Caribbean, but they are on no vacation.

Their mission is to enforce U.S. laws and treaties by discovering and seizing contraband and narcotics, as well as the apprehension of smugglers and counter piracy. As fascinating as their job may seem, it comes with its fair share of risks and hazards.

Many of the people they encounter are fishermen who are trying

to smuggle drugs maritime routes from Central and South America, explained Lt. j.g. Eddie Kunigonis, officer in charge, Law Enforcement Detachment 105. Sharp objects, such as a knife, are readily available posing a serious problem for someone who is not familiar with knife handling.

“Weapons of opportunity are definitely aboard their vessels,” said Kunigonis, 24, Mukilteo, Wash. “Even though it hasn’t happened to

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Sgt. Whitney N. Frasier

Sgt. Garrett Griebenow, martial arts instructor, Instructional Training Company, Support Battalion, demonstrates knife techniques for Coast Guardsmen with the Pacific Tactical Law Enforcement Team, Detachment 105.

Toddler Training Camp gives parents answers

BY LANCE CPL. ERIC QUINTANILLA
Chevron staff

Marine Corps Community Services’ New Parent Support Program held a Toddler Training Camp Sept. 7 aboard Marine Corps Recruit Depot San Diego.

The three-hour class covered everything parents may have questions about concerning children between the ages of one and three.

“We want to equip families with the tools they need to be the best possible parent to their kids,” said Terra Pack, home visitor with the New Parent

Support Program and instructor of the class.

Some of the topics Pack covered included the stages of development a toddler goes through, potty training and discipline. She also suggested activities parents can use to encourage growth and development.

Pack explained the technique of scaffolding, which allows parents to be there when their child needs them but to let them have the freedom to learn new things on their own.

“You are the frame and they fill in the gaps,” she said. “We’re

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Marine Corps commandant encourages participation in ATSDR Health Survey

HEADQUARTERS MARINE CORPS
Courtesy Story

HEADQUARTERS MARINE CORPS - The Commandant of the Marine Corps encourages anyone who receives an Agency for Toxic Substances and Disease Registry (ATSDR) Health Survey to complete and return it.

“Taking part in the survey is completely voluntary; however, I fully support ATSDR’s work on this important project and strongly encourage you to participate. The more surveys that are filled out and returned, the more likely the results will

be useful,” said Gen. James F. Amos, Commandant of the Marine Corps.

The survey asks participants who lived or worked at Camp Lejeune or Camp Pendleton between 1972 and 1985 about the dates and locations of when and where lived and worked, as well as their work history and health. Everyone who receives the survey will have detailed instructions on how to fill it out.

Survey recipients are encouraged to participate by completing and returning the survey to ATSDR regardless of their health status.

ATSDR expects to release

findings in 2014. Each survey participant and those registered with the U.S. Marine Corps Camp Lejeune Historic Drinking Water web page will receive a summary of the final report.

For more information about the Health Survey, visit ATSDR’s website at http://www.atsdr.cdc.gov/sites/lejeune/health_survey.html or contact ATSDR at: 1-800-232-4636.

To register with the U.S. Marine Corps Camp Lejeune Historic Drinking Water web page to receive current information and updates, please visit www.marines.mil/clwater.

Prepare your students for potential disasters

INFORMATION PROVIDED BY THE EMERGENCY SURVIVAL PROGRAM

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic "Drop, Cover, and Hold On" drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- Identification of hazards and steps to reduce the risk
- Evacuation plans and routes
- Needs of students and staff with disabilities
- On site shelter plans
- Emergency supplies and equipment
- Plans for releasing students and school personnel
- Communication

Parents should know the policies and procedures of their children's school during times of disaster or crisis. Parents should also make sure the school has their updated emergency contact information. Keep your children's school emergency release card current.

While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or

with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

You can help take the terror out of terrorism, earthquakes and other disasters by preparing in advance.

Check these websites:

- www.caps.org (California Association of Private School Organizations (CAPSO))
- www.cert-la.com (Community Emergency Response Team)
- www.espfocus.org (Emergency Survival Program)
- www.fema.gov/kids
- www.lacoe.edu/ (Los Angeles County Office of Education)
- www.redcross.org/disaster/masters (American Red Cross)

What You Can Do Now

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines for you to follow.

- Prepare a school emergency supplies kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child's emergency supplies kit is as follows:
 - o Emergency drinking water (3-day to one-week supply)
 - o Non-perishable food (3-day to one-week supply)
 - o First aid kit and book
 - o Essential medications
 - o Lightstick or a flashlight with extra batteries
 - o Identification card
 - o Family photos
 - o Towelettes
 - o Blanket
 - o Medical release card
 - o Emergency telephone numbers
 - o Change of clothing
 - o Favorite toy
- Teach your children what to do in an emergency and make sure they

know their own names, addresses, and telephone numbers as well as the full names and contact information for parents and a second adult emergency contact.

A Special Note about Children

If earthquakes scare us because we feel out of control, think how much more true this must be for children, who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, preparing earthquake bags, and practicing "Drop, Cover, and Hold On." Consider simulating post-earth-quake conditions by going without electricity or tap water for a few hours. After the earthquake, remember that children will be under great stress. They may be frightened, their routine will probably be disrupted, and the aftershocks won't let them forget the experience. Adults tend to leave their children in order to deal with the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.

This information is produced as part of the Emergency Survival Program. ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Emergency Management Agency (Calif. EMA) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

BRIEFS

Commanding General's Welcome Aboard

The next Commanding General's Welcome Aboard is scheduled for Tuesday. The program begins at 8:30 a.m., at the MCCS Personal & Professional Development Center (formerly Marine & Family Services), Bldg 14, with a formal "Welcome," and an overview of depot programs and services.

A bus tour follows the brief with stops at key points of interest. The bus tour ends at the Recreation Center, Bldg 590, where attendees will be treated to a complimentary lunch and an Info Expo that gives attendees an opportunity to get additional information about programs and activities that may be of particular interest to them.

Newly arriving service members and their families, retirees, Civil Service/DoD, and NAF employees are invited to attend.

The Welcome Aboard is a mandatory attendance function for all newly arriving Marines.

For additional information call the Relocation Assistance Program Office, Bldg. 14, at (619) 524-5298.

CG Cup Badminton Tourney

Singles and doubles (doubles partners must be from the same office/command). Signups are Sept. 19, from 11 a.m., to noon at the Fitness center training room. One day events are being hosted Oct. 4 at the MCRD Field house. Tournament formats and start time depend on the number of entries. Open only to MCRD active duty & DOD/nafi employees aboard the depot. For more info call (619) 524-0548 or email dickinsonr@usmc-mccs.org.

Career & Education Fair

Personal & Professional Development (PPD) (formerly known as Marine & Family Services) hosts a Career and Education Fair Sept. 27, from 10 a.m., to 1 p.m., at Semper Fit Fieldhouse, Bldg 650. The event is free and open to active duty and reserve military, family members, military retirees, DoD Civilians, and others with access to military installations.

For information or updates, contact Mina Threat at mina.threat@usmc.mil or (619) 524-1283; or Annie Villalon at annie.villalon@usmc.mil or (619) 524-1275.

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.

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not going to do the puzzle for them. We're going to help them with it."

Throughout the class, Pack used activities such as explaining characteristics and how they relate to children and their development. These activities allowed the parents to talk about their children and the difficulties they may be having.

Although a Power Point presentation was used to deliver key points, the class focused on group participation. Throughout the class, guests were encouraged to participate in discussions and use their own experiences as parents to help others.

"They're not as cognitively evolved as us, so we need to make sure our language is molding them to what we want them to do," explained Pack.

This is also part of the yes-environment which encourages parents to remove the reasons they would need to tell their children no. An example would be removing garbage cans from within reach so the parent doesn't need to tell their child not to play in it.

Another topic of the class was dealing with separations. This included short-term and long-term separation such as childcare or deployments. In either case, Pack encourages the use of a transitional object, such as a blanket, a parent's shirt or a picture, that can be used to comfort an upset child. Other examples include recording a parent reading a book or singing a song.

"Children connect at a physiological level. These early years are the most important to build that foundation," said Pack. "Recording a parent's voice keeps it a living, breathing thing for their routines."

Half way through the class, Eliza-



Lance Cpl. Eric Quintanilla

Terra Pack, home visitor with the New Parent Support Program, teaches the Toddler Training Camp aboard Marine Corps Recruit Depot San Diego Sept. 7. The class covers topics such as stages of development, potty training, and discipline for parents of 1 to 3-year-old children.

beth Wright, family case worker for the Exceptional Family Member Program, made an appearance to explain the services provided by EFMP.

The class then moved on to potty training tips and discipline suggestions. Although both can be difficult with young toddlers, the tips help to ensure a parent is prepared when the time comes.

Every parent has a different opinion and story to tell about potty training, but the one thing they all seem to agree on is that the parent will know when their child is ready. The best thing to do is introduce the child to it early and to have a reward system to reinforce the behavior, Pack explained.

Discipline is another difficult subject for a lot of parents, but Pack suggests the

1-2-3 method. By counting the parent gives the child an opportunity to stop the offending behavior. If the parent counts to three, the child will then sit in time-out for approximately one minute per age, but no longer than five minutes.

"I wanted to improve my parenting to be a better mom for my kids," said Quindy Sammler, spouse of a Coast Guard stationed at the Naval Training Center. "There was a lot of good information on discipline and how to redirect them to be more positive."

The New Parent Support Program hosts a number of classes throughout the year. For more information, contact Terra Pack at 619-524-0805. The next Toddler Training Camp will be held in February.

Around the depot

This week the Chevron asks: "What is your favorite television show? Why?"



"Mad Men on AMC. It's about an ad agency in the 60s and has lots of nostalgia." Petty Officer 2nd Class Kyle Mellon, diver, Regional Diver Locker West



"Pawn Stars on the History Channel because I really like history." Travis Johnson, assistant supervisor, Harper Construction



"Jersey Shore because it has a whole lot of fighting and action." Lance Cpl. Kevin Pate, gate sentry, Headquarters Company.



Photo courtesy of Gelu Stramboia

Dr. Dan Capatina, director of Constanta County Hospital, addresses visitors, media representatives and members of the multinational formation of U.S. Marines and Romanian Army, Navy and Marines on Sept. 9, at the ribbon-cutting ceremony opening the newly constructed hospital helipad. Combat engineers with Black Sea Rotational Force 11 built the helipad to alleviate flight time for getting patients to the emergency room and help to save more lives by helping to get casualties prompt and rapid medical care.

Marines, local contractors build new hospital helipad

BY CPL. TATUM VAYAVANANDA
Black Sea Rotational Force

CONSTANTA, Romania — Combat engineers with Black Sea Rotational Force 11 have been in the Black Sea region since April providing community relations projects that help small towns and villages throughout the region.

Now, their biggest impression can be seen at the local Constanta County Hospital and Trauma center, where they worked with local contractors to excavate and build a brand-new helipad which will allow air-transport of critically-wounded casualties to the hospital and potentially save lives.

"I don't think you'll find a bigger impact anywhere," said Capt. Charles A. Nassar, combat engineer officer-in-charge, BSRF-11.

"This is a 'win-win' for everybody because this helipad will serve not only the people in the county but future iterations of BSRF."

The project was a team effort between the Marines, the hospital directors and local businesses.

"We [worked] with a local contractor that understood the dynamics and importance of completing [this]," said Nassar.

"We wanted to make sure we brought the host nation into the project and give them some investment and relied on the local economy by utilizing local supplies, equipment and vendors," added the Sterling Heights, Mich., native.

The hospital serves the largest port-city on the Black Sea and the most populated metropolitan area in the region. The hospital's trauma center is the only one

in the area; the next closest one is in the capital city of Bucharest, approximately 240 kilometers away.

"To put it in perspective; you're looking at a metropolitan area of almost 450,000 people that this helipad directly impacts," said Nassar.

The helipad features a 75-by-6-foot concrete ramp that leads up to the 50-by-50 foot landing zone that is reinforced with steel bars and 70 cubic-yards of concrete. The helipad can support anything up to 20,000 pounds.

"At first, [the hospital directors] were hesitant about the project because they've been promised a helipad in the past," said Sgt. Matthew J. Houle, the combat engineering non-commissioned officer-in-charge, BSRF-11.

"The project had been planned before but didn't get finished but it feels good to see it actually completed."

"This was a lot more in-depth than the community relations projects we did before," said Houle, "and it's like the previous projects were practice leading up to this to showcase everyone's skills and what we learned this deployment."

In the past, medical and military helicopters had to land the casualty in a nearby soccer field to then be transported 2.5 kilometers by vehicle to the hospital, dealing with traffic and increasing the time it took to get the patients the urgent medical attention they needed.

"We are grateful that Marines have helped us build this helipad," said Dr. Dan Capatina, the hospital's general director.

"Constanta County is the major hospital in the area," said Capatina, "covering about six major towns. It's important [for us] to be able to cover all the necessities as far as being able to transport patients from the [location of] the incident in a timely manner and give them proper medical care."

The combat engineering team has traveled throughout Romania, Bulgaria and the Republic of Georgia doing a variety of projects including the renovation of schools, concrete work, building fences, and creating sidewalks that all left positive impacts on the small communities they visited.

The recently-finished helipad marks the last effort the 10 combat engineer Marines will complete for the rotation.

"We had a little crew doing a lot of big things and it's nice to see this as the grand finale," said Houle, a native of Wakefield, Mass.

"They're going to have to do something intense next year because we had a lot of good projects that helped a lot of people this rotation."

BSRF-11 has been operating in the Black Sea, Balkan and Caucasus regions since April and is slated to return to the states in the following month.

Black Sea Rotational Force is a rotational deployment of Marines to these regions of Eastern Europe to participate in security cooperation to build military capacity, provide regional stability, and develop lasting partnerships with nations in the region.

Working rapidly as a team, combat engineers with Black Sea Rotational Force 11, spread and screed the flowing concrete being poured for a new helipad for Constanta County Hospital. The helipad will alleviate flight time for patients to the emergency room and will allow helicopter evacuation of critically-wounded patients to the trauma center at the Belgrade hospital -- the only one within approximately 260 kilometers. The landing pad was part of the unit's final community relations project before their return to the United States.



Cpl. Tatum Vayavananda

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Auto Skills Center teaches Marines basics of brake jobs

BY LANCE CPL. ERIC
QUINTANILLA
Chevron staff

The Auto Skills Center provided a hands-on lesson on how to replace brakes and perform a vehicle safety inspection Sept. 10 aboard Marine Corps Recruit Depot San Diego.

The Marine Corps Community Service Auto Skills Center hosts a number of free classes throughout the year in order to give service members the opportunity to better understand how to maintain and repair their vehicles.

This is the eighth year the skills center offered a brakes class. The four-hour class started out with an explanation of how brakes work and the different types of brakes available.

"The most important part is knowing how (brakes) work. It's how you stop your car," said Jose Ortega Garcia, manager of the Auto Skills Center. "Brakes are one of the most important safety parts of a car."

At the beginning of the class, Garcia played a radio prank

depicting how uninformed many people are about their cars. This can lead to automotive shops taking advantage of their customers.

"The more people know about their cars the less chance they have to get ripped off," said David Archer, retired Army. "No matter how much you know, it doesn't mean you're done learning. Nobody knows everything."

Throughout the class, Garcia raffled prizes trying to ensure every student walked away with a little something extra. The top prize of new front brakes and getting to use their car as the demonstration vehicle went to Lt. Col. Reginald Hairston, commanding officer, 2nd Recruit Training Battalion, who used his Nissan Quest.

"I like to show brakes hands-on. I think it's the best way to learn, by doing it



yourself,"

said Russ

Heim, the class instructor and former brakes specialist for the MCRD Auto Service Center. "Brakes are your life. Your life is in the line."

Many of the prizes, including the brakes, were donated by the National Automotive Parts Association. NAPA also provided a guest speaker for the class.

"We stock a lot of the parts for the base," said Ben Busch, NAPA representative. "We like to give them the best service we

can to support the military."

Before moving into the garage, the skills center provided a lunch of lasagna and pasta to the class from Jimmy's By The Park.

Heim, who served in the Marine Corps, made sure to explain how to use each tool and piece of equipment so everyone had the same knowledge base to start from.

"I'm a Marine helping fellow Marines who don't have a lot of money to spend on their cars," said Heim. "Any Marine who can field-strip a rifle can do brakes."

Everyone in attendance also learned how to read vehicle specifications, as well as how to determine whether or not their brakes need to be replaced.

"When you hear noises, you're supposed to stop and get it checked out," said Garcia.

You're going to spend two to three times more money on them if you don't get it checked out right away."

By becoming familiar with brakes and checking them regularly, most vehicle owners

can save money by replacing only the pads before they get low enough to cause damage to the rotors, according to Garcia.

Before disassembling the brakes, Heim explained how to perform a vehicle safety check, which included measuring the amount of tread left on the tires.

"A lot of people don't check anything on their cars, they just put gas in and go," said Heim. "People wonder why there are so many accidents when it rains. It's because everyone is driving on bald tires."

Heim then demonstrated how to replace brake pads and rotor on one wheel making sure to thoroughly explain each step. After he finished, he handed the tools over to Hairston to replace the other side.

"It feels better to actually know what's going on," said Hairston. "I will definitely be doing this on my own in the future."

Due to popular demand, the skills center will be hosting a second car detailing class this year slated to take place Oct. 29. For more information contact Jose Ortega Garcia at (619) 524-5240.



Lance Cpl. Eric Quintanilla

Russ Heim, instructor of the brakes class, removes the first tire to begin replacing the front disc brakes on a Nissan Quest at the Auto Skills Center aboard Marine Corps Recruit Depot San Diego Sept. 10. The vehicle chosen for the demonstration received new brake pads and rotors for the front wheels.



Russ Heim, instructor of the brakes class, demonstrates how to replace brake pads at the Auto Skills Center aboard Marine Corps Recruit Depot San Diego Sept. 10. Heim spent 13 years working at the MCRD Auto Service Center.



Jose Ortega Garcia, manager of the Auto Skills Center, raffled off a die cast collectable NASCAR at the brakes class aboard Marine Corps Recruit Depot San Diego Sept. 10. Throughout the class Garcia raffled off prizes and everyone went home with a little something extra.



Lance Cpl. Eric Quintanilla

Russ Heim, instructor of the brakes class, sets up his work bench and prepares his students for the hands-on portion of the class at the Auto Skills Center aboard Marine Corps Recruit Depot San Diego Sept. 10. The free four-hour class taught students how to replace their brakes and perform a vehicle safety check.



Lance Cpl. Eric Quintanilla

Heim demonstrates how to replace the brakes to his students at the Auto Skills Center aboard Marine Corps Recruit Depot San Diego Sept. 10. Heim is the class instructor and works as their brakes Specialist.



Lance Cpl. Eric Quintanilla

Lt. Col. Reginald Hairston, commanding officer of 2nd Recruit Training Battalion, works on replacing the second wheels brakes under the watchful eyes of Russ Heim, the class instructor, at the Auto Skills Center Brakes Class aboard Marine Corps Recruit Depot San Diego Sept. 10. Hairston's vehicle was chosen for the demonstration by raffle.



Lance Cpl. Eric Quintanilla

Heim presents David Archer, retired Army, as the class's raffle prize. Archer is a former Marine and is here to try and make sure everyone in the class has a chance to win a prize.

Pool therapy offers low-impact recovery for injured recruits

BY CPL. KRISTIN E. MORENO
Chevron staff

One of the biggest fears recruits have during basic training is getting injured. And although preventative measures are taken, not all injuries are completely avoidable.

In an effort to get recruits back into training as soon as possible, they are assigned to the Medical Rehabilitation Platoon to recover. They participate in one-hour pool therapy sessions twice a week at the swim tank here.

"Pool therapy is meant for recruits in the second phase of recovery," said Anthony Flesuras, Sports Medicine Injury Prevention program athletic trainer for Support Battalion. "The water buoyancy takes away a lot of the weight so they can work out without a lot of stress on their bones."

During the first phase of recovery, recruits are unable to complete any physical training. During phase two, they're allowed to complete low-impact exercises but no weight lifting. Once in phase three of recovery, they have no physical limitations. They begin weight-lifting and light distance running, then slowly transition into farther distances and more weight

until they're at the physical level needed to return to recruit training.

The main focus of pool therapy sessions is to work out the lower extremities. This is done by executing various movement exercises and directional exercises so all muscles get worked out.

Flesuras said he also has the recruits do about 10 minutes of upper-body exercises, 10-15 minutes of core exercises and then organized lap swim so they can get a good full-body workout from the session.

"Pool therapy definitely works out the injured area and it feels a lot better after," said Recruit Matthew Gunder, who has been in MRP for five weeks due to stress fractures in both tibias. "I can see progress after each session."

Gunder was dropped at training day 57, just before heading to the crucible. He said the hardest part about being in MRP is just waiting longer to complete training. He stays motivated by looking at the eagle, globe and anchor on his left breast pocket every day. He said that's what keeps him going.

The Medical Rehabilitation Platoon keeps a more relaxed atmosphere from recruit training to help with the recovery process; however, they still have to maintain the



Cpl. Kristin E. Moreno

Recruits with the Medical Rehabilitation Platoon, where injured recruits are sent to recover, exercise at a pool therapy session at the swim tank here Sept. 8. The one-hour therapy sessions are held twice a week to give the recruits a low-impact workout and help speed their recovery process.

recruit mindset, said Staff Sgt. Salvador Morales, senior drill instructor for MRP. While not attending medical appointments and therapy sessions, the recruits stay busy by receiving classes on various topics such as brain

structure, first aid procedures and uniform regulations.

Their time in MRP depends on the type of injury and how quickly they can recover. It's not unusual for recruits to be there for several months.

"The longer they're in MRP, the harder it is to keep them motivated," said Morales. "We want to get them back into training as quick as possible and see them succeed. Pool therapy is one of the ways we do that."

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very personal sergeant major, he liked to get to know his Marines. I was with him at the (Recruit Training Regiment) and Okinawa," said Stafford. "He died from cancer this last year and Nye passed away from a heart attack."

Stafford brought along his family, which included his daughter, who is also a Marine, to share his past with his younger generation Marine.

"This is phenomenal that they put on this ceremony every year to

honor the deceased," said Stafford.

Retired Sgt. Maj. Bill Paxton, a member of the West Coast Drill Instructor Association and author of the new book "Oorah," read the names of the 10 deceased members during the ceremony. One of the names Paxton knew very well.

"Gunny Roper and I were close friends. We were stationed together a lot. First from 1964 through 1965, and then, when I got back from Vietnam, he was my instructor for my refresher course in Drill Instructor School," said Paxton. "He was harder on

me than any other student, I think, to better me."

So the old and the new drill instructors can form bonds and swap stories, the members of the association who come out also get the chance to go to an Eagle, Globe, and Anchor ceremony the day before the memorial service.

"It was very nice to see the (Eagle, Globe, and Anchor) ceremony," said Stafford. "We didn't have that or the crucible when I was a drill instructor."

The members also had the opportunity to attend the graduation before the memorial cer-

emony. Later, many current drill instructors were able to take time from their platoons and busy schedules to meet with the former drill instructors at the boathouse for a barbecue.

It's a great opportunity for past and current drill instructors to share stories and talk about making Marines, according to Staff Sgt. Brody Goldthwaite. "It was very enlightening and enjoyable to see the difference now and hear about the difference then."

The ceremony is an important event to the drill instructors. It not only gives a chance

for the mourning and honoring of deceased drill instructors, but also gives a chance to carry on the traditions and values of the Marine Corps. Drill instructors are the Marines tasked with instilling these traditions and values to the new generation that they gained from former drill instructors.

"Historically drill instructors have had the most famous unit in the Marine Corps," said Woods. "The most important job the Marine Corps has to offer is building Marines by basically training them."

Retired Col. Lynn A. Stuart

Parade Reviewing Officer

Retired Colonel Lynn A. Stuart served in the United States Marine Corps from 1971 until his retirement in 2001. A native of Carlisle, Penn., he graduated from Miami University, Oxford, Ohio, with a bachelor of science degree.

Stuart joined the Marine Corps in June 1970, and was commissioned a second lieutenant in January 1971. He is a graduate of the Marine Corps Amphibious Warfare School, the U.S. Army Field Artillery Advanced Course, Armed Forces Staff College, and the Army War College.

Highlights of his military career include:

- Battery commander, Battery "E", 2nd Battalion, 11th Marines, Camp Pendleton, Calif.
- Executive officer and commanding officer, Recruiting Station, Long Island, N.Y.
- Military observer and liaison officer, United Nations Truce

Supervision Organization, Palestine.

- Head, Supporting Arms Branch, Tactical Exercise Evaluation and Control Group, Marine Corps Air-Ground Combat Center, Twentynine Palms, Calif.

- Commanding officer, Troop Training School, Landing Force Training Command, Pacific, Coronado, Calif.

- Operations officer for 11th Marine Regiment, First Marine Division, during combat operations in Desert Shield and Desert Storm in Saudi Arabia and Kuwait.

- Battalion commander, 1st Battalion, 11th Marines, Camp Pendleton, Calif.

- Director, Asian plans desk in Plans, Policy and Operations Directorate at Headquarters, Marine Corps, Washington, D.C.

- Regimental commander, 14th Marines, 4th Marine Division, Dallas.

- Commanding officer, Marine Artillery School, Fort Sill, Okla.
- Chief of staff, Marine Corps Base, Camp Pendleton, Calif.

Stuart's military decorations include the U.S. Navy Distinguished Service award, three Legion of Merit awards, the Bronze

Star, Defense and Naval Meritorious Service awards, the Navy and Marine Corps Commendation Medal, the Combat Action Ribbon, and other personal and unit citations.

Since his retirement, Stuart has served as president and chief executive officer of San Diego's North County Economic Development Corporation; as a consultant for California Mortgage and Financial Loan; as head of a private security company; and currently as executive director for the Marine Corps Recruit Depot's Museum Historical Society.

He has been active in a variety of civilian and military organizations including:

- Rotary Club, Oceanside, Calif.
- R&A, San Diego and Oceanside, Calif.
- SANDAG Regional Housing Task Force, San Diego, Calif.
- Air Transportation Action Program, Regional Airport Authority, San Diego
- Tri-City Hospital Advisory Council, Vista, Calif.
- 2030 Regional Transportation Plan, San Diego, Calif.
- North County Collaborative Leadership/Executive Team, San

Diego, Calif.

- Carlsbad Business Environment Committee, Carlsbad, Calif.
- North County Housing Task Force, San Diego, Calif.
- Advisory Board of Directors, Marine Memorial Association, San Francisco, Calif.
- Chairman, Marine Corps Community Service Advisory Board, Camp Pendleton, Calif.
- Veterans of Foreign Wars, Marine Corps Association, Retired Officers Association.
- Marine Memorial Club, San Francisco.

"Marines of Company B -- Congratulations on earning the title United States Marine! Now, and perhaps for the first time in your lives, you will not only hear the words "honor, courage, commitment" -- you will experience them. The proud legacy of your predecessors has now been entrusted to you. Go forth and make your own history only as Marines can do. Remember, if you serve the Corps with honor, you will never have to worry about whether or not you have made a difference in this world! And to the families, drill instructors and Marine veterans assembled here today, thank you for all that you do. Semper Fidelis!"





Platoon 1034 COMPANY HONOR MAN Lance Cpl. S. K. Herbert Menifee, Calif. Recruited by Staff Sgt. O. Hernandez	Platoon 1031 SERIES HONOR MAN Pfc. S. T. Johnson Tucson, Ariz. Recruited by Sgt. E. Turciox	Platoon 1029 PLATOON HONOR MAN Pfc. A. D. Gomez Chicago Recruited by Staff Sgt. T. A. Curtis	Platoon 1030 PLATOON HONOR MAN Pfc. M. J. Carroll Los Angeles Recruited by Sgt. M. Lambaria	Platoon 1033 PLATOON HONOR MAN Pfc. R. Pena Denton, Texas Recruited by Sgt. K. S. Jones	Platoon 1035 PLATOON HONOR MAN Pfc. P. F. Catalan Oak Park, Ill. Recruited by Staff Sgt. V. Mojica	Platoon 1036 PLATOON HONOR MAN Pfc. T. S. Ross Lansing, Mich. Recruited by Staff Sgt. D. Fredrick	Platoon 1031 HIGH SHOOTER (337) Pvt. G. P. Wentworth Round Rock, Texas Marksmanship Instructor Cpl. J. A. Panto	Platoon 1030 HIGH PFT (300) Pfc. E. A. Hernandez Minneapolis Recruited by Sgt. D. Ardolf
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BRAVO 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



<p>COMPANY B Commanding Officer Capt. J. W. Adusei Company First Sergeant 1st Sgt. S. P. Farrow</p>	<p>SERIES 1029 Series Commander 1st Lt. J. P. Plancarte Chief Drill Instructor Staff Sgt. M. A. Gordon</p>	<p>PLATOON 1029 Senior Drill Instructor Staff Sgt. J. A. Saracay Drill Instructors Staff Sgt. C. S. Serpa Sgt. W. A. Getts</p>	<p>PLATOON 1030 Senior Drill Instructor Staff Sgt. E. E. Toppen Drill Instructors Sgt. M. L. Harmon Sgt. D. M. Joy</p>	<p>PLATOON 1031 Senior Drill Instructor Sgt. J. W. Greeley Drill Instructors Sgt. P. S. Haly Sgt. R. D. Jackson Sgt. F. U. Valle</p>
<p>SERIES 1033 Series Commander Capt. M. L. Rohlfing Chief Drill Instructor Staff Sgt. D. Chacon</p>	<p>PLATOON 1033 Senior Drill Instructor Staff Sgt. J. A. Mireles Drill Instructors Staff Sgt. R. Phelan Staff Sgt. B. Reza</p>	<p>PLATOON 1034 Senior Drill Instructor Staff Sgt. B. S. Rivas Drill Instructors Staff Sgt. A. L. Langley Sgt. G. V. Gutierrez Sgt. N. K. Milner</p>	<p>PLATOON 1035 Senior Drill Instructor Staff Sgt. A. G. Librando Drill Instructors Staff Sgt. R. Reyes Sgt. C. Flores</p>	<p>PLATOON 1036 Senior Drill Instructor Staff Sgt. S. C. Chromy Drill Instructors Staff Sgt. A. Griffith Staff Sgt. D. Perez Sgt. B. Rogers</p>

* Indicates Meritorious Promotion

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|--|--|---|--|--|---|---|---|
| <p>PLATOON 1029
Pfc. D. Aguilar IV
Pvt. L. Aguilar
Pvt. A. J. Albrecht
Pfc. J. S. Andrist
Pvt. J. L. Asevedo
*Pfc. D. C. Axton
Pvt. T. R. Baker
Pfc. K. A. Bartels
Pvt. M. D. Becker Jr.
Pvt. M. A. Betancourt
Pvt. K. J. Braastad
Pvt. D. A. Brastberg
Pfc. N. J. Bunker
Pfc. B. J. Burkman
*Pfc. I. V. Campbell
Pvt. J. D. Carroll
Pvt. C. L. Cash
Pvt. J. Castillo
Pfc. A. Castro
Pvt. C. E. Castro
Pvt. J. D. Chapin Jr.
Pfc. M. J. Coleman
Pfc. D. D. Cosey
*Pfc. J. J. Cottle
Pvt. E. C. Cropp
Pvt. Z. A. Cruz
Pvt. R. A. Cunningham
Pvt. C. M. Degner
Pvt. G. G. Donnelly
Pvt. W. C. Duran
Pvt. E. C. Foote
Pvt. D. J. Gaffke
Pvt. A. Gallardo
*Pfc. J. W. Gannon
Pvt. J. A. Garcia
Pvt. B. W. Gates
Pfc. K. C. Gengler
Pfc. T. J. Gilbertson
Pfc. A. D. Gomez
Pvt. K. A. Gruman
Pvt. J. R. Guandique
Pfc. B. W. Halversen
Pfc. O. Hernandez
Pfc. C. Y. Hsu
Pvt. J. W. Huebsch
Pvt. T. R. Hummel
Pfc. N. R. Hurt
Pvt. K. H. Isslieb
Pvt. T. M. Janos
Pvt. D. L. Jensen
Pvt. T. Johnson
Pvt. Z. K. Johnson
Pfc. M. L. Jones
Pvt. D. R. Kassera
Pfc. K. J. Kehres
Pfc. K. M. Kimbrough
Pvt. A. J. King
Pvt. B. R. Knutz
*Pfc. A. E. Kuhlmann
Pvt. M. R. Lamphier
Pvt. L. D. Landon
Pvt. K. J. Lass
Pvt. A. R. Leeper
Pvt. A. M. Lile
Pvt. J. W. Long
Pvt. R. E. Lyman
Pvt. M. R. Mangum
Pvt. J. D. Mann
Pvt. M. A. Master
Pfc. A. E. Meza
Pfc. A. M. Sutter
Pvt. D. M. Sweet
Pfc. J. D. Tompkins
Pfc. M. Trevizo</p> | <p>Pvt. N. J. Turcotte
Pvt. Z. J. Twing
*Pfc. R. D. Twining II
Pvt. C. A. Valdes</p> <p>PLATOON 1030
Pfc. S. W. Alphonso
Pvt. B. A. Alvarado
Pvt. A. W. Angichiodo
Pvt. R. W. Atkinson
Pfc. R. A. Avertt
Pvt. D. J. Bahr
Pfc. J. L. Barajas-Ramirez
Pvt. J. A. Bercian
Pfc. R. T. Bernal
Pvt. V. N. Blair
Pfc. G. Cabello
Pfc. P. J. Cadden
Pvt. J. L. Carman
Pfc. M. J. Carroll
Pvt. Z. R. Carter
Pfc. G. C. Castillo II
Pvt. N. J. Chambers
Pvt. N. J. Clancy
*Pfc. C. L. Clark
Pfc. M. A. Cleghorn II
Pvt. E. A. Contreras
Pvt. M. Cunningham
Pfc. L. S. Dean Jr.
Pfc. C. L. Delgado
Pvt. A. Dominguez
Pvt. M. R. Donkersloot
Pvt. M. J. Dumars
Pfc. G. Duran Jr.
Pvt. T. P. Goodner
Pfc. A. S. Gore
Pvt. N. W. Gress
Pvt. B. J. Gutierrez
Pvt. T. K. Harr
Pvt. J. D. Harris
Pvt. C. M. Henderson
*Pfc. E. A. Hernandez-Gutierrez
*Pfc. C. L. Hiaring
Pvt. G. E. Hunt
Pfc. A. F. Ibarra
Pfc. J. E. Ibarra
*Pfc. J. J. Iwaniak
Pvt. A. A. Jackson
Pfc. D. W. Jalife
Pvt. D. M. Jeanneret
Pvt. H. W. Junkert
Pfc. C. R. Kellogg
Pvt. W. J. Kerner
Pvt. K. J. Kilroy
Pvt. M. N. Kitsch
Pvt. B. D. Kooiman
Pvt. J. A. Krohn
Pfc. O. T. Lam
Pfc. C. S. Lee
Pvt. D. F. Martinez
Pvt. S. W. Matsu
Pfc. J. D. Munday
Pfc. J. Munoz
Pfc. D. J. Newsome
Pvt. T. J. Nowak II
Pfc. N. J. O'Connor
Pvt. A. Ortiz Jr.
Pvt. Z. T. Pate
Pvt. T. J. Peirce
Pvt. K. J. Pecharich
Pfc. A. J. Perez
Pvt. J. S. Perez
Pvt. C. Perez-Hernandez</p> | <p>Pvt. T. K. Phillips
Pfc. D. M. Polk
Pfc. R. S. Procel
Pfc. K. W. Rahn
Pvt. C. L. Ransom
Pvt. J. P. Recio
Pvt. Z. K. Rippe
Pvt. M. B. Roberts
Pvt. L. M. Robinson
Pfc. W. A. Sewell
Pfc. L. Sintas
*Pfc. T. A. Stephenson
Pfc. J. L. Swim
Pvt. A. J. Sylte
Pfc. D. R. Todd
Pvt. D. R. Tyler
Pvt. N. R. Williams</p> <p>PLATOON 1031
Pfc. G. D. Alexopoulos II
Pfc. S. W. Aney
Pvt. J. W. Arevalo III
*Pfc. D. J. Baez
Pvt. L. Z. Barajas
Pvt. J. E. Baxter
Pfc. R. W. Biersdorff
Pfc. M. E. Blehm
Pvt. S. M. Boyer
Pvt. W. R. Ford
*Pfc. B. C. Godfrey Jr.
Pfc. C. I. Howard
Pvt. C. D. Hunt
Pvt. N. R. Jamieson
*Pfc. S. T. Johnston
Pvt. J. P. Jones
Pvt. D. S. Kamka
Pvt. D. A. Kellough
Pvt. A. E. Kelsey
Pfc. D. P. Kirk
Pfc. A. J. Krueger
Pfc. C. S. Latimer
Pvt. L. C. Lawrence
Pvt. T. E. Laycock
Pvt. A. V. Lee
Pfc. D. L. Lee
Pvt. A. E. Lemus
Pfc. P. T. Lesauski
Pfc. J. N. Lewis
Pfc. J. W. Linton
Pfc. A. Luna
Pvt. C. B. Mahon
Pvt. C. A. Malia Jr.
Pvt. S. M. McBride
*Pfc. C. J. McCullough
Pvt. S. T. McKechnie
Pfc. D. B. McMillan
Pvt. J. C. Moore
Pvt. V. R. Mora
Pvt. J. Navarrete
Pfc. D. N. Nicholson
Pvt. N. G. Nolen
Pfc. D. R. Olson
Pvt. J. Orduna
Pvt. K. J. Pack
Pvt. S. E. Peck
Pfc. T. D. Pecoraro
Pfc. T. W. Rasmusson
Pvt. M. A. Reichert
Pvt. T. D. Rodgers
Pvt. W. Rodriguez
Pfc. S. E. Rolland
Pvt. A. N. Salazar
Pfc. C. I. Samuelson
Pvt. T. J. Seals
Pfc. A. J. Searl</p> | <p>Pvt. D. R. Sedoris
Pfc. D. C. Simanski
Pvt. J. R. Slizewski
Pvt. Z. J. Spear
Pfc. B. L. Speed
Pfc. B. M. Stempf
Pvt. J. Suarez
*Pfc. Z. M. Tatton
Pvt. C. J. Thomas
Pvt. R. S. Thornhill
Pvt. J. R. Vasquez
Pvt. M. Velasco-Flores
Pvt. M. J. Vines
Pvt. P. J. Vue
Pfc. A. M. Wagner
Pfc. C. W. Walker
Pvt. S. M. Wentworth
Pvt. A. M. Wherry
Pfc. C. L. White
Pvt. C. C. Wilkinson
Pfc. M. G. Williams
Pvt. J. D. Wilson
Pfc. J. Xiong
Pfc. D. B. Yuson</p> <p>PLATOON 1033
Pvt. N. J. Aguirre
Pvt. W. M. Allen
Pvt. G. Arrieta
Pvt. J. A. Blanton
Pfc. J. D. Bookey
Pvt. B. Brown
Pfc. M. C. Brown
Pvt. J. S. Bunce
Pvt. N. J. Carriere
Pvt. T. C. Cash
Pvt. J. I. Chmielewski
Pvt. B. A. Clark
Pvt. M. W. Cohenour
Pvt. C. T. Colombe
Pvt. R. D. Cook Jr.
Pfc. O. G. Cruz
Pvt. S. R. Deo
Pvt. T. A. Dorey
Pvt. P. J. Duffy
Pfc. L. E. Duran
Pvt. T. W. Edwards
Pvt. R. E. Ellis
Pvt. T. A. Farris
Pvt. Z. R. Finlay
Pvt. R. A. Flores
Pfc. R. T. Flores
Pfc. J. A. Flury
Pvt. S. M. Frick
Pvt. G. Garcia
Pfc. A. Garza Jr.
Pfc. B. M. Goudreau
Pvt. D. S. Gretz
Pvt. C. J. Grove
Pvt. D. D. Hacker
Pvt. H. A. Haji
Pvt. D. S. Hale
Pvt. G. P. Hall
Pfc. D. E. Johnson
Pfc. M. S. Jones
Pvt. L. F. Junkin
Pvt. C. C. Kovalcheck
Pvt. D. S. Lanham
Pvt. A. L. Larue
Pfc. M. Lucero
Pvt. A. Martinez
Pvt. M. J. Martinez</p> | <p>Pfc. D. J. McIntyre
Pvt. J. McKinney
Pvt. A. Medina
Pvt. A. J. Monson
Pfc. D. Munoz
*Pfc. T. J. Neider
Pfc. W. P. Newman
Pvt. C. M. Norris
*Pfc. T. S. Palmer
Pvt. K. D. Parrott
Pfc. M. D. Pena
*Pfc. R. Pena
Pvt. A. K. Pendley
*Pfc. T. A. Petrella
Pvt. D. Z. Polly
Pvt. J. R. Prochno
*Pfc. D. A. Ramirez
Pfc. B. R. Rhodes
Pvt. E. Rodarte
Pfc. A. J. Salvati
Pfc. J. R. Savory
Pvt. J. A. Schaefer
*Pfc. C. J. Schmitt
Pvt. J. D. Scott
Pvt. L. S. Seelke
Pvt. D. J. Seinen
Pvt. J. S. Terrell
Pvt. T. R. Thompson
Pfc. M. D. Thornton
Pfc. D. D. White</p> <p>PLATOON 1034
Pfc. K. R. Apoldo
Pfc. K. S. Bacon
Pvt. R. Brady
Pvt. C. O. Camargo
*Pfc. A. Carrillo-Herrera
Pvt. C. L. Carver
Pvt. U. I. Chavez
Pvt. F. De La Cruz Jr.
Pfc. A. Delgado
Pvt. O. Esqueda
Pfc. K. M. Figueroa
Pvt. J. I. Flores
Pvt. T. Garcia
*Lance Cpl. S. K. Herbert
Pfc. K. G. Hopkins
Pvt. S. Iniguez
Pfc. D. M. Jackson
Pvt. K. J. Kribs
Pvt. K. K. Lattin
Pvt. J. L. Lopez-Madrid
Pvt. J. V. Morales
Pvt. R. A. Moreno
*Pfc. S. P. Morgan
Pfc. D. L. Munoz
Pvt. Z. T. Neumann
Pfc. K. A. Norman
Pfc. Z. G. Nygaard
Pfc. S. T. Parnell
*Pfc. A. J. Pederson
Pfc. M. B. Peterson
Pvt. E. E. Piekutoski</p> | <p>Pvt. K. D. Pirkle
Pvt. T. D. Powers
Pvt. P. G. Eberle
Pvt. D. W. Robey
Pvt. D. M. Rodriguez
Pvt. E. P. Rodriguez
Pvt. R. A. Rodriguez
Pvt. N. C. Rogers
Pfc. C. J. Rosales
Pvt. A. R. Rubio
Pvt. E. B. Rubio
Pvt. A. M. Ruiz
Pvt. R. S. Salzmann
Pvt. M. S. Sandoval
Pfc. L. Santiago
Pvt. R. C. Sawyer
Pvt. R. L. Schmidt-Li
*Pfc. A. Segura
Pvt. A. Servin
Pvt. C. L. Short
Pfc. S. R. Shultz
Pvt. Z. L. Shuster
Pvt. A. D. Slaugh
Pfc. M. J. Smith
Pvt. J. P. Sotelo-Fernandez
Pvt. J. W. Sparks
Pvt. B. R. Spencer
Pfc. C. A. Steinberger
Pvt. D. J. Struble
Pvt. G. A. Urias
Pvt. G. H. Vanree
Pfc. X. G. Villalpando
Pvt. W. T. Warren
*Pfc. J. D. Welch
Pfc. J. T. Williams
Pvt. J. D. Wilson
Pfc. K. R. Wilson
Pvt. J. E. Wise
Pvt. D. W. Wright
Pfc. J. M. Yoder</p> <p>PLATOON 1035
Pvt. J. S. Ainslie
*Pfc. G. S. Akins
Pfc. S. M. Allen
Pfc. R. A. Althage
Pfc. C. A. Anchondo
Pfc. L. M. Bailey
Pvt. L. A. Ballinger
Pvt. R. C. Barba
Pfc. M. W. Baugh
Pvt. R. P. Bernhard
Pvt. Q. J. Berrellez
Pfc. S. K. Brasgalla
Pfc. L. L. Burnett
Pfc. N. A. Cann
Pfc. J. L. Casciato
Pvt. M. Castro
Pfc. L. V. Cowart
Pvt. T. B. Crabtree
Pfc. R. M. Curry
Pvt. R. C. Daniels
Pvt. D. T. Davis
Pvt. L. R. Diaz
Pfc. P. A. Douglas
Pfc. T. R. Drobot</p> | <p>Pvt. T. S. Duncan
Pvt. J. M. East
Pvt. P. G. Eberle
Pvt. D. T. Elliot
Pfc. F. Enriquez-Tlatenchi
Pfc. A. J. Escamilla
Pfc. E. Estrada
Pfc. J. F. Frankreiter
*Pfc. S. Gallardo
Pvt. U. A. Garcia
Pfc. C. E. Giacomini
Pvt. R. E. Gobelet
Pvt. C. B. Gonzalez
Pfc. G. Gonzales
Pfc. J. R. Graves
Pvt. J. Gronda
Pfc. D. M. Hammond
Pfc. E. D. Hardy
Pvt. J. E. Hatfield
Pvt. P. M. Hazel
Pvt. P. J. Heinen
Pvt. M. A. Hill
Pvt. M. J. Jacobson
Pvt. J. B. Konstant
Pvt. L. R. Lewis
Pvt. J. D. Lizada
Pvt. C. T. McGregor
Pvt. S. J. Mitchell
Pvt. W. Nguyen
Pvt. C. J. O'Leary
Pfc. J. B. Olson
Pvt. L. Ortiz
Pvt. R. Padilla
Pfc. D. C. Pajardo
Pfc. I. A. Quarre
*Pfc. J. M. Reed
*Pfc. K. D. Sanchez
Pvt. C. B. Seiferd
Pvt. D. D. Smith
Pvt. N. J. Smith
Pvt. N. J. Stiso
Pfc. N. H. Sullivan
Pvt. J. A. Tapia
Pvt. T. D. Tikovitsch
Pfc. D. P. Tujo
Pfc. G. K. Vazquez
Pfc. A. Velasco
Pvt. G. Vergara-Tranquilino
Pvt. S. S. Wall
Pvt. T. J. Wallace
Pvt. J. A. Wilbanks
Pfc. B. B. Wilcox</p> <p>PLATOON 1036
Pvt. B. L. Brisker
Pvt. B. N. Butler
Pvt. T. F. Cooper
Pfc. C. R. Copeland
Pvt. T. M. Dougherty
Pvt. B. J. Durst
Pvt. B. A. Dutton
Pfc. M. B. Emery
Pfc. M. Estrada-Ocana
Pfc. D. G. Evans
Pvt. W. S. Fertch
Pfc. C. C. Fisher
Pfc. L. A. Flores
Pvt. S. R. Foster
Pfc. M. A. Fuller
Pfc. L. A. Gallardo
Pvt. N. J. Garcia
Pvt. D. R. Gonzalez
Pvt. J. L. Gonzalez</p> | <p>Pvt. R. J. Grodzicki
Pvt. M. L. Hinkle
Pfc. H. K. Howard-Browne
Pvt. K. M. Jolly
Pvt. J. M. Loos
Pfc. D. S. McGee
Pfc. J. A. Miller
Pvt. C. R. Maska
Pvt. M. D. Mohr
Pfc. R. Molina Jr.
Pvt. A. F. Mora
Pvt. M. J. Pena
Pfc. M. A. Perales
Pfc. J. A. Riddle
Pfc. R. A. Perez
Pvt. J. M. Phan
Pvt. S. C. Pharris
Pfc. K. Z. Pilliauu
Pvt. B. L. Ponyah
Pfc. K. M. Potter
Pvt. M. R. Potter
Pvt. M. A. Ramirez
Pfc. J. D. Ramseyer
Pvt. N. S. Raper-Cutler
Pvt. A. J. Riddle
Pfc. H. F. Robinson
Pfc. J. A. Rodriguez
Pvt. M. A. Ross
*Pfc. T. S. Ross
*Pfc. N. R. Rotherham
Pvt. T. W. Russell
Pfc. C. A. Salazar-Vargas
Pfc. J. A. Salinas Jr.
Pfc. J. A. Salmeron
Pvt. V. D. Sanders
*Pfc. T. A. Saxton
Pvt. K. M. Schereck
Pfc. Z. R. Semones
Pfc. J. T. Sexton
Pvt. K. L. Shepler
Pvt. Z. W. Shoppa
Pvt. B. M. Shotta
Pvt. M. D. Stamschror
Pvt. G. A. Steil
Pvt. D. B. Steinfels
Pfc. T. L. Steubing
Pvt. J. E. Stewart
*Pfc. H. M. Stockhill
Pvt. H. T. Vang
Pfc. M. Vargas
Pvt. N. Vargas
Pvt. D. Velazquez
Pvt. J. M. Villarreal III
Pvt. B. M. Walker
Pvt. M. B. Wasserman
Pfc. N. D. Webb
Pfc. C. W. Weikel
Pvt. D. A. Wells
Pfc. J. D. Whitley
Pfc. E. B. Whitney
Pvt. L. M. Whitworth
Pvt. C. M. Wienen
*Pfc. S. R. Wilkinson
*Pfc. S. T. Williams
Pvt. K. L. Wolke
Pvt. Z. J. Wyrick
Pvt. D. B. Yocum
Pvt. K. J. Youngman
Pvt. I. J. Yurich</p> |
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Semper Fit uses Power Flex class to tone up participants



Lance Cpl. Crystal J. Druery

Former Marine Ana Y. Ruiz works her arms with dumbbells during the Power Flex class at Marine Corps Recruit Depot San Diego's Semper Fit. Ruiz is a frequent participant of the Tuesday and Thursday 5:30 p.m. class, working to keep her body toned.

BY LANCE CPL. CRYSTAL DRUERY
Chevron staff

All eligible Department of Defense card holders looking to define and sculpt their entire body have the opportunity to do just that at Marine Corps Recruit Depot San Diego's Semper Fit during the Power Flex class.

Semper Fit holds a Power Flex class Tuesdays and Thursdays at 5:30 p.m. to help people mold their bodies through resistance training using a variety of equipment.

Melissa Perkins, Semper Fit instructor, keeps her students interested by switching up the workouts with body bars, dumbbells, steps, bosu's, stability balls, and body weight.

"I try to keep a few things similar but do things with a twist each class, or use a different piece of equipment to keep the variety up," said Perkins.

Perkins says her students that participate in the class range from all fitness levels. She makes sure to accommodate to participants physical capabilities. If the person isn't at the physical level of doing some of the exercises or if they're injured, Perkins is willing to work with them.

"A lot of the class is teaching modifications and adjusting the exercises," said Perkins.

The class not only helps to sculpt participant's bodies but it also helps increase strength and flexibility said retired. Navy Capt. Linnea Axman, a participant.

"These classes are more intense than other classes I've tried at places like the YMCA," said Axman.

Axman has been attending Semper Fit classes for over two years. She says she tries to come to as many of the classes as she can.

"The classes are a very good value especially

since they're all free," said Axman. "If I don't come I start seeing a decrease in toning reassuring me that these classes keep me toned."

Although classes are intended for a total body workout, a lot of attention is focused on the core and abs while still hitting major parts of the body.

"This class has a lot of variety," said former Marine Ana Y. Ruiz, "It keeps me toned and I feel stronger over all."

Ruiz said she enjoys the arm workouts the Power Flex class has to offer but finds herself mostly sore in her legs the following day.

While Ruiz is a regular participant of Semper Fit classes, she recommends the Power Flex class to anyone that wants to tone up.

"For some people coming into a class with an instructor that has already made a full body workout lesson for them keeps them motivated," said Perkins. "I recommend anyone that wants to try something new and tone their body to come to this class."



Lance Cpl. Crystal J. Druery

Melissa Perkins, Semper Fit instructor, does chest exercises with dumbbells and a stability ball during her Power Flex class.

3rd Recruit Training Battalion dominates CG Cup Basketball

BY STAFF SGT KENNETH G. LEWIS JR.
Chevron staff

Much of this year's Commanding General's Cup Intramural Basketball League has been dominated by 3rd Recruit Training Battalion. With an 8-0 record, and an average margin of victory of 18.5 points, the battalion is clearly favored to win the title after another sound, team performance Sept. 14 with a 63-46 victory over the U.S. Coast Guard Pacific Law Enforcement Team.

However, PACTACLET, who suffered an 11-point defeat to 3rd RTB Aug. 30, came out strong in the first half.

"We played defense in the first half and we passed the ball well on offense," said Petty Officer 2nd Class Dwight Cousins, a machinery technician, PACTACLET.

A couple injuries midway through the first 20 minutes left PACTACLET without one starter and another one limping. 3rd RTB began to display their dominance, pushing the lead to as many as 12.

PACTACLET recovered slightly and went into halftime down 27-19.

During halftime, Cousins encouraged his teammates.

"We told each other to go in strong and play hard," said Cousins.

Like many of 3rd RTB's games, the other team's halftime adjustments don't matter.

Capt. Stephen G. Page, company commander, Company M, 3rd RTB and coach, attributes the team's success to experience. "We've all played organized basketball before," said Page. "We have really good fundamentals," he added.

The experience showed when the lead was pushed to 20 with 10 minutes remaining in the second half. PACTACLET just didn't have an answer.

"They move the ball really well and have good chemistry," said Cousins.

Coach Page believes chemistry is just what 3rd RTB needs to make a strong playoff push, but stresses his team can't get too far ahead of themselves.

"(PACTACLET) played really strong," said Page. "Regardless of who we play we must play hard, we can't take anyone for granted in this league," he added.



Lance Cpl. Eric Quintanilla

Petty Officer 2nd Class Dwight Cousins, a machinery technician, U.S. Coast Guard Pacific Law Enforcement Team, takes a jump shot over 3rd Recruit Training Battalion's Staff Sgt. Leon S. Parker, drill instructor, Company M. 3rd RTB has dominated opponents this year, winning by almost 19 points a game.

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me, it's always possible [to be attacked with a knife] and we need to be as prepared as possible for any threat we may encounter."

Although the drug smugglers are familiar with the Coast Guard law enforcement and usually surrender on their own, Kunigonis and his team decided to take advantage of the benefits of being based on the depot by utilizing the Marine Corps top-notch training and knife techniques to hone their skills.

"Even though a knife isn't

our primary go-to weapon, we do have expandable batons and the movements for blocking will be our biggest advantage," said Kunigonis.

But In order to perform defense tactics properly, they first have to become proficient and knowledgeable when assaulting the enemy.

"Teaching them to attack with a knife will help them become more familiar with the techniques that may be used against them," said Sgt. Garrett Griebenow, martial arts instructor, Instructional Training Company, Support Battal-

ion. "Once they have mastered attacking their opponent, they will automatically become more effective with blocking and countering the assaults."

Some of the techniques they were taught this week included the thrust, slash, movements against an opponent and the blocks with follow on techniques, such as a leg sweep.

During their second phase of training, the team members of detachment 105 will use knives that have taser capabilities and apply red coloring to the tip of plastic blades. This is done to give the trainee an

accurate idea of where they are striking, where they are being stabbed and a little motivation to properly defend themselves. They will also wear their safety equipment to make the simulated assaults more realistic.

"They caught on rather quickly," said Griebenow, 25, Jackson, Mich. "They understand where the vulnerable spots are now and when we continue training we will pick up with weapons of opportunity in a potentially non-lethal environment in close quarters."

In the end, the process

is expected to aid with the detainment of criminals and drug smugglers and keep the safety of Coast Guardsmen. If nothing else, the Marines and the Coast Guard are working together to build camaraderie and cohesion.

"Threat is always revolving with the war on drugs," said Kunigonis. "Drug smugglers are always looking for a way to elude us and they are not always willing to surrender. Being prepared will keep my guys safe and at the end of the deployment everyone returns home safe to their families."