

# CHEVRON

AND THE WESTERN RECRUITING REGION



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## Recruits move, sound as one during drill



Cpl. Matheus J. Hernandez

Gunnery Sgt. Jeffrey E. Liske, right, senior drill instructor, Platoon 3273, Company M, 3rd Recruit Training Battalion, marches his platoon across the parade deck during a final drill competition aboard Marine Corps Recruit Depot San Diego June 18. Recruits are taught the fundamentals of drill from the moment they arrive for recruit training. The purpose of drill is to instill discipline and instant obedience to orders in the recruits.

BY CPL. MATHEUS J.  
HERNANDEZ  
Chevron staff

As recruits shuffled onto the parade deck with their rifles in hand, the senior drill instructor took his position ready to lead his platoon through yet another challenging test in recruit training.

This was the recurring scene for all platoons with Company M, 3rd Recruit Training Battalion, as they prepared for the final drill competition aboard Marine Corps Recruit Depot San Diego June 18.

Final drill consists of a series of drill movements that recruits learn from the moment they arrive aboard the depot. They are graded by judges, known as drill masters, who look for how well a platoon performs each drill movement.

Recruits are taught the basic fundamentals of drill to instill

see DRILL ▶ 2

## Rifle issue brings responsibility

BY LANCE CPL. BRIDGET M.  
KEANE  
Chevron staff

“...My rifle is human, even as I, because it is my life. Thus, I will learn it as a brother. I will learn its weaknesses, its strength, its parts, its accessories, its sights and its barrel. I will keep my rifle clean and ready, even as I am clean and ready. We will become part of each other. We will...”

The “Rifleman’s Creed” is a guiding principle for the Marine Corps. It states the importance of the intimate relationship between a Marine and his rifle.

Company E, 2nd Recruit Training Battalion, went through weapons issue June 18 aboard Marine

Corps Recruit Depot San Diego. Each recruit received an M16-A4 service rifle, a light-weight, air-cooled, gas operated, automatic weapon, which they will use throughout training.

“Most of them (the recruits) have never held a weapon before in their lives,” said Sgt. Jose Lopez, senior drill instructor, Platoon 2101, Co. E, 2nd RTBn. “Being issued a weapon instills responsibility in the recruits, which is a majority of what it takes to be a strong leader.”

Throughout their 12 weeks of training, recruits are given the task of maintaining their issued rifle.

With the weapon, they will learn discipline and obedience through basic drill movements

and the fundamentals of marksmanship as they qualify on the range.

Recruits must become familiar with the weapon, learning everything about it; the way it feels, how to properly care for it and how to operate it, turning it into the determining factor between life and death.

It’s the one thing throughout recruit training they can claim as their own, explained Lopez.

“The creed says, ‘This is my rifle. There are many like it, but this one is mine,’ this gives the recruits a sense of ownership and responsibility,” said Lopez. “I have my recruits recite the creed

see RIFLE ▶ 2



Lance Cpl. Crystal J. Drury

Staff Sgt. Robert Phelan, senior drill instructor, Platoon 1021, Company B, 1st Recruit Training Battalion, discusses the leadership trait of integrity June 18 aboard Marine Corps Recruit Depot San Diego. Integrity is often described as doing the right thing when no one is looking, a trait that is instilled early on in recruit training.

## Co. B discusses integrity

BY LANCE CPL. CRYSTAL J.  
DRURY  
Chevron staff

There are many traits that must be instilled into each recruit as they go through training aboard Marine Corps Recruit Depot San Diego. Each trait and characteristic helps mold recruits into stand-up Marines.

Integrity was one trait Company B recruits talked about June 18 during a guided discussion with their senior drill instructor.

“We go over different examples that might happen during recruit training,” said Staff Sgt. Phelan, senior drill instructor, Platoon 1021, Co.

B, 1st Recruit Training Battalion. “These examples can be transferred over to their Marine Corps career and during their life.”

The first couple of examples given were based off theft, such as what should a recruit do if he sees another recruit steal.

When asked what they would do if they were put in this situation, one recruit answered it was the values and traits the Marine Corps has that makes each recruit trust one another. Due to this he said he would tell his senior as soon as possible.

“Losing integrity is losing

see INTEGRITY ▶ 6



Lance Cpl. Bridget M. Keane

Recruits of Company E, 2nd Recruit Training Battalion, stand with issue paperwork at the ready, while an armorer inspects and delivers M16-A4 service rifles to each, June 18 aboard Marine Corps Recruit Depot San Diego. Each recruit is issued a rifle that they will take responsibility for throughout recruit training.



## Functioning Despite Tears



Lance Cpl. Bridget M. Keane

Pfc. Trevor Guffey, administrative clerk, Headquarters Company, Headquarters and Service Battalion, fights off the "red man" after getting sprayed with oleoresin capsicum spray, photo inset, June 28 aboard Marine Corps Recruit Depot San Diego. Being sprayed with oleoresin capsicum, a type of pepper spray, teaches Marines that they can function through exposure to the irritant. Guffey is taking part of the Security Augmentation Force course, two weeks of training that teaches Marines the basics of security procedures, allowing them to augment the depot's military police force.

### DRILL 1

discipline, teamwork and instant obedience to orders, according to Gunnery Sgt. Scott C. Chromy, drill master, 1st RTBn.

"Overall I believe the company did very well," said Chromy. "Three out of the five platoons graded above average. They surpassed my expectations."

When teaching drill, recruits are taught by drill instructors the importance of attention to detail, how to handle a rifle and that final product is what matters the most.

"How a platoon drills is a direct reflection of their drill instructors," said Chromy. "This is something we've been

waiting for. It's going to show us how much effort their drill instructors put into teaching their recruits drill and the fundamentals of it."

Although drill is managed and taught by drill instructors from start to finish, recruits feel a sense of pride in unit and responsibility as a platoon when marching to the cadence of their drill instructors, according to Recruit Micheal A. Mitchell, guide, Platoon 3269, Co. M, 3rd RTBn.

"(Recruits) have to learn how to come together in order for everyone to move and sound as one," said Mitchell. "A lot of heart goes into it when we drill. We feel a sense of ownership which helps us work as a team."

Platoon 3269 won final drill out of the five competing teams with a score of 78.5.

Final drill is one of the culminating events for recruits during recruit training, said Gunnery Sgt. Jeffrey E. Liske, senior drill instructor, Platoon 3273, Co. M, 3rd RTBn.

"It's one of the last events they will do as a platoon," said Liske. "They are above and beyond the level of what you would consider a basically trained recruit."

The recruits passed final drill and moved forward as they prepared to face the Crucible, a 54-hour sleep and food deprived, team building training exercise. The company is scheduled to graduate July 6.

### RIFLE 1

before bed to stress how important it is to have the weapon."

Upon receipt of their rifles, recruits ensure it is in proper shape and there are no missing pieces. They tightly grip the butt stock and hand guards as they march off to continue with training and their new responsibility.

"Being issued a rifle shows recruits that the Marine Corps has faith in us to be able to defend our country when needed," said Recruit Bryan Gutierrez, Plt. 2102, Co. E, 2nd RTBn. "Anyone can be called to combat and they must be ready to go."

This may be the first time that some recruits have ever held a weapon, but it won't be their last. Every Marine is required to do annual marksmanship training throughout their Marine Corps career. The scores they receive from qualifying can help toward future promotions and awards.

Company E will move on in training to learn how to use their rifles in close-quarters combat through the Marine Corps Martial Arts Program and head north to Edson Range, Weapons and Field Training Battalion aboard Marine Corp Base Camp Pendleton, Calif. to be trained in basic marksmanship skills.

### BRIEFS

#### MCRD Museum Historical Society Scholarship

The MCRD Museum Historical Society is offering three educational scholarships for 2012, each valued at \$1,000.

Enlisted Marines and sailors in Western Recruiting District, and their dependents are eligible. Deadline for Application is July 13.

For more information and application forms, go to [www.mcrdmhs.org](http://www.mcrdmhs.org).

#### Comic Con

Single Marine Program leaders are looking for volunteers to work at the 2012 San Diego Comic Con July 12 through 15. Volunteers get round-trip transportation, lunch and free entry to the convention.

For more information, contact Josh Davis at (619) 524-8240 or at [davisJP@usmc-mccs.org](mailto:davisJP@usmc-mccs.org).

#### Free annual passes

The National Park Service is offering a free annual pass to all national parks for all active duty service members and their dependents.

Relax and unwind in any of our nation's 397 national parks at no cost.

Visit <http://www.nps.gov/find-apark/passes.htm> for more information.

#### MCRD Titans football

The MCRD Titans football team is looking for players. Team slots are open only to MCRD active-duty personnel.

The season starts in August with games at Camp Pendleton. Tryouts and practices will begin soon.

For information on times and dates, contact Coach Charles White at (619) 524-8172 or (760) 550-7861 or [charles.d.white@usmc.mil](mailto:charles.d.white@usmc.mil).

#### 4th of July Las Vegas trip

Single Marines, celebrate Independence Day Las Vegas style! Join fellow single Marines for three nights in Sunny Las Vegas.

Cost for the trip is \$50 for round-trip transportation and three-nights in the heart of the Strip!

Space is limited. Reserve a spot today! For more information, contact Josh Davis at (619) 524-8240 or at [davisJP@usmc-mccs.org](mailto:davisJP@usmc-mccs.org).

#### Car and motorcycle show

The MCCS Auto Skills Center will host their Car and Motorcycle Show July 14, from 10 a.m. to 2 p.m., in the parking lot between the depot's recreation center and fitness center.

There will be music, awards and more! Awards will be presented to General's Choice, People's Choice, Top Three Motorcycles and Top Three Cars in each category.

For more information, call (619) 524-5240 or email [ortegagarciaj@usmc-mssc.org](mailto:ortegagarciaj@usmc-mssc.org).

#### Fitness Center

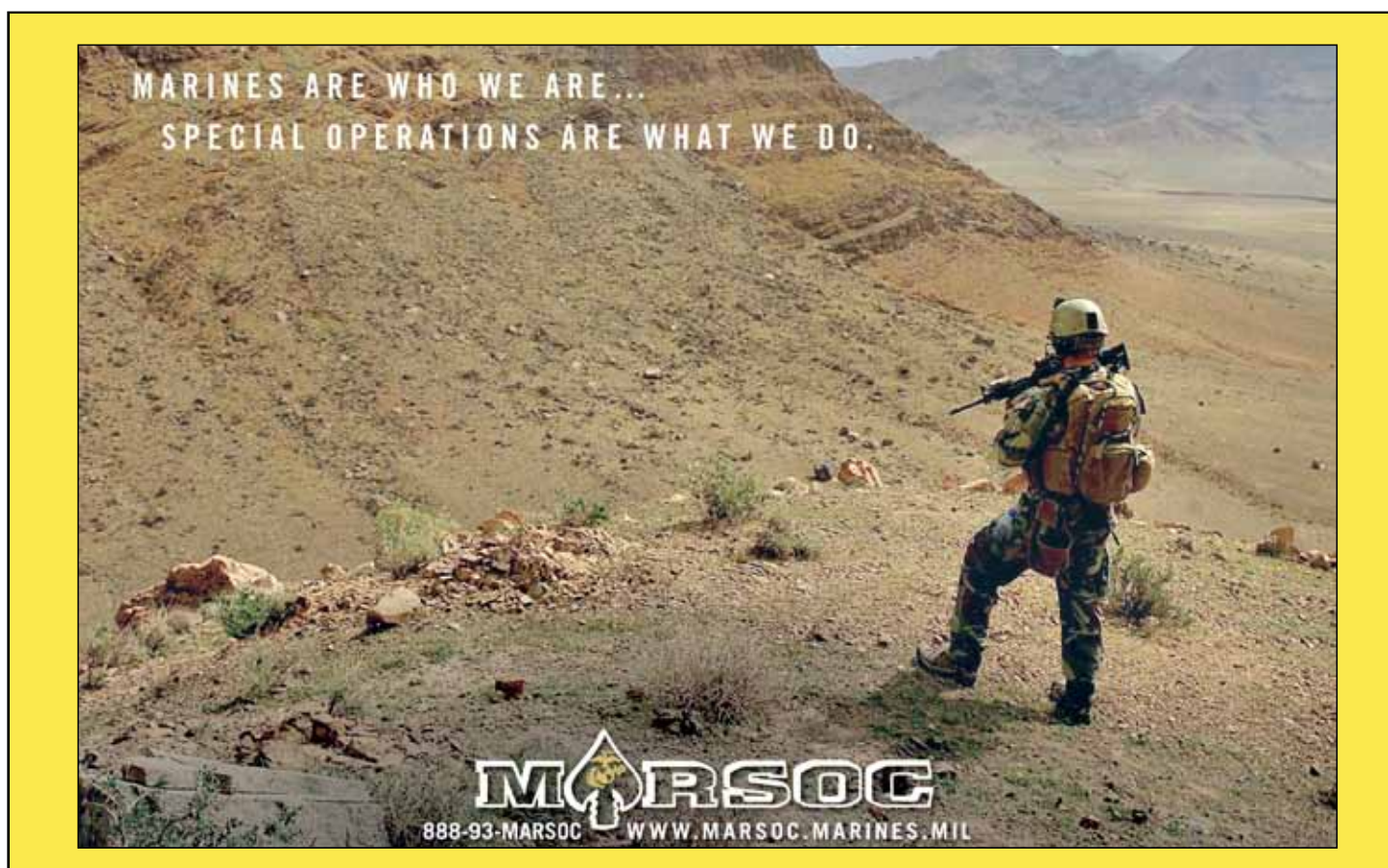
The MCS MCCS Fitness Center is looking to start the following programs:

- MCRD Runners/Sprinters Club
- Combat Fitness Training (CFT)
- High Intensity Tactical Training (HITT)

Those interested in any of these programs, call (619) 524-4427 for more information.

#### Send briefs to:

[rdsd\\_pao@usmc.mil](mailto: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: "How are you preparing for the CFT?"**



"I would take 40-pound dumb bells to practice for ammo can lifts and run in boots and utes with a flak jacket. Remember to hydrate, I usually end up puking after running a CFT." *Cpl. Damian Parrott, desktop support, Service Company, Headquarters and Service Battalion*



"Our shop PTs together to prepare for it. We'll do boots and utes runs, a mixture of pull-ups and ammo cans and we'll eventually start doing buddy drags and fireman's carries." *Lance Cpl. Brian Locke, SRB clerk, Recruit Administrative Branch, Support Battalion*



"I train everyday for the CFT by going for long runs, quarter-mile sprints and running with dumb bells to simulate ammo cans." *Master Sgt. Walter Chancay, recruit liaison interviewer, Recruit Administrative Branch, Support Battalion*

# On Your Mark, Get Set, Go!



*Cpl. Matheus J. Hernandez*

Service members, dependents and civilians set off as Brig. Gen. Daniel D. Yoo, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, blows the horn at the start of the 5k run during the Freedom Run aboard MCRD San Diego June 29. Marine Corps Community Service, Semper Fit Division, held the annual event to promote combat readiness, esprit de corps, leadership, teamwork and morale. The end state was to successfully execute an event where the participants leave with a greater sense of community pride, improved physical fitness and a feeling of personal accomplishment.

# Band members are Marines first, musicians second

BY CPL. MATHEUS J. HERNANDEZ  
*Chevron staff*

Every graduation aboard Marine Corps Recruit Depot San Diego, families and friends come from all over the states to see their loved ones graduate from Marine Corps Recruit Training.

Part of the attraction during graduation is Marine Corps Band San Diego, setting the theme as the audience gathers into the bleachers.

"I love graduations. It's one of the most important things," said Sgt. Eduardo Espinosa, musician, Marine Corps Band San Diego, "to play in front of a new crowd of families every graduation, and to usher in a new era of Marines is definitely an enjoyable experience."

Although, the band's obligation is to support graduations, they also schedule approximately 500 performances a year.

"Our primary mission is to support graduation," said Gunnery Sgt. Gary L. Robison, enlisted conductor, Marine Corps Band San Diego, "but we also prepare ensembles by our brass quintet and our concert, marching, jazz, jazz combo and party bands."

The band showcases the Marine Corps through their



*Cpl. Matheus J. Hernandez*

**Marine Corps Band San Diego plays during a graduation aboard Marine Corps Recruit Depot San Diego. Marine Corps Band San Diego supports all graduating companies from recruit training as well as approximately 500 performances a year. The band showcases the Marine Corps through their performances for people all around the world.**

performances for people all around the world, and like any other Marine they represent what the Marine Corps stands for in keeping with its high standards.

"Part of our job is to make the Marine Corps look good," said Sgt. Robert C. Koonce, musician, Marine Corps Band San Diego. "It's a daily thing to maintain the standard of a Marine and musician."

Like the Marine Corps, the band also has a long history filled with tradition within the service.

The band was used to

build camaraderie and to keep morale up, according to Koonce.

"Music is a very good tool to release emotions from someone," said Koonce. "It takes a certain talent to do what we do, and not many Marines can do it."

For Marines with Marine Corps Band San Diego, they pride themselves on the talent and camaraderie they have within the unit as well as the exceptional product they continue to produce, according to Robison.

"I love coming to work every

day, working with something I enjoy doing and being around people that love it as well," said Espinosa. "The caliber of musicians here pushes me to better myself. We inspire each other."

With the great aptitude and unity in the band, they continue to motivate each other, striving to perform their very best for audiences all over.

"They expect perfection and we try to provide that," said Espinosa. "All of our time and effort is spent always working toward that, giving them the perception of perfection."



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# Company A tests mental, physical strength in Combat Fitness Test

BY CPL. MATHEUS J. HERNANDEZ  
Chevron staff

In combat, Marines have been known for their prowess war fighting skills and their ability to push through the fog of war regardless of the circumstances.

Today, recruits are being tested on their ability to do the same in recruit training as they move forward in becoming United States Marines.

Recruits of Company A, 1st Recruit Training Battalion tested their strength and endurance in the Combat Fitness Test aboard Marine Corps Recruit Depot San Diego June 21.

"It's a stepping stone for recruits to complete the

CFT," said Staff Sgt. Jason Alexander Thompson, lead series chief drill instructor, Co. A, 1st RTBn. "It's all a part of becoming a basic trained Marine."

The CFT has three events which include: movement to contact, an ammunition can lift and maneuver under fire.

Movement to contact is an 880-yard run in boots and utility trousers. The second portion of the test involves raising a 30-pound ammunition-can fully extending the arms upward for two minutes, earning points for the number of lifts done in the given time.

The last part of the test consists of a 25-yard crawl, hauling a simulated casualty using two different carries more

than 75 yards through cones, a sprint while carrying two 30-pound ammunition cans more than 75 yards through the same cones, throwing a dummy hand grenade into a marked circle 22.5 yards away, three pushups and a sprint with the ammo cans to the finish line.

The CFT is more dynamic and anaerobic, which gives a broader spectrum of physical fitness, according to Sgt. Christopher G. Woidt, drill instructor, Platoon 1010, Co. A, 1st RTBn.

"It sets a standard of physical fitness," said Woidt. "It puts recruits in the mindset of pushing past distress and fatigue."

Recruits of Co. A have completed the CFT twice before and have learned to put as

much effort into it as they can, according to Woidt.

"I felt prepared and confident going into the CFT," said Recruit Rhys M. Beckham, Plt. 1013, Co. A, 1st RTBn. "In a way, because of how combat oriented the CFT is, I feel like it was just a small taste of what's to come later on in the fleet."

The CFT is another final event for recruits toward graduation. Overall it has improved their combat readiness and will allow them to be better prepared, should they earn the title Marine.

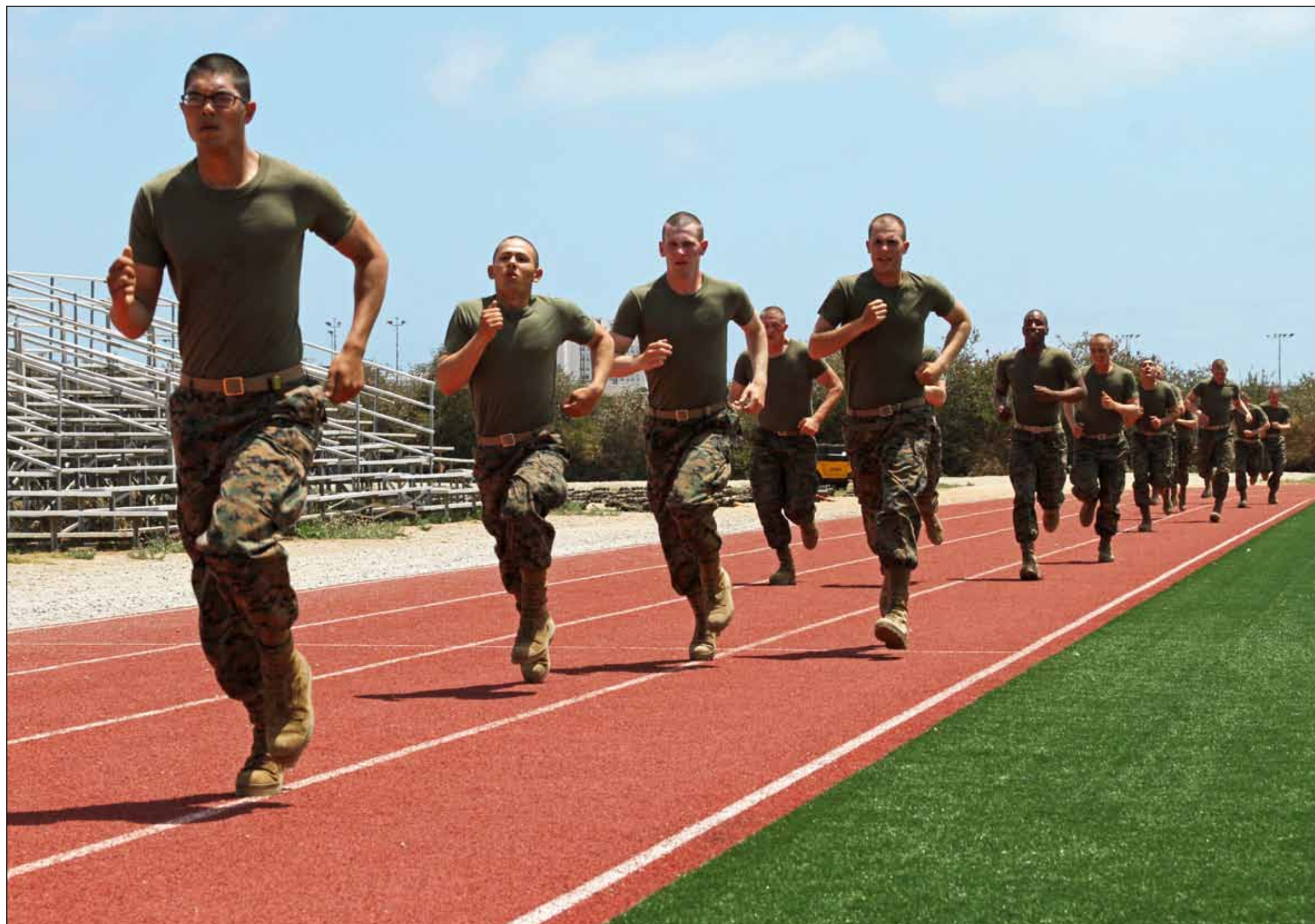
"We're all pretty excited, knowing that the CFT is another final event toward graduation," said Beckham.

"The CFT is tough and challenging, but that's what the Marine Corps is all about."



Cpl. Matheus J. Hernandez

A recruit raises an ammunition can as another recruit counts off the number of his lifts during their Combat Fitness Test. Ammunition can lifts is the second portion of the three part test. It involves raising a 30-pound ammunition can above the head, fully extending the arms upward and holding for two minutes, earning points for the number of lifts done in the given time.



Cpl. Matheus J. Hernandez

Recruits of Company A, 1st Recruit Training Battalion, sprint around the track during their Combat Fitness Test aboard Marine Corps Recruit Depot San Diego June 21. The sprint is the first portion of the CFT, known as movement-to-contact. It requires an 880-yard run in boots and utility trousers. There are three portions of the CFT recruits must complete within time limits in order to pass.



Cpl. Matheus J. Hernandez

Recruits race one-another while carrying 30-pound ammunition cans during their Combat Fitness Test. This was the last portion of the CFT known as maneuver under fire.



Cpl. Matheus J. Hernandez

Drill instructors demonstrate a proper fireman carry during their demonstration for the Combat Fitness Test. The instructors demonstrate the CFT to ensure recruits know what to do.



# Drill instructor breaks regimental score

by Lance Cpl. Crystal J. Druery  
Chevron staff

Drill is an important skill every recruit must learn while attending recruit training aboard Marine Corps Recruit Depot San Diego. The purpose of drill is to instill structure and discipline among recruits and also provides a direct reflection of their drill instructors.

For Platoon 3269, Company M, 3rd Recruit Training Battalion, it appeared their leadership went above and beyond while training their recruits when they broke the regiment's highest score on record led by Staff Sgt. Louis Bourdony, senior drill instructor, during a final drill competition.

This was Bourdony's second time as a senior drill instructor. Seniors lead their platoons during final drill after spending many days and nights during recruit training practicing drill movements with their recruits.

With the experience from his previous cycles and more than two years on the drill field, Bourdony had the upper hand when it came to teaching his recruits drill movements.

"My knowledge of drill has (improved) a lot and it has helped me know what to look for with this platoon," said Bourdony.

Trial and error proved effective for Bourdony, but it was hard work and his platoon's instant obedience to orders that helped them achieve the high score, according to 1st Sgt. Christopher Carlisle, Co. M first sergeant.

With prior experience as a drill instructor aboard MCRD Parris Island, S.C., Carlisle was able to make a suggestion to revise his company's drilling. Recruits that attend recruit training in San Diego are taught to march with high knees as opposed to the recruits that

are taught in Parris Island. Carlisle recommended his senior drill instructors have their recruits march with straight legs.

Bourdony liked this idea and applied it to his platoon. This adjustment made it easier for the recruits to pivot when turning to march left or right.

"We had to adjust marching to the drill grading techniques," said Carlisle.

Co. M is now the only west coast recruiting company that marches with straight legs.

"1st Sgt. Carlisle showed us the difference in the types of marching, both had pros and cons," said Bourdony. "Straight legs seemed to make more sense when it came to the way drill is graded."

Learning how to teach drill and being able to educate recruits on what he's learned has inspired Bourdony and given him a new passion for drill.

To break the record, it took more than just basic drill knowledge for their platoon... It took thinking outside of the box.

"I'm absolutely proud that they put the time and work into their drill," said Carlisle.

Final drill shows not only know how well a platoon can perform drill, but also shows the respect for authority each recruit has been instilled with by their drill instructors.

Bourdony has the main ethos expected of a Marine and was able to instill the same traits to his recruits, said Carlisle.

"Staff Sgt. Bourdony is one of the best drill instructors in the company. He spends quality time with his platoon, finding different ways to correct drill movements," said Carlisle. "It's tedious and time consuming, but he went and thought outside of the box to translate a way for each recruit to understand the proper way to do drill movements."



Lance Cpl. Bridget M. Keane

**Staff Sgt. Louis Bourdony, senior drill instructor, Platoon 3269, Company M, 3rd Recruit Training Battalion, broke the regiment's highest score on record for a final drill competition. With a recommendation from 1st Sgt. Christopher Carlisle, Co. M first sergeant, Bourdony taught his recruits how to march with straight legs, as opposed to the traditional West Coast marching style of high knees. Co. M is now the only west coast recruiting company that marches with straight legs.**

## INTEGRITY ◀ 1

honor in self," said Phelar, commenting on the response. He also discussed how recruits can't hold back the truth just because their friend asked them to.

The platoon then went over the general orders. Phelar asked recruits if any of the general

orders pertained to the given scenario. He listened to each recruit's views and then let them know what the Marine Corps expects of them.

"It's your job to report any violations in a military manner, just as the general order says," said Phelar.

With each recruit able to

voice their opinion, the senior and fellow recruits could better understand each other's views on the topic. With Phelar guiding the discussion it also allowed the individuals that didn't have the moral integrity already, to ask questions about it and get an idea of how to feel about lying.

"There are a lot of younger

guys in the platoon," said Recruit Robert Grant, Plt. 1021, Co. B, 1st RTBn. "This gives them a chance to learn structure and life lessons outside of high school, which is all they may know."

The main goal of these guided discussions is to make sure each recruit has an understanding of

the Marine Corps expectations and views, and that they have the moral values of a Marine.

"I just want them to understand they need to do what's right," said Phelar. "Because Marines don't steal or hide from the truth and they shouldn't jeopardize their career or integrity."

## Mr. Bruce Bender

### Parade Reviewing Officer

Bruce Bender, 88 years old, is the selected reviewing official for today's recruit graduation ceremony. He is a native of Pittsburgh, Penn., who enlisted in the Marine Corps in 1942 when he was 17 years old.

He attended recruit training at Marine Corps Recruit Depot Paris Island, S.C.

Bender's Marine Corps career included service with 4th Marine Division during World War II, in the Pacific Theater on Kwajalein Atoll, Saipan and Tinian.

He was part of the first wave of Marines to land on the beaches of Iwo Jima on Feb. 19, 1945, with the 4th Battalion, 14th Marines. Of the 29 Marines who landed on Iwo Jima with him, Bender is one of three to survive.

During this time, Bender earned a meritorious

battlefield commission. He transferred to the Marine Corps Active Reserve on Dec. 14, 1945, and attended college.

Bender graduated from the University of Southern California in 1949 with a Bachelor of Science Degree in Business Administration.

Bender returned to active duty in 1950, serving with the 1st Marine Division in the Korean War. He participated in the Inchon Landing.

Bender retired from the Marine Corps in 1962. His civilian career has included working as the chief executive officer, DBR Insurance Marketing (retired); chairman of the board for Board Employee Benefit, Inc.; and senior pastor, Armor of Light Military Ministry. He has also worked with the Navy League, Newport Beach Chapter, Newport Beach, Calif.

Bender is married to Jeanette, his wife of 64 years. They have three children, five grand children, and eight great grand children.







<b>Platoon 3274</b> <b>COMPANY HONOR MAN</b> Lance Cpl. B. R. Bluemel Milwaukee Recruited by Staff Sgt. J. Wunrow	<b>Platoon 3270</b> <b>SERIES HONOR MAN</b> Pfc. J. K. Rush Minneapolis Recruited by Sgt. R. Freid	<b>Platoon 3269</b> <b>PLATOON HONOR MAN</b> Pfc. M. A. Mitchell Marion, Ill. Recruited by Sgt. J. M. Clark	<b>Platoon 3271</b> <b>PLATOON HONOR MAN</b> Pfc. F. Martinez San Antonio Recruited by Staff Sgt. J. Gonzalez	<b>Platoon 3273</b> <b>PLATOON HONOR MAN</b> Pfc. D. L. Hanson Spring, Texas Recruited by Sgt. H. Zubire III	<b>Platoon 3271</b> <b>HIGH SHOOTER (332)</b> Pfc. M. J. Cardona San Antonio Marksmanship Instructor Cpl. C. S. Winslow	<b>Platoon 3270</b> <b>HIGH PFT (300)</b> Pfc. N. C. Santa Cruz Seattle Recruited by Sgt. B. R. Schmidt
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# MIKE COMPANY

3rd RECRUIT TRAINING BATTALION

*Commanding Officer*  
*Sergeant Major*  
*Battalion Drill Master*

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



<b>COMPANY M</b> <i>Commanding Officer</i> Capt. S. E. Dibello <i>Company First Sergeant</i> 1st Sgt. C. M. Carlisle	<b>SERIES 3269</b> <i>Series Commander</i> Capt. J. P. Torres <i>Chief Drill Instructor</i> Staff Sgt. D. R. Brewer	<b>PLATOON 3269</b> <i>Senior Drill Instructor</i> Staff Sgt. L. A. Bourdony <i>Drill Instructors</i> Sgt. P. A. McCulloch Sgt. S. N. Quitugua Sgt. M. A. Sedlak	<b>PLATOON 3270</b> <i>Senior Drill Instructor</i> Staff Sgt. G. Fuentes <i>Drill Instructors</i> Staff Sgt. A. S. Montreuil Sgt. G. A. Dulal-Whiteway Sgt. R. Kennedy	<b>PLATOON 3271</b> <i>Senior Drill Instructor</i> Staff Sgt. J. I. Chavez <i>Drill Instructors</i> Staff Sgt. R. J. Stroud Sgt. D. C. Tate
	<b>SERIES 3273</b> <i>Series Commander</i> Capt. N. J. Morrissey <i>Chief Drill Instructor</i> Staff Sgt. M. A. Bowman	<b>PLATOON 3273</b> <i>Senior Drill Instructor</i> Gunnery Sgt. J. E. Liske <i>Drill Instructors</i> Staff Sgt. N. J. Seip Sgt. J. S. Belyeu	<b>PLATOON 3274</b> <i>Senior Drill Instructor</i> Staff Sgt. R. Curiel Jr. <i>Drill Instructors</i> Sgt. J. D. Ruiz Staff Sgt. N. Wahle	

\* Indicates Meritorious Promotion

**PLATOON 3269**  
 Pvt. K. Flores Jr.  
 Pfc. J. A. Gonzalez  
 Pvt. P. R. Jarquin Jr.  
 Pvt. Y. K. Justus  
 Pvt. B. A. Leitch  
 Pvt. N. P. Lewis  
 Pfc. J. K. Longworth  
 Pvt. A. D. Loveless  
 Pfc. R. J. Lumagbas  
 Pfc. W. J. McRae  
 Pvt. K. J. Mikkelson  
 Pfc. A. P. Mill  
 Pfc. M. A. Mitchell  
 Pvt. D. R. Moore  
 Pvt. G. M. Morgan  
 Pvt. B. C. Mueller  
 Pvt. S. T. Nelson  
 Pvt. C. M. Nichols Jr.  
 Pfc. M. A. Nisely  
 \*Pfc. B. S. Norman  
 \*Pfc. N. M. Panameno  
 Pvt. A. C. Parkman  
 Pvt. R. Patino  
 Pvt. D. F. Penny  
 Pvt. J. A. Pratt  
 Pvt. B. T. Price  
 Pfc. D. J. Ricardo Jr.  
 Pvt. M. A. Richard  
 Pvt. K. R. Richmeyer  
 Pvt. E. T. Schaffer  
 Pvt. M. S. Schoeppe  
 Pvt. I. R. Schropp  
 Pvt. M. C. Shelder  
 Pvt. S. I. Shepard  
 Pfc. S. R. Skinner  
 Pfc. D. J. Stout  
 \*Pfc. A. M. Todd  
 Pfc. J. A. Valenzuela-Fierro  
 Pvt. G. D. Van Soolen  
 Pvt. A. J. Wasoski  
 Pvt. R. D. Watson  
 Pvt. S.W. West  
 Pvt. A. D. White

**PLATOON 3270**  
 Pfc. A. P. Groth  
 Pfc. J. R. Guindon  
 Pvt. J. M. Guinn  
 Pvt. R. J. Hamlin  
 Pfc. J. E. Hogue  
 Pvt. B. M. Humphreys  
 Pvt. B. E. Jensen  
 Pfc. A. J. Johnson  
 Pfc. E. Y. Koh  
 Pvt. Z. R. Kunkel  
 Pvt. H. C. Largent  
 Pfc. J. Ledesma  
 Pvt. M. F. Ledesma  
 Pfc. R. Lee  
 Pvt. S. D. Lewis  
 Pvt. M. R. Masoner  
 Pvt. T. D. McClellan II  
 Pvt. B. T. Miller  
 Pvt. G. A. Montalvo-Solis  
 Pvt. K. D. Moore  
 \*Pfc. R. Moreno  
 Pvt. G. P. Morris  
 Pfc. E. N. Naval  
 Pvt. D. A. Newlin  
 Pvt. C. Olivares  
 Pvt. A. I. Ortega  
 \*Pfc. D. D. Park  
 Pvt. R. Perez  
 Pvt. R. Pojoy  
 Pvt. D. E. Quartaro  
 Pvt. J. Reyes  
 Pvt. A. A. Richardson  
 Pfc. J. D. Roberts  
 Pvt. M. A. Robinder  
 \*Pfc. J. K. Rush  
 Pfc. A. A. Sanchez  
 Pvt. G. R. Sanchez  
 Pfc. N. C. Santa-Cruz  
 Pvt. R. T. Simpson  
 Pvt. B. A. Smith  
 Pvt. N. D. Soto  
 Pfc. S. L. Sprague  
 Pvt. M. J. Staab  
 Pvt. C. A. Strandridge  
 Pvt. C. R. Stone  
 Pfc. J. A. Strevel Jr.  
 Pvt. A. S. Tarter  
 Pfc. C. Tellez II

**PLATOON 3271**  
 Pvt. C. A. Anderson  
 Pfc. L. Arriaga  
 Pfc. J. A. Canchola  
 Pvt. M. J. Cardona  
 Pvt. E. Cruz  
 Pvt. T. S. Dolan  
 Pfc. D. J. Gregory  
 Pvt. C. M. Hayes  
 Pvt. A. J. Hudson  
 Pvt. K. M. Koch  
 Pvt. T. M. Koskey  
 Pfc. J. E. Luedkewhite  
 Pvt. D. Martinez  
 \*Pfc. F. Martinez  
 Pfc. I. J. Martinez  
 Pvt. M. A. Martinez  
 \*Pfc. P. M. McElroy  
 Pvt. R. McMiller  
 \*Pfc. J. T. Oakley  
 Pfc. C. L. Opp  
 Pvt. C. A. Pegram  
 Pvt. A. T. Prasad  
 Pvt. O. Preciado  
 Pvt. A. M. Routh  
 Pvt. J. C. Schwab  
 Pvt. M. T. Simpson  
 Pvt. L. T. Troung  
 Pvt. V. R. Villanueva  
 Pfc. M. J. Warren  
 Pvt. A. J. Western  
 Pvt. B. P. White  
 Pvt. C. T. White  
 Pvt. C. A. Widick  
 Pvt. Z. G. Williams  
 Pvt. C. S. Wolf  
 Pvt. A. J. Wood  
 Pvt. N. R. Wood  
 Pvt. D. E. Wysocki  
 Pvt. V. A. Ybarra  
 Pfc. M. D. Zerbo

**PLATOON 3273**  
 Pvt. D. R. Alaers  
 Pvt. L. E. Alberto  
 Pvt. A. E. Alcaraz  
 Pvt. J. N. Allen  
 Pvt. G. E. Aranda  
 Pvt. R. C. Avelar  
 Pvt. T. A. Avens  
 Pvt. G. D. Ayala  
 Pfc. A. I. Barajas  
 \*Pfc. J. S. Barnes  
 Pfc. C. M. Beagley  
 Pfc. K. M. Bedoe  
 Pvt. C. X. Benjamin  
 Pvt. R. Bernal-Jimenez  
 Pvt. E. Bernardino  
 Pvt. S. J. Boyd  
 Pvt. J. M. Briere  
 Pvt. M. R. Carico  
 Pvt. A. Carmona  
 Pfc. C. C. Carpenter  
 Pfc. F. B. Carranza  
 Pvt. J. T. Chee  
 Pfc. B. A. Clay  
 Pfc. C. E. Cortes  
 Pvt. C. Dai  
 \*Pfc. N. J. Demo  
 Pvt. R. Duron  
 Pvt. D. W. Elwin  
 Pvt. A. D. Fernandez  
 Pvt. C. J. Fierro  
 Pfc. J. C. Fuller  
 Pvt. J. W. Futrell  
 Pvt. D. A. Garcia  
 Pfc. K. V. Garcia  
 \*Pfc. R. U. Garcia Jr.  
 Pvt. R. M. Gary  
 Pvt. J. R. Garza  
 Pfc. J. R. Gawaran  
 \*Pfc. B. L. Gigliotti  
 Pvt. L. Gomez  
 Pvt. G. G. Gong  
 Pfc. R. Gonzalez  
 Pfc. D. L. Hanson  
 Pvt. E. D. Jerabek  
 Pvt. T. D. Olson  
 Pvt. K. A. Jones

**PLATOON 3274**  
 Pvt. B. A. Adams  
 Pfc. M. C. Albano  
 Pvt. P. Alvarez  
 Pvt. E. Amaro-Villegas  
 Pfc. N. R. Armendariz-Gonzalez  
 Pvt. N. G. Bade  
 Pvt. A. B. Baker  
 Pvt. C. A. Barillas  
 Pfc. S. M. Barnes  
 Pvt. A. R. Barrie  
 Pfc. F. A. Bauhof  
 Pvt. M. T. Bayer  
 Pvt. G. A. Beecher  
 Pvt. D. P. Bertrand  
 Pvt. K. D. Biernacki  
 \*Lance Cpl. B. R. Bluemel  
 Pvt. I. L. Brown  
 Pvt. W. R. Brown  
 Pfc. B. S. Buehring  
 Pfc. A. J. Bukowski  
 Pvt. P. A. Burkhardt  
 Pvt. S. E. Burwell  
 Pvt. M. T. Bush  
 Pvt. Z. T. Campbell  
 Pvt. C. L. Cleaveland  
 Pvt. C. R. Connelly  
 Pfc. R. D. Corral  
 Pvt. R. T. Courtright  
 Pvt. Z. J. Cox  
 Pfc. D. G. Demaris  
 Pvt. S. A. Dykes  
 Pvt. T. M. Einhorn  
 \*Pfc. J. P. Ervin  
 Pfc. O. A. Espinoza  
 \*Pfc. D. M. Everhart  
 Pvt. C. A. Fisher  
 Pvt. J. E. Freeman  
 Pfc. N. T. Funk  
 Pvt. J. L. Garcia  
 Pfc. G. Gil  
 \*Pfc. S. E. Gommesen  
 Pvt. V. A. Guerrero  
 Pvt. B. J. Hamm  
 Pfc. T. C. Hamm  
 Pvt. T. E. Hatch  
 Pvt. A. P. Hay  
 Pvt. J. G. Hernandez  
 Pfc. A. Herrera  
 Pvt. A. E. Herrera-Ortega  
 Pvt. J. P. Hinojos



## Co. G prepares for final PFT

BY LANCE CPL.  
BRIDGET M. KEANE  
*Chevron staff*

Physical and mental endurance is a trait that is instilled in recruits throughout training that allows them to sustain prolonged, stressful environments in order to successfully complete any mission.

The recruits of Company G, 2nd Recruit Training Battalion, ran the strength and endurance course their second time June 20 aboard Marine Corps Recruit Depot San Diego.

The strength and endurance course is an event that requires recruits to run to different exercise stations placed through the 2.5 mile route.

"We basically have the recruits run this to increase their strength and cardio," said Sgt. Joshua LeBlanc, drill instructor, Platoon 2154, Co. G, 2nd RTBn. "It will prepare them for their final physical fitness test and strengthen them all around."

The different stations throughout

the course include crunches, planks, push-ups, pull-ups, squats and dips. Each of these exercises, along with the running, will help build a recruit's core, cardio and endurance, explained LeBlanc.

"The first time we ran the course, a lot of the recruits struggled with it," said LeBlanc, referring back to second week of training. "There has been a lot of improvement since then."

By this time in their training cycle, the recruits should be able to keep up physically because of all the exercising and conditioning they've gone through. The biggest challenge for the recruits is keeping up mentally and pushing through, said LeBlanc.

"I definitely had a difficult time with the course mentally the first time," said Recruit Drew Marshall, Plt. 2154, Co. G, 2nd RTBn. "You have drill instructors yelling at you and you're out of breath trying to do each exercise; all that running around gets to

you after a while."

This time through the course, Marshall, a 19-year-old Kokomo, Ind. native, pushed himself more mentally than physically.

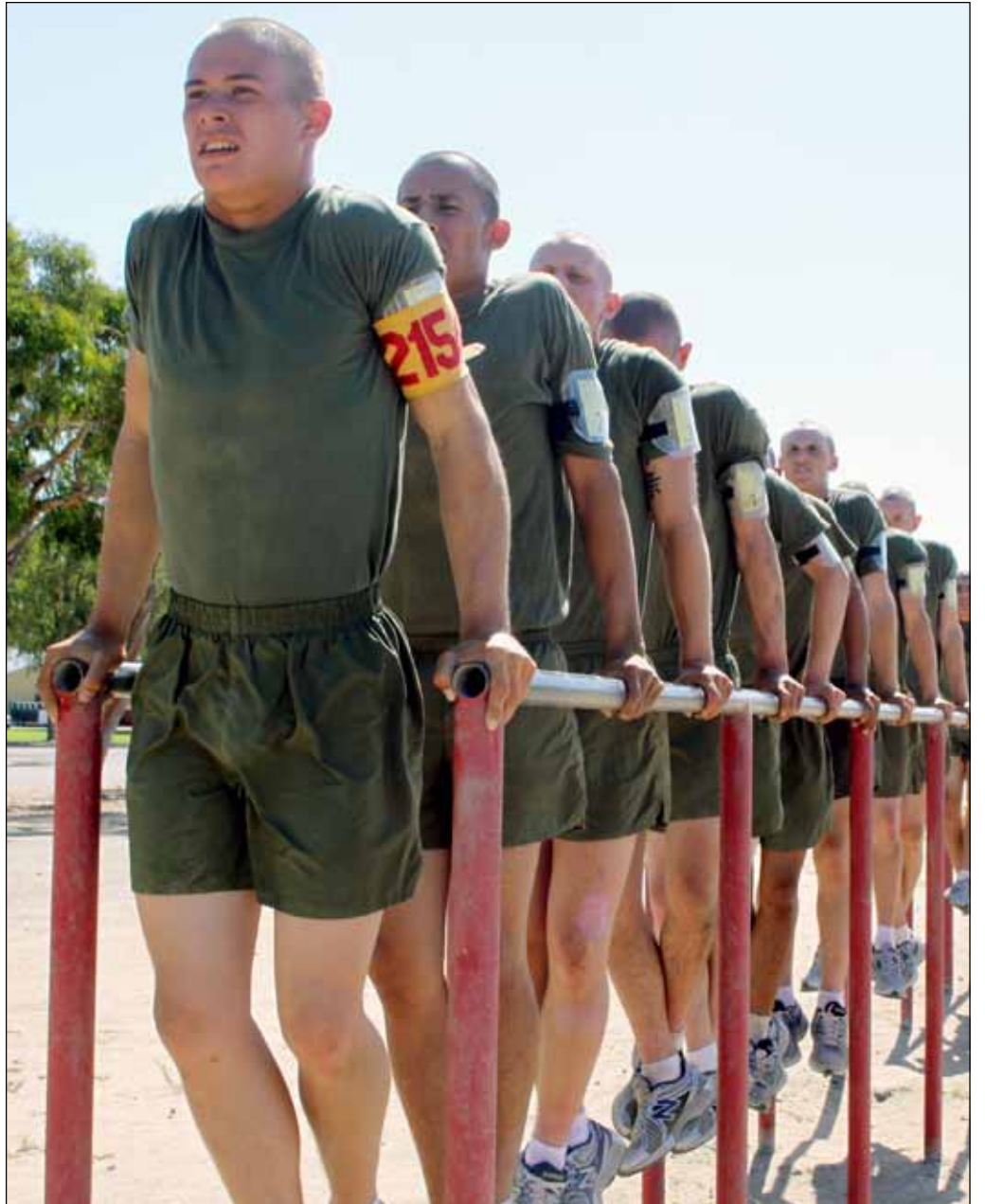
Keeping up with his drill instructors was what motivated him not to quit.

"This time around the drill instructors are trying to motivate you to keep up," said Marshall. "It gives you enough to push through mentally knowing that they're there to encourage you."

The mental aspect of running the course helps build your confidence and allows you to keep pushing yourself, explained Marshall.

"You never know what kind of situation you'll be in that will have you rely on your strength," said Marshall. "Endurance allows you to perform better."

With the reassuring confidence that they are able to push through physical and mental obstacles, the recruits of Company G move on with their training in order to earn the title of United States Marine.



*Lance Cpl. Bridget M. Keane*

Recruits of Company G, 2nd Recruit Training Battalion, push themselves to their limits as they perform dips on the dip bar during the strength and endurance course June 20, aboard Marine Corps Recruit Depot San Diego. The purpose of the strength and endurance course is to not only help recruits build physical strength and endurance, but to show them that they need mental endurance to perform.



*Lance Cpl. Bridget M. Keane*

Recruits of Company G, 2nd Recruit Training Battalion, push to keep up with their peers and drill instructors as they run through the strength and endurance course June 20 aboard Marine Corps Recruit Depot San Diego. Recruits run from station to station doing a variety of exercises that help increase their endurance.