

High-tech suggestion box is voice for Depot personnel

BY MASTER SGT. JANICE HAGAR
Public Affairs Chief

Not happy with something on the Depot? See something that needs improvement? Marines, sailors and civilians have a voice in changing or applauding services here.

The Interactive Customer Evaluation system, also known as ICE, has been operating for 10 months at Marine Corps Recruit Depot San Diego. The ICE system is the ultimate, high-tech suggestion box. ICE allows customers to submit comment cards online about any service provided on bases worldwide.

"This is an outstanding program," said Kevin Horn, an analyst at the business performance office. "Instead of a paper customer comment card stuck in a wooden box that may sit there forever, this system is real-time interaction with the customer and the service provider."

One Depot service provider doesn't wait for the ICE comment surveys to roll in. He takes the survey right to the customer.

"I get the e-mail address for everyone who walks through my door," said Sam Bagwell, depot education officer. "Then I send them my Web site portion of the ICE system and ask them to fill it out and submit it. It only takes a couple of seconds to respond and that helps me provide better service."

Bagwell has made several improvements at the Lifelong Learning Center as a result of his ICE survey responses.

"One of the biggest issues people had with the center was the appearance of the building," said Bagwell. "A comfortable environment is important for students so I got help from Facilities and the schools to improve the appearance. We've painted, we have new lights and

SEE **Box**, pg. 2

A LITTLE COMPETITION



Depot combat illustrator Sgt. Jack Carrillo's "Dirty Tanker" painting took home first place in the Marine Corps art category of the Division of Public Affairs Merit Awards. Carrillo took home two first place awards in the competition, adding to a total of eight first place showings by Marines from the Depot's combat visual information center and Public Affairs Office. Original art by Sgt. Jack Carrillo/CVIC

Depot beams in Corps contest

A handful of photographers, writers, artists and videographers here represented outstanding expertise in their field after the U.S. Marine Corps Combat Correspondents Association and the Division of Public Affairs recently announced their Merit Awards winners.

Marines from the Depot's public affairs office and combat visual information center placed 16 times in 13 categories. Only the larger Marine Corps Base Camp Pendleton, Calif., combined with I Marine Expeditionary Force, had a better showing, placing 18 times in 12 categories. The Depot had eight

first-place showings, while Camp Pendleton and I MEF had nine.

"MCRD San Diego did very well. It's apparent the quality of training going to the Marines there is helping them get better," said Gunnery Sgt. Glenn Holloway, a Merit Awards program coordinator. "It would be nice to see the rest of the Corps emulating what they're doing." Holloway is the managing editor for Marines magazine.

Chevron, the newspaper belonging to the Depot and the Western Recruiting Region, won first-place military-funded newspaper (Large), a team award.

SEE **Awards**, pg. 2

Coaster pass now good for Amtrak rides in local area

BY MASTER SGT.
JANICE M. HAGAR
Public Affairs Chief

Marines, sailors and civilians using monthly Coaster passes have a new option for their daily commute.

From now until Sept. 30, all Coaster monthly pass holders can ride any Amtrak train within the zone limits of their pass. For daily commuters, those who use the Oceanside and Solana Beach train stations benefit the most because the Amtrak only stops at those stations.

Pass holders from all other areas can still benefit, especially on weekends. The Coaster does not run on Sunday, but Amtrak does. Monthly pass holders can avoid weekend traffic jams and parking headaches by driving to the Oceanside or Solana Beach stations. There they can hop on the Amtrak and head downtown to catch a game at the new Petco Park.

"I go to a lot of Padres games," said Capt. Jerry Bloomquist, depot staff secretary and Oceanside resident. "I used to drive down and park at the Old Town station, then take the trolley to Qualcomm Stadium. Now I'm planning to take the Amtrak instead of driving. I won't have to worry about traffic, parking, and putting all those miles on my car."

It's not difficult to catch the Amtrak. Coaster monthly passes are good on all trolleys and buses in San Diego. Commuters can catch a ride on the trolley at the Old Town station and head south to the Santa Fe Depot where the Amtrak departs. Evening trains depart Monday through Thursday at 5:50 and 8:20 p.m.

Depot personnel commuting from North County began reaping benefits of train travel from the Mass Transportation Incentive Program, which began here in 2002. Those signed up for the program receive vouchers for up to \$100 a month. A monthly Coaster pass from Oceanside to San Diego normally costs \$130, but the voucher program allows Depot Oceanside commuters to spend only \$30 out of their pockets for a pass.

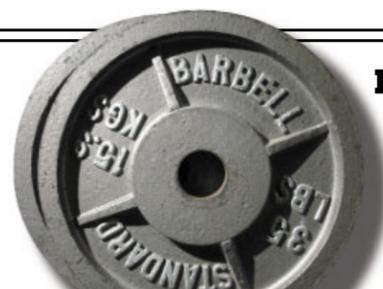
For more information on Amtrak schedules, call (619) 239-9021. To join the Mass Transportation Incentive Program, call Master Sgt. Mark Graham at 524-1726.



TO THE SHORES OF ECUADOR

Former Ecuadorian soldier trains America's finest.

9



BENCH PRESS CHALLENGE

MCCS competition crowns top Depot strong bodies

12

CVIC, PAO awarded, take eight first places

Awards, from pg. 1

Another team award went to CVIC, which won first-place television information program for a video presented to Weapons and Field Training Battalion visitors. The video, produced by videographers Cpl. Audrey Lind and Lance Cpls. Sunny Bertrand and Ean Warren, explains the Crucible, the culminating recruit-training event.

Two Marines, a sergeant from CVIC and a lance corporal from the public affairs office, each placed first in two categories. Sgt. Jack Carrillo, a combat artist, won in illustration and Marine Corps art, and Lance Cpl. Jess Levens, a Chevron combat correspondent, won in feature writing and open photography.

Carrillo's winning Marine Corps art was a painting depicted from Operation Iraqi Freedom of a hardened Marine tanker whom Carrillo describes "looks like a cowboy." His winning illustration depicted another OIF Marine struck with terror in his fighting hole.

Carrillo said he did not plan to submit entries, but he did so under the insistence of CVIC's visual information chief, Master Sgt. Moses G. Beeman.

"I need to leave room for the younger guys who are fresh and hungry," Carrillo said.

He also recently earned the Col. John W. Thomason Award for best Marine Corps art in 2003 for works he created while in Iraq during OIF. Though Carrillo exalts his Thomason Award over other accolades, he said he is still honored by the Merit Awards.

"It's awesome," said Carrillo, who said he is striving to be a warrant officer. "I'm glad to do myself proud and my unit proud."

Carrillo said Marine Corps visual information officials have selected him to attend the DoD-sponsored military visual journalism program to study motion media this next fall and spring at an undetermined university. The last program was 2002-2003 at Syracuse University in Syracuse, N.Y.

Levens' winning feature told the story of the famed Marine Raiders of World War II and their reunion here last summer. His winning photograph portrayed a yelling recruit with a warrior's poise.

Sgt. Ethan E. Rocke, Chevron editor, won first-place portrait/personality photography for his portrait of a single-father drill instructor embracing his son and daughter. Rocke also won second place for sports writing, and he earned two honorable mentions for feature writing and sports photography.

Sgt. Ryan A. Smith, a public affairs office community relations specialist, won first-place commentary for his writing about evacuating his family October 2003 during the most destructive wildfires in California history.

Staff Sgt. Scott Dunn, press chief for the public affairs office, won second places for open photography, open graphics and



Sgt. Ethan E. Rocke's portrait of former Company L drill instructor Staff Sgt. Devron J. Gray with his children, Marcus and Dominique, won first place in the Portrait/Personality Category of the 2003 Division of Public Affairs Merit Awards competition. Sgt. Ethan E. Rocke/Chevron

pictorial photography. He also won honorable mentions for art/graphics in support of a publication and portrait/personality photography.

According to Division of Public Affairs officials, the Merit Awards program "recognizes Marines and civilian employees whose print and broadcast journalism products demonstrate outstanding achievements in furthering the objectives of the Marine Corps and DoD Internal Information Programs. It operates under the aegis of the Office of the Assistant Secretary of Defense for Public Affairs."

After an estimated 453 man-hours, coordinators collected, compiled and sorted more than 1,700 electronic submissions and weeded out a gross number of disqualified entries, according to Holloway. He said the surviving entries were judged by working professionals in print and broadcast journalism and electronic communications. The judging panel boasted some members from National Geographic magazine, Copley News Service and Reuters. Combat correspondents selected the panel, according to Holloway.

Merit Awards officials will endorse first-place winners eligible to compete in the Department of Defense Thomas Jefferson Awards April 20 to 21 at the Defense Information School, Fort George G. Meade, Md. OASD (PA) will announce Thomas Jefferson Awards winners May 10.

The USMCCCA will conduct its annual conference and present awards to all first-place winners of Merit Awards competition and any Marine winners of the Thomas Jefferson Awards program, August 27, in Nashville, Tenn.

Depot customers should choose the Marine Corps CONUS selection. The next screen features a listing of all stateside Marine bases. Once the customer chooses MCRD San Diego, a screen filled with 17 topics from acquisition and supply to travel and transportation will appear. From there, the customer chooses the topic and comment page will appear. In addition to the ratings system provided, the customer can also submit written comments.

The ICE system is still relatively new and Horn said he would like to see more people use it.

"We have a voice and we can use this program to communicate our needs and dissatisfactions as well our 'good job' to service providers," said Horn.

Depot has strong showing in Western Division Rifle Matches

BY SGT. L. F. LANGSTON
Chevron staff

The 2004 Western Division Matches awards ceremony was held April 2 at Edson Range, Marine Corps Base Camp Pendleton, Calif.

The individual rifle and pistol competition was held as a two-day event, March 30 and 31, and team competition commenced April 1.

Sgt. Raymond L. Browne, primary marksmanship instructor, Weapons and Field Training Battalion, Camp Pendleton, Calif., earned recognition with a handful of medals and trophies for his accomplishments.

Browne won highest-scoring first-year novice tyro competitor in rifle and pistol. He won several badges that represent credit points toward distinguished shooting. He won his first gold badge for rifle for second place; he won his first silver badge for his second place pistol, and first for rifle and pistol team matches. Additionally, Browne received two Secretary of the Navy trophies, which were M-1 rifles for individual rifle and pistol matches.

"The pool of talent that comes to this competition is huge," said Browne. "I've learned so many things."

Learning from competition veterans, Browne asked various competitors how they concentrated under pressure.

"I learned mental management," Browne said. "I took the simple process of shooting and took each shot as an individual shot (instead of a course of fire)."

In team competition, Marine Corps Recruit Depot San Diego took first place in both rifle and pistol, earning the San

Diego Trophy and the Holcomb Trophy.

For the second time, Edson Range hosted and supported the Western Division Matches and approximately 100 Marine and civilian competitors in both rifle and pistol competition.

The last time Edson Range hosted and supported the competition was in 1993 when torrential rainstorms washed out Wilcox Range. This year I Marine Expeditionary Force was unable to support the competition because of obligations in Iraq.

Marines were chosen by their commanders to compete from their requalification scores, marksman training unit and intramural competition.

MCRD San Diego entered 33 shooters into the competition this year by way of intramural competition. The majority came from Weapons and Field Training Bn.

Chief Warrant Officer 4 Eric Garcia, the match executive officer tasked by Marine Corps Base to run the range, emphasizes the importance of the matches.

"Bottom line is you can't shoot in a combat environment if you can't shoot the fundamentals," Garcia said.

Marine Corps Order 3591.2's, small-arms marksmanship competition, objective is to "enhance the marksmanship proficiency and combat readiness of the Marine Corps by developing and maintaining a population base of Marines with high skills in rifle and pistol marksmanship to serve as marksmanship instructors, scout snipers, coaches and range operation personnel."

Master Sgt. Carlos Butts, representing the Commandant of the Marine

SEE Rifle, pg. 4



Sgt. Raymond L. Browne, primary marksmanship instructor, Weapons and Field Training Battalion, carries one of two M-1 Garand rifles for high tyro; novice rifle and pistol matches. Browne's steady marksmanship during the Western Division Matches earned him first place in the team rifle and pistol matches. Sgt. L. F. Langston/Chevron

RIFLEMEN FIRST

Remember the basics of being a Marine



BY LANCE CPL.
EDWARD R. GUEVARA JR.
Chevron staff

When you join the Corps, you make a commitment to a team, dedicated to protecting the country in both combat and combat support roles.

Our esprit de corps should be the highest of all armed services. Our integrity should be unquestionable and our image should be unflawed.

This opportunity to serve in the military and protect our nation comes with certain responsibilities.

The Marine Corps leadership objectives are mission accomplishment and troop welfare. Mission accomplishment should be paramount to all Marines.

When Sergeant Major of the Marine Corps, Sgt. Maj. John L. Estrada visited the Depot in 2003, he said we don't join the Marine Corps with the sole purpose of seeing how many college credits we can get, although education is encouraged. Our concentration needs to be on providing sustained combat forces from the sea.

I hear Marines complain when they have to work the hours or days required of Marines because it might conflict with their schooling. This should not be the case.

Although the Marine's chain of command can help him do both, his primary concern should be mission accomplishment.

Without this mentality, we cannot continue to be the efficient fighting force we are.

On that note, the mentality is kept up through troop welfare.

It is every leader's responsibility to ensure the welfare of Marines.

If we all look out for each other, complete our missions quickly and efficiently and help the Corps as a whole, then we can continue to live our legacy.

I have had Marines, who are just riding out their time

in the Corps, tell me that honor and pride among Marines is a fairy tale and I shouldn't believe it.

While doing my annual rifle qualification a couple of weeks ago, my detail refused to stage gear a couple of times because they felt Marines would steal from them.

This idea needs to be fought back and annihilated through leadership when new Marines join units. It may take time for this to ripple through the ranks and the Corps, but it can be done.

Everyone should have been taught in recruit training that you secure your gear. Always securing your gear negates any Marine's tendency toward larceny.

We are willing to die for each other, so we should be able to trust each other around our personal belongings. Our leaders have taught us what we do as Marines and this tradition must be upheld if we are to maintain our high standards.

While on the rifle range, I also heard many NCOs complain about walking a mile from the armory to Range 501.

This bothered me because non-NCOs are supposed to look to the NCOs for a positive example.

Sound leadership is necessary from every rank to help the Marine Corps mission, which in turn, helps morale.

I remember one night in recruit training as my platoon lied in our racks, listening to Taps, my drill instructor chimed in at the end and told us if we ever found ourselves not getting a chill down our spine when we hear colors, Taps and the national anthem that we need to get out of the Corps and find another career.

That night stands out in my mind constantly whenever any of those songs are played. I don't run and try to avoid saluting. I stand my ground at the position of attention.

These are the thoughts and observations of a Marine who has served proudly the last two years and always tries to do what his leaders taught him ... To be a rifleman first, accomplish the mission and take care of your troops.

April is Month of the Military Child



BY SGT. RYAN SMITH
Chevron staff

April is the Month of the Military Child. It is sometimes easy to forget that children are just as affected by the military lifestyle as their parents, the service members.

The lifestyle of a military child is new to me. I never grew up wondering how to make new friends every three years because my parents received orders to a new duty station. I never had to worry about my toys and personal possessions being parted from me for extended periods of time. Heck, I never faced the slightest inkling of what it would be like to have my mom or dad pulled away to deploy halfway around the world.

All these things can put great pressure on a child. However, there are some instances where this pressure allows some family leaders to step up and shine.

For example, there was a family celebrating the homecoming of a husband, a father, and a sailor who was just returning from Iraq. I see the four children of this household on their driveway as I drive home every night. They are often playing basketball with their friends. But recently, there was an interesting change. The kids all huddled with markers and crayons around a large paper banner.

The eldest child, maybe 16 years old, was the ringleader and began taking suggestions on how to decorate the paper for a welcome-home banner for their father. His age was not only what put him in charge. He has made so many banners like this before, he can probably be considered an expert at welcome-home signs.

Throughout his father's deployment, this young adolescent became the man of the house, helping his mother keep everything running smoothly and ensuring his siblings were taken care of. This is a fairly heavy task for someone who can't drive by himself yet.

The children started their banner project with four different perspectives on a large canvas awaiting color. Sorting through the ideas, the group decided to split the canvas into four parts and allow the lettering to be done by the "professional."

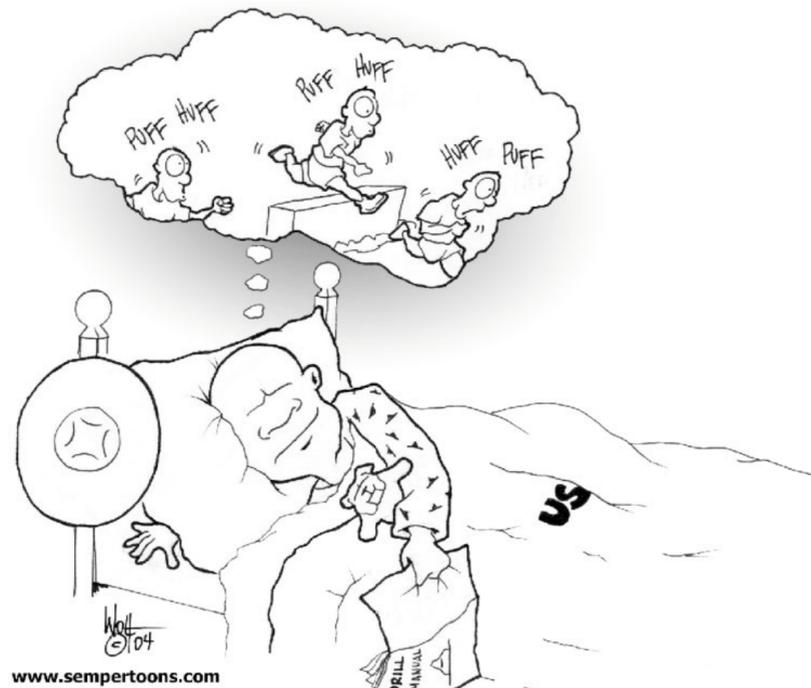
Crudely drawn suns, butterflies, birds, cars, and even an aircraft carrier are illustrated; each crayon stroke from the children seems to help them count down the few remaining days of their father's deployment.

With some last, perfecting, strokes, the poster was done. The children hung their masterpiece on their garage door where it could not go unnoticed.

The children seemed proud of their creation, and they know how proud their father will be when he sees it.

These children have made many moves in the past and will probably make more in the future. More deployments can pop up unexpectedly. The only thing they can do is appreciate the time they do have.

If you have little ones, take some extra time from your busy schedule this month to spend with them. Let them know their sacrifice has not gone unnoticed. Remember, next time you are away from your loved ones, it might be them waiting for your return with a large banner saying "Welcome Home!"



www.sempertoons.com

CHEVRON
ESTABLISHED 1943

COMMANDING GENERAL
BRIG. GEN. JOHN M. PAXTON JR.
SERGEANT MAJOR
SGT. MAJ. FRANK E. PULLEY

PUBLIC AFFAIRS DIRECTOR
MAJ. JOSEPH D. KLOPPEL
joseph.kloppel@usmc.mil

PUBLIC AFFAIRS CHIEF
MASTER SGT. JANICE M. HAGAR
janice.hagar@usmc.mil

PRESS OFFICER
2ND LT. ANTHONY DELSIGNORE
anthony.delsignore@usmc.mil

PRESS CHIEF
STAFF SGT. SCOTT DUNN
dunnsw@mcrdsd.usmc.mil

EDITOR
SGT. ETHAN E. ROCKE
rockee@mcrdsd.usmc.mil

WEBMASTER
DAVID HOFFMAN
david.hoffman@usmc.mil

COMBAT CORRESPONDENTS
SGT. LEONARD E. LANGSTON
CPL. SHAWN M. TOUSSAINT
LANCE CPL. JESS LEVENS
LANCE CPL. EDWARD R. GUEVARA JR.

CHEVRON/PUBLIC AFFAIRS OFFICE
1600 HENDERSON AVE. #120
SAN DIEGO, CA 92140
(619) 524-8722

The Chevron, printed with appropriated funds in compliance with Marine Corps Order P5600.31F, is published by Marine Corps Recruit Depot San Diego personnel. Opinions and views expressed herein are not necessarily those of the Marine Corps or the Department of Defense. The Chevron is promulgated for informational purposes only and in no way should be considered directive in nature. All photos are official USMC property unless otherwise indicated.

Box, from pg. 1

the schools provide more tables and chairs in the classrooms." In addition to the building upgrades, Bagwell added two Veterans Administration work-study personnel to help with customers, and opened a computer lab with 29 computers for current students. Additionally, he made it possible for military spouses to take the military basic skills course for those who want to improve their basic English, math and writing skills. All of these improvements and additions are a direct result of the ICE surveys.

The ICE system is easy to use. Customers can access the Web site at <http://ice.disa.mil> or on the MCRD San Diego Web site at www.mcrdsd.usmc.mil.

Helping America's Children Since 1917



www.girlsandboystown.org

1-800-217-3700

P.O. Box 8000, Boys Town, NE 680 10

A CFC participant – provided as a public service

La Jolla Half Marathon volunteers

The Kiwanis Club of La Jolla is requesting Marines to volunteer at the La Jolla Half Marathon April 25. They raise \$60,000 to \$90,000 yearly. All proceeds go back into the community for organizations that need help.

Race organizers are asking for approximately 18 Marines to work at the finish line from 6 to 11 a.m.

The Marines will meet at Scripps Park in the La Jolla Cove at 5:30 a.m. Parking is free in the village all day.

For more information, call Shelley Johnson-Labertew, half marathon volunteer chair, at (858) 558-6773.

Open casting call

The celebration of the 100th anniversary of the birth of author Theodor "Dr. Seuss" Geisel, is coming to the San Diego County Fair.

Organizers will hold an open casting call for adults and children April 17, from 10 a.m. to 2 p.m. at the fairgrounds to find Seuss character look-alikes.

Look-alikes who are chosen won't be paid, but may be featured in a television commercial and other promotional materials and will receive free admission for four, preferred parking, and a Seuss

sweatshirt. Applicants should not wear costumes, wigs or other prosthetics. For more information, e-mail info@sdfair.com and type *Seuss contest* in the subject line.+

All Services Enlisted Ball

The San Diego Armed Services YMCA and the Navy league will partner to present the 16th annual All Services Enlisted Ball May 1 at the San Diego Paradise Point Resort and Spa.

This formal event celebrates and honors local enlisted military personnel from each of the five branches of the U.S. Armed Forces.

The ball will begin at 6 p.m. with a no-host cocktail reception followed by dinner and dancing and will continue until midnight.

Seating is limited for this event and tickets may be purchased for \$20 per person for E-5 and below, \$30 per person for E-6 and above and \$75 for officers and civilians.

For more information, contact Cindy Farless at (619) 232-9084.

DIs needed at OCS

There is currently a great need for drill instructors (male and female) at Officer

Candidate School, Quantico, Va. Interested Marines must be qualified according to Marine Corps Order P1326.6D. Requests should be forwarded to Headquarters Marine Corps MMEA-85.

This is a three-year tour with incentives, including special duty pay.

For more information, contact Gunnery Sgt. Archie, DI monitor, at DSN 278-9263 or (703) 784-9263.

Chosen Few banquet

The Montford Point Marine Association San Diego Chapter – 12 will hold the Chosen Few Banquet Aug. 28 from 6 to 10 p.m. at the 32nd street Naval Station. For more information, contact Sam Bagwell at (619) 524-6865.

Scholarship opportunity

The Marine Corps Recruit Depot San Diego Museum Historical Society is taking applications for the Colonel Nate Smith Memorial College Scholarship. Applicants must be active duty, enlisted Marines or sailors stationed aboard the Depot or Western Recruiting Region, or their dependents.

Applications are available at the Historical Society office in Bldg. 26.

For more information, call Pat Hawkins at (619) 534-4426.

Designated Driver volunteers needed

The Designated Drivers Association is looking for volunteers.

Volunteers can meet new people, earn extra money in tips, and make a difference. Drunk drivers kill almost 17,000 Americans and injure over 700,000 each year.

Volunteering for the Designated Drivers Association is a pro-active way to get involved in the community.

Volunteers must be at least 18 and have a valid driver's license and insurance. For more information, visit www.ddasd.org or call (866) 373-7233.

USMC Parents' Conference

The first National USMC Parents' Conference, "Standing in the Gap," will take place July 30 through Aug. 1 in Indianapolis. The purpose of the conference is to help

parents of Marines know their roles in supporting their children through the Corps. For more information on the conference, call Cathy Schoon at (260) 636-3102 or contact her via e-mail at schoon@ligtel.com.

Free tax assistance

The Volunteer Income Tax Assistance office provides free tax service for active duty and retired service members and their dependents.

Located in the Headquarters Company classroom, Building 6W, the office operates Monday, Tuesday, Thursday and Friday from 8 to 11 a.m., and 1 to 4:30 p.m. Wednesday the office is open from 7:30 to 11 a.m. and 1 to 6:30 p.m.

Appointments are available, but walk-ins are accepted as well.

Anyone filing taxes through the office should call before coming in to find out what documents and information to bring with them.

For more information, call (619) 524-8107 or 8109.

Band looking for Marines

Marine Band San Diego is looking for Depot Marines to fill open musician billets in an on-the-job-training status with the goal of becoming a Marine musician.

Marines, private through sergeant, may audition for band assignments providing they receive permission from their sections.

An audition consists of performing a prepared selection, major and minor scales, and sight reading.

Typical experience of successful Marine musicians consists of four years in a high school band prior to enlisting, but it is not a requirement to audition.

Marine Band San Diego currently has vacancies for flute/piccolo, clarinet, saxophone, horn, trombone and guitar.

To set up an audition or receive more information, call Staff Sgt. Michael July at (619) 524-1754.

Submit possible briefs to the Chevron via e-mail to rockee@mcrcds.usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards and regulations of the U.S. Government.

Rifle, from pg. 2

Corps for, Marine Corps Shooting Team Quantico, Va., agrees with Garcia's assertion of the value the competition brings to the Marines.

"We take the selection process from A to Z. We're the only ones who do that," said Butts. "The Marine Corps shooting program chooses their talent from volunteers. Its parallel is similar to Major League Baseball where they take their talent from the minor leagues, work with them and bring up to the majors."

The competition also involves civilians, and the high talent level among the shooters makes for stiff competition.

Civilian competitors must hold a National Rifle Association expert rating or at least six points toward the appropriate distinguished badge according to MCO 3591.2J.

Team matches consisted of one officer, one tyro; novice, enlisted, one sergeant or below and one other member. Included on the team was one coach, also eligible for a medal.

The top 10 percent who earned medals will be eligible to compete in the Marine Corps Shooting Championships in Stone Bay, MCB Camp Lejeune, N.C. this month.

GOT HEALTH?

Personal trainer offers free service at Depot fitness center

STORY AND PHOTOS BY
LANCE CPL. JESS LEVENS
Chevron staff

A personal trainer is available to Depot personnel free of charge at Phillips Hall, the fitness center here.

"This is a great opportunity to see where you stand physically," said Kenny Young, Depot personal trainer. "It's very easy to set up a training schedule."

First, patrons must schedule a Micro Fit, which is a baseline assessment of an individual's physical health. The Micro Fit includes screenings for weight, blood pressure, body composition, strength and flexibility. The fitness team takes precautions before administering the Micro Fit, however, according to Young. A medical and physical fitness questionnaire is required. If there are medical conditions that raise questions, patrons must submit a medical waiver before they take the Micro Fit.

After the Micro Fit is completed, Young takes the results and creates a tailor-made workout for the patron.

"Once the Micro Fit is done, all you have to do is call me," said Young. "I'll set up a meeting with you, and

we'll get started."

In his initial meetings, Young talks about the patrons' personal goals and limitations before setting up programs.

"I make each person's workout routine different because people have different needs," said Young. The varying age range Young deals with has him continually working on new workout programs.

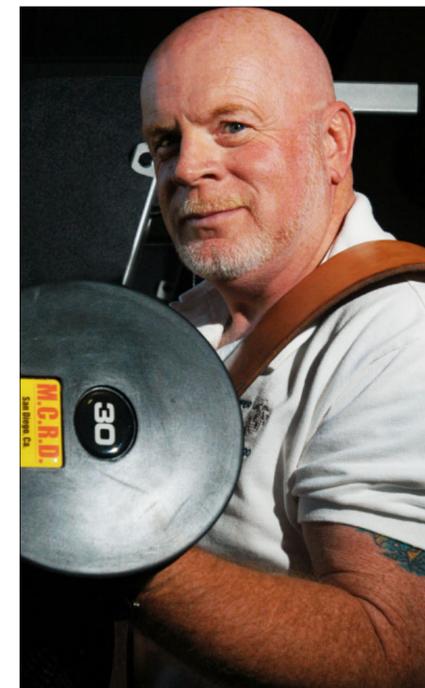
"I have a bad back, but I wanted to start running again," said Barbara McCurtis, director of James L. Day Hall, the command museum here. "I'm not a young woman, but Kenny helped me find a good pair of running shoes, and I'm on the road again. He also gave me a weight-lifting program that doesn't bulk me up, but it trims me down."

Because of his busy schedule, each session with Young lasts about 55 minutes.

"I usually have about eight appointments each day," said Young. "I try to end them a couple minutes early so we have time to set up the next appointment."

Young is at Phillips Hall Monday through Friday from 10:30 a.m. to 7 p.m. and he said he encourages people to take advantage of this free service.

"A free personal trainer is a great deal," said Young. "I also train people at their homes and I charge \$65 per hour."



Kenny Young, 51, has been the Depot personal trainer since October 2003. His services are free to all active duty, reserve and retired service members, dependents and Department of Defense employees.

Young was certified as a personal trainer in 1997 by the Aerobic Fitness Association of America and worked for two years a YMCA in his hometown, Boston. He also played semi-professional football for 10 years prior to being certified.

"Kenny is great," said McCurtis. "I think the gym and personal trainer services are the best benefits the Depot has to offer."

Training is available for all active duty, retired and reserve service members, dependents and Department of Defense employees. For more information, or to set up a Micro Fit, call Phillips Hall at (619) 524-4427.

"A free personal trainer is a great deal. I also train people at their homes, and I charge \$65 per hour."

— KENNY YOUNG



Kenny Young, Depot personal trainer, assists Nicole Joseph, a military dependent, while she does bicep curls during a one-on-one workout.



AS THE GLOBE TURNS

Josiah and Abigail Sand came to the Depot Library March 12 to celebrate the fruits of their generosity with Depot Librarian Rebecca Young and Brig. Gen. John M. Paxton Jr., commanding general, Marine Corps Recruit Depot San Diego and Western Recruiting Region. The couple donated \$1,000 to the library in early December. The money was used to purchase a world globe and a laser printer. *Cpl. Shawn M. Toussaint/Chevron*

HARD CORPS PT

High school students show strength at Youth Physical Fitness Competition

BY LANCE CPL. EDWARD R. GUEVARA JR. *Chevron staff*

School representatives from all over Recruiting Station San Diego's territory gathered on the soccer field at Marine Corps Recruit Depot San Diego for the 2004 Regional

Youth Physical Fitness Competition April 3.

Mar Vista High School continued their legacy by taking first and second place in both boy's and girl's competition.

Although they took top honors for the region, they did not all qualify for the national competition. Boys were required to get 1,875 points and girls were required to get 1,250.

The pride of Mar Vista was their first place girl's team, which qualified with 1,258 points.

The lady "Mariners" were the only team to qualify in the competition out of the 17 boy and girl teams.

Regional competition is a preliminary event to qualify teams for the National Youth Physical Fitness Competition.

The national event is held here annually.

Each team was made up of five high school students, all under the age of 20.

Various Junior ROTC programs were represented including the Marine Corps, Navy, Army and Air Force.

The program promotes self-improvement of the country's youth in a physical, moral and mental manner, according to RS San Diego.

Eligible schools for the regional competition ranged from Las Vegas to San Bernardino, out to El Centro and down to Chula Vista.

The majority of the teams came from San Diego County schools. Some use this event to test themselves for other competitions or prepare their teams to compete next year.

James Madison High School's Army Junior ROTC cadets placed third in the boys' bracket. They used this event as preparation for an Army cadet challenge they will be hosting in the near future, according to retired Army 1st Sgt. Theodore Jenkins an advisor from Madison.

Unqualified teams will work on their skills in preparation for next year's competition.

"Our goal was to break 1,300 and we scored 1,280," said retired Col. Robert E. Jackson, senior Marine instructor, Sweetwater High School Marine Corps Junior ROTC. "We graduated a lot of guys last year and most of the students this year are participating for the first time."

"This is a rebuilding year for us and we hope to use this as a starting point."

Although the teams had a tough time this year, they were in high spirits after the event when they received prizes from RS San Diego at the awards ceremony.

The ladies of Mar Vista will go on to represent the region at the 2004 National Youth Physical Fitness Championship from May 19 to 22.



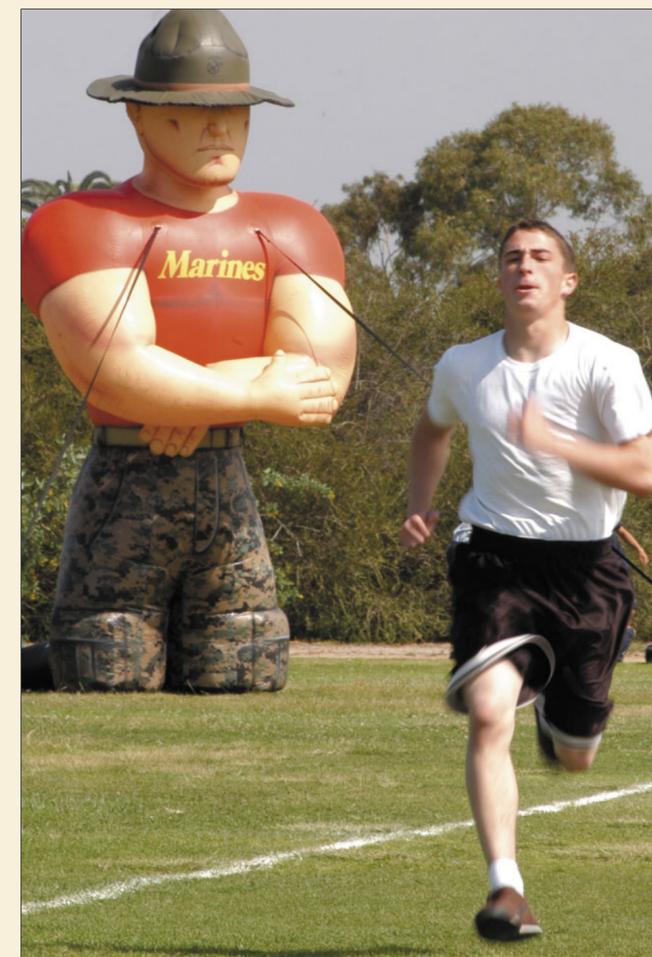
James Madison High School's Paul Pham performs 54 push-ups in the Regional Youth Physical Fitness Competition April 3. Madison placed third in the boy's bracket of the competition.



James Madison High School students prepare to begin the push-up event.



Army Junior ROTC cadets from James Madison High School strain to complete as many sit-ups as they can.



Elliot Aquila of Westview, a Poway, Calif. high school, sprints past the inflated drill instructor during one of his five relays in the shuttle run. Westview's boys teams placed fourth and eighth in the tournament.



David Perfecto, Mar Vista High School, works on his 13 pull-ups, which helped put his school in the first and second place rankings. Although neither of Mar Vista's boy's teams qualified, they were at the head of the class among other regional schools.

Corps is 'perfect fit' for athletic Oregon girl

BY SGT. MICHAEL FREEMAN
Recruiting Station Portland

Eighteen-year-old Courtney Pownall has become a mainstay of the Dayton High School athletic program. Having made major contributions to the weightlifting, soccer, wrestling and track programs at the school, the DHS Pirate now faces her latest physical and mental challenge – becoming a U.S. Marine.

Two of those sports, soccer and wrestling are co-ed, forcing Pownall to compete with and against young men. Her recruiter, Sgt. Daniel Bowler, said Pownall's athleticism and talent have already turned heads and changed the way many people think of her and other women competing in co-ed sports within her school and throughout the league.

"She demands fair treatment with her actions rather than words," Bowler said. "They have to treat her like one of the guys because she can out perform half of them."

Pownall's list of accomplishments includes holding all records for female weightlifting at the school. She can bench press 160 pounds and squats more than 300. On her co-ed soccer team, she was the first woman to start every game for a full season, the first to play an entire game without getting benched and the first to receive an award at the season's end. As a wrestler, Pownall was ranked first in her weight class in the state of Minnesota for the 2001-2002 season and went on to compete in the national finals. The following year she was ranked second in the state of Oregon. This year, said Pownall, a shoulder injury early in the season brought a succession of losses that was tough to recover from, though she still wrestled her way to a 15-15 record in a sport dominated by male athletes. On the Pirates' track team, Pownall competes in the long jump, discus and shot put events.

Pownall said the Marine Corps' emphasis on physical fitness is one of the things that attracted her to the Corps' ranks early in her high school career. As a freshman, Pownall was given a Marine Corps magazine by a friend. She said she noticed a common theme

as she flipped through its pages.

"The Marines seemed a lot more physical than the other branches ... more hardcore. That's what I've wanted to do ever since," she said. "It seemed like a perfect fit."

However, Pownall said she hopes to find more than just a physical challenge in the Corps.

"I really want to get some real life experience," she said. "I could also use the discipline."

Esprit de corps weighed heavily in the equation as well.

"Every person I ever met who was a former Marine, current Marine or going to be a Marine was really excited about it," she said. "They all thought it was the best thing they'd ever done in their life."

Pownall's current track coach, Phil Johnson, is one of those former Marines. A Vietnam-era sergeant, Johnson said he thinks Pownall will do well as a Marine.

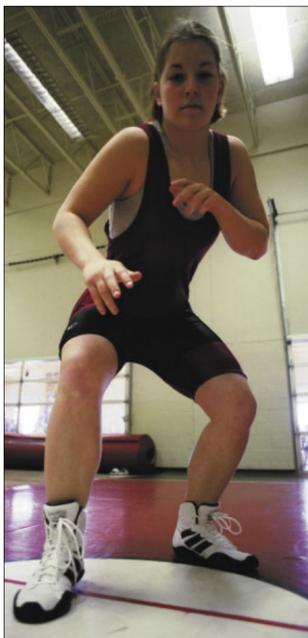
"Her personality is made for it," he said. "I think she's a person of character and integrity. If she says she's going to do something, you can bet she's going to do it."

Johnson, who has 27 years experience coaching track athletes, said DHS's track program is in its infancy, but Pownall could be an important part of its history.

"This is the first year we've had a very organized, progressive coaching plan for our throwers," said Johnson. "Pownall could be the one who starts a tradition here that lasts for years. She has the potential to be one of the very best this school has ever seen."

Throughout the final months of her senior year at Dayton, Pownall must remain focused on another long-standing tradition — becoming a U.S. Marine. She said it's a challenge she looks forward to with anticipation.

"I don't expect it to be easy," she said. "I want it to be tough. I'm really hoping it will put me in the best shape of my life and that I'll be changed for the better, so I can influence others around me to be better. I can't wait to earn the privilege to wear dress blues."



Dayton High School student Courtney Pownall will attend Marine recruit training at Parris Island, S.C., after high school. Pownall is known at Dayton as a strong athlete in several sports, many of which are co-ed.

LESSONS IN PATRIOTISM

His friends thought him crazy to forgo his career in education, but he knew the Marines needed a few good men.

BY CPL. SHAWN M. TOUSSAINT
Chevron staff

After their son earned degrees in sociology and education, Chris and Daisy Dodds thought he was on his way to a teaching career.

Little did they know their 25-year-old son would be leaving Burlington, Iowa to undergo recruit training at the Marine Corps Recruit Depot San Diego.

PFC David C. Dodds, platoon 3053, Company K, decided to put off a promising career in education to serve his country as a rifleman in the United States Marine Corps.

At first, the decision did not thrill Dodds' parents, whose younger son, George, had just returned home after serving four years in the Corps and fighting in Iraq.

"Initially, Mom and Dad were pretty upset," said Chris about his son's decision to join the Corps. "His younger brother had just gotten back, and now he was telling us he was joining the Marines. We were worried. But after he told us his reason, we could only feel proud."

A burning desire to do something to help his fellow countrymen fighting in Iraq simply outweighed his desire to do anything else, said his mother.

"It destroyed me, watching the war on TV and knowing my little brother was over there getting shot at," said PFC Dodds. "It made me feel like I had to do



PFC David C. Dodds, platoon 3053, Company K, grooms his service Alpha uniform in preparation for Co. K's battalion commander's inspection. Dodds put off a career in education to serve his country as a Marine. Cpl. Shawn M. Toussaint/Chevron

something."

Although PFC Dodds had the support of his family behind him, some of his fellow students had hard time understanding his interest in the Corps.

"Even some of my friends and professors argued against my decision," said PFC Dodds. "Their reasoning just didn't make sense to me. I felt like they were not supporting the troops or my brother."

Dodds grew tired of young people complaining, and he decided to do something about it, according to his father.

PFC Dodds said being a Marine is something he always wanted to do, and today he accomplishes that goal. Looking back on his experiences in recruit training, PFC Dodds is thankful to the Corps for

challenging him to become better in every facet of his life.

"The Corps has refined me," said Dodds. "In school, I educated my mind. Here, I built my character."

Dodds aspires to be in the decision-making world of politics someday, and he said the experience he'll gain in the Marine Corps can only help.

"The Marine Corps, more than anything else, teaches leadership," said PFC Dodds.

A field that demands high leadership standards, politics should be a comfortable fit for a person with a bachelor of science in sociology, a bachelors of arts in education and priceless Marine Corps knowledge and experiences.

REVISITING ROOTS



Born in the U.S., relocated to Ecuador, he served and fought proudly for his homeland – both of them.

BY SGT. L. F. LANGSTON
Chevron staff

Steaming toward Peru along Argentina's coastline, the lance corporal prepared to face the same army that killed his fellow Ecuadorian soldiers.

"It was very difficult. I had flashbacks," said Staff Sgt. Erick E. Velez, a Kilo Company senior drill instructor.

Even though Velez was operating with Marine Forces Unitas as a U.S. Marine he once operated as an infantryman in the Ecuadorian army.

While on Unitas, conducting multilateral naval and amphibious operations to promote mutual understanding and friendship, Velez traveled to coastal cities of South America.

Being a translator for his unit, Velez was close and personal with the Peruvian soldiers, stirring emotions and bringing back memories.

Velez's section leader was aware of his plight with the Peruvian army when he was in Ecuador and pulled him aside and explained he was now a U.S. Marine with a different mission, according to Velez.

Velez recalls that time quite vividly.

"It hit me hard. These were the guys that killed my friends," said Velez.

"He was a very confident, hard worker who remained professional during his duties as a translator," said Staff Sgt. Marvin Reyes, crew chief, section leader, 2nd Assault Amphibious Battalion, Company D, 2nd Marine Division.

After the week-long training with the Peruvian army it was off to Ecuador where emotions were stirred once again, but this time they were exciting and positive.

Leaving a wake behind, the ship's course was set to navigate south and arrive in Ecuador.

Velez recalls the Ecuadorian ships standing by to escort the American ship to the city of Salinas and later to the port of Manta.

"It was an emotional moment for me when I first spotted the flag on the ship," said Velez. "It was that Ecuadorian pride for country."

Velez was able to take leave and visit with his family as well as his old unit.

The deployment gave Velez in many ways a sense of appreciation to country, Corps and family.

"I had a good experience. I appreciate life more because of that experience," said Velez.

Being obligated to serve fourteen months in the Ecuadorian army was something Staff Sgt. Erick E. Velez, senior drill instructor, Company K, Platoon 3057, enjoyed.

Velez was born in Santa Monica, Calif., and later moving to Quevedo, Ecuador, at age two. Velez grew up in a middle-class family where his mother was a teacher and his father was a farmer.

Velez and his four brothers and sister were never out of a job working on his father's crops of coffee beans, bananas, and oranges.

The discipline and rigorous farm work paid off when it came time to enlist into the Ecuadorian army.

"I enjoyed it, the discipline, it was something I've always wanted to do," said Velez.

Velez said the one difference between the Ecuadorian army training and Corps training was the live rounds they carried throughout their recruit training.

"Here it's a teaching process with more knowledge courses and better equipment," Velez said.

In the Ecuadorian army each recruit carried a rifle with five magazines filled with 100 rounds. Basic training lasted three months, and at six months they were considered senior recruits. After one year, they were officially soldiers.

"In Ecuador, during our training, our instructors threw us out there and told us to figure it out. The philosophy was to be ready for whatever came along," Velez said.



Staff Sgt. Erick E. Velez, senior drill instructor, Platoon 3057, Company K, with his unit in Ecuador. Photo courtesy of Velez

In his time in the army, he received a combat promotion to corporal and had seen his country in combat against Columbia, fighting drug interdiction and against Peru fighting over territory disputes.

After his time in service, Velez's father insisted he and his brother return to the United States for their safety and well-being.

Velez wanted to reenlist in the army, but his father was the family's final decision maker.

"He was a tough man," said Velez. "What he said, went. It was a good decision I'm still wearing green."

Returning to the military was Velez's goal.

"Since I arrived here (United States), I've always wanted to be part of the military," Velez said.

His quest to join the military started with the Air Force who told Velez he wasn't eligible because of a language bar-

rier. He then pondered the Navy, which became just a passing thought. Turning to the Marine Corps, the opportunity to wear green once again was bright. One month later, he was stepping on the yellow footprints on Marine Corps Recruit Depot San Diego.

Velez enlisted with an open contract, and subsequently became an amphibious assault crewman. He admitted he was a little disappointed because he wanted to become an infantryman to mirror his time in the Ecuadorian army.

"I was a little down when I found out what an AAV crewman was, but it all changed once I got to the fleet," Velez said.

Velez is about to complete his seventh and final training cycle and return to the AAV community with 3rd Assault Amphibious Battalion, 1st Marine Division, Camp Pendleton, Calif.

"Since I arrived here, I've always wanted to be part of the military."

— STAFF SGT. ERICK E. VELEZ



Staff Sgt. Erick E. Velez, senior drill instructor, Platoon 3057, Company K, was born in Santa Monica, Calif., but later moved to Quevedo, Ecuador, where he served 14 months of obligated service with the Ecuadorian Army. Sgt. L. F. Langston/Chevron

KILLER KILO



COMPANY HONORMAN
Lance Cpl. G. L. Royal
Grey Bull, Wyo.
Recruited by
Staff Sgt. M. J. Branaugh



PLATOON HONORMAN
PFC D. J. Hall
Hawkins, Texas
Recruited by
Sgt. L. Thompson



SERIES HONORMAN
PFC T. B. Kautz
Snohomish, Wash.
Recruited by
Staff Sgt. D. J. Batungbacal



PLATOON HONORMAN
PFC E. J. Ellenberger
Houston
Recruited by
Staff Sgt. J. A. Brooks



PLATOON HONORMAN
PFC M. A. Jimenez
Fort Worth, Texas
Recruited by
Sgt. M. N. Metcalf



PLATOON HONORMAN
PFC G. A. Osborn
Gilmer, Texas
Recruited by
Sgt. D. Olivarez



HIGH SHOOTER (242)
PFC D. L. Burch
Chino, Calif.
Recruited by
Sgt. Rivas



HIGH PFT (300)
Lance Cpl. G. L. Royal
Grey Bull, Wyo.
Recruited by
Staff Sgt. M. J. Branaugh

MARINE CORPS RECRUIT DEPOT & WESTERN RECRUITING REGION
Commanding General
BRIG. GEN. J. M. PAXTON JR.
Sergeant Major
SGT. MAJ. F. E. PULLEY

RECRUIT TRAINING REGIMENT
Commanding Officer
COL. W. M. CALLIHAN
Sergeant Major
SGT. MAJ. M. L. SHEPARD
Regimental Drill Master
GUNNERY SGT. P. DOMINGUEZ JR.
Parade Adjutant
STAFF SGT. P. J. ALLEN
Narrator
STAFF SGT. R. I. VILLANUEVA

MARINE BAND SAN DIEGO
Band Officer
WARRANT OFFICER E. M. HAYES
Band Master
GUNNERY SGT. B. C. PARADIS

COLOR GUARD
SGT. J. J. VANDENTOP
SGT. E. A. GOOD
PVT. E. R. SHONENAN
PVT. E. A. WHARTON

3RD RECRUIT TRAINING BATTALION
Commanding Officer
Lt. Col. J. R. Ewers Jr.
Chaplain
Cmndr. R. B. Craft
Sergeant Major
Sgt. Maj. R. L. Watkins
Battalion Drill Master
Staff Sgt. B. M. Fuller

COMPANY K
Commanding Officer
Capt. B. R. McClune
Company First Sergeant
1st Sgt. T. T. Hoskins
Company Corpsman
Hospitalman E. Bonafacio

SERIES 3053
Series Commander
Capt D. C. Maze
Series Gunnery Sergeant
Staff Sgt. C. L. Brown

PLATOON 3053
Senior Drill Instructor

Series Gunnery Sergeant
Gunnery Sgt. T. C. Whitcomb

SERIES 3057
Series Commander
Capt D. C. Maze
Series Gunnery Sergeant
Staff Sgt. C. L. Brown

PLATOON 3053
Senior Drill Instructor

Gunnery Sgt. D. P. Fraser
Drill Instructors
Gunnery Sgt. R. T. Dolan
Staff Sgt. W. F. Layton

Pvt. J. L. Abarca
PFC S. D. Aguiniga
Pvt. A. D. Aguirre
PFC R. J. Anderson
PFC M. C. Bailey
Pvt. J. E. Ballinger

PFC J. M. Barrios
PFC G. D. Bilas
PFC B. R. Blackstone
Pvt. R. Blanco
*PFC D. L. Burch
Pvt. E. D. Cartwright
Pvt. J. S. Castaneda
Pvt. J. K. Choi
PFC M. J. Davis
*PFC S. G. Delcampo
PFC L. R. Dadds
Pvt. S. Doom
Pvt. K. K. Durham
Pvt. A. J. P. Dwaileebe
PFC E. L. Ervin
PFC L. A. Farias
PFC C. E. Flores
Pvt. S. P. Garcia
Pvt. A. N. Garcia
PFC P. J. Glandon
Pvt. A. J. Gonzales
Pvt. R. Gonzalez
Pvt. M. Greif
Pvt. D. G. Gross
PFC D. J. Hall
Pvt. T. M. Halladay
Pvt. D. T. Hermann
Pvt. K. R. Herrarte
*PFC B. J. Herstberger
PFC J. C. Hill
Pvt. S. Hoffman
PFC R. G. Horton
Pvt. W. Huckabay
Pvt. M. S. Hurt
Pvt. A. M. Ibarra
*PFC J. W. Jack
Pvt. A. D. Jackson
PFC T. V. Kim
Pvt. J. R. Klueemper
PFC T. N. Leal
PFC J. R. Lim
Pvt. W. F. Mann
PFC A. D. Martinez
Pvt. D. A. McGill
Pvt. J. L. Mendoza
Pvt. M. C. Miller
Pvt. A. M. Mitchell
PFC J. A. Morales
Pvt. J. L. Newton
Pvt. N. M. Noebels
Pvt. N. R. Tator

PLATOON 3054
Senior Drill Instructor
Staff Sgt. T. D. Simmons
Drill Instructors
Staff Sgt. M. J. Williams
Sgt. E. Cole
Sgt. J. A. Hulette

Pvt. J. A. Alfaro
Pvt. L. H. Benally
Pvt. A. R. Bencomo
Pvt. N. V. Benedict
*PFC D. J. Bocksnick
PFC C. M. Cambren
Pvt. T. R. Campbell
PFC M. M. Canales
Pvt. M. S. Carney
Pvt. M. Castro
PFC N. N. Chiv
PFC R. E. Christian
Pvt. J. T. Clancy
PFC M. R. De La Rosa
PFC E. Delgadillo
Pvt. D. J. Detmer
Pvt. D. H. Dixon
PFC I. N. Dmitruk
Pvt. D. D. Dorsey
*PFC P. A. Duran
Pvt. A. M. Ebert
PFC B. D. Egan
PFC A. J. Elder
PFC J. S. Ellenberger
PFC A. P. Ellenberger
*PFC C. P. Elson
PFC M. E. Ewing
PFC J. D. Farrall
Pvt. J. B. Flueckiger
PFC J. A. George
Pvt. J. S. Gilbert
PFC H. E. Gonzalez
Pvt. M. R. Gonzalez

PLATOON 3057
Senior Drill Instructor
Staff Sgt. E. E. Velez
Drill Instructors
Staff Sgt. D. W. Johnson
Staff Sgt. D. R. Kazmar

Pvt. F. O. Adams
Pvt. N. C. Bergman

Pvt. L. O. Guevara
Pvt. C. M. Holmes
PFC C. S. Hopwood
Pvt. T. L. Jackson
Pvt. L. F. Johnston
Pvt. R. A. Jordheim
Pvt. S. N. Kanifati
PFC T. B. Kautz
Pvt. A. J. Keence
PFC J. P. Kellogg
PFC L. R. Lafko
Pvt. W. V. Langehennig
*PFC J. B. Leuthold
Pvt. A. J. Lewis
Pvt. A. J. Lieber
Pvt. R. A. Loera
Pvt. O. J. Loera Aguilera
Pvt. J. L. Loeve
PFC R. Lopez
PFC R. J. Schambach
Pvt. D. C. Skroch
Pvt. S. L. Sor

PLATOON 3055
Senior Drill Instructor
Staff Sgt. D. A. Liesik
Drill Instructors
Staff Sgt. O. Pineda
Sgt. M. R. Murphey
Sgt. H. M. Flores

PFC M. Acosta
Pvt. A. G. Alvarado
Pvt. J. L. Anderson
PFC C. D. Anderson
PFC D. W. Barney
Pvt. M. S. Basham
*PFC V. E. Bonura
Pvt. T. R. Casarez
PFC M. C. Chung
Pvt. K. J. Clark
Pvt. C. A. Claxton
Pvt. M. J. Cruz
*PFC W. J. Daugherty
PFC M. D. Davis
Pvt. M. A. Deweerd
Pvt. M. Diaz
Pvt. R. M. Duran
PFC E. J. Ellenberger
*PFC G. K. Estores
Pvt. C. R. Forcum
*PFC C. G. Garcia
Pvt. D. W. Gauss
Pvt. K. T. Goddard
PFC T. J. Hall
Pvt. G. D. Halterman
Pvt. J. K. Han
Pvt. H. C. Hill
PFC S. G. Hitchings
Pvt. A. M. Hoefft
Pvt. K. J. Kassebaum
Pvt. J. D. Kerner
Pvt. M. C. Leal
Pvt. H. S. Lee
Pvt. A. Lopez
Pvt. W. R. Maley
Pvt. P. M. Mata
Pvt. J. M. Medina
Pvt. J. Medinallamas
Pvt. J. C. Montelongo
Pvt. J. R. Moore
Pvt. E. Munoz
PFC A. J. Neumann
Pvt. E. M. Ponce
Pvt. N. M. Pothner
Pvt. J. M. Reyes
Pvt. M. D. Robinson
Pvt. C. R. Rogers
PFC B. M. Runnels
PFC B. M. Shoemaker
Pvt. F. G. Vigil
Pvt. N. R. Williams

PLATOON 3058
Senior Drill Instructor
Staff Sgt. J. A. Politte
Drill Instructors
Sgt. W. W. Hunt
Sgt. M. V. Leon
Sgt. I. G. Bamba

Pvt. M. C. Baldwin
Pvt. C. J. Bogadi
Pvt. J. S. Cronan
Pvt. A. L. Davenport
Pvt. M. A. Diaz
Pvt. L. F. Duran
Pvt. T. C. Hunter
Pvt. M. R. Lord
PFC M. G. Malone
Pvt. E. A. Martinez
Pvt. E. C. Mason
PFC R. L. Metzger
PFC D. D. Miller
Pvt. M. A. Mills
PFC J. Mitchell
Pvt. D. M. Mix
PFC P. M. Moore
PFC L. Morales
PFC A. L. Mosier
PFC B. Moua
Pvt. J. J. Nava
Pvt. A. J. Nichols
Pvt. P. M. Nichols
Pvt. M. A. Nowacki
*PFC D. H. Oakes
Pvt. J. C. Olivas
PFC C. M. Owens
*PFC N. S. Ozuna
PFC E. J. Partin
Pvt. P. W. Pederson
*PFC J. Perez

Pvt. B. I. Brown
Pvt. J. K. Calhoun
Pvt. N. A. Calvillo
Pvt. J. S. Campbell
PFC J. Castillo
Pvt. M. J. Colbert
PFC D. L. Dobson
Pvt. J. A. Dornon
PFC D. E. Eiland
PFC F. A. Elias
PFC S. Espinoza
Pvt. R. D. Frost
Pvt. R. Galvan
Pvt. J. H. Geiger
PFC J. S. Gnahreman
PFC D. L. Goldsmith
PFC S. R. Harrop
Pvt. W. D. Hartman
PFC M. J. Hopkins
*PFC M. A. Jimenez
PFC K. B. Johnson
PFC J. T. Kim
Pvt. N. J. Lang
PFC J. R. Lee
*PFC M. Lemus
PFC J. A. Lewis
Pvt. B. K. Longmore
Pvt. P. Manichanh
PFC A. K. McCambridge
Pvt. D. McCraig
PFC M. L. McLaughlin
Pvt. B. S. Mettlen
Pvt. G. L. Miles
Pvt. R. J. Moreno
Pvt. M. A. Neidert
Pvt. J. W. Parker
Pvt. F. Perezobles
Pvt. B. R. Reynolds
PFC E. Ruvalcaba
*PFC J. Salazar
Pvt. K. A. Sanborn
PFC P. S. Skora
PFC J. M. Taylor
PFC H. P. Tillman
PFC K. Torres
PFC D. E. Tracy
Pvt. J. B. Victory
PFC M. A. Villalobos
Pvt. B. R. Voisine
*PFC B. J. Vroman
PFC A. J. Whitehead
PFC E. R. Workman
Pvt. A. G. Zapata Gonzales



PFC Kyle Johnson, Platoon 3053, Company K, inspects his M16-A2 service rifle for cleanliness after a day of shooting at Edson Range, Camp Pendleton, Calif. Sgt. L. F. Langston/Chevron

Pvt. A. R. Pfaff
Pvt. G. R. Powers
Pvt. N. F. Randazzo
PFC B. D. Redd
PFC J. W. Rode
*Lance Cpl. G. L. Royal
Pvt. T. L. Sahagun
PFC F. M. Schachtrup
Pvt. P. F. Seeling
PFC N. O. Spencer
Pvt. M. L. Stevenson
PFC G. S. Stroh
Pvt. P. M. Stroker
Pvt. J. S. Summers
PFC A. J. Trevino
Pvt. J. G. Trevino
PFC M. J. Valdez
PFC N. A. Vetsch
*PFC P. C. Wayman
Pvt. E. A. White
Pvt. T. B. Williams
Pvt. R. A. Wiza
PFC E. C. Zacharias
Pvt. N. D. Ziemer

PLATOON 3059
Senior Drill Instructor
Staff Sgt. J. W. Bryant
Drill Instructors
Staff Sgt. D. Roughan
Staff Sgt. P. F. Agan
Sgt. J. Rusinko

PFC J. L. Chapman
Pvt. R. J. Farnsworth
PFC S. N. Garcia
Pvt. R. R. Myers
Pvt. J. A. Olson
*PFC G. A. Osborn
PFC R. L. Owen
Pvt. K. A. Parsons
Pvt. J. S. Partridge
Pvt. D. G. Pedroza
Pvt. J. J. Pelot

*Denotes meritorious promotion



Recruits from Company K review a checklist to help them transition between recruit training and infantry training. After leaving the Depot as Marines, they will go on 10 days of leave and then report to School of Infantry, Camp Pendleton, Calif. Lance Cpl. Edward R. Guevara Jr./Chevron

COMPANY CURIOSITIES Here's how men from Kilo Company answered Chevron's random questions about their boot camp experiences:

Q: What did you miss most from civilian life?



Pvt. Kevin A. Parsons
Bartlesville, Okla.

A: Almost everything.

Q: What's the first thing you'll do when you get home?



Pvt. Daniel J. Torres
San Jose, Calif.

A: Eat whatever I see, and watch TV.

Q: What was your worst civilian job?



Pvt. Ricky R. Myers
Chicago

A: A temp agency gave me a job at a toothpaste production plant.

Q: Who is the meanest drill instructor?



PFC Yat S. Yan
San Francisco

A: No comment.

Q: Why did you join the Marine Corps?



PFC Jacob J. Trevino
Santa Maria, Calif.

A: To do my part for my country and someday raise a good family with good values.



Retired Sgt. Maj. Douglas R. Barr PARADE REVIEWING OFFICER

Retired Sgt. Maj. Douglas R. Barr is a native of Westfield, N.J. He entered the Marine Corps July 24, 1962. Upon completion of recruit training at Marine Corps Recruit Depot, Parris Island, S.C., and Infantry Training School at Camp Lejeune, N.C., he was assigned to Naval Air Station Memphis, Tenn., for aviation training.

After completion of the jet mechanic "A" course and other related courses, Barr reported for duty at Marine Air Group-32, 2nd Marine Air Wing, Marine Corps Air Station, Beaufort, S.C.

After two years with MAG-32 at Beaufort and Naval Air Station Roosevelt Roads, Puerto Rico, he reported to 1st MAW in Japan. He was assigned to VMFA-323, the unit he served with in the Republic of Vietnam. After re-enlisting in Vietnam, he reported to MCAS, Iwakuni, Japan. From there, he was reassigned to MCAS, Yuma, Ariz.

In June 1971, Barr reported to MCRD San Diego for Drill Instructor School. Upon completion of the school, he reported to Kilo Company, 3rd Recruit Training Battalion where he served as a drill instructor, platoon commander and series gunnery sergeant until November 1974. When his tour on the drill field was over, he returned to 1st MAW for duty with VMFA-115.

After completing a Western Pacific tour, Barr reported to MCAS, El Toro, Calif., for duty with VMFA-323, 3rd MAW. In October 1978, he was promoted to first sergeant and served as squadron sergeant major aboard the USS Coral Sea, which deployed to the Western Pacific and Indian Ocean during the Iranian crisis. After the deployment, VMFA-323 returned to El Toro, and Barr reported to Headquarters and Service Company, 1st Tank Battalion, 1st Marine Division, Camp Pendleton, Calif. Barr's next tour of duty was with the Marine Detachment aboard the USS Kitty Hawk. He returned to MCRD San Diego in January 1982. He served as sergeant major of Support Battalion and also as Third Recruit Training Battalion sergeant major. In June 1985, he reported to 3rd MAW for duty as sergeant major of HMM-161.

With HMM-161, he deployed to the Western Pacific aboard the USS Tarawa as the ACE sergeant major of 13th Marine Amphibious Unit in 1986. In July 1987, Barr reported to 11th MAU at Camp Pendleton.

July 3, 1990, Barr assumed duties as regimental sergeant major of 1st Marine Regiment, 1st Marine Division. While serving with the regiment, he also served as sergeant major for Task Force Papa Bear during Operation Desert Storm in the liberation of Kuwait. He was assigned to the post of 1st Marine Division sergeant major March 22, 1991 in Saudi Arabia.

Barr's awards and decorations include the Legion of Merit Medal, the Meritorious Service Medal; two Navy and Marine Corps Commendation Medals - one with Combat "V"; the Navy and Marine Corps Achievement Medal, two Combat Action Ribbons and nine Good Conduct Medals.

Since retiring from the Marine Corps Aug. 1, 1992, Barr has worked at National University as associate regional dean of military base programs. He has a Bachelor of Science Degree from Southern Illinois University and a Master of Business Administration Degree from National University. Barr and his wife Sueno, currently reside in San Diego.

A BRUTE CHALLENGE

Strong bodies compete for bench press crown

By Cpl. Shawn M. Toussaint
Chevron staff

Marine Corps Community Services here began Bench Press Challenge March 31.

The mood among the competitors, prior to the competition, created an atmosphere of excitement and anticipation, according to Sgt. Joseph C. Bowman, school and orders section chief, Consolidated Personnel Administrative Center.

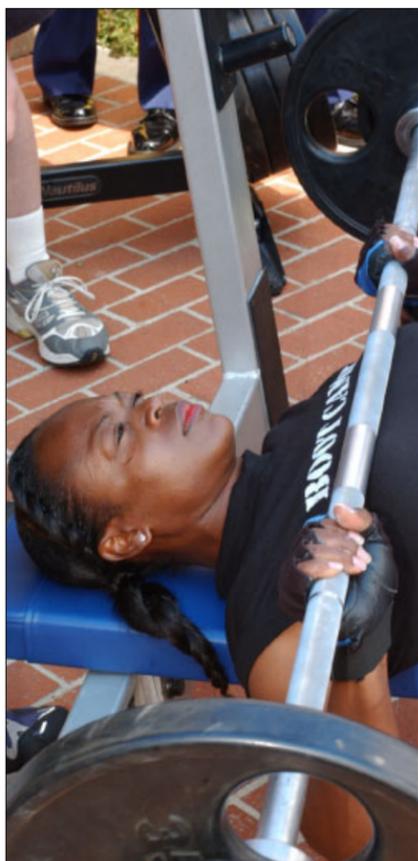
"I'm nervous; look at my hands," said Bowman, as he showed two quivering hands while looking at the bulletin board to see what other competitors were slated to lift on their first attempts. "This is going to be insane!" Bowman shouted as he clenched his fists.

The Bench Press Challenge's growing popularity has caused all the excitement, according to Kelly J. DeNeui, MCCS health and fitness promoter.

"This event has grown in the past two years I've been here," said Sgt. Maj. Don W. Gallagher, 2nd Recruit Training Battalion sergeant major, who came out to support the Marines from his battalion participating in the event.

Something about lifting great amounts of steel over the chest gets service members fired-up about the bench press competition.

"I love it," said Bowman after putting up 350-plus pounds. "I think it allows those Marines who might not be 18-minute three-mile runners to showcase



Gunnery Sgt. Jaunita L. Moore, drill instructor, Academic Instruction Platoon, bench presses 135 pounds. The weight was enough to make her the top finisher among the women. Sgt. L. F. Langston/Chevron

their strengths."

The event gives weight-room warriors a professional atmosphere to put their long hours of hard work to the test, according to DeNeui.

"The event is popular because of the professional matter in which it is conducted," said DeNeui. "They know the judges will be very critical on every lift, and nobody will be given any breaks. It is a challenge they enjoy."

While some came for the challenge and competition, retired Sgt. Maj. Terrel Thompson, 72, came for the workout.

"I workout here all the time," said Thompson whose 225-pound lift drew cheers from the crowd.

Thompson was a drill instructor aboard the Depot from 1966 to 1972, and he noted the difference events like the bench press challenge bring to today's Corps.

"They have really done something fabulous here," said Thompson. "We did not have this competition when I was in the Corps. I think it motivates people to get in the gym, and everybody needs to stay physically active. The goal is to stay in shape and you're never too old to get in shape."

Boasting the largest attendance of any bench press challenge to date with more than 200 people, this year's event also included a health and fitness exposition to tie in an overall wellness concept.

"It is important to expose service members and their families to the benefits of healthy lifestyles," said Natalie Francisco, Key Volunteer Network coordinator.

Many vendors there, ranging from skincare professionals to athletic trainers, were happy to share in the experience of Bench Press Challenge.

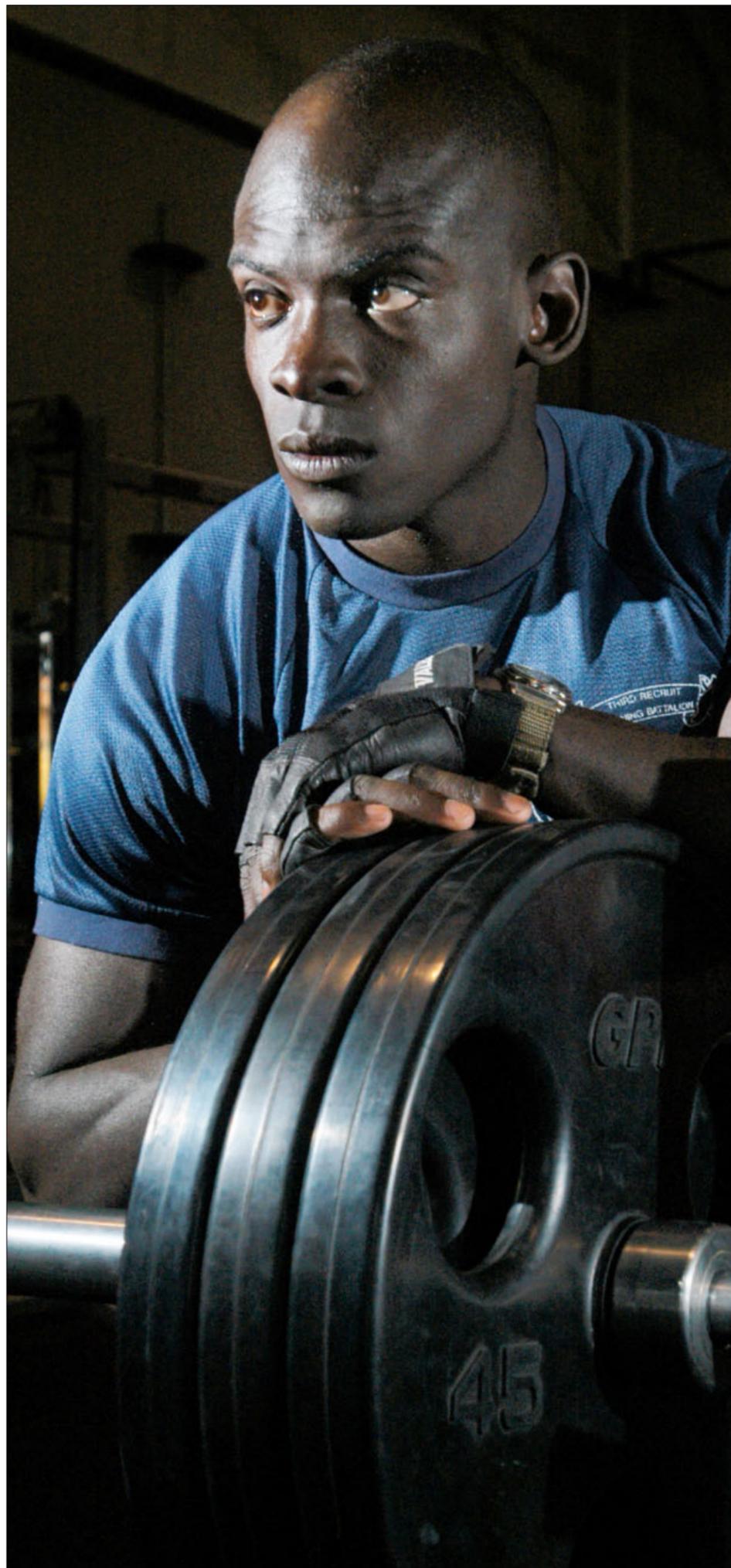
"Even Marines need to look good," said Mindy Thurlow, a skin-care company assistant manager, behind a table of shaving products and facial cleansing creams.

"Marines are the epitome of the benefits of outstanding physical fitness," said Santiago Ramirez, an independent distributor of health and sports performance supplements. "This competition proves it."

At the end of the day, many competitors took advantage of free food and massages to help their muscles recover.

"You can't beat this," said Sgt. Elizabeth M. Inglese, graphic artist, Command Visual Information Center, after sipping on a rehydration drink after her final lift. "Can't wait to compete in the next one," she added.

For more information about the bench press challenge, call the fitness center at (619) 524-4427. The Depot will hold future Bench Press Challenges May 12, July 14 and Sept. 8. The Sept. 8 challenge is part of the CG's Cup competition and is open to active duty Depot personnel only.



Company K senior drill instructor Staff Sgt. Joseph R. Williams lifted 360 pounds to claim the men's overall crown at Bench Press Challenge. The weight is approximately 2.25 times Williams' body weight. Lance Cpl. Jess Levens/Chevron

BENCH PRESS CHALLENGE RESULTS

MEN'S WEIGHT CLASS (pounds)	1ST PLACE FINISHER	WEIGHT LIFTED (pounds)
MASTER'S	Maj. James C. Chapman	325
148 AND BELOW	Sgt. Marco L. Barrios	250
149 TO 165.75	*Staff Sgt. Joseph R. Williams	360
166 TO 181.75	Staff Sgt. Martin Brewer	315
182 TO 197.75	Coast Guard Lt. Jason Brand	350
198 TO 220	Staff Sgt. Astro Fields	385
220 AND UP	Michael L. Enoch	410
WOMEN'S WEIGHT CLASS (pounds)	1ST PLACE FINISHER	WEIGHT LIFTED (pounds)
130 AND UP	*Gunnery Sgt. Juanita L. Moore	135
MASTER'S	Col. Angela Salinas	70

*Overall champions