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VOL 64 — NO 18 — COMPANY D

WEDNESDAY, JUNE 30, 2004

WWW.MCRDSD.USMC.MIL



H A P P Y I N D E P E N D E N C E D A Y ★ B E S A F E

This 4th of July remember the importance of defending freedom

As we pause to celebrate the birth of our freedom and independence this Fourth of July weekend, we should all consider the significance of this date in our history. On this day, we commemorate our independence as a nation. We can reflect upon our humble beginnings, and marvel upon those brave Americans and their courageous deeds that helped ensure we could one day witness the United States being recognized as the greatest democracy ever known.



FROM OUR CG

Like the Marines of today, our forefathers were well intentioned, dedicated and highly motivated. They were determined to settle this land known as the Americas and build a republic founded on the tenets of individuality, freedom, and equality. They established our government to look after the greater good of all people, while maintaining the basic, personal freedoms of life, liberty and the pursuit of happiness.

Reflecting on our past and future, I believe it's important for each of us to consider our individual responsibilities and contributions to our great nation. More than a hundred years ago, a famous journalist named Elmer Davis said of our country, "The republic was not established by cowards, and cowards will not preserve it. This will remain the land of the free only so long as it is the home of the brave."

There is no doubt in my mind that our nation will forever remain the home of the brave as long as Americans such as yourselves staff our ranks. America has always depended on the courage and character of her people in the military, and our military has never let our country down. The sacrifices and hardships you and your families bear clearly illustrate our individual and collective resolve to ensure that the ideals of freedom and democracy will burn brightly for all to see, today and tomorrow.

So, as you head off to barbecues, or the beach, or simply relax with your friends and loved ones, remember the significance of this day in our history. As Americans, we have much to be thankful for.

I ask also that you pause and remember our fellow brothers and sisters serving around the world, many in harms way, who cannot be with us today. Be proud of them, be proud of yourselves, and be proud of the tremendous job we all do in the service of our country. Have a safe weekend; you deserve it. Semper Fidelis!

Sincerely,

J.M. Paxton Jr.

Brigadier General, U.S. Marine Corps



A FEW GOOD COPS

New York police recruit aboard Depot

CPL. SHAWN M. TOUSSAINT
Chevron staff

The Marine Corps is not the only organization looking for a few good men and women.

The New York Police Department came aboard the Depot June 22 to administer a free exam at Burke Hall to more than 100 active duty and veteran service members.

The NYPD was pleased to present this opportunity to recruiting prospects on the West Coast for the first time, said Gunnery Sgt. Alexander P. Kitsakos, who serves both the NYPD and the Marine Corps Reserves.

"Extending an opportunity like this to Marines across the country is something I'm proud to be a part of," said Kitsakos.

The free exam is part of a NYPD philosophy: To be the best, you must recruit the best, according to Kitsakos. The recruiting event encouraged those who serve, or who have served, to take advantage of testing, and NYPD officials keep the test and hiring results indefinitely to present a win-win opportunity.

"The important thing to recognize is there is nothing to lose and all to gain," said Kitsakos.

"I took advantage of the opportunity to take the test because it can only give me more options

for when I decide to get out of the Corps," said Lance Cpl. Patrick A. Weir, legal clerk, Staff Judge Advocate's office here.

Weir said the 85-question, multiple-choice test was challenging but not overwhelming.

While the NYPD encourages those who seek to retire from the armed forces, the opportunity presented through the test provides options for people whether they stay four or 20 years, as long as they are under 41 years old.

Although all services were invited for testing, the Marine Corps is a definite focal point of recruiting in the NYPD, according to Kitsakos.

"There is a lot of Marine Corps influence in the New York Police Department," said Kitsakos. "Many of the leaders in the NYPD built their foundation in the Marine Corps."

According to retired Master Sgt. James D. Browning, NYPD military liaison, the NYPD is a great place for a civil-minded person to continue serving people.

"For me, the NYPD was a good fit. I like serving people and belonging to a tight-knit community," said Browning. "I've received the best of both worlds serving the finest military service and America's finest police force."



New York Police Department military liaison, Gunnery Sgt. Alexander P. Kitsakos, addresses service members outside Burke Hall before an exam. The book under his arm is a police officer's autobiography. Cpl. Shawn M. Toussaint/Chevron



HONOR PLATOON

Climbing the mountain of West Coast training.

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THE REAPER

FIRST LINE OF DEFENSE

Marines from PFC to sergeant are Iraq's defense corps drill instructors.

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SOFTBALL



2nd better than 1st

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Relief society commemorates centennial with quilt

BY CPL. SHAWN M. TOUSSAINT
Chevron staff

A quilt commemorating the Navy and Marine Corps Relief Society's 100 years of service hung in the society's office here June 18-25 before Marines delivered it to Naval Station San Diego.

The quilt's next destination is one in a patchwork, stateside tour of Navy and Marine installations. Volunteer Judy Dott sewed together the quilt's 54 squares, which were created by volunteers from 54 full-service society offices.

"Throughout our centennial year, we will ship this quilt to each of our mainland offices for local display and enjoyment," said Mike Brown, Navy and Marine Corps Relief Society director here. "It is a beautiful commemoration of the centennial and a testimony to the creativity of our volunteers."

Relief society volunteers primarily work to provide financial and educational assistance to U.S. naval services members, family members, and survivors of the deceased. For more information on the Navy and Marine Corps Relief Society, call Brown at (619) 524-5734.



The Navy and Marine Corps Relief Society's 100-year-commemorative quilt hung in the society's office aboard the Depot June 18-25. Cpl. Shawn M. Toussaint/Chevron

HEALTH AND SAFETY

BEATING THE BENCH

Trainer has answers for more effective bench-press routine

BY KENNY YOUNG
Depot personal trainer



So, you want to increase your

bench press? All right, how are you going to do it? Some people would say, "I'll bench every other day and keep adding weight and that should do it." Will it? Sure you'll make some gains - eventually - maybe. More likely you would rapidly plateau and get frustrated. The fact is that a widely varied routine incorporating both multi-joint, compound exercises (presses) and single joint isolation exercises (flies), followed by three or four days rest between sessions, is a much more efficient and productive method for raising your bench weight.

I am going to recommend several different exercises: free-weight presses and flies, plus some chest machines. And don't forget the ever popular and very efficient push-up. You should do at least three sets of each exercise, varying your reps and weights. Do five to eight different exercises in this strictly chest session. You can modify these suggestions to fit your time restraints, but the more you can stimulate the chest muscles from different angles, the better off you'll be.

Proper form consists of a two second lift, a one second pause at the peak of contraction and a four-second return. Exhale on the lift

and inhale on the return. Do not let the weight drop! Do not bounce it off your chest! Do not arch your back and lift your butt off the bench! Bad form can cause torn muscles or damage to connective tissue.

Always start your workouts with multi-joint, compound exercises: flat bench, incline bench or decline bench. These are the exercises that allow you to move the most weight and target the middle, top and bottom of the chest.

You should work three sets of each with enough weight to reach muscle failure between eight to 12 reps in the first set, six to 10 reps in the second, and four to eight reps in the third. Working to failure breaks down muscle fiber and the body's rebuilding process is what adds mass and strength. You should rest for one to three minutes between each set. This gives muscle a chance to recover somewhat before the next set. Use this time to stretch the muscles you're working.

Recent studies conducted by Wayne Westcott of the South Shore YMCA in Quincy, Mass., have shown a significant difference in strength gains by a person who stretches between each set as opposed to someone who only stretches at the end of a workout. Use the time to focus on your next set and keep the muscles warm and limber.

Follow the compound lifts with single joint, isolation exercises (cable crosses, dumbbell flies).

These exercises are done with a crossing motion with the elbows locked in a bent position, and stimulate the muscle fibers from a different angle. Since you won't be able to use as much weight as in a compound exercise, you should work higher reps (10-12) to failure. Concentrate on form.

Now hit the chest machines - a couple of sets each of chest press and pec deck. The machines lock you into a good lifting position and are a great way to finish up when you're tired.

After the machines, finish off with push-ups. Do three sets of 25 or until failure. If you really want to test your limits, do a set of push-ups between every exercise.

If you started your last session with the flat bench, start with the incline or decline. Use dumbbells instead of the bar. Use your spotter to help you do negatives. Try a super slow set (10 seconds lift, five seconds return). Mix it up! Have fun, but work it hard!

Proper rest is vital. Take at least three to four days off between intense chest workouts (Monday/Friday for example). Working out too soon before your body is done putting itself back together just diminishes your gains. Give it a rest and make sure you drink lots of fluids. Your muscles need water and lots of it. Give it to them!

Okay, that's it. Just remember: variety, intensity, form and rest are the key components to a stronger chest.

Driving impaired goes beyond driving drunk

BY LANCE CPL. JUSTIN V. ECKERSLEY
JetStream staff

More Marines died in traffic accidents last year than in combat.

A Marine dying anytime is a tragedy, but the fact that Marines die more often in their cars on the way back to base than fighting for Corps and country in combat is not only disheartening, it's entirely unnecessary.

Sadly, most people seem to believe two common misconceptions about impaired driving. The first is that impaired driving means drunk driving.

While drunk driving is a common form of impaired driving, there are many other types. Anytime a person gets behind the wheel tired, mad, on medication, talking on their cell phone, or some combination thereof, they are driving impaired.

The second misconception is that accidents caused by impaired driving are uncommon. According to the Navy's Safety Center, one in every three Americans will be affected by an impaired-driving accident.

Another interesting statistic is that Marines are dying in car accidents every 29.5 days. Using these statistics, a Marine with a 20-year career will have seen 459 Marines die in car crashes during his or her career.

The fact is no matter how many statistics get discussed, or stories put in the newspaper, the ultimate decision to be a safe driver is left in the hands of individual Marines and sailors.

Nobody can conduct a breathalyzer test on someone who is tired or angry. Only the driver can remind himself that his medications cause dizziness, which might affect driving.

All commanders can do is tell their troops about the dangers of driving impaired and trust their troops to be responsible.

Sometimes doing as little as pulling over and taking some rest can be enough to save lives. So be safe. Be smart. Be alive.

General officers' mixed messages can muddy Corps' front sight post

BY CAPT. NEIL F. MURPHY JR.
MCB Quantico, Va.

Last week, retired Gen. Anthony C. Zinni arrived aboard Camp Lejeune, peddled his new book, criticized our civilian leadership in the Pentagon, pointed out problems and challenges and then he left us.

For over two years, I've had the opportunity to hear Gen. Zinni speak on three occasions regarding the war in Iraq. Every occasion, I left unimpressed. His record stands for itself; he served with honor. His points make sense, but something just doesn't sit well.

Perhaps it summons a sarcastic quote from Francis Grose while giving advice to officers of the British army in 1782. "When ordered for duty, always grumble and question the roster. This will procure you the character of one that will not be imposed on."

As Marines, we are taught to comment on and make corrections on issues we can control and do something about. In the case of criticizing the war in Iraq, that is not our duty. We fight the fight, we follow instructions and we do our duty. Marines have a responsibility to develop and think about better ways to fight wars, but Marines should not publicly influence or second-guess our policy makers on why we are engaged in a war.

That is but one of the reasons that make Marines the premier force to be reckoned with. We are ready when America is least ready, and we answer the call.

General Zinni may be right in his criticism and he has the luxury to examine and point fingers, but it is important to realize that we don't and shouldn't. Making statements like: "The occupation has been a disaster," or "Heads should roll," he makes good headlines and shows love of his plan when he was the

Central Command chief, but does little service to our Marines and cheapens our efforts.

Marines should resist the temptation to allow themselves to experience mental confusion, contradiction of feeling, and indecisiveness that will erode our will to fight. Even worse, we grumble and complain as Francis Grose sarcastically advised, and we won't get called to right wrongs and fight for freedom. Like it or not, we are decisively engaged with an enemy that will kill us when and wherever they can.

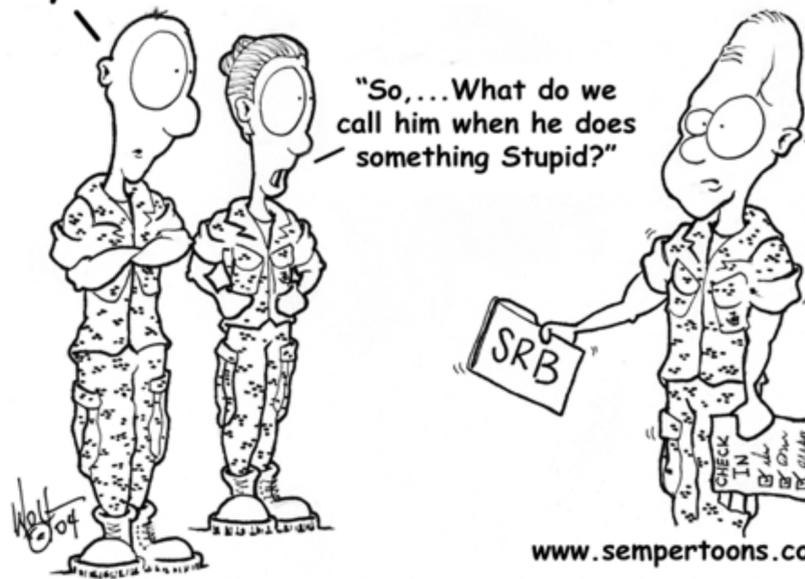
While Marines mull over what Gen. Zinni said, we can remember that he pointed out problems that have little to do with what we should be concerned about and generally failed to make a strong case on what to do next.

Dwelling in the past and pointing out perceived failures of the administration and ultimately the President should never be good conversation around Marines.

In future professional military education engagements, we Marines should ask our guests who speak on controversial issues to look to the future and make recommendations on how to do business better, not change history. We need to "Dig with the shovel we got," "Dance with the girl we brought to the ball," and "Finish our jobs."

Like a professional football team in the playoffs, Marines don't have the time or luxury to think about what our franchise owner could have done better in negotiating a better schedule for the first few games of the season. Our team is built; we've trained, we've bled and we're very much in the game. We need to continue to keep our heads in the game, improvise, adapt and overcome like we have for the past 228 years to get the job done and leave policy and criticism to our elected officials. They'll get their job done and we must do ours.

"I Can't believe it!!, His head really looks like a KNUCKLE!!"



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Wordpower

Recognizing the impact of the pen and the tongue

BY NAVY CMDR. RICHARD C. BUTLER
Marine Air Group-31

Can words be powerful? Simple puffs of air moving across our vocal cords! We are inclined to be doubtful. WORDS. A food, gas or energy shortage may exist, but not words, and we tend to discount their power. Yet, everyone of us can recall incidents in which the force of words was evident.

In mid 1968, a research team from the social psychology program at Columbia University was conducting an experiment in lower Manhattan," according to *Psychology Today*. "They were dropping wallets on the street, and learning that about 45% of the people who found the wallets returned them to their owners within a few days. The research had been in progress for some time, and this return rate, 45%, had become a reliable average.

"Then, an extraordinary thing happened. Not a single one of the wallets dropped on June 4 was returned. During that night, a young man named Sirhan Sirhan fired a bullet through the head of Robert F. Kennedy. The bullet had killed him, as the public soon learned through the news media. But it did something else as well. It damaged whatever social bonds had caused people to return those lost wallets. The bad news demoralized people and made them socially irresponsible."

Two psychologists related that incident in an article entitled, "How Good News Makes Us Good." Can it be true? Are we so affected in attitude and actions by what we hear about us? Yes, say these authors, and it doesn't take much searching the scriptures to find agreement. Proverbs is the Biblical book that most often deals with the effect of our speech, and here is what we find:

"There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing." (12:18)

"Anxiety in a man's heart weighs him down, but a good word makes him glad." (12:25)

"A cheerful heart is good medicine, but a downcast spirit dries up the bones." (17:22)

"A word fitly spoken is like apples of gold in a setting of silver." (25:11)

So these "puffs of air" have an impact on all of us, both good and bad. There are those who come to us like a damp and foggy cloud. They are the gloom-casters, and we can count on them to have a complaint or a criticism wherever they come or go. They visit in the hospital with a person who is about to have foot surgery and they tell about the surgeon in California who cut off the wrong leg. "A downcast spirit dries up the bones!" "There is one whose words are like sword thrusts."

What, then? Are we to pretend that bad news does not exist? Not at all. But it is to say that whenever we are involved with other people, we recognize and use the positive, uplifting influence of good news, of supportive affirmations. Mark Twain once said, "I can live for two months on one good compliment." There is something strengthening about affirmative words—there is power in them. They give direction.

When Job's friends were listing his strengths, one of them said this about him: "Your words have kept men on their feet." (Job 4:4) He was known for that! People were stronger because of what Job said. His good words made others glad! How fit are the words you speak every day to people you encounter along the way?



FUTURE OFFICERS PT FOR COLLEGE

Barbara McCahan, department chair for Health, Physical Education and Recreation at Plymouth State University, joins Lt. Col. Michael I. Moffett, director, Marine Enlisted Commissioning Education Program Preparatory School, observing some of the prep school students in action at the Depot's obstacle course. McCahan visited the Depot June 17-18 to observe the prep school operations in order to implement a program at PSU that will award college credit for physical training done at MECEP Prep. Lance Cpl. Edward R. Guevara Jr./Chevron



MCCS VENDOR FAIR

Marines and sailors from local military installations were drawn to the Depot's Marine Corps Exchange Friday for the Information, Tickets and Tours Adventure Expo 2004. During the expo, organizers held a drawing for prizes including tickets to Sea World and free hotel stays. Vendors from attractions and hotels in San Diego, Anaheim, Calif., Las Vegas, Florida and Hawaii offered vacation information. For more information on discount tickets to local attractions, visit the Information, Tickets and Tours office at the Marine Corps Exchange. Sgt. Ryan Smith/Chevron

Operation Homecoming

Operation Homecoming will run through Veteran's Day, allowing returning service members and up to four direct dependents, a one-time, free entry to one of the Sea World, Busch Gardens or Sesame Place parks. The offer provides for one visit to one park only. Proof of deployment or overseas service is required along with a valid Department of Defense identification and completed application form. Application forms will be available on-line and at park front gates.

Women Marines Association biennial convention

The Women Marines Association will host their biennial convention Sept. 4-8 at the Westin Horton Plaza, 910 Broadway Circle, San Diego.

Registration information can be

obtained from local WMA chapters, through the WMA Web site at www.womenmarines.org or by contacting sgtmajjudge@cox.net.

Membership in WMA is open to all women serving or having served honorably in the U.S. Marine Corps or the U.S. Marine Corps Reserve. Additional information is available by calling 1-888-525-1943.

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

a service of
Girls and Boys Town
parenting.org

The Original Father Flanagan's Boys' Home

From child development to family life, you'll find the answers you need.

For parenting resources go to www.girlsandboystown.org/btpress

A CFC participant - provided as a public service

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.

Naval Intelligence Essay Contest

The U.S. Naval Institute, the Naval Intelligence Foundation, and the Naval Intelligence Professionals are sponsoring the annual Naval Intelligence Essay Contest. This contest is designed to encourage individuals interested in naval or maritime intelligence to engage in critical thinking about the field. The deadline for submissions is Aug. 1, and the winning essay will be published in the February 2005 issue of Proceedings Magazine.

The contest is open to any military or civilian author. The maximum length is 3,500 words. The winner will receive a \$1,000 cash prize, a five-year membership in the Naval Intelligence Professionals, one to three Naval Institute Press books and a one-year membership in the Naval Institute.

All entries should be submitted to: Naval Intelligence Essay Contest, Naval Intelligence Professionals, P.O. Box 9324, McLean, VA 22102-0324. Entries submitted electronically should be sent to naintproessays@aol.com.

Free ride on the Palm Springs Aerial Tramway

Active and retired military personnel can ride the Palm Springs Aerial Tramway for free during the month of July. Up to six of a service member's guests can also ride "the world's largest rotating tramcar" for 25 percent off regular tram admission price.

For more information, call (888) 515-8726, or log on to www.pstramway.com.

NCOA Job Fair

The Noncommissioned Officers Association is hosting a Job Fair July 22 from 9:30 a.m. to 2:30 p.m. in conjunction with United Associations Group, Inc. and MilitaryHire.com. The fair, which will take place at the Scottish Rite Masonic Center, is open to all current and former military as well as the public. NCOA membership is not required.

For more information, contact Arteaia Gilliard of the Veteran's Employment Assistance Program at (800) 662-2620 ext. 288 or via e-mail at agilliard@ncoausa.org. Job seekers may also visit the NCOA Web site at www.ncoausa.org for more information and a list of companies and updates on the job fair.

Historical Society seeks executive director

The command museum Historical Society is seeking a full-time executive

director to manage the daily operation and administration of the Depot command museum and Historical Society. Responsibilities include staff supervision, funds development, facilities expansion, volunteer recruitment and supervision, command liaison, public relations and membership generation.

Qualifications for the position are demonstrated leadership and vision, excellent interpersonal skills and knowledge of finance, budgeting and strategic planning.

A bachelor's degree is required.

For more information, e-mail resumes to pat@usmchistory.com or mail them to MCRD Museum Historical Society, c/o Pat Hawkins, P.O. Box 400085 MCRD, San Diego CA 92140-0085.

Devil Pups' free camping trip

The Devil Pups Citizenship Program is offering a free 10-day camping adventure at Camp Pendleton, Calif., for qualified San Diego and Imperial County boys and girls ages 14-17, July 15-24. For more information, contact Lt. Col. Howard at (619) 421-3026.

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.

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.

Iraqi-culture classes available

The Iraqi community of San Diego would like to show their appreciation to service members heading to Iraq.

The community is available to set up a question and answer session on the Iraqi culture and people for service members deploying to Iraq. For more information on the Iraqi Community of San Diego, contact Camille Al-Atia at (619) 417-3912 or via e-mail at catallia@yahoo.com.

Submit possible briefs to the Chevron via e-mail to rockee@mcrdsd.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.

Supercharging squads

New concept empowers NCOs to make more decisions



How will the concept be employed?

Distributed Operations squads may be inserted as individual squads or collectively in platoon- or company-sized configurations. Because of their size, squads will be inserted usually during hours of darkness by aviation assets.

When inserted as part of larger formations, the units can separate and maneuver to their assigned operating areas, or operate from a platoon or company patrol base.

"DO teams will force the enemy to move," said Schmidle. "A mobile enemy trying to avoid our strike capability is increasingly vulnerable."

The way ahead

"It is an additional capability that will allow the Marine Corps to operate effectively on today's multi-dimensional battlefield," said Schmidle. "This is not really a change in mission. DO will complement our conventional capabilities and allow us to better accomplish our tasks. It will also enable us to work better with special operations forces when they team with us, as we're doing in Iraq and Afghanistan."

Planners hope the changes to training and new gear will be pushed down to the squad-level sooner than may be expected. It may be possible to start experiments this year, with a DO-capable unit ready by 2006, Schmidle said. "It is inevitable that Marines will adapt to fight the enemy and DO is another tool that offers an adjustment."

ADDITIONAL EQUIPMENT UNDER CONSIDERATION

- Interim Fast Attack Vehicle
- Internally Transportable Vehicle
- Advanced Light Strike Vehicle
- Iridium Expeditionary Tactical Communication System
- AN/PRC-148 Tactical Handheld Radio
- Iridium Point-to-point Satellite Communication
- GLTDII Ground Location Target Designator
- Vector 21 Laser Range-finding Binoculars
- Dragon Eye Unmanned Aerial Vehicle
- Digital Automated Communication Terminal
- Vehicle Mounted Battery Charger
- Blue Force Tracker

BY CPL. JUSTIN P. LAGO AND SENTRY STAFF
Marine Corps Base Quantico, Va.

Plans are underway at Marine Corps Combat Development Command to give the infantry squad more horsepower. High-speed gear, more skill sets and increased authority are coming to infantry squads, set to make the basic rifleman the most connected element on the battlefield - instead of the least connected.

For now, MCCDC calls the next evolution in Marine Corps warfighting Distributed Operations; however, the Corps wants Marines involved in its naming and development.

The new concept builds on past Corps experiments and will add another aspect to Marine Corps warfighting. It will present increased asymmetrical lethality to an asymmetrical enemy, giving him a much bigger problem and fewer options than he gives.

To ensure a successful implementation of the distributed operations concept, the Marine Corps will require enhancements in training and education, equipment, fires, command and control, intelligence, and mobility and sustainment.

TRAINING AND EDUCATION

"Faster decision-making, creativity and agile leadership are required from the tactical level up to the (Joint Task Force) headquarters," said Brig. Gen. Robert E. Schmidle, director, Expeditionary Force Development Center, MCCDC. "Associated education, war gaming and combat simulation activities are needed to achieve the requisite professional judgment and tactical decision making skills inherent to distributed operations."

Training will be tailored to the already busy training schedule.

"The new equipment training will be refined so squad members can pick up a piece of gear and use it, much like anyone picking up a cell phone and using it," said Lt. Col. Chris Carolan of the Center for Emerging Threats and Operations, Expeditionary Force Development Center.

"Training details and specifics are still being worked out, and we are interested in any input Marines have on this," said Schmidle.

Some of the enhanced training packages for squads being evaluated:

- Small-unit training focused on independent tactical actions
- Information gathering and reporting
- Directing fires, fire support planning, call for fire and introduction to close-air support
- Communication procedures and equipment training for Marines outside of the communications field
- Surveillance techniques
- Advanced land navigation
- Air insertion and extraction
- Associated training for new equipment

EQUIPMENT

"New equipment will be added to these units to enhance their ability to plan, coordinate and execute operations," said Carolan. "Currently, higher headquarters has the tools to plan and track operations with great detail. We want to push this down to the Marines who need it most, at the company and below levels."

"Various equipment is being considered," Carolan said. "Some of the gear we already have - we just need to increase the number or realign the (tables of equipment). Most of the equipment changes will be in communications, surveillance, targeting and mobility."

Carolan cited examples such as a personal data assistant with a position location indicator, global positioning system, an electronic map and a com-

pass. Surveillance equipment considerations include a laser ranger finder, thermal imager and digital photographic capabilities.

From the fire team to the company level and above, Schmidle said, Marine teams will employ Blue Force Tracker systems, a virtual grid GPS computer element that can pinpoint locations of U.S. forces and mobile equipment via satellite with the ability to identify troop movement and position in accordance with Army, Navy and Air Force teams.

FIRES

According to the concept, newly implemented strategic NCOs will be able to exploit the small size of their units to locate enemy forces without detection, and use their top-of-the-line surveillance and communication equipment to pinpoint grid coordinates and call for accurate fire.

"The plan focuses on developing a capability within the squad, tantamount to that currently found at the company or battalion level," said Carolan. "The vision is that squads will call for and control fires, from mortars to fixed wing aircraft and eventually cruise missiles. These fires will be available 24/7 and in all weather conditions."

As fires and munitions become increasingly precise, target designation accuracy must increase exponentially; so, the squads will play a large role in the increased target designation accuracy.

COMMAND AND CONTROL

Today's fleeting targets and elusive opponents present a requirement to streamline the identification of enemy locations and decision to take action. Planners are developing a command-and-control communications network to connect commanders and squads in order to plan for and successfully execute extremely fast-paced operations. This will enable squads to receive and send information that will create a greater awareness of the situation, thereby empowering them to take appropriate action. One form of this communications network may be an easy-to-use, PDA-type device that can assist in calls for fire, send reports and act as a position location device.

INTELLIGENCE

The individual squad on the ground will become the most connected element on the battlefield by giving it the situational awareness beyond what it can observe directly, and giving other units the knowledge of what it can see. This capability includes locating enemy forces, as well as access to behind-the-scenes information affecting the battlespace, and access to national systems in the continental U.S.

The overall result will accelerate actionable information and allow the squad to act quickly, throwing the enemy off balance. Reconnaissance and reporting training will be pushed down to the squads to give Marines extra skill sets necessary.

MOBILITY AND SUSTAINMENT

"Obviously mobility will be key," Carolan said. "Several options are being looked at." These options include the Interim Fast Attack Vehicle, or another such vehicle capable of being transported and employed from a V-22, Carolan explained. Additional tactical mobility that is compatible with projected vertical delivery systems will be needed for ground maneuver forces conducting distributed operations.

According to the concept, sustainment will also be dependent upon innovative techniques and enhanced mobility. The distributed operations concept requires an increased ability for monitoring and delivering sustainment for forces across a larger battlespace. This issue is still being developed, though one possibility for small unit resupply may be unmanned aerial vehicles.



Company M drill instructors talk after leading recruits up the notorious Reaper.



Company M recruits hump the Reaper June 17. More than 100,000 recruits have climbed it since the Crucible was initiated in 1996.



Drill instructor Sgt. Thomas Stuckenscheider, drill instructor, Company M, assists Pvt. Derek Hutchison, Platoon 3081, Company M up the Reaper. Cpl. Jeremy M. Vaughn/The Scout photos

The Crucibles at Parris Island and San Diego would be hard to tell apart if not for one big, fat, glaring difference

the hill

BY SGT. KENNETH G. LEWIS
The Scout

What's more difficult: boot camp on the East Coast or the West Coast? Marines often debate the question, comparing recruit training at Marine Corps Recruit Depot Parris Island, S.C., with MCRD San Diego. But there's one thing that sets San Diego grads apart: The Reaper.

It's that daunting hill recruits agonizingly trudge in long processions, rites of passage that crystallizes their claim to the title Marines. The Reaper highlights the final portion of more than 40 miles of marching during the Crucible.

To Marines humping toward the base of the Reaper, it might appear as a glowering giant. The mountain's rolling hills and steep grade give recruits something to fear, as well as something to crow about once they conquer it.

For some Marines, it's an accomplishment that will be etched in their memories forever. Roughly 100,000 recruits have made their way up the mountain since the Crucible was initiated in 1996. However, drill instructors have been marching recruits up the face years before the Crucible.

It has become so famous that recruits often hear the legend of the Reaper days before ever stepping onto the yellow footprints.

"I heard about the Reaper while I was in the delayed-entry program," said Pvt. Ricardo A. Dixon, Platoon 3077 guide, Company M. "A Marine fresh out of boot camp described the mountain; he said 'We would walk up this mountain and look up to see that it just keeps going, as if the hills atop the mountain would never stop,'"



Recruit John Tobias, guide, Platoon 3081, treks up the steep Reaper. After a gallant charge to the top, recruits dripping with sweat sat as their drill instructors told of past Marines.

The recruits spend approximately 15 minutes at the foot of the Reaper as they tend to blistered feet and hydrate for the ascent. They then step off for a walk around the Military Operations in Urban Terrain facility as the anxiety mounts.

"When we toured the MOUT facility, I think it helped," said Dixon. "The Reaper turned out harder than I expected. Halfway up the mountain, I was asking myself, 'how much further?' My body was aching and I was breathing heav-

ily, but there was no way I was going to give up. I found some much-needed motivation when I thought of my wife."

"Recruits will scare themselves when it comes to the Reaper," said Staff Sgt. Arthur M. Arebalo, senior drill instructor, Platoon 3077. "Each recruit will find some type of motivation to scale the mountain. The Reaper affects every recruit differently. Some recruits want to prove it to themselves, some want to prove it to Mom and Dad, and all of them want to say they made it."

Most of them not only make it up, they rally toward the finish. Most charge the final hill. As the recruits make their way to the last ridge, the drill instructors tighten up their platoons and prepare for the finishing kick to the pinnacle.

The first platoon, full of sweat-drenched, miserable recruits, takes off in a dead sprint. As recruits dig and churn up the hill as though charging the enemy, they let out tears and war cries. They charge to the top, then pause briefly to reflect on their accomplishments and relish the calming view and the cool breeze of the Pacific Ocean below.

But the pause is brief, interrupted by barking drill instructors.

"Drill instructors pump up the Reaper during recruit training. Walking up the Reaper is definitely the biggest event in recruit training," said Sgt. Kenneth A. Miller, drill instructor, Platoon 3079. "Recruits are definitely intimidated by the mountain. Recruits talk among themselves about the mountain throughout recruit training."

"Some people said the Reaper is hard. Some said it's a joke," said Pvt. Ben K. Tani, an 18-year-old Portland, Ore., native and recruit with Platoon 3079. "From what this recruit experienced, it's no joke."



Series gunnery sergeant Gunnery Sgt. Richard A. Mattern (center) and series commanders Capt. Benjamin J. Grass, (left) and Capt. Christopher R. Lucas watch recruits account for their M16-A2 rifles before charging up the last hill of the Reaper, the final portion of more than 40 miles of marching during the 54-hour field exercise known as the Crucible.

Looking Ahead

Recruit determined to graduate with honors meets goal

BY CPL. SHAWN M. TOUSSAINT
Chevron staff

He told his recruiter at the recruiting station in Riverside, Calif., he didn't "just want to graduate;" he wanted to graduate as a lance corporal.

Company D's honor man had heard speed, intensity and sounding off were the keys to graduating from recruit training. But he wanted more than graduation; he wanted to graduate with distinction.

More than three months ago, Lance Cpl. Evan M. Williams-Macintosh, 24, began recruit training with that vision to succeed.

He did everything his recruiter advised, such as earning an important billet within his platoon. His senior drill instructor, Staff Sgt. Wesley O. Turner, appointed Williams-Macintosh – a former criminal-justice college student – to Platoon 1073 scribe.

"He showed a lot of maturity and intelligence early on in training," said Turner about the

qualities he and his drill-instructor team saw in Williams-Macintosh.

Though Williams-Macintosh accepted his scribe position, he continued focusing on the ultimate goal, and after a little more time, he developed the attitude of a platoon guide. A guide is the recruit who, among his peers, exhibits the best leadership traits.

"The first couple of weeks, I was just trying to see where I fit in ... I was testing the water," said Williams-Macintosh. "I remember thinking 'I don't know how three months of this is going to work out.'"

Over time, Turner and his staff began demanding more from their recruit.

"He was the type of recruit you could ask to get any job done and not have to worry about it getting done right," said Staff Sgt. Lucien G. Duranleau, Platoon 1073 drill instructor. "He is a natural leader."

Before earning the guide position, Williams-Macintosh filled in for squad leaders several times, and he filled other roles while continuing his scribe du-

ties. After eight training weeks, Williams-Macintosh's continued efforts paid off when Turner decided to make him the guide.

"It was about a day or two before the company honor man board," said Williams-Macintosh about the time he was elevated to guide. "Senior Drill Instructor Staff Sgt. Turner told me he was going to turn me into a company honor man in less than 24 hours."

Shaping Williams-Macintosh into the company honor man in a day was not a tough task, said Duranleau.

"He was prepared before he became the guide," said Duranleau.

Williams-Macintosh admitted the hardest part about the board was trying to pick a spot on the wall to stare at to avoid eye contact with the Marines in the room.

After being named Company D honor man, Williams-Macintosh said he still has things to do.

"I can't wait to go see my recruiter, shake his hand and say 'mission accomplished,'" said Williams-Macintosh.

Senior DI uses martial arts disciplines to make newest Marines

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

The company is nicknamed "Disciples of Discipline," so its most senior of senior drill instructors aptly harbors that training mentality with the effectiveness of, say, landing a horizontal hammer-fist strike.

Before he began training his Platoon 1069 recruits three months ago, senior drill instructor Staff Sgt. Joseph H. Vilca completed the Marine Corps Martial Arts Instructor Course, and from it he obtained fresh leadership inspiration.

Through Vilca's own augmented leadership, he enhances the Crucible's warrior studies on Marine Medal of Honor recipients. He teaches modern warrior studies using newspaper stories telling the heroic actions of today's Marines.

Martial arts is a discipline that company leaders encourage their drill instructors to master because – according to Marine Corps Order 1500.54A – through the fusion of mental and character disciplines within intense, physical application, a permanent change occurs in a Marine regardless of rank, billet, or time served.

Vilca said he has seen the MAI course participation increase throughout his company, and he attributed that boost to Co. D leaders insisting that drill instructors advance a belt during training cycles.

He agrees that drill instructors should seek martial arts training, and he believes recruit training should include more of it. In the last decade, from the creation of the Crucible – a challenging 54-hour test of physical and mental endurance – to the issue of new utility uniforms, recruit training has evolved to improve the readiness of basic Marines. Currently, all recruits must earn a tan belt in the Corps' martial arts program before they become Marines. Tan is the first of 10 belt levels.

According to Vilca, Co. D drill instructors wield their MAI course training to better train the newest Marines. Staff Sgt. Cole V. Walter is a Platoon 1069 drill instructor under Vilca's tutelage and an MAI course finisher. On Vilca's team, Walter is the junior man whose main mission is to stress out recruits.

"Instead of just causing stress," said Walter, "(Vilca) told me to cause stress and teach (martial arts). I believe the recruits are more proficient than other recruits, and (having that proficiency) will make it easier for them to move up in belts and hopefully one day become instructors themselves."

When the next recruit-training cycle commences, Vilca will be elevated as one of two chief drill instructors in Co. D. And like he was for Platoon 1069 recruits, Vilca said he will remain a "Disciple of Discipline." Leg sweeps and choke holds included.

Marine Corps martial arts have mental, character, and physical disciplines presented in systematic blocks for different belt levels. Those disciplines taught at lower belt levels are then reviewed and reinforced during follow-on training and at higher belt levels. Many skills specific to one discipline reinforce the strengths of the other disciplines. This creates a synergistic effect; whereby the program as a whole is stronger than its individual parts. For example, martial culture studies strengthen the mental character of Marines through the historical study of war, at the same time reinforcing the importance of character to a warrior and a martial society. The synergy of all three disciplines, which are inextricably linked – including to the advancement process for ranking belts – makes a complete program.

Source: Instruction 9, Structure and History of the Marine Corps Martial Arts Program.



Staff Sgt. Joseph H. Vilca

Lance Cpl. Rob A. Noceda, from Chicago, corrects a new Iraqi recruit. Noceda is among other junior enlisted Marines serving as drill instructors for the Iraqis. Conversely, Marine Corps drill instructors at the depots in San Diego and Parris Island, S.C., are noncommissioned and staff noncommissioned officers.



Lance Cpl. Rob A. Noceda, mortarman, 2nd Battalion 1st Marines, corrects a new Iraqi recruit. Iraqi leaders and Marines train the Iraqi Civil Defense Corps troops during a seven-day evolution using stress similar to that in Marine Corps boot camp. The Marine drill instructors range from private first class to sergeant.

Marine-style training begins for Iraqi Civil Defense Corps recruits

STORY AND PHOTOS BY CPL. SHAWN C. RHODES
1st Marine Division

There are no famed yellow footprints, but Iraqis in Camp India, Iraq, recently began learning the basics of soldiering, courtesy of the U.S. Marines.

More than 30 Iraqi men, 18 to 37 years old from the city of Zadan, got their first taste of the Iraqi Civil Defense Corps boot camp, a seven-day basic training package taught by Marines from sergeants down to privates first class.

"About 90 percent of the guys we see come through here have prior military experience in the old Iraqi army," said Sgt. Rick A. Wiggins, 26, who serves as

the training noncommissioned officer. "We're not teaching them a lot of stuff they don't already know. We're just tightening up what they do know to make them a better unit."

Nevertheless, the Marines in charge of training the future civil defense soldiers face some challenges. They must overcome a language barrier and teach military skills from an Iraqi perspective instead of an American one.

"All the commands we give are in Arabic," Wiggins explained. "Everything from simple drill commands to firing their weapons. The drill instructors have to learn them in Arabic so they can be better teachers."

The first day of boot camp began with a speech from the commanding officer

An Iraqi man looks to his Marine drill instructors as they tell recruits about properly wearing the issued flak jackets. More than 30 men from Zadan, Iraq, began their basic training recently. The training is modeled after Marine Corps boot camp and taught by Marines.



after the recruits were introduced to their drill instructors.

"I respect you for what you're doing for your country," said Maj. Kevin P. Collins, training camp officer-in-charge. "By doing this, you are making Iraq a stronger place ..."

The first days of training involve similar things Marine Corps recruits go through: mostly a lot of stress. The Marines abide by the same code as drill instructors from the Corps' two depots in San Diego and Parris Island, S.C.

"It takes a lot of work to bring these guys up to the standard we want them," said senior drill instructor Sgt. Brandon G. Guthrie, 27, from Riverside, Calif. "When we get done with them, they'll be acting and thinking like a team. That's what they'll need when they get out on the streets."

"The whole boot camp is a really big shock to their systems. Getting these guys to work together as a team is hard to do sometimes, because they've never had to work together with a large group of people in this kind of environment before."

The Marines, too, find overcoming

differences can be challenging. Compared to Marine Corps drill, Iraqi drill movements are different and more exaggerated, yet the Marines keep that in perspective.

"Even though they do things differently than us, we still try to teach them everything they'll need," said Guthrie. He said that training includes everything from brushing their teeth to learning to shoot weapons, all along the same professional standards.

"Going through this training makes them credible on the streets and binds them as a team," explained Collins. "The first class we trained here felt like they were such a good team, they didn't want to be separated for their assignments. That's what we're looking to do with the boot camp here."

After their seven days of basic training, the troops stand in a graduation ceremony. Thereafter, they attend two weeks of infantry training to learn tactics and squad and individual movements. After they finish their infantry training, they hit the streets to become Iraq's first line of defense.



More than 30 Zadan, Iraq, citizens hold up items during a clothing and hygiene issue on their first day in the Iraqi Civil Defense Corps.



Lance Cpl. Evan M. Williams-Macintosh, guide, Platoon 1073, and company honorman, Company D, tries on his blue dress coat. Williams-Macintosh's goal when he came to recruit training was to graduate a lance corporal. Cpl. Shawn M. Toussaint/Chevron

First line of Defense

DELTA COMPANY



Platoon 1073
COMPANY HONORMAN
LCol. E. M. Williams-Macintosh
Riverside, Calif.
Recruited by
Staff Sgt. L. D. Harscheid



Platoon 1069
SERIES HONORMAN
PFC S. M. Bacon
Phoenix
Recruited by
Staff Sgt. R. A. Forth



Platoon 1070
PLATOON HONORMAN
PFC R. M. Bachelor
Buffalo, Wyoming
Recruited by
Sgt. M. Golden



Platoon 1071
PLATOON HONORMAN
PFC S. J. Carrero Jr.
Hemet, Calif.
Recruited by
Staff Sgt. R. M. Green



Platoon 1074
PLATOON HONORMAN
PFC B. J. Patillo
Loredo, Texas
Recruited by
Sgt. S. B. Johnson



Platoon 1075
PLATOON HONORMAN
PFC A. G. Urbano
Fresno, Calif.
Recruited by
Staff Sgt. J. P. Hinant



Platoon 1075
HIGH SHOOTER (237)
Pvt. N. E. Smith
Sparks, Nev.
Marksmanship instructor
Sgt. J. Laws



Platoon 1075
HIGH PFT (300)
PFC R. Vargas
Chicago
Recruited by
Staff Sgt. M. Torres

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
CAPT. C. J. KING
Narrator
SGT. J. R. BIGGS JR.

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

COLOR GUARD
SGT. C. B. BULL
SGT. J. F. LOPEZ
PFC M. MCLANE
PVT. J. L. LAYMAN

1ST RECRUIT TRAINING BATTALION
Commanding Officer
Lt. Col. B. S. Blankenship
Chaplain
Navy Lt. Cmdr. M. G. Mueller
Sergeant Major
Sgt. Maj. J. V. Morgan
Battalion Drill Master
Staff Sgt. D. L. Thompkins

COMPANY D
Commanding Officer
Capt. H. S. Marshall
Company First Sergeant
Gunnery Sgt. A. Rodriguez

SERIES 1069
Series Commander
Capt. M. C. Chambliss

Series Gunnery Sergeant
Gunnery Sgt. A. Rodriguez

SERIES 1073
Series Commander
Capt. C. L. Fain
Series Gunnery Sergeant
Staff Sgt. C. A. Reithmann

PLATOON 1069
Senior Drill Instructor
Staff Sgt. J. H. Vilca
Drill Instructors
Staff Sgt. C.V. Walter
Sgt. R. L. Hayes
Sgt. E. Tejada

Pvt. J. Alcaraz
Pvt. P. Aponte
Pvt. E. B. Baca

Pvt. T. G. Ellis
Pvt. C. R. Fuller
Pvt. T. Garcia
Pvt. G. R. Garcia
*PFC T. Gerhard
Pvt. F. Gonzalez
Pvt. A. J. F. Hansen
PFC M. M. Hayes
Pvt. S. R. Hellman
Pvt. B. B. Higginbotham
Pvt. T. J. Hill
Pvt. M. A. Hoage
Pvt. J. R. Hukaba
Pvt. E. J. Inman
Pvt. T. D. Jamieson
*PFC J. G. Jordan
Pvt. R. K. Koval
Pvt. J. P. Nievesmagana
Pvt. E. M. Rowsey

Pvt. O. F. Sloan
Pvt. J. D. Watson

PLATOON 1070
Senior Drill Instructor
Staff Sgt. A. J. Nichols
Drill Instructors
Staff Sgt. M. M. McLaughlin
Staff Sgt. E. A. Ellis
Sgt. J. Olivas

Pvt. R. T. Abdo
PFC H. D. Allen
Pvt. R. E. Arevalo
Pvt. S. P. Arnold
Pvt. M. S. Ashford
Pvt. C. M. Auman
Pvt. J. R. Babb
*PFC R. M. Bachelor
Pvt. B. M. Baker
Pvt. A. C. Basile
PFC K. J. Brewer
*PFC B. G. Busath
Pvt. H. A. Bustillos
Pvt. J. C. Carvalho
Pvt. R. Chavez
Pvt. J. R. Collins
Pvt. D. M. Covington
Pvt. C. B. Crear
Pvt. D. A. Delgado
PFC M. D. Dewitt
Pvt. E. P. Diaz
Pvt. E. H. Dodson
Pvt. M. C. Duckworth
Pvt. A. T. Duque
Pvt. W. A. Edwards

Pvt. C. L. Eggen
Pvt. D. Enriquez
Pvt. J. S. Ferguson
*PFC A. E. Fifer
Pvt. G. H. Figueroa
PFC B. M. Findlay
Pvt. E. C. Fitzer
PFC V. Flores
Pvt. C. M. Flores
PFC J. J. France
*PFC E. K. Garcia
Pvt. D. S. Gibson
Pvt. G. E. Giordano
Pvt. G. C. Gutierrez
Pvt. A. J. Hall
Pvt. K. D. Hanssen
Pvt. R. D. Hernandez
Pvt. J. R. Hess
Pvt. K. W. Hohler
Pvt. J. M. Holland
Pvt. J. K. Johnson
Pvt. J. K. Randall
Pvt. F. L. Thaden

PLATOON 1071
Senior Drill Instructor
Staff Sgt. J. R. Ramirez
Drill Instructors
Sgt. J. Valles
Sgt. M. C. Waters
Sgt. M. A. Romero

PFC J. R. Allen
Pvt. J. Borrego
Pvt. R. A. Bowman
Pvt. M. O. Bravo

*PFC S. J. Carrero
Pvt. I. R. Castellanos
PFC E. P. Claypool
Pvt. G. J. Dillon
Pvt. D. J. Drewek
Pvt. N. W. Eckel
Pvt. K. C. Espiritu
Pvt. H. M. Ferguson
PFC C. J. Gale
PFC T. P. Grayston
Pvt. J. P. Jeszeck
*PFC A. D. Johnson
Pvt. J. J. Jones
Pvt. N. L. Kelley
Pvt. J. L. Layman
Pvt. E. Lopez
PFC T. S. Malm
Pvt. O. M. Manygoats
Pvt. S. Martinez Jr
Pvt. S. A. McDonald
Pvt. M. McLane
*PFC M. J. Medeiros
PFC S. V. Mincks
Pvt. A. D. Newland
PFC J. J. Ortega
Pvt. L. Ortegacobian
Pvt. N. Prakhounleuang
PFC L. S. Rivera
Pvt. J. P. Salmeron
Pvt. E. M. Serrano
Pvt. M. W. Shields
Pvt. F. M. Soriano
PFC J. R. Stojanovich
Pvt. G. S. Straathof
Pvt. P. M. Tapang
Pvt. A. M. Uribe

Pvt. R. J. Avery III
Pvt. R. A. Bias
Pvt. A. S. Bushey
Pvt. J. L. Gonzalez
Pvt. T. L. Hemrich
Pvt. L. A. Jaskula
PFC A. C. Laurent
PFC D. J. Lopez
PFC N. Y. Martin
PFC R. R. Martinez
Pvt. L. J. Martinez Lopez
Pvt. D. P. McCawley
Pvt. J. P. McConnell
PFC D. D. McCreary

Pvt. M. J. Miller
PFC R. D. Mills
Pvt. Z. B. Moore
Pvt. J. H. Mullin
Pvt. D. Murillo
PFC N. C. Naillon
PFC R. J. Parra
*PFC B. J. Patillo
PFC D. A. Pearrow
PFC Z. M. Perez
Pvt. N. D. Peterson
PFC J. D. Posey
Pvt. D. T. Racca
Pvt. C. J. Reading
PFC H. A. Ritch
PFC H. A. Rixey
Pvt. J. J. Robertson
Pvt. D. A. Rowe
Pvt. R. D. Saucedo
Pvt. R. R. Schmidt
Pvt. J. P. Settle
Pvt. K. L. Sharman

PFC M. P. Shepherd
Pvt. M. Z. Sherman
PFC K. J. Smith
Pvt. S. J. Strehlow
Pvt. A. B. Timar
Pvt. E. G. Vela
PFC J. E. Whittaker
PFC D. M. Williams
Pvt. M. S. Willis
Pvt. J. H. Young

PLATOON 1075
Senior Drill Instructor
Staff Sgt. D. R. Yunker
Drill Instructors
Staff Sgt. H. I. Little
Staff Sgt. J. M. Cantu
Sgt. R. A. Matthews

PFC J. S. Boeve
Pvt. N. M. Craig
Pvt. E. A. Espinosa

PFC S. G. Hemmenway
Pvt. R. L. Hughes
PFC B. M. Lacorte
PFC R. D. Lance
Pvt. C. J. Larsen
Pvt. J. S. Martin
Pvt. G. A. Matthes
Pvt. W. J. Menzendorf
PFC A. S. Milam
Pvt. B. A. Morrison
PFC R. Munoz
Pvt. M. D. Mutter
Pvt. N. R. Nation
PFC S. Navarro
PFC J. J. Nemeth
Pvt. P. O. Riz
PFC J. E. Osborn
Pvt. M. C. Panovec
Pvt. M. P. Reynolds
PFC A. Rosas
Pvt. C. A. Sheidemantel
Pvt. N. E. Smith

*PFC R. L. Sullivan
Pvt. G. W. Taylor
PFC L. E. Tello
PFC J. D. Thomas
Pvt. G. A. Thompson
Pvt. E. W. Thompson
Pvt. C. M. Tilley
*PFC A. G. Urbano
PFC K. J. Vanwinkle
PFC R. Vargas
Pvt. L. F. Vasquez
PFC K. D. Verner
*PFC J. J. Waldo
Pvt. J. W. Ward
Pvt. A. T. Washington
PFC J. K. Whitehead
Pvt. D. R. Whitlow
PFC M. R. Woodruff

*Meritorious promotion

Coast Guard Cmdr. Pat DeQuattro

PARADE REVIEWING OFFICER



Coast Guard Cmdr. Pat DeQuattro graduated from the U.S. Coast Guard Academy in May 1988 with a bachelor of science degree in civil engineering.

Once commissioned, he reported to USCG Cutter Valiant (WMEC 621) in Galveston, Texas.

While assigned to the Valiant, DeQuattro served as weapons officer and law enforcement boarding officer, and he conducted numerous Caribbean counter-drug and migrant trafficking patrols.

In April 1990, DeQuattro assumed duties as executive officer USCGC Baranof (WPB 1318) in Miami Beach, Fla. Upon completion of duties in Florida, he attended graduate school at the University of Illinois, Champaign, Ill., where he earned a master of science degree in civil engineering.

He later served as a design engineer at the Coast Guard Civil Engineering Unit, Oakland, Calif., and as a construction project manager at the Civil Engineering Unit, Providence, R.I.

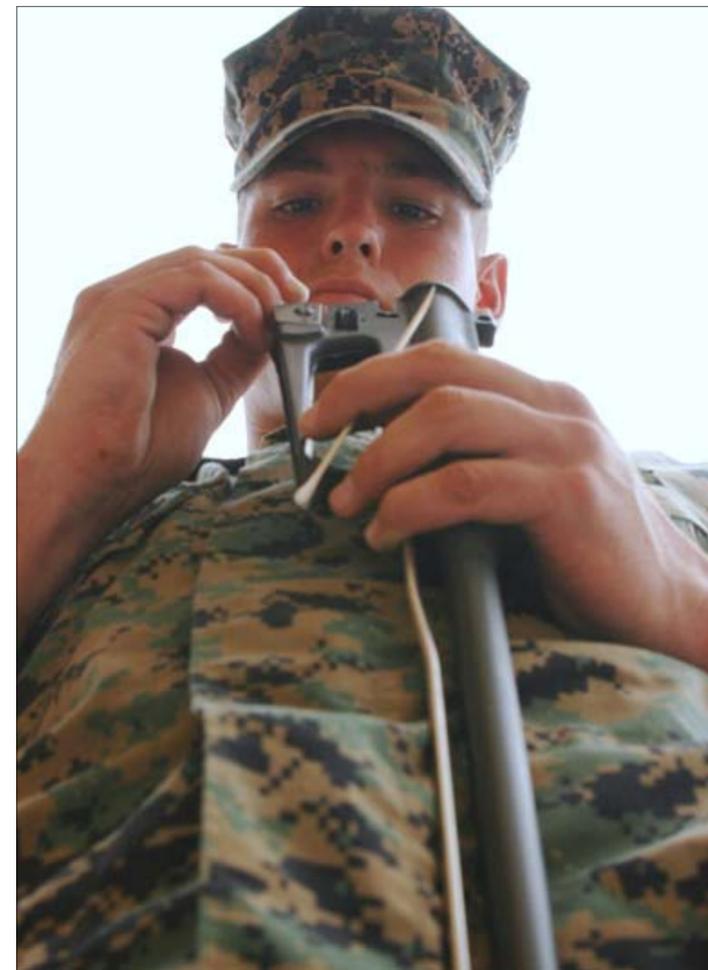
DeQuattro returned to sea as commanding officer, USCGC Sanibel (WPB 1312) from June 1997 to March 1999. Sanibel's primary missions included maritime search and rescue and law enforcement in the North Atlantic Ocean. Additionally, the patrol boat conducted annual counter-narcotics deployments to the Caribbean.

From April 1999 until May 2001, DeQuattro served as the Coast Guard military aide to Presidents Bill Clinton and George W. Bush at the White House in Washington, D.C.

DeQuattro currently serves as commanding officer, USCG Pacific Tactical Law Enforcement Team here.

DeQuattro is a 2003 graduate of the U.S. Marine Corps Institute Command and Staff Course. His personal awards include: the Defense Superior Service Medal, two Coast Guard Commendation Medals, the Joint Service Achievement Medal, three Coast Guard Achievement Medals and the Coast Guard Commandant's Letter of Commendation.

He currently resides in Coronado with his wife, the former Cheri Stockham of Santa Rosa, Calif.



PFC S. M. Bacon, guide Platoon 1069, and series honorman, Company D, devotes some special care to some hard-to-reach spots in the upper receiver of his M-16 A2 service rifle. Company D recruits spent several hours June 24 thoroughly cleaning their rifles for final turn in. Sgt. Ethan E. Rocke/Chevron

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

Q: What was your worst civilian job?



Pvt. Daniel L. Asuncion
Guam

A: Automotive detailer.

Q: What was the funniest moment of training?



PFC Jesse A. Wright
Las Vegas

A: Drill instructor Sgt. Ortega fell asleep on the bus ride to Camp Pendleton.

Q: What did you miss most from civilian life?



PFC Matt R. Talbot
Duluth, Minn.

A: ... Food and girls. It's a toss up.

Q: What will your occupational specialty be?



PFC Jake D. Reaves
Ogden, Utah

A: Combat support ... the recruiter had an opening to leave early, so I took that.

Q: What was the scariest moment of training?



PFC Gary M. Carrell
Westville, Ill.

A: The gas chamber.



Recruits from Company D await their drill instructor's next command while practicing for the final drill competition. Cpl. Shawn M. Toussaint/Chevron

SERVING UP A SHUTOUT

2nd Bn. racks up a dozen, holds 1st Bn. scoreless

BY CPL. SHAWN M. TOUSSAINT
Chevron staff

Second Recruit Training Battalion swept 1st Recruit Training Battalion off the plate in a 12 to 0 shutout during intramural softball action June 22.

Second Bn's game was flaw-

2ND BATTALION	12
1ST BATTALION	0



Second Bn. third baseman Staff Sgt. Jeff E. Price charges the plate to score one of 2nd Bn.'s 12 runs during seven innings of play.

less as they established themselves as a top contender for the Commanding General's Cup softball championship.

The keys to victory for 2nd Bn. were patience at the plate, good hitting, and accurate pitching.

We were able to put the ball in play and score runs consistently, said Gunnery Sgt. Allen M. Young who pitched a shutout.

"Our defense was consistent throughout the entire game," said Young.

Second Bn.'s infield defense was especially effective as they cashed in on several double-play opportunities.

"We stayed focused and worked as team," said 2nd Bn. third baseman Jeff E. Price.

For 1st Bn., the focus was on having fun instead of winning, said 1st Bn. outfielder Steve M. Coronado.

"We just love to play. It's about having fun," said Coronado.

According to another 1st Bn. player, the loss is due to lack of experience.

"The last time I played this game, the ball was on a tee, and I still struck out," said Capt. Chester King.

With four games left in the season, standings show the teams to look out for are Recruiters School, 2nd Bn., 3rd Bn. and the Provost Marshal's Office.

For those looking to watch the season as it unfolds, call Rachel M. Dickinson, intramural sports coordinator at (619) 524-0548, or just head out to the baseball diamonds located behind Mess Hall 569 and the Branch Medical Clinic.



First Bn. pitcher Gunnery Sgt. Christopher A. Walker pitches in the bottom of the third inning. Though his pitching was consistent, 1st Bn. was unable to generate any momentum on offense or defense. Cpl. Shawn M. Toussaint/ Chevron photos



First Bn.'s Capt. Scott J. Kelly warms up his swing while on deck during the top of the third inning.



First Bn. outfielder Sgt. Jeffrey D. Brown approaches an outfield grounder.