

Depot hosts DoD Counter-Intelligence Conference

BY CPL. SHAWN M. TOUSSAINT
Chevron Staff

Discussing future solutions in combating terror, the Defense Department conducted its 17th annual Counterintelligence Conference at the Depot from April 27 to April 29.

"The Depot welcomes the opportunity to host the annual Counterintelligence Field Activity Conference for 2004," said Capt. Brian Shottenkirk, force protection operations officer here. "It's vital to expose the attendees to the Marine Corps in order to place a personal note on the role of their counterintelligence work. Many of these recruits will soon be overseas and depending on effective counterintelligence work to ensure their safety."

The conference theme focused on improving communication through information sharing among several key agencies in the counter-intelligence community, according to David A Burt II, Counterintelligence Field Activity director.

CIFA develops and manages DoD counterintelligence programs and functions supporting department protection.

Some of the agencies at the conference were the Defense Advanced Research Projects Agency (DARPA), the National Security Agency (NSA), Defense Threat Reduction Agency (DTRA), and the Naval Criminal Investigation Service (NCIS).

Burt said sharing information between DoD and counterintelligence agencies is one of the biggest challenges in the counterintelligence community today.

"It's a work in progress," said Burt. He said that more interaction and integration would be necessary in the changing world of information sharing and counterintelligence.

"Network this room," said Burt, addressing more than 40 attendees in the conference room at the Consolidated Personnel Administrative Center. "There is a lot of talent here; enjoy each other and learn from each other."

According to Burt, the counterintelligence community plays a vital role in the war on terror.

"We are all over the battlefield," said Burt about the counterintelligence agents serving abroad. "We are in high demand ... we're spread thin, but morale is great."

READY OR NOT

Security forces train for attack scenario, keep Depot prepared

BY LANCE CPL. JESS LEVENS
Chevron staff

To respond and mitigate effects of possible chemical, biological, radiological/nuclear, and explosive incidents, Marines, sailors and civilians conducted a drill on Shepard Field here April 27.

As in previous years, the upcoming Suzuki Rock 'n' Roll Marathon June 6 finishes at Shepard Field where thousands of runners and spectators have normally gathered.

Federal firefighters and hazardous material experts joined military police, Navy doctors and corpsman, and Depot ground security forces in the practice effort. The EAI Corporation, a civilian organization that trains companies and institutions globally to meet homeland security challenges, provided operational analysis.

The drill began at noon when the Provost Marshal's Office received reports of an attack involving chemical weapons near the reviewing stand on Shepard

SEE **Drill**, pg. 5



Sgt. Maria Runner, Ground Security Force platoon sergeant, clears her gas mask during an emergency response drill here. The purpose of the drill was to prepare the Depot for any attacks during the Suzuki Rock 'n' Roll Marathon. Lance Cpl. Jess Levens/Chevron

NMCRS MOVES INTO NEW HOME



Navy-Marine Corps Relief Society volunteers greeted Depot Commanding General Brig. Gen. John M. Paxton Jr., to unveil the society's new office in Building 14. The office is located behind the Marine Corps Community Services Semper Fit gymnasium, and it shares space with MCCS Family Services who also moved in at the end of last month.
Lance Cpl. Edward R. Guevara Jr./Chevron

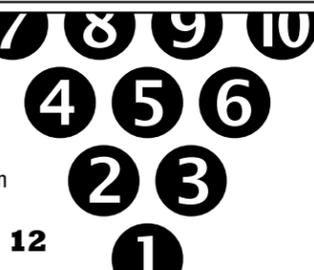


CELEBRATE MAY

This month is Asian Pacific Islander Heritage Month. See stories next week.

BESTING THE BALL BUSTERS

Fieldcrest takes victory in intramural bowling.



12

New enlisted senior at 3rd RT Bn

Watkins heads to 8th and I, Company B first sergeant takes post

BY CPL. SHAWN TOUSSAINT
Chevron staff

Third Recruit Training Battalion welcomed Sgt. Maj. Scott B. Mearkle and said farewell to Sgt. Maj. Raynard L. Watkins in a relief and appointment ceremony April 22 on Shepherd Field.

Watkins is going to Washington, D.C., to serve as Marine Barracks 8th & I sergeant major, while Mearkle moves from his Company B office here, where he served as company first sergeant from July 2003 to April 2004.

The ceremony marked the end of Watkins' assignment here and the beginning of Mearkle's.

"He was the heart and soul of the battalion ... We will miss him, but we know the Marine filling his shoes is more than capable of doing the job," Lt. Col. John R. Ewers, 3rd Bn. commanding officer.

During his farewell speech, Watkins thanked those who have helped make his experience aboard the Depot memorable.

"There is no way I could have been successful without teamwork," said Watkins, whose term was characterized by his ability to work with Marine Corps Community Services and the Key Volunteers to elevate the quality of life for his Marines and their families.

As he made his closing re-

marks, Watkins challenged the Marines of "Big Blue" to continue "walking the walk and talking the talk."

"My challenge to you is to keep pursuing excellence," said Watkins.

Mearkle began his statements at the ceremony with humor.

"Marines, I'm going to start looking out for you right now and keep this short," said Mearkle drawing chuckles from the reviewing stand.

"I'm looking forward to getting to know all of you," said Mearkle. "Former Commandant Gen. James L. Jones said the most important thing we do is make Marines. That's what we do best."



Sergeants Major Raynard L. Watkins and Scott B. Mearkle salute during the pass in review portion of the 3rd Recruit Training Battalion relief and appointment ceremony April 22 on Shepherd Field here.

Mearkle's personal decorations include the Navy and Marine Corps Commendation Medal with three Gold Stars and the Navy and Marine

Corps Achievement Medal. He is married to the former Kathryn Robinson of Everett, Penn. They have two children Clinton, 12, and Courtney 15.

MILITARY APPRECIATION MONTH



Shauna Fleming, 15, is spearheading a letter campaign to collect and distribute 1 million thank you messages to U.S. troops. Fleming set up a booth at the California Speedway May 2, to collect letters. Courtesy photo

A million messages of thanks for troops is high-school girl's goal

BY K. L. VANTRAN
American Forces Press Service

Jeff Gordon's No. 24 Chevrolet may have been the first to cross the finish line at the California Speedway May 2, but thanks to the efforts of a 15-year-old California girl, U.S. service members will also receive recognition.

Shauna Fleming, a freshman at Lutheran High School in Orange, Calif., set up shop under driver Matt Kenseth's No. 17 tent at the Auto Club 500 in Fontana, Calif.

Her goal is to collect and distribute 1 million letters of appreciation and e-mails of thanks to current and past service members as part of National Military Appreciation Month, which is celebrated each May.

The teen's kindergarten teacher is the aunt of Kenseth's wife.

"She thought Matt and Katie would help me in some way," said Shauna. "Then DeWalt (Matt's sponsor) got involved and let us use some of their display space to put up a tent and collect letters during the race."

Speedway officials also lent a hand.

"The speedway was awesome," said Shauna. "They made announcements that I was there, and put information about 'A Million Thanks' in the information they hand out to fans."

To date, Shauna has collected more than 125,000 messages.

She said the project will continue until her goal of a million messages is reached.

"We haven't added them all up (from May 2) but we're looking at about a thousand," said Shauna.

"Many people couldn't stop, but said they would either send an

e-mail or do something with their church or school."

The teen said her main reason for being at the National Association for Stock Car Auto Racing event was to get the word out about her project.

Shauna's father, Michael, challenged the teenager to get her school to do something in support of the troops as her community service project.

Michael founded an annual campaign called "Valentines for Troops" and has distributed more than a million valentines to U.S. troops in the past two years. She decided on a letter campaign, "A Million Thanks," and approached her principal about the idea.

"I can't think of a better way for students to express themselves for the sacrifices made by the men and women in our

SEE Letters, pg. 4

Congress, nation designate Military Appreciation Month

BY GENE HARPER
American Forces Press Service

Both chambers of the U.S. Congress have adopted a resolution calling for Americans to recognize and honor U.S. service members during May's National Military Appreciation Month.

Virginia Rep. Tom Davis, along with 16 cosponsors, introduced Concurrent Resolution No. 328 in the House in November. The Senate agreed to it without amendment and by unanimous consent April 26.

The resolution states that the House, with the Senate concurring, "supports the goals and objectives of a National Military Appreciation Month." It also "urges the president to issue a proclamation calling on the people of the United States, localities, organizations and media to annually observe" the month "with appropriate ceremonies and activities. Finally, the resolution urges the White House Commission on Remembrance to "work to support the goals and objectives" of the month.

The Senate first passed a resolution in 1999 designating National Military Appreciation Month. That declaration summoned U.S. citizens to observe the month "in a symbol of unity, ... to honor the current and former members of the armed forces, including those who have died in the pursuit of freedom and peace."

Traditionally, May has focused on the military in many ways. For example, Public Service Recognition Week, celebrated the first full Monday through Sunday in May since 1985, recognizes the roles of public servants, including the military, at local, state, regional and federal levels. As a part of PSRW, communities across America showcase military equipment and service members from U.S. installations. The largest PSRW event takes place on Washington's National Mall, where more than 100 federal agencies, including the military services, put their activities, people and equipment on public display. This year's mall event was May 6-9.

Armed Forces Day, created in 1949, is an annual event held on the third Saturday in May, with activities at U.S. military bases around the world. This year's celebration occurs May 15.

The month culminates with Memorial Day, a federal holiday on the last Monday in May. The day, dating from the Civil War era, traditionally has marked recognition of those who have died in service to the nation. Each year on Memorial Day, the White House Commission on Remembrance promotes one minute of silence at 3 p.m. local time to honor the military's fallen comrades and to pay tribute to the sacrifices by the nation's service members and veterans.

GOD IS GREAT; MURDER IS NOT

Disgusting behavior is no justification for more disgusting behavior

BY SGT. ETHAN E. ROCKE
Editor

"The punishment of those who wage war against Allah and his apostle and strive to make mischief in the land is only this, that they should be murdered or crucified or their hands and their feet should be cut off on opposite sides or they should be imprisoned; this shall be as a disgrace for them in this world, and in the hereafter they shall have a grievous chastisement ..."

I found this passage from the Koran at www.hti.umich.edu/k/koran/. The Web site has a search option, in which I simply typed the word "murder." The above passage was what my search returned.

My sudden interest in the Islamic belief system as it relates to murder was sparked by the recent news of the savage beheading of American citizen Nick Berg by Islamic militants in Iraq.

As I watched on the nightly news the video documenting the moments leading up to the horrific execution, I couldn't help but become outraged and filled with hatred toward the despicable men who carried out the barbarous act.

As my feelings of outrage subsided a bit, my rational side kicked in, and the thought occurred to me that hate breeds hate. This is no revelation or profound thought. We've seen the process precipitate and prolong war for thousands of years and recent events such as the Abu Ghraib Prison atrocities and Berg's execution are perfect examples of this.

There is no excuse for the desecrations and atrocities that took place at Abu Ghraib, and the Iraqi outrage and hatred spawned by the images is understandable. However, that is not to say, by any stretch of the imagination, the shameful acts of the Americans involved is justification for Berg's execution.

I believe the people involved (at all levels) in the Abu Ghraib conspiracy who did not speak out in the name of justice and humanity should be prosecuted to the fullest extent. "Just following orders" should not be a valid excuse because every American service member knows that we as Americans do not behave that way.

We do not act like primitive barbarians, and we believe "that all men are created equal, that they are endowed by their creator with certain unalienable rights." I believe every man has a right to his dignity, and there is no excuse for stripping those Iraqi prisoners of their dignity.



As a nation, we stand shocked and appalled by the conspiracy, and I hope this fact serves as evidence to the world that Americans are not evil-spirited by nature. And while our actions and time will reaffirm our position as a rational and just nation, those Muslim extremists who executed Nick Berg and all those who support their cause will forever be a wretched bunch of loathsome cowards.

News reports said as the extremists carried out the execution and paraded around the room with Berg's head they chanted "Allahu Akbar" or "God is great." The malice that lives in these men's hearts is mind boggling to me. I don't understand how they can justify their cause in the name of God. It's obvious to me that God had no hand in what those men did. The only force at work when they carried out the horrendous act is evil, derived from the devil himself.

I'm sure the service members fighting in Iraq hate their enemies, and rightly so. However, it is American military policy to go out of our way to minimize civilian casualties on the battlefield. We are honorable people and, thankfully, our culture gives us the deepest respect for human life. It goes unsaid that Americans will always protect the innocent. It's a part of our culture. Maybe Muslim extremists

should tear down the wall of hatred around their hearts long enough to take a lesson from us, stop murdering innocent people and start fighting like men instead of scared dogs.

I'm not familiar with the teachings of Islam, but I was quite disturbed to find a passage in the Koran encouraging murder and atrocity.

Although I'm not sure exactly what it means, I found another passage from the Koran when I searched for the word "vengeance." "And they did not take vengeance on them for aught except that they believed in Allah, the Mighty, the Praised." I think this means vengeance is not the will of Allah. If that is what it means, I hope there is more rational passages such as this one throughout the holy book.

I may not be a righteous man, but I believe in the teachings of Jesus Christ. I may have hatred in my heart, but I will not let that cloud my judgment.

I am confident that my country's leaders will also not let hatred deter America's resolve to give Iraq a new beginning as a free, democratic nation that flourishes because its people are united.

While the race of man is not always just, God is. Therefore, I will rest easy, confident that in the afterlife, God will judge the cowards who executed Nick Berg and maybe they too "shall have a grievous chastisement."

"God had no hand in what those men did. The only force at work when they carried out the horrendous act is evil, derived from the devil himself."

— SGT. ETHAN E. ROCKE

MARINES, FRIENDS BROTHERS FOR LIFE

Friendships forged in the Corps have a special nature unmatched by any other bond



Cpl. Robert M. Storm

BY CPL. ROBERT M. STORM
Scout Staff

A lwin. Basset. Co-meau. Dillon. Dunlap. "Killer" Dave. Leveque. Randy. Wright. These are the names of my extended family. They're the names of those who I've come to think of as brothers.

I've spent the better part of the last four years with brothers.

We all know each other's wives or girlfriends. We eat dinner at each other's houses. We spend holidays with one another. When one gets married, we all know about it; when one loses someone in his family, we mourn his loss, and when one of us is hurt or killed, we all feel the pain.

Most Marines have their own list of names. Some you met in boot camp, The Basic School, formal schools, or the school for your particular military occupational specialty, and some you met as soon as you hit the operating forces or your current unit. All are important to you as a Marine and as a friend.

I've spent the best times of my life with these men, and I've also spent the worst. How many bonds are stronger than the one you form with the Marine with whom you spent four months in the same fighting hole?

For better or worse I've spent more time with these men than I've spent with my wife in the last few years.

I recently had a friend from my list get hurt very badly while he was in Iraq. He was the first person on my list to be hurt. We have been together since our first day of boot camp.

When I first heard from his family that he was hurt, I was stunned.

I couldn't believe that my friend had lost both hands and would never be the same. He is coming back to the States and will receive extensive rehabilitation for his injuries.

I am unsure of what help or support he will want or need from me, but I do know that I will be there to give it.

I'm a little scared that he won't want to see me because of his injuries. Marines are very prideful and he may feel awkward.

I just hope he remembers that I'm his friend and that I will help him out anyway I can.

Sometimes it's just comforting to know your friends are there for you and that you're not alone and can ask for help. Marines don't just accomplish the mission, we support one another, whether the person who asks for help is on your list or not.

There is another great thing about my list: I can constantly add names like Granados, Graves, Reisen, Tutor and Youngblood. There is always room for one more Marine, and I have a myriad of personalities to choose from that I can mix and match.

I have civilian friends, but our friendships are not the same as the friendships I have forged in the Marine Corps.

We have never been shot at together, and I believe it is that adversity which makes the relationships you developed in the Marine Corps stronger than the ones in the civilian world.

Can any friendships compare to the ones you make in the Marine Corps?

"For better or worse I've spent more time with these men than I've spent with my wife in the last few years."

— CPL. ROBERT M. STORM

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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

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RIFLE TEAM, 1ST The Depot rifle team took first place in the Pacific Fleet Rifle Team Matches at Camp Pendleton's Wilcox Range Friday, April 30th. Shooters from left to right are: Sgt. Elnino Henio, Maj. Mark Mackey, Sgt. Jauncarlos Guzman and Sgt. Kris Hancock. The team coach was Sgt. Rex Mettler (front). Photo courtesy of Maj. Mark Mackey



BANDING TOGETHER Gunnery Sgt. Brian Poe, a musician in Marine Band San Diego, plays a French horn duet with 18-year-old Teddy McNulty. McNulty is part of a group of high school bandmen from Alaska who are looking at the Marine Band as an option after high school. Lance Cpl. Jess Levens/Chevron

15-year-old girl leads military appreciation campaign

Letters, from pg. 2

military than to try to collect and distribute letters of love and appreciation," principal Gregg Pinick stated in a news release. "The students are not asking people to support any military cause, but to take time and write a special 'thank you' letter to our service members for the work they do and for their sacrifices to maintain the freedom we enjoy in this country."

To handle the amount of mail they expect to receive, school officials are organizing students into opening, sorting and packaging teams. The mail will be distributed to a variety of military bases, United Service Organizations and Veterans Affairs hospitals.

"This campaign will be challenging, but very rewarding for everyone involved," said Shauna. "I remember last year when I helped deliver about 300,000 valentines to March Air (Reserve) Base

(Calif.). Many of the pilots had tears in their eyes reading the messages. I know the appreciation letters we'll deliver will help to lift spirits."

Shauna said her grandparents served in the Army and Navy but that she didn't know anyone else in the military until she started this project. Three service members - Cpl. Frank Guerra, Staff Sgt. Gary Bolsa and Sgt. Carlos Aguilera - recently back from Iraq helped her kick off the campaign in March. She frequently gets e-mails from other deployed troops.

Despite warm temperatures, Shauna said she enjoyed her time at the speedway.

"It was hot," she said. "Someone said it was 103 degrees. But I'd do it again every weekend if I could. I just think we need to let our military men and women know that we really do appreciate them."

Mass Transportation news

The next Mass Transportation Incentive Program Quarterly Distribution is May 18 from 8:30 a.m. to 3:30 p.m., at the Depot Education Center.

All personnel who completed an application and enrolled in the program prior to May 4 must claim their voucher in person with a government issued identification card.

Those who cannot make it to the distribution May 18, must notify one of the depot point's of contact for the program prior to May 18.

New Department of Transportation policies are in effect regarding participants who fail to pickup or make advance notification of non-availability. Master Sgt. Mark Graham at (619) 524-1726 or Mr. Wagoner at (760) 725-6213 are the points of contact.

ASYMCA hosts trip to Petco

The San Diego Armed Services YMCA is hosting a trip to Petco Park May 31 for the San Diego Padres vs. the Colorado Rockies game. The cost of admission is \$17 per person. Transportation is free.

Anyone interested should sign up and pay in advance by May 28.

For more information, call (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.

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 Building 26. Deadline for submissions is June 1.

For more information, call Pat Hawkins at (619) 524-4426.

Grants available to volunteer organizations

Newman's Own, Fisher House and Military Times Media Group are sponsoring the Newman's Own Award for Military Community Excellence. Volunteer organizations are invited to compete for a share of \$50,000 in grants.

Anyone who is a part of a group striving to improve the quality of life for military personnel and their families can visit www.fisherhouse.org and submit innovative plans or ideas. The submission deemed most outstanding will receive a \$10,000 grant. The remaining \$40,000 will be allocated to other organizations by the judges.

For more information, visit www.fisherhouse.org or call (888) 294-8560.

All entries must be received by June 1.

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.

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-Attia at (619) 417-3912 or via e-mail at catallia@yahoo.com.

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@mcdrsd.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.

Security forces ready to rock 'n' roll at marathon

Drill, from pg. 1

Field. GSF Marines were immediately radioed and ordered to don gas masks and set up a decontamination tent.

"We've been training for this over the last two weeks," said Sgt. Maria Runner, a GSF platoon sergeant. "My decontamination team and I attended all the classes together, so I know we're on the same page."

The command "Gas! Gas! Gas!" signaled the attack, and everyone responded. Eight color guard Marines and two MPs simulated victims by lying on the ground. Fire trucks arrived, and firemen set up hoses and sprayed the victims one at a time before escorting them to the decontamination tent. The victims wore tags

around their necks identifying them as deceased, ambulatory or non-ambulatory.

Non-ambulatory victims rolled through the tent on stretchers while Marines sprayed them clean of chemicals. Ambulatory victims walked, stopped at a decontamination shower and exited wearing sterilized jumpsuits and shower shoes.

Medical staff then escorted the victims to Johnson Hall for any extensive care.

"I knew we would be ready for the drill," said Runner. "We've practiced before and we already have hands-on experience with the equipment. The drill was a success, and I think we would perform well in a real-life situation."



Lance Cpl. Justin Polt, a military policeman here, lays motionless, pretending to be crippled from the chemical damage at the decontamination tent.



A simulated victim checks over his tag at the decontamination tent. The tags were placed around victims' necks to identify their medical conditions.



A Depot firefighter carries a hose into position to spray victims of the simulated attack.



A firefighter sprays a simulated victim to remove chemicals before he is escorted to the decontamination tent. This process was repeated several times for the drill. Photos by Lance Cpl. Jess Levens/Chevron



Marines and sailors hold hands in a "ready circle." A ready circle is how the Leadership Education and Development facilitators explained the rules and objectives of each team-building exercise they performed. LEAD uses this technique to ensure everyone communicates their input.

The last event of the Leadership Education and Development program was a jump rope game. The problem was the Marines weren't told the rules, so in order to win, they had to come up with the objective.



Sgt. Dave Walter, Service Company training NCO, and Lance Cpl. Kenny Rhodes, clerk, Recruit Administration Branch, anchor a basketball to a slab of plywood at the SMP boat-building contest May 1.



Cpl. Santiago Cruz-Perez, an administrative clerk at Receiving Company, takes advantage of the free chow at lunch time April 30.

SINGLE BUT NOT ALONE

Area SMPs gather for fun and leadership training

STORY AND PHOTOS BY
LANCE CPL. JESS LEVENS
Chevron staff

Thirty-four Marines and two sailors embarked on a voyage of leadership training and team-building activities that took them from the classroom to the beach, and from racing makeshift watercraft to dining on the high seas.

Single Marine Program executives and representatives from California and Arizona bases met here April 30 for an array of classes and activities.

"It was a very interesting weekend," said Britney O'Connor, Depot SMP coordinator. "We've never done this before, and we had to find a way to make the weekend educational, but not dull or boring."

Six SMP executives – SMP members holding official council positions – from each base met at the Depot boathouse for lunch and a welcome brief from Sgt. Maj. Armando Escobedo, sergeant major, Headquarters and Service Battalion here. Following his speech, the participants went in a circle and introduced themselves.

Later that day, the Marines and sailors tackled a series of team-building games and obstacles. The last game seemed to frustrate most of the participants when a facilitator and her partner spun a jump rope and only said, "The name of the game is 'One, Two, Three.' Everyone must participate."

The players were divided into two



In a ready circle, everyone can see and hear each other. The Leadership Education and Development program uses this to teach communication skills at their workshops for the military.

groups; one group was allowed to talk and the other group had to remain silent and tried to figure out the jump rope pattern using tips from the verbal group. After nearly an hour, the rope dropped to the ground once the executives successfully learned the objective of the game.

"We really had trouble communicating at first," said Sgt. Dave Walter, Service Company training noncommissioned officer here. "People had to act as followers and do what they were told. We couldn't all be the leader. Once we understood that, we did a good job."

The next morning, everyone met at the boathouse for a continental breakfast before departing to Pacific Beach for a beach cleanup. Community involvement is one of the key aspects of SMP, according to O'Connor. As they combed the beach, picking up cigarette butts, cans and miscellaneous trash, people stopped to thank the Marines and sailors for cleaning up their beach.

"Community involvement is one of the five pillars of SMP," said O'Connor. "Rather than have a boring class about it, we just did it. It was better that way for everyone."

That afternoon, the SMPers prepared for the last team-building event

of the weekend: building boats. Groups, which were divided by base, were given plywood, basketballs, assorted plastic bottles, rope and duct tape to build boats. After a 40-minute time limit, each base had a boat, and it was time to test them. One participant from each group raced his boat on a course in the harbor using a kayak paddle. To the astonishment of many, every boat stayed afloat and every skipper finished the course.

Sunday evening marked the culmination of the weekend for the Marines and sailors. In semi-formal attire, the SMPers boarded a small cruise ship that sailed around the San Diego harbor for fine dining, music and a little dancing.

At about 10 p.m., the ship docked. Everyone disembarked and said their goodbyes.

"This weekend was a huge success," said O'Connor. "I was so impressed with everyone's professionalism and the high participation level. We definitely made sure the Marines' positive image stayed intact."

The weekend also included a series of classes on health, career advancement, leadership and financial management. This was the first time SMP has done this workshop, but it won't be the last, according to O'Connor.



Sgt. Maj. Keith Williams, sergeant major, Marine Aviation Logistics Squadron 11, MCAS Miramar, Calif., gives a class on career advancement to the Single Marine Program.



After his sister's death, PFC Robert C. Villalobos, Platoon 3067, Company L, relied on his family for support. Lance Cpl. Edward R. Guevara Jr./Chevron

Marine trains despite losing sibling

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

His leaders said they had bad news.

The recruit, who had only arrived nine days prior, asked, "Is it my sister?"

It was.

He asked, "Did she pass away?" She did.

It was something Robert C. Villalobos wasn't expecting to deal with in recruit training. His 35-year-old sister Norma G. Villalobos died of cancer that spread throughout her body.

"I held the pain inside until that night," he said. "Then I held a pillow over my head and cried. I kept

thinking about all the good times we had."

Recruit training tests will; the challenge is already tough for recruits, unaffected by outside factors. However, in his grief, Villalobos had to continue.

The next morning, carrying only a hygiene kit, his money and papers, he boarded a plane home to San Antonio.

"I mostly spent time at my mom's house and kept her company; she was taking it badly," said Villalobos.

According to his senior drill instructor, Staff Sgt. Moncie L. Johns, Villalobos was authorized 10 days leave, and he chose to take three.

"I didn't want to leave the pla-

toon," he said. "Although I wanted to pay my respects, I still had a job to do."

If Villalobos missed a day more, he would have dropped from Platoon 3067, Company L, to the next company.

Villalobos started strongly as a squad leader before going home to Texas, and he wanted to return with that momentum. He attributes his strong start to the leadership and motivation he acquired from being a high school quarterback.

"He only lost the (squad leader) position because while he was gone, another recruit stepped up and started showing improvement," said Johns.

SEE *Sister*, pg. 9

WITH A CENTURION'S RESOLVE

RS Indianapolis recruiter reaches 100-contract mark

BY SGT MATHEW SCOTTEN
Recruiting Station Indianapolis

Marines and their family members got together February 28 for an RS Family Day, in conjunction with the monthly all hands meeting. The occasion - one of the RS' most respected recruiters obtained one of the most difficult awards to receive in recruiting - the Centurion award, given for recruiting 100 individuals into the Marine Corps.

Gunnery Sgt. Lonelle Jones, staff non-commissioned officer in charge, Recruiting Substation Lafayette, was compared to Roman Centurions of the past.

According to Capt. Oliver Dreger, executive officer, RS Indianapolis, the same qualities that make him so well-regarded among his peers have been the key factors in his success as a recruiter.



Gunnery Sgt. Lonelle Jones

"He is extremely professional," said Dreger. "He has a very positive personality, and he's just an outstanding Marine in general."

Jones agrees that much of his success comes from his positive demeanor because it keeps him from making excuses and helps him stay focused on making mission.

Jones noted, however, that without the people that have helped him along the way, he would never have made it as far as he did.

"The two gunnies I met when I first arrived here, Gunnery Sgt. Alexander (ret.) and Gunnery Sgt. Paul Proctor, SNCOIC, RSS Terre Haute, were huge motivators for me," said Jones.

He learned from Alexander about the administrative side of the job and implemented Proctor's work ethic.

"Proctor is just so motivated. He and Alexander were like catalysts for me. Proctor's work ethic was absolutely contagious and it was almost like we would just feed off each other's motivation."

to do more than what the mission requires.

"That was one of the ways Proctor kept me motivated," said Jones. "It didn't matter if I had already written three that month, or not. If Gunnery Sgt. Proctor needed another one to go down range, he'd keep me focused and I would make it happen."

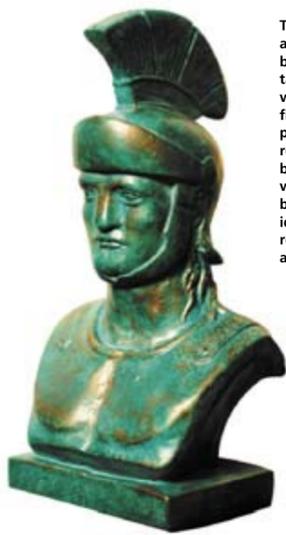
Another thing that Jones said was important to being a successful recruiter is staying clear of excuses.

In Jones' time as a recruiter, he's heard everything from, "There's just no one out there today," to "I can't get into that school."

He believes if you just convince yourself, you can make it happen. "You have to force yourself to believe you can do the difficult things and always look for ways that you can do more," said Jones.

Jones mentioned that as much as these Marines helped him become successful, there was one person that he could not have done any of it without.

"My wife has been supportive in a way that leaves me in awe of her. She has been absolutely wonderful through all of this. I know that the more work I do for the Marine Corps, the more she has to do for us," Jones said. "She's an amazing woman, and I couldn't have done it without her support."



The Centurion award is a concrete bust about 12 inches tall and painted with a faux bronzed finish. When presented, the bust rests on a wooden base adorned with an engraved brass placard identifying the recruiter's name and accomplishment.

What it takes to be a Centurion

36

Number of months in which to attain Centurion status by writing 100 contracts. Above quantity, commanders consider quality and attrition. The lone act of writing 100 contracts does not guarantee a Centurion award.

How Centurion recruiters match up

1,350

Approximate recruiters in the Western Recruiting Region (2,650 total Recruiting Command force)

6.5

Centurions each year in Western Recruiting Region

25

12th Recruiting District Centurions since 2001

28.8

Contracts written per year by those recruiters promoted meritoriously

15.6

Contracts a recruiter writes per year

From the ground up

The Marine Corps makes leaders, but for one Lima Company drill instructor, the building blocks for strong leadership began falling into place long before he joined the ranks of the few and the proud.

CPL. SHAWN M. TOUSSAINT
Chevron staff

Strong family values, martial arts, and high school sports were the tools that helped Sgt. Andrew L. Suthers, Platoon 3062, come into the Corps ready to lead.

"He always gives his best effort in everything he does," said Mary Jane Suthers about her son. "Every time he starts something, he strives to be the best."

Suthers credits his moral development as a leader to his parents. "They taught me a lot about courage and self-discipline," said Suthers.

"We are very proud of him," said Mary Jane. "We gave him the foundation and he built from there."

Suthers began harnessing his leadership by studying martial arts, where he learned to never quit until he had accomplished his objectives.

"I remember we had to break a block of wood with our hand in order to progress to the next belt," said Suthers about his experience in Tae kwon do. "I can't remember how many times I hit that block, but I did break it."

In high school, the young man from Monroe, Wis. would become a football varsity letterman and wrestling team captain. Wrestling was where Suthers found his greatest challenge and his greatest reward.

"The worst thing that can happen to a wrestler is getting pinned," said Suthers. "You not only get stuck, but you give the other team more points than they would have gotten if you were beaten technical-

ly (on points). "I would do everything in my power to avoid being pinned ... I didn't want to let my team down."

Suthers' competitiveness at home with his older brother created a tug-of-war that Suthers said swayed his decision to enlist in the Marine Corps instead of the Army.

"I couldn't give him the satisfaction to say he went to a tougher boot camp than I," said Suthers about his brother who had joined the Marine Corps approximately one year before he joined.

Suthers' unwillingness to surrender bragging rights was the deal sealer in his final decision to join the Corps. However, the first impressions he received from each service's recruiter during visits to his home also helped him choose the Marines over the Army.

"The Army's recruiter was tired and unprepared; he said he wanted to go home and see his wife," said Suthers. "When the Marine recruiter came to my house, he was prepared and professional. I saw the intangible benefits the Marine Corps offered ... that changed my mind."

With his mind set on the Marine Corps, Suthers found himself aboard Marine Corps Recruit Depot San Diego two weeks after his 18th birthday.

"The challenge is the main reason I joined," said Suthers. "Being the platoon honorman of my platoon, I found that gaining the respect of the other recruits in my platoon was the hardest challenge I faced in recruit training."

During his early career as a Marine, Suthers learned that leading by example is the best way to gain anyone's respect. Today, he uses the same leadership principles he learned as a recruit to train recruits.

Drill instructors are often considered the epitome of the Marine Corps image. Suthers knows that to some of his recruits, he is the only positive male role model they have ever known. For this reason, he strives for excellence in everything he does to show them anything is possible.

He uses the prototypical drill instructor method to make Marines, which is breaking them down to build them up.

"I challenge them to prove me wrong," said the award-winning drill instructor of the quarter about one of his motivational methods. "I do this to develop personal pride within each recruit."

Villalobos said fatherhood made him mature faster.

"I stopped acting like a kid and started working," he said.

After practices, he would work late evenings and double shifts on weekends.

After they both graduated high school, the young family moved into their own place. Villalobos then joined the Marine Corps to protect his family and serve his country.

Because of his commitment and motivation in recruit training, and for being the platoon's most-improved re-



Drill instructor Sgt. Andrew Suthers, Platoon 3062, Company L, works with his platoon honorman PFC Alvarado Alfredo II on close-order drill.

Once they have that personal pride in themselves and in what they are doing, that same pride will integrate into the development of the entire platoon and ultimately the Marine Corp as a whole."

Suthers said that the future of the Marine Corps begins in recruit training. It's a job he takes very seriously and admits he would not be able to do without the support of his wife, Ruth Suthers.

"Ruth is a big part of his life and success as a Marine," said Mary Jane. "She takes on everything while he's gone making Marines."

"I take care of the home front so he can focus on his job," said Ruth.

She said her husband's dedication to the Corps may limit the amount of time he has at home, but it does not limit the care and love he gives to her and their 11-month-old daughter.

"He is completely dedicated, but at the same time very thoughtful," said Ruth. "Recently, he took the baby out shopping and came back with a gift and a card, thanking me for all the support."

"He is a leader in every sense of the word at work and at home."

Villalobos' leaders meritoriously promoted him to private first class. He ate diet rations until he lost 20 pounds. He now can pump out 160 crunches. He's also one of the company's fastest runners, finishing three miles under 19 minutes.

He encouraged other recruits to do well in training like his sister did well with him.

"Me and my sister have loved the Marine Corps since I was 10," PFC Villalobos said. "She encouraged me when everybody else didn't understand why I was doing it. I told her to hold on

until I got back, so she could see me as a Marine."

He changed his family's and friends' minds when he went home for the funeral.

"When I visited home to pay my respects, they saw me in my (Service C) uniform and they said they saw a change in me," he said.

His sister helped him become a Marine, and in her absence, his family has come together to support their new Marine. Villalobos will turn 19 tomorrow, and today he goes home with the family he came here to protect.

LETHAL LIMA



COMPANY HONORMAN
Lance Cpl. J. P. Fellers
Fond Du Lac, Wis.
Recruited by
Staff Sgt. A. Perez



PLATOON HONORMAN
Pfc. J. W. Hibbler
Amarillo, Texas
Recruited by
Staff Sgt. J. Grace



SERIES HONORMAN
Pfc. A. Alvarado III
Westlaco, Texas
Recruited by
Staff Sgt. B. Gonzalez



PLATOON HONORMAN
Pfc. T. B. Patterson
West Linn, Ore.
Recruited by
Sgt. J. A. Ramsey



PLATOON HONORMAN
Pfc. M. D. Davis
Edmond, Okla.
Recruited by
Sgt. N. Chamberlin



PLATOON HONORMAN
Pfc. M. D. Rodriguez
Pflugerville, Texas
Recruited by
Sgt. L. Morin



HIGH SHOOTER (242)
Pfc. T. B. Patterson
West Linn, Ore.
Recruited by
Sgt. J. A. Ramsey



HIGH PFT (300)
Pfc. D. N. Saaiman
San Diego
Recruited by
Sgt. James A. Weaver

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. J. W. BLACK
Narrator
SGT. S. RAHMANI

MARINE BAND SAN DIEGO
Band Officer
WARRANT OFFICER E. M. HAYES
Band Master
GUNNERY SGT. B. C. PARADIS
COLOR GUARD
SGT. A. A. ESCOBAR
SGT. H. L. MARQUEZ
PVT. G. TUJERINA
PVT. R. M. THOMSON

3RD RECRUIT TRAINING BATTALION

Commanding Officer
Lt. Col. J.R. Ewers Jr.
Chaplain
Navy Lt. F. Munoz
Sergeant Major
Sgt. Maj. S.B. Mearkle
Battalion Drill Master
Staff Sgt. L.M. Fuller

COMPANY F

Commanding Officer
Capt. R. Gutierrez
Company First Sergeant
1st Sgt. R.A. Ledford
Company Corporal
Petty Officer 3rd Class
R. Sanchez

SERIES 3061

Series Commander

Capt. C.J. Adam
Series Gunnery Sergeant
GySgt J.R. Sanchez

SERIES 3065

Series Commander
Capt. B.W. McBrayer
Series Gunnery Sergeant
GySgt J.R. Cariman

PLATOON 3061

Senior Drill Instructor
Sgt. F. Galvan
Drill Instructors
Sgt. F. J. Corona
Sgt. J. J. Dorsey
Sgt. T. A. Price

Pvt. S. M. Bainter
Pfc. J. C. Barron
Pvt. A. D. Bartlum
*Pfc. F. O. Blackwell
Pvt. L. J. Blom
Pvt. C. C. Blotvogel
*Pfc. R. N. Brown
Pvt. N. R. Cadroy
Pvt. L. F. Clark
Pfc. R. C. Classon
Pfc. T. L. Clemens
Pvt. M. W. Coleman
Pvt. S. D. Compeau
Pvt. M. A. Cotton
Pfc. J. K. Craig
Pvt. M. K. Crozter
Pvt. A. Daniel
*Pfc. B. F. De Jarnett
Pvt. J. J. De Ochoa
Pvt. J. B. Edmunds
Pvt. J. C. Estrada
Pvt. J. M. Filan

Pvt. V. R. Frisby
Pvt. B. E. Fuellenbach
*Pfc. J. Garza
Pfc. L. N. Gates
Pvt. A. J. Gleisner
Pvt. Z. G. Gonzalez
Pvt. J. A. Gourgon
Pfc. C. A. Green
Pvt. W. F. Grosso
Pvt. J. A. Hall
Pvt. M. F. Ham
Pvt. J. R. Hamelton
Pvt. F. M. Hamilton
Pvt. N. M. Hanson
Pvt. J. G. Harris
Pvt. R. G. Harsdorf
Pvt. M. A. Hartmann
Pvt. A. Hernandez
Pfc. J. W. Hibbler
Pfc. A. M. Jemsvold
Pfc. S. M. King
Pfc. B. C. Krontz
Pvt. P. A. Krukowski
Pvt. J. A. Launderville
Pfc. B. K. Lawrence
Pvt. D. M. Lee
Pvt. B. A. Leichty
Pvt. K. L. Loenard
Pfc. D. M. Lindenschmidt
Pvt. R. Z. Linis
Pfc. B. D. Lipe
Pfc. J. S. Little
Pvt. F. Lopez
*Pfc. K. A. Machado
Pvt. C. W. Marshall
Pvt. M. Pena
Pvt. J. P. Perry
Pvt. R. T. Reese

PLATOON 3062

Senior Drill Instructor
Sgt. W. W. Matthews
Drill Instructors
Sgt. A. L. Suthers
Sgt. D. G. Hurst
Sgt. L. I. Bonami

Pfc. A. Alvarado III
Pvt. C. A. Auzenne
Pvt. F. Barrios
Pfc. C. W. Braley
*Pfc. D. A. Broderman
Pvt. G. S. Bushart
Pvt. D. H. Butler
Pvt. K. A. Cabello
Pfc. P. A. Casanova
Pvt. K. W. Chandler
*Pfc. A. V. Chavez
Pvt. T. W. Cowan
Pvt. C. G. Davis
Pfc. R. P. Delgado Jr.
Pfc. J. A. Evans
Pvt. M. A. Frost
Pvt. D. C. Fultz
*Pfc. A. M. Garcia
Pvt. J. M. Garcia
Pvt. H. J. Garcia
Pfc. A. B. Glover
Pvt. R. C. Gonzales Jr.
Pfc. K. T. Gourlie
Pvt. B. J. Harsh
Pvt. J. D. Hecht
Pvt. A. M. Henderson
Pfc. M. M. Hernandez
Pvt. D. L. Holloway
Pvt. C. T. Howard
Pvt. M. J. Huffman

Pvt. R. E. James
Pfc. J. C. Jaroszewski
Pvt. G. A. Johnson
Pvt. S. E. Johnson
Pvt. W. M. Jones
Pvt. J. B. Kane
Pvt. S. M. Lambarena
Pvt. D. S. Lathrop
Pvt. M. C. Le
Pvt. W. L. Lee
Pvt. H. D. Lever
Pfc. J. E. Linville
Pvt. D. T. Loguericio
Pfc. T. O. Lorenzini
Pfc. M. P. Lunsford
Pvt. J. W. Mar
Pvt. C. A. Martin
Pfc. M. T. McAuliffe
Pfc. K. W. McNany
Pfc. J. A. Mead
Pvt. I. Y. Mejia
Pvt. J. M. Morgan
Pvt. J. R. Mossi
Pfc. J. M. Niemie
Pvt. N. M. Owen
Pvt. J. R. Palmer
Pfc. J. G. Paulk III
Pvt. C. W. Pease
*Pfc. J. A. Presley
Pvt. C. J. Prunella
Pvt. F. E. Real Jr.
Pvt. R. S. Simons
Pvt. M. V. Simonson
Pvt. A. M. Smith
Pvt. T. D. Walker-Allen

PLATOON 3063

Senior Drill Instructor
Staff Sgt. D. W. Smith
Drill Instructors
Sgt. H. L. Johnson
Staff Sgt. J. M. Avalos
Staff Sgt. T. A. Washington

Pfc. J. Andrews
Pfc. I. Argueta
Pvt. M. Barnes
Pvt. D. Brehmer
Pvt. L. Burgess
Pfc. J. Burse
Pvt. J. Camp
Pvt. F. Chavez
Pfc. W. Colehour
Pvt. T. Cox
Pfc. A. Crumpton
*Pfc. M. Czirban
Pfc. M. D. Davis
Pvt. E. Duran
Pvt. M. Edge
Pvt. S. Enriquez
Pfc. E. Epps
Pfc. J. Ford
Pvt. E. Frank
Pvt. O. Fratecelli
Pvt. C. Fustos
Pvt. J. Gardner
Pvt. W. Glass
Pvt. P. Gonzalez
Pfc. K. Goo
Pfc. J. Gutierrez
*Pfc. J. Hamrick
Pvt. W. Haws
Pvt. J. Hertha
Pvt. C. Hill
Pvt. J. Holland
Pvt. R. Hull
Pvt. C. Johnson
Pvt. R. Jones
Pvt. K. Keathley
Pfc. C. King
Pfc. T. Kucia
Pvt. V. Machuca
Pvt. N. W. Dominguez
Pvt. V. Melkus
*Pfc. J. Meno
Pvt. E. Morris
Pfc. D. Moulton
Pfc. R. Murray
Pvt. J. Myers
Pvt. R. Neeley
Pvt. T. Nguyen
Pvt. D. Nickerson
Pvt. M. Oconner
*Pfc. W. Paciorowski
Pvt. G. Pedraza
Pvt. A. Ramirez
Pvt. B. Redman
Pvt. S. M. Kwietniak
Pvt. M. R. P. Lachica
Pfc. C. G. Lamunyan
Pvt. R. D. Leary
Pfc. A. J. Leone
Pvt. C. R. Lowe
Pfc. J. A. Martinez
Pfc. J. M. Maseda

Pvt. S. D. Adamos
Pvt. M. J. Bennett
Pfc. K. K. Bergerson
Pvt. T. D. Bicker
Pvt. T. P. Bospflug
Pfc. A. P. Breden
Pvt. B. M. Bruce
Pvt. J. D. Burgins
Pvt. A. R. Campos
Pvt. J. Campos
Pvt. B. Campuzano
Pvt. C. J. Christiansen
Pvt. R. Cisneros
Pvt. J. D. Clark
Pvt. J. D. Cook
Pvt. J. R. Corry
Pvt. M. P. Coryell
*Pfc. S. H. Cox
Pvt. G. A. Cueva
Pvt. J. M. Curtis
Pfc. Z. W. Denning
Pvt. C. B. Devos
Pvt. I. Diaz
Pvt. N. W. Dominguez
Pfc. R. Dsilva
Pvt. C. D. Dumaplin
Pvt. A. P. Earl
Pvt. B. L. Ernest
Pfc. R. S. Gabelein
*Pfc. A. E. Garcia
Pvt. C. N. Gasperetti
Pfc. C. G. Genova
Pfc. A. S. George
Pfc. M. A. Gray
Pvt. A. F. Guzman
*Pfc. D. J. Hinderliter
Pvt. M. E. Hulce
Pvt. T. L. Hunter
Pvt. S. P. Jackson
Pfc. J. R. Johnson
Pvt. S. M. Kwietniak
Pvt. M. R. P. Lachica
Pfc. C. G. Lamunyan
Pvt. R. D. Leary
Pfc. A. J. Leone
Pvt. C. R. Lowe
Pfc. J. A. Martinez
Pfc. J. M. Maseda

Pvt. J. A. Bergeron
Pvt. S. J. Clark
Pfc. T. A. Comfort
Pvt. J. T. Gann III
Pvt. R. P. Harty
Pfc. C. D. Hilzinger
Pvt. N. L. Hutchins
Pvt. C. C. Hymes
Pvt. F. B. Jackson
Pvt. J. K. Price
Pvt. J. F. Richmond
Pvt. S. L. Robertson
Pvt. F. R. Rodriguez
Pfc. M. D. Rodriguez
Pfc. J. J. Rynders
Pvt. K. Sadaghiani

Senior Drill Instructor

Staff Sgt. J. L. Everson
Drill Instructors
Staff Sgt. C. L. Hambaugh
Staff Sgt. G. W. Settle
Staff Sgt. C. A. Carson

Pvt. L. M. Barrientos

Pvt. A. Bumgarner
Pvt. M. E. Campos
Pvt. R. A. Chambers
Pvt. A. J. Cordova
Pvt. A. J. Erickson
Pvt. B. A. Escalante
*Lance Cpl. J. P. Fellers
*Pvt. B. M. Foltman
Pvt. M. B. Horn
Pvt. L. D. Jubar
Pfc. C. J. Kern
Pfc. M. A. Kuhn
Pvt. A. R. Mansfield
Pvt. G. Martinez
Pvt. R. T. McCarley
Pfc. J. H. McClellan
Pfc. A. R. McMellan
Pvt. D. J. Mitchell
Pvt. K. H. Name
Pvt. M. J. Pantaleon
Pvt. B. D. Parkison
Pvt. R. R. Prasad
Pfc. N. P. Pridemore
Pvt. J. P. Radintz
Pfc. D. W. Rains
Pfc. B. J. Rayne
Pvt. B. K. Rehorn
*Pvt. B. J. Reimers
Pvt. J. M. Riessland
Pvt. Z. N. Rincon
Pvt. S. B. Riordan
Pvt. R. R. Rocha
Pfc. D. Rodriguez
Pvt. J. M. Rodriguez
Pvt. N. D. Schwartz
Pfc. M. P. Slatz
Pvt. J. M. Slaydon
Pvt. B. A. Smith
*Pvt. J. C. Statham
Pvt. D. R. Streng
Pfc. D. J. Sullivan
Pvt. K. C. Sween
Pvt. S. J. Taylor
Pvt. R. W. Taylor
Pvt. J. J. Torres
Pfc. B. R. Turner
Pvt. I. A. Tzintzun
Pvt. P. J. Vanderwaal
Pfc. R. Vela
Pvt. H. D. Villa
Pfc. E. A. Villarreal
Pfc. J. C. Waggoner
Pvt. M. A. Walters
Pvt. B. E. Welch
Pfc. A. M. Wilson
Pvt. J. C. Wunrow
Pvt. T. P. Wylie
Pvt. J. R. Youhouse
Pfc. C. W. Young

PLATOON 3065

Senior Drill Instructor
Staff Sgt. D. Pipkin
Drill Instructors
Sgt. P. J. O'brian
Staff Sgt. R. A. Cruz
Sgt. W. Feagan

Pvt. J. Andrews
Pfc. I. Argueta
Pvt. M. Barnes
Pvt. D. Brehmer
Pvt. L. Burgess
Pfc. J. Burse
Pvt. J. Camp
Pvt. F. Chavez
Pfc. W. Colehour
Pvt. T. Cox
Pfc. A. Crumpton
*Pfc. M. Czirban
Pfc. M. D. Davis
Pvt. E. Duran
Pvt. M. Edge
Pvt. S. Enriquez
Pfc. E. Epps
Pfc. J. Ford
Pvt. E. Frank
Pvt. O. Fratecelli
Pvt. C. Fustos
Pvt. J. Gardner
Pvt. W. Glass
Pvt. P. Gonzalez
Pfc. K. Goo
Pfc. J. Gutierrez
*Pfc. J. Hamrick
Pvt. W. Haws
Pvt. J. Hertha
Pvt. C. Hill
Pvt. J. Holland
Pvt. R. Hull
Pvt. C. Johnson
Pvt. R. Jones
Pvt. K. Keathley
Pfc. C. King
Pfc. T. Kucia
Pvt. V. Machuca
Pvt. N. W. Dominguez
Pvt. V. Melkus
*Pfc. J. Meno
Pvt. E. Morris
Pfc. D. Moulton
Pfc. R. Murray
Pvt. J. Myers
Pvt. R. Neeley
Pvt. T. Nguyen
Pvt. D. Nickerson
Pvt. M. Oconner
*Pfc. W. Paciorowski
Pvt. G. Pedraza
Pvt. A. Ramirez
Pvt. B. Redman
Pvt. S. M. Kwietniak
Pvt. M. R. P. Lachica
Pfc. C. G. Lamunyan
Pvt. R. D. Leary
Pfc. A. J. Leone
Pvt. C. R. Lowe
Pfc. J. A. Martinez
Pfc. J. M. Maseda

PLATOON 3067

Senior Drill Instructor
Staff Sgt. M. L. Johns
Drill Instructors
Sgt. A. Aguilar
Sgt. S. McCloud
Sgt. S. Villarreal

Pvt. J. A. Bergeron
Pvt. S. J. Clark
Pfc. T. A. Comfort
Pvt. J. T. Gann III
Pvt. R. P. Harty
Pfc. C. D. Hilzinger
Pvt. N. L. Hutchins
Pvt. C. C. Hymes
Pvt. F. B. Jackson
Pvt. J. K. Price
Pvt. J. F. Richmond
Pvt. S. L. Robertson
Pvt. F. R. Rodriguez
Pfc. M. D. Rodriguez
Pfc. J. J. Rynders
Pvt. K. Sadaghiani

PLATOON 3066

Pvt. L. S. Samuels
Pfc. P. A. Sanmateo
Pvt. S. L. Schiffeibein
Pvt. N. S. Scott
Pvt. N. Seco Jr.
Pfc. K. T. Shannon
Pfc. T. D. Sharp
Pfc. T. T. Shelly
Pvt. J. B. Sherwood
Pfc. J. A. Shores
Pvt. F. J. Silva
Pvt. J. A. Skaggs
*Pvt. C. G. Somoza
Pfc. C. A. Sparks
Pvt. B. P. Spencer
*Pvt. E. T. Stafford
*Pvt. J. D. Stanton
Pvt. J. A. Steadman
Pvt. M. N. Stevens
Pfc. J. D. Strom
Pvt. R. J. Stukel
Pvt. J. D. Sullivan
Pvt. M. R. Tanner
Pfc. R. M. Thomson
Pvt. M. J. Thorpe
Pvt. G. Tijerina
Pvt. R. S. Torres
Pfc. O. L. Turner
Pfc. W. J. Turner
Pfc. Z. Valadez
Pvt. E. Valenzuela
Pvt. G. Valladares
Pvt. C. Vandermer
Pvt. M. G. Venierio
Pvt. L. Vera
*Pvt. R. C. Villalobos
Pvt. J. Villegas
Pvt. R. C. Wallen
Pvt. D. T. Wasson
Pfc. L. D. Watters
Pfc. L. D. Weber
Pvt. M. W. Wendlandt
Pvt. T. D. West
Pvt. N. J. White
Pfc. B. S. Wiard
Pvt. Z. L. Witkop
Pvt. W. D. Wofenberger
Pvt. C. M. Worley



Company L recruits tackle the Slide For Life obstacle during their fourth week of recruit training. Cpl. Shawn M. Toussaint/Chevron



Pfc. Austin B. Clover, squad leader, Platoon 3062, Company L, reaches into a modified hurdler stretch. The recruits stretch before forming ability groups for a two-mile run. Lance Cpl. Edward R. Guevara Jr./Chevron

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

Q: What was the scariest moment of recruit training?



Pfc. Eric T. Stafford
Los Osos, Calif.

A: Black Friday — all those drill instructors staring at you like rabid dogs behind a fence.

Q: What were the hardest civilian habits to break?



Pfc. Oscar L. Turner
Kansas City, Mo.

A: Smiling and sleeping late. My son always kept me smiling, and my fiancée and I never woke up before eight?

Q: What was the funniest moment of recruit training?



Pvt. Gustavo Tiverina
San Antonio

A: When recruits yell "Yes, sir!" in their sleep.

Q: Where do you want to be stationed?



Pfc. Joshua D. Storm
Joliet, Ill.

A: Hopefully, I get stationed in Okinawa, Japan. I'd like to learn Japanese.

Q: What will you do first when you get home?



Pfc. Tyson T. Shelly
Goleta, Calif.

A: Tell my family I appreciate everything they have done for me and thank them for all that has gone unsaid.



Col. Angela (Angie) Salinas
PARADE REVIEWING OFFICER

Colonel Angela (Angie) Salinas currently serves as commanding officer, 12th Marine Corps District. She began her military career when she enlisted in the Marine Corps in May 1974. Following recruit training at Parris Island, S.C., she served as a legal services clerk at Marine Corps Base Camp Pendleton, Calif., Marine Air Reserve Training Detachment, Alameda, Calif., and the inspector-instructor staff, 4th Reconnaissance Battalion, San Antonio. In 1977, she was selected for the Enlisted Commissioning Program and commissioned a second lieutenant in December 1977.

After graduating from OCS, The Basic School and Naval Justice School, Salinas was assigned to the 2nd Marine Aircraft Wing at Cherry Point, N.C. and served as a legal services officer. In 1980, she was transferred to Woman Recruit Training Command at Parris Island, where she served as a series commander, executive officer and battalion operations officer.

She served as the adjutant for 3rd Maintenance Bn., 3rd Force Service Support Group, Okinawa Japan and 1st Maintenance Bn., 1st Force Service Support Group. She assumed command of Headquarters and Service Company, 1st Maintenance Bn. in May 1986 until October 1987, when she was assigned as the deputy G-1, 1st FSSG. In July 1988, she was transferred to Charleston, W.Va., to serve as the first woman executive officer, Recruiting Station Charleston.

In June 1989, Salinas assumed command of RS Charleston and became the first woman in the Marine Corps to command a recruiting station. In June 1992, she became the first woman assigned as a combat service support ground monitor responsible for the assignments of over 1000 ground majors.

Salinas was assigned as deputy, special assistant for general/flag officer matters, Office of the Director, Joint Staff at the Pentagon in July 1993 until August 1996 when she assumed command of the 4th Recruit Training Battalion, Parris Island.

She served as assistant chief of staff, G-5, for III Marine Expeditionary Force, Okinawa, Japan where she was responsible for all the MEF's operational plans in July 1999 and subsequently was transferred to Marine Corps Recruit Depot San Diego where she served as depot inspector until her assignment as the first woman to command a recruiting district in May 2001.

Salinas is a 1976 graduate of Dominican College of San Rafael, Calif., where she received her bachelor's degree in history. She received her master's from the Naval War College in 1992 and is a 1994/95 MIT fellow "Seminar XXI, Foreign Politics International Relations and the National Interest."

She is a graduate of the Amphibious Warfare School, the Naval War College's Command and Staff College and the Army War College.

Salinas' personal decorations include the Defense Superior Service Medal, three Meritorious Service Medals, two Navy and Marine Corps Commendation Medals, the Army Commendation Medal, and three Navy and Marine Corps Achievement Medals. Throughout her service some of her notable recognitions were the Molly Marine Award from the Woman Marine Association and her selection as NCO of the Year by the Chamber of Commerce, San Antonio. She received recognition for her leadership by the Navy League and was recognized as a "ground breaker" by Women In the Military for Service to America. Most recently, she was named as one of the top 100 most influential Hispanics in the country.

Salinas' mother, Florida and sister, Janie reside with her.



Company L recruits count repetitions of oblique crunches during physical fitness training. Lance Cpl. Edward R. Guevara Jr./Chevron

WATER *and* WEIGHT LOSS

Drink up, lose weight and stay healthy with some tips from the Depot's personal trainer

BY KENNY YOUNG
MCCS personal trainer

Whenever I'm conducting an initial consultation with a new client, one of the questions I ask is whether or not that person is consuming enough water. Surprisingly, often the answer is no. In order for the body to function at its maximum efficiency, proper hydration is essential.

Not enough of us are drinking adequate amounts of water. Recent studies have concluded that as much as 75 percent of Americans are chronically dehydrated. In 37 percent of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. With

that being said, it brings me to the focus of this column: How is water important to someone who is trying to lose weight?

Other than removing the obvious disadvantage of mistaking thirst for hunger, there are a number of important roles water plays in a dieter's system. Water acts as an appetite suppressant. In a University of Washington study, it was found that a single glass of water satisfied the midnight hunger cravings of almost 100 percent of the dieters in the test group. Also, the rate that our bodies burn calo-



ries (metabolism) is a chemical process requiring water. Just a mild case of dehydration can slow the metabolic rate by 3 percent, causing the body to store more calories than it should.

Finally, water is instrumental in breaking down and reducing fat deposits and is also vital to the body's ability to flush toxins out of its system. The more toxins we retain in our body, the less capable we are of losing weight.

How much water do you need? Currently, there are no federal standards or guidelines to follow for water consumption. The most widely accepted number is about eight glasses a day, or 64 ounces. Try to drink as often as possible, especially if you're working out or if you're outside on a warm day.

Remember that a diet rich in fruits

STAY HYDRATED

- 75 percent of Americans are chronically dehydrated.

- Drink about eight glasses – 64 ounces of water a day.

and vegetables will help with your intake amounts because they're made up of about 95 percent water.

BALL BUSTERS CRESTFALLEN



Fieldcrest's Lance Cpl. Joshua "Shua" Smith and his teammates recently defended their position as the Depot's top bowlers. Lance Cpl. Edward R. Guevara Jr./Chevron



Daren Sandum of Ball Busters shows his bowling form in the battle for first place against Fieldcrest at the recreation center here. Lance Cpl. Edward R. Guevara Jr./Chevron

Fieldcrest rides 50-pin deficit to win

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

Fieldcrest hit Ball Busters' pocket when they defeated them 2,331 pins to 2,281 pins at the recreation center here during its annual intramural bowling league championship May 5.

The season is split into halves and the winners for each face the other in the final championship match.

Ball Busters placed first for the first half and Fieldcrest took top honors for the second half.

Winning the championship game reflected greatly on the abilities of Fieldcrest as a come-from-behind team.

"Halfway into the second half, Fieldcrest took over their team from a couple who decided not to play anymore," said Glen S. Mueller, desk person, recreation center. "We made some calls to see if anyone wanted to play and got these guys."

Fieldcrest won the season with a 67 percent winning average and totaled 46,628 pins.

"We started on the bottom," said Estela A. Duran, Fieldcrest. "We all improved our averages to get here and win the season."

Although this was a championship season for them, Fieldcrest felt there was

something more important about it.

"We had fun," Duran said. "We all joined this league to have fun. None of us thought we would get this far ... and Shua is a miracle man!"

Lance Cpl. Joshua "Shua" Smith, Fieldcrest, is the teams star player and also the season's high men's series scorer with a 679.

May 4 hosted the rescheduled battle for third and fourth place in the match up.

"We competed a day early due to scheduling conflicts," said Capt. Jerry W. Bloomquist, who bowls for Munson III.

Munson III took on the season's third place victor, Band, in the tourney. Band took overall third place after beating Munson III 2,436 – 2,397 in a heated battle that brought most players above their averages, according to Gunnery Sgt. Brian Poe, Band

"It was a hard fought game ... we bowled 70 or 80 over our series," Poe said. "Those of us who will be here plan on bowling next season."

The league takes place from September to May annually. It is free to play in the league. Bowlers are required to join the American Bowling Congress/Women's International Bowling Congress and show up every week.